

# 2004-05 MIAC Women's Basketball Athletes of the Week

## February 28, 2005

College of Saint Benedict junior forward **Anna Heikenen** (Edina, Minn.) scored 19 points and pulled down six boards in Monday's MIAC Playoff Quarterfinals to lead the Blazers to a 74-62 win over St. Thomas. Wednesday at Concordia Heikenen scored a game-high 29 points as the No. 3 seed Blazers knocked off the No. 2 seed Cobbers to advance to the MIAC Playoff Championship game at No. 1 seed Carleton. On Saturday Heikenen notched a double-double scoring 14 points and grabbing 11 rebounds to help the Blazers to a 77-74 upset over Carleton.

## February 21, 2005

College of Saint Benedict senior post **Kim Johnson** (Arden Hills, Minn./Mounds View HS) averaged 16.5 points, 6.5 rebounds and 3.0 assists per game as the Blazers won twice to wrap up third place in the final MIAC standings this week. In Wednesday's 93-60 win over Augsburg she scored 14 points on 5-of-7 shooting from the field and added six rebounds, four assists and two steals. In Saturday's 70-61 win over Gustavus the senior scored 19 points and grabbed seven rebounds. For the week Johnson made 71 percent of her field-goal attempts, 70 percent of her free throws and blocked four shots. The Blazers open the MIAC Playoffs tonight by hosting St. Thomas in quarterfinal action.

## February 14, 2005

University of St. Thomas senior forward **Jessie Hays** (Shoreview, MN) had 20 points total in her first 19 games. In last week's 2-1 week, with UST on the verge of missing the postseason for the first time since 1986, Hays stepped up big to average 12 ppg, 6 rpg and 3 spg while shooting over 50%. In Monday's last-second loss to St. Olaf, Hays had career highs with 16 points, 11 rebounds and five steals. In Wednesday's key comeback win at Bethel, Hays' 3-pointer with 8:00 to go erased the last Royals lead. In Saturday's 72-61 upset of St. Mary's, Hays had 9 of her 11 points in the second half as the Toms rallied from eight points down. The Toms need at least one win in their last two games to make their 19th consecutive playoff berth.

St. Olaf College senior forward **Kristy Larson** (Ansgar, Iowa) averaged 16.3 points a game as St. Olaf posted a 2-1 record this week, including a 62-60 win over first-place Carleton Saturday and a 68-67 win over St. Thomas Monday, keeping St. Olaf alive for the sixth and final MIAC postseason berth. Larson hit the game-winning bank shot with six seconds left and had ten points on 4-of-7 shooting in the win over the Tommies. The win was the first ever for St. Olaf at Schoenecker Arena, snapping a 23-year drought. In Saturday's win over Carleton Larson had a team and career-high 23 points, going 11-of-19 from the field, and notched the eventual game-winning basket with 21 seconds left. Larson had 16 points in the Oles loss to Gustavus Wednesday night. St. Olaf trails St. Thomas by one game for the final MIAC playoff berth. Line for the week: 49 points (16.3/gm), 21-34 fg (61.7%), 7-10 ft, 11 rebounds, five blocks.

## February 7, 2005

Saint Mary's University senior guard **Jamie Rattunde** (Rollingstone, Minn.) averaged a double-double in SMU's two games last week as the senior helped lead the Cardinals to a pair of key conference wins. Rattunde scored a game-high 24 points and pulled down 15 rebounds as the Cardinals knocked off Bethel 68-59 on Wednesday, then followed that up with a 20-point, 10-rebound effort in SMU's 61-55 win over Gustavus on Saturday. Saturday's win helped SMU move a step closer to its first-ever home MIAC playoff berth, as the Cardinals improved to 10-5 in the conference - a half game ahead of the Gusties. Her two double-doubles last week give her seven for the season - including one in each of SMU's last three games. For the season, Rattunde, is averaging a team-best 16.0 ppg and also leads the Cardinals in rebounding (8.1 rpg), assists (98) and steals (53).

