



## 2000-01 MIAC WOMEN'S BASKETBALL PREVIEW



### Women's Basketball Playoffs

The inaugural MIAC Women's Basketball Playoff will take place February 19, 21 and 24, 2001. The top six teams in the final regular-season standings will qualify for the Playoff. The winner of the MIAC Playoff will receive the automatic bid to the NCAA Tournament.

### Women's Basketball Playoff Schedule

#### Mon., Feb. 19

game 1: #3 seed vs. #6 seed

game 2: #4 seed vs. #5 seed

#### Wed., Feb. 21

game 3: #1 seed vs. lowest seed remaining

game 4: #2 seed vs. higher seed remaining

#### Sat., Feb. 24

game 5: game 3 winner vs. game 4 winner

| [Augsburg](#) | [Bethel](#) | [Carleton](#) | [Concordia](#) | [Gustavus](#) | [Hamline](#) | [Macalester](#) | [St. Benedict](#) | [St. Catherine](#) | [St. Mary's](#) | [St. Olaf](#) | [St. Thomas](#) |

### Augsburg College

**Head Coach:** Lauri Ludeman (5th season)

**1999-00 Record:** 6-19 (6-16 MIAC / 10th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Jaime Kingsley (F/C, Sr., Harmony, Minn./Fillmore HS), 5-10, 11.7 ppg, 7.1 rpg in 99-00.

Erin Brockberg (G, Sr., Pipestone, Minn./Pipestone-Jasper HS), 5-5, 5.3 ppg, 4.4 rpg.

Rachael Ekholm (G, Jr., Richfield, Minn.), 5-5, 10.4 ppg, 2.4 rpg, 85 career 3-pointers.

Liz Meskan (F, Sr., New Prague, Minn.), 5-10, 4.8 ppg, 2.5 rpg.

Allison Illa (F/C, Jr., Cannon Falls, Minn.), 5-10, 4.8 ppg, 3.5 rpg.

#### Season Preview:

There's a new level of excitement for Augsburg College women's basketball this season. The team has shown consistent improvement over the past several seasons, and finished with six wins last year, double the win total of the previous season. This year, with the deepest lineup in head coach Lauri Ludeman's five-year tenure at Augsburg, the Auggies look to make the next step and move up in the always-competitive Minnesota Intercollegiate Athletic Conference standings.

The team's 2000-01 theme is "Reaching New Heights." Like finishing with a double-digit victory total for the first time since the 1986-87 season. Becoming more competitive with the top teams in the conference and beating the teams they know they can beat. Winning the close games (Augsburg was 2-8 in games decided by 10 points or less and 2-4 in games decided by five points or less last year). And the biggest goal of the year — making the new six-team MIAC postseason playoffs.

"We're tired of finishing eighth or ninth in the league," Ludeman said. "Our drive this year is to earn an MIAC playoff berth. It's the dangling carrot for us to look at all year long. "We've been raising the bar each year. We expect improvement from all of us. You can see the desire in these players' eyes. They're ready. They're hungry."

Augsburg returns four seniors who bring plenty of talent and leadership to the ballclub. Key among them is Erin Brockberg (Sr., Pipestone, Minn./Pipestone-Jasper HS), a point guard who has shown tremendous improvement during her career, Ludeman said. Brockberg averaged 5.3 points, 4.4 rebounds and 3.6 assists per game last year.

Forwards Liz Meskan (Sr., New Prague, Minn.) and Jaime Kingsley (Sr., Harmony, Minn./Fillmore Central HS) have also been



consistent team leaders throughout their Auggie careers. Kingsley showed dramatic improvement last season in the low post, and is the team's top returning scorer (11.0 points per game) and rebounder (8.4 per game). Meskan has been a solid contributor from the small-forward spot (4.8 points, 2.5 rebounds per game). Senior forward Amy Lashinski (Sr., Bowlus, Minn./Upsala HS) improved in her first season at Augsburg after transferring from Rainy River Community College, and saw action in 11 games. A talented junior class received an early-season setback when Betsy Gessell (Jr., Crystal, Minn./Robbinsdale Cooper HS), who shared the small-forward spot with Meskan last year, was lost for the season with a torn anterior cruciate ligament in preseason practices. However, there is still plenty of experience back in the junior class.

