



Plocher Positions Himself for D-III Nationals

Samuel Plocher (*Evergreen, pictured*) has been named the UMAC Field Athlete of the Week (February 5-11) for his performance in the High Jump at the National Qualifier on Friday, February 9, at Minnesota State. The first-year snatched a personal record with his jump of 2.03 meters in the finals.

Plocher's performance put him in an eighth-place tie among all Division III jumpers. The top 20 jumpers in the nation will move on to the Division III Indoor Track and Field Championships in Virginia Beach, Virginia, on March 8-9.

As of now, Plocher holds a comfortable spot and has a chance to officially clinch a bid after all Division III qualifying track meets are completed on March 2-3.



Women Pick Up Big Win to Move Up in UMAC Standings

The women's basketball team picked up an important win on the road against North Central on Friday, February 9. The Knights avenged their double-digit loss to the Rams in January by taking control of the fourth quarter to defeat North Central 68-61.



Lauren Paulsen (*LPS*) totaled 16 points and had a team-high in rebounds (8) and steals (5).

The Knights subsequently lost to Northwestern Saturday, February 10, but they retain their fourth-place standing in UMAC.

With the win, MLC moved up in the UMAC standings and is now in a fourth-place tie with North Central and Bethany. The Knights also extended their winning streak to six games, which is the longest streak under Head Coach **Dan Gawrisch**.

After several lead changes in the second half, the Knights put the game away with an **Emma Nelson** (*MVL*) 3-pointer and then, with 1:19 remaining, a jumper from **Jordyn Heckendorf** (*KML, pictured*).

Heckendorf paced the Knights with 20 points and was perfect from the charity stripe, making eight of the 18 MLC free throws.

Upcoming Events at MLC

- 2/16 WBB vs. UW-Superior
MBB vs. UW-Superior
- 2/17 WBB vs. Northland (Senior Day)
MBB vs. Northland (Senior Day)
MTN @ Lawrence
- 2/18 SB vs. Concordia Moorhead*
SB vs. Hamline*
MTN @ Ripon

*Indicates neutral site game at MSU Dome