



# MENS BASKETBALL

Release Number 14  
February 24th, 2009



**Minnesota College Athletic Conference**  
1450 Collegeway, Worthington MN 56187  
Phone: 507-372-3487 Fax: 507-372-5803

Justin Heckenlaible, Conference Coordinator  
Email: justin.heckenlaible@mnwest.edu  
www.mcac-sports.com

## NORTHERN DIVISION

Team Name	Conf Wins	Conf Losses	Total Wins	Total Losses	Win %	FG Att	FG Made	FG %	3PT Att	3Pt Made	3PT %	FT Att	FT Made	FT %	Pts/ Game	Pts Allowed/ Game
Vermilion	13	1	22	5	0.815	2099	926	44.12%	571	215	37.65%	501	330	65.87%	87.33	73.89
Central Lakes	13	1	22	4	0.846	1631	838	51.38%	431	163	37.82%	504	293	58.13%	82.00	56.38
Northland	10	4	16	10	0.615	1548	683	44.12%	430	159	36.98%	453	327	72.19%	71.23	67.85
Hibbing	7	7	14	13	0.519	1729	680	39.33%	490	167	34.08%	590	346	58.64%	69.22	67.81
Rainy River	5	9	8	17	0.320	1711	705	41.20%	531	173	32.58%	370	241	65.14%	72.96	75.12
Fond Du Lac	4	10	6	16	0.273	1079	445	41.24%	416	145	34.86%	339	221	65.19%	46.82	56.61
Mesabi Range	3	11	9	16	0.360	1634	649	39.72%	547	160	29.25%	422	250	59.24%	68.32	75.60
Itasca	1	13	3	21	0.125	1475	596	40.41%	305	71	23.28%	405	232	57.28%	62.29	72.92

## SOUTHERN DIVISION

Team Name	Conf Wins	Conf Losses	Total Wins	Total Losses	Win %	FG Att	FG Made	FG %	3PT Att	3Pt Made	3PT %	FT Att	FT Made	FT %	Pts/ Game	Pts Allowed/ Game
Minneapolis	12	0	26	1	0.963	1699	911	53.62%	380	137	36.05%	609	402	66.01%	87.4	62.2
Rochester	9	3	19	7	0.731	1813	864	47.66%	445	143	32.13%	633	410	64.77%	87.7	74.6
Ridgewater	8	4	16	10	0.615	1759	787	44.74%	421	123	29.22%	577	370	64.12%	79.5	75.8
MSCTC-FF	7	5	19	8	0.704	1809	838	46.32%	449	132	29.40%	593	364	61.38%	80.4	75.1
Riverland	2	10	7	19	0.269	1659	671	40.45%	629	244	38.79%	459	306	66.67%	74.4	82.4
Minnesota West	2	10	6	18	0.250	1592	635	39.89%	499	158	31.66%	506	346	68.38%	73.9	80.6
Anoka Ramsey	2	10	6	21	0.222	1668	686	41.13%	540	169	31.30%	398	245	61.56%	66.2	80.1

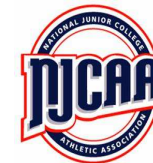
The MCAC is a member of the NJCAA Division III. Basketball is comprised of 15 teams which are divided geographically into a Northern & Southern Division.

Anoka Ramsey—Central Lakes—Fond Du Lac—Hibbing—Itasca—Mesabi Range—Northland—Minnesota West—MSCTC Fergus Falls—Rainy River—Ridgewater—Riverland—Rochester—Vermilion



# MENS BASKETBALL NEWS RELEASE

Release Number 14  
February 24th, 2009



**Minnesota College Athletic Conference**  
1450 Collegeway, Worthington MN 56187  
Phone: 507-372-3487 Fax: 507-372-5803

Justin Heckenlaible, Conference Coordinator  
Email: justin.heckenlaible@mnwest.edu  
www.mcac-sports.com

**Northern Division  
Player of Week**

**Rico Wells**  
Guard  
Freshman  
Northland

Wells, from Cleveland, OH last week averaged 29 points per game in wins over Itasca and Fond Du Lac. He had a 46 point performance against Fond Du Lac.

