

The History  
of  
Women's Athletics  
at  
Morningside College

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## INTRODUCTION

Although the “official” beginning of women’s varsity intercollegiate athletics at Morningside College is traced to the 1972-73 academic year when the college began competing in the Io-Kota Conference, the origins of women’s athletics at Morningside dates back to the previous century.

In his *Morningside College: A Centennial History*, author Timothy Orwig reports there was a group of women’s basketball players who joined an Iowa college athletic association in 1897. By 1899, the women of Trimble Hall played those of Mendota Hall, and by 1902 Morningside had a team that went on the road to compete against Buena Vista and Western Union, later known as Westmar. According to the team’s coach, Heiman Van Dyke, Morningside’s participation in intercollegiate women’s games was suspended for decades after outraged mothers saw a picture of the bloomers-clad team that appeared in the *Chicago Sunday Herald*.

Orwig also reports the first record of women’s track at Morningside dates back to April 25, 1903, when bloomer-clad girls “outshined the boys” in an intramural meet according to the *Sioux City Journal*.

Although the women’s basketball program was barred by the college from intercollegiate competition, there were intramural class tournaments each winter that culminated with the Yale-Harvard Game. In 1913, Dean of Women Agnes Ferguson banned men from watching women’s sporting events according to a newspaper article entitled “Forbid Naughty Men to See Girls at Basketball.” The article stated “many of the young men are thoroughly angry that they should be forbidden a sight of their girl friends in easy attire.” Several years later, a group of spectators at the female-only game were discovered to be male students in dresses.

Beginning in 1919, women who excelled in intramural sports could win Morningside College sweaters. Women could earn points by participating in aesthetic and interpretive dance, golf, hiking, hockey, indoor baseball, physical training, swimming, tennis, track, volleyball, and playground supervision at East Junior High School. Only about four women per year earned enough points for the sweaters.

### **Io-Kota Conference opened doors to varsity sports for women**

After many years of intramural competition or occasional basketball tournaments organized by city leagues or the Amateur Athletic Union, the door to varsity intercollegiate competition for Morningside’s female athletes was opened with the creation of the Io-Kota Conference. Morningside was not a league member during the league’s initial year of varsity competition during the 1971-72 school year but joined the conference the following year for varsity competition in volleyball, basketball, and softball. Other schools in the conference included: Briar Cliff College, Buena Vista College, Dordt College, Mount Marty College, Northwestern College, Sioux Empire College, the University of South Dakota, and Westmar College. The league formed its

name from using the first two letters of Iowa and the last letters of South Dakota because all of the schools were from the two states.

The late Nita Harris Edlund, who was the women's physical education director at Morningside for 19 years, was instrumental in overseeing the college's participation in women's athletics evolve from fielding teams in city recreation leagues to entering the world of varsity intercollegiate competition. She organized Morningside's first varsity women's teams and helped Morningside gain membership in the Io-Kota Conference. She was a women's physical education instructor at Morningside from 1959-64, then returned to the college in 1968 as an assistant professor and head of the women's physical education department. Edlund left Morningside in 1980 after she was diagnosed with cancer and died in 1982 at the age of 44. The Nita Harris Edlund Scholarship in Physical Education was created in her honor in 1982.

Roberta Boothby, a longtime professor in Morningside's physical education department, also played a major role in helping organize the college's first varsity women's athletic teams and was instrumental in the organization of the Io-Kota Conference. She began her Morningside career as an instructor in physical education in 1967 and retired from the college in 2001 as associate professor of HPER. She served as Morningside's director of women's athletics from 1975 to 1995 and was chair of the physical education department from 1985 to 1995.

### **School newspaper coverage was slight at first**

Morningside's varsity women's volleyball, basketball, and softball teams were virtually ignored by *The Collegian Reporter*, the college's student newspaper, during the 1972-73 school year. In fact, the newspaper provided far greater column inches to intramural men's sports than to the varsity women.

The first mention of women's athletics in *The Collegian Reporter* during the 1972-73 school year came in the Sept. 8 issue when it simply stated "there will be a meeting in Allee Gym of all Morningside girls interested in participating in sports such as basketball, volleyball, etc." followed by the sentence "A seminar discussion about Burt Reynold's body will be held after the meeting."

The next mention of women's athletics in *The Collegian Reporter* came in a Nov. 3, 1972, article that simply stated Morningside had joined the Io-Kota Conference and would compete in volleyball, basketball, and softball. The article stated that volleyball season began on Oct. 1 and that the team was halfway through the season.

The Feb. 16, 1973, issue of *The Collegian Reporter* included a photograph of the women's basketball team playing against Buena Vista, but no result from the game was provided.

The first actual game report of a women's sporting event found in *The Collegian Reporter* came in the April 20, 1973, issue that reported the softball team opened the

season with a 14-6 win against Briar Cliff. The article stated “being their first year and the first game, there were some ‘small’ errors but having Connie Hauswirth, a freshman, at the pitcher’s mound made up for the mistakes. She pitched a fine game, having 10 strikeouts.”

*The Collegian Reporter* began providing regular coverage, though very small, about Morningside’s female varsity athletes began with the 1973-74 school year.

### **Morningside varsity women, teams performed well in NAIA**

There were no separate athletic divisions such as the NCAA and NAIA for women’s athletics during the early 1970’s as all of the nation’s schools competed together under the Association for Intercollegiate Athletics for Women (AIAW).

The National Association of Intercollegiate Athletics (NAIA) established a women’s division in 1980, and Morningside shifted its national affiliation to the NAIA in 1981. Morningside’s 1982 softball team became the school’s first team to compete in a NAIA National Tournament, and in 1986 Morningside qualified for the NAIA Women’s Basketball Tournament for the first time ever. The star of the 1985-86 basketball team was Amy Wilhelm, who was a two-time Kodak first-team All-American and set the school’s all-time scoring record with 2,332 career points.

Morningside began fully funding a women’s track team during the 1988-89 school year. Gina DeWitt became Morningside’s first female All-American in the sport when she won a NCAA Division II National Championship in the indoor 800-meters in 1993.

The first female athlete to earn all-conference honors at Morningside was Judy Kleban, who was named to the 1972 All-Io-Kota Conference volleyball team. Morningside’s first female athlete to earn first-team all-conference honors in multiple sports was Connie Hauswirth, who earned first-team All-Io-Kota laurels in softball in 1975 and in basketball in 1976. Hauswirth was also an honorable mention all-conference performer in volleyball, making her Morningside’s first female athlete to receive all-conference recognition in all three major sports.

The first Morningside team to win a conference championship was the 1976 softball team that posted a 5-1 record in Io-Kota Conference competition to share the league crown with city rival Briar Cliff.

Morningside won or shared 15 conference championships in volleyball, basketball, and softball during its time in the Io-Kota Conference from 1972-1989. Morningside was forced to change its national affiliation from the NAIA to the NCAA Division II when the North Central Conference (NCC) mandated at its 1988 fall meeting that Morningside and the University of Northern Colorado put their women’s programs into the league.

There were some immediate growing pains after Morningside entered the NCC. During their first year of NCAA Division II affiliation the combined overall record of the

volleyball, basketball, and softball tams was 36-69-1, including a 5-30 mark in NCC play, and the track team failed to score a point at the conference meet. But two years later the volleyball, basketball, and softball teams combined for a 68-45 record for a .602 winning percentage. The volleyball team, under the direction of head coach Joan McDermott, posted a 30-10 record, finished third in the NCC, and earned a national ranking during the 1991 campaign.

### **Move to GPAC has resulted in new “glory era”**

There have been two “glory eras” for Morningside women’s basketball. The first came from 1981 to 1989 when the women reeled off a league record eight consecutive Io-Kota Conference titles. The second is right now as the Mustangs are coming off back-to-back national championship seasons after winning NAIA Division II titles in 2004 and 2005.

Since entering the Great Plains Athletic Conference in 2003 the Morningside women have a 201-101-4 combined record in the sports of volleyball, soccer, basketball, and softball for an impressive .663 winning percentage. The women’s basketball program leads the way with a 69-7 record and a pair of NAIA Division II National Championships over the past two years. The softball team, meanwhile, has put together three consecutive 30-win seasons for the first time in school history, while the Mustangs’ volleyball program has produced three straight 20-win campaigns for the first time in school history.

## VOLLEYBALL:

### Morningside's First Official Varsity Sport

Morningside began varsity competition in women's intercollegiate athletics as a member of the Io-Kota Conference during the 1972-73 academic year. The first sport the league members competed in that year was volleyball during the fall of 1972.

The coach of Morningside's first volleyball team was Nita Edlund, who remained in that capacity for the college's first three seasons. She guided the team to a 20-18 record, highlighted by a 9-7 finish in 1973 for the college's first winning season in a women's sport. That team also became the college's first women's team to qualify for the post-season as they competed in the 1973 state tournament held in Storm Lake, Iowa.

