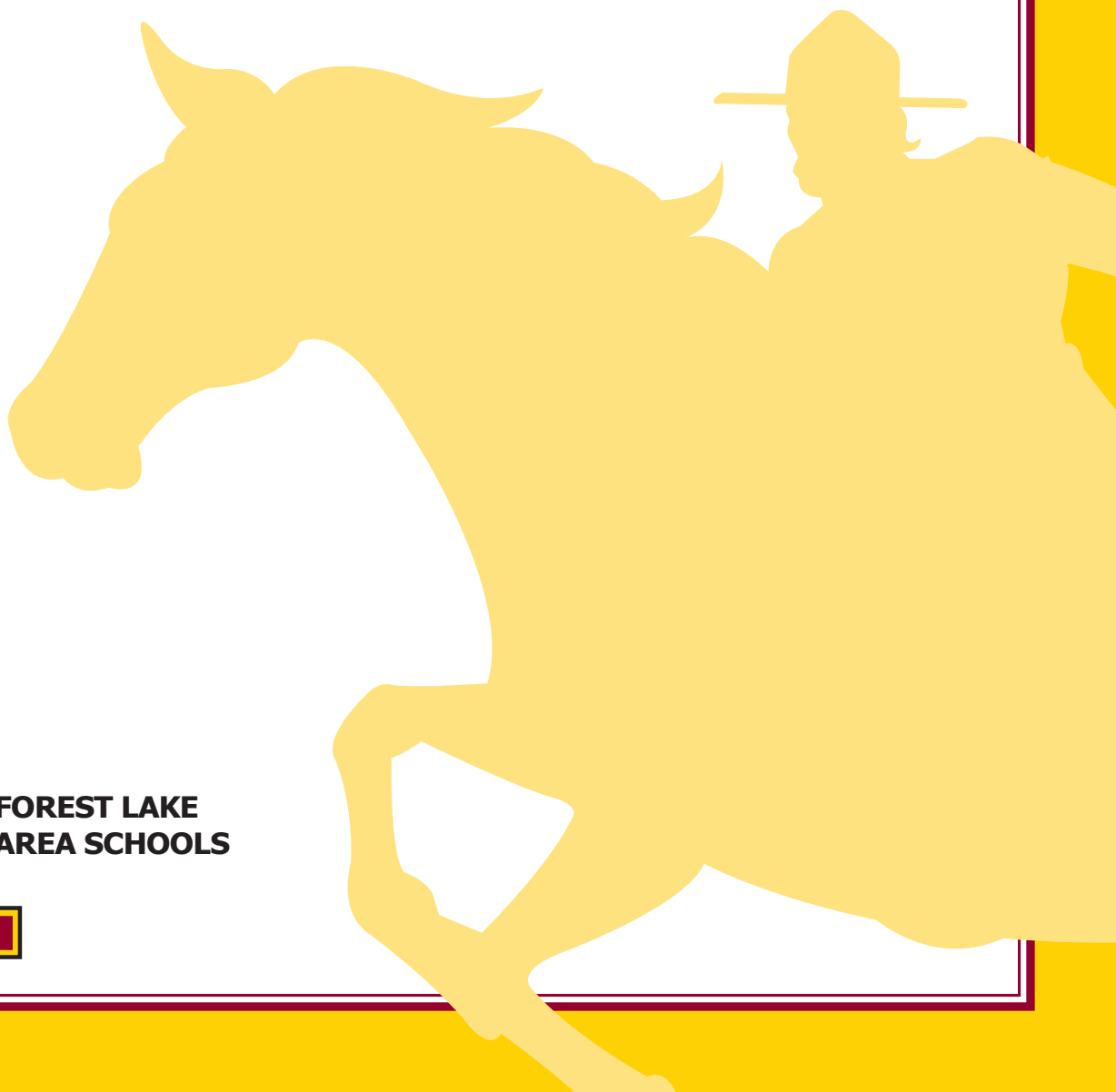


2018

FOREST LAKE AREA
HIGH SCHOOL

ARTS & ATHLETICS
Hall of Fame



FOREST LAKE
AREA SCHOOLS

Kim Kauls sets 2 records in state running events

Kim Kauls, Forest Lake, has continued her record setting running pace.

The local 13-year-old set new marks last weekend in the youth division of the Minnesota Association of Track and Field Championships at the University of Minnesota's Bieman Field. She posted record times in the 1500 and 3000 meter runs.

Last year, running in the midwest competition as a 12-year-old, Kauls set records in The Athletic Congress of USA 800 and 1500

IN THIS week's events, Kauls' meter with a 5:00 and set a record time of 10:46. The race is 200 meters short of a mile.

She will now a Region VII Char Drake Unive

women took part in the 10 best overall in the 13-18 age

Jack Conley, state's top athletic director

Forest Lake High School athletic director Jack Conley is the 1983 Minnesota State High School athletic director of the year.

Conley's selection as the top athletic director of the year was announced Wednesday, April 13, at the state athletic director's convention.

and later his MS from the University of Minnesota. He began teaching and coaching in 1946 at Sauk Rapids.

He remained at Sauk Rapids until 1955 when he moved to Crosby-Ironton. Conley stayed there four years before moving on to Forest Lake in 1959.

where he has taught. He was president of that organization in 1969.

HE IS a member of Faith Lutheran Church and is past president and a member of the Men's Club and church council.

Conley and his wife, Shirley, live at 328 NW 4th St.

Paul Kendrick earns NAIA All-American honor

Paul Kendrick, a 1979 Forest Lake High School graduate, has earned small college All-American honors at Hamline University in St. Paul.

discus throw at Texas Southern University Houston last Saturday. His second place effort in the discus throw was 188' 6". It was his best effort ever in the discus.

Prep Athletes of the Week



Forest Lake's leaders in basketball, twins Ryan (left) and Todd Poepard, p double trouble for defenses. They're third and first in conference scoring.

Poepard pair plays big-big for Rangers

KEVIN ALLENSPACH STAFF WRITER

For Forest Lake, they have been the Terrible Twins.

For everyone else, they have been the Terrible Two.

Todd and Ryan Poepard have been making other teams do a double-take in basketball and baseball for several years.

They were two-fifths of last year's Minnesota state tournament basketball squad, and they saw state baseball tournament action as freshmen and sophomores. Todd as a pitcher-first baseman and Ryan as a center fielder and pitcher.

They showed their one-two punch on the court twice last week. Todd, a small forward, scored 21 points in a 79-38 victory against Irondele last Tuesday, while Ryan added 16. And Ryan, the team's off-guard, scored 24 in a 70-59 victory over White Bear Lake on Friday, while Todd scored 23. In addition, Todd tied the school's all-time career scoring mark (945)

POEPARDS CONTINUED ON 6D ►

Collegiate Capsule ...

Davids earns All-American

Jason Davids, senior wrestler at the University of Minnesota, earned All-American status at the NCAA Division I championships for the third straight year by finishing fourth at 142 lbs. He's fifth, third and fourth the last three years.



JASON DAVIDS

It was a tournament of firsts. Davids fellow Gopher Kraft are the first time All-American University of Minnesota history.

Troy Marr competed for Gophers at the national tournament.

The Gophers finished second, its highest team

Cam Stottler, a sophomore at the University of St. Thomas, placed sixth in the WRESTLER OF THE YEAR

DeVries tops wrestling elite with state award

By STEVE ANDERSON Times Sports Writer

Two successive trips to the state high school wrestling tournament and successes in several national tournaments have established Jason DeVries as one of Forest Lake's finest wrestlers ever, but another recent honor has established the youth as much more.

Early last month, Minnesota USA Wrestling, the state's top amateur wrestling organization, selected the Ranger senior as its



DEVRIES

There, DeVries finished among the top three in both Greco-Roman and freestyle divisions. That tournament already had Chandler fielding inquiries about DeVries from Division I coaches from across the country, and Chandler says the youth "can definitely be a Division I wrestler if he wants."

But that, too, might only the beginning of post-high school competition for DeVries, the former Olympian maintains. "Jason is one of the guys I can see where six or seven years down the road he could be one of the top wrestlers in the nation," Chandler says, "or the world."

The former Olympian attributes much of that potential to an impeccable work ethic. "He never misses a practice, and always gives 100 percent. He's also not afraid to

SPORTS

PITCHER

5-8-00 vs. Elk River

IP	H	ER	BB	SO
7	0	0	0	5

h's season totals

ings pitched - 88
Hits - 52
Runs - 15
rned runs - 10
Walks - 13
id pitches - 0
atters hit - 0
rikeouts - 79
Wins - 11
Losses - 1
ERA - 0.80

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13-2)
12-2)

PERFECT

ALLISON PAITICH PITCHES A PERFECT GAME AS FOREST LAKE DEFEATS ELK RIVER 4-0, GIVING THE RANGERS THEIR 11TH CONSECUTIVE WIN.

By BERR BROWN Times Sports Editor

Allison Paitich was perfect on the mound and Lindsey Miller was perfect at the plate as Forest Lake dominated Elk River on its way to a 4-0 victory on Monday.

Paitich, a junior, pitched a perfect game while Miller went 3-for-3 at the plate and scored two runs as Forest Lake improved to 11-1 on the season.

The win over Elk River was the Rangers' 11th in a row. Last week, Forest Lake defeated White Bear Lake 1-0 and Stillwater 2-1. Stillwater, 14-2, gave Forest Lake its only loss to start the season.

Despite how well Forest Lake is playing right now, Rangers coach Sue Schmitt-Brown said the team has a long way to go to reach its goal.

three hits against Elk River. She currently leads the team with a 3.33 batting average.

"The hits are falling," Miller said. "I feel like I need to get a hit, like I need to do it for the team."

Forest Lake broke open a 0-0 game in the bottom of the fifth inning when Susan Kollow drew a one-out walk and Cape's bunt was misplayed by the Elk River pitcher moving Kollow to third.

Kollow then scored on a sacrifice fly by Molly Frisley to put the Rangers ahead 1-0.

Forest Lake then put the game away with three runs in the bottom of the sixth.

Miller and Allison Praitich scored the inning with consecutive singles and Miller later scored on a left-center gap to score Praitich and give the Rangers a 4-0 lead. Pitcher-minder Darin

Wistrick picked to WCCO Prep Parade team of the year

Joyce Wistrick, a 5-10 senior forward for the Forest Lake girl's basketball team this year, has been named to the WCCO Radio Prep

Parade All-State Team of the Year.

Wistrick is the first woman basketball player at Forest Lake to be named to an all-state team of the year. Her selection to the WCCO team of the year was announced on Wednesday, March 18, by Prep Parade co-hosts Sid Hartman and Rav

points, 198 rebounds and 174 free throw attempts.

The senior, a three-year starter for Gunderson, averaged 15.9 points a game in helping Forest Lake to a 13-7 record. She was deadly from the free throw line where she made 72 percent of her attempts on 125 of 174 tries. From the floor,

Howe wins Athena Award

BERK BROWN SPORTS EDITOR

Stephanie Howe, who last week signed a letter of intent to compete in Nordic skiing and cross country at Northern Michigan University, has been named Forest Lake's winner of the Athena Award.

Howe will be among 53 female athletes selected for their athletic achievements at the annual Athena Awards on May 10, at the Mii Convention Center.

Howe, the daughter of Chuck Howe, has earned 10 varsity letters in her high school career in cross country, Nordic track and softball. She has all-conference honors in cross country, won four conference championships, earned a varsity letter in cross country four times, including a championship in class skiing, and was named MVP in Nordic skiing



HOWE

Weiss sets new Big Ten record for career hits

MINNEAPOLIS — In watching Lezlie Weiss grow up, you could always be certain of one thing. Here was a kid who always worked hard and competed to win. It was that way in high school and it's been that way at the University of Minnesota here where she has written her name in Big Ten Conference career hitting records.

It's always been team first, individual accomplishments second for the 1989 Forest Lake High School graduate.

So, it shouldn't be surprising that Weiss would bunt for a base hit in the fourth inning of last Friday's meeting with Ohio State at the Bieman Softball Stadium. The left-handed swinger doesn't bunt often, but in a 0-0 game she wanted to get on base.

"It wasn't so much that I was trying to get the hit," Weiss said later. "I was looking to get on base. We needed to get something going."

The bunt single, which was pushed artfully towards third base, didn't trigger a rally, but it did produce a record for the Gopher. The hit, No. 241 in her four-year career at Minnesota, established a new Big Ten record for hits in a career. The Gopher senior added four more hits in the four-game tilt with the Buckeyes and now has 245 career hits head-



LEZLIE WEISS

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New Member Bios and Photo Gallery	3 - 4
HALL OF FAME - PAST INDUCTEES	
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The Competitors	40 - 57
The Coaches	58 - 60



Arts & Athletics Hall of Fame



The Forest Lake Area High School Athletics Hall of Fame underwent a renewal in 2011 after more than a decade of inactivity.

The renewal allowed not only past sports achievers to be celebrated but their coaches as well.

Participants, coaches and

advisors who stood out among their peers as elite talents in other activities – such as band, choir, theater, speech, debate and any other activity that is, or was, officially sanctioned by the Minnesota State High School League – were also included into this Hall of Fame, starting in 2014. Thus, the institution was renamed “The Forest Lake Area High School Arts & Athletics Hall of Fame.”

Two new members were inducted into the hall of fame in the spring of 2018. Those inductions occurred on May 21 at a ceremony that was held in conjunction

with the high school’s annual Academic Awards Ceremony. A reception was held the following evening at the Forest Hills Golf Club.

Thank you for your support of our wonderful arts, athletics and academic programs, and of the tremendous people who have made them successful.



Steve Massey
District Superintendent

Rob Rapheal
School Board President

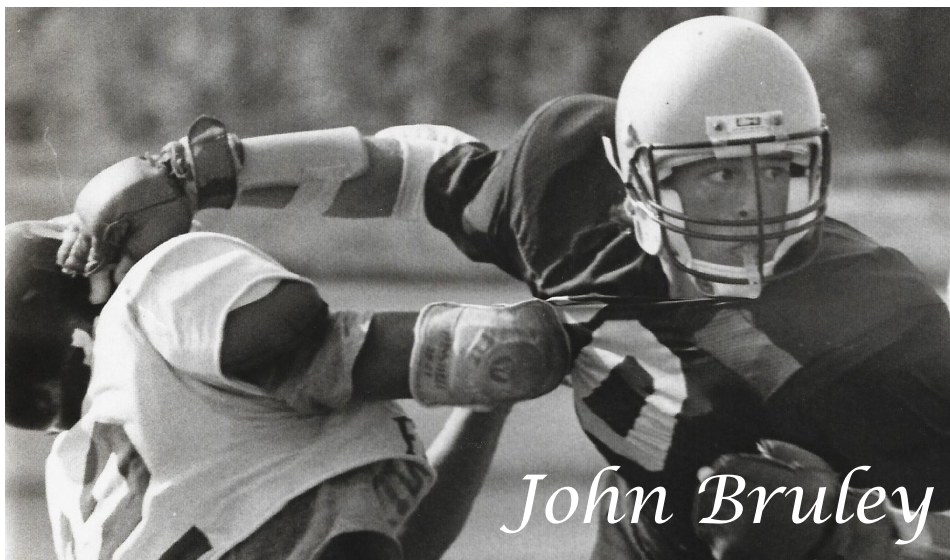
Chuck Gunderson
Hall of Fame Committee Chair

Jim Caldwell
High School Principal

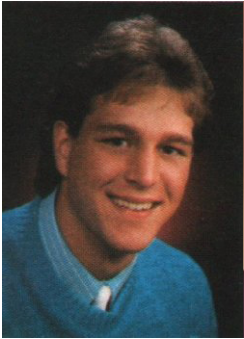
Aaron Forsythe
High School Activities Director



2018 Hall of Fame Inductees



The Competitors...



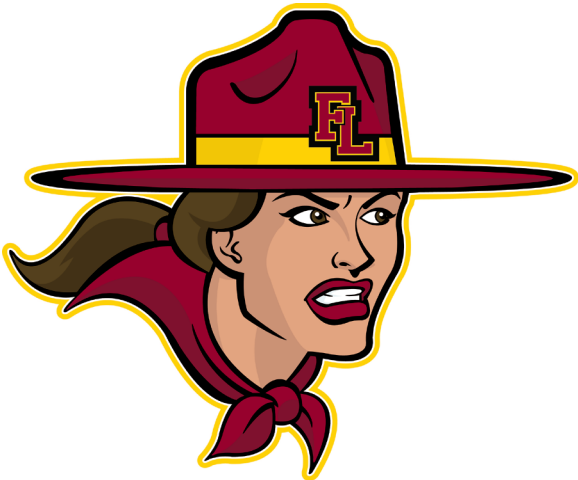
John Bruley (1988)

John's high school career yielded both school records in track as well as a Division I athletic scholarship in football. In track, John set several school records and was twice named all-conference in both the discus and shot put. He graduated as the school's all-time points leader in boys' track and field (173). In football, John was a dominant offensive and defensive lineman, and as a senior he was named All-Conference and All-State. He attended the University of Wyoming, a frequent Top 20 team nationally. John was three year letter-winner and played in two Division I bowl games.



