

WCHA OFFICE

Bruce M. McLeod

Commissioner

Carol LaBelle-Ehrhardt

Assistant Commissioner of Operations

Greg Shepherd

Supervisor of Officials

Mailing Address

Western Collegiate Hockey Association

2211 S. Josephine Street, Room 302,

Denver, CO 80210

p: 303 871-4223. f: 303 871-4770.

clabelle@wcha.com

WOMEN'S ADMINISTRATIVE & PUBLIC RELATIONS OFFICE

Sara R. Martin

Associate Commissioner

p: 608 829-0104. f: 608 829-0105.

smartin@wcha.com

Doug Spencer

Associate Commissioner for

Public Relations

p: 608 829-0100. f: 608 829-0200.

dspencer@mailbag.com

Bill Brophy

Women's Public Relations Director

p: 608 277-0282. bbrophy@wcha.com

Mailing Address

Western Collegiate Hockey Association

559 D'Onofrio Drive, Suite 103

Madison, WI 53719-2096

WCHA WOMEN'S LEAGUE

Bemidji State University

University of Minnesota

University of Minnesota Duluth

Minnesota State University

University of North Dakota

Ohio State University

St. Cloud State University

University of Wisconsin

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ST. CLOUD STATE'S GILBERT & FRIEND, BEMIDJI STATE'S TOUGAS NAMED WCHA WOMEN'S PLAYERS OF THE WEEK

WCHA OFFENSIVE PLAYER OF THE WEEK

JULIA GILBERT • JUNIOR, FORWARD, ST. CLOUD STATE UNIVERSITY

MADISON, Wis. – St. Cloud State University forward Julia Gilbert, who was named the First Star of both games while scoring three goals and setting up another to lead the Huskies to a non-conference sweep over visiting Lindenwood University last weekend, has been named the WCHA Women's Offensive Player of the Week for Nov. 14.

A junior from Hermantown, Minn., Gilbert also scored the first goal of both contests, recorded a total of 13 shots on goal and earned a +3 plus/minus rating. In host SCSU's 2-0 victory over Lindenwood last Friday (Nov. 9) at the National Hockey and Event Center, she tallied her first goal of the season at 15:17 of the first period. Then last Saturday (Nov. 10), Gilbert fired home two goals, again notching the opening tally of the contest at 5:00 of the first period, and drew an assist for three points as the Huskies prevailed 7-2 in the series finale.

Through 11 games played so far this season, Gilbert is tied for fourth in team scoring with four points on three goals and one assist.

WCHA DEFENSIVE PLAYER OF THE WEEK

JULIE FRIEND • SOPHOMORE, GOALTENDER, ST. CLOUD STATE UNIVERSITY

MADISON, Wis. – Goaltender Julie Friend, who recorded her second shutout of the season in St. Cloud State University's 2-0 home-ice victory over Lindenwood last weekend, is the WCHA Women's Defensive Player of the Week for Nov. 7.

A sophomore from Minnetonka, Minn., Friend stopped all 21 shots on goal against Lindenwood last Friday afternoon at the National Hockey and Event Center in St. Cloud and also blanked her opponents on all three of their power-play opportunities to earn Third Star of the Game honors. The shutout was the second of the season for Friend, who earlier fashioned a 39-save, 1-0, whitewash of league rival Bemidji State back on Oct. 13.

In 363:05 minutes of time between the pipes for St. Cloud State this season, Friend owns a 2-3-1 overall record with a 2.48 goals-against average and .928 save percentage. Her save percentage ranks fourth overall among WCHA goaltenders.

WCHA ROOKIE OF THE WEEK

KAITLYN TOUGAS • FRESHMAN, FORWARD, BEMIDJI STATE UNIVERSITY

MADISON, Wis. – Bemidji State University forward Kaitlyn Tougas, who scored a goal and added an assist in the Beavers' two-game non-conference series against visiting Maine last weekend, is the WCHA Women's Rookie of the Week for Nov. 14.

A freshman right winger from Thunder Bay, Ont., Tougas scored the first goal of the game and also drew an assist in host Bemidji State's 4-3 loss to the Black Bears last Friday (Nov. 9) at Sanford Center. Her goal came at 10:26 of the first period to stake her club to a 1-0 lead while her assist on freshman Hanna Moher's first career goal at 13:18 made it 2-0. In addition to registering two points, Tougas set up several other scoring chances as Bemidji State outshot Maine 60-20. In the series finale last Saturday (Nov. 10), Tougas had two shots on goal in a 2-2 overtime tie.

Tougas is currently tied for sixth in scoring overall among WCHA freshmen with five points (2g, 3a) in 10 games.

Also nominated: Katie Fitzgerald, G, St. Cloud State.