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Alaska Anchorage Expected To Continue GNAC Success

PORTLAND, Ore. – Dominating the GNAC women’s basketball landscape for the past few years, Alaska Anchorage is expected to continue its run of three-straight regular-season titles in the GNAC Preseason Women’s Basketball Coaches Poll.

Finishing No. 10 in the Women’s Basketball Coaches Association (WBCA) rankings and going 30-2 a season ago, Alaska Anchorage is selected as the preseason favorite despite the loss of a few key players.

The Seawolves, who picked up six first-place votes, finished first with an undefeated GNAC record. Seattle Pacific is expected to make a huge improvement this season as the Falcons received two first-place votes to finish second with 103 points. Despite tying

for sixth last season, Central Washington won six of its last seven conference games and made a strong run to the GNAC Championships’ semifinals. Just like Seattle Pacific, the Wildcats picked up two first-place votes for 85 points and a tie for third place.

Northwest Nazarene rounds out the teams receiving first-place votes, tying for third with Central Washington. The Nighthawks finished 2016-17 in a tie for fourth place and exited the GNAC Championships in the quarterfinals. In what may be the surprises of the poll, Simon Fraser (78) and Western Washington (76) are predicted to finish fifth and sixth, respectively. The Clan finished in third last year while the Vikings were the runner-up to GNAC champion Alaska Anchorage.

Coming off its 20-0 conference season and Division II West Regional semifinal appearance, Alaska Anchorage is chosen to repeat 2017-18 as the GNAC women’s basketball champions. Losing just two games last year, the Seawolves cruised through its schedule, outscoring their opponents by 26.7 points. The Seawolves ranked first in the GNAC in scoring offense (81.5), scoring defense (54.8), assists (19.0), steals (15.5) and three-point field goals made (259).

Despite losing four starters that include Autumn Williams (D2CCA & WBCA All-American), Kiki Robertson (GNAC Defensive Player of the Year) and Alysha Devine (Honorable Mention All-GNAC), the Seawolves bolster their roster with five transfers and return Preseason All-GNAC guard, **Tara Thompson**. In 2016-17, Thompson averaged 8.9 points and 3.5 rebounds per game. The junior also led the GNAC with a .463 three-point field goal percentage, recording 79 three-pointers.

Alaska Anchorage also brings in five transfers, headlined by senior guards **Rodericka Ware** and **Kian McNair**. Ware, a 2016-17 First Team All-PacWest selection for Academy of Art, led the Knights in points (17.8 per game), assists (4.0 per game), steals (7.3) and minutes (891). McNair joins the Seawolves after making 27 appearances for Division I Portland State last season. Seawolves’ head coach **Ryan McCarthy** has compiled a 133-26 record in six seasons at the helm.

Tying for fourth in the conference last year, Seattle Pacific is expected to be a legitimate GNAC title contender in 2017-18. The Falcons return four starters, which include a pair of Preseason All-GNAC guards in **Courtney Hollander** and **Jordan McPhee**. Hollander, a Second Team All-GNAC selection a year ago, led the team with 11.8 points per game and recorded the highest single-game point total last season, netting 23 points in an 11-point win at Western

2017-18 GNAC Preseason Women’s Basketball Coaches Poll

Team (1st Place Votes)	2016 Record (Finish)	Pts.
1. Alaska Anchorage (6)	30-2 (20-0, 1st)	106
2. Seattle Pacific (2)	19-11 (10-10, Tie 4th)	103
3. Central Washington (2)	15-15 (9-11, Tie 6th)	85
Northwest Nazarene (1)	12-15 (10-10, Tie 4th)	85
5. Simon Fraser	26-8 (15-5, 3rd)	78
6. Western Washington	26-6 (18-2, 2nd)	76
7. Montana State Billings	8-20 (5-15, 9th)	66
8. Concordia	12-16 (9-11, Tie 6th)	55
9. Western Oregon	9-19 (4-16, 10th)	33
10. Alaska	13-14 (9-11, Tie 6th)	21
11. Saint Martin’s	5-23 (1-19, 11th)	18

Votes awarded on a 11-10-9-8-7-6-5-4-3-2-1 basis.

Oregon on Dec. 1. McPhee ranked second on Seattle Pacific with 11.2 points per game and was just one of two Falcons to start all 30 games during her Honorable Mention All-GNAC season.

Starters **Erica Pagano** and **Rachel Shim** also return, as the two averaged more than eight points per game. The Falcons return 12 players and bring in **Cici West**, a senior guard from Portland State. As a Viking, West was fifth on the team with 4.7 points per game and appeared in all 33 contests. Senior center **Julia Haining** and junior center **Carly Rataushk** return to command the paint for the Falcons. In 2016-17, Haining averaged 5.4 points per game and pulled down 5.0 rebounds per game. Rataushk recorded 5.3 points per game while taking down 1.6 rebounds on average.

