



MEN'S BASKETBALL RELEASE

March 3, 2005

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NSIC Announces Men's Basketball Award Winners

St. Paul, Minn. - The Northern Sun Intercollegiate Conference (NSIC) has announced its 2004-05 Men's Basketball All-Conference teams and award winners as voted on by the league coaches.

Northern State's Matt Hammer was selected as the 2004-05 NSIC Men's Basketball Player of the Year. A junior forward from Elkton, S.D., Hammer led the NSIC in scoring with 278 points in 14 conference games and a 19.9 point per game average. A first-team All-NSIC selection, Hammer ranked second in rebounding with 7.8 boards a game. He ranked third in assists with 4.29 per game and fifth in steals with 1.79 a game. Hammer also led the league in overall scoring with 18.8 points a game.

Bemidji State's Duane Fields was named the 2004-05 NSIC Men's Basketball Newcomer of the Year. Fields, a junior transfer guard from Los Angeles, Calif., ranked among the top 20 in the league in scoring with 13.4 points per game and was 11th in field goal percentage as he shot .500 (64-128) from the field. He also ranked second in three point shooting as he shot .481 (25-52) from behind the line while leading the team in scoring.

Winona State freshman guard, Jonte Flowers, was selected as the 2004-05 NSIC Defensive Player of the Year. Flowers, a native of Cottage Grove, Wis., led the conference with 2.93 steals per game and 41 on the season. He was fourth in field goal percentage (.554, 56-101) and was 15th with a 5.1 rebound per game average.

Winona State head coach Mike Leaf was honored as the 2004-05 NSIC Men's Basketball Coach of the Year. Leaf led his squad to the regular season title with a 12-2 league mark. The title is the first for the Warriors since the 1999-00 season and third under Leaf. The honor is the second in Leaf's tenure as he was named NSIC Coach of the Year in 1998-99.

2004-05 All-Conference Team

First Team	Pos.	Yr.	Ht.	School	Hometown
James Roberson	PG	Sr.	5-10	Bemidji State	Chicago, Ill.
Brian Jamros	G	Sr.	6-4	Concordia-St. Paul	Moose Lake, Minn.
Matt Hammer	F	Jr.	6-3	Northern State	Elkton, S.D.
Brett Watson	F	Sr.	6-7	Wayne State	Elk Horn, Iowa
David Zellmann	G	Jr.	6-2	Winona State	Lewiston, Minn.

Second Team	Pos.	Yr.	Ht.	School	Hometown
Justin Vandenberg	F	Sr.	6-7	Concordia-St. Paul	Appleton, Wis.
LaRon Dawn	PG	Sr.	6-1	SW Minnesota St.	Kansas City, Mo.
Brett Cain	C	Sr.	6-8	Wayne State	Walford, Iowa
Zach Malvik	G	So.	6-2	Winona State	Holmen, Wis.
Jon Urbach	G/F	Sr.	6-5	Winona State	Prairie du Chien, Wis.

Third Team	Pos.	Yr.	Ht.	School	Hometown
Alvin Muse	G	Jr.	6-4	Bemidji State	South Holland, Ill.
Aaron Busack	C	Jr.	6-7	Northern State	Redwood Falls, Minn.
Todd Klostermann	F	Sr.	6-6	Wayne State	Manchester, Iowa
Elijah Starzl	F	Sr.	6-7	SW Minnesota St.	Columbus, Neb.
Jarod Obering	G	Sr.	5-9	Northern State	Beatrice, Neb.

2004-05 NSIC Player of the Year

Matt Hammer, Northern State (Sr., F, Elkton, S.D.)

2004-05 NSIC Newcomer of the Year

Duane Fields, Bemidji State (Jr., G, Los Angeles, Calif.)

2004-05 NSIC Defensive Players of the Year

Jonte Flowers, Winona State (Fr., G, Cottage Grove, Wis.)

2004-05 NSIC Coach of the Year

Mike Leaf, Winona State

2004-05 NSIC Men's Basketball Final Regular

Season Standings

	NSIC Record			Overall Record		
	W	L	Pct.	W	L	Pct.
1. Winona State*	12	2	.857	21	9	.700
2. Bemidji State	10	4	.714	16	11	.593
3. Northern State	9	5	.643	18	9	.667
4. Concordia-St. Paul	7	7	.500	17	10	.630
Wayne State	7	7	.500	11	15	.423
6. SW Minnesota State	5	9	.357	11	18	.379
7. Minn.-Crookston	3	11	.214	7	20	.259
MSU Moorhead	3	11	.214	8	19	.296

*regular-season champion