

# Golf & Academic Resume



## Ellie Sticha

Alexandria Area High School - Class of 2026

D.O.B. 10/28/08 (Age:16)

### Personal Information

**Website:** [elliesticha.com](http://elliesticha.com)

**Height:** 5' 6"

**Email:** [esticha@icloud.com](mailto:esticha@icloud.com)

**Weight:** 115 lbs.

**Personal Statement:** My love for golf started at an early age. Entering school a year younger than my peers, I have grown accustomed to interacting and competing with people who are older than me; an asset that has been beneficial to my golf game. I have participated in many golf tournaments over the years and can honestly say I learn something at every turn and can't wait to join a collegiate team and absorb as much information as I can to help take my game to the next level. I focus my tournament selection on difficulty and strength of field rather than trying to achieve and maintain a certain ranking. Additionally, I compete in as many 6,000+ yard tournaments as possible during club season but I admittedly enjoy the high school season more due to the team atmosphere. Throughout high school, I have followed a number of women's college golf teams on social media and the one thing I love to see is how much fun they are having. Whether they are practicing, working out or spending off-time together, they really seem to care about one another and enjoy each other's company. I can't wait to share my experiences with my new teammates.

Being only 16, I feel as though my game has significant upside potential and I am determined to play golf at the division 1 level. My academics and leadership skills are second to none and I will be my high school's team captain this year as we make another run for the state championship. Thank you for your time and consideration.

---

### Parent Information

**Father:** Russell Sticha

**College Attended:** University of Minnesota

**Post Graduate:** Des Moines University

**Mother:** Maureen Sticha

**College Attended:** Washburn University

**Post Graduate:** Des Moines University

### Academic Information

**Name of High School:** Alexandria Area High School

**Graduation Date:** June 2026

**ACT:** N/A

**Cumulative GPA:** 3.97

**Class Rank:** 19/329

**Academic Advisor:** Carrie Urness ([curness@alexschools.org](mailto:curness@alexschools.org))

**Registered with NCAA Eligibility Center:** Yes

**Registration Number:** 2209657766

## Academic Awards

**Nominated to National Youth Leadership Forum:** Explore STEM 2022 (Loyola University)  
**Advanced Placement Courses:** Honors Physical Science, AP Human Geography, AP Biology  
**Spotlight on Scholarship Award** (2022, 2023, 2024, 2025)  
**National Honor Society** (2025/2026)  
**National Honor Society Officer** (2025/2026)

---

## Other Extracurricular Activities

**Competitive Dance** (performed at local and regional competitions many times per year) 2011-2017  
**Performs in Plays/Musicals** (ongoing)  
**Concert Band** (Percussion-Section Leader) 2019 - current (earned letter 2025)  
**Jazz Band** (Drum Kit) 2019 - 2024  
**Pit Orchestra** (Percussion) 2022 - 2025  
**MSHSL Section Visual Arts Festival** (Original Drawing Superior Rating - 2024)

---

## Service Organizations/Volunteer Work

**Legacy of the Lakes Museum & Gardens** (Clean up, Greeter, Boat Show etc.) 2018 - current  
**V.I.B.E. Service Organization** (Voice, Influence, Build, Educate) 2021 - 2023  
**Key Club** (Community Volunteer) 2022 - 2024  
**Leadership Council** (Student Council, Community Volunteer) 2022 - current  
**Freshman Advisory Board** (Nominated by teachers, Orientation for 8th grade students to High School) 2023  
**AAHS Ambassador** (Prestigious appt to represent your school, academy and yourself to business people, educators and students) 2025-2026

---

## Employment

**Scott Dirck Golf Academy** April 2023 - December 2024  
(Scheduling Lessons, Simulator Instruction, Selling Merchandise, Help Teaching Junior Golf, etc.)  
**Swedberg Golf Academy** December 2024 - current  
(Scheduling Lessons, Selling Merchandise, Help Teaching Junior Golf, etc.)  
**Alexandria Golf Club Pro Shop** August 2025 - current  
(Scheduling tee times, selling merchandise etc.)

