

1N Kittson County North (10-0)

Class 9M

Kittson County North (11-0)

4N Cook County (9-0) 49-0

Hillcrest Lutheran (12-0)

2S Hillcrest Lutheran (10-0) 27-21

Hillcrest Lutheran (11-0)

3S Mable-Canton (11-0) 40-38

Hills-Beaver Creek (13-0)

2N Fertile-Beltrami (7-3) 46-22

Fertile-Beltrami (8-3)

3N Cromwell-Wright Area (9-1) 40-14

Hills-Beaver Creek (12-0)

1S Hills-Beaver Creek (10-0) 30-14

Hills-Beaver Creek (11-0)

4S Red Rock Central (10-0) 44-14 **CLASS 9M SECTION COACHES OF THE YEAR**

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
*Paul Tollefsrud	Y	11-1	26=14	4	Mabel-Canton	1	0M
*Isaac Jenniges	Y	10-1	82-73	16	Red Rock Central	2	0M
*Rex Metzger	Y	14-0	134-35	16	Hills-Beaver Creek	3	0M
*Korey Fry	Y	12-1	27-24	5	Hillcrest Lutheran Academy	4	9M
*Jeff Gronner	Y	9-2	175-60	22	Cromwell-Wright	5	9M
Brian Nelson	Y	8-4	215-191	31	Fertile-Beltrami	6	9M
Steven Anderson		9-1	25-14	4	Cook County	7	9M
*Cory Waling	Y	11-1	116-63	17	Kittson County Central	8	9M

CLASS 9M SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sub-District	Class
Dave Westerman	Y	8-3	51-50	11	Littlefork-Big Falls	9 North (North)	9M
Jared Hoemberg	Y	9-2	18-29	5	Bertha-Hewitt	9 North (South)	9M
*Jeff Gronner	Y	9-2	175-60	22	Cromwell-Wright Area	9 North (South)	9M
*Paul Tollefsrud	Y	11-1	26=14	4	Mabel-Canton	9 South (East)	9M
*Rex Metzger	Y	14-0	134-35	16	Hills-Beaver Creek	9 South (West)	9M
*Isaac Jenniges	Y	10-1	82-73	16	Red Rock Central	9 South (West)	9M
*Cory Waling	Y	11-1	116-63	17	Kittson County Central	9 West (North)	9M
*Korey Fry	Y	12-1	27-24	5	Hillcrest Lutheran	9 West (South)	9M

*Denotes both Sub-District and Section COY

2025 9M COY Rex Metzger, Hills-Beaver Creek

1S Minneota (10-0)

Class A

Minneota (11-0)

4S Lester Prairie (7-4)

42-6

Minneota (12-0)

2N Mahnomn / Waubun (10-0)

28-14

Mahnomn / Waubun (11-0)

3N Upsala/Swanville (9-1)

17-8

Minneota (13-0)

1N Breckenridge (11-0)

49-14

Breckenridge (12-0)

4N Barnum (10-1)

57-14

Breckenridge (13-0)

2S Fillmore Central (10-0)

28-21

Murray County Central (10-1)

3S Murray County Central (9-1)

29-26

CLASS 1A SECTION COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
*Chris Mensink	Y	10-1	111-78	19	Filmore Central	1	1A
Tyler Helland	Y	7-5	7-5	1	Lester Prairie	2	1A
Patrick Freeman	Y	9-3	75-48	12	Murray County Central	3	1A
*Chad Johnston	Y	13-0	240-41	24	Minneota	4	1A
*Jay Loven	Y	9-2	148-74	22	Upsala/Swanville Area	5	1A
*Carson Yaggie	Y	13-1	23-11	3	Breckenridge	6	1A
*Robert Minkkinen	Y	7-3	136-69	20	Barnum	7	1A
*John Clark Jr	Y	11-1	238-48	25	Mahnomn/Waubun	8	1A