Rachael Ekholm (Jr., Richfield, Minn.) set a single-season school record with 53 three-pointers and could shatter the school's all-time record of 115 (Shannon Mattson, 1991-95) this year. Ekholm has 83 three-pointers in two seasons. Allison Illa (Jr., Cannon Falls, Minn.) also made great strides last season, improving her low-post play with a 4.9 points and 3.5 rebounds per-game average. Ludeman recruited 17 newcomers to the Auggie program this year, the most new players in school history. Several of the players should make an immediate impact on the varsity program, Ludeman said. At guard, Kelly Chapman (Fr., Willernie, Minn./Mahtomedi HS), an all-state honorable mention and two-time all-conference selection at Mahtomedi HS, has the potential to make an immediate impact at the shooting guard/small forward position. Amanda Hanson (Fr., Bloomington, Minn./Holy Angels HS) was an all-conference honorable mention guard, while Laura Simones (Fr., Minneapolis, Minn./Trinity at River Ridge HS) was a team MVP on Trinity teams that made the state tournament her junior year.

In the post, several community-college transfers should bring immediate experience to the Auggies. Rowena Sizer (Jr., Rochester, Minn./Mayo HS) and Carrie Schwartz (Jr., Hutchinson, Minn.) transfer to the program from Rochester Community College, where both earned all-state honors. Jennifer Falkman (Jr., Longville, Minn./Northland HS) was part of a dramatic turnaround at Mesabi Range College last season.

## **Bethel College**

**Head Coach:** Chris Hester (5th season / 34-65)

**1999-00 Record:** 5-19 (4-18 MIAC / 11th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Laura Jacobs, Junior, Post, 17.9 ppg, 7.9 rpg, All-MIAC

Kristin Lundeen, Sophomore, Wing, 9.0 ppg, 3.1 rpg

**Season Preview:**

As head coach Chris Hester enters her fifth year at the helm of Bethel's program, she anticipates a turnaround as the Royals brought in a quality group of newcomers to add to the returning players. Although the number of players with experience in the Bethel program is small, they are talented and committed to building the Royals to an upper division team in the challenging MIAC.

Junior post Laura Jacobs (Wells, MN) came back strong from knee surgery last season to lead the Royals in scoring (17.9 ppg) and rebounding (7.9 rpg) and was named first-team All-MIAC. Sophomore guard Kristin Lundeen (Becker, MN) made an immediate impact her first year and will be looked upon to provide scoring and stability on the perimeter. Jacobs and Lundeen, captains for the 2000-2001 season, have infected their new teammates with their excitement and commitment for the upcoming year.

Eight newcomers join the Lady Royals, including two transfers from Division II schools who will be looked to make an immediate contribution. Beth Carlson (Coon Rapids, MN), a 6-2 post, transferred in from Northern State University and will provide a quality inside presence to go with Jacobs. Alecia Johnson, a transfer point guard from Concordia University, will add consistency to the perimeter.

Coach Hester has high expectations for the class of newcomers, "We brought in eight young ladies who are eager to get to work... They bring a tremendous work ethic and desire for the game. Their drive for excellence is something that I have not seen in a while" she stated.

Complete preview found at: [www.bethel.edu/Athletics/WomensBB/01preview.html](http://www.bethel.edu/Athletics/WomensBB/01preview.html)

## **Carleton College**

**Head Coach:** Tammy Metcalf-Filzen (4th season / 39-36 at Carleton - 65-62 overall)

**1999-00 Record:** 15-10 (13-9 MIAC / 5th)

**Key Returners:** (Name, Yr, Pos, Highlight)

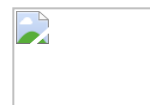
Renee Willette, Jr., F, 5-10, 1998-99 All-MIAC 1st Team, Columbus Multimedia Freshman of the Year in 98-99, 8.9 ppg, 3.9 rpg, 2.6 apg, 1.6 spg.

Bridget Seegers, C, Sr., 6-0, 99-00 MIAC Sixth Person of the Year, 8.0 ppg, 4.2 rpg, 52.4 FG pct.

Angie Grabowski, So., G, 5-9, 99-00 All-MIAC 1st-Year Team, 6.0 ppg, 2.1 rpg, 1.0 apg.  
Karissa Kramer, So., C, 6-0, 1999-00 All-MIAC 1st-Year Team, 5.6 ppg, 5.2 rpg, 49.5 fG pct.  
Lisa Cawley, Sr., G, 5-9, 2-year starter, eighth all-time in career assists., 2.3 ppg, 1.9 rpg.

