

2005-06 UW-River Falls Basketball

General Information

School: UW - River Falls

Location: River Falls, Wis.

Address: 410 S. Third St.
River Falls, WI 54022

Founded: 1874

Enrollment: 5,800

Nickname: Falcons

School colors: Red and White

Home Court/capacity: 2,000

Affiliation: NCAA Div. III

Conference: Wisconsin Intercollegiate Athletic Conference

Athletic director: Rick Bowen (715-425-3246)

Athletic trainer: Gary Eloranta (715-425-3130)

Sports Information director: Jim Thies (715-425-3846)

Basketball History

First year of basketball: Stats date back to 1976

WIAC Championships: (2) 1988, 1989

Coaching Staff

Head Coach: Cindy Hovet

Alma Mater: UW-Stout

Record at School: 72-63

Career Record: 72-63

Vs Eau Claire: 3-10

Vs Platteville: 7-3

Vs Winona St.: 1-0

Assistant Coaches: Kathy Holbrook, Mara Reif-Wenner

Team Information

Overall 2004-05 Record: 17-8

2004-05 Record at Home: 8-3

2004-05 Record on Road: 8-5

WIAC record, finish: 10-6, 4th

Letter Winners returning, lost: 7/9

UW-River Falls (3-4, 1-1 WIAC)

vs.

Eau Claire (3-4, 0-2 WIAC)

Wednesday, Dec. 7, 7 p.m.

Karges Center, River Falls, Wis.

The Game

-The Falcons host Eau Claire for the first time since being eliminated by them in the first round of the WIAC Playoffs last year.

-Traci Reimann is the only member of the WIAC averaging a double-double, she averages 14.6 points and 10.4 rebounds per game.

-Michelle Burns leads the Blugolds, averaging 13.7 points per game.

-River Falls leads the conference in three point field goals made and Eau Claire ranks last.

UW-River Falls (3-4, 1-1 WIAC)

vs.

Platteville (4-3, 1-0 WIAC)

Saturday, Dec. 10, 7 p.m.

Platteville, Wis.

The Game

-The Falcons defeated Platteville in both games last season.

-Holly Kaiser is 3rd in the WIAC, averaging 17.3 points per game for the Pioneers.

UW-River Falls (3-4, 1-1 WIAC)

vs.

Winona St. (4-4, 0-0 NSIC)

Sunday, Dec. 11, 2 p.m.

Winona, Minn.

The Game

-The Warriors are the first Division II team the Falcons play this year

Preseason SID Poll

	<u>04-05 Record</u>
1. Stout (8)	(24-7, 12-4)
2. Oshkosh (1)	(22-6, 11-5)
3. Stevens Point	(21-6, 12-4)
4. Eau Claire	(16-11, 8-8)
5. River Falls	(17-8, 10-6)
6. Whitewater	(14-12, 7-9)
7. La Crosse	(11-15, 4-12)
8. Platteville	(13-13, 6-10)
9. Superior	(5-20, 2-14)

2005-06 WIAC Basketball Information**WIAC STANDINGS**

	WIAC W-L	Overall W-L
La Crosse	2-0	7-0
Oshkosh	2-0	6-1
Platteville	1-0	4-3
Stevens Point	1-1	5-2
Stout	1-1	4-2
River Falls	1-1	3-4
Whitewater	0-1	3-2
Eau Claire	0-2	3-4
Superior	0-2	1-3

This week's games:**12/7**

Eau Claire at River Falls	7 p.m.
La Crosse at Platteville	5:45 p.m.
Superior at Stout	7 p.m.
Whitewater at Stevens Point	7 p.m.

12/10

River Falls at Platteville	7 p.m.
Carroll at Eau Claire	3 p.m.
Stevens Point at La Crosse	3 p.m.
Stout at Oshkosh	3 p.m.
Superior at Whitewater	5 p.m.

Last week's games:**11/30**

River Falls 70, Superior 53
 La Crosse 76, Whitewater 64
 Oshkosh 69, Stevens Point 62
 Augustana (IL) 60, Platteville 54
 Stout 82, Eau Claire 62

12/3

Stevens Point 71, River Falls 60
 La Crosse 72, Eau Claire 63
 Oshkosh 76, Superior 54
 Platteville 63, Stout 54

UW-RF's Record When...

