

Program \$4.00



2025 FALL STATE TOURNAMENT



HOSTED BY:



First Baptist School
Rosemount, Minnesota

Welcome to the Fall 2025 MCAC State Tournament weekend!

This fall we have 33 varsity teams representing 20 different schools participating in the playoffs and State Tournament weekend. We are thankful for First Baptist School in Rosemount for being a gracious host for this year's fall State Tournament. Thank you to all the volunteers, coaches, players, and spectators who will help make this weekend a success for all our teams! We are thankful for all the players competing in the arena this weekend as they display their God given talents in ways that bring joy to all of us. And we are thankful for the common unity our schools share through our Lord and Savior Jesus Christ! May everything we say and do this weekend be honoring towards Him and to each other.

History of the League

The Minnesota Christian Athletic Conference (MCAC) was formed in 2024 and has provided opportunity for athletic competition for smaller Christian Schools around the region. The introduction of our league handbook reads: The MCAC exists as an outflow of our member school's strong commitment to Christian Education and our desire to consistently train our young people in all areas of life on the foundation of Biblical values and truth. The MCAC offers one avenue for our students to practically live out their Christian faith in the athletic arena as we enjoy athletic competition with other Christian schools of similar size and philosophy. The MCAC values and seeks to foster long-standing and meaningful relationships between its member schools and participants.

The league currently has 25 member schools competing in various sports at various levels. The league currently sanctions 6 varsity level sports and State Tournaments (Girls

and Boys Volleyball, Girls and Boys Soccer, Girls and Boys Basketball). The league also provides opportunities for sub-varsity level competition throughout each season as well.

Fall State Tournament Format

After competing in the fall season, the varsity volleyball teams were seeded into the top 16 teams and the varsity soccer teams were seeded into the top 14 teams to form their respective State Tournament bracket. First round tournament games were played at the end of last week and hosted by the higher seed. The top 8 winning teams coming out of the first round were placed in the Tier 1 bracket and the bottom teams were placed into the Tier 2 bracket. The Tier 2 bracket winners will be awarded 1st, 2nd, and 3rd place trophies. The Tier 1 bracket winners will be awarded Championship, 2nd, 3rd, and Consolation place trophies. A select group of players participating in this weekend's tournament will be chosen to the First and Second All-Tournament Teams. In addition, First and Second All-Conference Teams have been selected to honor the top athletes from across the league from regular season play. These teams can be found in the tournament program and will be announced and handed their awards on Saturday in the gymnasium after the conclusion of both championship games.

Obviously, there are many people involved in many different ways to make a league like ours and the associated State Tournament a success. We look forward with eager anticipation to what this State Tournament weekend will bring not only in success for our teams but also in building new and lasting relationships among our schools.

In Christ,

Jeff Bonkoski (MCAC Co-director)

<u>MCAC Tourney Admission</u>	<u>Per Day</u>	<u>Tourney</u>
Family (*Immediate)	\$25	\$70
Adult	\$10	\$30
Children (13-18)	\$5	\$15
Sr. Citizen (55+)	\$5	\$15

TOURNAMENT WEBSITE

Please visit the official MCAC website at www.mcacathletics.org and under the STATE TOURNAMENTS tab, you will find information including the tournament e-booklet, rosters, schedules, updates, and other important tournament info. Info will be regularly updated. (Scan QR code)



TOURNAMENT PHOTOGRAPHER

Mark Sherman with Shot in the Dark Studios will be taking photographs of the action throughout the tournament. Schools, teams & spectators may order pictures at: <http://www.shotinthedarksports.net>. Choose "View and Order" to see galleries. (Scan QR code)



MCAC CONCESSIONS

Hours – Thursday & Friday 10-6, Saturday 10-3

Cash, Check, Venmo, and Credit cards accepted (Minimum \$3.00 purchase).

SNACKS

Fruit Snack	\$0.25	Oatmeal Crème Pie	\$1.00
Popsicle	\$0.50	Fudge Round	\$1.00
Slim Jim	\$0.50	Pop Tart	\$1.50
Trail Mix	\$0.75	Beef Stick	\$1.50
Apple Sauce Pouch	\$0.75	Honey Bun	\$1.50
Fresh Fruit	\$0.75	Candy Bar	\$1.50
Ring Pop	\$0.75	Airhead Extremes	\$1.50
Granola Bar	\$0.75	Icee Pack	\$1.50
Small Chips	\$0.75	Ice Cream Bar	\$2.00
Large Chips	\$1.00	Small Muffin	\$2.00
Pickle	\$1.00	Giant Muffin	\$3.00
Rice Krispies	\$1.00	Icebreakers Mints	\$3.00

