WOMEN'S BASKETBALL

Release Number 13
February 23, 2010

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

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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
Mesabi Range	11	3	15	11	0.577	1661	684	41.2%	552	198	35.9%	438	298	68.0%	71.7	64.1
Itasca	10	4	20	7	0.741	1865	772	41.4%	381	112	29.4%	628	381	60.7%	75.4	67.4
Northland	10	4	16	11	0.593	1635	641	39.2%	283	65	23.0%	620	384	61.9%	64.1	62.6
Vermilion	7	7	10	17	0.370	1651	600	36.3%	426	108	25.4%	442	290	65.6%	57.4	65.1
Rainy River	7	7	13	14	0.481	1916	725	37.8%	308	82	26.6%	531	220	41.4%	67.2	69.7
Hibbing	6	8	10	17	0.370	1738	603	34.7%	472	130	27.5%	488	306	62.7%	60.8	66.0
Central Lakes	5	9	6	19	0.240	1413	488	34.5%	532	149	28.0%	434	287	66.1%	56.5	69.2
Fond Du Lac	0	14	0	22	0.000	690	255	37.0%	237	87	36.7%	338	156	46.2%	27.4	52.4

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
Anoka Ramsey	10	2	22	5	0.815	1812	773	42.7%	691	261	37.8%	533	371	69.6%	80.7	57.4
Minneapolis	10	2	23	4	0.852	1866	753	34.4%	400	126	32.4%	573	357	60.9%	76.2	60.4
Rochester	8	4	18	6	0.750	1591	647	40.7%	341	91	26.7%	511	361	70.6%	72.8	59.0
Minnesota West	7	5	15	11	0.577	1612	673	41.7%	366	133	36.3%	632	428	67.7%	73.3	66.3
Ridgewater	4	8	11	15	0.423	1632	645	39.5%	236	58	24.6%	551	323	58.6%	64.3	66.3
Riverland	3	9	11	15	0.423	1804	585	32.4%	442	114	25.8%	483	315	65.2%	61.7	61.2
M-State FF	0	12	7	19	0.269	1584	545	34.4%	527	171	32.4%	517	315	60.9%	65.4	73.2

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

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Northern Division Player of Week

Megan Beard

Guard/Sophomore

Mesabi Range

Beard, from Eveleth, MN last week averaged 14.5 points and 8 rebounds and 3 assists to help the Lady Norse go 2-0 last week and also win the Northern Division title.

Southern Division Player of Week

Natalye Horne

Center/Sophomore

Minneapolis

Horne, from St. Paul, MN last week had 15 points and 16 rebounds and 2 blocks to help the Lady Mavericks to the win and Co-Southern Division Champions.

SCORES

2/22/2010	71	Rainy River	50	Vermilion
2/21/2010	71	Rochester	54	Fergus Falls
2/20/2010	84	Mesabi Range	82	Rainy River
2/20/2010	74	Anoka Ramsey	59	Rochester
2/20/2010	60	Minneapolis	52	MN West
2/20/2010	85	Itasca	76	Central Lakes
2/20/2010	69	Vermilion	46	Hibbing
2/19/2010	80	Northland	50	Fond Du Lac
2/17/2010	82	Mesabi Range	61	Vermilion
2/17/2010	76	Northland	69	Itasca
2/17/2010	73	Ridgewater	67	Riverland
2/17/2010	77	Minnesota West	70	Anoka-Ramsey
2/17/2010	76	Rochester	64	Fergus Falls
2/17/2010	74	Central Lakes	52	Fond Du Lac
2/17/2010	79	Rainy River	66	Hibbing

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Previous Northern Division Players of Week

Week 1	Cassie Gunderson Northland
Week 2	Lexi Daniels Itasca
Week 3	Tomi McDonald Vermilion
Week 4	Melissa Nyberg Hibbing
Week 5	Whitney Langen Northland Lea'ola Fields Mesabi Range
Week 6	Whitney Langen Northland
Week 7	Kelly Hams Hibbing
Week 8	Tomi McDonald Vermilion
Week 9	Lea'ola Fields Mesabi Range
Week 10	Allie Benham Itasca
Week 11	Shawncinee Lay Rainy River
Week 12	Shawncinee Lay Rainy River

