



ST. PAUL ACADEMY AND SUMMIT SCHOOL  
ATHLETICS HALL OF FAME 2025 INDUCTION CEREMONY  
FRIDAY, SEPTEMBER 5, 2025

# WELCOME TO THE 2025 ATHLETICS HALL OF FAME CEREMONY

This evening we will celebrate our athletics history and recognize a number of talented alumni/ae athletes as well as a longtime coach and community leader. Each of the individuals being inducted this evening have made a lasting impression on our community and we are immensely grateful for their contributions to our St. Paul Academy, Summit School, and combined St. Paul Academy and Summit School history.

**Congratulations to all of the inductees  
on their athletic achievements!**

## ST. PAUL ACADEMY ALUMNI

Mark Krinsky '60

## ST. PAUL ACADEMY AND SUMMIT SCHOOL ALUMNI/AE

Robin Larson '74

Julia Lane Weyerhaeuser Heidmann '77

Julia Mairs Weisbecker '84

Jesse Bradley '88

Manuel "Manny" Lagos '90

Leo Cullen '94

Gina Suh Howell '94

Sarah Russell '95

Erica Olson '97

Thomas "TJ" Prunty '00

## COACHES AND ADMINISTRATORS

Clifford "Cliff" Caine



## MARK KRINSKY '60

Sports: Football, Hockey, Tennis



Mark Krinsky '60 was an accomplished three-sport athlete at St. Paul Academy, excelling in football, hockey, and tennis. Known for his strength, speed, and competitive spirit, Mark played varsity football for three years and made a major impact as a halfback, linebacker, punter, and quarterback. In his final game, Mark stepped in at quarterback and led SPA to a dramatic win over Blake. Mark was the only SPA player to be elected to the All-Minnesota Independent School League.

Mark credits his coaches and teammates for shaping his experience, especially Coach Roy M. Rasmussen, who offered encouragement and support that extended well beyond the field. Athletics taught him to work hard, play fair, and respect those who gave their all—values that stuck with him long after graduation.

On the ice, Mark was a standout defenseman, starting in both his junior and senior seasons. He played a key role on the 1958 team that won the Minnesota Independent School League championship, including a landmark victory over Minnehaha Academy that broke their 13-game win streak. In tennis, Mark played varsity for three years, captained the team as a senior, and lost just one singles match in his high school career.

Mark was awarded the Harvard Cup in 1960, recognizing him as SPA's top student-athlete. Recruited for football and hockey by several Ivy League schools, he ultimately selected Yale, and played hockey into his late 20s. He remained deeply engaged in athletics throughout his life—he played competitive tennis into his 50s and continued golfing regularly into his 70s, achieving a 5.0 tennis rating and a 9.0 golf index, along with multiple club-level tournament wins.

Respected by teammates and coaches for his grit, leadership, and all-around excellence, Mark Krinsky gave SPA a competitive edge and lasting legacy.

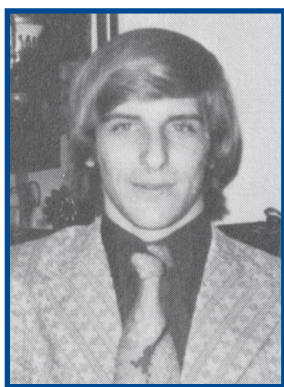
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## ST. PAUL ACADEMY AND SUMMIT SCHOOL ALUMNI/AE

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## ROBIN LARSON '74

Sports: Hockey, Football, Baseball



Robin Larson '74 was a three-sport athlete at St. Paul Academy and Summit School, excelling in football, baseball, and especially hockey. He anchored the SPA Hockey team's defense during an extraordinary run that included a season with a 33 wins to 1 loss record in 1973 and a state championship in 1974—the final independent school title before independent schools joined the MSHSL tournament system. His leadership and skill helped his senior year team to an impressive 24–6–1 record and a state title, earning him recognition from both the NHL and WHA draft boards.