	04-05	05-06
Ahead at the half	14-3	3-1
Behind at the half	3-5	0-2
Tied at the half	0-0	0-1
Better FG% than opponent	12-2	2-1
Worse FG% than opponent	5-6	1-3
Same FG% as opponent	0-0	0-0
Try more than 15 3FG's	8-5	2-3
Try less than 15 3FG's	9-3	1-1
Shoot more FT's than opp.	9-2	3-0
Shoot less FT's than opp.	8-6	0-4
Outrebound opp.	9-3	2-0
Tied or outrebounded by opp.	8-5	1-4
More turnovers than opp.	5-5	0-2
Less turnovers than opp.	12-3	2-2
Same amount of TO's	0-0	1-0
Score less than 50 pts.	1-2	0-0
Score 50-59 pts.	2-2	0-2
Score 60-69 pts.	9-4	0-2
Score 70-79 pts.	4-0	2-0
score 80+ pts.	1-0	1-0
Allow less than 50 pts.	6-0	0-0
Allow 50-59 pts.	7-2	1-0
Allow 60-69 pts.	4-5	1-3
Allow 70-79 pts.	0-0	1-1
Allow 80+ pts.	0-1	0-0
Overtime	1-1	0-1
Home games	8-3	1-0
Road games	8-5	1-4
Neutral site games	1-0	1-0

UWRF Sports Information

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Head Coach - Cindy Hovet

Cindy Hovet enters her sixth year as the head basketball coach at UW-River Falls with the 2005-06 season.

Hovet was inducted into the UW-Stout Athletic Hall of Fame in November. She is the only person who has been named a WIAC Coach of the Year (2001) and named a WIAC Player of the Year (1994).

The 2004-05 Falcons had another fine season finishing 17-8 overall and 10-6 and in fourth place in the highly competitive WIAC. The 17 wins and 10 WIAC victories were the second most by a Hovet coached team. She needs just six wins to reach 75 in her career. She has coached five players who have received All-WIAC honors; including Erin Effle who was the 2005 WIAC women's basketball Scholar-Athlete.

The 2003-04 season concluded with a 13-13 overall record, and 4-12 in the WIAC. Although the team didn't do as well in conference play as they had hoped, they managed to put together a perfect 9-0 non-conference record. That perfect record included impressive victories against two NCAA national tournament qualifiers, Lakeland College (22-6) and Maryville University (23-3). Both Lakeland and Maryville went undefeated and were champions of their respective conferences, which again highlights the strength and parity in the WIAC where the Falcons finished seventh in 2003-04.

The Falcons will take on another strong schedule in 2005-06. Besides facing each of the WIAC teams twice, the Falcons have nine non-conference games. The Falcons will play at St. Thomas on Nov. 27. The Tommies have won more MIAC titles (10) than any other institution. The Falcons also play a road game at NCAA Div. II Winona State (Dec. 11). In all the Falcons play six games against teams that were either ranked or earned votes in the D3hoops.com preseason Top 25 poll.

The two years prior to last season, the Falcons have finished in sixth place in the WIAC with a 10-15 overall record in 2002-03 and 11-15 in 2001-02. Hovet's first season at the helm for UWRF was the program's most successful since 1988-89. With an 18-8 overall record, they tied for third place in the conference. Hovet was named the WIAC Coach of the Year for the team's accomplishments that season.

Hovet was the UWRF head tennis coach and assistant basketball coach for five years before taking over the basketball program in 2000-01. Her playing career was also in the WIAC. As a student-athlete at UW-Stout she was a two-time All-WIAC first team selection in 1993 and 1994. Her senior season she was named the 1994 WIAC Player of the Year and earned All-American honors. She was named to the second All-WIAC team in 1992. She helped the Blue Devils to a 76-27 record and berths in both the NCAA Division III and NAIA National Tournaments for four seasons.

