

Anna Monsen

Stoughton High School: 1999 – 2003

Head Coach: Phil Bednarek; Sprint Coach: Bob Empey

Team MVP: 4 years

High School Events & Best Performances:

100m D (11.78), 200m D (24.6), 400m D (58.78), 400m Relay (49.69), Long Jump (18' 3 1/2") & Shot Put (32' 6")

School Records Set:

55m D (7.11), 100m (11.78), 200m (24.6), 400m (58.78), 400m Relay (49.69), 800m Relay (1:45.1), 1600m Relay (4:03.3), Long Jump (18' 3 1/2"), Single Season Points (390.42) & Career Total Points (1,365.42)

Conference Highlights & Records:

4-Time 100m Champion (record of 12.18), 4-Time 200m Champion (record of 24.90), 400m Relay Champions in 2001 (record of 50.15) & 2003 Long Jump Champion

WIAA Regional Champion (Division I):

2000 – 100m & 200m; (Runner-up Long Jump & 400m Relay)
2001 – 100m & 200m; (Runner-up 400m Relay & 3rd in the LJ)
2002 – 100m, 200m & Long Jump; (3rd in the 1600m Relay)
2003 – 100m & 200m; (Runner-up 400m Dash & 4th in the LJ)

WIAA Sectional Champion (Division I):

2000 – 100m & 200m; (Runner-up 400m Relay & 3rd Long Jump)
2001 – 100m, 200m & Long Jump; (Runner-up 400m Relay)
2002 – 100m, 200m, Long Jump & 1600m Relay
2003 – 100m & Long Jump (DNR 400m & 200m)

WIAA State Meet (Division I):

2000 – Champion 100m (12.65), Runner-up 200m (25.39), 10th LJ
2001 – Champion 100m (12.27), 200m (25.14), 400m Rel (49.69) & 4th Long Jump
2002 – Champion 100m (12.29), 200m (24.90) & Runner-up Long Jump (18' 1")
2003 – Champion 100m (12.28)

All-State Honors/Rank:

2000 – 100m & 200m (2nd), 2001 – 100m, 200m & 400m Rel (1st), 2002 – 100m & 200m (1st) & LJ (2nd), 2003 – 100m (1st)

College/Post Collegiate:

University of Oklahoma, Norman, OK – B.S. in Health & Exercise

Science (2008)

Academic All-Big XII (2004-2006) University of Oklahoma Volleyball (2003-2006) & Track and Field (2007), Co-Libero of the Year in Big XII Volleyball Conference (2006), Most Improved Volleyball Player (2004), Volleyball NCAA Sweet 16 (2006) All-Conference Big XII Track Heptathlete (2007)

Other:

Currently finishing a Master's Program for Adult & Higher Education with an emphasis on Intercollegiate Athletic Administration at the University of Oklahoma, Norman, OK. Head Volleyball Coach and Wellness Center Program Assistant, Oklahoma Baptist University, Shawnee, Oklahoma; 2008-Present

Inducted 2010