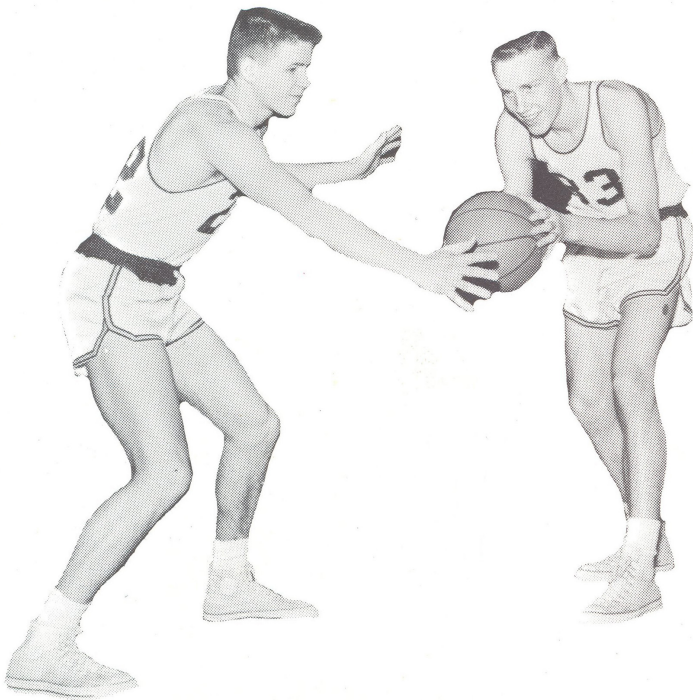
Ben Fick (2006)

Ben was the most highly-decorated Nordic ski champion in Forest Lake history and helped lead the very school to its first team state championship in 2005. During his six years on varsity, Ben was named All-Conference five times, All-State four times, and he was a two-time section champion and won five state championship titles. As a senior he was champion in Pursuit, Classical and Freestyle events, a rare feat. He attended the University of Utah, where he qualified for the NCAA Division I individual meet all four years, and he earned both All-Conference and All-America honors as a senior.





