



Oct. 22, 2019  
 GNACSports.com • @GNACSports

Contact: Kaho Akau, Media Relations Assistant  
 (503) 305-8756 • kakau@gnacsports.com

## Wildcats Edge Out Vikings In Women’s Basketball Preseason Poll

PORTLAND, Ore. – In a close vote that saw the top-three teams come within five points of each other, Central Washington tops the 2019-20 GNAC Preseason Women’s Basketball Coaches Poll.

Selected as the preseason favorites with 109 points and five first-place votes, **Randi Richardson-Thornley’s** Wildcats return most of its key players to a team that finished fourth in the GNAC last year with a record of 12-8 (18-11 overall).

Following close behind Central Washington is in-state rival Western Washington, picking up three first-place votes to place second in the poll with 107 points. The Vikings made the jump to second place after finishing tied for fifth in the conference last year.

After going 30-3 and losing just one conference game last year, Alaska Anchorage is picked to finish third in the preseason poll with 104 points and three first-place votes. The Seawolves lost four starters from last year’s team that went to the NCAA Division II West Region title game, including Hannah Wandersee, the 2018-19 GNAC Player of the Year.

Following a second-place regular season finish and a win at the GNAC Championships last year, Northwest Nazarene is picked to finish fourth in the preseason poll with 88 points. Simon Fraser, which finished third last year, is picked to finish fifth with 78 points.

Rounding out the preseason rankings is Concordia (66 pts.), Montana State Billings (57 pts.), Saint Martin’s (42 pts.), Seattle Pacific (39 pts.), Western Oregon (23 pts.) and Alaska (15 pts.).

Coming off a fifth straight trip to the GNAC Championships and losing just one key player from last year’s team, expectations are high in Ellensburg. Last season, Central Washington led the conference with 4.4 blocks per game and was second with a .458 field goal percentage. The Wildcats return four starters to an upperclassmen-heavy core.

Returning for her senior campaign is **Alexis Pana**, a First Team All-GNAC selection who averaged 13.9 points and 4.6 rebounds per game last season. She will be joined by fellow seniors **Taylor Shaw** (9.9 points and 3.4 rebounds per game) and **Kaelie Flores** (12.6 points and 4.1 rebounds per game) in the starting lineup. Also returning as a starter is junior **Kassidy Malcolm**, an Honorable Mention All-GNAC selection last year.

Finishing tied for fifth in the GNAC last season, Western Washington returns all five of its starters and lost just one player as the Vikings look to get back to the GNAC Championships. The Vikings led the GNAC in rebounding offense with 39.4 rebounds per game. **Carmen Dolfo** enters her 29th season as head coach of the Vikings.

The Vikings will be led by Second Team All-GNAC selection **Anna Schwecke**, who averaged 11.8 points and 7.6 rebounds per game and had a .566 field goal percentage last year. Schwecke will be accompanied by **Lexie Bland** (nine points per game and 98 assists) and **Kelsey Rogers** (12 points and 5.1 rebounds per game), both of whom were honorable mention selections last year.

### 2019-20 GNAC Preseason Women’s Basketball Coaches Poll

Team (1st Place Votes)	2018-19 Record (Finish)	Pts.
1. Central Washington (5)	18-11 (12-8, 4th)	109
2. Western Washington (3)	17-13 (11-9, Tie 5th)	107
3. Alaska Anchorage (3)	30-3 (19-1, 1st)	104
4. Northwest Nazarene	29-3 (18-2, 2nd)	88
5. Simon Fraser	17-11 (13-7, 3rd)	78
6. Concordia	16-13 (11-9, Tie 5th)	66
7. Montana State Billings	12-14 (8-12, 7th)	57
8. Saint Martin’s	7-21 (5-15, Tie 9th)	42
9. Seattle Pacific	8-19 (7-13, 8th)	39
10. Western Oregon	8-18 (5-15, Tie 9th)	23
11. Alaska	4-22 (1-19, 11th)	15

Votes awarded on a 11-10-9-8-7-6-5-4-3-2-1 basis.

## GNAC Women's Basketball Preseason Release – Oct. 22, 2019

Alaska Anchorage finished first in the conference last year with a 19-1 record (30-3 overall) but lost 70-64 to Northwest Nazarene in the GNAC Championships. The Seawolves got their revenge, however, beating the Nighthawks, 69-67, in the West Region semifinals before falling to Azusa Pacific in the title game.

