# Men’s Hockey 2003-2004

## 2003-2004 Falcon Men’s Hockey Roster

<table>
<thead>
<tr>
<th>No</th>
<th>Name</th>
<th>Pos</th>
<th>Ht</th>
<th>Wt</th>
<th>Yr</th>
<th>Hometown (Last Team)</th>
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<tbody>
<tr>
<td>1</td>
<td>Dan Meneghin</td>
<td>G</td>
<td>5-10</td>
<td>170</td>
<td>So</td>
<td>Surrey, B.C. (Victoria, BCHL)</td>
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<td>2</td>
<td>Marc-Andre Lalande</td>
<td>D</td>
<td>5-11</td>
<td>175</td>
<td>Jr</td>
<td>Deux-Montagnes, Que. (Cedar Rapids, USHL)</td>
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<td>F</td>
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<td>Rob Novak</td>
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</tbody>
</table>

**Head Coach:** Steve Freeman  
**Assistant Coaches:** Bob Ritzer, Mickey Keating  
**Student Manager:** Nick Siergiej
Meet the Falcons

Joe Dustin
D, 6-0, 210, Senior, #5
Vadnais Heights, Minn.
Billings, AWHL

Joe Dustin will add some much-needed experience to a young Falcon defensive core this season. Last season he scored four times; three were game winners. He also contributed 10 assists, more than tripling his total from the year before. Dustin also did his part in the classroom and was named to the NCHA All-Academic team and the WIAC Scholastic Honor Roll. In 2001-2002 he assisted on three goals and scored one. As a freshman, Dustin played in 30 games, scoring three goals and dishing out four assists. Included in his three goals was the game-winner in the Falcons 2-1 victory in game one of the NCHA semifinals over St. Norbert. He played the previous two years at Billings in the AWHL where he had eight goals and seven assists in his final season. He was named his team's Most Improved Player in 1999 and played in the King of the Hill Tourney in 2000. He helped Billings to the 1999 league playoff championship and a berth in the National Tourney. At White Bear Lake, Minn., High School, he competed in the Minnesota State Tournament in 1996 and 1998. He is the son of Jim and Cindy and has two sisters. Dustin is a health & human performance major.

Matt Elsen
F, 6-0, 210, Senior, #12
Richfield, Minn.
Twin Cities, USHL

Co-captain Matt Elsen is a quiet leader who has good skills in all parts of the game. His 15 goals last season tied for second on the team while his 34 points was third-most for the Falcons. His efforts earned him the team's Normal Award and All-WIAC first team honors. He was the only player to be named Falcon Player of the Week three times last season. He earned the honor Nov. 18, Jan. 21 and Feb. 2. He has also excelled in the classroom. He was named to the WIAC Scholastic Honor Roll and made the NCHA All-Academic team. Three of his seven goals in 2001-02 came on the power play, which tied for the most on the squad. One of his other four goals was the 4-3 overtime game-winner against Gustavus Adolphus Jan. 5. He finished his freshman season with 10 goals and 11 assists. Elsen added four power-play goals and one short-handed goal that year. Elsen scored his first collegiate goal on Nov. 10 in a 6-1 victory over St. Scholastica. He helped the Twin Cities Vulcans win the National Championship in his last year in juniors by scoring nine goals and 16 assists. He won the team's Ron Woody Award. At Richfield, Minn., High School, he was named to the all-conference team twice. He is the son of Bob and Elaine and has two brothers and one sister. Elsen is majoring in health & human performance.

Jess Johnson
F, 5-11, 185, Senior, #20
Bloomington, Minn.
Great Falls, AWHL

Jess Johnson has been a solid contributor for the Falcons for the past three years. His experience has helped him score several timely goals. Last year he scored the fifth-most goals for the Falcons with 13, including two game-winners. In 2001-2002, Johnson repeated as second in scoring on the team with 11 goals as well as earning first team All-WIAC and All-NCHA honorable mention honors. He tied for the most game-winning goals in the conference. Johnson finished second on the team in scoring in 2000-2001 with 13 goals and 25 assists for 38 points. He was third on the team with six power-play goals and scored two game-winners. As a freshman, Johnson was given honorable mention to the All-NCHA and All-WIAC teams. Johnson showed consistency that is rarely seen in a freshman. He joined the Falcons after playing at Great Falls in the AWHL. The gritty forward finished with 28 goals and 18 assists. He helped Great Falls to the finals of the AWHL playoffs. At Bloomington, Minn., Kennedy High School he was the team MVP and was named to the all-conference team and received honorable mention to the All-State squad. He is the son of Bill and Deb and has two sisters. Johnson is majoring in business administration.