Following SPA, Robin played four seasons for the University of Minnesota, helping the Gophers become the runners-up in the 1975 NCAA Championship and win a national championship in 1976. He served as team captain in his senior year in 1978 before returning as an assistant coach from 1980–1983. In 1975, he was drafted by the Detroit

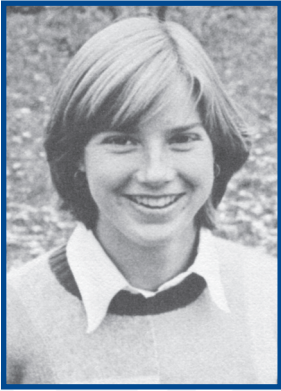
Red Wings and the Minnesota Fighting Saints, recognition of his talent as one of the top defensemen of his era.

Robin credits Coach Mike Foley for shaping not only his hockey career but also his approach to life, instilling lessons in discipline, respect, and sportsmanship that have carried through to his personal and professional endeavors. He went on to coach his sons' youth teams and remains active today in golf and pickleball.

Recognized for his competitive spirit, leadership, and impact on the ice, Robin's legacy is a proud part of SPA's hockey tradition.

## JULIA LANE WEYERHAEUSER HEIDMANN '77

Sports: Tennis, Basketball, Softball



Julia Lane Weyerhaeuser Heidmann '77 was a standout three-sport athlete at St. Paul Academy and Summit School, lettering all four years in tennis, basketball, and softball—and serving as captain of all three teams during her senior year. Before softball became a varsity sport, she also competed in track and field. Julia was a key contributor to SPA's tennis program during its dominant run of independent school state titles in the early 1970s, and in 1976, she helped lead the team to victory in the school's first-ever appearance in the official Minnesota State High School League tournament.

Known for her athleticism, leadership, and competitive spirit, Julia brought skill and determination to every team she joined. Her coaches and teammates recall her as a consistent top performer and a strong presence on and off the court. She credits mentors like Coach Cliff Caine and Athletic Director Dave Montgomery with providing the guidance and encouragement that helped her thrive. Julia's time as an athlete also sparked early opportunities in coaching, including teaching tennis and skiing during high school.

After graduating from SPA, Julia was among the first generation of female athletes to compete under the new opportunities created by Title IX. She continued her athletic career at Williams College, competing in four varsity sports: tennis, soccer, lacrosse, and ice hockey. She was part of the early years of women's hockey at the collegiate level, helping lay the foundation for future growth of the sport. Though she didn't pursue athletics competitively after college, Julia remained active and continues to enjoy tennis and cycling. Her lifelong commitment to athletics and her contributions during a formative time for girls' sports at SPA make her a deeply deserving inductee into the Athletics Hall of Fame.

## JULIA MAIRS WEISBECKER '84

Sports: Tennis, Basketball, Softball



Julia Mairs Weisbecker '84 was a standout three-sport captain at SPA, excelling in tennis, basketball, and softball. A five-time state team champion in tennis from eighth through twelfth grade, she also earned All-Conference honors in basketball and softball and capped her SPA career with a third-place individual finish in the state tennis tournament as a senior.

At Dartmouth College, Julia competed as a Division I tennis player, where she was a four-year letter winner, senior-year team captain, and team MVP in 1987-88. After graduation, Julia returned to the courts as a coach at Mounds Park Academy and SPA while building her career as a physical therapist—continuing to inspire and mentor young players.

Eventually, her competitive drive shifted to triathlon, where she completed six Ironman races, numerous half-Ironmans, and proudly represented her age group at the 2022 Ironman World Championships in Kona. In April 2025, she won her age group at the prestigious Oceanside 70.3 season opener.

Through every chapter—whether battling for match point or pushing through the final miles of an Ironman—Julia has embodied the dedication, resilience, and passion that define SPA Athletics.

## JESSE BRADLEY '88

Sports: Soccer, Basketball, Baseball



Jesse Bradley '88 was a three-sport standout at SPA, lettering in soccer, basketball, and baseball for three years and captaining the basketball team as a senior. On the soccer field, he was an All-Conference and All-State goalkeeper who helped lead SPA to back-to-back state championships in 1986 and 1987, including a record seven consecutive shutouts. He also earned Metro Athlete of the Week, two-time basketball All-Conference honors, and recognition as one of the top 40 basketball players in the Twin Cities in his senior year.

