



WOMEN'S BASKETBALL

Release Number 14
February 24th, 2009



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
Itasca	10	4	19	7	0.731	1116	467	41.8%	567	207	36.5%	527	380	72.1%	74.4	58.8
Mesabi Range	11	3	19	7	0.731	1571	610	38.8%	491	149	30.3%	516	334	64.7%	65.5	59.2
Central Lakes	11	3	17	7	0.708	1448	572	39.5%	409	117	28.6%	404	255	63.1%	63.2	58.7
Northland	10	4	16	11	0.593	1788	681	38.1%	452	118	26.1%	536	347	64.7%	67.7	62.2
Hibbing	6	8	13	14	0.481	1863	660	35.4%	542	156	28.8%	438	277	63.2%	64.9	67.5
Rainy River	4	10	5	20	0.200	1539	451	29.3%	346	84	24.3%	398	223	56.0%	48.4	64.8
Vermilion	4	10	8	18	0.308	1433	592	41.3%	326	107	32.8%	371	216	58.2%	55.1	69.2
Fond Du Lac	0	14	1	24	0.040	646	201	31.1%	234	30	12.8%	111	71	64.0%	20.6	41.6

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
Rochester	12	0	27	0	1.000	1777	851	47.9%	404	173	42.8%	676	474	70.1%	87.0	54.3
Riverland	9	3	21	5	0.808	1644	676	41.1%	499	152	30.5%	482	306	63.5%	69.3	58.5
Anoka Ramsey	6	6	16	10	0.615	1785	692	38.8%	485	130	26.8%	450	278	61.8%	68.9	59.5
Minnesota West	5	7	9	18	0.333	1643	586	35.7%	287	82	28.6%	682	437	64.1%	62.6	66.2
Ridgewater	5	7	10	14	0.417	1508	555	36.8%	292	67	22.9%	516	327	63.4%	62.7	62.6
MSCTC-FF	4	8	9	17	0.346	1408	510	36.2%	323	96	29.7%	565	337	59.6%	56.8	63.5
Minneapolis	1	11	5	22	0.185	1653	524	31.7%	429	122	28.4%	335	186	55.5%	53.9	75.0

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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**

**Whitney Langen
Center
Freshman
Northland**

MCAC STATE RANKINGS

1. Rochester
2. Riverland
3. Anoka Ramsey
4. Mesabi Range
5. Central Lakes

SCORES FROM LAST WEEK

2/21/2009	64	Rochester	52	Riverland
2/21/2009	84	Hibbing	53	Vermilion
2/21/2009	80	Northland	32	Fond Du Lac
2/21/2009	74	Mesabi Range	70	Rainy River
2/21/2009	88	Anoka Ramsey	45	Minneapolis
2/21/2009	64	Central Lakes	60	Itasca
2/21/2009	64	Minnesota West	56	MN West
2/18/2009	71	Rochester	61	Ridgewater
2/18/2009	83	Northland	49	Itasca
2/18/2009	75	Riverland	50	Minneapolis
2/18/2009	60	Anoka Ramsey	48	Fergus Falls
2/18/2009	82	Central Lakes	35	Fond Du Lac
2/18/2009	80	Vermilion	69	Mesabi
2/18/2009	52	Rainy River	50	Hibbing

MCAC State Tournament Schedule

Hosted by Ridgewater College, Willmar, MN

1:00 TBA vs. Mesabi Range

3:00 PM Anoka Ramsey vs. Central Lakes

6:00 PM Northland vs. Riverland

8:00 PM Itasca vs. Rochester

**Winners of 1:00 PM and 6:00 PM games
will play at 6:00 February 28.**

**Winners of 3:00 PM and 8:00 PM games
will play at 8:00 PM February 28.**

Langen, from Kennedy, MN last week averaged a double-double 15 points and 14 rebounds in helping Northland win two game last week.

