

GREAT NORTHWEST ATHLETIC CONFERENCE

Contact: Bob Guptill (509-535-5291/Fax 535-5293/e-mail – bguptill@gnacsports.com)

Report No. 1C (Aug. 23, 2011)

Women's Soccer: Seattle Pacific Favored To Win Another GNAC Title

Great Northwest Coaches Poll	2010 Records	Pts
1. Seattle Pacific (7)	16-2-2 (12-1-1)	63
2. Western Washington	10-4-4 (7-4-3)	52
3. Simon Fraser (1)	11-5-3 (8-3-3)	46
4. Montana State Billings	13-6-1 (9-5-0)	40
5. Central Washington	4-12-2 (4-9-1)	33
6. Saint Martin's	8-10-0 (7-7-0)	24
7. Western Oregon	3-15-0 (2-12-0)	16
8. Northwest Nazarene	5-13-0 (3-11-0)	14

(Note: First-place votes in parenthesis. Points awarded on a 8-7-6-5-4-3-2-1 basis).

SPOKANE, Wash. – Seattle Pacific has won or shared seven of the past nine GNAC women's soccer titles and has made eight consecutive NCAA Division II national tournament appearances.

The Falcons, who are ranked 10th in the NSCAA pre-season national poll, appear well positioned to add to both of those marks this fall.

SPU returns the most starters and all-stars among the conference's eight teams off a team that had a 16-2-2 record, including 12-1-1 in the GNAC.

And for good measure, they've added two Division I transfers to their roster.

The Falcons, who also have three of the top four returning scorers in the conference, are a near unanimous pick to win their third straight title receiving seven of eight first-place votes in the GNAC Coaches pre-season poll.

Western Washington, which handed SPU its only regular-season loss last season, finished second in the balloting, while Simon Fraser, which received one first-place vote, is projected to finish third.

Nine former all-stars including two All-Americans sprinkle Seattle Pacific's roster.

Forward Megan Lindsay (5-7, Jr., Spokane, WA – Gonzaga Prep) and defender Taylor Sawyer (5-5, Jr., Gig Harbor, WA – North Mason) each earned second team NSCAA All-American honors though Taylor was just a second team pick in the GNAC.

Lindsay is the top returning scorer in the conference finishing second last season with 27 points (11 goals, 5 assists). Sawyer led a SPU defense that allowed just 10 goals.

Joining Lindsay on the GNAC first team all-star team last fall were defender Brittany Langdon (5-10, Jr., Irvine, CA - Northwood) and forward Kellie Zakrzewski (5-4, So., Cheney, WA).

Langdon scored four goals, while Zakrzewski had eight goals and three assists finishing seventh in the conference scoring race with 19 points.

Four players, including Sawyer, were GNAC second team all-stars for coach Chuck Sekyra, who has a spectacular 150-16-14 record in eight seasons at SPU.

Those include forward Brandi Hamre (5-7, Sr., Bremerton, WA – Central Kitsap), midfielder Kelsey Jenkins (5-8, Sr., Kent, WA – Kentwood) and defender Andrea Chan (5-4, Jr., Vancouver, WA – Central Catholic).

Hamre was the GNAC's fifth leading scorer with 21 points (six goals, nine assists). Her assist total tied Saint Martin's Jill Webb for the conference lead.

Jenkins had six goals and Chan scored one goal and also was credited with two assists.

Returning honorable mention picks are midfielder Kendall Thoreson (5-5, Jr., Seattle, WA – King's) and defender Janie Wurth (5-7, Sr., La Mirada, CA).

Thoreson had three goals and eight assists, the third most in the conference, while Wurth earned five assists in addition to her defensive contributions.

Joining the Falcons this fall are transfers from Arizona State and Marshall.

Defender Josie Graybeal (5-7, So., Gig Harbor, WA) played 19 games and scored one goal for ASU.

Alexa Hughes (5-9, So., Everett, WA) was the starting goalkeeper at Marshall, posting a 1.09 GAA and earning four shutouts.

The only other goalkeeper with game experience on the SPU roster is Brooke Yokers (5-10, Jr., Kent, WA – Kentridge), who played 37 minutes in three contests.

