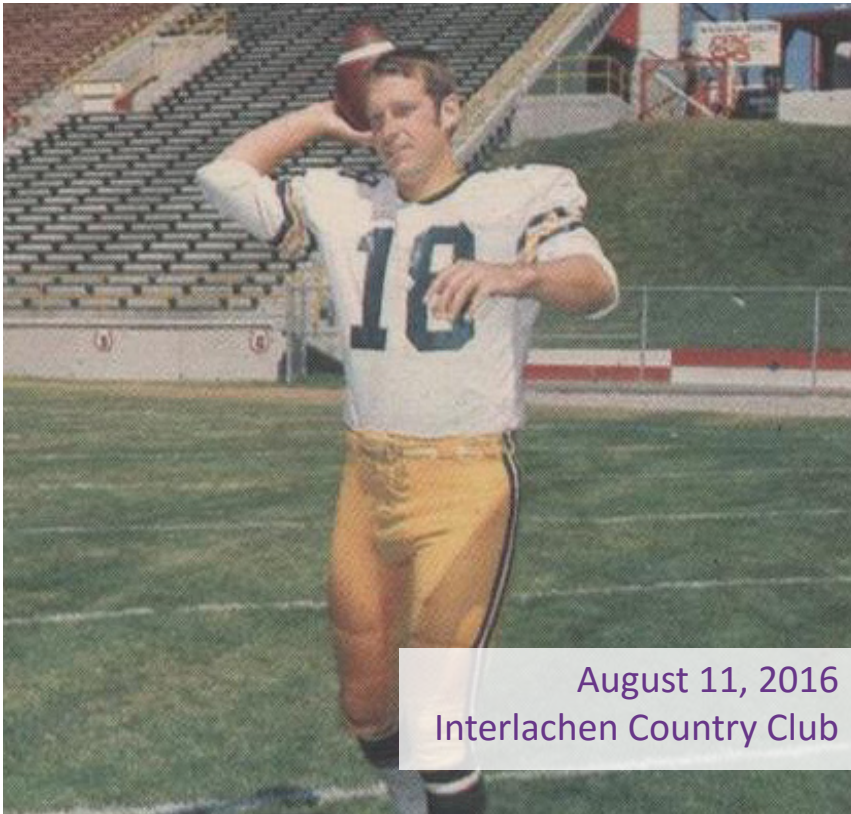




# Southwest High School 2016 All Sports Reunion and Hall of Fame Dinner

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## Program



August 11, 2016  
Interlachen Country Club

**Corey Colehour**  
**Edmonton Eskimos**



# Welcome!

For 75 years Southwest High has been an unmatched leader in athletic excellence. It is our pleasure to bring into the Athletic Hall of Fame the third class of the best of the best.

Tonight, an outstanding coach, a dedicated booster, an inspirational family, seven amazing athletes, and an unbelievable collection of runners who won four state championships in a row will be honored with induction into the Hall of Fame.

We are sure you will enjoy this fun-filled evening of reconnecting and reminiscing as we honor the Southwest sports tradition and some of those persons who made it proud.

## Program Schedule

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- 6:00 All Sports Reunion Open Bar
- 7:00 Welcome Address: Jeff Rotsch
- 7:05 Video Presentation "The Making of Champions"
- 7:10 Dinner
- 8:00 Introduction of SWHS HOF inductees.





## Congratulations to the Hall of Fame Class of 2015

- **Jim Hancock** – Track, Cross Country, Skiing, Cheerleading
- **Marni Orthey-Lamberty** – Soccer, Hockey, Softball, Coach
- **Jamie Plaisance** – Coach, Teacher
- **Greg Murtha** – Basketball, Football
- **1962, 1963, 1964, and 1965 Cross Country Teams**
- **Bob Perkins** – Manager, Booster
- **The Lundeen Family** – Hockey, Football, Soccer, Cheerleading
- **Karyn Polland** – Badminton, Volleyball, Basketball, Coach
- **Mike Fermoye** – Hockey, Golf
- **Forrest Tahdoohnippah** – Track, Cross Country
- **Corey Colehour** – Football, Basketball



## Jim Hancock

### Athlete – Class of '49

His yearbook profile calls him “Smiley”, and Jim Hancock was voted “Busiest” boy in his class. Jim earned nine letters in Track, Cross-Country, Skiing, and Cheerleading.

