



Great Plains Athletic Conference

BRIAR CLIFF CONCORDIA DAKOTA WESLEYAN DANA DOANE DORDT HASTINGS MIDLAND LUTHERAN
MORNINGSIDE MOUNT MARTY NEBRASKA WESLEYAN NORTHWESTERN SIOUX FALLS

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RE: 2009-10 GPAC Women's Basketball All-Conference Team

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Liz Grider Headlines GPAC Women's Basketball All-Conference Team

(Sioux City, Iowa) – Liz Grider from Briar Cliff has been selected as the Hauff Mid-America Sports/Great Plains Athletic Conference (GPAC) Women's Basketball Player-of-the-Year to headline the GPAC Basketball All-Conference Teams for 2009-10.

Grider led the Chargers to a 25-7 record and an at-large berth in the NAIA National Tournament. Hastings and Northwestern have secured the league's automatic berths in the NAIA Women's Division II National Basketball Tournament. The tournament runs, March 10-16, at the Tyson Events Center/Gateway Arena in Sioux City, Iowa. The bracket, including at-large selections, will be released today. Hastings, Northwestern, Briar Cliff, Morningside, and Concordia will represent the league next week in Sioux City.

Other post-season honorees in the GPAC include Defensive Player-of-the-Year Kim Faimon from Hastings, Freshmen-of-the-Year Kendra De Jong from Northwestern, and the Hauff Mid-America Sports/GPAC Coach-of-the-Year Jeff Dittman from Hastings. The All-GPAC Basketball Teams are selected by the league's 13 head coaches.

2009-10 GPAC Women's Basketball All-Conference Teams

First Team (10 Members):

Name	School	Height	Year	Position	Hometown
*Liz Grider	Briar Cliff	5-11	Senior	Guard	Chaska, Minn.
Lindsay Ducey	Hastings	6-2	Senior	Post	Omaha, Neb.
Becca Hurley	Northwestern	5-9	Junior	Guard	Pleasant Hill, Iowa
Tanaeya Worden	Morningside	5-5	Junior	Guard	Sioux City, Iowa
Michelle Amundson	Mount Marty	5-7	Senior	Guard	Dell Rapids, S.D.
Randa Hulstein	Northwestern	6-1	Senior	Post	Sioux Center, Iowa
Amber Soodsma	Dordt	5-11	Junior	Guard	Hudsonville, Mich.
Kim Faimon	Hastings	5-6	Senior	Guard	Lawrence, Neb.
Betsy Hildreth	Sioux Falls	6-2	Sophomore	Forward	Norwalk, Iowa
Stacy Scheer	Concordia	5-9	Senior	Guard	Madison, Neb.

***GPAC Player-of-the-Year**

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Second Team (10 Members):

Name	School	Height	Year	Position	Hometown
Vanessa Munter	Doane	5-11	Senior	Forward	Hickman, Neb.
Kate DuMez	Dordt	5-7	Senior	Guard	Brookfield, Wisc.
Megan Salcedo	Briar Cliff	5-11	Sophomore	Post	Omaha, Neb.
Chelsie Trask	Morningside	5-8	Freshman	Guard	Rockford, Iowa
Kami Kuhlmann	Northwestern	5-6	Sophomore	Guard	Charter Oak, Iowa
Alicia Statler	Hastings	6-1	Sophomore	Post	Grand Island, Neb.
Allison Johnson	Dakota Wesleyan	5-6	Senior	Guard	Mount Vernon, S.D.
Jenny Miller	Mount Marty	5-6	Junior	Guard	Sioux Falls, S.D.
Kelli Hermsmeyer	Midland Lutheran	5-11	Sophomore	Post	Scotia, Neb.
Kendra De Jong	Northwestern	5-11	Freshman	Forward	Hospers, Iowa

Hauff Mid-America Sports/GPAC Player-of-the-Year- Liz Grider, Briar Cliff

GPAC Defensive Player-of-the-Year- Kim Faimon, Hastings

GPAC Freshman-of-the-Year- Kendra De Jong, Northwestern

Hauff Mid-America Sports/GPAC Coach-of-the-Year- Jeff Dittman, Hastings

Honorable Mention

Briar Cliff- Morgan Brown, Michelle Determan

Concordia- Katie Rich, Treva Nutter, Kristin Miller

Dana – Tricia Trotter

Doane- Cheryl Braithwait

Dordt- Julia DeKoekkoek, McKinzie Schmidt

Hastings- Heather McKeon, Rachel Isherwood

Midland Lutheran- MeganTorkelson, Kerry Butzke

Morningside- Brittany Williamson, Roni Miller

Mount Marty- Cassie Neth, Kendra Schomer

Nebraska Wesleyan- Shea Rasmussen, Sadie Struebing, Mallory Shanahan

Sioux Falls- Katie Farley, Holli Aggen

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