Previous Southern Division Players of Week

Week 1	Marie Hanson Anoka Ramsey
Week 2	Stephanie Pilgrim Anoka Ramsey
Week 3	Stephanie Pilgrim Anoka Ramsey
Week 4	Briana Blackhawk Minneapolis
Week 5	Krista Viehauser Riverland
Week 6	Maria Gangelhoff Rochester
Week 7	Krista Viehauser Riverland
Week 8	Briana Blawkhawk Minneapolis
Week 9	LaVera Jeffrie Minneapolis
Week 10	Krista Viehauser Riverland
Week 11	Sam Lynn Minnesota West
Week 12	Alex Moore Anoka Ramsey

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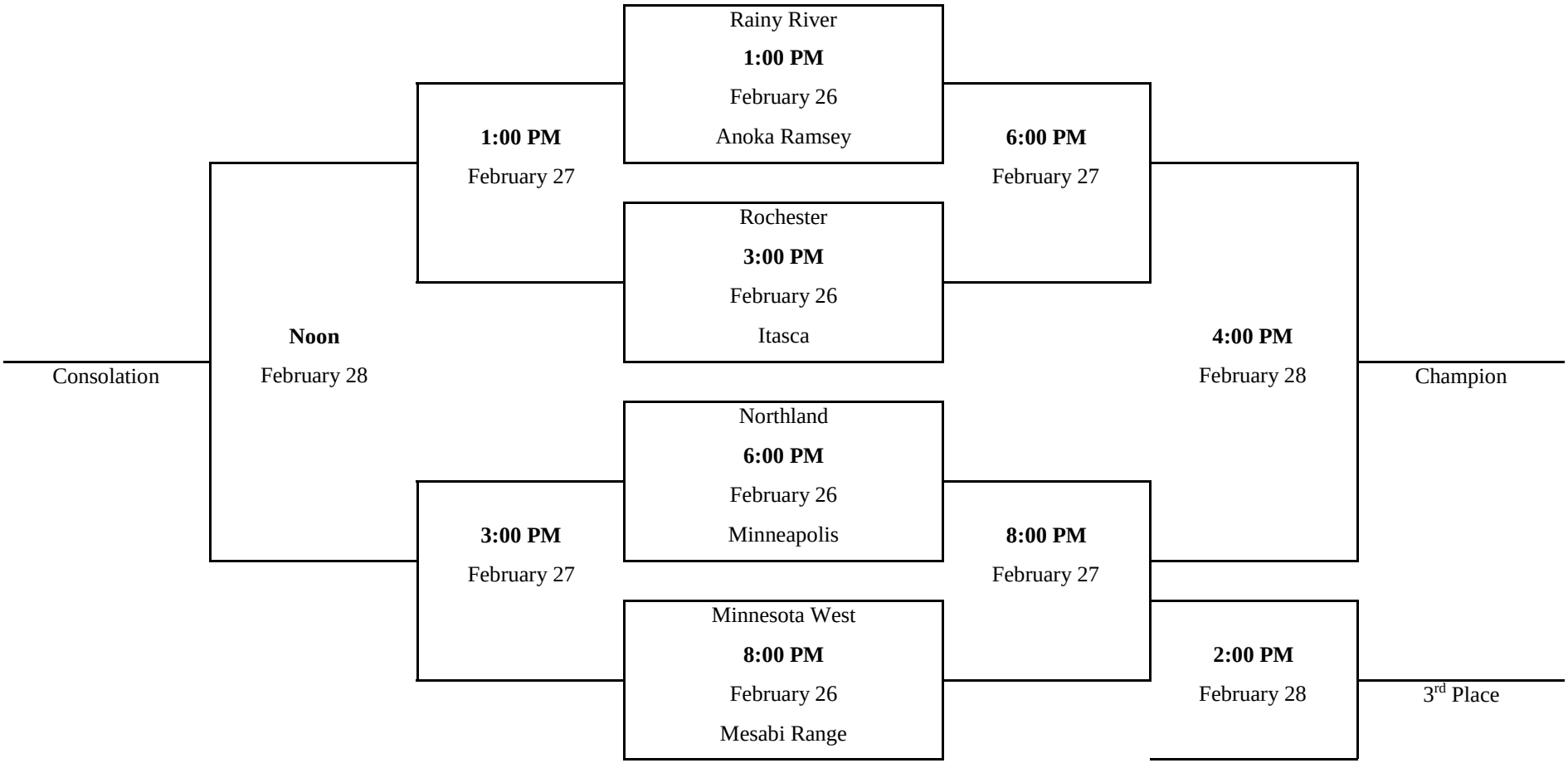
Women's Basketball Tournament

