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For Immediate Release

Hillsdale College's Katie Cezat Named 2007-08 GLIAC Women's Basketball Player of the Year

Mercyhurst's Achesinski Tabbed Freshman of the Year, NU's Curtis Earns Coach of the Year Honors

BAY CITY, Mich. -- Junior forward **Katie Cezat** (Plymouth, Mich./Canton) of Hillsdale College has been selected as the 2007-08 Great Lakes Intercollegiate Athletic Conference (GLIAC) women's basketball "Player of the Year". Rookie forward **Amy Achesinski** (Butler, Pa.) of Mercyhurst College was chosen as "Freshman of the Year." Coach of the Year honors went to Northwood University's **Jeff Curtis**. All three were selected by the GLIAC women's basketball coaches in conjunction with all-conference balloting.

Cezat enjoyed a record-breaking 2007-08 season to help the Hillsdale College women's basketball team to its most successful campaign in program history. After scoring a total of 137 points in her first two seasons with the Chargers, Cezat exploded this year to shatter single-season school records for points (640), rebounds (338), blocked shots (37) and field goals made (254). She also set GLIAC records for scoring average in conference games (24.8 points per game) and field goals made in GLIAC games (164). She finished as the conference's scoring and rebounding leader, and was named GLIAC South Division Player of the Week six times, including an unprecedented five straight times.

As of the end of the regular season, Cezat ranked tied for first in all of Division II in scoring (23.7 points per game) and third in rebounding (12.5 rebounds per game). During this season, she also set single-game school records for points (42), rebounds (25), free throws made (18) and free throws attempted (23).

Achesinski averaged 16.9 points and 7.7 rebounds per game, while shooting 58 percent from the field, to lead Mercyhurst in those categories this season. In her first collegiate game, she tallied 17 points and grabbed 16 rebounds. Achesinski went on to post six more double-doubles throughout the season. She currently ranks eighth in the country in field goal percentage and is the only freshman in the top 60 in that category. She is also the third leading scorer among freshmen in Division II.

Curtis guided Northwood to a remarkable breakout season in his fourth year as head coach. NU had not finished with more than 10 victories in a season since 1991-92, but Curtis led the Timberwolves to an 18-9 record this year. Northwood recorded a 13-5 record in the GLIAC and earned a share of the first North Division title in program history. NU finished with 10 more conference victories than they had in the 2006-07 season, the second biggest improvement in the 34-year history in the GLIAC. Northwood posted its first winning season since 1990-91 and registered the highest overall winning percentage in program history (.667). The Timberwolves earned the highest GLIAC win total in school history and reached the conference tournament for the first time. Northwood finished the year as the lone team in the GLIAC to not have a losing streak this season.

Joining Cezat on the All-GLIAC South Division First Team are: Gannon sophomore guard **Kristina Freeman** and sophomore forward **Kim Vargas**; Hillsdale senior forward **Julie Slot**; and Wayne State University junior guard **Jasmine McCall**. The All-GLIAC North Division First Team includes: Grand Valley State University senior guard **Crystal Zick**; Ferris State University senior forward **Rachel Folcik**; Michigan Technological University senior guard **Catherine Rottier** and sophomore forward **Katie Wysocky**; along with Northwood junior forward **Megan Starnes**.

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**Great Lakes Intercollegiate Athletic Conference
2007-08 Women's Basketball All-Conference Teams and Postseason Awards**

Player of the Year: Katie Cezat - Hillsdale College (Jr, F, Plymouth, Mich./Canton)

Freshman of the Year: Amy Achesinski - Mercyhurst College (Fr, F, Butler, Pa.)

Coach of the Year: Jeff Curtis - Northwood University

GLIAC North Division All-Conference First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown/High School</u>
Rachel Folcik	Ferris State University	Sr.	F	Powers, Mich./Carney-Nadeau
Catherine Rottier	Michigan Technological University	Sr.	G	Seymour, Wis.
Megan Starnes	Northwood University	Jr.	F	Mt. Pleasant, Mich.
Katie Wysocky	Michigan Technological University	So.	F	Whitefish Bay, Wis.
Crystal Zick	Grand Valley State University	Sr.	G	Byron Center, Mich.

GLIAC South Division All-Conference First Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown/High School</u>
Katie Cezat	Hillsdale College	Jr.	F	Plymouth, Mich./Canton
Kristina Freeman	Gannon University	So.	G	Yonkers, N.Y./Pelham Memorial
Jasmine McCall	Wayne State University	Jr.	G	Detroit, Mich./CMA
Julie Slot	Hillsdale College	Sr.	F	Caledonia, Mich.
Kim Vargas	Gannon University	So.	F	Sterling, Va./Broad Run

GLIAC North Division All-Conference Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown/High School</u>
Shalyn Beauchamp	Lake Superior State University	Sr.	G	Rock, Mich./Mid Peninsula
Allison Carroll	Northern Michigan University	Sr.	F	Rhineland, Wis.
Erin Cyplik	Grand Valley State University	Sr.	G	St. Clair, Mich.
Jodi Ostergren	Northwood University	So.	F	Midland, Mich./Dow
LaTille Ross	Saginaw Valley State University	Sr.	F	Opelika, Ala.

GLIAC South Division All-Conference Second Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown/High School</u>
Amy Achesinski	Mercyhurst College	Fr.	F	Butler, Pa.
Lisa Graue	Ashland University	Jr.	G	Dayton, Ohio/Wayne
Ashley Lowdermilk	Gannon University	Sr.	G	Kensington, Ohio/Carrollton
Betsy Morrison	Ashland University	Jr.	F	Gahanna, Ohio/Lincoln
Brittany Wells	University of Findlay	Jr.	G	Miamisburg, Ohio

GLIAC North Division All-Defensive Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown/High School</u>
Shalyn Beauchamp	Lake Superior State University	Sr.	G	Rock, Mich./Mid Peninsula
Nicole Carr	Grand Valley State University	So.	F	Kalamazoo, Mich./Central
Rachel Folcik	Ferris State University	Sr.	F	Powers, Mich./Carney-Nadeau
Megan Starnes	Northwood University	Jr.	F	Mt. Pleasant, Mich.
Lena Widman	Michigan Technological University	Sr.	F	Marion, Mich.

GLIAC South Division All-Defensive Team

<u>Name</u>	<u>School</u>	<u>Year</u>	<u>Pos.</u>	<u>Hometown/High School</u>
Claire Aubrey	Hillsdale College	Jr.	G	Birmingham, Mich./Marian
Katie Cezat	Hillsdale College	Jr.	F	Plymouth, Mich./Canton
Kristina Freeman	Gannon University	So.	G	Yonkers, N.Y./Pelham Memorial
Lisa Graue	Ashland University	Jr.	G	Dayton, Ohio/Wayne
Joy Nash	Wayne State University	Jr.	G	Muskegon, Mich.