

Soccer 2004-2005

2004 Falcon Soccer Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pos</th>
<th>Hgt</th>
<th>Yr.</th>
<th>Hometown/High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hannah Tvedt</td>
<td>G</td>
<td>5-8</td>
<td>Fr.</td>
<td>Byron, MN</td>
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<tr>
<td>2</td>
<td>Molly McClanahan</td>
<td>M</td>
<td>5-4</td>
<td>Sr.</td>
<td>St. Anthony, MN</td>
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<tr>
<td>3</td>
<td>Jennifer Pengra</td>
<td>F</td>
<td>5-6</td>
<td>Fr.</td>
<td>Coon Rapids, MN/Champlin Park</td>
</tr>
<tr>
<td>4</td>
<td>Lisa McGuire</td>
<td>M</td>
<td>5-1</td>
<td>Jr.</td>
<td>St. Cloud, MN/Apollo</td>
</tr>
<tr>
<td>5</td>
<td>Gina Hawkins</td>
<td>M</td>
<td>5-6</td>
<td>Jr.</td>
<td>Inver Grove Heights, MN/Rosemount</td>
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<tr>
<td>6</td>
<td>Ashley Peterson</td>
<td>D</td>
<td>5-1</td>
<td>So.</td>
<td>Lino Lakes, MN/Forest Lake</td>
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<tr>
<td>8</td>
<td>Sarah Carlson</td>
<td>F</td>
<td>5-2</td>
<td>Jr.</td>
<td>Plymouth, MN/Armstrong</td>
</tr>
<tr>
<td>9</td>
<td>Amy Jensen</td>
<td>F</td>
<td>5-5</td>
<td>So.</td>
<td>Plymouth, MN/Bloomington Kennedy</td>
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<tr>
<td>10</td>
<td>Heather Morgan</td>
<td>M</td>
<td>5-3</td>
<td>Fr.</td>
<td>Chilton, WI/New Holstein</td>
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<tr>
<td>11</td>
<td>Lindsay Karter</td>
<td>M</td>
<td>5-2</td>
<td>So.</td>
<td>Brookfield, WI/Central</td>
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<tr>
<td>13</td>
<td>Meghan Pedersen</td>
<td>M</td>
<td>5-5</td>
<td>Fr.</td>
<td>Bloomington, MN/Jefferson</td>
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<tr>
<td>15</td>
<td>Julie Sperstad</td>
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<td>5-9</td>
<td>Fr.</td>
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<tr>
<td>16</td>
<td>Miranda Pogulis</td>
<td>M</td>
<td>5-7</td>
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<td>17</td>
<td>Tiffany Schafer</td>
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<td>So.</td>
<td>Burnsville, MN/Bethany Academy</td>
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<td>18</td>
<td>Jessie Olsen</td>
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<td>Jr.</td>
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<tr>
<td>19</td>
<td>Sonja Dudley</td>
<td>F</td>
<td>5-6</td>
<td>Sr.</td>
<td>St. Paul Park, MN/Park</td>
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<tr>
<td>20</td>
<td>Mayku Vang</td>
<td>F</td>
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<td>Fr.</td>
<td>Menomonie, WI</td>
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<tr>
<td>21</td>
<td>Amy Piersak</td>
<td>D</td>
<td>5-6</td>
<td>Fr.</td>
<td>Shoreview, MN/Mounds View</td>
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<tr>
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<td>Tracy Olson</td>
<td>M</td>
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<td>Fr.</td>
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<tr>
<td>23</td>
<td>Julia Shulheisz</td>
<td>M</td>
<td>5-7</td>
<td>Jr.</td>
<td>Andoka, MN/Anoka</td>
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<tr>
<td>24</td>
<td>Emily Rodgers</td>
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<td>Sr.</td>
<td>Richfield, MN</td>
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<td>Andrea Dudley</td>
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</tbody>
</table>

Head coach: Sean McKuras
Assistant coach: Ben Gaddis, Scott Prawalsky
Manager: Melissa Sills