CLASS 1A SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sub-District	Class
*Carson Yaggie	Y	13-1	23-11	3	Breckenridge	Mid Northwest (Cent)	1A
*Jay Loven	Y	9-2	148-74	22	Upsala/Swanville Ara	Mid NW (Gold)	1A
Aaron Pfeiffer	Y	8-2	57-71	14	W-H-A	Mid NW (North Central)	1A
*John Clark Jr.	Y	11-1	238-48	25	Mahnomn/Waubun	Mid NW (Vly Plains W)	1A
1Erik Hermanson	Y	8-1	67-51	12	Cleveland	Mid-South (Gold)	1A
*Chris Mensick	Y	10-1	111-78	19	Fillmore Central	Mid-South (Green)	1A
Adam Meyer	Y	9-1	51-10	6	Springfield	Mid-South (Purple)	1A
*Chad Johnston	Y	13-0	240-41	24	Minneota	Mid-South (White)	1A
*R.Minkkinen	Y	7-3	136-69	20	Barnum	Northeast (Silver)	1A

*Denotes both sub-district & section COY

2025 Class 1A COY Chris Mensink, Fillmore Central

1S Jackson County Central (10-0)

Class 2A

Jackson County Central (11-0)

4S Caledonia (9-2)

42-15

Jackson Co Central (12-0)

2N Eden Valley-Watkins (8-2))

38-0

Eden Valley-Watkins (9-2))

3N Moose Lake / Willow River (10-0)

30-14

Jackson Co Central (13-0)

1N Holdingford (11-0)

20-15

Holdingford (12-0)

4N Barnesville (8-3)

40-24

Goodhue (12-0)

2S Goodhue (10-0)

24-7

Goodhue (11-0)

3S W-E-M (10-0)

29-28

CLASS 2A SECTION COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
Carl Fruechte	Y	9-3	206-46	24	Caledonia	1	2A
*Sam Stier	Y	10-1	21-9	3	WEM	2	2A
Tom Schuller	Y	13-0	237-64	27	Jackson County Central	3	2A
*Tony Poncelet	Y	12-1	109-48	15	Goodhue	4	2A
*Adam Tri	Y	9-3	78-30	11	Eden Valley-Watkins	5	2A
*Luke Mitchell	Y	12-1	88-55	14	Holdingford	6	2A
*Dave Louzek	Y	10-1	241-60	27	Moose Lake-Willow River	7	2A
Bryan Strand	Y	8-4	188-50	21	Barnesville	8	2A

CLASS 2A SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sub-District	Class
Paul Clark	Y	8-1	93-46	14	Pillager	Mid Northwest (North)	2A
Tom Schuller	Y	13-0	237-64	27	Jackson County Central	Mid-South (Brown)	2A
*Sam Steir	Y	10-1	21-9	3	WEM	Mid-South (Silver)	2A
*Adam Tri	Y	9-3	78-30	11	Eden Valley-Watkins	Mid-South (Teal)	2A
*Luke Mitchell	Y	12-1	88-55	14	Holdingford	Mid-West Central (Blue)	2A
*Dave Louzek	Y	10-1	241-60	27	MLWR	Northeast (Blue)	2A
*Tony Poncelet	Y	12-1	109-48	15	Goodhue	Southeast (Black)	2A
Mike Kessler		7-4	173-60	21	Rochester Lourdes	Southeast (Yellow)	2A
Brandon Neseth	Y	7-3	59-40	10	Triton	Mid Northwest (North)	2A

*Denotes Both sub-district and section COY

Class 2A COY Tom Schuller, Jackson County Central

d1N Annandale (10-0)

Class 3A

Annandale (11-0)

4N Litchfield (8-3) 19-7

Annandale (12-0)

2S Pine Island (10-0)

36-20

Minneapolis North (11-0)

3S Minneapolis North (10-0) 50-21

Annandale (13-0)

2N Pierz (10-0)

17-7

Dilworth-Glyndon-Felton (9-2)

3N Dilworth-Glyndon-Felton (8-2) 28-7

Waseca (12-0)

1S Waseca (10-0)

14-13

Waseca (11-0)

4S Holy Family Catholic (8-2) 14-8

CLASS 3A SECTION COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
*Mitchel Schiltz	Y	10-1	20-20	4	Pine Island	1	3A
Connor Wilkie	Y	8-3	8-3	1	Holy Family Catholic	2	3A
*Brad Wendland	Y	12-1	165-79	24	Waseca	3	3A
Charles Adams III	Y	11-1	130-36	16	Minneapolis North	4	3A
*Matt Walter	Y	13-0	155-116	26	Annandale	5	3A
Jim Jackman	Y	8-4	63-63	13	Litchfield	6	3A
*Dan Saehr	Y	10-1	56-17	7	Pierz	7	3A
Anthony Soderberg	Y	9-3	136-54	18	Dilworth-Glyndon-Felton	8	3A