---

## Home Course, Trainers & Coaches

**Home Courses:** Geneva Golf Club and Alexandria Golf Club  
**Club Pro:** Grant Hanson **Phone:** (320) 762-7089 **Email:** granthanson@genvagolfclub.com  
**Swing Coach:** Scott Dirck **Phone:** (320) 219-7677 **Email:** scottd@scottdirckgolf.com  
**Club Fitting:** Josh Buckanaga **Phone:** (952) 546-1906 **Email:** josh.buckanaga@2ndswing.com  
**High School Coach:** Tim Zupfer **Phone:** (320) 763-5254 **Email:** timothyzupfer@gmail.com  
**Assistant Coach:** Lauren Stockmoe **Phone:** (320) 491-5188 **Email:** laurenstockmoe@gmail.com

## High School Varsity Golf Experience: Team

### Minnesota Central Lakes Conference Championship

2022	8th Grade	(R1:291 R2:315	<b>1st Place</b>	Pebble Lake GC/Eagle Creek GC, Fergus Falls/Willmar)
2023	Freshman	(R1:326 R2:312	<b>1st Place</b>	Rich Spring GC/Territory GC, Cold Spring/St. Cloud)
2024	Sophomore	(R1:342 R2:321	<b>2nd Place</b>	Maddens East GC/Wapicada GC, Baxter/St. Cloud)
2025	Junior	(R1:WS R2:326	<b>2nd Place</b>	Pebble Lake Golf Club, Fergus Falls)

### Minnesota Section 8AAA Championship

2022	8th Grade	(R1:338 R2:311	<b>1st Place</b>	Rich Spring GC, Cold Spring)
2023	Freshman	(R1:320 R2:325	<b>2nd Place</b>	Headwaters GC, Park Rapids)
2024	Sophomore	(R1:330 R2:344	<b>1st Place</b>	Greystone Golf Club, Sauk Centre)
2025	Junior	(R1:328 R2:334	<b>1st Place</b>	Headwaters Golf Club, Park Rapids)

### Minnesota Class AAA State Tournament

2022	8th Grade	(R1:318 R2:310	<b>1st Place</b>	Bunker Hills GC, Coon Rapids)
2024	Sophomore	(R1:346 R2:336	<b>4th Place</b>	Bunker Hills GC, Coon Rapids)
2025	Junior	(R1:331 R2:337	<b>4th Place</b>	Bunker Hills GC, Coon Rapids)

---

## High School Varsity Golf Experience: Individual (Complete Tournament File Available Upon Request)

### Minnesota Central Lakes Conference Championship

2022	8th Grade	(R1:82 R2:86, 13th/44,	Pebble Lake GC/Eagle Creek GC, Fergus Falls/Willmar)
2023	Freshman	(R1:79 R2:82, 5th/47,	Rich Spring GC/Territory GC, Cold Spring/St. Cloud)
2024	Sophomore	(R1:83 R2:82, 7th/47,	Madden’s Pine Beach East GC/Wapicada GC, Baxter/St. Cloud)
2025	Junior	(R1:WS R2:73, <b>1st/53</b> ,	Pebble Lake Golf Club, Fergus Falls)

### Minnesota Section 8AAA Championship

2022	8th Grade	(R1:102 R2:86, T31st/48,	Rich Spring GC, Cold Spring, MN)
2023	Freshman	(R1:87 R2:88, T16th/47,	Headwaters GC, Park Rapids, MN)
2024	Sophomore	(R1:78 R2:92, 6th/66,	Greystone GC, Sauk Centre, MN)
2025	Junior	(R1:76 R2:81, <b>1st/66</b> ,	Headwaters GC, Park Rapids, MN)

### Minnesota Class AAA State Tournament

2022	8th Grade	(R1:92 R2:92, T70th/88,	Bunker Hills GC, Coon Rapids, MN)
2024	Sophomore	(R1:81 R2:78, T20th/87,	Bunker Hills GC, Coon Rapids, MN)
2025	Junior	(R1:79 R2:80, T20th/88,	Bunker Hills GC, Coon Rapids, MN)

