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Central Washington University Football All-Star Honors, 1994

Central Washington University Athletics

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Central Washington Football All-Star Honors

NAIA All-Americans

Honorable Mention

Frank Rodarte Sr. OL

Academic

Larry Bellinger Sr. WR

Jeff Nordstrom Sr. OL

CFA Mt. Rainier

First Team

Jon Kitna Jr. QB

Tom Craven Sr. RB

Larry Bellinger Sr. WR

Montreux Macon Jr. DB

Frank Rodarte Sr. OL

Pat Reddick Jr. KR

Malik Roberson Jr. DL

Rob Senatore Sr. DL

Second Team

Goreal Hudson Sr. RB

Kenny Russaw So. WR

Todd Murray So. TE

Dwane Sitler Jr. OL

Jeff Nordstrom Sr. OL

Andy Lwanga So. DL

Scott LeMaster Jr. LB

Honorable Mention

Matt Diedrick Sr. SB

Yuchan Santory So. DL

Andy Sage Sr. DL

Kentin Alford Jr. DB

Academic

Larry Bellinger Sr. WR

Jeff Nordstrom Sr. OL

Andy Lwanga So. DL

Little All-Northwest

First Team

Frank Rodarte Sr. OL

Montreux Macon Jr. DB

Second Team

Jon Kitna Jr. QB

Tom Craven Sr. RB

Larry Bellinger Sr. WR

Pat Reddick Jr. KR

Malik Roberson Jr. DL

Rob Senatore Sr. DL

Mt. Rainier League Players-of-the-Week

Jon Kitna UPS Offense*

Rob Senatore Simon Fraser Defense
*CFA Player-of-the-Week

Wildcat-of-the-Week

Eastern Oregon Tom Craven
Southern Oregon Malik Roberson
Lewis & Clark Kentin Alford
Linfield Scott LeMaster
Pacific Lutheran Goreal Hudson
Whitworth Matt Diedrick
Puget Sound Jon Kitna
Simon Fraser Rob Senatore
Western Washington

Team Awards

Captain Jeff Nordstrom
Matt Diedrick
Jon Kitna
Montreux Macom
Best Blocker Frank Rodarte
Best Tackler Malik Roberson
Outstanding Frosh Dolan Holt
Inspirational Gary Michael
MVP Tom Craven

National Rankings

Final Poll - Not ranked. Individual: Total Offense - 4. Jon Kitna. Passing - 4. Jon Kitna. Kick Returns - 7. Pat Reddick. Team: Passing - 4th. Rushing Defense - 7th.

Letter Winners: Fourth-year - Andrew Sage Third-year - Kentin Alford, Matt Diedrick, E.J. Henderson, Jon Kitna, Keith Larson, Scott LeMaster, Gary Michael, Jeff Nordstrom, Pat Reddick, Ken Russaw, Dwane Siiter, Jay Spears. Second-year - Brett Allen, Larry Bellinger, Tony Bowie, Tom Craven, Jesse Evans, Michael Henry, Rob Hill, Goreal Hudson, Ken Johnson, Jim Jordan, Andy Lwanga, Montreux Macon, Aaron Maul, Todd Murray, Kyle Parkin, Dietrich Quiring, Frank Rodarte, Yuchun Santory, Dan Wadley, B.J. Wilson. First-year - Ryan Bishop, Antoine Butcher, Brian Cartwright, Ryan Fournier, L.D. Godfrey, Sev Hoiness, Chris Holt, Dolan Holt, Michael Hostetter, Corey Judd, Brent Malmberg, Vic Martin, Andy Portman, Malik Roberson, Ron Samifua, Rob Senatore, Dustin South, Greg Stoller, Seanal Stuart, Justin Sundquist, Mark Tipton, Dan Wadley, B.J. Wilson.

Non-lettermen - Kelly Braaten, Michael Burghart, Jason Butler, Joe Duarte, Matt Ellis, Tracey Gere, Ricardo Iniquez, Mark Isaacs, Michael Jacksonm, Coco Jefferu, Greg Jewett, Jeff Johnson, Davis Lura, Tim Martin, Montra Muse, Robert Owens, Joe Pearce, Dover Perry, Cody Reid, Erik Schuster, Ryan Shuler, Mike Talamaivao, Josh Trewin, Brandon Valeria, William Westerfield, Mattias Wikstrom, Josh Woodard.

