



# 2005-06 Bearcat Athletic Weekly



## Northwest athletics from Feb. 13-19

### Northwest Schedule for Feb. 13-19

#### • Wednesday, Feb. 15

WBB at Missouri Western State, 5:30 p.m.

MBB at Missouri Western State, 7:30 p.m.

#### • Friday, Feb. 17

Indoor Track & Field at Prairie Wolf Invite in Lincoln, Neb.

Baseball at Central Arkansas, 1:30 p.m. (1-9 inn.)

Softball at Central Arkansas Tourn. - all day

#### • Saturday, Feb. 18

WBB at Southwest Baptist, 5:30 p.m.

MBB at Southwest Baptist, 7:30 p.m.

Baseball at Central Arkansas, 12 p.m. (2-7 inn.)

Softball at Central Arkansas Tourn. - all day

#### • Sunday, Feb. 19

FB Awards Ceremony in Bearcat Arena, 1:30 p.m.

Baseball at Central Arkansas, 1 p.m. (1-9 inn.)

### 2005-06 Fall Honors

#### • Football

QB Josh Lamberson - Don Hansen's Pre-season All-America; Harlon Hill Candidate; Semifinalist for Draddy Trophy (Academic Heisman)

RB Xavier Omon - Don Hansen's Preseason All-America

DE Dave Tollefson - MIAA Defensive Player of the Week for Sept. 19

DE Ryan Waters - MIAA Defensive Player of the Week for Sept. 12

DT Steve Williams - Don Hansen's Pre-season All-America Team; Street's and Smith's Preseason on defense; AFCA Good Works Team (Sept. 14); Invited to Las Vegas All-American Classic

#### • Soccer

GK Alison Sheridan - MIAA Goal Keeper of the Week (Sept. 12)

MF Kayla Griffin - MIAA Player of the Week (Oct. 17)

#### • Volleyball

OH Sarah Trowbridge - Missouri Southern Invitational All-Tournament Team; Missouri Western Invitational All-Tournament Team

MB Lauren Cummings - MIAA Co-Hitter of the Week (Oct. 24)

#### • Cross Country

Drew Wilson - MIAA Runner of the Week (Sept. 26)



### Quick Hitters

• **Women's Basketball:** Senior **Laura Friederich** set the all-time 3-point-er's made mark with her four triples on Saturday. She stands with 157 passing Amanda Winter's total of 155. The senior guard was honored on the Third Team CoSIDA Academic All-District squad late last week.

• **Men's Basketball:** The Bearcats are heading to its 15th straight MIAA Tournament after locking down a spot with a 76-64 win versus Missouri Southern on Saturday. Currently, Northwest is third in the league standings.

### Men's Basketball

**Current Record:** 17-7 / 8-5 MIAA

**Last Week:** W, 108-101 2OT at Emporia State last Wednesday

W, 76-64 vs. Missouri Southern last Saturday

**This Week:** at Missouri Western on Wednesday, 7:30 p.m.  
at #6 Southwest Baptist on Saturday, 7:30 p.m.

**NOTES:** The Northwest Missouri State (17-7, 8-5 MIAA) men's basketball team heads south on Highway 71 for the 60th installment with Missouri Western (14-9, 5-7 MIAA) set for Wednesday, Feb. 15. Tip-off from MWSU Fieldhouse is scheduled after the women's game at 7:30 p.m. Northwest is looking to sweep the Griffons for the third straight season and win its eighth in-a-row over Missouri Western. Winning its second straight on the year, Northwest took down Missouri Southern 76-64 on Saturday as junior **Mose Howard** led all scorers with 21 points. Last Wednesday, senior **Xzavier Gaines** netted a personal-best 31 points and was part of a season-high 17 three-pointers barrage in the 108-101 double overtime win at Emporia State. Gaines earned MIAA Player of the Week honors for posting 46 points and 14 rebounds in the two wins last week - the first such Bearcat to be recognized since Kelvin Parker on Mar. 9, 2004. Tickets for the Missouri Western game and the MIAA Tournament are on sale at the Northwest ticket office in the Administration Building. Pre-game sales for Wednesday's game are cheaper than on game-day. For all ticket information, call (660) 562-1212.