---

## Minnesota All-State Ranking

### Minnesota State High School League Class 3A All-State Ranking (iWanamaker App)

(top 20 considered All-State golfers)

<u>Year</u>	<u>iWR Differential</u>	<u>Place</u>
2022 (8th Grade)	5.443	47/769
2023 (Freshman)	5.159	80/769
2024 (Sophomore)	1.885	25/853
2025 (Junior)	0.991	<b>10/863</b>

## High School Varsity Golf Honors & Achievements

### Central Lakes Conference Performer of the Week

- \*4/21/22 Shot 38 (Eighth Grade-Varsity) Took 2nd Place (9-hole tourn.) Braemar GC Edina, MN
- \*5/20/24 Shot 80/74 for 4th/118 Tri-State Preview Invitational, Bunker Hills GC Coon Rapids, MN
- \*4/14/25 Shot 80 for 1st/67 Early Season Invitational, Eagle Creek GC, Willmar, MN
- \*5/29/25 First place Individual Section 8AAA Championship

**Most Improved Varsity Player 2022** (Lowered Varsity scoring average by 10 strokes from previous year)

### Athlete Profile Radio Station KXRA-FM 100.3

- \*6/22/24 Recognized with teammate for outstanding high school season and State Tournament

**Spotlight on Scholarship Award** (2022, 2023, 2024, 2025)

**MVP Alexandria Girls Golf Team** (2024, 2025)

**High School Varsity Letter in Golf** (2021, 2022, 2023, 2024, 2025)

**First Team All-Conference Player** (2022, 2023, 2024, 2025)

**First Team All-State Player** (2025)

**MSHSL 3A State Qualifier** (2022, 2024, 2025)

**Top 10 Central Lakes Conference Championship** (2023, 2024, 2025)

**Top 10 Class 3A Section 8 Championship** (2024, 2025)

**Top 20 Class 3A State Championship** (2024, 2025)

---

## High School Varsity Golf Notable Finishes

**Central Lakes Conference Championship**, Territory/Rich Spring GC (R1:79, R2:82, 5th/44) May 22, 2023

**Alexandria Invitational**, Alexandria GC, Alexandria, MN (77, T5/94) April 24, 2024

**Tri-State Preview Invitational**, Bunker Hills GC, Coon Rapids, MN (R1:80, R2:74, T4/118) May 17-18, 2024

**MSHSL 3A State Tournament**, Bunker Hills GC, Coon Rapids, MN (R1:81, R2:78, T20/87) June 11-12, 2024

**Early Season Invitational**, Eagle Creek GC, Willmar, MN (80, **1st**/67) April 10, 2025

**The Geneva Invitational**, Geneva Golf Club, Alexandria, MN (**71**, **1st**/56) April 26, 2025

**Central Lakes Conference Tournament**, Territory Golf Club, Sauk Rapids, MN (74, **1st**/38) May 13, 2025

**The Classic at Madden's Invitational**, The Classic at Madden's, Brainerd, MN (**72**, **1st**/90) May 14, 2025

**Central Lakes Conference Championship**, Pebble Lake Golf Course, Fergus Falls, MN (73, **T1**/53) May 22, 2025

**Section 8AAA Championship**, Headwaters Golf Course, Park Rapids, MN (R1: 76 R2: 81, **1st**/66) May 28-29, 2025

---

## Golf Camps

### Share My Passion Girls Golf Clinic-Annika Foundation

3M Open TPC Twin Cities Blaine, MN July 19, 2021

### Northland Fellowship of Christian Athletes Golf Camp

Pebble Creek Golf Course Becker, MN June 26-28, 2022

---

## Drive, Chip & Putt

### Local Qualifier Girls 14-15 Alexandria GC, Alexandria, MN July 5, 2023

Drive: 41 Chip: 31 Putt: 45 Total: 117 Place: **1st Overall, 1st Drive, 1st Chip, 1st Putt**

### Sub-Regional Qualifier Girls 14-15 Braemar GC, Edina, MN August 6, 2023

Drive: 40 Chip: 30 Putt: 60 Total: 130 Place: **1st Overall, 1st Drive, 1st Putt**

