

# Networking works



**Lauren Casey**  
Opinion Columnist

With job and internship hunting season in full swing, it can be stressful leaving your future job in the hands of an electronic application which recruiters see hundreds of everyday. I don't think any of us are unfamiliar with the word networking, but some may be unfamiliar with how to do it.

Networking truly does work, and I am living proof. Whether it be joining organizations here on campus to connect us with people, provide opportunities to network, or to take it upon ourselves to go out and do it, networking is far more effective and worthwhile than applying aimlessly for jobs where we don't even read the description all the way through.

This past fall I had the opportunity to be Kathi Tunheim's HR intern, and instead of typical clerical tasks, she tasked me with visiting 15 different people at 15 different companies. This journey took me to places like

Cantel Medical, Lifetime Fitness, EcoLab, Post Consumer Brands, Minneapolis Heart Institute, Boom Lab, Optum, Quality Bicycle Products, etc. By the end of the semester, I could have had a new major in driving with a minor in navigating downtown one ways.

The thought of having to reach out to strangers, and go meet them, was terrifying—but it worked. College students underestimate networking, but I saw just how valuable it was and learned things about companies that you can't look up on the internet.

I also witnessed unique benefits like bringing your dog to work, a full basketball court in the building, a fridge fully stocked with Bubbly, and a full cereal and milk bar (this was Post, anywhere else it would have been weird). I was not expecting anything in return from this project, and the plan was to start applying for HR jobs in the spring, but just as we have heard the stories of Gusties planning to do one thing and end up doing something completely different, that is what happened to me.

If I had not gone out of my comfort zone and gotten lost in the skyways of downtown Minneapolis resulting in arriving at Sculpt Fitness instead of ThreeBridge, I wouldn't be able to say I will be working at a great company called Boom Lab as a project management associate because of the thirty minute informational interview that turned into a full blown interview process. I am so thankful for the Gustavus network and organizations that helped me make my connections.



Two Gustavus students networking at the GWIL conference.

Krystalin Neary

For example, the Gustavus Mentoring program is a great organization to join for networking. The mentors in the mentoring program voluntarily joined the program because they are eager to help Gusties reach their career goals.

"Being able to talk to someone who truly wants to help me made it easier for me to learn how to mentor. It created a great environment for to me learn how to network," Senior Mitch Munson said.

The option to keep your same mentor all three years or meet someone new each year, allows for the chance to grow your network.

"Having three different mentors over the years has opened a huge network for me to talk to. My mentors have been awesome trying to find people in their network that I could talk to," Munson said. Getting a job these days is all about a guy who knows a guy, and who you know not what you know (although I'd say it matters what you know if you're trying to be a doctor as an econ major)" Munson said.

Gustavus Women in Leadership just celebrated ten years at their recent conference. GWiL is not only for women and management majors, as it's commonly thought to be, it is open to all majors and genders. This year, I attended the conference and met so many alumni who had connections in common with me. I even met a future co-worker of mine who currently goes to St. Olaf and happened to be there because her mom was one of the speakers. The world is a lot smaller than we think. Going to events with alumni and being able to put your name out there is what gets the ball rolling, and keeps you in the minds of those who know there are jobs open.

"GWiL has expanded my network by inviting Gustavus alumni back to campus for a variety of events. GWiL is also closely connected to the National Advisory Board, which is made up of Gustie alums who have been a part of GWiL. Not only did these events connect me with mentors, it also opened my eyes to many career opportunities," Senior ReAnn Eidahl said.

GWIL members and alumni are a close knit group who I've come to know well just by attending various events, and a lot of them are the ones I contacted first for my networking journey in the fall.

The last tip to networking is to jump out of the safety of the Gustie bubble and do it. In this

day and age, leaving a voicemail is scary, so the thought of cold calling a stranger and meeting up with them in unknown territory is out of the question to a lot of people. Through this process, I learned most college students have this mindset because the professionals I met with said I was the first college student they've seen do this.

"Networking is scary because meeting new people is nerve wracking since you want to make a good first impression. It's important to get out of your comfort zone though a lot of people are scared of putting themselves out there and getting rejected," Sophomore Maria Jennissenn said.

