

MIAC Basketball Athletes-of-the-Week - Nov. 9, 2015

Posted: Nov 16, 2015



MIAC Men's Basketball Athlete-of-the-Week

Grant Shaeffer, St. Thomas
Eden Prairie, Minn. /
Eden Prairie

The University of St. Thomas men's basketball team opened the 2015-16 season looking for their 11th-straight MIAC regular-season title, and the Tommies and guard

Grant Shaeffer got off to a great start Saturday with a 76-62 win at UW-Eau Claire. The junior guard hit a new career high with 24 points, and he added four rebounds, an assist and a steal in the victory. For his performance, the MIAC sports information directors recognized Shaeffer Monday with the first MIAC Men's Basketball Athlete-of-the-Week award of the 2015 season.

Shaeffer's 24 points came on 9-of-14 shooting from the floor, including 1-for-3 from behind the arc and he was 5-of-7 from the free throw line. He played all but five minutes of the Tommies' season opener, and scored 18 of his 24 over the final 10 minutes as the Tommies closed the game on a 26-12 run. The team improved to 13-0 when Shaeffer scores in double figures in his career. Shaeffer's 24 points per game average is currently tied for the top mark in the MIAC after the first weekend of action.

Thanks to the win, St. Thomas is off to a 1-0 start, and the Tommies are currently ranked No. 4 in the nation by D3hoops.com. Shaeffer and company have a huge weekend coming up as they travel to Owings Mills, Md., for the Hoopsville National Invitational Classic. St. Thomas will take on No. 18-ranked Emory Friday at 7 p.m. and (RV) Southern Vermont Saturday at 5 p.m. in a pair of nationally-relevant games.



MIAC Women's Basketball Athlete-of-the-Week

Jenna Januschka, Concordia
St. Cloud, Minn. / Cathedral

The Concordia women's basketball team opened the 2015 season with a 1-1 record behind the outstanding all-around play of forward Jenna Januschka (St. Cloud, Minn./Cathedral). The junior averaged 17.5 points, 9.0 rebounds, 3.5 assists and 1.0 steals per game while shooting 54.5 percent from the floor, 40 percent from three and 90 percent from the line, and she set a new career high in scoring in each game. For her performance, the MIAC sports information directors honored Januschka Monday with the first MIAC Women's Basketball Athlete-of-the-Week award of the 2015-16 season.

Januschka started her junior season with a career-high 13 points, 10 rebinds and three assists, including a perfect 4-for-4 showing from the line, in an 86-77 loss Friday against UW-Superior. Her career-high scoring mark didn't last long, as she was even better in Saturday's 69-58 win over Minnesota-Morris. Januschka poured in 22 points on 8-for-14 shooting to go along with eight rebounds, four assists and two steals. Thus far in 2015-16, she ranks fourth in the MIAC in scoring, third in rebounding, fourth in assists, seventh in steals. She's also eighth in field goal percentage, ninth in three-point percentage and 12th in free throw percentage in the young season.

Concordia's 1-1 start to open the season came in a pair of home games, and now Januschka and company will hit the road for their first big road trip of the season. The team will travel to California this weekend for the UC-Santa Cruz Tournament. Friday the team will play Augustana (Ill.) at 7 p.m. central time, and will be back on the court Saturday for a 9 p.m. (central) game against the host school, UC-Santa Cruz.

MIAC Basketball Athletes-of-the-Week - Nov. 23, 2015

Posted: Nov 23, 2015



MIAC Men's Basketball Athlete-of-the-Week

**Joe Risinger, Saint John's
Shorewood, Minn. /
Minnetonka**

It was quite a start to the 2015-16 men's basketball season for Saint John's, new Head Coach Pat McKenzie and senior wing Joe Risinger (Shorewood, Minn. / Minnetonka). The Johnnies defeated Division

II St. Cloud State & Division III St. Scholastica on consecutive days, with Risinger leading the way with 15.5 points, 8.5 rebounds, 1.5 assists, 1.0 blocks and 0.5 steals per game while shooting 60 percent from the floor. For his performance, the MIAC sports information directors honored Risinger Monday with the MIAC Men's Basketball Athletes-of-the-Week.

Risinger started his big weekend with 16 points, seven boards, an assist and a block while shooting 7-for-11 from the floor in the 83-80 win over the D-II Huskies. The win gave SJU its first back-to-back wins in the series since 1983, and Risinger highlighted Saint John's 16-6 closing run with a pair of huge dunks. A day later, he scored 15 points on 5-for-9 shooting with 10 rebounds for his first collegiate double-double in the 78-59 win over the Saints, and he also had two assists, a steal and a block. Thus far in 2015-16, Risinger is ranked 12th in the MIAC in scoring and sixth in rebounding.

Thanks to the big opening weekend, Saint John's and McKenzie are off to a 2-0 start, and the Johnnies are one of just four MIAC teams to have two or more wins without a loss thus far. Risinger and SJU will hope to continue their winning ways with a big road trip to Oregon this week, as they'll play at Lewis & Clark Friday at 9 p.m. central time in Portland, Ore., and Saturday they'll visit George Fox for a 5 p.m. central time tip off in Newberg, Ore.



MIAC Women's Basketball Athlete-of-the-Week

**Kaitlin Langer, St. Thomas
Stillwater, Minn. / Hill-Murray**

The St. Thomas women's basketball graduated a lot of talent from last season's 30-1, Elite 8 squad, but the Tommies appear to have re-loaded behind junior center Kaitlin Langer (Stillwater, Minn. / Hill-Murray) with a 4-0 start in 2015-16. Langer helped the team win three road games by double-digits last week to improve to 4-0 by averaging 22.7 points, 9.0 rebounds and 2.0 blocked shots per game while shooting 64.9 percent from the floor and 74.1 percent from the line. For her performance, the MIAC sports information directors honored Langer Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

Langer's trifecta of great performances started last Monday with a 25-point, 10-rebound double-double in a 94-79 win at Buena Vista. She followed that up with two more big games at the Doug McArthur Classic in Tacoma, Wash., as she had 16 points, seven rebounds, three assists and three blocked shots in Friday's 76-62 win over Pacific Lutheran, and she had another double-double with 27 points, 10 rebounds and two blocked shots in an 82-61 win over a Puget Sound team that won 24 games last season and is receiving votes in both polls. This season, Langer leads the MIAC in scoring at 19.5 points per game, and she's fifth in rebounding at 7.8 per game. She leads the MIAC also in field goals (28), free throws (22) and offensive rebounds (12) and is sixth in shooting percentage (63.6).

