

# 2005-06 MIAC Women's Basketball Athletes of the Week

## February 27, 2006

Concordia College senior post/center **Tori Ehlert** (Battle Lake, Minn./Battle Lake) was the lone senior, and the inspiration, during Concordia's two-game run to the MIAC Tournament title. Ehlert had 14 points and 11 rebounds in the Cobbers' 63-55 semifinal win over Gustavus on Wednesday and then had six points, three rebounds and a game-high five steals in the 65-56 championship win over Carleton on Saturday. Even though she did not put up big numbers in the championship game it was her leadership skills that helped Concordia stay composed after trailing by 11 at halftime and then falling behind by 13 early in the second half. For the week Tori averaged 10 points, 7 rebounds, 1 assist and 2.5 steals.

## February 20, 2006

College of Saint Benedict senior forward **Anna Heikenen** (Edina, Minn. ) coming back from a knee injury that sidelined her the previous week, Heikenen averaged 18.5 ppg, 6.5 rpg and shot 58% from the field and 90% from the line to lead the Blazers to a 2-0 week and the outright MIAC championship. In Saturday's pivotal 70-60 win at Gustavus, she had 17 points, five rebounds and two assists and made her 372nd career free throw, a new school record. She also had 20 points and eight rebounds in Wednesday's win over Augsburg. Totals 14 for 24 (.583) 9 for 10 FT (.900) 13 R (6.5) 37 pts (18.5 ppg)

## February 13, 2006

Hamline University senior center **Laurisa Ewert** (Andover, Minn./Anoka) helped propel the Pipers to the brink of their first MIAC women's basketball postseason berth as she averaged 19 ppg, 7.1 rpg and 4.0 apg and shot 59% from the field in a 2-1 week. She had 14 points and 12 rebounds in Monday's win over Augsburg, her sixth double-double of the season; had 21 points and six assists in Wednesday's win over St. Mary's; and had 15 points and eight rebounds in Saturday's 83-80 loss to first-place St. Benedict. Ewert is currently eighth in the MIAC in scoring (13.6 ppg) and third in rebounds (8.0 rpg). The Pipers are 12-11 overall and 8-10 in the MIAC.

## February 6, 2006

Carleton College senior forward **Megan Vig** (Northfield, Minn.) scored 19 points in back-to-back wins over third-place Gustavus and first-place Concordia this week as the Knights posted a 3-0 mark during the week. In Saturday's win at Concordia, Vig scored 19 points on 7-of-12 shooting as the Knights won in Moorhead for the sixth straight time. In Wednesday's comeback win over Gustavus, Vig tallied 19 points and 13 rebounds. Trailing by 14 at the half, Vig rallied the Knights and hit a key free throw with four seconds left for the final margin. On Monday against Augsburg she scored six points and had five rebounds in only 21 minutes of action as Carleton cruised to an easy win. Stats for week: 18-33 FG (.545), 1-9 3-pt. FG (.111), 7-15 FT (.467), 20 reb. (6.7 rpg), 4 ast (1.3 apg), 3 blk. (1.0 bpg), 3 st. (1.0 spg), 44 pts. (14.7 ppg)

## January 30, 2006

Concordia College sophomore post **Melanie Hageman** (Fargo, N.D./Fargo South) averaged 20.3 points, shot 67.8% from the field and 92.0% from the free throw line in Concordia's three wins last week. She helped the Cobbers climb to the top of the MIAC with a 12-2 record. On Wednesday in Concordia's pivotal 65-63 win against Gustavus, she had a game-high 17 points, seven rebounds and was 5-of-9 from the floor and 7-of-8 from the free throw line. She scored 15 of her 17 points in the second half and with the game on the line in the final minutes, she scored six of the team's last 11 points. One of her biggest accomplishments was on defense where she helped hold MIAC leading scorer Bri Monahan to only 11 points - nine below her season average. In Concordia's 66-57 victory at St. Olaf on Saturday, she had 16 points, eight rebounds, went 5-of-10 from the floor and a perfect 6-of-6 from the free throw line. On Sunday, to complete Concordia's three-game sweep, she scored a season-high 28 points against St. Mary's as the Cobbers posted a 60-41 win. She was 9-of-9 from the floor and 10-of-11 from the free throw line. She also collected six rebounds and had four steals. Stats for the week: 61 points (20.3 ppg/avg); 21 rebounds (7.0/gm); 6 steals; 3 assists; 4 turnovers; 67.8% FG% (19-of-28); 92.0% FT% (23-of-25)

## January 23, 2006

Concordia College sophomore post **Melanie Hageman** (Fargo, N.D./Fargo South) her dominant play in the post helped Concordia post two wins on the week and jump into a tie for first place in the MIAC. For the week she averaged 23 points, 12 rebounds and 2.0 steals as MIAC co-leader Concordia recorded a 63-56 comeback win on the road at Hamline and then a 78-69 victory over St. Ben's at home. She had back-to-back double-doubles and now has four on the season. Against Hamline she had a game-high 22 points and 12 rebounds, including 4-of-4 free throws to help a 14-4 game closing run. Against the Blazers she recorded a game-high 24 points and 12 rebounds while making 8-for-10 from the field and 8-for-8 from the line. On the week, she made 14-of-16 at the foul line and 16-of-27 from the field.