### Women's Basketball

**Current Record:** 14-10 / 6-7 MIAA

**Last Week:** L, 94-68 at #3 Emporia State last Wednesday

W, 70-67 vs. Missouri Southern State last Saturday

**This Week:** at Missouri Western on Wednesday, 5:30 p.m.  
at Southwest Baptist on Saturday, 5:30 p.m.

**NOTES:** After dropping its last two, the women's basketball team bounced back against Missouri Southern on Saturday and pulled out the 70-67 win at home. Also in the victory, Northwest senior guard Laura Friederich became the career leader in 3-point field goals made with 157. She passed Amanda Winter, who had 155 3-pointers. Prior to the win on Saturday, the Bearcats were defeated by Emporia State 94-68 at Emporia. Up next for Northwest, it will travel down to St. Joseph to play Missouri Western, and Saturday travel down to Southwest Baptist. Northwest will be looking for its fourth consecutive season sweep over the purple Bearcats and try for the first season sweep over Mo. West since the 2003-04 campaign.

### Indoor Track and Field

**Last Week:** Both at CMSU Mule Relays at Warrensburg, Mo., Feb. 10-11

**This Week:** Both at Prairie Wolf Invitational at Lincoln, Neb., Feb. 17

**NOTES:** Both track and field teams will be in action this Saturday at the Prairie Wolf Invitational in Lincoln, Neb., on Feb. 17, after competing at the CMSU Mule Relays in Warrensburg, Mo., last weekend. Sophomore **Hannah Henry** broke the school's 60-meter hurdle mark with a 9.37 time to defeat the record set by sophomore Audrey Bailey last season. Senior **Alisha Samuel** placed third in the 60-meter dash, her third top-three performance in the event this season. On the men's side, junior **E.J. Falkner** placed sixth in the 60-meter dash with a 6.87 time, while junior **Bayo Adio** provisionally qualified for the NCAA meet with a 6' 8 3/4" mark in the high jump. Junior **Eric Isley** recorded his fourth top-three performance of the season, finishing second in the 600-yard run at the CMSU Relays. Senior **Travis Brownley** finished first for Northwest in the two throwing events, placing ninth in the shot put and seventh in the weight throw.

**CONT....on back side**



# 2005-06 Bearcat Athletic Weekly



*Northwest athletics from Feb. 13-19*

---

## Baseball

**Current Record:** 0-0 / 0-0 MIAA

**This Week:** at Central Arkansas on Friday, 1:30 p.m. (1-9 inn.)

at Central Arkansas on Saturday 12:00 p.m. (2-7 inn.)

at Central Arkansas on Sunday, 1:00 p.m. (1-9 inn.)

**NOTES:** Opening day for baseball is Friday at the University of Central Arkansas. Northwest will play four games with Central Arkansas, with a double header set for Saturday. The Bearcats return 14 players from last season's roster, and three of their top offensive producers from last season. Those offensive starts include **Britt** and **Ryley Westman** and also **Matt Coons**, who combined to hit 14 home runs, knock in 126 RBIs and score 115 runs in 2005. Coons will also see action on the mound as well. In 2005, he had a 5.19 ERA, won five games, had two complete games in 52 innings of work. Northwest finished 34-24 last year and advanced to the semifinal round of the MIAA Tournament.

## Softball

**Current Record:** 0-0 / 0-0 MIAA

**This Week:** at Central Arkansas Tournament, Friday and Saturday

vs. Pittsburg State, Friday at 11:30 a.m.

vs. Southern Indiana, Friday at 1:30 p.m.

vs. Southern Indiana, Friday at 5:30 p.m.

vs. Arkansas-Monticello, Friday at 7:30 p.m.

Saturday - Bracket Play

**NOTES:** Northwest Missouri State softball, coming off a 34-27 record in 2005 and tying for the school record in victories, kicks off the 2006 season at the Central Arkansas Tournament this weekend. On Friday, Northwest takes on Pittsburg State, Southern Indiana, Southern Arkansas and Arkansas-Monticello while Bracket Play follows on Saturday. The Bearcats have enjoyed unparalleled success under fourth-year head coach **Susan Anderson**. In two of the last three seasons, the Bearcats have posted 30 or more wins twice, the only time that accomplishment has occurred in Northwest history. Also, the 84 victories in the last three seasons is second for any three-year span behind the 87 wins from 1985-87. Eight of nine position players return led by 2005 Second Team NFCA All-North Central Region selection **Katy John** and three-time All-MIAA pick **Ashley Pride**. Between the two players, John and Pride set or tied seven school records including John's 33 stolen bases and Pride's 10 home runs.