

# Football

## Varsity & JV Football

### Heart O' North 1st Team

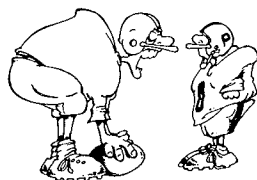
Tackle: Jon Fick  
 Down Lineman: Jamie Nelms  
 Linebacker: Jacque Ince  
 Back: Collin Mau  
 Kicker: Mat Rasmussen  
 Kick Returner: Collin Mau

### Heart O' North 2nd Team

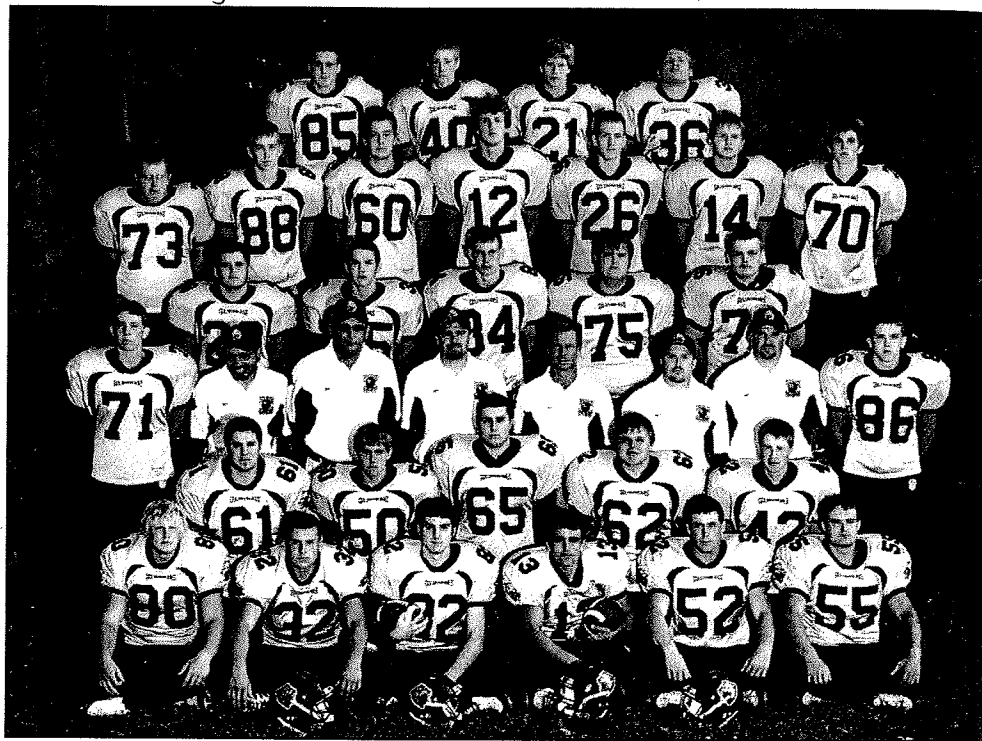
Tackle: Andy Nelson  
 Guard: Jacque Ince  
 Back: Jake Nelson  
 Defensive End: Mat Rasmussen  
 Outside Linebacker: Jake Nelson & Jake Wampfler

### Heart O' North Honorable Mention

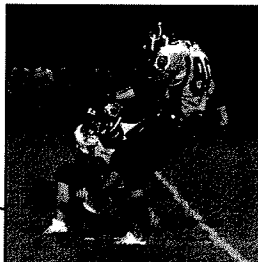
End: Mat Rasmussen  
 Center: Ross Peters  
 Quarterback: Travis Puig  
 Down Lineman: Josh Dwyer  
 Defensive End: Ben Anderson  
 Back: Ryan Erickson



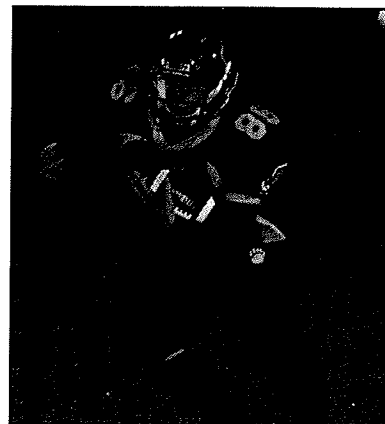
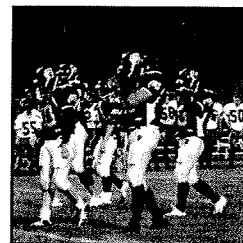
The 2004 football season was an excellent one. Our overall record was 5-5, with great senior leadership all season long. I realized that every week our team got better because of very hard work and the closeness of the team. This was the first time since 1990 that all home games were won. I was very proud of how we stayed a team this season. - Coach Mueller



