



Jan. 8, 2019 • Week 10  
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Contact: Connor Pelton, Media Relations Assistant  
 503-305-8756 • cpelton@gnacsports.com

## 2018-19 GNAC Women's Basketball Standings

	GNAC			Overall			Home	Away	Neutral	Streak
	W	L	Pct.	W	L	Pct.				
Northwest Nazarene	4	0	1.000	12	0	1.000	6-0	4-0	2-0	Won 12
Alaska Anchorage	3	1	.750	11	1	.917	6-0	3-1	2-0	Won 4
Central Washington	3	1	.750	8	3	.727	4-1	2-2	2-0	Won 2
Western Washington	3	1	.750	8	4	.667	5-2	2-1	1-1	Lost 1
Seattle Pacific	3	1	.750	4	7	.364	3-2	1-3	0-2	Lost 1
Montana State Billings	2	2	.500	6	4	.600	4-0	1-3	1-1	Won 2
Simon Fraser	2	2	.500	6	5	.545	1-1	3-1	2-3	Won 1
Western Oregon	1	3	.250	4	6	.400	2-2	1-3	1-1	Lost 2
Saint Martin's	1	3	.250	4	9	.308	3-2	1-4	0-3	Lost 3
Concordia	0	4	.000	5	7	.417	1-2	2-3	2-2	Lost 4
Alaska	0	4	.000	3	7	.300	0-4	1-2	2-1	Lost 7

### LAST WEEK'S GAMES

**Tues., Jan 1**  
 Seattle Pacific 68, at Saint Martin's 64\*

### Thurs., Jan. 3

Western Washington 59, at Alaska 57\*  
 at Alaska Anchorage 70, Simon Fraser 55\*  
 Northwest Nazarene 84, at Concordia 62\*  
 Central Washington 78, at Western Oregon 65\*  
 at MSU Billings 75, Saint Martin's 67\*

### Sat., Jan. 5

Simon Fraser 59, at Alaska 46\*  
 Northwest Nazarene 90, at Western Oregon 70\*  
 at MSU Billings 72, Seattle Pacific 64\*  
 Central Washington 66, at Concordia 58\*  
 at Alaska Anchorage 68, Western Washington 50\*

### THIS WEEK'S GAMES

**Tues., Jan. 8**  
 Alaska at Alaska Anchorage, 7 p.m.\*

### Thurs., Jan. 10

Saint Martin's at Central Washington, 5:15 p.m.\*  
 Seattle Pacific at Northwest Nazarene, 5:15 p.m.\*  
 Western Oregon at Simon Fraser, 7 p.m.\*  
 Concordia at Western Washington, 7 p.m.\*  
 MSU Billings at Alaska Anchorage, 7 p.m.\*

### Sat., Jan. 12

MSU Billings at Alaska, 3 p.m.\*  
 Saint Martin's at Northwest Nazarene, 5:15 p.m.\*  
 Seattle Pacific at Central Washington, 5:15 p.m.\*  
 Concordia at Simon Fraser, 7 p.m.\*  
 Western Oregon at Western Washington, 7 p.m.\*

\* - Denotes GNAC Games  
 All Times Local To Game Site

## #GNACWBB in 280 @GNACSports

**#SeventhHeaven** No. 3 Northwest Nazarene is now one of just seven teams nationally that is still undefeated. The Nighthawks are 12-0 after opening the month of January with a pair of victories.

**#PlayToWin** Right behind NNU in the standings is Alaska Anchorage at 11-1. The Seawolves' 135 victories since the 2014-15 season is the second-most in Division II.

**#NewYearNewAwards** Central Washington guard **Alexis Pana** averaged 16.5 points and 7 assists per game in her team's road sweep to re-open conference play. The performance earned the junior GNAC Player of the Week honors.

**#FreeAndEasy** Northwest Nazarene (No. 4, 79.5 percent) and Montana State Billings (No. 11, 77.3 percent) have shot free throws at some of the highest rates in the country through two months this season.

