

CASSANDRA OLSON

Volleyball:

- Most Improved, Best Defensive Player.
- All-Conference Honorable Mention Team Captain
- MVP , All-Conference , All-State

Basketball:

- 4X letter winner, Team Captain
- 2x All-Conference Honorable Mention
- 2x Best Defensive Player

Track and Field:

- 6x Letter Winner, 12x GRC Champion, 3x GRC MVP
- 5x Section Champion, 4x State participant
 - 1997 Triple Jump-8th Place
 - 1998 Triple Jump- 5th Place
 - 1998 Long Jump-2nd Place
 - 1999 Triple Jump-5th Place
 - 1999 Long Jump-2nd Place
 - 2000 Long Jump- 4th Place
- 6x All-State, 3x Team Captain
- 4x Team Field MVP

College- NDSU

3x NCAA Division II All-American

8x All NCC Performer

Member of 7 NCC Championship Teams