

2010 MIAC Women's Soccer Awards

11/10/2010

ST. PAUL, Minn. -- The Minnesota Intercollegiate Athletic Conference (MIAC) announced the 2010 MIAC Women's Soccer Awards today, Nov. 10, 2010, and Carleton College, which won the regular season championship, swept both of the league's major individual honors.



ST. PAUL, Minn. -- The Minnesota Intercollegiate Athletic Conference (MIAC) announced the 2010 MIAC Women's Soccer Awards today, Nov. 10, 2010, and Carleton College, which won the regular season championship, swept both of the league's major individual honors.

Knights' junior forward Niki Tomita (Jr., Redwood City, Calif./Woodside) was voted the 2010 MIAC Women's Soccer Player-of-the-Year, and Carleton head coach Keren Gudeman was named the 2010 MIAC Women's Soccer Coach-of-the-Year for their roles in the Knights' title. Heading into the NCAA Division III playoffs, Carleton has an overall record of 14-2-2, and it won the MIAC title with 28 points and a 9-1-1 conference record.

The 2010 MIAC Women's Soccer All-Conference team consists of 20 members, nominated and selected by the conference coaches. Tomita headlined the champion Knights' four selections, which tied for the league lead with MIAC Playoff champion Concordia College, which also had four first-team selections. The College of Saint Benedict had three players honored. There was a 20-member Honorable Mention team selected as well.

Tomita - despite dealing with an injury this season - was a key component of the Knights' run to the championship. In 15 games, the talented junior forward racked up eight goals and five assists for a total of 21 points. She finished sixth in the MIAC in points per game (1.40), seventh in goals per game (0.53) and tied for ninth in points, goals and assists. With Tomita directing the attack, Carleton finished first in the league in goals (45) and second in points (123). This is her second-straight All-MIAC honor to go along with her Honorable Mention accolades as a freshman.

This season, Gudeman led Carleton to its second MIAC regular season title, and its first since 1982 - the first year of MIAC women's soccer. This is her second MIAC Coach-of-the-Year award in just her fifth season at the helm. She was also honored for her coaching performance during her first season with the Knights in 2006.

As part of a conference-wide sportsmanship initiative, the MIAC announced the fifth annual All-MIAC Sportsmanship team for women's soccer. 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.

2010 MIAC Women's Soccer Player of the Year - Niki Tomita (Jr., Redwood City, Calif./Woodside)

2010 MIAC Women's Soccer Coach of the Year - Keren Gudeman, Carleton (Fifth season)

2010 MIAC Women's Soccer All-Conference Team

Name	School	Year	Position	Hometown/High School
Emily Bardwell	Macalester	Sr.	F	Denver, Colo./East
Heather Beshears	Saint Benedict	Jr.	F	Maple Grove, Minn.
Leigh-Anne Borkowski	Carleton	Sr.	D	Elverta, Calif./Center
Colleen Bouchard	Saint Benedict	Fr.	F	Cedar Rapids, Iowa/Xavier
Caitie Christoffel	St. Olaf	Jr.	F	Woodbury, Minn.
Kelsey Flaherty	Bethel	So.	MF	Shoreview, Minn./Mounds View
Marlena Hartman-Filson	Carleton	So.	F	Evergreen, Colo./Colorado Academy
Sam Johnson	Concordia	Sr.	F	Fargo, N.D./North
Carolyn Kishaba	Bethel	Jr.	MF/F	Eau Claire, Wis./Memorial
Kat Lenhart	Macalester	So.	D	Fairview, N.C./A.C. Reynolds
Gina Liddell-Westefeld	Augsburg	Sr.	D	Iowa City, Iowa
Sami Meyman	Saint Benedict	Jr.	D	Inver Grove Heights, Minn./Simley

Sue Obermiller	Concordia	Sr.	MF	Fargo, N.D./North
Sarah Rounds	Concordia	So.	F	Plymouth, Minn./Wayzata
Katy Scherer	St. Thomas	Fr.	F	Rochester, Minn./Century
Deanne Schmidt	St. Olaf	Jr.	MF/D	Lincoln, Neb./East
Amy Sibik	Saint Mary's	Sr.	F	Onalaska, Wis.
Erika Swenson	Concordia	Sr.	D	Fargo, N.D./North
Niki Tomita	Carleton	Jr.	F	Redwood City, Calif./Woodside
Abby Wills	Carleton	Jr.	MF	Portland, Ore./St. Mary's

2010 MIAC Women's Soccer Honorable Mention All-Conference Team

Name	School	Year	Position	Hometown/High School
Ashley Anderson	Gustavus	Sr.	F	Rockford, Minn.
K.C. Beed	St. Olaf	Sr.	MF/F	Rochester, Minn./John Marshall
Lydia Bergeson	Bethel	So.	F/D	Mauston, Wis.
Allie Byron	St. Thomas	Jr.	GK	Woodbury, Minn.
Natalie Cooper	Hamline	So.	F/MF	Stillwater, Minn.
Kim Engel	St. Catherine	Sr.	D	Lakeville, Minn./North
Courtney Gamrath	Augsburg	Jr.	MF	St. Michael, Minn./St. Michael-Albertville
Jaclyn Glaser	St. Thomas	Fr.	MF	Wauwatosa, Wis./West
Rosie Glenn-Finer	Macalester	So.	GK	San Francisco, Calif./Lick Wilmerding
Lauryn Gutierrez	Macalester	Sr.	MF	Hickory, N.C./St. Stephen's
Heather Hollinger	Hamline	Fr.	MF	Las Vegas, Nev./Canyon Springs
Sloane Kuramoto	Saint Mary's	Jr.	F/MF	Rochester, Minn./John Marshall
Nicole Kwapick	Gustavus	Sr.	MF	White Bear Lake, Minn.
Ali Nelson	Concordia	So.	GK	Maple Grove, Minn.
Kelsey Nistler	St. Catherine	Sr.	F	Champlin Park, Minn.
Jenna Savino	St. Thomas	Fr.	F	Vadnais Heights, Minn./Hill-Murray
Maija Schmelzer	Saint Benedict	Sr.	GK	Rochester, Minn./John Marshall
Ellie Steiner	St. Olaf	Jr.	MF/F	West Bend, Wis./East
Lily VanderStaay	Carleton	Jr.	MF	Bellingham, Wash.
Emily Willaert	Saint Benedict	Sr.	MF	North Mankato, Minn./Mankato Loyola

2010 Women's Soccer All-MIAC Sportsmanship Team

Augsburg - Lacey Hoover (Sr., Duluth, Minn./Central)
 Bethel - Jami Johnson (Sr., Fergus Falls, Minn.)
 Carleton - Kate Trenerry (Sr., Rochester, Minn./Century)
 Concordia - Ruth Ranum (Sr., Circle Pines, Minn./Centennial)
 Gustavus - Chelsea Bayer (Sr., Rogers, Minn.)
 Hamline - Heather Butzlaff (Sr., White Bear Lake, Minn./Concordia Academy)
 Macalester - Rose Holdorf (Sr., Corvallis, Ore./Crescent Valley)
 Saint Benedict - Jenny Brattensborg (So., Eden Prairie, Minn.)
 St. Catherine - Kayla Engel (Sr., Lakeville, Minn./North)
 Saint Mary's - Tania Trowbridge (Sr., Shakopee, Minn./Holy Angels)
 St. Olaf - Elizabeth Huggins (Sr., Eau Claire, Wis./Memorial)
 St. Thomas - Tess Hanson (Jr., Rochester, Minn./Mayo)