As a freshman at Southwest he started his running career by setting a 1-mile record of 4:54 in the 1946 City Sophomore Track Meet. Jim was a key member of the State Championship C.C. teams of 1946, 1947, and 1948. As Captain of the 1948 Cross-Country team, he led them to both City and State Championships. Jim was 1948 individual champion, setting both city and state records on the Lake Nokomis 1.8-mile course. During the 1948 state meet, Jim set a record of 9:01.7 which stood for 10 years.

During his Jr. and Sr. years, Jim competed in Nordic Skiing, becoming City Champion and placing 3rd in the 1949 state ski meet in Duluth. A severe skiing injury the following week slowed him down, but Jim recovered well enough to place 5th that spring in the mile at the State Track Meet. Jim was also Cheerleading Captain, and participated in football and swimming.

In addition to his activity in sports at Southwest, Jim was Vice President of the All-City Student Council, President of the Southwest Choir, President of the S-Club, an Eagle Scout, Assistant Scoutmaster, and was a certified Red Cross WSI swimming teacher.

Following graduation from Southwest in 1949, Hancock continued his education and running career at the University of Minnesota. Jim earned varsity letters in Cross-Country in 1950, 1951, and 1952, and was named Captain in 1951. He earned a varsity letter in Track in 1951. Being the active guy he is, Jim also participated in whatever intramural sport was in season.



After receiving a degree in Education, Jim had a long and successful career in Non-Profits, Corporate Human Resources, and Insurance Sales, during which time he squeezed in participation in eight-oar shell crew, Nordic ski racing, distance runs, triathlons, and Masters swimming competitions. In his retirement, Jim lives north of Grand Rapids, Minnesota, where he can ski, bike, and kayak from his front door.

“Smiley” fits, but “Busiest” certainly describes Jim Hancock, even to this day.



## Marni Orthey-Lamberty

### Athlete – Class of '92

“Anything boys can do, girls can do better!” This is the motto Marni (Orthey) Lamberty followed throughout her athletic career. That career started at Pershing Park where she played soccer, hockey, t-ball and softball.

Marni played varsity soccer at Southwest, lettering 3 times. Her junior year she tore her ACL and had to have surgery. In spite of the injury, she served as captain of the team, and was chosen team MVP, All-Conference, All-Metro and All-State. In addition, she was a three time letter winner for softball.

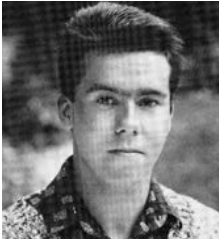
Marni also had a very successful career in hockey. Her first hockey experience was playing with the Southwest Hockey Association boys' squirt team. In 1987, Marni and her parents were instrumental in starting the Minnesota Thoroughbreds, which was an elite team of all-star female high school hockey players throughout the state of Minnesota. They played teams from the East coast and college club programs from Minnesota and Wisconsin. Marni represented her team three times in the state all-star game.

Marni played soccer at Saint Mary's University because of its national ranking. Another surgery for a torn ACL didn't stop her from becoming team captain, team MVP, All-Conference, All-Region, and All-American in soccer her senior year. She also started the first women's hockey team at St. Mary's University serving as a player and coach her senior year.

After college, Marni served three years as varsity hockey coach for the Minneapolis Novas high school girls' team. She also coached in the Minnesota State High School girls hockey association for 6 years as the assistant varsity coach for Hopkins high school. She was honored as Section 5 Minnesota hockey coach of the year in 1999. Marni held two positions, soccer head coach of the Southwest High School girl's team and assistant soccer coach at Edina High School.

Marni is married to Ryan Lamberty (Southwest Athletic Director) and lives in southwest Minneapolis. They are the proud parents of Eden, 9 and Wilson, 6. The Lamberty family currently resides in the Armatage neighborhood. Marni has been teaching in the Minneapolis Public Schools for 19 years. She is currently a kindergarten teacher at Kenny Elementary School. Marni can be found at the hockey rink or soccer field coaching her children.





