

# Chris Evert Award winner Laura Sondag headlines 2019 MIAC Women's Tennis awards

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**BLOOMINGTON, Minn.** – The Minnesota Intercollegiate Athletic Conference (MIAC) announced the 2019 MIAC Women's Tennis Awards on Wednesday, including the Chris Evert Award, Coach of the Year, All-Conference and honorable mention teams and All-MIAC Sportsmanship Team.

Saint Mary's senior **Laura Sondag** was selected as the 2019 MIAC Chris Evert Award winner. The award annually recognizes a senior women's tennis student-athlete who exhibits outstanding sportsmanship and exemplary athletic, academic and humanitarian accomplishments.

Sondag (Sr. | West St. Paul, Minn. | South St. Paul) played every match for Saint Mary's at No. 1 singles and No. 1 doubles over the last four years. She finished her career with more than 100 combined victories and was a three-time All-MIAC selection in singles play and a two-time All-Conference honoree as a doubles competitor. A two-time Academic All-MIAC recipient and three-time International Tennis Scholar Association scholar-athlete, Sondag is also the president of the Cardinals' Student-Athlete Advisory Committee, a leader within the Fellowship of Christian Athletes, and part of the Lasallian Honors program at SMU. Beyond athletics, she has been a four-year participant in concert choir and serves as an admissions student ambassador and a tutor for the student success center on campus.



"For all her awards and abilities on the court, her best attribute is that she is just an awesome person -- selfless, thoughtful, funny, kind, and generous," Saint Mary's coach Jeff Halberg said. "She has been our official team captain for two years, but in a sense, she has been captain of the team since she showed up her freshman year. Laura is a born leader."

In addition to the Chris Evert Award, MIAC tennis coaches also selected the MIAC Women's Tennis Coach of the Year. Bethel coach **Drew Fernelius** and Saint Mary's coach **Jeff Halberg** were both honored by their peers as Co-Coaches of the Year. The award is the third for each coach with Fernelius previously receiving the honor in 2016 and 2018, while Halberg was selected the Men's Coach of the Year in 2013 and the Women's Co-Coach of the Year in 2010. Fernelius has guided the Royals to all five of their MIAC Playoff berths during his seven seasons in Arden Hills, while Halberg took the Cards to their second MIAC tournament appearance in the last three seasons.

The 2019 MIAC Women's Tennis All-Conference Singles and Doubles teams were also recognized. The All-Conference team is selected based on performance during conference dual matches, with the top 18 players (including ties) recognized for both singles and doubles. A player must play in five conference matches at any position to be eligible for the honor. For the first time ever, coaches also voted on an honorable mention team.

As part of a conference-wide sportsmanship initiative, the MIAC announced the 13th annual All-MIAC Sportsmanship team for men's tennis. 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.

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## 2019 MIAC Women's Tennis Awards

**Chris Evert Award** – Laura Sondag | Saint Mary's University (Sr. | West St. Paul, Minn. | South St. Paul)

**Coach of the Year** – Drew Fernelius | Bethel University (7th Season), Jeff Halberg | Saint Mary's University (21st Season)

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### 2019 MIAC Women's Tennis All-Conference Singles Team

| Name            | Institution | Class | Hometown   High School                  |
|-----------------|-------------|-------|---|
| Kristina Conrad | Carleton    | Sr.   | Plymouth, Minn.   Robbinsdale Armstrong |
| Courtney Fenech | Hamline     | Fy.   | Plano, Texas   University Prep          |

|                   |               |     |   |
|-------------------|---------------|-----|---|
| Lilly Hartman     | Gustavus      | Sr. | Cedar Rapids, Iowa   Washington                 |
| Briana Hartmann   | Gustavus      | Sr. | Owatonna, Minn.                                 |
| Natasha Hood      | St. Thomas    | Jr. | London, England   Lewis & Clark College         |
| Catherine Lindsay | St. Thomas    | So. | Eau Claire, Wis.   Memorial                     |
| Taylor McLeod     | St. Thomas    | Jr. | Vadnais Heights, Minn.   Benilde-St. Margaret's |
| Mackenzie Novak   | Bethel        | So. | Eagan, Minn.   Eastview                         |
| Simona Potockova  | Gustavus      | Fy. | Nova' Dubnica, Slovakia                         |
| Madeline Prins    | Carleton      | Jr. | Pacific Palisades, Calif.   Palisades Charter   |
| Grace Riermann    | Bethel        | Fy. | Stillwater, Minn.   Mahtomedi                   |
| Maggie Riermann   | Bethel        | So. | Stillwater, Minn.   Mahtomedi                   |
| Sonya Romanenko   | Carleton      | Fy. | San Diego, Calif.   Rancho Bernardo             |
| Laura Sunday      | Saint Mary's  | Sr. | West St. Paul, Minn.   South St. Paul           |
| Anna Stutz        | Gustavus      | Fy. | Dellwood, Minn.                                 |
| Ginger Valentine  | Gustavus      | So. | Delano, Minn.                                   |
| Jill Weinzettel   | Bethel        | Sr. | Hastings, Minn.                                 |
| Alisha Wiedmeier  | St. Catherine | Jr. | Rapid City, S.D.   Stevens                      |
| Jeanny Zhang      | Carleton      | Fy. | Guangzhou, China   Dwight School                |

