

2010 Recruits

Central Washington

Seven Prep Players Sign With Central Washington (3/9/10)

Seven high school seniors from the state of Washington have signed National Letters of Intent to continue their soccer careers at Central Washington University.

Joining the Wildcats for the 2010 season are Kori Butterfield (Duvall, Wash./Cedarcrest HS), Caitlin Calnan (Olympia, Wash./Tumwater HS), Tarah Duty (Black Diamond, Wash./Tahoma HS), Ashlyn Keller (Yakima, Wash./Eisenhower HS), Rebecca Lane (Montesano, Wash.), Mackenzie Meyers (Covington, Wash./Kentwood HS), and Kaylee Osterman (Maple Valley, Wash./Tahoma HS).

"We have found girls who have either played in systems similar to ours, have played together for a long time, or have ties to Central through their coaches," CWU coach Michael Farrand said. "This year's class emphasizes the model of finding girls that fit us technically and athletically, from programs similar to us, and of girls who can come in and compete right away, and all (seven) share those attributes."

Three of the Wildcats' signees have been teammates on the same club team, the FC Marauders, including Tarah Duty and Kaylee Osterman, who were also prep teammates at Tahoma High School.

Mackenzie Meyers, who attends Kentwood High School, was a club teammate of the Tahoma duo for FC Marauders. All three were all-South Puget Sound League 4A team selections, with Duty and Osterman leading the Bears to the SPSL North championship as seniors.

Duty added honorable mention all-state honors, while Osterman was the league's leading scorer in 2009. Meyers helped lead Kentwood to a third-place finish in the 4A state tournament this past season.

"We had a chance to watch Tahoma in the state quarterfinals, and we're really pleased of the progress that both players (Duty and Osterman) have made from one year to the next," Farrand said.

"Duty is a left-footed defender who passes well, and the new coach at Tahoma did a good job taking that team to another level among state competition. Osterman is a midfielder/forward who is very athletic and physically strong. She brings a tremendous work rate and desire to get better within our program.

"Meyers is another central midfielder who plays for a successful program at Kentwood. She is fairly fast, and should be a good technical player for us. We are hoping she can challenge for a spot at outside midfielder position."

Two other signees were also club teammates as Rebecca Lane and Caitlin Calnan have played together on the Black Hills

Soccer Club, which is directed by CWU alum Dave Cross. Lane, who attends Montesano High School, was a three-time Evergreen Conference Defensive Player of the Year, while Calnan was twice a first-team all-Evergreen Conference selection while helping Tumwater to four consecutive conference titles.

"We had a chance to catch both players later in the (recruiting) process than normal," Farrand said. "We are excited about their work ethic and their desire to be a part of Central soccer. Lane is going to have a chance to play as a defensive midfielder.

"She is very physical, a good technical player, and at 5-foot-8, she has good height at middle of the field. Calnan can play either as a midfielder or an outside back. She has good speed, is a good passer, and I will be anxious to see where she fits into our program."

Kori Butterfield, a goalkeeper, was a prep teammate of three-year Wildcat starter Amanda Biggs at Cedarcrest during Butterfield's freshman season. She earned second-team all-Cascade Conference accolades during her junior season with the Red Wolves.

"We were fortunate to see Cedarcrest's playoff game during (Amanda) Biggs' senior year, and Kori played in their run to the championship game as a freshman," Farrand said.

"We have followed her career extensively ever since and we're really excited to have her. She brings us a bit more height in goal, and the ability to make more reaction saves. We are hopeful she will come in and compete right away and have positive impact on our program."

The Wildcats also signed a local standout to join the program in 2010 in the person of Ashlyn Keller from Eisenhower High School in Yakima.

An outside midfielder, Keller has played for the Cadets at the high school level, with the Sun City Striker Club, and is now currently playing club soccer for the Three Rivers Fusion. She was a first-team all-Columbia Basin Big Nine League choice as a senior, totaling 14 goals and 12 assists in league play this past fall.

Montana State Billings

Yellowjackets Add Two Junior College Players To Recruiting Class (4/27/10)

Two junior college transfers have signed to play soccer for Montana State University Billings. Tyshae Davis played the last two seasons at Treasure Valley, while Amanda Brusic previously played at Walla Walla CC.

"I'm excited to add two transfers to our squad," Trentham said. "They bring additional depth and experience to an already deep and experienced team."

Davis, a native of Idaho Falls, Idaho, played both women's soccer and competed in track at Treasure Valley. She earned NWAACC All-Academic honors, including the NWAACC Academic Leadership Award. She also was an NWAACC

All-Region selection and a team captain in 2009. Academically, she made the Dean's List in 2008 and 2009.

"Tyshae is a good athlete who also is very versatile as a player," Trentham said. "I see her being able to play as a center mid, outside back or outside forward. It is nice to have a player who gives a coach several options."

