Women's Basket Ball

2008-09 UW-River Falls Women's Basketball Roster
Dec. 4

<table>
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<tr>
<th>No</th>
<th>Name</th>
<th>Pos.</th>
<th>Hgt.</th>
<th>Yr.</th>
<th>Hometown/Last Team</th>
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<tr>
<td>12</td>
<td>Tessa Rohl</td>
<td>G</td>
<td>5-7</td>
<td>Sr.</td>
<td>Buffalo, MN</td>
</tr>
<tr>
<td>14</td>
<td>Katie Theisen</td>
<td>G</td>
<td>5-6</td>
<td>Jr.</td>
<td>Andover, MN/Univ. of Mary</td>
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<tr>
<td>21</td>
<td>Tess Lardie</td>
<td>G</td>
<td>5-8</td>
<td>So.</td>
<td>Eagan, MN</td>
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<tr>
<td>22</td>
<td>Taylor House</td>
<td>F</td>
<td>5-11</td>
<td>Fr.</td>
<td>Maple Grove, MN</td>
</tr>
<tr>
<td>23</td>
<td>Tiffany Gregorich</td>
<td>G</td>
<td>5-5</td>
<td>Fr.</td>
<td>Altoona, WI</td>
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<tr>
<td>24</td>
<td>Jenna Hanson</td>
<td>G</td>
<td>5-6</td>
<td>Sr.</td>
<td>Altoona, WI/Winona State</td>
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<tr>
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<td>Lauren Pellowski</td>
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<td>5-6</td>
<td>So.</td>
<td>St. Paul, MN/Tartan HS</td>
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<td>33</td>
<td>Kelli Hilt</td>
<td>G</td>
<td>5-6</td>
<td>Jr.</td>
<td>Lakeville, MN/North HS</td>
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<td>35</td>
<td>Maranda Dohrm</td>
<td>F</td>
<td>6-0</td>
<td>Fr.</td>
<td>Lake City, MN</td>
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<tr>
<td>40</td>
<td>Alise Holst</td>
<td>F</td>
<td>5-8</td>
<td>Fr.</td>
<td>Plainview, MN/Plainview-Elgin-Millville HS</td>
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</tbody>
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Head coach: Cindy Hovet

Assistant coaches: Kathy Hollbrook, Mike Babler

Managers: Brittany Johnson, Jillian Peterson, Krista Crabb

### The Falcons

#### Jenna Hanson

- Guard
- 5-6
- Senior
- #24
- Altoona, Wisconsin
- * WIAC Scholastic Honor Roll 2008

#### Tessa Rohl

- Guard
- 5-7
- Senior
- #12
- Buffalo, Minnesota
- * WIAC Scholastic Honor Roll 2006
- * WIAC Scholastic Honor Roll 2008

#### Kelli Hilt

- Guard
- 5-6
- Junior
- #33
- Lakeville, Minnesota
- * Most Steals Award Winner 2008
- * WIAC Scholastic Honor Roll 2006

#### Katie Theisen

- Guard
- 5-6
- Junior
- #14
- Andover, Minnesota

#### Tess Lardie

- Guard
- 5-8
- Sophomore
- #21
- Eagan, Minnesota

Letters: 1

Last Team:

Winona State

Letters: 2

High School:

Buffalo

Letters: 2

High School:

North

Letters: 1

Last Team:

University of Mary

Letters: 1

High School:

Eagan
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<td>Sophomore</td>
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<tr>
<td>Maranda Dohrn</td>
<td>Forward</td>
<td>Freshman</td>
<td>35</td>
<td>Lake City, Minnesota</td>
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<tr>
<td>Tiffany Gregorich</td>
<td>Guard</td>
<td>Freshman</td>
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<td>Altoona, Wisconsin</td>
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<tr>
<td>Alise Holst</td>
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<td>Taylor House</td>
<td>Forward</td>
<td>Freshman</td>
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<td>Maple Grove, Minnesota</td>
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### Schedule

14-12 Overall, 7-11 WIAC

- **Nov. 9** Wisconsin 71, River Falls 38 (Exhibition)
- **Nov. 18** River Falls 63, Northwestern 42
- **Nov. 21** at Northwestern College Tournament
  - Judson 53, River Falls 49
- **Nov. 22** at Northwestern College Tournament
  - River Falls 84, North Central 17
- **Nov. 25** River Falls 67, St. Mary’s 49
- **Nov. 29** River Falls 97, Grinnell 37

- **Dec. 3** River Falls 71, Viterbo 48
- **Dec. 6** River Falls 53, Oshkosh 43*
  - Dec. 10 Stout 80, River Falls 57*
- **Dec. 13** River Falls 78, Platteville 55*
  - Dec. 18 Hamline 78, River Falls 56
  - Dec. 30 River Falls 65, St. Scholastica 55

- **Jan. 3** Whitewater 66, River Falls 52*
  - Jan. 7 Stevens Point 71, River Falls 51*
- **Jan. 14** River Falls 72, Superior 59*
  - Jan. 17 Eau Claire 55, River Falls 51*
  - Jan. 21 La Crosse 71, River Falls 54*
- **Jan. 26** River Falls 73, Martin Luther 55
  - Jan. 28 Stevens Point 75, River Falls 49*
  - Jan. 31 Platteville 61, River Falls 43*

- **Feb. 4** River Falls 88, Superior 62*
- **Feb. 7** River Falls 69, Eau Claire 63*
- **Feb. 11** River Falls 58, La Crosse 56*
  - Feb. 14 River Falls 74, Oshkosh 65*
- **Feb. 18** Stout 84, River Falls 62*
- **Feb. 21** Whitewater 68, River Falls 56*
  - Feb. 24 Eau Claire 62, River Falls 47 WIAC First Round

* WIAC Games
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<td>Feb. 24</td>
<td>Zorn Arena - Eau Claire, Wis.</td>
<td>UW-Eau Claire 62, UW-River Falls 47</td>
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<td>Feb. 21</td>
<td>River Falls, Wis.</td>
<td>UW-Whitewater 68, UW-River Falls 56</td>
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<td>River Falls, Wis.</td>
<td>UW-Stout 84, UW-River Falls 62</td>
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<td>River Falls, Wis.</td>
<td>UW-River Falls 58, UW-La Crosse 56</td>
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<td>River Falls, Wis.</td>
<td>UW-River Falls 69, UW-Eau Claire 63</td>
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<td>Mertz Mortorelli Gym (Superior, WI)</td>
<td>UW-River Falls 88, UW-Superior 62</td>
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<td>Bo Ryan Court, UW-Platteville</td>
<td>UW-Platteville 61, UW-River Falls 43</td>
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<td>UW-River Falls 73, Martin Luther 55</td>
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<td>Jan. 21</td>
<td>La Crosse, Wis. (Mitchell Hall)</td>
<td>UW-La Crosse 71, UW-River Falls 54</td>
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<td>Zorn Arena - Eau Claire, Wis.</td>
<td>UW-Eau Claire 55, UW-River Falls 51</td>
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<td>River Falls, Wis.</td>
<td>UW-River Falls 72, UW-Superior 59</td>
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<td>Kachel Gym, Williams Center - Whitewater</td>
<td>UW-Whitewater 66, UW-River Falls 52</td>
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<td>Reif Gym (Duluth, Minn.)</td>
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<td>UW-Stout 80, UW-River Falls 57</td>
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<td>Dec. 6</td>
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<td>UW-River Falls 53, UW-Oshkosh 43</td>
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<td>Dec. 3</td>
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<td>UW-River Falls 84, North Central 17</td>
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<td>Judson University 53, UW-River Falls 49</td>
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<td>Ericksen Center</td>
<td>UW-River Falls 63, Northwestern 43</td>
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</table>


