

MIAC Softball Athletes-of-the-Week - Feb. 29, 2016

Posted: Feb 29, 2016



MIAC Softball Player-of-the-Week
Mariah Harper, Saint Mary's
Schaumburg, Ill. / Lake Park

The Saint Mary's softball team was red-hot last week to start the 2016, led by stellar play by Mariah Harper (Schaumburg, Ill. / Lake Park). The Cardinals went

7-1 on their spring trip to Clermont, Fla., with Harper reaching base in all eight games and getting at least one hit in the first seven. Harper batted .611 (11-for-18) with 10 runs, seven RBI, four doubles and a triple to start the season in fine fashion. For her performance, the MIAC sports information directors honored Harper Monday with the first MIAC Softball Player-of-the-Week award of the 2016 season.

The Saint Mary's senior infielder was especially hot over the season's first seven games, as she hit safely in each, including four multi-hit games as her team went 6-1 in that span. She was 2-for-3 with two runs and three RBI in a 14-2 win over Johnson St., and 2-for-2 with two runs scored in an 8-6 victory over Southwestern. Harper leads Saint Mary's in nearly every offensive category, including her whopping .944 slugging percentage and .667 on-base percentage. She had 17 total bases and five extra-base hits to start the 2016 campaign.

The Cardinals hope to build on the 7-1 start with two more Florida games Monday. The team faces Rose-Hulman at 2 p.m. (central) and Neumann at 4 p.m. (central) before returning home. Saint Mary's will be back in action Friday when it takes on Dubuque (6:30 p.m.) and UW-River Falls (8:30 p.m.) at the dome in Rochester, Minn., and Saturday the Cardinals will take on Martin Luther (10 a.m.) and Millikin (12 p.m.) at the same site.



MIAC Softball Pitcher-of-the-Week

Krista Flugstad, St. Catherine
Bloomington, Minn. / Jefferson

The St. Catherine softball team started its 2016 in perfect fashion last week, with the stellar pitching of Krista Flugstad (Bloomington, Minn. / Jefferson) playing a big role in the team's first 4-0 start since 2013. The sophomore hurler went 2-0 with a miniscule 0.58 ERA in her first two appearances, as she allowed just one run on six hits with 15 strikeouts in 12 innings of work last week. For her performance, the MIAC sports information directors honored Flugstad Monday with the first MIAC Softball Pitcher-of-the-Week award of 2016.

Flugstad's 2016 debut couldn't have been much better, as she came on in relief to earn the win in an 8-0 victory Friday over UW-River Falls. The Wildcat ace allowed just one run and four walks in five shutout innings, and she struck out eight as she earned the win out of the pen. She also dazzled in her first start

Saturday with a complete-game, 3-1 win over Luther. Flugstad allowed just one earned run on five hits and seven walks and she struck out seven to get her second victory in as many days. Flugstad was also in the lineup for three of the four wins, as she batted .285 with a .545 on-base percentage.

The Wildcats at 4-0 are just one of two undefeated teams in the MIAC, among teams who have started their 2016 season. However, after the hot start, the team will now take some time off to prepare for its spring break trip to Clermont, Fla. St. Kate's will play eight games from March 20-24 before returning home to host UW-River Falls in its first home doubleheader of the season on March 29.

MIAC Softball Athletes-of-the-Week - March 7, 2016

Posted: Mar 07, 2016



MIAC Softball Player-of-the-Week

**Sara Wennerstrand,
Saint Benedict
Baxter, Minn. /
Brainerd**

Saint Benedict sophomore Sara Wennerstrand (Baxter, Minn. / Brainerd) had a day to remember Friday, as she helped her team score 17 runs en route to

a sweep of UW-Stout in St. Cloud, Minn. The versatile infielder went 4-for-7 (.571) with six RBI, three runs scored and two homers, with an off-the-charts slugging percentage of 1.429 in the two victories. For her performance, the MIAC sports information directors honored Wennerstrand Monday with the MIAC Softball Player-of-the-Week award.