## SCORES FROM LAST WEEK

2/21/2009	76	Vermilion	67	Hibbing
2/21/2009	88	Minneapolis	66	Anoka Ramsey
2/21/2009	111	Rochester	91	Riverland
2/21/2009	100	Central Lakes	44	Itasca
2/21/2009	77	Rainy River	75	Mesabi Range
2/21/2009	80	Northland	54	Fond Du Lac
2/21/2009	93	Ridgewater	73	Minnesota West
2/18/2009	98	Vermilion	84	Mesabi
2/18/2009	119	Minneapolis	76	Riverland
2/18/2009	113	Central Lakes	45	Fond Du Lac
2/18/2009	69	Northland	54	Itasca
2/18/2009	85	MSCTC-FF	65	Anoka-Ramsey
2/18/2009	81	Hibbing	77	Rainy River
2/18/2009	82	Ridgewater	78	Rochester

## MCAC State Tournament

Hosted by

Minneapolis Community & Technical College

First Round Games

**1:00 PM MSCTC-FF vs. Central Lakes**

**3:00 PM Rochester vs. Northland**

**6:00 PM Ridgewater vs. Vermilion**

**8:00 PM Minneapolis vs. Hibbing**

**Southern Division  
Player of Week**

**Brad Sand**  
Wing  
Sophomore  
MSCTC-FF

Sand, from Cottage Grove, MN last week in their victory over Anoka Ramsey he recorded a double-double and nearly a triple-double with 17 points, 14 rebounds, 8 assists, 3 steals, and 3 blocks. Sand also was 8-14 (57%) from the field .

The MCAC is a member of the NJCAA Division III. Basketball is comprised of 15 teams which are divided geographically into a Northern & Southern Division.

Anoka Ramsey—Central Lakes—Fond Du Lac—Hibbing—Itasca—Mesabi Range—Northland—Minnesota West—MSCTC Fergus Falls—Rainy River—Ridgewater—Riverland—Rochester—Vermilion



**MENS BASKETBALL  
NEWS RELEASE**

Release Number 14  
February 24th, 2009



**Minnesota College Athletic Conference**  
1450 Collegeway, Worthington MN 56187  
Phone: 507-372-3487 Fax: 507-372-5803

Justin Heckenlaible, Conference Coordinator  
Email: justin.heckenlaible@mnwest.edu  
www.mcac-sports.com

**Previous  
Northern Division  
Players of Week**

<b>Week 1</b>	Sam Kenyi Hibbing	<b>Week 9</b>	Ashley Thomas Vermilion
<b>Week 2</b>	Maurice Patton Rainy River	<b>Week 10</b>	Trevon Taylor Mesabi Range
<b>Week 3</b>	Venzel Russell Vermilion	<b>Week 11</b>	Venzel Russell Vermilion
<b>Week 4</b>	Tremaine Hill Hibbing	<b>Week 12</b>	Illya Glover Central Lakes
<b>Week 5</b>	Brock Zins Fond Du Lac	<b>Week 13</b>	Jemal Amos-Demmaj Itasca
<b>Week 6</b>	Dustin Monson Central Lakes		
<b>Week 7</b>	Quentin Wilford Central Lakes		
<b>Week 8</b>	Sam Kenyi Hibbing		

