

GNAC YEARLY AWARD WINNERS & ALL-STARS

SPECIAL AWARDS

Year	Coach-of-the-Year
2001	Julie Woodward, Seattle Rod Fretz, WOU
2002	Bobby Bruch, SPU
2003	Chuck Sekyra, SPU
2004	Chuck Sekyra, SPU
2005	Chuck Sekyra, SPU
2006	Travis Connell, WWU
2007	Chuck Sekyra, SPU
2008	Travis Connell, WWU
2009	Chuck Seykra, SPU Rob Walker, SMU
2010	Don Trentham, MSUB
2011	Chuck Seykra, SPU Michael Farrand, CWU

Year	Player-of-the-Year
2001	Nichole Sauvageau, Seattle
2002	Tafara Pulse, Seattle
2003	Tafara Pulse, Seattle
2004	Shannon Lovejoy, SPU
2005	Sarah Martinez, SPU
2006	Ashley Porter, Seattle
2007	Sarah Martinez, SPU
2008	Meredith Teague, SPU
2009	Jocelyn Charette, SPU
2010	Jill Webb, SMU
2011	Kelsey Jenkins, SPU

Year	Defensive Player of the Year
2010	Maddie Dickinson, SPU
2011	Taylor Sawyer, SPU

Year	Newcomer-of-the-Year
2001	Mariel Chandler, WOU
2002	Jordan Bieler, Seattle
2003	Heidi Jacobson, SPU
2004	Carolyn Nason, SPU
2005	Rosie Zadra, WWU
2006	None selected
2007	Jocelyn Charette, SPU
2008	Jill Jensen, SMU
2009	Rachelle Kliewer, WOU
2010	Kendall Thoreson, SPU
2011	Lindsay Bauman, WOU

Year	Freshman-of-the-Year
2001	Tafara Pulse, Seattle
2002	Shannon Lovejoy, SPU Chela Gray, WWU
2003	Kate Coppoletta, HSU Ana Gutierrez, Seattle
2004	Leah Wymer, Seattle
2005	Ellie Magdaleno, HSU
2006	Alex Kirk, Seattle Pacific Meghan Woodman, WWU
2007	Claire Morgan, WWU

2008	Melinda Ingalls, WOU
2009	Jaucelyn Richter, MSUB
2010	Kellie Zakrzewski, SPU
2011	Ryan Dopps, SPU Ashley Richardson, SMU

ALL-CONFERENCE

First Team

Four Years

Ana Gutierrez, SU	D	2003-06
Shannon Lovejoy, SPU	M	2002-05
Sarah Martinez, SPU	F	2004-07
Tafara Pulse, SU	M	2001-04

Three Years

Mariel Chandler, WOU	F	2001-03
Jenna Hunter, HSU	F	2001-03
Claire Morgan, WWU	F	2007-08,10
Alicia Patten, WWU	D	2009-11
Ashley Porter, SU	M	2005-07
Michelle Sanders, SPU	D-F	2001-02, 04
Jill (Jensen) Webb, SMU	F	2008-10
Leah Wymer, SU	F	2005-07

Two Years

Jocelyn Charette, SPU	F	2008-09
Maddie Dickinson, SPU	GK	2009-10
Amanda Font, WWU	M	2006-07
Kara Hamby, SPU	M	2005-06
Erica Hibbard, WOU	D	2005,07
Jennifer Hull, SPU	G	2003-04
Kelly Irving, WWU	M	2008-09
Kaitlyn Jackson, SU	GK	2006-07
Heidi Jacobson, SPU	F	2003,05
Kelsey Jenkins, SPU	M	2009,11
Megan Lindsay, SPU	F	2010-11
Katy McNutt, NNU	F	2004,06
Mary Mulkey, WOU	M	2002-03
Carolyn Nason, SPU	D	2005-06
Shannon Oakes, SPU	M	2007-08
Jaucelyn Richter, MSUB	F	2009,11
Nichole Sauvageau, SU	M	2001-02
Taylor Sawyer, SPU	D	2009,11
Meredith Teague, SPU	M	2007-08
Katie Warner, WWU	D	2007-08
Katie Williams, WOU	D	2002-03
Kellie Zakrzewski, SPU	F	2010-11

