

# 2007-08 MIAC Women's Basketball Awards

Posted: Mar 06, 2008

St. Paul, Minn. -- The Minnesota Intercollegiate Athletic Conference (MIAC) announced the 2007-08 MIAC Women's Basketball Awards today, March 6, 2008. University of St. Thomas senior forward Carrie Embree was named the 2007-08 MIAC Player of the Year. In her first season of collegiate basketball, Embree was the lone senior on a Tommie team that was crowned MIAC Regular Season Co-Champions. The former softball All-American, averaged 14.9 points and 8.5 rebounds per game in 2007-08.

St. Thomas head coach Ruth Sinn was chosen as the 2007-08 MIAC Coach of the Year. In her third season at St. Thomas, Sinn led the Tommies to a MIAC Regular Season Co-Championship and a 18-4 MIAC record.

As part of a conference-wide sportsmanship initiative, the MIAC announces the second annual All-MIAC Sportsmanship team for women's basketball. Members of the All-MIAC Sportsmanship team are selected by their coaches and teammates as individuals who demonstrate ideals of positive sportsmanship both on and off the field of competition.

## 2007-08 MIAC Women's Basketball Awards

**Player of the Year** - Carrie Embree, St. Thomas (Sr., Forward, Waukee, Iowa)

**Sixth Player of the Year** - Judy Falvey, Saint Benedict (Sr., Wing, Lakeville, Minn.)

**Coach of the Year** - Ruth Sinn, St. Thomas (3rd season)

### All-Conference

| Name             | Team           | Year | Position | Hometown/High School               |
|------------------|----------------|------|----------|------------------------------------|
| Rachel Berglund  | St. Catherine  | Sr.  | Guard    | Dawson, Minn./Dawson-Boyd          |
| Amber Connor     | Carleton       | So.  | Guard    | Rosemount, Minn.                   |
| Carrie Embree    | St. Thomas     | Sr.  | Forward  | Waukee, Iowa                       |
| Elyse Erickson   | St. Olaf       | Jr.  | Forward  | Long Lake, Minn./Orono             |
| Melanie Hageman  | Concordia      | Sr.  | Post     | Fargo, N.D./South                  |
| Jessica Katch    | St. Thomas     | Jr.  | Forward  | Urbandale, Iowa/Dowling            |
| Sarah Lincoln    | Carleton       | Jr.  | Forward  | Rockford, Minn.                    |
| Kristina Lurken  | Augsburg       | Sr.  | Guard    | Kenyon, Minn./Kenyon-Wanamingo     |
| Annegret Nautsch | Bethel         | Jr.  | Center   | Seattle, Wash./Sioux Falls         |
| Hannah Oken-Berg | Carleton       | Jr.  | Forward  | Portland, Ore./Lincoln             |
| Trina PaStarr    | Macalester     | So.  | Forward  | Minneapolis, Minn./Southwest       |
| Mindy Schmidt    | Saint Benedict | So.  | Wing     | Brooklyn Park, Minn./Champlin Park |
| Jess Vadnais     | Gustavus       | Sr.  | Guard    | Hudson, Wis.                       |
| Jess Weisbrod    | Saint Mary's   | Sr.  | Forward  | Rollingstone, Minn./Winona Cotter  |
| Mary Wilkowski   | Hamline        | Fy.  | Forward  | Savannah, Ga./St. Andrews          |

### All-Defensive Team

| Name                | Team           | Year | Position | Hometown/High School           |
|---------------------|----------------|------|----------|--------------------------------|
| Eartha Bell         | Macalester     | So.  | Guard    | Minneapolis, Minn./Breck       |
| Amber Connor        | Carleton       | So.  | Guard    | Rosemount, Minn.               |
| Jessica Katch       | St. Thomas     | Jr.  | Forward  | Urbandale, Iowa/Dowling        |
| Annegret Nautsch    | Bethel         | Jr.  | Center   | Seattle, Wash./Sioux Falls     |
| Mackenzie O'Neil    | Saint Benedict | Sr.  | Wing     | Waseca, Minn.                  |
| Sheena Porter-Wrzos | St. Thomas     | So.  | Guard    | Minneapolis, Minn./De La Salle |
| Jess Vadnais        | Gustavus       | Sr.  | Guard    | Hudson, Wis.                   |