**Season Preview:**

With three full-time and two-part-time starters and nine letterwinners back from last year's squad that set school records with 15 total wins and 13 league wins, head coach Tammy Metcalf-Filzen has the Knights poised for a run at the MIAC's elite. Leading the returnees is junior forward Renée Willette (Minneapolis/South). A 1998-99 All-MIAC first team selection, she ranked in the top five on the team in eight categories: field goal percentage, field goals made, free throws made, points, rebounds, steals, blocked shots and assists. Joining her up front is sophomore Karissa Kramer (Clearwater, Minn./Monticello) and senior Bridget Seegers (Elkhorn, Wis.); Seegers was the MIAC's Sixth Person of the Year last season, while Kramer was a member of the All-MIAC First Year team. In the backcourt, sophomore Angie Grabowski (Plymouth, Minn./Maple Grove) assumes the starting point guard role after being named to the All-MIAC First-Year team last year. Junior Bethany Koehler (Superior, Wis.) also will look for increased production after transferring from the University of South Dakota last season. After starting 10 games last season, junior Cassie Glasrud (Spring Grove, Minn./Air Force Academy) will challenge Koehler for a starting spot. Another major contributor will be first-year forward Linnea Engle (Shoreview, Minn./Mounds View), a three-year All-Conference and two-time All-State Honorable Mention player. As for the league race, Metcalf-Filzen sees a lot of parity. "I think those teams that haven't been thought of before will be in the mix." This year for the first time, the conference's automatic bid goes to the winner of the newly-formed six-team, postseason tournament, so the season will definitely go down to the end. "I think it's anyone's call," Metcalf-Filzen said. "If we can pull together and play good basketball and handle being in that position we have a shot of being right in the mix."



## **Concordia College**

**Head Coach:** Sara Cepek (1st season)

**1999-00 Record:** 19-6 (17-5 MIAC / 3rd)

**Key Returners:** (Name, Yr, Pos, Highlight)

Kasey Bostow, F, So, 5-8, Fargo ND/South - 99-00 All-MIAC First Year Team

Mandy Berggren, G, Jr, 5-8, Cokato MN/Dassel-Cokato

Sarah Jacobson, G, Sr, 5-10, Fargo ND/Shanley

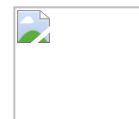
Brandi Myers, G, Sr, 5-9, Glyndon MN - 2 Time All MIAC, 99-00 Team Leading Scorer

Sara Spears, F, Sr, 5-10, Spicer MN - Spicer - 2 Time All MIAC, 99-00 Team Leading Rebounder

**Season Preview:**

Concordia will have a new look to the women's basketball team this year. From a new coach to a new style of play to new road uniforms, change is in the air in Moorhead. First year Coach Sara Cepek brings her energetic, infectious enthusiasm to the program hoping to lead the Cobbers back to the NCAA playoffs. The playoff streak was broken in 1996-97 when the team missed the playoffs for the first time in fifteen years, and the Cobbers haven't returned since. Cepek, a graduate of St. Cloud State, comes to Concordia from MSU-Mankato where she was an assistant last year. She will be looking to inject the Cobbers with an up-tempo style that has a strong emphasis on defense. She will have a great base to work with since Concordia returns their top four scorers, all of whom averaged over 10 points per game, and four of their top five rebounders from a year ago. Leading the charge for the Cobbers will be leading scorer Brandi Myers (Glyndon, MN) and leading rebounder Sara Spears (Sr., Spicer, MN). Both Myers and Spears were repeat selections to the All-MIAC team last season, and Myers made Honorable Mention for the Lutheran Brotherhood's Lutheran College All-America Women's basketball team. Joining the dynamic duo will be sophomore Casy Bostow (Fargo, ND) and junior Mandy Berggren (Cokato, MN). Bostow, who had a terrific year as a freshman, averaged 10.7 points per game and 4.5 rebounds per game, and was second in the league in shooting percentage. She was also named to the All-MIAC first year team. Berggren was named All-MIAC Honorable Mention and was the fourth member of the double-digit point club.

The team will face a tough non-conference test early as they travel to Decorah, IA to play in the Luther Tip-Off Tournament where they will take on NCAA powerhouse UW-Oshkosh. Other highlights in the schedule include a late season showdown with MIAC power St. Ben's and a MIAC slate that allows the Cobbers to play five of their last seven games at home.