One Year

Shaye Anderson, WWU	G	2002
Jessica Andrews, CWU	D	2009
Jamie Arthurs, WWU	GK	2011
Lindsay Bauman, WOU	M	2011
Jordan Bieler, SU	F	2003
Samantha Boehm, MSUB	D	2010
Amy Bouska, WWU	D	2002

Lizzy Page, WWU	M	2003	Arica Slawson, CWU	F	2005-06
Amy Pate, CWU	F	2011	Marie Smith, NNU	D	2007,09
Kelsey Penn, CWU	F	2007	Sarah Staropoli, NNU	M	2010-11
Mandy Ploskonka, MSUB	M	2007	Brina Sych, WWU	D	2010-11
Ashley Porter, SU	M	2004	Meredith Teague, SPU	D-M	2005-06
Brynn Regan, WWU	D	2009	Katie Weber, WWU	M	2003-04
Ashley Richardson, SMU	F	2011	Becca Woods, SPU	D	2007,10
Jaucelyn Richter, MSUB	F	2010	Tanya Zickefoose, NNU	GK	2009,11
Danielle Ritter, MSUB	M	2007			
Bryndle Rueck, WOU	D	2007			
Brittney Sandau, MSUB	F	2007			
Taylor Sawyer, SPU	D	2010			
Marie Smith, NNU	D	2010			
Jamie Swanson, NNU	D	2001			
Katie Taylor, SPU	D	2008			
Monique Thees, WOU	D	2008			
Jeanie Thompsen, WOU	F	2001			
Shauna Voss, NNU	G	2003			
Katie Warner, WWU	D	2006			
Katie Weber, WWU	M	2005			
Amy Weberg, WOU	F	2006			
Mary Wellnitz, WWU	M	2001			
Katie Williams, WOU	D	2001			
Jasmine Wilson, SU	M	2007			
Brenda Zittel, SU	D	2003			

Honorable Mention

Four Years

Naomi Shimabuku, WOU M,D 2007-09,10

Three Years

Jessie Cahill, NNU D 2008,10-11
Liz Gross, NNU D 2007,09-10
Stephanie Janigo, WWU M 2007-09
Maggie Kuzmer, WOU M-D 2006-08
Aubrey Metzger, NNU F 2001-03
Michelle Phillips, CWU D 2003,05-06

Two Years

Maryann Boddy, SU M 2005,07
Cayla Dixon, SMU D 2008,10
Kayci Donatelli, SMU M 2007-08
Ellie Eckroth, CWU M 2009-10
Ashley Engel, SMU GK 2008-09
Michelle Everson, SPU D 2003-04
LeRin Farrison, SPU M 2001-02
Hillary Franks, CWU D 2008-09
Andrea Gutierrez, SU M 2001,03
Jessica Hewins, HSU M 2004-05
Stephanie Holt, WWU F 2002-03
Hilary Hughes, NNU M 2005,07
Cori Juba, WOU M 2002-03
Stephanie Kerns, SU M 2002-03
Jennifer Larsen, MSUB F, D 2009,10
Amanda Merrell, NNU G 2004-05
Lizzy Page, WWU M 2004-05
Mickey Pelland, SU D-M 2006-07
Brynn Regan, WWU D 2007-08
Brittney Rigtrup, WOU GK 2009-11
Nicole Ruiz, SPU D 2002-03
Staci Self, HSU G 2003-04