### Regional Qualifier Girls 14-15 Castle Pines GC, Castle Rock, CO September 24, 2023

Drive: 38 Chip: 26 Putt: 40 Total: 104 Place: **6th Overall, 3rd Drive** (missed 1st overall by 1 drive OB)

---

## Stroke Play Tournaments Junior (Complete Tournament File Available Upon Request)

### Geneva GC Club Championship

**Co-Ed Junior Championship 13-18**, Geneva GC Islands/Ponds, Alexandria, MN, September 2022

5,633 yds. Rating/Slope: 72.8/127 Par 72 (R1:83, 5th/14)

### Minnesota Section Junior PGA (9/18-Hole Events)

\*MNPGA, Junior Tour/Players Tour, 9-hole and 18-hole tournaments, 2019 - current (**22 tournaments on file**)

**MNPGA Junior Tour - Thumper Pond Golf Course**, Ottertail, MN August 9, 2022

5,342 yds. Rating/Slope: 71.5/127 Par 72 (R1:81, 2nd/7)

**MNPGA Junior Tour - Lake Miliona GC**, Alexandria, MN July 14, 2023

5,127 yds. Rating/Slope: 69.2/116 Par 72 (R1:81, 2nd/8)

### Minnesota Section Junior PGA (36-Hole Events)

\*MN Section Junior PGA, 36-hole tournaments, 2022 - current (**11 tournaments on file**)

**MNPGA Players Tour - Edinburgh USA/Rush Creek GC**, Maple Grove, MN July 26-27, 2022

5,709 yds. Rating/Slope: 75.6/144 Par 72 (R1:77 R2:91, 5th/20)

**MNPGA Players Tour Fall Event at Detroit CC**, Detroit Lakes, MN Sept 17-18, 2022

5,577 yds. Rating/Slope: 74/128 Par 72 (R1:92 R2:90, 7th/8)

**MN Section Girls Junior PGA Championship**, Legacy Golf, Faribault, MN June 19-20, 2023

5,779 yds. Rating/Slope: 73.8/126 Par 72 (R1:90 R2:89, T51/62)

**MNPGA Players Tour - The Classic at Maddens**, The Classic at Maddens, Baxter, MN June 27-28, 2023

5,438 yds. Rating/Slope: 72.9/133 Par 72 (R1:100 R2:85, 15th /21) \*significant bad weather

**MNPGA Players Tour - Minnewaska/Geneva**, Minnewaska/Geneva, Alexandria, MN July 26-27, 2023

5,633 yds. Rating/Slope: 73.3/129 Par 72 (R1:85 R2:81, T11th/19)

**MNPGA Players Tour - Bunker Hills GC**, Coon Rapids, MN July 1-2, 2024

5,615 yds. Rating/Slope: 72.1/124 Par 72 (R1:85 R2:78, T9/27)

**MNPGA Players Tour - Minnewaska/Geneva**, Minnewaska/Geneva, Alexandria, MN July 17-18, 2024

5,335yds./5,630 yds. Rating/Slope: 71.4/128/73.3/129 Par 72 (R1:87 R2:75, T8/22)

**MNPGA Players Tour Fall Event at Detroit CC**, Detroit Lakes, MN Sept 28-29, 2024

5,580 yds. Rating/Slope: 72.5/125 Par 71 (R1:88 R2:87, T4/6)

**MN Section Girls Junior PGA Championship**, Rush Creek GC, Maple Grove, MN July 7-8, 2025

5,696 yds. Rating/Slope: 73/139 Par 72 (R1:70 R2:83, T7/76)

**MNPGA Players Tour - Minnewaska/Geneva**, Minnewaska/Geneva, Alexandria, MN July 16-17, 2025

5,633 yds. Rating/Slope: 73.3/129 Par 72 (R1:78 R2:82, T3/20)