LUNCH & DINNER

Taco Salad	\$5.00
Cheeseburger	\$4.00
Hot Dog	\$3.00
Personal Pizza	\$3.00
Hot Pocket	\$3.00
Nachos w/cheese	\$3.00
Pretzel w/cheese	\$3.00
Tator Tots (w/cheese add \$0.50)	\$3.00

COMBO PLATTERS

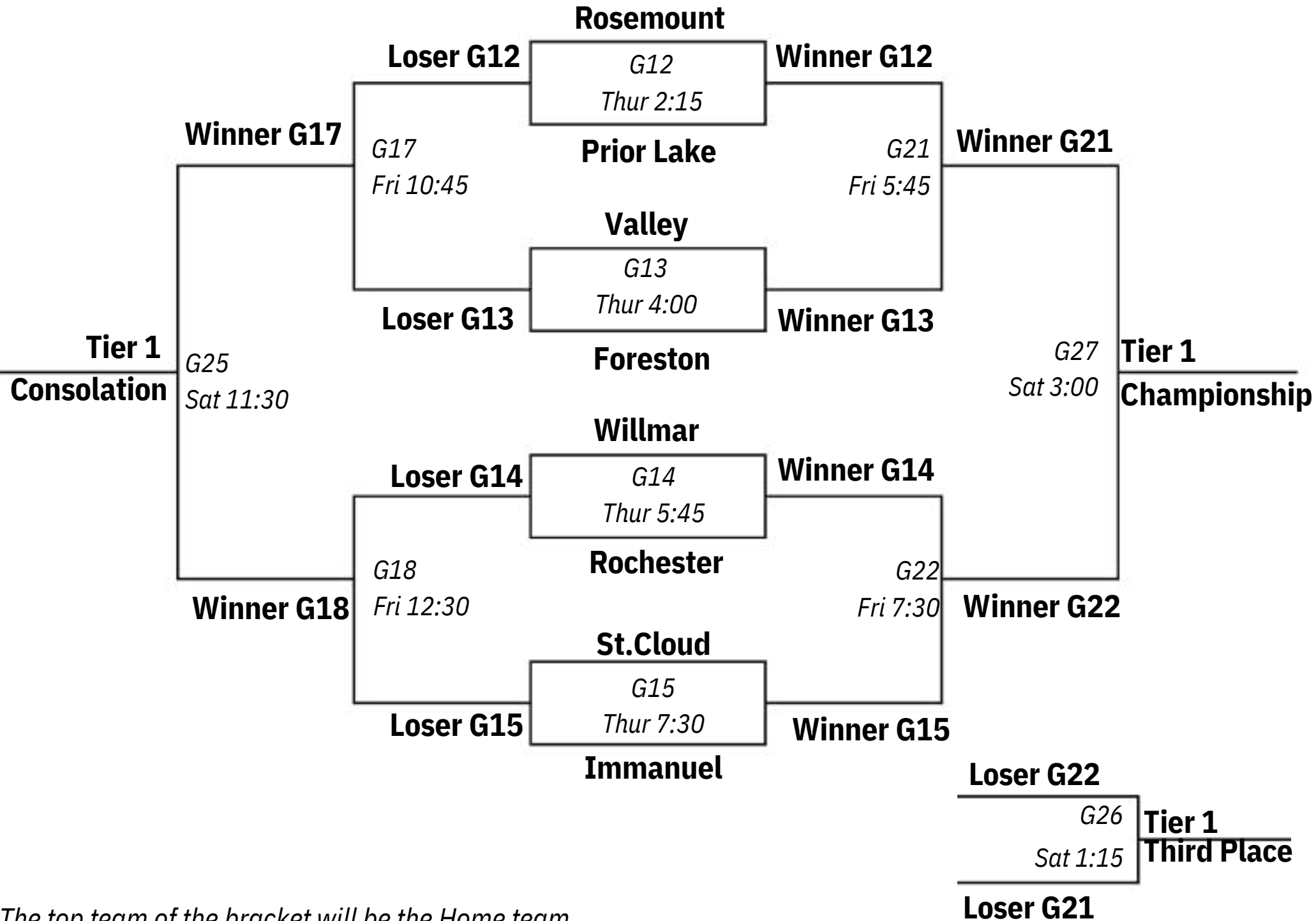
(includes chips and pop)

Cheeseburger Platter	\$5.00
Hot Dog Platter	\$4.00
Sub Sandwich (Thursday only)	\$5.00
Grilled Cheese & Tomato Soup (no chips or pop)	\$5.00

BEVERAGES

Bottle of Water	\$0.50	Coconut Water	\$2.00
Juice Box	\$0.75	Bubbl'r	\$2.00
Can of Pop	\$1.00	Sweet Tea	\$2.00
Arizona	\$2.00	Arnold Palmer	\$2.00
Gatorade—20 oz.	\$2.00	Sparkling Ice	\$2.00
Coffee	\$2.00	Frappuccino	\$3.00
Hot Chocolate	\$2.00		

