

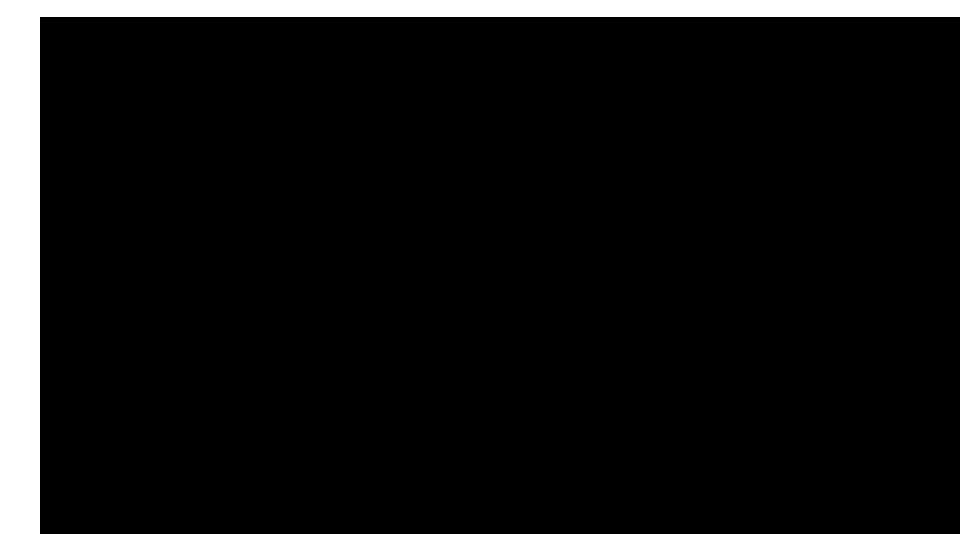
APR 28 FINAL	3	APR 28 TBA	APR 30 1:30 PM	APR 30 3:30 PM
Softball	3	Trap	Baseball	Baseball
vs Northern State University	4	vs USA College Clay Target League...	vs University of Mary	vs University of Mary

OFFICIAL ATHLETICS SITE OF THE UNIVERSITY OF MINNESOTA CROOKSTON



Golden Eagle Insider: Sarah Rauen

6/9/2020 4:26:00 PM
 By: Shawn D. Smith, Director of Athletic Communication



CROOKSTON, Minn. - We take "Golden Eagle Insider" to Zoom, as [Shawn Smith](#) and [Hunter Plante](#) talk to Head Volleyball Coach [Sarah Rauen](#). Smith and Plante talk to Rauen about what she has been doing to keep busy during the Coronavirus pandemic. In addition, we talk to Rauen about how she has kept her team engaged over the last month. Additionally, we also discuss how Rauen got into coaching, some of her major influences in coaching, as well as the 2020 volleyball team.

This is the first episode of the Golden Eagle Insider that we have done over Zoom. During the summer months, we will sit down with Minnesota Crookston coaches and athletic staff to check in to see what they have been up to, and learn more about their background before coming to Minnesota Crookston.

Related Stories

- [Minnesota Crookston Celebrates the 2023-24 Season at Second Annual Regal's Choice Awards](#)
04.24.24
- [The Central Regional Tournament Scenarios for the Golden Eagles](#)
02.22.24
- [Minnesota Crookston Women's Basketball Hosts Winona State and Minnesota State](#)
01.11.24
- [Minnesota Crookston Earns Presidents' Award for Academic Excellence](#)
12.18.23



We use cookies and other technologies.

We, along with our service providers and other third parties use cookies and other analytics, advertising, and tracking technologies on this site. Your information, including personal information and interactions with this site, may be monitored, recorded, or collected through these tools and further used or disclosed by us, our service providers and authorized third parties. To opt-out or learn more, please visit our privacy policy.

[Close](#)

For more details, please visit our privacy policy.