One Year

Gabby Ahmadi, HSU F 2001
Lauren Anderson, MSUB D 2010
Marina Austin, WOU F 2011
Brandie Bajema, WWU D 2001
Jenny Baker, SMU M 2009
Michelle Beattie, CWU M 2004
Corrina Becker-Wayman, HSU M 2001
Stacey Beckman, NNU F 2008
Ashley Biral, SMU F 2007
Samantha Boehm, MSUB D 2009
Amy Bouska, WWU D 2004
Hannah Bridges, CWU M 2008
McKenzie Brongil, CWU D 2003
Jen Burns, SPU G 2005
Katie Butler, NNU D 2011
Karen Camilli, HSU F 2005
Molly Campbell, SMU D 2011
Shelly Campbell, CWU M 2003
Whitney Caron, CWU F 2001
Megan Chapin, WWU F 2011
Jocelyn Charette, SPU F 2007
Shawna Chastain, CWU D 2007
April Coffin, SFU M 2010
Madison Collins, SU D 2005
Katie Coppoletta, HSU M 2004
Kim Cooper, WWU M 2011
Kitty Crotty, SU D 2003
Hilary Davidson, CWU F 2007
Kara Davis, WWU G 2001
Charissa Dehnert, CWU D 2001
JoElle DeLeon, WOU M 2011
Christie DeMond, WWU M 2002
Mykenzie Deverell, MSUB D 2008
Sasha Dini, SMU M 2011
Meira Dinsmore, HSU M 2002
Riley Dopps, SPU M 2011
Amber Easterbrook, CWU GK 2009
Kate Edstrom, SU D 2006
Kari Foreman, MSUB M 2009
Jenny Field, NNU F 2011
Emily Frankland, WWU F 2009
Brittany Franks, CWU F 2011
Kelly Gagne, WWU F 2005
Allison Gamberg, MSUB F 2008
Jess Gertsman, SPU D 2006
Juliana Goldstein, HSU D 2002
Janae Godoy, SPU M 2007
Kelsye Gomula, HSU D 2004
Danielle Gordon, MSUB GK 2011
Sabrina Grandke-Bawan, MSUB GK 2010
Chela Gray, WWU F 2003
Krista Graybill, CWU M 2002

Josie Graybeal, SPU	D	2011
Heidi Greenback, MSUB	F	2010
Sara Gress, MSUB	D	2007
Trisha Halvorson, SMU	M	2007
Savanna Hanson, SPU	M	2008
Heather Hartstein, SU	F	2001
Samantha Hubbard, SPU	M	2005
Randi Hufford, NNU	M	2001
Jennifer Hull, SPU	G	2001
Kaycie Hutchins, CWU	M	2007
Kelly Hyde, HSU	M	2001
Morgan Ingersoll, NNU	D	2007
Kelly Irving, WWU	M	2007
Heidi Jacobson, SPU	M	2004
Mandi Johnson, NNU	M	2004
Kristen Kastelic, MSUB	M	2011
Jamie Kellett, NNU	M	2003
Libby Kimmett, HSU	D	2003
Emily Kintscher, HSU	M	2002
Brittany Langdon, SPU	M	2011
Katie Lax, SU	D	2001
Lindsay Leeder, SU	D	2001
Jessica Lemmon, SU	D	2001
Lesa Lewis, HSU	M	2003
Chelsea Libby, MSUB	F	2009
Megan Lienhard, SPU	F	2003
Kate Lim, SPU	D	2001
Tricia Loomis, SPU	M	2005
Taylor Lundquist, SPU	D	2009
Macey McGovert, NNU	M	2009
Amy McMenamin, WOU	D	2004
Maria Madeira, SU	D	2007
Ellie Magdaleno, HSU	M	2005
Shelby Marcell, WWU	D	2007
Lia Marining, SFU	F	2010
Ali Martin, SPU	F	2011
Hanna Masee, SMU	F	2011
Elizabeth Medford, CWU	F	2001
Sarah Melby, SPU	M	2003
Kristi Metzger, NNU	F	2005
Ally Meyer, WOU	GK	2006
Lucy Miller, WWU	F	2008
Lindsay Mitchell, CWU	F	2006
Claire Morgan, WWU	F	2009
Jayne Mottram, NNU	D	2001
Mary Mulkey, WOU	M	2001
Moani Mundo, WOU	G	2003
Lisa Munyon, WOU	M	2005
Carolyn Nason, SPU	D	2004
Amanda Nelson, WOU	G	2005
Ashley Nelson, CWU	D	2002
Shannon Oakes, SPU	M	2005
Chelsy Okuma, WOU	M	2009
Erin Ota, WOU	F	2001
Amy Pate, CWU	F	2010
Hillary Peadon, WWU	D	2001
Mandy Ploskonka, MSUB	M	2008
Jesslyn Rahm, SPU	GK	2007
Lacey Rasmussen, NNU	F	2001
Holly Ready, WWU	F	2001
Jessica Sabado, WWU	M	2003
Samantha Sandau, MSUB	F	2007