## Jamie Plaisance

### Soccer Coach – '92

Soccer in Minnesota didn't become a State High School league sanctioned sport until 1974 when the first state tournament was held. Southwest administration called on legendary hockey coach, Dave Peterson, to lead the first Southwest boys' soccer team.

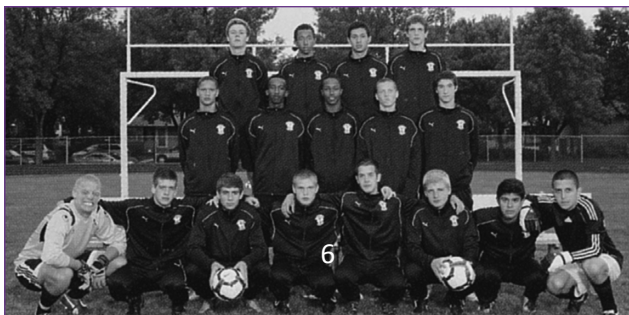
Since then Southwest has come to soccer prominence with six state tournament appearances. Starting in 2003 Coach Jamie Plaisance has led the Laker Men's Soccer Team. A proud Laker Soccer Player who played for coach Ed Lue, an SW '92 Alumnus, Jamie has spent a good portion of his life as part of the Laker Soccer program. As a player, an assistant coach, and head coach, he has spent 23 years with the Laker Soccer program.

His young men have learned to follow Jamie's calm style and have found continued success. Jamie's teams are always different but his programs always have a love and respect for the game of soccer. Jamie is the winningest coach in SW soccer history. In 2015 he collected his 200th victory. He has developed many players who have gone on to be very successful college athletes.

The soccer teams have won the last three City-Conference Championships bringing their total to eight under Coach Plaisance. His teams have advanced to state four times, and finished 3rd, 4th, and were the Minnesota State High School League runners-up in 2010.

In 2009 the section recognized Jamie's successes by naming him the section 6AA Coach of the Year.

A 1996 graduate of University of Wisconsin-Madison, Jamie has been an English teacher at Summit Academy since 2009. He also coaches summer boys' soccer in the Wayzata-Plymouth area. He and his wife, Lisa live in St. Louis Park with their 3 ½ year old son, AJ.





## Greg Murtha

### Athlete – Class of '75

Greg is one of the most accomplished athletes in Southwest history. While he went on to be an All Big Ten and an NFL football player, Greg is also remembered for being a terrific basketball player – he was the first of only three SW boys players to ever score over 1000 points – he scored 1059.

Greg was a four-year starter and earned All-City honors as a Southwest basketball player. He also played varsity baseball at Southwest.

Greg was a three year two-way starter in football. In his senior year (74-75), Greg's SW football team won both the City and Twin-city championships. Greg was named All-City, All Metro and All State. He accepted a full football scholarship and played four years at the U of M. With the Gophers, he lettered three times, was a Williams Scholar and was named an All Big Ten offensive lineman his senior year. He was also selected to play in both the Blue-Gray and the Senior Bowl college all star games.

He was drafted in the sixth round by the Eagles and went on to play three years in the NFL (including a stint with the Vikings) and three years in the USFL with the New Jersey Generals.

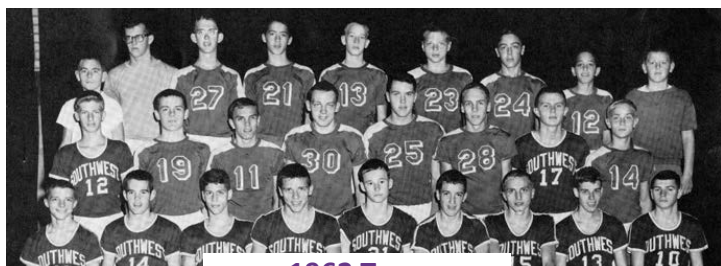


*Dan Froehlich, Walt Williams, Greg Murtha*

Greg met his wife Lynn, who was a diver on the Gopher swim team, at the U of M. They have raised their three kids – twin boys Marc and Brett, and daughter Makenzie in Maple Grove. Marc played football at the University of South Dakota and Makenzie is currently playing basketball at Northern State University.

