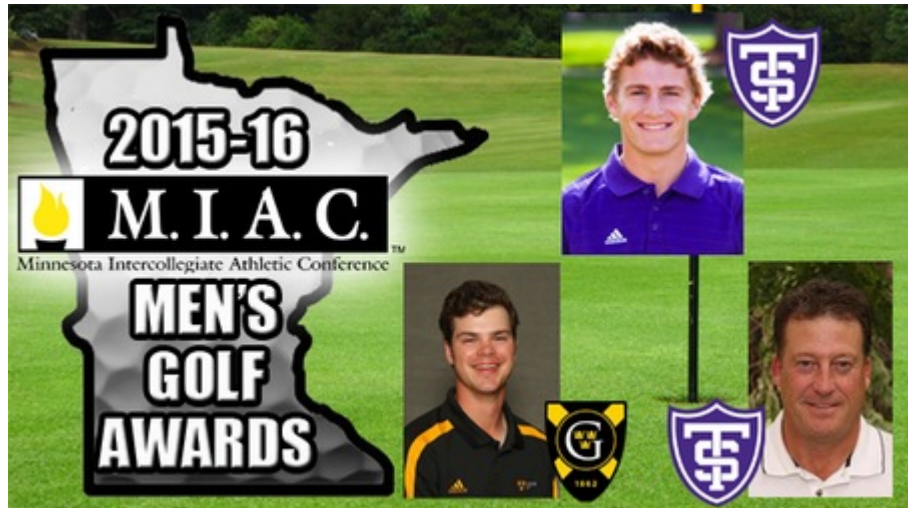


St. Thomas' Sienko headlines 2015-16 MIAC Men's Golf Awards

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BLOOMINGTON, Minn. -- A day before they tee off at the NCAA Division III Men's Golf Championships, the University of St. Thomas received good news as sophomore Pete Sienko and Head Coach Scott Proshek - along with Gustavus rookie Max Savini - were named the top Minnesota Intercollegiate Athletic Conference (MIAC) Men's Golf award-winners for the 2015-16 season.

Sienko (Spring Lake Park, Minn.) was recognized for his outstanding sophomore season with the MIAC Men's Golf Player-of-the-Year award, and his coach - Proshek (sixth season) - was named the MIAC Men's Golf Coach-of-the-Year by his peers. Savini was recognized as the MIAC Men's Golf Freshman-of-the-Year, and the All-Conference and All-MIAC Sportsmanship teams were also announced.



The Player-of-the-Year honor is a fitting cap to Sienko's stunning sophomore season, which included individual medalist honors at the 2015 MIAC Men's Golf Championships in October. There, he shot even par (216) over the three-day, 54-hole tournament to win the MIAC's individual title thanks to consistent play throughout the tournament. He was 1-under on Saturday (71), 1-over on Sunday (73) and even-par (72) on Monday to finish even for the championships.

Sienko's scoring average of 72.6 led the MIAC by more than a shot, as no other golfer in the conference recorded an 18-hole average lower than 74.0. He played in 11 events this season and earned medalist honors twice, with eight top-10 finishes, six top-five performances. Sienko also headlined the All-Conference team thanks to his MIAC Championships performance and outstanding overall season.

His coach, Proshek, was recognized by his peers for his work leading the Tommies back to the NCAA Championships in 2015-16. Proshek's team led the conference in team scoring average at 296.4, and its 18-hole score of 278 at the Saint John's Spring Invitational was the lowest in the MIAC this season by six shots. His team finished fifth or better in all 11 events, including four first-place finishes, three seconds, three fourths and one fifth-place showing.

Proshek's team finished second at the MIAC Championships in October, just one shot behind conference-champion Augsburg. The Tommies faced a large deficit after 36 holes, but shot a 296 on the final day to close the gap to just a single shot. This season, Proshek coaches Sienko to MIAC medalist and Player-of-the-Year honors and three total All-Conference selections. This is his second MIAC Coach-of-the-Year award, as he also won in 2011-12.

