



# 2005-06 Bearcat Athletic Weekly



## Northwest athletics from March 13-19

### Northwest Schedule for March 13-19

• Tuesday, March 14

Men's Basketball vs. Tarleton (Tex.) State, 7:00 p.m.

• Wednesday, March 15

Baseball hosts Peru (Neb.) State, 2:00 p.m.

Men's Tennis hosts Benedictine, 3:00 p.m.

• Friday, March 17

Women's Tennis hosts Ft. Hays State, 4:00 p.m.

• Saturday, March 18

Softball @ Rebel Spring Games (Orlando, Fla.)

Baseball @ Wayne (Neb.) State, 12 p.m.

Women's Tennis @ Emporia State, 12 p.m.

• Sunday, March 19

Softball @ Rebel Spring Games (Orlando, Fla.)

Baseball hosts Wayne (Neb.) State, 1 p.m.

Women's Tennis hosts Lincoln (Mo.), 11 a.m.

Women's Tennis hosts Augustana (S.D.) 2 p.m.

### 2005-06 Northwest Winter Honors

• Men's Basketball

Xzavier Gaines - MIAA Player of the Week (Feb. 13);

Second Team All-MIAA

Mose Howard- Honorable Mention All-MIAA; MIAA All-Defensive Team

Austin Meyer - Hillyard Classic All-Tournament

• Women's Basketball

Meghan Blay - Winstead-Reeves All-Classic

Laura Friederich - ESPN The Magazine Academic All-District Third Team; Second Team All-MIAA

Megan Hamilton - Winstead-Reeves All-Classic

Katie O'Grady - MVP of Winstead Reeves Classic

Mandi Schumacher - Hoop N Surf All-Tournament

• Women's Indoor Track & Field

Alisha Samuel - MIAA Indoor Track Athlete of the Week (Feb. 20)

EJ Falkner - NCAA All-American in the 400-meter and 200-meter sprints



### Quick Hitters

• **Men's Basketball:** Will try to make it back to the Elite 8 for the third time in five seasons today against Tarleton (Tex.) State. In two previous trips to the Elite 8, the Bearcats were downed in the quarterfinals. Senior Austin Meyer, who played on last team to make to Elite 8 moved into sixth place on the Northwest career scoring list- Meyer has 1,288 points.

• **Track & Field:** Junior EJ Falkner earned two All-America honors in the 400-meter and 200-meter sprints this past weekend in the NCAA Indoor Championships. This weekend is the start of the outdoor season, the men will travel to Pittsburg State and the women will head south for the Alabama Relays in Tuscaloosa.

### Men's Basketball

**Current Record:** 22-9/10-6 MIAA

**Last Week:** W, 66-51 vs. West Texas A&M, Last Saturday South Central Regional Quarterfinals W, 83-80 vs. Southwest Baptist, Last Sunday South Central Regional Semifinals

**This Week:** vs. No. 2 Tarleton (Tex.) State Tuesday 7 p.m. South Regional Finals

**NOTES:** The Northwest Missouri State men's basketball team is headed to the South Central Regional Championships after earning two upsets in the NCAA Tournament over the past weekend. The Bearcats, who stand 22-9 overall and stand as the No. 5 seed in the region, handled No. 4 West Texas A&M on Saturday, 66-51. Northwest blew the game open thanks to a 19-5 run that spanned 10 minutes. Senior **Xzavier Gaines** and junior Mose Howard combined for 37 points as the Bearcat defense limited WTA&M to a Northwest playoff-low 51 points. On Sunday, Northwest ended the season for the region's No. 1 seed, Southwest Baptist, with an 83-80 victory. Northwest went 25-of-31 (.806) from the foul line, including 10-of-12 in the final two minutes, to give Northwest a 3-1 record this year against the nationally-ranked SBU Bearcats. Four players were in double figures for Northwest including a season-best 17 from senior **Addae Houston** and 14 from junior **Victor James**, the most since his season debut. Northwest takes on No. 2 seed Tarleton (Tex.) State on Tuesday in the Championships – the Bearcats lost to Tarleton in the 2003 Regional Finals. Northwest is involved in its fourth regional championship in the last five seasons. In the two Tournament wins, senior **Austin Meyer** moved past Russ Miller for sixth-place on the school's career scoring list - Meyer has 1,288.