The Nov. 3, 1972 edition of *The Collegian Reporter* reported that the volleyball season began on Oct. 1 of that year and that Morningside was fielding an A and a B team. The members of the A team, which would have been Morningside's first official varsity women's intercollegiate athletic team, included Maureen Kolar, Karen Taylor, Connie Hauswirth, Judy Kleban, Helene Stubergh, Becky Marchant, Peggy Mehroff, Sally Newman, and captain Jane Wishart. Morningside's B team was comprised of Brenda Obrecht, Helen Hartman, Diane Davies, Carolyn Beller, Marilyn Welding, Bette Hill, Carol Gonigam, Lily Wong, Jan Schmadke, and captain Nancy Teut.

Kleban was selected to the 1972 All-Io-Kota Conference volleyball team and became Morningside's first female athlete to earn first-team all-conference laurels. Kolar (1973) and Theresa Kruse (1974) would also receive first-team all-conference recognition during Edlund's time as head coach.

Morningside's 1973 volleyball team became the college's first team to advance to post-season play when it qualified for the state tournament held at Storm Lake. Morningside went 0-5 at the tournament with losses against Briar Cliff, Cornell, Dordt, Graceland, and Iowa State. The other teams at the tournament included Buena Vista, Drake, Grand View, Iowa, and Westmar. During the early to mid 1970's it was not uncommon for colleges the size of Morningside to find themselves in the same playing field with the state's major universities. This was prior to separate divisions for women's athletics when all colleges and universities competed together under the Association for Intercollegiate Athletics for Women (AIAW).

Rich Everett became Morningside's new head volleyball coach in 1975 and promptly led the team to a winning record (8-6) and a state tournament berth in his first season at the helm. However, following the 1975 campaign, Morningside went through a drought of five consecutive losing seasons before Patti Hesse elevated the level of the program during her three years as head coach from 1981-83.

Although Hesse's first two teams finished with overall records below .500, they fared well in Io-Kota Conference competition with upper division finishes. Hesse's 1981 team finished in third place with a 6-6 league mark, followed by a 9-3 conference record and a

second place finish in 1982, setting the stage for one of the college's best volleyball seasons ever in the fall of 1983.

All Morningside did that fall was steamroll through the Io-Kota Conference with a 9-1 record to win its first-ever volleyball conference championship. The team's overall record was 25-5 for a .833 winning percentage, which still stands as the best volleyball victory rate in Morningside history. The team's standouts were senior setter Lois Liibbe and freshman spiker Amy Wilhelm, who were both named to the All-Io-Kota Conference first team as well as the NAIA All-District 15 team. The other members of that first conference championship team were Kelli Tuttle, whose daughter Megan is currently a standout defensive specialist for the Mustangs' varsity volleyball team, along with Val Uken, Valarie Drake, Chris Cranston, Diane Berry, Trina Sliefert, Linda Hoogensen, Carla Rogstad, Janeen Pollack, Lisa Erwin, Carol Fry, and Beckie Maahs.

Hesse stepped down from the coaching ranks following the 1983 season, but the team kept on winning under Sandy Winter, a 1981 Morningside graduate, who became head coach starting with the 1984 season. Winter's first team posted a 26-14 record, and although her 1985 team slipped below the .500 mark at 17-18, the team did gain the distinction of becoming Morningside's first volleyball team to ever qualify for the NAIA District 15 Tournament.

Led by the all-conference exploits of Wilhelm and Maas, Winter guided Morningside to a 34-9 record and an Io-Kota Conference championship in 1986 to set a school record for victories in a season. That mark fell one year later when Morningside posted a 35-7 mark for a .833 winning percentage to break the single-season win record and match the school's winning percentage record. The star of the 1987 team was spiker Paula Hunter, who dominated the net en route to first-team all-conference honors.

Morningside bowed out of the Io-Kota Conference by winning another league title in its final season as a league member during the 1988 campaign. The team posted an 18-15 record while facing an upgraded schedule in preparation for its transition the following year as a member of the NCAA Division II North Central Conference. But in Io-Kota Conference competition, Morningside dominated the league with a 9-1 record and Hunter was again named to the all-conference first-team as well as the NAIA All-District 15 honor squad.

Winter resigned as head volleyball coach with a six-year record of 137-85 after Morningside went 7-22 during the 1989 campaign in its first season at the NCAA II level. The Joan McDermott era, a six-year reign that brought the Morningside volleyball program to national prominence, followed.

McDermott came to Morningside following a highly successful career at St. May's College in California, where she won a NAIA National Championship in 1985, and at NCAA Division II Metropolitan State. Her first Morningside team posted an 18-22 record in 1990. She resigned five years later following a 1995 season where Morningside finished 27-9, made its first-ever NCAA post-season appearance with a berth in the

NCAA II North Central Regional Tournament, and earned a No. 11 national ranking in the American Volleyball Coaches Association (AVCA) poll for its highest ranking ever. She guided Morningside to a six-year record of 182-99 for a .648 winning percentage to set school records for most volleyball coaching wins and winning percentage.

It didn't take McDermott long to put Morningside on the volleyball map. In just her second season, McDermott guided Morningside to a 30-10 record in 1991, including a third place conference finish for the school's highest placing ever in the NCC. The team's standouts were first-team All-NCC performers Kristen Kofoed and Jill Jackes, who hammered the opposition with averages of 3.30 and 3.25 kills per game, respectively. For her efforts in coaching the team, McDermott was named the 1991 NCC Coach of the Year as well as the AVCA North Central Region Coach of the Year.

Jackes also earned first-team All-NCC laurels in 1993 to become Morningside's first-ever two-time All-NCC performer in volleyball. She finished her career as the college's all-time leader with 1,583 career kills and 153 career ace serves.

Other notable standouts during the McDermott era included setter Kate Ankrum, the NCC's Freshman of the Year in 1994 who graduated with school-record totals of 5,362 career assists and 232 career ace serves, and middle blocker Karmen Fykstra, a former Iowa prep Player of the Year at traditional volleyball power Hull Western Christian High School, who pounded 1,400 career kills and set a Morningside record with a career average of 1.11 blocks per game.

And then there was Theresa Kathman, arguably the greatest volleyball player in Morningside history. Kathman came to Morningside in 1993 out of Ruthven-Ayrshire High School, where she had been a first-team all-stater. It didn't take her long to make her mark, as she led the team with 409 kills for an average of 3.03 kills per game as a freshman. She earned first-team All-NCC honors as a sophomore and became the first volleyball player in Morningside history to earn NCAA II All-Region honors. Kathman earned All-NCC and NCAA II All-Region honors again during the 1995 campaign when she averaged 3.68 kills and 3.84 digs per game.

Although left off the all-region team as a senior, the 1996 campaign may have been Kathman's best ever as she pounded a school-record 552 kills for an average of 4.25 per game. She finished her career as Morningside's only three-time All-NCC performer and with school-record totals of 1,831 career kills and 1,563 career digs.

Kathman graduated from Morningside in 1997, but she returned just one year later when she was hired as the Mustangs' head coach starting with the 1998 season. She coached the Mustangs for five seasons, including the team's first year as a member of the NAIA in 2002 when Morningside posted a 26-9 record and came one victory shy of a NAIA National Tournament appearance when it lost 3-0 against Doane College in the NAIA Region IV Final.

The Mustangs' 2002 team featured a pair of history makers in senior middle blocker Jennifer Gruber and senior setter Brenna Larsen, who became the college's first-ever NAIA volleyball All-Americans. Gruber, who averaged 4.25 kills and a school-record 1.74 blocks per game that season, was named a NAIA second-team All-American. Larsen, who averaged 11.71 assists per contest, was tabbed to the All-America third-team. Larsen graduated as Morningside's all-time leader with 5,540 career assists for an average of 11.12 per game, while Gruber graduated with 1,403 career kills for the third highest total in Morningside history.

Lindsie Honsbruch was a sophomore outside hitter on the Mustangs' 2002 regional runner-ups. She eventually finished her career with a school-record 1,638 digs to go along with career totals of 1,252 kills and 178 ace serves to join Kathman, Jackes, and Stephanie Baddeley as the only volleyball players in Morningside history to amass over 1,000 career kills, 1,000 career digs, and 100 career ace serves.

The 2002 season was Kathman's final campaign as the Mustangs' head coach, but Morningside continued to be successful under new coach Jessica Phillips, who guided the team to a 24-17 record in 2003 and a 23-13 finish in 2004 to give the Mustangs three consecutive 20-win seasons for the first time in school history. The Mustangs hope to keep the streak going in 2004 in their first season under new head coach Aaron Nelson.