Jim Murphy
C, 6-1, 200, Senior, #10
St. Paul, Minn.
Waterloo, USHL

Last year, Jim Murphy, the highly skilled skater, improved his goal and assist numbers and cut his number of penalties in half. His 15 goals and 37 points were both second-best on the team. When the game was on the line, Murphy was the Falcon who responded the most. He led the team with five game-winners. He was named both All-NCHA and earned All-WIAC honorable mention. He also made the WIAC Scholastic Honor Roll and the NCHA All-Academic team. A highlight of his year came when he was named NCHA Player of the Week on Dec. 16 for scoring three goals in a weekend, including a game-winner. He also scored the team’s only goal in a 2-1 loss to St. John’s. He scored to tie the game at 1-1 with only 1:01 to play. In his first year with the team, the aggressive Murphy burst onto the Falcon offensive scene and led the squad with 18 assists. With seven goals in addition, Murphy was second in points and an honorable mention to the All-WIAC team, not to mention his team-leading 25 penalties. He spent 27 more minutes in the penalty box than any other Falcon and still had a profound impact on the squad. Before coming to UWRF, Murphy played at Waterloo in the USHL. He finished the year with 10 goals and 20 assists. At St. Paul Johnson, Minn., High School he was twice named to the all-conference team and was the conference’s leading scorer twice. He is the son of Jim and Judi and has one brother and one sister. Murphy is majoring in business.

Rob Novak
F, 5-7, 170, Senior, #21
Hayward, Wis.
Des Moines, USHL

Co-captain Rob Novak is a Falcon leader on and off the ice. He earned the Oostendorp Student-Athlete Award at UWRF for his classroom success the last two years. He was named to the 2002-03 WIAC Scholastic Honor Roll and the NCHA All-Academic team. This year he will make a run for the Max Sparger Scholar-Athlete Award given by the WIAC. On the ice, he adds speed and quickness to the Falcon offensive attack, for which he made honorable mention All-NCHA the last two years. Novak also
An outstanding skater with explosive speed, Tony Sikich showed a nice offensive flare in his first year with the Falcons. In only 20 games, he scored seven goals, including two game-winners. He also registered nine assists. He was named the Falcon Player of the Week on Jan. 27 for a two-goal game in a 9-3 win against Eau Claire. Out of Apple Valley, Minn., High School, he played a year at UW-Stout before catching up with Topeka of the USHL. He is the son of Chris and Patsey and has three brothers and one sister. Sikich is majoring in political science.

### Jamie Steinert

**F, 6-2, 205, Senior, #19**  
**Maple Grove, Minn.**  
**Twin Cities, USHL**

Co-captain Jamie Steinert posted 14 goals and 14 assists as a junior. His 14 goals was the fourth most for the Falcons. His 28 points tied for fifth best on the team. He was named to the WIAC Scholastic Honor Roll and the NCHA All-Academic team. On Oct. 28, he was named the Falcon Player of the Week for scoring three goals in the Falcons two wins over the Milwaukee School of Engineering to open the 2002-2003 season. In 2001-2002, Steinert earned honorable mention in the All-ACHA and All-WIAC teams, and he also earned a UWRF Player of the Week selection on Feb. 18 when he scored two goals in the late-season Falcon sweep of Eau Claire. He finished his first year in the Falcon program by chipping in 11 goals and 12 assists. His tenacious style of play resulted in two short-handed goals, tops on the team, as well as three game-winners. He ended Lake Forest’s season on Feb. 17 when he scored with 3:23 left in the third period to break a 1-1 tie in game two of the NCHA quarterfinals. He played in 33 of the team’s 35 games. Steinert is a solid, hard-working two-way forward who helped the Twin Cities Vulcans win the National Championship in 2000. He scored nine goals and 17 assists. He won the team’s Ron Woody Award. At Ossen High School, he was named to the all-conference team twice and was twice named the team’s Most Valuable Player. He is the son of Ron and Peggy and has two brothers. Steinert is majoring in finance.