Thanks to the three wins, St. Thomas is off to its perfect 4-0 start and is currently ranked No. 12 in the nation by the WBCA, and 18th by D3hoops.com. Langer and the Tommies hope to continue their hot start with one big game this week as its final nonconference tune-up before MIAC play begins. UST will travel to UW-Stevens Point Sunday for a huge 2 p.m. MIAC/WIAC nonconference battle before starting its conference title defense at Concordia on Dec. 2.

MIAC Basketball Athletes-of-the-Week - Nov. 30, 2015

Posted: Nov 30, 2015



MIAC Men's Basketball Athlete-of-the-Week

Mitchell Kuck, Saint John's
Lino Lakes, Minn. / Centennial

The Saint John's men's basketball team felt right at home on the West Coast over the weekend, winning a pair of close games to remain undefeated (4-0) thus far in 2015-16. Senior wing Mitchell Kuck (Lino Lakes, Minn./Centennial) was outstanding in all facets of the game in both wins, averaging 25 points, seven

rebounds and 5.5 assists per game while shooting .594 (13-for-32) from the floor. For his performance, the MIAC sports information directors honored Kuck Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Kuck's big weekend started in Friday's 80-79 win at Lewis & Clark, as he scored 18 points and added eight rebounds and six assists to help the Johnnies score the dramatic road win. He was even better in Saturday's 84-82 win at George Fox with a career-high 32 points, six rebounds, five assists and a steal. He scored 24 of his 32 points in the second half, and shot 12-for-21 from the floor. This season, Kuck is averaging 17 points, 7.5 assists and 6.8 rebounds per game. He leads the MIAC in assists per game, and ranks fourth in the MIAC in scoring and ninth in rebounding.

Thanks to the two wins, SJU is now off to a perfect 4-0 start, with three of the four wins coming on the road. The Johnnies hope to stay hot as conference play begins this week. Kuck and company open the MIAC schedule with a trip to Carleton Wednesday for a 7 p.m. game, and Saturday SJU hosts St. Olaf in Collegeville, Minn., with tip-off set for 3 p.m.



MIAC Women's Basketball Athlete-of-the-Week

Betsey Daly, St. Olaf
Rochester, Minn. / Lourdes

The St. Olaf women's basketball team turned in an impressive trifecta of performances last week, going 3-0 and closing with a big upset over No. 21-ranked Luther. Leading the way was junior forward Betsey Daly (Rochester, Minn./Lourdes), who averaged 15.7 points, 8.7 rebounds and 2.0 steals per game to help the Oles win all three of their games. For her performance, the MIAC sports information directors honored Daly Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

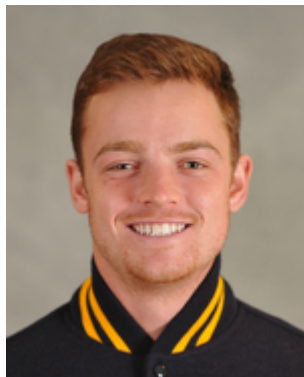
Daly's big week began with a 15-point, seven-rebound, six-steal effort to lead St. Olaf to a convincing 71-42 win over Crown on Tuesday. She scored 17 points and pulled down nine rebounds Friday in a 57-47 win over Central, and she was at her best in the 73-58 upset of No. 21-ranked Luther. Daly recorded a double-double in the win over the Norse, scoring 15 points and grabbing 10 rebounds to lead the Oles to the big upset. This season, Daly is averaging 14.3 points and 7.5 rebounds per game. She is currently ranked ninth in the MIAC in rebounding and three-point percentage (41.7), and 11th in scoring.

Thanks to last week's 3-0 performance, St. Olaf has now won four games in a row and is 4-1 overall this season. The Oles hope to keep the winning streak alive as they enter conference play this week with a pair of tough road games. Wednesday, Daly and company travel to Augsburg for a 7 p.m. MIAC showdown, and Saturday they'll visit Saint Benedict for a 3 p.m. conference clash.



MIAC Basketball Athletes-of-the-Week - Dec. 7, 2015

Posted: Dec 07, 2015



MIAC Men's Basketball Athlete-of-the-Week

Mitchell Biewen,
Carleton
Golden Valley, Minn. /
Robbinsdale Armstrong

The Carleton men's basketball certainly started the MIAC season off in style with wins against previously unbeaten Saint John's and St. Thomas last

week. Junior guard Mitchell Biewen (Golden Valley, Minn. / Robbinsdale Armstrong) came up big for the Knights with the game-winning buzzer beater to knock off the third-ranked Tommies while averaging 14.5 points, 3.5 rebounds and 1.5 assists per game in the two wins while shooting 55.6 percent from the floor, 50 percent from three and 100 percent from the line. For his performance, the MIAC sports information directors honored Biewen Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Wednesday, Biewen scored 10 points, pulled down three rebounds and had an assist and a blocked shot while shooting 2-for-3 from behind the arc in a 70-64 home win over Saint John's to open MIAC play. Defensively, Biewen limited Saint John's star Mitchell Kuck to 12 points, and he hit a pair of crucial late free throws to seal the win. He was even better in Carleton's huge upset of No. 3 UST Saturday with 19 points, four rebounds, two assists and a steal in addition to his game-winning reverse layup. Biewen's heroics extended beyond the buzzer beater, as he scored his team's final seven points over the last 29 seconds to help erase a 15-point, second-half deficit. This season, Biewen is averaging 14.3 points, 2.5 assists and 2.3 rebounds per game, and he ranks 10th in the MIAC in scoring and third in three-pointers made (17).