## BASKETBALL:

### Eight-Time Io-Kota Conference Champions

The history of the women's basketball program at Morningside has been filled with peaks and valleys.

Morningside dominated the Io-Kota Conference during the 1980's when it won a league record eight consecutive conference titles from 1982 to 1989 to break Westmar College's former record of six straight Io-Kota crowns that came in the first six years of the league's existence. Morningside thoroughly dominated the Io-Kota Conference during its eight-year championship run, losing only eight league games in the process.

The decade of the 1980's was a glory era for Morningside women's basketball. But after the college switched its national affiliation for women's athletics from the NAIA to NCAA II starting with the 1989-90 school year, the victories became harder and harder to come by. Morningside had just one winning season in its 13 years as a member of the North Central Conference and won less than 10 games in 10 of those years.

The wins started coming again as quickly as the Mustangs returned to the NAIA. Upon leaving the NCC, the Mustangs posted a 17-16 record as a NAIA independent in 2002-03, followed by back-to-back NAIA Division II National Championships in 2004 and 2005!

Morningside began varsity intercollegiate competition in women's basketball during the 1972-73 academic year under the leadership of head coach Linda Maroney, who continued to coach the team for their first four seasons. The members of that historic first team were Jennifer Galles, Peggy Geick, Deb Mann, Donette Adam, Linda Mayne, Leslie Hardie, Maureen Kolar, Deb Donahue, Donna Gonnerman, Connie Hauswirth, and Deb Readling. Galles earned individual honors as Morningside's first athlete to earn first-team Io-Kota Conference honors in women's basketball. As a team, Morningside posted a 1-7 record and finished in seventh place in the conference standings.

Improvement began to show the following season when Morningside reached the .500 mark at 7-7, followed by second place finishes in the Io-Kota Conference during the 1974-75 and 1975-76 campaigns. Barb Swalve received first-team all-conference honors for both of the Io-Kota runner-up teams to become Morningside's first two-time first-team all-conference performer in women's basketball.

Rita Bobolz joined Swalve as a two-time first-team all-conference performer in 1977 and 1978 while 1975 Morningside graduate Dan Pomerence served as the head coach.

Bud Brockman became Morningside's head coach in 1979 and it didn't take the program long to take off. Brockman guided Morningside to a five-year record of 62-53. His last four teams all had winning records and his final three clubs were all Io-Kota Conference champions.

The stars of the Brockman era were Sue Berens and Lerlean Johnson, who were both three-time All-Io-Kota Conference selections. Berens scored 1,410 points during her career, which was a Morningside record at the time of her graduation. Johnson, who was also a three-time NAIA All-District 15 selection, scored 1,288 points and was Morningside's all-time leading rebounder with 865 career rebounds at the time of her graduation.

Berens was a junior and Johnson was a sophomore during the 1981-82 season when Morningside finished 16-8 overall and won its first-ever women's basketball conference championship with a perfect 12-0 Io-Kota slate. The other members of that first championship team were Michelle Swanson, Irene Prince, Rhonda Andresen, Patty Honz, Connie Hettwer, Lisa Gordon, Lisa Erwin, Dianne Rohrer, Lori Salmon, Melody Greer, Jill Tasker, and Lisa Boltjes.

Brockman closed out his Morningside coaching career by leading the team to records of 15-10 and 16-9 and two more Io-Kota Conference championships during the 1982-83 and 1983-84 seasons.

John Arnold replaced Brockman as Morningside's head coach at the start of the 1984-85 season and the wins kept coming. Arnold had a 96-81 record in six seasons as head coach. His first five teams all won Io-Kota Conference championships and his 1985-86 squad has the distinction of being the college's first 20-game winner and first NAIA National Tournament qualifier.

Morningside finished the 1985-86 regular season with a 17-10 record, including a perfect 10-0 mark in the Io-Kota Conference. Morningside defeated Grand View 92-78 and St. Ambrose 86-80 in the NAIA District 15 Playoffs and then edged Quincy 83-81 in the NAIA Bi-District Playoffs to earn a berth in the NAIA National Tournament in Kansas City, Mo. Morningside was eliminated from then national tourney with a heartbreaking 69-67 opening round loss against Saginaw Valley.

The members of the 1985-86 NAIA National Tournament team were Tonia Arehart, Val Uken, Amy Wilhelm, Shelly Klein, Suzie Galles, Janice Schmitz, Kelli Thomas, Carolyn Lamaak, Paula Hunter, Gina Schuldt, and Shelly Ashley.

The star of the team was undeniably Wilhelm, perhaps the greatest female basketball player in Sioux City history. Before enrolling at Morningside, Wilhelm was an all-stater during Sioux City North High School, where she set the city's single-game scoring record with 66 points.

Wilhelm was a junior during the 1985-86 season. She scored a school-record 44 points when Morningside drubbed Westmar 136-44 on Feb. 11 of that season for the most lopsided victory in school history. She scored over 40 points two other times during her career with a 43-point game against Briar Cliff during the 1986-87 season and 42 points against Augustana during the 1984-85 campaign.

Morningside had a 70-44 record during Wilhelm's career, including back-to-back 20-win seasons with records of 20-11 and 20-10 during her junior and senior campaigns. She led Morningside to four Io-Kota Conference championships and a four-year conference record of 36-4.

Individually, Wilhelm became Morningside's first-ever women's basketball All-American when she was named to the 1986 Kodak All-America team, a distinction she received again in 1987. She was a three-time NAIA honorable mention All-American, a three-time All-Io-Kota Conference selection, and a three-time NAIA All-District 15 selection. She was named the NAIA District 15 Player of the Week four times during her career.

She is the most prolific scorer in Morningside history with 2,332 career points and a career scoring average of 20.4 points per game, both Morningside records. Wilhelm averaged a school-record 24.2 points per game as a junior. Her 2,332 career points was the third highest total in NAIA history at the time of her graduation, while her career scoring average of 20.4 points per game ranked fifth in the NAIA record book.

Wilhelm is one of the most decorated players in Morningside history. Complimenting her in the backcourt all four years was Janice Schmitz, her high school rival from Le Mars Community. Although Schmitz didn't receive the same fanfare as Wilhelm, she was a scoring threat non-the-less, and graduated as the fourth leading scorer in Morningside history with 1,278 career points.

Morningside's unprecedented reign atop the Io-Kota Conference didn't end after Wilhelm graduated following the 1986-87 season. Morningside went on to win two more league crowns to extend its streak to a record eight consecutive Io-Kota Conference titles. With the loss of Wilhelm's spectacular outside shooting and driving abilities, the team turned to a power inside game that featured Paula Hunter and Gina Schuldt.

Hunter, a four-year starter, graduated in 1989 with a Morningside record 1,248 career rebounds for an average of 10.8 per game along with a school-record 296 career blocked shots. She also left as the school's second leading all-time scorer with 1,603 points for a 13.8-point career scoring average. Teams often found that the only way to try to stop Hunter was to foul her, as she set school records with 395 career made free throws and 565 career free throw attempts.

Schuldt was also a force as she graduated as Morningside's fourth leading all-time scorer and second leading all-time rebounder with 1,308 points and 871 rebounds for career averages of 11.3 points and 7.5 rebounds per game.

Morningside's time as a NCAA Division II member of the North Central Conference began in 1989-90 and the effects were quickly evident as the team's overall record slipped to 6-22 and Morningside finished at the bottom of the 10-team conference with a 1-17 league mark. Arnold resigned as Morningside's head coach following the season.

Rhonda Penquite coached Morningside to a 5-23 record in 1990-91 before leaving after just one season at the helm.

Cindy Tudehope left her position as head coach at city rival Briar Cliff to become the college's sixth head women's basketball coach in 1991. She led Morningside to its two best seasons in the NCC with a 14-14 record and a sixth place conference finish in 1991-92, followed by an 18-9 record and a fourth place NCC finish in 1992-93.

Shawna Paskert emerged as one of the NCC's top players during the 1991-92 and 1992-93 seasons and earned first-team all-conference laurels both years to become Morningside's first All-NCC selection in women's hoops. Paskert, who averaged 15.7 points and 9.7 rebounds per game during her career, graduated as the school's fourth leading all-time scorer with 1,350 career points and became Morningside's first NCAA II women's basketball All-American when she was tabbed to the fourth team of the 1993 American Women's Sports Federation All-America team.

Morningside's 18-9 record during the 1992-93 season was the high point of the college's time in the NCC. Morningside had four different head coaches over the next nine years and the best record during that span was a 10-17 finish in 1996-97.