Greg has had a 30 year career with Mon-Ray, Inc. and is currently VP of Sales. He loves spending summers "up north" at the cabin. He also enjoys hunting, shooting sports and competitive retriever training, in addition to watching and coaching youth sports. He and Lynn also spend as much time as possible with their first grandchild.

# Southwest State Cross Country Champions



1962 Team



1963 Team



1964 Team



1965 Team





## State Cross Country Champions 1962, 1963, 1964, and 1965

In the city of Minneapolis storied sports' history, one school's program stands head and shoulders above all others. Southwest was the high school cross country capital of the state of Minnesota. Of the first 31 State Cross Country Championships, Southwest won the title 17 times and finished second 5 times to set a standard never to be equaled. Of Southwest's record eighteen State Championships there has been one run of five consecutive, one run of four consecutive, and two runs of three in a row.

Under Coach Al Halley, the team won the 1959 State Championship and finished second in 1960. As the 1962 Fall season dawned, it appeared to be a rebuilding year as seven of the previous year's runners and graduated. Led by Captain George Podolsky, the team showed marked improvement at each meet. With a record performance by individual State Champion Skip Weigel, and a third place finish by Brian Anderson, the harriers ran away with the first place hardware. The Southwest runners combined point total was the fourth best ever recorded during a State meet. This year began a three year run where Southwest would end up 104-1 in all meets including dual and invitational meets, as well as City and State meets.

The 1963 cross country team wasn't expected to three-peat as they lost some runners due to graduation and experienced injuries during the season to both Captain Brian Anderson and Claire Severson. But with a strong showing by several underclassman including Don Oliver, Rick Rotsch, and Jeff Johnson, the team won their 16th City Championship in 21 years. The State meet was one of the tightest ever as the scoring came down to the final runners. In the end Southwest prevailed over rival St. Louis Park in the closest State meet in 30 years.

With two in a row under their belt and a strong returning nucleus of five letterman, the 1964 Southwest harriers were pointed toward a three peat from day one of the season. The City Championship proved an easy win with a near perfect score as all seven runners finished in the top ten. Similar results at the Swain Invitational built confidence. The State Championship was meant to be. Led by a third place finish by Don Oliver, plus excellent performances by Dean Weigel, Rick Rotsch, Bob Witcraft, and Jeff Johnson, the team totaled the fifth best point total in State tournament history. A true team victory.

As the 1965 cross country season opened, there were many spots to fill vacated by the class of three in-a-row seniors. But this gutsy group was up for the task with many of the newcomers logging 1000 miles during the summer months. With another City Championship in hand, the group galloped to a fourth State Championship. Seniors Bob Witcraft who finished third in State, and Dean Weigel who finished fifth, led the team to victory capping off the four in a row.

For Southwest High School cross country runners, the twelve year period between 1962 and 1973 the school proved almost unbeatable with four in a row State Championships followed a few years later by five in a row. A remarkable feat never to be accomplished again.

## 4 IN A ROW!



## Bob Perkins Booster – Class of '45

Bob Perkins has been around much longer than Southwest High School. Long enough, in fact, to have become firmly established as a Southwest Booster by the time he was graduated in January of 1945. Bob's 1945 classmates voted him "busiest" and "done most for school".

In his student days at SWHS, Bob earned nine varsity letters as Manager of SW football, basketball, hockey, and baseball teams from 1942 until January, 1945. Bob was also Sports Editor of the Southwest Arrow.

As a ninth grader, Perkins led a small group of kids which appeared before the Southwest Community council. Their mission was to plead that the skating rink and warming house be kept open at Pershing Field, despite Park Board budget woes. The money was found; the rink stayed open.

When the city conference cancelled high school hockey before the 1942 season, Bob Perkins organized and managed a team of Southwest players to play hockey in the Park Board system. The team went on to win the mythical city championship. The first-place trophy was on display for years in Don & Marks Café at 50th and Xerxes. Bob organized a team reunion in 1990.

Perkins was certainly a careful manager. As Southwest baseball manager, he lost only one (1) baseball in four years. Following his last game, the coach gave Perk a brand new ball and a pat on the back.