Brian Brenberg



Juris Kauls & Bill Morehead



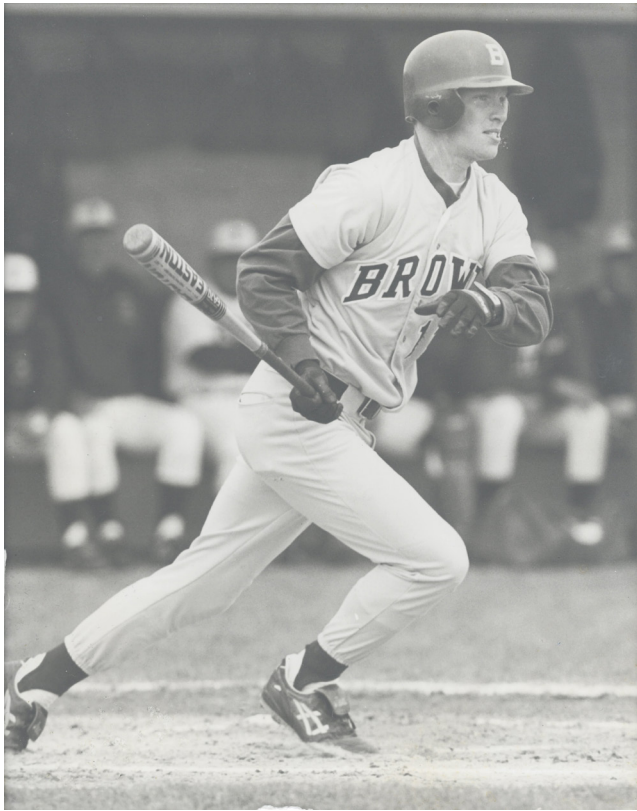
Megan Cooper



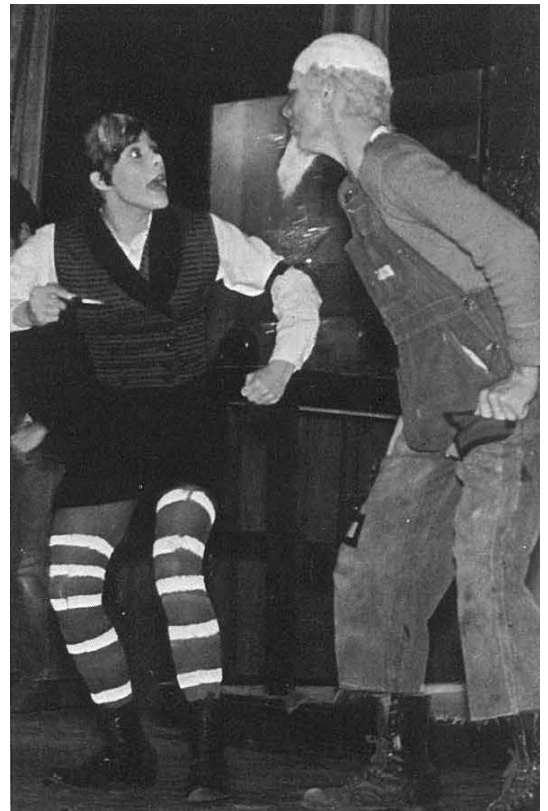
Jane Gilles



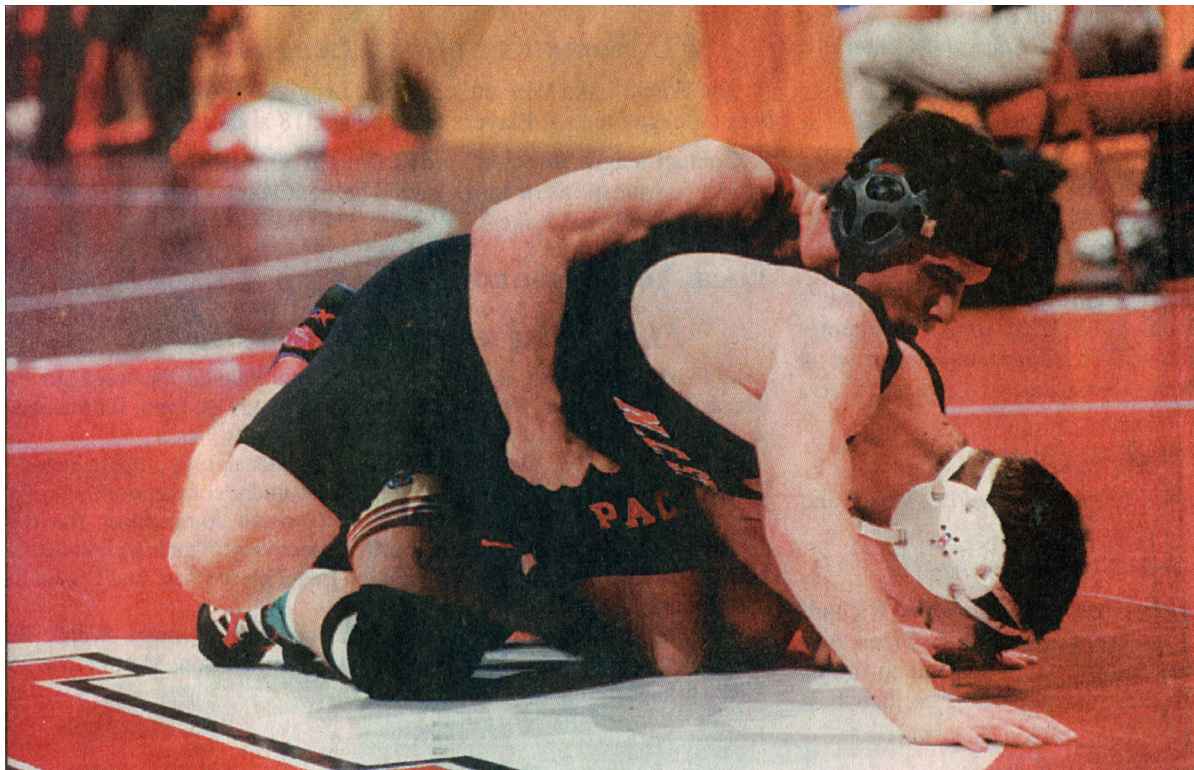
Aaron Forsythe



Mike Humphreys



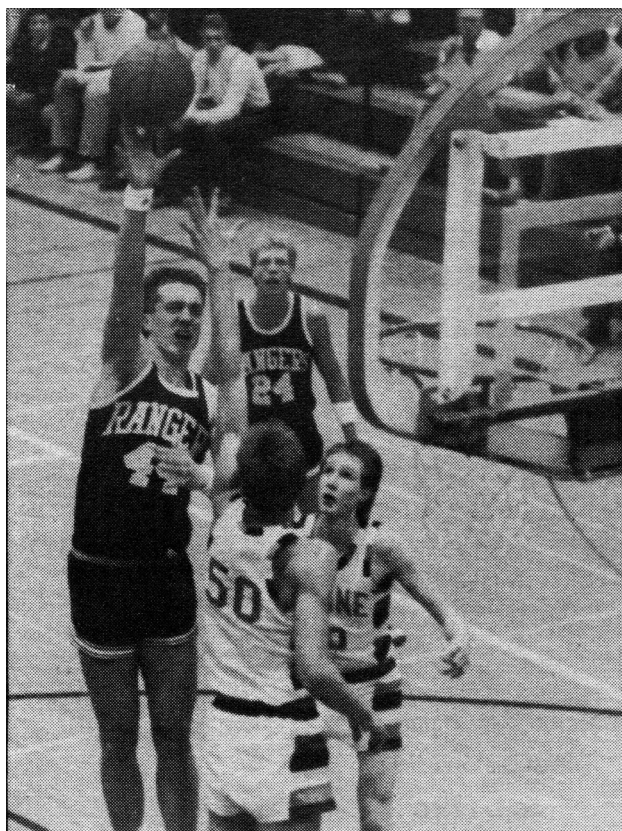
Thomas Hollihan



Jason Davids



Serese Thurnbeck



Eric Carter



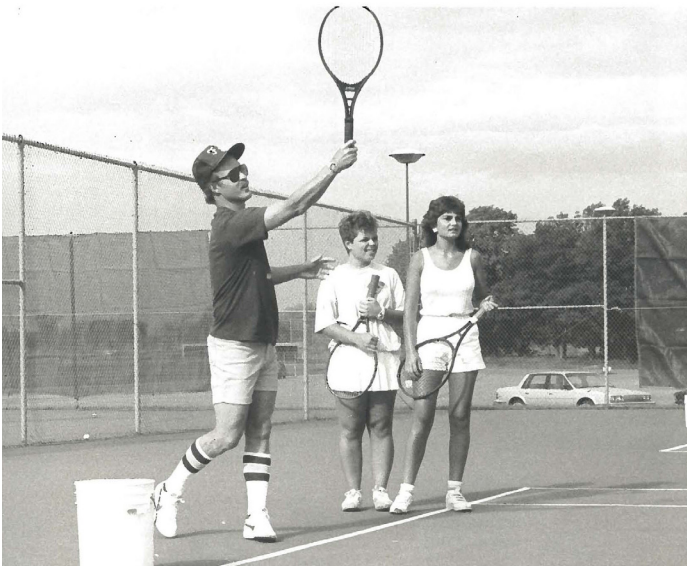
Marty Rychley



Rick Bayless



Bobbie Jo Saxe-Davis



Charles Chalberg



Mark Moraczewski



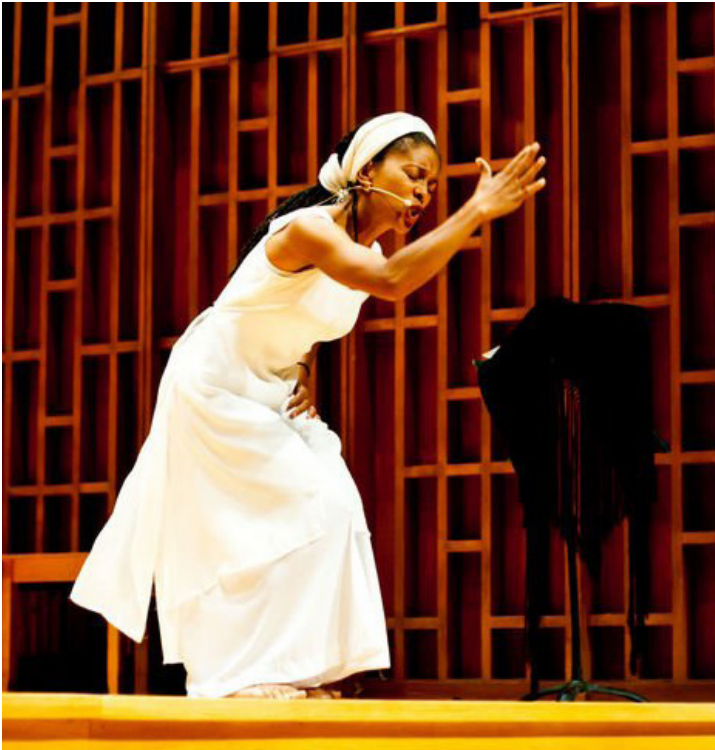
Jerilyn Glenn



Becky Lindberg



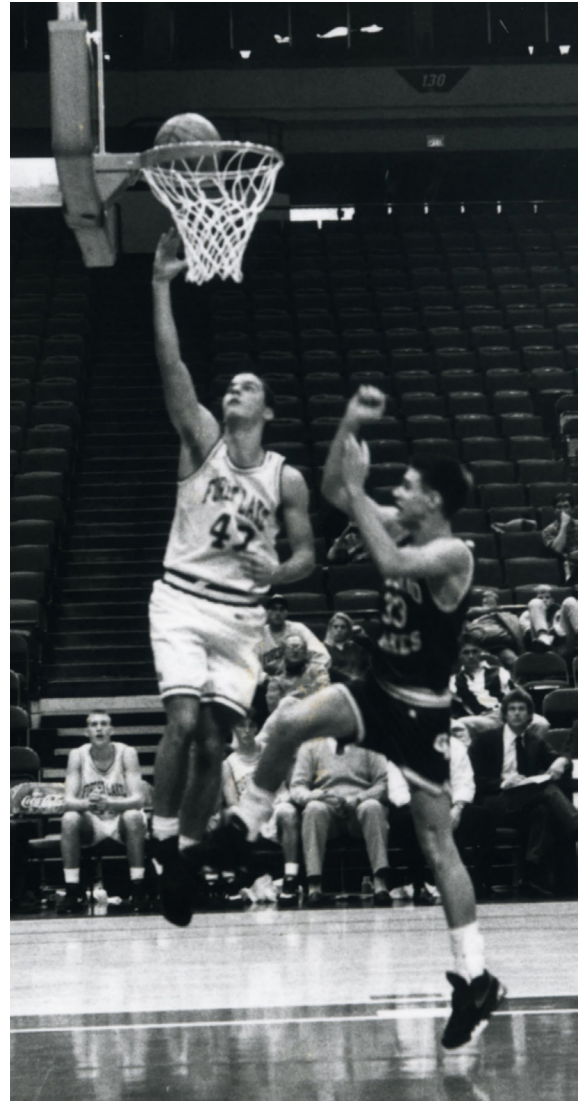
Joe Toth



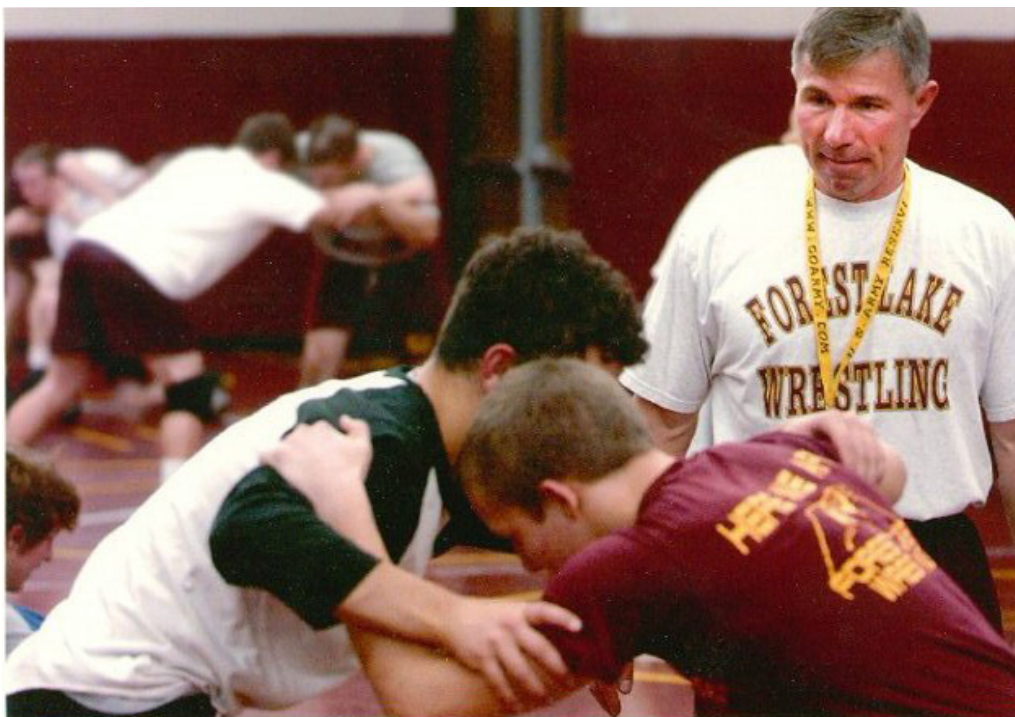
Regina Laroche-Theune



Sara Dupslaff Young



Ryan Poepard



Bob Dettmer



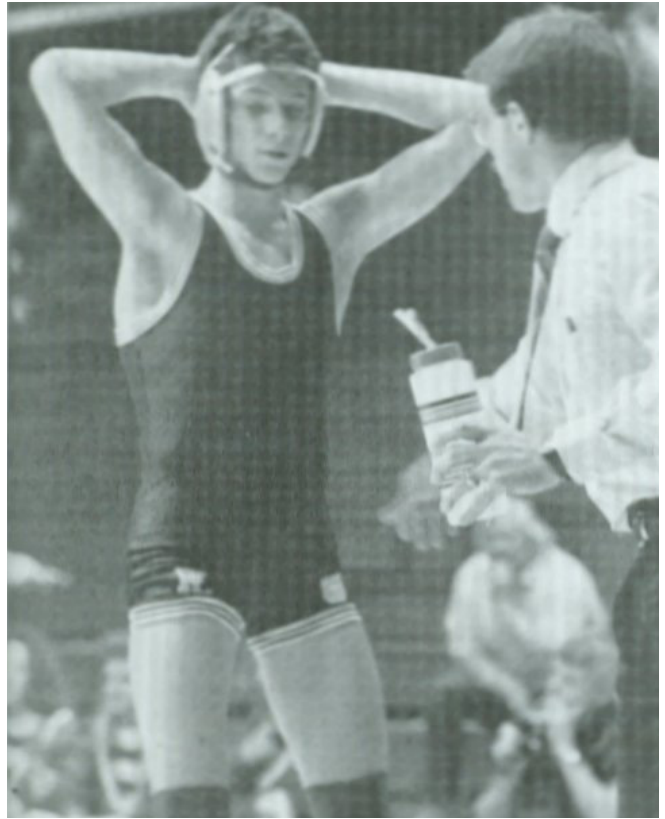
Katie Alsdurf



Jay Brisson



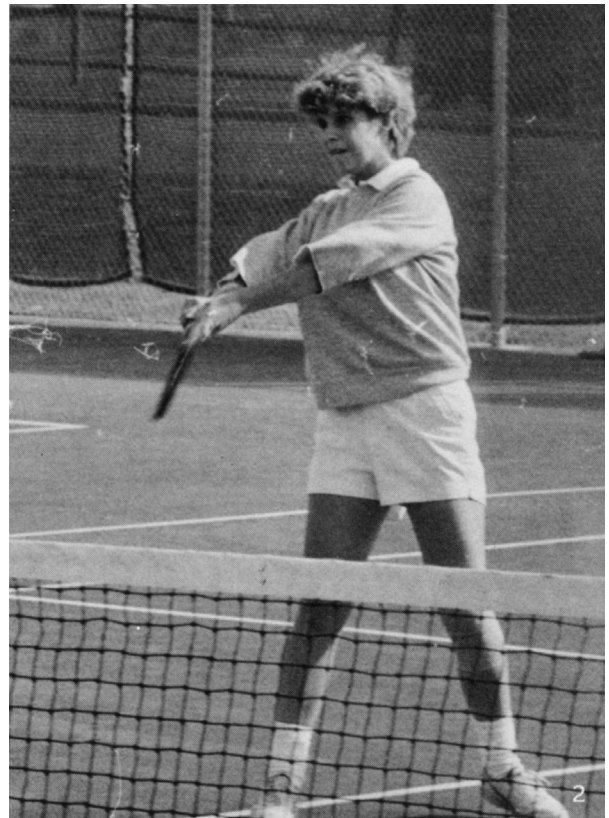
Kim Kauls



Justin Hahn



Tim Almquist



Diedre LaRock



Lezlie Weiss



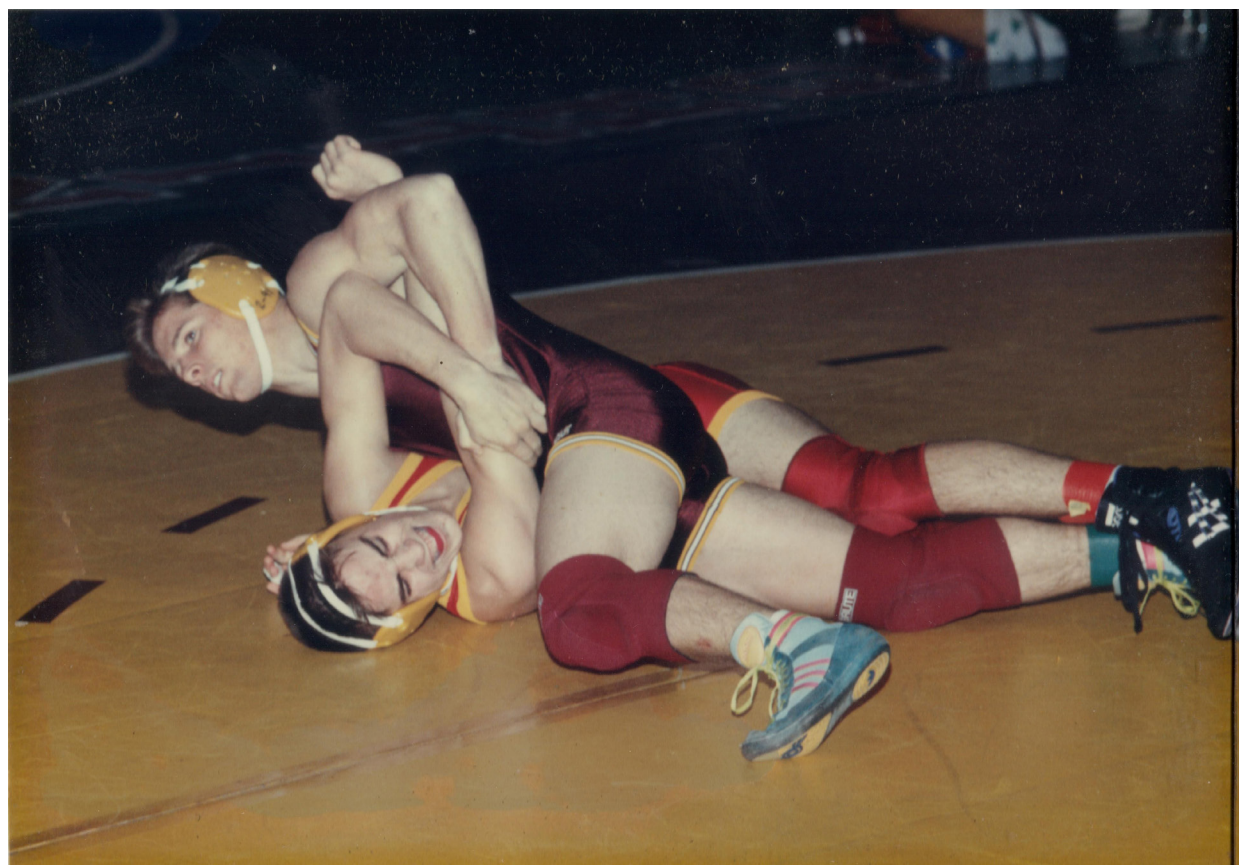
Mike Chalberg



Jack Conley



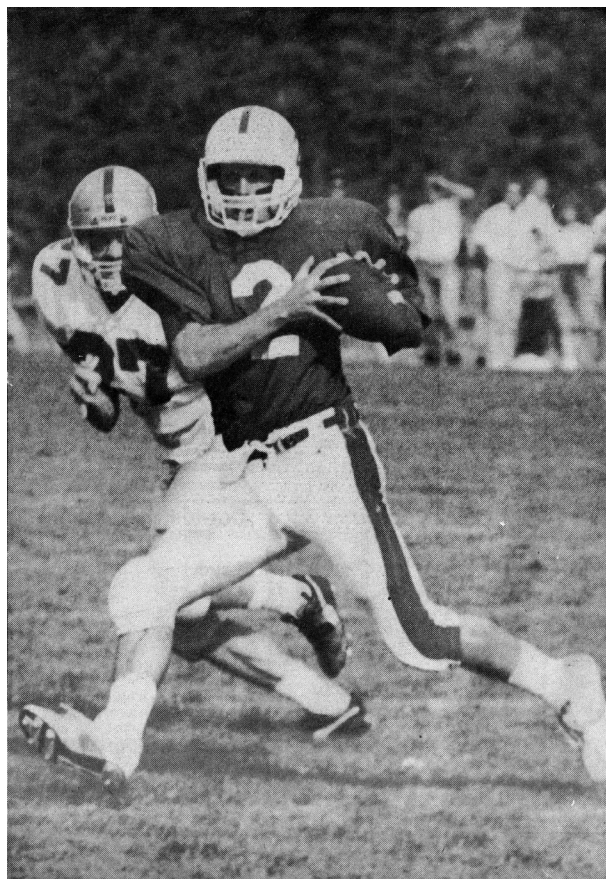
Jessica Fedderly



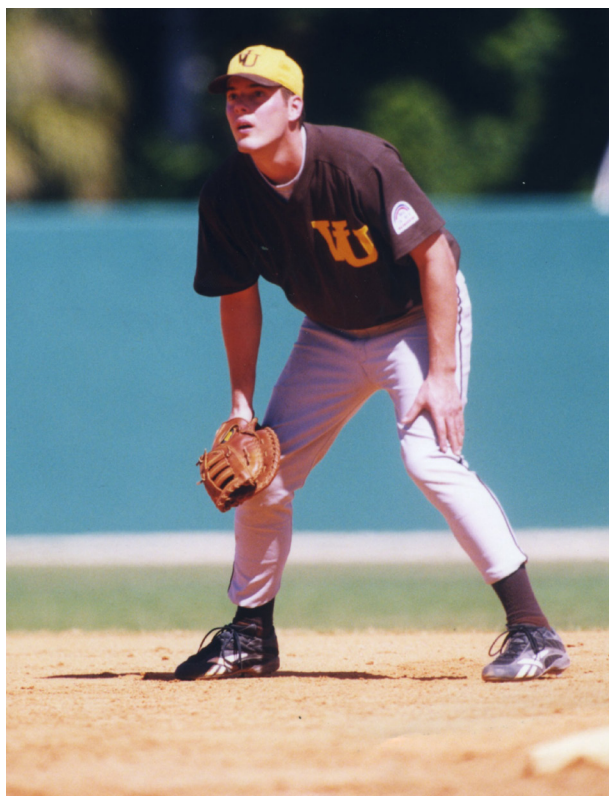
Troy Marr



Carla Thurnbeck



Todd Fultz



Todd Poepard



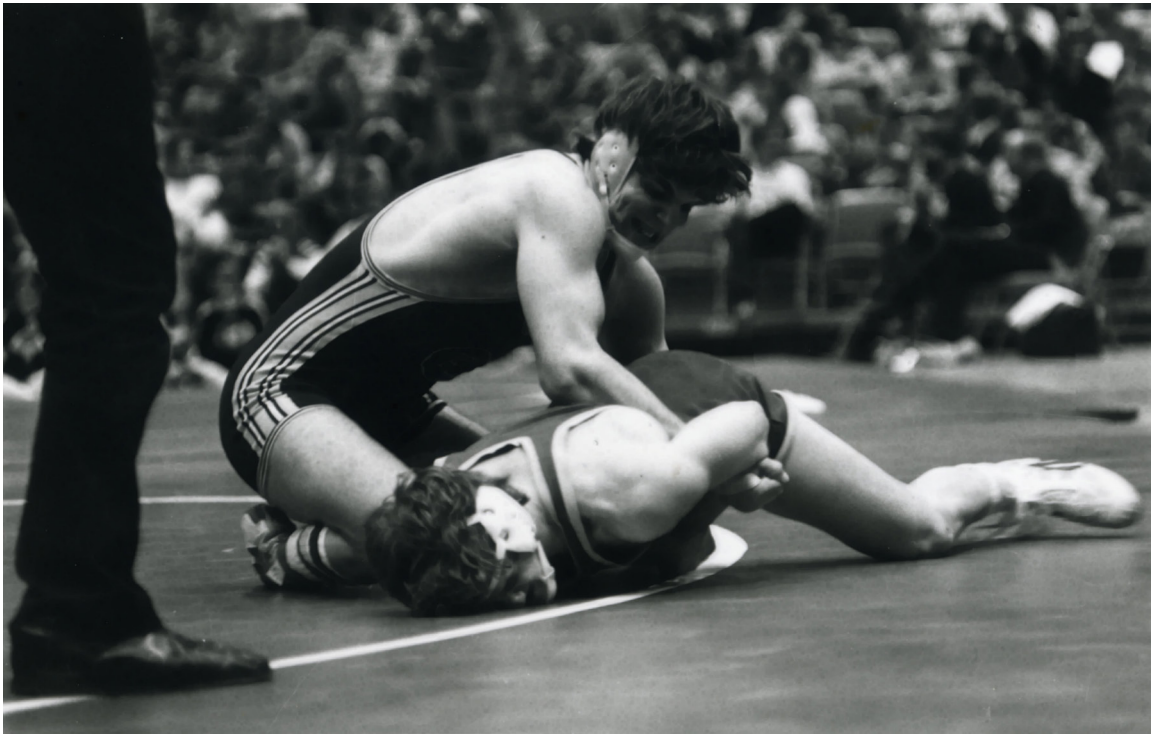
Suzanne Stennes-Rogness



Bud Nygren



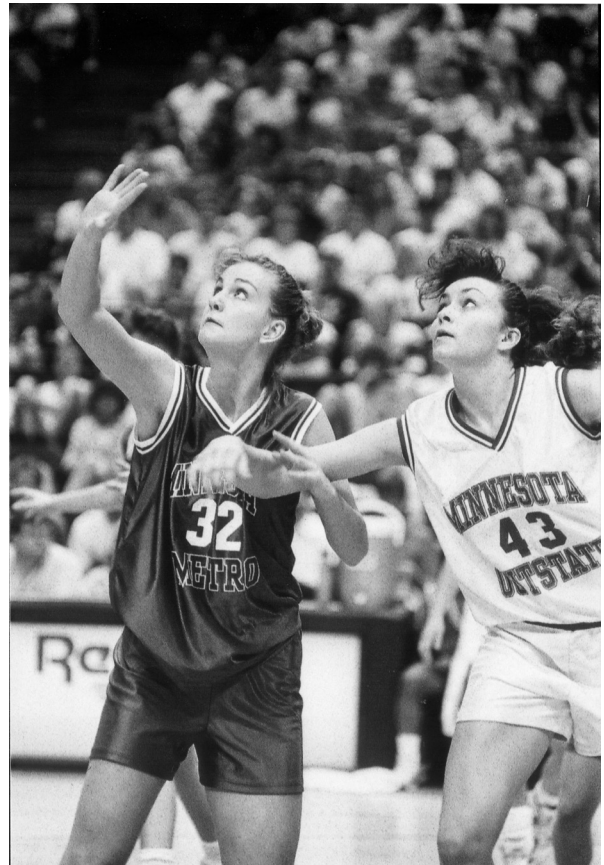
Ivars Kauls



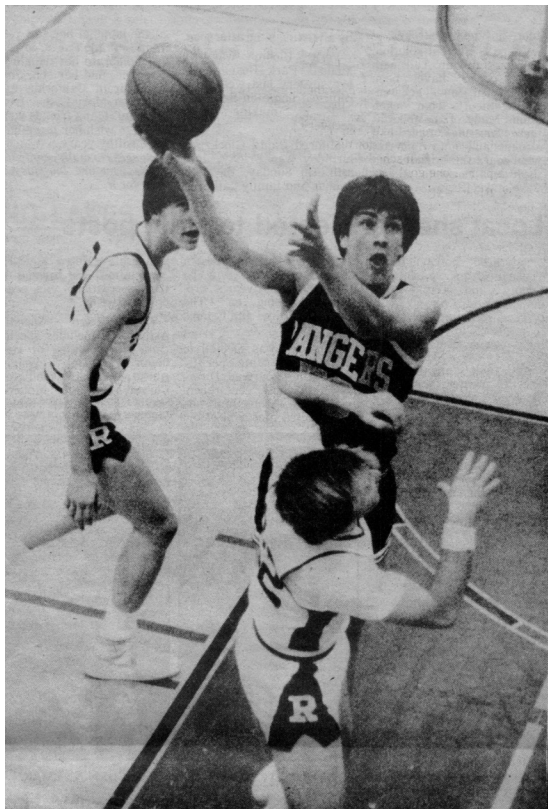
Rick Schwab



Jill Hanson



Jennifer Joesting



Paul Peters



Terry Paulino



Karl Johnson



Paul Furrer



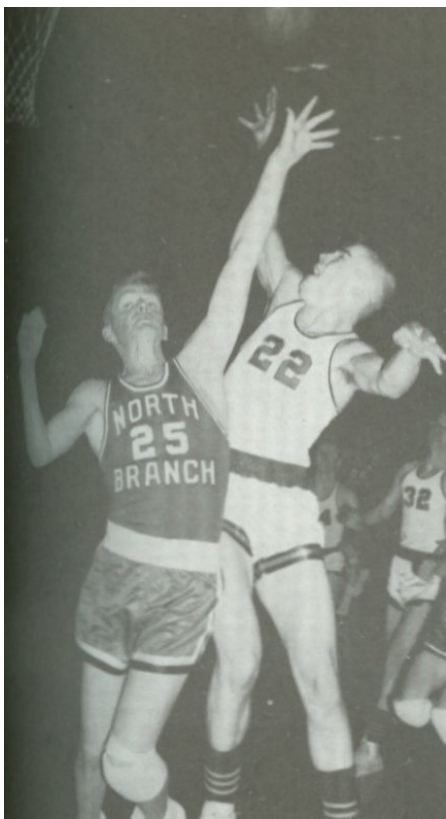
Joan Paulson



Pete Hegseth



Robin Swenson



Don Hapka



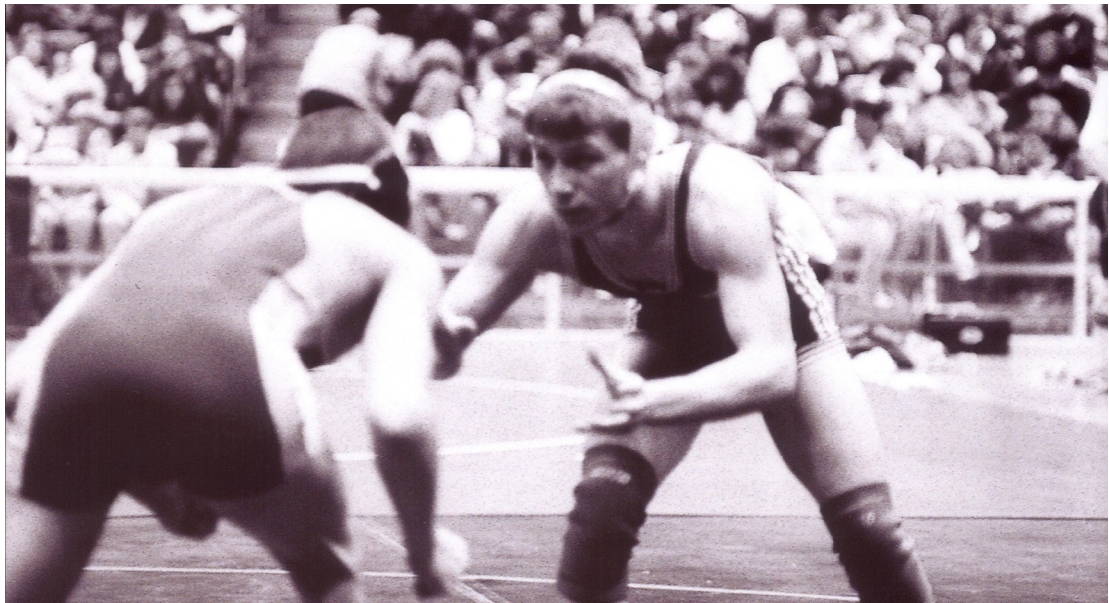
Andy Elvester



Tom Ramboldt



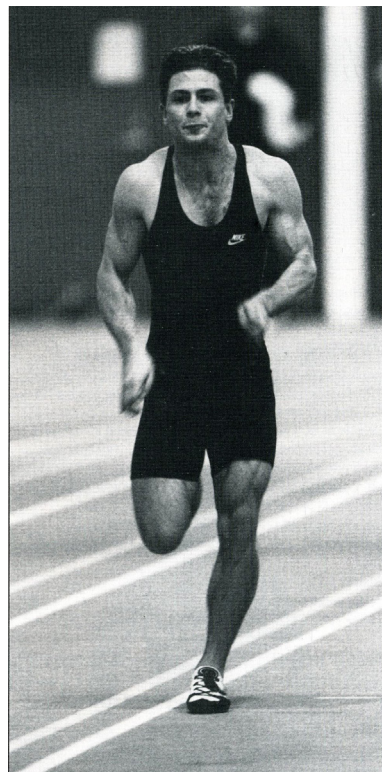
Jim Trudeau



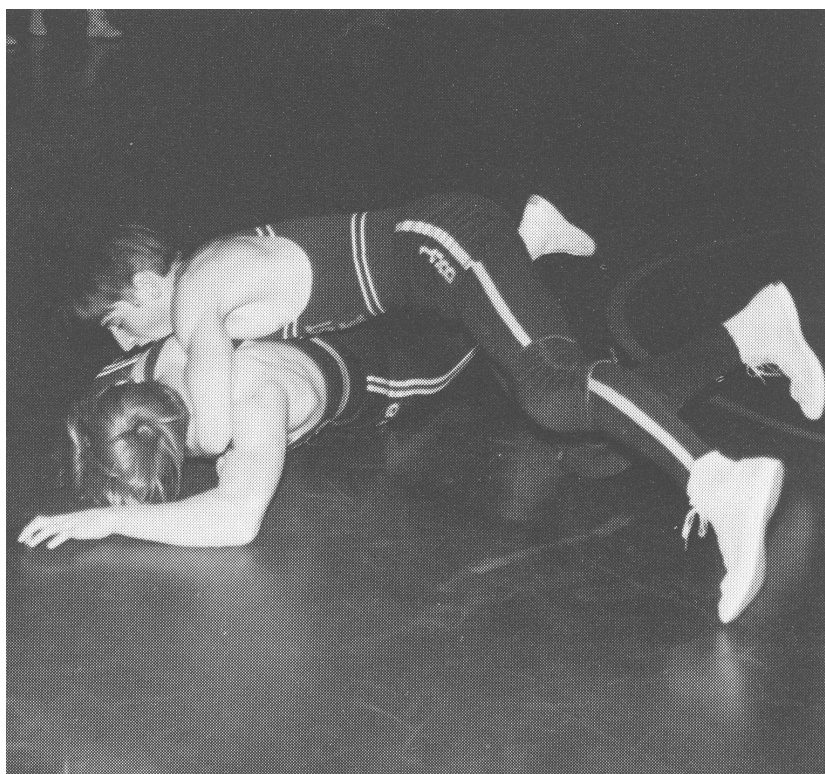
Rich Elliot



Amanda Gage-Didier



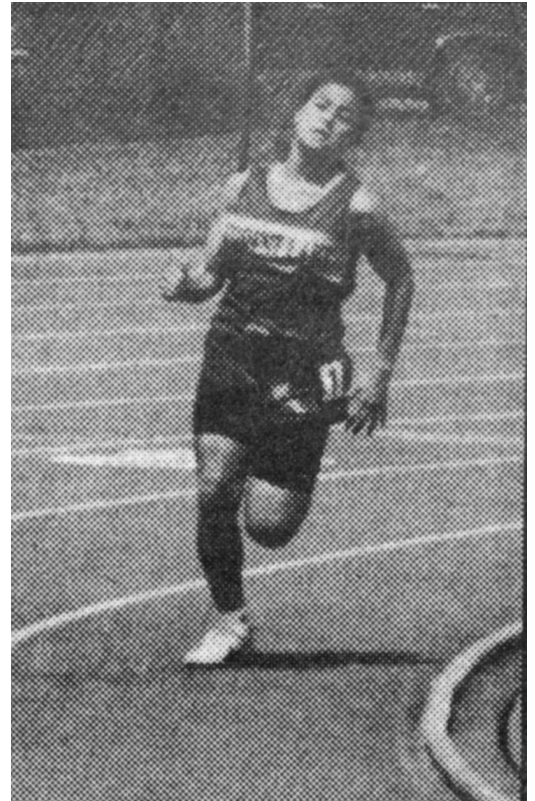
Bob Ewings



Pete Saxe



Jason DeVries



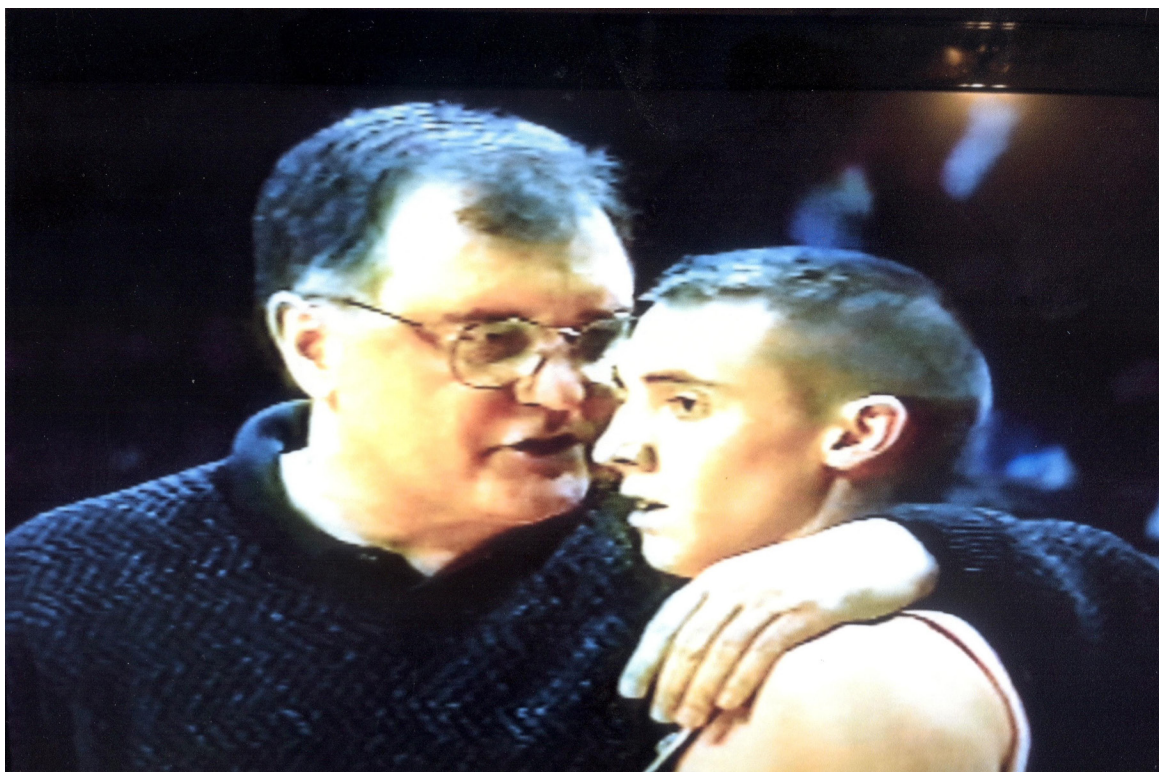
Anita Paulino



Lori Florhaug



Scott Poepard



Chuck Gunderson



Greg Benson



Angela Granquist



John Reiman



Stephanie Howe



Ziggy Kauls



Bert Evgen



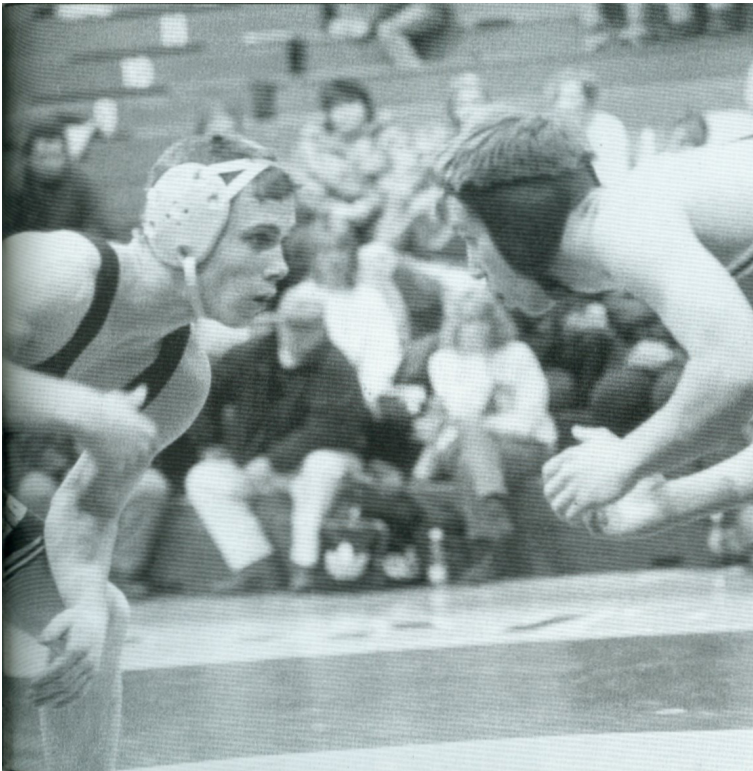
Karen Howe McDonough



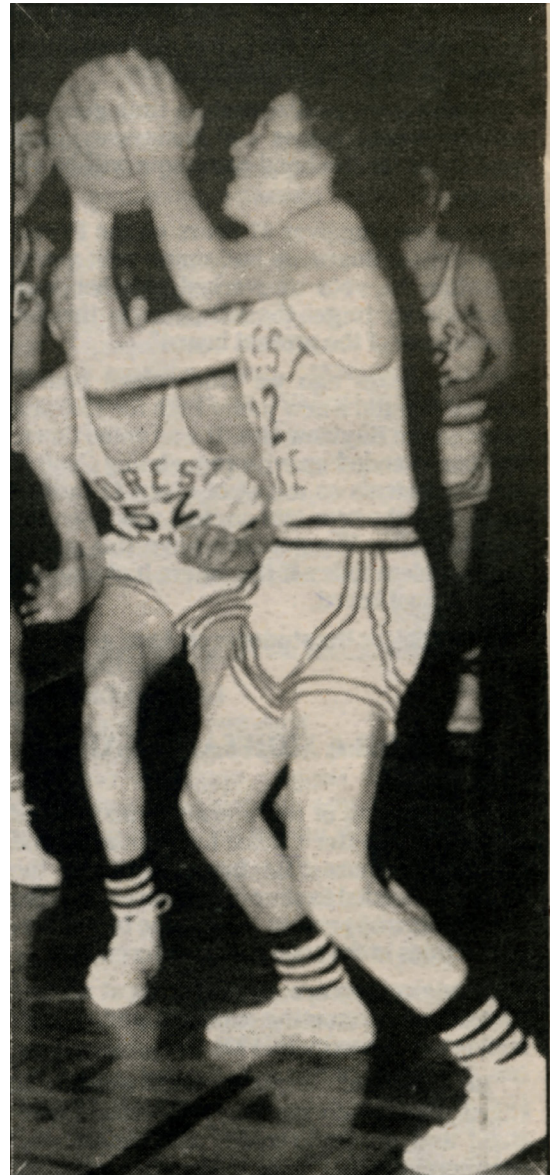
Bill Jeans



Krista Hipkins-Brenberg



Mitchell Marr



D.J. Morehead



Allison Paitich



Peggy Paulino



Daniel Bever



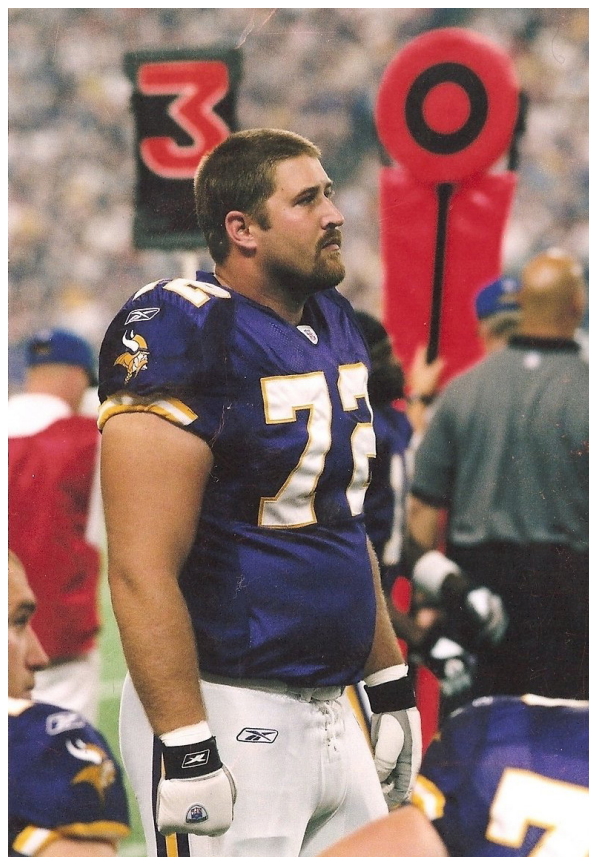
Andy Cossette



Kathy Briguet



Nicky Hebert



Adam Haayer



John Schumacher



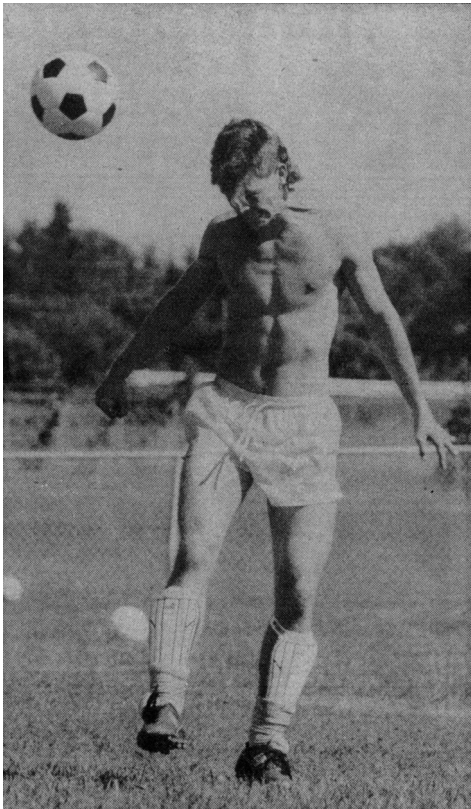
Susan Swanson Novak



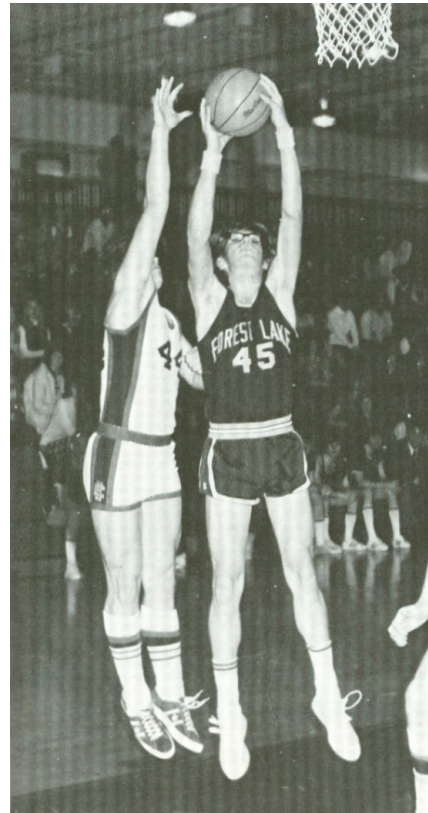
Wayne Thompson



Scott Kohls



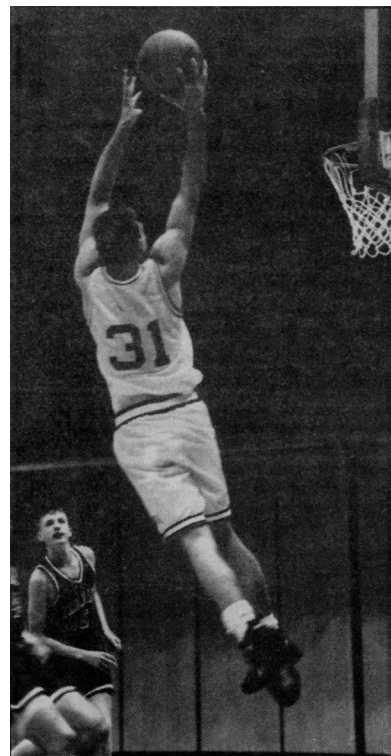
Brent Houle



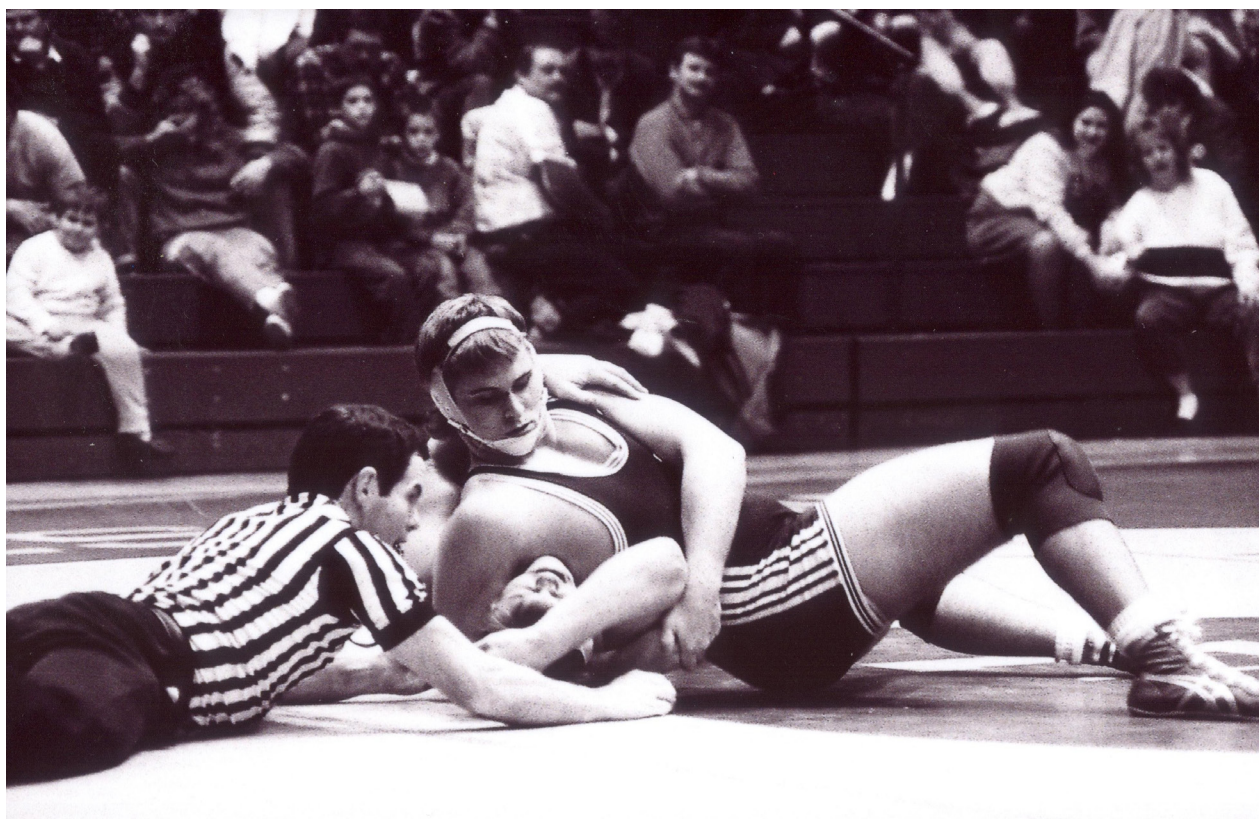
Dan Jacobs



Angie Berg-Ryan



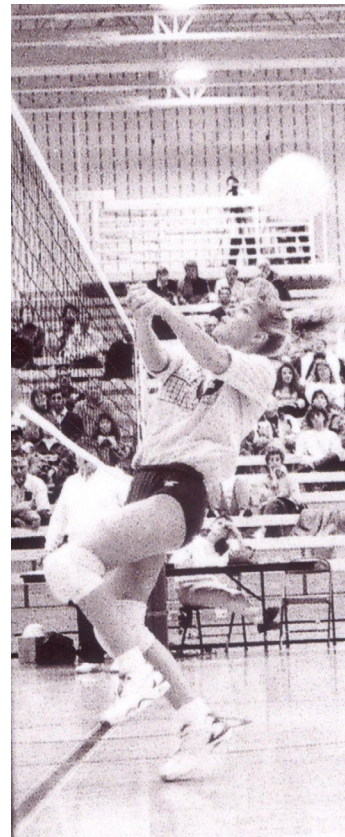
Aaron Wilborn



Jeff Julkowski



Krista Lange



Debbie Westrum



Paul Kendrick



David Blasko



Robin Erickson-Lind



Bryan Peltier



Tal Gravelle



Dorothy Sunne



Joyce Wistrcill



Christoper Sieber



Heather Westmoreland

Past Hall of Fame Inductees

*Tim Almquist
Katie Alsdurf
Rick Bayless
Greg Benson
Angie Berg-Ryan
Daniel Bever
David Blasko
Brian Brenberg
Kathy Briquet
Jay Brisson
Eric Carter
Charles Chalberg
Mike Chalberg
Jack Conley
Megan Cooper
Kristen Copham
Andy Cossette
Jason Davids
Jason DeVries
Bob Dettmer
Sara Dupsloff Young
Rich Elliot
Andy Elvester
Robin Erickson-Lind
Bert Evgen
Bob Ewings*

*Jessica Fedderly
Lori Florhaug
Aaron Forsythe
Todd Fultz
Paul Furrer
Amanda Gage-Didier
Jane Gilles
Jerilyn Glenn
Angela Granquist
Tal Gravelle
Chuck Gunderson
Adam Haayer
Justin Hahn
Jill Hanson
Don Hapka
Nicky Hebert
Pete Hegseth
Krista Hipkins-Brenberg
Thomas Hollihan
Brent Houle
Stephanie Howe
Karen Howe McDonough
Mike Humphreys
Dan Jacobs
Bill Jeans
Jennifer Joesting*

Past Hall of Fame Inductees

Karl Johnson

Jeff Julkowski

Ivars Kauls

Juris Kauls

Kim Kauls

Ziggy Kauls

Paul Kendrick

Scott Kohls

Krista Lange

Regina Laroche-Theune

Diedre LaRock

Becky Lindberg

Mitchell Marr