The Falcons look to capture its seventh GNAC title and first in the GNAC Championships' era. Last season, Seattle Pacific won its opening 11 games and first 13 of 14 to begin the year.

Receiving two first-place votes, Central Washington is picked to finish tied for fourth after a semifinal appearance in the GNAC Championships a season ago. Preseason All-GNAC selections **Jasmin Edwards** and **Taylor Baird** highlight a cast of four Wildcats' starters returning for the 2017-18 campaign. Edwards, the senior guard, recorded a team-high 10.5 points per game and 5.4 assists per game and orchestrated six wins in the Wildcats' final seven regular-season games en route to Second Team All-GNAC honors. Baird, who transferred from Division I Southern Utah during her junior year, claimed preseason honors after averaging 12.8 points per game off the bench last season.

Guards **Sadie Mensing** and **Sarah McGee** round out the returning Wildcats' starters. Along with Baird, Mensing was the only other Wildcat to start all 30 games last season. The junior was fourth on the team with a .493 field-goal percentage and averaged 9.3 points per game. In 17 starts, McGee totaled 4.3 points per game and pulled down 3.9 rebounds per game. First-year head coach **Randi Richardson-Thornley** will have a deep and experienced squad to work with, as the Wildcats lose just one player from a year ago. Tying for sixth, Central Washington fell to Western Washington in the GNAC Championships' semifinals.

Northwest Nazarene is selected to finish tied with Central Washington after winning four of its final five conference games to qualify for the GNAC Championships. **Lexi Tubbs** leads a Nighthawks team that went 12-15 in head coach **Steve Steele's** first season with the program. Tubbs', who was second on the team with 10.2 points per game, was awarded Honorable Mention All-GNAC honors and is one of seven players to be unanimously selected to the Preseason All-Conference Team. She ranked ninth in the GNAC with four defensive rebounds per game.

With **Ellie Logan's** injury sidelining her for GNAC action this season and loss of Honorable Mention All-GNAC selection Kate Cryderman, Northwest Nazarene will look to utilize its 12 returners to the fullest. Of the 12, **Kaitlyn Merritt** and **Colette Gall** join Tubbs as the three Nighthawks' starters. In 2016-17, Merritt recorded 3.1 assists as a guard while Gall pumped in 6.1 points per game and pulled down 3.2 rebounds per game. Junior guard **McKenna Walker** finished fourth on the team with 8.6 points per game in a reserve role. **Danielle Jardine** was another key piece to the Nighthawks' postseason run, leading the team with 5.3 rebounds per game in 27 appearances. With the possibility of Jardine seeing more minutes in the paint this season, the forward will look to build off her team-high .496 field goal percentage.

Appearing in the GNAC Championships for the past six seasons and placing third last year, Simon Fraser is poised to continue its GNAC success despite the departure of all its starters. The Clan is led by junior forward **Sophie Swant**, who averaged 6.9 points in 33 appearances. Of the six returning players for SFU, only three of them saw starts last year, combining for a total of 11 during the season. Along with Swant, **Taylor Drynan**, **Tia Tsang**, **Tayla Jackson** and **Samantha Beauchamp** all appeared more than 30 times last season.

With their top-five scorers exiting, the Clan will need production from different parts of the team. Last season, the combination of ball movement and well-executed offense spurred Simon Fraser, as it ranked second in the GNAC with 17.6 assists per game and second in turnover margin. The Clan also used good shot selection to stifle its opponents, ranking third in the league in field goal percentage and three-point field goal percentage.

With the loss of key starters such as guard Taylor Peacocke (First Team WBCA All-American, GNAC Player of the Year), forward Tia Briggs (First Team All-GNAC) and forward Kiana Gandy (Honorable Mention All-GNAC), the GNAC coaches have Western Washington achieving sixth place despite the Vikings' runner-up finish last season. A bulk of the offense will come through Preseason All-GNAC selections **Hannah Stipanovich** and **Lexie Bland**. Stipanovich, the senior center, averaged 5.6 points per game and led WWU with an .892 free throw percentage. Bland made all but one of her 27 appearances off the bench last season, tallying 3.4 points per game as a freshman guard.

Joining Stipanovich as the only other player to appear in all 32 contests last year is **Nikki Corbett**. The junior forward made the most of her shots in the paint, averaging 4.5 points per game on 50 percent shooting from the floor. A lot will be asked of by Vikings' newcomers to provide key starting minutes.