Gusties, this is where you can set yourself apart, and really get to know what kind of environment you want to work in. When you go out to different companies, you can feel the culture and if you like the vibe, get a taste of life after college, go on a tour of the place that you wouldn't typically get at an interview, and experience the stressfully expensive parking situation in its entirety. The Gustavus alumni network is more valuable than most know, and a privilege we have here on the Hill.

Gusties help Gusties, so go on your LinkedIn and use your stalking skills to find former Gusties in your field to grab coffee with. I promise you, they are more than happy to have a reason to take time out of their possibly boring work day to find out what's new on the Hill and help you at the same time. That being said, utilize every medium; LinkedIn, slide into some Instagram DMs of people that work at companies of interest (I did), ask for phone numbers, heck, even give Bumble Networking a go. You never know what good can come out of extending yourself.

## The Good, the Bad, and the Worst



Plane tickets are shockingly affordable right now.



You were really looking forward to having the room to yourself while your roommate was abroad.



Administration has said we shouldn't high-five each other anymore.

# The Great Girl Scout Cookie Debate



**Ben Wick**  
Managing Editor

Girl Scout Cookies are a national staple, and we are currently in the thick of cookie season. Girl Scouts are selling their wares in front of every building that exists, and all your relatives with six year-olds are Facebook messaging you about it. We buy these overpriced boxes of heaven every single time we see them, like the weak-minded, sugar-loving Americans that we all are, deep within. We grow up with them, and we all know the iconic flavors like Samoa and Thin Mints, but everyone has differing opinions on which cookie is best. I'm writing this to tell you what's what—with an ultimate ranking of Girl Scout cookie flavors.

All right. First up is America's favorite—the Thin Mint. Now, I'm not a huge fan of mint and chocolate together so I might be a bit biased on this one, but honestly, they're only good after they have been in the freezer for a good 24 hours. They have a good crunchy texture, but they're not quite as chocolatey as they look. I give them a three out of five "girl scout berets" (this will be my form of rating for this column).

Next up is the Samoa, alter-

nately known as the Caramel deLite. This caramel, coconut and chocolate-covered cookie is absolutely delicious, and probably the most well-known flavor apart from the Thin Mint. Samoas are my personal favorite: the three flavors of the cookie form a perfect trifecta of sweet with savory toasted coconut, which is why I have dubbed it "The Holy Trinity" cookie. They're great to eat three packs at a time, and especially great if you feel the need to add ice cream and put them in a blender for a Samoa milkshake like I often do. I give them five out of five berets—no

*"We buy these overpriced boxes of heaven every single time we see them, like the weak-minded, sugar-loving Americans that we all are, deep within."*

ifs or buts about it.

The Tagalong is a peanut butter cookie covered with milk chocolate. These are not very good. I like peanut butter, but combined with the milk chocolate there are two very sweet elements battling each other. They would be better if dark chocolate was substituted, and maybe add a pretzel element for a little extra crunch. Maybe I just want a Take5. Either way, these cookies are fine in a pinch, but really only worth one and a half berets.

Now to the Trefoil. These shortbread cookies are fantastic—sweet but not overly so, buttery, crunchy, and all over yum-town central. Truly a classic biscuit. Yes, they might be simple, but why re-invent the wheel if it's doing its job just fine? Four and a half out of five

berets.

The S'mores cookie is a bit controversial for me. S'mores is quite possibly my favorite flavor for a sweet treat, next to caramel. Something about the combination of graham cracker, fluffy marshmallow and chocolate makes me feel less terrible about myself than I do on a typical day. Girl Scout cookies are produced by two different companies and depending on what region of the U.S. you live in, you might get a different cookie; this is also why there are different names for the same cookie. This is what has happened with the S'mores cookie and unfortunately, Minnesota lands in a region with the worse version. Our s'mores cookie is a graham cracker covered in what can only be described as a pathetic layer of marshmallow-flavored icing (it's not even real marshmallow). You really can't even tell it's there because the layer of chocolate over it overwhelms the more subtle flavor. Can you tell I get upset just writing about it? The other version of the S'mores is a delicious sandwich-style cookie with creamy chocolate-and-marshmallow filling nestled between two graham crackers. They're absolutely delicious, and a dip in some milk really doesn't hurt them. The Minnesota version of the s'mores cookie gets a two out of five berets, while the other region's delicious and not terrible version gets a five out of five.

