

2003-04 MIAC Women's Basketball Athletes of the Week

March 1, 2004

Carleton College junior guard **Katie Freeman** (Richfield, Minn.) posted her first career double-double in Saturday's MIAC Playoff Championship, scoring 13 points and grabbing 10 rebounds to power 12th-ranked Carleton past Concordia-Moorhead, 62-40. Freeman was 5-for-7 from the field, including a perfect 3-of-3 from three-point range. Her defense was a major reason Carleton held the Cobbers to a mere 10 first-half points and 17.5 percent shooting overall. Her flurry of triples all came in the first three minutes of the second half as Carleton extended a 10-point halftime lead to 16. In Wednesday's semifinal win over Gustavus Freeman tallied four points, three rebounds and a career-best seven assists, but it was her defense that carried the Knights. She blanketed the Gusties' Angie Peterson, forcing her into a 6-for-16 shooting performance. including 1-for-5 from three-point range, and forced her into five turnovers. Peterson was 2-for-9 in the second half and scored only five points as Carleton held the Gusties to 13 second-half points in erasing a 16-point, second-half deficit. Stats for week: 6-12 FG (50.0%), 3-5 3-pt FG (60.0%), 2-2 FT, 13 reb. (6.5 rpg), 8 ast. (4.0 apg), 5 TO, 2 blk. (1.0 bpg), 3 stl., 20 points (10.0 ppg).

February 23, 2004 (CO-P.O.W.'s)

Carleton College junior center **Beth Freeman** (Richfield, Minn.) poured in a career-high 30 points on 14-of-21 shooting, including a key three-pointer with 29 seconds left, as Carleton clinched its second consecutive MIAC title with a 79-73 victory over St. Benedict on Wednesday. Freeman added eight rebounds, four assists and three steals in 34 minutes of action as the Knights earned a season split with the Blazers. She was also part of a defensive effort that held CSB's two posts to only four points in the first half. On Saturday she tallied eight points, four rebounds and four assists in Carleton's 79-71 loss at Gustavus. The Gusties' relentless ball pressure limited Carleton's ability to get her the ball inside, as she was held to 4-for-7 shooting. Stats for week: 18-28 FG (64.3%), 1-2 3-pt FG (50.0%), 3-4 FT (75.0%), 12 reb. (6.0 rpg), 8 ast. (4.0 apg), 1 blk. (0.5 bpg), 3 steals (1.5 spg), 38 points (19.0 ppg).

St. Olaf College junior guard **Molly Simon** (Hudson, Wis.) averaged 19.5 points and 6 rebounds per game last week as St. Olaf upset St. Thomas at home on Wednesday (72-70) and fell to Hamline (79-63) on Saturday. Simon scored 19 points and grabbed ten rebounds in the win over St. Thomas on Wednesday and then followed-up with a career high 20 points and two rebounds in the loss on Saturday. Stats for week: 14-24 FG (58.3%), 9-14 3-pt FG (64.2%), 2-2 FT (100.0%), 12 reb. (6.0 rpg), 2 ast. (1.0 apg), 39 points (19.5 ppg).

February 16, 2004

Gustavus Adolphus College senior forward **Jennifer Klohs** (Brooklyn Park, Minn. / Champlin Park HS) averaged 16.0 points per game as the Gusties went 1-1 this week losing to Saint Mary's (74-76) and defeating Saint Benedict (72-60). Klohs had 10 points and 5 rebounds in the road loss to SMU and netted a game high 22 points for the Gusties in their home win against CSB. Klohs went 10-of-12 from the free-throw line on Saturday to help the Gusties stay undefeated at home this season. The Gusties are beating their opponents by an average of 23.5 points on Gus Young Court. Stats for the week: FG: 10-20 (.500), FT: 12-16 (.750), Reb: 6 (3.0 rpg), Total Points: 32 (16.0 ppg), Assists: 5 (2.5 apg), Turnovers: 6 (3.0 tpg), Steals: 3 (1.5 spg), Minutes: 40 (20 mpg).