Alaska Anchorage lost five players, including four starters, from last year's squad. The Seawolves will have to replace Hannah Wandersee, a Women's Basketball Coaches Association (WBCA) Honorable Mention All-American and the GNAC Player of the Year last season. The Seawolves also lost Second-Team All-GNAC selection Tara Thompson and honorable mention selection Sydni Stallworth, who topped the conference with a .467 three-point field goal percentage.

The only starter returning for the Seawolves is **Tennae Voliva**. The junior posted a .504 field goal percentage last year. The Seawolves will also rely heavily on **Yazmeen Goo**, an Honorable Mention All-GNAC point guard who tallied 74 assists and finished fourth in the GNAC with a .545 field goal percentage as a junior.

Northwest Nazarene finished second in the GNAC with an 18-2 conference record (29-3 overall) but took down top-seeded Alaska Anchorage to win the GNAC Championships. The Nighthawks would later fall to the Seawolves in the NCAA West Region semifinals.

Northwest Nazarene topped the GNAC with 83.4 points per game, 31.4 defensive rebounds per game, a .469 field goal percentage, a .784 free throw percentage and a .387 three-point field goal percentage in 2018-19. Much like the Seawolves, the Nighthawks lost their core players from last year, including Ellie Logan, a First Team All-GNAC selection and GNAC Championships MVP.

Returning for the Nighthawks is **Avery Albrecht**, a First Team All-GNAC and Second Team All-West Region selection who put up 13.7 points per game, a .486 field goal percentage and a .916 free throw percentage last year. Also returning from last year's starting lineup is **Marina Valles**, a Second Team All-GNAC selection.

Simon Fraser finished third in the conference last season but lost in the quarterfinals of the GNAC Championships. The Clan had the conference's fourth-best scoring offense last year while also ranking third with four blocks, 16.2 assists and 9.1 steals per game.

Head coach **Bruce Langford** will need to replace First Team All-GNAC forward Sophie Swant, but returning is a trio of starters from last year's team. Returning are **Taylor Drynan** (12.4 points per game and 131 assists) and **Jessica Jones** (12.4 points per game). Both players received honorable mention honors last year. Also returning is **Ozi Nwabuko**, a Second Team All-GNAC standout and the 2018-19 GNAC Defensive Player of the Year.

Concordia finished in the middle of the pack last year and made the GNAC Championships, finishing tied for fifth with Western Washington. The Cavaliers will look to return to the GNAC Championships without First Team All-GNAC guard Keesha Sarman.

Two of the three returning starters for the Cavs are seniors **Tamika Etherly** and **Iraide Juez**. Also returning to the starting lineup is junior **Olivia Vezaldenos**, who put up 16 points per game and earned Second Team All-GNAC honors as a sophomore in 2018-19.

Montana State Billings was picked seventh in the preseason poll, right where it left off last year. The Yellowjackets lost just one starter from last year's team that went 25-12 (8-12 GNAC) on the season.

Montana State Billings returns **Hannah Collins**, a Second-Team All-GNAC selection who scored 14.8 points per game as a sophomore last season. Also returning are **Taylor Cunningham** (11.4 points per game) and **Taryn Shelley** (11.1 points and 8.2 rebounds per game).

Saint Martin's finished tied for ninth last year but return four starters as **Christy Martin** enters her third season as head coach.

Returning for the Saints is **Makenna Schultz**. The senior scored 11.8 points per game and dished out 94 assists on her way to earning Honorable Mention All-GNAC honors last year. **Claire Dingus** was the GNAC Freshman of the Year after she led the Saints with 13.5 points and 7.4 rebounds per game.

Seattle Pacific finished eighth in the GNAC and lost four of its starters from last year. Head coach **Mike Simonson** will depend on senior **Hailee Bennett**, the only returning starter, to lead the way. Bennett finished last season with 7.7 points and 2.5 rebounds per game while distributing 46 assists.

Also returning for Seattle Pacific is **Madi Hingston**. Hingston tallied 32 assists and 33 steals off the bench for the Falcons last season. **Kaprice Boston** and **Natalie Hoff** are also returners who are expected to contribute.

Western Oregon tied for ninth place with Saint Martin's last year but will enter the 2019-20 season without Second Team All-GNAC standout Natalie DeLonge. **Holli Howard-Carpenter's** Wolves return just two starters.

## GNAC Women's Basketball Preseason Release – Oct. 22, 2019

The two returning Western Oregon starters are both juniors. **Keyonna Jones** tallied 9.4 points and 3.8 rebounds per game while also adding 96 assists and 22 steals last year. **Olivia Denton** contributed with 6.2 points and five rebounds per game as well.