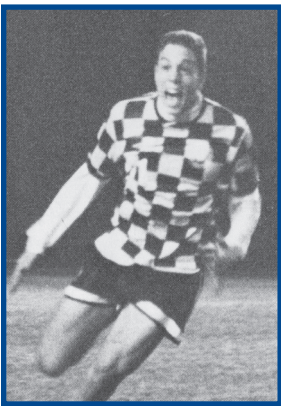
Jesse went on to be a four-year starting goalkeeper at Dartmouth College, winning Ivy League titles in 1988 and 1990, earning All-Conference and All-New England honors, and helping the Big Green reach the NCAA Elite Eight in 1990.

His professional career included stints with the Minnesota Thunder, Rothes FC in Scotland, and Bulawayo Highlanders FC in Zimbabwe. A life-threatening illness during his time in Africa ended his playing career, but ultimately shaped a new mission and passion in his life.

Today, Jesse serves as Chaplain for the Seattle Sounders of Major League Soccer and the Men's Under 20 U.S. National Team, and speaks to teams and audiences across the country, inspiring them with his story of resilience and hope. His journey—from SPA championships to international play, from battling for his life to leading with purpose—embodies the perseverance, leadership, and community spirit that define the SPA Athletics Hall of Fame.

## MANUEL "MANNY" LAGOS '90

Sports: Soccer, Basketball, Track



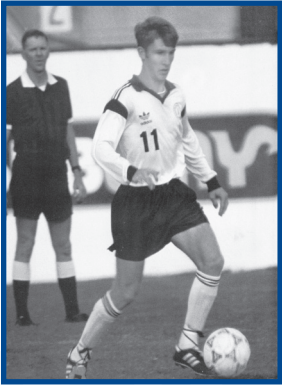
Manuel "Manny" Lagos '90 grew up in St. Paul as the youngest of eight children, with a family deeply rooted in Minnesota soccer. The son of Buzz Lagos, a pioneer for the sport's growth in the state, and Sarah Lagos, a fierce supporter of his athletic journey, Manny developed into one of Minnesota's greatest soccer talents. A multi-sport standout at SPA, he lettered in soccer, basketball, and track. In soccer, he earned two-time All-State, two-time All-American, and Gatorade National Player of the Year honors before starting at the collegiate level at the University of Wisconsin-Milwaukee and ultimately enjoying a 15-year professional career. His playing résumé includes representing the United States in the 1992 Olympics, playing for the U.S. Men's National Team, winning three MLS Cups, a U.S. Open Cup, and multiple individual awards, including MLS All-Star and Best XI selections.

After overcoming multiple major knee injuries during his career, Manny transitioned into coaching and leadership roles, becoming one of the most influential figures in Minnesota professional soccer. For more than 20 years, he has served as a coach, general manager, and chief soccer officer, leading Minnesota United (and its earlier iterations) to league titles, playoff runs, and a U.S. Open Cup final. He played a pivotal role in securing Minnesota's place in Major League Soccer and was instrumental in bringing Allianz Field to life, just a mile from where he grew up.

Today, as Chief Development Officer and Senior Technical Advisor for Minnesota United, Manny continues his lifelong mission of growing the game in Minnesota. He remains committed to his father's vision of connecting soccer to the community, using the sport as a platform to inspire and unite. He has been married to his wife Aimee for 25 years, who has supported Manny throughout his career, and for whom Manny is incredibly grateful. In addition, Manny is proud of his two sons: MJ, who just graduated from Western Colorado University, and Jackson, who is a senior and soccer player at Duke University. Manny's legacy is defined not just by championships but by the passion, perseverance, and dedication he has given to the game and the people it touches.