## January 31, 2005

Concordia College senior guard **Mandy Pearson** (Watkins, Minn./Eden Valley-Watkins HS) averaged 19.5 points per game and 8.5 assists per game, leading the Cobbers to a perfect 4-0 record last weekend and into second place in the MIAC. She had her biggest game of the week on Monday against nationally-ranked St. Ben's when she scored a career-high 31 points and had eight assists. She shot 61.5% (8-of-13) from the floor and 100% (3-of-3) from 3-point range against one of the league's top defenses. She was the key factor in Concordia's 83-75 upset win over the Blazers. On Wednesday against Gustavus, Pearson scored 17 points and dished off another eight assists. Over the weekend, she scored 20 points in Concordia's 73-62 win over St. Olaf on Saturday, and then collected her first double-double of the year in the Cobbers' 65-63 win over St. Mary's on Sunday. Against the Cardinals, she scored 10 points but had a season-best 13 assists. Stats for the week: 21-56 FG (.375), 6-11 3-pt FG (.545), 30-36 FT (.833), 15 reb. (3.8 rpg), 34 ast. (8.5 apg), 78 pts. (19.5 ppg).

Carleton College junior forward **Megan Vig** (Northfield, Minn.) averaged 23.5 points and shot a stunning 69.2 percent from the floor in helping Carleton post two wins this week and move three games ahead of the pack in the MIAC race. In Saturday's blowout of No. 14 St. Benedict, the junior hit 11-of-13 shots and matched her season high with 27 points while grabbing 10 rebounds in Carleton's 84-57 win over the Blazers. She also held the conference's leading scorer and rebounder to 12 points, two rebounds and three field goals. In Wednesday's 68-62 win over Hamline, Vig scored 20 points, grabbed five rebounds and dished out four assists. Stats for week: 18-26 FG (.692), 4-9 3-pt FG (.444), 7-8 FT (.875), 15 reb. (7.5 rpg), 6 ast. (3.0 apg), 47 pts. (23.5 ppg).

## January 24, 2005

Carleton College senior **Kristi Colbenson** (Rushford, Minn./Rushford-Peterson HS) notched her second career double-double, scoring 14 points and grabbing a career-high 12 rebounds as Carleton beat St. Thomas, 56-42 on Saturday. Colbenson was 6-for-10 from the floor and added four steals. In Wednesday's win over Bethel, she tallied a team-high 15 points in only 24 minutes of action, going 5-of-6 from the field and 4-of-6 from the line. Stats for week: 11-16 FG (68.8%), 1-2 3-pt FG (50.0%), 6-10 FT (60.0%), 14 reb. (7.0 rpg), 1 ast. (0.5 apg), 5 stl. (2.5 spg), 29 pts. (14.5 ppg).

## January 17, 2005

Gustavus Adolphus College first-year guard **Jess Vadnais** (Hudson, Wis.) averaged 17.5 points, 4.0 assists, 3.5 rebounds and 2.0 steals per game to help the Gusties post a 2-0 record last week. Vadnais scored 18 points, grabbed four rebounds and dished off five assists as the Gusties beat St. Olaf 75-

51 on Wednesday night. She also shot 75.0 percent from the field (6-8) and 60.0 percent from three-point range (3-5). Vadnais scored 17 points, and recorded three rebounds, three assists and three steals in the Gusties 76-55 win at Augsburg on Saturday. For the week, Vadnais average 17.5 points, 4.0 assists and 3.5 rebounds per game, while shooting 57.1 percent from the field (12-21) and 54.5 percent from three-point range (6-11). She is the Gusties third leading scoring with an average of 12.3 points per game. Gustavus is currently 9-3 overall and 7-2 in the MIAC. Stats for the week: FG: 12-21 (.571), 3-PT: FG: 6-11 (.545), FT: 5-7 (.714), REB: 7 (3.5 pg), Fouls: 2, Points: 35 (17.5 pg), Assists: 8, Turnovers: 4, Blocks: 0, Steals: 4.