Wennerstrand started the day with a solid performance - she was 1-for-3 with a run and two RBI - in a 7-0 win over the Blue Devils, but it turned out she was just getting warmed up. Her bat powered the Blazers to a 10-4 win in game two to complete the sweep, as she went 3-for-4 with two home runs, two runs scores, four RBI and a stolen base. She also had a perfect day with the glove, as she finished with seven put outs and one assist while catching the first game and moving to first base for the second. This season, Wennerstrand is hitting .429 and she leads the MIAC in slugging percentage (.929) and home runs (two).

Thanks to Friday's sweep, the Blazers improved to 3-1 on the young season. The team will now enjoy a couple weeks off to prep for its spring break trip to Clermont, Fla. Saint Ben's will be on the road from March 20 to March 26, when it will play 12 games in seven days. After that, the team will return to Minnesota to start conference play, with a home doubleheader against Concordia scheduled for April 2.



MIAC Softball Pitcher-of-the-Week

**Samantha Anderson, Augsburg
Coon Rapids, Minn. / Coon Rapids**

The Augsburg softball team opened its season with a split over the weekend that was highlighted by the tremendous collegiate debut of first-year pitcher Samantha Anderson (Coon Rapids, Minn.). The new Auggie hurler struck out 23 batters, while only allowing 11 hits, four walks and four earned runs in 15 innings of work. In her three appearances, she went 1-1 with a save and two complete games. For her performance, the MIAC sports information directors honored Anderson Monday with the MIAC Softball Pitcher-of-the-Week award.

Anderson was the tough-luck loser in a 2-1 setback in her first career start Friday against Crown. She went the distance with 15 strikeouts and just two earned runs allowed on five hits and one walk. The next day, she came in to close out a 3-1 win over UM-Morris with two strikeouts and a walk to pick up her first career save. She followed that with her first career victory in game two, as she went the distance against the Cougars with seven strikeouts and two earned runs allowed on six hits and two walks. She currently ranks fourth in the MIAC in strikeouts and seventh in ERA and opponents' batting average (.200).

The weekend split has Augsburg off to a .500 start at 2-2 overall with both losses coming by one run each, and the Auggies will take a two-game winning streak into their spring trip to Florida. The team hits the road Friday and will play 10 games in six days in Fort Myers, Fla. The team will close march with a pair of nonconference road doubleheaders against UMAC foes, then they open MIAC play on April 2 with a home doubleheader against Macalester.



MIAC Softball Athletes-of-the-Week - March 21, 2016

Posted: Mar 21, 2016



MIAC Softball Player-of-the-Week

Caroline Kivisto, Bethel Dassel, Minn. / Dassel-Cokato

Bethel senior Caroline Kivisto (Dassel, Minn. / Dassel-Cokato) blasted her way into the Royals' softball record books last week, as she homered three times to become the school's career leader with 27. The Bethel

catcher batted .353 with three homers, five runs, six RBI and five walks with a .500 on-base percentage and an

.882 slugging percentage as her team went 2-4 in six games. For her record-setting performance the MIAC sports information directors honored Kivisto Monday with the MIAC Softball Player-of-the-Week award.

Kivisto's power surge moved her career home run total from 24 to 27, and pushed her name to the top of Bethel's career list for round-trippers. She actually homered in three-straight games during a four-game stretch in which she was scorching hot last week, as she went 6-for-11 with those three homers, four runs, six RBI and three walks last week. She was 2-for-4 with a homer and three RBI against Anderson in her best performance of the week. This season, Kivisto's four home runs lead the MIAC, and she ranks eighth in walks (six), ninth in slugging percentage (.618) and 10th in both RBI (nine) and total bases (21).

The Royals' 2-4 record last week in Clermont, Fla., moved the team's overall record to 5-9 thus far in 2016. Bethel won its first-ever MIAC softball championship a year ago, and will now return home to begin its title defense after a 10-day layoff. The Royals will host MIAC Playoff champ Gustavus in a marquee MIAC-opening matchup on Monday, March 28, with the doubleheader set to start at 3:30 p.m.



