

GNAC YEARLY AWARD WINNERS & ALL-STARS

Year Coach-of-the-Year

2001	Diane Flick, WWU
2002	Diane Flick, WWU
2003	Diane Flick, WWU
2004	Mario Andaya, CWU
2005	Mario Andaya, CWU
2006	Chris Johnson, SPU
2007	Diane Flick, WWU
2008	Brad Saindon, WOU

Year Player-of-the-Year

2001	Shannon Rowland, WWU
2002	Liz Bishop, WWU
2003	Liz Bishop, WWU
2004	Kate Reome, CWU
2005	LeAnne McGaughey, CWU
2006	Jenna Von Moos, SPU
2007	Courtney Schneider, WWU
2008	Angie Alvord, WWU

Year Newcomer-of-the-Year

2001	Cathleen Price, SPU
2002	Monica Herrera, SPU
2003	Crystal Ames, CWU
2004	LaQue Branch, CWU
2005	None selected
2006	Emily Castro, WWU
2007	Kayla Mainer, WOU
2008	Calli Scott, UAA

Year Freshman-of-the-Year

2001	Cathleen Price, SPU
2002	Sarah Sommerman, SU
2003	Danielle Hitzeman, UAF
2004	Courtney Schneider, WWU
2005	Tiana Roma, WWU
2006	Cammy Dranginis, NNU
2007	Jamie Mellies, SU
2008	Anna Herold, SPU

ALL-CONFERENCE

First Team

Three Years

Liz Bishop, WWU	S	2001-03
Cammy Dranginis, NNU	MB	2006-08
Meghan Evoy, WWU	MB	2002-04
Alyssa Given, SPU	OH	2005-07

LeAnne McGahuey, CWU	MB	2003-05
Courtney Schneider, WWU	L	2005-07

Two Years

Mallory Bergstrom, UAF	OH	2003-04
Kristy Carstensen, WWU	MB	2003-04
Nicola Parker, WWU	L	2002-03
Katie Reome, CWU	S	2003-04
Shannon Rowland, WWU	OH	2001-02
Lizzy Safranski, SU	MB	2002-03
Rachael Schurman, CWU	MB	2007-08
Jenna Von Moos, SPU	S	2005-06

One Year

Angie Alvord, WWU	MB	2008
Crystal Ames, CWU	OH	2005
Stacey Bennett, WOU	OH	2008
Rachel Biornstad, SPU	MH	2006
Korlyn Bolster, UAF	MB	2008
Rhea Cardwell, UAA	OH	2008
Devon Crotteau, MSUB	OH	2008
Alicia Denny, SMC	MB	2001
Lindsey Dollente, CWU	S	2006
Angel Fairbanks, UAF	OH	2001
Janeen Fitzgerald, SU	MB	2005
Brianne Halling, UAA	MB	2001
Brianne McCabe, UAA	MB	2002
Kayla Mainer, WOU	OH	2007
Tiffany Mapston, WOU	L	2004
Kristin Pasley, CWU	RS	2006
Katie Ralph, SPU	MB	2004
Katie Robinson, WWU	S	2007
Tiana Roma, WWU	MB	2007
Sarah Sommerman, SU	OH	2005
Megan Thigpen, UAF	OH	2006
Brandie Vea, CWU	L	2008
Leah Wiest, SPU	OH	2001

Second Team

Two Years

Jaime Anderson, WWU	OH	2006-07
Lindsey Forseth, NNU	OH	2007-08
Louise Free, NNU	MB	2001-02
Carolyn Mires, CWU	OH	2001-02
Tiana Roma, WWU	MB	2006, 08
Nikole Thompson, SU	OH	2006-07

One Year

Crystal Ames, CWU	OH	2003
Megan Amundson, WWU	OH	2008
Stacey Bennett, WOU	RS	2007
Mallory Bergstrom, UAF	OH	2002
April Blandford, UAF	MB	2005
LaQue Branch, CWU	OH	2004
Erika Brunson, SU	S	2003