**Southern Division
Player of Week**

**Anne Breland
Guard
Sophomore
Rochester**

Breland, from Rochester, MN last week averaged 22.5 points , 6.5 rebounds, 3.5 steals to help the Yellowjackets win two games last week and win the Southern Division.

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Previous Northern Division Players of Week

Week 1	Chelsea Gray Northland CTC	Week 8	Becky Skiba Central Lakes
Week 2	Erica Cleveland Itasca CC	Week 9	Whitney Langen Northland
Week 3	Kelly Hams Hibbing	Week 10	Ashley Langila Fond Du Lac
Week 4	Whitney Langen Northland	Week 11	Ashley Langila Fond Du Lac
Week 5	No Nominations	Week 12	Leaola Fields Mesabi Range
Week 6	Tomi Mcdonald Vermilion	Week 13	Shawncinee Lay Rainy River
Week 7	Tomi Mcdonald Vermilion		

Previous Southern Division Players of Week

Week 1	Tara Thielke Ridgewater	Week 8	Krista Shaikoski MSCTC-FF
Week 2	Brooke Monson Riverland	Week 9	Anne Breland Rochester
Week 3	Tess Milczark Rochester	Week 10	Krissy Schemmel Riverland
Week 4	Briana Blackhawk Minneapolis	Week 11	Natalye Horne Minneapolis
Week 5	Anna Hebrink Riverland	Week 12	Sam Sikkink Rochester
Week 6	Carri Roline Anoka Ramsey	Week 13	Anne Breland Rochester
Week 7	Amanda Degnan Rochester		

NORTHERN DIVISION INDIVIDUAL STATISTICS

Points Scored 12 pts minimum

Player Name	Games Played	3FG	2FG	FT	Tot Points	Pts/Game
Tomi McDonald(VE)	25	29	166	79	498	19.9
Ashle Johnson(VE)	25	49	124	52	447	17.9
Erica Cleveland(IT)	26	45	81	126	423	16.3
Whitney Langen(NL)	22	0	137	73	347	15.8
Ashley Langila(FDL)	19	0	113	64	290	15.3
Becky Skiba(CL)	24	14	118	78	356	14.8
Kelly Hams(HI)	22	36	80	42	310	14.1
Asha Johnson(RR)	25	34	102	24	330	13.2
Lexi Daniels(IT)	26	21	125	67	340	13.1
Tressta Ralston(NL)	23	44	52	58	294	12.8
Nicole Nyberg(HI)	25	48	59	45	307	12.3
Becca Kilbourne(HI)	26	45	65	53	318	12.2
Shawncinee Lay(RR)	24	22	88	51	293	12.2
Missy Barbacovi(IT)	26	52	47	62	312	12.0

3-Point Shooting-Minimum 2 attempts per game

Player Name	Games Played	3-FGA	3-FGM	Percentage
Erica Cleveland(IT)	24	88	39	44.3%
Megan Cleveland(IT)	24	198	78	39.4%
Becca Kilbourne(HI)	26	125	45	36.0%
Kayla Blom(MR)	25	173	62	35.8%
Tomi McDonald(VE)	25	81	29	35.8%
Missy Barbacovi(IT)	24	143	51	35.7%
Ashle Johnson(VE)	25	143	49	34.3%
Tressta Ralston(NL)	23	129	44	34.1%
Brittany Miller(CL)	24	115	38	33.0%
Alex Caruso(VE)	25	86	28	32.6%

Field Goal Percentage-Minimum 4 attempts per game

Player Name	Games Played	FGA	FGM	Percentage
Kaia Armitage(MR)	25	115	63	54.8%
Whitney Langen(NL)	22	253	137	54.2%
Stephanie Nuegebauer(CL)	23	228	118	51.8%
Ashley Langila(FDL)	16	229	113	49.3%
Brandi Cresap(CL)	24	138	68	49.3%
Nicolle Worcester(VE)	25	165	80	48.5%
Damisha Jackson(MR)	23	128	61	47.7%
Katie McBride(IT)	26	187	89	47.6%
Megan Beard(MR)	14	118	53	44.9%
Breanna Solheim(NL)	26	224	100	44.6%