February 26-28, 2010

Northland Community and Technical College, Thief River Falls, MN



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NORTHERN DIVISION INDIVIDUAL STATISTICS

Points Scored-Minimum 12

Player Name	Games Played	3FG	2FG	FT	Tot Points	Pts/Game
Tomi McDonald(VE)	25	31	162	119	536	21.4
Cassie Pearson(CL)	25	30	121	127	459	18.4
Kelly Hams(HI)	27	51	118	84	473	17.5
Dashondra Brown(RR)	18	24	90	56	308	17.1
Lexi Daniels(IT)	27	40	128	70	446	16.5
Shawncinee Lay(RR)	23	31	119	47	378	16.4
Melissa Nyberg(HI)	27	33	109	90	407	15.1
Allie Benham(IT)	27	2	171	57	405	15.0
Katie McBride(IT)	27	0	151	85	387	14.3
Lea'ola Fields(MR)	26	0	130	100	360	13.8
Cassie Gunderson(NL)	26	17	128	53	360	13.8
Brady Donnahue(FDL)	22	61	43	29	298	13.5
Kayla Blom(MR)	23	59	44	41	306	13.3
Whitney Langen(NL)	27	2	130	85	351	13.0
Kelly Turk(HI)	27	20	106	65	337	12.5
Bridget Lunde(NL)	26	11	109	68	319	12.3
K.K. Reed(IT)	26	26	76	86	316	12.2

3-Point Shooting-Minimum 2 attempts per game

Player Name	Games Played	3-FGA	3-FGM	Percentage
Brady Donnahue(FDL)	22	126	61	48.4%
Jessica Montgomery(MR)	26	94	44	46.8%
Jazmyne Woodson(MR)	26	102	40	39.2%
Melissa Nyberg(HI)	27	88	33	37.5%
Megan Beard(MR)	26	54	20	37.0%
Lexi Daniels(IT)	27	109	40	36.7%
Dashondra Brown(RR)	18	71	24	33.8%
Kayla Blom(MR)	24	175	59	33.7%
Shwancinee Lay(RR)	23	94	31	33.0%
Tomi McDonald(VE)	25	95	31	32.6%

Field Goal Percentage-Minimum 4 attempts per game

Player Name	Games Played	FGA	FGM	Percentage
Katie McBride(IT)	27	264	151	57.2%
Lea'ola Fields(MR)	26	284	139	48.9%
Kit Anderson(VE)	26	190	92	48.4%
Whitney Langen(NL)	27	281	132	47.0%
Lisa Muehlberger(FDL)	22	123	57	46.3%
Allie Benham(IT)	27	381	174	45.7%
Cassie Gunderson(NL)	26	328	145	44.2%
Trisha Wippler(CL)	25	206	90	43.7%
Jazmyne Woodson(MR)	26	236	102	43.2%
Cassie Pearson(CL)	25	350	151	43.1%

