



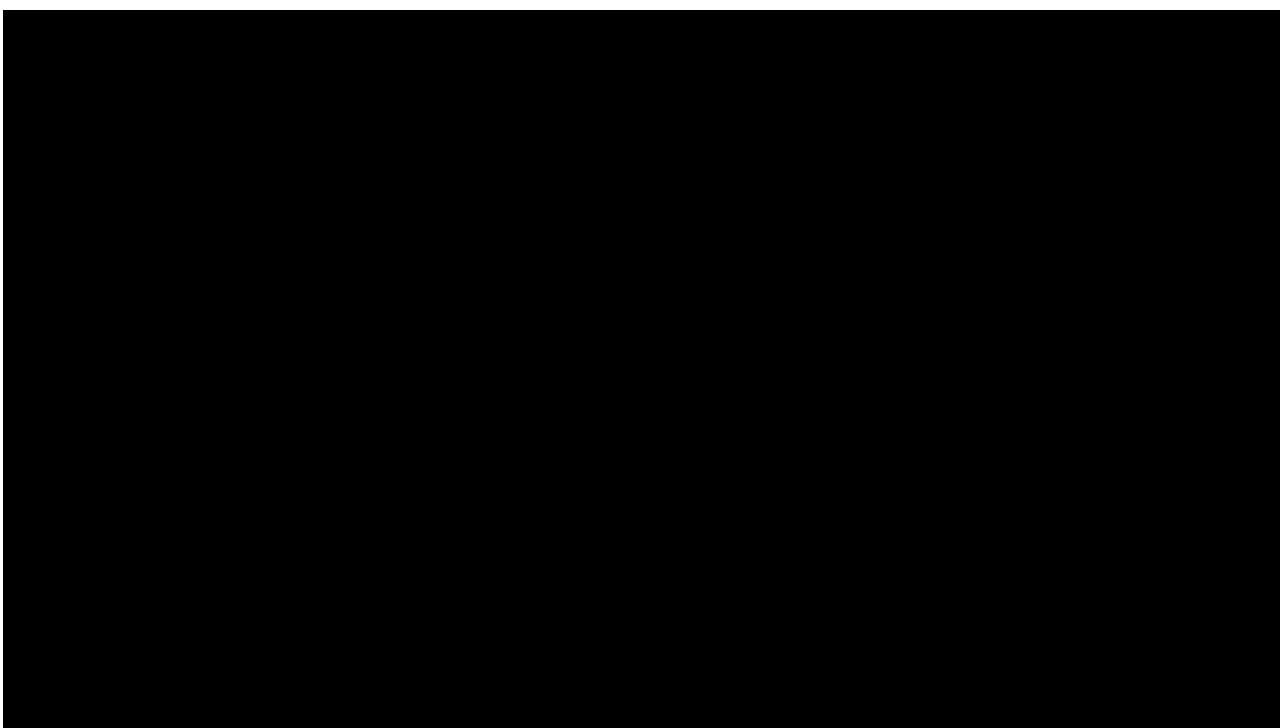
Women's Basketball | 12/18/2014 2:03:00 PM | Shawn Smith, Sports Information Director

## Regal's Rundown: Mike Roysland



In the 12th installment of Regal's Rundown, UMC sports information director [Shawn Smith](#) sits down with UMC women's basketball head coach [Mike Roysland](#). The two discuss UMC's upcoming game against Bemidji State University. In addition, they discuss UMC's huge victory over No. 7 Wayne State College (Neb.) last Friday, as well as the progression of freshman [Emily Gruber](#), the reigning NSIC Player of the Week.

"Regal's Rundown" is a weekly show that will profile UMC athletics by talking to UMC coaches, staff and athletes about the happenings of Golden Eagle athletics.



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PLAYERS MENTIONED ▾

**#25 Emily Gruber**  
F/C / 5' 11" / Freshman

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 Minnesota Crookston Women's Basketball Head Coach Mike Roysland Announces Retirement

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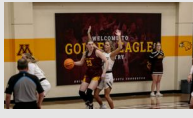
 Miller Named NSIC Freshman of the Year; Miller and Fox Named to All-NSIC Women's Basketball Teams

02.21.23  

 Fox Named CSC Academic All-District

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 Fox Breaks UMN Crookston Rebounding Record as Season Ends in First Round of NSIC Tournament

02.20.23  

 Minnesota Crookston Opens NSIC Tournament Tuesday at Southwest Minnesota State

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 Post-Game Reaction vs. Michigan State: Jackson Fuller and Jared Aamold

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 Post-Game Reaction vs. Michigan State - Steve Johnson

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 Mike Roysland Post-Game vs. MSU Moorhead

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 2022-23 Minnesota Crookston Hockey Hype Video

01.28.23  

 Post-Game vs. SMSU (Bryan Beamish)



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