

2016 MIAC Softball Preview and Preseason Coaches' Poll

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2016 MIAC Softball Conference Preview

BLOOMINGTON, Minn. -- There was definitely a changing-of-the-guard in the Minnesota Intercollegiate Athletic Conference (MIAC) in 2015, as Bethel University won its first softball regular-season championship, and Gustavus Adolphus College won its first MIAC Playoff title. Now, as the 2016 season begins, that newfound parity appears to be here to stay with numerous teams aspiring to win the MIAC title or earn a Playoff bid this spring.

The MIAC titles won by the Royals and Gusties ended a pair of impressive streaks by the University of St. Thomas, as Bethel interrupted UST's streak of five regular-season titles in a row, and Gustavus became the only team not named St. Thomas to win the MIAC Playoffs in the 12-year history of the tournament.

In 2016, Bethel and Gustavus enter with strong returning rosters and high hopes to add more hardware to their collection. However, St. Thomas also has a strong nucleus back and an eye on returning to the top of the conference. Hamline also has a veteran-laden team that just missed out on the MIAC title a year ago, and the Pipers are hungry for another shot at the title.

The Royals went 18-4 (28-15) in conference play a year ago to win the league title by a single game over Hamline (27-13, 17-5 MIAC) in a race for the title that came down to the final doubleheader. The Gusties (34-16, 16-6 MIAC) and Tommies (35-12, 16-6 MIAC) each won at least 34 games, reached the NCAA Tournament, and shared third place to round out the formidable four-team Playoff field.

St. Catherine showed marked improvement in 2015, as the Wildcats were just a game behind Gustavus and UST in fifth with a 15-7 conference record (28-10 overall). Saint Benedict (22-18, 11-11 MIAC) and Saint Mary's (18-20, 11-11 MIAC) both went .500 in the conference and shared sixth place. St. Olaf (15-25, 10-12 MIAC) was seventh, Macalester (19-20, 7-15 MIAC) was eighth and Carleton (11-27, 4-18 MIAC), Concordia (13-24, 4-18 MIAC) and Augsburg (9-31, 3-19 MIAC) rounded out the 2015 standings.

Now, with the 2016 season set to begin, the conference appears headed for one of the most memorable seasons in history with so many teams hoping to contend for the championship and postseason bids. Can Bethel defend its first-ever MIAC title? Will Gustavus use last season's Playoff run as a springboard to further success in 2016? Will St. Thomas return to its perch atop the standings? Can Hamline or another contender ascend all the way to the top of the standings? It's sure to be an exciting spring as the MIAC's teams answer those big questions on the diamond.

THE POLLS ARE IN

Further evidence that the 2016 season could shape up with an unforgettable battle for the MIAC championship comes in the form of the 2016 MIAC Softball Preseason Coaches' Poll. Four different teams received at least two first-place votes, with all four receiving at least 91 points. The coaches expect it to be crowded at the top, which should result in an entertaining, drama-filled season.

St. Thomas received four first-place votes and 111 points to headline the preseason poll, but defending MIAC Playoff champ Gustavus was just one point behind with a score of 110, and three first place votes. Defending regular-season champion Bethel is also expected to contend once again with 100 points and three first-place votes, and Hamline had two first-place votes and 91 points in first.

St. Catherine, Saint Benedict and Saint Mary's are also expected to contend for one of the spots in the four-team MIAC Playoffs. The Wildcats were fifth in the poll with 82 points, the Blazers were seven points back (75) in sixth and Saint Mary's had 64 points in seventh place. St. Olaf received 46 points to finish eighth in the poll, with Macalester (39) and Carleton (36) right behind the Oles, and Augsburg (20) nipped Concordia (18) by two points for 11th place to round out the preseason predictions.

PLAYERS TO WATCH

The Tommies were an NCAA tournament team a year ago after finished second in the MIAC Playoffs and fourth in the regular-season standings, and UST expects to be back in title contention in 2016 despite the graduation of three-time MIAC Pitcher-of-the-Year Kendra Bowe. Versatile pitcher/hitter Katie Jo Delisle returns as does shortstop Megan DuPuis after both earned All-Region honors in 2015. Catcher Micaela Trainor also returns behind the plate for Head Coach John Tschida's club.