Volleyball Tier 1 Tournament October 30th - November 1st @ First Baptist School



Volleyball Tier 2 Tournament October 30th -November 1st @ First Baptist School

Chisago

G9

Winner G9

Thur 9:00

Woodcrest

G19

Winner G19

Fri 2:15

St. Francis

G10

Winner G10

Thur 10:45

Liberty

G24

Tier 2

Sat 9:45 am

Championship

Lake Region

G11

Winner G11

Thur 12:30

Fourth

G20

Winner G20

Fri 4:00

Heritage

G16

Winner G16

Fri 9:00 am

Loser G20

G23

Tier 2

Sat 8:00 am

Third Place

Cambridge

Loser G19

The top team of the bracket will be the Home team.

CAMBRIDGE CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Jeff Bonkoski

Head Coach: Madison Domino

Asst Coach: Shannon Springer

Student Manager: Kamry Hoyez

#	NAME	GRADE
1	Elli Mitchell	11
5	Grace Newton	10
6	Faith Conniff	9
7	Grace Conniff	11
8	Talia Thompson	10
14	Avery VanAnda	11
16	Eliza Gustafson	10
18	Cora Eastlund	9
20	Lily Pepper	9
21	Brynnlee Grant	9
23	Savannah McLean	12
25	Josie Semler	11
42	Cece Chesla	9

CHISAGO LAKES BAPTIST SCHOOL

VOLLEYBALL TEAM

Athletic Director: Cindy Matson

Head Coach: Jonah Elliott

Asst Coach: Kalyn Bluhm

Manager: Bella Proffit

#	NAME	GRADE
1	Natalia Heckmann	12
3	Annika Bluhm	11
4	Solveig Schoen	8
5	Ellie Lee	12
6	Violet Pautz	10
7	Brynn Emmert	9
8	Katie Heim	12
9	Caila Carlson	9
10	Lily Elliott	10
12	Malia Carlson	7
13	Ellie Gunderson	9
14	Kennedy Antoine	10

COMMUNITY CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Noah Mulder

Head Coach: Rebecca Westin

Asst Coach: Wes Graham

Student Manager: Annellise Larkins

#	NAME	GRADE
2	Faith Westin	11
4	Margo Klaassen	12
8	Sophie Buetow	10
11	Alyssa Schwantes	12
14	Grace Strom	12
15	Amelia Kveene	8
21	Lexi Nelson	12
24	Lola Nelson	11
28	Addi Kveene	10
29	Elsie Sing	12

FAITH CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Nate Johnson

Head Coach: Jon Stewart

Asst Coach: Megan Stewart

#	NAME	GRADE
1	Sophia Marvets	11
2 /L 6	Abby Holasek	9
3	Angel Goble	11
4	Audrey Stewart	11
5	Lilly Johnson	11
12	Aiyana Callison	8
14	Abby Shrake	12
20	Ava King	11
21	Maddy Leddy	7
22	Victoria Amundson	9
23	Ella Totzke	11
24	Izzy Eidsvoog	9
30	Madeline Shrake	10
32	Rachel Leach	8
40	Renae Vanderweyst	8

FIRST BAPTIST SCHOOL

VOLLEYBALL TEAM

Athletic Director: Erik McKay

Head Coach: Kari McKay

Asst Coaches: Cassie Peralta, Karena Shoboldin

Student Managers: Naomi Getahun, Brynn Weiland



#	NAME	GRADE
L2	Jada McKinney	10th
3	Chloe Wynja	11th
4	Maya McKinney	8th
5	CheyAnne Rhodes	11th
6	Aubrey Ernst	11th
7	Sophie Barrett-Betcher	12th
8	Leah Anderson	11th
9	Lydia Wynja	12th
10	Keira Wynja	11th
11	Ella Ernst	9th
12	Taylor Zschokke	8th
13	Rebekah Cobb	9th
14	Aiva Kirkov	9th