Emily Schifferling, SU	G	2002
Emily Schrepple, NNU	M	2001
Katy Sebens, WWU	F	2004
Lydia Shannon, WOU	F	2002
Molly Shannon, WWU	F	2010
Whitney Siler, MSUB	D	2011
Cassy Smith, SU	F	2006
Julianne Steele, NNU	M	2010
Kayla Stiegemeier, SPU	F	2006
Carlee Stinton, NNU	D	2006
Monique Thees, WOU	D	2011
Jackie Thomas, WWU	M	2010
Jeanie Thomsen, WOU	M	2002
Kendra Thoren, NNU	D	2002
Kendall Thoreson, SPU	M	2010
Kerri Tygart, NNU	F	2003
Shauna Voss, NNU	G	2002
Katie Warner, WWU	D	2005
Allie Washburn, CWU	D	2010
Amy Weberg, WOU	F	2005
Elissa White, HSU	D	2004
Shanna White, SMU	D	2010
Kristin Whitlock, WWU	M	2002
Jasmine Wilson, SU	M	2005
Maureen Wishkoski, SU	D	2004
Kym Witmer, WOU	F	2011
Chrissy Wohl, WWU	D	2003
Janie Wurth, SPU	D	2010
Leah Wymer, SU	F	2004
Autumn Yturbe, NNU	F	2011
Brenda Zittel, SU	D	2002

ALL-REGION

NSCAA

First Team

Three Years

Ana Gutierrez, SU	D	2004-06
Shannon Lovejoy, SPU	M	2003-05
Sarah Martinez, SPU	F	2005-07
Carolyn Nason, SPU	D	2004-06
Tafara Pulse, SU	M	2002-04
Leah Wymer, SU	F	2005-07

Two Years

Jocelyn Charette, SPU	F	2008-09
Kara Hamby, SPU	M	2006-07
Jennifer Hull, SPU	G	2003-04
Kelsey Jenkins, SPU	M	2010-11
Megan Lindsey, SPU	F	2010-11
Shannon Oakes, SPU	M	2007-08
Ashley Porter, SU	M	2006-07
Taylor Sawyer, SPU	D	2009-10
Meredith Teague, SPU	M	2007-08

One Year

Kylie Broadbent, WWU	GK	2008
Kia Crotty, SU	D	2004
Madison Collins, SU	D	2007
Jane Goday, SPU	M	2009

Josie Graybeal, SPU	D	2011
Claire Grubbs, SPU	D	2007
Michelle Everson, SPU	D	2004
Heidi Jacobson, SPU	F	2005
Amanda Johnson, SPU	F	2008
Sarah Melby, SPU	M	2004
Claire Morgan, WWU	F	2008
Moani Mundo, WOU	G	2002
Jesslyn Rahm, SPU	G	2007
Jaucelyn Richter, MSUB	F	2011
Brittney Sandau, MSUB	F	2007
Michelle Sanders, SPU	F	2004
Katie Warner, WWU	D	2008
Katie Weber, WWU	M	2006

Second Team

Two Years

Amanda Font, WWU	M	2006-07
Clare Grubbs, SPU	D	2006,08
Kelly Irving, WWU	M	2008-09