Another divisive cookie is the Lemonade. This lemon-flavored cookie also has a regional counterpart that is better than the one available to Minnesotans. Yes, the Minnesota ones suffice, by they really aren't satisfying. I love lemon, and really the only thing lemony about them is the greasy lemon icing on the bottom of the cookie. The cookie looks like it would taste like a citrus Trefoil but looks are deceiv-



The Delta Phi Omega sorority volunteers to help girl scouts sell cookies. Submitted

ing, Gusties. The counterpart of the lemon cookie is named the Savannah Smile which is much more imaginative than "Lemonade." The Savannah Smile is a crumbly little thing that really doesn't make much sense, but it's much more flavorful than its counterpart.

out of five. Savannah Smiles—a mildly confused three and a half out of five.

Do-Si-Dos are a classic, plain peanut butter sandwich cookie. They are my mom's favorite, therefore I must like them because that's how genetics work. They're really not terrible, but they're also not the best cookie. There's not much to say about them other than that. I give them three out of five berets.

To conclude, yes, all Girl Scout cookies deserve love (except for the horrible Minnesota s'mores one). Here is my ultimate ranking—take it or leave it. From best to worst: Samoas, non-Minnesota S'mores, Trefoils, Thin Mints, Do-Si-Dos tied with Savannah Smiles, Tagalongs, Lemonades and finally the Minnesota S'mores.

*"The Savannah Smile is a crumbly little thing that really doesn't make much sense, but it's much more flavorful than its counterpart."*

And it's covered in powdered sugar! Fun! Lemonades—two

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# Reshaping religious education at Gustavus



**Emily Seppelt**  
Opinion Columnist

One of Gustavus' proud traditions is its strong commitment to faith and its Lutheran affiliation. In fact, a significant number of students that choose to attend Gustavus value that Gustavus, as a private school, has this religious affiliation. With Faith serving as one of our five core values, it makes sense that as a Gustavus student, you should take a theology credit to graduate. These classes are valuable

for all sorts of reasons, and I highly recommend that students explore the religion department more.

However, the current guidelines that a student must meet in order to earn a "Biblical and Theological Studies (THEOL)" credit is exclusive and limiting. Currently, in order for a class to qualify as a THEOL credit, it must be based "substantially in the Christian tradition," according to the Academic Catalog. Excluding other religions prevents students from having the opportunity to expand their knowledge about other religions.

"...The current THEOL language doesn't exclude the possibility of engaging traditions in addition to Christianity, it just doesn't make it mandatory," Associate Professor of Religion Sarah Ruble said. In the Fall of 2020, a new liberal arts curriculum will be put in place that changes this language after many years of rewriting and collaboration from faculty and administrators across campus. "In the new curriculum, that engagement in mandatory. Faculty certainly agreed that mandating that engagement was crucial and in line with current practice," Ruble said.

Because Gustavus is affili-

ated as a Lutheran college, it is inevitable that a large portion of the students who chose to attend either actively claim the Lutheran or Christian label or were at least acquainted with it throughout their lifetimes. Requiring students to then come to college and take a class on a topic that they are already acquainted with is counterintuitive. It keeps them in their comfort zone and creates an echo chamber of people who all agree with each other.

According to the current Academic Catalog, the requirement is restricted to Christian based classes in order to "...foster in students a mature understanding of the Christian faith, including the role of religion in human life, [and] encourage an understanding of the importance of religion as part of a liberal arts education through a biblical and theological study of the Christian tradition..."

This outdated language is just plain hypocritical. I find it incredibly difficult to see how limiting our required understanding of religion to only one faith system can help us to "encourage an understanding of the importance of religion as part of a liberal arts education" when we only study what we

like and feel comfortable with. The entire point of a liberal arts education is to gain a varied amount of knowledge to create a college graduate that is a wholly rounded person, with understanding of the world around them, not just what they grew up with.

"In the new curriculum, Theological Studies courses (new name) must engage at least one religious tradition other than Christianity in addition to substantively engaging Christianity. All members of the Religion Department as well as colleagues in other departments who teach THEOL courses supported that language. Indeed, the new language encodes what has long been the practice of people who teach THEOL" Ruble said.