Guard **Dani Iwami** joins WWU after averaging 5.9 points per game in 27 appearances in her inaugural season at Hawaii Pacific. Forward **Anna Schwecke** looks to build off her solid freshman year at UC Colorado Springs, where she played in all contests and finished fourth on the Mountain Lions with 5.3 points per game. **Bobbi Westendorf** joins the Vikings from Tacoma CC, where she was named the NWAC East Region MVP after averaging 20.5 points and 11.8 rebounds per game as a sophomore. Western Washington has been a GNAC powerhouse the past several years, finishing third or higher in the regular season since 2008-09. In six of the past seven years, the Vikings have made the GNAC Championships' title match and have achieved two GNAC titles during that span.

Highlighted by the return of Preseason All-GNAC Player of the Year, senior forward **Alisha Breen**, Montana State Billings looks to return to the success it experienced during the 2015-16 campaign. Missing all of last season with a knee injury, Breen led the Yellowjackets to the Division II West Region Championships in 2016 with 17.4 points per game and 5.4 assists per game. Her presence on the wing was missed last year, as MSUB won just eight games after going 21-11 in 2015-16.

Guard **Rylee Kane** joins Breen as the MSUB representatives on the Preseason All-GNAC team. She ended last season as an Honorable Mention All-GNAC selection, averaging a team-high 13.9 points per game to rank ninth in the GNAC. The Yellowjackets return 10 players, three of which were starters a year ago. **Lexi Provost** and **Grace Weeks** look to provide solid output in their senior seasons, as they both averaged more than six points per game last campaign.

Concordia, picked eighth, narrowly missed the GNAC postseason as it tied for sixth with Central Washington and Alaska. Since its transition to the Division II landscape, the Cavaliers have improved from its initial 2015-16 season, a year in which they finished in 10th. Senior guard **Danielle Hartzog** and junior forward **Bailey Cartwright** headline the eight Cavaliers' returners, as both were named to the 2017-18 Preseason All-GNAC Team. Hartzog was named Honorable Mention All-GNAC after ranking 14th in the GNAC with 11.9 points per game. Cartwright commanded the paint, averaging 8.6 points per game while ranking fourth in the league with seven rebounds per game. The duo is joined by returning starter **Keesha Sarman**, who posted 8.4 points, 5.4 rebounds, three assists and 1.6 steals per game. Sophomore guard **Kizzah Maltezo** was second on the team with 9.2 points per game in a reserve role.

Selected to finish ninth, Western Oregon returns all five starters. Preseason All-GNAC selection **Sydney Azorr** finished second on the team with 10 points per game and a .381 field goal percentage. She tallied a team-high 17 points in the Wolves' 78-75 win over Northwest Nazarene on Jan. 21. Leading the team in minutes and points, senior guard **Shelby Snook** looks to continue her GNAC success after coming from Lane C.C. a season ago. Snook's team-leading 13.6 points per game made her the eighth-highest scorer in the league. **Jasmine Miller**, **Kaylie Boscma** and **Ali Nelke** round out the Western Oregon starters. Miller averaged 9.5 points per game and led the team with 5.1 rebounds per contest. Boscma totaled 8.1 points per game while Nelke had 4.8.

Finishing tied for sixth last season, Alaska will need quality minutes from their newcomers as the Nanooks see all five starters depart. With the loss of Jordan Wilson (First Team All-GNAC) and Kaillee Skjold (Honorable Mention All-GNAC), Alaska will rely on junior transfers **Ashlie Blackburn**, **Angela Murnion**, **Josie Sewell** and **Emily Evans** for scoring output. **Lexi Carpenter** returns as the highest Nanooks' scorer from a season ago, averaging 4.9 points per game coming off the bench. The sophomore guard led the team shooting 37.8 percent from beyond the arc. The Nanooks boast a youthful squad, as **Cassi Williams** is the lone senior on the roster that includes nine newcomers and first-year head coach **Brett Sawyer**.

Rounding out the voting is Saint Martin's. The Saints are led by senior forward **Elin Johansson**, an Honorable Mention All-GNAC selection last season. After averaging a team-high 13.9 points per game for ninth in GNAC scoring, Johansson is the lone Saint on the GNAC Preseason All-Conference Team. In **Christy Martin's** first year at the helm, SMU sees three starters return for a total of 12 players. **Mercedes Victor**, who was second on the team with 8.8 points per game as a forward, returns with senior sharpshooter **Hannah Reynolds** (8.3 points per game) to round out the Saints' starters.