2019 MIAC Women's Tennis All-Conference Doubles Team

| Name              | Institution  | Class | Hometown   High School                          |
|-------------------|--------------|-------|---|
| Hannah Borgh      | Gustavus     | So.   | Bettendorf, Iowa                                |
| Kristina Conrad   | Carleton     | Sr.   | Plymouth, Minn.   Robbinsdale Armstrong         |
| Courtney Fenech   | Hamline      | Fy.   | Plano, Texas   University Prep                  |
| Lilly Hartman     | Gustavus     | Sr.   | Cedar Rapids, Iowa   Washington                 |
| Briana Hartmann   | Gustavus     | Sr.   | Owatonna, Minn.                                 |
| Taylor Jackson    | St. Thomas   | Fy.   | Savage, Minn.   Prior Lake                      |
| Colleen Lois      | Saint Mary's | So.   | Green Bay, Wis.   Notre Dame Academy            |
| Paige McLeod      | St. Thomas   | Jr.   | Vadnais Heights, Minn.   Benilde-St. Margaret's |
| Taylor McLeod     | St. Thomas   | Jr.   | Vadnais Heights, Minn.   Benilde-St. Margaret's |
| Mackenzie Novak   | Bethel       | So.   | Eagan, Minn.   Eastview                         |
| Olivia Paradise   | St. Thomas   | Fy.   | Mahtomedi, Minn.                                |
| Natalie Pieterick | Hamline      | Sr.   | Eau Claire, Wis.   Regis                        |
| Simona Potockova  | Gustavus     | Fy.   | Nova' Dubnica, Slovakia                         |
| Madeline Prins    | Carleton     | Jr.   | Pacific Palisades, Calif.   Palisades Charter   |
| Grace Riermann    | Bethel       | Fy.   | Stillwater, Minn.   Mahtomedi                   |
| Maggie Riermann   | Bethel       | So.   | Stillwater, Minn.   Mahtomedi                   |
| Laura Sunday      | Saint Mary's | Sr.   | West St. Paul, Minn.   South St. Paul           |
| Ginger Valentine  | Gustavus     | So.   | Delano, Minn.                                   |
| Jill Weinzettel   | Bethel       | Sr.   | Hastings, Minn.                                 |

2019 MIAC Women's Tennis Honorable Mention Team

| Name | Institution | Class | Team | Hometown   High School |
|------|-------------|-------|------|------------------------|
|------|-------------|-------|------|------------------------|

|                 |               |     |         |                                       |
|-----------------|---------------|-----|---------|---------------------------------------|
| Megan Anderson  | Hamline       | Jr. | Singles | Eagan, Minn.                          |
| Julia Boeve     | Saint Mary's  | Sr. | Singles | St. James, Minn.                      |
| Bri Dorr        | St. Catherine | Jr. | Singles | Princeton, Minn.                      |
| Taylor Jackson  | St. Thomas    | Fy. | Singles | Savage, Minn.   Prior Lake            |
| Sabrina Barboza | St. Olaf      | So. | Doubles | Katy, Texas   Seven Lakes             |
| Greta Prokosch  | St. Olaf      | So. | Doubles | Mendota Heights, Minn.   Henry Sibley |
| Anna Stutz      | Gustavus      | Fy. | Doubles | Dellwood, Minn.                       |

## 2019 MIAC Women's Tennis All-Sportsmanship Team

| Name              | Institution    | Class | Hometown   High School                  |
|-------------------|----------------|-------|---|
| Jill Weinzettel   | Bethel         | Sr.   | Hastings, Minn.                         |
| Kristina Conrad   | Carleton       | Sr.   | Plymouth, Minn.   Robbinsdale Armstrong |
| Lisa Neumann      | Concordia      | Sr.   | Annandale, Minn.                        |
| Sheila Sullivan   | Gustavus       | Sr.   | St. Paul, Minn.   St. Paul Academy      |
| Tessa Rugg        | Hamline        | Fy.   | Snohomish, Wash.                        |
| Laurel Hickey     | Macalester     | So.   | Chatham, N.J.                           |
| Tessa Rahrck      | Saint Benedict | Jr.   | Owatonna, Minn.                         |
| Maddy Knoll       | St. Catherine  | Jr.   | Waseca, Minn.                           |
| Marissa Kinzer    | Saint Mary's   | Sr.   | Aitkin, Minn.                           |
| Ellie Bergstrand  | St. Olaf       | Sr.   | Alexandria, Minn.                       |
| Catherine Lindsay | St. Thomas     | So.   | Eau Claire, Wis.   Memorial             |