CLASS 3A SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sub-District	Class
Ryan Kasowski	Y	4-5	48-65	12	East Grand Forks	Mid Northwest (Red)	3A
Adam Birkholz	Y	7-3	25-16	4	HLWW	Mid-West Cent (Blk)	3A
*Matt Walter	Y	13-0	155-116	26	Annandale	Mid-Wst Cent (Copr)	3A
*Danny Saehr	Y	10-1	56-17	7	Pierz	Mid-Wst Cent (Wht)	3A
Bill Magnuson	Y	9-1	151-131	29	Pequot Lakes	Northeast (White)	3A
Adam Frey	Y	10-1	37-32	7	St Croix Lutheran	Skyway (Orange)	3A
*Charles Adams III	Y	11-1	130-36	16	Minneapolis North	Skyway (T-C Blue)	3A
Scott Gangl	Y	6-3	6-11	2	Spectrum	Skyway (T-C Red)	3A
*Mitch Schiltz	Y	10-1	20-20	4	Pine Island	Southeast (Blue)	3A
*Brad Wendland	Y	12-1	165-79	24	Waseca	Southeast (Red)	3A

*Denotes both sub-district and section COY

CLASS 3A COY Mike Walter, Annadale

1N Grand Rapids (9-1)

Class 4A

Grand Rapids (10-1)

4N Benilde-St. Margaret's (8-3) 54-7

Kasson-Mantorville (11-1)

2S Kasson-Mantorville (9-1)

16-14

Kasson-Mantorville (10-1)

3S Hill-Murray School (9-1)

35-21

Orono (10-3)

2N Fergus Falls (8-2)

21-14

Orono (8-3)

3N Orono (7-3)

36-14

Orono (9-3)

1S Marshall (10-0)

15-14

Marshall (11-0)

4S Totino-Grace (6-4)

21-9

CLASS 4A SECTION COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
Joel Swanson	Y	11-2	164-98	27	Kasson-Mantorville	1	4A
*Terry Bahlmann	Y	11-1	297-113	42	Marshall	2	4A
*Rob Reeves	Y	9-2	40-19	6	Hill-Murray	3	4A
*Jay Anderson	Y	6-5	31-28	6	Totino Grace	4	4A
Brad Anderson	Y	8-4	170-55	20	Benilde-St. Margaret	5	4A
*Joe McPherson	Y	10-3	48-28	7	Orono	6	4A
*Greg Spahn	Y	10-2	68-48	12	Grand Rapids	7	4A
*Chris Grabowska	Y	8-3	84-37	12	Fergus Falls	8	4A

CLASS 4A SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sub-District	Class
*Greg Spahn	Y	10-2	68-48	12	Grand Rapids	Northeast (Red)	4A
Ben Halder	Y	9-1	64-37	10	Byron	Skyway (Brass)	4A
*Terry Bahlmann	Y	11-1	297-113	42	Marshall	Skyway (Copper)	4A
Jim Gunderson	Y	9-1	78-33	11	Holy Angels.	Skyway (Gold)	4A
Wyatt Russek	Y	6-4	6-4	1	Delano	Skyway (Green)	4A
*Joe McPherson	Y	10-3	48-28	7	Orono	Skyway (Green)	4A
Dan Hughes	Y	7-3	89-41	13	Zimmerman	Skyway (Green)	4A
*Jay Anderson	Y	6-5	31-28	6	Totino-Grace	Skyway (Maroon)	4A
*Chris Grabowska	Y	8-3	84-37	12	Fergus Falls	Skyway (Platinum)	4A
Richard Magembe	Y	6-4	17-19	4	St. Paul Johnson	Skyway (T-C Red)	4A
*Rob Reeves	Y	9-2	40-19	6	Hill Murray	Skyway (Yellow)	4A

*Denotes both sub-district and section COY

Class 4A COY **Greg Spahn, Grand Rapids**

1N Elk River (8-2)

Class 5A

Elk River (9-2)

4N Minneapolis Washburn (8-3)

