

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
 Chris Johnson, SPU
 2006 Chris Johnson, SPU
 Diane Flick, WWU
 2007 Diane Flick, WWU
 2008 Brad Saindon, WOU
 2009 Chris Green, UAA
 2010 Chris Johnson, SPU
 Diane Flick, WWU
 2011 Chris Johnson, SPU

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
 2009 Calli Scott, UAA
 2010 Emily Jepsen, WWU
 2011 Jackie Matthisen, UAA

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
 2009 Amber Johnson, SPU
 2010 Tereza Bendlova, UAF
 2011 Kimya Jafroudi, 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
 Lindsey Fryer, NNU
 2006 Cammy Dranginis, NNU
 Megan Thigpen, UAF
 2007 Jamie Mellies, SU
 Joelle Perez, SPU
 2008 Anna Herold, SPU
 2009 Marlayna Geary, WWU
 2010 Nikki Lowell, SPU

2011 Monica Grimsrud, MSUB
 Kristyn Ross, SMU

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
 Devon Crotteau, MSUB OH 2008-09
 Marlayna Geary, WWU OH 2009,11
 Jackie Mathisen, UAA OH 2009,11
 Nicola Parker, WWU L 2002-03
 Katie Reome, CWU S 2003-04
 Sarah Risser, SPU OH 2009-10
 Shannon Rowland, WWU OH 2001-02
 Lizzy Safranski, SU MB 2002-03
 Rachael Schurman, CWU MB 2007-08
 Megan Thigpen, UAF OH 2006,09
 Brandie Vea, CWU L 2008-09
 Jenna Von Moos, SPU S 2005-06
 Lindsey Wodrich, SPU OH 2010-11

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
 Robyn Burton, UAA MB 2011
 Rhea Cardwell, UAA OH 2008
 Alicia Denny, SMC MB 2001
 Lindsey Dollente, CWU S 2006
 Angel Fairbanks, UAF OH 2001
 Janeen Fitzgerald, SU MB 2005
 Allison Gotz, WWU L 2010
 Brianne Halling, UAA MB 2001
 Anna Herold, SPU L 2011
 Emily Jepsen, WWU MB 2010
 Nikki Lowell, SPU MB 2010
 Cortney Lundberg, UAA MB 2010
 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
 Danielle Reese, WOU OH 2011

Kari Rice, WWU	S	2010
Katie Robinson, WWU	S	2007
Tiana Roma, WWU	MB	2007
Calli Scott, UAA	S	2009
Sarah Sommerman, SU	OH	2005
Shelby Swanson, SPU	S	2011
Kady Try, CWU	OH	2010
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
Anna Herold, SPU	L	2009-10
Emily Jepsen, WWU	MB	2009,11
Krissi Kemper, WOU	MB	2010-11
Carolyn Mires, CWU	OH	2001-02
Tiana Roma, WWU	MB	2006,08
Nikole Thompson, SU	OH	2006-07

One Year

Haley Abbott, NNU	MB	2011
Crystal Ames, CWU	OH	2003
Megan Amundson, WWU	OH	2008
Tereza Bendlova, UAF	OH	2010
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
Robyn Burton, UAA	MB	2010
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
Cammy Dranginis, NNU	MB	2009
Nikki Finley, SPU	OH	2008
Lindsey Fryer, NNU	MB	2005
Marlayna Geary, WWU	OH	2010
Allie Gotz, WWU	L	2008
Monica Grimsrud, MSUB	OH	2011
Erin Hellberg, NNU	OH	2001
Monica Herrera, SPU	OH	2002
Danielle Hitzeman, UAF	OH	2004
Paige Hoffman, SPU	OH	2010
Allison James, NNU	S	2007
Kimya Jafroudi, UAA	S	2011
Shakira Jenkins, WOU	OH	2006
Amber Johnson, SPU	MB	2009
Cortney Lundberg, UAA	MB	2009
O'Lita McWilliams, UAF	OH	2003
Kayla Mainer, WOU	OH	2008
Tiffany Mapston, NNU	S	2003
Carlee Marble, CWU	S	2009

Lisa Martini, WOU	MB	2009
Jackie Matthisen, UAA	OH	2010
Lindsay Miller, NNU	OH	2004
Melissa Mulick, SU	L	2006
Cristina Null, CWU	MB	2005
Jordan Offutt, CWU	OH	2011
Kristin Pasley, CWU	Opp	2005
Stephanie Powell, CWU	OH	2006
Cathleen Price, SPU	MB	2001
Dani Reese, WOU	OH	2010
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
Shelby Swanson, SPU	S	2010
Kristen Urdahl, WWU	S	2005
Janelle Veith, UAA	S	2001
Jenna Von Moos, SPU	S	2004
Laurie Yearout, WWU	S	2011