February 9, 2004

Carleton College sophomore forward **Megan Vig** (Northfield, Minn.) averaged 21.3 points, 7.0 rebounds and 2.3 steals in leading Carleton to three victories, two coming over teams that have qualified for the 2004 MIAC Playoffs. Her biggest game came in Saturday's 67-63 victory at Concordia-Moorhead, as Vig scored a career-high 28 points, 22 in the second half on 7-for-8 shooting, as Carleton ended the Cobbers' 10-game win streak and handed Concordia its first home loss of the season. She scored seven points in the first five minutes of the second half as Carleton turned a seven-point deficit into a three-point lead, and her three-point bucket with 1:18 remaining pushed Carleton's lead to 64-58. In Wednesday's 79-68 victory over Saint Mary's, Vig tallied 16 points and seven rebounds. On Monday, she recorded her fourth double-double of the season with 20 points and 10 rebounds in a 79-46 win over Macalester. Carleton has won nine consecutive games and is ranked sixth in the nation. Stats for week: 24-41 FG (58.5%), 5-12 3-pt FG (41.7%), 11-15 FT (73.3%), 21 reb. (7.0 rpg), 1 ast., 1 blk., 7 stl. (2.3 spg), 64 pts. (21.3 ppg).

February 2, 2004

Bethel College sophomore post **Anna Cunningham** (Burnsville, Minn./Trinity) averaged 21 points and 5 rebounds, and 2 blocks as the Royals went 1-1 on the week. In Bethel's 84-77 loss to Saint Mary's, Cunningham had 20 points (9-14 FG, 2-4 FT), 4 rebounds, 1 block and 1 steal. In a 71-52 win over Hamline, Cunningham had a team-high 22 points (11-18 FG), 6 rebounds, 3 blocks, and 1 steal. Totals for the week: 20-32 FG, 2-5 FT, 42 points (21 ppg), 10 rebounds (5 rpg), 4 blocks, 2 steals.

Concordia College first-year guard **Anne Keeley** (Grafton, N.D.) averaged 17.5, 4 rebounds and 2.5 assists and shot 70.0% from 3-point range in Concordia's two wins this past week. Her biggest contribution came in the Cobbers' 77-76 overtime win over nationally-ranked Saint Benedict when she hit the game-winning 3-point basket with under one minute left to play in overtime. With the two victories, the Cobbers move into a tie for third place in the MIAC and extend their winning streak to eight games - the team's longest since the 2000-01 season. Against the Blazers, Keeley scored 14 points, collected five rebounds and had two assists. She was 3-for-5 from 3-point range and 4-for-7 overall from the floor. In Saturday's 60-39 win over Macalester, she scored a game-high 21 points and went 4-for-5 from behind the arc. She finished the game 7-for-9 from the floor and grabbed three rebounds and had three assists. She was also part of the defensive unit that surrendered only 10 first half points to the Scots and 39 points overall. The 10 points allowed for a single half is the fewest points allowed in a single half by the Cobbers since the sports information department started keeping track of those statistics in 1990. Stats for the week: Pts: 35 (17.5/game) Reb: 8 (4.0/game) Assts: 5 (2.5/game) FG%: 68.7 (11-for-16) 3-PT FG%: 70.0 (7-for-10) FT%: 75.0 (6-for-8) ST: 2 (1.0/game).

January 26, 2004

Saint Mary's University junior forward **Jamie Rattunde** (Rollingstone, Minn.) averaged a double-double in the Cardinals' three games last week, averaging 21.7 ppg and 11.3 rpg as SMU went 2-1 in its three MIAC games last week. Rattunde opened the week with a career-high 25 points and 11 rebounds in SMU's 80-57 loss to Concordia, then followed that up with a pair of 20-point efforts, along with 13 and 10 rebounds, respectively, in back-to-back wins over Hamline and St. Olaf. Rattunde just missed her second career triple-double vs. the Oles, finishing with nine assists. For the season, Rattunde leads the team with a 15.6 ppg average and is also averaging 9.2 rebounds a game.