**Falcon News**

**Gregorich Earns All-WIAC Honorable Mention; Hilt Named to All-Sportsmanship Team**

**March 5, 2009**

Guards Tiffany Gregorich (Fr., Altoona, Wis.) and Kelli Hilt (Jr., Lakeville, Minn. North HS) have both named named to All-WIAC teams.

Gregorich earned honorable mention and Hilt was named to the All-Sportsmanship team.

Gregorich, 5-5, led the Falcons in scoring averaging 12.3 points a game. She led the Falcons with 36 three-pointers and scored on 36-103 (.350) three-pointers. She also led the team in assists (65) and steals (63). Gregorich, who averaged 2.7 rebounds a game, played in all 26 games and started 10 times. She scored in double figures 15 times and had a season-high 29 points in a 78-55 win over UW-Platteville on Dec. 13. Gregorich had a season-high seven assists in a game against UW-Stout on Feb. 18. She twice had five steals in a game - on Dec. 18 at Hamline and again on Feb. 11 against UW-La Crosse. She was named the team's Player of the Week four times during the season.

Hilt, 5-6, averaged 7.4 points and 3.4 rebounds a game. She scored a season-high 17 points in an 88-62 win at UW-Superior on Feb. 4. Hilt scored in double figures in nine games. She finished the season with 43 assists and 45 steals. The WIAC's All-Sportsmanship team is for individuals that displayed exemplary sportsmanship throughout the season. The team included one member from each school as selected by that school.

**Falcons Lose WIAC Playoff Game at Eau Claire**

**Feb. 24, 2009**

The Falcon women's basketball team fell short against UW-Eau Claire, 62-47, at Zorn Arena Tuesday night in a WIAC playoff game.

EC jumped out to a quick 6-0 lead before the Falcons answered. The Falcons followed with a 10-2 run of their own to give RF a two point advantage with 14:29 remaining in the first half. EC quickly regained the lead, however, and maintained a six point advantage at halftime, 25-19.

The Blugolds would keep the lead throughout the second half. The Falcons cut the EC advantage to six points with 5:00 remaining when Jenna Hanson dropped in a hoop after getting an offensive rebound. But the Falcons could not get any closer.

Kelli Hilt led the Falcons with 14 points and six rebounds. Maranda Dohrn put together a double-double with 11 points and a game-high 12 rebounds. Taylor House chipped in 10 points.

Heather Witt poured in 19 points to lead EC in the winning effort.

RF shot 16-50 from the field (.320) including only 2-18 (.111) from beyond the arc. EC shot 22-58 from the field (.379) and an impressive 7-15 (.467) from behind the three-point line. The Falcons were 13-16 (.813) from the free throw line. The Blugolds only turned the ball over 12 times while the Falcons committed 22 turnovers.

**Falcons Finish Regular Season with Loss to UW Whitewater**

**Feb. 21, 2009**

The Falcons hosted the Warhawks of UW-Whitewater Saturday afternoon at the Karges Center. The game was the last conference, regular-season game for UWRF. Unable to fend off the 7th ranked UWW, the Falcons fell to the Warhawks, 68-56.

After Alise Holst left the game with an injury just one minute into play, the Falcons struggled to gain control from the Warhawks the rest of the game.

Taylor House lead the Falcons with 15 points and six rebounds. She shot 7-15 from the field and 1-1 from the free throw line. She also ended the evening with four blocks.

Tiffany Gregorich and Maranda Dohrn finished with nine and seven points respectively. Gregorich shot 3-11 from the field, 1-5 from the three-point line and 2-2 from the charity stripe. Dohrn went 3-7 from the field and 1-1 from beyond the arc. Gregorich had three rebounds, and Dohrn finished with seven.

Other scorers for the Falcons included: Jenna Hanson and Tess Lardie with six, Kelli Hilt and Katie Theisen with four, and Tessa Rohl and Lauren Pellowski with three and two respectively.

For Whitewater, Tiffany Morton had a huge double-double with 20 points and 19 rebounds that proved too much for UWRF to handle. Kelsey Hendrickson added 14 points, shooting 4-8 from the three-point line. Heidi Sontag shot 3-7 from the field and 3-5 from three-point land for nine points, as well.

As a team, the Falcons shot 25-61 (41.0 percent) from the field, 2-12 (16.7 percent) from the three-point line and 4-5 (80.0 percent) from the free throw line. UWRF had 14 turnovers to the UWW’s 16 and 11 steals to the Warhawk’s three.

The Falcons finish 7-9 in the WIAC and 14-11 overall. UWW ends up 13-3 in conference play and 22-3 overall.

UWRF will play at either UW-Stout or UW-Eau Claire on Tuesday for the first round of playoffs. The location depends on the outcomes of today’s remaining games.

**Four UW-Stout Players in Double Digits Prove Too Much for UWRF**

**Feb. 18, 2009**
The Falcons fell to UW-Stout at the Karges Center Wednesday night after four Blue Devils proved to be too much for UWRF to handle. The final score was 84-62.

With 4:30 to go in the first half, the Blue Devils went on a 13-2 run before Lauren Pellowski ended the drought. With just over 3:30 remaining, the Falcons trailed 33-24.

UWRF went on a 7-1 run in turnovers before the end of the first half, and Stout's Charlee Edwards scored eight quick points in three minutes, and picked up two big steals at the end of the half. At halftime, the score was 47-32.

Kim Stokke scored six quick points for UW-Stout at the start of the second half.

Tiffany Gregorich finished with 17 points and two steals to lead the Falcons. She shot 5-9 from the field and 6-7 from the free throw line. Helping Gregorich out, Maranda Dohrn had nine points and seven rebounds. She shot 2-4 from the field and 5-6 from the charity stripe.

Both Pellowski and Jenna Hanson had seven points on the evening. Pellowski lead all defenders with three steals. Hanson shot 3-8 from the field, and Pellowski went 3-7.

Lindsey Gerber scored 19 points for UW-Stout, shooting 5-9 from the three-point line. She shot 7-11 from the field. Edwards had 17 points, and was a perfect 4-4 from the free line as well as 6-12 from the field.