Free Throw Shooting-Minimum 2 attempts per

Player Name	Games Played	FTA	FTM	Percentage
Chelsea Gray(NL)	14	77	61	79.2%
Dashondra Brown(RR)	18	71	56	78.9%
Tomi McDonald(VE)	25	156	119	76.3%
Jazmyne Woodson(MR)	26	64	47	73.4%
Cassie Pearson(CL)	25	173	127	73.4%
Kayla Blom(MR)	23	56	41	73.2%
Brittany Gravelle(CL)	24	59	42	71.2%
Katie McBride(IT)	27	122	85	69.7%
Lea'ola Fields(MR)	26	144	100	69.4%
Lexi Daniels(IT)	27	101	70	69.3%

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NORTHERN DIVISION INDIVIDUAL STATISTICS

Rebounds-Minimum 7 per game

Player Name	Games Played	Total Rebounds	Reb/Game
Whitney Langen(NL)	27	333	12.3
Dashondra Brown(RR)	18	219	12.2
Shawncinee Lay(RR)	23	241	10.5
Melissa Nyberg(HI)	27	271	10.0
Tomi McDonald(VE)	25	238	9.5
Katie McBride(IT)	27	243	9.0
Cassie Pearson(CL)	25	225	9.0
Kit Anderson(VE)	26	233	9.0
Allie Benham(IT)	27	237	8.8
Lea'ola Fields(MR)	26	187	7.2
Kelly Hams(HI)	27	194	7.2
Trisha Wippler(CL)	25	178	7.1

Steals-Minimum 2 per game

Player Name	Games Played	Steals	Stls/Game
Lexi Daniels(IT)	27	86	3.2
Kelly Turk(HI)	27	82	3.0
Jazmyne Woodson(MR)	26	73	2.8
Shawncinee Lay(RR)	23	54	2.3
Leigh Peterson(IT)	27	61	2.3
Tiffany McMillan(NL)	24	53	2.2
Kaylee Grantham(MR)	26	57	2.2
Dashondra Brown(RR)	18	38	2.1
Sara Hamlin(MR)	25	50	2.0
Trisha Wippler(CL)	23	46	2.0

Assists-Minimum 3 per game

Player Name	Games Played	Assists	Asst/Game
Breanna Chamernick(HI)	27	124	4.6
Kelly Turk(HI)	27	123	4.6
Lexi Daniels(IT)	27	122	4.5
Shawncinee Lay(RR)	23	93	4.0
Jazmyne Woodson(MR)	26	101	3.9
Kaylee Grantham(MR)	26	100	3.8
Whitney Langen(NL)	27	103	3.8
Nicolle Worcester(VE)	23	79	3.4
Dashondra Brown(RR)	18	58	3.2
Bridget Lunde(NL)	26	78	3.0

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SOUTHERN DIVISION INDIVIDUAL STATISTICS

Points Scored-Minimum 12 points per game

Player Name	Games Played	3FG	2FG	FT	Tot Points	Pts/Game
Krista Viehauser(RI)	25	25	175	118	543	21.7
Briana Blackhawk(MP)	26	67	135	77	548	21.1
Maria Gangelhoff(RO)	24	17	141	139	472	19.7
Sam Lynn(MW)	26	51	107	115	482	18.5
Stephanie Pilgrim(AR)	27	77	75	88	469	17.4
Alex Moore(AR)	27	59	81	62	401	14.9
Kelsey Guetter(RW)	26	0	143	81	367	14.1
Marie Hanson(AR)	27	65	77	23	372	13.8
Jess Amann(FF)	27	48	77	43	341	12.6
Sierra Howard(MP)	25	8	109	67	309	12.4
Whitney Moore(FF)	27	40	82	49	333	12.3
Alyssa Silva(AR)	27	37	83	49	326	12.1
Alyssa Smith(MW)	26	0	116	79	311	12.0

