

1990 Football Team

The 1990 Frazee football team had a record setting and memory making year. Setting team records, individual records, and being the only team to ever play in the Metro-Dome is a good starting point to what this remarkable team did. During this time, they set an all time best season record of 10-3 (6-2 regular season in a 5 class system versus a 7 class system today) defeating multiple unbeaten teams en route to the Metro-Dome. Two historic games en route to the Metro-Dome would be defeating Breckenridge on their home turf and then defeating Holdingford in the State quarterfinals when the lights went out for over thirty minutes delaying the game. Their historic run was ended by a season ending loss to DeLaSalle, which took place in the State Semifinals held in the Metro-Dome. This team supported six all-conference members along with five honorable mention members, and two second team all state players. They set team records in total offense (4,047 yards), team rushing (2,446 yards), team passing (1,601 yards), team total points (312), and one individual season reception yardage of 992 yards. Two of these records still stand today.

Gene Ulschmid

The stories alone are enough to confirm that Gene Ulschmid is a Hall of Famer: From him being the man who beat a Wahpeton sprinter that went on to become a Big Ten 100 yard dash champion or the story of the photo finish between him and Fargo Shanley's Roger Maris is enough to say, "This guy is good!" Gene was an all around student athlete. During his athletic career in the 1950's, he earned twelve letters between football, basketball, and track. Gene was a three year starter in football and four year starter in basketball. During his basketball career, he lead the team twice in scoring ending his career with 748 points, at one time holding the school record. Gene's basketball career began with the program at an all-time low and by the end of his career, the basketball program was at some of its all-time best, something of which he had a huge impact on. Gene's track career is nothing but stellar. Remember during this time, there was only one class of competition, so competition was very competitive, yet Gene placed very high in everything he competed in. Gene managed to place in the top five in the 100, 220, and long jump in the 1951 region track meet, which could be comparable to the Class "A" track meet today, a very tough task to complete placing in three individual events. He was the instrumental runner on the 880 yard relay team placing fourth in the state in 1950, just behind MPLS Washburn, Owatonna, and Robbinsdale, all schools much larger than Frazee. It was even said during his track career that he ran a time of 10.1 in the 100 yard dash, but no meet or date connected to the time to fully verify it. Among being a standout athlete, Gene was an active member in student council serving as president, junior class president, a member of FFA, One Act Play, and Choir. A true all-around student athlete, Gene is a great example for any student of any era to model themselves after.

Jennifer Hensel

Jennifer graduated in 2005 as number 6 in her class. While in high school, she competed in cross country, basketball, and track. In cross country, she was a 6 time letter winner and was named HOL All-Conference 3 times. In basketball, she lettered 4 times, was selected HOL All-Conference Honorable mention, and held the records for career assists, single season assists, and single game assists. In track, she earned 6 varsity letters and earned HOL All-Conference honors multiple times each year with individual and relay events. She also qualified for the MSHSL State Track and Field Championship meet all 6 years of her career. She was part of/competed in 12 individual or relay events and medaled in 8 of those events over those 6 years. She was the 2001 and 2005 MSHSL pole vault champion. After high school, she went on to compete as a Dragon with Minnesota State University Moorhead (MSUM) track and field team. She was a 2-time captain for the Dragons, earned NSIC All-Conference honors 21 times with individual and relay events and was a member of the Dragon's track team that won the 2006 Outdoor NSIC Championship. At the national level, Jennifer placed 10th in the USA Junior Nationals in 2006, won the 2007 and 2008 Kansas Relay, was an 8-time All-American in pole vault, 8-time Academic All-American, DII National record holder in 2008, and a 2-time DII National Champion in pole vault. After competing as an athlete, she then headed to St. Cloud State University to further her education and coach pole vault for the Huskies. While coaching at the collegiate level, she mentored one DII national qualifier and 13 NSIC All-Conference pole vaulters. Jennifer now works at BOLD High School teaching and coaching. She is the head coach for the track and field team and also coaches junior high girl's basketball and cross country. While at BOLD, she has coached multiple WCC ALL-Conference athletes, multiple 3A Sub-Section and Section champions, and helped qualify pole vaulters to the MSHSL State Track and Field meet the last 3 years. In 2014, Jennifer and her husband, Matt, coached the 2014 MSHSL girl's pole vault champion.

Mark Aho

Mark graduated from Frazee High School in 1978. He was Frazee's first ever state champion in wrestling. He compiled a high school record of 110-9-3 (in a two class system) and was a four time letter winner while also achieving four all conference awards during his wrestling career. Besides a great wrestling career, he was a four year letter winner in both football and baseball. He earned two all-conference awards in football and three all-conference awards in baseball. Not only being a great athlete, he was also a member of the National Honor Society. After high school, Mark's athletic career continued as a wrestler and baseball player for Fergus Falls Community College. While competing at Fergus Falls, Mark compiled a wrestling record of 58-14 and was voted as the Outstanding Wrestler in 1981 along with being a national qualifier. Wrapping up his athletic career, he started a very successful coaching career. He began his coaching career at M-State Fergus Falls where he was named the 1990 and 1994 Community College Coach of the Year and also earned the NJCAA Region Coach of the Year in 1990. Moving on from his college coaching, he became a phy. ed. and health teacher for the Fergus Falls Otters. He has coached wrestling for the past 21 years and baseball for the last 12. During the 2008-09 school year, Mark received the Head Coach of the Year award for both wrestling and baseball. Mark has been know as a real down to earth person and cares for his athletes. He has created an environment where mutual respect is shown from himself, athletes, and coaches. Mark has been married to his wife, Terri, for the past 35 years and have seven children and two grandchildren.