Gustavus graduated some key players from its MIAC Playoff title team last season, including star pitcher Sarah Rozell, but Head Coach Jeff Annis' team has plenty of talent back with an eye on a return trip to the NCAA tournament. Pitcher Hannah Heacox returns after earning All-MIAC honors with a 1.64 ERA in 2015, and utility players Jena Willis and Jessica Williams are both back after batting better than .323 a season ago.



Bethel also has a significant hole to fill, as All-American shortstop Angie Jackson graduated after winning two MIAC Player-of-the-Year honors in her career. However, the Royals hope to repeat with lots of players back with championship experience. Pitcher Karli Persson and catcher Caroline Kivisto are both two-time All-MIAC selections back for their senior seasons, and infielder Kal Sorenson also returns for the defending champs.

Hamline finished in a tie for second a year ago, and hopes to take that elusive next step toward a MIAC title in 2016 behind a supremely talented lineup. Senior shortstop Jamie Rubbelke and junior 2B Mary-Clare Couillard form one of the best middle infield tandems in the conference after both earned All-MIAC honors in 2015, and senior Amanda Orrell is also back to patrol the Piper outfield.

St. Catherine's improvement was one of the top stories in the MIAC a year ago, as the team just missed out on a Playoff bid. The Wildcats' young nucleus is back with All-MIAC pitchers Krista Flugstad and Megan Lindenfesler leading the way, and senior infielder Robyn Rohr was also an All-Conference pick after scoring 43 runs in 2015. Saint Benedict also has intentions of reaching the postseason with a trio of sophomores leading the way in St. Joseph. All-MIAC Honorable Mention catcher Sara Wennerstrand, pitcher Kiela DeVlaminick and infielder Becky Gigstad are all back after breakout rookie seasons in 2015.

Saint Mary's has some big bats back in Winona as it also looks to get back into the postseason picture. Junior Ashley Betzold was an All-MIAC selection for her combined work on the mound and at first base, outfield Kathi Opsahl is back after hitting .355 and sophomore Stanzy Snyder joins Opsahl in the outfield after earning All-MIAC honors as a rookie. St. Olaf returns most of its key players, as Jessica Bentley led the MIAC with 10 home runs and earned All-MIAC honors in 2015. Infielder Stephanie Borndale was an All-MIAC Honorable Mention pick, and fellow infielder Woo Bandel is also back.

Macalester will have to replace three-time All-MIAC picks Sasa Wilson and Miranda Stokes, but senior outfield Abby Cox, junior catcher Nikki Caicedo and sophomore outfielder Lisa Semro are all expected to increase their production and lead the Scots in 2016. Carleton returns nearly its entire lineup intact as the Knights enter the season with hopes to ascend in the standings. All-MIAC junior Cassie Clarke and her .364 batting average are back in the lineup, pitcher Keelin Davis is back on the mound, and Katie Eppard returns to the outfield after batting .319 in her rookie season.

Augsburg has hopes to move up in 2016, bolstered by the return of All-MIAC Honorable Mention infielder Jenna Orth, senior catcher Sarah Buckner and utility player Lauren Hurley, who can play in the infield, outfield or behind the plate. Concordia showed improvement in 2015 and hopes to continue that trend in 2016. The Cobbers have All-Conference outfielder Madison Little back to lead the way, and junior Abigail Haraldson is Concordia's top returning pitcher.

CIRCLE THESE DATES

Though the remains of winter are still on the ground in Minnesota, the softball season officially begins Wednesday, with both Saint Mary's and Concordia opening their seasons on spring break trips to Clermont, Fla. Saturday, several MIAC teams throw out their first pitch with indoor games in Rochester, Minn., and the nonconference season will continue with dome contests and trips to warmer locations throughout February and most of March.

A big day on the 2016 calendar is Saturday, April 2, as that's when conference play begins. In 2016, the MIAC unveils a new schedule format, with some conference doubleheaders moved to Sundays in April to eliminate some of the mid-week missed class time. Each MIAC team will play 11 doubleheaders - one against each conference foe - with the MIAC regular-season set to conclude on Saturday, April 30.