Also expected to play a key role this season is **Tresai McCarver**. McCarver was one of five Wolves to appear in all 26 games last season, posting 6.8 points and 3.3 rebounds per game to add to 45 assists as a freshman.

Rounding out the 2019-20 GNAC Preseason Women's Basketball Coaches Poll is Alaska. Alaska will have a new look this season after losing five of its 11 players from last year. Returning Nanook veterans include **Sabrina Ungaro** and **Kylie Wallace**. Ungaro was credited with 95 assists and 46 steals to go along with 8.6 points and 2.7 rebounds per game as a sophomore. Wallace also contributed with 10.8 points and 5.1 rebounds per game.

The regular season is set to start on Nov. 1 as Simon Fraser and Montana State Billings will play in the Division II Conference Commissioners Association (D2 CCA) Tip-Off Classic in Orange, California. Conference play is scheduled to start on Dec. 3 when Simon Fraser hosts Western Washington in Burnaby, B.C.

**Team Capsules Follow On Next Page**



## 2019-20 GNAC Women's Basketball Teams At A Glance

### ALASKA

**Head Coach:** Kerri Nakamoto (San Diego, 2003, 4-22, 2nd Season, 7th Season Overall, 42-118)

**Assistant Coach:** Jessie Craig

**2018-19 Overall Record:** 4-22

**GNAC Record (Finish):** 1-19 (11th)

**Total Players Returning/Lost:** 6/5

**Starters Returning/Lost:** 2/3

**Returning Starters:** Sabrina Ungaro (G, 5-2, Jr., Anchorage, Alaska, 8.6 ppg, 2.7 rpg, 95 assists, 46 steals), Kylie Wallace (G, 5-7, Sr., Petersburg, Alaska, 10.8 ppg, 5.1 rpg, .415 FG Pct., .784 FT Pct., 44 assists, 35 steals).

**Other Returning Players:** Sammi Saccomen (G, 5-10, Jr., Katy, Texas, 2.1 ppg, 1.3 rpg, 21 assists).

**Key Losses:** Marian Wamsley (F), Ashlie Blackburn (F), Angela Murnion (G).

**Top Freshmen:** Caitlin Pusich (F, 6-0, Juneau, Alaska – Juneau-Douglas), Olivia Kraska (F, 6-1, Fairbanks, Alaska – Lathrop), Samiyah Toliver (G, 5-8, Seattle, Wash. – Garfield), Alanna Conwell (G, 5-10, Kotzebue, Alaska – Kotzebue).

**Top Transfers:** Zosha Krupa (G, 5-10, Jr., Sitka, Alaska – Sitka), Jocelyn Gandara (G, 5-9, Jr., El Paso, Texas – Lassen CC).

### ALASKA ANCHORAGE

**Head Coach:** Ryan McCarthy (Northwest Nazarene, 2006, 190-34, 8th Season; 9th Season Overall, 204-47)

**Assistant Coaches:** Shaina Afoa, Sierra Afoa

**2018-19 Overall Record:** 30-3

**GNAC Record (Finish):** 19-1 (1st, Lost In GNAC Chmp. Final, Lost In NCAA West Regional Final)

**Total Players Returning/Lost:** 7/5

**Starters Returning/Lost:** 1/4

**Returning Starters:** Tennae Voliva (F, 6-0, Jr., Anchorage, Alaska, 5 ppg, 4.3 rpg, .504 FG Pct., 31 assists, 27 blocks, 26 assists).

**Other Returning Players:** Yazmeen Goo (PG, 5-10, Sr., Daly City, Calif., Honorable Mention All-GNAC, 9.3 ppg, 2.4 rpg, .545 FG Pct., .718 FT Pct., 74 assists, 70 steals), Safiyyah Yasin (G, 5-6, Sr., Oakland, Calif., 8.4 ppg, 2 rpg, .773 FT Pct., 43 assists, 72 steals), Jahna Hajdukovich (G, 5-8, So., Anchorage, Alaska, 3.1 ppg, 2.1 rpg, 19 assists), Kimani Fernandez (F, 5-10, So., Wailuku, Hawaii, 2.8 ppg, 3.5 rpg, .488 FG Pct., 26 steals), Victoria Langi (G, 5-7, Sr., Pacifica, Calif., 2 ppg, 1.8 rpg, Missed 34 Games With Injury).