The college still produced some outstanding players even though the team didn't enjoy great success in the victory column. Jennifer Childress and Trish Martin joined Paskert as two-time first-team All-NCC selections, while Steph Erwin and Erica Thein were both tabbed to the All-NCC team once. Although Colleen Holland didn't ever make the All-NCC team, she was the NCC record holder with 361 career assists when her career ended in 1994. Jessica Johnson and Nicole Newberg also didn't receive first-team All-NCC accolades, but they did graduate as two of the school's all-time leading scorers with 1,207 and 1,134 career points, respectively.

Aside from being a two-time All-NCC selection, Martin, a product of the South Sioux City High School state championship powerhouse in Nebraska, was also a two-time All-Region performer and the nation's leading rebounder in the NCAA II ranks during the 2000-01 season when she averaged 13.1 rebounds per game. Her best single-game effort that season was a staggering 25-rebound performance against St. Cloud State. She scored 1,135 career points and graduated as the second leading rebounder in Morningside history with 877 career rebounds. Her career average of 11.1 rebounds per game is a Morningside record.

Childress, also a two-time first-team All-NCC selection, more than held her own while often battling taller opponents as the team's starting center. She amassed 1,303 points and 846 rebounds during her career for averages of 12.2 points and 7.9 rebounds per game.

The 2001-02 season marked Morningside's final year as a member of the NCC. Although it was an uneventful season from the standpoint that the Mustangs finished in the NCC cellar for the third year in a row, there were signs that better things were on the horizon. The Mustangs finished 7-19 under first-year head coach Jamie Sale. The seven wins were

two more triumphs than the previous two years combined. Thein, a senior, was a first-team All-NCC selection that year. Much of her primary support came from sophomore Kate Lokken and freshmen Brittany Carper and Megan Cloud. They would become three of the biggest names in Morningside women's basketball history over the next three years.

The Mustangs' fortunes began to shift during the 2002-03 season when they competed as a NAIA independent. They finished 17-16 for their best record since an 18-9 effort in 1992-93 and qualified for the NAIA Division II National Tournament for their second national tourney appearance in school history. Morningside was eliminated from the national tournament with an opening round 80-69 loss against Cedarville University. Little did anyone know at that time that the two opponents would become very familiar with each other over the next two years at an even larger scale.

### **The Mini Dynasty: Back-To-Back National Titles!**

#### **2003-04**

“Three-pointer by Morningside's . . .”

Those words were heard over and over again through the public address system inside Sioux City's new Tyson Events Center/Gateway Arena during the week of March 10-16, 2004, as the Mustangs used a record breaking 3-point shooting display to win the National Championship at the NAIA Division II National Tournament.

The Mustangs, who finished the season with a 34-4 record, made a record 47 3-point field goals during their five-game march through the national tournament field, including a national tournament single-game record 17 treys in their 87-74 triumph against Cedarville University in the title game. That broke the tournament's previous single-game record of 15 3-pointers which Morningside had set in a 94-66 romp past Spalding University in the first round. In between, the Mustangs defeated Indiana Wesleyan University 78-64 in the second round, Evangel University 66-43 in the quarterfinals, and the University of Mary 70-62 in the semifinals.

The Mustangs made 400 3-point field goals for the entire season to shatter the previous NAIA Division II national record of 311 3-pointers by Bethel College in 2001-02. The prolific long range shooting, along with a swarming pressure defense that produced an average of just under 18 steals per game and forced the opposition into an average of 27.7 turnovers per contest, were the Mustangs' signature traits.

Morningside's championship game victory against Cedarville, a team that entered the contest riding a 23-game winning streak, capped a remarkable “Cinderella” season for a Mustang team that was coming off a 17-16 campaign and had been tabbed for a seventh place finish in the Great Plains Athletic Conference (GPAC) coaches' pre-season poll.

It didn't take the Mustangs long to show that they had been vastly underestimated as they opened the season with a school-record 17-game winning streak, including road wins against nationally ranked Northwestern College, NCAA Division II Augustana College, and NCAA Division III national powers University of Wisconsin-Eau Claire and Buena Vista University.

The Mustangs' record-breaking start vaulted them to No. 2 in the national rankings before they suffered their first loss, a 76-75 verdict against then No. 1-ranked Dakota Wesleyan University on Jan. 11 in front of a capacity crowd of 3,000 in Mitchell, South Dakota's Corn Palace. The Mustangs led for almost the entire game, only to lose when the Tigers made two free throws with six seconds left.

It was that loss, which came against a veteran Dakota Wesleyan team which had been the national runner-up in 2003, that cemented in head coach Jamie Sale's mind that he had something truly special.

"I knew after we went to Dakota Wesleyan and lost by one point that we were a very good team," said Sale, the 2004 NAIA Division II National Coach of the Year. "We didn't shoot the ball very well that game, but we stuck together and fought hard."

The Mustangs' ability to play with the nation's elite was proven again on Feb. 7 when they traveled to two-time reigning NAIA Division II National Champion Hastings College and battled the Broncos tooth and nail before dropping a 105-98 quadruple overtime thriller.

Morningside, which finished one game behind Hastings for second place in the GPAC regular season standings, never got another shot at the Broncos. But the Mustangs defeated Dakota Wesleyan 91-78 in a rematch at the Corn Palace during the semifinals of the GPAC's post-season tournament, then defeated Concordia University 94-87 in the GPAC title game to set the stage for their national tournament run.

Sale said the groundwork for the championship effort started the previous year and during the summer when many of the players remained in Sioux City to work on their games.

"What made this team so successful is their great work ethic, and they worked very hard in the off-season," Sale said. "They are also very close on and off the court, which made our team chemistry very special."

Individually, the Mustangs were led by the high scoring trio of Brittany Carper, Megan Cloud, and Kate Lokken, who combined for an average of 58.5 points per game to make them one of the year's highest scoring trios at any level – collegiate or professional.

Carper, who averaged 21.5 points per game, scored a Morningside single-season record 818 points, and was the regular season national leader in assists and steals, was named

the NAIA Division II National Player of the Year, the GPAC Player of the Year, and a first-team All-American.

Cloud, who averaged 18.9 points per game, saved some of her best moments for the national tournament, where she often seemed to carry the Mustangs on her back, and was named the tourney's Most Valuable Player.

Lokken, who averaged 18.1 points per game and made a NAIA Division II national-record 130 3-point field goals, was an honorable mention All-American.

The defensive play of starters Jill Pudenz and Kayla Wibben and reserve Vanessa Hasley at the front of the Mustangs' full-court press often led to easy baskets for their highly publicized teammates, while long range sharpshooter Beth Watson provided another scoring option off the bench. In fact, Watson was dubbed "the silent assassin" by one rival national tournament coach after she stepped up to make 12 3-pointers during the tournament.

Carper, Lokken, and Cloud were the second, third, and fifth leading scorers in Morningside history with 1,638, 1,614, and 1,463 career points, respectively, at the conclusion of the 2003-04 season. Of the three, Lokken was the only senior and was the Mustangs' only holdover member from a team that had finished 4-22 the year prior to Sale's arrival.

Needless to say, she witnessed quite a turnaround.

"The changes I saw during my four years were pretty dramatic," Lokken said. "Coach Sale did a great job of recruiting quick, talented, and athletic players that allowed us to play an up tempo game that is fun to watch and fun to play. He worked us very hard in the pre-season so we were ready to play that style of basketball, and it definitely paid off for us in tight games when we needed that extra edge."

"Coach Sale is fun to play for, which makes it easy to work hard," Lokken said. "He believed in us, even when we had to start with very little, and that gave us the confidence that we could go far."

"Honestly, at the beginning of the season it was hard to imagine winning a national title, but after we beat some great teams at the end of the year and kept rolling in the tournament, we knew it was within our reach," Lokken said. "It was almost like each game out we didn't have any doubts that we were going to keep winning."

## **2004-05**

The Mustangs repeated as NAIA Division II Women's Basketball National Champions!

Winning one is a major feat in itself. But winning two is extremely difficult; especially since the Mustangs' had a "bull's eye" on their back in every game they played as the reigning champs. In this day of sports parity, one could even refer to the Mustangs' march to two consecutive national crowns as a mini dynasty.

They even found a different way to win the second one. The Mustangs captured the 2004 title behind a dazzling offensive display that saw them connect for a national tournament record 47 3-point field goals during their five-game title run, including a tournament single-game record 17 3-pointers in their championship game victory against Cedarville University.

Morningside won its second title with a suffocating defense. They held each of their first four opponents to scoring totals below 60 points in triumphs against Davenport University (74-46), Tabor College (68-57), Bethel College (72-50), and Evangel University (57-45) to set up a rematch against Cedarville in the final.