In the new THEOL requirement, the language will be revised to require that students "critically analyze the religious beliefs and ethical commitments of Christians as well as those adherents of at least one other religious tradition, and consider how those traditions have engaged politics, culture and society," Ruble said. Ruble stressed that while the new requirements still require a mature understanding of the Christian faith, having a ma-

ture understanding is not the same thing as identifying as a Christian. "Understanding is not the same thing as accepting or professing the Christian faith. You can understand something and not believe it or adhere to it," Ruble said.

The whole point of coming to college is to expand your horizons, learn new things and meet new people who are different than you. By opening up the THEOL requirement to cover other religions, students will have the opportunity to learn something about other people that they may have otherwise ever had to the chance to do. "It [the new curriculum] also honors the reality of religious diversity and the import of religious literacy and understanding that is good liberal arts work—considering how beliefs and commitments fit together, where they come from, what their implications are, how they have affected and been affected by context, and what, if anything, they might have to offer people today," Ruble said.



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# Missing your furry friends while at GAC?

You are not alone! Check out these paws-itively adorable pets of GAC students



Berkley



Mabel



Chickens: Ty and Rone



Bella



Apollo (ESA on campus!)



Phoebe and Levi



Junie



Snowball



Jo Jo



Winnie



Maya



Stella, Daisy, Sally, and Luna



Spaceman (ESA on campus!)



Marly

All photos submitted by Gustavus Students - enjoy!

# Women's Tennis moves to 3-0 in the MIAC

## Gusties sweep Hamline and Concordia

**Michael O'Neil**  
Staff Writer

After facing difficult competition early in the year, the Gustavus Women's Tennis Team got back on track last weekend with two convincing MIAC wins at the Swanson Tennis Center.

The Gusties opened their spring season with a routine 9-0 victory over St. Mary's in Winona before taking off on trips to Iowa and Washington on back-to-back weekends.

"Great start to the spring season against a very good Saint Mary's team. I thought we competed well and learned a lot about what we need to work on as we move forward," Head Coach Jon Carlson said.

Junior Ginger Valentine was named the MIAC Women's Tennis Athlete of the Week for her 6-0, 6-2 win at No. 1 singles and 8-1 win with Sophomore Simona Potockova at No. 1 doubles.

The following weekend, the Gusties traveled to Iowa to take on Division I opponents University of Northern Iowa and Drake University.

On Saturday, the Gusties took on UNI in Cedar Falls and fought hard but fell 7-0 to the Panthers.

Valentine fell 6-3, 6-3 at the top singles spot and Sophomore Rachel Lindrud pushed her opponent to 6-4 in the second set.

The following day, the Gusties were hosted by Drake University in Des Moines, Iowa.

Valentine led the Gusties once again, falling 6-4, 6-3 at No. 1 singles. First-year Emily Norman fell in two close sets as well at No. 6 singles. Despite competing well, the Gusties fell 7-0 to the Bulldogs.

"Both matches we played well and I thought we played better on Sunday. It truly was a great learning experience. Now we can focus on practice next weekend and work on things that were exposed in these two matches," Carlson said.

The Gusties were on the move once again the following weekend, this time as a split squad. While one group traveled to Walla Walla, Washington to take on Whitman College and Linfield College, another cohort stayed home to take on Division II University of Sioux Falls.

In St. Peter, the Gusties lost the doubles point after dropping three close doubles sets.

Senior Kailey Maroney and First-year Lili Elofson bounced back with identical 6-4, 6-4 wins at No. 5 and No. 6 singles, respectively, but it wasn't enough for the Gusties.

First-year Yuki Oda fell in a tight super breaker at No. 2 and USF took No. 1 through No. 4 singles to secure a 5-2 victory.

At the same time, the other group was taking on Whitman



First-year Emily Norman returns a serve during a match earlier this season. The Gusties are off to a strong start in conference play, winning all three of their matchups so far.

Gustavus Sports Information



Gustavus Sports Information

Sophomore Ginger Valentine prepares to return the ball.

College on their home courts in Walla Walla.

In the doubles, the Gusties fell 8-3 at both No. 2 and No. 3 doubles before Valentine and Potockova fell just short in a tiebreaker at the top spot.