**Key Losses:** Hannah Wandersee (C, GNAC Player of the Year, First Team All-GNAC, First Team D2CCA All-West Region, WBCA Honorable Mention All-American), Sydney Stallworth (G, Honorable Mention All-GNAC), Tara Thompson (G, Second Team All-GNAC), Kian McNair (G).

**Top Freshmen:** Rachel Ingram (G, 5-7, Colorado Springs, Colo. – Colorado Springs Christian), Sierra Tate (G, 5-5, Fairbanks, Alaska – West Valley), Ellen Silva (F, 6-1, Fairbanks, Alaska – West Valley).

**Top Transfers:** Amelia Motz (F, 5-10, Sr., Canton, Ohio – Iona Univ.), Kedrahea' Addison (G, 5-8, Jr., New Orleans, La. – Cowley CC), Stephanie Jackson (G, 5-9, Jr., McKinney, Texas – Santa Fe Coll.), Lauren Johnson (G, 5-7, Jr., Crystal, Minn. – State Coll. Of Science), Alexia Novelli (F, 6-0, So., Wasilla, Alaska – Spokane CC).

### CENTRAL WASHINGTON

**Head Coach:** Randi Richardson-Thornley (Wyoming, 2011, 33-25, 3rd Season)

**Assistant Coaches:** Jessica Richardson, Kamille Diaz

**2018-19 Overall Record:** 18-11

**GNAC Record (Finish):** 11-9 (4th, Advanced To GNAC Championships Semifinals)

**Total Players Returning/Lost:** 8/3

**Starters Returning/Lost:** 4/1

**Returning Starters:** Alexis Pana (G, 5-9, Sr., Hilo, Hawaii, First Team All-GNAC, 13.9 ppg, 4.6 rpg, .510 FG Pct., .410 3 Pt. Pct., .740 FT Pct., 130 assists, 57 steals), Kaelie Flores (F, 6-0, Sr., Keizer, Ore., 12.6 ppg, 4.1 rpg, .474 FG Pct., .330 3 Pt. Pct., 34 assists, 50 blocks, 24 steals), Taylor Shaw (G, 5-8, Sr., Oregon City, Ore., 9.9 ppg, 3.4 rpg, .829 FT Pct., 67 assists, 29 steals), Cassidy Malcolm (F, 5-11, Jr., Ellensburg, Wash., 11.2 ppg, 8.8 rpg, .484 FG Pct., .770 FT Pct., 70 assists).

**Other Returning Players:** Brianna Phiahamngon (G, 5-4, So., Clackamas, Ore., 4.9 ppg, 0.9 rpg, .794 FT Pct., 48 assists), MJ Lancaster (G, 5-6, Sr., Lynden, Wash., 0.6 ppg, 0.9 rpg), JonNae Richardson (F, 5-9, Sr., Denver, Colo., 5.8 ppg, 4.3 rpg, .418 FG Pct., .758 FT Pct., 29 steals), Samantha Bowman (C, 6-2, So., Zillah, Wash., 4.4 ppg, 3.2 rpg, 24 blocks).

**Key Losses:** Sadie Mensing (G, Honorable Mention All-GNAC).

**Top Freshmen:** Tori Meada (G, 5-4, Honolulu, Hawaii – Iolani), Taylor Stephens (G, 5-11, La Center, Wash. – La Center), Maisy Williams (C, 6-0, Tumwater, Wash. – Black Hills), Jenna Troy (G, 5-9, Kenmore, Wash. – Inglemore), Symone Brown (F, 5-10, Kennewick, Wash. – Kamiakin).

**Top Transfers:** None.

## 2019-20 GNAC Women's Basketball Teams At A Glance

### CONCORDIA

**Head Coach:** Sean Kelly (Pacific Lutheran, 1995, 60-81, 6th Season)

**Assistant Coaches:** Kristin Stringer, James Robinson, Janae Klarich, Ashlee DeSantos

**2018-19 Overall Record:** 16-13

**GNAC Record (Finish):** 11-9 (Tie 5th, Lost In GNAC Championships Quarterfinals)

**Total Players Returning/Lost:** 8/5

**Starters Returning/Lost:** 3/2

**Returning Starters:** Olivia Vezaldenos (G, 5-7, Jr., Manteca, Calif., 16 ppg, 2.7 rpg, .842 FT Pct., 66 assists, 45 steals), Tamika Etherly (G, 5-10, Sr., Tualatin, Ore., 4.6 ppg, 2.9 rpg, .463 FG Pct., .727 FT Pct., 30 assists), Iraide Juez (F, 6-2, Sr., Mallorca, Spain, 3.3 ppg, 4.4 rpg, 20 assists, 18 blocks, 14 steals).