The MIAC Playoffs will be held Friday, May 6, through Sunday, May 8, in the second year of the new high-seed host format. The tournament's No. 1 seed will earn the right to host the entire four-team, double elimination tournament, with two games May 6, three on May 7, and one or two championship games on May 8. If the No. 1 seed is unable to host, the right to host will be offered to No. 2, No. 3 and then No. 4. The winner of the MIAC's postseason tournament will receive an automatic bid to the 2016 NCAA Softball Tournament, which will begin the following weekend.

A CLOSER LOOK

The rest of the 2016 MIAC Softball Preview contains complete results from the 2016 Preseason Coaches' Poll, MIAC Playoff details, helpful links and a preview for each team submitted by their sports information director. The MIAC web site - www.miacathletics.com - will be an outstanding source for MIAC softball news, schedules, scores, stats and more throughout the 2016 season.

Visit the [MIAC scoreboard](#) on game days to follow all the action, and download the [MIAC mobile app](#), which is a free download for Apple and Android devices, to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#), [YouTube](#) and [Instagram](#) pages for updates and interaction all season long.

2016 MIAC Softball Preseason Coaches' Poll

Coaches voted for every team in the conference except their own team. Points were assigned for each vote (11 for first, 10 for second, etc.) Teams are ranked in order of highest point total to lowest with vote totals listed and first-place votes shown in parentheses.

2016 MIAC Softball Preseason Coaches' Poll		
Rank	Institution	Total
1.	St. Thomas (4)	111
2.	Gustavus (3)	110

3.	Bethel (3)	100
4.	Hamline (2)	91
5.	St. Catherine	82
6.	Saint Benedict	75
7.	Saint Mary's	64
8.	St. Olaf	46
9.	Macalester	39
10.	Carleton	36
11.	Augsburg	20
12.	Concordia	18

2016 MIAC Softball Playoffs

The 2016 MIAC Softball Playoffs will enter the second-season of the new format, with the No. 1 seed serving as host for the entire four-team, double-elimination tournament. If the No. 1 seed is unable to host, the right to host will be offered to No. 2, No. 3 and then No. 4. Also, the tournament has expanded from two to three days. This year's tournament will be held May 6-8. There will be two games on Friday, May 6, three on Saturday, May 7, and up to two title games on Sunday, May 8. The winner will receive the MIAC's automatic bid to the 2016 NCAA Division III Softball Tournament.

| [2016 MIAC Softball Playoffs Home Page](#) |

MIAC Softball Links

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MIAC Team-by-Team Previews

| [AUG](#) | [BU](#) | [CAR](#) | [CON](#) | [GAC](#) | [HU](#) | [MAC](#) | [CSB](#) | [SCU](#) | [SMU](#) | [STO](#) | [UST](#) |



AUGSBURG | [Auggies' softball home page](#) |

Head Coach

- Tim Gormley (10th season)

A Year Ago

- 3-19 MIAC (12th place) | 9-31 Overall

Top Returners

- Jenna Orth (INF, SR | All-MIAC Honorable Mention in 2015; hit .266 (17-of-64) with three doubles,.309 on-base percentage and .313 slugging percentage; .852 fielding percentage with 48 putouts and 21 assists)
- Sarah Buckner (C, SR | Hit .250 in 2015 with 6 doubles, 1 HR and 16 RBI with .330 slugging percentage and .311 on-base percentage; Career .279 hitter with 36 RBI)
- Lauren Hurley (C/INF/OF, SR | Returns to lineup after a year's absence; Career .281 (57-of-203) hitter with 5 doubles, 2 HR and 31 RBI, with .336 slugging percentage and .303 on-base percentage).

Key Losses

- Bekka Kelly (OF/INF | All-MIAC Honorable Mention in 2015; hit a team best .391 (27-of-69) with five doubles and 10 RBI, .425 on-base percentage, .464 slugging percentage, 10-for-10 stolen bases)
- Lindsay Helbach (OF | All-MIAC Honorable Mention in 2013, hit .269 (29-of-108) with five doubles, two home runs, a triple and 14 RBI)

By the Numbers

- 10: Augsburg had 10 different players record multiple hit games in 2015.
- 10: The Auggies scored five or more runs 10 times in 2015, going 7-3 in those games.
- 8: The Auggies recorded over 10 hits in eight games, going 4-4 in those contests.

