

St. Anthony High School

Athletes of the Week

September 2009



Mary-Clare Couillard

Mary-Clare is a freshman volleyball player who is a setter for the team. She was pleasantly surprised when she was named to the varsity squad, as she only has three years of volleyball experience. In the team's first games, she has been assisting on points with her sets, as well as scoring points with ace serves. Coach Helfrey states that her defense skills are already a great asset to the team. In addition to volleyball, watch for Mary-Clare on the court this winter playing basketball and on the softball diamond this spring.



Stephen Couillard

Stephen Couillard had an outstanding performance during the football team's first home game. From the way that he played, people may think he'd been playing since pee-wees. Yet, this is his first year as a running back. Last year, Stephen ran cross country and was on the football team as the kicker. He didn't have as much experience on the field compared to others, yet that didn't show last Friday. The football team won their first game against Blake, 41-12. He was the starting running back and showed his natural ability for the sport. Stephen had five carries for a total of 109 yards and three touchdowns. His three touchdowns were scored on a rushing attempt, a pass reception, and a kick-off return. Stephen looks to be a very versatile and valuable addition to the team.



Ryan Ferkinhoff

Ryan Ferkinhoff is this week's Athlete of the Week. As a junior running back, Ferkinhoff has been an integral part of the Huskies 3-0 start with wins versus Blake, St. Paul Academy and Brooklyn Center. In this past weekend's win against Brooklyn Center, Ferkinhoff rushed for two touchdowns, pacing the Huskies in a 43-8 victory over the Centaurs. In addition to 354 rushing yards and seven touchdowns in the first three games, Ferkinhoff is also one of the best blockers on the team.