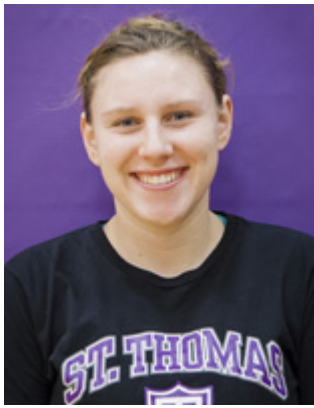
MIAC Softball Pitcher-of-the-Week

Kierstin Anderson-Glass, St. Thomas Inver Grove Heights, Minn. / Visitation

St. Thomas first-year softball player Kierstin Anderson-Glass (Inver Grove Heights, Minn. / Visitation) certainly didn't pitch like a rookie last week during her team's spring trip to Florida. The first-year sensation was 3-0 with a pair of complete-game shutouts and an 0.74 ERA. She struck out 17 hitters while allowing just two earned runs on 15 hits and no walks in 19 innings pitched. For her performance the MIAC sports information directors honored Anderson-Glass Monday with the MIAC Softball Pitcher-of-the-Week award.

Anderson-Glass started her big weekend by winning a remarkable pitcher's duel, 1-0, over UW-Whitewater Saturday. She had eight strikeouts and allowed just five hits and no walks in a dazzling performance. She won another game Saturday, as she threw five innings of relief, allowing two runs on six hits with four strikeouts, in a 5-2 victory over Hope. Sunday, she put more zeroes on the scoreboard with a 4-0 complete-game shutout win over Whitworth, in which she struck out five and allowed just four hits. Anderson-Glass is 6-2 thus far in her rookie season with an 0.65 ERA, which ranks third in the MIAC. Her four shutouts lead the league and she's second with 56 strikeouts (against just three walks) and six wins.

St. Thomas was also a 3-0 winner Monday morning to improve to 6-3 this season, and stretch its current winning streak to four games in a row. The team will play again Monday afternoon, then will have single games Wednesday and Friday and two games Thursday to complete the trip to Clermont, Fla. St. Thomas will return home this weekend, where it will rest up and prepare for conference play, which will open April 2 with the Tommies hosting St. Olaf at 1 p.m.



MIAC Softball Athletes-of-the-Week - March 28, 2016

Posted: Mar 28, 2016



MIAC Softball Player-of-the-Week

**Sara Wennerstrand,
Saint Benedict
Baxter, Minn. / Brainerd**

The Saint Benedict softball had an outstanding spring break to Florida last week behind sophomore Sara Wennerstrand (Baxter, Minn. / Brainerd), who was a run-producing machine. In 10 games,

Wennerstrand drove in 21 runs and scored eight times to help her team go 6-4. She hit .452 (14-for-31) with six doubles, seven walks, two stolen bases and a home run, and she had a .553 on-base percentage and a .742 slugging percentage. For her performance the MIAC sports information directors honored Wennerstrand Monday with her second MIAC Softball Player-of-the-Week award of 2016.

Wennerstrand drove in three or more runs in five of the 10 games, and hit safely in eight of the 10 during her spectacular week. She was 3-for-4 with four RBI and two runs in a 10-5 win over UW-Stevens Point, and added four more RBI in a 3-for-3 performance with two runs and two doubles that same day in an 11-3 win over RIT. She also had four RBI in an 18-7 win over Buffalo State and had three RBI in a 2-for-3 performance in the final game of the week, a 9-1 win over Thomas. This season, Wennerstrand's 32 RBI and 39 total bases both lead the league, and she's second in slugging percentage (.765), home runs (three) and doubles (eight), third in hits (22), sixth in runs (15) and eighth in hitting (.431). She has yet to make an error in 82 total chances while splitting time between catcher and first.

Thanks to the 6-4 week and 8-4 trip to Florida, the Blazers improved to 11-5 overall in 2016, and they'll return home riding a three-game winning streak. The team will spend this week preparing for its first MIAC doubleheader of the season, as it will host Concordia Saturday at 1 p.m. to open conference play. Sunday, CSB will also be at home with a nonconference doubleheader against St. Scholastica at 1 p.m.