### All-First Year Team

| Name             | Team           | Year | Position | Hometown/High School            |
|------------------|----------------|------|----------|---------------------------------|
| Carrie Embree    | St. Thomas     | Sr.  | Forward  | Waukee, Iowa                    |
| Jamie Erdahl     | St. Olaf       | Fy.  | Guard    | Bloomington, Minn./Breck        |
| Danielle Frank   | Saint Benedict | Fy.  | Post     | Caledonia, Minn.                |
| Molly Mathiowetz | Gustavus       | Fy.  | Forward  | Sleepy Eye, Minn./SE-St. Mary's |
| Shannon Renne    | Augsburg       | Fy.  | Guard    | Nicollet, Minn.                 |
| Ally Weaver      | Carleton       | Fy.  | Guard    | Iowa City, Iowa/West            |
| Mary Wilkowski   | Hamline        | Fy.  | Forward  | Savannah, Ga./St. Andrews       |

### Honorable Mention All-Conference

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| Name                 | Team           | Year | Position | Hometown/High School               |
|----------------------|----------------|------|----------|------------------------------------|
| Ann Baltzer          | Macalester     | So.  | Center   | Bismarck, N.D.                     |
| Nikki Carter         | Saint Benedict | Jr.  | Point    | Edina, Minn.                       |
| Jamie Erdahl         | St. Olaf       | Fy.  | Guard    | Bloomington, Minn./Breck           |
| Danielle Frank       | Saint Benedict | Fy.  | Post     | Caledonia, Minn.                   |
| Jenna Freudenberg    | Concordia      | Jr.  | Guard    | Parkers Prairie, Minn.             |
| Brooke Hakanson      | St. Catherine  | Jr.  | Guard    | Wheeler, Wis./Boyceville           |
| Kiersten Hansen      | Bethel         | So.  | Guard    | Eden Prairie, Minn./West Lutheran  |
| Erica Hormig         | Bethel         | So.  | Forward  | Windom, Minn.                      |
| Annie Isler          | Carleton       | Sr.  | Guard    | Hopkins, Minn.                     |
| Danielle Johnson     | Macalester     | So.  | Guard    | DeForest, Wis./Edgewood            |
| Katie LaGrave        | Augsburg       | Sr.  | Guard    | Okinawa, Japan/Kadena              |
| Sheena Porter-Wrzos  | St. Thomas     | So.  | Guard    | Minneapolis, Minn./De La Salle     |
| Brianna Radtke       | Gustavus       | So.  | Guard    | Winsted, Minn./Lester Prairie      |
| Britta Schwartzhoff  | Hamline        | Jr.  | Guard    | Hayward, Wis.                      |
| Sarah Sorbo          | Concordia      | So.  | Guard    | Adams, N.D./Adams-Edmore           |
| Kristina Stoermer    | St. Olaf       | Sr.  | Forward  | Wayzata, Minn.                     |
| Christa Suedbeck     | Augsburg       | Jr.  | Center   | Hugo, Minn./White Bear Lake        |
| Ariel Tauer          | Saint Benedict | Jr.  | Forward  | Edina, Minn.                       |
| Krystal Tschumperlin | Hamline        | Jr.  | Guard    | Watkins, Minn./Eden Valley-Watkins |

### 2007-08 All-MIAC Sportsmanship Team

Augsburg - Taylor Ray (Sr., Two Harbors, Minn.)

Bethel - Kiersten Hansen (So. Eden Prairie, Minn.)

Carleton - Joy Esboldt (Sr., Willmar, Minn.)

Concordia - Erica Nord (Fy., Wolverton, Minn./Barnesville)

Gustavus - Julia Schultz (So., Marshall, Minn.)

Hamline - Britt Herzog (Sr., Mountain Iron, Minn./Mountain Iron Buhl)

Macalester - Alyssa Lunde (So., Rochester, Minn./Mayo)

Saint Benedict - Nikki Carter (Jr., Edina, Minn.)

St. Catherine - Ashley Busch (Sr., Fairfax, Minn./GFW)

Saint Mary's - Steph Ayers (So., Deer River, Minn.)

St. Olaf - Danielle Stoermer (Sr., Wayzata, Minn.)

St. Thomas - Anna Swanson (Jr., Richfield, Minn./Holy Angels)