Gita Burke, CWU	MB	2003
Claire Carpenter, WOU	L	2007
Mindy Cason, UAA	OH	2003
Carri Colvin, SPU	OH	2002
Devin Crotteau, MSUB	OH	2007
Lindsey Dollente, CWU	S	2005
Maya Domoto, HSU	L	2005
Nikki Finley, SPU	OH	2008
Lindsey Fryer, NNU	MB	2005
Allie Gotz, WWU	L	2008
Erin Hellberg, NNU	OH	2001
Monica Herrera, SPU	OH	2002
Danielle Hitzeman, UAF	OH	2004
Allison James, NNU	S	2007
Shakira Jenkins, WOU	OH	2006
O'Lita McWilliams, UAF	OH	2003
Kayla Mainer, WOU	OH	2008
Tiffany Mapston, NNU	S	2003
Lindsay Miller, NNU	OH	2004
Melissa Mulick, SU	L	2006
Cristina Null, CWU	MB	2005
Kristin Pasley, CWU	Opp	2005
Stephanie Powell, CWU	OH	2006
Cathleen Price, SPU	MB	2001
Kate Reome, CWU	S	2002
Katie Robinson, WWU	S	2006
Lizzy Safranski, SU	MB	2004
Joella Schiepan, HSU	MB	2001
Courtney Schneider, WWU	L	2004
Calli Scott, UAA	S	2008
Sarah Sommerman, SU	OH	2004
Mindy Swanson, NNU	S	2003
Kristen Urdahl, WWU	S	2005
Janelle Veith, UAA	S	2001
Jenna Von Moos, SPU	S	2004

Honorable Mention

Two Years

Angie Alvord, WWU	MH	2006-07
Rachel Biomstad, SPU	MB	2006-07
Korlyn Bolster, UAF	MH	2006-07
Gita Burke, CWU	MB	2001-02
Shealun Campisi, SMU	OH	2006-07
Emily Castro, WWU	OH	2006-07
Katy Higgins, SPU	S	2001-02
Gwen Kreitzberg, WOU	MB	2001-02
Kasey Kueper, UAA	S	2002-03
Brianna Murray, WWU	OH	2003-04
Chelsey Myers, SPU	OH	2003, 05
Erin Norris, CWU	OH	2007-08
Joelle Perez, SPU	S	2007-08
Maggie Safranski, SU	L	2003, 05
Laura Sakala, WOU	MB	2006, 08
Candice Smith, UAF	OH	2002-03
Carlin Smith, UAF	MB	2002-03
Megan Thigpen, UAF	OH	2007-08
Angie Wodrich, SPU	Opp	2005-06

One Year

Sarah Ahlers, NNU	OH	2002
Crystal Ames, CWU	OH	2004
Andrea Athey, SMC	OH	2003
Jessica Bauder, SPU	OH	2003
Kirstin Bautista, SMU	OH	2005
Kandice Benton, HSU	L	2002
Amanda Boschma, NNU	RS	2008
Erika Brunson, SU	S	2002
Starr Burgan, UAA	MB	2002
Lilly Carreon, NNU	MB	2004
Alicia Cazemier, MSUB	MB	2007
Robin DeJong, SPU	MB	2008
Carolyn DeKay, UAA	OH	2005
Alicia Denny, SMC	MB	2002
Theresia Dever, SMU	L	2008
Whitney Dibble, SPU	MB	2005
Maya Domoto, HSU	L	2004
Meghan Evoy, WWU	MB	2001
Lindsey Fryer, NNU	OH	2006
Shelby Gihring, SPU	OH	2006
Chelsey Glines, UAA	MB	2005
Caitlin Grenier, UAA	MB	2005
Ka'ala Hanson, NNU	MB	2003
Amy Herron, WOU	S	2007
Marise Knock, UAA	OH	2001
Rachael Halverson, HSU	OH	2001
Anna Herold, SPU	L	2008
Amy Herron, WOU	S	2008
Tara Hollenbeck, UAF	MB	2001
Christy Hurley, SMU	MB	2004
Allison James, NNU	OH	2005
Katrina Johnson, WOU	MB	2005
Chelsey Jones, UAA	MH	2006
Tehane Kahalehau, UAA	S	2006
Leilani Kamahoahoa, SPU	OH	2001
Megan Kaysinger, SU	OH	2002
Kristen Kinzer, HSU	MB	2005
Krystal Knight, WWU	OH	2005
Cortney Lundberg, UAA	MB	2008
Kirsten Mann, WWU	MB	2001
Lisa Martini, WOU	OH	2008
Jenny Mitchell, UAA	OH	2004
Torii Mount, SPU	L	2005
Jessica Murray, HSU	OH	2003
Katie Norkunas, HSU	OH	2005
Cristina Null, CWU	MB	2004
Katie Orgill, CWU	OH	2001
Katina Ozrelic, UAA	MB	2004
Shawn Paulino, WOU	S	2005
Katie Ralph, SPU	MB	2003
Kate Reome, CWU	S	2001
Kari Rice, WWU	S	2008
Julie Roberts, CWU	OH	2002
Tiana Roma, WWU	MB	2005
Lizzy Safranski, SU	MB	2001
Jamie Schanback, UAF	OH	2001
Rachael Schurman, CWU	MH	2006
Jessica Scott, CWU	L	2003