MIAC Softball Pitcher-of-the-Week

**Krista Flugstad, St. Catherine
Bloomington, Minn. / Jefferson**

The St. Catherine softball team enjoyed a historic week during its spring trip to Florida, as the team went 6-0 to remain undefeated in 2016, and it also entered the top 25 national rankings. Pitcher Krista Flugstad (Bloomington, Minn. / Jefferson) continued her brilliant sophomore season as she went 3-0 with a miniscule 0.40 ERA in four appearances. She allowed just one earned run on 13 hits with no walks allowed, and she struck out 33 hitters in 17.2 innings pitched. For her performance the MIAC sports information directors honored Flugstad Monday with her second MIAC Softball Pitcher-of-the-Week award of the 2016 season.

Flugstad started with 1.2 innings of scoreless, hitless relief with two Ks in a 12-7 win over Colby, but she was just setting the stage for her next outing later that same day. The sophomore threw a five-inning, complete-game, four-hit shutout of Bowdoin, with 10 strikeouts in the 9-0 win. She also earned the win with four shutout innings of relief with eight strikeouts against four hits in a 9-2 win over Salve Regina, and she finished the week winning a pitcher's duel, 2-1 over Fontbonne, with 13 strikeouts and just one earned run allowed on five hits in the seven-inning, complete-game victory. Flugstad leads the MIAC and ranks third nationally in ERA (0.38). She also leads the conference in opponent batting average (.159), while ranking third in wins (six) and strikeouts (55) thus far in 2016. She's allowed just two earned runs on 20 hits and 14 walks in 36.2 innings this season.

The perfect 6-0 week and 8-0 trip to Clermont, Fla., helped St. Catherine stay undefeated and improve to 12-0 thus far in 2016. The team entered the NFCA Division III Coaches' Poll last week at No. 20 and are the only MIAC team among the top 25. The Wildcats have another busy week with their home opener against UW-River Falls Tuesday at 3 p.m. and a trip to UW-Eau Claire Thursday at 3 p.m., and then the team heads to Winona, Minn., to face Saint Mary's in both teams' MIAC opener Saturday at 1 p.m.

MIAC Softball Athletes-of-the-Week - April 4, 2016

Posted: Apr 04, 2016



MIAC Softball Player-of-the-Week

**Brianna Cline,
Augsburg
St. Clair, Minn. / St.
Clair**

The Augsburg softball team went 5-1 last and to already surpass last season's win total, and the red-hot bat of Brianna Cline was big reason for the Auggies'

recent surge. The sophomore utility player hit .667 last week (14-for-21) with 13 RBI, nine runs scored, four doubles, two triples and three stolen bases. For her performance the MIAC sports information directors honored Cline Monday with the MIAC Softball Player-of-the-Week award.

Cline's week couldn't have started any better, as she went 7-for-8 with three doubles, two triples, four runs scored and a remarkable nine RBI as the Auggies outscored Crown 25-2 in a doubleheader sweep. She also helped the team sweep Northwestern by going 4-for-7 with three runs and two RBI. The team split with Macalester, losing 7-5 and winning 9-0, to open MIAC play, with Cline going 3-for-6 with two walks, two runs and an RBI. This season, Cline is batting .411 with 19 RBI, 18 runs, five doubles, four triples, seven stolen bases and a .515 on-base percentage.

Thanks to the 5-1 record last week, Augsburg improved to 12-8 overall in 2016, which surpassed the team's win total in all of 2015 (9-31). The split with the Scots gave the Auggies a 1-1 MIAC start. Augsburg has a busy week of conference play ahead, starting with a Wednesday 3:30 p.m. home doubleheader against St. Thomas. Saturday, the team plays two at Gustavus starting at 1 p.m., and Sunday heads to Carleton for another 1 p.m. twin bill.