Troy Marr

Mark Moraczewski

Bill Morehead

D.J. Morehead

Bernard "Bud" Nygren

Allison Paitich

Anita Paulino

Patty Paulino

Peggy Paulino

Terry Paulino

Joan Paulson

Bryan Peltier

Paul Peters

Ryan Poepard

Scott Poepard

Todd Poepard

Tom Ramboldt

John Reiman

Marty Rychley

Bobbie Jo Saxe-Davis

Pete Saxe

John Schumacher

Rick Schwab

Christopher Sieber

Susan Swanson-Novak

Suzanne Stennes-Rogness

Dorothy Sunne

Robin Swenson

Wayne Thompson

Carla Thurnbeck

Serese Thurnbeck

Joe Toth

Jim Trudeau

Lezlie Weiss

Heather Westmoreland

Debbie Westrum

Aaron Wilborn

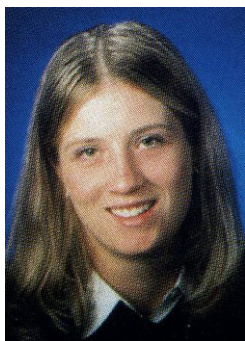
Joyce Wistrick

The Competitors...



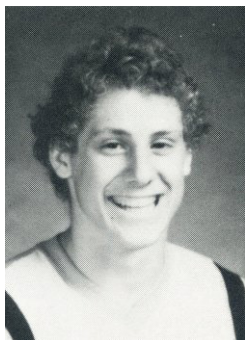
Tim Almquist (1977)

During his high school career, Tim earned a total of five varsity letters in basketball and track while maintaining a solid 3.0 grade-point average. In 1977, the 6-7, 200 pound basketball forward averaged 19.4 points and 11.2 rebounds per game in a stellar senior year that also included a school record-breaking 169 blocked shots. He was named All-Conference and North Suburban Conference MVP that year and was also All-Conference in track. Tim attended University of Alabama-Birmingham and in 1981 became the first Ranger to play in the NCAA Div. I National Basketball Tournament.



Katie Alsdurf (2001)

Katie finished her high school basketball career as Forest Lake's all-time leading scorer with 1,803 points. Selected to the Suburban East all-conference team an amazing five times, the 6-foot guard was named both All-State and Street & Smith Honorable Mention All-American in 2000 and 2001, and she was a Ms. Basketball Award finalist as a senior. In college, Katie played two seasons at Marquette before transferring to the University of Minnesota. Playing for the Gophers, she was twice named Academic All-Big Ten and helped her team secure two NCAA Division I Tournament appearances.



Rick Bayless (1983)

Rick is one of only three Forest Lake graduates to play professional football. In high school, he earned two varsity letters in football and three in track & field, and as a senior he set school records in the high-jump, 100-meter and 60-yard dash. He went on to play college football for the University of Iowa, and in 1986 he became only the third Iowa running back ever to rush for 1,000 yards. He was second in the Big Ten in rushing that season, and he was named All-Big Ten and Honorable Mention All-American. In 1989, he was signed as a free agent by the Minnesota Vikings and played one year in the NFL.



Greg Benson (1965)

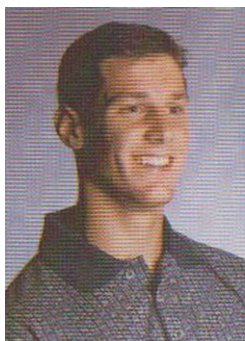
Greg was a standout football, basketball and baseball player for the Rangers and played on District 25 champion basketball squads in 1964 and 1965, the first back-to-back district championships in school history. He was one of the anchors of the great Ranger basketball team of 1964-65, which at the time was one of the top rebounding teams in Minnesota history. Greg was named to the District 25 All-Tournament Team his senior year.

**Angie Berg-Ryan (2000)**

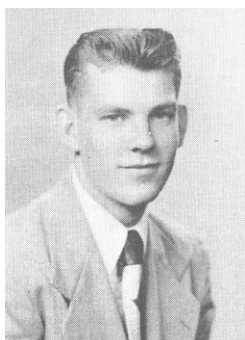
An intense and dedicated player, Angie was a three-year starter at shortstop on the Forest Lake softball team and an All-Conference selection each year. She helped lead the 2000 Rangers team to 2nd place at state and was named to the Star Tribune All-Metro team that year. In basketball, she was also a three-year starter as point guard and earned All-Conference Honorable Mention her senior year. Angie attended St. Cloud State on a Division II softball scholarship and earned four varsity letters with the Huskies. At the time of her graduation, she was No. 2 among the college's career hits leaders with 243.

