Golf 2005-2006

2005 Falcon Women's Golf Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Yr.</th>
<th>Hometown/High School</th>
</tr>
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<tbody>
<tr>
<td>Kara Coughlin</td>
<td>Sr.</td>
<td>Two Harbors, MN</td>
</tr>
<tr>
<td>Kelli Dahle</td>
<td>Fr.</td>
<td>Bemidji, MN</td>
</tr>
<tr>
<td>Nina Englund</td>
<td>Sr.</td>
<td>West St. Paul, MN/Henry Sibley</td>
</tr>
<tr>
<td>Rachel Foley</td>
<td>Fr.</td>
<td>River Falls, WI</td>
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<tr>
<td>Jenna Gutzwiller</td>
<td>So.</td>
<td>Zimmerman, MN/Elk River</td>
</tr>
<tr>
<td>Katie Kantrud</td>
<td>Fr.</td>
<td>Fergus Falls, MN</td>
</tr>
<tr>
<td>Alana Peterson</td>
<td>Fr.</td>
<td>Viroqua, WI</td>
</tr>
</tbody>
</table>

Head Coach: Jeff Berkhof

The 2005 Falcons

Kara Coughlin  
Senior  
Two Harbors, Minn.  
Two Harbors High School

Kelli Dahle  
Freshman  
Bemidji, Minn.  
Bemidji High School

Nina Englund  
Senior  
West St. Paul, Minn.  
Henry Sibley High School

Rachel Foley  
Freshman  
River Falls, Wis.  
River Falls High School

Jenna Gutzwiller  
Sophomore  
Zimmerman, Minn.  
Elk River High School

Katie Kantrud  
Freshman  
Fergus Falls, Minn.  
Fergus Falls High School

Alana Peterson  
Freshman  
Viroqua, Wis.  
Viroqua High School
2005 Falcon Golf Schedule
as of Oct. 5, 2005

Sept. 1 at Augsburg Invitational, (Baker National Golf Course)
St. Thomas 342, Carleton 373, River Falls 380, Augsburg 387, Macalester 392
Sept. 3 at Eau Claire Invitational, (Mill Run Golf Course)
Sept. 4 at Eau Claire Invitational, (Wild Ridge Golf Course)
St. Thomas 648, Gustavus Adolphus 650, Illinois Wesleyan 672, Oshkosh 674, Eau Claire 675, Loras 694, Stevens Point 699, Luther 712, St. Benedict 714, Carleton 715, Whitewater 726, River Falls 726, Ripon 728, Platteville 733, Superior 764
Sept. 10-11 at Oshkosh Invitational, (Westridge Golf Course)
Oshkosh 669, Eau Claire 681, Whitewater 702, Stevens Point 715, River Falls 726, Ripon 728, Platteville 733, Superior 738, Carroll 807, North Central 811, Monmouth 815, and St. Norbert, DNS
Oct. 1-2 at WIAC Meet (at Superior), (Nemadji Golf Course)
Eau Claire 628, Oshkosh 665, Whitewater 665, Stevens Point 667, River Falls 686, Platteville 705, Superior 729

2005 Falcon Golf Individual, Team Results

<table>
<thead>
<tr>
<th>Date</th>
<th>Tournament</th>
<th>Score</th>
<th>Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 1</td>
<td>Augsburg Invitational (Baker National Golf Course, Par 74)</td>
<td>380</td>
<td>380 (+84) - 3rd of 5</td>
</tr>
<tr>
<td>Sept. 3-4</td>
<td>Eau Claire Invitational (Mill Run Golf Course, Par 73; Wild Ridge Golf Course, Par 72)</td>
<td>751</td>
<td>751 (+171) - 16th of 17</td>
</tr>
<tr>
<td>Sept. 10-11</td>
<td>Oshkosh Invitational (Westridge Golf Course, Par 72)</td>
<td>726</td>
<td>726 (+150) - 5th of 10</td>
</tr>
<tr>
<td>Sept. 23</td>
<td>Carthage Invitational (Brighton Dale Links Golf Course, Par 72)</td>
<td>359</td>
<td>359 (+71) - 7th of 12</td>
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<tr>
<td>Sept. 24-25</td>
<td>Whitewater Invitational (Prairie Woods Golf Course, Par 72)</td>
<td>719</td>
<td>719 (+142) - 11th of 17</td>
</tr>
<tr>
<td>Oct. 1-2</td>
<td>WIAC Championships (Nemadji Golf Course, Par 72)</td>
<td>686</td>
<td>686 (+100) = 5th of 7</td>
</tr>
</tbody>
</table>