## LEO CULLEN '94

Sport: Soccer



Leo Cullen '94 was one of the most decorated soccer players in SPA history. Leo started his soccer career at SPA on the state champion-winning teams of 1991 and 1992. In 1993, he was named a High School All-American and Star Tribune Metro Player of the Year. In his senior year, as co-captain of the SPA boys soccer team, he helped lead the team into one of its most successful seasons with only two losses. His exceptional skill earned him a spot at the University of Maryland, where he was a four-year standout, the 1997 ACC Player of the Year, and a First-Team NCAA Division I All-American.

In 1998, Leo became the first-ever draft pick of the Miami Fusion, beginning a professional career that also included the New England Revolution and Colorado Rapids. At the time of his leaving the Miami Fusion, he was the all-time leader in games and minutes played. Over the course of his MLS career, he earned three caps with the U.S. Men's National Team, and his international appearances included matches against Chile, Jamaica, and El Salvador. Following his playing career, Leo transitioned into coaching and player development, serving as an assistant coach for the University of Maryland women's team and later as men's assistant coach at the United States Military Academy at West Point. His journey from SPA standout to national recognition, MLS success, and leadership in the sport reflects the talent, drive, and dedication that define SPA Athletics Hall of Fame honorees.

## GINA SUH HOWELL '94

Sport: Tennis



Gina Suh Howell '94 made history as one of Minnesota's greatest high school tennis players. A fierce competitor and strategic thinker on the court, she became the first five-time singles champion in MSHSL history, capturing the Class 1A title every year from 1989 to 1993. Her first victory—as an eighth-grader—made her the youngest singles champion in state history. Gina also helped SPA claim the 1988 State Championship team title as a 7th grader and was honored with both the SPA Girls' Athletic Trophy and Girls' Athletic Bowl her senior year for her skill, leadership, and love of the game. In 2022, Gina was also ranked among the top 50 Minnesota student-athletes of the Title IX era by the Star Tribune.

A standout for her mental toughness as much as her technical skill, Gina was known for outlasting and outthinking even more equally gifted opponents. She played collegiate tennis at Harvard University before an injury ended her competitive career. Beyond her own accomplishments, Gina treasured the camaraderie and mentorship within the SPA tennis program, crediting older teammates for shaping her approach to leadership and sportsmanship—lessons she would carry into her career as a trauma surgeon and her role as a mother.

Gina's passion for athletics extends well beyond her own achievements. She remains a dedicated sports fan and has encouraged her children to pursue their own athletic dreams. Her legacy at SPA is not only one of record-setting championships, but also of humility, determination, and the ability to inspire those around her—qualities that make her a fitting member of the SPA Athletics Hall of Fame.

## SARAH RUSSELL '95

**Sports: Swimming and Diving, Basketball**



Sarah Russell '95 was a standout multi-sport athlete and leader at SPA, serving as captain in both swimming and diving and in basketball her senior year. In the pool, she led her team to a perfect 6-0 conference record and a St. Paul City Conference Championship. On the basketball court, she earned All-Conference honors, was voted Most Valuable Player, and won SPA's Girls' Athletic Trophy for her exceptional athletic ability.

Sarah went on to Harvard University, where she played Division I basketball and was later named co-winner of the prestigious Mary P. Paget Prize, awarded to the senior who contributed most to women's athletics. Known for her tenacity, Sarah was remembered for moments like sparking Harvard's upset over top-ranked Stanford with her defense, hustle, and clutch scoring. In addition to basketball, she also

competed in rowing during her college career.

Beyond her athletic accomplishments, Sarah was admired for her courage, resilience, and advocacy for her peers, often serving as a strong voice for fairness and equity during challenging times. She carried those qualities into her career, going on to medical school and continuing to embody the toughness, leadership, and integrity that defined her time at SPA.