One Year

Jamie Arthurs, WWU	GK	2011
Samantha Boehm, MSUB	D	2010
Maryann Boddy, SU	M	2006
Amy Bouska, WWU	D	2002
Kylie Broadbent, WWU	GK	2009
Erin Casey, WWU	D	2004
Ana Gutierrez, SU	M	2003
Katie Edstrom, SU	D	2007
Michelle Everson, SPU	D	2005
Teresa Fish, WWU	G	2005
Kara Hamby, SPU	M	2005
Jenna Hunter, HSU	F	2003
Kaitlyn Jackson, SU	GK	2006
Alex Kirk, SPU	F	2006
Jennifer Larsen, MSUB	D	2011
Lesia Lewis, HSU	M	2004
Carson McKole, CWU	F	2011
Katy McNutt, NNU	F	2004
Justina MacDowell, WWU	M	2011
Sarah Martinez, SPU	F	2004
Claire Morgan, WWU	F	2010
Mary Mulkey, WOU	M	2002
Alicia Patten, WWU	D	2011
Ashley Porter, SU	M	2005
Jaucelyn Richter, MSUB	F	2010
Nicole Sauvageau, SU	M	2002
Emily Warman, WWU	D	2011
Katie Warner, WWU	D	2007
Katie Williams, WOU	D	2002
Meghan Woodman, WWU	D	2006
Rose Zadra, WWU	F	2005
Kellie Zakrzewski, SPU	F	2011

Third Team

Two Years

Maddie Dickinson, SPU	GK	2009-10
Alicia Patten, WWU	D	2009-10

One Year

Kari Foreman, MSUB	M	2010
Hilary Franks, CWU	D	2011
Heidi Greenback, MSUB	F	2011
Kelsey Jenkins, SPU	M	2009
Amanda Johnson, SPU	F	2009
Amy Pate, CWU	F	2011
Carly Valentine, MSUB	M	2010
Whitney Siler, MSUB	D	2011
Jill Webb, SMU	F	2010
Kelly Zakrzewski, SPU	F	2010

Coach-of-the-Year

Julie Woodward, SU	2004
Chuck Sekyra, SPU	2005
Chuck Sekyra, SPU	2007

DAKTRONICS

First Team

Three Years

Taylor Sawyer, SPU	D	2009-11
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Two Years

Claire Grubbs, SPU	D	2006,08
Kelsey Jenkins, SPU	M	2009,11
Sarah Martinez, SPU	F	2006-07
Meredith Teague, SPU	M	2007-08
Jill Jensen Webb, SMU	F	2008,10

One Year

Jocelyn Charette, SPU	F	2009
Madison Collins, SU	D	2007
Maddie Dickinson, SPU	GK	2010
Ana Gutierrez, SU	D	2006
Megan Lindsay, SPU	F	2011
Carolyn Nason, SPU	D	2006
Shannon Oakes, SPU	M	2008
Ashley Porter, SU	M	2006
Jaucelyn Richter, MSUB	F	2011
Meghan Woodman, WWU	D	2006
Katie Warner, WWU	D	2008
Leah Wymer, SU	F	2007

Second Team

Three Years

Alicia Patten, WWU	D	2009-11
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Two Years

Kari Foreman, MSUB	M	2009-10
Kara Hamby, SPU	M	2006-07
Kelly Irving, WWU	M	2008-09
Claire Morgan, WWU	F	2007-08

One Year

Jamie Arthurs, WWU	GK	2011
Abby Bennett, MSUB	D	2007
Keyloe Broadbent, WWU	GK	2008
Jocelyn Charette, SPU	F	2008
Maddie Dickinson, SPU	GK	2009

Megan Lindsey, SPU	F	2010
Shannon Oakes, SPU	M	2007
Ashley Porter, SU	M	2007
Jesslyn Rahm, SPU	GK	2007
Bryan Regan, WWU	D	2009
Katie Warner, WWU	D	2007
Jill Webb, SMU	F	2009
Katie Weber, WWU	M	2006
Leah Wymer, SU	F	2006

Player-of-the-Year

Sarah Martinez, SPU	F	2007
Meredith Teague, SPU	M	2008

CoSIDA (Academic)

First Team

Three Years

Claire Grubbs, SPU	D	2006-08
Ashley Porter, SU	MF	2005-07

Two Years

Ana Gutierrez, SU	D	2005-06
Jennifer Hull, SPU	GK	2003-04
Kelsey Jenkins, SPU	M	2009,11
Katy McNutt, NNU	F	2006-07
Mary Mulkey, WOU	MF	2001-02
Tafara Pulse, SU	MF	2003-04
Michelle Sanders, SPU	F	2003-04

