



Minnesota Crookston Women's Basketball Opens NSIC Play Against Bemidji State Monday

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By: Shawn D. Smith, Director of Athletic Communication



WBBNOTES3

- The Minnesota Crookston women's basketball team is set to open up NSIC play Mon., Dec. 2 at 5:30 p.m. against rival Bemidji State University, located just 88 miles down U.S. Highway 2. The Golden Eagles are 8-2 against the Beavers in their last 10 match-ups. They have won the last three games, with Bemidji State's last win coming Dec. 16, 2017 in Bemidji, Minn., with a 76-64 win. The Golden Eagles are looking to continue their streak against the Beavers as they meet up Monday.
- DEPTH. The Golden Eagles have showcased depth in their four games this season. Minnesota Crookston has 12 players who averaging over 10 minutes per game coming into the weekend. The Golden Eagles are obtaining over four points per game from eight players this season. Minnesota Crookston is looking to find a consistent rotation as they enter NSIC play this weekend. The Golden Eagles have had great moments from several players but are looking for added consistency for their young group the rest of the way.
- SHE'S THE VETSCH. [Mattea Vetsch](#) has been off to a great start to her collegiate career. The Devils Lake, N.D., native worked her way into the starting line-up in the Golden Eagles' last game against Chaminade because of her tenacious defense and her ability to shoot the three ball. Vetsch is averaging 7.0 points per game, while shooting 4-of-6 from beyond the arc for an astounding 66.7 percent. Vetsch will continue to look to make big plays and find her shot starting against Bemidji State.
- JUST TRY AND BOX OUT FOX. [Bren Fox](#) is a major force inside for the Golden Eagles at 6-3 and continues to develop into a great player as only a sophomore for Minnesota Crookston. Fox leads the Golden Eagles with 12.8 points per game and 9.0 rebounds per game, averaging nearly a double-double. She is shooting 50.0 percent from the field and has also hit one three-pointer on the season. Fox will be a big key for the Golden Eagles against the Beavers in the post.
- GIVE ME SOME PEP. Sophomore [Julia Peplinski](#) has given the Golden Eagles a great 1-2 punch in the post, as she is coming off the bench to relieve [Bren Fox](#). Peplinski gives a different look inside with great quickness to get to the hoop. Peplinski is notching 9.3 points and 6.5 rebounds per game to lead the bench play for Minnesota Crookston. She is shooting 54.5 percent from the field. Peplinski will look to be a major factor Monday.

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• POST GAME. [Kylie Post](#), might not be the team's leading returning scorer from last season, started slow early on in the season. Post scored 14 points on 5-of-9 from the field, adding four points in the win against Chaminade. Post will be a key presence for Minnesota Crookston against Bemidji State.

• CRASH THE BOARDS. A key stat for Minnesota Crookston this season is rebounding. The Golden Eagles are currently out-rebounding teams 41.5 to 31.5 on the season. Minnesota Crookston has won the rebounding edge in all four of their games this season including out-rebounding

Northwest Missouri State by 17 boards, and out-rebounding Chaminade by 12 rebounds. Bemidji State has also out-rebounded their foes this season by the tune of 40.7 to 35.5. Rebounding will surely be a big factor in Monday's game.

· FINDING THE THREE BALL The ability to hit the three ball has always been a key in [Mike Roysland's](#) offenses at Minnesota Crookston. The Golden Eagles have started out a little slowly in this area, shooting just 19-of-68 from the field for 27.9 percent. [Mattea Vetsch](#) and [Ashley Freund](#) are leading the way for Minnesota Crookston by hitting at a 66.7 percent clip. [Alyssa Peterson](#) is hitting 33.3 percent from beyond the arc. Minnesota Crookston will look to continue to find their shot against Bemidji State.

· SOMETHING ABOUT MARY. [Mary Burke](#) missed last season due to an injury suffered in game two of the season against Northwest Missouri State University. Burke has looked to get into great form this season, as she comes in tallying 8.0 points and 3.5 rebounds per game. Burke's best game came with 13 points against Nebraska Kearney. She had eight points and six rebounds against Hawai'i Pacific. An area she will look to improve in is beyond the arc, where she is shooting 3-of-16 for 18.8 percent coming into Saturday.

