



Lady Norse Individual Honors

Name	Position	High School	Honor
Melissa Erickson	OH	Virginia	2006 ALL-AMERICAN 2006 All NJCAA Region 13B 2006 All State Tournament Team 2006 All MCCC 1 st Team 2006 All Northern Division 1 st Team
Jo Hejny	OH	Virginia	2003 ALL AMERICAN
Roshael Jacobsen	OH	Tower Soudan	2007 All Northern Division 2 nd Team
Laura Johnson	RB	South St. Paul	2008 Academic All American
Rachel Johnson	MB	Eveleth-Gilbert	2005 All Northern Division 1 st Team 2005 All State Tournament Team 2006 All Northern Division 2 nd Team
Rachel Perushek	L	Eveleth-Gilbert	2008 All Northern Division 2 nd Team 2007 Academic All American
Melissa Potter	OH	Tower Soudan	2002 ALL AMERICAN
Shelby Slygh	MB	Cotton	2006 All Northern Division 1 st Team 2006 All MCCC 2 nd Team 2007 NJCAA All Region 13B 2007 All Northern Division 1 st Team 2007 All MCCC 1 st Team
Caitlin Stackpool	S	Virginia	2008 All NJCAA Region 13B 2008 All Northern Division 1 st Team 2008 All MCAC 2 nd Team
Ashley St. Arnold	OH	Duluth Denfeld	2005 All Northern Division 2 nd Team

Volleyball Academic Honors

Academic All-Americans

2007-2008 Rachel Perushek (distinguished 4.0)
Laura Johnson

MCAC All-Academic

2005-2006 Kerby Green, Ellissa Holst, Laura Vake
2006-2007 Shelby Slygh, Jessica Avikainen, Jaimie Fosness, Kristen Wright, Megan Jacobsen, Kayla O'Bryan
2007-2008 Shelby Slygh, Roshael Jacobsen, Rachel Perushek, Laura Johnson, Kristen Wright, Amber Lund, Tara Skadsem
2008-2009 Rachel Perushek, Jessie Larson, Caitlin Stackpool, Amber Lund, Jenna Villebrun