First Row, Left to Right: Mat Rasmussen, Jake Wampfler, Ryan Erickson, Travis Puig, Jacque Ince, Ross Peters; Second Row: Jamie Nelms, Ben Anderson, Jon Fick, Josh Dwyer, Charlie Selkow; Third Row: Andy Nelson, Manager Brian Herrman, Coach Dave Usgaard, Coach Aaron Beckendorf, Coach Ken Mueller, Coach Chad Busse, Coach Steve Grosskruetz, Collin Mau; Fourth Row: Tyler Pond, Jake Nelson, Jaymes Roubal, Sam Wampfler, Jeremy Vroman; Fifth Row: Ben Anderson, Brett Jensen, Micah Terpstra, Mitch Rasmussen, Josh Church, Grant Luer, Mike Seitz; Sixth Row: Branden Dowd, Anthony Selkow, Dustin Mertins, Gary Prince

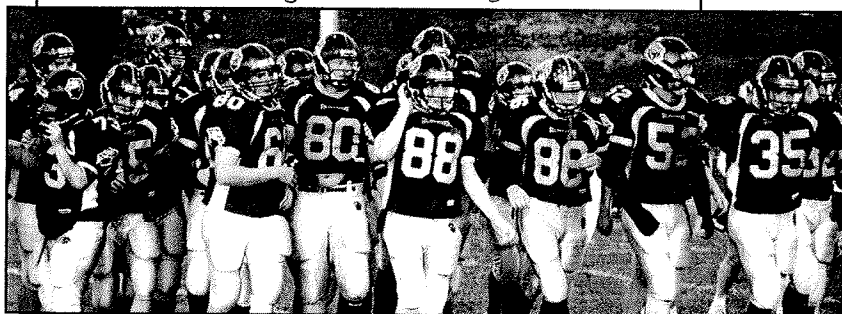


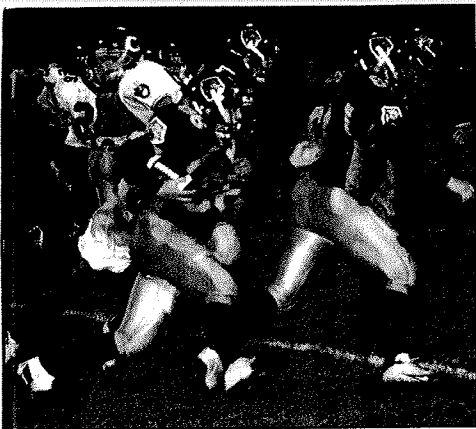
Left: Mat making a good kick.



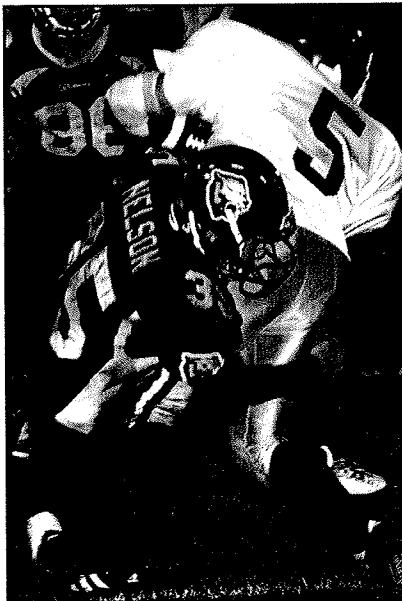
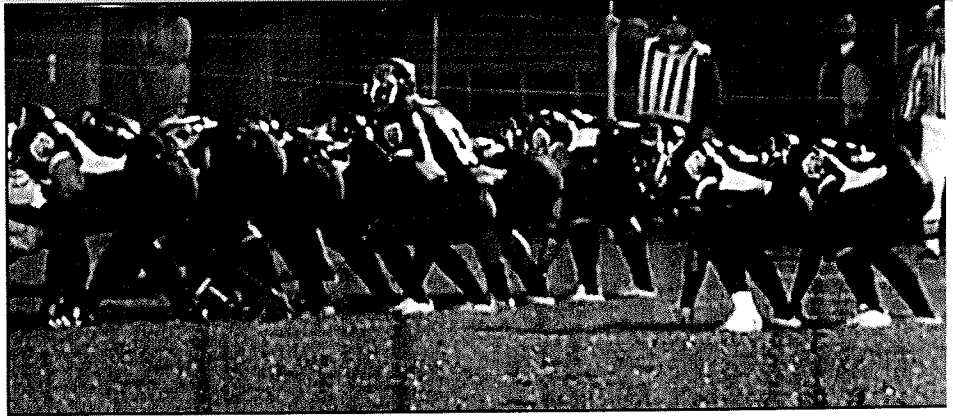
Above: Collin going for the run.