**Other Returning Players:** Kizzah Maltezo (G, 5-4, Sr., Honokaa, Hawaii, 10.8 ppg, 1.7 rpg, .719 FT Pct., 22 assists), Abby Aplaca (G, 5-8, Jr., Waipahu, Hawaii, 6.1 ppg, 1.1 rpg, .933 FT Pct.), Jewel Paaluhi-Chalk (G, 5-3, So., Honolulu, Hawaii, 5.5 ppg, 2.3 rpg, .429 FG Pct., .781 FT Pct., 31 assists), Abby Zhang (G, 5-9, So., Harbin Heilongjiang, China, 5.3 ppg, 1.8 rpg, .414 FG Pct., .418 3 Pt. Pct., .889 FT Pct.), Nakiyah LeSure (F, 6-0, Sr., Sparks, Nev., 3.4 ppg, 3.6 rpg, .523 FG Pct., 21 assists, 23 blocks).

**Key Losses:** Keesha Sarman (G, First Team All-GNAC), Erin Higbie (F), Georgia Williams (G), Rebecca Taylor (C).

**Top Freshmen:** Mya Brazile (G, 5-3, Portland, Ore. – St. Mary's Academy), Kelsey Hudson (G, 6-0, Bothell, Wash. – North Creek), Maite Lara Garcia (F, 6-2, Barcelona, Spanh – IES Jaume Salvador I Pedrol), Mady Simmelink (G, 5-6, Spokane, Wash. – Central Valley), Dorcas Wu (G/F, 6-0, Chino Hills, Calif. – Chino Hills).

**Top Transfers:** Riley Friauf (F, 6-0, Jr., Vancouver, Wash. – Concordia-Irvine).

### MONTANA STATE BILLINGS

**Head Coach:** Kevin Woodin (Carroll (Mont.), 1987, 275-181, 16th Season)

**Assistant Coach:** Alisha Breen

**2018-19 Overall Record:** 25-12

**GNAC Record (Finish):** 8-12 (7th)

**Total Players Returning/Lost:** 8/3

**Starters Returning/Lost:** 4/1

**Returning Starters:** Taylor Cunningham (F, 5-11, Sr., Spokane, Wash., 11.4 ppg, 3.5 rpg, .427 3 Pt. Pct., 68 assists), Jeanann Lemelin (G, 5-6, Sr., Billings, Mont., 5.8 ppg, 3.7 rpg, .401 FG Pct., .727 3FT Pct., 66 assists, 30 steals), Hannah Collins (G, 5-5, Jr., Great Falls, Mont., 14.8 ppg, 1.8 rpg, .842 FT Pct., 84 assists, 34 steals), Taryn Shelley (F, 6-3, So., Shoreline, Wash., 11.1 ppg, 8.2 rpg, .480 FG Pct., .452 3 Pt. Pct., 22 assists, 48 blocks).

**Other Returning Players:** Emily St. John (G 5-9, So., Butte, Mont., 2.1 ppg, 1.3 rpg, 36 assists), Addison Gardner (G, 5-7, So., Great Falls, Mont., 0.3 ppg), Janessa Williams (F, 5-11, Sr., Clancy, Mont., 4.1 ppg, 2.3 rpg, .765 FT Pct.), Shannon Reny (F, 5-11, So., Libby, Mont., 0.9 ppg).

**Key Losses:** None.

**Top Freshmen:** Kate Sams (G, 5-9, Spokane Valley, Wash. – Central Valley), Shayla Montague (G, 5-11, Billings, Mont. – Billings West), TyRaa Manuel (F, 5-10, Billings, Mont. – Billings West), Danielle Zahn (G, 5-5, Florence, Mont. – Florence-Carlton), TyLee Manuel (F, 6-1, Billings, Mont. – Billings West), Emma Blakely (G, 5-7, Missoula, Mont. – Hellgate), Kali Gulick (C, 6-2, Kalispell, Mont. – Glacier).