3-Point Shooting-Minimum 2 attempts per game

Player Name	Games Played	3-FGA	3-FGM	Percentage
Marie Hanson(AR)	27	156	65	41.7%
Sam Lynn(MW)	26	129	51	39.5%
Brooke Kramer(MW)	26	79	31	39.2%
Breanna Rients(MW)	24	60	23	39.2%
Alyssa Silva(AR)	27	100	37	37.0%
Alex Moore(AR)	27	160	59	36.9%
Stephanie Pilgrim(AR)	27	211	77	36.5%
Jess Amann(FF)	27	134	48	35.8%
Maria Gangelhoff(RO)	24	49	17	34.7%
Emily Johnson(FF)	27	124	43	34.7%

Field Goal Percentage-Minimum 4 attempts per game

Player Name	Games Played	FGA	FGM	Percentage
LoRel Christensen(MW)	26	162	91	56.2%
Kelsey Guetter(RW)	26	277	143	51.6%
Sierra Howard(MP)	25	228	117	51.3%
Natalye Horne(MP)	26	205	99	48.3%
Whitney Fick(RO)	24	226	109	48.2%
Maria Gangelhoff(RO)	24	328	158	48.2%
Brianna Jacobson(RW)	24	141	66	46.8%
Shawnell Vincent(AR)	27	167	78	46.7%
Krista Viehauser(RI)	25	443	200	45.1%
Mallory Cramer(AR)	27	144	65	45.1%
Alyssa Smith(MW)	26	257	116	45.1%
Marie Hanson(AR)	27	315	142	45.1%

Free Throw Shooting-Minimum 2 attempts per game

Player Name	Games Played	FTA	FTM	Percentage
Maria Gangelhoff(RO)	24	164	139	84.8%
Brooke Kramer(MW)	26	64	53	82.8%
Stephanie Pilgrim(AR)	27	111	88	79.3%
Briana Blackhawk(MP)	26	103	77	74.8%
Sam Lynn(MW)	26	157	115	73.2%
Krista Viehauser(RI)	25	164	118	72.0%
Alyssa Silva(AR)	27	69	49	71.0%
Emily Johnson(FF)	27	83	58	69.9%
Sierra Howard(MP)	25	92	64	69.6%
Shawnell Vincent(AR)	27	62	43	69.4%

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SOUTHERN DIVISION INDIVIDUAL STATISTICS

Rebounds-Minimum 7 per game

Player Name	Games Played	Total Rebounds	Reb/Game
Mallory Cramer(AR)	27	304	11.3
Briana Blackhawk(MP)	26	235	9.0
Natalye Horne(MP)	26	221	8.5
Krista Viehauser(RI)	25	212	8.5
Sierra Howard(MP)	25	201	8.0
Erin Wahl(MP)	26	208	8.0
Marie Hanson(AR)	27	207	7.7
Maria Gangelhoff(RO)	24	184	7.7
Kelsey Guetter(RW)	26	182	7.0

Steals-Minimum 2 per game

Player Name	Games Played	Steals	Stls/Game
Mandy May(RI)	24	70	2.9
Sam Lynn(MW)	26	75	2.9
Joni Lillo(RI)	26	75	2.9
Nikki Borkhuis(RO)	22	63	2.9
Maria Gangelhoff(RO)	24	68	2.8
Mallory Cramer(AR)	27	72	2.7
Jess Amann(FF)	27	65	2.4
Brooke Rosenstiel(RI)	26	60	2.3
Rachel Pavelko(MW)	26	60	2.3
Briana Blackhawk(MP)	26	57	2.2
Brittany Monio(MP)	19	39	2.1
Shawnell Vincent(AR)	27	54	2.0

Assists-Minimum 3 per game

Player Name	Games Played	Assists	Asst/Game
Alex Moore(AR)	27	168	6.2
Sam Lynn(MW)	26	129	5.0
Briana Blackhawk(MP)	26	112	4.3
Rachel Pavelko(MW)	26	112	4.3
Whitley Strei(RW)	26	104	4.0
Maria Gangelhoff(RO)	24	96	4.0
Gretchen Hebrink(RI)	24	90	3.8
Alyssa Silva(AR)	27	99	3.7
Krystal Queen(MP)	25	83	3.3
Mallory Cramer(AR)	27	87	3.2
Mandy May(RI)	24	76	3.2

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