Did You Know?

- Augsburg is the only MIAC team with an on-campus dome during the winter months, the air structure over Edor Nelson Field. The Auggie softball team kicks off its season each year with a four-team tournament in the dome, and will face Crown and Minnesota-Morris on the weekend of March 4-5.

Off the Field

- The Auggies spent some time volunteering at Feed My Starving Children and at Leukemia & Lymphoma Society's "Light the Night" walk at the Mall of America this year.



BETHEL | [Royals' softball home page](#) |

Head coach

- Penny Foore (2nd season)

A Year Ago

- 18-4 MIAC (1st place) | 28-15 Overall

In the 2015 Postseason

- 0-7 loss to St. Thomas (MIAC Playoffs)
- 12-4 win vs. Hamline (MIAC Playoffs)
- 0-5 loss to St. Thomas (MIAC Playoffs)

Top Returners

- Karli Persson (P, Sr. | Two-time MIAC All-Conference, 38-19 career record, 382.0 IP, 164 ER, 3.01 ERA, 260 K's)
- Caroline Kivisto (C, Sr. | Two-time MIAC All-Conference, .395 career AVG., 665 career SLG., 99 R, 139 H, 24 2B, 23 HR, 111 RBI, 234 TB)
- Kal Sorenson (INF, Sr. | 2015 MIAC All-Conference Honorable Mention)

Key Losses

- Angie Jackson (SS | Two-time NFCA All-American, Three-time NFCA All-Region, Two-time MIAC Player of the Year)
- Kelsey Anderson (1B | Two-time NFCA All-Region)
- Jessica Brown (OF)

By the Numbers

- 1: Bethel softball won its first-ever MIAC Championship in 2015 with a 18-4 record against conference opponents. As a result, the Royals were rewarded with hosting rights and the No. 1 seed in the MIAC Playoffs.
- 28: The Royals finished 2015 with 28 victories overall, which included 18 against MIAC foes. Both win totals marked a new program record for a single season. Moreover, Bethel's winning percentage (.651) was also a new standard in the BU record book.
- 38: Senior pitcher Karli Persson has amassed 38 wins, 260 strikeouts, and a cumulative ERA of 3.01 in 382.0 innings pitched. Persson's career ERA ranks No. 1 in program history, while her 38 wins are just four shy of a new record.

Did You Know?

- Graduated shortstop Angie Jackson became the third player in conference history to win two MIAC Player of the Year awards. Jackson led the league in runs and total bases, ranked second in hits, home runs, and batting average, and third in on-base percentage and slugging percentage.

Off the Field

- Bethel University played host to national fastpitch professional and gold medalist Monica Abbott on January 29-30. Abbott was a four-year All-American at the University of Tennessee and the first player to ever throw a perfect game at the Olympics (2008 Beijing).



CARLETON | [Knights' softball home page](#) |

Head coach

- Amy Erickson (19th season)

A Year Ago

- 4-18 MIAC (10th place) | 11-27 Overall

Top Returners

- Cassie Clarke (IF, Jr. | All-MIAC; 2015 stats — .364 average; team-record 6 home runs; led team with .574 slugging and .411 OBP)
- Katie Eppard (OF, So. | 2015 stats — .319 average, 9 doubles, 18 stolen bases, .380 OBP)
- Keelin Davis (P, Sr. | 2015 stats — 4.30 ERA, 153 innings [2nd in MIAC], 20 complete games [1st in MIAC], 103 Strikeouts [5th in MIAC])

Key Losses

- Micaela LaRose (IF/P | team-best .378 average and 27 RBI; 2-4, 5.98 ERA)

By the Numbers

- .305: The Knights had a .305 team batting average last season.
- 117: Carleton batters struck out only 117 times last season, the second-fewest among MIAC squads
- 8: The Knights only hit into 8 double plays last season, fewest among all conference teams.

Did You Know?

- The Knights return 9 players that started at least 20 games last season.

Off the Field

- 5 Knights were named to the All-MIAC Academic Team last season.