Cedarville looked like a prohibitive favorite going into the title game. After all, the Yellow Jackets were ranked No. 1 in the nation, featured the nation's second highest scoring offense with an average of 87 points per game, and had set a national tournament scoring margin record when they crushed Lyndon State College 111-33 in the opening round. Cedarville certainly looked formidable on paper, plus the Mustangs went into the game without one of their starters, junior forward Kayla Wibben, who had gone down with a knee injury in their semifinal win against Evangel.

What happened in the championship game shouldn't have come as a surprise as the Mustangs' defensive effort took over again as Morningside posted a 75-65 victory while holding Cedarville to its lowest scoring total of the season.

That kind of defensive effort was a trade mark of the Mustangs all season as they set a school defensive scoring record by holding their opposition to an average of 57.1 points per game, carving almost a full six points off the previous record of 63.0 points per game during the 1980-81 season. They also set a school single-game defensive record for fewest points by an opponent in a 98-33 win against Dana College on Feb. 16.

Defense takes heart and hard work, and this team certainly had it.

"Our players were always willing to go the extra mile in practice and in the off-season to make themselves better," said head coach Jamie Sale, who earned NAIA Division II National Coach of the Year honors for the second year in a row. "They always played with a ton of heart and we always pride ourselves on not ever letting our opponents play harder than us. To play our style of basketball takes a lot of heart and willingness to work on conditioning."

Having two of the greatest players in Morningside history in seniors Megan Cloud and Brittany Carper coming through the program at the same time certainly didn't hurt the Mustangs' chances either. Cloud, the 2005 NAIA Division II National Player of the Year

and a first-team All-American, and Carper, a second-team All-American who was the national player of the year in 2004, finished their careers as the second and third leading scorers in Morningside history with 2,209 and 2,183 career points, respectively. Cloud was also the national tournament MVP for both title teams.

They helped turn around a basketball program that had posted a 4-22 record the year before their arrival.

“Brittany and Megan are the reason that this program turned around,” Sale said. “It is rare to have two great players at the same time and we were very fortunate to have them here. They will always be known as two of the best players to ever play at Morningside.”

Assistant coach Kate Lokken had been a standout player for the Mustangs’ 2003-04 championship team. Cloud said not having Lokken on the floor was one the Mustangs’ biggest hurdles to overcome en route to a second title.

“The biggest obstacle to overcome was knowing that we had lost a great player and one of our leading scorers in Kate,” Cloud said. “But we knew as a team that we would come together and it seemed like every night some one different always stepped up.”

The Mustangs compensated for Lokken’s loss with a deeper bench, increased scoring production from juniors Kayla Wibben, Jill Pudenz and Beth Watson, and the addition of junior college transfer Jennifer Francescon, who had been a double figure scorer at Kirkwood Community College. And when the Mustangs needed someone to step up at a most crucial time, there was junior guard Vanessa Hasley, who started in place of the injured Wibben in the NAIA Division II Championship Game and responded with the best offensive performance of her Morningside career.

It will be that core group who will try to keep the Mustangs among the nation’s elite in 2005-06 when they will be targeted by their opponents again.

“This year we had to come to play every night because we knew that every team wanted to beat us,” Carper said. “The second national championship was harder to achieve because we weren’t expected to win the first one and it kind of came from out of nowhere. This year we were the team that was being hunted and our opponents gave us their best shot each night.”

The two seniors and coach Sale all agreed that staying focused throughout the season and not being content with what they had accomplished the previous year were pivotal in the repeat championship.

“I think anything less than another championship would have been disappointing, especially because we knew we were capable of winning another title,” Carper said. “With the nucleus of players we had returning, I think we would have been cheating ourselves if we had been content to settle for anything less.”

## SOFTBALL:

### Morningside's First Sport To Produce A Conference Champion

Morningside began varsity competition in softball during the 1973 season. The team posted a 2-3 record under student head coach Mike Pomerence. The softball team captured an Io-Kota Conference championship with a 5-1 record three years later to become Morningside's first team conference champion in women's athletics.

The members of Morningside's first varsity softball team in 1973 were Connie Hauswirth, Donna Gonnerman, Barb Boysen, Diane Davies, Cheryl Hogeboom, Maureen Kolar, Lynda Mayne, Karen Taylor, Helen Hartman, Marilyn Horswell, Diane Benjamin, Sue Bowman, and Deb Yockey. Pomerence's assistant coaches were Jane Wishart and Nita Edlund.

Gonnerman earned first-team All-Io-Kota Conference honors in 1973 to become Morningside's first all-conference performer in softball. Sandy Logan became the program's first multi-year all-conference selection after she was named to the 1974 and 1975 All-Io-Kota Conference teams.

The program was a revolving door for coaches in the early years. Mary Kay Anderson coached the team in 1974, while the 1975 team had player-coaches in Hauswirth and Joyce Stille. Roberta Boothby of the physical education department was listed as the team's manager in the college's 1975 yearbook. Boothby said her duties were more-or-less that of a chaperon.

Rich Everett was the head coach of Morningside's 1976 Io-Kota Conference championship team. When he returned the following season he became the first person to coach the college's softball team in consecutive years.

Morningside began to emerge as a formidable softball force while Gary Gevik, a noted amateur fastpitch softball pitcher himself, served as the team's head coach from 1981-85. Gevik guided Morningside to Io-Kota Conference titles in 1982 and 1983 and coached the team to a then school-record 17 victories in 1982.

One of the team's most memorable victories during the 1983 season was a 5-4 victory against Westmar College where pitchers Rita Seymour of Morningside and Julie Croonquist of Westmar each went the distance in a 22-inning marathon that set a NAIA national record for the longest game played.

Although Morningside was a member of the NAIA's Io-Kota Conference at the time, the college's softball team did participate in the 1981 and 1982 North Central Conference (NCC) Tournaments and Seymour, Zena Junck, Diane Rohrer, and Cindy Gray all earned All-NCC honors in 1982.

After Gevik stepped down from the coaching ranks following the 1985 season, Morningside hired one of Gevik's former players as his replacement when Sandy Winter,

a two-time first-team All-Io-Kota Conference performer, began her five-year tenure as head coach in 1986.

Winter led Morningside to an Io-Kota Conference championship in 1988 and was the coach when Morningside became a member of the NCC and entered the NCAA Division II ranks in the 1989-90 academic year. The top players during Winter's tenure included Kelley Ashby and Beth Gawley, who were both two-time All-Io-Kota Conference and NAIA All-District 15 selections, and Shelly Walker, who earned All-NCC and All-Region honors in Morningside's debut season in the NCC and NCAA II in 1990.

Joan McDermott became Morningside's head coach in 1991, and just as she did with the college's volleyball program, she brought national prominence to the program. She led Morningside to a 155-90-2 record and a winning season in each of her five years as head coach. McDermott guided Morningside to a 32-19 record in 1993 for the college's first-ever 30-win season. That was followed by a 42-20-1 mark in 1994 for the most victories in school history.

Colleen Holland and Melanie Prince were both two-time All-NCC performers during the McDermott era. But the "big guns" were Jeree Carlson, Mindi Prince, and Tia Vitiritto, who all went on to earn All-America honors.

Prince and Vitiritto became Morningside's first-ever softball All-Americans when they were each tabbed to the second-team of the 1994 National Fastpitch Coaches Association (NFCA) All-America selections. Prince later became Morningside's first first-team All-American in 1995 and then made the first-team again in 1996, while Vitiritto earned third-team honors in 1995 and second-team laurels in 1997 to join Prince as Morningside's only three-time softball All-Americans.

Prince was one of the nation's most feared hitters during her time. Her 1996 season was simply phenomenal when she hit .481 with 14 home runs and 53 RBIs to set school records in each category. She holds Morningside career records with a .404 batting average, 258 hits, 37 home runs, and 188 RBIs.

Although Carlson made the NFCA All-America team only once as a first-team selection in 1996, she had as much to do with the team's success as anyone. Carlson, the former all-state whiz from Sioux City East High School, was one of the nation's most dominating pitchers during her Morningside career. She posted an 89-32 record with a 1.45 earned run average and struck out 910 batters to set school records for career wins, career earned run average, and career strikeouts. Amazingly, she allowed only 485 hits in 821.2 career innings pitched.

It didn't take Carlson long to make her mark. As a freshman, she led the nation with an average of 8.69 strikeouts per seven innings pitched. As a sophomore in 1994, Carlson led the nation with 31 wins. Carlson led the nation with 344 strikeouts and ranked sixth nationally with 32 victories during her 1996 senior campaign. Aside from setting school

records with 32 wins and 344 strikeouts that season, Carlson also established a Morningside single-season record with a 0.97 earned run average.

Carlson and Prince each enjoyed their greatest seasons in 1996 to help lead Morningside to a 37-15 record and a first place finish in the NCC's Southern Division. They were joined on the All-NCC team by Vitiritto and Melissa McWilliams. The head coach was Ann Halsne, who took over the softball program after McDermott had stepped down following the 1995 campaign.