The two big wins helped the Knights improve to 4-2 overall and, and they're the only team in the MIAC to start 2-0 after the first week of conference play. Carleton and Biewen hope to extend their winning ways this week when they head to UW-River Falls for a 7 p.m. nonconference game Wednesday. They'll have Saturday off, then host Saint Mary's the following Wednesday (Dec. 16) in a 5 p.m. MIAC contest.



MIAC Women's Basketball Athlete-of-the-Week

Mikayla Miller, Gustavus
Goodhue, Minn. / Goodhue

The Gustavus women's basketball team continued to benefit from the scoring prowess of sophomore guard Mikayla Miller (Goodhue, Minn.) when the team entered MIAC play last week. Gustavus went 1-1 against a pair of 2015 MIAC Playoff teams, with Miller averaging 19.0 points, 5.0 rebounds, 5.5 steals, 3.5 assists per game while shooting 52 percent from the floor and 81.8 percent from the line. For her performance, the MAIC sports information directors honored Miller Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

Miller poured in 22 points - her fourth 20-plus point game this season - in Wednesday's hard-fought 82-74 loss on the road at Saint Mary's. She shot 3-for-7 from three and 5-for-5 from the line and added five rebounds, three assists and a remarkable seven steals against the Cardinals. Saturday, she scored 19 to help her team pull out a narrow 59-54 win at Augsburg while shooting 6-for-9 from the floor. She also had five rebounds, four assists and four steals in the win. This season, Miller's 20.2 points per game leads the MIAC,

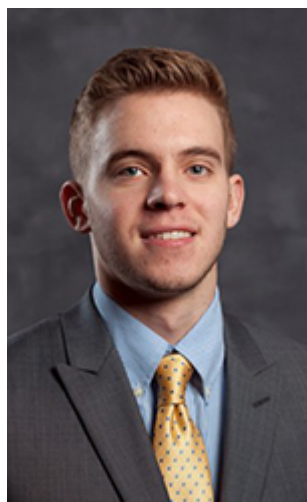
as does her 19.0 scoring average in conference play. She also leads the MIAC with 11 steals in conference play and ranks sixth in both field-goal (.568) and three-point (.391) percentage.

Gustavus used last week's split to improve to 4-2 overall and the Gusties are off to a 1-1 start in conference play, which has them in a six-way tie for fourth place behind a trio of 2-0 teams. Miller and company have another big week ahead in the MIAC, as they host Bethel Wednesday at 7 p.m. in a huge conference showdown, and Friday they travel to Macalester for a 5:45 p.m. MIAC tip off.



MIAC Basketball Athletes-of-the-Week - Dec. 14, 2015

Posted: Dec 14, 2015



MIAC Men's Basketball Athlete-of-the-Week

**Alex Schmitt, Saint John's
Waconia, Minn. / Waconia**

The Saint John's men's basketball team was a perfect 3-for-3 last week with a nonconference victory and a pair of MIAC wins. Leading the way was guard Alex Schmitt (Waconia, Minn.), as the senior averaged 20.7 points, 2.7 rebounds and 2.3 assists per game while shooting 50 percent from the floor and 43.5 percent from

three-point territory. For his performance, the MIAC sports information directors honored Schmitt Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Schmitt poured in 20 points in last Monday's 77-60 win over UM-Morris to help SJU complete a perfect 5-0 mark against nonconference opponents. He followed that up with 15 points and five boards in Wednesday's 83-70 road win at Hamline, but the senior clearly saved his best for last. Schmitt scored a career-high 27 points while adding four assists, two rebounds in a steal in Saint John's 89-79 overtime win over previously unbeaten Bethel. Schmitt hit two key 3-pointers to lead a 9-0 SJU run to open the overtime period en route to his fourth 20-point game of the season. This season, Schmitt leads the MIAC in scoring (18.2 points per game) and three-pointers (26) and he needs just 23 points to reach 1,000 for his career.

Thanks to the two big MIAC wins, the Johnnies improved to 8-1 overall and 3-1 in conference play. SJU is currently tied for second in the MIAC standings. Schmitt and company will get a well-deserved break for the remainder of 2015 for finals and the holiday season before returning to the court for a MIAC home game against Saint Mary's on Saturday, Jan. 2.



MIAC Women's Basketball Athlete-of-the-Week

**LaShay Holt, St. Catherine
Minneapolis, Minn. / Humboldt**

It was a historic week for the St. Catherine women's basketball team, as their 2-0 record included an upset of No. 6-ranked St. Thomas. Junior LaShay Holt (Minneapolis, Minn./Humboldt) starred for the Wildcats as she averaged 15.0 points, 7.5 rebounds, 3.0 assists and 1.0 steals per game while shooting 83 percent from the free throw line. For her performance, the MIAC sports information directors honored Holt Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

Holt had eight points, seven rebounds, three assists, a block and a steal in Wednesday's 59-45 win over Carleton, but the St. Kate's guard/forward was just getting warmed up for Saturday's historic win. The Wildcats' 67-63 win over the sixth-ranked and previously unbeaten Tommies ended UST's 28-game winning streak against MIAC opponents. Holt had 22 points, eight rebounds, three assists and a steal in the win, including 14 points in the second half. St. Thomas used an 11-0 run to pull within a point of St. Kate's with three minutes to play, but Holt hit back-to-back threes to hold off UST and hold on for the win. This season, Holt ranks seventh in the MIAC in scoring (15.1 ppg) and third in rebounding (9.0 per game) overall and fourth in scoring (15.5 ppg) and tied for first in rebounding (10.0 per game) in MIAC play.

Thanks to last week's big wins, St. Catherine improved to 7-2 overall and the Wildcats are now 2-2 in MIAC play. St. Kate's is currently locked in a three-way tie for sixth place in the conference standings, right behind a quartet of 3-1 teams. The team will head to St. Paul Saturday for a big nonconference game at Northwestern at 1 p.m., then will take the rest of 2015 off before returning to MIAC action against Saint Mary's on Jan. 6.