CONCORDIA | [Cobbers' softball home page](#) |



Head coach

- Mike Reese (4th season)

A Year Ago

- 4-18 MIAC (T10th place) | 13-24 Overall

Top Returners

- Madison Little (OF, Jr. | 2015 MIAC All-Conference; led the team in batting average, on-base percentage, hits, runs and stolen bases in 2015)
- Abigail Haraldson (P, Jr. | Second on the team in ERA, wins and strikeouts in 2015)

Key Losses

- Ashley Tibbetts (IF | 2015 MIAC All-Conference Honorable Mention; led the team in slugging percentage and RBI in 2015)
- Hilary Rotunda (P | Led the team in ERA, wins and strikeouts in 2015)

By the Numbers

- 7: Of the 18 players on this year's Concordia roster, 7 are freshmen.
- 13: The 13 overall wins by Concordia in 2015 was the most since 2009.
- 30: Cobber senior Mackenzie Jensen has 30 stolen bases in her career.

Did You Know?

- This year the Cobber softball program is celebrating its 30th year as a varsity sport at Concordia.

Off the Field

- Members of the Concordia coaching staff volunteered at the Moorhead Crush fastpitch softball clinic in January which featured more than 60 youth players in the area.



GUSTAVUS | [Gusties' softball home page](#) |

Head coach

- Jeff Annis (10th season)

A Year Ago

- 16-6 MIAC (3rd place) | 34-16 Overall

In the 2015 Postseason

- MIAC postseason results: The Gusties entered as the No. 3 seed and defeated No. 2 Hamline 6-0 in the quarterfinals. Gustavus then beat No. 4 St. Thomas 6-0 in the semifinals, followed by a 4-3 win over the Tommies again in the championship.
- NCAA postseason results: Gustavus went on to win its first game at the NCAA Tournament 3-2 over Central College, but lose its next two, 3-2 to Aurora University and 7-4 in a rematch with Central.

Top Returners

- Jena Willis (UT, Jr. | Started in 36 games last season325 batting average ... 37-114 ... 13 R ... 7 2B ... 19 RBI371 on-base percentage)
- Hannah Heacox (P, Jr. | All-Conference ... 14-4 record ... 1.64 ERA ... 25 appearances ... 15 complete games ... 136.1 IP)
- Jessica Williams (UT, Sr. | Started in 34 games last season324 batting average ... 24-74 ... 10 R ... 11 RBI358 on-base percentage)

Key Losses

- Kailey Morgan (IF | All-Conference ... started in 48 games last season368 batting average ... 53-144 ... 23 R ... 16 2B ... 31 RBI422 on-base percentage)
- Shelby Nosan (IF | All-Conference ... started in all 48 games last season353 batting average ... 53-150 ... 37 R ... 9 2B ... 30 RBI455 on-base percentage)
- Sarah Rozell (P | All-Conference ... 13-8 record ... 2.74 ERA ... 30 appearances ... 140.2 IP)

By the Numbers

- 3: All-Conference members lost to graduation
- 1: All-Conference member returning in Hannah Heacox
- 1st: MIAC ranking in sacrifice hits last season with 29 in conference play and 76 overall

Did You Know?

- The Gustavus softball program is 14 wins away from win number 800 with an all-time record of 786-492-4. The Gusties are 487-206-3 in MIAC play.

Off the Field

- Many members of the Gustavus softball team have volunteered their time to help with multiple Special Olympics events hosted by the College.



HAMLIN | [Pipers' softball home page](#) |

Head coach

- Jim Rubbelke (9th season)

A Year Ago

- 17-5 MIAC (2nd place) | 27-13 Overall

In the 2015 Postseason

- MIAC postseason results – lost twice

Top Returners

- Mary-Clare Couillard (Jr., 2B, .403 BA, 2nd in MIAC, All-Conf. pick, 2nd in MIAC in Hits w/58)
- Amanda Orrell (Sr., OF, .383 BA, struck out just three times, All-MIAC HM)
- Jamie Rubbelke (Sr., SS, .367 BA, 3 HR, All-Conf. pick, 3rd in MIAC in Assists with 98)

Key Losses

- Jenna Dushaw (OF, .299 BA)
- Alli Ruter (IF, .299 BA, 2 HR)
- Katie Koren (Started 30 games at C, threw 14 of 20 runners trying to steal)

By the Numbers

- 8: players returning from last year's team
- 21: number of double plays turned by the Pipers last year – led the league.
- 27: wins recorded last season – second best total in school history

Did You Know?

