



SPORTS INFORMATION
MOLLY BROWN, DIRECTOR
(515) 263-6040 PH (515) 263-2882 FAX
MABROWN@GRANDVIEW.EDU

FOR IMMEDIATE RELEASE 2 PAGES

May 4, 2009

SUBJECT: Midwest Collegiate softball all-conference honors announced

Des Moines, Iowa – The Midwest Collegiate Conference announced its 2009 softball all-conference honors. Thirty-seven athletes were recognized as part of the all-conference teams as voted by the coaches.

William Penn junior infielder Tyanna Helton (Santa Rosa, Calif.) was voted as the MCC Player of the Year. Helton batted .461 in conference play with 47 hits, 30 runs, 12 doubles, 10 home runs, and 43 RBIs. She struck out just five times in 32 conference games and was the MCC Player of the Week three times this spring. Helton broke the WPU career record for home runs and currently has 32 career home runs. Helton had five five-game hitting streaks this season, including a season-best nine-game streak to end the regular season.

“Tyanna Helton had another great year for us. She led us in batting average, home runs, and RBI’s. Tyanna broke the career home run record this year and is a tough out and a quiet leader for our team. She is very deserving of this award,” said William Penn Head Coach Mike Christner.

William Penn senior pitcher Allysa Fligg (Agency, Iowa) was selected as the MCC Pitcher of the Year. Fligg went 11-1 and had an ERA of 1.22 in MCC games this season. She was the MCC Pitcher of the Week on April 28.

“Allysa Fligg had a productive year on the mound. She was 11-1 in league and very tough to beat at times. She helped solidify a very solid pitching staff and was a key ingredient to the success we had this year,” said Christner.

Christner was selected by his peers as the MCC Coach of the Year; his fourth such league honor. Christner led the Lady Statesmen to a 28-4 record in league play for first place in the regular season. William Penn made the NAIA top-25 rankings four times this spring and has been the No. 21 team for the past two weeks. Christner recorded his 300th career win in his eighth year as head coach at William Penn on April 4th.

“Our softball team had a great regular season and Mike was very deserving of this award,” William Penn University Athletics Director Greg Hafner said. “Though our softball team had a tough end to its season, we are very proud of everything they did this spring and know it has so much to do with Coach Christner’s work ethic and instilling in his players a great work ethic as well.”

MCC Player of the Year: Tyanna Helton – William Penn
MCC Pitcher of the Year: Allysa Fligg – William Penn
MCC Coach of the Year: Mike Christner – William Penn

2009 Midwest Collegiate All-Conference Softball First Team

Infielders:

Colleen Dansart (Oak Lawn, Ill.) – Clarke
Whitney Link (Ankeny, Iowa) – Grand View
Brianna Williams (Monona, Iowa) – Mount Mercy
Tyanna Helton (Santa Rosa, Calif.) – William Penn
Ashley Stream (Chariton, Iowa) – William Penn

Outfielders:

Meghan Tomlinson (Fort Worth, Texas) – Grand View
Courtney Yacinich (Urbandale, Iowa) – Grand View
Emily Madsen (Iowa City, Iowa) – Mount Mercy
Laura Read (Stanhope, Iowa) – Waldorf

Catchers:

Amanda Phillips (Waukee, Iowa) – Grand View
Betsy Ward (River Falls, Wis.) – Viterbo

Pitchers:

Becca Smith (Solon, Iowa) – Mount Mercy
Chelsea Dougherty (Belmond, Iowa) – Waldorf
Allysa Fligg (Agency, Iowa) – William Penn

Utility:

Ashley Johnson (Burlington, Iowa) – William Penn

Designated Player:

Elizabeth Hill (Shellsburg, Iowa) – Mount Mercy

At-Large:

Jordan Story (Ellsworth, Iowa) – Waldorf
Krystle Carr (Acton, Calif.) – William Penn

2009 Midwest Collegiate All-Conference Softball Honorable Team

Whitney Bauer (DeWitt, Iowa) – Ashford
Jamie Gillespie (Davenport, Iowa) – Ashford
Chelsea Bettcher (Dubuque, Iowa) – Clarke
Heather Steele (Bellevue, Neb.) – Clarke
Megan Anderson (Des Moines, Iowa) – Grand View
Whitney Grimes (West Des Moines, Iowa) – Grand View
Kelsey Karaidos (Urbandale, Iowa) – Grand View
Kelsey Rethmeier (Winterset, Iowa) – Grand View
Hilarie Droz (Ottumwa, Iowa) – Iowa Wesleyan
Jerry Fuentes (Houston, Texas) – Iowa Wesleyan
Sheena Canady (Oelwein, Iowa) – Mount Mercy
Kelly Kratt (Coal Valley, Ill.) – St. Ambrose
Tara Miller (East Moline, Ill.) – St. Ambrose
Kacey Moline (Pepin, Wis.) – Viterbo
Katie Bredlow (Altoona, Iowa) – Waldorf
Laura Suter (DeGraff, Minn.) – Waldorf
Kara Atkins (Burlington, Iowa) – William Penn
Hannah Lugar (Kalona, Iowa) – William Penn
Leah Mork (DeWitt, Iowa) – William Penn