In addition to SPU's returning starters which also include defender MacKenzie Laird (5-4, So., Danville, CA – San Ramon Valley), top returning reserves include forward Mandy Verdoia (5-7, Sr., Salt Lake City, UT - Brighton) and defender Stephanie Harold (5-3, So., Vancouver, WA -

Heritage). They played in 20 and 13 games, respectively, each earning one assist.

Western Washington (10-4-4, 7-4-3) finished fourth last season despite handing SPU its only loss.

The Vikings return eight starters – five of them all-stars. Leading those returnees is the heart of a defense that allowed just 10 goals in those 18 games.

Coach Travis Connell (92-50-16, 8 years) also believes the Vikings have more depth than a year ago.

“Last year we couldn’t recover from the injuries we had,” said Connell. “Now, some of our returning players have stepped up and are ready to contribute, and all five of our freshmen could play some role.”

Anchoring the defense are seniors Alicia Patten (5-9, Sr., Seattle, WA – Holy Names) and Emily Warman (6-0, Sr., Sedro-Woolley, WA).

Patten has started 51 games in her career, earning second-team Daktronics all-region and first-team all-GNAC honors at center back each of the last two seasons.

Warman, the 2009 NCAA Division II Indoor triple jump champion, has 32 career starts and is versatile enough to play either center back or outside back.

“Alicia is a good leader, she played just about every minute last year, and Warman is one of the best athletes in the entire country,” said Connell.

Two sophomores also return after seeing extensive action as freshmen. Kayla Russ (5-7, Puyallup, WA - Bellarmine Prep) started 12 games at center back, and outside back Brina Sych (5-6, Vancouver, WA - Union) scored two goals and earned honorable mention all-GNAC status despite injuries that hampered the last half of her season.

Sophomore outside back Diana Pollock (5-10, Bellevue, WA - Eastlake) is coming off a very good spring, and freshmen Brianna Jones (5-8, Bonney Lake, WA) and Katherine Miccile (5-5, Fr., Kent, WA - Kentlake) also figure to see time.

Behind them in goal is junior Jamie Arthurs (5-8, Jr., Richland, WA). Arthurs played every second of last season, posting a 0.52 GAA, the second-best in school history, including a school-record tying 11 shutouts.

A second-team all-GNAC selection, she ranked 13th nationally in NCAA II in save percentage at .886.

Leading the central midfield is Justina MacDowell (Sr., Bellevue, WA – Sammamish) who had a goal and assist in earning second-team all-GNAC honors.

MacDowell will be joined by either senior Kelly Cates (5-6, Poulsbo, WA - North Kitsap), who started three games or freshman Kim Cooper (5-1, Bellingham, WA).

In the wide midfield spots, Emily Frankland (5-4, Sr., Sammamish, WA - Skyline) and Katie Griffith (5-4, Sr., Burlington, WA - Burlington-Edison) figure to be the starters.

Frankland, who missed last season with a knee injury, has 13 career goals, seven of them game winners, and eight assists.

Frankland has also spent time at forward, and many of the players slated to play up front are also comfortable in the midfield.

Joana Houplin (5-3, Jr., Olympia, WA) started every game last year, and had three goals and four assists.

Megan Chapin (5-5, Sr., Seattle, WA - Garfield) had a goal and three assists in the first nine games before having her season end with a knee injury.

They, along with freshman Taylor Abrass (5-6, Mercer Island, WA), give Western an element of speed up front that the Vikings have lacked in recent seasons.

Western’s top returning scorer, however, still provides a more physical target player - Kristen Maris (5-9, So., Issaquah, WA), who had four goals and two assists last season.

“Chapin, Houplin, Abrass, Frankland, all of them are just burners,” said Connell. “We have a ton of pace up front. We’ll be able to stretch the field, and to pressure the opposition backs more.”

“Our challenge will be to find a way to score goals. It was a strength last year, but we’ve lost our top two scorers (in Claire Morgan and Molly Shannon).”

Simon Fraser (11-5-3, 8-3-3) shared second place with Montana State Billings in its inaugural GNAC season but coach Shelley Howieson (270-116-44, 23 years) returns just four starters off that team.

Three of the four, however, were all-stars including goalkeeper Amelia Ng (5-7, Sr. Richmond, BC – Hugh Boyd) who ranked second in the GNAC with a 0.51 goals against average and had 10 shutouts.