Halsne's 1997 team went 32-21. All-America honors went to Vitiritto and Angie Koll, who made the second and third-teams, respectively, while Koll, Prince, and Jessica Taff were all tabbed to the All-NCC team.

Taff and Koll also earned All-NCC honors in 1998, while McWilliams was named to the 1998 and 1999 All-NCC teams and became Morningside's fourth first-team NFCA All-America selection in 1999.

The coach with the longest length of service at Morningside is current head coach Jessica Jones-Sitzmann, who has led Morningside to a 205-174 record over the past seven seasons. She has guided the Mustangs to 30-win seasons in each of the past three seasons with 35 wins in 2003, 30 triumphs in 2004, and 39 wins in 2005 for the college's first-ever run of three consecutive 30-win campaign.

Morningside's final season in the NCAA II ranks was 2003 when J.J. Benson led the nation in triples that year with 11 for an average of 0.21 per game.

Freshman pitcher Whitney McElrath and junior centerfielder Molly Moser each earned first-team All-Great Plains Athletic Conference (GPAC) honors in 2005 to become the Mustangs' first All-GPAC selections in the sport of softball. Moser was also named to the NAIA's All-Region IV team.

## TRACK & FIELD:

The Producer of National Champions Gina DeWitt and Meredith Davis

Morningside's first track & field champion recorded in the archives of *The Collegian Reporter* was Peg Mehroff, who placed first in the 600-yard run and second in the 880-yard run at the 1973 Drake University Indoor Invitational.

The Morningside women's track & field team returned to Drake in 1974 and finished eighth in a 16-team field in the club division of the U.S. Track & Field Federation Women's Meet. The team champion was Iowa State. Leading the way for Morningside was Mehroff, who placed third in the 880-yard run, and Sandra McCulloch, who placed third in the mile run.

The 1989 yearbook states that was the first year the college budgeted for a full track schedule. Three years later, Morningside had its first-ever women's track & field national champion in Gina DeWitt, who triumphed in the 800-meters at the NCAA Division II Indoor Championships. DeWitt would later finish second in the 800-meters at that year's NCAA Division II Outdoor Championships. DeWitt, who ran for the Morningside track team as a freshman and sophomore, is still the school record holder for all distances in the 800 to 1600-meter range. She finished her career at Drake University, where she earned NCAA Division I All-America honors in the 800-meters

Morningside's women's track & field program produced 18 All-American performances designated by a top eight finish at the national meet during its time in the North Central Conference (NCC). Thirteen of those performances came from Meredith Davis, arguably the greatest female track & field athlete in NCC history and the holder of a NCC-record 14 combined individual titles at the conference's outdoor and indoor championship meets. She was a four-time conference champion in the outdoor long jump and a three-time conference champion in the outdoor 100-meter hurdles, the indoor long jump, and the indoor 55-meter hurdles.

At the national level, Davis was a two-time national champion in the heptathlon by capturing national crowns at the 2001 and 2002 NCAA Division II Outdoor Track & Field Championships. Davis was named the NCAA Division II National Outdoor Track & Field Athlete of the year in 2001 and 2002 and was a qualifier for the 2004 U.S. Olympic Trials.

Aside from her two national titles, Davis was a four-time outdoor All-American in the long jump, a three-time indoor All-American in the 55-meter hurdles, and a two-time All-American in the outdoor 100-meter hurdles and the indoor long jump. She graduated from Morningside as the holder of 12 school records in individual events as well as a school record holder in five relay events.

The Mustangs have had one female athlete finish in the top 10 at the national meet since switching their affiliation to the NAIA three years ago. That came from freshman Jennifer Gould, who placed 10th in the high jump with a school-record effort of 5-5 at the 2005 NAIA Indoor Championships.

## THE LAST TEN YEARS:

### The Revival of Golf and Tennis, The Addition of Soccer and Swimming

The last 10 years have seen the revival of sports such as women's golf and women's tennis along with the addition of women's soccer and women's swimming.

Morningside fielded its first varsity women's tennis team during the 1974 season. The team won a dual against Buena Vista and lost twice against Briar Cliff to finish with a 1-2 record under head coach Betty Bullock. The players were Sally Newman, Jennie Galles, Lynn Mikkelsen, Peggy Larimer, Liz Snyder, and Jane Braunger.

Morningside had an on-again, off-again tennis program from 1974 to 1998. The program was discontinued after Morningside posted an 8-3 record under head coach Jean Jacobsen in 1998 before it was revived again in 2004.

Anouchka Ganivet, a foreign exchange student from France, was the individual standout on Morningside's 1998 team as she posted a 13-1 singles record and established school single-season records with 13 singles triumphs, 10 doubles triumphs, and 23 combined singles and doubles victories. Other past standouts include Karla Engbard, the school record holder with 32 combined career singles and doubles triumphs, and Yong Tran, Morningside's record holder with 16 career singles victories.

The history of the women's golf program during the 1970's and 1980's is even sketchier. Past yearbooks reveal that Sondra Snyder and Sonja Henricks played on a co-ed team during the 1984-85 school year and that there was a women's golf team coached by Kent Kennedy in 1985-86 and one coached by Tom McCracken in 1987-88.

Morningside has fielded a women's golf team every year since 1996. The Mustangs enjoyed their greatest success during the 2002-03 and 2003-04 seasons under former head coach Michelle Bailey.

Briena Kappes, a former North Dakota high school individual state champion, set the Mustangs' standard for individual play when she was the medalist at five tournaments during her 2003-04 freshman year.

Kappes, Jenna Jurrens, Rachel Lenhardt, Pam Cronin, and Nikki Kranz led the Mustangs to a second place finish at the 2003 Great Plains Athletic Conference (GPAC) Championships to earn a NAIA Region IV Tournament berth. Jurrens was the GPAC's individual runner-up that year after she fired the lowest score in Morningside history with a two-over par 74 in the final round at Sioux City's Green Valley Golf Course.

Two new sports were added to the mix when the Mustangs started a varsity women's soccer team during the 2000-01 academic year and a varsity women's swimming team during the 2003-04 school year.

Tom Maxon has been the head coach of the women's soccer program since the beginning and has led the Mustangs to a 43-52-4 record over the past five seasons.

The Mustangs posted a 5-15 record and finished 10th in the North Central Conference (NCC) during their 2000 debut season. The members of Morningside's historic first women's soccer team were Laura Sibley, Amy Althoff, Annie Dilocker, Crista Rustwick, Beth Herbst, Jenifer Patawaran, Jerico Foutch, Megan Winn, Alison Anderson, Janel Gillies, Shannon Ellis, Dee Walker, Melissa Grant, Amanda Jagim, Kim Renze, Leanna Daniels, Alicia Anderson, and Jackie White. Gillies ranked as one of the nation's top scorers in the NCAA Division II ranks that year with 21 goals and 46 points.

Morningside's fortunes improved dramatically in 2002 after the school left the NCC and switched their national affiliation from the NCAA Division II to the NAIA. The Mustangs enjoyed their most successful season in the young history of the program that year while competing as a NAIA independent. Morningside finished 18-2 and Gillies ranked among the NAIA national scoring leaders with school-record totals of 23 goals and 60 points.

The Mustangs joined the Great Plains Athletic Conference (GPAC) for the 2003 season and finished 10-11-1 overall and fourth in the conference with an 8-3 league mark. Jenifer Patawaran and Niya Branch were each named to the All-GPAC first-team to become the Mustangs' first all-conference performers in women's soccer.

Brooke Niles, the Mustangs top scorer during the 2003 season, made a successful transition from forward to defender during the 2004 season. She earned first-team All-GPAC and All-Region IV honors and was eventually tabbed to the honorable mention list of the NAIA All-America team to become the Mustangs' first-ever women's soccer All-American.

Morningside's women's swimming team made a big splash in their varsity debut when they won 10 of the 11 events to topple Buena Vista University 134-61 in a dual meet on Oct. 24, 2003, to upset a Beaver swimming program that had been established for several years.

The Mustangs almost pulled off an even bigger upset a few weeks later when they were narrowly outscored 98-90 by NCAA Division II Minnesota State University, Mankato, in a home dual on Nov. 8.

The members of the Mustangs' first varsity women's swimming team were Stephenie Lacine, Holly Martin, Molly Musselman, Jena Pilch, Rachel Shoup, K.C. Steele, Ally Stepp, Amanda Thompson, Cori White, Jennifer Wollitz, and Mariko Yoshida.

Stepp was the team's individual standout as she set school records in six individual events and eventually placed fifth in the 400-yard individual medley at the 2004 NAIA Swimming & Diving Championships for the Mustangs' highest national finish through the first two years of the program.