· TURN THE PAIGE. Sophomore guard [Paige Cornale](#) has developed into a strong player for Minnesota Crookston. Cornale enters Saturday tallying 7.0 points per game. Cornale's best game came with 11 points on 5-of-7 from the field against Nebraska Kearney. She will continue to be a huge factor in the success of the team this season and moving forward into the future. [Paige Cornale](#) is from Oak Creek, Wis., which is a familiar hometown to Golden Eagle fans, as Minnesota Crookston men's basketball star Harrison Cleary also went to Oak Creek High School in Oak Creek, Wis. Cornale is carving her own path though and is a star in the making for the women's basketball squad.

· CUTTING DOWN ON THE TURNOVERS The key for Minnesota Crookston moving forward is cutting down on turnovers. The Golden Eagles struggled with turnovers in Hawai'i with over 20 in both of their games in Honolulu. The Golden Eagles come in notching 10.8 assists per game to 20.5 turnovers. Minnesota Crookston has to slow down a bit and not force passes. The Golden Eagles have shown great signs toward unbelievable ball movement and sharing of the rock. Minnesota Crookston had 25 assists to just 13 turnovers in an exhibition win against Concordia College (Minn.)

· RETURNING HOME. After traveling to Kearney, Neb., and Honolulu, Hawai'i, Minnesota Crookston is finally home for their first regular-season game in the newly renovated Lysaker Gymnasium. The Golden Eagles went 6-7 at home last season and they are looking to improve on this mark during the 2019-20 campaign. Minnesota Crookston's last loss at home against Bemidji State came Dec. 19, 2014 with a 71-69 loss. The Golden Eagles are 5-2 at Lysaker Gymnasium since 2010 against the Beavers.

#TIDBITS

BEMIDJI STATE. The Bemidji State Beavers come into Saturday with a 3-1 mark. Bemidji State is in their fifth season under Head Coach Chelsea DeVille. This has been the most experienced squad DeVille has had in her time at BSU, as she has looked to improve a program that has struggled recently. The Beavers made a big step last season as they upset No. 1 seed Concordia-St. Paul in the first round of the NSIC/Sanford Health Tournament to move forward to the quarterfinals at the Sanford Pentagon in Sioux Falls, S.D. The lone loss for Bemidji State came to William Jewell on Nov. 16 with a 72-66 loss. The Beavers are shooting 40.8 percent from the field and 36.3 percent from beyond the arc. They have out-rebounded teams 40.8 to 35.5 this season. Bemidji State has had a propensity to turn the ball over with 15.5 turnovers per game.

TRINITY DOES IT ALL. Trinity Myer has done a bit of everything for Bemidji State. The sophomore is averaging 14.0 points and is also the team's leading rebounder with 8.0 rebounds per game, despite being just 5-9 in stature. Myer also has distributed the ball to her teammates with 3.0 assists per game. In addition, Myer is shooting 53.7 percent from the field and 40.0 percent from beyond the arc. Myer will look to be a huge factor for the success of Bemidji State Monday.

NO SLEEP TILL BROOKLYN. Brooklyn Bachmann comes in averaging 7.8 points per game for the Beavers but has been one of the team's best players in recent years. Bachmann has struggled finding her shot thus far, hitting just 16.7 percent from beyond the arc. Her best game came with 15 points in a win over Valley City State. The key is don't sleep on Bachmann, because she is primed for a breakout game soon.

GIVE IT TO CLAIRE. Claire Wolhowe, a sophomore from Staples-Motley, has been key from beyond the arc for DeVille's squad thus far. Wolhowe is shooting 50.0 percent from beyond the arc coming into this weekend. She had 18 points in a win over Valley City State, including going 5-of-9 from beyond the arc. Wolhowe is notching 10.3 points and 3.5 rebounds per game coming into Monday.