January 19, 2004

College of Saint Benedict junior post **Kim Johnson** (Arden Hills, Minn./Mounds View) tallied 24 points, 23 rebounds and blocked six shots as CSB posted wins over nationally-ranked Gustavus and Carleton to remain unbeaten in MIAC play. In Wednesday's 72-67 win over the Gusties Johnson tallied 9 points, 12 boards, 3 blocks and 3 steals as the Blazers handed Gustavus its first MIAC loss of the season. On Saturday, Johnson paced CSB with 15 points, 11 rebounds, five assists and three blocks as the Blazers ended Carleton's 12-game winning streak, 61-58.

College of St. Catherine's sophomore center **Jenna Martin** (Grove City, Minn./ACGC HS) tallied 48 points and 24 rebounds in two games and set a trio of MIAC free-throw records in the process. She had 34 points, a new single-game St. Kate's scoring record and grabbed 15 rebounds vs. Bethel. Martin set new MIAC records for free throws made (18), free throws attempted (18) and free throw percentage (1.000, 18/18) in the contest. The 18-for-18 free-throw shooting performance is one shy of matching the NCAA Div. III record of 19-for-19, set in 1993 by Juniata's Annette Hoffman. She tallied 14 points and 9 rebounds in a loss to Saint Mary's. Martin is averaging 14.6 ppg (8th in MIAC) and 9.8 rpg (1st in MIAC) and has compiled five double-doubles this season.

January 12, 2004

Carleton College sophomore **Megan Vig** (Northfield, Minn.) averaged 19.3 points, seven rebounds and two assists while shooting 53.7 percent from the floor as No. 12 Carleton won three games this week to remain unbeaten on the season. In Monday's win at Saint Mary's, Vig scored 13 points and grabbed eight rebounds. In Wednesday's 71-59 defeat of Concordia, Vig scored a career-high 25 points on 9-of-18 shooting, including 3-for-5 from three-point range. She added nine rebounds and three assists. Her jumper keyed an 8-1 spurt early in the second half, and she scored eight points during a stretch where Carleton pushed its lead from five to 16 points, putting the game out of reach. In Saturday's 73-61 win at Hamline, she tallied 20 points on 9-for-14 shooting and added four rebounds and three assists. Carleton is one of seven unbeaten Division III teams and is currently ranked 12th in the WBCA poll and 17th in the D3Hoops.com poll.

January 5, 2004

Gustavus Adolphus College senior guard **Angie Peterson** (Northfield, Minn.) averaged 25.7 points and 5.3 rebounds per game as the Gusties posted a 2-1 record during the week. Gustavus opened the week by playing in the Whitworth Holiday Classic in Spokane, Washington. Peterson scored 29 points and grabbed 10 rebounds in a 72-63 win over Whitman and then tallied 29 points and grabbed two rebounds in a 87-75 loss to Whitworth. Peterson, who scored her 1,000 point at Gustavus during the Whitworth game, was named to the all-tournament team. This past Saturday, Peterson scored 19 points and grabbed four rebounds as the Gusties defeated Hamline 82-41. Gustavus is currently 7-1 overall and 5-0 in the MIAC. Peterson's stats for the week: FG: 25-42 (.595), FT 18-19 (.947), 3-PT FG: 9-19 (.473), Reb.: 16 (5.3 rpg), PF: 8, Total Points: 77, Assists: 6, Turnovers: 7, Blocks: 1, Steals: 5, Minutes: 79 (26.3 mpg).