### Marc-Andre Lalande

**D, 5-11, 175, Junior, #2**  
**Deux-Montagnes, Quebec**  
**Cedar Rapids, USHL**

Marc-Andre Lalande will help anchor the Falcons young defensive core this season. Last year, he was named both All-WIAC and All-NCHA honorable mention. He played all 31 games and scored five goals and tallied nine assists. Lalande missed action in only three games in the 2001-02 campaign. He scored a goal in a 4-2 win over Augsburg. Lalande also contributed four assists in his debut season. He joined the Falcons from Cedar Rapids in the USHL. He also played in a Quebec Junior AAA team where he was second in points among defensemen. He helped his team to the playoff finals. He is the son of Diane and Jacques and has two sisters. Lalande is majoring in business administration.

### Steve Moe

**F, 6-0, 185, Junior, #15**  
**Coon Rapids, Minn.**  
**Great Falls, AWHL**

Steve Moe’s sophomore season showed slight improvement over his rookie year numbers despite six fewer games played. He scored three goals and got six assists in limited time last year. Moe saw plenty of playing time in his rookie season. His two goals were both game winners, and he added four assists. Moe came to the Falcons after a 2001 season at Great Falls in the AWHL, where he scored 22 goals and had 38 assists. He helped Great Falls win the league championship and league playoff title. He was named to the league’s All-Star team. At Coon Rapids, Minn., High School he received honorable mention to the all-conference team. He is the son of Mary and Steve and has three brothers and two sisters. Moe is majoring in business management.

### Tony Sikich

**F, 5-11, 190, Junior, #22**  
**Apple Valley, Minn.**  
**Topeka, USHL**

An outstanding skater with explosive speed, Tony Sikich showed a nice offensive flare in his first year with the Falcons. In only 20 games, he scored seven goals, including two game-winners. He also registered nine assists. He was named the Falcon Player of the Week on Jan. 27 for a two-goal game in a 9-3 win against Eau Claire. Out of Apple Valley, Minn., High School, he played a year at UW-Stout before catching up with Topeka of the USHL. He is the son of Chris and Patsey and has three brothers and one sister. Sikich is majoring in accounting.
Aaron Degerness
F, 5-10, 190, Sophomore, #14
Roseau, Minn. Rochester, USHL
Aaron Degerness is a gritty two-way forward with the capability to score goals. Last year he netted 11 and assisted on 17. Degerness captained the USHL’s Rochester Mustangs, scoring 16 goals and 12 assists, and helped his teammates at Roseau, Minn., High School to a State AA championship. He was also an all-conference selection in high school. He is the son of Tim and Sharilene and has one brother. Degerness is undecided on a major field of study.

Murphy Dwyer
D, 6-0, 200, Sophomore, #7
Burnsville, Minn. Chicago, USHL
First-year Falcon Murphy Dwyer is a swift-skating, offensive-minded defenseman. With the Chicago Steel of the USHL, he tallied nine points on three goals and six assists. At Burnsville, Minn., High School he was named his team’s Most Valuable Player in 2000 and was his team’s Hardest Worker in 1999. He received honorable mention to the All-Metro team in 2000 and was twice named to the all-conference team. He is the son of Tim and Mary and has two brothers and one sister. He is undecided on a major field of study.

Jesse Modahl
F, 5-9, 170, Junior, #8
Roseau, Minn. Sioux City, USHL
Jesse Modahl is a skilled player who handles the puck very well. With the Falcons last year, he played in 16 games and collected 12 points, including five goals. His Sioux City Musketeers captured the 2002 USHL Clark Cup. At Roseau, Minn., High School, Modahl helped his team win the 1999 Minnesota State Championship, and he was part of that all-tournament team. He was also an all-conference player and all-state honorable mention. He is the son of Terry and Ida. Modahl is majoring in business administration.

Andy Scanlon
G, 6-3, 205, Sophomore, #30
Apple Valley, Minn. Helena, AWHL
First-year goalie Andy Scanlon joins the Falcons after a solid season playing for Helena of the AWHL. He is a big goaltender who takes up a lot of the net. He has great mobility and the ability to move the puck up the ice. Last year at Helena he finished with a 1.4-5 record with a 2.93 goals against average and a .909 save percentage. He is the son of Charlie and Barb and has two brothers and one sister. Scanlon is majoring in business.