- Most Valuable Defensive Player - Jacque Ince
- Most Valuable Back - Collin Mau
- Most Valuable Lineman - Jon Fick
- Most Improved Player - Jake Nelson
- Most Valuable Player - Travis Puig





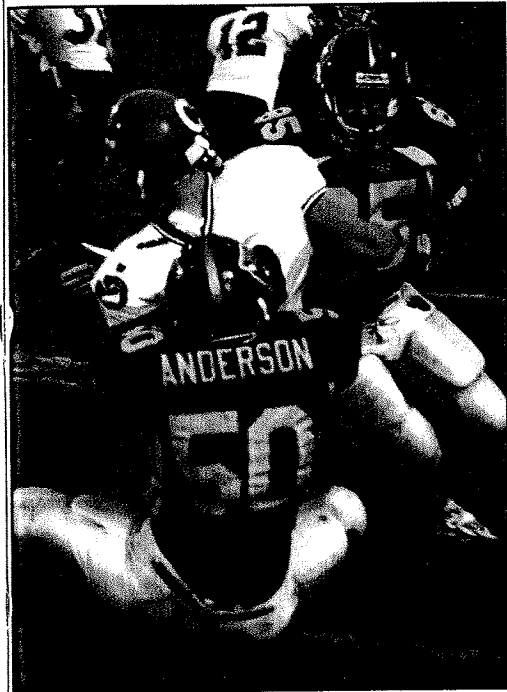
Above: Jamie blocking with Collin bringing the ball behind



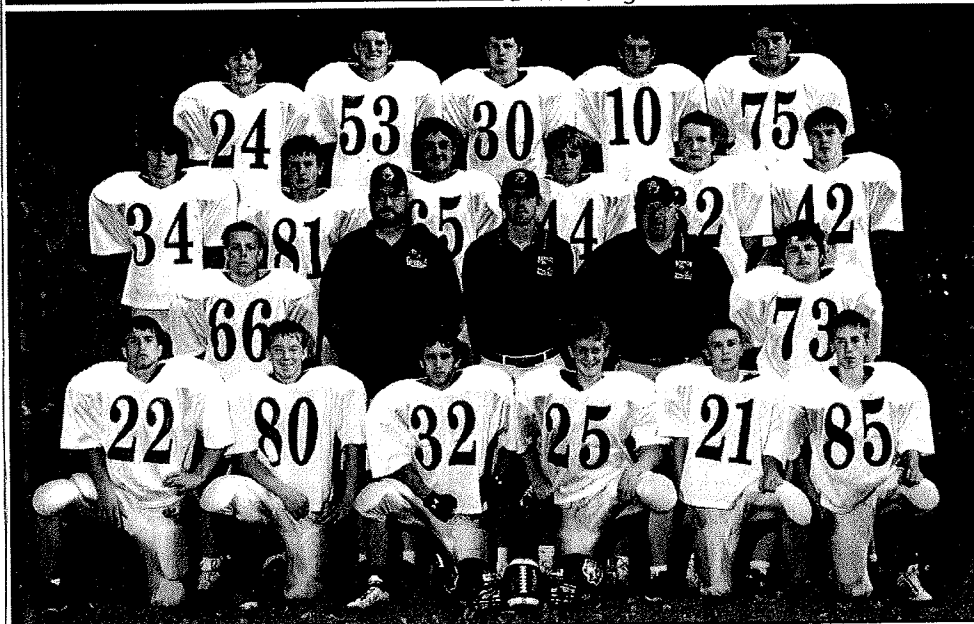
Above: Jake slamming an opponent down.



Above: Ryan making a high catch.

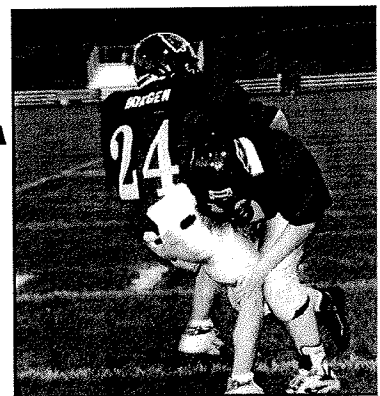


Left: Brandon making the run with Ben making the tackle.



First Row, Left to Right: Justin Balts, Jordan Jensen, Jordan Riebe, Justin Schultz, Corbin Sigurdson, Jordan Frisle; Second Row: Chris Gates, Coach Luke Audorff, Coach Nic Been, Coach Byron Miller, Jared Vroman; Third Row: Alex Jerome, Brandon Langerude, Jake Kittleson, Jake Schauf, Lukas Shearer, Sean Klatt; Fourth Row: Derek Borgen, Joel Hauser, Andrew Sloan, Ryan Hensel, Mitch Anderson

# Freshmen



Above: Lukas tackling Derek.

