

2000-01 MIAC Women's Basketball Athletes of the Week

February 27, 2001

Carleton College senior center **Bridget Seegers** (Elkhorn, Wis.) tallied a career-high 32 points and a season-high 12 rebounds in Carleton's 85-75 overtime win over St. Benedict in Wednesday's MIAC semifinal. In Saturday's title game, the senior center posted 10 points and 11 rebounds as Carleton earned the MIAC's automatic berth to the NCAA Tournament, winning at St. Thomas for the first time in 20 tries. Seegers was 17 of 37 from the field and 8 of 12 from the line during the week. The Knights head to Nebraska Wesleyan for the NCAA Tournament's first round on Wednesday.

February 20, 2001

University of St. Thomas junior center **Jennifer Ulstad** (6-2, Madison, Minn. / LacQuiParle HS) helped the Toms post a 3-0 record which let them win the MIAC championship for the fifth time in six seasons. Ulstad averaged 14.0 ppg, 3.0 rpg, 2.7 bpg (19-of-38 FG, 7-of-9 FT, 1 asst, 4 TO, 8 bl., 2 st.). In the pivotal 58-55, comeback win at Carleton, Ulstad scored 15 of her 23 points in the second half, when the atoms outscored Carleton 37-27. Her three-point play with 2:40 to go gave the Toms their first lead. She blocked four shots in the second half. She finished with 23 points and four rebounds in 28 minutes. In a 34-point win over Macalester, she had 10 points and four rebounds in 20 minutes. In a 52-point win over St. Catherine, she had nine points, four rebounds and three blocks in 20 minutes. St. Thomas went 19-2 in the MIAC and is 22-2 overall.

February 13, 2001

Bethel College junior post **Laura Jacobs** (Wells, Minn./United South Central HS) averaged 26 points and 8.7 rebounds as Bethel went 1-2 last week. In Monday's 79-60 loss to St. Mary's, Jacobs had a game-high 21 points (6-14 fg/9-9 ft) and a game high 11 rebounds. In Wednesday's 80-69 loss to league leading Carleton, Jacobs had a game-high 23 points (10-21 fg/3-5 ft) and added 7 rebounds. In Saturday's 79-75 win over Hamline, Jacobs had game-high 34 points (14-21 fg/6-8 ft) and a game high 8 rebounds. Weekly totals: 30-56 fg (53.6%), 18-22 ft (81.8%).

February 6, 2001 - Co-Players of the Week

Carleton College sophomore **Karissa Kramer** (F/C, Clearwater, Minn./Monticello) scored 43 points on 19 of 24 shooting and added 21 rebounds in three Carleton wins last week. In a 61-57 win at Hamline, she tallied 11 points and nine rebounds, going 4 of 6 from the field while adding two steals. In Thursday's 78-37 win over Macalester, Kramer tallied 17 points on eight of nine shooting while grabbing five rebounds in only 15 minutes of action. In Saturday's win at Concordia, Kramer scored 15 points and added seven rebounds, two assists and a steal as Carleton won for the first time ever at Concordia 79-70. For the season, Kramer is averaging 9.8 ppg, and 7.9 rpg while shooting 66.7 percent from the floor. Stats for the week: 19-24 FG, 0-0 3-pt. FG, 5-11 FT, 21 Reb. (7.0 rpg), 2 ast. 5 TO, 1 Blk., 5 Stl, 43 pts. (14.3 ppg), 68 min. (22.7/g)

College of Saint Benedict sophomore **Michelle Barlau** (Wing, Northfield/Northfield H.S.) guided the Blazers to three MIAC victories last week in wins against St. Thomas, Gustavus and Bethel. Barlau's weeks totals: 19-39 FG(.487), 6-15 3pt (.400) 12-15 FT (.800), 13 reb (4.3 rpg), 5 assists, 9 steals, 56 pts (18.6 ppg). Individual game stats for the week: vs GAC 6-9 FG, 3-5 3pt, 3-3 FT, 3 reb, 1 assist, 3 steals, 18 pts; vs UST 6-15 FG, 2-5 3pt, 9-11 FT, 6 reb, 3 assists, 3 steals 23pts; vs Bethel 7-15 FG, 1-5 3pt, 0-1 FT, 4 reb, 1 assist, 3 steals, 15 pts.

January 30, 2001

Concordia College senior guard **Brandi Myers** (Glyndon, Minn. / Dilworth-Glyndon-Felton) averaged 24 points, 4.5 assists and 4 steals in leading Concordia to a 2-0 record last week. In Wednesday's game against Hamline Myers scored 26 points and was 7-for-11 from 3-point range, and 8-for-15 overall from the field. She also had five steals in the game. In Saturday's game versus Augsburg she sparked the Cobbers to 50 points in the second half. She was a perfect 4-for-4 from beyond the 3-point line and 8-for-10 overall. She currently leads the MIAC in scoring, and is fifth in NCAA Division III in steals. Stat Line: 48 pts., 16-25 FG (64%), 11-13 3PT FG (84.6%), 5-6 FT (83.3%), 9 ast., 8 steals, 3 blks.