FOURTH BAPTIST SCHOOL

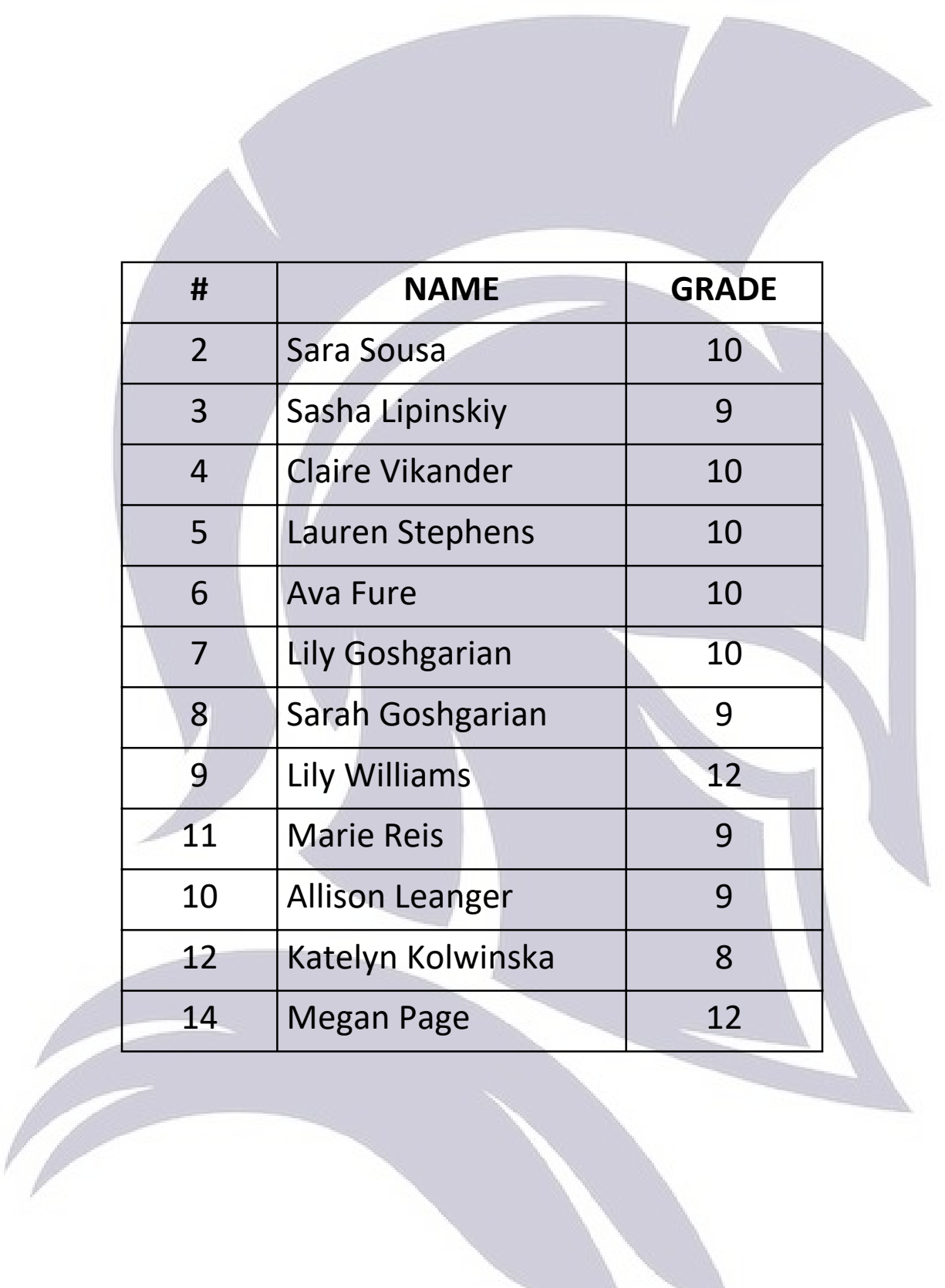
VOLLEYBALL TEAM

Athletic Director: Sarah Stephens

Head Coach: Sarah Stephens

Asst Coach: Anna Morrell

Student Managers: Tava McLeish, Anja Brombacher



#	NAME	GRADE
2	Sara Sousa	10
3	Sasha Lipinskiy	9
4	Claire Vikander	10
5	Lauren Stephens	10
6	Ava Fure	10
7	Lily Goshgarian	10
8	Sarah Goshgarian	9
9	Lily Williams	12
11	Marie Reis	9
10	Allison Leanger	9
12	Katelyn Kolwinska	8
14	Megan Page	12

HERITAGE CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Heidi & Brian Wikstrom

Head Coach: Krystal Baklund

Asst Coaches: Anna Pageler

Student Managers: Kate Hvidsten

#	NAME	GRADE
3	Bella Anderson	11
4	Sophie Asmus	9
5	Teresa Cudnik	9
6	Maddy Hvidsten	11
7	Amber Asmus	8
8	Leah Levenhagen	12
9	Ella Hvidsten	8
12	Mariah Kenfield	12
13	Rose Cudnik	12
14	Peytan Olson	12
15	Norah Soltvedt	10

IMMANUEL LUTHERAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Marie Casto

Head Coach: Kymberly Stelter

Asst Coach: Melissa Williams

#	NAME	GRADE
1	Rebekah Enter	7
2	Emma Heinze	10
10	Maddie Libby	11
11	Lucy Stratton	10
12	Esther Enter	9
13	Rebecca Heinze	12
14	Norah Wakefield	10
21	Kya Theneman	8
24	Cloe Busse	10
25	Morgan Casto	9
33	Nyamouch Tut	9
41	Pennie Hanel	9