The blues continued to ride their momentum into the singles, and took quick victories at the second through sixth singles spots. At No. 1, Valentine fell in a close 7-5, 6-4 contest.

The Gusties didn't have long to dwell on the match, as they were back on court taking on Linfield College the next morning.

After dropping all three doubles matches, the Gusties bounced back to take first set tiebreakers at No. 2, and No. 6 singles.

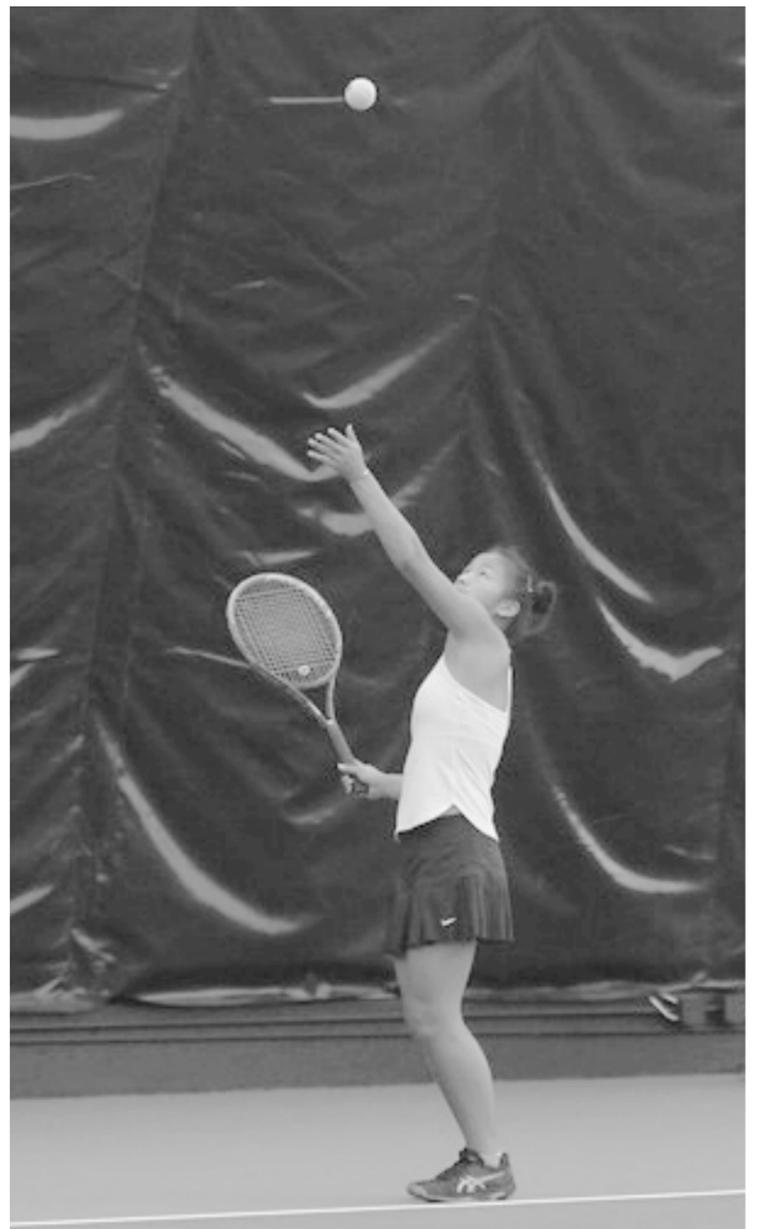
The Wildcats responded swiftly, however, by taking second sets in both matches. After

splitting sets, Potockova fell 11-9 at No. 2 while Norman's match went unfinished.

At No. 3 singles, Sophomore Anna Stutz lost the first set, but bounced back to take the second set and win the super tiebreaker 10-3 to secure the Gusties only victory on the day.

Despite their losses, the Gusties used this experience when they returned to Minnesota for conference play the following weekend. They dispatched both Concordia and Hamline 9-0 with no doubles match closer than 8-3 and no singles set closer than 6-3.

The Gusties sit at 3-5 overall and 3-0 in the MIAC. They return to competition this Saturday when they host UW-Whitewater and Augustana University at 9 a.m. and 4:30 p.m., respectively.



