



2019-20 GNAC WOMEN'S BASKETBALL ALL-CONFERENCE TEAM

Player of the Year: Avery Albrecht, Northwest Nazarene
Coach of the Year: Ryan McCarthy, Alaska Anchorage
Defensive Player of the Year: Ozioma Nwabuko, Simon Fraser
Freshman of the Year: Dorcas Wu, Concordia
Newcomer of the Year: Jocelyn Gandara, Alaska

FIRST TEAM

Name	School	Pos.	Ht.	Yr.	Hometown (Previous School)
*+ Avery Albrecht	Northwest Nazarene	G	5-9	Sr.	La Grande, Ore. (La Grande)
*@ Jessica Jones	Simon Fraser	G	5-9	Jr.	Richmond, B.C. (McMath)
+^ Alexis Pana	Central Washington	G	5-9	Sr.	Hilo, Hawaii (Hilo)
*# Anna Schwecke	Western Washington	C	6-3	Sr.	Evergreen, Colo. (Univ. of Colorado-Colorado Springs)
@^ Yazmeen Goo	Alaska Anchorage	G	5-10	Sr.	Daly City, Calif. (Westmoor)
* Safiyah Yasin	Alaska Anchorage	G	5-6	Sr.	Oakland, Calif. (Diablo Valley Coll.)

SECOND TEAM

Name	School	Pos.	Ht.	Yr.	Hometown (Previous School)
Bria Thames	Saint Martin's	F	6-0	Sr.	Beaverton, Ore. (Umpqua CC)
# Marina Valles	Northwest Nazarene	G	5-8	Sr.	Barcelona, Spain (Sant Gervasi)
@ Cassidy Malcolm	Central Washington	F	5-11	Jr.	Ellensburg, Wash. (Ellensburg)
Claire Dingus	Saint Martin's	F	6-0	So.	Spokane Valley, Wash. (University)
Jocelyn Gandara	Alaska	G	5-9	Jr.	El Paso, Texas (Lassen CC)
@ Lexie Bland	Western Washington	G	5-6	Sr.	Ellensburg, Wash. (Ellensburg)
# Ozioma Nwabuko	Simon Fraser	F	5-11	Jr.	Port Coquitlam, B.C. (Riverside)

HONORABLE MENTION

Name	School	Pos.	Ht.	Yr.	Hometown (Previous School)
Tennae Voliva	Alaska Anchorage	F	6-0	Jr.	Anchorage, Alaska (East Anchorage)
Samantha Bowman	Central Washington	C	6-2	So.	Zillah, Wash. (Zillah)
Kaelie Flores	Central Washington	F	6-0	Sr.	Keizer, Ore. (McNary)
# Olivia Vezaldenos	Concordia	G	5-7	Jr.	Manteca, Calif. (East Union)
Dorcas Wu	Concordia	F	6-0	Fr.	Chino Hills, Calif. (Chino Hills)
@ Hannah Collins	Montana State Billings	G	5-5	Jr.	Great Falls, Mont. (Great Falls)
Jeanann Lemelin	Montana State Billings	G	5-6	Sr.	Billings, Mont. (Billings Senior)
@ Taryn Shelley	Montana State Billings	F	6-3	So.	Shoreline, Wash. (Washington State Univ.)
Hailee Bennett	Seattle Pacific	G	5-7	Sr.	Kalispell, Mont. (Glacier)
Ashlynn Burgess	Seattle Pacific	F	5-10	Jr.	Eagle River, Alaska (Wenatchee Valley CC)
@ Tayler Drynan	Simon Fraser	G	5-7	Sr.	Spokane, Wash. (Gonzaga Prep)
Keyonna Jones	Western Oregon	G	5-6	Jr.	Bothell, Wash. (Bothell)
Emma Duff	Western Washington	G	6-0	Jr.	Tumwater, Wash. (Black Hills)

* - Unanimous Selection
 + - First Team Selection in 2018-19
 # - Second Team Selection in 2018-19
 @ - Honorable Mention In 2018-19
 ^ - Honorable Mention in 2017-18