MIAC Basketball Athletes-of-the-Week - Jan. 4, 2016

Posted: Jan 04, 2016



MIAC Men's Basketball Athlete-of-the-Week

Wyatt Ferm, Macalester Farmington, Minn. / Farmington

The Macalester men's basketball team started the 2016 portion of the schedule in style, putting up 95 points and pushing a talented Bethel team to the brink on the road in an

entertaining 107-95 loss. Scots' rookie forward Wyatt Ferm (Farmington, Minn.) enjoyed a breakout game with a career-high 34 points thanks to a red-hot shooting performance to keep his team on the Royals' heels throughout the game. For his performance, the MIAC sports information directors honored Ferm Monday with the MIAC Men's Basketball Athlete-of-the-Week award.



Ferm's career high of 35 points showcased his tremendous shooting touch, as the first-year forward was a remarkable 12-for-16 from the floor and 9-for-12 on three-pointers, to shoot a blistering 75 percent in both categories. He also contributed five rebounds, three steals and two assists in the loss while playing 35 minutes. This season, Ferm is averaging 11.8 points per game while shooting 45.8 percent from the floor and 37.2 percent from three. He's also averaging 5.6 rebounds per game, and his 17.4 scoring average in conference play ranks sixth in the MIAC, while his 15 made three-pointers in MIAC games leads the league.

The narrow loss dropped Macalester to 3-7 overall and 1-4 in conference play this season. The Scots hope to keep up their high-scoring ways while working back into the win column with a big game at home on Wednesday. Macalester will host Saint John's for a 7 p.m. tip off in its only game of the week, with its next contest set for Monday, Jan. 11, at Carleton (7 p.m.).

MIAC Women's Basketball Athlete-of-the-Week



Molly O'Toole, Bethel Plymouth, Minn. / Hopkins

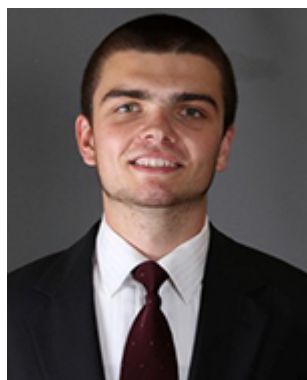
The Bethel women's basketball team had a strong showing against some of the nation's best teams in late December at the D3hoops.com Classic in Las Vegas. The Royals beat Millsaps, 69-52, and lost to third-ranked George Fox, 84-71. Leading the way was sophomore forward Molly O'Toole, who averaged 19.5 points, 8.5 rebounds and 2.0 steals per game while shooting 58.6 percent from the floor and 80 percent from the free throw line to earn All-Tournament Team honors. For her performance, the MIAC sports information directors further honored O'Toole Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

O'Toole started the classic with a dominant 23-point, eight-rebound, two-steal showing in the 69-52 win over Millsaps, which won 20 games and was an NCAA tournament team a year ago. O'Toole shot 10-for-13 from the floor and 2-for-3 from the line in the win. She followed that up with 16 points, nine boards and two steals in the loss to third-ranked George Fox to cement her spot on the All-Tournament Team. This season, O'Toole is averaging 13.9 points and 7.9 rebounds per game, and she ranks ninth in the MIAC in scoring, eighth in rebounding, fourth in field-goal percentage (54.4) and ninth in free-throw percentage (77.4).

Thanks to the split at the prestigious invitational, the Royals remained at .500 with a 5-5 overall record, and the team is also 2-2 in conference play. Bethel hosts Northwestern Monday at 7 p.m. in one more nonconference game before returning to MIAC action by hosting St. Olaf Wednesday at 7 p.m. and traveling to St. Thomas Saturday for a 3 p.m. tip off in a rematch of last season's MIAC Playoff title game.

MIAC Basketball Athletes-of-the-Week - Jan. 11, 2016

Posted: Jan 11, 2016



MIAC Men's Basketball Athlete-of-the-Week

**Collin Olmscheid,
Augsburg
Buffalo, Minn. / Buffalo**

The Augsburg men's basketball and Collin Olmscheid (Buffalo, Minn.) are off to a great start in the new year, as the team won a pair of MIAC games behind starring

performances from the sophomore forward. Olmscheid averaged 27.5 points, 6.5 rebounds and 1.5 assists per game last week while shooting a remarkable 70.4 percent from the floor, 70 percent on threes and 90.9 percent from the free-throw line. For his performance, the MIAC sports information directors honored Olmscheid Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Olmscheid's huge week started with a career-high 29-point effort to lead Augsburg to an 80-77 win over Hamline on Wednesday. He shot 11-for-15 from the floor, including 4-for-6 on three-pointers, while adding seven rebounds, an assist and a steal. He followed that up with 26 points (8-for-12, 3-for-4 on threes), six rebounds and two assists in Saturday's 80-68 win over Carleton. This season, Olmscheid ranks fourth in the MIAC in scoring (17.4 ppg) and eighth in rebounding (6.2 per game) while shooting 54.3 percent from the floor and 50 percent from three.

Thanks to the two wins, Augsburg improved to 8-3 overall and evened its MIAC record at 3-3. Currently, the Auggies are alone in sixth place in the conference standings. Olmscheid and company hope to extend their four-game winning streak against its toughest schedule to date, as it travels to St. Thomas Monday (7 p.m.), Bethel Wednesday (7 p.m.) and Saint John's Saturday (3 p.m.) for a trio of key MIAC road games.