Honorable Mention

Three Years

Erin Norris, CWU	OH	2007-09
Laura Sakala, WOU	MB	2006, 08-09

Two Years

Angie Alvord, WWU	MH	2006-07
Megan Amundson, WWU	OH	2009-10
Rachel Biornstad, SPU	MB	2006-07
Jen Boe, MSUB	OH	2009-10
Korlyn Bolster, UAF	MH	2006-07
Gita Burke, CWU	MB	2001-02
Shealun Campisi, SMU	OH	2006-07
Emily Castro, WWU	OH	2006-07
Haley Hevern, NNU	L	2009-10
Katy Higgins, SPU	S	2001-02
Gwen Kreitzberg, WOU	MB	2001-02
Kasey Kueper, UAA	S	2002-03
Carlee Marble, CWU	S	2010-11
Brianna Murray, WWU	OH	2003-04
Chelsey Myers, SPU	OH	2003,05
Joelle Perez, SPU	S	2007-08
Maggie Safranski, SU	L	2003,05
Alexa Sherman, UAF	S	2008-09
Candice Smith, UAF	OH	2002-03
Carlin Smith, UAF	MB	2002-03
Megan Thigpen, UAF	OH	2007-08
Brooke Tolman, MSUB	S	2010-11
Angie Wodrich, SPU	Opp	2005-06

One Year

Sarah Ahlers, NNU	OH	2002
Crystal Ames, CWU	OH	2004
Andrea Athey, SMC	OH	2003

Ariel Austin, UAA	OH	2011
Kristel Baeckel, CWU	MB	2010
Jessica Bauder, SPU	OH	2003
Kirstin Bautista, SMU	OH	2005
Stephanie Beeler, WOU	OH	2010
Kandice Benton, HSU	L	2002
Jessica Betencourt, SPU	OPP	2009
Becky Bleses, WOU	MB	2011
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
Theresa Dever, SMU	L	2008
Whitney Dibble, SPU	MB	2005
Maya Domoto, HSU	L	2004
Meghan Evoy, WWU	MB	2001
Reisa Fessler, NNU	MB	2010
Lindsay Forseth, NNU	OH	2009
Lindsey Fryer, NNU	OH	2006
Shelby Gihring, SPU	OH	2006
Chelsey Glines, UAA	MB	2005
Allie Gotz, WWU	L	2009
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
Paige Hoffman, SPU	OH	2011
Tara Hollenbeck, UAF	MB	2001
Christy Hurley, SMU	MB	2004
Samantha Hutchinson, WWU	L	2011
Malia Ibarra, SMU	OH	2010
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
Nikki Lowell, SPU	MB	2011
Cortney Lundberg, UAA	MB	2008
Jody Lutz, MSUB	MB	2009
Kirsten Mann, WWU	MB	2001
Lisa Martini, WOU	OH	2008
Stacie Mesiner, UAA	L	2009
Jenny Mitchell, UAA	OH	2004
Hillary Morrison, MSUB	S	2009
McKenzie Moss, UAA	OH	2010
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
Katrina 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
Kristyn Ross, SMU	OH	2011
Meg Ryan, CWU	OH	2011
Lizzy Safranski, SU	MB	2001
Jamie Schanback, UAF	OH	2001
Rachael Schurman, CWU	MH	2006
Jessica Scott, CWU	L	2003
Erin Smith, CWU	MB	2011
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
Kailey Trautmann, NNU	L	2011
Kady Try, CWU	OH	2009
Teilissa Tua, SMU	MB	2009
Kaitlyn Tuholski, NNU	S	2011
Amy Tyler, WOU	S	2003
Brandie Vea, CWU	L	2010
Mandy Veley, WOU	OH	2004
Tara Wilson, WOU	S	2001
Angie Wodrich, SPU	OP	2007
Emily Wofford, SMC	MB	2003
Laurie Yearout, WWU	S	2009

ALL-REGION

Daktronics (SIDs)

First Team

Three Years

Courtney Schneider, WWU	L	2005-07
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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
Robyn Burton, UAA	MB	2011
Devon Crotteau, MSUB	OH	2009
Meghan Evoy, WWU	MB	2004
Anna Herold, SPU	L	2011
Emily Jepsen, WWU	MB	2010
Jackie Matthisen, UAA	OH	2011
Calli Scott, UAA	S	2009
Shelby Swanson, SPU	S	2011
Jenna Von Moos, SPU	S	2006