Bob also found time for church basketball. He set up a city-wide league, then organized and managed boys' basketball at Lutheran Church of the Good Shepherd. He went on to be Basketball Director for 40 years. Besides giving legions of kids in the SW area a chance to play basketball, Bob's teams accumulated 200 trophies for Good Shepherd Lutheran.

Since that time, Bob has been a tireless historian of all things having to do with sports at Southwest. In recent years, Bob has written newsletters and sports updates for old friends and teammates. Following retirement, Bob organized the "First Friday Club" – a loosely organized group of former Southwest athletes of the forties who lunched together for years. Alas, there are now too few remaining members to call a quorum. If there were, Bob would call them to order! Bob Perkins - still busy; still getting things done for Southwest high school.





## The Lundeen Family

Classes of '70, '72, '74, '76, '77 and '81



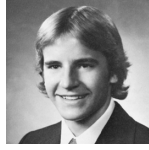
*Bob*



*Dave*



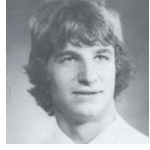
*Thom*



*Paul*



*Diane*



*Charlie*

The patriarch of the Lundeen family, Lloyd, was the National Speedskating Champion at age twelve. Lloyd played hockey for Mpls. West High School in the 1946 Minnesota State Tournament, then again in 1947, coming in 3rd Place with Lloyd making the All Tournament Team. Lloyd also starred in baseball at West, then pitched for the Minnesota Gophers. He was drafted by the New York Giants (now San Francisco), but his pitching career was cut short by injury. Lloyd's five sons: Bob, Dave, Thom, Paul, & Charlie grew up playing baseball, football, and hockey --- but concentrated on hockey in high school, earning 14 letters and 10 State Tournament appearances among them. The Lundeen's 'hit for the cycle' in their State Tournament success: Coming in 1st, 2nd, 3rd, and 4th.

Bob starred in hockey for Southwest for 4 years, helping win Southwest's (& Minneapolis') only State Championship in 1970. Bob repeated this at the University of Wisconsin --- playing 4 years and winning the NCAA Hockey Championship in 1973. After college, Bob played on the 1976 USA Olympic Team in Innsbruck, Austria. He was drafted in the 8th round by the Minnesota North Stars, and in the 5th round by the St. Paul Fighting Saints. Bob finished his competitive hockey career playing professionally in Sweden.

Dave played hockey for 3 years at Southwest, appearing in 2 State Tournaments, and finishing 3rd in 1972. After high school, Dave played Junior 'A' hockey with the St. Paul Vulcans before playing 4 years at the University of Wisconsin. The peak of Dave's college career was winning the NCAA Hockey Championship in 1977. Dave finished his competitive hockey days playing pro hockey in the Eastern Hockey League.

Thom played hockey for 3 years at Southwest, being named to the All-City Team in 1974. Thom's State Tournament teams won 3rd Place and Consolation in his two appearances there. After high school, Thom's Junior 'A' hockey team, the Jr North Stars, won the Midwest League Championship in 1975. That same year, Thom played on the USA Junior Olympic Hockey Team. Thom played for 3 years at the University of Wisconsin before returning home to win the Senior Men's State Championship with St. Paul Parkers.

Paul played hockey for 3 years at Southwest, appearing in 2 State Tournaments, and finishing 2nd in 1975. Paul's Junior 'A' team, the Bloomington Jr Stars, won the Midwest League Championship in 1977. Paul then played for two Division I hockey teams: Playing in the Frozen Four with the University of Wisconsin in 1978, before returning home to play for the Minnesota Gophers. Paul also won the Senior Men's State Championship with St. Paul Parkers in 1979.

Diane was a three year cheerleader for Southwest High School at a time when girls high school sports were few and far between.

Charlie played hockey at Southwest for 3 years, winning the City Championship and being named to the All-City Team. He also was a leader of the 1980 SW Hockey team, which was the last Southwest team to make it to the State Tournament. After high school, Charlie played hockey for 4 years at the University of Northern Michigan. Charlie finished his competitive hockey days playing pro in Germany.

The Lundeen Family definitely was a one-of-a-kind hockey family.