Games Started

Offense: QB - Kitna 9. RB - Craven 7, Hudson 2. SB - Sundquist 9. FL - Russaw 7, Jordan 1, Judd 1. SE - Bellinger 7, Allen 2. WT - Cartwright 6, Parkin 2, Rodarte 1. WG - Sitler 8, South 1. C - Nordstrom 9. SG - Godfrey 6, Quiring 2, Malmberg. ST - Rodarte 7, Henry 2. TE - Murray 8, Holt 1.

Defense: DT - Senatore 9, Santory 6, Samifua 3. OLB/DE - Roberson 7, Larson 6, Lwanga 4, Sage 1. LB - LeMaster 9, Maul 7, Roberson 2. FS - Michael 9. SS - Alford 9. LC - MAcon 9. RC - Bowie 6, Tipton 3. DB - Evans 7, Hoiness 2.

Team Game Bests

Rushing	Offense	Defense
Carries	47, Lewis & Clark	22, Lewis & Clark
Yards Gained	203, Lewis & Clark	59, Lewis & Clark
Yards Lost	61, Pacific Lutheran	104, Southern Oregon*
Net Yards	176, Eastern Oregon	-9, Southern Oregon

Average 4.8, Eastern Oregon (37-176) -0.2, Southern Oregon (39-minus 9)
Touchdowns 3, Eastern Oregon 2, Three times*

Passing

Attempts 67, Whitworth 20, Western Washington
Completions 35, Puget Sound 10, Simon Fraser
Interceptions 4, Western Washington 4, Southern Oregon*
Yards 523, Puget Sound 94, Western Washington
Percentage 68.6, Puget Sound (35-51) 31.3, Simon Fraser (10-32)
Touchdowns 8, Puget Sound 4, Southern Oregon, Whitworth

Receiving (Avg.) 19.1, Lewis & Clark (15-287) 7.2, Western Washington (13-94)

Total Offense

Plays 99, Whitworth 64, Pacific Lutheran
Yards 616, Puget Sound 134, Simon Fraser
Average 8.4, Puget Sound (73-616) 2.0, Simon Fraser (67-134)
Touchdowns 10, Puget Sound 6, Whitworth*

Punting

Number 8, SOSC, PLU 9, Lewis & Clark, Western Washington*
Yards 310, Southern Oregon 131, Linfield
Avg. (min. 5) 39.2, Lewis & Clark (6-235) 26.2, Linfield (5-131)

Kickoff Returns

Number 7, Whitworth, UPS 9, Puget Sound*
Yards 175, Southern Oregon 2, Pacific Lutheran
Avg. (min. 3) 35.0, Southern Oregon (5-175) 7.5, Whitworth (6-45)

Punt Returns

Number 5, Whitworth, Western Washington 6, Southern Oregon*
Yards 63, Whitworth -2, Simon Fraser
Avg. (min. 3) 12.6, Whitworth (5-63) 12.5, Southern Oregon (6-75)

Interceptions

Number 4, Southern Oregon 4, Western Washington*
Yards 80, Simon Fraser 64, Western Washington*

Scoring

Touchdowns 10, Puget Sound 6, Whitworth*
PAT Attempts 10, Puget Sound 6, Whitworth*
PAT Made 8, Puget Sound 5, Whitworth*
Field Goals 2, Eastern Oregon 2, Linfield*
Points 69, Puget Sound 44, Whitworth*

Third Downs

Attempts 19, Linfield 12, Southern Oregon, PLU
Conversions 8, Simon Fraser 2, Pacific Lutheran
Fourth Down 2, Lewis & Clark, Whitworth 3, Whitworth*
Percentage 64.2, Simon Fraser (9-14) 17.6, Lewis & Clark (3-17)

Miscellaneous

First Downs 27, Puget Sound 13, Simon Fraser
FD Rush 9, Three times 3, Three Times
FD Pass 20, Puget Sound 5, Simon Fraser
FD Penalty 3, Whitworth, Puget Sound 8, Puget Sound*
Fumbles 4, Linfield, Puget Sound 4, Three times*
Fumbles Lost 2, Three times 3, EOSC, SOSC*
Penalties 21, Puget Sound 13, Puget Sound*
Penalty Yards 233, Puget Sound 141, Puget Sound*

*Team highs are most for offense and fewest for defense except where indicated with asterik

