

**FRONTIER CONFERENCE NAMES  
FOOTBALL PLAYERS OF THE WEEK**

MONDAY, SEPT. 14, 2009  
FOR IMMEDIATE RELEASE

**WHITEFISH, Mont.** — Players from Carroll College and Montana State-Northern were named Frontier Conference Football Players of the Week.

**Offensive of the Week:** Jeff Van Nest, Montana State-Northern, 5'11", 190 lbs, senior, quarterback from Meridian, Idaho. In Northern's 38-37 win over Rocky Mountain College, Van Nest was 24 of 38 passing for 417 yards and two touchdowns. He also rushed for 24 yards on 6 carries. He set school records in yards passing and total yards. Other players nominated: Chris Ware of Eastern Oregon, Michael Thomas of Rocky Mountain and Gary Wagner of Carroll College.

**Defensive Player of the Week:** Pat Regan, Carroll College, 6'0", 195 lbs, junior, defensive back, from Miles City, Mont. In Carroll's 27-7 win over Montana Tech, Regan recorded six solo tackles, two assisted tackle, one sack, two pass breakups, one fumble recovery and one interception returned for a touchdown. Also nominated Thomas Ackerman of Rocky Mountain and Kasidy Gooch of Eastern Oregon.

**Special Teams Player of the Week:** Isiah Linnell, Carroll College, 6'4", 190 lbs, sophomore, punter from Eureka, Mont. In Carroll's 27-7 win over Montana Tech, Linnell had six punts for 285 yards including a 74-yard punt.. Also nominated, Rick Copsey of Eastern Oregon and Kyle Kercher of MSU-Northern.