Steve Witkowski
G, 5-10, 160, Sophomore, #35
Blaine, Minn. Waterloo, USHL
Steve Witkowski joined the Falcons goaltending corps in 2002-03. Though he didn’t appear in a game last year, he has shown exceptional goaltending skills and will battle for playing time. Witkowski was named to the WIAC Scholastic Honor Roll for his academic performance. He had an exceptional MIAC first year while playing at Bethel College and displayed spectacular play at times. With the USHL Waterloo Black Hawks, Witkowski posted a .910 save percentage and a 2.5 goals against average. At Blaine, Minn., High School, he was an all-state honorable mention. Great Eight All-Star, and member of the state championship team. He is the son of Sheryl and has two brothers. Witkowski is majoring in health & human performance.

Nate Hansen
F/D, 6-0, 180, Sophomore, #13
Austin, Minn. Des Moines, USHL
Last year Nate Hansen broke into the Falcon roster with a strong season. He had seven points on five goals and two assists and earned the team’s Most Improved Award. Hansen was also named to the WIAC Scholastic Honor Roll. With strong athleticism, good size and excellent skating ability, Hansen can play either forward or defense. Hansen had eight goals and 16 assists for the Des Moines Bucs of the USHL. At Austin, Minn., High School, he once scored six goals in a game and was an all-conference and all-state honorable mention selection. He is the son of Lee and Joni and has three brothers. Hansen is undecided on a major field of study.

Zac Headrick
D, 5-9, 180, Sophomore, #3 Burnsville, Minn. Waterloo, USHL
Zac Headrick is a clever and strong defenseman. He will have an opportunity to gain playing time on the blue line this year. Headrick had an outstanding junior career playing for Great Falls of the AWHL and the Waterloo Blackhaws of the USHL. He is the son of Greg and Chris and has one sister. Headrick is majoring in business.

Daniel Meneghin
G, 5-10, 170, Sophomore, #1
Surrey, British Columbia Victoria, BCHL
Daniel Meneghin has gained the confidence of the coaching staff this season and will be the Falcons starting goaltender. While backing up Jacques Vezina last season, he appeared in 14 games and went 1.5-1, including two shutouts. He posted a 1.72 goals against average and a .927 save percentage. In all of Div. III hockey, he finished second in goalie winning percentage (.929), third in goals against average and fourth in saves percentage. He also performed well in the classroom and was named to the WIAC Scholastic Honor Roll. He boasts a lot of experience in juniors action with the Victoria Salsa of the British Columbia Hockey League. After three years in the league, he started in the league’s all-star game. While playing with the Barnaby Bulldogs he was named the team’s Most Valuable Player. Meneghin had a .897 save percentage and a 3.6 goals against average in his final year with the Salsa. He went to high school at Holy Cross. He is the son of Emilio and Eva and has three brothers. Meneghin is majoring in business.
Nathan Audet
D, 5-8, 171, Freshman, #4 Bridport, Vt.
Green Mountain Glades, EJHL
Nathan Audet starts his Falcon career as a defenseman with good skating and puck handling skills. His smooth play turned out seven goals and 18 assists from the blue line last year. He is the son of Eugene and Marie and has one sister. Audet is majoring in agricultural business.

Aaron Diez
D, 6-3, 210, Freshman, #6
Ann Arbor, Mich. Great Falls, AWHL
Aaron Diez is a first year player who will help the Falcons on the blue line. He is a big, physical player who finished with 29 points last year while playing at Great Falls in the America West Hockey League. He played at Bozeman in 2001-02 and helped that team win the Born Cup. After his high school career he was named to the second All-State team. He is the son of Paul and Sharon and has one sister. Audet is majoring in business management.

Andy Jurek
D, 6-2, 210, Freshman, #27
Ramsey, Minn. Bismarck, AWHL
Andy Jurek comes to the Falcons as a solid defenseman with puck handling skills. His size will make him a good competitor. Jurek netted 14 goals and dish ed out 28 assists last year and was the second-highest scorer among defensemen in the AWHL. He was named to the All-AWHL first team and was an AWHL Top Prospect. He is the son of Kevin and Pat and has one brother. Jurek is majoring in business management.

