

Women’s Basketball Honors

Iowa/A-R-C Conference Championships

1988 (tie with William Penn), 1989, 1991, 1995, 1998, 2002 (tie with Wartburg), 2007, 2016 - (8)

AIAIW State Tournament

1980 (runner-up)

NCAA III National Tournament

1988 (Elite 8), 1989 (Elite 8), 1991 (16), 1992 (3rd), 1995, 1996 (2nd round), 1997, 1998, 2007 (Sweet 16), 2015 (2nd round)

NCAA III Final Four

1992 - Third place finish

All-Americans

Ramona Henriksen	1989
Trish Harvey	1992
Kari Tufte	1994, 95, 96
Julie James	1997 (HM)
Amanda Smith	2002
Blair Ernst	2007 (3)
Moran Lonning	2016 (HM)

All-Conference

Four-Time All-Conference (Team)

Kari Tufte	1993 (2), 1994 (1), 1995 (1), 1996 (1)
Kailey Jones	2022 (2), 2023 (1), 2024 (2), 2025 (1)

Three-Time All-Conference (Team)

Trish Harvey	1990 (2), 1991 (2), 1992(1)
Amanda Smith	2000 (1), 2001 (1), 2002 (1)
Danielle Dunnwald	2006 (2), 2007 (2), 2008 (2)
Taylor Johnson	2012 (2), 2013 (1), 2014 (1)

Two-Time All-Conference (Team)

Julie James	1996 (1), 1997 (1)
Anne Straate	2005 (1), 2006 (1)
Christina Gaard	2006 (1), 2007 (1)
Ashley TeKippe	2007 (2), 2008 (1)
Sam Jewell	2010 (2), 2011 (1)
Meagan Koepnick	2013 (2), 2015 (1)
Moran Lonning	2015 (1), 2016 (1)
Kylie Romeo	2015 (2), 2016 (1)
Laura Hamilton	2018 (1), 2019 (1)
Haylie Strum	2024 (2), 2025 (1)

One-Time All-Conference (Team)

Desiree Kempcke	1983 (2)
Sarri Sigurdson	1984 (2)
Deb Jacobsen	1986 (2)
Anne Smith	1987 (2)
Marta Floyd	1988 (1)
Mona Henriksen	1989 (1)
Joni Ross	1989 (1)
Andi Skrukud	1991 (1)
Sue Zintz	1991 (1)
Katie Anderson	1993 (1)
Denise Lantz	1994 (2)
Jen Hayen	1995 (2)
Trishia Hoffmann	1997 (2)
Rachel Hohenstein	1998 (2)
Megan Stull	1998 (1)
Kelly Brockhohn	1999 (1)
Renee Meyer	2000 (2)
Lynn Dalhed	2002 (2)
Kelly Have	2003 (2)
Heidi Montgomery	2003 (1)
Sarah Laposky	2004 (2)
Erica Svien	2005 (2)
Blair Ernst	2007 (1)
Camille Stenhaug	2009 (2)
Amanda Dahlseng	2009 (1)
Nellie Nelson	2013 (2)
Tayler Jenks	2016 (2)
Katie Waller	2017 (1)
Anna Madrigal	2017 (2)
Claire Marburger	2018 (1)
Sarah Holtz	2019 (2)
Kristen Elliott	2022 (2)
Kate Hosking	2025 (2)
Natalie Beaver	2025 (2)

Conference MVP

Ramona Henriksen	1989
Kari Tufte	1996
Blair Ernst	2007
Moran Lonning	2015, 2016
Moran Lonning (Co-Defensive MVP)	2015
Laura Hamilton (Defensive MVP)	2018, 2019
Natalie Beaver (Rookie of the Year)	2025

*Rookie of the Year was added for the 2024-25 season

Conference Coach of the Year

Jane Hildebrand	1988, 1989, 1991, 2000, 2007, 2011
Amanda Bailey	2015

D3 Hoops All-Region

Amanda Smith	2002 (2)
Anne Straate	2006 (3)
Blair Ernst	2007 (1)
Christina Gaard	2007 (1)
Ashley Tekippe	2008 (2)
Taylor Johnson	2013 (3)
Moran Lonning	2015 (1), 2016 (1)
Kailey Jones	2025 (3)