**Top Transfers:** Jessica Harvey (G, 5-7, Jr., Morill, Neb. – Chadron State Coll.).

### NORTHWEST NAZARENE

**Head Coach:** Steve Steele (Concordia (Calif.), 1999, 63-23, 4th Season)

**Assistant Coaches:** Elpidia Allen, Ellie Logan

**2018-19 Overall Record:** 29-3

**GNAC Record (Finish):** 18-2 (2nd, GNAC Championships Winner, Lost In NCAA West Regional Semis)

**Total Players Returning/Lost:** 5/7

**Starters Returning/Lost:** 2/3

**Returning Starters:** Marina Valles (G, 5-8, Sr., Barcelona, Spain, Second Team All-GNAC, 10.1 ppg, 3.6 rpg, .466 FG Pct., .406 3 Pt. Pct., .731 FT Pct., 124 assists, 15 blocks, 70 steals), Avery Albrecht (G, 5-9, Sr., La Grande, Ore., First Team All-GNAC, Second Team D2CCA All-West Region, 13.7 ppg, 3.5 rpg, .486 FG Pct., .467 3 Pt. Pct., .916 FT Pct., 44 assists, 50 steals).

**Other Returning Players:** Jordan Pinson (G, 5-5, So., El Paso, Texas, 6.8 ppg, 1.1 rpg, .401 FG Pct., .433 3 Pt. Pct., .879 FT Pct., 61 assists, 21 steals), Erin Jenkins (F, 6-0, So., Lompoc, Calif., 5.1 ppg, 2 rpg, .408 FG Pct., .771 FT Pct., 22 assists, 21 steals), Zoe Wessels (F, 5-10, Sr., Council, Idaho, 2.6 ppg, 1.3 rpg, .630 FG Pct.).

**Key Losses:** Ellie Logan (G, First Team All-GNAC, GNAC Championships MVP, First Team D2CCA All-West Region, Honorable Mention WBCA All-American), Danielle Jardine (F), Raquel Jardine (F), McKenna Walker (G).

**Top Freshmen:** McKenna Emerson (G, 5-10, Eagle, Idaho – Eagle), Cami Knishka (G, 5-8, Cashmere, Wash. – Cashmere), Clare Eubanks (F, 6-0, Pasco, Wash. – Chiawana), Nicole Gall (F, 5-9, Pasco, Wash. – Richland).

**Top Transfers:** Jamella Sampson (F, 6-0, So., London, England).

## 2019-20 GNAC Women's Basketball Teams At A Glance

### SAINT MARTIN'S

**Head Coach:** Christy Martin (Eastern Washington, 2005, 15-41, 3rd Season)

**Assistant Coach:** Jerad Stottlemire, Mar' Shay Moore

**2018-19 Overall Record:** 7-21

**GNAC Record (Finish):** 5-15 (Tie 9th)

**Total Players Returning/Lost:** 8/5

**Starters Returning/Lost:** 4/1

**Returning Starters:** Makenna Schultz (G, 5-2, Sr., Lacey, Wash., Honorable Mention All-GNAC, 11.8 ppg, 2.6 rpg, .812 FT Pct., 94 assists, 29 steals), Claire Dingus (F, 6-0, So., Spokane Valley, Wash., GNAC Freshman of the Year, 13.5 ppg, 7.4 rpg, .488 FG Pct., .381 3 Pt. Pct., .807 FT Pct., 28 assists, 40 steals), Bria Thames (F, 6-0, Sr., Beaverton, Ore., 7 ppg, 5.5 rpg, .481 FG Pct., 20 assists), Megan Nilsson (F, 6-2, Sr., Colbert, Wash., 7.1 ppg, 4.1 rpg, .484 FG Pct., 19 blocks).

**Other Returning Players:** Emma Wrede (G, 5-7, So., Greenwood Village, Colo., 0.8 ppg), Sara Bowen (G, 5-7, Sr., Lacey, Wash., 2.2 ppg, 24 assists), Jayla Ross (F, 6-1, Sr., Arlington, Wash., 5.6 ppg, 3 rpg, .774 FT Pct., 26 assists).

**Key Losses:** Saniah Simpson-Patu (G, Honorable Mention All-GNAC), Emma Kennedy (G), Rebekah Baugh (G).

**Top Freshmen:** Emily Nelson (C, 6-1, Mead, Wash. – Mt. Spokane), Lauryn Morris (G, 5-6, Irvine, Calif. – Saint Anthony), Janealla Sutterliect (G, 5-9, Toppenish, Wash. – Wapato).

**Top Transfers:** Tierney DeDonatis (G, 5-6, Jr., Cave Creek, Ariz. – Glendale CC), Mallory Vivola (G/F, 5-11, Jr., Anthem, Ariz. – Glendale CC).