## ERICA OLSON '97

**Sports: Soccer, Hockey, Softball**



Erica Olson '97 was one of SPA's most accomplished and versatile athletes, excelling in soccer, hockey, and softball—and making school history as the first athlete to earn All-State honors in all three sports. A 1996 USA Hockey Junior National Team member and finalist for the prestigious 1997 Ms. Hockey Award, Erica led SPA teams to state and conference championships while also competing at the highest club levels, earning silver medals at the USA Hockey National Championships with the Minnesota Thoroughbreds. She was a captain in both soccer and softball, All-Metro in soccer, and the recipient of SPA's Athena Award, Girls' Athletic Bowl, and Tri-Sport Award her senior year.

At Cornell University, Erica was a rare two-sport Division I athlete, playing four years each of women's hockey and women's soccer. On the ice, she led her team in goals and points during her junior and senior seasons, earned All-Ivy Honorable Mention, and was twice voted MVP by her teammates. She was named one of Cornell's "Top 25 Senior Athletes" and continued to compete at an elite level after graduation, playing professional hockey in Sweden, Canada, and with the Minnesota Whitecaps. In the National Women's Hockey League, she ranked among the top 10 players in goals and points for three seasons and remains on the all-time scoring lists for both the NWHL and all North American professional women's leagues.

Beyond the statistics, Erica's career is defined by her leadership, dedication, and love of sport. She has given back to the game as a youth soccer coach and volunteer trainer, and she still plays recreational hockey. Whether representing SPA, Cornell, or professional teams, Erica has embodied the values of hard work, resilience, and sportsmanship, leaving a legacy as one of the school's most decorated multi-sport athletes.

## THOMAS “TJ” PRUNTY '00

Sports: Football, Basketball, Baseball



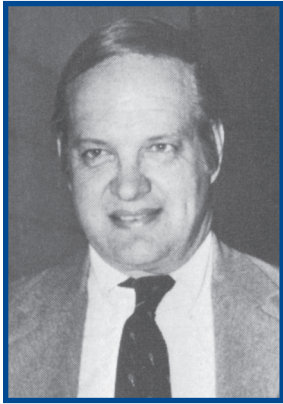
Thomas “TJ” Prunty '00 was one of SPA’s most decorated multi-sport athletes, excelling in football, basketball, and baseball from fifth grade through graduation. A three-sport captain, TJ earned All-Conference and All-State honors in both basketball and baseball, was named to the Metro East All-Star Team, and was the 2000 Minnesota AA Player of the Year in baseball. That same year, he was recognized as the Metro Player of the Year and USA Today’s Minnesota Player of the Year. He also earned the prestigious Joe Schwab Award at SPA. On the diamond, TJ’s dominance was unmatched—he pitched 566 strikeouts and recorded 43 career wins, leading SPA to memorable victories and having his baseball jersey (#25) retired in his honor.

TJ continued his athletic career at the University of Miami, where he was part of the 2001 National Championship baseball team. As a sophomore, he posted a .176 opponent batting average—the lowest on the team—before being drafted by the Minnesota Twins in the 21st round. He went on to play two and a half seasons in the Twins organization, competing in historic stadiums and representing Minnesota on the professional stage.

Known for his fierce competitiveness and strong leadership, TJ also left a lasting legacy of sportsmanship and camaraderie at SPA. He credits coaches Mike Brown and Brian Sandifer for showing him the extra work it would take to reach the next level, as well as teammates who stayed late to throw batting practice until dark. For TJ, SPA’s unique culture—where athletes could compete at a high level while keeping the joy and community of sports at the forefront—made his experience unforgettable. Today, many of his closest friendships are still with former teammates, a testament to the lifelong bonds forged on the fields and courts of SPA.

## CLIFFORD “CLIFF” CAINE

Sport Coached: Tennis



Clifford “Cliff” Caine was a beloved coach, educator, and mentor whose influence on Minnesota tennis spanned decades. Serving as SPA’s Assistant Headmaster and tennis coach from 1972 to 1984, he guided his boys’ and girls’ teams to an extraordinary seven Minnesota State High School League (MSHSL) championships and three third-place finishes in just ten years. His 1976–77 girls’ tennis squad made history as the first SPA team to win a MSHSL State championship, defeating Mounds View, Detroit Lakes, and Rochester Lourdes. The following year, he coached SPA to another state title for girls’ tennis, including a decisive 4-1 victory over Detroit Lakes in the final. Under his leadership, the girls’ tennis program won five consecutive state team titles (1979–1983) and produced multiple individual champions, including three singles and five doubles state champions. On the boys’ side, Cliff coached two state singles champions and five doubles teams to state titles, further cementing SPA’s

reputation as a powerhouse in Minnesota tennis.