Tyler Kostiuk
F, 5-10, 165, Freshman, #18
Cranbrook, British Columbia Fernie, AWHL
First-year Falcon, Tyler Kostiuk, will bring his tremendous playmaking ability to the offense. He has a real flair for moving the puck up ice and has the potential to tally a lot of assists. He sees the ice very well. Kostiuk led the AWHL in assists with 61 last year. He also netted 19 goals. He is the son of Ken and Toni and has two brothers and one sister. Kostiuk is majoring in business.

Cory Lennartson
F, 6-0, 180, Freshman, #24
Cloquet, Minn. Witchita Falls, AWHL
Cory Lennartson is a gritty two-way forward who will bring physical play to the Falcons in his freshman season. Last year he showed great playmaking ability at Witchita Falls in the AWHL. He registered 58 points on 27 goals and 31 assists and was named a Top Prospect. He is the son of Greg and Sue and has two brothers. Lennartson is majoring in business management.

Jared Sailer
F, 6-3, 215, Freshman, #17
Fernie, British Columbia Fernie, AWHL
Jared Sailer is a big freshman forward with great hands. His size and offensive prowess will make him a tremendous scoring threat in his first year with the Falcons. He led the AWHL with 46 goals in 2002-03. He also registered 36 assists. He was a first-team All-Star and earned team Co-MVP honors. Sailer is the son of Bill and Val and is majoring in business marketing.

Joe Tiberio
F, 6-3, 205, Freshman, #9
Mesa, Ariz. Bismarck, AWHL
Joe Tiberio will bring some physical play to the Falcons game as a freshman. The tall, strong forward will be a tough competitor. Last year, Tiberio netted 19 goals and dished out 11 helpers to go along with his 142 penalty minutes while playing at Bismarck in the AWHL. He is the son of Joe and Barb and has one brother. Tiberio is majoring in business/administration management.

Aaron Venasky
F, 6-0, 205, Freshman, #23
Apple Valley, Minn.
Billings, AWHL
Aaron Venasky is a strong two-way player who will contribute on both ends of the rink in his first year with the Falcons. Last season with the Billings Bulls, Venasky showed his balance with 20 goals and 25 assists. He captained the Bulls and was named a AWHL-USA Hockey Top Prospect. Venasky led his team to the USA Hockey Junior A national championship. He is the son of Frank and Judy and has one brother. Venasky is majoring in finance.

Nick Siergiej
Manager - Sophomore
Eagle River, Wis.
003-2004 Falcon Men's Hockey Schedule

21-6-4 Overall, 8-3-3 NCHA, 4-2-2 WIAC

Oct. 31 at MSOE
River Falls 5, MSOE 0

Nov. 1 at MSOE
River Falls 4, MSOE 1
Nov. 7 Augsburg
River Falls 6, Augsburg 3
Nov. 8 at Con.-Moorhead
River Falls 3, Con.-Moorhead 1
Nov. 14 St. Thomas
River Falls 5, St. Thomas 1
Nov. 15 St. Mary's
River Falls 4, St. Mary's 2
Nov. 21 at Bethel
River Falls 1, Bethel 1 OT
Nov. 22 at Hamline
River Falls 3, Hamline 1
Nov. 25 Gustavus Adolphus
River Falls 4, Gustavus Adolphus 3

Dec. 5 Stevens Point*
Stevens Point 5, River Falls 3*
Dec. 6 Eau Claire*
River Falls 4, Eau Claire 1*
Dec. 12 at Stout*
River Falls 3, Stout 0*
Dec. 13 Stout*, 7:05 p.m.
River Falls 3, Stout 0*

Jan. 9 Marian
Marian 4, River Falls 2
Jan. 10 Marian
River Falls 2, Marian 1
Jan. 16 at Lake Forest*
River Falls 3, Lake Forest 0
Jan. 17 at St. Norbert*
St. Norbert 6, River Falls 3
Jan. 23 St. Scholastica*
River Falls 3, St. Scholastica 2
Jan. 24 Superior*
River Falls 6, Superior 6 OT
Jan. 30 at Superior*
River Falls 2, Superior 2 OT
Jan. 31 at St. Scholastica*
River Falls 1, St. Scholastica 1 OT

