




2006 MIAC WOMEN'S TENNIS PREVIEW

2006 marks the 25th Minnesota Intercollegiate Athletic Conference Women's Tennis season. Teams will be attempting to challenge Gustavus Adolphus College for the top spot in the MIAC. Gustavus was perfect in the 2005 MIAC regular season, finishing 10-0, the Gusties have won twenty of the twenty-four previous MIAC championships including the past fourteen. Carleton, St. Thomas, Saint Benedict and St. Catherine's finished close behind Gustavus while St. Olaf, Saint Mary's, Macalester, Bethel, Hamline, and Concordia all will look to improve and reach the upper half of the conference standings this year.


The MIAC Championships are scheduled for April 28 and 29 and will be hosted by Gustavus Adolphus College.

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Bethel University		
Head Coach:	Dan Morton, 7th Season	
2005:	9th in MIAC Regular Season	
Key Returners:	Tasha Reitenour (Sr., Blaine, Minn.) Rachel Erickson (Sr., White Bear Lake, Minn.) Lindsey Chapman (Sr., Elk River, Minn.)	
Season Preview:	After a seventh place finish in the 2005 MIAC tournament and a 7-15 dual meet record, the Royals are looking to improve upon their 2006 performance. Bethel will be forced to play around with their line-up early on due to a wide gap in age on the nine-member roster. Strong doubles play is expected to play a factor this season as junior Kari Blair, (Glenwood, MN) and sophomore Andrea Beegle, (Edina, MN) return with a season under their belt and a successful 2005 campaign. Seniors Tasha Reitenour, (Blaine, MN), Rachel Erickson, (White Bear Lake, MN), and Lindsey Chapman, (Elk River, MN) will anchor this season's team. They are joined by a trio of freshman including LeRoyce Chapman, (Elk River, MN), Katy Kiger, (Alexandria, MN), and Kristin Kishaba (Eau Claire, WI). Head Coach Dan Morton begins his seventh season and feels the Royals are capable of being competitive at the top while winning from the bottom up. Morton feels the focus of this 2006 team will rely on fundamentals, skills and physical fitness, while producing a mental toughness for each and every match.	

Carleton College		
Interim Head Coach:	Colby Carlson, 1st Season	
2005:	2nd in MIAC Regular Season	

Key Returners:	<p>Sarah Russell (Sr., The Woodlands, Texas / Rolling Meadows)</p> <p>Eryn Koch (Sr., Bellingham, Wash. / Sehome)</p> <p>Abby Beggs (Jr., Exeter, Calif. / Redwood)</p> <p>Christina Walker (Jr., Highlands Ranch, Colo. / Thunderridge)</p>
Season Preview:	<p>For the first time since 1996 and only the third time in school history, the Carleton women's tennis team advanced to the NCAA Championships as a team, capping a wildly successful 2004-05 campaign. Runners-up at the MIAC Championships, the Knights reeled off a nine-match winning streak midway through the program's best season since the 1993 squad won 21 matches. They qualified for the prestigious Midwest Invitational, finishing sixth, and posted victories over regionally ranked Luther (twice), Wheaton (Ill.), St. Catherine. They finished the season with a 19-6 mark, with all six of those losses coming to nationally ranked teams. In recognition of their fine season, the Knights were nationally ranked to end the season.</p> <p>Carleton's second-place conference finish marked its third consecutive top-three MIAC finish and its eighth top-four finish in the last 10 seasons. The Knights will try to replicate the past season's success by returning a pair of experienced seniors and a number of returning players peppered throughout its line-up. Highlighting those returnees is senior Sarah Russell, a 2003-04 All-American who posted an 18-7 record last year. She qualified for the NCAA Individual Championships, making her the first Carleton player to qualify individually for the national tourney since Leslie Gale and Julie Bateman in 1989. She has been named by the Intercollegiate Tennis Association as the region's player to watch in 2005-06. She ended the season ranked fourth in the region and 20th in all of Division III.</p> <p>Gone, though, are Carleton's second and third singles players in graduated seniors Genevieve Philp, who finished her career with 61 singles' victories in her four-year career, and Diane Danforth, who posted a 13-8 mark, primarily from the third singles spot. Helping offset the loss of those two key seniors will be a pair of talented juniors in Abby Beggs, held down the fourth singles' slot and was an All-MIAC selection each of the last two seasons in both singles and doubles and Christina Walker, who played at fifth singles and was also a two-time All-MIAC selection. Senior Eryn Koch rounded out Carleton's singles line-up, as her 15-5 overall record, 7-1 in MIAC, earned her All-MIAC honors for the first time in 2005.</p> <p>In doubles play, Carleton was paced by its top duo of Russell and Koch. The team tri-captains, along with Walker, teamed for a 13-5 mark last season and finished the season ranked sixth in the region and 25th in the nation while earning All-MIAC honors as well. Sophomore Lisa Ottum and junior Shelley Getzendanner should hold down the second doubles slot and Beggs and Walker the third spot.</p>