- P Casey Anderson threw 32 innings in a 26-hour time frame one weekend last season. She was the winning pitcher in all four games, allowing just five earned runs.

Off the Field

- The Pipers had five players named to the MIAC Academic AC team last spring. One of those, Mary-Clare Couillard, went on to become a rare sophomore named to the CoSIDA Academic All-American team.

MACALESTER | [Scots' softball home page](#) |



Head coach

- Jody Gabriel (5th season)

A Year Ago

- 7-15 MIAC (9th place) | 19-20 Overall

Top Returners

- Abby Cox (OF, Sr. | Posted team's second highest average in 2015 hitting .351... and the third highest slugging percentage (.544)... Collected 40 hits including 7 doubles & 5 homeruns and 25 RBI's on the year.)
- Nikki Caicedo (Catcher, Jr. | Started all 39 games in 2015 at catcher. Batted .304 and collected 34 hits (seven doubles, five homeruns and 20 RBI's). Caught 14 runners stealing bases.)
- Lisa Semro (OF, So. | Started in 26 games for the Scots at CF as a first year... Collected 23 hits (4 doubles, 1 triple and 3 homeruns)... Had 16 RBI's on the year and a .521 slugging percentage)

Key Losses

- Sasa Wilson (SS | Three-time MIAC All-Conference pick, top single-season hit record holder at Macalester and career batting average of .401)
- Miranda Stokes (Pitcher, OF | Three-time MIAC All-Conference pick and two-time All-Region. Led team with 13 doubles and a .589 slugging percentage. Lowest ERA of 4.10 last season)
- Brittany Ehmann (Pitcher, DH)

By the Numbers

- 10: Macalester's 14 players roster hails from TEN different states.
- 11: Macalester was named to the NFCA All-Academic Team list and finished in 11th place out of 95 schools after posting a 3.510 team GPA during the 2014-15 school year.
- 6: Macalester will travel to Clermont, Florida to compete in the Rebel Spring Games for the team's sixth straight year of spring competition. The Scots have 10 games scheduled during the trip.

Did You Know?

- Junior catcher Nikki Caicedo who is double majoring in neuroscience and economics studied abroad in Madrid, Spain last semester, where she participated in an internship at a digital consulting firm. During her time there, she not only became fluent in Spanish, but also enjoyed traveling to Barcelona, San Sebastian, and Bilbao in Spain, and even Morocco and Germany.

Off the Field

- 12 Macalester softball players earned All-America Scholar Athlete Honors by the National Fastpitch Coaches Association. To qualify, student-athletes must have earned a cumulative grade point average at or above a 3.5 for the academic year.

SAINT BENEDICT | [Blazers' softball home page](#) |



Head coach

- Rachael Click (4th season)

A Year Ago

- 11-11 MIAC (6th place) | 22-18 Overall

Top Returners

- Sara Wennerstrand (C, So | All-MIAC Honorable Mention, third on team w/.336 BA)
- Kiela DeVlaeminck (P, So | team-best 1.57 ERA)
- Becky Gigstad (IF, So | Nine doubles, team-high four home runs, .900 fielding percentage)

Key Losses

- Kim Lidstone (2B/SS | Three-Time All-MIAC, team-high .359 BA)
- Melissa Seldon (P/OF | All-MIAC Honorable Mention)
- Bailey O'Hotto (OF | All-MIAC Honorable Mention)

By the Numbers

- 7: Returning Blazers combined to hit seven home runs last season
- 2: Nicole Nelson (senior) and Janae Myers (junior) are the only two upperclassmen on CSB's 2016 roster
- 10: Ten Blazer softball players earned NFCA Scholar-Athlete honors in 2015

Did You Know?

- Head coach Rachael Click has guided CSB to at least 20 wins in each of her first three seasons with the program.

Off the Field

- The CSB softball team leads the Blazer sport teams in the Blazer Bowl, which is a competition between teams promoting school spirit and team camaraderie. Teams get points for the number of athletes at games, and bonus points for costumes and making signs. After the fall, softball leads the competition with 45 points. The next-closest team has 31 points.