Gustavus Sports Information

Sophomore Anna Stutz serves the ball during a singles match.

# Gusties compete at WIAC Regional

## Gymnastics posts team score of 175.925

**Eli Dotson**  
Staff Writer

In their past two weeks of action, the Gustavus gymnastics team hosted UW-Oshkosh on February 29 for a senior day celebration and then competed in the joint WIAC Championships/NCGA Regional Meet on March 7.

A tough opponent for the last dual meet of the season, UW-Oshkosh entered the competition first overall in the WIAC at 7-1 and defended their throne successfully, emerging with a score of 186.525 to the Gusties' 178.850.

Gustavus tallied 46.550 on vault, 45.825 on floor, 44.050 on beam, and 42.525 on bars.

"It was a great day today celebrating our seniors," Head Coach Aryn DeGrood said. "We had a big improvement on our team score from last week. Today was a team effort and that's exactly what we want to see. The pieces of the puzzle are there and we look forward to seeing it all come together next week."

First-year phenom Annie Corbett took first in the all-around event with a score of 37.600. She excelled on the bars and the beam, where a high-flying performance earned her first place in both events with scores of 9.425 and 9.625, respectively.

She rounded out her score with a 9.425 in the vault and 9.125 on the floor.

Senior Leah Heilig had a solid day in her last competition in her home arena, taking fourth on the floor with a 9.350 while scoring 9.325 on the vault.

First-year Emma Esteb also pitched in nice scores, taking fourth in the beam with a 9.275 and sixth on the floor with a 9.225.

The next weekend, Gustavus travelled to Eau Claire to compete in a meet that served



Sophomore Annie Gladitsch competes on beam for the Gusties during a meet earlier this season.

as both the WIAC Championship and the NCGA Regional qualifying meet.

"Regionals is my favorite meet of the whole year as the structure is slightly different. We get to warmup and

then compete on each event rather than warming up every event and then competing. For me, this allows me to take it one event at a time and ultimately put all of my energy into it! This meet is also what you train for in the offseason, a chance to go and leave it all out on the floor," Sophomore Brooke Merila said.

This format served her well, as Merila led the Gusties on the day with an eighth-place finish in the all-around with a 36.300.

Her score of 9.450 on the vault was good for 10th overall.

Sophomore Sophie Redding led the Black and Gold on the bars with a 13th place finish on a score of 9.375.

Annie Corbett led the Gusties on the beam with a 8.925, while her 9.425 on the floor exercise also led Gustavus.

Emma Esteb also posted solid scores on the floor and vault with marks of 9.400 and 9.250, respectively.

"I build off of the energy of my teammates and the crowd, which ultimately keeps every-

one relaxed and enjoying the meet," Merila said.

Overall, Gustavus took eighth place with a score of 175.925, while UW-Oshkosh won the meet with a score of 189.675.

The Gusties posted a 46.325 on vault, 45.200 on floor, a 43.350 on bars, but struggled on beam with a 41.050.

"As a team we've definitely had a lot of adversity thrown at us this year, but with that being said we know what we have to do moving forward," Merila said while reflecting on the season. "We have a lot of unfinished business that is fueling our off-season training and leading us into next year."

Based on her scoring at the Regional Meet, Corbett qualified for Nationals in the All-Around and will compete in Ithaca, New York on March 28.

Merila is also a potential qualifier in the All-Around event and will find out on Sunday if she moves on to the National meet.

With so many young athletes returning next season, the future is bright for Gustavus gymnastics.

## Teams battle for intramural hockey title



**Joe Brandel**  
Sports & Fitness Editor

The Intramural Coed Hockey season following January term has given way to some hard-fought matchups between several teams that are fighting for a first place finish.

The season wraps up March 20, and all teams have either two or three games remaining. The race for first place is tight, with the leading team holding a record of 4-1.

Two teams trail closely behind them and are hoping for big results in their upcoming games to overtake the league.

Throwaway Game in Rochester, the team that is currently in second place, holds a record of 4-2 and Bardown Beauties, the third place team, holds a record of 3-2.

The final games of the season will be crucial in determining the winner of the league and the coveted IM Championship title and t-shirt.