Concordia College		
Head Coach:	Troy Hanestad, 1st Season	
2005:	11th in MIAC Regular Season	
Key Returners:	Beth Meier (Sr., Crookston, Minn. / Crookston HS) Annie Styba (Sr., Shoreview, Minn. / Mounds View) Leigh Bonemeyer (So., Shoreview, Minn. / Mounds View) Valerie Bostrom (So., Owatonna, Minn. / Owatonna) Kelsey Schendel (So., Willmar, Minn. / Willmar HS)	


Season Preview:	<p>The 2006 Concordia women's tennis team will have experience and youth on its side in 2006. The experience will come from a pair of senior players who have been mainstays on the Cobber team for three seasons. Beth Meier and Annie Styba have been solid contributors to the Concordia team for their first three seasons in maroon and gold. Meier was the #1 singles player in 2005 and was part of the #1 doubles team. She has been at the top of the Cobber lineup throughout her career. Styba has been used up and down the Concordia roster and has always provided key victories.</p> <p>The youth for the 2006 Cobbers will come in the form of a brand new coach and three sophomore players that used their freshman season as a "get acquainted" tour through the MIAC. Leigh Bonemeyer, Val Bostrom and Kelsey Schendel all played an important role for the Cobbers in 2005. They have played all over the Cobber lineup and will need to provide the backbone for the team in 2006.</p> <p>Troy Hanestad takes over the reigns for the Cobbers in 2006. He replaces Paul Thibedeau and will bring a solid resume of head coaching experience to the position. He has earned the Minnesota State High School Coaches Association Coach of the Year award while coaching the girls' and boys' teams at Thief River High School. His knowledge and enthusiasm for the game will help him guide the Cobbers throughout the season as they hope to climb the ladder in the MIAC.</p>
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Gustavus Adolphus College		
Head Coach:	Jon Carlson (17th season)	
2005:	1st in MIAC Regular Season	
Key Returners:	Tara Houlihan (Sr., Sioux Falls, S.D. / Lincoln) Lyndsey Palen (Sr., Rochester, Minn. / Lourdes) Lauren Hom (Jr., Stevens Point, Wis. / Stevens Point Area) Marla Menne (Sr., White Bear Lake, Minn. / Hill-Murray) Jaime Gaard (Jr., Edina, Minn. / Edina)	

