

2006-07 MIAC Women's Basketball Athletes of the Week

February 26, 2007

College of Saint Benedict junior wing **Mackenzie O'Neil** (Waseca, Minn.) averaged 11 points, six rebounds and 5.5 steals in leading Saint Benedict to the 2007 MIAC Playoff title and the conference's automatic bid to the NCAA Tournament. The wing nearly posted a triple-double in Saturday's 56-54 title-game win over Gustavus, notching 12 points, 10 rebounds and eight steals. That performance was preceded by a 10-point outburst in Thursday's semifinal romp over Carleton. In the title game, she had three steals over a six-minute span to help the Blazers erase a 10-point Gustavus lead, and she assisted on consecutive three-pointers and then recorded a steal and lay-up that turned a four-point Gustie lead into a six-point Blazer advantage with 3 minutes, 29 seconds left. She added a critical steal in the final seconds as the Gusties tried to set up for a potential game-tying basket with three seconds left. The Blazers open the NCAA Tournament on Friday, March 2 against Wheaton College (Ill.).

February 19, 2007

Carleton College sophomore forward **Sarah Lincoln** (Rockford, Minn.) averaged 15.0 points and 11.0 rebounds in posting a pair of double-doubles to lead Carleton to a pair of victories this past week. On Wednesday she tallied 10 points and 10 rebounds in a 61-52 win over Macalester, and backed that up with career bests of 20 points and 12 rebounds in a 72-59 win over Gustavus. In the win over the Gusties, Lincoln scored 13 of her 20 points in the second half as Carleton outscored Gustavus, 41-28, in the second half. She scored eight points in the final three minutes to put the game away. Stats for week: 7-17 FG (41.2%), 2-8 3-pt. FG (25.0%), 14-18 FT (77.8%), 22 reb. 11.0 rpg, 3 ast. (1.5 apg), 2 blk. (1.0 bpg), 3 stl. (1.5 spg), 30 pts. (15.0 ppg)

February 12, 2007

College of Saint Benedict senior post **Ellie Boone** (Maple Grove, Minn.) shot 65% from the field and 88% from the line and averaged 16 points, 7.3 rebounds, 3.0 assists and 2.0 blocks while playing only 20 minutes a game. She led the first-place Blazers to a 3-0 week that secured a top-two MIAC finish and a first-round playoff bye. Boone had 19 points (7-of-11 FG), nine rebounds, four assists and three blocks in Saint Benedict's 79-57 win over St. Catherine. She added 17 points (7-of-10 FG) and six rebounds in a 69-53 victory over Augsburg and 12 points (6-of-10) and six rebounds in a 64-42 win over Macalester. The Blazers (19-4 overall, 18-2 MIAC) are just one win away from earning at least a share of their 11th conference title.

February 5, 2007

University of St. Thomas sophomore forward **Jessica Katch** (Urbandale, Iowa/Dowling) averaged 16 ppg, 5.5 spg, 6.0 rpg and 3.0 apg in St. Thomas' 2-0 week that built its first four-game winning streak since Jan. 2003. Katch had 20 points and a school-record 10 steals and led the Tommies to one of the biggest turnarounds in Division III history with Saturday's 57-55 overtime win over Bethel. Katch had a steal and the winning points on a contested layup with 24 seconds left in overtime. The Toms trailed 29-9 at halftime but Katch chipped in 14 points and five steals in the second half to help UST force OT. She had four points and two steals in overtime. The 10 steals were the most by a men's or women's player in MIAC play in the last three seasons. Katch also had 12 points and five rebounds in Wednesday's 63-60 comeback win over Carleton, including nine second-half points. Near the halfway point of her college career, Katch is on pace to finish with 1,000 points, 600 rebounds, 275 assists and 275 steals.

Carleton College sophomore center **Hannah Oken-Berg** (Portland, Ore./Lincoln) averaged 23 points, eight rebounds and shot 63.3 percent from the floor and 80 percent from the line in Carleton's two games last week. On Saturday, she notched a career-high 30 points on 11-for-14 shooting in Carleton's 75-64 win over St. Catherine. She had 19 of her 30 points in the second half and made four straight free throws down the stretch after the Wildcats had whittled a 22-point Carleton lead down to six points in the final minute. She scored nine of her 19 second-half points in the first five minutes of the period as Carleton used a 23-3 spurt spanning halftime. The 30-point outburst matches the conference individual high this season. Oken-Berg was also a major factor in holding the Wildcats' leading scorer in MIAC play, Sarah Schneider, to six points, three rebounds and five turnovers. In Wednesday's loss at St. Thomas, Oken-Berg was 8-for-16 from the floor for 16 points.