## **Gustavus Adolphus College**

**Head Coach:** Madeline 'Mickey' Haller (1st season)

**1999-00 Record:** 16-9 (15-7 MIAC / 4th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Tricia Loo, Point Guard, Senior, 5-3 (Started 18 games last year, 2.4 ppg)

Carey Willis, shooting guard, junior, 5-8 (Started all 25 games last year, 7.0 ppg)

Jessica Hogan, two-guard, senior, 5-7 (Veteran role player, smart, 4.1 ppg)

Tricia Niebuhr, post, senior, 6-4 (set school record for blocks in a season with 51, 7.5 ppg, 6.4 rpg)

Kelly Etzel, post, sophomore, 6-2 (Selected to MIAC All-First-Year Team, 6.7 ppg, 5.4 ppg)

### Season Preview:

Optimism is high for first year Head Coach Madeline "Mickey" Haller and the Gustavus Women's Basketball team as three starters and six letterwinners return from a team that finished 16-9 overall and 15-7 in the MIAC (fourth) last year. In addition to the six returning letterwinners, Haller welcomes a talented group of first year players to the varsity roster. Although this is her first year as the head coach, Mickey Haller is no stranger to Gustavus women's basketball having served as an assistant coach for the past two seasons. As a result, Haller feels that the transition for her and the players has been very smooth. She stated, "I have been very pleased with how the team has responded to the change in leadership. They have been upbeat and worked very hard. We have made some changes and this group has been very open-minded and willing to try whatever we have asked of them."

While the Gusties lost the trio of Shelly Bishop (all-conference guard), Katie Hansen and Nissa Stolp to graduation, a solid nucleus returns including, senior post Tricia Niebuhr, senior point guard Tricia Loo, senior off-guard Jessica Hogan, junior shooting guard Carey Willis, sophomore off-guard Marnie Stenson and sophomore post Kelly Etzel. Tricia Niebuhr and Kelly Etzel will give the Gusties one of the strongest (if not the strongest) post combinations in the Minnesota Intercollegiate Athletic Conference (MIAC). Niebuhr (6-4), who set the school record for blocks in a season last year with 51, is a formidable shot blocker and a good scorer. Haller feels that Niebuhr will be one of the top post players in the league this season. Etzel (6-2), who was named to the MIAC All-First Year Team last year, had an excellent first season playing in all 25 games and averaging 6.7 points and 5.4 rebounds per game. Veteran point guard Tricia Loo will be in charge of getting the ball to Niebuhr and Etzel and Coach Haller has been pleased with how Loo has taken charge of the offense. The Gusties will counter their strong inside game with the perimeter shooting of junior Carey Willis, sophomore Marnie Stenson and senior Jessica Hogan. Willis, a pure shooter, will move to shooting guard this season after playing point and off-guard positions last year. She averaged 7.0 points per game and led the team in three-point shooting with 12 treys. Stenson is an aggressive player whose trademark is aggressive defense, however she also has the ability to score and can hit the three-point shot. Hogan, is a very steady player who distributes the ball very well and can score when called upon.

A strong group of first year players will be asked to step in and provide depth this season and Coach Haller has been pleasantly surprised by the performance of newcomers Kelly Van Norman, Jennifer Klohs, and Kate Sandvig. Van Norman, a 6-0 post from Roseville, is a fundamentally sound player who has shown the ability to step right in defensively and on the boards. Klohs, a 5-11 post from Brooklyn Park (Champlin Park High School), is an explosive offensive player who will give the Gusties a much needed scoring threat. Sandvig, a 5-2 point guard from Edina, is already the best defender on the squad according to Coach Haller and she is also an excellent penetrator and passer.

Haller is very pleased with the chemistry and desire of her young squad and feels that if they stay healthy, they can be a very competitive squad in one of the finest women's basketball conferences in the country.

## Hamline University

**Head Coach:** Lisa Parsons (3rd season/8th overall)

**1999-00 Record:** 8-17 (8-14 MIAC / 8th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Rachael Severson

Sarah Wishard

Katie Jensen

Stacey Thill

Kaylan Dirx

Steph Vaitonis

**Season Preview:**

The Hamline Women's Basketball Team will look to improve upon last season's 8-14 conference finish as they look to a combined group of seasoned veterans and talented recruits to take their performance to the "next level." Head Coach Lisa Parsons has high expectations for a gifted but unproven nucleus of players that will be pressed to fill the void left by the graduation of six seniors.

