

UST's Heydt, Lowery lead 2016 MIAC Men's Soccer Awards

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Photos courtesy of Mark Brown and Mike Ekern/University of St. Thomas.

BLOOMINGTON, Minn. – The University of St. Thomas men's soccer team has enjoyed a banner season, and the good news kept coming Thursday with the announcement of the 2016 Minnesota Intercollegiate Athletic Conference (MIAC) Men's Soccer Awards.

The MIAC regular-season and Playoff champion Tommies swept the league's top two individual awards, with senior defender Mark Heydt (Brookfield, Wis. / East) named the 2016 MIAC Men's Soccer Player-of-the-Year, and his coach – Jon Lowery (Fifth season) – named the 2016 MIAC Men's Soccer Coach-of-the-Year by his peers. The MIAC Men's Soccer Sportsmanship Award, All-Conference Team, Honorable Mention selections and All-MIAC Sportsmanship Team were also announced.

Heydt and Lowery's individual honors are certainly deserving during a historic season that is still going, as the Tommies will host an NCAA Tournament regional Saturday and Sunday. St. Thomas is currently 16-1-3 overall and went 7-1-2 (23 points) in conference play to win its first MIAC title since 1995 and first outright crown since 1993. The team then defeated Augsburg and Macalester in the MIAC Playoffs to win their first-ever conference tournament title and earn the league's automatic bid to the NCAA Tournament.

Heydt's performance and statistics during a brilliant senior campaign were certainly deserving of Player-of-the-Year honors. In overall games, he led the MIAC in points (22), assists (eight) and penalty kicks (3-for-4), he was second in goals scored (seven) and third in game-winning goals (three) while also anchoring a defense that has allowed just seven goals (0.34 per game) all season.

If it's possible, he was even better in conference play this season. In MIAC games only, Heydt led the MIAC with 15 points, six goals and three game-winning goals in 10 conference games. He also led the league in penalty kicks, going a perfect 3-for-3, and his three assists ranked fourth. Heydt helped the defense limit conference foes to just three goals with eight shutouts, an average of 0.29 goals allowed per game.

Lowery's Coach-of-the-Year honor is his first in the MIAC, coming in his fifth season at St. Thomas after two leading conference rival Hamline. This year, he coached St. Thomas to a near-perfect regular season, MIAC regular-season and Playoff titles and an NCAA bid, and his team has been ranked as high as No. 6 nationally. He coached Heydt to his Player-of-the-Year honor, and guided three players to All-Conference honors and another three to Honorable Mention accolades.

Under Lowery's guidance, the Tommies have been nearly impossible to score on in 2016. They lead the MIAC in goals allowed (seven) and goals allowed per game (0.34) overall, and their league-leading numbers in conference play (three goals allowed, 0.29 per game, eight shutouts) were even more impressive. His team scored the third-most goals in the league (31) in overall games, and tied for fifth in scoring (12) in conference play. UST will open NCAA Tournament play Saturday against St. Scholastica at 11 a.m. on its home field.

Carleton College and Macalester College were both recognized for their outstanding sportsmanship, as the two shared the MIAC Sportsmanship Award. The award honors the team with the lowest per-game card accumulation in conference play, in a system where red cards are worth two points and yellow cards are worth one. Both had just eight yellow cards in conference play, for an average of 0.8 cards per game.

In addition to his Player-of-the-Year honor, Heydt headlined the MIAC Men's Soccer All-Conference team with his second-straight selection. Macalester goalkeeper Zeke Vainer closed his standout career with his third-straight All-MIAC honor, and it also marked the second-straight selection for Macalester's Charlie Spurr and Augsburg's Barinedum Kordah. St. Olaf's Eric Frank and Saint John's Rocky Harmon also earned their second career All-MIAC awards, as both were named to the team in 2014 as well.

This season's All-Conference team included 22 players – the top 20 field players and top two goalkeepers, and it included 12 seniors, five juniors, four sophomores and one freshman. Augsburg led the way with four All-MIAC players, with St. Thomas, Macalester and Saint John's each receiving three selections. Gustavus, Carleton and Bethel had two players honored each and St. Olaf, Hamline and Concordia all had one player recognized. Any player who received at least one vote but finished outside the top 20 field players or top two goalkeepers was named to the Honorable Mention squad.



As part of a conference-wide sportsmanship initiative, the MIAC announced the 11th-annual All-MIAC Sportsmanship team for men's soccer. 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.

