



2005-06 Bearcat Athletic Weekly



Northwest athletics from March 20-27

Northwest Schedule for March 20-27

• Tuesday, March 21

Softball @ Rebel Spring Games (Orlando, Fla.)
Men's Tennis @ UMSL 3:00 p.m.
Women's Tennis @ Missouri Southern 2:00 p.m.

• Wednesday, March 22

Softball @ Rebel Spring Games (Orlando, Fla.)
Baseball hosts Washburn (postponed)
Men's Tennis @ Quincy (postponed)

• Thursday, March 23

Both Tennis @ Nebraska-Kearney 3:00 p.m.

• Friday, March 24

Both Tennis hosts Truman State 4:00 p.m.

• Saturday, March 25

Baseball @ Missouri Western 12:00 p.m.

• Sunday, March 26

Baseball @ Emporia State 1:00 p.m.
Track & Field hosts Northwest Centennial Multi-Events

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)

• Men's Indoor Track & Field
EJ Falkner - NCAA All-American in the 400-meter and 200-meter sprints



Quick Hitters

• **Softball:** Senior **Katy John** has batted a team-best .429 (6-of-14) on the Spring trip while freshman **Megan Simpson** knocked two homers in two wins on Saturday - she leads the club with five roundtrippers.

• **Track & Field:** The women traveled to Tuscaloosa, Ala., for the Alabama Relays, where **Dia McKee** finished 12th in the 3,000-meter steeplechase and broke the school record in the event, recording 12:14.92.

Softball

Last Week: W, 5-1 March 18 vs. Merrimack
W, 5-4 March 18 vs. Wayne State (Mich.)
W, 5-0 March 19 vs. #16 Caldwell (N.J.)
W, 1-0 March 19 vs. Rollins (Fla.)

This Week: Tuesday, vs. Southern New Hampshire, 7:50 am
Tuesday vs. Eckard, 11:30 am
Wednesday vs. Southern New Hampshire, 1:20 pm
Wednesday vs. Florida Southern, 5:00 pm

NOTES: The Northwest softball team moved to 11-6 on the year after defeating nationally-ranked Caldwell (N.J.) 5-0 and then shutting down Rollins (Fla.) 1-0 on Sunday. Winners of five in-a-row, the Bearcats have gone a perfect 4-0 at the Rebel Spring Games thanks to some solid pitching and timely hitting. Sophomore pitcher **Lauren Lakebrink** moved to 3-2 overall after tossing the complete-game, 1-hit shutout against #16 Caldwell. Sophomore **Kelly Morris** followed that up with five-hit ball in the victory over Rollins, a team with a 28-5 record. Senior **Katy John** has batted a team-best .429 (6-of-14) on the Spring trip while freshman **Megan Simpson** knocked two homers in two wins on Saturday - she leads the club with five roundtrippers. Northwest continues play in Florida with four more games starting with two on Tuesday and two more on Wednesday. The Bearcats return home for two scheduled doubleheaders on Tuesday, April 28 against Missouri Western and Wednesday, April 29 against Rockhurst. The games begin at 2 p.m. both days.

Track & Field

Last Week: Men at Pittsburg State Open, March 16
Women at Alabama Relays, March 16-19

This Week: Both at Northwest Centennial Multi-Events, March 26-27

NOTES: Both Northwest track and field teams are preparing to host the Northwest Centennial Multi-Events on March 26-27, after starting their 2006 outdoor campaigns last weekend. The men opened their season at the Pittsburg State Open on March 26, and had three individuals win events and one provisionally qualify for the national championships. **John Bullock** won the 400-meter hurdles, **Matt Pohren** placed first in the 3,000-meter run, and **Kendall Wright** jumped 22' 1 1/2" to win the long jump over the weekend. **Daniel Urum-Ike** finished second in the triple jump, where his 47' 5 1/4" jump earned him a provisional qualifying position for the NCAA Outdoor Championships at Emporia, Kan. The women traveled to Tuscaloosa, Ala., for the Alabama Relays, where **Dia McKee** finished 12th in the 3,000-meter steeplechase and broke the school record in the event, recording 12:14.92. **Kailea Cook** was the top Bearcat finisher in the 100-meter and 200-meter dashes, and **Anna O'Brien** finished 25th in the 800-meter run and 21st in the 1,500-meter, the top Northwest run in both events.

Baseball

Current Record: 6-7/0-0 MIAA
Last Week: W, 15-10 vs. Peru State

W, 8-4 vs. Wayne State
L, 0-10 vs. Wayne State

This Week: Washburn, Wednesday, postponed
@ Missouri Western on Saturday, 12 pm (1-7) (1-9)
@ Emporia State on Sunday, 1 pm (1-7) (1-9)

NOTES: The baseball team won two-of-three last week, with a single game victory over Peru State (15-10) and a split with Wayne State (8-4, 0-10). Despite the wind blowing in against Peru State, the Bearcats hit two home runs. Senior Will Newland put his first on the year over the fence, while sophomore Britt Westman hit his second of the year. Junior Brett Whittle earned his second save of the year in the 8-4 win over Wayne State. Whittle leads the team in appearances at seven. This week's game against Washburn has been postponed due to snow, while this weekend's games against **Missouri Western** (Saturday) and **Emporia State** (Sunday) are still a go. The Bearcats are 7-5 in MIAA opens under head coach **Darin Loe**.



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Men's and Women's Tennis

Current Record: Men 4-4/1-1 MIAA
Women 7-0/3-0 MIAA

Last Week: L, 2-7 vs. Benedictine Men
W, 9-0 at Emporia State Men
L, 4-5 at Southwest Baptist Men
W, 9-0 host Ft. Hays State Women
W, 6-3 at Emporia State Women

This Week: Yesterday, Men and Women at Southwest Baptist (W, 8-1 women) (L, 4-5 men)
Tuesday, Men at UMSL, 3:00 p.m.
Tuesday, Women at Missouri Southern, 2:00 p.m.
Thursday, Both at Nebraska-Kearney , 3:00 p.m.

NOTES: The women's tennis team continues its run as one of the undefeated in Division II tennis and they rank No. 40 in the poll. The men's team meanwhile sits at .500 after a loss to Southwest Baptist yesterday afternoon. The men will try to rebound this afternoon against Missouri-St. Louis, while the women will look to stay perfect against Missouri Southern. On Thursday, both them men and women will head over to Nebraska-Kearney for a double header starting at 3:00 p.m.