One Year

Melissa Carlson, MSUB	MF	2008
Mariel Chandler, WOU	F	2002
Kia Crotty, SU	D	2003
Kate Edstrom, SU	D	2007
Amanda Font, WWU	MF	2007
Jessica Henson, SPU	MF	2004
Kaitlyn Jackson, SU	GK	2006
Heidi Jacobson, SPU	F	2005
Kelsey Jenkins, SPU	M	2011
Jennifer Larsen, MSUB	D	2011
Katy Mak, SU	F	2004
Mickey Pelland, SU	D	2007
Amanda Peters, NNU	GK	2007
Nichole Sauvageau, SU	MF	2002
Allison Teague, SPU	MF	2005
Jeanie Thomsen, WOU	F	2003
Maureen Wishkoski, SU	D	2004

Second Team

Two Years

Sarah Melby, SPU	MF	2003-04
Kelly Stewart, SU	GK	2003-04

One Year

Aly Benes, SFU	F	2010
Kylie Broadbent, WWU	GK	2008
Mariel Chandler, WOU	MF	2003
Jocelyn Charette, SPU	F	2009
Kia Crotty, SU	D	2004

Amanda Font, WWU	MF	2006
Katie Lim, SPU	D	2003
Amanda Merrell, NNU	GK	2006
Aubrey Metzger, NNU	F	2002
Brianna Murphy, SPU	D	2003
Shannon Oakes, SPU	M	2008
Tafara Pulse, SU	MF	2002
Sarah Queen, WOU	MF	2002
Michelle Sanders, SPU	F	2002
Cassy Smith, SU	F	2006
Katie Taylor, SPU	D	2008
Mollie Taylor, SPU	D	2006
Allison Teague, SPU	MF	2003
Kendra Thoren, NNU	D	2002
Janie Wurth, SPU	D	2010

Third Team

One Year

Samantha Boehm, MSUB	D	2009
Kelsey Jenkins, SPU	M	2010

ALL-AMERICAN

NSCAA

First Team

Claire Grubbs, SPU	D	2007
Kara Hamby, SPU	M	2007
Heidi Jacobson, SPU	F	2005
*Shannon Lovejoy, SPU	M	2004
Sarah Martinez, SPU	F	2007
Ashley Porter, SU	M	2006
*Meredith Teague, SPU	M	2008
Katie Warner, WWU	D	2008
*National Player-of-the-Year		

Second Team

Jocelyn Charette, SPU	F	2009
Jennifer Hull, SPU	G	2004
Megan Lindsey, SPU	F	2010
Shannon Lovejoy, SPU	M	2003
Sarah Martinez, SPU	F	2005
Shannon Oakes, SPU	M	2008
Taylor Sawyer, SPU	D	2010
Leah Wymer, SU	F	2007

Third Team

Michelle Everson, SPU	D	2004
Ana Gutierrez, SU	D	2006
Jennifer Hull, SPU	G	2003
Megan Lindsey, SPU	F	2011

DAKTRONICS

Second Team

Claire Grubbs, SPU	D	2007-08
Sarah Martinez, SPU	F	2007
Ashley Porter, SU	M	2006
Taylor Sawyer, SPU	D	2011
Meredith Teague, SPU	M	2008

Third Team

Kelsey Jenkins, SPU	M	2011
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Honorable Mention

Jocelyn Charette, SPU	F	2009
Maddie Dickinson, SPU	GK	2010
Megan Lindsey, SPU	F	2011
Taylor Sawyer, SPU	D	2009

CoSIDA (Academic)**First Team**

Jennifer Hull, SPU	GK	2004
Ana Gutierrez, SU	D	2006
Claire Grubb, SPU	D	2008

Second Team

Ashley Porter, SU	MF	2006-07
Tafara Pulse, SU	MF	2003

Third Team

Katie McNutt, NNU	F	2007
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