2016 MIAC MEN'S SOCCER AWARDS

Player-of-the-Year: Mark Heydt, St. Thomas (Sr., D, Brookfield, Wis. / East)

Coach-of-the-Year: Jon Lowery, St. Thomas (Fifth season)

MIAC Men's Soccer Co-Sportsmanship Award: Carleton College and Macalester College

2016 MIAC MEN'S SOCCER ALL-CONFERENCE TEAM

Name	Team	Year	Pos.	Hometown/High School
Zack Boerjan	Saint John's	So.	M	Woodbury, Minn. / East Ridge
Shae Bottum	St. Thomas	Jr.	M	West Lakeland, Minn. / Hill-Murray
Jake Burke	Macalester	Jr.	M	Dublin, Ireland / Shattuck-St. Mary's
Oscar Campbell	Hamline	Jr.	D	Minneapolis, Minn. / South
Joshua de la Rosa	Bethel	So.	F	Medford, Minn.
Kevin Doyle	Carleton	Sr.	M	Evanston, Ill. / Evanston Township
Justin DuQue	Saint John's	Sr.	D	Union, N.J. / St. Benedict's Prep
Eric Frank	St. Olaf	Sr.	D	Racine, Wis. / Prairie School
Ben Glogoza	Concordia	Sr.	GK	Fargo, N.D. / Fargo Shanley
Ebesa Hamid	Augsburg	So.	M	Addis Ababa, Ethiopia / Addis International Academy
Rocky Harmon	Saint John's	Sr.	F	Hudson, Wis.
Mark Heydt	St. Thomas	Sr.	D	Brookfield, Wis. / East
Danny Jaderholm	Bethel	Sr.	F	Hoffman Estates, Ill. / Barrington
Bobby Kohl	Augsburg	Jr.	D	Shorewood, Wis.
Barinedum Kordah	Augsburg	Sr.	D	Brooklyn Park, Minn. / Park Center
Johnny Mulvahill	St. Thomas	Sr.	D	Wayzata, Minn. / Benilde-St. Margaret's
Matt Murakami	Gustavus	Jr.	M	Eden Prairie, Minn.
Arthur Parens	Gustavus	So.	F	Wayzata, Minn.
Riley Phelps	Carleton	Sr.	M	Bowling Green, Ky.
Charlie Spurr	Macalester	Sr.	F	Seattle, Wash. / Roosevelt
Zeke Vainer	Macalester	Sr.	GK	Melrose, Mass.
Lionel Vang	Augsburg	Fr.	M	Little Canada, Minn. / Roseville

2016 MIAC MEN'S SOCCER ALL-CONFERENCE HONORABLE MENTION

Name	School	Year	Pos.	Hometown/High School
Stephen Baisch	Carleton	Jr.	D	Williamstown, Mass. / Deerfield Academy
Matt Bateman	Gustavus	So.	GK	Savage, Minn. / Prior Lake
Jamel Benhamida	Macalester	So.	M	Faribault, Minn. / Shattuck-St. Mary's
Peyton Boich	Augsburg	Fr.	M	Cottage Grove, Minn. / Park
Daniel Bruckbauer	Saint John's	Jr.	M	Fargo, N.D. / Fargo Shanley
Sean Butcher	Saint Mary's	Jr.	M	Cave Creek, Ariz. / Cactus Shadows
Jack Conroy	Gustavus	So.	D	Shoreview, Minn. / Totino-Grace
Garrett Grunke	Saint Mary's	Jr.	M	Verona, Wis.
Aidan Hogan	St. Thomas	So.	GK	Kohler, Wis.
Max Kent	Macalester	Fr.	D	Minneapolis, Minn. / St. Louis Park
Adam King	Hamline	Fr.	F	Redondo Beach, Calif.
Dylan Lehrer	Saint John's	Sr.	D	Prior Lake, Minn.
Shane Marshall	St. Thomas	Sr.	D	Minneapolis, Minn. / Southwest
Aaron Miller	St. Olaf	Sr.	M	Iowa City, Iowa / West
Jake Niemann	Hamline	Sr.	F	Hastings, Minn.
Matt Ouren	Gustavus	So.	M	North Mankato, Minn. / Mankato West
Austin Peterson	Concodira	So.	D	Fargo, N.D. / Davies

James Reardon	Hamline	So.	M	Waukesha, Wis. / Mukwonago
Mark Roth	Carleton	So.	D	Evanston, Ill. / Evanston Township
Patrick Roth	Gustavus	Sr.	F	Stillwater, Minn.
Alex Schnobrich	St. Thomas	Jr.	M	Hudson, Wis. / Shattuck-St. Mary's
Jared Wolt	Saint Mary's	Jr.	F	Farmington, Minn.

2016 MEN'S SOCCER ALL-MIAC SPORTSMANSHIP TEAM

- Augsburg** - Ben Henry (Sr., Manitowoc, Wis. / Lincoln)
Bethel - Sam Asfahl (Sr., Ramsey, Minn. / St. Anthony Village)
Carleton - Aidan Mullan (Jr., Iowa City, Iowa / Regina)
Concordia - Jacob Schmidt (Jr., Minot, N.D.)
Gustavus - Daniel Barnes (So., Lund, Sweden / Katedralskolan)
Hamline - Ben Sorenson (Fy., Farmington, Minn.)
Macalester - Jackson White (Fy., Danville, Calif. / San Ramon Valley)
Saint John's - Conor Failor (Jr., Bloomington, Minn. / Holy Angels)
Saint Mary's - James Larson (Sr., Poison, Mont.)
St. Olaf - Jonathan Lenz (Sr., Apple Valley, Minn. / Eastview)
St. Thomas - Paul Gwidt (Jr., Whitefish Bay, Wis.)