

# MacWeekly Spring 1990 MVPs

Photo by Ethan Hyman



The Spring 1990 Most Valuable Players: (left to right) Jennifer Tonkin, Kim Lyrek, Karen Goodrich, Joni Dean, Andrew Buss, Leo Pearce, Cindy Nelson. Not pictured: Tom Kreutzian, Jane Ruliffson, Sarah Smith, Gary Carlson.

**MEN'S BASKETBALL**  
**JON DEAN**  
senior, Fridley, MN

Dean was the team's leading scorer, and 12th in the MIAC, at 15.6 points per game. He led the team in free-throw shooting and was 2nd in the conference at 86.8%. Dean's 93 3-pointers placed him 3rd nationally in that category. Dean was the only Mac player selected to the all-conference team.  
COACH: Douglas Bolstorff

**WOMEN'S BASKETBALL**  
**JANE RULIFFSON**  
sophomore, Fargo, ND

Ruliffson led the team in scoring, assists, minutes played, 3-point shooting percentage, and foul shooting percentage. She was 2nd in the MIAC at 19.1 points per game. Ruliffson was voted all-conference, and placed 2nd in the conference MVP voting.  
COACH: John Hershey

**MEN'S SWIMMING & DIVING**  
**LEO PEARCE**  
junior, Oak Park, IL

Pearce currently holds all 4 diving records at Mac. He broke 3 of them this year, 2 of which were his own from last year. He was all-conference in both the 1-meter and 3-meter boards, and competed in both at nationals, where he placed 24th in both events.  
COACH: Bob Pearson

**WOMEN'S SWIMMING & DIVING**  
**SARAH SMITH**  
sophomore, St. Paul

Smith is the owner of 24 school records. She broke 8 of them this year: the 400m freestyle, 800 free, 1500 free, 800 free relay, 400 free relay, 1000 yard free, 1650 yard free, and 400 yard medley relay. Smith was all-conference in the 1650 free, and qualified for nationals, but did not compete. She was also academic all-conference.  
COACH: Bob Pearson

**MEN'S INDOOR & OUTDOOR TRACK & FIELD**  
**GARY CARLSON**  
senior, Red Wing, MN

In the indoor season, Carlson broke his own school record

with a 49'11.5" mark in the 35-lb. weight throw. He was all-conference in the event, and just missed qualifying for nationals. Outdoors, so far, Carlson has broken the hammer throw record with a 156'10.5" throw, a 7-foot improvement over his last year's best mark.  
COACH: Tim Pilon

**WOMEN'S INDOOR & OUTDOOR TRACK & FIELD**  
**KAREN GOODRICH jr.,**  
McMinnville, OR

**JENNIFER TONKIN**  
fr., Bellevue, WA

Goodrich broke the 55 meter hurdles school record in the indoor season, and wound up all-conference in that event, as well as the 300 meter and 400 meter dashes. So far in the outdoor season, she has set the 400 meter hurdles record, and awaits this weekend's conference meet.

Tonkin, who was also the Cross-Country MVP in the fall, placed 7th in both the 1500 meter and 3000 meter runs in the indoor conference meet. Going in the outdoor

conferences, she is currently ranked 7th in the 1500, 10th in the 3000, and 7th in the 5000.  
COACH: Vanessa Seljeskog

**MEN'S TENNIS**  
**ANDREW BUSS**  
senior, Dickinson, ND

In his first appearance in four years at the MIAC championships last weekend, Buss won the consolation championship at #4 singles. "He also learned to hold the racquet properly after 20 years," his coach said.  
COACH: Lisa Raduenz

**WOMEN'S TENNIS**  
**CINDY NELSON**  
junior, Denver, CO

Nelson played at #1 singles all season long, as she has for her entire career at Mac. Her 5 wins at the top spot helped the team post the best record of all the Mac teams competing this season.  
COACH: George Ekeren

**BASEBALL**  
**TOM KREUTZIAN**  
senior, Luck, WI

Through Wednesday, Kreutzian was leading the team with a .359 batting average. He has collected 33 hits in 30 games, is 3rd on the team in slugging percentage (.435), 2nd in on-base percentage (.398), and is one of only 3 players to play in every game. Kreutzian was also a football MVP in the fall.  
COACH: Bill Decker

**SOFTBALL**  
**KIM LYREK**  
so., Delano, MN

Lyrek pitched almost 95% of the team's innings this season, posting a 7-14 record and a phenomenal 2.27 earned run average. She also struck out 77 batters. Lyrek was no less effective at the plate, where she led the team with a .378 batting average, 10 RBIs, and the team's only home run. She reached base 43.2% of the time at bat. "Without Kim, it's questionable whether Mac could have fielded a competitive team," her coach said. "She is that valuable."  
COACH: John Hershey

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