**Dan "Danny" Bever (1950)**

Dan's athletic talents were evident at an early age, and he was good enough at basketball as an 8th grader that he played on the varsity team and earned a letter that year. During his high school career he won 12 varsity letters - five in basketball, three in baseball, three in track and one in football. In baseball Dan played center field, and in track he ran the 100-yard dash, the high hurdles and was a member of the relay team. He was also class president and president of the student council. After graduation he attended St. Thomas College in St. Paul and played both baseball and basketball for the Tommies.

**Brian Brenberg (1998)**

A 1998 Forest Lake graduate, Brian was a standout student-athlete during his high school years, starring in three sports while maintaining a 4.0 GPA. He won a total of nine varsity letters and served as team captain in football, basketball and track and field his senior year. A wide-receiver in football, Brian was named SEC All-Conference and All-State honorable mention in his senior year and went on to play at the University of St. Thomas.

**Jay Brisson (1952)**

Jay participated in four sports during high school and excelled in each one, earning 10 varsity letters. He was a starter on the baseball team for four seasons, helping his team win the conference championship in 1950. He lettered three times in football and once in basketball, and he also lettered in track and field where he was also awarded the Willard Houle Trophy for being the outstanding track team member in his senior year. Following graduation from Forest Lake, he played amateur baseball with Forest Lake and Hugo during the 1950s and became the manager of the Hugo baseball team from 1960 to 1963.

**Eric Carter (1988)**

Eric excelled in football, basketball and track, earning a total of eight varsity letters during his career at Forest Lake, and he was also an excellent student. As a basketball player, the 6-foot-8 forward was named to both the All-Conference and All-State teams in his senior year and became the school's all-time career leader in both points (945) and rebounds (590). He graduated with a 3.5 grade-point average, was a member of National Honor Society and also participated in student council and in the school's fall musical. Eric attended Harvard University where he played basketball for the Crimson.

**Mike Chalberg (1991)**

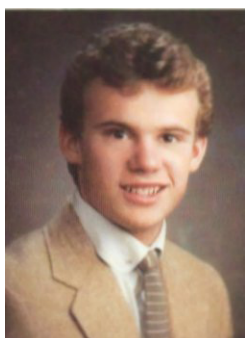
A tremendous student and football player, Mike's 3.7 grade-point average and outstanding ability as a place kicker earned him a full-ride Division I scholarship at the University of Minnesota. In high school, Mike not only broke most of the school's kicking records but also set a state record by converting on a 54-yard field goal in 1990. He also excelled in college for the Gophers, where he was named to the All-Big Ten Second Team and in 1994 was a semi-finalist for the Lou Groza Award, which honors the nation's best college kicker.

**Megan Cooper (1995)**

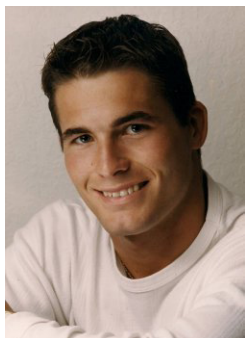
Megan earned a total of 10 varsity letters in four sports: cross country running, tennis, gymnastics and softball. She was a team captain and all-conference honoree in three sports, and she was selected to play softball in the Minnesota All-Star game and was named to the All-Tournament Team at state in 1995. In addition, she was a member of the National Honor Society and a recipient of a Division II athletics scholarship to play softball at North Dakota State University. She studied corporate and community fitness at NDSU.

**Kristen Copham (1985)**

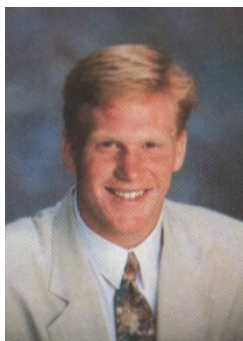
Kristen's high school career exemplified the term "student-athlete," as she excelled both in the classroom and in athletics. The valedictorian of her 1985 graduating class, Kristen graduated with a 4.0 grade-point average and also was a standout slalom skier who was named team captain and All-Conference in both her junior and senior years. In 1984 she finished 2nd at the state meet and was named to the All-State team. She was also president of the Forest Lake Student Council and editor of the school newspaper.

