



## 2016 All-Northwest Conference Women's Basketball Team

### First Team

<b>Pos / Name</b>	<b>Class</b>	<b>Hometown / High School</b>
G / Emily Sheldon, Puget Sound *	Sr	Portland, Ore. / Lincoln
G / KC McConnell, Whitworth *	Sr	Clarkston, Wash. / Clarkston
F / Justine Benner, George Fox *	Sr	Naches, Wash. / Naches Valley
F / Sarah Curl, Pacific (Ore.)	Jr	Beaverton, Ore. / Westview
W / Sammy Naluai, George Fox	Sr	Sammamish, Wash. / Eastlake
G / Alex Noren, Puget Sound	Jr	Milwaukie, Ore. / Milwaukie

### Second Team

<b>Pos / Name</b>	<b>Class</b>	<b>Hometown / High School</b>
F / Hailey Ann Maeda, Whitman %	Sr	Kailua, Hawaii / Punahou School
G / Samone Jackson, Puget Sound	Fr	Edmonds, Wash. / Edmonds Woodway
G / Casey Poe, Whitman	So	Hilo, Hawaii / Kamehameha Schools
G / Kaitlin Jamieson, George Fox	So	Forest Grove, Ore. / Forest Grove
G / Kylie Towry, Willamette	So	Medford, Ore. / South Medford

### Honorable Mention

<b>Pos / Name</b>	<b>Class</b>	<b>Hometown / High School</b>
F / Faith Emerson, Whitworth	Sr	Santa Barbara, Calif. / Providence Hall
G / Kimberly Frost, George Fox	Jr	Woodinville, Wash. / Woodinville
G / Megan Abdo, Pacific Lutheran %	Sr	Arlington, Wash. / Arlington
F / Jessica McMillan, Linfield	Sr	McMinnville, Ore. / McMinnville
G / Quincey Gibson, Linfield	Jr	Issaquah, Wash. / Issaquah
G / Karli McHone, Pacific (Ore.)	Jr	Glenns Ferry, Idaho / Glenns Ferry

- \* 1st team All-NWC in 2015
- # 2nd team All-NWC in 2015
- % Honorable Mention All-NWC in 2015

**Player of the Year** - Emily Sheldon, Puget Sound

**Coach of the Year** – Loree Payne, Puget Sound

### All-NWC Notes

- Sheldon became the third player from Puget Sound to earn Player of the Year honors for the Loggers.
- Payne was selected by her peers as Coach of the Year. She becomes the second Logger head coach to earn the honor since Beth Bricker in 1997.

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### **NWC Player of the Year**

2016: Emily Sheldon, Puget Sound  
2015: Heather Johns, Whitman  
2014: Heather Johns, Whitman  
2013: Kristina Williams, Lewis & Clark  
2012: Keisha Gordon, George Fox  
2011: Kristina Williams, Lewis & Clark  
2010: Claire Ely, Puget Sound  
2009: Kristen Shielee, George Fox  
2008: Katy Campbell, George Fox  
2007: Katy Campbell, George Fox  
2006: Nikki Johnson, PLU  
2005: Kim Leith, George Fox  
2004: Tiffany Speer, Whitworth  
2003: Tiffany Speer, Whitworth  
2002: Erica Ewart, Whitworth  
2001: Katie Lacey, George Fox  
2000: Katie Greller, George Fox  
1999: Tara Millett, PLU  
1998: Nancy Rismiller, George Fox  
1997: Kristina Goos, Puget Sound  
1996: Jenny Joseph, Willamette  
1995: Annette Sweeney, Whitworth  
1994: Kathy Gibson, L&C  
1993: Kathy Gibson, L&C  
1992: Tara Flugel, Whitworth  
1991: Tara Flugel, Whitworth  
1990: Tara Flugel, Whitworth  
1989: Serene Jefferson, Pacific  
1988: N/A

### **Three-Time First-Team All-NWC Selections**

Kristina Williams, Lewis & Clark, 2011-12-13  
Keisha Gordon, George Fox, 2010-11-12  
Lindsay May, Puget Sound, 2003-04-05  
Tiffany Speer, Whitworth, 2003-04-05  
Becky Franza, Pacific Lutheran, 2000-01-02  
Jamie Wakefield, Whitworth, 1999-2000-01  
Tara Millet, Pacific Lutheran, 1998-99-00  
Jenny Johnson, Willamette, 1995-96-97  
Kathy Gibson, Lewis & Clark, 1992-93-94  
Katie Rubenser, Whitman, 1992-93-94

### **Four-Time First-Team All-NWC Selections**

Hannah Munger, George Fox, 2010-11-12-13  
Kim Corbay, Pacific Lutheran, 1995-96-97-98  
Tara Flugel, Whitworth, 1989-90-91-92

### **Northwest Conference Coach of the Year**

2016: Loree Payne, Puget Sound  
2015: Michael Meek, George Fox  
2014: Michelle Ferenz, Whitman  
2013: Michelle Ferenz, Whitman  
2012: Michael Meek, George Fox  
2011: Juli Fulks, L&C  
2010: Scott Rueck, George Fox  
2009: Scott Rueck, George Fox  
2008: Scott Rueck, George Fox  
2007: Scott Rueck, George Fox  
2006: Gil Rigell, Pacific Lutheran

2005: Scott Rueck, George Fox  
2004: Michelle Ferenz, Whitman  
2003: Helen Higgs, Whitworth  
2002: Helen Higgs, Whitworth  
2001: Scott Rueck, George Fox / Paula Petrie, Willamette  
2000: Scott Rueck, George Fox  
1999: Gil Rigell, Pacific Lutheran  
1998: Robyn Stewart, Linfield  
1997: Beth Bricker, Puget Sound  
1996: Paula Petrie, Willamette  
1995: Helen Higgs, Whitworth  
1994: Cheryl Brown, Willamette  
1993: Paula Petrie, Lewis & Clark  
1992: John Wilcox, Whitman / Dave Olmsted, Pacific  
1991: Dave Olmsted, Pacific  
1990: Julene Simpson, Whitworth  
1989: Dave Olmsted, Pacific / Mary Ann Kluge, PLU  
1988: John Wilcox, Whitman

### **Northwest Conference Champions**

2016: George Fox  
2015: George Fox  
2014: Whitman  
2013: Lewis & Clark  
2012: George Fox  
2011: George Fox / Lewis & Clark  
2010: George Fox  
2009: George Fox  
2008: Puget Sound / George Fox  
2007: George Fox / Puget Sound  
2006: Pacific Lutheran  
2005: George Fox  
2004: Puget Sound / Whitman  
2003: Whitworth  
2002: Pacific Lutheran  
2001: George Fox  
2000: George Fox / Pacific Lutheran  
1999: Pacific Lutheran  
1998: Pacific Lutheran  
1997: Puget Sound  
1996: Willamette  
1995: Willamette/ Whitworth  
1994: Lewis & Clark  
1993: Lewis & Clark  
1992: Pacific  
1991: Pacific  
1990: Pacific  
1989: Pacific  
1988: Whitman