### Track & Field

**Last Week:** Both at NCAA Indoor Championships at Boston, Mass., March 10-11

**This Week:** Men at Pitt State Open at Pittsburg, Kan. March 16

Women at Alabama Relays at Tuscaloosa, Ala., March 17-18

**NOTES:** Both teams will open the 2006 outdoor season this weekend. The men's team will travel to the Pittsburg State Open in Pittsburg, Kan., on March 16, while the women will travel to Tuscaloosa, Ala., for the Alabama Relays on March 17-18. At the NCAA Indoor Championships last weekend, junior **E.J. Falkner** added two All-America honors in the 400-meter and 200-meter dashes, finishing fifth and sixth, respectively, to close the indoor season. Junior Bayo Adio tied for 10th in the high jump, senior **Travis MacKenzie** placed 10th in the weight throw, and junior **Eric Isley** finished 13th in the preliminaries of the 800-meter run. Senior **Alisha Samuel**, the lone female competitor from Northwest, placed 14th in the 60-meter preliminaries.

### Baseball

**Current Record:** 4-6/0-0 MIAA

**Last Week:** W, 9-4 vs. Rockhurst

L, 11-4 vs. Nebraska-Omaha

W, 11-8 vs. Nebraska-Omaha

**This Week:** hosts Peru State on Wednesday, 2 pm

@ Wayne State on Saturday, 12 pm

hosts Wayne State on Sunday 1 pm

**NOTES:** The baseball team won two out of three last week, in the first home stand of the season. The Bearcats won their home opener against Rockhurst 9-4, and split the double header with Nebraska-Omaha, 4-11 and 11-8. Northwest was led by junior utility athlete **Pat Whitt**, who went seven-for-10, with six RBIs, two doubles, a home run, a pair of stolen bases and did not commit an error. The pitching staff was picked up by junior **Brett Whittle**, who pitched a 1.2 innings did not give up any runs and won his first game in a Bearcat uniform on Saturday. Also pitching well for the Bearcats was junior **Josh Norris**, who notched the win for Northwest over Rockhurst, after pitching one hit baseball in 4.1 innings. Northwest will host Peru State on Wednesday and travel up Wayne State for a double header on Saturday. The following day, both teams meet up again in Maryville.



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### Softball

**Current Record:** 7-6 /1-3 MIAA

**Last Week:** W, 9-0 vs. Northern State (SD), March 7  
W, 9-1 vs. Northern State (SD), March 7  
L, 1-5 vs. No. 1 Emporia State, March 10  
L, 2-11 vs. No. 1 Emporia State, March 10  
L, 0-3 vs. Washburn, March 11  
W, 11-0 vs. Washburn, March 11

**This Week:** at Rebel Spring Games, March 18-22  
vs. Merrimack on Saturday, 1:30 p.m.  
vs. Wayne State (Mich.) on Saturday, 3:10 p.m.  
vs. Caldwell on Sunday, 1:20 p.m.  
vs. Rollins (Fla.) on Sunday, 5 p.m.

**NOTES:** After beginning MIAA play last week, Northwest will head to Orlando, Fla., for five days of competition in the Rebel Spring Games on March 18-22. In games last Tuesday, senior **Katy John** moved into first on Northwest career stolen bases charts, recording three during the two-game sweep of Northern State (SD). Against the top-ranked Emporia State Hornets on Friday, Northwest gave up three home runs in the first game and five in the second, including a grand slam. Last Saturday, Northwest fell 3-0 in the first game to Washburn, but used a nine-run second inning to shut out the Lady Blues 11-0 in five innings. Freshman **Megan Simpson** ended the second inning with a two-run home run to centerfield, her third of the season.

### Men's and Women's Tennis

**Current Record:** Men 3-1/0-0 MIAA  
Women 4-0/1-0 MIAA

**Last Week:** L, 6-3 vs. No. 16 Cameron (Okla.) University Men  
W, 9-0 host Missouri Western Women

**This Week:** Men hosts Benedictine College on Wednesday, 3 p.m.  
Women hosts Fort Hays State on Thursday, 4 p.m.  
Both @ Emporia State on Saturday, 12 p.m.  
Women hosts Lincoln and Augustana on Sunday, 11 a.m., 2 p.m.

**NOTES:** The women's tennis team will try to keep their unbeaten season alive with as they play in four matches this week. The first match being on Thursday against Fort Hays State, Saturday, then women will play their second MIAA match of the year against Emporia State. To wrap-up the weekend, the women will play two matches on Sunday against Lincoln and Augustana. The men's squad will look to bounce back after their match against Cameron this past weekend. The men will host Benedictine College tomorrow and travel down to Emporia for their conference opener on Saturday.