Nonetheless, Coach Parsons feels that her small but strong "core" of upperclassmen are up to the task of leading this young squad and getting them to "gel" as a cohesive unit. " We have a strong junior class that is determined to succeed," said Parsons. " This group of talented individuals will be instrumental as we learn how to be competitive at the highest level in the MIAC."

With better quickness, better strength and highly motivated squad of talented youngsters, coaches and fans alike are "standing by" for what might prove to be the most exciting basketball season in recent Hamline history.



## Macalester College

**Head Coach:** Mary Orsted (3rd season / 14-35)

**1999-00 Record:** 6-19 (6-16 MIAC / 9th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Sarah Hesch (F/C, So., 6-0) 7.7 ppg., 8.4 rpg.

Allison Bell-Bern (G, Jr., 5-7) 4.1 ppg., 2.2 apg.

Jehan Adamji (G, So., 5-7) 3.2 ppg.

**Season Preview:**

Macalester won five out of six games near the end of the season last winter to finish on a positive note and end the campaign at 6-18 overall. Third-year coach Mary Orsted is certain that the team will pick up where it left off last year when the 2000-01 campaign begins Nov. 17. That won't be easy, however, as the Scots lost four of their five top scorers from a year ago to graduation and the study abroad program.

Despite the losses, there's optimism for success at Macalester. Coach Orsted welcomes back sophomore forward Sarah Hesch (So., Burnsville, Minn.), who averaged 7.7 points and 8.4 rebounds per game while leading the team in field goal percentage at .444. Hesch was second in the MIAC in rebounding and should be a force inside the lane again. She managed those lofty rebounding numbers last season after starting just five games and averaging only 23 minutes a game.

Guard Allison Bell-Bern (Jr., Madison, Wis.) is one of the league's best passers and will see much more action this season, as will guard Jehan Adamji (So., Evanston, Ill.). Kaebah Orme (So., Park City, UT) also returns to the backcourt.

Newcomers will play a big role as Coach Orsted brings in a solid class of recruits. Among those expected to contribute right away include forward Emily Koller (So., Greybull, WY) and Afton Hanson (FY, Karlstad, Minn.).

"We are looking forward to this season with great anticipation," said Coach Orsted. "We have many new faces that are bringing both talent and energy to our team, and this will definitely be a positive year for Macalester women's basketball."

**College of St. Benedict**

**Head Coach:** Mike Durbin

**1999-00 Record:** 20-5 (18-3 MIAC / 2nd)

**Key Returners:** (Name, Yr, Pos, Highlight)

Michelle Barlau, So., 5-8, Wing, Northfield, Minn./Northfield H.S. – All-MIAC

Mia Peterson, Jr., 5-9, Wing, Swatara, Minn./Northland-Remer H.S. – HM All-MIAC

Jackie Bye, So., 5-11, F, W. St. Paul, Minn. – appeared in all 25 games as a first-year player

Andrea Bennett, So., 5-10, W/F, Sandstone, Minn. – started last 2 regular season games

Allison Clark, So., 6-0, Post/Forward, Western Springs, Ill./Lyons Township H.S.

Kelley Schmidt, Jr., 6-0, F/P, Chisago Lakes, Minn. – studying Abroad until January

**Season Preview:**

The College of Saint Benedict graduated nearly 40 ppg and 22 rpg, so this year's group is very young and inexperienced. Barlau and Peterson might be one of the best guard combos in the MIAC. First-time in nearly 14 years the Blazers will not have a low post presence.

**College of St. Catherine**

**Head Coach:** Tim Kjar (2nd season)

**1999-00 Record:** 3-22 (1-21 MIAC / 12th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Emi Toutant JR (Guard) 6.6ppg / 38 of 111 34.2% (3pts) / 2.4 apg

Sarah Lefor SO (Forward) 5.4ppg / 5.04rpg / \* started every game as a freshman

Jen Dowzak JR (Forward) 2.88ppg / 3.28rpg

**Season Preview:**

Coach Kjar can't wait to start the season. Entering into his second year he feels that he has gained great knowledge and is prepared to use that knowledge to become successful in the best NCAA division III conference in the country. The Minnesota Intercollegiate Athletic Conference has consistently sent member schools onto national play.

