

2004 ACADEMIC ALL-DISTRICT VIII COLLEGE DIVISION WOMEN'S BASKETBALL TEAM

FIRST TEAM

MEL BONGIORNO, Chapman University, VIII, Senior

3.82, Psychology & Broadcast Journalism

Team Record 20-3...started 23/23 games at guard...averages 21.9 points, 5.7 rebounds, 2.6 assists, 3.1 turnovers, 2.8 steals, 0.2 blocks in 30.2 min/game...FG% .484, 3FG% .209 (9-of-43), FT%.778 ... top-five in Division III in points per game (21.9)...leads team in scoring, FT%, and steals (65)...scored 20 or more points in a game 14 times...scored 30 or more points 4 times...scored season high 36 vs. Whittier ...two-time Redlands All-Tournament team selection...broke CU's all-time scoring record (1,614) with 32 points versus Santa Cruz...CU's career leader in field goals and free throws...Kodak All-District and D3Hoops.com All-West region selection in 2003...two-time Academic All-District VIII selection...Dean's List...Presidential Scholar...member of two honor's societies...Student-Athlete Advisory Committee...Stowe, Vt.

TESSA DeBOER, Western Washington University, VIII, Senior

3.79, Speech Pathology

Team record 16-5...started 21/21 games at forward...averages 15.8 points, 6.7 rebounds, 1.5 assists, 3.3 turnovers, 1.1 steals, 0.1 blocks in 28.9 min/game...FG% .565 (2nd in GNAC), 3FG% .000 (0-of-3), FT% .748...three-time GNAC Academic All-Star...1,017 career points (only 18th Viking player to reach 1,000)...named to All-tournament teams at both the WWU/Lynda Goodrich Classic and North Dakota State Invitational...Lynden, Wash.

JANE GILLESPIE, Fresno Pacific University, VIII, Senior

3.850, Liberal Studies/Math

Team Record 13-13... started 26/26 games at forward...averages 14.1 points, 5.7 rebounds, 0.9 assists, 2.2 turnovers, 1.0 steals, 0.3 blocks in 26.1 min/game... FG% .529, 3FG%.429 (3-of-7), FT% .744...2003-04 NAIA All-America Honorable Mention...2003-04 NAIA All-America Scholar Athlete...FPU President's Scholar...has appeared in 117 career games and scored 1,144 points (9.8) with 515 rebounds (4.4)...is only the ninth player in FPU history to surpass 1000 points and 500 rebounds in a career... is currently sixth in GSAC FG% (.529) and tenth in scoring (14.1).Fresno, Calif.

SARAH SHOGREN, Whitworth College, VIII, Junior

3.799, Biology/Chemistry

Team Record 16-5...started 15/15 games as forward...averages 18.7 points, 11.2 rebounds, 2.5 assists, 2.3 turnover, 1.7 steals, 0.7 blocks in 30.5 min/game...FG% .462, 3FG% .229 (8-of-35), FT% .642...missed six games with a sprained ankle...was selected as the Northwest Conference Player of the Week, as well as the Ramada-Inn-Whit Classic MVP, after leading the Pirates to the tournament title...in the first round game she set a new school record with 20 rebounds vs. UC Santa Cruz...has two other games with 16 rebounds...currently the Northwest Conference leader in rebounds per game and is third in scoring average...was 2003 second-team All-Northwest Conference selection...Newman Lake, Wash.

MONICA TOKORO, California State University, Los Angeles, VIII, Junior

3.856, Criminal Justice

Team record 5-16...started 16/20 games at point guard...averages 19.3 points, 3.5 rebounds, 5.0 assists, 4.7 turnovers, 1.4 steals, 0.1 blocks in 36.2 min/game...FG% .472, 3FG% .405 (15-of-37), FT% .813...First- Team Academic All-District in 2003...WBCA Honorable Mention All-America in 2003...two-time first-team All-CCAA honoree...finished 2nd in NCAA in scoring and 6th in assists last year...currently ranks 3rd in CCAA and 25th in NCAA in scoring (19.3ppg)...ranks third in CCAA and 35th in NCAA in assists (5.0 app)... ranks 10th in the CCAA in FG% & 11th in FT%...CSULA career assists leader (418)...47 assists shy of the conference career record...set school's single-game record of 49 points ...1,417 career points...on pace to become all-time points leader by season's end...five-time CCAA Player of the Week...Honolulu, Hawaii.

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SECOND TEAM

ATHLETE	SCHOOL	YR	HOMETOWN	GPA	MAJOR(S)
Jamie Jo Cant	Eastern Oregon University	Jr.	Imbler, Ore.	3.71	Nursing
Kristine Callan	Pacific University	Jr.	Bend, Ore.	3.910	Physics and Mathematics
Valerie Gustafson	Seattle Pacific University	Sr.	Olympia, Wash.	3.49	European Studies & Spanish
Kamie Jo Massey	University of Alaska-Anchorage	Sr.	Payson, Utah	3.46	Nursing
Tiffany Speer	Whitworth College	Jr.	Snohomish, Wash.	3.277	Kinesiology