Alaska Anchorage opens the 2017-18 for GNAC teams on Thurs., Nov. 2, when they take on Johnson & Wales (N.C.) in Charlotte, N.C., before engaging Duke in an exhibition game on Sun., Nov. 5, at Cameron Indoor Stadium. The conference's remaining teams open play on the weekend of Nov. 10 and 11.

Team Capsules Follow On Next Page



2017-18 GNAC Women's Basketball Teams At A Glance

ALASKA

Head Coach: Brett Sawyer (Utah State, 2015, 1st Season)

Assistant Coach: Jessie Craig

2016-17 Overall Record: 13-14

2016-17 GNAC Record (Finish): 9-11 (Tie 6th)

Total Players Returning/Lost: 7/8

Starters Returning/Lost: 0/5

Returning Starters: None.

Other Returning Players: Lexi Carpenter (G, 5-9, So., Yakima, Wash., 4.9 ppg, 2.0 rpg, 19.4 mpg, .378 3 Pt. Pct., .876 FT Pct.), Kylie Wallace (G, 5-7, So., Petersburg, Alaska, 0.6 ppg, 6.4 mpg), Sabrina Ungaro (G, 5-2, So., Anchorage, Alaska), Sanni Salonen (F, 6-1, Jr., Littoinen, Finland, 2.3 ppg, 1.8 rpg, 9.9 mpg), Cassi Williams (G, 5-10, Sr., Klawock, Alaska, Did Not Play in 2016-17), Marian Wamsley (F, 5-11, Jr., Valdez, Alaska, 1.5 ppg, 1.0 rpg, 5.6 mpg), Romay Harris (F, 5-7, So., Galena, Alaska, 10 gp).

Key Losses: Jordan Wilson (F, CoSIDA Academic All-American, First Team All-GNAC, GNAC All-Academic Team), Kaillee Skjold (F, Honorable Mention All-GNAC, Academic Team All-GNAC, GNAC Far Scholar-Athlete).

Top Freshmen: Kaylyn Kelly (G, 5-6, Wasilla, Alaska – Wasilla).

Top Transfers: Ashlie Blackburn (F, 5-10, Jr., Douglas, Wyo. – Sheridan), Angela Murnion (G, 5-10, Jr., Grass Range, Mont. – Gillette CC), Josie Sewell (C, 5-11, Jr., Casper, Wyo. – Casper), Emily Evans (G, 5-5, Jr., Cheyenne, Wyo. – Eastern Wyoming CC), Brittany Richards (G, 5-11, So., Dunedin, New Zealand – Gillette CC).

ALASKA ANCHORAGE

Head Coach: Ryan McCarthy (Northwest Nazarene, 2006, 133-26, 6th Season)

Associate Head Coach: Shaina Afoa

Assistant Coach: Alysha Devine

2016-17 Overall Record: 30-2

2016-17 GNAC Record (Finish): 20-0 (1st, GNAC Champions)

Total Players Returning/Lost: 5/7

Starters Returning/Lost: 1/4

Returning Starters: Tara Thompson (G, 5-7, Jr., Anchorage, Alaska, 8.9 ppg, 3.5 rpg, 1.3 assists per game, .436 3 Pt. Pct., .889 FT Pct.).

Other Returning Players: Shelby Cloninger (F, 6-0, Sr., Kamiah, Idaho, 8.3 ppg, 4.0 rpg, 1.3 assists per game, .324 3 Pt. Pct., .765 FT Pct.), Hannah Wandersee (F/C, 6-1, Jr., Kodiak, Alaska, 7.0 ppg, 4.1 assists per game, 0.8 blocks per game, .506 FG Pct., .830 FT Pct.), Kaitlyn Hurley (G, 5-9, Sr., Roy, Utah, 6.4 ppg, .388 3 Pt. Pct., 16 gp), Yazmeen Goo (G, 5-10, So., Daly City, Calif., 2.9 ppg, 2.6 rpg, 4.1 assists per game, 1.7 steals per game).

Key Losses: Autumn Williams (F, First Team All-WBCA, Third Team D2CCA All-American, First Team All-GNAC, GNAC Tournament MVP), Kiki Robertson (G, GNAC Defensive Player of the Year, Second Team All-GNAC), Alysha Devine (F, Honorable Mention All-GNAC), Sierra Afoa (F), Kimijah King (G).

Top Freshmen: Sala Langi (G/F, 5-10, Pacifica, Calif. – Salesian), Nicole Pinckney (G, 5-5, Chugiak, Alaska – Chugiak), Tennae Voliva (F, 6-0, Anchorage, Alaska – East Anchorage).