## Karyn Daline Polland

### Athlete – Class of '83

As women's sports begin to take hold and come on to the map, Southwest had many terrific girls participate. Karyn (Daline) Polland ('83) was an outstanding SW athlete in three sports, earning a combined 12 letters in volleyball, badminton and basketball. She was team captain in each sport her senior year. She was SW's 1983 Athena Award winner and also a member of the National Honor Society while at SW.

In Volleyball, she was all-city four times, team MVP three times, all-metro top 10 (My Magazine), a Prep All-American Girl Athlete and a recipient of the Billy Jean King Athletic Award.

As a Badminton player, she was named all-city five times and won an individual state championship five times! She never lost a badminton match!

She was also team MVP and all-city her senior year in basketball.

Karyn earned a four-year volleyball scholarship to the University of Minnesota where she continued her athletic and academic excellence. There, she played volleyball for the Gophers for four years and, in 1992, was inducted into the Golden Gopher Athletic Hall of Fame for her volleyball success. She also played volleyball for Athletes in Action in China and Japan as well as with the National Sports Festival.

Karen currently works for the Minneapolis Public Schools as a special ed assistant. She is the Southwest Lakers' Head Volleyball Coach and has been an assistant, co-head coach or head coach for the Lakers since 2007.

She has lived in South Minneapolis her whole life. She and her husband Ron have been married for 28 years and have three kids – Joshua (25), Rachel (23) and Michelle (20).





## Mike Fermoyale

### Athlete- Class of '66

When Mike Fermoyale approached SW golf coach Art Fredrickson in the spring of 1964 and asked to sign up for the golf team as a 5-foot-4-inch, 105-pound sophomore, the coach assumed that this kid was too small to be a sophomore, and that he was really a Junior High kid trying to get a Free Golf Pass under false pretenses. But the issue was resolved when Fermoyale mentioned his name. Fredrickson remembered him name from the hockey season and he relented, and allowed the undersized applicant to join the golf team.

He didn't actually get to play in competition until the fourth match of the 1965 season. Southwest was 1-2 after three matches when he was inserted into the four-player lineup at No. 2, behind Steve Carow, but the team never lost again in the 18 matches that Fermoyale played. The highlight of his junior season was the Roosevelt match. The other three Southwest players lost 2 down, 3 down and 4 down, but Fermoyale won 10 up, which meant the team won 1 up. As a senior, Mike made the All-City team in hockey, and that spring he played No. 1 for the golf team, which went 11-0 and won the City Conference championship for the first time. In the match that ultimately decided the Minneapolis title, he beat Washburn's Bill Homeyer, the best player in conference, 2 up.

Mike attended Minnesota and tried out for the golf team as a walk-on. He made the team and had a scholarship by the time he was a junior, but didn't play a full schedule until he was a senior. That year, the Gophers finished second in the Big Ten and qualified for the NCAA Championships, and Fermoyale had the lowest scoring average on the team. He won his first state golf championship in 1967, the State Jaycee Junior. He won the State Publinx in 1969 and went on to win the Minnesota State Amateur in 1970, 1973, and 1980. In addition, he won four State Four-Ball titles, the last one coming in 2001, with Steve Johnson as his partner. Both were in their 50's. That made Fermoyale and Johnson the only two Minnesota golfers to have won state championships (not counting senior or junior tournaments) in five different decades. Fermoyale was inducted into the Minnesota Golf Hall of Fame in 2011.

Mike spent most of his working life at the St. Paul Pioneer Press, covering high school sports mainly. He was responsible for putting rankings for volleyball, golf and tennis and honor rolls for gymnastics into the paper for the first time. He and his wife, Mary Stanislav, a retired United Health attorney, live in Mendota Heights, where they babysit anywhere from one to three days a week for their three grandchildren.



Under the classification of Like Father, Like Son and Daughters, all three of Fermoyale's children — son Kelly and daughters Rhiannon and Caitlin — participated in NCAA tournaments/meets during their college years.



## Forrest Tahdoahnippah

### Athlete- Class of '03

Although he was only at Southwest for his junior and senior years after transferring from St. Paul Central, Forrest left a legacy of accomplishments before leaving for Stanford on an academic-athletic scholarship.