MIAC Women's Basketball Athlete-of-the-Week

**Brandi Blattner, Saint Mary's
Eyota, Minn. / Dover-Eyota**

The Saint Mary's women's basketball team stayed perfect in MIAC play with a pair of clutch road wins last week behind a brilliant performance from Brandi Blattner (Eyota, Minn. / Dover-Eyota). The Cardinals' first-year forward had a double-double in both wins, as she averaged 27 points, 11.5 rebounds, 3.0 steals and 1.5 assists per game while shooting 60 percent from the floor and from behind the 3-point arc. For her performance, the MIAC sports information directors honored Blattner Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

Blattner scored 27 points - a career high - in each game, starting with Wednesday's 71-67 win at St. Catherine. She also added 12 rebounds, two assists, three steals and a block while shooting 10-for-16 from the floor and 7-for-9 from the line in the narrow win over the Wildcats. Blattner poured in 27 points again in Saturday's 57-46 win at St. Olaf and added 11 rebounds, three steals and an assist while shooting 11-for-19 from the floor and 3-for-4 on threes. The rookie now has three-straight 20-10 games, five double-doubles and six double-digit rebounding performances. This season, Blattner is fourth in the MIAC in scoring (16.7 ppg), first in rebounding (9.5 per game), eighth in field goal percentage (51.0) and ninth in steals (23). Her 19.2 points per game and 9.7 rebounds per game in conference play both lead the league.

Thanks to the two wins, Saint Mary's is now 12-1 overall and a perfect 6-0 in MIAC play, alone in first place with a two-game lead over five 4-2 teams. The Cardinals have now won four in a row since their lone loss at UW-Stevens Point on Dec. 19. The Cardinals return home for a pair of huge conference games this week, with Concordia visiting Wednesday (7:45 p.m.) and St. Thomas coming to Winona for a 3 p.m. game on Saturday.

MIAC Basketball Athletes-of-the-Week - Jan. 18, 2016

Posted: Jan 18, 2016



MIAC Men's Basketball Athlete-of-the-Week

**Jordan Bolger, Concordia
Apple Valley, Minn. /
Eastview**

The Concordia men's basketball team put together an impressive week in conference play, winning all three of its games, including two on the road. Senior forward Jordan Bolger (Apple Valley, Minn. / Eastview)

continued to star for the Cobbers as he scored at least 20 points in all three wins to average 21.7 points and 8.3

rebounds per game while shooting 55.8 percent from the floor. For his performance, the MIAC sports information directors honored Bolger Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Bolger's big week started with a 23-point, 11-rebound double-double in an 81-66 home win over Hamline last Monday. Bolger shot 9-for-15 from the floor and had four offensive boards to help beat the Pipers. He scored an even 20 points and grabbed seven boards in Wednesday's 81-65 road win at Saint Mary's, and he capped his big week with 22 points and seven rebounds Saturday in a narrow 79-74 victory at Macalester. This season, Bolger is leading the MIAC in scoring in both overall games (19.1 ppg) and conference games (19.3 ppg) and his 8.7 rebounds per game in MIAC play are also tops in the league.

The three wins helped Concordia improve to 9-6 overall and 6-4 in conference play. The Cobbers moved up to sixth place in the MIAC standings and are firmly in the hunt for one of the six MIAC Playoff spots. Bolger and company hope to keep the good times rolling this week as they aim to win their fifth-straight game. However, it won't be easy with fourth-place Bethel (11-3, 6-3 MIAC) coming to town for a 1 p.m. MIAC matchup on Saturday.



MIAC Women's Basketball Athlete-of-the-Week

**LaShay Holt, St. Catherine
Minneapolis, Minn. / Humboldt**

St. Catherine women's basketball star LaShay Holt (Minneapolis, Minn. / Humboldt) shot her way into the Wildcat record books last week with a pair of high-scoring performances. The junior guard averaged 24 points, four rebounds, two steals and one assist per game while setting a new SCU record for three-pointers made in a game (eight) en route to the second-best single-game scoring output in team history (33 points). For her performance, the MIAC sports information directors honored Holt Monday with her second MIAC Women's Basketball Athlete-of-the-Week award of the 2015-16 season.

Holt started her historic week with 15 points, five rebounds, two steals and an assist in Wednesday's 74-59 road loss at Gustavus, but it turned out she was just getting warmed up. The St. Kate's star erupted for 33 points with a school-record eight three-pointers in a narrow 79-69 loss to St. Olaf Saturday. Holt was 11-for-20 from the floor and 8-for-13 from behind the arc, and added three rebounds, two steals and an assist. The 33 points is the second-best single-game performance in St. Catherine history, and it's the top mark in the MIAC this season. Holt is second in the MIAC in scoring (16.6 ppg) and fifth in rebounding (8.0 rpg) in conference play and second in scoring (15.6 ppg), third in steals (2.6 spg) and sixth in rebounds (8.3 rpg) in overall games.

The two losses last week dropped the Wildcats to 7-7 overall and 2-6 in conference play. St. Kate's is currently tied with Macalester for ninth place in the MIAC standings. This week, Holt will take her high-scoring act on the road for a pair of big conference contests. Wednesday the Wildcats make the long trek to Moorhead to face Concordia at 7 p.m., and Saturday they travel across town to take on Hamline at 3 p.m.

MIAC Basketball Athletes-of-the-Week - Jan. 25 2016

Posted: Jan 25, 2016



MIAC Men's Basketball Athlete-of-the-Week

Cortez Tillman, St. Thomas
St. Paul, Minn. / Cretin-Derham Hall

The St. Thomas men's basketball team passed a pair of tough tests last week with wins over MIAC title contenders, and improved its winning streak to 11-straight

games in the process. Senior guard Cortez Tillman (St. Paul, Minn. / Cretin-Derham Hall) led the way, averaging 19.0 points, 4.5 rebounds and 2.0 assists while shooting 54.2 percent from the floor, 50 percent from three and 85.7 percent from the line. For his performance, the MIAC sports information directors honored Tillman Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Tillman's big week began with 18 points - 16 in the first half - to go along with seven rebounds and two assists in a huge 75-66 home win over St. Olaf. He followed that up by scoring 20 points to lead the Tommies to a double-digit comeback win at Carleton (71-61) on Saturday. This season Tillman is 10th in the MIAC in scoring (14.6 ppg), ninth in steals (17), fourth in free-throw percentage (83.0) and sixth in three-point percentage (49.3). He's shot threes even better in conference play (52.1 percent), while averaging 14.4 ppg against MIAC foes.