Julia Hirssig and Stokke had 14 and 12 points respectively. Hirssig lead all rebounders with nine boards, and she shot 7-11 from the field. Stokke went 4-8 from the field and 4-4 from the free throw line.

As a team, the Falcons shot 38.5-percent (20-52) from the field, 20-percent (3-15) from the three-point line, and 70.4-percent (19-27) from the free throw line.

UWRF's four-game win streak is snapped, and the team falls to 10-2 at home. The Falcons fall to 7-8 in the WIAC (14-10 overall). The Blue Devils advance to 10-5 in conference play and 15-9 overall.

Next, UWRF will play host to the UW-Whitewater Warhawks. The game will tipoff at 3 p.m. on Saturday at the Karges Center. It will be the last conference game of the season.

**Falcons Top UWO, Win Fourth Straight**

Feb. 14, 2009

The Falcons beat UW-Oshkosh 74-65 on Saturday afternoon in front of 414 fans in Oshkosh. It was the fourth win in a row for the Falcons.

UWO shot 5-10 from three-point range in the first half and built the lead to as many as seven points. The Falcons trailed 32-28 at halftime.

The Falcons were able to take the lead early in the second half after Jenna Hanson nailed a three-pointer. She shot 7-11 from the field, and 12-17 from the field. Edwards had 17 points, and was a perfect 4-4 from the free line as well as 6-12 from the field.

Julia Hirssig and Stokke had 14 and 12 points respectively. Hirssig lead all rebounders with nine boards, and she shot 7-11 from the field. Stokke went 4-8 from the field and 4-4 from the free throw line.

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**Eighteen Steals Hurl Falcons to Victory Over UWL**

Feb. 11, 2009

It was the Falcon’s defense that helped the team to victory over UW-La Crosse at the Karges Center Wednesday night. UWRF ended the game with 18 steals in a 58-56 win over the Eagles.

The Falcons were led by Tiffany Gregorich. She had 13 points and five steals, to lead all defenders. Gregorich shot 4-7 from the field and 5-8 from the charity stripe. Kelli Hilt added 10 points and four steals. She shot 2-4 from the field, 1-1 from three-point land, and 5-6 from the free throw line. Jenna Hanson had nine points and three steals.

Four Falcons ended the night with six points: Taylor House, Tess Lardie, Alise Holst, and Maranda Dohrn. Holst and House had three and two steals respectively.

Leading the charge for the Eagles was the duo of Lindsay Wahl and Mackenzie Hunter who finished with 16 and 19 points respectively. Hunter also had three steals.
As a team, the Falcons shot 6-24 (25.0 percent) from the field and 1-6 (16.7 percent) from the three-point line in the first half. After making a 15-0 run to start the second half, the Falcons upped their percentages greatly. As a team, UWRF shot 15-24 (62.5 percent) from the field and 1-4 (25.0 percent) from beyond the arc in the second half.

From the free throw line, the Falcons shot a total of 23 shots. They made 14, for 60.9 percent.

The win boosts River Falls’ home record to 10-1. In addition, the Falcons advance to 6-7 in the WIAC (13-9 overall). La Crosse falls to 9-5 in conference play (17-6 overall).

Next, the Falcons will travel to UW-Oshkosh on Saturday to face the Titans in a 3 p.m. tipoff.

Holst Named WIAC Player of the Week
Feb. 10, 2009
Basketball player Alise Holst (Fr., Plainview, Minn. Plainview-Elgin-Millville HS) has been named the WIAC basketball Player of the Week according to league Sports Information Director, Matt Stanek.

Holst played a key role in the team’s two WIAC wins last week, including a 69-63 win over nationally ranked UW-Eau Claire on Saturday at the Karges Center. UWEC was ranked No. 5 in the D3Hoops.com and No. 6 in the USA Today ESPN Top 25 polls. Holst, 5-8, scored 12 points and grabbed seven rebounds in the win over UWEC. She also had three assists, a blocked shot and led the Falcons with four steals. In the team’s 88-62 win at UWS, she led the Falcons with 18 points and a career-high six steals. She also had two blocks and two assists. In the two games she was 12-18 (.667) from the field and 6-14 (.428) from the line for 30 points. She had 14 rebounds, seven coming on the offensive end, five assists, three blocks and 10 steals in 71 minutes of action. This year Holst is averaging 10.2 points and 7.6 rebounds a game. She has 34 assists, eight blocks and 34 steals and has started all 21 games. She leads the Falcons in rebounding and is second in scoring average.

On Wednesday the Falcons host UW-La Crosse at 7 p.m., at the Karges Center. On Saturday UWRF plays at UW-Oshkosh at 3 p.m.

Five Falcons in Double Digits to Beat Fifth-Ranked UWEC
Feb. 7, 2009
Five Falcons scored in double figures to hurl UWRF into a victory over the fifth-ranked (D3Hoops.com) UW-Eau Claire Blugolds Saturday evening. Senior, Jenna Hanson led the front for UWRF, scoring 13 points.

Hanson shot 50.0 percent from the field (4-8), 1-3 from the three-point line, and a perfect 4-4 from the free throw line. At the half, Hanson had 5 points. Adding to the force, Alise Holst chipped in 12 points, seven in the second half, seven boards, and four steals. She was 3-5 from the field and 6-10 from the charity stripe.

Tiffany Gregorich had 10 points, eight in the second half, a steal, and four rebounds. She went 2-6 from the field, 1-5 from beyond the arc, and 5-8 from the free throw line. Six of her eight free throws came with under two minutes to go in the game.

Kelli Hilt and Lauren Pellowski each added ten points of their own, as well. They each had two steals. Hilt had four rebounds, and Pellowski had two. Tess Lardie finished the night with seven points, two steals, and two rebounds. Taylor House had five points, three steals, two blocks, and seven boards.

Leading the Blugolds was Jodi Lindner with 16 points and six rebounds. Katie Weinberg hit some clutch three pointers at the end of the game to give her 12 total points.

The Falcons started the game with the lead. With 11:13 left in the first half, UWEC tied the game at nine. River Falls would not catch up to Eau Claire until there was 2:08 left in the half. A Holst lay-up tied the game at 24.

Going in to the half, River Falls trailed the Blugolds by six, 25-31.

With 10:48 to go in the second half, Lardie hit a shot to bring the Falcons within one, 38-39. A minute later, Pellowski sunk a huge three to put the Falcons up, 41-39. Eau Claire would not tie or take the lead again in the game.

As a team, the Falcons shot 41.2 percent (21-51) from the field, 37.5 percent (6-16) from the three point line, and 70.0 percent (21-30) from the free throw line. UWRF doubled the number of steals UWEC had, 14-7. Nine of those steals came in the second half.

The Falcons advance to 5-7 in the WIAC and 12-9 overall. The Blugolds fall to 10-3 in conference play and 18-3 overall.