MIAC Softball Pitcher-of-the-Week

**Hannah Heacox, Gustavus
Stillwater, Minn. / Stillwater**

The Gustavus softball team went 4-2 last week against tough competition, with three of the four wins coming courtesy of the pitching of Hannah Heacox (Stillwater, Minn.). The Gustie junior went 3-0 in four appearances with a 3.04 ERA and all three wins coming via complete games. She struck out 29 batters while allowing 10 runs on 16 hits and 12 walks in 23.0 innings pitched. For her performance the MIAC sports information directors honored Heacox Monday with the MIAC Softball Pitcher-of-the-Week award.

Heacox started her big week with a complete-game 7-4 win over defending MIAC champion Bethel. She struck out four while allowing four runs on eight hits and five walks to prevail in the showdown of the conference's regular-season and Playoff champions. She then registered double-digit strikeouts in a pair of wins in Iowa over the weekend. Heacox struck out 11 in a complete-game, 6-4 win over Dubuque, and she

had 12 Ks in a 6-2 complete-game win over Central. She also threw two scoreless innings of relief with two more punch outs. This season, Heacox is 7-1 with a 2.61 ERA. She is fourth in the MIAC in wins, third in strikeouts (72), and 11th in opponent batting average (.211).

Thanks to the 4-2 week, Gustavus improved to 10-6 overall, and the split with the Royals placed the Gusties in a group of six 1-1 teams after the first MIAC doubleheaders. This week, Heacox and company have a big week in the conference, starting with a 3:30 p.m. twin bill at Hamline on Wednesday. Saturday Gustavus hosts Augsburg for a MIAC doubleheader at 1 p.m. and Sunday they'll play two at Saint Benedict starting at 1 p.m.



MIAC Softball Athletes-of-the-Week - April 11, 2016

Posted: Apr 11, 2016



MIAC Softball Player-of-the-Week

Robyn Rohr, St. Catherine
Lakeville, Minn. / North

The St. Catherine softball team continued its outstanding 2016 campaign by going 3-1 in MIAC play last week, including a sweep of defending champion

Bethel Sunday, behind the red-hot bat of Robyn Rohr (Lakeville, Minn. / North). The senior hit .526 (10-for-19) with an .895 slugging percentage and nine RBI, six runs, four doubles and one huge grand slam.

She also extended her hitting streak to 19-straight games, which is a Wildcat school record, and the longest active streak in the MIAC. For her performance the MIAC sports information directors honored Rohr Monday with the MIAC Softball Player-of-the-Week award.

Rohr's week included a big game and an unforgettable inning against defending champion Bethel. Trailing 6-3 in the top of the seventh, Rohr doubled and scored to start the remarkable rally, and she came up again later in the inning and smashed a grand slam to put the exclamation point on a dramatic 12-6 victory. She was 4-for-5 with six RBI, the home run, two doubles and two runs scored, then went 3-for-5 with a double, two runs and two RBI in a 9-0 win over the Royals to complete the sweep. Rohr also went 3-for-9 with two runs, a double and an RBI in a split with St. Olaf earlier in the week. The St. Kate's senior ranks fourth in the MIAC in batting average (.465), second in RBI (26) and seventh in runs (20) and also leads her team in hits (33).

The 3-1 week helped St. Catherine improve to 17-2 overall in 2016, and 4-2 in conference play, which has the team alone in fourth place. St. Kate's is ranked No. 17 in the nation by the NFCA Coaches' Poll, and will start a busy week at home with a much-anticipated top-25 showdown. Tuesday, the team will host No. 20-ranked St. Thomas at 3:30 p.m. in a marquee MIAC matchup. The team will also host Carleton for a MIAC doubleheader Thursday at 3:30 p.m., and will also welcome Augsburg to St. Paul for a 1 p.m. twin bill Saturday.



MIAC Softball Pitcher-of-the-Week

Hannah Heacox, Gustavus
Stillwater, Minn. / Stillwater

Gustavus ace Hannah Heacox (Stillwater, Minn.) continued her brilliant start to the 2016 conference season in a sweep over Saint Benedict. The junior pitcher was the winner in both games, allowing just two earned runs (0.93 ERA) on 17 hits and one walk with 14 strikeouts in 15 innings pitched, including an outstanding eight-inning relief performance to help her team rally for a 10-inning win. For her performance the MIAC sports information directors honored Heacox Monday with her second-straight MIAC Softball Pitcher-of-the-Week award.