Season Preview:	<p>The Gustavus women's tennis team returns all but one player from a team that posted a record of 30-3 in 2005 and advanced to the quarterfinals of the NCAA Team Championship. Coach Jon Carlson returns a squad which features All-Americans Tara Houlihan, Lyndsey Palen, Lauren Hom, Marla Menne, and Jaime Gaard and the team has hopes of winning a conference title and advancing to the NCAA Championships once again.</p>
	<p>The Gusties will be looking to win their 15th consecutive MIAC team title under current head coach Jon Carlson. Gustavus is also riding a 145-match winning streak in Minnesota Intercollegiate Athletic Conference duals.</p>
	<p>Tara Houlihan and Lyndsey Palen won the NCAA Division III Doubles Championship to cap off last spring's season for the Gusties. Houlihan and Palen defeated teammates Lauren Hom and Kara Smiley 6-0, 6-3. Houlihan and Palen were the first doubles team from the MIAC to ever win a national women's individual tennis title.</p>
	<p>This past fall, junior Jaime Gaard won the ITA Midwest Regional singles title after defeating Hom in the finals. Meanwhile, Hom joined forces with senior teammate Marla Menne to win the ITA Midwest Regional doubles title. Hom and Menne went on to win the NCAA Division III Doubles Championship at the ITA Small College Championships held in Fort Myers, Florida.</p>
	<p>Gustavus will return three All-America selections in Hom, Houlihan and Palen. Houlihan studied abroad in Ecuador first semester but has since returned and will play #1 singles and #1 doubles with Palen. Lauren Hom will play #2 singles and #2 doubles with Menne. Gaard, Palen, and Menne will fill the #3, #4, and #5 spots although the exact order has not been determined. Competing for the #6 spot will be juniors Darcy Haubrick and Hannah Frericks, and sophomore Jenni White. Coach Carlson has a deep and talented lineup that will once again be considered one of the top teams in the country.</p>

Hamline University		
Head Coach:	Dan Haertl, 20th season	
2005:	10th in MIAC Regular Season	
Key Returners:	Kristen Bothun (Jr., La Crosse, Wis. / Logan) Andrea Eilertson (Jr., Kiester, Minn. / United South Central) Jenna McManus (Sr., Stacy, Minn. / Forest Lake)	


Season Preview:	<p>Depth, talent, and energy will give the 2006 Piper women's tennis team all the tools to improve this season.</p> <p>Not only is this year's roster one of the biggest head coach Dan Haertl has had, but he also believes it is the best. "We have always struggled with numbers, but with 12 girls this season numbers aren't an issue," Haertl said.</p> <p>All offseason the team has been working hard to improve. Junior co-captains Trina Ellis (Buffalo, Minn.) and Lacy Schumann (Kiester, Minn.) have taken the initiative to get the season rolling. "Trina and Lacy are very respected. They communicate well with the players and are very encouraging," Haertl stated.</p> <p>Ellis is a solid player who comes into the season after going 2-1 in doubles play with Kristen Bothun in 2005. Schumann is an outstanding athlete. She is quick and looking to have a good year.</p> <p>A key returner for the Pipers is junior Kristen Bothun (La Crosse, Wis.). Bothun has played the number one singles spot in each of her first two seasons. She finished 5-11 in singles matches last year, but has worked harder this offseason. "Her hard work will make all the difference this year," Haertl added.</p> <p>For the complete outlook, go to http://www.hamline.edu/hamline_info/athletics/womens_tennis/2006/outlook.html</p>
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Macalester College			
Head Coach:	Jason Muhl, 1st Season		
2005:	8th in MIAC Regular Season		
Key Returners:	<p>Anna Peschel (So., St. Paul, Minn. / Central)</p> <p>Jenna Harris (So., Cincinnati, Ohio / Seven Hills)</p> <p>Callie Recknagel (So., Waukesha, Wis. / South)</p>		
Season Preview:	<p>Macalester showed a good deal of improvement a year ago, going from zero conference wins in '04 to earning MIAC victories over Bethel, Concordia and Hamline and losing by just one point to St. Mary's last season. The Scots also gained a consolation round MIAC tournament win over Hamline.</p> <p>Another step forward under new head coach Jason Muhl is expected in '06. Although the Scots graduated their top two singles players – Christy Hagstrum and Erin Case – as well as No. 4 player May Lin Kessenich, newcomers like first-year Madison (Wis.) East High School teammates Megan Walsh and Becky Nieber are expected to step right into key positions in the lineup. Walsh could compete for the No. 1 spot vacated by Hagstrum, who went 8-9 last year at first singles.</p> <p>The young Scots will also rely heavily on sophomores Anna Peschel (St. Paul, Minn. / Central), Jenna Harris (Cincinnati, Ohio / Seven Hills) and Callie Recknagel (Waukesha, Wis. / South). Peschel played second and third singles last year and Recknagel went 7-6, mostly near the bottom of the singles lineup. Junior Chelsea Stinson (Maple Plain, Minn. / Orono) and senior Sayoko Nakamura (Osaka, Japan / Osaka International) also return.</p>		


