

**SEWARD HIGH ACADEMIC ALL-STATE**  
**CROSS-COUNTRY ATHLETES**

(SINCE 1996-LINCOLN JOURNAL STAR-JR./SR. VARSITY CONTRIBUTORS - 3.5 GPA)

PETER HESS	96	97	ARIANNA WILLIAMS	96	97
MATT DINSLAGE	96	97	NATALIE GOODER	00	--
MARK SCHMIDT	96	97	ERIN SLOUP	--	00
BRIAN TIEMANN	97	98	AMY HECKER	00	01
NATE MCKOWN	97	--	KARI SMITH	00	01
JOEL GABRIEL	98	99	LINDSEY WALLMAN	02	03
AARON JIROVSKY	98	99	RACHEL ROEBKE	02	03
ERIK BRODERICK	98	99	STEPHANIE FREY	02	03
BEN MARTENS	98	99	SARAH WALZ	02	03
CHRIS VOLNEK	--	00	EMLY HARTMANN	02	03
TOM UNGER	00	01	CHRISTA DUNCAN	02	--
MITCH MUELLER	00	01	MOLLIE MARTENS	02	03
MARK HOGER	00	01	EMILY UNGER	03	04
JASON VILLALOBOS	00	01	RACHEL HELD	03	--
ZACH MARTENS	00	01	AMANDA FOSLER	03	--
BRIAN HELGE	00	01	ALYSSA MUELLER	03	04
COREY SABATKA	--	02	TAYLOR FELIX	04	05
CARLIN MACKIE	--	02	ASHLEY ELWELL	04	05
SCOTT DINSLAGE	01	02	RACHEL NESS	04	05
GAVIN FELIX	02	03	ASHLEY BAUMBACH	04	05
JOE PHILLIPS	--	03	ASHLEY COCHRAN	--	05
KYLE BRODERICK	03	04	HEIDI CHILCOAT	--	05
JESSE PROCHASKA	03	04	JENNY YELDEN	--	05
JORDAN POWELL	03	04	LINDSEY HOFPAR	05	06
BRANDON SCHMIDT	03	04	KAYLEE HEGEHOLZ	05	06
ALEX HUBBARD	03	04	ANNA MEYER	06	07
ROSS HOFER	03	04	LIZ LICHTY	06	--
BEN NELSON	--	04	BEN GREMEL	06	07
JOSH MEYER	04	05	NATHAN STEPP	06	07
JAMES HANSELING	04	05	NATHANIEL MILLER	06	07
JOEL FERGUSON	06	--	TYLER HACKBART	06	07
JENNA HOINS	07	08	KINZI ROTH	07	08
AARON POWELL	--	07	RYAN COUFAL	07	08
PHIL FRIEDRICH	07	--	ERIC HEINICKE	07	08
JOSH LUFF	--	07	LIZ DAMMAN	08	09
LISA KOZISEK	--	08	NATASHA MUELLER	08	09
JORDAN SEAMAN	08	09	KATIE THRAILKILL	08	09
GRANT VLASIN	08	09	MARK WILCOX	08	09
ANDREW SORSEN	08	09	BLAKE VAJGRT	08	--
ERIC AHRENS	08	09	MICHELLE NESS	--	09
KELSEY CHRISTENSEN	09	10	THERESE BOHATY	09	10
LEA KAYTON	09	10	DAYNA SVOBODA	09	10
JOHN CAHOON	09	10	ALEXANDER SCHEIBER	09	10
ALEX SHRIVER	09	10	KAIO UHING	09	10
BRYCE VAN VELSON	09	10	EMILIE VAJGRT	--	10
J.P. RECH	10	11	SHANE SLOUP	10	11
DARIO GONZALEZ	10	--	KYLE LENNEMAN	10	--
TAYLOR SEAMAN	11	12	MARTI VLASIN	11	12
McKENZIE CHRISTENSEN	11	12	ERIN MILLER	11	12
SETH LEWIS	11	12	JOSH GEORGE	11	12
MARY BOHATY	--	12	LAUREN WILCOX	12	13

SHELBI SLOUP	12	13	SARAH CHILCOAT	12	13
JOE GREMEL	12	13	CALE MILLER	12	13
NATHAN SORSEN	12	13	TONY DEGROOT	12	--
TYLER MANN	--	13	FAITH BOHATY	--	13
MADISON SLOUP	13	14	ANGEL ROTH	13	14
KELSEY SLOUP	13	14	KATELIN OBORNY	13	14
SARAH FRISBIE	13	--	REBEKAH COUCH	13	14
JACOB SLOUP	13	14	BRITTANY UHING	13	14
COLLIN METTENBRINK	13	14	AUSTIN VAN VELSON	13	14
TOM GREMEL	13	14	KADE MARKER	13	14
WILL HELMER	14	15	ALEX GEORGE	14	15
EVAN METTENBRINK	15		MOLLY SUHR	15	
ZACH POTRATZ	15		KRYSTIN OBORNY	15	
COHL GOTTSCHALK	--	15	FELICITY FEHLHAFER	15	
SEAN FRISBIE	15		JENSYN MYERS	--	15
			CALLIE KOHOUT	15	

**(AT LEAST A 3.7 GPA – TOP VARSITY/SCHOLAR ATHLETES ON THE TEAM)**

**NSAA ACADEMIC ALL-STATE AWARD WINNERS IN CROSS-COUNTRY:**

**BOYS:**

2007 – GRANT VLASIN/RYAN COUFAL  
 2008 – GRANT VLASIN/RYAN COUFAL  
 2009 – GRANT VLASIN/MARK WILCOX  
 2010 – J.P. RECH/JOHN CAHOON  
 2011 – J.P. RECH/SETH LEWIS  
 2012 - SETH LEWIS/JACOB SLOUP  
 2013 - JACOB SLOUP/NATHAN SORSEN  
 2014 - JACOB SLOUP/TOM GREMEL  
 2015 – COHL GOTTSCHALK/EVAN METTENBRINK  
 2016 -

**GIRLS:**

NATASHA MUELLER/ANNA MEYER  
 NATASHA MUELLER/KELSEY CHRISTENSEN  
 KELSEY CHRISTENSEN/HANNAH TVRDY  
 KELSEY CHRISTENSEN/SHELBI SLOUP  
 SHELBI SLOUP/TAYLOR SEAMAN  
 LAUREN WILCOX/SHELBI SLOUP  
 SHELBI SLOUP/LAUREN WILCOX  
 MADISON SLOUP/ALEX GEORGE  
 ALEX GEORGE/KRYSTIN OBORNY