

# Women's Basketball Hands Out Team Awards

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EAU CLAIRE, Wis. - UW-Eau Claire head women's basketball coach Tonja Englund announced the 2008-09 team award winners this past weekend at the team's post-season banquet.

Guard **Heidi Arciszewski** (*Sr.-Thorp, Wis.*) earned the team's Most Valuable Player award. This is the second time in her career she was selected MVP, as she also received the award two years ago. Her freshman year she was selected rookie of the year. This season Arciszewski led the Blugolds with 14.4 points and 6.3 rebounds per game. She ended the season ranked in eight different statistical categories in the WIAC and led the entire conference in free throw percentage (88.3 percent) and minutes played (1,014). She finished her career as a Blugold ranked in a number of all-time career categories for the Blugolds. She is first in free throws made (442) and attempted (536), first in minutes played (3,461), tied for third in games started (106), fourth in scoring (1,434), fifth in games played (114), 11th in assists (282), 13th in rebounding (546), and 15th in steals (147). Arciszewski was recognized as an All-Wisconsin Intercollegiate Athletic Conference first team selection while she was named to the D3hoops.com All-Central Region second team.

Point guard **Missy Fremstad** (*Sr.-Osseo, Wis./Osseo-Fairchild*) was selected as this season's Defensive Player of the Year. Fremstad was third on the team this season with 28 steals and 82 assists while she was fourth in points per game with 6.4 and in rebounds per game with 4.4. Two seasons ago Fremstad earned the team's rookie of the year award.

This season's Rookie of the Year award was presented to center **Ellen Plendl** (*Fr.-Chippewa Falls, Wis./McDonell*). She started 13 games for the Blugolds and was a major contributor near the end of the season. Plendl led the Blugolds with 24 blocks while she was sixth on the team after averaging four points per game. She also tied for fifth with 3.4 rebounds per game.

Guard **Pam Kaye** (*Sr.-Milwaukee, Wis./Brookfield Central*) earned Most Improved honors and the Blugold Award. Kaye averaged 15.6 minutes of playing time and was eighth on the team in scoring with 3.2 points per game. Kaye also pulled down three rebounds a game and picked up 18 assists and 11 steals. Last season she averaged just over five minutes per game and averaged 1.3 points per game. Kaye earned WIAC All-Sportsmanship team honors earlier this season.

Captains Awards were presented to Arciszewski, Fremstad and point guard **Heather Witt** (*Sr.-Kendall, Wis./Royall*), who led the Blugolds and the WIAC with 99 steals and 103 assists. She was third on the team with 12.1 points per game and averaged 3.4 rebounds per game. Witt previously earned the team's defensive player of the year award the last two seasons while also being named the team's most improved player last year. She was also selected as an All-WIAC first team member while being named to the conference's All-Defensive team as well.

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