College of Saint Benedict			
Head Coach:	Janna La Fontaine, 5th Season		


2005:	4th in MIAC Regular Season
Key Returners:	<p>Lindy Browne (So., Ramsey, Minn. / Anoka)</p> <p>Angela Sigl (Jr., Fargo, N.D. / Fargo Shanley)</p> <p>Katie Ward (So., Darwin, Minn. / Hutchinson)</p> <p>Melissa Kampa (So., St. Cloud, Minn. / St. Cloud Cathedral)</p>
Season Preview:	<p>The Blazer tennis team will be entering the 2006 competitive season looking to improve on their efforts of the 2005 season. CSB finished 14-9 overall and were fourth in the MIAC with a conference record of 9-4.</p> <p>Saint Ben's compiled impressive individual performances throughout the year, which was solidified with the naming of six Blazers to the All-MIAC team.</p> <p>Sophomore Lindy Browne (Ramsey, Minn. / Anoka H.S.) is returning this season after being named All-MIAC in No. 3 doubles and singles in 2005. Joining Browne in CSB's strong group of returners will be junior Angela Sigl (Fargo, N.D. / Fargo Shanley H.S.) and sophomores Katie Ward (Darwin, Minn. / Hutchinson H.S.) and Melissa Kampa (St. Cloud, Minn. / St. Cloud Cathedral H.S.).</p> <p>Saint Ben's is coached by Janna La Fontaine who is her fifth year of coaching Blazer tennis.</p> <p>With a strong group of returning All-MIAC talent and a competitive drive to build upon their 2005 season the Blazers appear to be heading for another successful season.</p>

College of St. Catherine		
Head Coach:	PJ Priest, 1st Season	
2005:	5th in MIAC Regular Season	
Key Returners:	Shelly Bebler (Jr., Wells, Minn. / USC) Linsey Miller (Sr., Mankato, Minn. / Mankato East)	
Season Preview:	The 2006 version of the Wildcat tennis team is one in a state of change and rebuilding. First year head coach PJ Priest is looking forward to continuing the recent tradition of successful results, including a 5th place finish in 2005. In addition to learning the level of competition in the MIAC, Coach Priest must find a way to quickly mature the young Wildcats after losing their top three players from 2005 (Deidre Lindstrom, Briggs Rolfsrud, and Amy Willhite) to graduation. Priest will rely on the experience of co-captains Shelly Bebler (Jr., Wells, MN) and Linsey Miller (Sr., Mankato, MN) to guide the team and is anticipating the immediate impact that first year Susie Hallquist (Coon Rapids, MN) will add as well. Assistant coach Reven Stephens, a former tennis standout at the University of Minnesota and Kentucky, will bring his extensive playing resume and tennis background as he takes charge of the Wildcats' conditioning. "I feel this team has tremendous potential over the long run, we have to be patient and continue to improve everyday in the immediate future in order to finish in the top half of the very competitive MIAC," stated Coach Priest.	