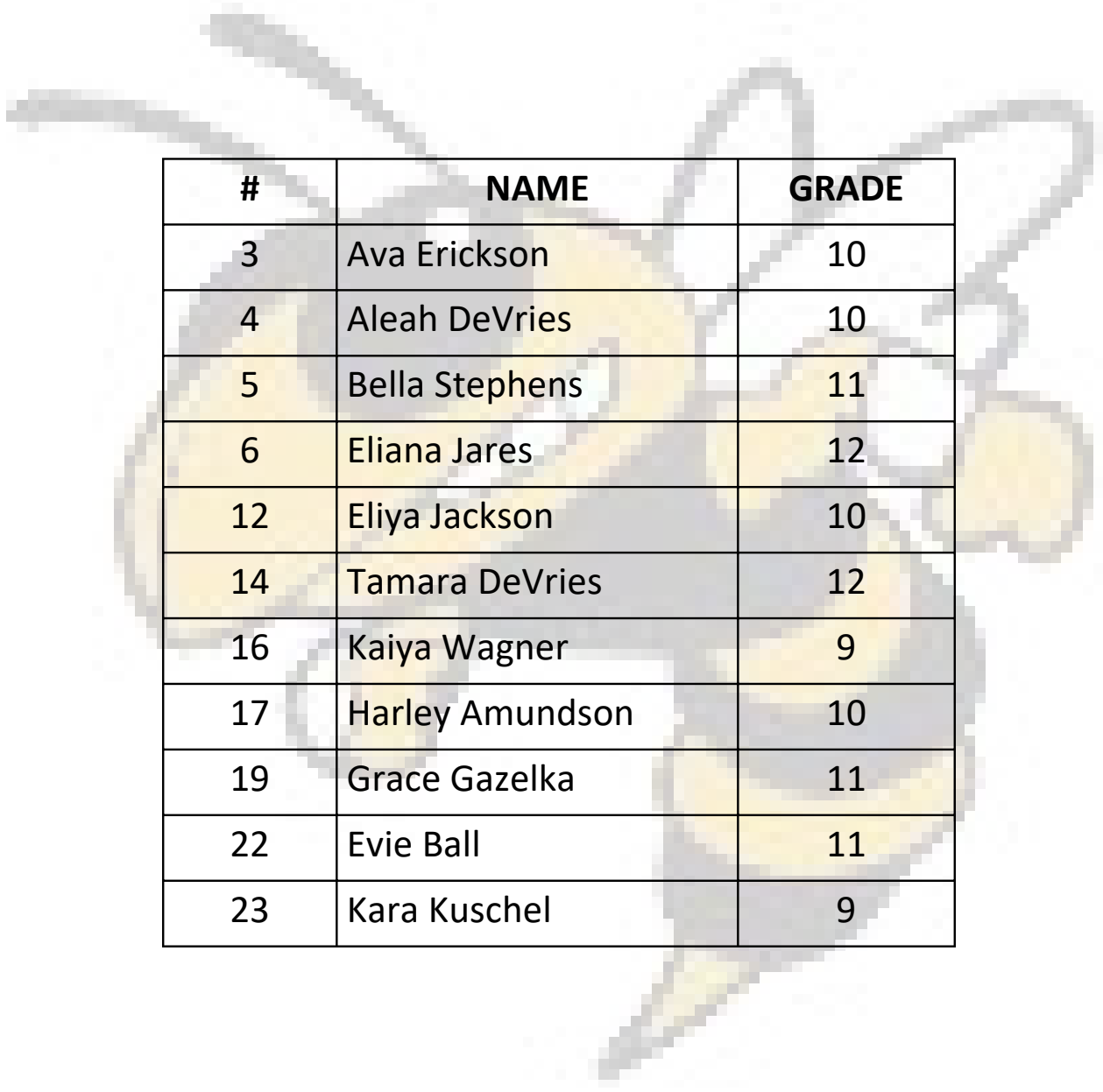
LAKE REGION CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Tatum Ogren

Head Coach: Tatum Ogren

Asst Coach: Karissa Mulder



#	NAME	GRADE
3	Ava Erickson	10
4	Aleah DeVries	10
5	Bella Stephens	11
6	Eliana Jares	12
12	Eliya Jackson	10
14	Tamara DeVries	12
16	Kaiya Wagner	9
17	Harley Amundson	10
19	Grace Gazelka	11
22	Evie Ball	11
23	Kara Kuschel	9

LIBERTY CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Patricia Spate

Head Coach: Seth Spate

Asst Coach: Nate Spate



#	NAME	GRADE
7	Grace Obregon	8
8	Esther Spate	11
10	Erika McFarlin	9
12	Ashtyn Chantelois	10
15	Brielle Ailie	8
20	Macie Langreck	11
21	Hazel McLaughlin	8
22	Marissa Perez	9
25	Lexi Hanson	12