With last week's two MIAC wins, the Tommies improved to 15-1 overall and 10-1 in conference play, and they currently hold a two-game lead atop the MIAC standings. UST is currently ranked No. 6 in the nation by D3hoops.com. This week, Tillman and friends hit the road for a pair of big MIAC games as they try to build on their 11-game winning streak. Monday they head to Moorhead to face Concordia at 7 p.m., and Wednesday they travel across town to take on Macalester at 7 p.m.



MIAC Women's Basketball Athlete-of-the-Week

Brandi Blattner, Saint Mary's
Eyota, Minn. / Dover-Eyota

The Saint Mary's women's basketball team and its breakout rookie star continued their outstanding seasons last week with a pair of MIAC wins over Hamline and Macalester. First-year forward Brandi Blattner (Eyota, Minn. / Dover-Eyota) led the way with a double-double in each win, averaging 19.0 points, 12.5 rebounds and 1.0 steals per game while shooting 80 percent from the free-throw line. For her performance, the MIAC sports information directors honored Blattner Monday with her second MIAC Women's Basketball Athlete-of-the-Week award of the season.

Blattner started out with a 12-point, 13-rebound double-double in Wednesday's 70-55 home win over the Pipers. She followed that up with a monstrous 26-point, 12-rebound performance while shooting 58.8 percent from the floor and 66.7 percent from three in Saturday's 81-56 road win at Macalester. This season, Blattner

has scored in double figures in 13 of 17 games and has double-digit rebounds in seven-straight contests. In conference play, Blattner leads the MIAC in scoring (17.9 ppg) and rebounding (10.9 rpg), and she's first in the MIAC in rebounding in overall games (10.2 rpg) and third in scoring (16.2 ppg).

Thanks to the two wins, the Cardinals improved to 15-2 overall and 9-1 in conference play, and they currently hold a one-game lead over defending champion St. Thomas atop the MIAC standings. Saint Mary's appeared in the "Others receiving votes" category of the latest D3hoops.com Top 25 poll. Blattner and company hope to keep the good times rolling this week with a home game against Augsburg Wednesday at 7 p.m., and a trip to Carleton Saturday for a 3 p.m. game.

MIAC Basketball Athletes-of-the-Week - Feb. 1, 2016

Posted: Feb 01, 2016



MIAC Men's Basketball Athlete-of-the-Week

**Jordan Bolger, Concordia
Apple Valley, Minn. /
Eastview**

The Concordia men's basketball team had a great week, going 2-1 against tough competition to leap up the MIAC standings into a tie for second place. Senior forward Jordan Bolger (Apple Valley, Minn. / Eastview) led

the Cobbers through their tough stretch with a pair of double-doubles and averages of 21.3 points, 11.0

rebounds, 3.0 assists and 1.7 steals per game while shooting 54.3 percent from the floor. For his performance, the MIAC sports information directors honored Bolger Monday with his second MIAC Men's Basketball Athlete-of-the-Week award of the 2015-16 season.

Bolger began the week with a 17-point, seven rebound performance last Monday in a narrow 79-70 home loss to No. 6-ranked St. Thomas, but it turned out he was just getting warmed up. He followed that up with a career high 26 points to go along with 13 rebounds and two steals to lead the Cobbers to an incredible 62-61 comeback win against St. Olaf. Saturday, he flirted with a triple-double in an 86-78 win at Augsburg with 21 points, 13 rebounds, seven assists and three steals. This season, Bolger leads the MIAC in scoring at 19.2 ppg and ranks second in rebounding in conference games (8.9 rpg) while ranking in the top five in nine different statistical categories.

Thanks to the 2-1 performance, the Cobbers improved to 12-7 overall and are now 9-5 in conference play. Concordia is locked in a three-way tie with Saint John's and St. Olaf in second place. Bolger and company have won seven of their last eight and hope to continue their strong play with a pair of MIAC games this week. Concordia travels to Carleton for a 5:45 p.m. tip off on Wednesday, and it hosts Gustavus Saturday at 1 p.m.



MIAC Women's Basketball Athlete-of-the-Week

**Maria Loughlin, Augsburg
Rogers, Minn. / Rogers**

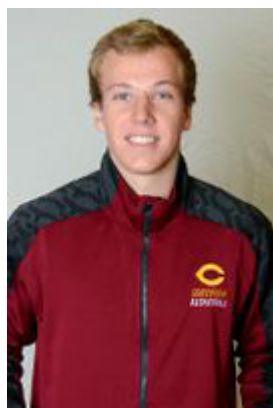
The Augsburg women's basketball team had a great week against top-notch competition with an upset of first-place Saint Mary's and a narrow loss to third-place Concordia. Senior guard Maria Loughlin (Rogers, Minn.) was tremendous in both games, averaging 24.0 points, 5.0 rebounds, 3.5 assists and 3.0 steals per game while topping the 20-point barrier in both contests and shooting 52.8 percent from the floor and 77.8 percent on threes. For her performance, the MIAC sports information directors honored Loughlin Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

The big week began for Loughlin and the Auggies with an 82-70 road upset of the first-place Cardinals in Winona. Loughlin shot 4-for-6 from three-point territory en route to 22 points, a season-high eight rebounds, four assists and two steals in the big win. She followed that up with a season-high 26 points on 11-for-19 shooting (3-for-3 on threes) to go along with two boards, three assists and four steals in a narrow 65-61 home loss to the Cobbers. This season, Loughlin's 14.0 points per game rank ninth in the MIAC. She's ranked third in steals (48), fourth in assists (63) and fifth in assist-to-turnover ratio (1.8-to-1).

Thanks to the 1-1 split last week, the Auggies are a game over .500 overall at 10-9, and are now 5-7 in conference play. Augsburg is currently in eighth place in the MIAC standings, just two games out of sixth and in the hunt for a return to the MIAC Playoffs. This week, Loughlin and the Auggies hope to stay hot with a home game against Hamline Wednesday at 7 p.m., and a trip to St. Catherine on Saturday for a 3 p.m. tip off.