Davis graduated from Bonneville High School where she lettered all four years in soccer, three in track and one in cross country. As a senior, she was a first team all-conference selection as she led the team with 14 assists and was second in goals with six.

She was a first team all-conference selection as a junior and honorable mention as a sophomore. In addition, she helped lead her relay team to a third and fifth place finish at state, respectively, her freshman year in the 4X400 and 4X100 meters.

Brusic was a 2008 NWAACC All-Conference selection at Walla Walla and helped lead her team to its first NWAACC title in 2009. She also was named all-region.

"Amanda comes to us from a very good Walla Walla Community College program," Trentham said. "With her experience, technical ability and vision on the ball, I believe she has the opportunity to compete immediately for time in the center of the park."

She prepped at West Valley High School in Yakima, Wash., where she helped lead her team to state all four years, including a runner-up finish in 2004 and a fourth place finish in 2007.

While in high school, Brusic earned first team all-conference honors in 2004 and 2005 as a forward, and all-state honors both years. She earned the Coaches Award in 2006 and 2007, as well as second team all-league honors both seasons.

Yellowjackets Sign Seven For 2010 Team (2/5/10)

Seven soccer players have signed to play for Montana State Billings this fall. Among the seven are Sabrina Grandke-Bawab, Heidi Greenback, Agen Heffernan, Jaclyn Hill, Danica Johnson, Aspen, Riley and Whitney Siler.

"I am excited about the seven new additions to the Yellowjacket soccer family," MSUB coach Don Trentham said. "There is a little bit of everything with this class and I look forward to watching what they will accomplish over the next four years in our program."

Grandke-Bawab, is a 5-7 goalkeeper from Kirkland, Wash., where she prepped at Juanita High School. Grandke-Bawab lettered in soccer for three years and track & field for two and was named to the King County 3A first team in 2009.

She helped lead her team to the King County Tournament championship in 2009 and her team was the King County Team of the Year. "Sabrina is a talented and gifted goalkeeper," Trentham said. "She is a solid athlete and has a

commanding presence in the box."

Greenback prepped at Woodinville High School in Woodinville, Wash. The 5-8 forward/center midfielder lettered for three years in soccer and earned numerous awards. She earned first team All-King County honors in 2009 and honorable mention honors in 2007. She was a second team selection in 2008.

As a senior, she scored three goals and four assists and helped her team to a third place finish at state in 2007 and a second place finish in 2008.

"I see Heidi as a versatile player, which will give me the option of using her in several different positions during her career," Trentham said. "She could play as a target up top and be dangerous around the box or be a holding midfielder and lock down our midfield defensively."

The third recruit from Washington for Trentham hails from Shoreline, where she attended Shorecrest High School. Heffernan is a 5-0 defender who lettered all four years in soccer and three in track. She earned WESCO South honorable mention honors in 2008 and 2009, and was named the Hardest Worker in 2008 and 2009. She also was a team captain in 2009.

In her high school career, Heffernan scored 14 goals with 16 assists and helped lead her team to the state district finals in 2006 and a fourth place at state in 2009.

"Agen is the player every coach loves to work with," Trentham said. "She consistently works hard, whether in training or a game, is determined to succeed and has a great passion for the game."

Hill, a Boise, Idaho, native, prepped at Borah High School where lettered three years in soccer and one in track. She was named to the 5A SIC All-Star Team in 2009 and was named Most Dependable Player her senior year. In addition, as a senior she was a team captain.

As a senior, Hill scored six goals with five assists in helping her team to the district playoffs all three years. "Jackie does a great job of always being involved in every play on the field," Trentham said. "She will put in a tackle in the center of the park, set up a pass for a goal, and despite her size she finds a way to win a lot of headers."

Bozeman, native, Johnson attended Bozeman High School where she lettered for two years in soccer and helped lead her team to the state championship in 2008 and a runner-up finish in 2009.

"Danica will bring a lot to our midfield next fall," Trentham said. "She is a very technical player, has great vision when on the ball and can be dangerous on set pieces."

The second goalkeeper recruit, Riley, hails from Olympia, Wash., where she attended Olympia High School. "Aspen is an outstanding goalkeeper, and in my opinion still has a lot of upside to her game," Trentham said. "At 5-10, she brings good height to the position which allows her to make a lot of saves others can't. "

Whitney Siler, a 5-9 central defender/defensive midfielder, hails from Monroe, Wash. She lettered in soccer for three years and was a first team all-WESCO Conference selection, in addition to being named to the second team all-area.

As a senior, Siler scored two goals with four assists helping her team to the quarterfinals of state. "Whitney is a true competitor in every sense of the word," Trentham added. "She is a solid defender who reads the game well and is not afraid to put in a good strong tackle. In addition, she is good in the air and also a threat on set pieces."

Northwest Nazarene

Crusaders Sign Nine To National Letters (2/5/10)

Nine high school seniors have signed National Letters-of-Intent to attend Northwest Nazarene University and play soccer for the Crusaders this fall.