The Falcons

Sarah Carlson
5-2, Junior, #8
Plymouth, Minn.
Armstrong
High School

Andrea Dudley
5-5, Freshman, #26
St. Paul Park, Minn.
Park
High School

Sonja Dudley
5-6, Senior, #19
St. Paul Park, Minn.
Park
High School

Gina Hawkins
5-6, Junior, #5
Inver Grove Heights, Minn.
Rosemount
High School

Amy Jensen
5-5, Sophomore, #9
Plymouth, Minn.
Bloomington Kennedy
High School

Lindsay Karter
5-2, Sophomore, #11
Brookfield, Wis.
Central
High School
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<tr>
<th>Name</th>
<th>Height</th>
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2004 Falcon Soccer Schedule/Results

12-5-1 Overall, 4-3-1 WIAC

Sept. 1 at Bethany Lutheran
River Falls 8, Bethany Lutheran 0
Sept. 4 at Augsburg
River Falls 1, Augsburg 0
Sept. 7 St. Catherine
River Falls 2, St. Catherine 0
Sept. 10 at Carleton
River Falls 2, Carleton 1 OT
Sept. 12 Concordia-St. Paul
River Falls 7, Concordia-St. Paul 1
Sept. 17 at Oshkosh*
River Falls 1, Oshkosh 1 OT
Sept. 18 at Whitewater*
Whitewater 2, River Falls 1
Sept. 23 at Bethel
River Falls 4, Bethel 0
Sept. 28 Superior*
River Falls 14, Superior 0

Oct. 1 UM-Morris
River Falls 3, UM-Morris 0
Oct. 5 Eau Claire*
River Falls 4, Eau Claire 1
Oct. 15 Platteville*
River Falls 1, Platteville 0
Oct. 16 La Crosse*
River Falls 2, La Crosse 1 OT
Oct. 19 at Stout*
Stout 4, River Falls 1
Oct. 23 at Stevens Point*
Stevens Point 6, River Falls 0
Oct. 30 at Nebraska Wesleyan
Nebraska Wesleyan 3, River Falls 2 OT

Nov. 2 La Crosse**
River Falls 4, La Crosse 2
Nov. 5 at Stevens Point**
Stevens Point 1, River Falls 0

* WIAC Matches
** WIAC Playoff Matches
Falcons Lose at UWSP in WIAC Semifinals

Nov. 5, 2004

The Falcon soccer team lost a close 1-0 decision to UW-Stevens Point in the WIAC semifinal playoffs Friday afternoon at UWSP.

After a close and scoreless first half, UWSP dominated the second half to get the win. UWSP had a 4-2 advantage in first half shots, but outshot the Falcons, 16-1, in the second half. UWSP’s Mary Donohoo scored the only goal of the game at 65:23 with an assist to Kimie Viepz. She scored from 16 yards outs.

Falcon goalie Hannah Tvedt made 10 saves in the game. Gina Hawkins, Amy Jensen and Amy Piersak all had shots, but none were on goal.

The game was closer than an earlier 6-0 loss UWSP handed the Falcons on Oct. 23 in Stevens Point. The Falcons have been shutout twice this year - both times at UWSP.

The Falcons end their season with a 12-5-1 overall record. URF finished 4-3-1 in WIAC play.

Falcons Top UWL in WIAC Playoffs

Nov. 2, 2004

The Falcon soccer team beat UW-La Crosse, 4-2, in the first round of the WIAC playoffs Tuesday afternoon at Ramer Field and advance to the semifinals on Friday.

The Falcons led 3-2 at the half and scored the only goal of the second half to secure the win.

UWRF’s Sarah Carlson and Ashley Peterson teamed up to score the first two Falcon goals. UWRF started the scoring just 1:25 into the contest when Carlson scored off a cross from Peterson. The two combined again at 23:30 to give UWRF a 2-0 lead. The goals were Carlson’s 11th and 12th of the year.

But UWL got right back in the match with two goals to tie the game. Cynthia Fudzinski scored her eighth goal of the year at 30:41 with an assist to Mandy Rue. About 10 minutes later Ashley Kumlien scored her second goal of the season to tie the game.

Just over a minute later the Falcons took the lead for good. Peterson scored what proved to be the game-winner at 41:39. Peterson also scored the only goal of the second half, at 66:08. The two goals give Peterson a team high 13 for the year.

Falcon goalie Hannah Tvedt improved her record to 6-2-1 with the win. She made four saves in the game. UWL goalie Stephanie Harbaugh also made four saves.