## Stroke Play Tournaments Junior (cont')

### Minnesota Golf Association

- Twin Cities Junior Championship**, Victory Links GC, Blaine, MN June 23, 2022  
5,560 yds. Rating/Slope: 72.1/126 Par 72 (R1:85, 5th/9)
- Minnesota State Junior Girls Championship**, Fox Hollow GC, St. Michael, MN July 11-12, 2022  
5,743 yds. Rating/Slope: 74.8/135 Par 72 (R1:93 R2:92, 51st/65)
- Minnesota State Junior Girls Championship**, Emerald Greens GC, Hastings, MN July 11-12, 2023  
6,024 yds. Rating/Slope: 72.0/120 Par 72 (R1:87 R2:83, MC, T44/61)
- Minnesota State Junior Girls Championship**, Victory Links GC, Blaine, MN June 25-27, 2024  
5,734 yds. Rating/Slope: 72.9/128 Par 71 (R1:80 R2:83, MC, 32/66)
- Minnesota State Junior Girls Championship**, Little Crow GC, Spicer, MN June 23-25, 2025  
5,799 yds. Rating/Slope: 73.0/129 Par 72 (R1:81 R2:87, 23/51)

### Tim Herron Prep Tour

- Tim Herron Prep Tour - Geneva Golf Club Islands/Marsh**, Alexandria, MN Sept. 30 - Oct. 1, 2023  
5,893 yds. Rating/Slope: 74.9/130 Par 73 (R1:86 R2:79, 1st/2)
- Tim Herron Prep Tour Championship**, Windsong Farm, Independence, MN Oct. 14-15, 2023  
6,231 yds. Rating/Slope: 75.8/137 Par 71 (R1:86 R2:90, 5/6)
- Tim Herron Prep Tour - Hudson**, Troy Burne GC/White Eagle GC, Hudson, WI August 19-20, 2024  
6,032/6,112 yds. Rating/Slope: 75.2/135, 76.7/139 Par 71/72 (R1:86 R2:84, 4/7)
- Tim Herron Prep Tour - Becker**, Pebble Creek Golf Club, Becker, MN August 24-25, 2024  
6,019 yds. Rating/Slope: 73.2/129 Par 72 (R1:85 R2:82, 2/3 (won playoff putting))
- Tim Herron Prep Tour - Alexandria**, Geneva Golf Club, Alexandria, MN October 5-6, 2024  
6,012 yds. Rating/Slope: 74.9/130 Par 71 (R1:85 R2:79, 2/3)
- Tim Herron Prep Tour Championship**, Windsong Farm Golf Course, Independence, MN October 19-20, 2024  
6,231 yds. Rating/Slope: 75.8/137 Par 71 (R1:83 R2:88, 4/5) Led tournament through hole 32.

### United States Golf Association

- US Girls Junior Championship Qualifying**, Oak Glen GC, Stillwater, MN June 6, 2023  
5,934 yds. Rating/Slope: 72.7/130 Par 72 (R1:85, 23rd/27)
- US Girls Junior Championship Qualifying**, Oak Glen GC, Stillwater, MN June 12, 2025  
6,056 yds. Rating/Slope: 74.9/132 Par 72 (R1:85, MC)

### American Junior Golf Association

- AJGA Austin Minnesota Junior Championship Qual**, Austin Country Club, Austin, MN July 18, 2023  
5,977 yds. Rating/Slope: 73.8/131 Par 72 (R1:89, Qualified)
- AJGA Austin Minnesota Junior Championship**, Austin Country Club, Austin, MN July 19-20, 2023  
5,977 yds. Rating/Slope: 73.8/131 Par 72 (R1:94 R2:89 MC)
- AJGA Austin Minnesota Junior Championship**, Austin Country Club, Austin, MN July 18-20, 2024  
5,914 yds. Rating/Slope: 73.8/131 Par 72 (R1:89 R2:82 MC)