Saint Mary's University		
Head Coach:	Jeff Halberg, 8th Season	
2005:	4th in MIAC Regular Season	

Key Returners:	<p>Rebecca Newby (So., Brookfield, Wis. / Brookfield Center)</p> <p>Ann Leeder (Jr., Greenfield, Wis. / Whitnall)</p> <p>Ashley Meshke (Jr., Pequot Lakes, Minn. / Pequot Lakes)</p>
Season Preview:	<p>Jeff Halberg isn't about to predict a conference championship for his Saint Mary's University men's and women's tennis teams. Not as long as Gustavus and Carleton are in the Minnesota Intercollegiate Athletic Conference. Take those two teams out of the equation, however, and Halberg likes his teams' chances.</p> <p>"Our conference is so tough," said Halberg. "Top to bottom, it's got to be one of the toughest around, and Gustavus and Carleton are definitely the cream of the crop, they are both so deep and talented. After that, it's going to be a wide-open race and I think we'll be right there in the thick of it."</p> <p>That's because both the Cardinal men's and women's teams are deeper than they have been in a long time. "We have a lot of new faces on both teams, but we've also got a lot of very talented players," said Halberg. "We had so many close matches last year that could have gone either way, and we weren't able to convert many of those into wins. Hopefully we can turn that around this year."</p> <p>Complete SMU tennis preview: http://sports.smumn.edu/tennis/2006/newsletter/tenpreview.html</p>

St. Olaf College		
Head Coach:	Scott Nesbit, 16th Season	
2005:	6th in MIAC Regular Season	
Key Returners:	Emily Eggert (Sr., Appleton, Wis.) Jorie Steffen (Jr., Lake Geneva, Wis.) Elizabeth Greener (Jr., Elgin, Ill.)	
Season Preview:	<p>Despite losing nearly half of their squad to graduation, the Ole women's tennis team looks to a strong first year class as well as a core of returners towards contention in 2006.</p> <p>Senior captain Emily Eggert and juniors Jori Steffen and Sarah Prey are to provide pivotal leadership in order to contend in a tough MIAC, where the Oles finished 6th a season ago.</p> <p>Leading the charge of the first years is Kritina Poplavska (Eden Prairie, Minn.), who played number one singles for her high school squad that finished third in the state two years running, including an 18-3 record her senior year. Following close behind are Ellen Goerss (Spirit Lake, Iowa) and Diana Baetscher (Portland, Ore.).</p> <p>Along with first year players, there are als some fresh faces doing the coaching. In his 16th year at the helm of the Oles, Scott Nesbit welcomes Tory Borovosky as an assistant coach. She is a former Division I tennis player. Also returning is assistant coach Kristen Stets whom is a former St. Olaf tennis student-athlete.</p> <p>On the Oles' schedule this year are key non-conference matches with Luther, the University of Wisconsin-Eau Claire and St. Cloud State.</p> <p>St. Olaf opens their season in Owatonna against Macalester on Feb. 11 and concludes with the annual MIAC dual match conference tournament held at Gustavus on Apr. 28-29.</p>	

University of St. Thomas		
Head Coach:	Terry Peck,11th season	
2005:	3rd in MIAC Regular Season	
Key Returners:	Cortney Dirks (Jr., St. Peter, Minn.) Dana Vilar (So., Brookfield, Wis. / East) Nickey Nichols (Jr., North Oaks, Minn / Totino-Grace) Rachel Frank (Sr., Mahtomedi, Minn.) Michelle Mills (Sr., Buffalo, Minn.) Brittany Bachman (So., Litchfield, Minn.)	
Season Preview:	The Tommies finished 16-3 in 2005 duals and took third in the MIAC. Graduated from that team is No. 1 singles player Jodi Dmohoski (70-14 career singles) and Heather Waldschmidt. Coach Terry Peck has seven returners, led by junior Cortney Dirks and sophomore Dana Vilar, who played Nos. 2-3 singles last season. Also back is sophomore Brittany Bachman, who made All-MIAC last season after going 14-0 at No. 6 singles. Freshmen Christina Alexander of Rochester Lourdes, Katie Flor of Waseca and Leanne Pfeninger of Minnewaska have broken into the Tommies’ 2006 lineup. The Tommies will play again in Hilton Head, S.C., in March on their spring-break trip.	