The Falcons, now 11-4-1 overall, play in the WIAC semifinal on Friday at UW-Stevens Point. The Falcons will play the Pointers at 11 a.m. UW-Oshkosh, 2-1 winners at home against UW-Whitewater today, will play UW-Stout in the other semifinal. The championship match will be played at 1 p.m. on Saturday.

Falcons Drop Match at Nebraska Wesleyan

Oct. 30, 2004

The Falcon soccer team lost their final regular season game of the season, 3-2 in overtime, at Nebraska Wesleyan Saturday afternoon.

NW’s Liz Baltzell scored in the 91st minute to give her team the win.

The teams each scored goals in both halves. UWRF started the scoring at 18:41 when Amy Piersak scored off a free kick. It was her second goal of the year. NW tied the game at 29:09 when Lindsay Priefert scored off a cross. Baltzell and Megan McCarville assisted.

NW took a 2-1 lead at 72:20 of the second half when Jenna Knapp scored with an assist from Roya Niazi. The Falcons tied the game at 78:42 when Ashley Peterson scored her team leading 11th goal of the year, unassisted.

But Baltzell scored with an assist to Molly Shields to end the game. NW is now 11-6-2 overall.

Falcon goalie Hannah Tvedt made six saves and NW’s Jessica Cain stopped two shots.

The Falcons, now 11-4-1 overall, open WIAC tournament play on Tuesday when they host UW-La Crosse at Ramer Field. Action starts at 2 p.m. The Falcons topped La Crosse on Oct. 16 in River Falls, 2-1, in overtime.

Falcons Soccer Shutout by Stevens Point

Oct. 23, 2004

Stevens Point scored two early goals, only 42 seconds apart from eachother in the seventh minute to give the Pointers an early lead. Kimie Viepz of Stevens Point scored the next three goals, giving the Pointers a 5-0 lead. It was Stevens Points first hat trick of the season. The Pointers scored one more goal and defeated the Falcons 6-0.

The Falcons only managed three shots on the game, while Stevens Point had 18. Hannah Tvedt had nine saves on the day for the Falcons.

The Falcons next play at Nebraska-Wesleyan next Saturday before traveling to either Stevens Point or Stout for the WIAC Playoffs.

Falcons Lose 4-1 Decision at UW-Stout

Oct. 19, 2004
The Falcon soccer team lost for just the second time this year, 4-1, Tuesday evening at UW-Stout. With the win Stout jumps ahead of UWRF in the WIAC standings. Stout is now in second place and the Falcons in third. UW-Stevens Point is in first place.

Sotut led 3-1 at halftime and scored the only goal in the second half. The Blue Devils scored just 1:36 into the contest when Shannon Hermes scored her 11th goal of the year. Carrie Schrimate made it a 2-0 game at 18:34 with her 11th goal of the year. Stout went ahead 3-0 at 20:44 when Michelle Lizotte scored her 11th goal of the season. The Falcons got back to within 3-1 at 22:38 when Amy Jensen scored her seven goal of the season with an assist to Julie Sperstad. Stout scored the final goal of the match early in the second half, at 45:54, off a goal by Kelly Stolarczyk.

The Falcons finished with 15 shots, including 10 in the second half. Stout, now 12-1-1 overall and 5-1-0 in the WIAC, had 14 shots. Falcon goalie Andrea Dudley made seven saves. Stout goalie Melissa Ballweg stopped 12 shots.

The Falls, now 11-2-1 overall and 4-2-1 in the WIAC, play their final WIAC match of the year on Saturday at first place Stevens Point. Action starts at 2 p.m.

Falcons beat La Crosse in OT, 2-1
Oct. 16, 2004

The Falcons pulled off another one more behind victory on Saturday, this time defeating host La Crosse at Ramer Field.

The scoring didn't take place until the 61st minute when Mandy Rue scored for La Crosse to give the Eagles a 1-0 lead. The Falcons than began to put on the pressure. At 78:10 Sarah Carlson scored her tenth goal of the season on an assist from Ashley Peterson to tie the game at 1-1. Both teams were held scoreless until OT. In the first OT session at 101:53, Ashley Peterson scored off a loose ball in the box to give the Falcons the 2-1 overtime victory. The goal was also Peterson's tenth of the season.