Top Transfers: Kian McNair (G, 5-8, Jr., Vallejo, Calif. – Portland State Univ.), Rodericka Ware (G, 5-7, Sr., Lakewood, Wash. – Academy of Art Univ.), Victoria Langi (G, 5-6, Jr. Pacifica, Calif. – Skyline CC), Rainey Kuykendall (F, 6-0, Jr. Chicago, Ill. – Trinity Valley CC), Sydney Stallworth (G, 5-3, Jr. Tucson, Ariz. – Pima CC).

CENTRAL WASHINGTON

Head Coach: Randi Richardson-Thornley (Wyoming, 2011, 1st Season)

Assistant Coaches: Hillary Carlson, Stacey Lukasiewicz

2016-17 Overall Record: 15-15

2016-17 GNAC Record (Finish): 9-11 (Tie 6th, Advanced to GNAC Championships Semifinals)

Total Players Returning/Lost: 14/1

Starters Returning/Lost: 4/1

Returning Starters: Jasmin Edwards (G, 5-5, Sr., Lynnwood, Wash., Second Team All-GNAC, 10.5 ppg, 5.4 assists per game, 156 assists), Taylor Baird (F, 6-2, Sr., Snohomish, Wash., Second Team All-GNAC, 12.8 ppg, 8.4 rpg, 251 reb, 36 blocks), Sadie Mensing (G, 5-9, Jr., Snohomish, Wash., 9.3 ppg, 35 steals, 49.3 3 Pt. Pct.), Sarah McGee (G, 5-11, Sr., Tumwater, Wash., 4.3 ppg, 3.9 rpg, 22 steals).

Other Returning Players: Rachel Lorenston (F, 6-1, Sr., Sammamish, Wash., 5.5 ppg, 3.6 rpg, 10 steals, 10 blocks), Taylor Shaw (F, 5-8, So., Oregon City, Ore., 3.4 ppg, 50 rebounds, 10 steals).

Key Losses: Kortnee Grattic (G, 7.3 ppg, 3.1 rpg, 39 assists, 17 steals).

Top Freshmen: Khloe Snair (G, 5-10, Longview, Wash. – R.A. Long), Cassidy Malcolm (F, 5-11, Ellensburg, Wash. – Ellensburg).

Top Transfers: Makayla Lancaster (G, 5-6, Jr., Lynden, Wash. – Skagit Valley CC).

CONCORDIA

Head Coach: Sean Kelly (Pacific Lutheran, 1995, 30-65, 4th Season)

Assistant Coaches: Kristin Stringer, James Robinson

2016-17 Overall Record: 12-16

2016-17 GNAC Record (Finish): 9-11 (Tie 6th)

Total Players Returning/Lost: 8/4

Starters Returning/Lost: 3/2

Returning Starters: Danielle Hartzog (G, 5-9, Sr., Beaverton, Ore., Honorable Mention All-GNAC, 11.9 ppg, 3.0 rpg), Bailey Cartwright (F/C, 6-1, Jr., Pasco, Wash., 8.6 ppg, 7.0 rpg), Keesha Sarman (G, 5-6, Sr., Union, Ore., 8.4 ppg, 5.4 rpg, 3.0 assists per game, 1.6 steals per game).

Other Returning Players: Kizzah Maltezo (G, 5-4, So., Honokaa, Hawaii, 9.2 ppg, 1.4 rpg).

Key Losses: Jordyn Peacock (F, 7.1 ppg, 20 assists, 4.5 rpg), Briannah Smith (G, 7.7 ppg, 3.5 rpg, 30 steals).

Top Freshman: Taylor Thompson (G, 5-10, Tucson, Ariz. – St. Gregory Prep), Abigail Aplica (G/F, 5-10, Honolulu, Hawaii – Punahou).

Top Transfers: Rebecca Taylor (F, 6-3, Jr., Kiddermister, England – Charnwood), Tameka Etherly (F, 5-11, Jr., Tualatin, Ore. – Centralia CC)

MONTANA STATE BILLINGS

Head Coach: Kevin Woodin (Carroll (Mont.), 1987, 218-156, 14th Season)

Assistant Coaches: Jenny Heringer, Lindsay Sullivan

2016-17 Overall Record: 8-20

2016-17 GNAC Record (Finish): 5-15 (9th)

Total Players Returning/Lost: 10/4

Starters Returning/Lost: 4/2

Returning Starters: Alisha Breen (F, 5-10, Sr., Choteau, Mont., Did Not Play In 2016-17. 2015-16: First Team All-GNAC, 17.4 ppg, 5.4 assists per game, 76 assists), Rylee Kane (G, 5-6, Sr., Red Lodge, Mont., Honorable Mention All-GNAC, 11.4 ppg, 3.6 rpg, 15 assists), Lexi Prevost (G, 5-7, Sr., Sidney, Mont., 6.2 ppg, 2.5 rpg, 36 assists), Grace Weeks (F, 6-2, Sr., Rapid City, S.D., 6.3 ppg, 3.6 rpg, 14 assists).

