(KANSAS CITY, Mo.) -- Three players from league champion Central Missouri earned first-team honors on the All-MIAA Women's Soccer Team as selected by the conference's coaches.

The Jennies (15-3-2, 13-2-1 MIAA) also earned at least a share of all three major awards, with junior F Melanie Hall selected as Most Valuable Player, M Alyssa Rhodes shared the Freshman of the Year award with F Nicola Cousins of Southwest Baptist (9-6-3, 8-6-2 MIAA), and Lewis Theobald was chosen by his peers as Coach of the Year.

Hall and Rhodes were joined on the first team by sophomore GK Lauren Bamvakais.

Hall finished third in the league in points (26 -- 1.37 per game) and goals (13 -- 0.68 per game), and led the MIAA in game-winning goals (7). She tied the conference record for most consecutive games with a goal, denting the twine in seven straight.

Rhodes anchored the Jennies midfield, starting 16 of 18 games played and scoring a pair of important goals. Her first was the game winner in UCM's home win over Nebraska-Omaha (13-5, 11-5 MIAA) and the other was the tying goal in a 2-2 road draw against Truman (15-3-2, 11-3-2 MIAA) to extend the Jennies' unbeaten streak to 16 games (14-0-2).

Bamvakais led the MIAA with a 0.55 goals against average and 12 shutouts, as she played all but 45 minutes between the pipes for the Jennies.

Theobald won his second Coach of the Year award in as many seasons in the MIAA -- he shared last season's honor with Truman's Mike Cannon.

Cousins led the MIAA in assists (10 -- 0.56 apg) and was second in scoring (40 -- 2.22 ppg) and goals (15 -- 0.83 gpg) as she helped the Bearcats lead the MIAA in goals (38 -- 2.11 ppg). She had a league-record five assists in her first game at Oakland City (Ind.).

Two players made the All-MIAA first team for the fourth time -- senior F Jessica Mainz of Washburn (14-6-2, 11-3-2 MIAA) and senior M Nikki Llewellyn of Missouri Southern (6-12-1, 4-11-1 MIAA).

Mainz dished out a career-high nine assists for the Lady Blues, as she's climbed to third on the MIAA's career scoring list with 118 points (47 g, 24 a) entering the postseason. Llewellyn scored 11 goals and became just the third player in the league with 50 career goals.

First Team

Lauren Bamvakais, UCM
Ashley Copenhaver, MSSU
†Lisa Fahey, WU
#Caitlin Tull, SBU
Kim Wolff, TSU
*†Lisa Keck, TSU
†Alyssa Rhodes, UCM
Casey Bigsby, UNO
Melanie Hall, UCM
††Jessica Mainz, WU
Rhiane Mitchell, SBU
Jessica Wiegernt, TSU

Second Team

Kira Lazenby, NWMSU
Randi Fernsler, UCM
Megan Jensen, UNO
Katie O'Keefe, UCM
Landri Schmitt, UCM
Katie Buning, TSU
Hayley Rhenshaw, UNO
Megan Buri, TSU
Danielle Ayala, WU

Nicola Cousins, SBU
Andrea Tritz, NWMSU
Marcie Fundis, ESU
Kaydi Hooker, WU
Jessica Powers, UNO
Kelsey Richters, TSU
Vanessa Rohrer, SBU
Danielle Seward, WU
Elise Cairo, MSSU
Krysten Clardy, SBU
Lauren Henry, WU
Shannon Rohrer, SBU
Audrey Henderson, MWSU
Riley Mahn, TSU

Nicol Cousins, SBU
Andrea Tritz, NWMSU
Marcie Fundis, ESU
Kaydi Hooker, WU
Jessica Powers, UNO
Kelsey Richters, TSU
Vanessa Rohrer, SBU
Danielle Seward, WU
Elise Cairo, MSSU
Krysten Clardy, SBU
Lauren Henry, WU
Shannon Rohrer, SBU
Audrey Henderson, MWSU
Riley Mahn, TSU

Most Valuable Player:
Melanie Hall, F, UCM

Co-Freshmen of the Year:
Nicola Cousins, F, SBU & Alyssa Rhodes, M, UCM

Coach of the Year:
Lewis Theobald, UCM

For immediate release, Nov. 12, 2008 – Contact: Matt Newbery -- Cell: (816) 695-2826

All-MIAA Women's Soccer Team announced
Champion Jennies place three on first team, including MVP Hall

– MIAA –