He was an outstanding member of the cross country and track teams at Southwest. In Cross Country, he was chosen Runner of the Year, Most Valuable and served as Captain. He was a Conference and Sectional champion and twice named to the all-state team. As a junior, he placed third in the State meet and improved to second as a senior. In track, he also was Runner of the Year and a captain. He specialized in the 1600 and 3200 meter events where he consistently finished in the top spot. As a senior, he was named Southwest Male Athlete of the Year.

At Stanford, he lettered in both cross country and track. Redshirted the 2003 Cross Country season, he competed for Team USA at the IAAF World Junior Cross Country Championships in Brussels. In track, his redshirt spring season found him finishing 4th in the 10,000 meters at the US Junior National Championships. HE continued to be a valuable team member and successful finisher in the 5000 meters posting a personal best of 14:10 and in the 10,000 meters posting a personal best of 29:35. In both sports, he was an All PAC-10 Academic team selection.

After graduating with honors at Stanford, Forrest was accepted into the University of Minnesota Law School. Since he had one year of NCAA eligibility remaining, he was a welcome addition to the U of M's cross country and track teams. Continuing his combination of academic and athletic excellence, he was selected as to the All Big-10 Academic team and named an Academic All American

Forrest is currently practicing law in the Minneapolis area.





## Corey Colehour

### Athlete- Class of '63

As a senior graduating from Southwest High, it appeared that his collegiate athletic future would be in basketball since he was the Minneapolis conference leading scorer and MVP. Coach Art Fredrickson believed that he had the potential to be a success in the right college football program and told the coach at the University of North Dakota so. Corey proved him right.

Freshman weren't eligible for varsity competition, so Corey had to wait until his sophomore year to take over the UND offense. He led the team to a record of 25 wins and 4 losses during the next three years and two North Central Conference Championships. He also led his teams into the first two bowl games in the school's history. In the '65-'65 season, he was named the All Conference quarterback, North Central Conference MVP and MVP of the Pecan Bowl. By the end of his career, he was in the UND record book in every passing category including over 4500 yards on 312 completions for 36 touchdowns. Corey was honored as a member of the UND Hall of Fame and the 1894-1994 All-Century team. His jersey was retired.

After playing for the North team in the post-season, 1967 Senior Bowl, Corey entered the National Football League draft. He was drafted in the 7th round by the Atlanta Falcons. He moved to the Canadian Football league after the 1968 season and played for the Edmonton Eskimos. His trading card is still available for sale on line. In 1969 with Edmonton, Corey passed for over 2000 yards and nine touchdowns. After his professional career, he returned to UND's coaching staff for one year.

Corey is retired from investment advising and lives in Littleton, Colorado with his wife, Joyce. They have a son, Doug, and a daughter, Jane.





Thanks for being here.

### 2014 Inductees

*Allen Opsahl  
Byrl Thompson  
Wayne Sullwold  
Al Fischer  
Stephanie Schoening Spencer  
Dan Roach  
Tom Chorske  
Al Halley  
Dave Peterson  
The Meredith Family  
1970 Southwest Hockey Team  
Harvey Feldman*

### 2015 Inductees

*Tim Wahl  
Jamie Cheever  
Jack Thommen  
Clint Andrus  
Peter Graves  
Herb Schoening  
Bob Hoisington  
Rotsch Family  
1951 SW Football Team  
'69, '70, '71, '72, '73 SW  
Cross Country Teams  
Al Crary*

We look forward to seeing all of you and a few hundred more next year when we induct another group of athletes into the Hall and enjoy the 2016 All Sports Reunion.

- **Thanks to the support and efforts** of the entire Southwest Hall of Fame Committee, including Jeff Rotsch, Chair, Jim Barry, Ted Colburn, Bo Dolphin, Dan Froehlich, Ryan Lamberty, Jack Rice, Mark Gherity, and Marni Orthey-Lamberty.
- **A special thanks to** Jim Barry for his work on program editing.
- **A Big Thanks to** Jack Rice and Dolan Printing for the printing of tonight's program.

Good suggestions and positive complaints can be directed to the Hall of Fame Committee.