### Other 36/54-Hole Tournaments

- Chaska Junior Invitational**, Chaska Town Course & Hazeltine National GC, July 8-9, 2024  
5,458/5,570 yds. Rating/Slope: 73/127, 73.6/132 Par 72 (R1:86 R2:92, 19/21)
- Optimist International Junior Championship Qualifier**, Les Bolstad U of M Golf Course, Minneapolis, MN June 16, 2025  
6,059 yds. Rating/Slope: 75.2/129 Par 72 (R1:78, 1st Place. Qualified for Optimist International)
- Bell Bank Red River Amateur Championship**, Moorhead CC, Moorhead, MN June 20-22, 2025  
6,163 yds. Rating/Slope: 76.4/135 Par 71 (R1:82 R2:79 R3:77, 238, T15/33) Mostly college golfers.
- Optimist International Junior Championship**, Trump National Doral, Miami, FL. July 27-29, 2025  
5,896 yds. 75.6/140, 76.2/142 Par 72/71 (R1:79 R2:83 R3:86, 46th/94. 5th in driving contest.)
- Notah Begay III MN Regional Final**, Legacy Golf Club, Faribault, MN August 11-12, 2025  
6,002 yds. Rating/Slope: 74.7/133 Par 72 (R1:82 R2:85, 13/21)



## Stroke Play Tournaments Women

### Minnesota Section PGA

**MN Women's State Open Championship**, StoneRidge GC, Stillwater, MN August 8-9, 2023  
6,052 yds. Rating/Slope: 74.9/130 Par 72 (R1:92 R2:92, 75th/78)

### Minnesota Golf Association

**Women's Amateur Championship**, Minnewaska Golf Club, Glenwood, MN July 22-25, 2024  
6,232 yds. Rating/Slope: 76.0/138 Par 72 (R1:88 R2:87 R3:93, 60/76)

**Women's Four Ball Championship**, Pebble Creek Golf Club, Becker, MN July 14-15, 2025  
6,132 yds. Rating/Slope: 71.6/134 Par 72 (R1:76 R2:78, 10/12)

---

## Match Play Tournaments

### Resorters Tournament Alexandria Golf Club

**2021 Co-Ed Age 10-12** Players: 28, Qualified for Champ Bracket: 16, Matches won: 2, Finish: Semi-Finals  
**2022 Co-Ed Age 13-15** Players: 24, Qualified for Champ Bracket: 16, Matches won: 1, Finish: Quarter-Finals  
**2023 Co-Ed Age 13-15** Players: 32, Qualified for Champ Bracket: 16, Matches won: 1, Finish: Quarter-Finals  
**2024 Co-Ed Age 13-15** Players entered: 48, Qualified for 1st Flight: 16, Matches won: 4, Finish: 1st Place  
**2025 Women's Champ** Players Entered: 32, Qualified (76) for Champ Bracket: 16, Matches won: 1, Finish: Top 8

---

## Club Golf Honors & Achievements

**Warrior Cup Invitation as a 12 y.o. Seventh Grader**  
**Invitation to the MN Section Junior PGA Player's Tour as a 13 y.o. Eighth Grader**  
**Numerous Medalist Finishes Minny/Prep/Junior Tour Events MN Junior PGA**  
**Qualified for Regional Drive, Chip & Putt Competition 2023**  
**Tim Herron College Prep Tour Tied for 2nd in Point Totals 2024**  
**Bell Bank Red River Amateur Championship 2025 (15th Place)**  
**MN Section PGA Girl's Championship 2025 (7th Place)**

---

## USGA Golf Handicap Information Network (updated 8/4/25)

**GHIN #:** 10862958

**USGA Handicap Index:** 1.1

**Gross Scoring Average:** 75.5

**Tournament Scoring Average:** 76.2

---

## Junior Golf Scoreboard Ranking (updated 8/10/25)

**Overall Rank:** 2359

**Class 2026 Rank:** 551

**State Overall Rank:** 21

**State Class 2026 Rank:** 11

**Scoring Differential:** 6.81

**Strength of Tourn.:** 100.3

## Upcoming Club Tournaments

TBD

---

[elliesticha.com](http://elliesticha.com)

*“Golf is deceptively simple and endlessly complicated. It satisfies the soul and frustrates the intellect. It is at the same time rewarding and maddening and is without a doubt the greatest game mankind has ever invented.”*

*Arnold Palmer*



[elliesticha.com](http://elliesticha.com)