December 15, 2003

College of Saint Benedict's sophomore forward **Anna Heikenen** (Edina, Minn.) has been named this week's MIAC women's basketball player of the week. Heikenen averaged 24 points and eight rebounds in leading the Blazers to a pair of conference victories while connecting on 70.8 percent of her field-goal attempts. On Monday, Heikenen tallied a career-high 33 points on 13-for-16 shooting and added nine rebounds as the Blazers rolled past Concordia-Moorhead, 97-76. Sixteen of her game-high 33 points came in the first four minutes of the second half as the Blazers blew open the game. On Saturday against Augsburg, Heikenen tallied 15 points and seven boards in only 19 minutes of action as the Blazers rolled past the Auggies, 78-48. Statline for the week: 17-24 FG (.708), 2-3 3pt(.666), 12-15 FT (.800), 16 rebs (8 rpg), 48 pts (24 ppg) (37 minutes played for an average of 18.5 mpg).

December 8, 2003 : Co-Players of the Week

Saint Mary's University junior guard **Jamie Rattunde** (Rollingstone, Minn.) averaged 15.5 points and 10.5 rebounds in the Cardinals' two victories last week. Rattunde, a first-team All-MIAC pick a year ago, recorded her second straight triple-double in SMU's 67-62 win over Hamline on Wednesday - scoring 15 points, pulling down 12 rebounds and picking up 10 steals - then turned around and scored 16 points and had nine rebounds and seven assists in the Cardinals' 82-62 win over St. Olaf on Saturday. For the season, Rattunde is averaging 12.6 ppg and 10.2 rpg in helping the Cardinals to a 2-0 MIAC mark and a 3-2 overall record.

University of St. Thomas senior forward **Anne Laraway** (St. Cloud, Minn./Cathedral) made 16-of-17 field-goal tries and 5-of-5 free-throw attempts in a 1-1 week for the Tommies. In Saturday's 71-62 win over St. Catherine, she scored a career-high 23 points making all nine shots from the field and all five at the foul line. In Wednesday's 78-66 loss at Saint Benedict, she made 7-of-8 shots for 14 points. Laraway's two-game totals were 37 points, 16-of-17 FG, 5-5 FT, 10 rebounds, 1 assist, 1 turnover. St. Thomas is 2-2 overall and 1-1 in the MIAC.

December 1, 2003

Augsburg College freshman center **Selina Theisen** (Circle Pines, Minn./Centennial HS) scored 49 points and had 15 rebounds in leading Augsburg in two games over the Thanksgiving break. In just her second collegiate game on Saturday at Northwestern-Roseville, Theisen scored 23 points on 10-of-13 shooting from the field, had five rebounds and two blocked shots in Augsburg's 84-69 loss. Theisen scored 12 points in the first nine minutes of play as Augsburg built a 21-9 lead before falling in the second half. On Sunday, Theisen collected her first collegiate double-double, with 26 points (10-of-14 FG) and 10 rebounds, along with two blocked shots in Augsburg's 66-57 loss at UW-Superior. Again, she dominated the first half, scoring 18 points with five rebounds in the stanza. Theisen is averaging 18.3 points and 7.0 rebounds per game through the first three contests of the season. Theisen's week -- 20-27 FG (.741), 9-11 FT (.818), 15 rebounds, 6 fouls, 1 assist, 6 turnovers, 4 blocks, 1 steal, 49 points in 63 minutes played.

November 24, 2003

Macalester College senior guard **Afton Hanson** (Karlstad, Minn. / Tri-County H.S.) was named to the Cal State-Hayward all-tournament team after scoring 48 points and grabbing 15 rebounds in two games last week. Hanson had 20 points and eight boards in a 65-55 loss to CSU-Hayward and then scored 28 points, seven rebounds and four assists in a 66-60 defeat to UC-Santa Cruz. She played 79 out of 80 minutes over the weekend. Stats for the Week: 18-39 FG (.462), 6-17 3's, 6-8 FT, 15 reb (7.5 rpg.), 48 pts (24.0 ppg.), 5 ast., 7 to., 2 stl., 79 min.