Feb. 6 St. Norbert*
River Falls 6, St. Norbert 4
Feb. 7 Lake Forest*
River Falls 7, Lake Forest 2
Feb. 13 at Eau Claire*
Eau Claire 4, River Falls 2
Feb. 14 at Stevens Point*
River Falls 8, Stevens Point 1
Feb. 20 Eau Claire** (NCHA First Round)
River Falls 5, Eau Claire 1
Feb. 21 Eau Claire** (NCHA First Round)
River Falls 3, Eau Claire 0

March 5 NCHA Semifinals vs. Stevens Point (at St. Norbert)
River Falls 4, Stevens Point 1**
March 6 vs. St. Norbert (NCHA Finals at St. Norbert)
St. Norbert 2, River Falls 0**
March 10 vs. St. Thomas (NCAA Div. III First Round)
River Falls 3, St. Thomas 2* OT
March 13 at St. Norbert (NCAA Div. III Quarterfinals)
St. Norbert 3, River Falls 0*

* NCHA Games
** NCHA Playoff Games
^ NCAA Playoff Games
Steve Freeman - Head Men's Hockey Coach

Steve Freeman led the 2003 Falcons to another NCAA National Tournament berth and were recognized once again as one of the elite programs in the nation. For his efforts he was named both the NCHA and WIAC Coach of the Year.

He is the winningest coach in UW-River Falls hockey history and that was accomplished in just six seasons. He became the winningest coach in the shortest period of time than any other UWRF hockey coach.

Freeman has coached in a Falcon program that has played in five NCAA Frozen Four National Championships, eight NCAA National Tournaments and eight NCHA Peters Cup Final Tournaments. He was named the NCHA Coach of the Year in 1999 and 2003 and was the WIAC Coach of the Year in 1998 and 2003.

Freeman was the No. 1 assistant for seven years and has always played a key role in the team's great success. His recruiting and leadership over the years have made the Falcons a powerhouse in Div. III hockey. The Falcons won the 1994 NCHA National Championship and participated in the NCAA Frozen Four in 1993, 1994, 1995, 1996 and 2001. The Falcons placed second in 1993, were third in 1995 and 1996 and placed fourth in 2001.

His work ethic and enthusiasm for the game has helped create a winning atmosphere in the Falcons locker room where players know what is expected from them both on and off the ice.

Freeman, a career coach, draws on his vast coaching experience from stops at the high school, Junior A and college levels to teach and motivate. He previously was a head coach/general manager in the United States Hockey League. He served as head coach at St. Mary's Springs High School where his team won a State championship. He also had great success at Stevens Point High School where his teams made several state tournament appearances. He led his teams to four conference championships. He has also coached select teams in international competition.

The New Brighton, Minn., native played hockey through the high school, Junior A and college levels.

He has been involved with hockey symposiums and clinics both in the United States and internationally. He has often been a guest speaker/instructor at U.S.A. Hockey clinics.

Freeman has a master's degree in education and professional development and is a respected instructor in the Health and Human Performance department.

He and wife Deb reside in River Falls.

Falcon Men's Hockey Assistant Coach

Bob Ritzer

Bob Ritzer returns for his eighth year with the Falcons as the team’s No. 1 assistant coach.

Ritzer was the assistant hockey coach at the College of St. Scholastica in 1993-94. He has been the coordinator for the Wisconsin Amateur Hockey Association Bantam Elite Camp in 1992, 1994 and 1996, and has been the coaching coordinator of the Wisconsin Selects AAA Hockey program since 1992. He has also been a USA Hockey Coaching Assistant Director. Ritzer had been the Superior Ice Arena manager since 1989.

He was the head coach of the St. Mary’s Springs High School hockey team in 1988-89 and was an assistant coach there in 1987-88. Ritzer was also an assistant coach at Superior High School in 1986-87. He worked for nine years at the Eagle River Hockey School.

Ritzer had a stellar hockey career at UW-Superior where he earned his undergraduate degree in 1986. He was named UW-Superior’s Male Athlete of the Year and earned all-NCHA honors in 1985. He was his team’s Most Valuable Player in 1985 and was named to the NAIA District 14 and WSUC all-conference teams. He was a 1985 co-captain at UW-Superior and he was also the captain of the Green Bay Bobcats Junior team in 1981-82. At Eagle River High School he was twice the team captain and was named to the first all-conference team in 1978.