MIAC Basketball Athletes-of-the-Week - Feb. 8, 2016

Posted: Feb 08, 2016



MIAC Men's Basketball Athlete-of-the-Week

**Tom Fraase, Concordia
Bismarck, N.D. / Century**

The Concordia men's basketball team continued rolling with a win at Carleton and a comeback victory in double overtime against Gustavus last week. Senior guard Tom Fraase (Bismarck, N.D. / Century) had a huge role in his

team's success by averaging 23 points, 4.5 rebounds, 4.0 assists and 2.5 steals per game while shooting 56

percent from the floor, 54.5 percent from three and 92.3 percent from the line. For his performance, the MIAC sports information directors honored Fraase Monday with the MIAC Men's Basketball Athlete-of-the-Week award.

Fraase started the week with 11 points, two rebounds, five assists and a steal as the Cobbers won at Carleton (60-45) Wednesday for the first time since Jan. 22, 2007. However, that was just the warm-up for a career performance on Saturday. Fraase led Concordia back from a 15-point deficit en route to a remarkable 114-107 win over Gustavus. Included in his career-high 35 points was a three-pointer in the final seconds of overtime to send it to double-OT, where he scored eight of his team's first 10 points. Fraase shot 9-for-14 from the floor, 5-for-8 on threes and 12-for-13 from the line and added seven boards, three assists and four steals. This season, Fraase is 13th in the MIAC in scoring (14.2 ppg), second in free-throw percentage (.860), third in three-pointers made (50) and fourth in steals (35). Fraase is the second-straight Concordia player to win the MIAC's weekly award, after teammate Jordan Bolger claimed the same honor on Feb. 1.

Thanks to the two big wins, the Cobbers improved to 14-7 overall and 11-5 in the MIAC, and the team has now won four in a row, nine of its last 10, and 12 of its last 14. Concordia is currently in a three-way tie with Saint John's and St. Olaf for second place in the MIAC standings. Fraase and company hope to keep rolling this week when they host Saint Mary's on Monday (7 p.m.), travel to Hamline Wednesday (5:45 p.m.) and visit the Johnnies on Saturday (3 p.m.).



MIAC Women's Basketball Athlete-of-the-Week

**Micaela Meredith, Saint Mary's
Bloomington, Minn. / Kennedy**

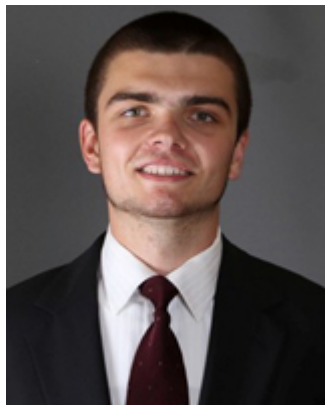
The Saint Mary's women's basketball team continued its outstanding season with a pair of clutch victories last week to lock up a conference postseason bid, and remain in a tie for first place in the MIAC. Leading the way was senior guard Micaela Meredith (Bloomington, Minn. / Kennedy), who averaged 19.5 points, 4.5 rebounds and 1.5 assists per game while shooting almost 47 percent from the floor and 87.5 percent from the line. For her performance, the MIAC sports information directors honored Meredith Monday with the MIAC Women's Basketball Athlete-of-the-Week award.

Meredith's week got off to a great start when she poured in 23 points Wednesday to lead her team to a narrow 62-60 home win over an upset-minded St. Kate's squad. She finished just one point shy of her career high, and it was her sixth 20-point performance of the season. Meredith was 9-for-17 from the floor and 4-for-4 from the line in the win. For an encore, she had a strong all-around game with 16 points, seven boards and three assists in Saturday's 61-53 road win at Saint Benedict. This season, Meredith leads the MIAC in free throw percentage both overall (.876) and in conference play (.909). She's seventh in scoring in MIAC play (14.5 ppg) and eighth overall (14.6 ppg) and also averages 4.5 rebounds and 2.0 assists per game.

Thanks to the two victories, the Cardinals are now 18-3 overall and 12-2 in conference play and tied with St. Thomas atop of the MIAC standings. Saint Mary's has already locked up a spot in the MIAC Playoffs and has won three in a row, and 10 of its last 13. Meredith and company have a pair of big games on the schedule this week, as they travel to Bethel Wednesday for a 7 p.m. showdown in Arden Hills, and Saturday the Cardinals host St. Olaf at 3 p.m. in Winona.

MIAC Basketball Athletes-of-the-Week - Feb. 15, 2016

Posted: Feb 15, 2016



MIAC Men's Basketball Athlete-of-the-Week

**Collin Olmscheid,
Augsburg
Buffalo, Minn. /
Buffalo**

The Augsburg men's basketball team certainly had a week to remember with three wins over some of the conference's top

teams, including an upset of No. 4-ranked St. Thomas.

Sophomore forward Collin Olmscheid (Buffalo, Minn.)

was a major catalyst for the Auggies' success, as he averaged 23 points, 6.7 rebounds, 2.3 assists and 1.0 steals per game. He didn't miss a free throw all week, and shot nearly 63 percent from the floor. For his performance, the MIAC sports information directors honored Olmscheid Monday with his second MIAC Men's Basketball Athlete-of-the-Week award of the 2015-16 season.

The week started with Olmscheid pouring in a career high 31 points and adding 10 rebounds, four assists and two steals in a remarkable performance in Augsburg's 74-68 win over Bethel last Monday. Wednesday, the Auggies snapped a streak of 21-straight losses to the Tommies by upsetting the nation's fourth-ranked team 98-89, with Olmscheid scoring 18 points and adding four rebounds and three assists. He capped his historic week with 20 points and six boards in an 80-72 road win at Carleton Saturday. This season, Olmscheid ranks fourth in the MIAC in scoring (17.7 ppg), seventh in rebounding (6.1 rpg), third in 3-point percentage (.474), eighth in field goal percentage (.565) and ninth in free throw percentage (.785). In MIAC play, his 18.1 points per game rank third in the league.