This past season coach Kjar and his staff were able to recruit a number of players that he feels will improve the teams chance to become more competitive in the ever tough conference. The team will be young and inexperienced, but very willing to step up and give 110%. There will be a good mix of solid first year players, a couple of transfer players that should make an immediate impact and the returning veteran class will round out the roster.

"If we work extremely hard to improve we could make some tremendous strides that will pave the way to a bright future. I am looking forward to the start of the season as we open play in Northern California on November 17th and 18th."



## **Saint Mary's University**

**Head Coach:** Kim Fierke (5th season / 37-63)

**1999-00 Record:** 12-13 (12-10 MIAC / 6th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Jenny Long (G, Sr., 5-7, Westmont, Ill., 2X All-MIAC, team-high 15.3 ppg, 4.1 rpg, 63 assists, 40 steals)

Amy Burns (G, Jr., 5-10, Winona, MN, HM All-MIAC, 8.9 ppg, 2.6 rpg, 85 assists, 40 steals)

Jenny Gills (F, So., 5-9, Keizer, Ore., All-MIAC First-Year Team, 8.2 ppg, team-high 5.1 rpg)

Stacy Hammel (F, Jr., 5-7, Manitowoc, Wis., 5.8 ppg, 4.6 rpg)

### **Season Preview:**

It had been a long time since the Saint Mary's University women's basketball team enjoyed the success it did last year.

How good was the Cardinals' season?

Consider that their 12 wins (they finished 12-13) were the most by an SMU women's basketball team since the Cardinals went 12-13 during the 1993-94 season.

Their 12 conference wins (they finished 12-10) were the most since the Cardinals went 14-8 in 1987-88, and their season-high four-game winning streak in late January was the longest since 1993-94.

"This year's team is well-aware of what we accomplished last year, and they know the kind of hard work it took to get there," said Fierke, who is entering her fifth season as the Cardinals' head coach. "Last season was like a wake-up call for us."

And if preseason practice is any indication, the Cardinals will be wide-awake when they open their season Nov. 18 at the University of Chicago Tournament.

"This team has very high expectations for itself," Fierke said. "They've worked very hard in the offseason, everyone came in with an upbeat, positive attitude and they're ready to get this season going."

While her team may be eager to strut their stuff to the rest of the Minnesota Intercollegiate Athletic Conference, Fierke is taking a more cautious approach. After all, she's been around long enough to know that conference titles aren't won in the preseason.

"I like what I've seen from our team so far, but I also know that we've got a tough road ahead of us," said Fierke. "This team expects to be among the top teams in the conference, and there's no question in my mind that they can be."

But ...

"Our biggest problem last year was our inability to be focused on putting our best game on the floor every night," Fierke continued.

"We have to show up prepared to play at the highest level every possession of every game."

"There are always ebbs and flows to every game, and our job is to maximize when we are playing well and minimize when we are not. And when we aren't playing our best, we have to fight through it, and keep fighting right to the end."

With four of their top five scorers returning - including all-conference first-teamer Jenny Long (Westmont, Ill.) (15.3 ppg, 4.1 rpg, 63 assists, 40 steals) - Fierke is certain to have both guns loaded for each of those fights.

"We've got a number of people who can score for us, which is a nice luxury to have," said Fierke, whose arsenal also includes Amy Burns (Winona, Minn.) (8.9 ppg, 2.6 rpg, 85 assists, 40 steals), Jenny Gilles (Keizer, Ore.) (8.2 ppg, 5.1 rpg) and Stacy Hammel (Manitowoc, Wis.) (5.8 ppg, 4.6 rpg). "I think we've got a very good mix of talent this year. The key is going to be keeping a 'team' attitude - if people start getting too caught up in playing as individuals, that's when we could run into problems."

"I think we turned a few heads last year - and I think we are going to turn a few more this year."

Fierke figures if her Cardinals can play up to their potential on a consistent basis, there could be quite a few teams lying in SMU's wake with their heads spinning.

"Our goal right now is to get into the (six-team) conference tournament - and, ultimately, to reach that championship game," said Fierke.

"I think we can play with anybody - we're just as talented as any other team in the conference."

"I think the (MIAC) is going to be up for grabs this year - there is more parity than ever before," Fierke continued. "I'm not saying Saint Mary's is the best team in the conference - there are a lot of very good teams this year, and we're one of them."