Ng was a second team all-league selection, while midfielders Lia Marining (5-8, So., North Vancouver, BC – Windsor) and April Coffin (5-5, Sr., Surrey, BC) were both honorable mention picks.

Marining was SFU’s leading scorer accounting for seven of her team’s 26 goals and ranking 10th in the GNAC in scoring. Coffin led the Clan in assists with five to go along with one goal.

Also back from last year’s lineup in the midfield is Sarah Fitzmaurice (5-3, So., Surrey, BC – Lord Tweedsmuir), who had one goal and three assists.

In addition to the starters, Howieson will have available seven other returnees. Ten freshmen are also listed on SFU's pre-season roster.

Five of the returnees played in 10 or more contests and two started at least eight contests.

Midfielder Tessa Barbour (5-9, So., Burnaby, BC – Burnaby Central) played in 15 games, starting nine, while defender Anna Brancati (5-10, Sr., Coquitlam, BC) scored two goals in 14 games, starting eight.

Forward Emma Cruickshank (5-9, So., Maple Ridge, BC) played in 10 games. Defenders Marissa Di Lorenzo (5-4, So., Burnaby, BC – St. Thomas More, 1 goal) and Abbey Vogt (5-6, So., Burnaby, BC – Burnaby South, 1 assist) made 16 and 19 appearances, respectively.

Montana State Billings (13-6-1, 9-5-0) will be under the direction of first-year coach Wojtek Krakowiak. He is one of two new coaches in the GNAC along with Steve Ancheta at Western Oregon.

Krakowiak, who was MSUB's assistant last season, inherits a team that returns 13 returning letter winners, four of them starters.

Forward Jaucelyn Richter (5-5, Jr., Billings, MT – Billings Senior) was a second team GNAC all-star last season when she scored three goals and led the Yellowjackets with five assists.

Defender Jennifer Larsen (5-4, Jr., Mesa, AZ – Mountain View) had five goals and an assist and earned honorable mention honors.

Forward Heidi Greenback (5-7, So., Woodinville, WA) also earned honorable mention honors and led the 'Jackets in scoring (7 goals, 3 assists) though she started only two games. She ranked eighth overall in the GNAC in points per game.

Midfielder Amada Brusic (5-5, Sr., Yakima, WA – Walla Walla CC) and defender Whitney Siler (5-9, So., Monroe, WA) also return from last year's starting 11. Both players had one goal and Siler also had four assists.

In addition to Greenback, midfielders Jennifer Brookshire (5-2, So., Ventura, CA - Buena), Kristen Kastelic (5-9, Jr., Phoenix, AZ – Desert Vista) and Tyshae Davis (5-5, Sr., Idaho Falls, ID - TVCC) and defender Adrienne Biglow (5-5, Jr., Yakima, WA – West Valley) saw significant action a year ago off the bench.

Brookshire had one goal in 19 appearances, one as a starter. Kastelic played in 20 games, nine as a starter, and earned one assist.

Davis started twice among her 10 appearances and Biglow played in 14 games, contributing one goal and one assist.

Serena Tomaso (5-4, Sr., Enumclaw, WA), who ranked sixth in the GNAC in scoring a year ago, is one of seven starters and 13 letter winners returning for Central

Washington (4-12-2, 4-9-1) which begins its 12th season under head coach Michael Farrand (73-128-18).

Tomaso scored seven of CWU's 20 goals and also had four assists in earning second team GNAC honors.

Forward Amy Pate (5-7, Sr., Federal Way, WA – Thomas Jefferson) and defender Allie Washburn (5-5, Jr., Bremerton, WA – Central Kitsap) were honorable mention selections. Pate had three goals and two assists in her junior season.

In addition to Washburn, who was one of four Wildcats to start every game, also back on defense is Hillary Franks (5-9, Sr., Yakima, WA – West Valley) and goalkeeper Kori Butterfield (5-7, So., Duvall, WA – Cedarcrest).

Butterfield played in 14 games, 13 as a starter, and had a 2.05 GAA while recording one shutout.

Midfielders Brittany Franks (5-7, Sr., Yakima, WA – West Valley), who had three goals and three assists, and Miranda Heslep (5-10, Sr., Bellingham, WA – Meridian), who played in 13 games, eight as a starter, are also back for another season.