Thompson was a consistent winner in the shorter freestyle events, White excelled in the distance freestyle events, and Shoup was a consistent top finisher in the backstroke during the Mustangs' debut season.

Rory Coleman was the Mustangs' head coach for their first two seasons before he resigned following the 2004-05 season. The Mustangs then hired one of the area's most accomplished veteran swimming coaches to take over the program in Ron Allen, who coached 79 NCAA Division II All-Americans and 57 North Central Conference (NCC) individual or relay champions and was named either the NCC Men's or Women's Coach of the Year six times during a 14-year career as the head men's and women's swimming coach at the University of South Dakota.

The Mustangs hope Allen can bring the same type of success to Morningside starting with the 2005-06 season.

## APPENDIX A

### HONORS

#### **All-Americans**

##### **Volleyball**

###### **NAIA**

**2002** – Jennifer Gruber (2<sup>nd</sup> Team), Brenna Larsen (3<sup>rd</sup> Team)

##### **Women's Basketball**

###### **Kodak**

**1986** – Amy Wilhelm (1<sup>st</sup> Team)

**1987** – Amy Wilhelm (1<sup>st</sup> Team)

###### **American Women's Sports Federation**

**1993** – Shawna Paskert (4<sup>th</sup> Team)

###### **NAIA Division II**

**2004**- Brittany Carper (1<sup>st</sup> Team and NAIA Division II National Player of the Year), Kate Lokken (Honorable Mention)

**2005** – Megan Cloud (1<sup>st</sup> Team and NAIA Division II National Player of the Year), Brittany Carper (2<sup>nd</sup> Team)

##### **Softball**

###### **American Fastpitch Coaches Association**

###### **NCAA II**

**1994** – Mindi Prince (2<sup>nd</sup> Team), Tia Vitiritto (2<sup>nd</sup> Team)

**1995** – Mindi Prince (1<sup>st</sup> Team), Tia Vitiritto (3<sup>rd</sup> Team)

**1996** – Jeree Carlson (1<sup>st</sup> Team), Mindi Prince (1<sup>st</sup> Team)

**1997**- Tia Vitiritto (2<sup>nd</sup> Team), Angie Koll (3<sup>rd</sup> Team)

**1999** – Melissa McWilliams (1<sup>st</sup> Team)

##### **Women's Soccer**

###### **NAIA**

**2004** – Brooke Niles (Honorable Mention)

##### **Women's Indoor Track & Field**

###### **NCAA II**

**1993** – Gina DeWitt (800-Meters National Champion)

**1999** – Megan Gierstorf (4<sup>th</sup> Shot Put)

**2000** – Meredith Davis (3<sup>rd</sup> 55-Meter Hurdles)

**2001** – Meredith Davis (4<sup>th</sup> 55-Meter Hurdles, 5<sup>th</sup> Long Jump), Jennifer Haage (3<sup>rd</sup> Weight Throw, 4<sup>th</sup> Shot Put)

**2002** – Meredith Davis (2<sup>nd</sup> Long Jump)

## **Women's Outdoor Track & Field**

### **NCAA II**

**1993** – Gina DeWitt (2<sup>nd</sup> 800-Meters)

**1999** – Meredith Davis (5<sup>th</sup> Long Jump)

**2000** – Meredith Davis (3<sup>rd</sup> 100-Meter Hurdles, 3<sup>rd</sup> Heptathlon, 6<sup>th</sup> Long Jump)

**2001** - Meredith Davis (Heptathlon National Champion, 8<sup>th</sup> Long Jump) NCAA Division II Outdoor Female Athlete Of The Year

**2002** – Meredith Davis (Heptathlon National Champion, 2<sup>nd</sup> Long Jump, 4<sup>th</sup> 100-Meter Hurdles) NCAA Division II Outdoor Female Athlete Of The Year

## **GTE Academic All-Americans**

**1996** – Jeree Carlson (Softball)

## **National Coach of the Year**

### **NAIA Division II Women's Basketball**

**2004** – Jamie Sale

**2005** – Jamie Sale

## **National Championship Teams**

### **Women's Basketball**

**NAIA Division II** – 2004, 2005

## **Conference Championship Teams**

### **Volleyball**

**Io-Kota Conference** – 1983, 1986, 1988

### **Women's Basketball**

**Io-Kota Conference** – 1981-82, 1982-83, 1983-84, 1984-85, 1985-86, 1986-87, 1987-88, 1988-89 (**Conference record eight consecutive titles**)

**Great Plains Athletic Conference Regular Season** – 2004-05

**Great Plains Athletic Conference Post-Season Tournament** – 2003-04

### **Softball**

**Io-Kota Conference** – 1976, 1982, 1983, 1988

**North Central Conference Southern Division** – 1996

## **First-Team All-Conference**

### **Volleyball**

#### **Io-Kota Conference**

- 1972 – Judy Kleban
- 1973 – Maureen Kolar
- 1974 – Theresa Kruse
- 1983 – Lois Liibbe, Amy Wilhelm
- 1984 – Lisa Erwin
- 1986 – Amy Wilhelm, Beckie Maas
- 1987 – Paula Hunter
- 1988 – Paula Hunter

#### **North Central Conference**

- 1991 – Jill Jackes, Kristin Kofoed
- 1993 – Jill Jackes
- 1994 – Theresa Kathmann
- 1995 – Theresa Kathmann, Karmen Fykstra
- 1996 – Theresa Kathmann, Kate Ankrum
- 1997 – Tasha Feldman
- 2000 – Monica Casper
- 2001 – Jennifer Gruber

### **Women's Basketball**

#### **Io-Kota Conference**

- 1973 – Jennifer Galles
- 1975 – Barb Swalve
- 1976 – Connie Hauswirth, Barb Swalve
- 1977 – Rita Bobolz
- 1978 – Rita Bobolz
- 1980 – Rhonda Andresen
- 1981 – Sue Berens
- 1982 – Sue Berens, Lerlean Johnson
- 1983 – Sue Berens, Lerlean Johnson
- 1984 – Lerlean Johnson
- 1985 – Amy Wilhelm
- 1986 – Amy Wilhelm
- 1987 – Amy Wilhelm
- 1989 – Paula Hunter, Gina Schuldt

#### **North Central Conference**

- 1992 – Shawna Paskert
- 1993 – Shawna Paskert
- 1996 – Steph Erwin
- 1997 – Jennifer Childress
- 1998 – Jennifer Childress