UWRF plays host to UW-La Crosse on Feb. 11 at 7 p.m. On Saturday, the Falcons will travel to UW-Oshkosh to take on the Titans at a 3 p.m. tipoff.

Falcons Fall 61-43 at UWP
Jan. 31, 2009
The women’s basketball team traveled to UW-Platteville to face the Pioneers. Despite a hard battle, UWRF fell to UWP 61-43.

Taylor House lead all Falcon scorers with 13 points. Alise Holst had 10, and Tiffany Gregorich and Maranda Dohrn had seven and six points respectively. Dohrn had the most Falcon rebounds with nine. House added eight.

As a team, River Falls shot 32.7 percent (18-55) from the field, a dismally 11.8 percent (2-17) from the three-point line, and 33.3 percent (5-15) from the free throw line.

House shot 6-12 (50.0 percent) from the field. Holst and Dohrn shot 5-9 (55.6 percent) and 3-6 (50.0 percent) from the field respectively, as well. The team’s only three-point baskets came from Gregorich and Jenna Hanson.
UWRF struggled to find an answer for Platteville's Brianna Klaas who scored 14 points, and Lisa Grantman. Grantman had 16 points and 15 rebounds, scoring her 8th career double-double and setting her career high in rebounds.

This loss puts the Falcons at 3-7 in the WIAC and 9-9 overall. The Pioneers take sole possession of the 6th ranked spot in the WIAC, advancing to 4-7 (7-12 overall).

UWRF will head to UW-Superior to face the Yellowjackets on Feb. 4 at 5 p.m. On Feb. 7, the women will play host to UW-Eau Claire. Tip-off is scheduled for 7 p.m.

**Falcons' Perfect Home Record, 7-0, Snapped by UWSP in 75-49 Loss**

Jan. 28, 2009

The Falcons played host to the UW-Stevens Point Pointers Wednesday evening. Heading into the game, UWRF was undefeated at the Karges Center at 7-0. The Falcons were unable to hold off Stevens Point's third-ranked team (D3 Hoops), however. River Falls was handed a loss, 75-49.

Maranda Dohrn led all Falcon scorers with 11 points. She also had eight rebounds and one steal. Altoona, Wisconsin natives Tiffany Gregorich and Jenna Hanson each ended the night with ten points and five boards each. Gregorich finished with three steals before she fouled out with little time left in the second half. Hanson had two steals. Alise Holst lead UWRF rebounders with ten total boards.

Leading scorers for the Pointers included Katie Webber who ended with 14 points and hold tightly to their third-ranked title in the nation (D3 Hoops).

Crippling the Falcons were the number of turnovers the team committed. UWRF had 24 total turnovers, and UWSP only had 15. As a team, River Falls outrebounded the Pointers 38-34.

From the field, the Falcons shot 31.4 percent (16-51) and a dissmal 11.1 percent from the three-point line (2-18). The team's only two three-point makes came from Gregorich's first shot of the game and Hanson's first shot of the second half.

Meanwhile, the Pointers shot 50.0 percent (7-14) from the beyond the arc and 46.3 percent (25-54) from the field.

The win tonight marked the Pointers' 14th straight win, setting a school record. The game also brought head coach Shirley Egner her 350th career win.

The Falcons fall to 3-6 in WIAC play and 10-8 overall. UWSP remains top of the conference with a perfect 10-0 record (18-1 overall), and hold tightly to their third-ranked title in the nation (D3 Hoops).

River Falls travels to UW-Platteville to take on the Pioneers Saturday at 1 p.m.

**Women's Basketball Team Tops Martin Luther, 73-55**

Jan. 26, 2009

Maranda Dohrn scored a career-high 17 points to help lead the Falcon women's basketball team to a 73-55 win over Martin Luther on Monday night at the Karges Center.

Dohrn, who was named the team's Player of the Week last week, finished 5-6 from the field and 7-8 from the line. She also had five rebounds and a steal.

Dohrn was one of three Falcons who scored in double figures. Kelli Hilt added 11 points and Taylor House scored 10. House and Alise Holst, who scored five points, led the Falcons with six rebounds each. Tiffany Gregorich, who scored nine points, led the Falcons with three steals and five assists.

The Falcons held a 36-26 lead at the half. UWRF jumped out to a 6-0 lead to start the game. After ML scored a point, the Falcons went on a 7-0 run and led, 13-1, with 15:09 to play when Hilt hit a jumper. Later in the half, ML got as close as six points, 25-19, after a 6-0 run. But the Falcons immediately answered that with a 9-0 run to take a 34-19 lead with 4:08 to play when Jenna Hanson hit one of two free throws.

The Knights got to within five three times in the first six minutes of the second half. They went on a 5-0 run to get within 40-35 with 17:11 to play when Erica Babinec hit a jumper. The Falcon lead hit double digits again with 10:41 to play when Dohrn hit back-to-back jumpers to give the Falcons a 50-39 lead. The Knights could get no closer than 12 points after that. Hannah Bode hit a jumper with 6:59 to play to pull the Knights to within 12, 59-47. After that the Falcons biggest lead was 18, 69-51 with 1:45 to play when Tess Lardie hit two free throws.

The Falcons shot 26-49 (.531) from the field, including 1-7 (.143) from behind the arc. They were 20-30 (.667) from the line.

Martin Luther, now 6-10 overall, was led by Babinec who finished with 20 points. Brittany Jensen led the Knights with five rebounds. Bode scored 11 points and had four rebounds. The Knights shot 21-53 (.396) from the field, including 4-13 (.308) from three-point range. They were 9-12 (.750) from the line.

UWRF held a 34-29 advantage in rebounding. The Knights turned the ball over 26 times and the Falcons had 23 turnovers. The Falcons are now a perfect 7-0 at Karges Center.

The Falcons, now 10-7 overall and 3-5 in the WIAC, will host No. 3 ranked UW-Stevens Point on Wednesday at the Karges Center with action starting at 7 p.m. Earlier this year at UWSP the Pointers took a 71-51 win over the Falcons. UWSP enters the game 17-1 overall and 9-0 in the WIAC.

**Freshmen Lead Charge in Close Game at UW-La Crosse, Dohrn With Double-Double**
Jan. 21, 2009

The Falcon women’s basketball team lost a close battle with UW Eau Claire, ranked No. 6 in this week’s D3Hoops.com poll, 55-51 on Saturday afternoon at Zorn Arena.

EC started strong and took a commanding 14-point lead with 10:20 remaining in the first half. The Falcons would not go quietly, however, and whistled the EC lead down to just four points, 25-21, at the intermission.

Alise Holst paced the Falcons with seven points in the first half.

After knotting the score at 37-37 with 11:32 remaining in the game on a field goal by Maranda Dohrn, the Blugolds built a 10-point lead with 5:59 remaining.