## Get Social

### Twitter Accounts/Hashtags For GNAC Women's Basketball Teams

GNAC	@GNACSports	#GNACWBB
Alaska	@AlaskaNanooks	#NanookNation
Alaska Anchorage	@UAASeawolves	#GoSeawolves
Cent. Washington	@CWUAthletics	#CWUWildcats
Concordia	@gocugo	#gocugo
MSU Billings	@MSUBSports	#MSUBMBB
NW Nazarene	@NNUSports	#GoNNUCrusaders
Saint Martin's	@SMUSaints	#SaintsAlive
Seattle Pacific	@SPUFalcons	
Simon Fraser	@SFUClan	#RepTheLeaf
Western Ore.	@WOUWolves	#WOUWolves
Western Wash.	@WWUAthletics	#GoViks

## GNAC Women's Basketball Player of the Week



**Alexis Pana**  
Central Washington  
G • 5-9 • Jr. • Hilo, Hawaii

Pana finished with 33 points, 14 assists, 12 rebounds and four steals as she led the Wildcats to a pair of road victories to re-open conference play. She finished with a double-double of 18 points and 10 assists to go with five rebounds and three steals in Thursday's 78-65 win over Western Oregon. Pana then totaled 16 points in Saturday's 66-58 win at Concordia. She also had five rebounds, four assists, a steal and a block.

**Also Nominated:** Safiyyah Yasin (Alaska Anchorage), Abby Zhang (Concordia), Taryn Shelley (Montana State Billings), Avery Albrecht (Northwest Nazarene), Makenna Schultz (Saint Martin's), Samantha Beauchamp (Simon Fraser), Natalie DeLonge (Western Oregon), Kelsey Rogers (Western Washington).

## Past GNAC Players of the Week

Date	Player
Nov. 5-11	Jessica Jones, SFU
Nov. 12-18	Kelsey Rogers, WWU
Nov. 19-25	Hannah Wandersee, UAA
Nov. 26-Dec. 2	Anna Schwecke, WWU
Dec. 3-9	Olivia Vezaldenos, CU
Dec. 10-16	Saniah Simpson-Patu, SMU
Dec. 17-23	Taryn Shelley, MSUB
Dec. 31-Jan. 6	Alexis Pana, CWU

Complete Player of the Week releases are available online at [GNACSports.com](http://GNACSports.com).

## Around The GNAC



### ALASKA

The Nanooks were in action twice last week, competing well but dropping their contests against Western Washington and Simon Fraser.

The team's best performance came in a 59-57 defeat to the Vikings on Thursday. Playing in its first game in over a month, Alaska outscored the visitors by 16 in the second half

but ultimately fell just short of a victory.

Senior **Marian Wamsley** leads the team in scoring after the first two months of play. The forward is averaging 13.9 points per game, with junior guards **Kylie Wallace** and **Sabrina Ungaro** following at 11.5 points per game.

The Nanooks will return to the floor for a pair of games this week. They will travel south to face rival Alaska Anchorage on Tuesday night, then cap the week hosting Montana State Billings on Saturday at 3 p.m.

### ALASKA ANCHORAGE

Alaska Anchorage emerged from its re-opening of conference play unscathed. The team topped Simon Fraser 70-55 on Thursday night before blowing out Western Washington two days later.

The 68-50 victory over the Vikings was made possible by forward **Hannah Wandersee**, who scored a game-high 17 points while tallying seven rebounds and four blocks. The senior was one of three Seawolves to finish the day scoring in double figures.

Guard **Yazmeen Goo** is the team's leader in scoring, averaging 13 points per game. She is also making a difference on the defensive end, notching four steals per game.

The Seawolves lead the GNAC and are sixth nationally with 13.4 steals per game. Senior **Kian McNair** leads the conference with 3.25 steals per game.

Alaska Anchorage is ranked No. 14 in the latest WBCA Division II Coaches Poll and No. 15 in the D2SIDA Poll.

The team will round out its four-game homestand this week, hosting Alaska on Tuesday night and Montana State Billings two days later. Both games are set to tip-off at 7 p.m. inside the Alaska Airlines Center.

### CENTRAL WASHINGTON



The Wildcats returned to their winning ways last week, going on the road and sweeping both Western Oregon (78-65) and Concordia (66-58).

Guard **Alexis Pana** shined in the road trip, averaging 16.5 points and 7 assists per game. Her exploits earned her the title of GNAC Player of the Week, the team's first such award of the season. Pana leads the team in scoring at 14.5 points per game.