ST. CATHERINE | [Wildcats' softball home page](#) |



Head coach

- Colleen Powers (3rd season)

A Year Ago

- 15-7 MIAC (5th place) | 28-10 Overall

Top Returners

- Krista Flugstad (P, So. | MIAC Rookie-of-the-Year, 2015; All-MIAC, 2015; Led MIAC with 1.50 ERA, second in strikeouts (146), 14 wins, four shutouts; threw perfect game)
- Megan Lindenfelser (P/U, So. | All-MIAC, 2015; NFCA All-Region Second Team; 2.09 ERA, 94 strikeouts, nine wins; Led team with .667 slg. Pct., top 10 batting average .392)
- Robyn Rohr (IF, Sr. | All-MIAC; set St. Kate's record, runs in a season (43); Led team in hits 53; .384 avg.)

Key Losses

- Jessi Tyminski (IF | All-MIAC Honorable Mention, 2015; hit .294, 26 RBI; second all-time career walks (43); 100 career hits)

By the Numbers

- 5: Four different Wildcats earned a team total of five MIAC Athlete-of-the-Week honors in 2015.
- 28: The Wildcats set a new school record for overall wins in a season (28-10). The team's 15-7 MIAC finish was also a program record and just one game out of postseason qualification.
- 10: The Wildcat trio of pitchers (Flugstad, Lindenfelser and Kailee Berquam) struck out 10 or more batters in a single game 10 different times last season.

Did You Know?

- The Wildcats were one of the most improved teams in Division III last season from the 2014 season based on the NCAA statistical formula (17.5 games improved).

Off the Field

- Head Coach Colleen Powers completed the IronMan Wisconsin triathlon this summer.

SAINT MARY'S | [Cardinals' softball home page](#) |



Head coach |

- Jen Miller (10th season)

A Year Ago

- 11-11 MIAC (T-6th place) | 18-20 Overall

Top Returners

- Kathi Opsahl (5-11, Jr., OF, Elk River, Minn. | 38 GP, .355 BA, 124 AB, 6 R, 44 H, 6 2B, 2 HR, 28 RBIs, 56 TB, .452 SLG % | 2014 honorable-mention All-MIAC)
- Ashley Betzold (5-4, Jr., P/1B, Farmington, Minn. | .260 BA, 123 AB, 12 R, 32 H, 8 2B, 3 HRs, 20 RBIs, 49 TB, .398 SLG %; 2.96 ERA, 14-15, 20 CG, 201 IP, 113 SO, 3 Shutouts. ... 2015 First-Team All-MIAC, 2014 honorable-mention All-MIAC)
- Stanzy Snyder: 5-2, So. OF, Johnston, Iowa | 38 GP, 118 AB, 20 R, 42 H, 9 2B, 2 3B, 1 HR, 14 RBIs, 58 TB, .492 SLG %, 17 BB, .449 OB % ... 2015 First-Team All-MIAC)

Key Losses

- Alex Raske (38 GP, .339 BA, 124 AB, 33 R, 42 H, 8 2B, 1 3B, 1 HR, 13 RBIs, 61 TB, .492 SLG %, .428 OB % | 2012, 2013, 2015 First-Team All-MIAC, 2013 Second Team NFCA All-Region, 2014 MIAC honorable-mention)
- Sam Borawski (32 GP, .179 BA, 78 AB, 6 R, 14 H, 2 2B, 2 HR, 9 RBs)

By The Numbers

- 4: Saint Mary's boasted four players who hit their first collegiate home runs last season—Ashley Betzold (Farmington, Minn.), Stanzy Snyder (Johnston, Iowa), Sam Borawski (Stickney, Ill.), and Brittney Birkhauser (Wisconsin Rapids, Wis.).
- 33: Alex Raske (Chicago, Ill.)—who started all 138 games during her four-year Cardinal career—finished with a team-high 33 runs in 38 games, including a five-run game in the opener vs. Macalester on April 22. It was the most runs scored by a Cardinal player since Jaci Prondzinski scored five times vs. Mount Mary College on March 20, 2009.
- 201: Ashley Betzold (Farmington, Minn.) was the workhorse in the pitcher's circle for the Cardinals, logging 201.0 of the team's 258.2 innings pitched this season, while also recording 20 complete games. Betzold's 201.0 IP and 20 complete games rank No. 2 in single-season program history.

