



MLC ATHLETICS
MEN'S BASKETBALL
March 4, 2009

Unke, Free Lead Group of Knights Honored by UMAC

ST. PAUL, Minn. – Four members of the MLC men's basketball team were named to all-conference teams Wednesday by UMAC coaches after a 17-9 season that saw the Knights post an 11-3 league record and finish as co-champions of the UMAC. Head Coach Jim Unke was also honored as the conference Coach of the Year.

Forward **Caleb Free** (*Plover, Wis./Luther Prep*) was named UMAC Player of the Year, and was joined by **Greg Holzhueter** (*Mankato, Minn./Minnesota Valley Lutheran*) as First Team All-UMAC, while **Brian Gephart** (*St. Joseph, Mich./Michigan Lutheran HS*) and **Aaron Schultz** (*Shakopee, Minn./Saint Croix Lutheran HS*) received Honorable Mention All-UMAC honors. Gephart was also named to the UMAC All-Defensive Team.

“For any coach,” coach Unke said, “it’s great to see your kids rewarded for playing hard and playing the right way. We enjoyed a great deal of success this season as UMAC Co-Champions during the regular season, and these guys were certainly a huge part of that, not only on the floor, but also as leaders of the team off it.”

Free led the UMAC in points per game (18.4), rebounds per game (9.3) and free throw percentage (.847), and set MLC single-season records for made free throws (174) and rebounds (241). Free also led the Knights in three-point field goals (45), recorded a team-best 11 double-doubles and finished third on the team in assists (80).

Holzhueter was a stabilizing force on the floor at the point, leading the UMAC in minutes per game (35.3) and finishing third in the conference in assists per game (4.0), three-point shooting percentage (.420) and steals (48). Holzhueter also finished the season second on the team in points per game (14.2).

Schultz provided a consistent punch in the paint and on the glass, finishing second on the team in rebounds per game (7.1) and third in points per game (12.9). Schultz set a new school record for blocks (54) as well, and finished with the second highest total in the UMAC in that category.

Gephart proved to be a jack-of-all-trades. He finished fourth on the team in points per game (11.0), third in rebounds per game (6.9) and second in assists (84). He also earned his position on the All-Defensive Team, leading the Knights in steals (50) and finishing second in blocks (28), earning a spot in the top five in both categories in the UMAC.

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