



Chris Graham
Commissioner
grahamc@midwestconference.org

www.midwestconference.org

Matt Troha
Sports Information Director
troham@midwestconference.org

--Nov. 11, 2005-- Midwest Conference Women's Basketball

St. Norbert tops 2005 Women's Basketball Preseason Coaches Poll

RIPON, WIS. -- Two-time defending MWC Champion Ripon received two first-place votes in the 2005 Midwest Conference Women's Basketball Preseason Coaches, finishing third behind St. Norbert and Lawrence. St. Norbert (16-9, 13-3 MWC) was tabbed as the top team on six of the ten ballots earning the title of favorite entering the 2005-06 season. Lawrence (18-6, 12-4) had one first-place vote to the Red Hawk's two, but the Vikings still edged Ripon (19-6, 12-4) by three points to take second-place. Lake Forest (14-10, 11-5) received the remaining first-place nod and came in fourth, three points behind Ripon. Illinois College (15-8, 10-6), Carroll (8-15, 7-9) and Beloit (8-14, 6-10) were slotted in fifth-, sixth- and seventh-place, respectively, with four total points separating the teams. Grinnell (6-17, 4-12) followed in eighth, while Monmouth (6-17, 5-11) and Knox (2-21, 0-16), who both have new head coaches this season, rounded out the field.

Head coach **Connie Tilley** led top-seeded St. Norbert to the championship game in last year's MWC tournament, where the Green Knights fell to Ripon 64-57. The Green Knights have title hopes once again with the return of senior guard **Shannon Robak** (10.4 ppg, 60 ast) and senior forward **Meggan Hau** (8.2 ppg, 42 stl) who both earned All-MWC honors last year. Junior centers **Bianca White** (8.7 ppg, 5.0 rpg) and **Kelly Dugan** (8.3 ppg, 4.3 rpg) also return to provide additional depth. St. Norbert was the top defensive team in the MWC last season, allowing 56.4 points per game.

Julie Johnson's squad has finished behind St. Norbert in the regular-season standings the past two seasons, only to defeat the Green Knights in the MWC tourney finals. Last year's MWC Player of the Year **Janine Emmer** has graduated, but All-MWC forward **Karalyn Dehn** (15.8 ppg, 5.9 rpg) returns for her senior season after finishing second in the conference in scoring in 2004-05. Junior guard **Morgan Roberts** (6.1 ppg) and senior guard **Anne Ackerman** (4.8 ppg) are both deep threats after combining for over 50 three-pointers last season.

Lawrence senior guard **Claire Getzoff** (13.1 ppg, 88 ast, 3.8 rpg, 55 stl), one the MWC's top all-around players, returns to lead **Amy Proctor's** team in 2005-06. Sophomore forward **Kelly Mulcahy** (9.5 ppg, 4.7 rpg) will provide scoring, while guard **Jenny Stoner** (4.9) leads the defense after finishing third in the league in steals (65) during her freshman year. The Vikings led the MWC with 356 steals last season and finished second in scoring defense after surrendering 58.0 points per game.

Lake Forest head coach **Jackie Slaats** will look to senior guard **Devon Liebl** (10.8 ppg, 6.4 rpg) to lead the Foresters in 2005-06. The Foresters finished second in three-point field goals (137) and first in three-point percentage (.353) in the MWC last season. **Kristy Freeman's** 65 treys are lost to graduation, but Liebl sunk 27 three-balls last season. Junior guard **Lizzy Bauer** (6.5 ppg, 43 stl, 50 ast) is an all-around threat, while 6-0 sophomore center **Nicole Baich** scored in double-figures in five straight games after breaking into the starting lineup late last year.

Illinois College head coach **Brenna Kelly** has one of the top scorers and rebounders in the league in sophomore forward **Lisa Imel** (15.3 ppg, 7.3 rpg). Imel finished third in the MWC in scoring coming off the bench last season and also recorded the league's high scoring mark with a 33-point performance against Grinnell. Senior forward **Courtney Allen** (13.8, 5.1 rpg) and junior guard **Ashley Law** (9.1 ppg, 47 3-pters) give the Lady Blues a solid inside-outside combo.

Carroll head coach **Kris Jacobsen** did not suffer any graduation losses from a year ago and welcomes back leading scorers **Crystal Hoewisch** (13.5 ppg) and **Kim Wickert** (9.7 ppg, 6.9 rpg). Wickert, a 6-1 forward, led the MWC in blocked shots with 58 (2.48 bpg), while **Hoewisch**, a fellow sophomore, earned first team All-MWC honors after leading the Pioneers in assists (63 ast) and steals (34) in 2004-05.

The cupboard is far from bare for new Beloit head coach **Don Adams**, as senior forward **Michele Westerkamp** (11.5 ppg, 7.3 rpg), the Bucs lone double-digit scorer from a year ago, returns. Senior forward **Becky Nilson** (8.9 ppg, 5.1 rpg) put up solid numbers in 15 starts last season and sophomore guard **Angie Meehan** (8.3 ppg, 37 stl) provides a long-range threat after canning 39 three-pointers at a .348 clip in 2004-05.

Grinnell sophomore guard **Hannah Wolf** burst onto the MWC scene last year, leading the league in scoring as a freshman with a 16.5 points per game average. Wolf knocked down 99 three-pointers and sophomore **Maddy Raimondo** added 25 more on a team that led the league in three-pointers made (261) and attempted (877). Senior guard **Katy Bowen** (13.8 ppg, 57 ast, 44 stl) adds an experienced veteran presence for head coach **Andy Hamilton**.

First-year head coach **Melissa Jones** adds eight freshman to Monmouth's roster, but second team All-MWC senior guard **Courtney Scherrer** (7.8 ppg, 60 stl) will pace the Fighting Scots. Scherrer led the MWC in assists per game (3.82) last season and will look to dish the ball to sophomore center **Ashley Yeast** (7.7 ppg), who finished second in the conference rebounding (7.8 rpg) in 2004-05.

Knox head coach **Wendy Rogers** inherits the conference's top rebounder, **Liz Grana**, in her first year at helm. Grana, a 5-10 senior forward, pulled down 10 rebounds per game last season, including 105 boards off the offensive glass. Grana was also the Prairie Fire's top scorer (11.8 ppg) last season, but senior guard **Becca Drummond** (6.9 ppg, 55 ast) and sophomore forward **Andie Allison** (6.7 ppg) should score more after combining to start 31 games last season.

--2005 MWC Women's Basketball Preseason Coaches Poll--

1. St. Norbert (6 first-place votes)
2. Lawrence (1)
3. Ripon (2)
4. Lake Forest (1)
5. Illinois College
6. Carroll
7. Beloit
8. Grinnell
9. Monmouth
10. Knox