Hovet received her Psychology undergraduate degree and Coaching minor from UW-Stout. She completed here Master's Degree in Kinesiology with an emphasis in Sport Psychology and Sociology at the University of Minnesota. She currently teaches at UWRF in the health & human performance department along with her coaching duties.



Year	W	L	Pct	WIAC Place
2005-06	3	4	.428	
2004-05	17	8	.680	10-6, 4th
2003-04	13	13	.500	4-12, tie 7th
2002-03	10	15	.400	4-12, tie 6th
2001-02	11	15	.423	5-11, tie 6th
2000-01	18	8	.692	11-5, tie 3rd
Totals	72	63	.533	35-49, .416



2005-06 Statistics, 2005-06 Schedule and Results

Name	GP	GS	MIN	AVG	FG	FGA	PCT	3FG	FGA	PCT	FT	FTA	PCT	OR	DR	TR	AVG	PF	FO	A	TO	BK	ST	PTS	AVG
Traci Reimann	7	7	226	32.3	37	83	.446	1	5	.200	27	51	.529	32	41	73	10.4	19	1	18	32	1	11	102	14.6
Melanie Preiner	7	7	247	35.3	31	74	.419	14	36	.389	15	17	.882	14	24	38	5.4	25	1	25	17	3	24	91	13.0
Miranda Biteler	7	7	229	32.7	30	91	.330	11	34	.324	12	17	.706	13	12	25	3.6	19	1	31	21	0	13	83	11.9
Megan Lindman	7	7	173	24.7	27	60	.450	0	0	.000	6	10	.600	12	23	35	5.0	21	0	1	14	4	16	60	8.6
Krista Cordes	7	4	162	23.1	19	48	.396	6	24	.250	8	11	.727	8	14	22	3.1	12	0	8	7	3	7	52	7.4
Jana Benitz	5	0	71	14.2	8	17	.471	4	9	.444	11	15	.733	4	5	9	1.8	9	0	5	7	0	5	31	6.2
Meghan Hunstock	7	0	39	5.6	7	15	.467	0	1	.000	1	3	.333	3	4	7	1.0	2	0	2	1	0	1	15	2.1
Jodi Kauth	2	0	4	2.0	2	3	.667	0	0	.000	0	0	.000	0	0	0	0.0	0	0	0	1	0	0	4	2.0
Chisato Nakaike	7	3	67	9.6	4	17	.235	3	9	.333	1	2	.500	1	3	4	0.6	4	0	1	2	1	1	12	1.7
Kim Sorenson	7	0	143	20.4	4	20	.200	0	0	.000	3	9	.333	7	13	20	2.9	12	0	11	20	2	12	11	1.6
Caitlin Hunstock	7	0	58	8.3	4	10	.400	0	5	.000	2	2	1.000	1	7	8	1.1	3	0	4	6	0	0	10	1.4
Ellyn Shun	2	0	4	2.0	0	4	.000	0	4	.000	0	0	.000	1	1	2	1.0	0	0	0	1	0	0	0	0.0
Justine Speckel	2	0	2	1.0	0	0	.000	0	0	.000	0	0	.000	0	1	1	0.5	0	0	0	0	0	0	0	0.0
Team														14	14	28	4.0				1				
Total	7			173	442	391	39	127	307	86	137	628	110	162	272	38.9	126	3	106	130	14	90	471	67.3	
Opponents	7			157	380	413	44	129	341	92	134	687	79	186	265	37.9	127	4	96	163	22	58	450	64.3	

