

St. Thomas' Kaitlin Langer headlines 2015-16 MIAC Women's Basketball Awards

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BLOOMINGTON, Minn. -- The 2015-16 Minnesota Intercollegiate Athletic Conference (MIAC) women's basketball season was certainly memorable and, Thursday, the conference honored the top performers from another outstanding campaign on the court with the announcement of the 2015-16 MIAC Women's Basketball Awards.

St. Thomas junior center Kaitlin Langer (Stillwater, Minn. / Hill-Murray) led her team to the MIAC regular-season and Playoff championships, and was voted the conference's Player-of-the-Year for her season-long heroics. St. Catherine super-sub LaShay Holt (Jr., Minneapolis, Minn. / Humboldt) received the MIAC Sixth Player-of-the-Year honor for her excellence off the bench. And Saint Mary's Head Coach Brent Pollari was voted the MIAC Coach-of-the-Year by his peers in recognition for the outstanding job he did on the Cardinals' bench during his first season.



In addition to the top individual honors, the MIAC also announced its All-Conference Team, All-Defensive Team, All-First-Year Team and All-Conference Honorable Mention selections Thursday. The conference also announced the All-MIAC Sportsmanship Team.

Langer received the MIAC's top honor for her starring role in another outstanding season for the Tommies. She led her team to a 16-2 MIAC record and the conference championship, as well as a 24-3 overall record and the MIAC Playoff title as well. Her team is ranked No. 9 in the nation, and will [open NCAA Tournament play](#) Friday at 5 p.m. against Loras College in River Falls, Wis.

In addition to her Player-of-the-Year award, Langer also headlined the All-Conference and All-Defensive Teams thanks to her outstanding play this season. Overall, she led the league in points (459), rebounds (240), field goals (166) and free throws (127). The junior center ranked second in the MIAC in points per game (17.0), rebounds per game (8.9) and field goal percentage (.535) and fifth in blocked shots (43) in overall games.

Langer was just as good in conference play while leading UST to the MIAC title, as she led the league in rebounds (159) and was second in points (296), field goals (110), field goal percentage (.550), free throws (76) and rebounds per game (8.8). She was third in points per game (16.4) and fifth in blocked shots (23) despite averaging just 27 minutes per game in conference play.

Holt came off the bench to lead the MIAC in scoring at 18.5 points per game in conference play (17.7 overall) to result in her Sixth Player-of-the-Year selection. Overall, she ranked second in field goals (153), third in steals (98) and points (407) and fourth in rebounding (8.4 per game). In conference play, Holt led the MIAC in scoring, field goals (118) and points (314). She ranked third in defensive rebounds (105), fourth in steals (41), fifth in rebounds per game (8.2) and seventh in three-pointers made (33).

Holt averaged just 25.0 minutes per game overall, and her points-per-40-minutes averages of 28.3 overall and 27.7 in conference play both led the MIAC. In addition to her individual honor, she also received her second-straight All-Conference nod after receiving Honorable Mention and All-First-Year Team accolades in 2013-14. This season, Holt led St. Kate's to one of its best seasons in recent memory with a 14-11 overall record and an 8-10 mark in MIAC play.

Pollari didn't take long to adjust to his first season as Saint Mary's head coach, as he led the team to a 21-6 overall record. The Cardinals went 14-4 in MIAC play and finished tied for second with Gustavus. His team received the No. 2 seed and a first-round bye in the MIAC Playoffs, where it beat the Gusties in the semifinals before falling to UST in the championship game. Saint Mary's received votes in the D3hoops.com Top 25 poll in each of the last nine weeks.

During his first year on the Cardinals' bench, Pollari coached three players to All-Conference honors, one All-Defensive Team selection, one All-First-Year Team selection and one Honorable Mention pick. His team ranked second in the MIAC in scoring (70.3 points per game), first in rebounds per game (41.4), second in assists per game (21.5) and third in fewest turnovers (15.1 per game). Pollari's MIAC Coach-of-the-Year honor marks the third in the last four seasons for the Saint Mary's women's basketball program.

In addition to Langer's first and Holt's second All-MIAC selections, the 18-player All-Conference Team was headlined by Bethel's Rachel Parupsky, who closed her career with a remarkable fourth-straight All-MIAC selection. Fellow Royal Kalli Zimmermann earned her third-straight honor, and the junior will have a chance to join her teammate in the four-time All-MIAC club next season. St. Olaf's Betsey Daly, Gustavus' Lindsey Johnson and Mikayla Miller and St. Thomas' Katie Stone were all repeat All-Conference selections, and Saint Mary's Bridget Pethke also earned her second career All-MIAC honor after also receiving that distinction in 2013-14.

This season's All-MIAC team was heavy on veterans, with seven seniors, six juniors, four sophomores and one first-year player honored. MIAC champion St. Thomas had three selections, as did Saint Mary's and Bethel. Gustavus, Concordia and Saint Benedict each had two All-Conference players, and Augsburg, St. Olaf and St. Catherine had one apiece.

The MIAC also recognized a five-player All-Defensive Team, which was also headlined by Parupsky and her fourth-straight selection to that honor squad as well, and Pethke earned her second career All-Defensive honor (2015-16, 2013-14). A five-player All-First-year team was also recognized, as were All-Conference Honorable Mention selections.

As part of a conference-wide sportsmanship initiative, the MIAC also announced the 10th 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.