Rounds: 10  Strokes: 3,666  Team Avg/Rd.: 366.6  Ave./Rd: 91.65

Player | Tour | Rnds | Strks | Avg | Top 10s | Best Trn. | Best Rnd. |
-------|------|------|------|-----|--------|-----------|-----------|
Kara Coughlin 8 10 885 88.5 1 168 84
Kelli Dahle 6 10 895 89.5 1 167 83
Nina Englund 4 6 613 102.1 0 190 93
Rachel Foley 6 10 1021 102.1 0 199 92
Jenna Gutzwiller 6 10 888 88.8 1 172 84
Katie Kantrud 6 10 958 95.8 0 181 82
Alana Peterson 1 1 116 116.0 0 116 116

Augsburg Invitational (Sept. 1) - at Baker National Golf Course (par 74)
Eau Claire Invitational (Sept. 3-4) - First day at Mill Run Golf Course - Par 73;
Second day at Wild Ridge Golf Course - Par 72
Oshkosh Invitational (Sept. 10-11) at Westridge Golf Course
Carthage Invitational (Sept. 23) at Brighton Dale Links Golf Course
Whitewater Invitational (Sept. 24-25) at Prairie Woods Golf Course
WIAC Meet (Oct. 1-2) at Superior at Nemadji Golf Course
Falcon Stories

Falcons Place 5th Overall At WIAC Championships In Superior

October 2, 2005
The Falcons ended the season today with their best one-day score of the season, 336. Kelli Dahle lead the Falcons this weekend shooting 84-83-167.

Next for the Falcons was Kara Coughlin. She ended her college career this weekend shooting 84-84-168. Coughlin, Dahle, Katie Kantrud, Rachel Foley and Nina England all shot their best one-day rounds for this season.


Eau Claire finished first today with a two-day score of 628 followed by Whitewater 665, Oshkosh 665, Steven's Point 667, River Falls 686, Platteville 705, Superior 729.

Falcons Finish 5th On Day One Of The WIAC Championships

October 1, 2005
Kelli Dhale and Kara Coughlin lead the Falcons today at the WIAC Championships with scores of 84 each. The Falcons ended the day in 5th place with a team score of 350.

Coughlin’s score of 85 for today tied for her lowest one day score of the season. The team score of 350 is 22.5 strokes lower than the team average for this season.

Next for the Falcons was Jenna Gutzwiller 85. Nina Englund finished with 107. Katie Kurtrand ended the day with 99 and Rachel Foley finished with 107.

Eau Claire finished first today with a team score of 314 followed by Steven’s Point with 325, Whitewater 334, Oshkosh 335, River Falls 350, Platteville 360, and Superior 372.

The Falcons will compete again tomorrow at the WIAC championships.

Falcons Place Eleventh At Whitewater Invitational

September 25, 2005
Day two of the Whitewater Invitational left the Falcons golf team in 11th with a team score of 719. Kelli Dahle lead the Falcons shooting 84-88-172 and tying for 26th place.

Next for the Falcons was Jenna Gutzwiller 84-91-175 who tied for 31. Kara Coughlin tied for 43rd shooting 85-96-181. Katie Kanrudy finished 68th with the scores of 95-96-191. Rachel Foley placed 85th and shot rounds of 98-106-204. Tied for 91st was Nina Englund with 101-111-212.

Illinois Wesleyan finished first with a team score of 642 followed by Oshkosh 652, Eau Claire 664, Illinois College 673, Carthage 674, Robert Morris 691, Stevens Point 699, Whitewater 705, Millikin 712, St Mary's 716, RF 719, Ripon 728, Platteville 733, Superior 738, Carroll 807, North Central 811, Monmouth 815, and St. Norbert didn't finish.

The Falcons will compete again October 1st and 2nd in Superior at the WIAC championships.

Falcons Place Eighth On Day One Of Whitewater Invitational

September 24, 2005
Day one of the Whitewater Invitation left the Falcons golf team in 11th with a team score of 348. Kelli Dahle and Jenna Gutzwiller tie the team today tying for 21st with a score of 84.

The team score of 348 for today is the the record low for the season. Dahle, Gutzwiller, and Nina Englund all shot below their one-day record this season.

Coming in tied at 28th was Kara Coughlin with a score of 85. Katie Kantrud tied for 68th shooting 95. Rachel Foley tied for 79th with a score of 98. Nina Englund came in tied at 85th with a score of 101.

The women played at the Prairie Woods Golf Course in Whitewater and the par was 71.


The Falcons will compete again tomorrow for day two of the Whitewater Invitation.