#### **January 10, 2005**

Carleton College junior forward **Megan Vig** (Northfield, Minn.) averaged 16.0 points and 10.5 rebounds as Carleton notched two key victories over Gustavus and Concordia to remain unbeaten in MIAC play. In Monday's victory against Gustavus, Vig tallied 12 points and 12 rebounds, with 10 of her points coming in the second half as the Knights outscored the Gusties 35-18 over the final 20 minutes. She was 6-for-9 from the floor and added a trio of steals. In Wednesday's 73-67 win at Concordia, the junior tallied 20 points, nine rebounds, two assists and three steals, helping the Knights beat the Cobbers for the 10th consecutive time. She was 10-of-13 from the line, including 9-for-10 in the final minute to help the Knights hold off a late Cobber charge. Stats for week: 10-18 FG (55.6%), 2-5 3pt FG (40.0%), 10-14 FT (71.4%), 21 reb. (10.5 rpg), 2 ast (1.0 apg), 6 stl (3.0 spg).

#### **December 13, 2004**

Concordia College senior guard **Mandy Pearson** (Watkins, Minn./Eden Valley-Watkins HS) became the first player in Concordia women's basketball history to record 1,000 points and 500 assists as she scored 25 points and added eight assists in the Cobbers' 77-76, overtime win at Saint Mary's. The victory was part of a weekend road sweep for Concordia. On Saturday, Pearson scored 16 points and added another eight assists in the Cobbers' 75-54 win at St. Olaf. The two wins were the first of the year in the MIAC for the Cobbers. Concordia started the year with losses at Saint Benedict and Gustavus. For the week Pearson averaged 20.5 points and 8.0 assists. She also collected seven total rebounds and six steals. Stats for the week: 12-23 FG (52.1%), 3-8 3-pt FG (37.5%), 14-16 FT (87.5), 16 ast. (8.0 apg), 7 reb. (3.5 rpg), 12 TO, 2 blk. (1.0 bpg), 6 stl., 41 points (20.5 ppg).

Hamline University junior guard **Carolyn Korchik** (Bloomington, Minn. / Kennedy HS) tied an MIAC record for three-point shooting percentage in a game when she went 7 of 7 (1.000) from behind the arc in Monday's loss to St. Thomas. Korchik scored a career-high 33 points in the contest on 11 of 12 shooting overall. Korchik tied a record set by current head coach Melissa Young-Kruse in January 1992 when she went 8 of 8 from three-point range against Macalester. In an 85-82 loss against St. Catherine, Korchik added 22 points on 8 of 14 from the field, including 5 of 7 from three. Stats for the week: 0-2 record, 27.5 ppg, 19-26 fgs (.731), 12-14 3-pt fgs (.857), 5-9 fts (.556), 7.0 rpg, 1.0 spg.

#### **December 6, 2004**

Bethel University junior guard **Jen Ahlberg** (Milaca, Minn.) averaged 21 points and 8.5 rebounds as Bethel won two MIAC games over Macalester and St. Catherine. In a 85-44 win over Macalester, Ahlberg finished with 15 points (7-12 FG, 1-2 3pt FG) and 9 rebounds. In a 90-88 come-from-behind win over St. Catherine, Ahlberg scored 5 of Bethel's last 7 points as they came back from 15 points down with 8:41 left to win. Ahlberg finished with 27 points (7-15 FG, 3-5 3pt FG, 10-12 FT), 8 rebounds, and 6 assists. Stats for the week: 21 ppg (14-27 FG, 4-7 3pt FG, 10-14 FT) 8.5 rpg 3.5 assists.

#### **November 29, 2004**

Saint Mary's University senior forward **Jamie Rattunde** (Rollingstone, Minn.) averaged 19.0 ppg and 9.5 rebounds per game in leading SMU to back-to-back victories at the Colorado College Tournament. Rattunde, a two-time All-MIAC selection, posted a double-double in both games in leading SMU to its first 2-0 start since the 1985-86 season, when the Cardinals began the season with 18 straight wins. The Cardinal senior scored 11 points and added 10 assists in SMU's 84-65 win in the tournament's opening game, then followed that up with a 25-point, 11-rebound effort in their 72-54 victory over host Colorado College in the title game. Rattunde's efforts made her the tournament's MVP.

#### **November 22, 2004**

College of St. Catherine senior **Natalie Lyzhoft** (Maple Grove, Minn.) had 17 points (6-11 from field) (3-6 3pt-line). Lyzhoft added 5 steals, 2 assists, and 3 rebounds. She helped the Wildcats to a 89-48 season opening victory over Univ. of Minnesota - Morris.