2015-16 MIAC Women's Basketball Awards

Player-of-the-Year - Kaitlin Langer, St. Thomas (Jr., Center, Stillwater, Minn. / Hill-Murray)
Sixth Player-of-the-Year - LaShay Holt, St. Catherine (Jr., Guard, Minneapolis, Minn. / Humboldt)
Coach-of-the-Year - Brent Pollari, Saint Mary's (First season)

2015-16 MIAC Women's Basketball All-Conference Team

Name	Team	Year	Position	Hometown/High School
Brandi Blattner	Saint Mary's	Fy.	Forward	Eyota, Minn. / Dover-Eyota
Betsey Daly	St. Olaf	Jr.	Forward	Rochester, Minn. / Lourdes
Lauren Fischer	St. Thomas	So.	Guard/Forward	Oshkosh, Wis. / Lourdes Academy
Niki Fokken	Saint Benedict	So.	Post/Forward	Oronoco, Minn. / Pine Island
LaShay Holt	St. Catherine	Jr.	Guard	Minneapolis, Minn. / Humboldt
Jenna Januschka	Concordia	Jr.	Forward	St. Cloud, Minn. / Cathedral
Lindsey Johnson	Gustavus	Sr.	Forward	Edina, Minn.
Olivia Johnson	Concordia	Sr.	Forward	Walcott, N.D. / Richland
Kaitlin Langer	St. Thomas	Jr.	Center	Stillwater, Minn. / Hill-Murray
Maria Loughlin	Augsburg	Sr.	Guard	Rogers, Minn.
Micaela Meredith	Saint Mary's	Sr.	Guard	Bloomington, Minn. / Kennedy
Mikayla Miller	Gustavus	So.	Guard	Goodhue, Minn.
Alison Newton	Saint Benedict	Jr.	Wing/Guard	Oronoco, Minn. / Pine Island
Molly O'Toole	Bethel	So.	Forward	Plymouth, Minn. / Hopkins
Rachel Parupsky	Bethel	Sr.	Center	Arden Hills, Minn. / Mounds View
Bridget Pethke	Saint Mary's	Sr.	Guard	New London, Wis.
Katie Stone	St. Thomas	Sr.	Guard	Eau Claire, Wis. / Regis
Kalli Zimmermann	Bethel	Jr.	Forward	Champlin, Minn. / Champlin Park

2015-16 MIAC Women's Basketball All-Defensive Team

Name	Team	Year	Position	Hometown/Previous School
Paige Gernes	St. Thomas	Jr.	Guard	Winona, Minn. / Cotter
Kaitlin Langer	St. Thomas	Jr.	Center	Stillwater, Minn. / Hill-Murray
Alison Newton	Saint Benedict	Jr.	Wing/Guard	Oronoco, Minn. / Pine Island
Rachel Parupsky	Bethel	Sr.	Center	Arden Hills, Minn. / Mounds View
Bridget Pethke	Saint Mary's	Sr.	Guard	New London, Wis.

2015-16 MIAC Women's Basketball All-First-Year Team

Name	Team	Year	Position	Hometown/Previous School
Makenna Ash	St. Olaf	Fy.	Forward	Ellison Bay, Wis. / Gibraltar
Brandi Blattner	Saint Mary's	Fy.	Forward	Eyota, Minn. / Dover-Eyota
Hannah Johnson	Bethel	Fy.	Center	Duluth, Minn. / East
Lucia Renikoff	St. Thomas	Fy.	Guard	Minneapolis, Minn. / Washburn
Grace Wolhowe	Saint Benedict	Fy.	Wing	Staples, Minn. / Staples-Motley

2015-16 MIAC Women's Basketball All-Conference Honorable Mention

Name	Team	Year	Position	Hometown/Previous School

Michele Arima	Carleton	Sr.	Guard	Valencia, Calif. / West Ranch
Makenna Ash	St. Olaf	Fy.	Forward	Ellison Bay, Wis. / Gibraltar
Chelsey Bonsante	Hamline	Jr.	Guard	Ironton, Minn. / Crosby-Ironton
Audra Clark	St. Catherine	So.	Guard	Kenyon, Minn. / Kenyon-Wanamingo
Regan Fruh	Macalester	So.	Center	Helena, Mont.
Chloe Graves	Hamline	Jr.	Guard	Denver, Colo. / Kent
Shauna Horsch	St. Catherine	Sr.	Guard/Forward	Inver Grove Heights, Minn. / Simley
Miranda Rice	Gustavus	So.	Forward	Forest Lake, Minn.
Emma Schaefer	Saint Mary's	Jr.	Guard	Roseville, Minn.
Greta Walsh	Concordia	Jr.	Guard	Litchfield, Minn.
Afton Wolter	St. Olaf	Sr.	Guard	Norwood, Minn. / Norwood-Young America

2015-16 Women's Basketball All-MIAC Sportsmanship Team

Augsburg - Jenna Orth (Sr., Melrose, Minn.)
 Bethel - Anna Munsterteiger (Jr., Ogilvie, Minn.)
 Carleton -Sarah Waldfogel (So., Minneapolis, Minn. / The Blake School)
 Concordia - Hannah Jeske (Sr., Bismarck, N.D. / Century)
 Gustavus - Anna Lundquist (Sr., Rochester, Minn. / Mayo)
 Hamline - Emily Behrman (Sr., Maple Plain, Minn. / Delano)
 Macalester - Katelyn Kack (Sr., Minneota, Minn.)
 Saint Benedict - Kate Banovetz (So., Minneapolis, Minn. / Holy Angels)
 St. Catherine - Alexis Garcia (Jr., Minnetonka, Minn. / Hopkins)
 Saint Mary's - Haley Trom (Sr., Hampton, Minn. / Randolph)
 St. Olaf - Woo Bandel (Sr., Westminster, Colo. / Standley Lake)
 St. Thomas - Mykenzie Spaulding (Sr., Annandale, Minn.)

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