Savini was recognized as the league's top rookie following his breakout season. The Gustavus freshman finished in a tie for third place at the MIAC Championships with a 4-over-par 220 (74-75-71) over the three-day tournament. His 74.3 scoring average was sixth best in the MIAC and just 0.3 shots higher than the second-best mark in the league. In his first collegiate season he helped Gustavus win three tournament titles and finish with the MIAC's second-best team scoring average (296.6). Individually Savini finished in the top five three times, and had five top-10 showings.

The MIAC Golf All-Conference teams were selected using a combination of MIAC championship results and end-of-season voting. The top 10 finishers (including ties) at the MIAC championships in October automatically earned All-MIAC honors, and the coaches nominated and voted to add five additional players to the 15-member squad based on their body of work throughout the season.

In addition to Sienko and Savini, the All-Conference team was also headlined by a pair of three-time selections. Bethel senior Dillon John earned All-MIAC honors for the third-straight season, as Concordia senior Landon Poss also earned his third career All-Conference award, as he was also honored as a freshman and sophomore. Gustavus' Chris Captain, Bethel's Alex Case, Grant Exsted and Bennett Smed, Saint John's Ryan Gallagher and St. Thomas' Jack Riester all earned their second-straight All-MIAC honor.

Bethel led the way with four All-Conference selections, while St. Thomas and Gustavus had three each, MIAC champion Augsburg and Concordia each had two and Saint John's had one player honored. The team was heavy on upperclassmen with five seniors, seven juniors, two sophomores and one freshman making up the first team.

As part of a conference-wide sportsmanship initiative, the MIAC announced the 10th annual All-MIAC Sportsmanship team for men's golf. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

2015-16 MIAC MEN'S GOLF AWARDS

Player-of-the-Year - Pete Sienko, St. Thomas (So., Spring Lake Park, Minn.)

Freshman-of-the-Year - Max Savini, Gustavus (Fr., Anoka, Minn.)

Coach-of-the-Year - Scott Proshek, St. Thomas (6th season)

2015-16 MIAC MEN'S GOLF ALL-CONFERENCE TEAM

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Hometown / High School</u>
Michael Barrette	Augsburg	Jr.	Cohasset, Minn. / Grand Rapids
Chris Captain	Gustavus	So.	Rochester, Minn. / Century
Alex Case	Bethel	Jr.	Chaska, Minn.
Grant Exsted	Bethel	Jr.	Isle, Minn.
Ryan Gallagher	Saint John's	Jr.	Shoreview, Minn. / Mounds View
Brett Gaustad	Augsburg	Jr.	Woodbury, Minn. / Hill-Murray
Dillon John	Bethel	Sr.	Shoreview, Minn. / Mounds View
Andrew Krasaway	Gustavus	Sr.	Hermantown, Minn.
Cade Montplaisir	Concordia	Jr.	Mesa, Ariz. / Dobson
Nick Nielsen	St. Thomas	Jr.	Bloomington, Minn. / Jefferson
Landon Poss	Concordia	Sr.	Fargo, N.D. / South
Jack Riester	St. Thomas	Sr.	Minneapolis, Minn. / Holy Angels
Max Savini	Gustavus	Fr.	Anoka, Minn.
Pete Sienko	St. Thomas	So.	Spring Lake Park, Minn.
Bennett Smed	Bethel	Sr.	Chaska, Minn. / Holy Family

2015-16 MEN'S GOLF ALL-MIAC SPORTSMANSHIP TEAM

Augsburg - Kyle Korva (Jr., Ostego, Minn. / Rogers)
Bethel - Nick Manoles (Sr., Golden Valley, Minn. / Minnehaha Academy)
Carleton - Brian Herlihy (Sr., Danbury, Conn. / Immaculate)
Concordia - Cade Montplaisir (Jr., Mesa, Ariz. / Dobson)
Gustavus - Andrew Krasaway (Sr., Hermantown, Minn.)
Macalester - Sam Brancazio (Fy., Swarthmore, Pa. / Strath Haven)
Saint John's - Austin Zopfi (Sr., Worden, Mont. / Huntley Project)
Saint Mary's - Blake Westerberg (Sr., Red Wing, Minn.)
St. Olaf - Charlie Johnson (Sr., Excelsior, Minn. / Minnetonka)
St. Thomas - Jack Riester (Sr., Minneapolis, Minn. / Holy Angels)

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