**Previous  
Southern Division  
Players of Week**

<b>Week 1</b>	Kurt Koenig Rochester	<b>Week 9</b>	Casey Sussenguth Ridgewater
<b>Week 2</b>	Sean Mayberry Minneapolis	<b>Week 10</b>	Cortez Wallace Minneapolis
<b>Week 3</b>	Jason Simmons Riverland	<b>Week 11</b>	Casey Sussenguth Ridgewater
<b>Week 4</b>	Kurt Koenig Rochester	<b>Week 12</b>	Peter Olafeso Minneapolis Brandyn Frelix MSCTC-FF
<b>Week 5</b>	Jason Simmons Riverland	<b>Week 13</b>	Casey Sussenguth Ridgewater
<b>Week 6</b>	Jordan Johnsrud MSCTC-FF		
<b>Week 7</b>	Peter Olafeso Minneapolis		
<b>Week 8</b>	Cory Nietfeld Ridgewater		

The MCAC is a member of the NJCAA Division III. Basketball is comprised of 15 teams which are divided geographically into a Northern & Southern Division.  
Anoka Ramsey—Central Lakes—Fond Du Lac—Hibbing—Itasca—Mesabi Range—Northland—Minnesota West—MSCTC Fergus Falls—Rainy River—Ridgewater—Riverland—Rochester—Vermilion

# Northern Division Individual Statistics

## Points Scored 12 point min

Player Name	Games Played	3FG	2FG	FT	Tot Points	Pts/Game
Venzal Russell(VE)	27	4	237	54	540	20.0
Ashley Thomas(VE)	14	38	67	30	278	19.9
Brock Zins(FDL)	21	34	107	73	389	18.5
Anthony Brant(VE)	27	108	53	55	485	18.0
Bentley Hylton(RR)	25	40	113	80	426	17.0
Rico Wells(NL)	16	38	60	33	267	16.7
Reo Thomas(NL)	26	48	73	79	369	14.2
Jemal Amos-Demmaj(IT)	24	21	116	45	340	14.2
Sam Kenyi(HI)	27	0	141	97	379	14.0
Tre'von Taylor(MR)	24	12	103	79	321	13.4
Dylan Clarke-Knaeble(RR)	25	1	139	34	315	12.6
C.J. Peeters(CL)	26	29	93	53	326	12.5
Illya Glover(CL)	23	0	129	29	287	12.5
Tremaine Hill(HI)	27	46	76	43	333	12.3
Quentin Wilford(CL)	24	13	97	63	296	12.3
Nathan Shulstad(IT)	10	5	37	33	122	12.2

## 3-Point Shooting-Minimum 2 attempts per game

Player Name	Games Played	3-FGA	3-FGM	Percentage
Anthony Brant(VE)	27	247	108	43.7%
C.J. Peeters(CL)	26	75	32	42.7%
Rico Wells(NL)	16	90	38	42.2%
Ashley Thomas(VE)	14	90	38	42.2%
Gerald Anderson(NL)	21	54	22	40.7%
Derek Scully(RR)	25	138	54	39.1%
Caleb Nurnberger(CL)	26	130	50	38.5%
Reo Thomas(NL)	26	128	48	37.5%
Jay Cary(HI)	27	156	58	37.2%
Tremaine Hill(HI)	27	133	46	34.6%

## Field Goal Percentage-Minimum 4 attempts per game

Player Name	Games Played	FGA	FGM	Percentage
Dustin Monson(CL)	26	178	110	61.8%
Quentin Wilford(CL)	24	187	110	58.8%
Illya Glover(CL)	23	222	129	58.1%
Clinton Cuffee(NL)	26	168	96	57.1%
Randy Daniel(VE)	26	152	86	56.6%
Ashley Thomas(VE)	14	187	105	56.1%
C.J Peeters(CL)	26	241	126	52.3%
Dylan Clarke-Knaeble(RR)	25	271	140	51.7%
LaDarius Frazier(FDL)	21	143	71	49.7%
Nick Youmans(NL)	25	119	59	49.6%