Defensive Stats Team Individual

Primary Tackles 65, Puget Sound 9, Malik Roberson (2), Scott LeMaster
Assisted Tackles 32, Puget Sound, WWU 6, Malik Roberson, Western Washington
Total Tackles 97, Puget Sound 15, Malik Roberson, Western Washington
QB Sacks 12, Southern Oregon 5, Malik Roberson, Southern Oregon
QB Sack Yards 73, Southern Oregon 32, Andy Lwanga, Southern Oregon
Tackles For Losses 10, Whitworth, WWU 3, Kentin Alford (2), Malik Roberson, Aaron Maul
Tackle Loss Yards 34, Western Washington 13, Kentin Alford, Western Washington

Blocked Passes 5, Three times 3, Montreux Macon, Whitworth
Forced Fumbles 3, Southern Oregon 3, Andy Lwanga, Southern Oregon
Fumble Recoveries 3, Eastern Oregon, Southern Oregon 2, Mark Tipton, Linfield

Individual Game Bests

Rushing

Carries - 29, Tom Craven, Eastern Oregon; Goreal Hudson, PLU

Yards Gained - 177, Tom Craven, Eastern Oregon

Yards Lost - 52, Jon Kitna, Pacific Lutheran

Net Yards - 174, Tom Craven, Eastern Oregon

Avg. (min. 8) - 6.0, Tom Craven, Eastern Oregon (29-174)

Touchdowns - 2, Tom Craven, EOSC; Goreal Hudson, PLU

Passing

Attempts - 67, Jon Kitna, Whitworth

Completions - 31, Jon Kitna, Puget Sound

Interceptions - 4, Jon Kitna, Western Washington

Yards - 456, Jon Kitna, Puget Sound

PCT. - 68.9, Jon Kitna, Puget Sound (31-45)

Touchdowns - 7, Jon Kitna, Puget Sound

Receiving

Catches - 11, Larry Bellinger, Puget Sound

Yards - 215, Larry Bellinger, Puget Sound

Avg. (min. 3) - 29.7, E.J. Henderson, Lewis & Clark (3-89)

Touchdowns - 3, Larry Bellinger, UPS; Kenny Russaw, UPS, SFU

Total Offense

Plays - 77, Jon Kitna, Whitworth

Yards - 450, Jon Kitna, Puget Sound

Avg. (min. 10) - 9.4, Jon Kitna, Puget Sound (48-450)

Touchdowns - 8, Jon Kitna, Puget Sound

Punting

Punts - 8, Antoine Butcher, Southern Oregon
Yards - 310, Antoine Butcher, Southern Oregon
Avg. (min. 5) - 39.2, Antoine Butcher, Lewis & Clark (6-235)

Kickoff Returns

Returns - 4, Pat Reddick, Southern Oregon
Yards - 174, Pat Reddick, Southern Oregon
Avg. (min. 3) - 43.5, Pat Reddick, Southern Oregon (4-174)

Punt Returns

Returns - 4, Jim Jordan, Whitworth, WWU
Yards - 52, Montreux Macon, Eastern Oregon
Avg. (min. 3) - 11.5, Jim Jordan, Whitworth (4-46)

Interceptions

Number - 2, Jesse Evans, Gary Michael, Pat Reddick, Scott LeMaster
Yards - 58, Malik Roberson, Simon Fraser

Scoring

Touchdowns - 3, Kenny Russaw, UPS,, SFU; Larry Bellinger, UPS
PAT Attempts - 9, Ryan Bishop, Puget Sound
PAT Made - 7, Ryan Bishop, Puget Sound
Field Goals - 2, Ryan Bishop, Eastern Oregon
Field Goal Attempts - 3, Ryan Bishop, EOSC, L&C, Linfield
Points - 18, Kenny Russaw, UPS, SFU; Larry Bellinger, UPS
1994 Columbia Football Association Standings

Mt. Rainier League W L T PF PA W L T PF PA Home Away

Pacific Lutheran	5	0	0	162	65	11	2	0	340	189	5-1	6-0	
Western Washington		4	1	0	160	44	8	3	0	326	137	3-1	5-2
Central Washington	2	3	0	185	113	5	4	0	284	209	3-2	2-2	
Puget Sound	2	3	0	88	184	4	5	0	158	273	3-2	1-3	
Whitworth	2	3	0	85	161	3	6	0	197	285	1-4	2-2	
Simon Fraser	0	5	0	60	175	1	8	0	143	296	0-4	1-4	