Intramural sports are a fantastic resource for students, whether they compete for Gustavus Athletics or not.

It provides students with a fun way to stay active and connect people with all different backgrounds on campus. On-campus intramurals include eleven sports, including ice hockey, volleyball, basketball, soccer and more.

On top of some of the more traditional sports, the college also offers leagues for wallyball, crossnet, spikeball, and kickball.

This season of intramurals is coming to a close, however a new season is right around the corner.

Registration for the spring semester season two intramural sports is currently open and closes April 2.

The spring season coming up offers a variety of leagues that take place outdoors. Being a part of these intramurals being offered is a great way to make the most of the spring weather at Gustavus.

Sports that will be available in the next season include Coed Spikeball, Flag Football, Coed Kickball, Singles Crossnet, Coed Softball, Men's Softball, Women's Softball and Coed Outdoor Volleyball, according to intramural director Laura Burnett-Kurie.



First-year Emma Esteb poses after finishing her floor routine.

Gustavus Sports Information

## Women's Hockey wins MIAC Playoffs

### Four Gusties nominated for All-Conference



Gustavus Sports Information

Members of the Gustavus Women's Hockey team pose with their regular season and playoff championship plaques after defeating Augsburg 3-0 in the MIAC playoff finals.

**Joe Brandel**  
Sports & Fitness Editor

On March 7, the Gustavus Women's Hockey team squared off against Augsburg with the MIAC Playoff title on the line.

Heading into postseason, the Gusties were ranked fourth nationally and secured the No. 1 seed for playoffs after earning the program's 16th regular season title.

With this No. 1 seed comes the advantage of playing at home for the remainder of the

tournament.

After a first-round bye, the Black and Gold faced off against St. Mary's in the semifinals of the postseason playoffs.

First-year Hailey Holland led the offense, notching her second hat trick of the season and Sophomore Kayla Vrieze added one more to secure a 4-1 Gustie victory.

First-year Katie McCoy made 12 saves in net.

Heading into the championship match against Augsburg, the team and Head Coach Mike Carroll were fired up about the opportunity in front of them.

"We are confident and ready for the challenge because they are going to give us everything they got. Hopefully we'll make a good response," Carroll said.

The Don Roberts Ice Rink was packed last Saturday to see the top two teams go head-to-head.

Augsburg was another force in the MIAC this season and are ranked No. 10 nationally. The Auggies were on an 11 game winning streak heading into the game, with their last defeat credited to Gustavus on a narrow 1-0 win Nov. 23.

After a back-and-forth score-

less first period of play, First-year Clara Billings found herself open to score a powerplay goal in the second. This proved to be the deciding goal, as McCoy had yet another dominant performance in net, stopping all 11 of Augsburg's attempts.

Holland increased the score to 3-0 off of two open net goals late in the third. Holland currently leads the team in goals this season with 19.

"Today was the most important game of the season and now we're going to catch our breath, have a couple good practices, and play whenever

they tell us," Carroll said.

As the season comes to a close, the conference recognizes notable athletes and coaches for their efforts, and Gustavus' awards came rolling in.

Carroll added to his impressive resume with a 2019-2020 MIAC Coach of the Year title. Carroll is the second winningest coach in Division III Women's Hockey history and boasts an overall coaching record of 436-114-46.

On top of this award, four Gustie players made their way onto the All-Conference team.

Senior Kristen Cash was awarded her second All-Conference nod for her lock-down defense and was ranked first in the MIAC in goals against.

Sophomore Kristina Press also earned the award and was a spark for the Gusties all season, leading the team with 31 points on 11 goals and 20 assists.

A pair of First-years rounded out the All-Conference awards and were also named to the All-Rookie Team alongside McCoy.

Holland made her presence known in her first year of MIAC competition, leading the team with 19 goals on top of nine assists.

First-year Molly McHugh was the final All-Conference award recipient and was second in points this season for the Black and Gold with 16 goals and 14 assists.

The win against Augsburg marked the 12th MIAC Playoff title for the Gusties and with it comes an automatic bid into the NCAA DIII National Tournament.



Gustavus Sports Information

First-year Molly McHugh prepares to fire a shot at the Augsburg goalie.



Gustavus Sports Information

Gustavus teammates celebrate after scoring a goal in the championship game.