**Andy Cossette (1986)**

An All-Conference hockey player for the Rangers, Andy finished his career No. 2 on the school's all-time points list with 95 and was regarded as one of the best all-around players in school history. He was a stellar athlete and student, performing admirably in the classroom with an outstanding 3.8 grade-point average during his high school career while earning four varsity letters in hockey and three in cross country. In his senior year he was captain of both teams. After graduation, he attended Gustavus Adolphus College and played hockey for the Gusties.

**Jason Davids (1993)**

One of the most decorated wrestlers in Forest Lake's history, Jason graduated in 1993 with a career record of 125-22-2 and turned in an undefeated season his senior year that was capped by a state championship at 133 pounds. During his high school career he was All-State twice and was Junior National Greco Champion. His wrestling career continued to soar at the University of Minnesota. In 1998, Jason became the first three-time All-American in Gopher history. He graduated from college with a record of 132-27-0, and his career win total was, at the time, the third highest in school history.

**Jason DeVries (1993)**

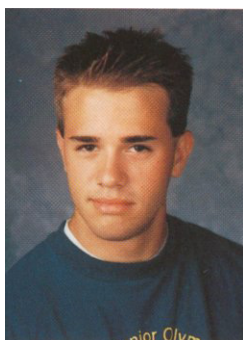
Academics, football and wrestling were three areas Jason made his mark at Forest Lake. A first-rate student, Jason's 3.728 grade-point average placed him 18th in his graduating class. A three-year letter winner in football and team captain his senior year, he was named All-Conference both his junior and senior years. As a senior, he was chosen team MVP and named to both the All-Metro and All-State football teams. He also was a standout wrestler who finished third at the state tournament as a junior and took first place as a senior. His career record was 121-25-2, and he was 38-1 his senior year.

**Sara Dupslaff Young (1987)**

Sara was a four-sport athlete and state champion who set school records both in high school and in college. She earned a total of nine varsity letters during her high school career, earning three each in track and gymnastics, two for volleyball and one in soccer. In 1987 she took first at the state meet in the long jump (18', 6 1/2"), which still stands as a school record and the 20th best long jump in state history. That year, she took fourth at state in the 200-meter (26.04 seconds). In college, Sara attended the University of North Dakota, where in 1992 she set the indoor school record for the triple jump (38', 4 3/4").

**Rich Elliot (1988)**

Rich's well-rounded high school experience was highlighted by outstanding academic performance as well as success in both wrestling and soccer. In the classroom, his 3.68 grade-point average was only surpassed by his Quarter Finalist finish for the PSAT National Merit Scholarship. A two-time All-Conference wrestler, Rich twice earned his way to state - finishing fifth his senior year, along with being named team captain and team MVP. He was also selected to the state's All-Academic team in 1988.

**Andy Elvester (1997)**

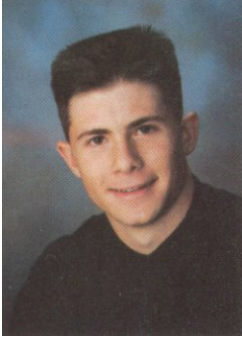
The first of the Nordic Ski champions from Forest Lake, Andy also excelled at cross country and track, earning a total of 12 varsity letters, and he was named All-Conference a combined eight times. He lettered every year in Nordic skiing from 8th grade until graduation in 1997 and won the state Nordic skiing individual championship that year. He was named All-State in 1996 and 1997. He also was named All-Conference in track three times and four times in cross country. Andy attended the University of Alaska-Anchorage on a Nordic skiing scholarship and graduated in 2002.

**Robin Erickson-Lind (1985)**

Through her perseverance in lobbying the school district, Robin was the driving force in creating the school's first dance team. The first team, called the "Classettes", began in 1985, with Robin as team captain. The varsity letter she earned was one of six she would receive during her high school career. As a senior, she earned an academic letter and varsity letters in both dance and theater. She lettered in cheerleading her junior year, and in chamber choir as a junior and senior. Robin continues to support both the high school dance team and theater department through her company, Dance Tech Studios.

**Bert Evgen (1958)**

Bert earned a total of 10 athletic letters in four different sports at Forest Lake during the late 1950s, twice earning All-Conference honors in basketball and once in baseball. But Bert was known mainly for his prowess in football as a standout running back and kicker. Known as “Bert the Toe”, he was the first place kicker in Ranger team history and successfully converted 19 extra-point kicks in a row. A member of East Central Conference football champs in 1956 and 1957, he was named to the Minnesota All-Star team as a senior and once ran back a kickoff 99 yards for a touchdown.

**Bobby Ewings (1993)**

A track star and standout football player for the Rangers in the early 1990s, Bobby won state individual championships his senior year in both the 100-meter and 200-meter events to help Forest Lake place third at the state meet. His point total that year was the second highest in school history. He was named All-Conference and All-State each year from 1991 - 1993 and graduated as the school record-holder in the 100-meter dash (10.78 seconds). He also earned two varsity letters in football. He attended St. Cloud State University where he earned All-Conference and All-America honors in track.

**Jessica Fedderly (1998)**

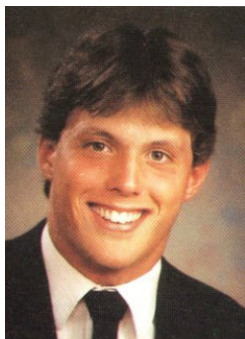
An elite athlete in hockey and softball, Jessica was also an outstanding student. As a Forest Lake freshman in 1995, Jessica made an immediate impact by leading her hockey team in scoring and earning All-Conference honors. She would earn three more All-Conference awards in hockey and two in softball. As a senior, she was an Athena Award winner, one of five finalists for the Minnesota Ms. Hockey award and was named to two All-State softball teams. She graduated with a 3.97 grade-point average and attended Princeton University where she was named to three ECAC All-Academic hockey teams.

**Lori Florhaug (1977)**

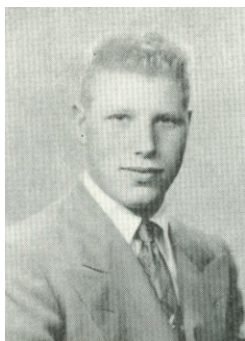
One of Forest Lake’s first girls’ sports stars, Lori helped pave the way for future female athletes. She was named All-Conference a total of four times in three different sports – once each in volleyball and basketball, and twice in track. She earned a total of eight varsity letters in those sports during her career. Additionally, she was an outstanding student who graduated with a 3.54 grade-point average. Lori attended Moorhead State University and then became a teacher and coach in the Centennial school district. In 2006, after battling cancer, Lori died at the age of 45.

**Aaron Forsythe (2000)**

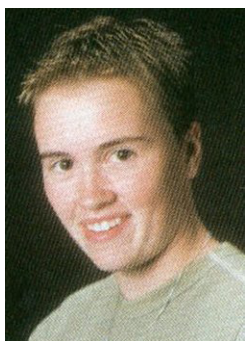
Aaron left his mark as possibly the best hockey defenseman in school history. A three-time varsity letter-winner, Aaron was All-Conference in both his junior and senior seasons, and earned All-State honors as a senior. His 66 career points were the most ever scored by a Rangers defenseman. Aaron played for the Twin Cities Vulcans in the USHL immediately after high school, and he helped his team claim the national championship in 2000. He went on to play for Minnesota State-Mankato, and was a four-year starter for the Maverick. After college he played minor professional hockey for one season.

**Todd Fultz (1986)**

A rare four-sport athlete, Todd earned eight varsity letters during his high school career in basketball, football, baseball and track. In basketball, he was named to both the All-Conference and All-Metro teams as a senior and was named the team's MVP. But football was arguably his best sport, and Todd's skills as a wide receiver earned him All-State recognition as a senior. After having rewritten the Forest Lake record books for receiving yards and touchdowns, he attended St. John's University where he played both football and basketball. After college, Todd became a businessman and published author.

**Paul Furrer (1953)**

Paul was a four-sport athlete who earned 16 varsity letters during his high school career - four each in football, basketball, baseball and track and field. He was a standout player on the East Central Conference champion Forest Lake basketball teams from 1950 to 1953. Paul was the first Forest Lake player to lead his team in scoring three different seasons and the first Ranger to score 20 points in a game more than 10 times, winding up with 16 such games in his career. He also was the center on the football team and team captain, third baseman in baseball and competed in shotput and discus in track.

**Amanda Gage-Didier (2001)**

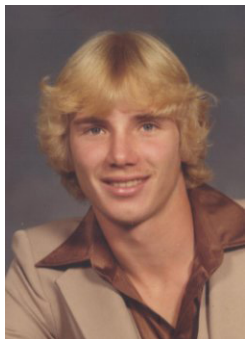
Amanda earned All-Conference honors four times – three times in softball and once in basketball – during her career at Forest Lake. She played on three state tournament teams, helping the Rangers softball team finish 6th at state in 1999 and place 2nd the next year. In her senior year, the Rangers won the Section 6AAAA basketball title. After high school, she attended Hamline University, and the second-baseman was named both All-MIAC and All-American three times. As a senior she received the Hamline Senior Female Athlete award and was nominated for NCAA Woman of the Year award.

**Jerilyn Glenn (2000)**

Jerilyn was a multi-sport high school star who lettered in hockey, track, tennis and cross country. In track, she earned all-conference and all-region honors, and she went to state as a pole vaulter in 1998, 1999 and 2000. As a senior she set a school record of 10', 6". Jerilyn scored 25 goals as a freshman hockey player, then netted 49 goals and had 16 assists the next season, earning her All-State recognition. As a senior, she was named a Minnesota Ms. Hockey finalist. She later attended the University of Minnesota, where she played on the the Gophers 2004 national championship women's hockey team.

**Angela Granquist (1996)**

A three-sport athlete, Angela earned a total of eight varsity letters at Forest Lake - two in volleyball, and three each in basketball and softball. In softball as a second-baseman and outfielder, she helped lead her team to a 2nd place finish at state in 1995, was All-Region as a junior and senior, and All-Conference and All-State as a senior. Angela was also an All-Conference guard / forward in basketball and was a member of the National Honor Society. She attended Winona State University on a Division II basketball scholarship and also played softball all four years.

**Tal Gravelle (1982)**

A great all-around athlete, Tal earned eight varsity letters during his career at Forest Lake: two in football, and three each in hockey and baseball. In football he was a quarterback, and he was selected team captain, team MVP and named to the All Conference team his senior year. He was also named team captain in hockey, finishing his senior year as the team's leading scorer and was named All-Conference Honorable Mention. In baseball he was team captain, All-Conference and the team's top pitcher. In 2011, Tal was hired as head coach of the Rangers baseball team.

**Adam Haayer (1996)**

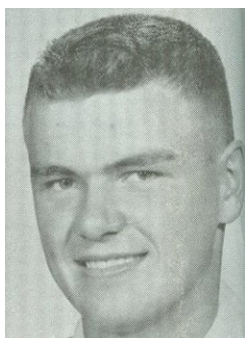
One of only three Forest Lake graduates to play pro football, Adam spent five seasons in the NFL, including two with the Minnesota Vikings and one year each with Tennessee, Arizona and St. Louis. At Forest Lake, Adam helped the Rangers basketball team win the state consolation championship in 1994. He was also a two-year starter for the football team and was named All-Conference, All-Metro and All-State Honorable Mention as a senior. After high school he had an outstanding college football career with the Minnesota Gophers before being chosen in the 6th Round of the 2001 NFL Draft.

**Justin Hahn (1993)**

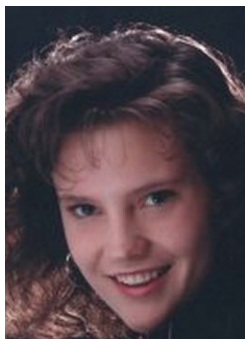
Justin, along with teammates Jason Davids, Jason DeVries and Troy Marr, helped lead the 1993 Forest Lake wrestling team to its first state team championship. That year, all four wrestlers claimed state individual titles - Justin's coming in the 160-pound weight class. A three-year letter winner, he won the section championship in his senior year and was named All-Conference and All-State. Following high school, Justin attended Augsburg College, and in 1997 he won the Division II National Championship in his weight class and was named to both the All-America and Academic All-America teams.

**Jill Hanson (1988)**

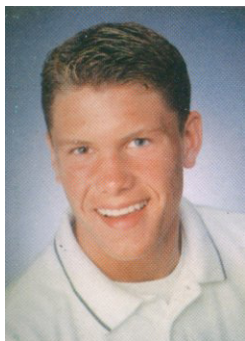
Jill earned a total of six athletic letters in volleyball, gymnastics and softball. She was a team captain and state participant in gymnastics and was named to the All-Conference team her senior year. She was also an outstanding student who participated in other activities such as band, the French Club, FCA and National Honor Society.

**Don Hapka (1956)**

Don Hapka and Ivars Kauls were the two-man Forest Lake "wrecking crew" on the 1954-1955 and 1955-1956 basketball teams. Both of those teams were conference champions, with the 1955-56 team also winning the District 25 championship. The Rangers were a combined 36-5 those two seasons. Don is one of the few Ranger players to have more than one 30-point game in his career.

**Nicky Hebert (1998)**

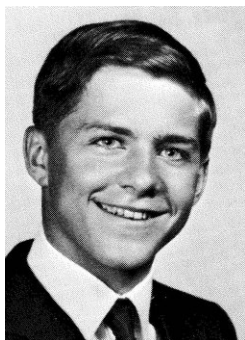
The broad spectrum of Nicky's athletic abilities was apparent throughout her years at Forest Lake High School. In her senior year, she was named team MVP in volleyball, basketball and softball and won an Athena Award as one of the Twin Cities Metro Area's outstanding female student-athletes. In softball, Nicky not only led the Suburban East Conference in batting average as a senior but was named All-Metro, All-Region and All-State. After high school, she attended Northwestern College in Roseville where she earned four varsity letters each in volleyball and softball.

**Pete Hegseth (1999)**

Pete was an outstanding student, athlete and leader. The valedictorian of his 1999 senior class and starting point guard in basketball, Pete graduated as the school's all-time leader in both career and single-season three-point shots made (156 and 76, respectively) and single-season three-point shooting percentage (49.7). He was twice named All-Conference and earned All-State honors as a senior. He also earned two varsity letters in football as a wide receiver. He attended Princeton University, lettering four times in basketball and playing in both the NCAA and NIT Division I Basketball Tournaments.

**Krista Hipkins-Brenberg (1998)**

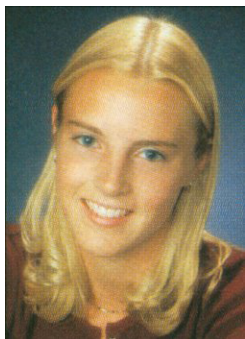
Krista was a stellar student and three-sport athlete who earned a total of eight varsity letters during her high school career. She earned four varsity letters in gymnastics, three in track and field and one in tennis. Krista was named All-Conference in gymnastics twice and was All-State three times. As a junior, she helped lead the Rangers team to a fifth-place finish at state and individually placed sixth in the all-around and fifth on the beam. As a senior, she was an All-Conference relay runner and set the Forest Lake record in the high hurdles.

**Thomas Hollihan (1970)**

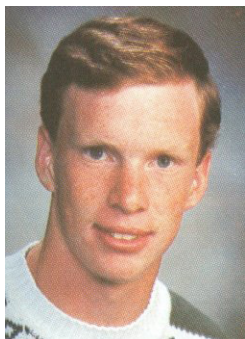
Thomas competed at both the speech and debate state meets multiple times, and in 1970 he became Forest Lake's first individual state speech champion. He also was heavily involved in theater, and he performed in productions of, "Lil' Abner," "Of Mice and Men," and "The King and I." Thomas attended the University of Minnesota where he also competed on the debate team, and he was a member of the first U of M team in more than a decade to qualify for the national tournament. Today, he is a renowned media expert and a communications professor at the University of Southern California.

**Brent Houle (1990)**

Brent was known for his dedication, academic success, athletic abilities and for his contributions to the community. A member of the National Honor Society with a 3.8 grade-point average, Brent was also a skilled athlete who excelled in both wrestling and soccer. He earned two varsity letters in soccer, was named team captain and earned the "work horse award." He also earned two letters in wrestling, was captain his senior year and was twice selected to the Twin Cities Suburban All-Conference team.

**Stephanie Howe (2002)**

Stephanie excelled at several sports before focusing on distance running and Nordic skiing. As a skier, she was All-Conference three times and All-State twice, and in 2002 she won the state championship in the Classic Technique division. She was also a three-time All-Conference cross country runner, and she won the Section 7AA championship as a senior. In track, Stephanie was All-State as a junior member of the Rangers' 4x800 relay team and the next year was All-State in the 1600-meter event. She attended Northern Michigan University where she was twice a Div. II All-American Nordic skier.

**Mike Humphreys (1992)**

Mike is recognized as one of the best all-around athletes in Forest Lake High School history. He excelled in football, basketball and baseball, and in each sport he was team captain, All-Conference, All-Metro and All-State Honorable Mention. In 1992, Mike was named to the USA Today All-American basketball team, and during that year he led both the Rangers football and baseball teams to their first state appearances. Mike attended Brown University where he played football and was captain of the baseball team. His 20 career home runs ranked him among the top hitters in school history.