## Free Throw Shooting-Minimum 2 attempts per game

Player Name	Games Played	FTA	FTM	Percentage
David Walsh(VE)	13	26	21	80.8%
Nathan Shulstad(IT)	10	40	32	80.0%
C.J. Peeters(CL)	26	69	54	78.3%
Brock Zins(FDL)	21	96	73	76.0%
Brian Shurn(VE)	27	86	65	75.6%
Quentin Wilford(CL)	24	84	63	75.0%
Reo Thomas(NL)	26	107	79	73.8%
Bentley Hylton(RR)	25	109	80	73.4%
Ashley Thomas(VE)	14	41	30	73.2%
Willie Fowler(NL)	25	94	66	70.2%

The MCAC is a member of the NJCAA Division III. Basketball is comprised of 15 teams which are divided geographically into a Northern & Southern Division.

Anoka Ramsey—Central Lakes—Fond Du Lac—Hibbing—Itasca—Mesabi Range—Northland—Minnesota West—MSCTC Fergus Falls—Rainy River—Ridgewater—Riverland—Rochester—Vermilion

# Northern Division Individual Statistics

## Rebounds-Minimum 7 per game

Player Name	Games Played	Total Rebounds	Reb/Game
Sam Kenyi(HI)	27	277	10.3
Venzal Russell(VE)	27	273	10.1
Randy Daniel(VE)	26	227	8.7
Illya Glover(CL)	23	200	8.7
Nathan Shulstad(IT)	10	85	8.5
Brock Zins(FDL)	21	156	7.4
Jemal Amos-Demmaj(IT)	24	176	7.3
Bentley Hylton(RR)	25	180	7.2
C.J. Peeters(CL)	26	185	7.1
Dylan Clarke-Knaeble(RR)	25	177	7.1

## Steals-Minimum 2 per game

Player Name	Games Played	Steals	Stls/Game
Venzal Russell(VE)	27	157	5.8
Anthony Brant(VE)	27	94	3.5
Ashley Thomas(VE)	14	43	3.1
Aaron Norman(HI)	27	74	2.7
C.J. Peeters(CL)	26	65	2.5
Quentin Wilford(CL)	24	55	2.3
Willie Fowler(NL)	25	54	2.2
LaDarius Frazier(FDL)	21	45	2.1
LaVance Dixon Jr.(IT)	24	51	2.1

## Assists-Minimum 3 per game

Player Name	Games Played	Assists	Asst/Game
Venzal Russell(VE)	27	178	6.6
Ashley Thomas(VE)	14	83	5.9
C.J. Peeters(CL)	26	123	4.7
LaVance Dixon Jr.(IT)	24	102	4.3
LaDarius Frazier(FDL)	21	85	4.0
Quentin Wilford(CL)	24	96	4.0
Reo Thomas(NL)	26	95	3.7
Andy Nikolanci(MR)	25	91	3.6
Anthony Howard(IT)	24	86	3.6
Aaron Norman(HI)	27	88	3.3
Brobk Zins(FDL)	21	67	3.2
Anthony Brant(VE)	27	83	3.1

# Southern Division Individual Statistics

## Points Scored 12 points

Player Name	Games Played	3FG	2FG	FT	Tot Points	Pts/Game
Kurt Koenig(RO)	26	19	195	76	523	20.1
Casey Sussenguth(RW)	26	5	176	89	456	17.5
Jordan Buddenhagen(MW)	23	72	49	88	402	17.5
Jason Simmons(RI)	26	60	92	58	422	16.2
Jordan Johnsrud(FF)	27	0	181	64	426	15.8
Wiley Jiles(FF)	27	71	74	42	403	14.9
Cortez Wallace(MP)	26	4	132	108	384	14.8
Cory Niefeld(RW)	26	8	144	61	373	14.3
Kenny Olafeso(MP)	25	15	134	34	347	13.9
Peter Olafeso(MP)	27	16	138	47	371	13.7
Brandyn Frelix(FF)	27	1	140	87	370	13.7
AJ Kortz(RI)	26	65	61	37	354	13.6
Kyle Matuska(AR)	24	61	44	39	310	12.9
Josh Reynolds(RO)	25	39	81	43	322	12.9
Cory Lesnar(MW)	24	1	95	95	288	12.0
Antonio Tate(AR)	24	9	107	47	288	12.0