Mt. Hood League	W	L	T	PF	PA	W	L	T	PF	PA	Home	Away
Linfield	5	0	0	205	89	8	2	0	302	159	4-2	4-0
Willamette	4	1	0	105	111	7	2	0	218	214	4-1	3-1
Western Oregon	3	2	0	108	75	6	3	0	210	148	2-2	4-1
Southern Oregon	2	3	0	165	143	3	6	0	250	262	2-3	1-3
Lewis & Clark	1	4	0	81	170	1	8	0	152	317	1-3	0-5
Eastern Oregon	0	5	0	87	163	1	8	0	173	245	1-3	0-5

NAIA PLAYOFFS: Nov. 19 - Western Washington 21 at Linfield 2; Pacific Lutheran 34 at Midland Lutheran (Neb.) 14, Eureka (Ill.) 14 at Tiffin (Ohio) 41 ; Findlay (Ohio) 30 at Westminster (Penn.) 41; Evangel (Mo.) 19 at Lambuth (Tenn.) 48; Trinity (Ill.) 20 at Northwestern (Iowa) 38; Missouri Valley 21 at Hardin-Simmons (Tex.) 49; Sioux Falls (SD) 13 at Minot State (ND) 20. Dec. 2 - Western Washington 20 at Pacific Lutheran 25; Tiffan 14 at Westminster 42; Lambuth 57 at Hardin-Simmons 54; Minot State 26 at Northwestern 28. Dec. 9 - Northwestern, Iowa 7 at Pacific Lutheran 28, Lambuth, Tenn. 6 at Westminster 46. Dec. 16 - Westminster 27, Pacific Lutheran 7 (at Portland).

CWU Rankings

Team	Offense (CFA Leader)	Defense (CFA Leader)
Total Offense	1st, 517.0 (2. PLU 469.6)	7th, 399.5 (Pacific Lutheran 308.2)
Rushing	1st, 198.5 (2. Lewis & Clark 183.1)	7th, 134.0 (Pacific Lutheran 87.3)
Passing	3rd, 318.5 (Whitworth 330.9)	12th, 265.5 (Pacific Lutheran 220.9)
Scoring	2nd, 37.9 (Pacific Lutheran 44.1)	4th, 25.3 (Linfield 17.9)

Net Punting 2nd, 34.3 (Pacific Lutheran 34.7) 9th, 33.4 (Western Oregon 25.3)
Gross Punting 4th, 36.7 (Puget Sound 41.0) 7th, 35.5 (Pacific Lutheran 32.3)

Individual Leader and CWU Players Leader
Passing 3. Kitna 294.6 Danny Figueira, Whtw, 323.5
Total Offense 3. Kitna 309.3, 16. Jones 110.4 Mark Helfrich, SOOSC, 329.1
All-Purpose 5. Jones 141.7 Jeremy Morse, LC, 168.5
Rushing 3. Jones 110.4, 8. Craven 76.1 Bill Volk, WOSC, 119.7
Receiving 7. Raley 5.6, 14. Atterberry 4.1, Jason Tobeck, Whtw, 9.9
15. Bellinger 4.1
Scoring 12. Roulst 6.4, 13. Bellinger & Jones Justin Pate, WU, & Bill Volk, WOSC, 12.0
6.0, 18. Craven 5.3
Kicking 1. Roulst 6.4 2. Jamie Thomas, PLU, 5.6
Punting 4. Carter 36.6 Todd Cooley, UPS, 41.2
Punt Returns 11. Atterberry 6.1 Brian Greene, WOSC, 13.0
Kickoff Returns 7. Hudson 20.6, 20. Hampton 14.7 Brian Greene, WOSC 26.0
Interceptions 2. Macon 6 Joshua Perkins, Linf, 7
Tackles For Losses None Ted Riddall, PLU, 31-184
Takeaways 4. Macon 6, 14. Wyrsh 5 Bryan Corbin, LC; Joshua Perkins, Linf; Ty
Angevine, Linf, 7

2nd, 416.3 (Southern Oregon 422.2) 4th, 338.0 (Western Washington 260.3) 8th, 113.7 (Western Oregon 203.2) 4th, 95.9
(Linfield 49.7) 2nd, 302.7 (Southern Oregon 313.4) 7th, 242.1 (Western Washington 184.3) 1st, 31.6 (2. Linfield 30.2) 5th, 23.2
(Western Washington 12.5) 10th, 29.5 (Western Oregon 38.4) 5th, 31.2 (Western Washington 28.7) 9th, 33.4 (Eastern Oregon
40.7) 6th, 34.6 (Western Washington 32.4) 1.