Golf 2003-2004

2003 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>Jr</td>
<td>North Branch, Minn.</td>
</tr>
<tr>
<td>Ellen Berndt</td>
<td>Jr</td>
<td>Rice Lake, Wis.</td>
</tr>
<tr>
<td>Kristen Berreau</td>
<td>So</td>
<td>St. Cloud, Minn. (St. Cloud Tech)</td>
</tr>
<tr>
<td>Angie Christiansen</td>
<td>Fr</td>
<td>Caledonia, Minn.</td>
</tr>
<tr>
<td>Kara Coughlin</td>
<td>So</td>
<td>Two Harbors, Minn.</td>
</tr>
<tr>
<td>Nina Englund</td>
<td>So</td>
<td>West St. Paul, Minn. (Henry Sibley)</td>
</tr>
<tr>
<td>Katrina Erickson</td>
<td>Fr</td>
<td>Lakeville, Minn.</td>
</tr>
<tr>
<td>Gabrielle VanDyk</td>
<td>Fr</td>
<td>Luverne, Minn.</td>
</tr>
</tbody>
</table>

Head Coach: Jeff Berkhof

Meet the Falcons

<table>
<thead>
<tr>
<th>Casey Ambers</th>
<th>Ellen Berndt</th>
<th>Kristen Berreau</th>
<th>Angie Christiansen</th>
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<th>Nina Englund</th>
<th>Katrina Erickson</th>
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<tbody>
<tr>
<td>Junior</td>
<td>Junior</td>
<td>Sophomore</td>
<td>Freshman</td>
<td>Sophomore</td>
<td>Sophomore</td>
<td>Freshman</td>
<td>Freshman</td>
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<tr>
<td>North Branch</td>
<td>Rice Lake, Wis.</td>
<td>St. Cloud, Minn.</td>
<td>Caledonia, Minn.</td>
<td>Two Harbors, Minn.</td>
<td>West St. Paul, Minn.</td>
<td>Lakeville, Minn.</td>
<td>Luverne, Minn.</td>
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<tr>
<td>North Branch High School</td>
<td>Rice Lake High School</td>
<td>St. Cloud Tech High School</td>
<td>Caledonia High School</td>
<td>Two harbors High School</td>
<td>Henry Sibley High School</td>
<td>Lakeville High School</td>
<td>Luverne High School</td>
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Women's Golf Schedule

April 19, 2004

Aug. 30-31 at UW-Eau Claire Invitational
Oshkosh 647, Eau Claire 657, Simpson 669, Wartburg 677, St. Thomas 682, Whitewater 689, St. Benedict 697, RF 703, Buena Vista 705, Stevens Point 725, Carthage 728, Luther 728, Augsburg 740, St. Mary's 743, Platteville 744, Loras 783

Sept. 5-6 at St. Mary's Invitational
Winona State 655, River Falls 697, Luther 725, St. Mary's 754

Sept 13-14 at UW-Stevens Point Invitational
River Falls 704, Platteville 704, Stevens Point 707, Superior 870

Sept 19 UW-River Falls Invitational
River Falls 365, Carleton 368, Augsburg 395, St. Mary's 402, Concrdia -St. Paul 425

Sept. 20 at Luther Invitational
Buena Vista 325, Simpson 335, Wartburg 343, UW-RF 349, Luther 354, Central 359, Carleton 360, Mount Mercy 362, Loras 362, St. Olaf 373, St. Mary's 377, Cornell 392, Luther White 406, Macalester 443

Sept. 30 at Con.-St. Paul Invitational
River Falls 367, Augsburg 384, Concrdia -St. Paul 425

Oct. 4 at WIAC Meet (at Platteville)
Oshkosh 345, Eau Claire 354, Platteville 366, Whitewater 373, Stevens Point 379, River Falls 386, Superior 431

Oct. 5 at WIAC Meet (at Platteville)
Oshkosh 680, Eau Claire 686, Platteville 720, Stevens Point 723, Whitewater 739, River Falls 761 and Superior 872

April 17-18 at Carleton Invitational
River Falls 701, Augsburg 704, Carleton 706, St. Benedict 709, Luther 770, St. Mary's 797, Macalester 799