Did You Know?

- The Cardinals' 18 wins last season marked the third time in the last four years that they have reached the 18-win mark. It's the most victories since Saint Mary's went 23-18 during the 2011 season.

Off The Field

- The Cardinals' Sam Borawski (Stickney, Ill.) was named to the 2015 MIAC Winter-Spring All-Academic Team



ST. OLAF | [Oles' softball home page](#) |

Head coach

- Ruthie Neuger (11th season)

A Year Ago

- 10-12 MIAC (8th place) | 15-25 Overall

Top Returners

- Jessica Bentley (P/OF, So. | All-MIAC, led the MIAC in homers with 10, hit .345, had 32 RBIs, .707 slugging percentage, OPS (1.125), 10 doubles, 24 runs, 40 hits, drew 16 walks, 13 strikeouts)
- Stephanie Borndale (IF, Sr. | All-MIAC Honorable Mention, hit .250, 1 home run and 9 RBIs)
- Woo Bandel (IF, Sr. | hit .312, 7 runs, 29 hits, 13 RBIs)

Key Losses

- Brooke Paradise (OF | All-MIAC Honorable Mention, hit .345, had 5 homers, and 22 RBIs)
- Danielle Collins (P | Pitched 10 games, 38 strikeouts, 8 wins)

By the Numbers

- 10: Number of home runs Jessica Bentley hit in 2015, the most on record at St. Olaf in at least 15 seasons.
- .345: Jessica Bentley's and Stephanie Borndale's overall batting average last season
- 58: Number of strikeouts Alex Lopez totaled last season

ST. THOMAS | [Tommies' softball home page](#) |

Head coach

- John Tschida (16th Season)

A Year Ago

- 16-6 MIAC (First place) | 35-12 Overall



In the 2015 Postseason

- MIAC postseason results (2nd, 2-2; def. Bethel 7-0, lost to Gustavus 0-6; def. Bethel 5-0; lost to Gustavus 3-4)
- NCAA postseason results (def. Linfield 2-1, lost to Luther 2-3 and Linfield 0-6)

Top Returners

- Katie Jo Delisle; Sr, LHP-DH SS | All-Region; All-MIAC; 2015: Led MIAC in slugging % (.710), second in BA (.403), third in RBI (43), fourth in on-base% (.469); .491 BA in 22 conference games led MIAC
- Megan DuPuis Sr, SS | All-Region; HM All-MIAC; 2015: 41 games, .373 BA, 47 hits, 15 walks, 34 runs, 25 RBI, 5

HRs

- Micaela Trainor, Sr, C | HM All-MIAC; 2015: 46 games, .325 BA, 40 hits, 27 RBI, 27 runs, 5 HR

Key Losses

- Kendra Bowe (P, Grad | 3X MIAC Pitcher-of-the-Year... 3X All-MIAC... 4X NFCA All-Region... Career: 83-19 W-L (17 postseason wins), 527 strikeouts, 153 walks, 596 innings, 1.52 ERA
- Bianca Peterson (OF, Grad | 2015 All-MIAC... Career: 121 games, 124 hits, 81 runs, 73 RBI, 29 doubles, 13 HRs, 28 walks.
- McKenzie Wergin (OF, Grad | 2015 All-MIAC... 2015: Led MIAC in at-bats (154), runs (50), hits (67), doubles (15), batting average (.435), on-base percentage (.491)

By the Numbers

- 14 (of a possible 15): Years with 35 or more wins for Tommie softball under Coach John Tschida
- 10: Players back with starting experience in 2016
- 17/53: Home Runs and RBI in 2014 for Brenna Walek, who returns after missing the 2015 season

Did You Know?

- John Tschida has been voted into the National Fastpitch Coaches Association Hall of Fame. He will inducted next December, bringing the elite Hall membership to 73. His 21-year career thus far includes six years at St. Mary's and 15 at UST, with an NCAA-best 813-149 record. He will work his 1,000th game this spring.

Off the Field

- St. Thomas softball has received CoSIDA Academic All-America honors 16 times in the last 13 seasons .

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