



Sports

The Notebook

MSU's Rhoten earns NCC wrestling honors

Free Press staff

Minnesota State's Jason Rhoten and Nebraska-Omaha's Cody Garcia have been named co-North Central Conference Wrestlers of the Week.

Rhoten is a 149-pound junior from Kasson. He won his division at the St. Cloud State Invitational, pinning Johnny Bradtjen of Augsburg in 3:14, earning an 18-2 technical fall over Cody Johnvin of Itasca College and taking a 9-1 major decision over Justin Turek of Ridgewater.

In the finals, Rhoten decided Blue Earth native Jared Evans of Augsburg 5-3 for the title. Evans is ranked fourth in NCAA Division III.

Rhoten's teammate, Brandon Girtz, earned the same honor the previous week. Girtz, weighing in at 157 pounds, is a senior from Forest Lake.

He posted a 5-0 record to win the Northern Iowa Open, defeating Tyson Reiner 13-6, Kyle Forness 8-3 and Jake Murphey 5-4. In the finals he defeated Moza Fay of Northern Iowa 5-4 to win the championship.

Merseth honored, again

Jessica Merseth of Bethany Lutheran College has been named Upper Midwest Athletic Conference Women's Basketball Player of the Week for the second straight

week and for the third time overall.

Last week, Merseth had 25 points and 14 rebounds in a 90-68 loss to Waldorf College. She also had 24 points and 17 rebounds in the 72-54 win over Martin Luther College on Saturday.

Arlt recognized

Gustavus Adolphus College leading receiver Chad Arlt was one of 20 Minnesota Intercollegiate Athletic Conference football players to be selected for d3football.com's All-West Region Team.

Arlt had 56 receptions for 765 yards and six touchdowns while posting two games of more than 100 receiving yards. He finished second among MIAC receivers with a 76.5 receiving yards per game average and was fourth in catches per game with a 5.6 average.

Gunderson to Waseca

Former Faribault High School and University of Minnesota standout Shane Gunderson has been named the new baseball coach at Waseca High School.

He replaces Tink Larson who was fired amid controversy by the School Board this fall. Gunderson, also had a stint in the minor leagues of professional baseball before turning to a teaching and coaching career.

He will begin his duties as baseball coach this spring.