

# 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:** 1976

**WIAC Championships:** (2) 1988, 1989

## Coaching Staff

**Head Coach:** Cindy Hovet

**Alma Mater:** UW-Stout

**Record at School:** 69-59

**Career Record:** 69-59

**Vs Finlandia:** 0-0

**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 (0-0, 0-0 WIAC)**

**vs.**

**Finlandia (0-0)**

**Friday, Nov. 18, 2005, 6 p.m.**  
**Kalamazoo Tournament**

## The Game

This will be the first ever meeting between UW-River Falls and Finlandia

-River Falls finished last season with a record of 17-8 overall and 10-6 in the WIAC.

-The Falcons have been predicted to finish 5th in the WIAC by the conference's Sports Information Directors.

-Finlandia finished last season with a record of 15-11.

Other teams competing in the tournament include: Kalamazoo College and Marietta College

River Falls - Last Week

The Falcons have yet to play a game this season.



## 2005-06 WIAC Basketball Information

### WIAC STANDINGS

	WIAC W-L	Overall W-L
Eau Claire	0-0	0-0
La Crosse	0-0	0-0
Oshkosh	0-0	0-0
Platteville	0-0	0-0
River Falls	0-0	0-0
Stevens Point	0-0	0-0
Superior	0-0	0-0
Stout	0-0	0-0
Whitewater	0-0	0-0

### This week's WIAC games:

#### Friday, Nov. 18

River Falls vs. Finlandia	6 p.m.
Oshkosh vs. Fontbonne (MO)	5 p.m.
La Crosse vs. St. Mary's (MN)	5 p.m.
Stevens Point vs. Augustana	6 p.m.
Whitewater vs. Colorado College	7 p.m.
Platteville vs. Concordia (WI)	6 p.m.
Stout at Minnesota State - Mankato	6 p.m.

#### Saturday, Nov. 19

River Falls at Kalamazoo Tourney	1 or 3 p.m.
St. Catherine at Superior	3 p.m.
Stevens Point hosts Tip-Off Classic	TBD
Whitewater vs. Nebraska Wesleyan	2 p.m.
Eau Claire at Millikin Tip-Off Tourney	TBD
Stout at MSU-Mankato Tourney	TBD
Oshkosh at Carroll Tourney	TBD
Platteville at Lake Forest Tourney	TBD
La Crosse at Rockford Tourney	TBD

### Last week's results

Wisconsin 88, Platteville 33 (Exhibition)

Marquette 80, Stout 58 (Exhibition)

### Preseason WIAC 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)

## UW-RF's Record When...

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

## UWRF Sports Information

**Director:** Jim Thies

**Phone:** 715-425-3846

**Home:** 715-386-9252

**Cell:** 715-222-1455

**Fax:** 715-425-4486

**Email:** james.g.thies@uwrf.edu

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# Cindy Hovet

## Head Coach

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
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
<b>Totals</b>	<b>69</b>	<b>59</b>	<b>.539</b>	<b>34-48, .414</b>

## 2004-05 Final Statistics, 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	
Erin Effle	21	17	539	25.7	115	.231	.498	3	11	.273	45	70	.643	57	87	144	6.9	68	2	31	67	20	50	278	13.2
Traci Reimann	25	21	678	27.1	95	.202	.470	16	41	.390	55	72	.764	43	109	152	6.1	52	2	28	75	10	25	261	10.4
Megan Lindman	25	4	571	22.8	93	.204	.456	0	0	.000	36	63	.571	49	88	137	5.5	76	2	23	44	35	35	222	8.9
Chantele Melgaard	25	21	776	31.0	67	.222	.302	27	94	.287	54	87	.621	31	101	132	5.3	62	0	53	88	6	73	215	8.6
Miranda Biteler	25	21	642	25.7	59	.153	.386	18	61	.295	30	36	.833	12	43	55	2.2	34	1	62	80	4	35	166	6.6
Melanie Preiner	25	21	809	32.4	63	.173	.364	33	95	.347	15	21	.714	30	55	85	3.4	59	3	73	50	3	63	174	7.0
Gina Astedt	24	0	350	14.6	20	.69	.290	6	23	.261	18	30	.600	28	45	73	3.0	33	0	24	48	2	16	64	2.7
Krista Cordes	22	0	170	7.7	23	.67	.343	10	41	.244	5	8	.625	11	7	18	0.8	14	0	6	6	3	8	61	2.8
Natalie Hansen	3	0	11	3.7	1	1	1.000	0	0	.000	1	1	1.000	0	1	1	0.3	1	0	1	3	0	0	3	1.0
Chisato Nakaike	15	0	55	3.7	2	11	.182	0	4	.000	0	1	.000	2	2	4	0.3	6	0	6	4	0	2	4	0.3
Kendra Sticha	21	0	189	9.0	16	40	.400	0	0	.000	18	34	.529	19	17	36	1.7	20	0	1	17	1	8	50	2.4
Shannon Zweifel	13	0	71	5.5	8	15	.533	6	7	.857	0	1	.000	2	2	4	0.3	8	0	4	12	0	3	22	1.7
Melanie Marquardt	16	0	107	6.7	6	21	.286	3	11	.273	12	17	.706	5	8	13	0.8	9	0	6	14	1	12	27	1.7
Kim Sorenson	8	0	96	12.0	5	19	.263	0	2	.000	3	6	.500	4	4	8	1.0	6	0	7	12	2	12	13	1.6
Elizabeth Hennen	4	0	7	1.8	1	2	.500	1	1	1.000	0	0	.000	0	0	0	0.0	0	0	1	0	0	1	3	0.8
Sydney Hall	3	0	4	1.3	1	2	.500	0	0	.000	0	0	.000	1	0	1	0.3	2	0	0	0	0	0	2	0.7
Team														36	40	76	3.0	0			17				
<b>Total</b>	<b>25</b>		<b>5075</b>	<b>575</b>	<b>1432</b>	<b>.402</b>	<b>123</b>	<b>391</b>	<b>.315</b>	<b>292</b>	<b>447</b>	<b>.653</b>	<b>330</b>	<b>609</b>	<b>939</b>	<b>37.6</b>	<b>450</b>	<b>10</b>	<b>326</b>	<b>537</b>	<b>87</b>	<b>343</b>	<b>1565</b>	<b>62.6</b>	
<b>Opponents</b>	<b>25</b>		<b>5075</b>	<b>491</b>	<b>1361</b>	<b>.361</b>	<b>119</b>	<b>404</b>	<b>.295</b>	<b>331</b>	<b>485</b>	<b>.682</b>	<b>332</b>	<b>613</b>	<b>945</b>	<b>37.8</b>	<b>406</b>	<b>-</b>	<b>298</b>	<b>595</b>	<b>65</b>	<b>247</b>	<b>1432</b>	<b>57.3</b>	

