

Golf & Academic Resume



Ellie Sticha

Alexandria Area High School - Class of 2026

D.O.B. 10/28/08 (Age:17)

Personal Information

Website: elliesticha.com

Height: 5' 6"

Email: 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 17, I feel as though my game has significant upside potential and I am determined to play golf at the D1 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)

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)

Central Lakes Conference Leadership Day (Chosen by school administration to represent AAHS in CLC event Sept. 2025)

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	1st Place	Pebble Lake GC/Eagle Creek GC, Fergus Falls/Willmar)
2023	Freshman	(R1:326 R2:312	1st Place	Rich Spring GC/Territory GC, Cold Spring/St. Cloud)
2024	Sophomore	(R1:342 R2:321	2nd Place	Maddens East GC/Wapicada GC, Baxter/St. Cloud)
2025	Junior	(R1:WS R2:326	2nd Place	Pebble Lake Golf Club, Fergus Falls)
2026	Senior	(R1: R2:		Blackberry Ridge/Eagle Creek)

Minnesota Section 8AAA Championship

2022	8th Grade	(R1:338 R2:311	1st Place	Rich Spring GC, Cold Spring)
2023	Freshman	(R1:320 R2:325	2nd Place	Headwaters GC, Park Rapids)
2024	Sophomore	(R1:330 R2:344	1st Place	Greystone Golf Club, Sauk Centre)
2025	Junior	(R1:328 R2:334	1st Place	Headwaters Golf Club, Park Rapids)
2026	Senior	(R1: R2:		, Greystone Golf Club, Sauk Centre)

Minnesota Class AAA State Tournament

2022	8th Grade	(R1:318 R2:310	1st Place	Bunker Hills GC, Coon Rapids)
2024	Sophomore	(R1:346 R2:336	4th Place	Bunker Hills GC, Coon Rapids)
2025	Junior	(R1:331 R2:337	4th Place	Bunker Hills GC, Coon Rapids)
2026	Senior	(R1: R2:		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, 1st/53 ,		Pebble Lake Golf Club, Fergus Falls)
2026	Senior	(R1: R2:		Blackberry Ridge/Eagle Creek)

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, 1st/66 ,		Headwaters GC, Park Rapids, MN)
2026	Senior	(R1: R2:		, Greystone Golf Club, Sauk Centre, 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)
2026	Senior	(R1: R2:		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)		
Year	iWR Differential	Place
2022 (8th Grade)	5.443	47/769
2023 (Freshman)	5.159	80/769
2024 (Sophomore)	1.885	25/853
2025 (Junior)	0.991	10/863
2026 (Senior)		

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)
- Swedberg Golf Academy Junior Cup**, Geneva Golf Club, Alexandria, MN October 12, 2025
5,893 yds. Par 73, (R1:80, 5th/15. Coed 13-18). Closest to Pin #6. 40 mph wind gusts.
- Bell Bank Red River Amateur Championship**, Moorhead CC, Moorhead, MN June 26-28, 2026
6,163 yds. Rating/Slope: 76.4/135 Par 71 (R1: R2: R3: ,) Mostly college golfers.

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 1/20/26)

GHIN #: 10862958

USGA Handicap Index: 0.6

Gross Scoring Average: 75.5

Tournament Scoring Average: 76.2

Junior Golf Scoreboard Ranking (updated 1/20/26)

Overall Rank: 2053

Class 2026 Rank: 593

State Overall Rank: 19

State Class 2026 Rank: 9

Scoring Differential: 5.78

Strength of Tourn.: 96.03

Upcoming Club Tournaments

Bell Bank Red River Amateur Championship, Moorhead CC, June 26-28, 2026

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

