

Sam Johnson, Concordia

Fargo, N.D. / North
Week of: 2010-11-09



After just missing out on the MIAC's regular season title, the Concordia women rallied in the 2010 MIAC Women's Soccer Playoffs to claim the championship and the league's automatic bid to the 2010 NCAA Division III Women's Soccer Tournament. The Cobbers claimed the title with wins over St. Thomas and Carleton, and it was no surprise that senior star **Sam Johnson** (Fargo, N.D./North) led the charge throughout the playoffs. For her performance, Johnson has been named the MIAC Women's Soccer Athlete-of-the-Week.

Over the two games, Johnson finished with a goal and two assists to lead the Cobbers to their 4-1 semifinal home victory over third-seeded UST, and she scored the team's lone goal in regulation as Concordia knocked off top-seeded Carleton – the regular season champion – in penalty kicks Saturday after double overtime ended in 1-1 tie. Johnson notched one assist each half as the Cobbers put up three goals after halftime en route to Wednesday's 4-1 victory. Saturday, she gave Concordia a 1-0 lead when she beat a defender to the ball and dribbled past the goalie for her goal in the 58th minute. Over the two games, Johnson took 10 total shots, with five on goal.

This season, Johnson led the MIAC with 32 points and tied for the conference lead with 13 goals. The Cobbers bring a 11-4-4 record into the NCAA playoffs, which begin this weekend. Concordia's postseason run will continue Friday at 5 p.m. when they face Northwestern College at Macalester College in St. Paul, Minn. The winner will face the winner of Macalester/UW-Stevens Point Saturday at 6 p.m.

Liz Arakaki, Carleton

Seattle, Wash. / Nathan Hale
Week of: 2010-11-02



The Carleton women's soccer team scored a pair of wins last week to wrap up the 2010 MIAC Championship and earn the No. 1 seed in the conference playoffs. Senior **Liz Arakaki** (Seattle, Wash./Nathan Hale) saved some of her best soccer for the stretch run, as she was involved in both game-winning goals last week, and set a school record with three assists in a game. For her performance last week and her role in the Knights' MIAC title, Arakaki has been named the MIAC Women's Soccer Athlete-of-the-Week.

Thursday, Carleton cruised to a 5-1 win over St. Catherine thanks to Arakaki's record-setting performance. She scored the eventual game-winning goal and assisted on three others to lead the Knights to victory. The midfielder followed that up with another big assist Saturday, setting up the game-winning goal in a 2-0 win over cross town rival St. Olaf that secured the title for Carleton. For the week, Arakaki had three shots, one goal and four assists for a total of six points. She finished the 2010 regular season with three goals and four assists for 10 points.

Arakaki and the Knights closed the regular season with a 13-2-1 overall record, and a near-perfect 9-1-1 mark in conference play to claim the championship. Carleton will open the 2010 MIAC Women's Soccer Playoffs Wednesday as the No. 1 seed when it hosts fourth-seeded Saint Benedict at 2 p.m. in Northfield, Minn. If the Knights advance, they'll host the championship game Saturday with a bid to the NCAA Division III National Championships on the line.

Heather Beshears, Saint Benedict

Maple Grove, Minn. / Maple Grove

Week of: 2010-10-26



The Saint Benedict women's soccer won a pair of games over the weekend, thanks largely to the clutch goal-scoring of junior star **Heather Beshears** (Maple Grove, Minn.). Beshears scored three goals in two days to help the Blazers beat both Saint Mary's and UW-River Falls, both by the identical score of 2-1. For her heroics, Beshears has been named the MIAC Women's Soccer Athlete-of-the-Week.

Beshears started her weekend in a big way Friday with both Saint Benedict goals in the 2-1 MIAC win over the Cardinals. She scored the game's first goal at the 47-minute mark, and again just 12 minutes later to give CSB the margin it would need to win. She added another crucial goal a day later in another one-goal win for the Blazers. This season, Beshears leads the MIAC in goals (12), shots (67), shots per game (4.47) and she's fourth in points (26).