PRIOR LAKE CHRISTIAN ACADEMY

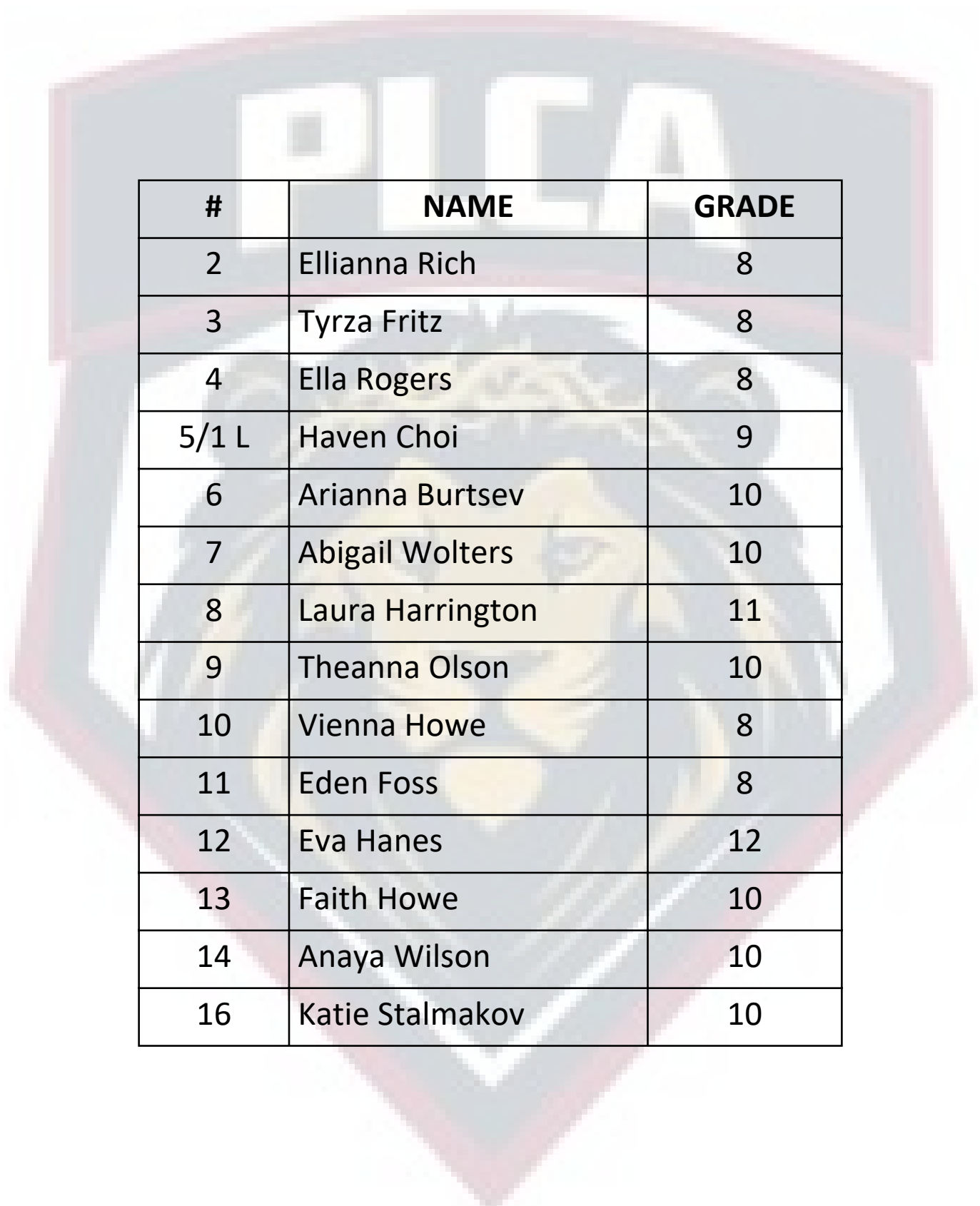
VOLLEYBALL TEAM

Athletic Director: Aaron McGraw

Head Coach: Jennifer Wilson

Asst Coaches: Abigail Rogers, Anthony Wilson

Student Manager: Grace LeVoir



#	NAME	GRADE
2	Ellianna Rich	8
3	Tyrza Fritz	8
4	Ella Rogers	8
5/1 L	Haven Choi	9
6	Arianna Burtsev	10
7	Abigail Wolters	10
8	Laura Harrington	11
9	Theanna Olson	10
10	Vienna Howe	8
11	Eden Foss	8
12	Eva Hanes	12
13	Faith Howe	10
14	Anaya Wilson	10
16	Katie Stalmakov	10