Three other players – Carson McKole (5-2, Jr., Oak Harbor, WA), Katelyn Scobba (5-5, Sr., Vancouver, WA - Prairie) and Tarah Duty (5-4, So., Black Diamond, WA - Tahoma) – played in double digit games last season.

McKole made 12 appearances, three as a starter, had tallied one goal. Scobba came off the bench to play in all 18 CWU games and Duty participated in 15 games, starting five.

Saint Martin will perhaps have the youngest team in the conference this fall as coach Rob Walker (20-35-3, 3 years) returns only four starters among 10 letter winners. Two of the letter winners return after missing the 2010 season.

Fifteen Saint players will be seeing their first collegiate action, including 14 freshmen.

Among the losses were Jill Webb (13 goals, 9 assists) and Jenny Baker (11 goals, 2 assists) who ranked first and third in the GNAC and accounted for all but six of SMU's goals.

Only two returning players – forward Samantha Thompson (5-7, So., Olympia, WA) and midfielder Noelle Bauer (5-3, So., Enumclaw, WA) – scored a goal last season. Each player had one.

The only other two returning starters from 2010 in addition to Thompson and Bauer are defender Caley Wiseman (5-0, Jr., University Place, WA – Curtis, 1 assist) and goalkeeper Gina Cardenas (5-10, So., Auburn, WA – Riverside, 2.18, 1 shutout).

Also back is two-time GNAC honorable mention goalkeeper Ashley Engel (5-8, Sr., Burien, WA – Kennedy), who missed the 2010 season. Engel, one of just two seniors on the roster, posted seven shutouts and had a 1.09 GAA in 2009.

Two reserve defenders – Molly Campbell (5-8, So., Federal Way, WA) and Lisa Swartout (5-5, Jr., Renton, WA - Kennedy) – and midfielder Angelica Perez (5-5, Jr., Chalan Pago, Guam – Notre Dame), who played in 12 games two years ago, also return.

Campbell and Swartout played in 14 and 13 games, respectively, each starting three a year ago.

At Western Oregon, which won just three games (3-15-0, 2-12-0) a year ago, Steve Ancheta has a league-best 17 returning letter winners and a former University of Idaho player to build his inaugural team around.

Forward Anna Edmonds (5-7, Jr., Salem, OR), scored six goals and had one assist participating in 36 games in two seasons at Idaho (2007-08).

Another newcomer is Lindsay Bauman (5-2, Jr., Portland, OR – Wilson), who had two goals and four assists to earn MVP honors in her sophomore season at Clackamas.

Seven of the Wolves' 17 returnees were starters a year include their top three scorers – forward Marina Austin (5-6, Jr., Olympia, WA) and midfielders Kym Witmer (5-3, Jr., Newberg, OR) and Taylor Thompson (5-2, So., Clackamas, OR).

Austin scored five goals and had three assists to earn second team all-league honors, while Witmer and Thompson had identical point numbers, each scoring three times and earning two assists.

The only other returning all-star in addition to Austin is goalkeeper Brittney Rigtrup (5-7, Sr., Renton, WA - Hazen), who was an honorable mention pick. Rigtrup, who had one shutout, posted a 2.23 GAA.

Joining Rigtrup are three defenders from last year's defense – Rebecca Hoiland (5-7, So., West Linn, OR, 1 assist), Danielle Hayward (5-5, Jr., Salem, OR – South Salem) and Monique Thees (5-8, Sr., Camano Island, WA - Stanwood).

Eight other players who played in eight or more games are also available.

They include forward LaChante Horton (5-5, Sr., Gresham, OR - Centennial) and Katrina Kem (5-1, Sr., Wahiawa, HI); midfielders Chelsy Okuma (5-2, Jr., Honolulu, HI - Kaiser), Lauren Vieira (5-2, Jr., Hilo, HI - Kamehameha), Ciara Peterson (5-7, Jr., Puyallup, WA - Rogers) and Kristin Sagami (5-3, Jr., Milani, HI) and defenders Haley Jaros (5-4, So., Eugene, OR - Marist) and Macy Bothman (5-7, Jr., Eugene, OR - Sheldon).

Horton played in 12 games, starting seven, and earning four assists, while Kem made 15 appearances, eight as a starter, and scored one goal.