Saint Benedict (10-6, 6-3) and Beshears enter a huge final week of regular-season action. The Blazers have two games remaining and are fighting for one of the final spots in the MIAC playoff field. CSB will travel to Macalester Wednesday for a 7:30 p.m. and it will host Concordia Saturday at noon in the regular season finale.

Maggie Molter, Macalester

Week of: 2010-10-19



There's a theory that college freshmen stop playing like rookies and start playing like veterans near the end of their first season. However, Macalester's **Maggie Molter** (Cedarburg, Wis.) adjusted even quicker than the norm, evidence by her recent hot streak. The Scots' freshman forward had scored three goals in her team's last five games, including a pair of difference-making goals in two Macalester wins last week. For her performance, Molter has been named the MIAC Women's Soccer Athlete-of-the-Week.

Last Wednesday, Molter notched the biggest goal of her young career when she found the back of the net at 68:35 to break a scoreless tie and give the Scots a 1-0 win on the road at Gustavus. Just two days later, Molter was at it again, scoring a goal late in the first half to put Macalester up 2-0 in a victory at St. Olaf. The Scots' new scorer has given her team a boost since being inserted in the lineup against Bethel on Oct. 1. That day, she scored the game-tying goal on her first collegiate touch, and the Scots are 4-1 since Molter joined the rotation. Macalester is currently 9-5 overall and 5-3 in the MIAC, currently in a four-way tie for third in the league standings.

The Scots will try to keep their winning ways going over the season's final four games. Tuesday they host UW-Eau Claire for a 7:30 p.m. nonconference match, and Sunday St. Thomas comes to Macalester's home field for a 7:30 p.m. MIAC showdown. The Scots close the regular season by hosting Saint Benedict (Oct. 27) and visiting Hamline (Oct. 30).

Jenna Savino, St. Thomas



St. Thomas scored a pair of important women's soccer wins last week, and freshman forward **Jenna Savino** (Vadnais Heights, Minn./Hill-Murray) had a hand – or a foot – in the biggest plays of each victory. Savino's goal helped the Tommies stop (RV) Concorida's 17-game MIAC unbeaten streak last Wednesday, and she contributed to both goals in a 2-0 win over No. 22 St. Olaf Saturday. For her heroics, Savino has been named the MIAC Women's Soccer Athlete-of-the-Week.

Savino scored a first-half goal Wednesday against the Cobbers to tie the game 1-1, and UST used a late goal to snap Concordia's MIAC streak. Just three days later, she assisted on the eventual game-winning goal in the first half, and she scored a second-half insurance goal to spark the Tommies to the upset of the Oles. Savino's big week is part of an extended hot streak as she has at least one point in seven of UST's last nine games, and three goals and an assist over the Tommies' current four-game winning streak. This season, Savino has five goals and three assists for 13 points for a St. Thomas team that is 8-4 overall and third in the MIAC with a 5-2 conference record.

Savino and St. Thomas have one MIAC match and a nonconference trip on the schedule this week. Tuesday, the Tommies host Carleton for a big MIAC women's soccer match at 4 p.m. and Saturday UST travels across the border to the east for an out-of-league tilt at the University of Wisconsin-Stevens Point.

Cassie Hulett, Saint Mary's



A pair of MIAC women's soccer teams found it almost impossible to score on Saint Mary's last week, largely thanks to the excellent play in the net by junior goalie **Cassie Hulett** (Milwaukee, Wis./Whitnall). Hulett came up with numerous crucial saves to record back-to-back double overtime shutouts as the Cardinals scored one win and one tie in conference play last week. For her outstanding defense, Hulett has been named the MIAC Women's Soccer Athlete-of-the-Week.

Hulett had four saves in SMU's thrilling double-overtime 1-0 win over Gustavus last Wednesday, and she made 10 saves to preserve another shutout in Saturday's 0-0 tie against league-leading Concordia. Hulett was even better against the Cobbers, racking up 10 saves to blank the MIAC favorite. The shutout was her third in the past four matches, and her league-leading fifth of the season. Hulett is tied for the MIAC lead in saves as well, with 66, and her .835 save percentage also ranks in the league's top 10.