The team is shooting at one of the hottest clips in the country, making 48.2 percent of its field goal attempts thus far. That has Central Washington ranked first in the GNAC and fifth nationally.

The Wildcats three losses on the 2018-19 campaign have come to teams with a combined record of 28-9.

They will be in action twice this week, hosting Saint Martin's and Seattle Pacific.

### CONCORDIA



Concordia dropped its first two games of January, falling to No. 3 Northwest Nazarene on Thursday and 8-3 Central Washington to cap the week.

Freshman **Abby Zhang** shined for the Cavaliers, leading the team with 13 points per game throughout the mini homestand.

Guard **Olivia Vazaldenos** leads the team in scoring, averaging 11.7 points per game through nine weeks of play. On the glass, senior **Keesha Sarman** tops CU with 7.3 rebounds per game.

The Cavaliers are back in action twice this week, returning to the road to face Western Washington and Simon Fraser. Both contests are scheduled for 7 p.m. starts.

## Around The GNAC

### MONTANA STATE BILLINGS



The Yellowjackets opened their calendar year with a road sweep of Saint Martin's and Seattle Pacific.

The highlight of the week came in a 72-64 victory against the then-first place Falcons. Reigning GNAC Player of the Week **Taryn Shelley** led Montana State Billings, totaling 17 points and 10 rebounds. Shelley was one of three Yellowjackets to finish the afternoon scoring in double

figures.

A commitment to excellency on the offensive end of the floor has keyed MSUB thus far on the 2018-19 campaign. The team leads the GNAC and is ranked fourth nationally in fewest turnovers with just 126 through 10 games.

Montana State Billings is back in action this week, playing at Alaska Anchorage on Thursday night before facing Alaska in Fairbanks two days later.

### NORTHWEST NAZARENE



The Nighthawks are the only unbeaten team remaining throughout the GNAC. Their latest victories came on the road, blowing out Concordia and Western Oregon to tip-off the month of January.

Guard **Avery Albrecht** shined for NNU, leading her team with 21 points against the Cavaliers and 19 two days later in Monmouth against the Wolves. She is the team-leader in scoring at 13.3 points per game.

The Nighthawks are now No. 3 in the latest D2SIDA Media Poll and 4th in the WBCA Division II Coaches Poll. They are one of just four teams receiving first-place votes in the D2SIDA Poll.

Northwest Nazarene will return home this week, putting its undefeated record to the test against Seattle Pacific and Saint Martin's. Both games are set for 5:15 p.m. starts inside the Johnson Sports Center.

### SAINT MARTIN'S



Saint Martin's came close but ended up on the wrong end of two tight, close contests to re-open conference play last week.

The team's best performance of the week came in a 68-64 defeat against rival Seattle Pacific on New Year's Day in Lacey.

Guard **Makenna Schultz** led SMU in the victory, compiling 20 points while logging 36 minutes. She was one of four Saints to finish scoring in double figures.

Sophomore **Saniah Simpson-Patu** has led Saint Martin's this season, averaging 16.4 points per game as the month of January rolls on. Simpson-Patu leads the GNAC in scoring average.

Saint Martin's will be in action twice this week, taking to the road to face No. 3 Northwest Nazarene and Central Washington. Each contest will tip-off at 5:15 p.m.

### SEATTLE PACIFIC



Seattle Pacific was in action twice last week, topping Saint Martin's for a 68-64 win on the road before falling 72-64 at Montana State Billings. The split kept the Falcons in a tie for second near the top of the GNAC standings.

The Falcons were led by a pair of explosive days from senior **Cici West**, who finished the week averaging 16 points and 10.5 rebounds per game.

Senior **Riley Evans** leads the team in scoring through nine weeks of play at a clip of 14.8 points per game.

Seattle Pacific will be in action twice this week, staying on the road to face Northwest Nazarene on Thursday and Central Washington on Saturday.

### SIMON FRASER



The Clan took to the floor twice in the first week of January, traveling north for the team's Alaska road trip. The journey resulted in a split of the pair, falling to Alaska Anchorage before handling Alaska in a 59-46 victory.

Senior **Sophie Swant** led the team on the trip, averaging 10.5 points and five rebounds throughout the two games.

She was the only scorer to finish in double figures in the 13-point win against the Nanooks.