Okuma participated in 16 games, starting seven, while Vieira played in 11 starting two. Peterson played in 11 contests and Sagami played in nine.

Jaros played in 10 games, starting three and Bothman made eight appearances, two as a starter.

While Northwest Nazarene (5-13-0, 3-11-0) has the fewest number of returning letter winners (10 including eight from last year's team to match Saint Martin's numbers), the Crusaders do have as much starting experience as anyone in the GNAC except for Seattle Pacific.

Eight of the veterans have previously been starters for head coach Jamie Lindvall (39-103-10, 8 years).

That includes midfielder Macey McGovert (5-5, Sr., Boise, ID – Capital) who started in 2009 scoring one goal before sitting out the 2010 season.

Back from last year's team are seven starters, three of whom – midfielders Sarah Staropoli (5-2, Jr., Beaverton, OR – Westside Christian) and Julianne Steele (5-7, So., Brush Prairie, WA – Hockinson) and defender Jesse Cahill (5-5, Sr., Henderson, NV – Green Valley) - earned honorable mention all-league honors.

Staropoli and Steele were among five players to score three goals to lead NNU in that category and Staropoli also was the team leader in assists (4) and total points (10).

Steele ranked second in points, tying returning forward Autumn Yturbe (5-6, Jr., Buhl, ID) with nine points. Both players had three goals and three assists.

Cahill, one of three players to start at 18 games for the Crusaders, had a goal and two assists.

Other returning starters for NNU include forwards Celina Mortensen (5-7, So., Tacoma, WA – Franklin Pierce, 1 goal) and Katie Butler (5-4, Jr., Nampa, ID - Columbia) and goalkeeper Tanya Zickefoose (5-6, Jr., Edmonds, WA – Meadowdale), who had two shutouts and posted a 1.87 GAA.

The only other returning letter winners for the Crusaders are forwards Jenny Field (5-6, So., Nampa, ID - Skyview), who played in 11 games and scored one goal and Erika Christensen (5-8, Jr., Gresham, OR) who had a goal and two assists in 2009 before redshirting last season.

TEAM CAPSULES

CENTRAL WASHINGTON Wildcats

Head Coach: Michael Farrand, Point Loma Nazarene '84 (73-128-18, 11 years)

Assistants: Hannah Bridges, CJ Balstad (goalkeepers)

2010 Record: 4-12-2

Conference: 4-9-1, 6th

Returning Letter Winners: 13

Returning Starters (7): Serena Tomaso (F, 5-4, Sr., 7-4-18, 2nd team GNAC); Amy Pate (F, 5-7, Sr., 3-2-8, HM GNAC); Allie Washburn (D, 5-5, Jr., 0-0-0, HM GNAC); Kori Butterfield (GK, 5-7, So., 2.05 GAA); Brittany Franks (M, 5-7, Sr., 3-3-9); Hillary Franks (D, 5-9, Sr., 0-0-0); Miranda Heslep (M, 5-10, Sr., 0-0-0)

Other Key Returnees: Carson McKole (M, 5-2, Jr., 1-0-2); Katelyn Scobba (F, 5-5, Sr., 0-0-0); Tarah Duty (D, 5-4, So., 0-0-0)
Transfers: Kylee Villegas (M, 5-2, So., Graham, WA – Tacoma CC)

MONTANA STATE – BILLINGS Yellowjackets

Head Coach: Wojtek Krakowiak, St. John's '03 (First year; Overall, 15-20-3, 2 years)

Assistants: Kari Foreman

2010 Record: 13-6-1

Conference: 9-5-0, 2nd-T

Returning Letter Winners: 13

Returning Starters (4): Jaucelyn Richter (F, 5-5, Jr., 3-5-11, 2nd team NSCAA West Region, 2nd team GNAC); Jennifer Larsen (D, 5-4, Jr., 5-1-11, HM GNAC); Amanda Brusic (M, 5-5, Sr., 1-0-2); Whitney Siler (D, 5-9, So., 1-4-6)

Other Key Returnees: Heidi Greenback (F, 5-7, So., 7-3-17, HM GNAC); Adrienne Biglow (D, 5-5, Jr., 1-1-3); Jennifer Brookshire (M, 5-2, So., 1-0-2); Kristen Kastelic (M, 5-9, Jr., 0-1-1); Tyshae Davis (M, 5-5, Sr., 0-0-0)