Falcons Finish Seventh At Carthage Invite

Sept. 23, 2005
Kara Coughlin lead the Falcons to a seventh place finish today with a season best score of 85. With a team score of 359, the Falcons shot this season's lowest score for a one-day tournament.
Next on the Falcons roster was Jenna Gutzwiller who shot 89 and placed 21st. Kellie Dahle shot a round of 91. She placed 25th overall. Katie Kantrud placed 36th with a score of 94. Nina Englund came in at 53rd with the score of 102. Rachel Foley shot 108 and came in 62nd. Par at the Brighton Dale Links Golf Course as 72.

Oshkosh finished first with a team score on 326 followed by Eau Claire 339, Illinois Wesleyan 340, Robert Morris 351, Carthage 356, RF 359, Knox 374, Millikin 376, Wheaton 382, Carroll 437, and Elmhurst who didn’t finish.

The Falcons will compete Saturday and Sunday in the Whitewater Invitational which will be held at the Prairie Woods Golf Course.

Dahle Leads Falcons at Oshkosh Invitational
Sept. 11, 2005
Kelli Dahle shot a two-day total of 174 to place 10th and help the Falcon golf team to a fifth place finish in the Oshkosh Invitational held Saturday and Sunday at the par 72 Westridge Golf Course.

Dahle shot two rounds of 87 to lead the Falcons. Kara Coughlin was second for the Falcons and 14th overall with 88-89 - 177. Jenna Gutzwiller shot 90-91 - 181 to place 22nd. Katie Kantrud placed 30th overall with 99-95 - 194. Rachel Foley finished 41st shooting 101-104-205. Oshkosh’s Cheryl Treadwell won the individual title with a 162 two-day total.

Oshkosh won the team title with 669 strokes followed by Eau Claire 681, Whitewater 702, Stevens Point 715, River Falls 726, Ripon 762, Platteville 764, Superior 764, St. Norbert 803 and Carroll 812.

UW-RF’s two-day total of 726 was a season best. The Falcons finished with 364 strokes on Saturday and 362 on Sunday. Dahle’s 87 was the best by a Falcon in a single round in a two-day tournament this season.

The Falcons will next compete in the Luther Invitational on Sept. 19.

Gutzwiller Leads Falcons at UWEC Invitational
Sept. 5, 2005
Jenna Gutzwiller was the top finisher for the Falcons at the Eau Claire Invitational held Saturday and Sunday.

Gutzwiller placed 46th overall with rounds of 90-88 - 178. Kara Coughlin was next for the Falcons with rounds of 90-91 - 181. She placed 52nd. Kelli Dahle placed 68th overall with rounds of 94-100 -194. Katie Kantrud shot rounds of 99 and 102 to finish with 201. She placed 80th. Rachel Foley tied for 82nd place with rounds of 96-106 202. Par in Saturday’s round at the Mill Run Golf Course was 73 and par on Sunday at the Wild Ridge course was 72.

St. Thomas won the team title with 648 followed by Gustavus Adolphus 650, Illinois Wesleyan 672, Oshkosh 674, Eau Claire 675, Loras 694, Stevens Point 697, Luther 712, St. Benedict 714, Carleton 715, Whitewater 723, Illinois Wesleyan B 724, St. Mary’s 727, Platteville 729, Carthage 731, RF 751, Superior 764.

The Falcons will next compete in the Oshkosh Invitational on Saturday and Sunday. The meet will be held at the Westridge Golf Course.

Falcons Finish Third at Augsburg Invite
Sept. 1, 2005
The Falcon golf team opened its 2005 season with a third place finish at the Augsburg Invitational held Thursday afternoon at the Baker National Golf Club.

The Falcons finished with 380 strokes. St. Thomas won the team title with 342 strokes followed by Carleton 373. Augsburg trailed the Falcons with 387 strokes followed by Macalester with 392.

Kara Coughlin and Jenna Gutzwiller both shot 93s to lead the Falcons. They tied for ninth place overall. Coughlin shot 51-42 and Gutzwiller shot 48-45. Katie Kantrud and Kelli Dahle both shot 97s. Kantrud had a front nine of 53 followed by a 44 while Dahle had a 48 followed by a 49. Rachel Foley shot 57-46 to finish at 103 and Nina Englund shot 55-54 to finish with a 109. Alana Peterson shot a 58-58 - 116. Par on the course is 74.

The Falcons will next compete in the Eau Claire Invitational on Saturday and Sunday. Action starts at 9 a.m. both days. Saturday’s play will be at the Mill Run Golf Course and on Sunday the teams will play at the Wild Ridge Golf Course.

Jeff Berkhof - Women’s Golf Coach

Jeff Berkhof enters his fourth 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 11 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.