Holst trimmed the EC lead to just five points with a three-point shot at 4:46 remaining. After trading some baskets, Tiffany Gregorich nailed a three-pointer with 32 seconds left and Holst knocked down a three with 10 seconds left to cut the lead to just two points.

EC hit its free throws down the stretch, however, to seal the game.

Holst finished with 13 points to lead the Falcons. Taylor House and Gregorich each chipped in 10 points. House led the team with seven rebounds.

EC (14-1, 6-1 WIAC) led the Falcons in rebounding (42-38) and assists (16-10). The Falcons finished the game 17-62 (.274) from the field, including 7-28 (.250) from behind the arc, and 10-14 (.714) from the free throw line.

The Falcons, now 9-6 overall and 3-4 in the WIAC, will travel to UW-La Crosse on Wednesday. Tipoff is at 7 p.m.

Falcons Top Jackets, 72-59

Jan. 14, 2009

The Falcon women’s basketball team picked up its ninth win of the season 72-59 over UW-Superior on Wednesday night at Karges Center led by Tiffany Gregorich’s 26 point effort.

Superior began the game with a 5-0 spurt to put the Falcons in an early hole. RF was held without a field goal for the first 6:10 of the game as Superior stretched its lead to as many as seven in the first half.

RF pulled back to a tie with the Yellowjackets four different times throughout the first half. Both teams struggled to gain an advantage until Katie Theisen sank a pair of free throws with 3:22 remaining in the first half to give the Falcons their first lead of the game, 21-19. Gregorich followed with a three point shot to extend the lead.

RF built a five-point halftime despite shooting only 8-33 (.242) from the field. The Falcons outrebounded UWS 22-19 in the first half including 11 offensive rebounds. Gregorich led the Falcons with 12 points in the first half.

The Falcons cranked up the defensive pressure at the start of the second half and held the Yellowjackets to only one field goal in the first 7:09 of the period.

Gregorich continued her sharp shooting and provided the offensive spark for RF in the second half when she came off the bench and scored 10 straight points to set the tone for the rest of the game.

RF built the lead to as many as 20 points as they cruised past the Yellowjackets to their third WIAC victory of the season.
Gregorich's 26 points led all scorers. She connected on 8-14 shots from the field, including 5-8 from beyond the arc. Theisen chipped in 10 points, Maranda Dohrn led the Falcons with nine rebounds, and Jenna Hanson contributed six points, four rebounds, two assists, and four steals.

RF finished the game shooting 22-63 (.349) including 9-30 (.300) from the three-point line. They were 19-29 (.655) from the line. The Falcons forced 23 UWS turnovers and scored 19 points off turnovers in the game.

UWS was led by Katie Zavadny who scored 14 points and Anna Peterson who scored 10. UWS shot 17-47 (.362) from the field, including 4-17 (.235) from behind the arc. They were 21-30 (.700) from the line.

The Falcons, now 9-5 overall and 3-3 in the WIAC, will next take the court on Saturday when they travel to Eau Claire for a WIAC matchup. UWEC is ranked No. 6 in this week's D3Hoops.com poll. Tipoff is at 5 p.m.

**Women's Basketball Game Against**

**Martin Luther Reset for Jan. 26**

Jan. 13, 2009

The Falcon women's basketball team will host Martin Luther College on Monday, Jan. 26 at 7 p.m., at the Karges Center.

The two teams were originally scheduled to play on Jan. 12, but poor weather conditions in southern Minnesota prevented Martin Luther from making the trip.

The Falcons, now 8-5 overall and 2-3 in the WIAC, will next host UW-Superior on Wednesday at the Karges Center with action starting at 7 p.m.

**Women's Basketball Game Cancelled**

Jan. 12, 2009

Tonight's women's basketball game between UWRF and Martin Luther College has been cancelled.

Poor weather conditions in southern Minnesota will prevent Martin Luther from making the trip. Martin Luther is located in New Ulm, Minn. That area is under a winter storm warning and a wind chill advisory issued by the National Weather Service.

No make up date has been set.

The Falcons, now 8-5 overall and 2-3 in the WIAC, will next host UW-Superior on Wednesday at the Karges Center with action starting at 7 p.m.

**Falcons Drop 71-51 WIAC Game at UWSP**

Jan. 7, 2009

The Falcon women's basketball team dropped a 71-51 WIAC game at UW-Stevens Point on Wednesday night.

UWSP went on an 8-0 run to start the game and led, 8-0, with 16:36 to play. The Falcons got to within five, 13-8, with 12:37 to play when Tiffany Gregorich went 1-2 at the line. But then UWSP responded with a 12-0 run to take a 17 point, 25-8 lead, with 8:01 to play. The Falcons could not get the deficit to single digits the rest of the half. UWSP held a 38-19 halftime lead.

Twice in the second half the Falcons got to within 15 points - the last time with 13:12 left when Taylor House hit a jumper with 13:12 to go. UWSP's biggest lead was 27. That came with 7:15 to play.

UWRF was led by House who scored 13 points. Tess Lardie added 11 points and she led the Falcons with seven rebounds. Alise Holst, who scored two points, finished with six rebounds. House also led the Falcons with four steals. Gregorich, who scored nine points, had three steals and three rebounds.

UWRF shot 18-56 (.321) from the field, including 0-5 from behind the arc. They were 15-25 (.600) from the line. UWRF held a slight, 36-34, advantage in rebounding.

UWSP, which entered the game ranked No. 10 in the D3Hoops.com poll, was led by Jessi Sporle who scored 12 points. UWSP shot 29-55 (.527) from the field, including 6-16 (.375) from three-point range. They were 7-10 (.700) from the line.

The Falcons, now 8-5 overall and 2-3 in the WIAC, will next host Martin Luther on Monday at the Karges Center with action starting at 7 p.m.

**Falcons Lose WIAC Game at UWW, 66-52**

Jan. 3, 2009

The Falcon women's basketball team lost a 66-52 WIAC game at UW-Whitewater on Saturday afternoon.

The Warhawks led 30-17 at the half. The Falcons scored the first two points of the game when Alise Holst hit a jumper with 17:50 to play. The Falcons went ahead, 7-5, with 14:40 to go when Tiffany Gregorich hit a three. But then UWW went on a 14-2 run to take a 19-9 lead with 5:18 to play.

UWW started the second half with a 7-0 run to take a 37-17 lead with 18:50 to play. The closest the Falcons could get in the second half was to within 14 points, 43-29, with 11:49 to play when Tess Lardie hit a jumper.

Holst led the Falcons in scoring with 16 points. She had four rebounds, one assist and one steal. Gregorich was the only other Falcon to score in double figures - she finished with 14. She had four rebounds and two steals. Maranda Dohrn, who scored six points, led UWRF with six rebounds.
UWRF shot 20-42 (.480) from the field, including 3-5 (.600) from behind the arc. The Falcons were 9-13 (.690) from the line. Both teams finished with 33 rebounds.