The Falcons finished the game with 19 shots and the Eagles ended up with 16. Goalie Hannah Tvedt picked up her 6th win of the season.

The Falcons next visit Stout on Tuesday in a match that will be a determining factor in who wins the WIAC conference this year. The game kicks off at 7 p.m.

Falcons defeat Plateville, 1-0
Oct. 15, 2004

The Falcons won again Friday, this time defeating Plateville as they continue to climb up in the WIAC Staidings.

Sarah Carlson scored from the left side of the 18' with a left footed touch shot into the right corner to give the Falcons an early lead and ultimately a 1-0 win at 21:16 into the first half. The goal was assisted by Ashley Peterson and Amy Jensen, it was Carlsons ninth goal of the season, tying the team lead with Peterson.

In the second half the Falcons were unable to score, but they put continual pressure on the Pioneers, taking 17 shots, while holding Plateville to five. The Falcons finished with 29 shots on the game and held Plateville to 10.

Goalie Hannah Tvedt had two saves on the day and gained her fifth win on the season.

The Falcons are right back at it Saturday, hosting La Crosse at Ramer Field at 2 p.m.

Strong First Half Lifts Falcons Over Eau Claire, 4-1
Oct. 5, 2004

Emily Rodgers scored only 3:08 into the first half giving the Falcon soccer team a lead they would only relinquish for two minutes throughout the rest of the game.

At 5:50 Becky Sitter scored for Eau Claire, tying the game, 1-1. Only two minutes later Falcons leading goal scorer, Ashley Peterson, scored on an assist from Sarah Carlson, giving the Falcons a 2-1 lead. They never trailed again. At 27:22 Miranda Pogulis scored her second goal in as many games and only seven minutes after that Heather Morgan scored her second goal of the season to give the Falcons a 4-1 lead.

Both teams went scoreless in the second half, with Eau Claire out shooting the Falcons nine to two. Falcon goalie Hannah Tvedt had five saves in the second half. The Falcons finished with 11 shots in the game. Eau Claire finished with 19. Andrea Dudley had six first half saves and increased her win total to five.

The Falcons next host Plateville and La Crosse Oct. 15 and 16, with games kicking off at 4 p.m. and 2 p.m. respectively.

Falcons Defeat UM-Morris, 3-0
Oct. 1, 2004

The Falcons improved their record to 8-1-1 Friday with another shutout victory, this time over UM-Morris.

Ashley Peterson started the scoring for the Falcons on a penalty kick at 15:33. It was her 8th goal of the season, tying teammate Sarah Carlson for the team lead. Miranda Pogulis scored her first goal of the season at 44:41 on an assist from Peterson. At 73:28 in the second half, defender Gina Hawkins scored her second goal of the season to give the Falcons a 3-0 lead. The score held true and the Falcons finished with a 3-0 victory.

The falcons had 19 shots on the day and limited UM-Morris to 11. Andrea Dudley had 9 saves for the Falcons and improved her record to 4-0. The Falcons next host Eau Claire on Tuesday. The game kicks off at 4 p.m.

Falcons Set Multiple Records in 14-0 Win Over Superior
Sept. 28, 2004

The Falcons set a new team record Tuesday scoring 14 goals against UW-Superior.

Ashley Peterson and Sarah Carlson each tied a record for goals in a game with 4. Carlson also broke the record for assists in a game with 6. The previous record was 4 by several players.

The Falcons came out firing, scoring 12 first half goals. Carlson contributed to ten of the twelve first half goals, scoring four times and assisting on six. Peterson also scored four goals in the first half and assisted on two, including one of Amy Jensen's two goals. Julie Shuldeisz also scored, assisted by Tracy Olson. Emily Rodgers scored as well, assisted by Carlson and Julie Sperstad also assisted one of Carlson's goals.

In the second half the Falcons added two more goals, scored by Amy Piersak and Meghan Pedersen.

The Falcons finished the game with 46 shots and Superior ended with 1. Andrea Dudley made one save and improved her win total to three.

The Falcons improved their record to 7-1-1 and 1-1-1 in the WIAC. On Friday the Falcons host UM-Morris. The game kicks off at 3:30 p.m.

Falcons Lose at UWW, 2-1

Sept. 18, 2004

The Falcon soccer team lost for the first team this year, 2-1, at Whitewater Saturday afternoon.