2003 Falcon Golf Individual Results

as of Oct. 5, 2003

<table>
<thead>
<tr>
<th>Name</th>
<th>Eau Claire</th>
<th>St. Mary's</th>
<th>Stevens Point</th>
<th>River Falls</th>
<th>Luther</th>
<th>Concordia</th>
<th>WIAC</th>
<th>Ave</th>
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</thead>
<tbody>
<tr>
<td>Casey Ambers</td>
<td>93-86 - 179 (47)</td>
<td>95-88 - 183 (15)</td>
<td>87-86 - 173 (6)</td>
<td>97 (15)</td>
<td>87 (15)</td>
<td>90 (5)</td>
<td>91-95 - 186 (22)</td>
<td>90.4 (995)</td>
</tr>
<tr>
<td>Ellen Berndt</td>
<td>89-79 - 168 (11)</td>
<td>81-87 - 168 (4)</td>
<td>96-87 - 183 (9)</td>
<td>87 (3)</td>
<td>85 (8)</td>
<td>94 (8)</td>
<td>99-95 - 194 (30)</td>
<td>89.0 (979)</td>
</tr>
<tr>
<td>Kristen Berreau</td>
<td>89-103 - 192 (78)</td>
<td>99-90 - 189 (21)</td>
<td>100-101 - 201 (16)</td>
<td>100 (17)</td>
<td>96 (54)</td>
<td>97 (11)</td>
<td>105-97 - 202 (38)</td>
<td>97.9 (1077)</td>
</tr>
<tr>
<td>Angie Christiansen</td>
<td>89-93 - 182 (57)</td>
<td>97-89 - 186 (19)</td>
<td>91-92 - 183 (9)</td>
<td>92 (9)</td>
<td>90 (29)</td>
<td>91 (6)</td>
<td>99-101 - 200 (35)</td>
<td>93.0 (1024)</td>
</tr>
<tr>
<td>Kara Coughlin</td>
<td>88-107 - 195 (86)</td>
<td>105-100 - 205 (29)</td>
<td>95-103 - 198 (14)</td>
<td>90 (8)</td>
<td>90 (29)</td>
<td>95 (10)</td>
<td>98-93 - 191 (28)</td>
<td>96.7 (873)</td>
</tr>
<tr>
<td>Nina Englund</td>
<td>108-102 - 210 (104)</td>
<td>110 (27)</td>
<td>111 (14)</td>
<td>107.7 (431)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Katrina Erickson</td>
<td>95-96 - 191 (77)</td>
<td>101 (21)</td>
<td>94 (8)</td>
<td>96.5 (386)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gabrielle VanDyk</td>
<td>96-86 - 182 (57)</td>
<td>81-79 - 160 (2)</td>
<td>76-90 - 166 (1)</td>
<td>89 (7)</td>
<td>87 (15)</td>
<td>92 (7)</td>
<td>98-92 - 190 (26)</td>
<td>87.8 (966)</td>
</tr>
<tr>
<td>Team Average</td>
<td>93.3-94.0 - 187.3</td>
<td>93.0-88.8 - 181.8</td>
<td>90.8-93.1 - 183.9</td>
<td>365 - 91.2</td>
<td>535 - 89.1</td>
<td>367 - 91.7</td>
<td>386-375-761 - 95.1</td>
<td>92.6</td>
</tr>
</tbody>
</table>
Falcon News

Falcons Place Sixth at WIAC Meet Oct. 5, 2003

The Falcon women's golf team placed sixth in the WIAC Championships that concluded on Sunday in Platteville.

Leading the Falcons was Casey Ambers who shot a 95 on Sunday and finished with a two-day total of 186. She placed 22nd overall. Gabe VanDyk was next for the Falcons and 26th overall. She shot a 92 on Sunday and finished at 190. She was followed by Kara Coughlin, who shot a 93 on Sunday and finished at 191 and in 28th place, Ellen Berndt, who shot a 95 on Sunday for a 194 total in 30th place, Angie Christiansen, who shot a 101 on Sunday and finished in 35th place with a two-day total of 200 and Kristen Berreau, who shot a 97 on Sunday for a two-day total of 202. She placed 38th.

Eau Claire's Susan Karlman won the individual title with a two-day total of 165. She was three shots ahead of Oshkosh's Jennifer Young.

Oshkosh won the team title for the second year in a row with a 680. Eau Claire was next with 686 followed by Platteville 720, Stevens Point 723, Whitewater 739, River Falls 761 and Superior 872.

Go to the WIAC Championships web site.

Falcons in Sixth Place After First Round Oct. 4, 2003

The Falcons women's golf team is in sixth place after the first day of the WIAC Meet played in Platteville Saturday afternoon.


Oshkosh's Cheryl Treadwell has a four-stroke lead after the first round after shooting an 80. Par for the course was 71.

Oshkosh is in first place with 345 strokes followed by Eau Claire 354, Platteville 366, Whitewater 373, Stevens Point 379, River Falls 386 and Superior 431.

The Falcons will now compete in the WIAC Championships Saturday and Sunday in Platteville. Play starts at 10 a.m.

Falcons Win Golden Bear Invitational Oct. 1, 2003

The Falcons won the three-team Golden Bear Invitational held Tuesday afternoon in Lake Elmo, Minn.

UWRF finished with 367 strokes to win the event. Augsburg was second with 384 followed by the host school, Con.-St. Paul with 425.