RACHAEL OFF THE BENCH. Bemidji State has a 6-2 post in Rachael Heittola that come off the bench. She comes into Saturday notching 7.8 points and 5.3 rebounds per game. Heittola had 13 points and nine rebounds against William Jewell Nov. 16. Heittola will look to continue to develop and be a key player moving forward for the program.

DATE: Mon., Dec. 2

TIME: 5:30 p.m.

SITE: Crookston, Minn.

ARENA: Lysaker Gymnasium

LIVE STATS: <https://goldeneaglesports.com/sidearmstats/wball/summary>

VIDEO: <https://portal.stretchinternet.com/crk/>

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MINNESOTA CROOKSTON GOLDEN EAGLES

Head Coach: [Mike Roysland](#) (Bemidji State University, 1980)

Career Record: 124-235 (14th Season at Minnesota Crookston)

2015 Northern Sun Intercollegiate Conference Champion

BEMIDJI STATE BEAVERS

Head Coach: Chelsea DeVille (Augustana College, 2010)

BSU Record: 24-85 (Fifth Season at Bemidji State)

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WEEKLY SNAPSHOT

MINNESOTA CROOKSTON

Projected Starters

- So. PG 5 [Kylie Post](#) (5-7, Corcoran, Minn.) 5.5 PPG, 3.0 RPG, 2.3 APG
- Fr. SG 15 [Mattea Vetsch](#) (5-8, Devils Lake, N.D.) 7.0 PPG, 2.0 RPG
- So. 3G 24 [Paige Cornale](#) (5-10, Oak Creek, Wis.) 7.0 PPG, 2.5 RPG
- Sr. SF 32 [Paige Weakley](#) (5-9, Kearney, Mo.) 2.5 PPG, 2.0 RPG
- So. PF 23 [Bren Fox](#) (6-3, Norwood Young America, Minn.) 12.8 PPG, 9.0 RPG

Top Bench Players

- So. F/C 31 [Julia Peplinski](#) (5-10, Hustisford, Wis.) 9.3 PPG, 6.5 RPG
- R-Fr. F 22 [Mary Burke](#) (5-11, Virginia, Minn.) 8.0 PPG, 3.5 RPG
- Jr. G/F 10 [Ashley Freund](#) (5-11, Jordan, Minn.) 5.3 PPG, 2.0 PRG
- Jr. G/F 12 [Abby Guidinger](#) (5-10, Waukesha, Wis.) 4.3 PPG, 3.5 RPG
- So. G 11 [Kylea Praska](#) (5-8, Thief River Falls, Minn.) 2.0 PPG, 2.3 RPG
- Fr. G 21 [Emma Carpenter](#) (5-10, Eagan, Minn.) 0.6 PPG, 1.3 RPG, 1.5 APG
- Fr. G 3 [Alyssa Peterson](#) (5-7, Menasha, Minn.) 1.5 PPG, 1.3 RPG

BEMIDJI STATE

Projected Starters

- Jr. PG 20 Sydney Zerr (5-6, Shakopee, Minn.) 6.0 PPG, 3.8 RPG, 3.0 APG
- Jr. SG 12 Brooklyn Bachmann (5-9, Minooka, Ill.) 7.8 PPG, 4.3 RPG, 3.3 APG
- So. 3G 14 Trinity Myer (5-9, Hayward, Wis.) 14.0 PPG, 8.0 RPG, 3.0 APG
- So. SF 24 Claire Wolhowe (6-0, Staples, Minn.) 10.3 PPG, 3.5 RPG
- Jr. PF 42 Taylor Bray (6-1, Anoka, Minn.) 6.5 PPG, 5.5 RPG

Top Bench Players

- So. F 4 Coley Rezabek (5-10, Sunrise Beach, Mo.) 4.8 PPG, 2.8 RPG
- Fr. F/C 32 Rachael Heittola (6-2, Belleville, Wis.) 7.8 PPG, 5.3 RPG
- Jr. F 23 Gabby Dubois (5-10, West Fargo, N.D.) 4.0 PPG, 2.8 RPG
- Sr. G 3 Erica Gartner (5-7, Altamont, Kan.) 5.0 PPG, 0.7 RPG

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UNIVERSITY OF MINNESOTA CROOKSTON

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