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Central Washington University Men's Basketball Award Winners, 1995-1996

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AWARD WINNERS

Captain - Troy Steigman, Mike Blankenship Gil Coleman Inspirational - Bryce Olson
Hustle - Troy Steigman MVP - Jeff Foster
Index - Troy Steigman Ken Broche Coaches Award -

Letter winners - Brant Borghorst (2), Jeff McDonald (2), Grady Fallon (2), Jason James (2), Jeff Foster, John Greer, Mike Blankenship, Troy Steigman, Tyce Nasinec, Carlson Carson, Bryce Olson.

Individual Game Bests

Field goals - 14, Jeff Foster, St. Martin's (1-25)
FG attempts - 26, Jeff Foster, St. Martin's (2-22)
FG PCT. (min. 5) - 92.9, John Greer, Eastern Oregon, 13-14 (11-7)
FG PCT. (min. 12) - 92.9, John Greer, Eastern Oregon, 13-14 (11-7)
3-PT Field goals - 6, Jeff Foster, Puget Sound (2-12), Simon Fraser (2-28)
3-PT FG attempts - 13, Jeff Foster, St. Martin's (1-25)
3-PT FG PCT. (min. 4) - 75.0, Jeff Foster, Pacific Lutheran, 3-4 (11-28); John Greer, Pacific Lutheran, 3-4 (11-28)
Free throws - 15, John Greer, Northwest College (1-23)
Free throw attempts - 19, John Greer, Northwest College (1-23)
FT PCT. - 100.0, Jeff Foster, Seattle, 8-8 (2-24)
Offensive Rebounds - 9, John Greer, Eastern Oregon (11-15)
Rebounds - 14, Jeff Foster, Northwest Nazarene (12-15); John Greer, Eastern Oregon (11-14)
Assists - 12, Troy Steigman, Puget Sound (2-12)
Turnovers - 7, Jason James (3), Troy Steigman
Steals - 5, Troy Steigman, Humboldt State (12-2); John Greer, Simon Fraser (2-1)
Blocked shots - 3, John Greer (2), Jason James
Points - 35, Jeff Foster, Seattle (2-24); John Greer, Eastern Oregon (11-7)
Minutes - 46, Troy Steigman, Western Baptist (12-1)

Team Game Bests

Offense

Field goals - 37, Northwest College (1-12)

FG attempts - 77, Simon Fraser (2-1)

FG PCT. - 56.1, Northwest College, 37-66 (1-12)

3-PT Field goals - 14, Western Baptist (12-1)

3-PT FG attempts - 39, Western Baptist (12-1)

3-PT FG PCT. (min. 8) - 50.0, Pacific Lutheran, 8-16 (1-6)

Free throws - 36, Northwest College (1-23)

Free throw attempts - 47, Northwest College (1-23)

FT PCT. (min. 10) - 89.5, St. Martin's, 17-19 (1-25)

Offensive Rebounds - 23, Eastern Oregon (11-15)

Rebounds - 49, Eastern Oregon (11-15)

Assists - 27, St. Martin's (2-22)

Turnovers - 21, Western Washington (2-17)

Fewest Turnovers - 8, Northwest Nazarene (12-15), Simon Fraser (2-1)

Steals - 15, St. Martin's (2-22)

Blocked shots - 7, Northwest College (1-12)

Fouls - 25, Puget Sound (1-27)

Fouled out - 2, Western Baptist (12-1), Seattle (3-2)

Points - 105, Western Baptist (12-1)

*Defense best fewest except where indicated with asterik.

Defense

Field goals - 17, Whitman (12-16)

FG attempts - 47, Whitworth (12-8), LCSC (1-18)

FG PCT. - 34.7, Whitman, 17-49 (12-16)

3-PT Field goals* - 11, Western Baptist (12-1), Northwest (1-12)

3-PT FG attempts* - 38, Western Baptist (12-1)

3-PT FG PCT. (min. 8) - 20.8, Eastern Oregon, 5024 (11-7)

Free throws - 7, Eastern Oregon (11-15), Northwest (1-12)

Free throw attempts - 11, Northwest (1-12)

FT PCT. (min. 10) - 56.3, Whitman, 9-16 (12-16)

Offensive Rebounds - 6, Whitworth (12-8)