Seven of the eight Falcon golfers who competed in the event shot in the 90s on the par 72 Tartan Park course. UWRF took the first place title with 325. They were followed by Simpson 335, Wartburg 343, UW-RF 349, Luther 354, Central 359, Carleton 360, Mount Mercy 362, Loras 362, St. Olaf 373, St. Mary's 377, Cornell 392, Luther White 406 and Macalester 443.

On Sept. 30 the Falcons will compete at the Con.-St. Paul Invitational.

Falcons Place Fourth at Luther Invitational Sept. 19, 2003

The Falcons placed fourth at the Luther Invitational played Saturday in Decorah, Iowa.

Ellen Berndt led the Falcons for the second straight meet. She placed eighth with 41- 44 - 85. Gabe VanDyk and Casey Ambers tied for 15th overall with 87s. VanDyk shot 45 - 42 - 87 and Ambers 44 - 43 - 87. Angie Christiansen and Kara Coughlin each shot 90s to tie for 29th place. Christiansen shot 49 - 41 - 90 and Coughlin 46 - 44 - 90, Kristen Berreau finished in a tie for 54th place with a 50 - 46 - 96. Par for the course was 72.

Buena Vista won the team title with a score of 325. They were followed by Simpson 335, Wartburg 343, UW-RF 349, Luther 354, Central 359, Carleton 360, Mount Mercy 362, Loras 362, St. Olaf 373, St. Mary's 377, Cornell 392, Luther White 406 and Macalester 443.

On Sept. 30 the Falcons will compete at the Con.-St. Paul Invitational.

Falcons Win UW-RF Invitational Sept. 19, 2003

The Falcons won the UW-RF Invitational played Friday afternoon at the River Falls Golf Course.

The Falcons scored a 365 to beat Carleton 368, Augsburg 395, St. Mary's 402 and Con.-St. Paul 425.

Ellen Berndt was the leader for the Falcons. She shot 45-42 - 87 and finished third overall. Gabe VanDyk was next for the Falcons and seventh overall with a 48-41 - 89. Kara Coughlin shot 46-40 - 96 followed by Angie Christiansen 47-45 - 92, Casey Ambers 51-46 - 97, Kristen Berreau 50-50 - 100 and Katrina Erickson 53-48 - 101. Par for the course was 72. Laura Schelander (CSP) and Marisa Navarro (A) both shot 85 to tie for first. Schelander took medalist honors in a tie breaker.

Saturday the Falcons compete in the Luther Invitational.

Falcons Tie for First at UWSP Invitational Sept. 14, 2003

The Falcons finished in a tie for first place at the UW-Stevens Point Invitational that concluded Sunday.

The Falcons and UW-Platteville tied with 704 strokes. UWSP was third with 707 and UW-Superior was fourth with 870. After the first day, UW-RF was one stroke behind UW in the team standings.

That wasn't the only tie as UW-RF Gabe VanDyke tied for first place with UW-Platteville's Ahna Hendrickson. Both finished with 166 totals in the two day event. VanDyk carded an 90 today to go with her 76 from Saturday. Par was 73 at the Stevens Point Country Club course.
The Falcons open their season this weekend at the UW.
The Falcons will be looking to improve on its sixth place finish in the conference meet last year. However, the challenge will be a daunting task as UW-Oshkosh and UW-Eau Claire both finished in the top seven at the NCAA Div. III National Meet last spring.

Friday UW-RF will host the Falcon Invitational at the River Falls Country Club.

**Falcons in Second Place, by One Stroke, at UWSP Invite Sept. 13, 2003**

The Falcons are in second place, just a stroke behind UW-Platteville, after the first day of the UW-Stevens Point Invitational.

Platteville finished with 348 strokes and the Falcons 349. UWSP is third with 351 and Superior is fourth with 457.

Gabe VanDyke led the Falcons with the low round of the day. She shot a 39-37 - 76 on the par 73 Stevens Point Country Club Course. Casey Ambers is next for the Falcons and in fifth place overall after a 46-41 - 87. Angie Christiansen is ninth overall with a 41-50 - 91 followed by Cara Coughlin, 50-45 - 95, Ellen Berndt, 50-46 - 96 and Kristen Berreau, 51-49 - 100.

Van Dyke's round was four shots better than UWPI's Alanna Hendrickson who shot an 80.

The Falcons will compete in the second round of the Stevens Point Invitational on Sunday.

**Falcons Finish Second at St. Mary's Invite Sept. 6, 2003**

The Falcons finished second at the St. Mary's Invitational held Friday and Saturday in Winona, Minn.

Gabrielle VanDyke led the Falcons with a second place finish with a two-day total of 160. She shot an 81 on Friday and a 79 on Saturday. Par was 73. Ellen Berndt was second for the Falcons and tied for fourth overall with rounds of 81-87 - 168.