Swant is at the top of the SFU scoring list after 11 games, averaging a clip of 13.9 points per game. Sophomore **Jessica Jones** is following closely behind at 13.7 per game.

The team returns to the floor twice this week, hosting Western Oregon and Concordia in Burnaby.

### WESTERN OREGON



Western Oregon was in action twice last week, falling to Central Washington and Northwest Nazarene to re-open conference play. The losses snapped a two-game winning streak for the Wolves.

The play of forward **Natalie DeLonge** (14 points, 6.5 rebounds per game) was one of the bright spots for WOU

over the two games.

DeLonge leads Western Oregon with an average of 12.2 points per game. Sophomore **Keyonna Jones** is next on the team, scoring at a clip of 10.9 points per game.

The Wolves hit the road now, taking on Simon Fraser on Thursday before coming back to the States to face Western Washington two nights later.

### WESTERN WASHINGTON



The Vikings emerged from their Alaska road trip with a two-game split last week.

The highlight came in Thursday's 59-57 win at Alaska, where sophomore **Kelsey Rogers** led all scorers with 22 points.

Rogers leads the team in scoring, averaging 15.2 points per game after nine weeks of action. Two other Vikings, **Dani Iwami** (12.1 points per game) and **Anna Schwecke** (11.8), are scoring in double figures as the third month of the season continues.

The Vikings will return to the Lower 48 this week, starting with a date with Concordia on Thursday night. The week will then conclude against Western Oregon on Saturday at 7 p.m.

## National & Regional Polls

### WBCA DIVISION II RANKINGS

Week 7 - Jan. 8

Rk	School (1st)	Record	Points	Prev.
1.	Indiana (Pa.) (20)	11-0	566	2
2.	West Texas A&M (1)	12-0	546	3
3.	Drury (1)	13-0	530	4
4.	Fort Hays State (1)	13-0	498	5
5.	<b>Northwest Nazarene</b>	<b>12-0</b>	<b>478</b>	<b>6</b>
6.	UC San Diego	13-0	422	9
7.	Ashland	13-1	418	8
8.	Union (TN)	13-1	416	1
9.	Grand Valley State	13-1	386	10
10.	Bentley	13-1	331	11
11.	Sciences	12-1	327	7
T12.	Thomas Jefferson	14-0	312	18
T12.	Virginia Union	11-1	312	13
14.	<b>Alaska Anchorage</b>	<b>11-1</b>	<b>291</b>	<b>14</b>
15.	Florida Southern	12-1	247	17
16.	California (Pa.)	11-1	207	12
17.	Lewis	11-1	201	20
18.	Angelo State	9-1	178	21
19.	Central Missouri	9-3	144	15
20.	SW Oklahoma State	11-1	103	NR
21.	Saint Mary's (TX)	10-2	97	25
22.	Black Hills State	9-2	72	19
23.	North Georgia	8-2	52	16
24.	Anderson (SC)	12-2	51	NR
25.	Charleston (WV)	11-1	49	NR

**Others receiving votes:** Colorado Mesa 37, Stonehill 33, Augustana (SD) 30, Emporia State 28, Truman State 25, Edinboro 13, Carson-Newman 11, Lindenwood 11, Pittsburg State 11, Azusa Pacific 7, Lee (TN) 5.

### D2SIDA DIVISION II MEDIA POLL

Week 7 - Jan. 8

Rk	School (1st)	Record	Points	Prev.
1.	West Texas A&M (11)	12-0	387	2
2.	Fort Hays State (3)	13-0	381	3
3.	<b>Northwest Nazarene (1)</b>	<b>12-0</b>	<b>368</b>	<b>4</b>
4.	Lewis	11-1	343	5
5.	Indiana (Pa.) (1)	11-0	336	6
6.	Drury	13-0	299	8
7.	Jefferson	14-0	295	16
8.	UC San Diego	12-0	293	9
9.	Florida Southern	12-1	279	15
10.	Union	13-1	237	1
11.	Sciences	12-1	221	7
12.	Grand Valley	13-1	209	14
13.	California (Pa.)	11-1	190	11
14.	Anderson (S.C.)	12-2	185	22
15.	<b>Alaska Anchorage</b>	<b>11-1</b>	<b>184</b>	<b>17</b>
16.	Angelo State	9-1	153	19
17.	Bentley	13-1	152	12
18.	SW Oklahoma State	11-1	151	21
19.	Virginia Union	10-1	125	18
20.	Ashland	13-1	106	20
21.	North Georgia	8-2	79	10
22.	Saint Mary's (TX)	10-2	64	24
23.	MSU Moorehead	12-2	42	NR
24.	Lee	11-3	37	NR
25.	Newberry	10-1	27	RV

**Others receiving votes:** Cal Poly Pomona (26), Colorado Mesa (14), Bowie State (13), Charleston (9), Augustana (6), Stonehill (2).