Gustavus Adolphus College junior post **Bri Monahan** (Hutchinson, Minn.) averaged 28.5 points, 9.5 rebounds and 2 steals per game as Gustavus swept Saint Ben's and Hamline on the road last week. In Wednesday's 71-70 win at Saint Ben's, Monahan scored 26 points, including the game-winning basket with seven seconds remaining. She was 10-of-19 from the field, including 5-of-7 from the free throw line while adding five rebounds and two steals. In Saturday's 79-64 win at Hamline, Monahan scored 31 points on 11-of-24 shooting and was a perfect 7-of-7 from the line while adding 14 rebounds, two assists, a steal and a block. Monahan became only the second Gustie player to hit the 30-point mark twice in the same season and the third to do it over the course of a career. Stats for the week: 21-43 FG (.488), 3-6 3-pt. FG (.500), 12-14 FT (.857), 19 reb. (9.5 rpg), 1 asst. (0.5 apg), 1 blk. (0.5 bpg), 4 stl. (2.0 spg), 57 pts. (28.5 ppg), 2 turnovers

## January 16, 2006

Carleton College senior forward **Megan Vig** (Northfield, Minn.) averaged 24 points, eight rebounds, two blocks and two steals a game as Carleton was 1-1 this past week. In Wednesday's loss to St. Catherine, Vig scored 22 points, grabbed eight rebounds and blocked three shots. She was 10-for-16 from the field, including 2-for-3 from 3-point range. In Saturday's 70-58 victory over rival St. Olaf, Vig scored a season high 26 points on 7-of-14 shooting and was 12-for-15 from the line while adding eight rebounds and three steals. Vig had 17 points in the second half and made 6-of-8 free throws in the final minute to help hold off the Oles, moving her personal record against the Northfield rival to 6-1. Stats for week: 17-30 FG (.567), 2-3 3-pt. FG (.500), 12-15 FT (.800), 16 reb. (8.0 rpg), 1 ast. (0.5 apg), 4 blk. (2.0 bpg), 4 stl. (2.0 spg), 48 pts. (24.0 ppg)

## January 10, 2006

Gustavus Adolphus College sophomore guard **Jess Vadnais** (Hudson, Wis./Hudson) led the Gusties to a pair of conference victories this past week. Vadnais averaged 20.0 points and 3.5 rebounds in MIAC wins over St. Mary's and Bethel. Vadnais made 8-of-18 from the field and 4-of-8 from three point range for a game-high 23 points in a 70-58 win over Saint Mary's on Wednesday, head coach Mickey Haller's 100th at the helm of the Gustavus program. Vadnais followed that performance up with 17 points in a 78-63 win over Bethel on Saturday. Vadnais entered the week 12th nationally in Division III in

free-throw percentage (34-of-37) and proceeded to sink 6-of-7 attempts from the charity stripe during the week. She also had just two turnovers in 33 minutes a game.

Totals: 14-of-35 FG, 6-of-13 3FG, 6-of-7 FT, 4-3/7 reb., 3 asst., 0 blk., 2 TO, 3 stls., 32.5 min./gm

#### **December 12, 2005**

College of St. Catherine senior forward **Jenna Martin** (Grove City, Minn. ) was one rebound away from three consecutive double-doubles last week as she averaged 15 ppg and 11.6 rebounds and shot 14-25 (56%) from the field as the Wildcats went 1-2 (1-1 MIAC). In a 72-68 loss at Gustavus, Martin had 13 points and 11 rebounds. Guiding the Wildcats to a 75-72 win at Hamline, Martin shot 2-5, but went 11-15 from the free-throw line and notched 15 points and 15 rebounds. In a 74-69 loss at UM-Morris, Martin had 17 points and 9 rebounds. Martin, who's coming back from a knee injury that sidelined her for all of 2004-05, currently leads the MIAC in rebounding with 9.6 per game and is 16th in scoring at 12.1 per game.

University of St. Thomas senior center **Erica Opdahl** (Mound, Minn./Mound-Westonka) averaged 22 points, 6.0 rebounds, 1.3 blocks and 1.0 steal in 35 minutes a game and shot 66% from the field (27-of-41) in three games last week. In Sunday's 32-point loss at Division II No. 7 ranked St. Cloud State, Opdahl scored a career-high 26 points (11-of-21 shooting). In Wednesday's 14-point road win at Gustavus, which ended UST's eight-game losing streak to the Gusties, Opdahl had 23 points and was 10-for-10 from the field for one of the best shooting nights in MIAC history (conference record is 12-for-12). In Monday's eight-point loss at Hamline, she had 17 points and seven rebounds. She also made 11-of-15 at the foul line. In 85 career games Opdahl has 957 points and 534 rebounds. The Tommies are 4-3 overall and 2-1 in the MIAC, just a half-game out of first place.

#### **December 5, 2005**

University of St. Thomas junior forward **Melissa Gotchnik** (Champlin, Minn./Champlin Park) in her lone game last week, Gotchnik had career highs with 27 points and 14 rebounds to lead the Tommies to an 18-point win over three-time defending champion Carleton. After making just 4-of-23 shots in her first three games, Gotchnik made 4-of-5 from 3-point range and 9-of-14 overall from the field. Gotchnik's previous career high in scoring was 16 points. She also guarded preseason All-American Megan Vik and helped hold her to 13 points. The Toms have won three in a row to improve to 3-1 for first-year head coach Ruth Sinn. Totals 9-of-14 FG, 4-of-5 3FG, 5-of-6 FT, 3-11/14 reb., 1 a, 3 to, 2 bl, 1 steal, 33 min.