3-4 overall, 0-0 WIAC Home 1-0, Away 1-4, Neutral 1-0

Date	W/L	Score	Opponent	Leading scorers	Leading rebounders
Nov. 18	W	95-61	Finlandia [^]	Lindman 18, Biteler 18	Reimann 16, Preiner 9
Nov. 19	L	63-54	Kalamazoo [^]	Reimann 17	Reimann 12, Preiner 7
Nov. 22	L	53-65	at Hamline	Cordes 12, Biteler 10	Reimann 8, Biteler 6
Nov. 26	W	75-71	Viterbo	Reimann 25, Preiner 16	Reimann 13, three tied w/3
Nov. 27	L	64-66(OT)	at St. Thomas	Biteler 16, Reimann 15	Reimann 11, two tied w/6
Nov. 30	W	70-53	at Superior*	Preiner 20, Lindman 14	Reimann 7, Benitz 6
Dec. 3	L	71-60	at Stevens Point*	Preiner 15, two w/13	Reimann 6, three w/5
Dec. 7			Eau Claire*		
Dec. 10			at Platteville		
Dec. 11			at Winona		
Dec. 14			Macalester		
Dec. 16			Northwestern		
Jan. 2			St. Scholastica		
Jan. 7			Whitewater*		
Jan. 11			Stoutr*		
Jan. 14			at Oshkosh*		
Jan. 18			La Crosse*		
Jan. 21			Stevens Point*		
Jan. 25			Superior*		
Jan. 28			Oshkosh*		
Feb. 1			at Stout*		
Feb. 4			Platteville*		
Feb. 8			at Eau Claire*		
Feb. 11			at Whitewater*		
Feb. 15			at La Crosse*		

[^] at Kalamazoo Tournament

* WIAC Games

2005-06 UW-River Falls Women's Basketball Roster
as of Oct. 31 - Numerical

No	Name	Pos.	Hgt.	Yr.	Hometown/High School
12	Miranda Biteler	G	5-8	Sr.	Chanhassen, MN/Chaska
14	Chisato Nakaike	G	5-8	Sr.	Fukui, Japan/Shogyo
20	Melanie Preiner	G	5-6	Jr.	Stillwater, MN
21	Kim Sorenson	G	5-4	So.	Blaine, MN
23	Jana Benitz	G	5-7	So.	Plum City, WI
24	Justine Speckel	G	5-10	Fr.	Buffalo, MN
25	Traci Reimann	P	6-0	Jr.	North Branch, MN
33	Ellyn Shun	G	5-9	Jr.	Mounds View, MN/Irondale
34	Caitlin Hunstock	P	5-10	So.	Minneapolis, MN/South
40	Jodi Kauth	P	6-0	Fr.	Granton, WI
42	Meghan Hunstock	P	5-11	So.	Minneapolis, MN/South
43	Krista Cordes	G	5-9	Jr.	Farmington, MN
44	Megan Lindman	P	6-0	Jr.	Rochester, MN/Mayo

Head coach: Cindy Hovet

Assistant coaches: Kathy Holbrook, Mara Reif-Wenner

Mangers: Janelle Yang-Fellenz, Lori Klevem, Amanda Conrad

2005-06 UW-River Falls Women's Basketball Roster - Alphabetical

No	Name	Pos.	Hgt.	Yr.	Hometown/High School
23	Jana Benitz	G	5-7	So.	Plum City, WI
12	Miranda Biteler	G	5-8	Sr.	Chanhassen, MN/Chaska
43	Krista Cordes	G	5-9	Jr.	Farmington, MN
34	Caitlin Hunstock	P	5-10	So.	Minneapolis, MN/South
42	Meghan Hunstock	P	5-11	So.	Minneapolis, MN/South
40	Jodi Kauth	P	6-0	Fr.	Granton, WI
44	Megan Lindman	P	6-0	Jr.	Rochester, MN/Mayo
14	Chisato Nakaike	G	5-8	Sr.	Fukui, Japan/Shogyo
20	Melanie Preiner	G	5-6	Jr.	Stillwater, MN
25	Traci Reimann	P	6-0	Jr.	North Branch, MN
33	Ellyn Shun	G	5-9	Jr.	Mounds View, MN/Irondale
21	Kim Sorenson	G	5-4	So.	Blaine, MN
24	Justine Speckel	G	5-10	Fr.	Buffalo, MN

UW-River Falls vs. UW-Eau Claire -- Last Meeting

Feb. 21, 2005 at Karges Center, River Falls, Wis. -- Eau Claire 62, River Falls 43

The Falcon Women fell in the first round of the WIAC Conference tournament to Eau Claire on Monday night, 62-43. The Falcons beat the Blugolds in their first two meetings this year, but fell short the third time around. After never trailing on Saturday against the Blugolds it looked as if the Falcons may have been in for another easy victory, but Eau Claire fans came into Karges Center with an abundance of energy and the Blugolds fed off their fans presence.