January 23, 2001

University of St. Thomas guard **Missy Pederson** (Junior, Plymouth, Minn./Robbinsdale Armstrong) led the Toms to a 3-0 week that let them move into a first-place tie in the conference race. Pederson averaged 18 ppg, 3.7 apg, 4.8 spg, 2.3 rpg and only 1.7 tpg in a 45-point win at Macalester, an 18-point win over Carleton and a 52-point win at St. Catherine. She made 24-of-38 from the field, 8-of-19 from 3-point range and 4-of-4 from the line. Pederson had 13 first-half points helping the Toms to a 43-27 halftime lead over Carleton in a battle of MIAC championship hopefuls. Just a junior, Pederson has 117 career 3-point baskets and needs seven to become the school record holder for career threes. The Toms are 12-1 overall, 9-1 in the MIAC, ranked sixth nationally by d3hoops.com.

January 16, 2001

Carleton College sophomore **Karen Fricke** (F/C, Lincolnshire, Ill, Stevenson HS) established a career-high for the third straight game with 18 points as Carleton rallied for its school-record sixth consecutive win, 69-55 over St. Mary's University (Minn.) on Saturday. The sophomore reserve was 7 of 13 from the floor, one of one from three-point range and three of four from the free throw line. Fricke grabbed seven boards, six on the offensive end, and added an assist with 0 turnovers in Carleton's lone game of the week. Fricke is averaging 14.2 points per game over the last four contests in only 20.5 minutes of action while shooting 63 percent from the floor and grabbing six boards per contest.

January 9, 2001

Concordia College guard **Brandi Myers** (Senior, Glyndon, MN, DGF High School) scored 48 points in two games last week. She had 29 points in Concordia's 94-67 win over St. Catherine's and 19 points in the Cobbers 71-58 loss to Carleton. In the game against St. Kate's Myers had 29 points and became the 16th player in Concordia women's basketball history to score 1,000 career points. In the loss to Carleton she had 19 points and eight steals. Myers currently leads Concordia in scoring.

December 12, 2000

College of St. Catherine guard **Kate Stodolka** (FY, Coon Rapids, Minn, Coon Rapids HS) had 16 pts, 7 rebounds and 2 assists (6-7 Ft line) (2-5 3pt.) in the 63-89 loss to St. Benedict on Wednesday. Stodolka continued to play well as she had 27 points and 4 rebounds (13-17 ft line) (2-4 3-pt line) against Bethel in their 80-91 loss on Sat. Stodolka is averaging 21 points per game in MIAC action which could make her the leading scorer in the conf. as a freshmen. She has also gone to the line 30 times and made 23 (77% in MIAC action).

December 5, 2000

College of Saint Benedict sophomore **Danni Hannon** (Post, 6'0", St. Louis Park, Minn/St. Louis Park HS) led the Blazers in victories past Macalester and Carleton. Hannon went 5 for 10 FG, 2 for 2 FT, 6 rebs, 12 pts, 4 assists, 1 block, 3 steals versus Macalester and 7 for 14 FG, 1 for 2 3pt, 4 rebs, 15 pts (11 in the first half), 1 assist, 1 steal versus Carleton. The Blazers are currently tied for first place in the MIAC (2-0, 4-1) and are ranked #22 in the national.

November 28, 2000

Gustavus Adolphus College senior **Tricia Niebuhr** (Post, Gibbon, Minn., Gibbon-Fairfax-Winthrop HS) scored 28 points, grabbed 29 rebounds and blocked five shots as the Gusties won the Trinity University Thanksgiving Tournament in San Antonio, Texas. Niebuhr scored nine points and grabbed 16 rebounds as Gustavus defeated #20th ranked McMurry College 70-54 on Friday and then she scored 19 points and grabbed 13 rebounds as the Gusties defeated 24th ranked Trinity 75-67 on Saturday. Niebuhr, who was named to the all-tournament team, is averaging 14.0 points and 14.5 rebounds per game through two games this season. Gustavus, which is 2-0 overall, will open MIAC play at home against St. Olaf this Saturday at 1:00 pm.

November 21, 2000

University of St. Thomas guard **Missy Pederson** (Junior, Plymouth, MN/Robbinsdale Armstrong) was named MVP of the four-team Johns Hopkins tournament as she led the No. 7-ranked Toms to a 2-0 record. She scored a career-high 21 points in a 52-point win over Connecticut College and tallied 18 points in a 45-point victory over host Johns Hopkins. In the two games, Pederson sank 7-of-11 3-point baskets and averaged 19.5 ppg, 3.5 rpg, 2 apg and 3 spg in 27 mpg. In career 3-pointers, Pederson needs eight to reach 100 and 32 to become the Tommie all-time leader. Johns Hopkins has earned six consecutive NCAA berths with a 135-36 record in that span.