Tiffany Morton led the Warhawks with 23 points and Kelsey Hendrickson finished with 14. Heidi Sonntag led UIWW with six rebounds. UWRF, now 12-1 overall and 3-1 in the WIAC, shot 23-63 (.370) from the field and 4-19 (.210) from three-point range. They were 16-20 (.800) from the line. UWRF was ranked No. 5 in the latest D3Hoops.com poll.

The Falcons, now 8-4 overall and 2-2 in the WIAC, travel to UW-Stevens Point on Wednesday with action starting at 7 p.m.

**Falcons Get Win at St. Scholastica; Holst Gets Double-Double**

Dec. 30, 2008

The Falcon women’s basketball team picked up its eighth win of the year with a 65-55 victory at St. Scholastica on Tuesday night.

Alise Holst scored 21 points and dished out eight assists to lead the Falcons. Both were career highs. She also had 12 rebounds giving Holst her second double-double of the season. She scored 11 points and grabbed 11 rebounds in a win over Oshkosh.

Maranda Dohrn almost came out with a double-double of her own. She finished with 12 rebounds and nine points. Taylor House finished with 12 points and four rebounds. Jenna Hanson scored six points, grabbed six rebounds and had three assists and three steals for a solid effort in all phases of the game.

The Falcons shot 26-73 (.356) from the field, including 3-19 (.158) from three-point range. They were 10-14 (.714) from the line. The Falcons grabbed 55 rebounds which is the most in a game this season.

The Falcons held a 31-27 lead at the half. RF was led by Holst who scored nine first half points. She also had four assists and three rebounds. Dohrn and Kelli Hilt both scored five points. Dohrn led the Falcons with four first half rebounds and Hilt had two steals.

UWRF scored the first nine points of the game to take early command. But CSS got to within 19-17 with 6:51 left when Kirsten Haukom hit a layup.

CSS tied the game, 31-31, with 19:07 to play. With 15:59 to play the Saints took a 38-35 lead when Katie Kimm hit a three. UWRF then scored six straight points to take a 41-38 lead with 12:29 to go. But with 9:40 to go CSS tied the game again, 43-43. The Saints took a 48-47 lead with 6:50 to play, but Holst hit a jumper, was fouled, and completed the three-point play to give the Falcons a 50-48 lead with 6:38 to go. UWRF then went on a 7-2 run to take a 57-50 lead with 4:30 to go. The Saints got to within 57-52 with 3:24 to play, but that’s as close as they would get the rest of the way.

CSS was led by Lauren Amys who scored 11 points. CSS, now 2-8 overall, shot 19-58 (.328) from the field, including 4-20 (.200) from behind the arc. They finished 13-20 (.650) from the line. CSS finished with 38 rebounds.

The Falcons, now 8-3 overall and 2-1 in the WIAC, return to conference play on Saturday at UW-Whitewater. Action starts at 3 p.m. UWRF is ranked No. 5 in this week’s D3Hoops.com poll.

**Falcons Lose at Hamline, 78-66**

Dec. 18, 2008

The Falcon women’s basketball team lost a 78-66 non-conference game at Hamline University on Thursday night.

UWRF led just once in the game, 4-2, with 17:20 to play in the first half when Tess Lardie hit a jumper. The Pipers then went on a 7-0 run to take a 9-4 lead with 16:06 to play. Hamline led by as much as 18 points twice in the first half. The last, 36-18, came with 3:23 to play. But the Falcons scored the last seven points of the half to make it a 34-23 game going into halftime. Alise Holst hit a three pointer and Maranda Dohrn hit four free throws to get the Falcons the 7-0 run.

The Falcons came out and made a run early in the second half. UWRF got to within four, 35-31, with 12:49 to play when Katie Theisen hit a free throw. But the Pipers led by 12 twice after that and the closest the Falcons would get was seven points, 55-48, with with 8:12 to play when Holst hit a jumper. The Pipers led by double digits for most of the rest of the game.

Five Falcons scored in double digits led by leading scorer, Tiffany Gregorich, who finished with 15 coming off the bench. She had three rebounds, four assists and five steals. Lardie added 12 points, three rebounds and three assists. Holst scored 11 points and had six rebounds. Taylor House and Kelli Hilt each scored 10 points. House and Jenna Hanson each had eight rebounds to lead the Falcons. The Falcons shot 21-65 (.323) from the field, including just 3-20 (.150) from behind the arc. They were 21-31 (.677) from the line. UWRF had a slight, 40-37, advantage in rebounds.

Jessica Heinen scored 23 points and grabbed eight rebounds to lead HU. The Pipers shot 28-64 (.481) from the field, including 7-18 (.389) from three-point range. They were 19-24 (.792) from the line. The win was fifth-year head coach Melissa Young-Kruse’s 51st at Hamline making her the career win leader.

The Falcons, now 7-3 overall, will next play another non-conference game at St. Scholastica on Dec. 30 with tip off set for 7 p.m.

**Gregorich Sets Career High with 29 Points in Falcon Win Over UWP, 78-55**

Dec. 13, 2008

Freshman guard Tiffany Gregorich scored a career high 29 points to help the Falcons defeat the Pioneers of UW-Platteville Saturday afternoon at the Karges Center. The final score was 78-55.

Gregorich shot 79 percent (11-14) from the field and 50 percent (2-4) from the three point line. In addition, she shot 83 percent (5-6) from the free throw line. She also contributed two steals in the Falcons’ victory.
Fellow freshman Maranda Dohrn added 11 points of her own to give UWRF a total of 40 points off the bench. Dohrn also had nine rebounds, which led all players.

Also in double figures were Tess Lardie and Alise Holst who both scored ten points. The Falcons had 15 steals in the game. Jenna Hanson had five, and Taylor House had four.

As a team, UWRF shot 44 percent from the field, shooting 28-63. From behind the arc, the Falcons shot 8-25 (32 percent); they shot 64 percent from the free throw line (14-22).

With this victory, River Falls advances to 7-2 overall and an impressive 2-1 in the WIAC. The team’s next match-up will be Thursday at Hamline. Tip-off is scheduled for 7 p.m.

Despite Holst’s Career High, Falcons Fall to Blue Devils, 80-57

Dec. 10, 2008

Fres...
Gregorich Scores Career-High 24 to Help Lead Falcons to Win

Nov. 29, 2008

Tiffany Gregorich scored a career-high 24 points to help lead the Falcon women's basketball team past Grinnell College, 97-37, on Saturday night at the Karges Center.

UWRF never trailed in the game and GC did not score their second field goal of the game until 10:53 remained in the first half. By that time the Falcons had racked up 21 points and the rout was on. Gregorich had 11 points and four rebounds and Alise Holst had 10 points and five rebounds at halftime. The Falcons limited GC to 4-19 (.211) shooting in the first half.

The Falcons continued to add to the lead in the second half. Gregorich knocked home another 13 points in the second period and finished the game 10-12 from the field. Six players scored in double digits for UWRF.