53-20

Chanhassen (11-1)

2S Chanhassen (9-1)

22-19

Chanhassen (10-1)

3S Cretin-Derham Hall (7-3)

23-19

Spring Lake Park (13-0)

2N Alexandria Area (9-1)

24-21

Spring Lake Park (11-0)

3N Spring Lake Park (10-0)

13-12

Spring Lake Park (12-0)

1S St. Thomas Academy (10-0)

39-23

St. Thomas Academy (11-0)

4S Rochester Mayo (6-4)

21-14

CLASS 5A SECTION COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
Denny Holcomb	Y	6-5	97-56	14	Rochester Mayo	1	5A
*Cullen Nelson	Y	11-2	57-16	7	Chanhassen	2	5A
*Travis Walch	Y	11-1	28-8	3	St. Thomas Academy	3	5A
Kim Royston	Y	7-4	7-4	1	Cretin-Derham Hall	4	5A
Ryan Galindo	Y	8-4	78-50	11	Minneapolis Washburn	5	5A
*John Stewart	Y	13-0	56-24	8	Spring Lake Park	6	5A
Steve Hamilton	Y	9-3	187-107	28	Elk River	7	5A
*Mike Empting	Y	9-2	102-82	18	Alexandria Area	8	5A

CLASS 5A SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Section	Class
Dave Muetzel	Y	8-2	140-68	19	Mahtomedi	Northstar (East-Gold)	5A
*Travis Walch	Y	11-1	28-8	3	St. Thomas Academy	Northstar (East-Maroon)	5A
*Mike Empting	Y	9-2	102-82	18	Alexandria Area	Northstar (North)	5A
*Cullen Nelson	Y	11-2	57-16	7	Chanhassen	Northstar (South-Gold)	5A
Brent Yule	Y	6-4	25-24	5	Northfield	Northstar (South-Maroon)	5A
Andy Pierskalla	Y	8-2	31-19	5	Monticello	Northstar (West-Gold)	5A
*John Stewart	Y	13-0	56-24	8	Spring Lake Park	Northstar (West-Maroon)	5A

*Denotes both sub-district and section COY

Class 5A John Stewart, Spring Lake Park

6 St. Michael-Albertville (5-5)

Class 6A

Minnetonka (9-2)

6 Minnetonka (8-2)

34-7

Edina (8-4)

6 Edina (6-4)

42-41

Edina (7-4)

6 Eden Prairie (8-2)

23-21

Edina (9-4)

5 Centennial (8-1)

42-35

Moorhead (7-4)

6 Moorhead (6-4)

35-21

Moorhead (8-4)

6 Maple Grove (10-0)

26-14

Lakeville South (9-2)

3 Lakeville South (8-2)

49-31

CLASS 6A SECTION COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sec	Class
Jared Essler	Y	5-6	104-53	21	St. Michael-Albertville	6	6A
Mark Esch	Y	9-3	157-43	17	Minnetonka	6	6A
Jason Potts	Y	9-4	32-30	6	Edina	6	6A
Mike Grant	Y	8-3	401-87	43	Eden Prairie	6	6A
*Mike Diggins	Y	9-2	93-65	16	Centennial	5	6A
Kevin Feeney	Y	8-5	172-66	27	Moorhead	6	6A
Adam Spurrell	Y	10-1	23-1	2	Maple Grove	6	6A
*Ben Burk	Y	9-3	68-13	7	Lakeville South	3	6A

CLASS 6A SUB- DISTRICT COACHES OF THE YEAR

Coaches	MFCA	Season	Career	Yrs	School	Sub-District	Class
Andy Hill	Y	7-3	119-93	21	Woodbury	Metro (East)	6A
Chauncey Williams-Barefield	Y	4-5	23-50	8	Hopkins	Metro (Maroon)	6A
*Mike Diggins	Y	9-2	93-65	16	Centennial	Metro (North)	6A
Nick Keenan	Y	8-2	58-68	13	Champlin Park	Metro (North)	6A
*Ben Burk	Y	9-3	68-13	7	Lakeville South	Metro (South)	6A
Adam Spurrell	Y	10-1	23-1	2	Maple Grove	Metro (West)	6A

*Denotes both sub-district and section COY

Class 6A COY Jason Potts, Edina