ROCHESTER AREA HOMESCHOOL VOLLEYBALL TEAM

Athletic Director: Matt Saski

Head Coach: Stephanie Parkinson

Asst Coach: Elennie Haugen

#	NAME	GRADE
4	Moriah Satterblom	8
5	Morgan Currie	12
7	Ella Ullmann	11
9	Sophia Rowan	12
12	Mia Prigge	10
13	Marin Carlson	11
14	Caroline McConnell	10
16	Jacelyn Christenson	10
17	Kaia Lucier	11
22	Lily Benson	12
23	Katelyn Luster	12
25	Briella Satterblom	11
28	Samantha Parkinson	12
33	Anna Poulin	11
34	Clara Smith	9
35	Livie Saski	10

ST. CLOUD CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Mike Rolfzen

Head Coach: Meredith Oistad

Asst Coache: Michelle Schluender

#	NAME	GRADE
1	Amelia Schluender	9
2	Corrielle Baumgartner	12
3	Ellie Rolfzen	11
4	Caydence Warner	11
5	Chloe Jordet	12
6	Karina Nelson	11
7	Allie Pennertz	10
8	Adie Larsen	12
9	Ava Brophy	11
10	Caylee Jordet	10
14	Meagan Madsen	11
16	Karis Brinkman	10