**1999** – Trish Martin

**2001** – Trish Martin

**2002** – Erica Thein

**Great Plains Athletic Conference**

**2004** – Brittany Carper (GPAC Player of the Year), Kate Lokken

**2005** – Megan Cloud (GPAC Player of the Year), Brittany Carper

**Softball**

**Io-Kota Conference**

**1973** – Donna Gonnerman

**1974** – Sandy Logan

**1975** – Martha Heinickle, Connie Hauswirth, Sandy Logan, Jo Maxwell

**1979** – Cindy Andrews

**1980** – Sandy Winter

**1981** – Sandy Winter, Stacie Roepke

**1982** – Lori Young, Zena Junck, Daletta Fredinburg

**1983** – Daletta Fredinburg, Rita Seymour

**1984** – Rita Seymour, Zena Junck

**1985** – Zena Junck

**1986** – Linda Hoogensen, Bessie Raptis

**1987** – Cheri Cantrall, Janice Schmitz, Beth Gawley

**1988** – Kelley Ashby, Beth Gawley

**1989** – Kelley Ashby

**North Central Conference**

**1990** – Shelly Walker

**1991** – Colleen Holland

**1992** – Melanie Prince

**1993** – Colleen Holland, Robyn Weihe, Melanie Prince, Kathleen Kueny

**1994** – Tia Vitiritto, Jeree Carlson

**1995** – Tia Vitiritto, Mindi Prince, Kim Kadolph, Michelle Wagner

**1996** – Tia Vitiritto, Jeree Carlson, Mindi Prince, Melissa McWilliams

**1997** – Mindi Prince, Angie Koll, Jessica Taff

**1998** – Melissa McWilliams, Angie Koll, Jessica Taff

**1999** – Melissa McWilliams

**2001** – Molli Laing, Missy Koll

**2002** – Jill Simmons

**Great Plains Athletic Conference**

**2005** – Whitney McElrath, Molly Moser

**Women's Soccer**

**Great Plains Athletic Conference**

**2003** – Jenifer Patawaran, Niya Branch

**2004** – Brooke Niles

## APPENDIX B

### YEAR-BY-YEAR WON-LOST RECORDS

#### Volleyball

##### **Record, Head Coach, Conference Finish**

**1972** – NA, Nita Edlund, 5<sup>th</sup> Io-Kota  
**1973** – 9-7, Nita Edlund, 4<sup>th</sup> Io-Kota  
**1974** – 7-7, Nita Edlund, 4<sup>th</sup>, Io-Kota  
**1975** – NA, Rich Everett, 4<sup>th</sup> Io-Kota  
**1976** – NA, Rich Everett, 6<sup>th</sup> Io-Kota  
**1977** – NA, NA, 6<sup>th</sup> Io-Kota  
**1978** – NA, Peter Berry, 7<sup>th</sup> Io-Kota  
**1979** – NA, Peter Berry, 6<sup>th</sup> Io-Kota  
**1980** – 10-30, Peter Berry, 6<sup>th</sup> Io-Kota  
**1981** – 11-22-1, Patti Hesse, 3<sup>rd</sup> Io-Kota  
**1982** – 12-19-5, Patti Hesse, 2<sup>nd</sup> Io-Kota  
**1983** – 24-4, Patti Hesse, 1<sup>st</sup> Io-Kota  
**1984** – 26-14, Sandy Winter, 3<sup>rd</sup> Io-Kota  
**1985** – 17-18, Sandy Winter, 2<sup>nd</sup> Io-Kota  
**1986** – 34-9, Sandy Winter, 1<sup>st</sup> Io-Kota  
**1987** – 35-7, Sandy Winter, 2<sup>nd</sup> Io-Kota  
**1988** – 18-15, Sandy Winter, 1<sup>st</sup> Io-Kota  
**1989** – 7-22, Sandy Winter, 9<sup>th</sup> North Central  
**1990** – 18-22, Joan McDermott, 9<sup>th</sup> North Central  
**1991** – 30-10, Joan McDermott, 3<sup>rd</sup> North Central  
**1992** – 20-16, Joan McDermott, 6<sup>th</sup>, North Central  
**1993** – 19-16, Joan McDermott, 6<sup>th</sup> North Central  
**1994** – 19-12, Joan McDermott, 5<sup>th</sup> North Central  
**1995** – 27-9, Joan McDermott, 5<sup>th</sup> North Central  
**1996** – 24-12, Gail Halink, 5<sup>th</sup> North Central  
**1997** – 10-23, Gail Halink, 8<sup>th</sup> North Central  
**1998** – 8-23, Theresa Kathman-Trees, 9<sup>th</sup> North Central  
**1999** – 11-27, Theresa Kathman-Trees, 6<sup>th</sup> North Central  
**2000** – 16-16, Theresa Kathman-Trees, 6<sup>th</sup> North Central  
**2001** – 14-20, Theresa Kathman-Trees, 7<sup>th</sup> North Central  
**2002** – 26-9, Theresa Kathman-Trees  
**2003** – 24-17, Jessica Phillips, 10<sup>th</sup> Great Plains Athletic  
**2004** – 23-13, Jessica Phillips, 5<sup>th</sup> Great Plains Athletic

## Soccer

### Record, Head Coach, Conference Finish

- 2000 – 5-15, Tom Maxon, 10<sup>th</sup> North Central  
2001 – 4-14, Tom Maxon, 9<sup>th</sup> North Central  
2002 – 18-2, Tom Maxon  
2003 – 10-11-1, Tom Maxon, 4<sup>th</sup> Great Plains Athletic  
2004 – 6-10-3, Tom Maxon, 9<sup>th</sup> Great Plains Athletic

## Basketball

### Record, Head Coach, Conference Finish

- 1972-73 – NA, Linda Maroney, 7<sup>th</sup> Io-Kota  
1973-74 – 7-7, Linda Maroney, 5<sup>th</sup> Io-Kota  
1974-75 – 8-3, Linda Maroney, 2<sup>nd</sup> Io-Kota  
1975-76 – NA, Linda Maroney, 2<sup>nd</sup> Io-Kota  
1976-77 – NA, Dan Pomerence, 6<sup>th</sup> Io-Kota  
1977-78 – NA, Dan Pomerence, 5<sup>th</sup> Io-Kota  
1978-79 – 3-13, Dan Pomerence, 8<sup>th</sup> Io-Kota  
1979-80 – 3-15, Bud Brockman, 6<sup>th</sup> Io-Kota  
1980-81 – 12-11, Bud Brockman, 3<sup>rd</sup> Io-Kota  
1981-82 – 16-8, Bud Brockman, 1<sup>st</sup> Io-Kota  
1982-83 – 15-10, Bud Brockman, 1<sup>st</sup> Io-Kota  
1983-84 – 16-9, Bud Brockman, 1<sup>st</sup> Io-Kota  
1984-85 – 14-14, John Arnold, 1<sup>st</sup> Io-Kota  
1985-86 – 20-11, John Arnold, 1<sup>st</sup> Io-Kota  
1986-87 – 20-10, John Arnold, 1<sup>st</sup> Io-Kota  
1987-88 – 17-14, John Arnold, 1<sup>st</sup> Io-Kota  
1988-89 – 19-10, John Arnold, 1<sup>st</sup> Io-Kota  
1989-90 – 6-22, John Arnold, 10<sup>th</sup> North Central  
1990-91 – 5-23, Rhonda Penquite, 10<sup>th</sup> North Central  
1991-92 – 14-14, Cindy Tudehope, 6<sup>th</sup> North Central  
1992-93 – 18-9, Cindy Tudehope, 4<sup>th</sup> North Central  
1993-94 – 7-20, Cindy Tudehope, 9<sup>th</sup> North Central  
1994-95 – 7-20, Cindy Tudehope, 10<sup>th</sup> North Central  
1995-96 – 7-20, Cindy Tudehope, 9<sup>th</sup> North Central  
1996-97 – 10-17, Ann Halsne, 7<sup>th</sup> North Central  
1997-98 – 9-17, Ann Halsne, 9<sup>th</sup> North Central  
1998-99 – 7-20, Ann Halsne, 9<sup>th</sup> North Central  
1999-2000 – 1-26, Craig Stevens, 10<sup>th</sup> North Central  
2000-01 – 4-22, Craig Stevens, 10<sup>th</sup> North Central  
2001-02 – 7-19, Jamie Sale, 10<sup>th</sup> North Central  
2002-03 – 17-16, Jamie Sale  
2003-04 – 34-4, Jamie Sale, 2<sup>nd</sup> Great Plains Athletic  
2004-05 – 35-3, Jamie Sale, 1<sup>st</sup> Great Plains Athletic

## Softball

### Record, Head Coach, Conference Finish

1973 – 2-3, Mike Pomerence, NA  
1974 – 4-3, Mary Kay Anderson, 3<sup>rd</sup> Io-Kota  
1975 – NA, Connie Hauswirth & Joyce Stille, 4<sup>th</sup> Io-Kota  
1976 – NA, Rich Everett, 1<sup>st</sup> Io-Kota  
1977 – NA, Rich Everett, 4<sup>th</sup> Io-Kota  
1978 – NA, Jean Ellis, 7<sup>th</sup> Io-Kota  
1979 – NA, Jean Ellis, 7<sup>th</sup> Io-Kota  
1980 – NA, Jean Ellis, 4<sup>th</sup> Io-Kota  
1981 – 8-6, Gary Gevik, 3<sup>rd</sup> Io-Kota  
1982 – 17-18, Gary Gevik, 1<sup>st</sup> Io-Kota  
1983 – 14-8, Gary Gevik, 1<sup>st</sup> Io-Kota  
1984 – 15-10, Gary Gevik, 2<sup>nd</sup> Io-Kota  
1985 – NA, Gary Gevik, 5<sup>th</sup> Io-Kota  
1986 – 12-15, Sandy Winter, NA  
1987 – 11-16, Sandy Winter, 2<sup>nd</sup> Io-Kota  
1988 – NA, Sandy Winter, 1<sup>st</sup> Io-Kota  
1989 – NA, Sandy Winter, 4<sup>th</sup> Io-Kota  
1990 – 23-25-1, Sandy Winter  
1991 – 28-17-1, Joan McDermott  
1992 – 24-21, Joan McDermott  
1993 – 32-19, Joan McDermott  
1994 – 42-20-1, Joan McDermott  
1995 – 29-13, Joan McDermott  
1996 – 37-15, Ann Halsne  
1997 – 32-21, Ann Halsne  
1998 – 27-24, Ron Dardis  
1999 – 25-26, Jessica Jones-Sitzmann  
2000 – 24-27, Jessica Jones-Sitzmann  
2001 – 25-28, Jessica Jones-Sitzmann  
2002 – 27-31, Jessica Jones-Sitzmann  
2003 – 35-19, Jessica Jones-Sitzmann  
2004 – 30-22, Jessica Jones-Sitzmann, 6<sup>th</sup> Great Plains Athletic  
2005 – 39-21, Jessica Jones-Sitzmann, 3<sup>rd</sup> Great Plains Athletic