Free Throw Shooting-Minimum 2 attempts per game

Player Name	Games Played	FTA	FTM	Percentage
Megan Beard(MR)	14	36	29	80.6%
Lexi Daniels(IT)	26	89	67	75.3%
Erica Cleveland(IT)	26	168	126	75.0%
Kaia Armitage(MR)	25	74	55	74.3%
Becca Kilbourne(HI)	26	73	53	72.6%
Kelly Hams(HI)	22	58	42	72.4%
Cassie Pearson(CL)	24	68	49	72.1%
Monica McAllister(RR)	25	57	41	71.9%
Tomi McDonald(VE)	25	110	79	71.8%
Nicole Nyberg(HI)	25	63	45	71.4%

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NORTHERN DIVISION INDIVIDUAL STATISTICS

Rebounds-Minimum 7 per game

Player Name	Games Played	Total Rebounds	Reb/Game
Ashley Langila(FDL)	16	197	12.3
Whitney Langen(NL)	22	260	11.8
Erica Cleveland(IT)	26	288	11.1
Becky Skiba(CL)	24	227	9.5
Tomi McDonald(VE)	25	216	8.6
Kelly Hams(HI)	22	190	8.6
Shawncinee Lay(RR)	24	177	7.4
Kaci Johnson(HI)	26	189	7.3
Chelsea Gray(NL)	23	166	7.2
Dani Ahlbrecht(VE)	25	177	7.1
Lea'ola Fields(MR)	25	175	7.0

Steals-Minimum 2 per game

Player Name	Games Played	Steals	Stls/Game
Tressta Ralston(NL)	23	73	3.2
Becca Kilbourne(HI)	26	69	2.7
Rachel Perushek(MR)	25	66	2.6
Ashle Johnson(VE)	25	64	2.6
Erica Cleveland(IT)	26	64	2.5
Shawneinee Lay(RR)	22	52	2.4
Lexi Daniels(IT)	26	61	2.3
Stephanie Nuegebauer(CL)	23	53	2.3
Brittany Miller(CL)	20	40	2.0

Assists-Minimum 3 per game

Player Name	Games Played	Assists	Asst/Game
Erica Cleveland(IT)	26	146	5.6
Becca Kilbourne(HI)	26	142	5.5
Rachel Perushek(MR)	25	131	5.2
Lexi Daniels(IT)	26	123	4.7
Shawna Rogalla(NL)	27	113	4.2
Breanna Chamernick(HI)	21	78	3.7
Shawneinee Lay(RR)	24	87	3.6
Jenna Beckner(MR)	22	79	3.6
Nicolle Worcester(VE)	25	78	3.1

SOUTHERN DIVISION INDIVIDUAL STATISTICS

Points Scored 12 point minimum

Player Name	Games Played	3FG	2FG	FT	Tot Points	Pts/Game
Briana Blackhawk	27	93	100	60	539	20.0
Krista Shaikoski(FF)	26	47	127	91	486	18.7
Anne Breland(RO)	27	83	94	65	502	18.6
Anna Hebrink(RI)	24	67	65	64	395	16.5
Brooke Monson(RI)	26	2	177	59	419	16.1
Kate Bement(AR)	26	47	96	40	373	14.3
Amanda Degnan(RO)	25	30	110	45	355	14.2
Tara Thielke(RW)	24	29	80	78	325	13.5
Sam Sikkink(RO)	27	33	76	114	365	13.5
Ashley Kirk(MW)	26	18	87	95	332	12.8
Desirae Robinson(AR)	26	23	97	61	324	12.5