Other Returning Players: Vanessa Stavish (F, 6-0, Jr., Frenchtown, Mont., 5.4 ppg, 2.3 assists per game), Taylor Edwards (G, 5-9, So., Great Falls, Mont., 7.3 ppg, 3.0 assists per game), Brina Hull (G, 5-8, Jr., Colstrip, Mont., 3.4 ppg, 2.0 rpg, 11 assists), Taylor Cunningham (F, 5-11, So., Spokane, Wash., 2.1 ppg, 2.0 rpg, 16 assists), Jeanann Lemelin (G, 5-6, So., Billings, Mont.), Janessa Williams (F, 5-11, So., Clancy, Mont.).

Key Losses: Tiana Hanson (F, Second Team All-GNAC, CoSIDA Academic All-American, Academic All-GNAC).

Top Freshman: Hannah Collins (G, 5-5, Great Falls, Mont. – Great Falls), Emily St. John (G, 5-9, Butte, Mont. – Butte Central).

Top Transfers: Rachel Koehler (F, 5-10, Sr., Billings, Mont. – Cal Poly).

NORTHWEST NAZARENE

Head Coach: Steve Steele (Concordia (Calif.), 1999, 12-15, 2nd Season)

Assistant Coaches: Elpidia Allen, Laci Effenberger

2016-17 Overall Record: 12-15

2016-17 GNAC Record (Finish): 10-10 (Tie 4th, Advanced to GNAC Championships Quarterfinals)

Total Players Returning/Lost: 12/2

Starters Returning/Lost: 3/2

Returning Starters: Lexi Tubbs (F, 5-11, Sr., Turlock, Calif., Honorable Mention All-GNAC, 10.2 ppg, 5.3 rpg), Kaitlyn Merritt (G, 5-7, Sr., Twin Falls, Idaho, 2.2 ppg, 2.2 rpg, 3.1 assists per game), Colette Gall (F, 5-11, Sr., Pasco, Wash., 6.1 ppg, 3.2 rpg).

Other Returning Players: Marina Valles (G, 5-8, So., Barcelona, Spain, 5.9 ppg, 1.4 rpg, 1.7 assists per game), McKenna Walker (G, 5-9, Jr., Moses Lake, Wash., 8.6 ppg, 2.1 rpg, 23 3 Pt. FG Made), Avery Albrecht (G, 5-9, So., La Grande, Ore., 2.4 ppg, 1.2 rpg), Maya Rodgers (F, 5-11, Jr., Meridian, Idaho, 4.5 ppg, 1.6 rpg), Danielle Jardine (F, 5-11, Jr., Nampa, Idaho, 6.9 ppg, 5.3 rpg), Carly Parker (G, 5-9, Jr., Pocatello, Idaho, 5.6 ppg, 2.2 rpg), Raquel Jardine (F, 5-11, Jr., Nampa, Idaho, 5.7 ppg, 3.2 rpg).

Key Losses: Ellie Logan (G, Second Team All-GNAC – Injury 2017-18), Kate Cryderman (F, Honorable Mention All-GNAC).

Top Freshman: Elisa Kooiman (F, 5-10, Lynden, Wash. – Lynden).

SAINT MARTIN'S

Head Coach: Christy Martin (Eastern Washington, 2005, 1st Season)

Assistant Coach: Lindsey Foster

2016-17 Overall Record: 5-23

2016-17 GNAC Record (Finish): 1-19 (11th)

Total Players Returning/Lost: 12/4

Starters Returning/Lost: 3/2

Returning Starters: Elin Johansson (F, 6-1, Sr., Gothenburg, Sweden, Second Team All-GNAC, 13.2 ppg, 6.1 rpg, 1.9 assists per game, .484 FG Pct.), Mercedes Victor (G/F, 5-11, So., Kona, Hawaii, 8.8 ppg, 4.2 rpg, 2.3 assists per game, .342 FG Pct.), Hannah Reynolds (G, 5-6, Sr., Klamath Falls, Ore., 8.3 ppg, 2.3 assists per game).

Other Returning Players: Makenna Shultz (G, 5-2, So., Lacey, Wash., 3.1 ppg, .808 FT Pct., 9.8 mpg), Rebekah Baugh (G, 5-9, Jr., Poulsbo, Wash., 2.6 ppg, 1.8 rpg, 16.8 mpg), Shyler Sullivan (G, 5-6, So., Kennewick, Wash., 2.3 ppg, 1.9 rpg, .786 FT Pct.).