Rebounds - 24, Eastern Oregon (11-15)

Assists - 10 (three times)

Turnovers* - 27, Simon Fraser (2-10)

Steals - 3 (three times)

Blocked shots* - 6, Pacific Lutheran (1-6)

Fouls* - 30, Western Baptist (12-1), Northwest (1-23)

Fouled out* - 3, Humboldt State (12-2)

Points - 46, Whitman (12-16)

Most points* - 97, Western Baptist (12-1)

PACIFIC NORTHWEST ATHLETIC CONFERENCE

	Conference		Overall		Scoring		Rebounding		W-L Records							
	W	L	PF	PA	W	L	PF	PA	Mar.	RF	RA	Mar.	H	A	N	
Seattle	9	3	917	914	14	17	2273	2410	-4.4	1207	1234	-0.9	9-7	5-9	0-1	
Lewis-Clark State	8	4	968	899	17	14	2459	2249	6.8	1071	879	6.2	7-3	7-11	3-0	
Simon Fraser	8	4	968	899	17	14	2459	2249	6.8	1071	879	6.2	7-3	7-11	3-0	
Western Washington	2-2		6	6	923	929	17	13	2345	2244	3.4	1172	1078	3.1	12-3	3-8
Puget Sound	5	7	906	919	11	15	1972	1966	0.2	971	846	4.8	4-8	6-7	1-0	
Central Washington	3	9	898	945	15	15	2330	2292	1.3	1049	1150	-3.4	6-5	6-8	3-2	
St. Martin's	3	9	918	1014	11	17	2275	2316	-1.3	952	1149	-7.1	7-4	4-12	0-1	

PNWAC Playoffs: Feb. 26 - St. Martin's 76 at Central Washington 79 (playoff for 6th place). Feb. 28 - Central Washington 80 at Simon Fraser 79, Puget Sound 58 at Western Washington 60. Mar. 2 - Central Washington 70 at Seattle 81, Western Washington 71 at Lewis-Clark State 76. Mar. 7 - Lewis-Clark State 77 at Seattle 69.

NAIA Nationals: Mar. 13 - Arkansas Tech 68, Lewis-Clark State 60.

NAIA Pacific Northwest AC All-Stars

Name	Team	Ht.	Yr.	Pos.	Hometown
Peter Guarasci*+	Simon Fraser	6-8	Sr.	P	Niagara Falls, Ont.
Justin White*	Seattle	6-5	Sr.	F	Seattle
Bryan Vukelich*+	Puget Sound	6-11	Jr.	P	Puyallup
Jeff Foster*	Central Washington	6-5	Sr.	F	Mulkiteo
Mike Ross*	Lewis-Clark State	6-9	Sr.	C	Natchez, MS
Jeremiah Wynott*	Lewis-Clark State	6-7	Jr.	F	Anderson, AK
Tracey Thomas*	St. Martin's	6-5	Jr.	F	Centralia
James Long*	Lewis-Clark State	5-10	Sr.	G	Indianapolis, IN

Kenny Bush* Seattle 6-4 Sr. G Rialto, CA
Mark Hunter St. Martin's 5-10 Sr. G Sacramento, CA
Ryan Gerrits Western Washington 6-7 Sr. F Olympia
*Unanimous +Repeater

Honorable Mention - Troy Steigman, Central Washington; John Greer, Central Washington; Whitney Dixon, Puget Sound; Novell Thomas, Simon Fraser; DeForrest Phelps, Western Washington; Chris Morrison, Western Washington.

Player-of-the-Year - Peter Guarasci, Simon Fraser Coach-of-the-Year - Al Hairston, Seattle

NAIA All-Americans: Second Team - Peter Guarasci, Simon Fraser. Honorable Mention - Justin White, Seattle; Bryan Vukelich, Puget Sound; Jeff Foster, Central Washington; Jeremiah Wynott, Lewis-Clark State.

NAIA National Statistics: Individual: FG PCT. - 5. Peter Guarasci, SFU, 68.3; Rebounding - 8. Bryan Vukelich, UPS, 10.0; Assists - 18. Troy Steigman, CWU, 6.30. Team: Field Goal PCT. - 2. Simon Fraser 53.4. Free Throw PCT. - 4. Simon Fraser 74.2.