January 22, 2007

Gustavus Adolphus College junior guard **Jess Vадnais** (Hudson, Wis.) averaged 17.3 points, 3.6 rebounds, 3.3 assists, and 1.3 steals per game to help the Gusties claim important MIAC victories over St. Olaf (80-56), Carleton (68-48), and Macalester (58-42) last week. Vадnais scored 22 points in the Gusties win at St. Olaf on Monday night, and then added 19 points in Wednesday's win against second place Carleton in St. Peter on Wednesday and finished with 13 points in Saturday's win at Macalester. Vадnais leads the team in scoring with an average of 18.1 points per game. The Gusties are now 13-2 overall and 10-2 in the MIAC. Stats for the week: FG: 15-39 (.384), 3 pt FG: 9-25 (.360), FT: 13-15 (.867), Reb.: 11 (3.6), Points: 52 (17.3), Assists: 10 (3.3), Turnovers: 6 (2.0), Blocks: 0, Steals: 4 (1.3), Minutes: 95 (31.6)

January 15, 2007

Gustavus Adolphus College senior post **Bri Monahan** (Hutchinson, Minn.) averaged 20.3 points per game and shot 57.8 percent from the field to help the Gusties post a 2-1 mark against three upper-division squads in the MIAC. She had big second-half scoring games to help Gustavus erase deficits of 11 at St. Thomas and 12 at Concordia. Monahan scored 26 points (including 10-12 from the free throw line) as Gustavus lost a heartbreaker to Concordia 71-69 on Monday night, she then scored 20 points (on 9-11 shooting from the field) in an important 67-53 win at St. Thomas on Wednesday night, and then finished the week with 15 points, 4 rebounds, and 4 steals in a 63-42 win over Hamline at home on Saturday afternoon. Monahan, who leads the team in scoring with an average of 17.9 points per game, is a primary reason why the Gusties are off to the second best start in school history with a mark of 10-2. Stats for the week: FG: 22-38 (.578), 3 PT FG: 2-6 (.333), FT: 15-18 (.833), Rebounds: 15 (5.0 pg), Assists: 1, Turnovers: 3, Blocks: 2, Steals: 8, Minutes: 84 (28.0 mpg), Points: 61 (20.3 ppg)

January 9, 2007

Hamline University first-year guard **Rochelle Sather** (Andover, Minn.) had two big games as the Pipers went 2-0 in conference play on the week. Sather averaged 22.5 points while shooting 80 percent from the floor and 80 percent from three-point range in Hamline's wins against Augsburg and Concordia. Sather tallied 23 points on 9-of-11 shooting from the floor against Augsburg on Wednesday. She hit 5-of-6 three-point attempts in the contest and grabbed six rebounds. Against Concordia on Saturday, Sather netted 22 points on 7-of-9 shooting while hauling down five rebounds in a 67-60 victory. Defensively, she held Concordia's leading scorer Annie Keeley to six points. It was just Hamline's third-ever win against the Cobbers and first in Moorhead. Stats for the week: 2-0 record, 22.5 ppg, 16-20 fgs (.800), 8-10 3fgs (.800), 5-7 fts (.714), 5.5 rpg, 1.5 apg, 1.0 spg, 1.0 bpg

December 18, 2006

Macalester College first-year guard **Danielle Johnson** (DeForest, Wis./Edgewood) led Macalester to its second win of the season, a 52-46 victory Wednesday (Dec. 13) over Wisconsin-River Falls in the team's home-opener. In addition to scoring a season-high 22 points, Johnson also contributed eight rebounds, four assists and three steals. She went 8-for-14 from the field, including 3-for-6 on three-pointers. Johnson put the Scots up for good with a basket with 8:28 left in the game to ignite a decisive 12-2 Macalester run, while also making a free throw, and gaining an assist and key offensive rebound during the rally. Johnson is averaging 12.3 points per game this season while leading the team in assists, steals and three-pointers.

December 11, 2006

Bethel University sophomore center **Annegret Nautsch** (Sioux Falls, S.D.) was a force for the Royals this past week, giving them an opportunity to win against two very strong MIAC teams. On Monday against Gustavus (6-1, 3-1), Nautsch finished shooting 8-14 for 18 points while also grabbing eight rebounds and a blocked shot. She followed up that performance on Wednesday against Carleton (6-1, 3-1) with another 8-14 shooting performance, this time going for 20 points as she recorded a double-double with 16 rebounds and two blocked shots. For the week, Nautsch finished 16-28 for 38 points (19 ppg) and 24 rebounds (12.0 rpg) and three blocked shots.

December 4, 2006

College of St. Catherine junior guard **Rachel Berglund** (Dawson, Minn. /Dawson-Boyd) averaged 18.0 points and 4.0 rebounds to lead the 4-0 Wildcats to a 2-0 week, including a nine-point road win at Bethel. Berglund scored 19 points and grabbed 3 rebounds in only 26 minutes of action on Saturday against Macalester. She has led the Wildcats in scoring in each of their four wins in 2006 and she is currently the MIAC's leading scorer at 20 ppg.