Transfers: None

NORTHWEST NAZARENE Crusaders

Head Coach: Jamie Lindvall, The Master's '99 (39-103-10, 8 years)

Assistants: Rachel Lindvall

2010 Record: 5-13-0

Conference: 3-11-0, 7th

Returning Letter Winners: 10 (2 from 2009)

Returning Starters (7): Sarah Staropoli (M, 5-2, Jr., 3-4-10, HM GNAC); Julianne Steele (D, 5-7, So., 3-3-9, HM GNAC); Jessie Cahill (D, 5-5, Sr., 1-2-4, HM GNAC); Autumn Yturbe (F, 5-6, Jr., 3-3-9); Celina Mortensen (M, 5-7, So., 1-0-2); Katie Butler (F, 5-4, Jr., 0-0-0); Tanya Zickefoose (GK, 5-6, Jr., 1.87, 2 shutouts)

Other Key Returnees: Jenny Field (F, 5-6, So., 1-0-2); Macey McGovert (M, 5-5, Sr., 1-0-2 in 2009); Erika Kristensen (F, 5-8, Jr., 1-2-4 in 2009)

Transfers: None

SAINT MARTIN'S Saints

Head Coach: Rob Walker, Saint Martin's '83 (20-35-3, 3 years)

Assistants: Bre Giove

2010 Record: 8-10-0

Conference: 7-7-0, 5th

Returning Letter Winners: 10

Returning Starters (4): Samantha Thompson (F, 5-7, So., 1-2-4); Noelle Bauer (M, 5-3, So., 1-1-3); Caley Wiseman (D, 5-0, Jr., 0-1-1); Gina Cardenas (GK, 5-10, So., 2.18, 1 shutout)

Other Key Returnees: Ashley Engel (GK, 5-8, Jr., 1.09 GAA, 7 shutouts in 2009; GNAC HM in 2008 and 2009); Lia Swartout (D, 5-5, Jr., 0-0-0); Molly Campbell (D, 5-8, So., 0-0-0)

Transfers: None.

SEATTLE PACIFIC Falcons

Head Coach: Chuck Sekyra, SPU '89 (150-16-14, 8 years)

Assistants: Chalise Baysa, Arby Busey, Lindsey Jorgensen

2010 Record: 16-2-2

Conference: 12-1-1, 1st

Returning Letter Winners: 15

Returning Starters (9): Megan Lindsay (F, 5-7, Jr., 11-5-27, 2nd team NSCAA All-American, 1st team NSCAA & 2nd team Daktronics West Region, 1st team GNAC); Brittany Langdon (D/M, 5-10, Jr., 4-0-8, 1st team GNAC); Taylor Sawyer (D, 5-5, Jr., 2-0-4, 2nd team NSCAA All-American, 1st team NSCAA & Daktronics West Region; 2nd team GNAC); Brandi Hamre (F, 5-7, Sr., 6-9-21; 2nd team GNAC); Kelsey Jenkins (M, 5-8, Sr., 6-0-12, 1st team NSCAA West Region, 2nd team GNAC); Andrea Chan (D, 5-4, Jr., 1-2-4, 2nd team GNAC); Janie Wurth (D, 5-7, Sr., 0-5-5, HM GNAC); Kendall Thoreson (M, 5-5, Jr., 3-8-14, HM GNAC); MacKenzie Laird (D, 5-4, So., 0-1-1).

Other Key Returnees: Kellie Zakrzewski (F, 5-4, So., 8-3-19, 3rd team NSCAA West Region, 1st team GNAC, GNAC Freshman of the Year); Mandy Verdoia (F, 5-7, Sr., 0-1-1); Stephanie Harold (D, 5-3, So., 0-1-1); Jessica Oakes (M, 5-4, So.); Natalie Harold (D/GK, 5-3, So.); Brenda Yokers (GK, 5-10, Sr., 0.00 in 37:09).