Before joining SPA, Cliff spent more than a decade as head coach of the Macalester College men’s tennis team, where he captured seven MIAC championships and four second-place finishes. He was named Minnesota State High School Coach of the Year in 1976, Northwest Professional Tennis Association Coach of the Year in 1980, and was recognized as one of the “100 Most Influential Persons in Minnesota Tennis” from 1976–1978. He also founded the Minnesota Girls Tennis Coaches Association, serving as its first president. Beyond the school courts, Cliff was Director of Tennis at Town & Country and Somerset Country Clubs, coached the Northwest Tennis Patrons girls’ junior travel team, and developed countless young players who went on to compete at the highest levels.

In 2007, Cliff was inducted into the USTA Northern Hall of Fame, joining the Minnesota Tennis Coaches and Macalester College Halls of Fame as part of his lasting legacy. Those who knew him remember not just his remarkable success but his gentlemanly demeanor, calm leadership, and unwavering commitment to his players’ growth as athletes and people. Cliff passed away in 2018, but his impact lives on in the generations of tennis players and coaches he inspired. He leaves behind a record of excellence and a standard of sportsmanship that will be remembered for years to come.

## COMMITTEE STRUCTURE AND SELECTION GUIDELINES

Below is information on the structure of the Athletics Hall of Fame Selection Committee and guidelines used by the group to determine inductees for the upcoming year.

### Committee Information:

The Athletics Hall of Fame Selection Committee is comprised of alumni/ae and former administrators/coaches. The group has between 5-7 individuals and is tasked with reviewing and selecting the individuals, coaches, and teams who will be inducted into the Athletics Hall of Fame. This committee is provided with information on all individuals who have been nominated for consideration for the Athletics Hall of Fame and uses the criteria below to help guide their selection process.

### Athlete Criteria to Consider:

- Candidate must be a graduate of St. Paul Academy, Summit School, or St. Paul Academy and Summit School.
- Individuals must have graduated at least 20 years ago in order to be considered.
- Individual must be nominated in order to be included for consideration.
- If possible, induct nominees in reunion year.
- The following information is reviewed and considered during deliberations: number of sports played, captainship, team MVP, League MVP, All-Conference Awards, All-State honors, Athena Award Honoree, Athletic Bowl recipient, Joe Schwab and Sarah Converse Award winners, and other athletics related accolades.
- The opportunities and athletics programs available to Summit School alumnae and athletics offering for women prior to the passage of Title IX in 1972. You can view the History of Athletics webpage to learn more about the history of athletics at Summit School.
- Outstanding achievements following graduation may also be considered.

### Coach and Administrator Criteria:

- Candidates must have coached or administrated at St. Paul Academy, Summit School, or St. Paul Academy and Summit School for five years or more to be considered for nomination.
- Candidates have successfully guided student athletes in life skills as well as excellence on the field.

*For more information, please visit [www.spa.edu/hof](http://www.spa.edu/hof)  
or email [alumni@spa.edu](mailto:alumni@spa.edu)*





**THANK YOU TO THE FOLLOWING  
FOR HELPING MAKE THIS EVENT POSSIBLE:**

**2025 ATHLETICS HALL OF FAME COMMITTEE**

Andrew Bennett '04  
Mike Brown '66  
Kris Flom '80  
Dave Montgomery  
Cack Ferrell Wilhelm '02  
Natalie Wright '86

**PROGRAM EMCEES**

Mickey Scott  
Jim McVeety

St. Paul Academy and Summit School  
Athletics Department

St. Paul Academy and Summit School  
Office of Institutional Advancement

St. Paul Academy and Summit School  
Office of Technology



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