Heacox got the nod in game one of Sunday's twin bill and did her job beautifully, going the distance in a 5-1 win without allowing an earned run, as she held the Blazers to eight hits with no walks and nine strikeouts in seven innings. Then, with her team trailing 5-2, she was called to pitch again in game two in the third inning and she battle for eight innings as her team won, 10-8, in the 10th. Heacox allowed three runs (two earned) on nine hits and one walk with five strikeouts as her team rallied from a 5-0 deficit to eventually earn the win. She is now 9-2 in 2016, with her nine wins ranking second in the MIAC. Her 86 strikeouts are the third-most in the league, and her 2.28 ERA is sixth-best in the MIAC.

Thanks to the sweep of Saint Ben's, Gustavus is now 12-6 overall and 3-1 in conference play, alone in third place in the MIAC standings. Heacox and company have a huge week coming up with four MIAC doubleheaders on the schedule. The Gusties visit Hamline Tuesday (3:30 p.m.), then host Augsburg Wednesday (3:30 p.m.), Macalester Thursday (3:30 p.m.), and Saint Mary's on Saturday (1 p.m.).

MIAC Softball Athletes-of-the-Week - April 18, 2016

Posted: Apr 18, 2016



MIAC Softball Player-of-the-Week

**Kate Deming, Saint Benedict
Bloomington, Minn. / Jefferson**

The Saint Benedict Softball team faced a daunting schedule last week with four MIAC doubleheaders in five days, but the Blazers and rookie outfielder Kate

Deming (Bloomington, Minn. / Jefferson) were up to the challenge. The team went 5-3, with its three losses coming by a total of five runs, and Deming hit safely in each of the final seven games to finish the week with a .406 batting average (13-for-32) to go along with seven runs, seven RBI, three doubles, a home run and three stolen bases, in addition to perfectly handling all 13 of her chances in the field. For her performance the MIAC sports information directors honored Deming Monday with the MIAC Softball Player-of-the-Week award.

Deming's week started with an 0-for-3 day in a 4-1 win against Concordia, but she got at least one hit in each of her next seven games, including a pair of two-hit games and two three-hit games. She was 3-for-4 with two doubles, two runs and two RBI in an 8-4 win to complete the sweep against Concordia, then went 5-for-9 with four runs, two RBI and a homer in a sweep of Augsburg. Deming also went 3-for-8 in a split with St. Olaf and 2-for-8 in a pair of narrow losses to defending MIAC champ Bethel. During her rookie season, Deming has hit .398, which ranks ninth in the MIAC. She leads the conference in runs scored (36), is second with 16 stolen bases and two triples, and she ranks third in total bases (61).

Thanks to the 5-3 record against last week's busy schedule, the Blazers are now 18-12 overall and an even 6-6 in conference play. The team is currently alone in sixth place and in contention for the four-team MIAC Playoffs. This week, Deming and Saint Ben's are set to host Hamline Wednesday at 3:30 p.m. and first-place St. Thomas Sunday at 1 p.m. around a Saturday trip to Macalester for a 1 p.m. MIAC doubleheader.



MIAC Softball Pitcher-of-the-Week

**Kierstin Anderson-Glass, St. Thomas
Inver Grove Heights, Minn. / Visitation**

St. Thomas rookie Kierstin Anderson-Glass (Inver Grove Heights, Minn. / Visitation) continued to dazzle on the mound in her first collegiate season, as she was 4-1 with a save and a 0.46 ERA in seven appearances last week. Over 30.1 innings pitched, the Tommie first-year pitcher struck out 40 hitters and allowed just two earned runs on 17 hits and three walks with two complete games. For her performance the MIAC sports information directors honored Anderson-Glass Monday with her second MIAC Softball Pitcher-of-the-Week award of the 2016 season.