Transfers: Alexa Hughes (GK, 5-9, So., Everett, WA – Marshall); Josie Graybeal (D, 5-7, So., Gig Harbor, WA – Arizona State)

SIMON FRASER Clan

Head Coach: Shelley Howieson, SFU '84 (270-116-44, 23 years)

Assistants: Ari Adams, Cassie Newbrook (goalkeeper coach)

2010 Record: 11-5-3

Conference: 8-3-3, 2nd-T

Returning Letter Winners: 11

Returning Starters (4): Amelia Ng (GK, 5-7, Sr., 0.51 GAA, 10 shutouts, 2nd team GNAC); Lia Marining (M, 5-8, So., 7-0-14, HM GNAC); April Coffin (M, 5-5, Sr., 1-5-7, HM GNAC); Sarah Fitzmaurice (M, 5-3, So., 1-3-5)

Other Key Returnees: Anna Brancati (D, 5-10, Sr., 2-0-4); Marissa Di Lorenzo (D, 5-4, So., 1-0-2); Abbey Vogt (D, 5-6, So., 0-1-1); Tessa Barbour (M, 5-9, So., 0-0-0); Emma Cruickshank (F, 5-9, So., 0-0-0)

Transfers: None

WESTERN OREGON WOLVES

Head Coach: Steve Ancheta, Oregon State '91 (First Year)

Assistants: Luke Babson

2010 Record: 3-15-0

Conference: 2-12-0, 8th

Returning Letter Winners: 17

Returning Starters (7): Marina Austin (F, 5-6, Jr., 5-3-13, 2nd team GNAC); Brittney Rigtrup (GK, 5-7, Sr., 2.23 GAA, HM GNAC); Kym Witmer (M, 5-3, Jr., 3-2-8); Taylor Thompson (M, 5-2, So., 3-2-8); Rebecca Hoiland (D, 5-7, So., 0-1-1); Danielle Hayward (D, 5-5, Jr., 0-1-1); Monique Thees (D, 5-8, Sr., 0-0-0)

Other Key Returnees: LaChante Horton (F, 5-5, Sr., 0-4-4); Katrina Kem (F, 5-1, Sr., 1-0-2); Chelsy Okuma (M, 5-2, Jr., 0-0-0); Lauren Vieira (M, 5-2, Jr., 0-0-0); Ciara Peterson (M, 5-7, Jr., 0-0-0); Haley Jaros (D, 5-4, So., 0-0-0); Kristin Sagami (M, 5-3, Jr., 0-0-0); Macy Bothman (D, 5-7, Jr., 0-0-0)

Transfers: Lindsay Bauman (M, 5-2, Jr., Portland, OR – Clackamas CC); Anna Edmonds (F/M, 5-7, Jr., Salem, OR – U. of Idaho)

WESTERN WASHINGTON VIKINGS

Head Coach: Travis Connell, SPU '96 (92-50-16, 8 years)

Assistants: Jason Jorgensen, Gus Zadra, Keller Haden,
Clark Cripps (goalkeeper coach)

2010 Record: 10-4-4

Conference: 7-4-3, 4th

Returning Letter Winners: 16

Returning Starters (7): Alicia Patten (D, 5-9, Sr., 0-2-2, 2nd team Daktronics West Region, 3rd team NSCAA West Region, 1st team GNAC); Justina MacDowell (M, 5-5, Sr., 1-1-3, 2nd team GNAC); Jamie Arthurs (GK, 5-8, Jr., 0.52 GAA, 11 shutouts, 2nd team GNAC); Brina Sych (M, 5-6, So., 2-0-4, HM GNAC); Joana Houplin (M, 5-3, Jr., 3-4-10); Kayla Russ (D, 5-7, So., 1-0-2); Emily Warman (D, 6-0, Sr., 0-1-1)

Other Key Returnees: Emily Frankland (M, 5-4, Sr., 6-1-13 in 2009, GNAC HM in 2009); Kristin Maris (F, 5-9, So., 4-2-10); Megan Chapin (M, 5-5, Sr., 1-3-5); Anna Geldenhuys (F, 5-7, So., 2-2-6); Katie Stauffer (M, 5-6, So., 1-0-2); Katie Griffith (M, 5-4, Sr., 0-0-0); Kelly Cates (M, 5-6, Sr., 0-0-0); Diana Pollock (D, 5-10, So., 0-0-0)

Transfers: Ashton Griffen (M, 5-4, So., Duvall, WA – Southern Oregon)