Casey Ambers was next for the Falcons with a 95-88 - 183. She placed in a tie for 15th place. Angie Christiansen placed in a tie for 19th with rounds of 97-89 - 186. Kara Coughlin placed 29th overall with a 105-100 - 205.

Winona State won the team title with a 655 followed by the Falcons 697, Luther 725 and St. Mary's 754.

The Falcons will next compete at the Stevens Point Invitational on Saturday and Sunday.

**Falcons Place 8th at UWEC Invite Aug. 31, 2003**

Ellen Berndt finished 11th overall and helped lead the Falcons to an eighth place finish in the 16 team UW-Eau Claire Invitational held Saturday and Sunday at the Mill Run Golf Course.

Berndt shot rounds of 89-79 for a 168 total to lead the Falcons. Casey Ambers was next for the Falcons with rounds of 93-86-179. She placed 47th overall. Gabrielle Van Dyk (96-86) and Angie Christiansen (89-93) both shot 182 and tied for 57th place. Katrina Erickson placed 77th overall with 95-96-191 and Kara Coughlin was 87th overall with 88-107-195.

Oshkosh won the team title with 647 strokes followed by Eau Claire 657, Simpson 669, Wartburg 677, St. Thomas 682, Whitewater 689, St. Benedict 697, RF 703, Buena Vista 705, Stevens Point 725, Carthage 728, Luther 728, Augsburg 740, St. Mary's 743, Platteville 744 and Loras 783.

The Falcons will next compete at the St. Mary's Invitational on Friday and Saturday.

**Golfers Ready for 2003 Season Aug. 27, 2003**

The Falcon women's golf team took their lumps in year one of the program last year. Now as year two is about to begin, they look to take the next step.

"Last year was a good learning experience," said Coach Jeff Berkhof. "This year we want to use that experience to help us become a team that is more competitive and a factor in the meets we play in."

The reason for Berkhof's optimism lies in the fact that he has five returnees from last year's squad along with three freshmen.

The leader of the pack for UW-RF will be Ellen Berndt. The junior from Rice Lake was the No. 1 player for the Falcons most of the year last year and will be asked to provide that same role once again.

"I look for her to have a very solid season and to take her game another step higher," Berkhof said of Berndt, an All-WIAC second team selection in 2002. "She's our team leader and sets the tone. With the work she put in over the summer, she'll be a better player."

Another returnee and expected No. 2 player will be junior Casey Ambers. Berkhof is looking for one thing from the North Branch, Minn., native. "She needs to be more of a consistent player for us, day-in and day-out," he said. "She'll be a key in the overall improvement of our team."

One of the freshman expected to make an impact is Gabe Van Dyk. Van Dyk, who hails from Luxerne, Minn., has a bright future according to Berkhof. "She's a great addition to our golf team. She has a tremendous passion for the game of golf and that allows her to be the player she is. She could be one of the top players in the conference for years to come."

Rounding out the returnees from last year is senior Kristin Berreau (St. Cloud, Minn.) and sophomores Kara Coughlin (Two Harbors, Minn.) and Nina Englund (West St. Paul, Minn.) Coughlin, who split time between volleyball and women's golf in 2002, will focus all her attention on golf and switch back to volleyball when the golf season is complete.

Filling out the rest of the team are freshman Katrina Erickson (Lakeville, Minn.) and Angie Christiansen (Caledonia, Minn.)

Berkhof is well aware that for the Falcons to be successful, it's going to take an entire team effort. "They're an important part of the team," he said referring to the last five players mentioned. "If those five play solid consistent golf, we have a chance for a very good year."

The Falcons will be looking to improve on its sixth place finish in the conference meet last year. However, the challenge will be a daunting task as UW-Oshkosh and UW-Eau Claire both finished in the top seven at the NCAA Div. III National Meet last spring.

The Falcons open their season this weekend at the UW-Eau Claire Invitational.
Jeff Berkhof starts his second year as head women's golf coach at UW-River Falls.

Berkhof was named the first coach of the Falcon women's golf program in 2002. "I am happy that Jeff has agreed to get us started," UWRF interim athletic director Rick Bowen said. "He is the most qualified person on our current staff for the job. It is important that we make this move now as much work must be done to field our first varsity team."

Berkhof has spent the last nine years as an assistant men's basketball coach at UWRF. Before joining the coaching ranks, he spent two seasons playing for Bowen at UWRF. During his senior season, he was selected to the 1993-94 All-WSUC team and was chosen Co-MVP and Co-Captain by his teammates. In addition to his on the floor coaching duties and administrative tasks, he directs the Falcon recruiting efforts, coordinates scouting and film exchange, and is director of the Falcon summer basketball camps and the annual high school varsity tournament - the Great Falcon Shootout.

While a member of the UWRF athletic department staff, Berkhof has also worked as an assistant manager at the Kilkarney Hills Golf Course in River Falls for the past six years.

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 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.