Anderson-Glass started the week with a tough-luck, 1-0 loss Tuesday to nationally-ranked St. Catherine, where she pitched the entire game and allowed just one run on four hits and a walk with 5 Ks, but she bounced back to pick up the save in a 5-2 win in game two. She followed by throwing seven scoreless

innings in a sweep of Hamline Thursday, and retired 27-of-29 batters faced to pick up two wins in a sweep of Concordia Saturday. Sunday, she went the distance with 11 strikeouts in a 3-1 victory over Carleton. This season, Anderson-Glass is 17-3 with two saves. She leads the MIAC in wins (17), shutouts (six), strikeouts (147) and opponent batting average (.169). She's ranked second with a 0.95 ERA and third in innings pitched (117.2) and strikeouts per game (8.75).

Thanks to last week's 7-1 record, St. Thomas is now 26-4 overall and 13-1 in conference play, and the team has won seven in a row and 24 of its last 25. The Tommies are alone in first place, with a two-game lead in the loss column over second-place Gustavus. This week, UST hosts Macalester Wednesday at 3:30 p.m. and Gustavus for a huge doubleheader Saturday at 1 p.m. Anderson-Glass and company will wrap up another busy week Sunday with a doubleheader at Saint Benedict at 1 p.m.

MIAC Softball Athletes-of-the-Week - April 25, 2016

Posted: Apr 25, 2016



MIAC Softball Player-of-the-Week

**Morghan Bean, Macalester
Muscatine, Iowa /
Muscatine**

The Macalester softball team emerged with a 3-3 record against a tough slate of MIAC opponents last week behind the big bat of Morghan Bean (Muscatine, Iowa). The sophomore utility player hit .400 (8-for-20) with 12 RBI,

eight runs and three home runs, and she had a .455 on-base percentage and a slugging percentage of .850.

Bean also had the game-winning hit in a historic upset of 13th-ranked St. Thomas. For her performance the MIAC sports information directors honored Bean Monday with the MIAC Softball Player-of-the-Week award.

Bean hit safely in each of Macalester's final five games, including three multi-hit performances. In the upset over St. Thomas, she hit a two-run homer in the fifth to pull her team within one, then finished the job with a two-run, go-ahead single in the top of the seventh. She was 2-for-4 with four RBI. She had another big day Saturday, as she went 3-for-6 with six RBI, a home run and two runs scored as the Scots swept Saint Benedict, 4-3 and 7-5. This season, Bean shares the MIAC lead with seven home runs and her 35 RBI are third-most in the conference. She's hitting .330 with 21 runs scored and 66 total bases.

Thanks to their big week, Macalester improved to 13-23 overall and 6-12 in conference play. The Scots are currently in 10th place in the MIAC, just a game behind the team in seventh. This week, Macalester hopes to wrap up the regular season in strong fashion with a MIAC doubleheader Wednesday at home against St. Kate's at 4:30 p.m., and Saturday the Scots travel to St. Olaf for a 1 p.m. twin bill to close the 2016 campaign.



MIAC Softball Pitcher-of-the-Week

**Sophie Migacz, Macalester
McHenry, Ill. / West**

The Macalester softball team had a strong week, splitting six games against three strong opponents, and rookie pitcher Sophie Migacz (McHenry, Ill. / West) was on the hill for all six. The first-year went 3-3 with a 4.24 ERA with three complete games and 13 strikeouts in 31.1 innings pitched. She was on the mound for her team's first win over St. Thomas since 1996. For her performance the MIAC sports information directors honored Migacz Monday with the MIAC Softball Pitcher-of-the-Week award.

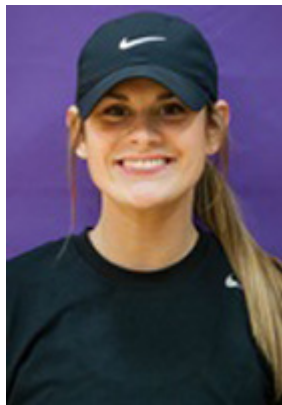
Migacz started with a strong showing against 13th-ranked St. Thomas. She allowed just two earned runs in a complete-game, tough-luck loss (2-0) in game one, then struck out five while going the distance again in the team's historic 6-5 victory over the Tommies in game two. Migacz also earned both wins in a Saturday sweep of Saint Ben's, allowing just four earned runs on 11 hits with no walks and five strikeouts in 12 innings pitched

against the Blazers. This season, Migacz is 10-10 with a 3.79 ERA and 81 strikeouts in 123.2 innings. She's second in the MIAC in complete games (13), fifth in shutouts (two) and eighth in both wins (10) and strikeouts (81).