St. Mary's, which is 5-5-1 overall and 2-2-1 in the MIAC, will try to get above .500 Saturday when it hosts Macalester for an important MIAC match. The game is scheduled to start at 1 p.m.

Lydia Bergeson, Bethel

Mauston, Wis. / Mauston
Week of: 2010-09-28



The Bethel women's soccer team had never beaten the University of St. Thomas. That is, until **Lydia Bergeson** (Mauston, Wis.) delivered her heroic game-winning goal in the Royals' historic 1-0 win over the Tommies Saturday. The win snapped BU's 0-16-1 slide against UST. For her latest clutch performance in 2010, Bergeson has been named the MIAC Women's Soccer Athlete-of-the-Week.

Bethel has been playing soccer since 1993, but Saturday's win was the first-ever against MIAC rival St. Thomas. In the 20th minute, Bergeson cashed in off a pass from teammate Sophie Christiansen, and the Royals made the slim lead stand up until the final buzzer. The win was Bethel's second in a row, and it improved its record to 5-2-1 overall and 2-1 in the MIAC. This season, Bergeson ranks in the top 10 in the MIAC in shots (27), shots per game (3.38), points (13), points per game (1.62), goals (5), goals per game (0.62) and assists (3), and she's tied for first with three game-winning goals.

The Royals will try to keep their winning streak alive Wednesday with a big home match against Concordia at 2 p.m. Bethel is back in action in the MIAC Friday with a 4 p.m. home contest against Macalester.

Niki Tomita, Carleton

Redwood City, Calif. / Woodside
Week of: 2010-09-21



The Carleton women's soccer team got its first two MIAC wins of the young 2010 season, with junior forward **Niki Tomita** (Redwood City, Calif./Woodside) performing as a huge catalyst in both victories. She scored a pair of goals – including the game winner – in a win over Gustavus and added an assist in Carleton's victory over Saint Mary's. For her big week, Tomita has been named the MIAC Women's Soccer Athlete-of-the-Week.

Last Wednesday, Tomita couldn't have been much better on the attack against the Gusties. She took two shots – both on goal – and found the back of the net each time to spark the Knights to a 3-1 victory at home against Gustavus. Saturday, the Knights got another big home win as Tomita took two shots, one on goal, and dished out an assist in a 2-0 win over the Cardinals. Tomita finished the week with four shots, three on goal, with two goals, an assist and five points. She currently ranks in the top eight in the MIAC in points (13), goals (5) and assists (3) for a Knights team that is 4-2 overall, 2-1 in the MIAC, and has only lost to teams ranked 19th or better this season.

Carleton and Tomita are in the midst of a big six-game home stand. The Knights will host three MIAC matches in a row in the coming weeks, including Hamline on Saturday (1 p.m.), Macalester on Sept. 28 (5 p.m.) and Saint Benedict on Oct. 2 (11 a.m.).

Lindsay Howard, St. Olaf



After a tough loss to start the season, the St. Olaf College women's soccer team has won three straight thanks largely to the goal-scoring heroics of **Lindsay Howard** (Minnetonka, Minn.). The junior forward has three goals in her last two games, including both game winners. For her performance, Howard has been named the first 2010 recipient of the MIAC Women's Soccer Athlete-of-the-Week award.

With two goals – including the game winner – Howard powered the Oles to a 4-0 win over Luther College on Sept. 8. She scored an even bigger goal four days later when she found the back of the net in overtime to break a scoreless tie in a 1-0 victory over Washington University-St. Louis. In all, Howard has three goals and six points on six shots this season – all team highs.

Howard and the Oles will try to keep their winning streak alive as conference play opens Tuesday with a trip to St. Paul, Minn., to take on Hamline University. St. Olaf is back on the road again Saturday with a trip to St. Joseph, Minn., and a 1 p.m. date with the College of Saint Benedict.