



# WOMEN'S DIVISION

# Northern Collegiate Hockey Association

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ADRIAN	CONCORDIA	FINLANDIA	LAKE FOREST	MARIAN	ST. NORBERT	ST. SCHOLASTICA	UW - EAU CLAIRE	UW - RIVER FALLS	UW - STEVENS POINT	UW - STOUT	UW - SUPERIOR
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## Lake Forest's Herring Named Player of the Year

*Three Lake Forest Players Earn all-NCHA, Coach Carisa Zaban Voted Coach of the Year*

**SAINT PAUL, MINN. (February 26, 2010)** – Lake Forest sophomore forward Kim Herring, after breaking multiple records and leading the Foresters to their first-ever league championship, has been voted 2010 Player of the Year by the head coaches of the Northern Collegiate Hockey Association.

Herring led the NCHA in almost every offensive statistical category this season, putting up 25 goals and 19 assists for 44 total points. Besides owning the most goals, assists and points, she ranked first in game-winning goals (8), power play goals (7) and hat tricks (3). Her points and game-winning goal totals are tops in the nation.

"Kim's stats speak for themselves," said Lake Forest head coach Carisa Zaban, " But she also has a great attitude and always works hard, which is refreshing to see in someone with her talent."

Herring came to Lake Forest from Dover, New Hampshire, which is roughly 70 miles north of Boston. She played hockey at the Groton School before donning the Forester sweater.

The coaches also voted for Coach of the Year, selecting Lake Forest's **Zaban**. This is the first Coach of the Year award for Zaban, who has guided the Foresters to a 17-2-4 overall record in her fifth year as head coach.

Notable members of the 2010 All-NCHA team include UW-Eau Claire's **Kristin Faber**, who was second in the NCHA in total points and was named to her second straight All-NCHA team. Lake Forest had the most players voted to the team with three - Herring, and defensemen **Courtney Bean** and **Jamie Sauer**. Adrian College, playing in its first year as a NCHA member, had two players voted to the team in forward **Brooke Zaleski** and defenseman **Kelly Salis**. The majority of the team is made up of players in their sophomore season. Seven sophomores are on the 2010 team, compared with four seniors and one junior.

### 2010 Women's All-NCHA Selections (09-10 season)

#### FORWARDS

Name	School	Yr	Hometown	GP	G	A	Pts	PIM	PP	SH	GWG
Beth Dittrich ^	UW-Eau Claire	Sr	Roseville, MN	25	11	17	28	8-16	3	1	3
Kristin Faber 09 #	UW-Eau Claire	Jr	Austin, MN	24	19	14	33	16-32	5	0	1
Katie Flanagan	UW-River Falls	So	Roseville, MN	24	11	7	18	11-22	2	1	1
Kim Herring ^	Lake Forest	So	Dover, NH	23	25	19	44	8-16	7	0	8
Erin Marvin	UW-Stevens Point	So	Shoreview, MN	25	13	10	23	11-22	4	0	1
Brooke Zaleski	Adrian	So	Toledo, OH	23	9	17	26	10-20	2	1	1

#### DEFENSEMEN

Courtney Bean 09	Lake Forest	Sr	Peoria, IL	23	9	9	18	24-48	6	0	2
Amanda Ryder 09	UW-River Falls	So	Menomonie, WI	25	6	11	17	8-16	3	0	0
Jamie Sauer ^	Lake Forest	Sr	Eagle River, WI	23	1	16	17	8-16	1	0	0
Kelly Salis	Adrian	So	St. Clair Shores, MI	24	5	11	16	9-18	1	0	1

#### GOALTENDERS

				GP	Min	GAA	Sv%	SO	W-L-T
Lea Jondal	Concordia-Wis.	So	Somerset, WI	19	1126:45	2.40	.918	2	6-9-3
Melissa Kunzelman	UW-Superior	Sr	Brandon, MB	22	1193:07	1.26	.942	6	11-7-2

08 All-NCHA year | # 2008 Honorable Mention | ^ 2009 Honorable Mention

## 2010 Women's Honorable Mention All-NCHA

### FORWARDS

Name	School	Yr	Hometown	GP	G	A	Pts	PIM	PP	SH	GWG
Jaime Athens	Concordia-Wis.	Jr	Eagle River, WI	24	10	18	28	4-8	1	2	0
Jamie Briski ^	UW-River Falls	Jr	Chisholm, MN	25	13	8	21	5-10	5	1	4
Jessica Grubbs	Adrian	Jr	Woodbridge, VA	25	12	8	20	9-18	2	0	2
Melissa Kravich ^	Lake Forest	Jr	Wilmette, IL	22	10	13	23	5-10	5	0	1
Sarah Luberdia ^	Concordia-Wis.	Jr	De Pere, WI	23	9	8	17	6-12	2	0	2
Michelle Lunneborg	UW-Stevens Point	Fr	Richfield, MN	25	8	12	20	10-20	2	0	1
Katelyn McLean	Finlandia	Jr	Houghton, MI	24	11	5	16	17-34	5	0	1
Sam Meuwissen	Concordia-Wis.	Fr	Chanhassen, MN	25	11	13	24	10-20	2	0	0
Lynn Switaj	Lake Forest	Jr	Avon Lake, OH	23	11	15	26	9-18	3	1	0
Jessica Thompson 09 #	UW-River Falls	Jr	Shoreview, MN	25	10	11	21	12-24	3	1	1

### DEFENSEMEN

Laura Conrad	UW-River Falls	Jr	Lino Lakes, MN	24	5	7	12	13-26	1	1	1
Brittany Dunkel	UW-Superior	Sr	Warroad, MN	25	0	7	7	7-14	0	0	0
Dana Funkenhauser	Adrian	Jr	Windsor, ON	24	0	7	7	26-60	0	0	0
Allie Pullar	UW-Superior	Jr	Hibbing, MN	25	1	4	5	2-4	1	0	0
Samantha Scheving	UW-Stevens Point	So	Warroad, MN	25	4	7	11	9-18	2	0	2

### GOALTENDERS

				GP	Min	GAA	Sv%	SO	W-L-T
Stephanie LaMore	Finlandia	Fr	Dexter, MI	11	619:36	3.39	.911	0	2-8-0
d'Andra Phillips 09	UW-Stevens Point	Sr	Swartz Creek, MI	16	911:07	2.17	.920	2	6-8-1
Dana Timm	Adrian	Sr	Southgate, MI	24	1359:14	2.38	.910	3	12-9-2
Alyssa Wintermute	Lake Forest	Jr	Belmont, ON	16	914:18	2.30	.911	2	10-1-4

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### 2009-10 Women's Standings - FINAL

	W	L	T	PTS
7 Lake Forest (17-2-4)	11	1	4	26
Adrian (13-10-2)	11	4	1	23
6 UW-River Falls (16-3-6)	9	2	5	23
<u>UW-Superior (15-8-2)</u>	9	5	2	20
UW-Stevens Point (13-9-3)	8	5	3	19
UW-Eau Claire (12-10-3)	7	7	2	16
Concordia-Wis. (9-13-3)	5	9	2	12
Finlandia (5-19-1)	1	14	1	3
Marian (2-21)	1	15	0	2

*Number indicates uscho.com national ranking*