### SEATTLE PACIFIC

**Head Coach:** Mike Simonson (Washington State, 2011, 8-19, 2nd Season)

**Assistant Coaches:** Katie Benson, Sasha Anderson

**2018-19 Overall Record:** 23-8

**GNAC Record (Finish):** 7-13 (8th)

**Total Players Returning/Lost:** 6/5

**Starters Returning/Lost:** 1/4

**Returning Starters:** Hailee Bennett (G, 5-7, Sr., Kalispell, Mont., 7.7 ppg, 2.5 rpg, .878 FT Pct., 46 assists).

**Other Returning Players:** Rachel Berg (G, 5-9, So., Bellevue, Wash., 0.8 ppg), Madi Hingston (G, 5-8, Sr., Keizer, Ore., 5 ppg, 2.1 rpg, .789 FT Pct., 32 assists, 33 steals), Kaprice Boston (G, 5-10, Jr., Everett, Wash., 5.3 ppg, 3.7 rpg, .721 FT Pct., 21 steals), Ashley Alter (G/F, 5-11, So., Stanwood, Wash., 3.5 ppg, 1.3 rpg, .411 FG Pct., .450 3 Pt. Pct., .875 FT Pct.), Natalie Hoff (F, 6-2, So., Beaverton, Ore., 3.7 ppg, 2.6 rpg, .492 FG Pct.).

**Key Losses:** Riley Evans (G, Honorable Mention All-GNAC), Jaylee Albert (G), Cici West (F, Honorable Mention All-GNAC), Carly Rataushk (C).

**Top Freshmen:** Hunter Beirne (G, 5-7, Mukilteo, Wash. – Kamiak), Kayla Brundidge (P, 6-0, Fort Lewis, Wash. – Garfield), Grace Sterk (P, 6-0, Everson, Wash. – Lynden Christian).

**Top Transfers:** Abril Rexach Roure (G, 5-5, Jr., Leida, Spain – Eastern Wyoming Coll.), Ashlynn Burgess (F, 5-10, Jr., Eagle River, Alaska – Wenatchee Valley CC).

### SIMON FRASER

**Head Coach:** Bruce Langford (Simon Fraser, 1978, 443-138, 19th Season)

**Assistant Coaches:** Jessica Wallace, Kile Cooke

**2018-19 Overall Record:** 17-11

**GNAC Record (Finish):** 13-7 (3rd, Lost In GNAC Championships Quarterfinals)

**Total Players Returning/Lost:** 9/3

**Starters Returning/Lost:** 3/2

**Returning Starters:** Taylor Drynan (G, 5-7, Sr., Spokane, Wash., Honorable Mention All-GNAC, 12.4 ppg, 2.3 rpg, .821 FT Pct., 131 assists, 32 steals), Jessica Jones (G, 5-9, Jr., Richmond, B.C., Honorable Mention All-GNAC, 12.4 ppg, 2.3 rpg, .829 FT Pct., 41 assists, 27 steals), Ozi Nwabuko (F, 5-11, Jr., Port Coquitlam, B.C., Second Team All-GNAC, GNAC Defensive Player of the Year, 9 ppg, 5.5 rpg, .556 FG Pct., 35 assists, 47 steals).

**Other Returning Players:** Claudia Hart (F, 6-1, Jr., North Vancouver, B.C., 4.9 ppg, 1.8 rpg, .442 FG Pct., .438 3 Pt. Pct.), Kendal Sands (G, 5-9, So., Coquitlam, B.C., 6 ppg, 2.3 rpg, .426 FG Pct., .415 3 Pt. Pct., .770 FT Pct., 61 assists, 28 steals), Georgia Swant (G, 5-9, So., North Vancouver, B.C., 3.1 ppg, 1 rpg).

**Key Losses:** Sophie Swant (F, First Team All-GNAC), Samantha Beauchamp (F).

**Top Freshmen:** Grace Killins (G, 5-9, Coquitlam, B.C. – Centennial), Erica Pitman (G, 5-8, Sydney, Australia – NSW High School), Jessica Wisotzki (G/F, 6-2, Langley, B.C. – Walnut Grove).