The Falcons led early but squandered it away when UWEC senior Katie Murphy stole the ball and took it the length of the floor to give the Blugolds a 9-8 lead with 15:10 to play in the first half. Falcons guard Miranda Biteler answered back with a three moments later to tie the game at 11-11. After the Falcons tied the game, Eau Claire went on a 4-0 run over nearly a four minute time span. The Falcons then scored on a layup by Megan Lindman with 9:19 to play to bring the Falcons within two. The Falcons then went on their longest drought of the game, going five and a half minutes without a bucket. By the time the Falcons scored the Blugolds had a 22-15 lead, that proved to be insurmountable. After reserve guard Emilee Planert knocked down two three point baskets in the last two minutes of the half the Blugolds had a 32-19 lead.

Eau Claire scored the first seven points in the second half and took a 20 point lead. With 12:46 remaining in the ball game the Falcons began to battle back. Chantele Melgaard knocked down a three to bring the Falcons within 14, then moments later Shannon Zweifel hit a three after Traci Reimann knocked down a couple free throws to bring the game within 11. With 7:07 to play Melgaard banked in another three pointer and the Falcons deficit was only eight, with Eau Claire leading 44-36. The next possession the Blugold's leading scorer, Jessica Dickey drove in the lane and drew a foul, while making a tough basket. She knocked down the free throw and the Blugolds took an 11 point lead. The lead ballooned from there with Eau Claire leading by 21 with 1:14 to play. Eau Claire finished the game, beating the Falcons 62-43. The loss was the first ever by a #4 seed to a #5 seed in the Women's WIAC Tournament.

Erin Effle led the Falcons once again, in her final game as a Falcon, scoring 11 points on 4-9 shooting from the field and 3-5 from the free throw line. She also picked up eight rebounds, including four offensive. Biteler scored eight points, while picking up three assists and three steals. Reimann finished the game scoring six points and grabbed a game high 12 rebounds. Chantele Melgaard added six points, seven rebounds and a team high four steals. Melanie Preiner led the Falcons with four assists.

Eau Claire finished with four players in double figures. Emilee Planert led the Blugolds with 13 points, seven more than her season average. Rachel Becker, Michelle Burns and Dickey also scored in double figures for the Blugolds.

The Falcons finished the game shooting 29 percent from the field (15-52) and 25 percent from beyond the arc (6-24). The Falcons and Blugolds each finished the game with 41 rebounds. The Blugolds were able to control the ball better than the Falcons, finishing with 14 turnovers, including only five in the second half. The Falcons finished with 23 turnovers.

UW-River Falls vs. UW-Platteville -- Last Meeting

Feb. 12, 2005 at Stevens Point -- River Falls 69, Platteville 54

The Falcons (15-7, 8-6) outscored visiting Platteville (12-11, 5-9) 44-27 in the second half to secure a victory and give the women a two game winning streak on Saturday afternoon at the Karges Center.

The Falcons fell behind early, trailing 10-2 with 15:12 to play in the first half and 18-6 with 10:16 remaining. The Falcons then went on a 17-3 run over the next 11 minutes to take a 23-21 lead on a layup by Megan Lindman. The game remained close with Platteville leading going into the half 27-25.

The Falcons came out of the gates quickly in the second half taking a 32-27 lead on a lay-up by Erin Effle. After Traci Reimann knocked down two free throws with 10:57 to play the Falcons had what proved to be an insurmountable lead of 50-37. Platteville never got closer than within eight throughout the rest of the game and the Falcons finished with a 69-54 victory.

Erin Effle led the Falcons with 17 points on 7-11 shooting from the field and picked up seven rebounds and three blocks. Lindman played strong off the bench once again, picking up 12 points and a team high in rebounds with eight and blocked shots with four. Melanie Preiner added 13 points, while knocking down 3-3 from three point range in the second half. She also grabbed four rebounds, two assists and two steals. Miranda Biteler finished the game with eight points and a team high four assists.