Thanks to their big week, Macalester improved to 13-23 overall and 6-12 in conference play. The Scots are currently in 10th place in the MIAC, just a game behind the team in seventh. This week, Macalester hopes to wrap up the regular season in strong fashion with a MIAC doubleheader Wednesday at home against St. Kate's at 4:30 p.m., and Saturday the Scots travel to St. Olaf for a 1 p.m. twin bill to close the 2016 campaign.

MIAC Softball Athletes-of-the-Week - May 2, 2016

Posted: May 02, 2016



MIAC Softball Player-of-the-Week

Micaela Trainor, St. Thomas
Winona, Minn. / Cotter

The St. Thomas softball team closed its regular season by going 6-0 and winning the MIAC championship last week, with Micaela Trainor (Winona, Minn. / Cotter) leading the way. The senior 3B hit .565 (13-for-23) with

14 RBI, five runs scored, three home runs and two doubles and smashed a grand slam to record her 100th career hit. For her performance the MIAC sports information directors honored Trainor Monday with the MIAC Softball Player-of-the-Week award.

Trainor opened the week with a 5-for-8 performance with five RBI, two runs and a homer in a sweep of Saint Benedict, and she was 5-for-8 again Saturday with a double, a homer, two RBI and two runs as UST swept Bethel to lock up the MIAC title. Sunday, Trainor was 3-for-7 with seven RBI, a home run, a double and a run scored, including her milestone grand slam for her 100th career hit to break open a close game in a sweep of UW-Oshkosh. This season, Trainor's 45 RBI rank second in the MIAC, and she's also second in total bases (79) and triples (three). She's hitting .380 and is third in the MIAC in slugging (.653), fifth in home runs (five) and eighth in hits (46).

Thanks to the big final week, St. Thomas finished the regular season with a 35-5 overall record, and a 20-2 record to win the MIAC regular-season championship by at least three games. In addition to their title, the Tommies also earned the No. 1 seed in the MIAC Playoffs, and the right to host the entire tournament. UST will open the postseason against the No. 4 seed Friday at 2:30 p.m., and the tournament will continue Saturday and Sunday. The Tommies enter the Playoffs on an eight-game winning streak, and they're winners of 16 of their last 17 games.



MIAC Softball Pitcher-of-the-Week

Katie Jo Delisle, St. Thomas
Waterville, Minn. / Mound-Westonka

The St. Thomas softball team finished off the regular season - and a MIAC championship - with a 6-0 record last week, and pitcher Katie Jo Delisle (Waterville, Minn. / Mound-Westonka) was directly responsible for half of those wins. The senior went 3-0 last week with a 0.39 ERA and two complete games - a one-hitter and a two-hitter. She allowed just one earned run on six hits and two walks while striking out 11. For her performance the MIAC sports information directors honored Delisle Monday with the MIAC Softball Pitcher-of-the-Week award.

Delisle helped her team finish off the MIAC title by throwing a complete-game win in a pair of conference sweeps of Saint Ben's and Bethel. She didn't allow an earned run in either game, including a one-hit masterpiece with no walks and seven strikeouts in a win (6-1) over the Blazers, and a two-hit, complete-game shutout with two Ks and one walk in a 5-0 victory over Bethel. She also worked four innings, allowing one run on three hits and one walk and two strikeouts in an 8-0 victory over UW-Oshkosh Sunday. This season, Delisle is 11-1, and she ranks third in the MIAC in ERA (1.48), fourth in opponent batting average (.192), sixth in shutouts (two) and seventh in wins (11).

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