**Top Transfers:** Majella Carey (F, 6-2, Fr., Townsville, Australia – Lincoln Univ. (Mo.)).

## 2019-20 GNAC Women's Basketball Teams At A Glance

### WESTERN OREGON

**Head Coach:** Holli Howard-Carpenter (Cal State East Bay, 2002, 45-114, 7th Season)

**Assistant Coaches:** Katie Girtten, Shelby Snook

**2018-19 Overall Record:** 8-18

**GNAC Record (Finish):** 5-15 (Tie 9th)

**Total Players Returning/Lost:** 7/5

**Starters Returning/Lost:** 2/3

**Returning Starters:** Keyonna Jones (G, 5-6, Jr., Bothell, Wash., 9.4 ppg, 3.8 rpg, .406 FG Pct., .768 FT Pct., 96 assists, 22 steals), Olivia Denton (G, 5-7, Jr., Auburn, Wash., 6.2 ppg, 5 rpg, 36 assists).

**Other Returning Players:** Tresai McCarver (G, 5-5, So., Renton, Wash., 6.8 ppg, 3.3 rpg, .441 FG Pct., 45 assists), Rachel Rogers (G, 5-10, So., Los Molinos, Calif., 2.9 ppg, 1.6 rpg), Shariah Green (C, 6-0, Sr., Hillsboro, Ore., 2.3 ppg, 1 rpg, .522 FG Pct.), Amber Winkler (F, 6-1, So., Eugene, Ore., 0.7 ppg), Sydnee Reeser (G, 5-2, Sp., McMinnville, Ore., 0.5 ppg).

**Key Losses:** Natalie DeLonge (C, Second Team All-GNAC), Ali Nelke (F).

**Top Freshmen:** Meadow Aragon (F, 5-11, Grass Valley, Calif. – Nevada Union), Ahdra Klingler (G, 5-9, Grants Pass, Ore. – Grants Pass), Cali McClave (G, 5-9, Corvallis, Ore. – Crescent Valley), Alexis Wright (C, 6-2, Reno, Nev. – Damonte Ranch).

**Top Transfers:** Kaelin Williams-Kennedy (F, 5-10, Jr., Tacoma, Wash. – Pierce CC).

### WESTERN WASHINGTON

**Head Coach:** Carmen Dolfo (Western Washington, 1986, 590-236, 29th Season)

**Assistant Coaches:** Stacey Turrell, Kayla Bernsen, Zach Phelps

**2018-19 Overall Record:** 17-13

**GNAC Record (Finish):** 11-9 (Tie 5th, Advanced To GNAC Championships Semifinals)

**Total Players Returning/Lost:** 10/1

**Starters Returning/Lost:** 5/0

**Returning Starters:** Lexie Bland (G, 5-6, Sr., Ellensburg, Wash., Honorable Mention All-GNAC, 9 ppg, 3.6 rpg, 98 assists, 45 steals), Emma Duff (G, 6-0, Jr., Tumwater, Wash., 9.5 ppg, 5.1 rpg, .733 FT Pct., 59 assists, 19 blocks, 22 steals), Avery Dykstra (G, 5-10, So., Everson, Wash., 4.4 ppg, 2.5 rpg, 75 assists, 23 steals), Kelsey Rogers (F, 6-1, Jr., Bothell, Wash., Honorable Mention All-GNAC, 12 ppg, 5.1 rpg, .520 FG Pct., .735 FT Pct., 31 assists, 37 blocks, 30 steals), Anna Schwecke (C, 6-3, Sr., Evergreen, Colo., Second Team All-GNAC, 11.8 ppg, 7.6 rpg, .566 FG Pct., .774 FT Pct., 31 assists, 34 blocks, 36 steals).

**Other Returning Players:** Gracie Castaneda (G, 5-8, Jr., Arlington, Wash., 5.5 ppg, 2.7 rpg, .429 FG Pct., 53 assists), Monique Fierke (G, 5-7, So., Monroe, Wash., 0.8 ppg), Katrina Gimmaka (F, 5-11, So., Everson, Wash., 4.5 ppg, 3.6 rpg, .467 FG Pct., .744 FT Pct.), Dani Iwami (G, 5-8, Jr., Seal Beach, Calif., 12.1 ppg, 3 rpg, Missed 22 Games Due To Injury), Mollie Olson (G, 5-10, So., Napavine, Wash., 3.7 ppg, 1.3 rpg, 45 assists).

**Key Losses:** Bobbi Westendorf (G).

**Top Freshmen:** Gabby Ronngren (F, 6-0, Anacortes, Wash. – Anacortes), Carley Zaragoza (C, 6-1, El Dorado, Calif. – Union Mine).

**Top Transfers:** Maddison Coleman (G, 6-0, Jr., Sacramento, Calif. – Sacramento CC).