Second Team

Two Years

Allison Gotz, WWU L 2008,10
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
Paige Hoffman, SPU OH 2010
Cortney Lundberg, UAA MH 2009
Brienne McCabe, UAA MB 2002
Jackie Mathisen, UAA OH 2009
Kristin Pasley, CWU RS 2006
Kate Reome, CWU S 2004
Maggie Safranski, SU L 2003
Shelby Swanson, SPU S 2010
Kady Try, CWU OH 2010
Brandie Vea, CWU L 2009

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
Anna Herold, SPU L 2010-11
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
Robyn Burton, UAA MB 2011
Rhea Cardwell, UAA OH 2008
Meghan Evoy, WWU MB 2002
Allison Gotz, WWU L 2010
Emily Jepsen, WWU MB 2010
Nikki Lowell, SPU MB 2010
Cortney Lundberg, UAA MB 2010
Jackie Mathisen, UAA OH 2011
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
Calli Scott, UAA S 2009
Kady Try, CWU OH 2010
Brandie Vea, CWU L 2009
Jenna Von Moos, SPU S 2006
Leah Wiest, SPU OH 2001

Honorable Mention

Marlayna Geary, WWU OH 2009,11
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
Paige Hoffman, SPU OH 2010
Cortney Lundberg, UAA MH 2009
Jackie Mathisen, UAA OH 2009
Cristina Null, CWU MB 2005
Shannon Rowland, WWU OH 2002
Shelby Swanson, SPU S 2010
Brandie Vea, CWU L 2008
Jenna Von Moos, SPU S 2005

AVCA 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
Megan Amundson, WWU 2010
Jaime Anderson, WWU 2007
LaQue Branch, CWU 2005
Emily Castro, WWU 2007
Nikki Lowell, SPU 2010
Jackie Mathisen, UAA 2009
Kara Rice, WWU 2010
Sarah Risser, SPU 2010
Courtney Schneider, WWU 2007
Shelby Swanson, SPU 2010
Lindsey Wodrich, SPU 2010

CoSIDA (Academic)

First Team

Liz Bishop, WWU 2002-03
Lisa Martini, WOU 2008-09
Nicola Parker, WWU 2002-03
Stacey Bennett, WOU 2008
Marie Borowikow, UAA 2010
Alicia Cazemier, MSUB 2007
Alyssa Given, SPU 2006
Amy Herron, WOU 2009
Emily Jepsen, WWU 2011
Tiffany Massey, UAA 2001
Melissa Mulick, SU 2006

Tiana Roma, WWU 2006
 Janelle Veith, UAA 2001
 Maggie Safranski, SU 2005
 Sarah Sommerman, SU 2005
 Brooke Tolman, MSUB 2011
 Lindsey Wodrich, SPU 2011

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
 Kathryn Mertens, WWU 2010
 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
 Brandie Vea, CWU 2009
 Lindsey Wodrich, SPU 2009

Third Team

Alyssa Given, SPU 2007
 Amy Herron, WOU 2008
 Erin Norris, CWU 2009
 Lindsay Wodrich, SPU 2010

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
 Robyn Burton, UAA MB 2011

Honorable Mention

Calli Scott, UAA S 2009

AVCA (Coaches)

First Team

Angie Alvord, WWU MB 2008
 Liz Bishop, WWU S 2002

Allison Gotz, WWU L 2010
 Courtney Schneider, WWU L 2007

Second Team

Liz Bishop, WWU S 2003
 Robyn Burton, UAA MB 2011
 Rhea Cardwell, UAA OH 2008
 Nikki Lowell, SPU MB 2010
 LeAnne McGahuey, CWU MB 2005

Third Team

Crystal Ames, CWU OH 2005
 Devon Crotteau, MSUB OH 2009
 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
 Anna Herold, SPU L 2010-11
 Brandie Vea, CWU L 2008-09
 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
 Emily Jepsen, WWU MB 2010
 Cortney Lundberg, UAA MB 2010
 Jackie Matthisen, UAA OH 2011
 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
 Calli Scott, UAA S 2009
 Kady Try, CWU OH 2010

CoSIDA (Academic)

Second Team

Liz Bishop, WWU 2003
 Nicola Parker, WWU 2003

Third Team

Janelle Veith, UAA 2001

NCAA National All-Tournament

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