UWRF was led by Gregorich's 24 points. Kelli Hilt added 12 points and four assists, Katie Theisen scored 12, Tessa Rohl tallied 11, Holst finished with 11 points and nine rebounds, and Jenna Hanson scored 10 points and cleared six rebounds. Maranda Dohrn led the team with 10 rebounds and chipped in nine points.

Mallory Scharf had nine points to lead GC. UWRF held GC to 8-51 (.157) shooting for the night as well as 2-16 (.125) from the three-point line.

UWRF led the points in the paint 50-6 for the game. The Falcons shot 38-66 (.576) from the field and 5-13 (.385) from beyond the arc.

The Falcons, now 4-1, will host Viterbo on Wednesday at 6 p.m., at the Karges Center.

Falcons Get Win Behind Lardie's Career-High 18 Points Nov. 25, 2008

Tess Lardie scored a career-high 18 points to help lead the Falcon women's basketball team to a 67-49 win over St. Mary's on Tuesday night at the Karges Center.

It was the first home game of the season for the Falcons and they didn't disappoint any of the 118 fans in attendance as they improved to 3-1 overall.

UWRF put on a defensive clinic for most of the first half. With the score tied, 3-3, with 15:24 to play, the Falcons went on an 18-0 run to take a commanding 21-3 lead with 8:38 to play. The Falcon defense limited the Cardinals to very few good shots during the stretch. SMU was able to get back to within 14 points twice later in the half, but a three-pointer by UWRF's Tessa Rohl just before the half gave the Falcons a 33-16 halftime lead.

Lardie scored 11 first half points and had four rebounds. Maranda Dohrn added seven points while Taylor House and Alise Holst each had five rebounds. The Falcons limited SMU to just 6-21 shooting in the first half. UWRF also had a commanding 22-11 advantage in rebounds, including eight on the offensive end.

The Cardinals, now 0-2, made a run in the second half and got as close as seven (45-38) with eight minutes to play when Jennifer Rietzler hit a layup. But the Falcons responded by going on a 9-0 run over the next two minutes to take a 54-38 lead with 6:02 to play. The Falcon lead stretched to 19 (58-39) with 3:04 to play when Jenna Hanson hit a jumper.

Hanson added 14 points, which is also a career-high, for the Falcons. Dohrn had 10 points and she grabbed eight rebounds. Holst led the Falcons with 11 rebounds and House finished with seven points and nine boards. Holst and Hanson led the Falcons with four assists each. UWRF was 26-64 (.406) from the field, and 5-19 (.263) from three-point range. They finished 10-13 from the line.

Michelle Carne led SMU with 15 points and Cherie Kulig added 11 points and led the Cardinals with nine rebounds. SMU shot 19-48 (.396) from the field, including 8-19 (.421) from behind the arc. The Cardinals were 3-7 from the line.

The Falcons will next host Grinnell on Saturday at the Karges Center with action starting at 5:30 p.m.

Falcons Dominate North Central, 84-17 Nov. 22, 2008

The Falcons spent their Saturday at Northwestern College participating in the second of two days at the Northwestern Tournament where they faced North Central.

Every member of the team got to see some court time this afternoon as the Falcons handed a hearty defeat the Rams of North Central. The final score was 84-17.

There was not a moment of doubt from tip off at the Falcons had this game under control. At half-time, the score was 50-4, and the momentum was entirely in UWRF’s favor as guard Katie Theisen sunk a very deep three with 0.07 seconds left on the clock.

At the end of the game, there were four Falcons in double-digits. Leading scorers were Theisen and guard Tiffany Gregorich, who each had 16 points. Forward Taylor House had 13, and guard Tess Lardie added 11. Forwards Alise Holst and Maranda Dorn along with guards Jenna Hanson, Kelli Hilt, and Tessa Rohl all scored some points as well.

The Rams had 42 turnovers, so several Falcon players had steals. House and Theisen each had five, and Hanson and Gregorich added three a piece. Dorn, Rohl, Holst, and Hilt each had steals as well.

All but one Falcon contributed an assist in the game, as well. Hilt led passers with five, and Gregorich and Hanson each contributed four.

As a team the Falcons outrebounded the Rams 40 to 18. Holst led all rebounders with 14 total boards, and Dorn had 10. UWRF shot 53.7 percent from the field and 42.9 percent from behind the arc. Theisen was 2-3 from three-point land, and Gregorich went 2-5.

Lardie and House each had a long-range bucket as well.
Upcoming games for the Falcons include a home game versus St. Mary’s on Tuesday. Tip off will be at 7 p.m. And on Saturday, Grinnell College will take on the Falcons at the Karges Center at 5:30 p.m.

**Falcons Lose Close Game to Judson, 53-49 Nov. 21, 2008**

The Falcons started off their weekend with a game versus the Eagles of Judson College in the first of two days at the Northwestern Tournament.

Though UWRF battled hard, the Eagles made a run at the end of the second half that handed the Falcons a loss, 53-49.

Leading the Falcons in both points and rebounds was freshman forward Taylor House. House finished with 19 points to lead all scorers and 11 total rebounds, which made her the leading rebounder as well. House also led the Falcons in steals with four, and she also had three of the four blocks of the game.

Freshman guard Tiffany Gregorich led both teams in assists with four; she also had seven points. Jenna Hanson and Alise Holst added six points each, and Holst also chipped in nine rebounds.

Kelli Hilt, Katie Theisen, and Tess Lardie contributed five, four, and two points respectively to round out the Falcons’ scorers.

As a team, the Falcons shot almost 31 percent from the floor (17-55) and 11.8 percent from behind the arch (2-17). Gregorich and House were the two Falcons to make three-pointers in the game.

The Falcons return to Northwestern College on Saturday for a 1 p.m. tip off against North Central.

**Falcons Pick Up First Win of Season at Northwestern**

By: Renee Thony

UWRF Sports Information

Nov. 18, 2008

The Falcons traveled to Northwestern College to take on the Eagles in the first game of the season. The trip ended in a win for the Falcons, who beat Northwestern, 63-43.

Leading all scorers were freshmen forward Taylor House and junior guard Kelli Hilt with 12 points a piece. Freshman Tiffany Gregorich led Falcon guards with two three-pointers; she finished with a total of eight points. Another freshman, Alise Holst finished with nine; Tess Lardie had seven, and Katie Theisen, Jenna Hanson, and Maranda Dohrn finished with six, five, and four points respectively.

Leading the defensive front was Hilt, who finished the night with seven defensive rebounds. She led all rebounders with a total of ten. Also taking down their fair share of boards was Holst, Dorn, and House, who had nine, eight, and seven rebounds respectively.

Hanson, Theisen, and Lardie each had three assists, and House added in two blocks. Adding to the impressive defensive play, House and Holst contributed four steals each.