**0-0 overall, 0-0 WIAC**

**Home 0-0, Away 0-0, Neutral 0-0**

Date	W/L	Score	Opponent	Leading scorers	Leading rebounders
Nov. 18			Finlandia <sup>^</sup>		
Nov. 19			at Kalamazooo Tourney		
Nov. 22			at Hamline		
Nov. 26			Viterbo		
Nov. 27			at St. Thomas		
Nov. 30			at Superior*		
Dec. 3			at Stevens Point*		
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*		

<sup>^</sup> 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

# 2005-06 Season Preview

The Falcon women's basketball team comes into the season with high expectations after finishing the 2005 season with a record of 17-8.

"This season we will be playing a different style. We will be a more slow down and less running team because most of our scoring will come from the post players," Falcon Coach Cindy Hovet said.

The Falcons lost Erin Effle, who was a key player for the woman's basketball team for four years. She was the team's leading scorer for all four of her years at UWRF. She was named to the first All-WIAC team last year and was the sport's Scholar-Athlete in 2005.

"Erin will be missed, but we have a few women that will step in and contribute," Hovet said.

The Falcons hope to have more balanced scoring this season with a lot of depth at the post-position. Their strength this season will be getting the ball into the post players and hopefully getting them scoring looks. On defense, they will try to mix things up to get more turnovers and easier baskets.

The Falcons return post players Megan Lindman (8.9 PPG) and Traci Reimann (10.4 PPG), both juniors. They also return perimeter players Miranda Biteler (6.6 PPG), a senior, and Melanie Preiner (7.0 PPG), a junior. These players will be relied on this year to show leadership on and off the court.

"Miranda is a good leader who will be looked on to bring leadership. Reimann and Lindman are two very good post players that have improved with every practice and will be looked upon to score some big baskets," Hovet said.

Other returning players include senior guard Chisato Nakaike (.3 PPG), junior guard Krista Cordes (2.8 PPG), and sophomore guard Kim Sorenson (1.6 PPG).

The Falcons also got a few new faces that will step in and play some key minutes this season. Post players Meghan and Caitlin Hunstock and Jodi Kauth will be looked at to help inside. Jana Benitz looks to get some minutes on the perimeter this season.

"Jodi has a great attitude and she is improving everyday. Jana is a very good player that will get some key minutes. The Hunstock sisters, who transferred here, will both get some big minutes in the post," Hovet said.

Stout looks to be the pre-season favorite in the WIAC, but the Falcons hope to have a good chance to compete for the title this season also. Oshkosh, Eau Claire, and Stevens Point also should be in the upper half of the conference in 2006.

Hovet believes that the league is very strong this year. She feels that every team has a shot to win it. Top to bottom, she feels that the WIAC is one of the best in Div. III. "There is a lot of parity in the league this season. It's very even and no game will be easy."

The Falcons open the season at the Kalamazoo Tournament on Friday and play Finlandia in their first game. Action starts at 6 p.m. The team's home opener is set for Nov. 26 against Viterbo with action starting at 3 p.m. at the Karges Center.



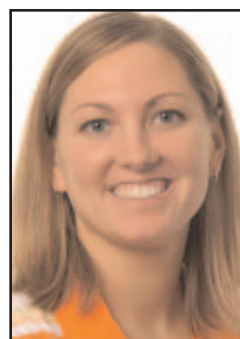
Traci Reimann



Megan Lindman



Melanie Preiner



Miranda Biteler