2004 Falcon Women's Golf Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casey Ambers</td>
<td>Sr.</td>
<td>North Branch, MN</td>
</tr>
<tr>
<td>Ellen Berndt</td>
<td>Sr.</td>
<td>Rice Lake, WI</td>
</tr>
<tr>
<td>Kara Coughlin</td>
<td>Jr.</td>
<td>Two Harbors, MN</td>
</tr>
<tr>
<td>Nina Englund</td>
<td>Jr.</td>
<td>West St. Paul, MN/Henry Sibley</td>
</tr>
<tr>
<td>Jenna Gutzwiller</td>
<td>Fr.</td>
<td>Zimmerman, MN/Elk River</td>
</tr>
<tr>
<td>Gabe VanDyk</td>
<td>So.</td>
<td>Luverne, MN</td>
</tr>
</tbody>
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Head Coach: Jeff Berkhof

Meet the Falcons

<table>
<thead>
<tr>
<th>Casey Ambers</th>
<th>Ellen Berndt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior</td>
<td>Senior</td>
</tr>
<tr>
<td>North Branch, Minn.</td>
<td>Rice Lake, Wis.</td>
</tr>
<tr>
<td>North Branch High School</td>
<td>Rice Lake High School</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Kara Coughlin</th>
<th>Nina Englund</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>Junior</td>
</tr>
<tr>
<td>Two Harbors, Minn.</td>
<td>West St. Paul, Minn.</td>
</tr>
<tr>
<td>Two Harbors High School</td>
<td>High School</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jenna Gutzwiller</th>
<th>Gabe VanDyk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman</td>
<td>Sophomore</td>
</tr>
<tr>
<td>Zimmerman, Minn.</td>
<td>Luverne, Minn.</td>
</tr>
<tr>
<td>Elk River High School</td>
<td>Luverne High School</td>
</tr>
</tbody>
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2004 Falcon Golf Schedule

as of Oct. 11, 2005

Sept. 4-5 at Eau Claire Invitational
Gustavus Adolphus 665, St. Thomas 670, Eau Claire 679, Illinois Wesleyan 682, Carthage 689, Oshkosh 694, St. Benedict 716, Platteville 718, River Falls 720, Stevens Point 728, Luther 730, Whitewater 761, St. Mary’s 770

Sept. 18-19 at Con-St. Paul Invitational
Carleton 693, River Falls 703, Con-St. Paul 750, Macalester 769
Sept. 24 at Carthage Invitational
Illinois Wesleyan 339, Illinois College 342, Eau Claire 344, River Falls 347, Oshkosh 348, Carthage 353, Wheaton 366, Robert Morris 368, Knox 373, Whitewater 376, Millikin 390, Bethel, Ind. 409

Sept. 25-26 at Whitewater Invitational
Eau Claire 645, Illinois Wesleyan 657, Oshkosh 659, River Falls 694, Platteville 704, Illinois College 716, Lewis 721, St. Mary’s 726, Whitewater 729, Stevens Point 733, Robert Morris 739, St. Norbert 768, Millikin 774, Carroll 790, Superior 834, Monmouth 865, Ripon DNF

Oct. 2-3 at Oshkosh Invitational
Eau Claire 675, St. Mary’s 683, Platteville 707, River Falls 721, Oshkosh 725, Whitewater 747, Stevens Point 752, Superior 946

Oct. 9-10 at WIAC Meet (at Stevens Point)
Eau Claire 669, Platteville 692, River Falls 693, Stevens Point 722, Whitewater 739, Oshkosh 745, Superior 803
2004 Falcon Golf Individual Results

<table>
<thead>
<tr>
<th>Name</th>
<th>Eau Claire</th>
<th>Con.-St. Paul</th>
<th>Carthage</th>
<th>Whitewater</th>
<th>Oshkosh</th>
<th>WIAC</th>
<th>Ave</th>
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<tbody>
<tr>
<td>Casey Ambers</td>
<td>90-97 - 187</td>
<td>87-86 - 173</td>
<td>85</td>
<td>88-91 - 179</td>
<td>84-94 - 178</td>
<td>88-88 - 176</td>
<td><strong>88.9</strong></td>
</tr>
<tr>
<td>Ellen Berndt</td>
<td>80-89 - 169</td>
<td>85-86 - 171</td>
<td>82</td>
<td>85-85 - 170</td>
<td>90-88 - 178</td>
<td>82-80 - 162</td>
<td><strong>84.7</strong></td>
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<tr>
<td>Kara Coughlin</td>
<td>83-100 - 183</td>
<td>90-93 - 183</td>
<td>98</td>
<td>90-95 - 185</td>
<td>102-94 - 196</td>
<td>95-96 - 191</td>
<td><strong>94.1</strong></td>
</tr>
<tr>
<td>Nina Englund</td>
<td>105-117 - 222</td>
<td>116</td>
<td>105-116 - 221</td>
<td>118-117 - 235</td>
<td>104-103 - 207</td>
<td><em><strong>111.2</strong></em></td>
<td></td>
</tr>
<tr>
<td>Jenna Gutzwiller</td>
<td>86-98 - 184</td>
<td>90-90 - 180</td>
<td>89</td>
<td>97-84 - 181</td>
<td>98-94 - 192</td>
<td>99-91 - 190</td>
<td><strong>92.3</strong></td>
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Eau Claire Meet (Sept. 4-5) - First day at Mill Run Golf Course - Par 73; Second day at Wild Ridge Golf Course - Par 72
Con.-St. Paul Meet (Sept. 18-19) at Chisago Lakes Golf Club - Par 72
Carthage Meet (Sept. 24) at Brighton Dale Links Golf Course - Par 72
Whitewater Meet (Sept. 25-26) at Prairie Woods Golf Course - Par 72
Oshkosh Meet at Whispering Springs - Par 72
WIAC Meet at Stevens Point Country Club - Par 73