## 3-Point Shooting-Minimum 2 attempts per game

Player Name	Games Played	3-FGA	3-FGM	Percentage
Shawn Neu(RW)	26	53	23	43.4%
Jason Simmons (RI)	26	147	60	40.8%
AJ Kortz(RI)	26	163	65	39.9%
Sean Mayberry(MP)	27	71	28	39.4%
Jordan Buddenhagen(MW)	24	184	72	39.1%
Kyle Matuska(AR)	24	159	61	38.4%
Derek Hahn(RI)	25	106	40	37.7%
Josh Reynolds(RO)	25	105	39	37.1%
Cody Andrews(RI)	22	50	18	36.0%
Derek Eisenschenk(RW)	26	102	33	32.4%

## Field Goal Percentage-Minimum 4 attempts per game

Player Name	Games Played	FGA	FGM	Percentage
Kenny Olafeso(MP)	25	224	149	66.5%
Trevor Larson(RO)	8	53	31	58.5%
Jordan Johnsrud(FF)	27	311	181	58.2%
Cortez Wallace(MP)	26	236	136	57.6%
Peter Olafeso(MP)	26	236	136	57.6%
Brad Sand(FF)	25	215	120	55.8%
Casey Sussenguth(RW)	26	326	181	55.5%
Kurt Koenig(RO)	26	387	214	55.3%
Tyler Speer(RO)	26	160	85	53.1%
Cory Lesnar(MW)	24	183	96	52.5%

## Free Throw Shooting-Minimum 2 attempts per game

Player Name	Games Played	FTA	FTM	Percentage
Josh Hagan(RO)	26	63	51	81.0%
Jordan Buddenhagen(MW)	24	114	88	77.2%
Stevie Statz(MW)	24	50	38	76.0%
Sean Mayberry(MP)	27	65	49	75.4%
Cory Lesnar(MW)	24	129	95	73.6%
Cortez Wallace(MP)	26	148	108	73.0%
Wiley Jiles(FF)	27	59	42	71.2%
Kyle Matuska(AR)	24	55	39	70.9%
Josh Reynolds(RO)	25	62	43	69.4%
Erik Vinh(AR)	25	58	40	69.0%

The MCAC is a member of the NJCAA Division III. Basketball is comprised of 15 teams which are divided geographically into a Northern & Southern Division.

Anoka Ramsey—Central Lakes—Fond Du Lac—Hibbing—Itasca—Mesabi Range—Northland—Minnesota West—MSCTC Fergus Falls—Rainy River—Ridgewater—Riverland—Rochester—Vermilion

# Southern Division Individual Statistics

## Rebounds-Minimum 7 per game

Player Name	Games Played	Total Rebounds	Reb/Game
Brad Sand(FF)	25	227	9.1
Casey Sussenguth(RW)	26	230	8.8
Jason Simmons(RI)	26	225	8.7
Cory Nieffeld(RW)	26	224	8.6
Jordan Johnsrud(FF)	27	201	7.4
Kurt Koenig(RO)	26	188	7.2

## Steals-Minimum 2 per game

Player Name	Games Played	Steals	Stls/Game
Antonio Tate(AR)	24	73	3.0
Cory Nietfeld(RW)	26	63	2.4
Jerome Vaughn(FF)	27	62	2.3
Josh Reynolds(RO)	25	54	2.2
Kenny Olafeso(MP)	25	50	2.0

## Assists-Minimum 3 per game

Player Name	Games Played	Assists	Asst/Game
Sean Mayberry(MP)	27	153	5.7
Beau Bredeson(RW)	26	105	4.0
Jason Simmons(RI)	26	88	3.4
Cody Aasness(FF)	27	90	3.3