After a scoreless first half, the Falcons took a 1-0 lead at 63:34 when Ashley Peterson scored her first goal of the year on a penalty kick. But less than two minutes later UWW tied the game when Jacie Hein scored with an assist to Amy Hanson. With just under 10 minutes to play, Hein scored her second goal of the game, the game-winner, with Hanson assisting.

UWRF goalie Hannah Tvedt made two saves and UWW goalie Jamie Carollo stopped two shots. UWW had five shots and UWRF four in the game.

The Falcons, now 5-1-1 overall and 0-1-1 in the WIAC, will next play at Bethel on Thursday starting at 4 p.m.

Falcons Tie at UWO, 1-1

Sept. 17, 2004

Emily Rodgers scored in the second half to help the Falcons to a 1-1 overtime tie at UW-Oshkosh Friday afternoon.

UWO took a 1-0 lead at 31:09 when Nicole Kunick scored her seventh goal of the season. Kristyn Piotrowski and Stacy Stroud got the assists. Rodgers then tied the game at 62:40 with her third goal of the year. Neither team could score in the rest of regulation or in the two overtime periods.

Falcon goalie Hannah Tvedt made six saves in the game. Titan goalie Christine Barutha made four saves. UWO had 24 shots and the Falcons 11. Oshkosh finished with three shots in the first overtime and two in the second. The Falcons managed just one shot in the second overtime.

Saturday the Falcons, now 5-0-1 overall and 0-0-1 in the WIAC, play at UW-Whitewater with action starting at 3 p.m.

Falcons Rout Concordia, 7-1

Sept. 12, 2004

Tiffany Schafer scored twice to lead the Falcons to a 7-1 win Sunday afternoon against Concordia-St. Paul.

Julie Sperstad began the scoring for the Falcons at 4:08 in the first half and the Falcons took a 3-0 lead into halftime. Heather Morgan, Tracy Olsen, Lisa McGuire and Gina Hawkins also scored to improve the Falcons record to 5-0.

UWRF had 34 shots and held Concordia to 5. Falcon goalie Hannah Tvedt had 3 saves, giving her 3 wins on the season.

On Sept. 17 the Falcons open up their conference schedule at UW-Oshkosh and then head to Whitewater the following day to face off against the Warhawks.

Falcons Win at Carleton in OT

Sept. 10, 2004

Amy Jensen scored in overtime to help the Falcon soccer team to a 2-1 win at Carleton Friday afternoon.

Jensen scored the game winner at 92:32; it was her second goal of the season. The Falcons tied the game with just 1:09 to play in regulation when Julie Shuldeisz scored her first goal of the year. Carleton had taken a 1-0 lead at 70:44 when Erica Bolan scored on a penalty kick.

UWRF had 12 shots and held the Knights to seven. Falcon goalie Hannah Tvedt picked up her second win of the year and made two saves.

The Falcons, now 4-0 overall, will host Concordia-St. Paul at 1 p.m. on Sunday at Ramer Field.

Falcons Top St. Catherine, 2-0

Sept. 7, 2004
The Falcons scored goals in each half en route to a 2-0 win over St. Catherine Tuesday afternoon at Ramer Field.

Sarah Carlson got the Falcons on the scoreboard first with a goal at 34:03. She was assisted by Lisa McGuire. It was Carlson’s third goal of the year. Emily Rodgers gave the Falcons a 2-0 lead at 67:40 with her second goal of the year. Amy Jensen picked up the assist.

Falcon goalie Andrea Dudley earned up her second win of the year and made two saves. She has not allowed a goal in two games and the Falcons have not been scored upon in 2004. St. Kate’s goalie Katie Knodel made 13 saves. UWRF had 25 shots and St. Kate’s finished with four.

The Falcons, now 3-0 overall, next play at Carleton on Friday with action starting at 4 p.m.

Falcons Become 2-0 With Win Over Augsburg
Sept. 4, 2004
With a 1-0 win over Augsburg, the Falcons are continuing the strong play they exhibited last season.

Sarah Carlson provided the Falcons with the only goal they would need in their game against Augsburg when she scored in the sixth minute of the game off a steal from Julie Shuldheisz. To seal the victory, the Falcons played excellent defense once again, with freshman goalie Andrea Dudley making three saves and the defense allowing only 9 shots. After allowing the score early on, the Auggies also picked up their defense, allowing 13 shots.