**Dan Jacobs (1974)**

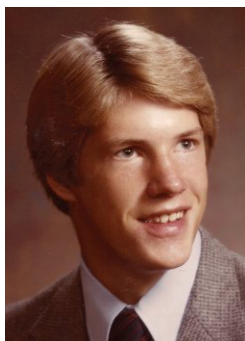
One of the first two athletes inducted into the Forest Lake Area High School Athletics Hall of Fame, Dan was known as a hard worker in the classroom and a dedicated competitor in sports. His talent and work ethic earned him the 1974 Minnesota Student Athlete of the Year award. Dan graduated with a 3.5 grade-point average and was twice named as an All-Conference basketball player. During his career he earned a total of eight varsity letters in cross country, basketball and track. In his senior year, he was team captain in all three sports and president of the Letterman's Club.

**Bill Jeans (1943)**

Bill once turned down a chance to play professional baseball in order to finish his high school career at Forest Lake. At 15, Bill was offered a contract with the Grand Forks minor league team - an affiliate of the St. Paul Saints. But, rather than losing his high school eligibility, Bill returned to finish his high school career in his hometown. At Forest Lake, Bill played football and baseball, being named all-conference in both sports during his junior and senior years. After graduating from high school in 1943, he served in the U.S. Navy during World War II.

**Jennifer Joesting (1991)**

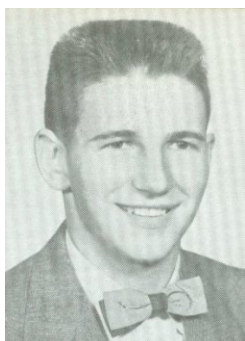
Known to her friends, family and teachers as a "perfect role model", Jenny was a rare four-sport athlete who also succeeded admirably at her studies. She was a member of the National Honor Society, Student Council and was a Scholar Athlete, and at the same time she was a star athlete, participating in softball, track, basketball and volleyball. The latter two sports were her most successful. In basketball she earned three varsity letters, was twice All-Conference, and was selected to the Metro All Stars and All-State Honorable Mention her senior year. She was also All-Conference in volleyball.

**Karl Johnson (1984)**

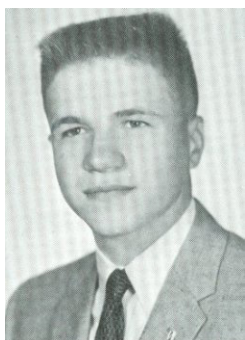
A solid student and three-sport athlete for the Rangers, Karl earned a total of six varsity letters in football, basketball and baseball while maintaining a 3.32 grade-point average. He was named All-State in both basketball and baseball as a senior, and he was named to All-Conference teams in both sports in his junior and senior seasons. After high school, Karl attended the University of Minnesota on a Division I baseball scholarship and won the Paul Fortin Scholarship/Athlete Award in 1989. He later pitched one season of minor league baseball for the Elizabethton Twins.

**Jeff Julkowski (1987)**

A football and wrestling star for the Rangers in the mid-1980s, this 235-pound nose-tackle dominated opposing offensive linemen – and wrestling adversaries – with energy and tenacity. A three-time letter winner in football, Jeff was named North Suburban Conference MVP and to the All-State team in his senior year, and he helped lead the Rangers to an impressive 9-1 record that season. In wrestling, he twice won the Region 4AA championship and finished 3rd and 5th in his two years at state. Following high school, Jeff attended West Point and graduated with an engineering degree.

**Ivars Kauls (1956)**

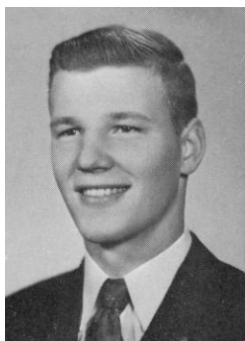
Ivars was one of the finest all-around athletes in Forest Lake history, excelling in basketball, football and track & field. He was one-half of the “wrecking crew” of the 1954-1955 and 1955-1956 Ranger basketball seasons, and he had four career 30-point games. In 1956 he set a District 25 record in the 100-yard dash (10.1 seconds) and led the Ranger’s track and field team to the Region 7 Championship that year. After graduating from Forest Lake High, Ivars attended the University of Minnesota on a football scholarship and was also the captain of the Gopher’s track and field team.

**Juris Kauls (1960)**

Juris was a multi-sport athlete who, along with Bill Morehead, led the Rangers basketball team to a record 21 straight wins in the 1959-1960 season. That team claimed both the East Central Conference and District 25 championship titles. Juris twice set school individual game scoring records during that season, and he is one of the few FL players ever to score 33 or more points in a game more than once. After high school, he and brother Ziggy both attended Hamline University and played basketball there. Juris, Ivars and Ziggy later played together on the Latvian-American national champion team.

**Kim Kauls (1987)**

There may never have been another Forest Lake athlete - male or female - who dominated their sport as Kim Kauls dominated hers. During her impressive run at Forest Lake, Kim made 10 appearances at state and won an amazing seven individual state championships - one in cross country and six in track and field. She won the cross country title in 1986 and the state championships in both the 1,600- and 3,200-meter track events in 1985, 1986 and 1987. Twelve years later, Kim qualified for the U.S. Olympic trials, where she finished in the top 20 of all female competitors.

**Zigurd “Ziggy” Kauls (1959)**

Ziggy was a standout athlete at Forest Lake. In his senior year, he led the Rangers basketball squad to a fantastic 20-1 record, winning the East Central Conference title. In 1967 he became head basketball coach at Mounds View and coached there for 45 years, becoming one of the most successful high school basketball coaches in Minnesota history. His 720 career wins is the third most in state history, and two of his teams won state championships. Ziggy is also a member of the Minnesota State High School League Hall of Fame and the MN Basketball Coaches’ Association Hall of Fame.

**Paul Kendrick (1979)**

Paul is one of the few Forest Lake athletes to not only win an individual state championship in an event but to set a record in the process. A true three-sport star, Paul earned a total of seven varsity letters during his high school career, and he excelled at every sport he played. He was selected to All-Conference teams in football, hockey and track and field. In 1979 he was the state champion in the discus throw, setting a state meet record of 181 feet, 7 inches. He attended Hamline University, where he was an NAIA Division III All-American in track an amazing 12 times from 1981 - 1983.

**Scott Kohls (1980)**

Scott set no fewer than four school records in track and field during his illustrious athletic career at Forest Lake, and he was the basketball team’s leading scorer in both his junior and senior seasons. Overall, Scott earned a total of six varsity letters in the three sports he played: football, basketball and track. In his senior year he was a team captain of all three sports and was named to the All-Conference basketball team. He also was twice named to the All-Conference team in track and field. In 1980 he placed fourth at state in the high-hurdles.

**Krista Lange (2003)**

Krista established herself among the best female golfers in school history at both of her alma matters - Forest Lake and the University of Montana. As a varsity athlete for the Rangers, Krista was an All-Conference selection and an individual state tournament participant for six straight seasons, finishing 2nd at state in 2002 and winning the conference meet four straight years. In college, she was All-Conference first team twice, Academic All-America in 2006 and finished as Montana’s all-time leader in both career scoring average (78.02) and lowest three-round total (215).

**Regina Laroche-Theune (1980)**

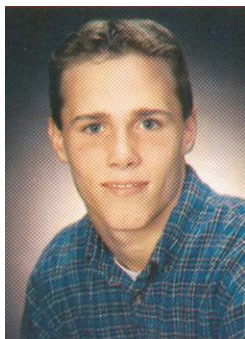
Regina, while at Forest Lake High School, excelled in speech, debate, theater and music, and she was also a member of the student council and National Honor Society. She won back-to-back state speech titles in 1979 and 1980. As an actress, she received the school’s Outstanding Performer Award for drama, and she performed in several high school plays, including “A Midsummer Night’s Dream” and “The Solid Gold Cadillac.” She also was orchestra pianist for school musicals, and as a senior she was elected Governor at Girl’s State. Regina was also named 1980 Minnesota Junior Miss.

**Diedre LaRock (1989)**

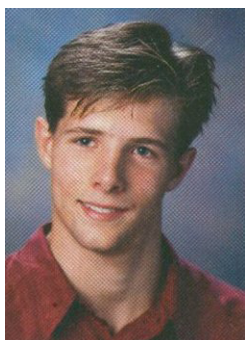
Tennis and softball were Dee's favorite sports, and during her high school career she earned a total of seven varsity letters between the two sports. In tennis, she lettered four straight years and was team captain for three years. She was twice selected team MVP and All Conference, and she was named to the Minnesota All-Academic Girls' Tennis Team as a senior. In softball, she earned three varsity letters and was named All-Conference in her senior year. In addition, Dee was in band, National Honor Society and was a recipient of the President's Honors Scholarship.

**Becky Lindberg (1989)**

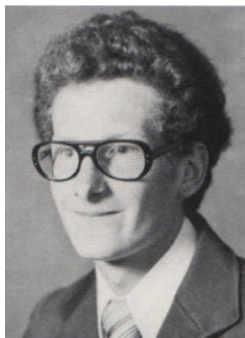
One of the most intense and successful athletes ever to play at Forest Lake, Becky was named team MVP in her sports an amazing seven times and All-Conference six times - three times in volleyball, twice in basketball and once in softball. In volleyball, she re-wrote the Forest Lake record books and won every possible award offered in her sport, including All-Conference, All-Metro, All-State and Star Tribune Metro Player of the Year. She attended the University of Minnesota on a volleyball scholarship, and in 1991 she was named to the Academic All-Big Ten team and led the Gophers in digs with 258.

**Mitchell Marr (1998)**

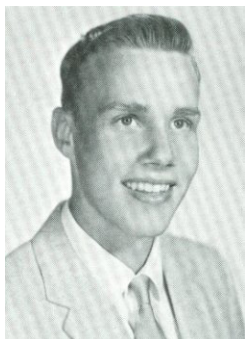
Mitchell ended his high school wrestling career in 1998 with a spectacular 163-37-0 career mark that included five All-Conference nods, twice being named All-State and one individual state championship at 140 pounds. That championship capped a perfect 37-0 senior season, earning him National High School All-American Honorable Mention recognition by Wrestling USA Magazine. Mitchell went on to compete at the University of Minnesota where he lettered twice, and in 1999 he was a Junior National All-American in Greco-Roman style.

**Troy Marr (1994)**

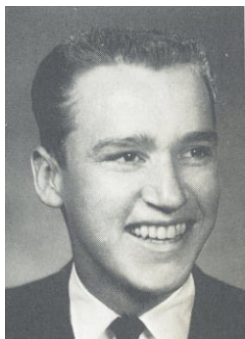
Troy was the first Ranger wrestler to become a two-time individual state champion, and he was also a key member of the 1993 squad that clinched Forest Lake's first team state championship. He claimed individual titles at 145 pounds in both 1993 and 1994. During his wrestling career he was named All-Conference six times, and he ended his high school career with a 164-34-1 record. He also earned Academic All-State honors as a senior. After high school, Troy attended the University of Minnesota where he became a Division I All-American in 1999 and finished his college career with a 105-39 record.

**Mark Moraczewski (1978)**

One of the most accomplished distance runners in school history, Mark was a three-sport athlete who earned a total of nine varsity letters - three each in cross country, wrestling and track & field. As a senior, he was named All-Conference in both cross country and in the two-mile event in track. Mark placed 5th at the region cross country meet (15:14) that year, and 19th at state (15:46), and competed at state in the 3200-meter run. After graduation, Mark was named All-Conference in both the 5K-meter and 10K-meter events in track and was Division III All-America, placing 9th at the national 10K meet.

**Bill Morehead (1960)**

Bill was an outstanding basketball and baseball player for Forest Lake High School. During the 1959-1960 basketball season he helped lead the Rangers to the East Central Conference and District 25 championships, and Bill was named to both the All-Conference and All-District teams. That season, he and teammate Juris Kauls each had games where they scored 36 points - a school record that stood for 17 years - and Bill alone established the school's single-season scoring record that year with 469 points. After graduating from high school, he attended St. Cloud State University.

**Don Jon "D.J." Morehead (1964)**

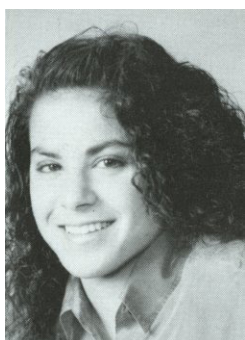
D.J. excelled in basketball, baseball and football, and in 1964 he broke the school's single-season basketball scoring record of 469 points - previously held by his brother Bill - with 475 points of his own. D.J.'s record lasted for 31 years until it was broken by fellow hall of fame member Todd Poepard. Following high school, D.J. attended the University of Minnesota where he played Division I baseball for legendary coach Dick Siebert. In 1968, D.J. won the Big Ten batting title by hitting .333, helping lead the Gophers to the Big Ten championship. He died in 1987 at the age of 40.

**Bernard "Bud" Nygren (1936)**

Bud Nygren was a great all-around athlete for the Rangers in the 1930s, but football was arguably his best sport. After graduation he played college football at San Jose State University and later became the first Forest Lake graduate to play professional football. Curiously, Bud is the answer to the sports trivia question, "Who was the first athlete to score points for a professional sports team from Los Angeles?" On Sept. 13, 1946, Bud scored the very first touchdown for the Los Angeles Dons of the All-American Football Conference. He has also been inducted into the San Jose State Hall of Fame.

**Allison Paitich (2001)**

Allison played three sports while at Forest Lake, but she dominated on the softball diamond. She earned three varsity letters in hockey, two in tennis, and four in softball as one of the school's all-time great pitchers. A member of the 2000 Rangers team that placed second at state, Allison provided one of the great highlights of that season by pitching a 4-0 perfect game against Elk River that gave the Rangers their 11th straight win. She finished the year with a 21-4 record, 0.62 ERA with 179 strikeouts, 13 shutouts and two no-hitters. She later attended Concordia College in St. Paul.

**Anita Paulino (1991)**

Anita's tremendous accomplishments in track and field at Forest Lake were only surpassed by her subsequent achievements in college. In high school, she was a five-time All-Conference runner who in 1991 placed 3rd at state in the 100-meter (13.01 seconds) and 5th in the 200-meter (26.48). After graduation, she attended St. Thomas University where she was a 10-time All-American. In four years running track at St. Thomas, she won both the indoor and outdoor MIAC Conference 400-meter championships every year and helped the Tommies win the conference team title every year.

**Patty Paulino (1982)**

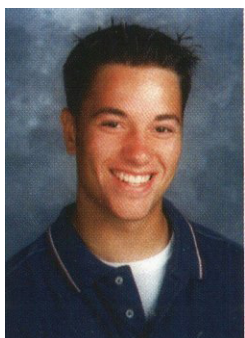
During her high school career, Patty won six varsity letters - three in track and field, two in volleyball and one in cross country. In track, she placed among the top four at the region meet in the 400-meter event for three straight years, and she qualified for state in 1981 as a member of the 4 x 400 relay team. The following year, her relay team set a school record with a time of 4:00.61. Patty attended St. Thomas University and was All-MIAC three times and All-American twice. In 1983, Patty and twin sister Peggy placed 5th at the Division III nationals as members of the Tommies' 4 x 400 relay team.

**Peggy Paulino (1982)**

From her sophomore year on, Peggy lettered in both cross country and track every year, and she earned All-Conference honors in the 800-meter event in both 1981 and 1982. She placed in the top five in the region meet all three years in both the 800-meter event and as a member of the Rangers' 4 x 400 relay team, and in 1980 she placed third at state in the 800 with a time of 2:17.4. Peggy also competed at state in 1981 in both the 800 and as a member of the 4 x 400 team. After high school, Peggy ran track for St. Thomas University where she placed 8th at the Division III National Meet in 1983.

**Terry Paulino (1979)**

A truly dedicated athlete and leader, Terry was known primarily as a track star for the Rangers but also played basketball. She was an All-Conference track runner three times in the 100-meter event, twice in the 200-meter and once in the 800 relay. She qualified for state twice: In 1977 in the 100-meter and 200-meter, in which she placed third. Terry's school record in the 200-meter of 25.54 seconds stood for 29 years, and she held the school record in the 100-meter (12.74 seconds) for 22 years. Academically, Terry was a fantastic student and graduated with a 3.8 grade-point average.

**Bryan Peltier (2000)**

Bryan's career included three varsity letters earned in hockey and six in tennis, having first played on the varsity team as a 7th grader. He became a starter at center as a freshman and scored 21 goals as a sophomore. As a junior, Bryan played on the U.S. National 18-and-Under Team, the only player in school history to do so. He came back to Forest Lake as a senior, and was named to the All-Conference, All Metro, All-Great Eight Region and All-State teams, and his 54 points scored that season still stands as a school record. Bryan's 62 career goals is still tied for the top mark in school history.

**Paul Peters (1986)**

Known as a great team leader, Paul was an excellent student and talented all-around athlete, earning a total of four varsity letters in football and basketball during his high school career at Forest Lake. As a senior, he was named team captain and made the All-Conference teams in both sports. He graduated with a 3.45 grade-point average.

**Ryan Poepard (1995)**

A fierce competitor who excelled despite battling injuries, Ryan helped lead the Rangers to state tournament appearances in basketball and baseball. He lettered in three sports: football, basketball and baseball, and he was twice selected All-Conference in basketball and baseball. He was also selected in baseball to both the All-Metro and All-State teams. Ryan and his twin brother, Todd, both accepted full-ride Division I baseball scholarships to Valparaiso University in Indiana, where Ryan played outfield. From 1997 - 1999, both twins were regularly named to Mid-Continent All-Conference teams.