### GNAC TEAMS IN THE D2SIDA NATIONAL POLL

Date	UAA	NNU	CWU
Preseason	7	16	NR
Week 2	6	13	RV
Week 3	3	10	RV
Week 4	18	7	RV
Week 5	15	5	25
Week 6	17	5	NR
Week 7	15	3	NR

### GNAC TEAMS IN THE WBCA POLL

Date	UAA	NNU
Preseason	6	24
Week 2	6	20
Week 3	4	15
Week 4	13	10
Week 5	13	7
Week 6	14	7
Week 7	14	5

## GNAC In Division II Statistics

### TEAM

Category	Institution	Avg./Total	Rank
Points Per Game	Northwest Nazarene	86.8	3rd
	Central Washington	76.4	36th
Scoring Defense	Alaska Anchorage	57.2	32nd
Scoring Margin	Northwest Nazarene	23.3	8th
	Alaska Anchorage	15.3	27th
Field-Goal Percentage	Central Washington	48.2	5th
	Northwest Nazarene	46.0	21st
Free-Throw Percentage	Northwest Nazarene	79.5	4th
	Montana State Billings	77.3	11th
	Western Oregon	75.0	31st
	Western Washington	74.2	44th
Rebounding Margin	Western Washington	11.4	8th
	Northwest Nazarene	8.8	25th
	Western Oregon	6.2	45th
3-Pointers Per Game	Simon Fraser	8.8	20th
	Montana State Billings	8.7	22nd
	Northwest Nazarene	7.8	47th
3-Point Percentage	Northwest Nazarene	38.7	12th
	Central Washington	38.1	14th
	Montana State Billings	35.1	44th
Won-Lost Percentage	<b>Northwest Nazarene</b>	<b>100.0</b>	<b>1st</b>
	Alaska Anchorage	91.7	15th
Assists Per Game	Central Washington	17.6	14th
	Alaska Anchorage	17.4	15th
	Western Washington	16.2	39th
	Montana State Billings	16.1	41st
	Simon Fraser	16.1	42nd
	Northwest Nazarene	16.0	45th
Steals Per Game	Alaska Anchorage	13.4	6th
	Northwest Nazarene	11.4	23rd
Turnover Margin	Northwest Nazarene	6.42	18th
	Alaska Anchorage	6.17	21st
	Montana State Billings	3.6	50th

### INDIVIDUALS

Category	Team	Player	Avg./Total	Rank
Assists Per Game	CWU	Alexis Pana	5.5	15th
	CU	Keesha Sarman	4.9	32nd
Field-Goal Percentage	UAF	Marian Wamsley	59.6	14th
	WWU	Kelsey Rogers	58.5	17th
Free-Throw Percentage	NNU	Avery Albrecht	93.6	2nd
	SPU	Riley Evans	88.2	25th
	WOU	Natalie DeLonge	86.5	39th
	MSUB	Hannah Collins	85.4	46th
3-Point Percentage	CWU	Alexis Pana	47.8	9th
	SPU	Riley Evans	43.5	27th
	UAF	Sabrina Ungaro	43.2	32nd
	UAA	Tara Thompson	42.2	40th
3-Point Attempts	SMU	Makenna Schultz	92	49th
Assist-Turnover Ratio	NNU	Jordan Pinson	2.0	38th
	UAA	Sydni Stallworth	2.0	38th
	CU	Keesha Sarman	1.96	42nd
	CWU	Sadie Mensing	1.9	45th
Minutes Per Game	SMU	Makenna Schultz	35.17	44th
Double Doubles	CU	Keesha Sarman	5	46th

Online: [http://stats.ncaa.org/rankings/change\\_sport\\_year\\_div](http://stats.ncaa.org/rankings/change_sport_year_div)





