

MLC SportsPage



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MARTIN LUTHER COLLEGE

UMAC Fall Feature: Eliza Punzel

Q: What has been the best lesson you have learned from being a student-athlete?

A: **Value your time. Time spent working diligently in classes, gathering in chapel with the student body, and working hard with your teammates is an investment for the future.**

Q: What advice would you give to your younger self in order to be successful?

A: **Be diligent in everything: schoolwork, team commitments, building strong relationships, employment, and everything else college gives you.**

Q: What is one word you would use to describe your team?

A: **Dedicated.**



Punzel (LPS) keeps pace (2019)

UMAC Fall Feature: Ruth Buchholz



Buchholz (ALA) fired up (2018)

Q: What do you enjoy most about being a student-athlete at Martin Luther?

A: **I love that every time I put my jersey on, I get to represent my school on the court. I really enjoy being competitive in sports, but I also enjoy knowing that I am learning and preparing to become a high-performing teacher once I graduate.**

Q: What has been the best lesson you have learned from being a student-athlete?

A: **One of the biggest lessons is that your four years go quickly. It seems like just yesterday I was moving onto campus and trying out for the volleyball team.**

Q: What has been one of your favorite academic pursuits at Martin Luther?

A: **I had the opportunity to take a year off of school and teach full-time for the 2019-20 school year. I taught biology at Kingdom Prep Lutheran High School.**

This Week in MLC Athletics History . . .

On October 27, 2018, the MLC men's soccer team closed the regular season with a 6-1 win over Northland College.

Seven seniors started the game in celebration of Senior Day, and **Stephen Oelhafen '19** made the most of his opportunity by scoring three goals and adding one assist in the first 13 minutes of the first half. **Hugo Ugalde-Bemer '19**, **Joe Graumann (Lakeside)**, and **Mark Burger (MLS)** also scored in the game for MLC. Oelhafen was named UMAC Player of the Week for his efforts.

The Knights finished the season 7-3-2 in UMAC play, good for third place in the final conference standings.



Oelhafen celebrates a goal (2018)