Thanks to the three big wins, Augsburg improved to 15-8 overall, 10-8 in conference play and kept its MIAC Playoff hopes alive. The Auggies are in a three-way tie for fifth place with two games to play, and are in the mix for one of the final two postseason bids. Olmscheid and company hope to stay hot when they travel to Macalester Wednesday for a 7 p.m. tip off, and they close the regular season with a huge game against Saint John's at home on Saturday at 3 p.m.



MIAC Women's Basketball Athlete-of-the-Week

**LaShay Holt, St. Catherine
Minneapolis, Minn. / Humboldt**

The St. Catherine women's basketball team went 3-0 last week, highlighted by a pair of clutch wins against talented opponents. Junior guard LaShay Holt (Minneapolis, Minn./Humboldt) continued her tremendous season as she averaged 19.7 points, 10.3 rebounds and 2.7 assists per game with two double-doubles in the three victories. For her performance, the MIAC sports information directors honored Holt Monday with her third MIAC Women's Basketball Athlete-of-the-Week award of the 2015-16 season.

St. Catherine and Holt impressed right from the start last week in a game against a UW-Superior team that entered with a 19-2 overall record and 15-straight wins. That streak came to an end as Holt and her team engineered a 77-72 upset Monday, with the junior racking up 22 points, 12 rebounds and four assists. The team also scored a clutch, impressive win over Saint Benedict - 57-56 - on Wednesday with Holt

contributing 19 points and seven rebounds. She capped the week with another double-double - 18 points, 12 rebounds and six assists - in an 81-57 win at Macalester. This season, Holt's 17.1 scoring average leads the MIAC, and she ranks third in rebounding (8.6 per game) and steals (53).

The three wins helped St. Catherine move above .500 at 12-11 overall, and the team is now 6-10 in the MIAC and in ninth place in the conference standings. Holt and company hope to finish the season strong with their final two games this week. The Wildcats host Concordia Wednesday for a 7 p.m. MIAC showdown, and they'll close the campaign Saturday with a 3 p.m. tip off at St. Olaf.



MIAC Basketball Athletes-of-the-Week - Feb. 22, 2016

Posted: Feb 22, 2016



MIAC Men's Basketball Athlete-of-the-Week

**Kevin Grow, Carleton
Circle Pines, Minn. / Centennial**

The Carleton men's basketball team suffered a pair of setbacks in its final two games of the 2015-16 season last

week, despite the best efforts of sophomore Kevin Grow

(Circle Pines, Minn. / Centennial). The Knights' forward

had a double-double in each of the two close losses and averaged 18.0 points, 10.5 rebounds, 3.5 blocked shots and 2.5 assists per game while shooting .625 from the floor. For his performance, the MIAC sports information directors honored Grow Monday with the final MIAC Men's Basketball Athlete-of-the-Week award of the 2015-16 season.

Carleton opened the week with a 65-60 loss at Bethel Wednesday, despite a 20-point, 10-rebound game from Grow, who also blocked five Royals' shots in the loss. He shot 8-for-14 from the floor and also had an assist and a steal in the loss to Bethel. For an encore, Grow closed the campaign with 16 points, 11 rebounds, four assists and two blocked shots in a 67-58 loss at Gustavus Saturday. Grow was on fire in the finale, making 7-of-10 shots from the floor and 2-of-3 from the line to finish his second collegiate season in strong fashion.

The two season-ending losses left Carleton in a tie for sixth place, and the Knights lost out on the final MIAC Playoff spot to Augsburg based on tiebreaker criteria. The team finished 13-12 overall and 10-10 in conference play. Grow closed his outstanding sophomore campaign with averages of 14.0 points, 10.0 rebounds, 2.3 blocked shots and 2.0 assists per game. He led the MIAC in double-doubles (13), defensive (188) and total rebounds (249) and blocked shots (57) and ranked fourth in offensive boards (61), ninth in field goal percentage (.561) and 13th in scoring.



MIAC Women's Basketball Athlete-of-the-Week

**Katie Stone, St. Thomas
Eau Claire, Wis. / Regis**

The University of St. Thomas women's basketball team claimed its second-straight MIAC championship last week in dominant fashion, with senior guard Katie Stone (Eau Claire, Wis. / Regis) leading the way. The Tommie sharpshooter was 9-for-14 behind the 3-point arc and averaged 18.5 points, 2.5 rebounds, 2.5 assists and 1.5 steals per game in a pair of wins to close the regular season, while tying the UST single-season record for 3-pointers made (67). For her performance, the MIAC sports information directors honored Stone Monday with the final MIAC Women's Basketball Athlete-of-the-Week award of the 2015-16 season.

Stone started the week shooting 7-for-8 from the floor and 5-for-6 from three en route to a career-high 21 points in a 69-46 win over St. Olaf that gave UST a share of the MIAC title and the Playoffs' No. 1

seed. She also had four boards, three assists and three steals in the win over the Oles. She followed that up with 16 points (4-for-8 from three) with two assists, a rebound and a blocked shot in an 89-65 win over second-place Saint Mary's to give the Tommies the outright title. Stone finished the regular season with averages of 12.3 points, 2.8 rebounds and 2.0 assists per game. She led the MIAC in three-pointers (67) and finished ninth in assist-to-turnover ratio (1.5).

Thanks to the two victories, the eighth-ranked Tommie finished the regular season with a 22-3 record and a MIAC-best 16-2 conference mark for a second-straight conference title. Stone and company will try to win a remarkable fourth-straight MIAC Playoff title this week as the tournament's No. 1 seed with home-court advantage throughout. UST has a quarterfinal bye, and will host the lowest remaining seed in Thursday's semifinals at 7 p.m. in St. Paul, Minn. The two semifinal winners will meet for the postseason title - and an automatic bid to the NCAA tournament - Saturday at 3 p.m. on the home court of the highest remaining seed.