Alexa Sherman, UAF	S	2008
Erika Stevens, CWU	L	2007
Mindy Swanson, NNU	S	2002
Nicole Taylor, SU	OH	2001
Nikole Thompson, SU	OH	2005
Kim Tower, WOU	OH	2004
Amy Tyler, WOU	S	2003
Mandy Velez, WOU	OH	2004
Tara Wilson, WOU	S	2001
Angie Wodrich, SPU	OP	2007
Emily Wofford, SMC	MB	2003

ALL-REGION

Daktronics (SIDs)

First Team

Three Years

Courtney Schneider, WWU L 2005-07

Two Years

Liz Bishop, WWU S 2002-03
 Alyssa Given, SPU OH 2006-07
 LeAnne McGahuey MB 2004-05
 Nicola Parker, WWU L 2002-03

One Year

Angie Alvord, WWU MB 2008
 Meghan Evoy, WWU MB 2004
 Jenna Von Moos, SPU S 2006

Second Team

Two Years

Shannon Rowland, WWU OH 2001-02

One Year

Crystal Ames, CWU OH 2005
 Jaime Anderson, WWU OH 2007
 Stacey Bennett, WOU OH 2008
 Mallory Bergstrom, UAF OH 2004
 Rhea Cardwell, UAA OH 2008
 Kristy Carstensen, WWU OH 2003
 Maya Domoto, HSU L 2005
 Cammy Dranginis, NNU MB 2007
 Meghan Evoy, WWU OH 2003
 Angel Fairbanks, UAF OH 2001
 Allison Gotz, WWU L 2008
 Brianna McCabe, UAA MB 2002
 Kristin Pasley, CWU RS 2006
 Kate Reome, CWU S 2004
 Maggie Safranski, SU L 2003

AVCA (Coaches)

First Team

Three Years

Courtney Schneider, WWU L 2005-07

Two Years

Liz Bishop, WWU S 2002-03
 Cammy Dranginis, NNU MB 2007-08
 Alyssa Given, SPU OH 2006-07
 LeAnne McGahuey, CWU MB 2004-05
 Nicola Parker, WWU L 2002-03

One Year

Angie Alvord, WWU MB 2008
 Crystal Ames, CWU OH 2005
 Jaime Anderson, WWU OH 2007
 Mallory Bergstrom, UAF OH 2003
 LaQue Branch, CWU OH 2004
 Rhea Cardwell, UAA OH 2008
 Meghan Evoy, WWU MB 2002
 Kristin Pasley, CWU RS 2006
 Kate Reome, CWU S 2004
 Tiana Roma, WWU MB 2007
 Shannon Rowland, WWU OH 2001
 Rachael Schurman, CWU MB 2007
 Jenna Von Moos, SPU S 2006
 Leah Wiest, SPU OH 2001