Key Losses: Baylee Olsen (G), Shelbie Drey (F), Sami Jo Robinson (G).

Top Freshman: Saniah Simpson-Patu (G/F, 5-8, Seattle, Wash. – Rainier Beach).

Top Transfers: Jayla Russ (G/F, 6-1, So., Arlington, Wash. – Eastern Michigan Univ.).

SEATTLE PACIFIC

Head Coach: Julie Heisey (Northwest Nazarene, 1989, 248-97, 13th Season)

Assistant Coaches: Mike Simonson, Suzanna Ohlsen, Sasha Anderson

2016-17 Overall Record: 19-11

2016-17 GNAC Record (Finish): 10-10 (Tie 4th, Advanced to GNAC Championships Semifinals)

Total Players Returning/Lost: 12/4

Starters Returning/Lost: 4/1

Returning Starters: Courtney Hollander (G, 6-0, Sr., Lynden, Wash., Second Team All-GNAC, 11.8 ppg, 7.0 rpg, .851 FT Pct.), Jordan McPhee (G, 5-10, Sr., Normandy Park, Wash., Honorable Mention All-GNAC, 11.2 ppg, 5.2 rpg), Erica Pagano (F, 6-0, Sr., Happy Valley, Ore., 8.6 ppg, 3.9 rpg, .483 FG Pct., .817 FT Pct.), Rachel Shim (G, 5-8, Sr., Sammamish, Wash., 9.0 ppg, 2.1 rpg, 2.7 assists per game).

Other Returning Players: Julia Haining (C, 6-2, Sr., Lynnwood, Wash., 5.4 ppg, 5.0 rpg, .573 FG Pct.), Carly Rataushk (C, 6-2, Jr., Kirkland, Wash., 5.3 ppg, 1.6 rpg, .512 FG Pct.), Jaylee Albert (G, 5-9, Jr., Hamilton, Mont., 3.1 ppg), Lindsay Lee (G, 5-8, Sr., Spokane, Wash., 5.0 ppg), Madi Hingston (G, 5-8, So., Keizer, Ore., 2.1 ppg), Riley Evans (G, 5-9, So., Terrigal, Australia, 1.0 ppg), Jane Grisley (C, 6-2, So., Maple Ridge, B.C., 1.7 ppg).

Key Losses: Brianna Lasconia (G), Hannah Rodrigues (F), Madison Wright (G).

Top Freshman: Rachel Berg (G, 5-9, Bellevue, Wash. – Bellevue Christian), Ashlee Comastro (C, 6-1, Vancouver, Wash. – Skyview).

Top Transfers: Cici West (G, 5-10, Sr., Seattle, Wash. - Portland State Univ.).

SIMON FRASER

Head Coach: Bruce Langford (Simon Fraser, 1978, 412-112, 17th Season)

Assistant Coach: Jessica Wallace

2016-17 Overall Record: 26-8

2016-17 GNAC Record (Finish): 15-5 (3rd, Advanced to GNAC Championships Quarterfinals)

Total Players Returning/Lost: 8/5

Starters Returning/Lost: 2/3

Returning Starters: Rachel Fradgley (F, 6-2, Sr., London, Ont., 9.5 ppg, 5.6 rpg, .511 FG Pct., 0.6 blocks per game), Sophie Swant (F, 5-11, Jr., North Vancouver, B.C., 6.9 ppg, 3.4 rpg, 1.2 steals per game, .372 FG Pct., .786 FG Pct.).

Other Returning Players: Taylor Drynan (G, 5-6, So., Spokane, Wash., 2.7 ppg, 1.2 assists per game, .394 FG Pct.), Tia Tsang (G, 5-9, So., Richmond, B.C., 5.3 ppg, 1.7 rpg, .355 3 Pt. Pct.), Tayla Jackson (C, 6-3, Jr., Surrey, B.C., 4.9 ppg, 1.6 rpg, .447 FG Pct.).

Key Losses: Ellen Kett (G, First Team All-GNAC, Second Team D2CCA All-West Region, Honorable Mention WBCA All-American), Meg Wilson (F, First Team All-GNAC, Honorable Mention WBCA All-American).

Top Freshman: Kendal Sands (G, 5-9, Coquitlam, B.C. – Charles Best), Sierra Schefer (G, 5-9, North Vancouver, B.C. – Argyle), Juliana Babic (F, 5-10, Surrey, B.C. – Holy Cross Regional), Claudia Hart (F, 6-1, R-Fr., North Vancouver, B.C. – Seycove), Jessica Jones (G, 5-9, R-Fr., Richmond, B.C. – McMath).