The Falcons extend their winning record to 2-0 and will play next on Tuesday, September 7 at 4 p.m. when they host St. Catherine.

Falcons Open With 8-0 Win at BLC
Sept. 1, 2004
The Falcon soccer team opened its 2004 season with an 8-0 win at Bethany Lutheran on Wednesday night.

The Falcons scored four goals in each half to get the win. Emily Rodgers scored first for the Falcons, with an assist to Julie Shuldheisz, at 4:19. Sarah Carlson scored at 21:21 with an assist to Rodgers. Amy Jensen got the next UWRF goal at 32:30 with an assist to Carlson and Julie Sperstad scored her first collegiate goal at 42:45 to give the Falcons a 4-0 lead. Jensen scored her second goal of the game at 76:28 with another assist to Carlson. Tracy Olson scored her first collegiate goal, with an assist to Tiffany Schafer, at 78:52. Schafer scored her first collegiate goal at 80:44 with an assist to Lindsay Karter. Olson scored her second goal of the game, and the final of the match, at 89:25.

The Falcons registered 42 shots and allowed just one. Falcon goalie Hannah Tvedt picked up her first collegiate win but did not have to make a save in the contest. BLC goalie Brittany Bowman made 10 saves.

The Falcons, now 1-0 overall, will next play at Augsburg on Saturday with the match starting at 1 p.m.
Sean McKuras - Head Coach

July 6, 2004

Sean McKuras starts his third season as the Falcons head coach and has helped bring the Falcon program to state prominence.

In 2003 the Falcons won the WIAC regular season championship for the first time in school history. UWRF finished 6-2 in WIAC play and is the only other team than UW-Stevens Point to win a regular season crown. The Falcons advanced to and hosted the WIAC playoff championship match and lost to UWSP, 2-1, in two overtimes. McKuras was named the WIAC Coach of the Year for the second straight season after leading the Falcons to a school best 17-4 overall record.

In 2002 McKuras led the Falcons to a third place finish in the WIAC regular season. The Falcons advanced to the WIAC semifinals. McKuras was named the WIAC Coach of the Year after the Falcons finished with a six-win improvement over the 2001 season. The Falcons were the fourth most improved team in the nation in 2003 under McKuras' leadership. He was the team's assistant coach in 2001 when the Falcons finished 6-10-1 overall and 2-6 and in seventh place in the WIAC.

In the fall of 2000, he was the head boy’s coach at Shakopee, Minn., High School, and in the spring of 2000 he was the head coach for the Eau Claire North High School’s girl’s varsity program.

In 1998 and 1999 McKuras was the head coach of the UW-Eau Claire men’s club team and helped lead the team to one its most successful seasons. He was an assistant varsity boy’s and girl’s coach and head coach of the junior varsity at Eau Claire North High School in 1998 and 1999. From 1994 to 2000 he was a coach with the Valley United Soccer Club in Apple Valley, Minn. In 2000 his U16 girl’s team won the State Cup championship and his 1999 team won the Minnesota State championship. In 1998 he helped lead a boy’s team to the Minnesota State title. Currently he is a coach and trainer with the Blooming Youth Soccer Club. In 2003 McKuras was the head coach of the Bloomington U15 premier boys team that won the Minnesota State Cup. He is currently a member of the Minnesota ODP/State Select staff.

Ben Gaddis Falcon Assistant Coach

Ben Gaddis is in his second year as an assistant coach at UW-RF, and brings 15 years of coaching experience with him, including National 'C' and “Youth” licenses.

Gaddis played soccer at UW-Parkside from 1990-92 and won a National Championship with the U-19 St. Paul Blackhawks in 1990. He spent six years as a Minnesota ODP/State select team member and two years as a member of the Midwest/Region II ODP team.

As a coach, he was named the St. Paul City Conference Coach of the Year in 2000 while the boy’s coach at St. Paul Highland Park. He was the girl’s assistant coach at The Academy of Holy Angels when they played in the state tourney in 2002. Gaddis also has three Minnesota State Cup Championships as a club head coach and is currently a member of Minnesota’s ODP/State Select staff.