The Falcons forced 29 turnovers for visiting Platteville and only relinquished possession 18 times themselves. The Falcons took advantage of the disparity in turnovers, scoring 37 points off them. The Falcons also dominated points in the paint, scoring 38 points, mostly on baskets from Lindman and Effle early in the second half. The Falcons finished the game shooting 46 percent from the floor on 26-54 shooting. Platteville finished shooting 35 percent from the floor. On the game, the score was tied four times and the lead changed three times.

**UW-River Falls vs. Winona St.-- Last Meeting
Nov. 18, 2000 at Winona St.-- River Falls 86, Winona St. 85**

The Falcons won the Winona St. Tournament with a 86-85 overtime win against host Winona St. Saturday afternoon.

Andrea Long scored five of the team's eight points in the extra session. She scored 28 points and grabbed 18 rebounds for the game.

Melissa McKernon added 20 points. Sarak Pollock chipped in 15, and Mara Reif Wenner tallied 13 for the Falcons.

The Falcons led after the first half 39-37, but the Warriors came back to tie the score after regulation. Winona St. had a chance to win at the end, but a missed free throw by Amanda Brown with :07 remaining sealed the fate for the Warriors.

**2/12/05
River Falls 69
Platteville 54
at River Falls, Wis.**

River Falls (fgm-fga, ftm-fta, pts.): Biteler 3-6, 2-2, 8, Preiner 5-7, 0-0, 13, Reimann 1-4, 5-6, 7, Melgaard 2-11, 2-2, 6, Effle 7-11, 2-5, 17, Astedt 2-6, 0-0, 4, Nakaike 0-0, 0-0, 0, Marquardt 0-1, 2-2, 2, Cordes 0-0, 0-0, 0, Lindman 6-10, 0-2, 12, Totals 26-56, 3-19, 69

Platteville (fgm-fga, ftm-fta, pts.): Lalko 0-1, 0-0, 0, Adrian 3-4, 2-2, 9, Wubben 5-13, 1-6, 13, Kaiser 5-12, 6-6, 16, Boatman 2-4, 0-0, 4, Fritz 2-7, 0-0, 6, Korth 0-2, 4-4, 4, Tesch 0-5, 2-2, 2, Totals 17-48, 5-20, 54.

Rebound Leader: RF-Lindman, 8; P-Kaiser, 7

Assist Leader: RF-Biteler, 4; P-Lalko, Adrian, 3

Halftime: P 27, RF 25

**2/21/05
Eau Claire 62
River Falls 43
at River Falls, Wis.
(WIAC Playoffs)**

River Falls (fgm-fga, ftm-fta, pts.): Biteler 3-7, 0-0, 8, Preiner 1-10, 0-0, 2, Reimann 1-3, 3-4, 6, Melgaard 2-8, 0-0, 6, Effle 4-9, 3-5, 11, Astedt 0-1, 0-0, 0, Nakaike 0-0, 0-0, 0, Zweifel 1-2, 0-0, 3, Hall 1-1, 0-0, 0, Sticha 0-0, 0-0, 0, Hennen 0-0, 0-0, 0, Cordes 1-6, 1-2, 3, Lindman 1-5, 0-0, 2, Totals 15-52, 7-11, 43.

Eau Claire (fgm-fga, ftm-fta, pts.): Planert 5-13, 0-0, 13, Murphy 3-8, 0-0, 7, Dickey 4-14, 2-3, 10, Burns 3-7, 4-8, 10, Becker 4-9, 4-4, 12, Leafblad 2-7, 1-2, 6, Van Drasek 2-2, 0-0, 4, Charboneau 0-0, 0-0, 0, Carstensen 0-0, 0-0, 0, Totals 23-60, 11-17, 62.

Rebound Leader: EC-Burns, 8; RF-Reimann, 12

Assist Leader: EC-Dickey, 4; RF-Preiner, 4

Halftime: EC 32, RF 19