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Central Washington University Football All-Star Honors, 1995

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 Malik Roberson

Team Awards

Captain Jon Kitna
Gary Michael
Dwane Sitler
Montreux Macon
Malik Roberson
Best Blocker Dwane Sitler
Best Tackler Scott LeMaster
Outstanding Frosh Mark Doll
Inspirational Gary Michael
MVP Jon Kitna

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 - Kentin Alford, E.J. Henderson, Jon Kitna, Keith Larson, Scott LeMaster, Gary Michael, Dwane Siiter, Jay Spears. Third-year - Ken Russaw, Tony Bowie, Andy Lwanga, Montreux Macon, Aaron Maul, Mike Henry, Todd Murray, Kyle Parkin, Yuchun Santory, Dan Wadley, Craig Bill. Second-year - Brian Cartwright, Ryan Fournier, Sev Hoiness, Dolan Holt, Brent Malmberg, Malik Roberson, Dusty South, Greg Stoller, Justin Sundquist, Mark Tipton, Donnis Henry, Scott Morgan. First-year - Evan Ayres, Rico Brown, Tony Brown, Jason Butler, Jamie Christian, Zach Cooper, Mark Doll, Adrian Eggleston, Adrian Garza, Marty Greenlee, Travis Henry, Nathan Hopkes, Rico Iniquez, Michael Jackson, Casey Jacox, Coco Jeffery, Davis Lura, Bret Porter, Chad Rathburn, Shawn Raykovich, Rick Robillard, Jason Sarpy, Matt Smith, L.T. Troutman, Josh Woodward.

Non-lettermen - Bill Anderson, Ryan Carter, Jeff Corlett, Robert Cumming, Joe Duarte, Jesse Evans, Jason Frederick, Tony Lwanga, Tim Martin, Sean McCoy, Joe Pearce, Robert Reed, Brett Rogers, Chris Russell, Scott Seachrist, Ryan Sherlock, Michael Talamaivao, Brandon Valeria, Andy Wagner, Jason Woods, Jason Worsham.

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

Individual Leader and CWU Players

Passing 1. Jon Kitna 281.3
 Total Offense 1. Jon Kitna 277.9
 All-Purpose 1. Bill Volk (WOSC) 199.3, 16. Larry Bellinger 90.3
 Rushing 1. Bill Volk (WOSC) 172.9, 3. Tom Craven 85.5, 16. Goreal Hudson 27.7
 Receiving 1. Jesse Ortiz (L&C) 7.8, 5. Larry Bellinger 6.1, 20. Kenny Russaw 3.8, 22. Justin Sundquist 3.6
 Scoring 1. Bill Volk (WOSC) 8.0, 6. Larry Bellinger 6.0, 8. Kenny Russaw 5.6, 14. Ryan Bishop 5.0, 24. Goreal Hudson 4.0
 Kicking 1. Wade Gebers (WWU) 5.3, 2. Ryan Bishop 5.0
 Punting 1. Chad Ulrich (EOSC) 40.7, 7. Antoine Butcher 34.6
 Punt Returns 1. Bobby Foote (SOSC) 15.1, 7. Jim Jordan 6.4
 Kickoff Returns 1. Kevin Posey (EOSC) 28.2, 2. Pat Reddick 27.5, 7. Goreal Hudson 19.7
 Interceptions 1. Danny Ballough (UPS) and Greg Malo (WWU) 7, 3. Jesse Evans 6; 9. Gary Michael 5
 Tackles For Losses 1. Scott Easley (WWU) 20-98, 5. Malik Roberson 16-66, 19. Andy Lwanga 10-81
 Takeaways 1. Danny Ballough (UPS) 10, 6. Jesse Evans 6, 10. Gary Michael 5
 RB - Christian 11, T. Henry 3. Slot - Woodward 13. FL - Russaw 14, SE - Henderson 14. TE - Murray 12, Holt 2, D. Henry 1. LT
 - Parkin 12, Garza 2. LG - Sitler 13, Parkin 1. C - Malmberg 14. RG - South 14. RT - Doll 14.