Falcon News

Falcons End Season in Third Place at WIAC Championships

Oct. 10, 2004
The Falcons end the season at the WIAC Championships in third place with a score of 693. UW Eau-Claire won the tournament, they shot a 669, and Platteville had 692 putting them in second place.

Ellen Berndt placed highest for the team shooting a 82 Saturday and an 80 Sunday which put her in second place. Gabrielle VanDyk ended her season in sixth place shooting a 81 Saturday and an 80 Sunday which put her in second place. Jenna Gutzwiller shot a 99 Saturday and an 80 Sunday which put her in second place.

Ellen Berndt was honored after winning the WIAC Scholar-Athlete Award which is presented to the most outstanding senior from each conference sport during the year who exhibits the greatest combination of performance and achievement in academics, athletics and leadership.

"She had a great and well deserved weekend," Falcon Coach Jeff Berkhof said.

Falcons Lead WIAC Championships After First Round

Oct. 9, 2004
A tough battle between first, second, and third is being played at the WIAC Championships. The Falcons are currently in first place after the first round with a score of 346. UW Eau-Claire is right behind them with 347 and UW Platteville is next with a 348. UW Stevens Point is in fourth with 352 and UW Oshkosh has 371, which puts them in fifth place.

Two members from the UWR women's golf team are leading this match. Gabrielle VanDyk is in first place with 81 and Ellen Berndt is right behind her with 40-42. Casey Ambers tied for 11th, she shot a 88. Kara Coughlin shot a 95 and Jenna Gutzwiller shot a 99.

The team will finish up tomorrow at the Stevens Point Country Club. The course has a par of 73.

Falcons Finish UW-Oshkosh Invitation in Fourth Place

Oct. 3, 2004
The team ended the UW-Oshkosh Invitation in fourth place shooting a first round score of 360 and a second round score of 361 ending their play with a 721. UW-Eau Claire won the tournament with a final score of 675 and St. Marys College came in second with a 683. Behind them came UW-Platteville in third, shooting a 707.

Gabrielle VanDyk was the big finisher for the Falcons shooting a 88-85. Casey Ambers, 84-94, and Ellen Berndt, 90-88, both finished with 178.

Next for the team was Jenna Gutzwiller who shot a 98-94.

"The team played very well." commented Coach Berkhof. The women golfers consistantly placed in the top six of every match so far and will finish out the season in the WIAC meet at Stevens Point on Oct. 9-10.

Falcons Start out UW-Oshkosh Invite in Fifth Place

Oct. 2, 2004
The Falcons are currently in fifth place during the UW-Oshkosh Invitation, with a team score of 360. They follow behind UW-Platteville, with a score of 357, and UW-Oshkosh scoring 352. Leading this match this UW-Eau Claire in first place with 324 strokes and in second place is St. Marys College with 332.

Leading for the Falcons is Casey Ambers shooting a 84. Gabrielle VanDyk came in next shooting a 88 and Ellen Berndt is right behind her with a score of 90. Jenna Gutzwiller shot a 98, Kara Coughlin came in next shooting a 102, and Nina Englund is behind her with a 118.
The team will finish up the tournament tomorrow and they are playing at the par 72 Whispering Springs Golf Club in Fon du Lac Wis.

Falcons Place Fourth UW-Whitewater Invite  
Sept. 26, 2004

The team improved on their first day finish, by ending the tournament three strokes fewer then yesterday. The Falcons placed fourth out of 18 teams, with a final score of 694. They trailed behind UW-Oshkosh who shot a 659 and Illinois Wesleyan came next with a 657. Finally, UW-Eau Clair won the match with a 645.