## **St. Olaf College**

**Head Coach:** Pat Buresh (13 seasons)

**1999-00 Record:** 9-16 (9-13 MIAC / 7th)

**Key Returners:** (Name, Yr, Pos, Highlight)

Elisa Hatlevig (Sr., Rushford, MN)

Carrie Cooley (Jr., Villard, MN)

Amanda Renneke (Jr., Northfield, MN)

Liz Woodrow (Jr., Aitkin, MN)

Liz Mundahl (So., Eagan, MN)

### **Season Preview:**

This season brings "better speed, better full court coverage, solid pressure defense, and good depth" for the St. Olaf Women's Basketball team. Setting higher goals for themselves, the Oles look to build upon last year's record and finish in the top half of the conference. Led by returning tri-captains Liz Woodrow (Jr., Aitkin, MN), Carrie Cooley (Jr., Villard, MN) and returning All-Conference

Elisa Hatlevig (Sr., Rushford, MN), the Ole women are banking on experience for the upcoming season.

## **University of St. Thomas**

**Head Coach:** Tricia Dornisch (2nd season / 28-2 (.933))

**1999-00 Record:** 28-2 (22-0 MIAC / 1st)

**Key Returners:** (Name, Yr, Pos, Highlight)

Alissa Case, 6-0, JR, F-C, Bloomington/Jefferson 3.3 ppg, 2.8 rpg

Sarah Grudnowski, 5-5, SR, PG, Deephaven/Blake Started all 30 games, 3.8 ppg, 2.8 apg

Anne Newell, 5-9, SR, F-C, Woodbury Started 28 games, 6.1 ppg, 5.3 rpg

Missy Pederson, 5-6, JR, G, All-MIAC, 12.0 ppg, 3.8 rpg, 3.0 spg, 25 apg, 54 3-pointers, NCAA DIII FT% leader at 88.2%

Jennifer Ulstad, 6-2, JR, C, Madison/LacQuiParle 5.8 ppg, 3.1 rpg, 56.9% FG

### **Season Preview:**

The 1999-2000 Tommies won the MIAC title for the fourth time in five seasons and became the first basketball team in conference history to record a 22-0 record. The Toms reached the NCAA Division III Final Four for the fourth time in 10 seasons and placed third nationally with a 28-2 finish. They went 3-0 in December, 11-0 in January and 8-0 in February in building a 26-game winning streak. The Toms have the best record in NCAA Division III basketball over the last 11 seasons at .876 (275-39), just ahead of Capital (Ohio)'s .870 (282-42).

St. Thomas graduated two strong players in All-American and MIAC Player of the Year Molly Hayden (16.1 ppg, 5.5 rpg in her two seasons at UST) and Mary Thomas (86 career 3-pointers).

The Toms have eight returning varsity players -- junior guard Missy Pederson, who led NCAA Division III in free-throw percentage (88.2%); senior forward Anne Newell; and senior point guard Sarah Grudnowski. Other returners who will have stepped up roles will be junior centers Jennifer Ulstad and Alissa Case and junior guards Molly O'Connell and Katie Bernabei.

Tradition is on the Tommies' side. They come into 2000-2001 with winning streaks of 23 MIAC games and 28 MIAC home games. At Schoenecker Arena, the Toms are 64-1 vs. MIAC teams and 72-2 overall since January 1995. But Dornisch doesn't expect an easy ride in this year's conference race.

**1999-2000 Links** - [Standings](#), [Results](#), [Awards](#), [Players of the Week](#), [Preseason Preview](#), [UST wins NCAA 3rd place](#)

## **1999-2000 Final Standings**

	<b>MIAC</b>	<b>Overall</b>
<u>St. Thomas</u>	22-0	28-2
<u>St. Benedict</u>	19-3	20-5
<u>Concordia</u>	17-5	19-6
<u>Gustavus</u>	15-7	16-9
<u>Carleton</u>	13-9	15-10
<u>St. Mary's</u>	12-10	12-13
<u>St. Olaf</u>	9-13	9-16
<u>Hamline</u>	8-14	8-17
<u>Augsburg</u>	6-16	6-19
<u>Macalester</u>	6-16	6-18
<u>Bethel</u>	4-18	5-19
<u>St. Catherine</u>	1-21	3-22