ST. FRANCIS CHRISTIAN SCHOOL

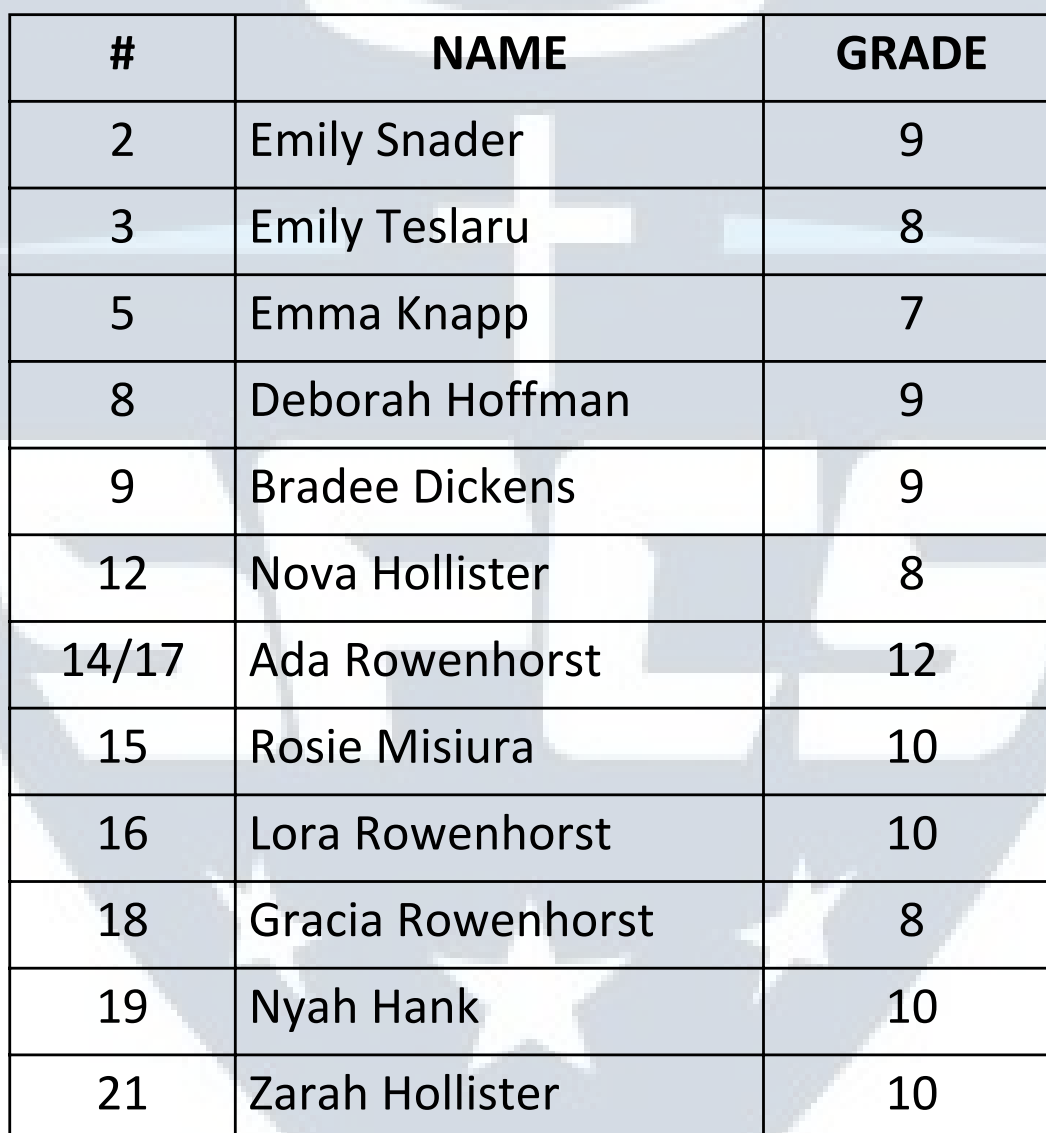
VOLLEYBALL TEAM

Athletic Director: Caleb Dickens

Head Coach: Becky Friese

Asst Coach: Susie Dickens, Charity Nelson

Student Manager: Madyson Standridge



#	NAME	GRADE
2	Emily Snader	9
3	Emily Teslaru	8
5	Emma Knapp	7
8	Deborah Hoffman	9
9	Bradee Dickens	9
12	Nova Hollister	8
14/17	Ada Rowenhorst	12
15	Rosie Misiura	10
16	Lora Rowenhorst	10
18	Gracia Rowenhorst	8
19	Nyah Hank	10
21	Zarah Hollister	10

VALLEY CHRISTIAN SCHOOL

VOLLEYBALL TEAM

Athletic Director: Wendy Johnson

Head Coach: Lynette Schone

#	NAME	GRADE
1	Grace Heitman	11
2	Sara Danielson	11
5	Ruth Nelson	12
7	Bailey Nelson	12
8	Sage Fisk	10
10	Ella Bowers	12
11	Camryn Cox	11
14	Anna Erdman	11
17	Ayla Cross	11
18	Eliana Boettcher	12
19	Emera Cross	12
20	Brenna Oberle	10
22	Paisley Cross	8

WOODCREST BAPTIST ACADEMY

VOLLEYBALL TEAM

Athletic Director: Todd Fruetel

Head Coach: Teresa Herbert

Asst Coaches: Ashley Towberman

Student Manager: Michaela Finely

#	NAME	GRADE
2	Rita Sharkevich	8
3	Emmy Smit	9
4	Ava Jensen	8
5	Alexa Kohzakar	12
7	Mirela Paskar	12
10	Allison Schoonover	12
11	Rose Thrun	11
14	Kylee Baltazar	11
15	Olivia Poorman	12
16	Lillian Mironau	12
18	Taleh Sevrin	9
19	Sienna Johnson	9
21	Nora Clarke	10

2025 FALL MCAC VOLLEYBALL ALL-CONFERENCE

First Team All-Conference

Amelia Schluender	St. Cloud
Audrey Stewart	Foreston
Ella Bowers	Valley
Ellie Rolfzen	St. Cloud
Emma Heinze	Immanuel
Emera Cross	Valley
Faith Westin	Willmar
Grace Conniff	Cambridge
Jada McKinney	Rosemount
Keira Wynja	Rosemount
Lauren Stephens	Fourth Baptist
Lexi Nelson	Willmar
Lydia Wynja	Rosemount
Margo Klaassen	Willmar
Maya McKinney	Rosemount
Rebecca Heinze	Immanuel

Second Team All-Conference

Ada Rowenhorst	St. Francis
Anaya Wilson	Prior Lake
Briella Satterblom	Rochester
Grace Strom	Willmar
Leah Anderson	Rosemount
Lexi Hanson	Liberty
Lilly Johnson	Foreston
Megan Page	Fourth Baptist
Mirela Paskar	Woodcrest
Rose Cudnik	Heritage

SPORTSMANSHIP

The mission statement of the MCAC reads:

"The Minnesota Christian Athletic Conference partners with its member schools to form meaningful athletic relationships and champion student-athletes' development and use of their God-given abilities in ways that glorifies God in all they say and do."

Thank you for showing your support of our league's mission.

Coaches, parents, and fans each play an important role in being a positive role model for our student-athletes. While playing to win is an important goal, it never supersedes the need to, and the value of, maintaining your own Christian character; prioritizing sportsmanship; treating all involved with dignity and respect; and maintaining a sense of fair play. In our desire to demonstrate Christian character, may we be an example of dignity, patience, and a positive spirit in the way we play, coach, and cheer. Please remember to respect the officials and refrain from questioning their decisions in a disrespectful or abusive manner. Support the coaches and referees by trusting their judgment and integrity. Respect the players of all teams at all times. And we encourage everyone to applaud a good effort in victory and defeat. Whatever part you are playing at this year's tournament: player, coach, referee, parent, or general spectator; may we all demonstrate positive sportsmanship as we promote the common mission of the MCAC. Together, we can create a healthy environment where competition can thrive under our common goal to bring glory to God in all that we say and do.

SUPERVISION

We ask that school and/or team personnel make every effort to be responsible for the behavior of their players and fans.

We especially ask that parents provide supervision for their children and know their whereabouts at all times.

Children are not to be left unsupervised at any time.

Thank you for your attention to this matter.