**Scott Poepard (1993)**

Scott was an elite baseball talent who established himself as one of the best ever to come from Forest Lake. He was a four-year letter winner who broke several school records on his way to three All-Conference selections, as well as All-Metro and All-State honors as a senior. He attended Kansas State University, and in four years the second baseman became the Wildcats' all-time career leader in doubles, home runs and runs batted in. He was later signed as a free agent by the Minnesota Twins and played one year of minor league baseball for the Ft. Wayne Wizards.

**Todd Poepard (1995)**

One of the best basketball and baseball players to ever wear the Rangers' maroon and gold, Todd earned a total of seven varsity letters in the two sports and was a team captain in both in his senior year. In 1995, he became the first Forest Lake basketball player to reach the 1,000-point career milestone, and he set a school scoring record that stood for 15 years. He was a four-year starter in baseball and was named All-Conference three times and All-Metro once. He attended Valparaiso University on a baseball scholarship, and in 1998 the first baseman received the national Easton Redline Defensive Award.

**Tom Ramboldt (1988)**

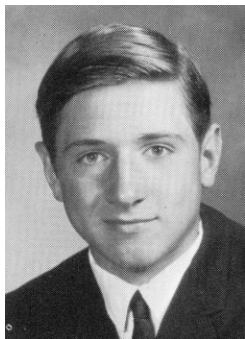
A fine all-around athlete, Tom was named to All-Conference teams in football, basketball and baseball and was chosen team captain in each sport his senior year. In football he was named to the All-Metro team and All-State Honorable Mention as a senior, and he set several team records during his career. He was twice named All-Conference in basketball and helped lead the Rangers' 1988 team to its first-ever state tournament berth. In baseball, he was named to two All-Conference teams. He graduated with a 3.0 grade-point average.

**Marty Rychley (1997)**

Marty was the first Ranger to play Division I and professional hockey. He earned a total of nine varsity letters at Forest Lake: three each in hockey, tennis and soccer. As a senior, Marty helped the soccer team advance to the state tournament. In hockey, he was named All-Conference Honorable Mention as a sophomore, All-Conference the next two years, and All-State Honorable Mention as a senior. He ranks 2nd all-time in assists (65) for Forest Lake and 5th in total points (110). After high school, Marty played for Dubuque in the United States Hockey League before attending Mercyhurst University.

**Bobbie Jo Saxe-Davis (1997)**

The only state champion gymnast in Forest Lake history, Bobbie Jo actually won three state championships: two in the floor exercise (in 1996 and 1997) and one in the all-around (1997). In 1997, she and fellow Hall of Fame inductee Krista Hipkins-Brenberg led Forest Lake to fifth-place at the state gymnastics meet. Bobbie Jo is one of only nine Minnesota gymnasts to ever win two state titles in the floor exercise, and she remains in the Minnesota State High School League record book tied for 10th on the list of highest scores in the floor exercise at the state gymnastics championships.

**Pete Saxe (1968)**

Pete's place in the Forest Lake sports annals is forever secured as the first wrestler in school history to win an individual state championship, paving the way for many Ranger state champions to follow. He claimed his individual title in 1968 at the 125-pound weight class in what was his second straight trip to state. In college, he became a star wrestler for the Bemidji State University team where he was a three-time NAIA All-American and placed 2nd in the nation three times. His career record in college was 74-7.

**Rick Schwab (1981)**

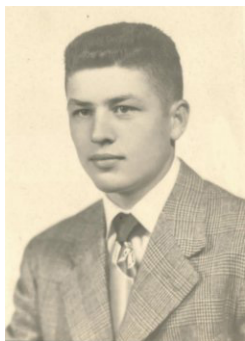
Rick was among the premier football, wrestling and track athletes for the Rangers in the early 1980s, earning a total of six varsity letters in his three sports. In his senior year, he was a team captain and was named All-Conference in all three sports - as a running back in football, at the 189-pound weight class in wrestling and as a discus thrower in track and field. In wrestling, which was probably his best sport, he earned All-Conference status in both his junior and senior years and won an individual state championship as a senior.

**Christopher Sieber (1988)**

Christopher excelled in speech, theater and music during his high school years, and he earned varsity letters in drama and speech as a junior and senior. In his senior year, he earned state speech champion honors in the drama category. He moved to New York after high school, and he would go on to land starring roles in more than 10 Broadway shows and earn two Tony Award nominations - for his portrayal of Sir Galahad in Monty Python's "Spamalot", and as Lord Farquaad in "Shrek, the Musical." He also has starred in two television series: "Two of a Kind" in 1998, and "It's All Relative (2003)."

**Robin Swenson (1976)**

The first female member of the Hall of Fame, Robin was both an outstanding student and stellar athlete. During her career at Forest Lake she earned a total of eight varsity letters in three sports: volleyball, basketball, and track. In track, Robin was All-Conference in the 100-, 200- and 400-yard events and in the discus. She was also a two-time All-Conference selection in volleyball, and in her senior year she was named team captain of all three sports. She graduated with a 3.9 grade-point average, establishing herself as an extremely well-rounded student-athlete.



Wayne Thompson (1949)

Wayne's diverse interests and hard work were evident in his success in so many areas during his high school years in the late 1940s. A gifted athlete and student, he was valedictorian of his class and also lettered in basketball, baseball and track. He not only took first place in the region in the 880-yard event in 1948, but followed up the next year with a second place finish. He also took first place in the District 25 100-yard dash. After graduation, he attended the University of Minnesota where he earned both his bachelor's degree and medical degree, and he went on to become a successful orthopedic surgeon.



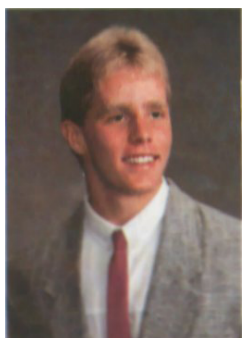
Carla Thurnbeck (1990)

During her high school career, Carla earned an amazing nine varsity letters in four sports: volleyball, softball, diving and gymnastics. One of the top gymnasts in Forest Lake history, Carla was All-Conference in the all-around category for three straight years, twice being named All-State. During her career she set school records on the floor, on the vault and in the all-around and was named Star Tribune Prep Athlete of the Year for gymnastics in 1990. She was also an All-Conference diver in her senior year and earned three varsity letters in softball. Carla was also in National Honor Society.



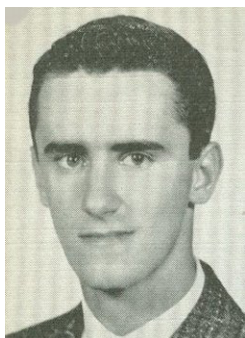
Serese Thurnbeck (1986)

A fine student who graduated with a 3.45 grade-point average, Serese was also a great athlete, earning a total of eight varsity letters in gymnastics, track and cheerleading. As a senior, she served as team captain in all three sports and made the All-Conference team in track. She was also a member of the 1600-medley relay team that, in 1986, set a school record of 4:19.41. Serese qualified for the state gymnastics meet three straight years, and she was also active in band and the National Honor Society.



Joe Toth (1990)

Joe was a powerful competitor in football and track who received numerous accolades in both sports. A two-time varsity letter winner in football, Joe had an outstanding senior season and was named All-Conference, All-Metro, All-State and was chosen the Most Valuable Defensive Player at the high school all-star game. He lettered in track three straight years, and as a junior he was a member of the state-qualifying 4x100 relay team. As a senior he set a conference record in the shot put, qualified for state in three events and won state championships in both the shot put and discus.

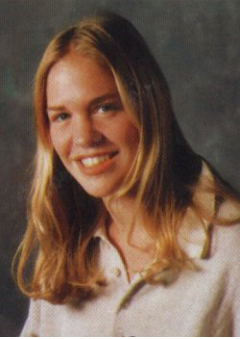


Jim Trudeau (1958)

Jim was a star quarterback for the Forest Lake football team and ace pitcher for the baseball team during the late 1950s. He led the Ranger football team to two straight East Central Conference championships and a combined 14-2 record over that time, earning him both All-Conference and All-State Honorable Mention recognition as a senior. With an 8-2 record his senior year, Jim was not only the Rangers' top pitcher, but he was also their best hitter, posting a .310 batting average that season, earning him team MVP honors. He once struck out 34 total batters in back-to-back starts - 17 in each game.

**Lezlie Weiss (1989)**

One of the best softball players in Rangers history, Lezlie also excelled at volleyball and was a two-time All-Conference selection who earned All-State recognition her senior year. A consistent hitter and skilled infielder, Lezlie set school softball records in at-bats, hits and assists en route to All-Conference honors as a junior and senior. As a senior she was named to the All-Metro and All-State teams. Her success in softball continued at the University of Minnesota, where the third baseman was named a Division I All-American as a senior. She ended her college career as the Big Ten's all-time hit leader with 252.

**Heather Westmoreland(1996)**

Heather earned an amazing 17 varsity letters during her high school career: Three academic letters; four in track and field; three in soccer; three in Nordic Skiing; two in speech; one in theater and one for her work on the school newspaper. She was earned All-State in speech in 1995, and she competed at state in the triple-jump in 1994 and 1995, the 300-meter hurdles in 1995 and the discus in 1996. She also participated in two high school musicals. As a senior, she was an Athena Award winner and was All-Conference in the shot put, discus and triple jump, and Nordic skiing.

**Debbie Westrum (1992)**

A great all-around athlete, Debbie earned a combined total of seven varsity letters in volleyball, basketball and softball, and in her senior year she was chosen team captain and earned All-Conference recognition in all three sports. In her career, Debbie broke five school records in basketball on her way to being selected for All-Conference, All-Metro and All-State honors. In softball, she was named team MVP, All-Conference, All-Region and All-State and set several school records. Debbie went on to play softball at Mankato State University and set the school record for career doubles with 51.

**Aaron Wilborn (1994)**

With great skill and strong team leadership, Aaron helped lead the Rangers to state tournament bids in both basketball and baseball while earning a combined five varsity letters in the two sports. He finished his basketball career with 821 points in two varsity seasons, and he was twice named All-Conference and was also named to the State All-Tournament team. In baseball, he was twice named to State All-Tournament teams.

**Joyce Wistrcill (1981)**

As a student, volleyball and basketball player, and track athlete, Joyce seemed to do well at everything she set her mind to. She earned a total of seven varsity letters as a student-athlete and was named to All-Conference teams in all three sports - twice in volleyball, twice as a shot-putter in track and field, and once in basketball. She also made the All-State basketball team in 1981 and graduated with a 3.49 grade-point average.

The Coaches...



David Blasko

David's 23-year career included 14 years as head coach of Forest Lake gymnastics team, which began in 1984. His legacy includes both team success and mentoring many excellent athletes, including state champion Bobby Jo Saxe. During the 1989-1990 season, Dave's team took third place at the state meet and he was named State Class AA Gymnastics Coach of the Year. In the years that followed, he would be named Region Coach of the Year two more times and lead his teams to two conference titles, three regional championships, and a 5th-place finish at state in 1997.



Kathy Briguet

The Forest Lake girls' athletic program would not be what it is today without Kathy Briguet. She was at the forefront of the development of the program, establishing its presence and bringing it into the mainstream. Kathy coached the girls' track team for 27 years, 23 of those years as head coach, leading teams to several conference championships. She also coached volleyball and basketball, and she started the Forest Lake elementary track program. She was awarded the Region VII Coach of the Year, Break Barriers Award, and the Gold Select Circle Coaching Award.



Charles Chalberg

Charlie's work was integral in the development of many of Forest Lake's sports programs, and he worked tirelessly with the girls' basketball, softball and tennis teams. He was an assistant coach in basketball and held the head coaching duties in tennis for well over a decade. As a softball assistant coach, Charlie helped the Rangers become one of the elite programs in the state. He was a fast-pitch traveling coach with the summer softball program for many years and dedicated countless hours to building a first-class summer program.



Jack Conley

This is the fourth Hall of Fame in which Jack has been inducted. In 1989 he was inducted into the Minnesota State High School League Coaches Hall of Fame, and in 2007 he became a member of the St. Cloud State Hall of Fame. Jack was a highly successful basketball coach at Forest Lake from 1959 – 1971, and led some of the best teams ever from the school. In his very first year as coach his team won its first 21 games, setting a school record.

**Bob Dettmer**

Bob retired in 2007 as one of the most successful high school wrestling coaches in Minnesota history. He took over as head Forest Lake wrestling coach in 1975 and went on to compile a record of 399-144-2, a win total that currently ranks as the 12th best in state history. In 1993, his team finished the season a perfect 17-0, won the state championship and was ranked among the Top 10 wrestling teams in the nation. During his career he coached 15 individual state champions and took his teams to state tournaments four times, placing in the top five three times.

**Jane Gilles**

Jane is considered – among her students and colleagues alike – one of the most inspiring and engaging theater directors in Forest Lake history. During her 12 years at Forest Lake Senior High, Jane directed 15 theater productions, and more than 20 of her students either majored in theater in college or went on to professional careers in drama, like Broadway and television star Christopher Sieber. Jane directed a total of eight competition One-Act Plays at Forest Lake; five times the cast and crew took second-place at the section tournament (alternate to state), and twice they finished in third-place.

**Chuck Gunderson**

Chuck was head coach of the Forest Lake boys' basketball team from 1992 - 2006. During his 14-year reign, Chuck's teams won three straight Twin Cities Suburban Conference championships, in 1993, 1994 and 1995, then another in 2003. In 1994 and 1999 he led the Rangers to section titles and state tournament appearances. In 1994 the Rangers won the state consolation championship. Chuck was twice named Section Coach of the Year by the Minnesota Basketball Coaches Association, once in 1993-1994 (in Section 7AA) and again in 2002-2003 (in Section 6AAAA).

**Karen Howe McDonough**

Karen Howe McDonough, a first-year English teacher in 1966, single-handedly started the first Forest Lake speech team. Only four years later, she helped coach Forest Lake's first state speech champion. She also served as the school's theatre director from 1966 until 1980. Karen was elected to the Minnesota State High School League's Board of Directors in 1980 and served until 1982, representing all of the speech, theater and debate programs throughout the state. She also was a talented actor, and she was named Best Actress at the Lakeshore Playhouse in White Bear Lake in 1971, 1972 and 1973.

**Joan Paulson**

Joan will long be remembered as a pioneering force for the advancement of girls' athletics in Forest Lake. A gifted teacher and coach, Joan's incredible perseverance paved the way for varsity athletics for girls, as she single-handedly started many of the Ranger girls' teams that continue to be successful today. She coached volleyball and girls' basketball, producing very competitive teams in both sports. But the achievements of her softball teams were probably her greatest claim to fame. Joan's teams went to state in 1991 and 1995, and again in 1997 where they finished in second place.



John Reiman

John coached at Forest Lake from 1960 until 1993 and was known as a dedicated and caring person who always put the students first. John was an assistant football and baseball coach throughout the 1960s and 1970s, and he was the high school's head wrestling coach from 1966 - 1975. He returned to being an assistant wrestling coach when Bob Dettmer became the head coach in 1975. John coached with Bob until 1993 and helped the program grow into one of the strongest in the state.



John Schumacher

One of the most popular coaches in Forest Lake history, John taught industrial arts at Forest Lake High School and Central Junior High School, where he helped develop student-athletes from 1957 - 1983. He coached students in grades 7 - 12 in football, basketball, track and baseball, and he served as Athletic Director of Central Junior High. He also volunteered with the Lions' Club and Knights of Columbus. After his official retirement in 1982, the Minnesota State High School League Coaches' Association honored John for his 25 years of coaching in Minnesota. John died of cancer in 1983.



Suzanne Stennes-Rogness

Suzanne, an assistant coach for Joan Paulson for 10 years, took over the reins of the Forest Lake softball program in 1997 and continued Joan's standard of excellence for the next seven years as head coach. She led her teams to three straight state tournament appearances from 1998 - 2000, earning her Section 7AAA Coach of the Year recognition each year. In 2000, the team finished 2nd in a state tournament that saw the tenacious Rangers' pitching and defense hold opponents scoreless for 23 straight innings before facing Minnetonka in the championship game.



Dorothy Sunne

One of the most renowned high school debate coaches in state history, Dorothy oversaw the Forest Lake program from 1983 to 1995, and again from 2003 until 2005. During her tenure, Forest Lake was section champion seven times, and Dorothy led 31 of her teams to the state tournament. In 1986, the combined Forest Lake speech and debate team placed 5th at nationals. Dorothy was inducted into the MSHSL Hall of Fame in 1996. She has also received the national Double-Diamond Award. Among her most noteworthy accomplishments was starting the Flake Stakes tournament, which she initiated in 1984.



Susan Swanson Novak

Susan was a teacher, coach and integral part of one of the most dominant speech dynasties in the state during her 16-year career. Starting in 1982, Susan coached more than 200 speech competitors, including 23 state medalists, and she earned the National Forensic League's prestigious Double-Diamond award. By the time Susan retired in 1998, Forest Lake held the all-time state record for most individual state speech champions with 39 – six of whom Susan personally coached, including Caroline Nerhus, who won state championships in both 1995 and 1996.



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