PACIFIC NORTHWEST AC STATISTICAL LEADERS

Individual: Scoring - 1. Peter Guarasci SFU, 21.7; 2. Jeff Foster, CWU, 19.2; 8. John Greer, CWU, 14.7; 19. Jason James, CWU, 10.4; 26. Mike Blankenship, CWU, 8.4; 31. Troy Steigman, CWU, 8.0. Field Goal PCT. - 1. Peter Guarasci, SFU, 68.3; 8. John Greer, CWU, 53.9; 11. Jason James, CWU, 51.9; 17. Jeff Foster, CWU, 47.0. Three-point FG - 1. Shane Schutz, St. Martin's, 46.0; 11. Jeff Foster, CWU, 38.4; 15. Jason James, CWU, 35.3; 20. Tyce Nasinec, CWU, 33.9. Free Throw PCT. - 1. Steve Maga, SFU, 86.6; 9. Troy Steigman, CWU, 74.4; 12. Jeff Foster, CWU, 73.3; 28. John Greer, CWU, 67.9; 30. Mike Blankenship, CWU, 67.2; 31. Jason James, CWU, 66.7. Rebounds - 1. Bryan Vukelich, UPS, 10.0; 7. John Greer, CWU, 6.4; 8. Jeff Foster, CWU, 6.1. Assists - 1. Troy Steigman, CWU, 6.30; 8. Jason James, CWU, 3.55. Steals - 1. Mark Hunter, St. Martin's, 2.93; 6. Troy Steigman, CWU, 1.70. Blocks - 1. Matt Lowell, WWU, 1.90; 6. John Greer, CWU, 1.00.

Team Offense: Field Goal PCT. - 1. Simon Fraser 53.4; 66. Central 44.5. Three-point FGs - 1. Simon Fraser 40.3; 6. Central 33.1. Free Throw PCT. - 1. Simon Fraser 74.2; 4. Central 68.6. Rebounding Margin - 1. Simon Fraser 6.2, 6. Central Washington -3.4. Scoring - 1. St. Martin's 81.2, 4. Central 7.7. Scoring Margin - 1. Simon Fraser 6.8, 4. Central 1.3.

Team Defense: Field Goal PCT. - 1. Western Washington 43.5; 6. Central Washington 45.8. Three-point FGs - 1. Simon Fraser 33.0, 2. Central Washington 33.9. Scoring - 1. Lewis-Clark State 71.6; 5. Central Washington 76.4.

LITTLE ALL-NORTHWEST

First Team

Brian Hills	Western Baptist	G	6-0	Jr.	Salem
Jimmy Kolyszko	Albertson	F	6-8	Sr.	Scottsdale, AZ
Peter Guarasci	Simon Fraser	C	6-9	Sr.	Niagara Falls, ONT
Nathan Dunham	Whitworth	F	6-6	Sr.	Almira
Roman Wickers	Whitworth	G	6-2	Sr.	Houston, TX

Second Team

Bryan Vukelich	Puget Sound	C	6-11	Jr.	Puyallup
Jamie McCarty	Western Oregon	G	6-0	Sr.	North Bend
Ryan Williams	Alaska-Anchorage	F	6-7	Jr.	Sandy, UT
Alex Dixon	Linfield	F	6-6	Sr.	Carlton
Jared Klassen	Albertson	F	6-8	Sr.	Coeur d'Alene, ID
Emile Shepherd	Seattle Pacific	F	6-8	Sr.	Tigard, OR

Third Team

Justin White	Seattle	F	6-5	Sr.	Seattle
Rick Stafford	Alaska-Anchorage	G	6-4	Jr.	Auburn, WA
Jeremiah Wynott	Lewis-Clark State	F	6-7	Jr.	Anderson, AK
Jared Gallop	George Fox	C	6-7	So.	Roseburg
Jeff Foster	Central Washington	F	6-5	Sr.	Mukilteo

Coach-of-the-Year - Warren Friedrich, Whitworth Team-of-the-Year - Albertson.

Final Poll: 1. Albertson; 2. Whitworth; 3. Seattle Pacific; 4. Lewis-Clark State; 5. Alaska-Anchorage; 6. Western Oregon; 7. Lewis and Clark; 8. Northwest Nazarene; 9. Western Baptist; 10. Western Washington.