Ellen Berndt was the top finisher for the Falcons, in 15th place, she shot consistent 85s, giving her a score of 170. Coach Berkhof commented that, "She (Berndt) had three good days of golf, and she definitely proved that she is a top player in the WIAC." Next for the team was Gabrielle VanDyke who shot 85-86 which put her in a tie for 18th. Casey Ambers also played tough, ending in 30th place, she shot a 88-91.

When asked to comment on how the tournament went, Coach Berkhof stated that, "We had three outstanding days down south, finishing 4 out of 18 teams shows that we played with confidence, and we look forward to the last couple of weeks of the season."

Next weekend the women's golf team travels to Fond du Lac for the UW-OshKosh Invitational.

Falcons are in Fifth Place After the First Day of the UW-Whitewater Invite  
Sept. 25, 2004

During the the first day of the UW-Whitewater Fall invite, the Falcons are in fifth place with a score of 348. They trail behind Illionois College which has 347 and UW-Eau Clair with 330. UW-Whitewater is currently in second place, their score is 326, and Illinois Wesleyan is in first place with a score of 322.

Ellen Berndt and Gabrielle VanDyk tied for fourteenth position with 85 strokes. Casey Ambers finished up her first round with an 88, which put her in the twenty-third position and Kara Coughlin shot a 90 which led her to a thirty-fourth place finish for the day.

This match will continue tomorrow at the Prairie Woods Golf Course in Avalon, WI, the par for the course is 72. There are seventeen teams competing in this tournament.

Falcons Place Fourth in Carthage Invitational  
Sept. 24, 2004

During the Carthage Invitational the Falcons placed fourth with a score of 347. They trailed behind Illinois College which has 347 and UW-Eau Clair with 330. UW-Whitewater is currently in second place, their score is 326, and Illinois Wesleyan is in first place with a score of 322.

Ellen Berndt had the best finish for the team, tying for fifth place with a score of 82. Casey Ambers shot a 85 putting her in a tying position for twelfth place and Jenna Gutzwiller also tied for the twentieth position with a score of 89.

Twelve teams played in this competitive match located at the Brighton Dale Links Golf Course in Kansansville, WI. The team competes next at the UW-Whitewater Fall Invite for the weekend.

Falcons Finish Concordia-St. Paul Invite in Second Place  
Sept. 19, 2004

The team ended up finishing the invitational in second place with a final score of 703. Carlton College won the match with a score of 693.

Ellen Berndt finished in 3rd place shooting 85-86, ending her weekend with a 171. Casey Ambers finished up with a 87-86, putting her in 5th place with a total of 173. Gabrielle VanDyke shot a 90-89 leaving her with a total of 179 and Jenna Gutzwiller shot a pair of 90s ending her weekend with a score of 180. Coach Jeff Berkho said that, "everyone plaied a solid match."

This Friday the team travels to the Carthage College Invite and then to the UW-Whitewater Fall Invite for the weekend.

Falcons Open Season at UWEC Invitational  
Sept. 7, 2004

The golf team opened its season with a ninth place finish at the UW-Eau Claire Invitational held Saturday and Sunday.

Ellen Berndt led the Falcons with a two day total of 168. She placed 10th overall shooting an 88-80. Kara Coughlin was next for the Falcons with 83-100 - 183. She placed 42nd overall. Jenna Gutzwiller was 46th overall with rounds of 86-98 - 184. Casey Ambers and Gabo VanDyk tied for 50th place. Both shot rounds of 90-97 - 187. Nina Englund placed 80th with rounds of 195-117 - 222. The first day of the tourney was played at the par 73 Mill Run course and the second day was played at the par 72 Wild Ridge course.

Gustavus Adolphus won the team title with a two day total of 665. St. Thomas was second with 670 followed by Eau Claire 679, Illinois Wesleyan 682, Carthage 689, Oshkosh 694, St. Benedict 716, Platteville 718, River Falls 720, Stevens Point 728, Luther 730, Whitewater 761 and St. Mary's 770.
Jeff Berkhof enters his third year as head women's golf coach at UW-River Falls.

Berkhof helped lead the 2004 Falcons to a third place finish in the WIAC Meet and was named the WIAC Coach of the Year. The Falcons placed sixth in 2002 and 2003.

He was named the first coach of the Falcon women's golf program in 2002 and has spent the last 10 years as the assistant men's basketball coach at UWRF. He also teaches in the Health and Human Performance Department at UWRF.

The Hills, Minn., native is finishing his masters of education degree in sport management at the University of Minnesota. He completed his bachelor of science degree at UW-River Falls in the spring of 1994 with a major in physical education and a minor in athletic coaching.

He and his wife, Jill, reside in Hudson. Jill is a UWRF alum and fifth grade teacher at Lake Elmo, Minn. They have one son, Benjamin, who was born in June of 2004.