3-Point Shooting-Minimum 2 attempts per game

Player Name	Games Played	3-FGA	3-FGM	Percentage
Anne Breland(RO)	27	169	83	49.1%
Anna Hebrink(RI)	24	164	67	40.9%
Sam Sikkink(RO)	27	81	33	40.7%
Amanda Degnan(RO)	25	76	30	39.5%
Breanna Rients(MW)	22	64	24	37.5%
Briana Blackhawk(MP)	27	271	93	34.3%
Justine Sanvick(RI)	26	78	26	33.3%
Krista Shaikoski(FF)	26	149	47	31.5%
Kate Bement(AR)	26	159	47	29.6%
Desirae Robinson(AR)	26	81	23	28.4%

Field Goal Percentage-Minimum 4 attempts per game

Player Name	Games Played	FGA	FGM	Percentage
Maria Gangelhoff(RO)	27	177	97	54.8%
Nikki Borkhuis(RO)	21	83	42	50.6%
Anne Breland(RO)	27	350	177	50.6%
Alison Mason(RW)	24	107	54	50.5%
Tess Milczark(RO)	27	213	105	49.3%
Chelsea Wand(RO)	27	206	101	49.0%
Krissy Schemmel(RI)	26	154	74	48.1%
Carri Roline(AR)	26	252	121	48.0%
Georgia Morff(AR)	26	121	58	47.9%
Amanda Degnan(RO)	25	296	140	47.3%

Free Throw Shooting-Minimum 2 attempts per game

Player Name	Games Played	FTA	FTM	Percentage
Maria Gangelhoff(RO)	27	86	73	84.9%
Anne Breland(RO)	27	77	65	84.4%
Sam Sikkink(RO)	27	139	114	82.0%
Ashley Kirk(MW)	26	126	95	75.4%
Tara Thielke(RW)	24	106	78	73.6%
Anna Hebrink(RI)	24	89	64	71.9%
Kate Bement(AR)	26	56	40	71.4%
Krista Shaikoski(FF)	26	130	91	70.0%
Desirae Robinson(AR)	26	89	61	68.5%
Briana Blackhawk(MP)	27	89	60	67.4%

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SOUTHERN DIVISION INDIVIDUAL STATISTICS

Rebounds-Minimum 7 per game

Player Name	Games Played	Total Rebounds	Reb/Game
Natalye Horne(MP)	27	339	12.6
Krista Shiakoski(FF)	26	251	9.7
Brooke Monson(RI)	26	236	9.1
Desirae Robinson(AR)	26	230	8.8
Carri Roline(AR)	26	223	8.6
Jerryann Thomas(MW)	26	212	8.2
Briana Blackhawk(MP)	27	210	7.8
Chelsea Wand(RO)	27	206	7.6
Anne Breland(RO)	27	189	7.0

Steals-Minimum 2 per game

Player Name	Games Played	Steals	Stls/Game
Tara Thielke(RW)	24	108	4.5
Chelsea Wand(RO)	27	77	2.9
Justine Sanvick(RI)	26	71	2.7
Krista Shaikoski(FF)	26	68	2.6
Anna Hebrink(RI)	24	61	2.5
Brittany Gravley(MW)	26	65	2.5
Mandy May(RI)	26	62	2.4
Anne Breland(RO)	27	64	2.4
Maria Gangelhoff(RO)	27	61	2.3
Carri Roline(AR)	26	52	2.0

Assists-Minimum 3 per game

Player Name	Games Played	Assists	Asst/Game
Anna Hebrink(RI)	24	134	5.6
Maria Gangelhoff(RO)	27	133	4.9
Tara Thielke(RW)	24	115	4.8
Jordan Vavra(RO)	26	97	3.7
Sam Sikkink(RO)	27	100	3.7
Rachel Pavelko(MW)	26	93	3.6
Alyssa Silva(AR)	21	70	3.3
Megan Hambleton(AR)	26	85	3.3
Deveny Moore(FF)	26	83	3.2
Briana Blackhawk(MP)	27	84	3.1