Honorable Mention

Rachael Schurman, CWU MH 2006, 08
 Stacey Bennett, WOU OH 2008
 Mallory Bergstrom, UAF OH 2004
 Rachel Biomstad, SPU MB 2006
 Meghan Evoy, WWU MB 2004
 Allison Gotz, WWU L 2008
 Cristina Null, CWU MB 2005
 Shannon Rowland, WWU OH 2002
 Brandie Vea, CWU L 2008
 Jenna Von Moos, SPU S 2005

West Region Coach-of-the-Year

Diane Flick, WWU 2002
 Mario Andaya, CWU 2004
 Diane Flick, WWU 2006

NCAA West Region All-Tournament

Angie Alvord, WWU 2007
 Jaime Anderson, WWU 2007
 LaQue Branch, CWU 2005
 Emily Castro, WWU 2007
 Courtney Schneider, WWU 2007

CoSIDA (Academic)

First Team

Liz Bishop, WWU	2002-03
Nicola Parker, WWU	2002-03
Stacey Bennett, WOU	2008
Alicia Cazemier, MSUB	2007
Alyssa Given, SPU	2006
Lisa Martini, WOU	2008
Tiffany Massey, UAA	2001
Melissa Mulick, SU	2006
Tiana Roma, WWU	2006
Janelle Veith, UAA	2001
Maggie Safranski, SU	2005
Sarah Sommerman, SU	2005

Second Team

Courtney Schneider, WWU	2006-07
Stacey Bennett, WOU	2007
Jenny Burrows, SU	2006
Liz Bishop, WWU	2001
Dori Christensen, SU	2003
Meghan Evoy, WWU	2004
Nikki Finley, SPU	2008
Alyssa Given, SPU	2005
Lisa Martini, WOU	2007
Melissa Mulick, SU	2005
Tiana Roma, WWU	2008
Lizzy Safranski, SU	2003
Maggie Safranski, SU	2004
Sarah Sommerman, SU	2004
Mindy Swanson, NNU	2002
Nikole Thompson, SU	2006

Third Team

Alyssa Given, SPU	2007
Amy Herron, WOU	2008

ALL-AMERICAN

Daktronics (SIDs)

First Team

Nicola Parker, WWU	L	2003
Courtney Schneider, WWU	L	2006

Second Team

Liz Bishop, WWU	S	2002
Courtney Schneider, WWU	L	2007

Third Team

LeAnne McGahuey, CWU	MB	2004
Nicola Parker, WWU	L	2002
Courtney Schneider, WWU	L	2005

AVCA (Coaches)

First Team

Angie Alvord, WWU	MB	2008
Liz Bishop, WWU	S	2002
Courtney Schneider, WWU	L	2007

Second Team

Liz Bishop, WWU	S	2003
Rhea Cardwell, UAA	OH	2008
LeAnne McGahuey, CWU	MB	2005

Third Team

Crystal Ames, CWU	OH	2005
Alyssa Given, SPU	OH	2007
LeAnne McGahuey, CWU	MB	2004
Kate Reome, CWU	S	2004
Courtney Schneider, WWU	L	2006
Jenna Von Moos, SPU	S	2006

Honorable Mention

Cammy Dranginis, NNU	MB	2007-08
Jaime Anderson, WWU	OH	2007
Stacey Bennett, WOU	OH	2008
Mallory Bergstrom, UAF	OH	2003
Alyssa Given, SPU	OH	2006
Allison Gotz, WWU	L	2008
Nicola Parker, WWU	L	2003
Kristin Pasley, CWU	RS	2006
Tiana Roma, WWU	MB	2007
Courtney Schneider, WWU	L	2005
Rachael Schurman, CWU	MB	2007
Brandie Vea, CWU	L	2008

CoSIDA (Academic)

Second Team

Liz Bishop, WWU	2003
Nicola Parker, WWU	2003

Third Team

Janelle Veith, UAA	2001
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NCAA National All-Tournament

Angie Alvord, WWU	2007
Jaime Anderson, WWU	2007
Katie Robinson, WWU	2007
Courtney Schneider, WWU	2007