



North Atlantic Conference

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NAC Women's Basketball All-Conference Teams Announced

Maine Maritime senior Alyssa Burns was selected as the North Atlantic Conference Player of the Year for the third consecutive season in a vote by the league's coaches. Burns led the league in scoring and field goal percentage and was second in rebounding. The senior shot 53.5% from the floor while averaging 17.2 points and 9.8 rebounds for the Mariners who finished the regular season 15-2 in league play.

Burns is joined on the first team by Michelle Gott-Stilwell. Gott-Stilwell, the 2003-04 NAC Rookie of the Year and three-time NAC first team selection, earned first team honors for the second time in her career. The senior averaged 12.8 points while grabbing 7.2 boards from her guard position.

Castleton's Jenn Goff earned first team accolades after being honor on the second team for the past two seasons. Goff, formerly Jenn Whiting, led the Spartans with 15.5 points, shooting 47% from the field, with 7.9 rebounds and 1.4 blocks.

Maine-Farmington seniors Kari Simpson and Karen Sirois earned first-team honors. The duo, along with NAC Rookie of the Year Caitlyn Laflin, led UMF to an undefeated conference record and a 23-3 mark entering this weekend NAC semifinals. Simpson, who was selected to the all-conference first team for the fourth consecutive season, led the Beavers averaging 15.9 points and 8.2 rebounds in conference play. Simpson was among the league leaders in steals, blocked shots, free throw percentage and field goal percentage while leading the conference from behind the arc hitting 40% of her three point attempts.

Sirois is a three-time first team all-conference honoree. The senior guard paced UMF with 4.8 assists per contest while scoring 12.6 points per game. Caitlyn Laflin led UMF shooting 53% from the field while scoring 13.7 points and grabbing 6.8 rebounds in her rookie season.

Maine Farmington head coach Jamie Beaudoin was honored as NAC Coach of the Year. Beaudoin, who has an overall record of 157-60 in 8 seasons with the Beavers, led his squad to a perfect 17-0 mark, the first undefeated conference season since 2000. Johnson State was honored with the Team Sportsmanship Award. NAC all-conference selections are determined by a vote of the conference coaches. Additional players honored are due to ties in the voting.

2006-07 NAC Women's Basketball All-Conference Teams

First Team

Alyssa Burns	Sr.	F	Maine Maritime
Jenn Goff	Sr.	F	Castleton
Michelle Gott-Stilwell	Sr.	G	Maine Maritime
Kari Simpson	Sr.	F	Me.-Farmington
Karen Sirois	Sr.	G	Me.-Farmington

Second Team

Jessica Banks	So.	G	Castleton
Courtney Casserly	Sr.	G	Lasell
Julia Knights	Sr.	F	Maine Maritime
Caitlyn Laflin	Fy.	F	Me.-Farmington
Beth Pion	So.	F	Becker

Honorable Mention

Kim Drosdik	Sr.	G	Thomas
Jessica Hunt	Fr.	F/C	Bay Path
Claudia Martineau	Fr.	F	Johnson State
Kristin Santos	Sr.	G	Mount Ida
Adrienne Xenos	Sr.	F	Mount Ida

Player of the Year

Alyssa Burns	F	Sr.	Maine Maritime
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Rookie of the Year

Caitlyn Laflin	G	Fr.	Maine-Farmington
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Coach of the Year

Jamie Beaudoin	Maine-Farmington
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Team Sportsmanship Award

Johnson State