Top Transfers: Nicole Vander Helm (G, 6-0, R-So., Surrey, B.C. – Santa Clara Univ.).

WESTERN OREGON

Head Coach: Holli Howard-Carpenter (Cal State East Bay, 2002, 26-83, 5th Season)

Assistant Coaches: Katie Girten, Leah Nicklason, Nia Bravo, Micah Walker

2016-17 Overall Record: 9-19

2016-17 GNAC Record (Finish): 4-16 (10th)

Total Players Returning/Lost: 8/4

Starters Returning/Lost: 5/0

Returning Starters: Shelby Snook (G, 5-9, Sr., Roseburg, Ore., 13.6 ppg, 4.9 rpg, .408 FG Pct.), Sydney Azorr (G, 5-9, Sr., Clackamas, Ore., 10.0 ppg, 4.3 rpg, .381 FG Pct.), Jasmine Miller (F, 5-11, Sr., Tualatin, Ore., 9.5 ppg, 5.1 rpg, 17 blocks, 12 steals), Kaylie Boscma (G, 5-8, Jr., Tigard, Ore., 8.1 ppg, 4.4 rpg, steals), Ali Nelke (F, 5-11, Jr., Albany, Ore., 4.8 ppg, 4.2 rpg, .413 FG Pct.).

Other Returning Players: Savannah Heugly (F, 5-11, Sr., Tualatin, Ore., 6.7 ppg, 4.3 rpg, .455 FG Pct.), Kennedy Corrigan (G, 5-4, Sr., Richland, Wash., 4.1 ppg, 1.5 rpg, .952 FT Pct.), Natalie DeLonge (C, 6-2, R-So., Klamath Falls, Ore., 3.0 ppg, 3.0 rpg).

Key Losses: Launia Davis (G), Leah Nichlason (F), Kory Oleseon (G), Tori Cambra (G).

Top Freshman: Keyonna Jones (G, 5-6, Bothell, Wash. – Bothell), Olivia Denton (G, 5-7, Auburn, Wash. – Auburn-Riverside), Jessie Brown (F/C, 6-3, Irvine, Calif. – Castle View).

Top Transfers: Tarisha Thomas (F/C, 6-0, Fr., Honolulu, Hawaii – Peninsula CC).

WESTERN WASHINGTON

Head Coach: Carmen Dolfo (Western Washington, 1986, 561-207, 27th Season).

Assistant Coaches: Stacey Turrell, Taylor Peacocke, Jessica Valley, John Garrison

2016-17 Overall Record: 26-6

2016-17 GNAC Record (Finish): 18-2 (2nd, Advanced to GNAC Championships Finals)

Total Players Returning/Lost: 5/6

Starters Returning/Lost: 1/4

Returning Starters: Hannah Stipanovich (F/C, 6-1, Sr., St. Louis, Mo., 5.6 ppg, 3.4 rpg, .892 FT Pct.).

Other Returning Players: Maia Barnett (G, 5-7, Sr., Los Angeles, Calif., 0.4 ppg, 12 assists, 10 steals, 6.0 mpg), Lexie Bland (G, 5-6, So., Ellensburg, Wash., 3.4 ppg, 1.7 assists per game, 1.5 rpg, 1.2 spg, 17.1 mpg), Nikki Corbett (F/C, 6-2, Jr., Camas, Wash., 4.5 ppg, 2.1 rpg, 16 blocks, .500 FG Pct.), Amanda Lance (G, 5-7, Jr., Buckley, Wash., 0.7 ppg, 18 reb, 7 assists).

Key Losses: Taylor Peacocke (G, First Team WBCA All-American, Second Team D2CAA All-American, GNAC Player of the Year), Tia Briggs (F, First Team All-GNAC), Kiana Gandy (F, Honorable Mention All-GNAC), Aleisha Hathaway (G), Rachel Albert (F), Jessica Valley (G).

Top Freshman: Gracie Castaneda (G, 5-8, R-Fr., Arlington, Wash. – Arlington), Drew Morris (G, 5-10, R-Fr., Chelan, Wash. – Chelan), Emma Duff (G, 6-0, Tumwater, Wash. – Black Hills), Kelsey Rogers (F, 6-1, Bothell, Wash. – Lynnwood).

Top Transfers: Dani Iwami (G, 5-7, So., Seal Beach, Calif. – Hawaii Pacific Univ.), Bobbi Westendorf (G, 5-10, Jr., Auburn, Wash. – Tacoma CC), Anna Schwecke (F, 6-1, So., Evergreen, Colo. – UC - Colorado Springs).