The Falcons next games are this weekend when they head back to Northwestern College to compete in the Northwestern College Tournament. On Friday, UWRF will face Judson at 2 p.m. Depending on the outcome of that game, the Falcons will play either North Central or Northwestern at 1 or 5 p.m. on Saturday

**Falcons Open Season With Exhibition Loss at Wisconsin Nov. 9, 2008**

The women’s basketball team got the chance of lifetime this weekend when they traveled to the University of Wisconsin- Madison to take on the Wisconsin Badgers in an exhibition game.

The Badgers played host to the Falcons at the Kohl Center on Sunday. An exhibition game against the Badgers was the perfect chance for the Falcons to play a top quality opponent. Having a Div. I team like the Badgers exploit weaknesses will give the Falcons some idea what parts of their game they need to improve as the regular season approaches.

The Badgers beat the Falcons 71-38.

Eleven women from each team saw time on the court. Five of the 11 that saw ample time for the Falcons were freshmen. Forwards Taylor House, Alise Holdst, Maranda Dohrn, and Ashle Roedel, and guard Tiffany Gregorich each got several minutes on the court.

Experience is what will make freshmen better, so the opportunity to face-off with the Badgers is the perfect learning tool for these Falcons.

Turnovers were what held the Falcons back. UWRF ended the afternoon with 31 total turnovers. The Badgers had 11. Wisconsin scored 35 points off Falcons turnovers. The Falcons did manage to out-rebound the Badgers 38-35. Dohrn led all rebounders with 11.

Strong rebounding helped the Falcons hold the Badgers to only six second-chance points. UWRF, on the other hand, had 10 second-chance points.

As a team, the Falcons shot 32 percent (16-50) from the field, 18 percent (2-11) from three-point land and 67 percent (4-6) from the free throw line. UWRF had 16 total personal fouls; House was the only player from either team to foul out of the game.

Junior guard Kelli Hilt led the Falcons with 12 points; Gregorich had six, and junior guard Katie Theisen had five. Leading UWRF in rebounds was Dohrn with 11 and House with seven.

The Falcons open their regular season on Nov. 18 at Northwestern at 7 p.m.
Cindy Hovet - Head Coach

Entering her ninth season as the head women’s basketball coach, Cindy Hovet leads the Falcons through arguably the toughest conference in the country. In her tenure as head coach, the Wisconsin Intercollegiate Athletic Conference has seen three NCAA champions and two-second place finishers.

The Falcons will look to improve from their 8-18 overall and 2-14 WIAC records from last season. They will rely on the freshness of youth and the leadership of returning players.

“I’m expecting a lot from our team this year. We’re young and spunky and competitive,” says Hovet, “We’ll see tremendous improvement throughout the season as we learn and gain confidence on the court. These players are motivated and committed to each other and what we’re trying to accomplish. Right now I expect we’ll give our best every day, we’ll learn more about the game and each other every day, and we’ll come prepared and ready to battle every time the lights are on. Our win-loss record will take care of itself.”

Hovet ranks 12th in all-time career wins among all-time coaches in the WIAC and is currently fourth among active coaches in the conference. She reached a coaching milestone on Dec. 11, 2007 in a 67-54 win over Martin Luther for her 100th career win.

Her coaching philosophy emphasizes enabling her players to perform to the best of their ability.

“I don’t believe in the coach micro-managing or trying to control everything. Our staff’s job is to teach and prepare them and then trust that preparation and trust our team enough to let them play the game.”

As a passionate coach, Hovet inspires growth and potential in her student-athletes.

“Whether it is in the classroom or on the basketball floor, being a well-balanced person is what competing and being a student-athlete at the Div. III level is all about,” said Hovet, “We challenge kids to be prepared and give 100 percent every day. That’s the only way to learn what each of us is really capable of. Our daily performance determines our opportunity for success, that’s why our team motto is “Success is a choice.”

Hovet has coached 15 women to All-WIAC honors including Caitlin Hunstock who earned All-WIAC Honorable Mention recognition and was named to the All-Sportsmanship Team last season.

Her experience in the WIAC began as a student-athlete at UW-Stout where 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 Div. III and NAIA National Tournaments for four seasons. She was inducted into the UW-Stout Athletic Hall of Fame in November 2005. She is the only person who has been named a WIAC Coach of the Year (2001) and WIAC Player of the Year (1994).

Hovet was the head tennis coach at UWRF and an assistant basketball coach for five years before taking over the basketball program in 2000.

She is a native of south Minneapolis where she competed in basketball, softball and tennis at Roosevelt High School.

Hovet earned her psychology undergraduate degree and coaching minor from UW-Stout. She completed her master’s degree in kinesiology with an emphasis in sport psychology and sociology at the University of Minnesota. She currently teaches in the UWRF health & human performance department.
Assistant Coaches

Kathy Holbrook starts her seventh year as an assistant coach with the Falcon women's basketball program. Coach Cindy Hovet says, "Kathy specializes in working with our post players. She's an excellent teacher of the details of the game, and is especially strong working on individual player development. She keeps kids motivated and always looks for encouraging things to say. Kathy truly believes in the Div. III philosophy and is committed to our student-athletes having a great experience. She is professional, competitive and driven to help us become a better team."

Holbrook's athletic background is impressive in both basketball and volleyball. At Doane College in Nebraska, she was selected the school's Outstanding Female Athlete her junior and senior years of competition. She earned All-Conference and NAIA All-District recognition for two straight years for her success on the basketball court. She was inducted into the Doane Hall of Fame in 2003 for her excellence as a student-athlete. She is also in the Hall of Fame at Central City High School in Nebraska.

Holbrook is currently a home health physical therapist for Aspen in the Twin Cities. She earned her undergraduate degree in natural science with a biology emphasis at Doane in 1983. She went on to earn a certificate in physical therapy from the Mayo Clinic's School of Health Related Sciences in Rochester, Minn.

Mike Babler is in his third season as an assistant coach. Coach Cindy Hovet says, "Mike has a lot of coaching experience and will be a great addition to our staff. He particularly loves coaching the defensive end of the floor and will make us a tougher team at locking down and getting stops on defense. Mike's enthusiasm and ability to break down film for scouting is also a real strength. I'm glad to have him join our staff, he has a lot to add to our program."

In 2005-06 he was the assistant girl's basketball coach at River Falls High School and before that was an assistant junior varsity coach for three seasons. After moving to River Falls in 1982, he coached several local boys and girls youth teams. He started his teaching and coaching career at Hamilton High School where he was an assistant boy's coach. Babler helped lead Hamilton to WHAA State tournament appearances twice in the three years he coached there.

Babler is a 1977 graduate of UW-Whitewater. He earned his undergraduate degree in education with a coaching minor. He is also the head girl's soccer coach at River Falls High School. He owns Valley Services, Inc. - Heating and Air Conditioning in Hudson. He and his wife, Mary, have two children. Their son Ryan currently attends UW-River Falls, and their daughter Sarah attends UW-Green Bay.