Leading out the 2010 class is a trio of local athletes from the Treasure Valley. Jenny Field comes to NNU from Nampa, Idaho, where she is currently a senior at Skyview High School.

A four-year varsity standout, Jenny has helped lead her team to the 4A Idaho State Soccer Tournament Final Four in each of her four years, finishing as state runner up in both 2008 and 2009. In her final two years at Skyview Jenny tallied a total of 46 goals and 27 assists, serving as a captain both years.

Her senior season she earned first team all-conference honors and was named the Most Valuable Player of the Skyview High School team. In addition to her high school pursuits, Jenny currently plays club soccer for the Boise Capitals Soccer Club U18 Premier team, having also played for the Boise Nationals Soccer Club and Kaos FC over the past 4 years.

Bringing more local talent to the class is Rachel Hendershott, a senior attending Meridian Medical Arts Charter High School and playing her high school soccer for Meridian High School.

Playing as a midfielder and a forward her junior year, Rachel led her team in assists and was third in goals scored for her team. As a senior this past season she took on a key defensive role as a captain and was named the Defensive Player-of-the-Year for Meridian High School.

Rachel's club soccer experience also includes the Boise Nationals Soccer Club and her current team the Boise Capitals Soccer Club. With the Nationals, Rachel was a 2008 State Cup Finalist and finished third in the 2009 State Cup.

The third signee from Idaho is Monique Ray, who comes to NNU from Middleton High School in the Treasure Valley. A four-year varsity member of the Middleton team, Monique has been the starting goalkeeper for the Vikings for the previous three seasons.

Named the Freshman-of-the-Year in 2006, Monique went on to captain her team in 2008 and 2009, also being named to the 4A Idaho All-State team both of those years. Monique's club

experience includes a year with the Boise Capitals Soccer Club, as well as playing this past season at the premier level with the Boise Nationals Soccer Club.

Coming to NNU from Tacoma, Wash., Celina Mortensen will be graduating from Franklin Pierce High School this June. A four-sport athlete at Franklin Pierce, Celina has competed in soccer, basketball, and track in addition to being the starting kicker for her high school's football team in 2008.

A four-year starter at Franklin Pierce, Celina has also been a four-year Washington 3A South Puget Sound League all-league selection as both a midfielder and a forward. Named Best Offensive Player for Franklin Pierce as a freshman, Celina capped off her high school career by being named the Most Valuable Player in 2009.

Celina plays club soccer for Federal Way United Reign in the Washington State Premier League where she plays predominantly as a midfielder and a forward.

Janelle Davis comes to NNU from Snohomish, Wash., where she attends Monroe High School and has been a four-year member of their varsity soccer program as both a center and outside back. Her senior season Janelle helped lead her team to a first-place finish in division as Monroe placed first in the WESCO North for 4A and ultimately finished eighth in the Washington state quarterfinals.

She was honored as a first team selection all-WESCO North for her efforts. Janelle plays club soccer for Northwest Nationals Soccer Club in the Washington State Premier League, where she plays as both a back and a midfielder.

Janelle and her teammates were Surf Cup semifinalists, Pleasanton Rage finalists, and Washington State Cup finalists in 2007, en route to winning the Washington State Championship in 2008 at the Premier 1 level and going on to the Region IV regional championships the same year.

Also from the greater Seattle area, Courtney Lewandowski will be coming to NNU from the town of Seabeck where she graduates from Klahowya Secondary School this June. A four-year varsity athlete and team captain for Klahowya this past season, Courtney currently plays predominantly as a forward, but also brings experience as both a center back and a midfielder with her to NNU, having earned All-Kitsap County honors following her junior season as a defender for Klahowya.

Courtney plays club soccer for Harbor FC 92, a Premier 1 team competing in the Washington State Premier League. Accomplishments with her team include being Tyee Cup champions, Starfire Labor Day Cup champions, San Diego Open Cup champions in 2008 and advancing to the Albion Cup semifinals in 2009.

Julianne Steele is from Brush Prairie, Wash., where she attends Hockinson High School. A four-year varsity soccer player at Hockinson, Julianne has helped lead her team to four GSHL League Championships, three District 4 Championships, and four back to back state tournament appearances.

A three-time all-league selection, she was named first team all-league and honorable mention all-state her senior season. Active as an attacking player in both the midfield and as a forward, Julianne plays club soccer for FC Vancouver Liberty in the Washington State Premier League.

Finishing second in Washington's P-1 Division in 2007, her team went on to the semifinal round of the 2008 US Club Soccer Regionals, and in 2009 were semifinalists in the Washington State Youth Soccer Association Championships.

A four-year varsity standout at Selah High School (Wash.), Monik Martinez will be joining former high school teammate Kendra Courcy, who is currently in her junior year playing for the Crusaders. Monik made a clear impact playing at Selah, earning second team all-league honors her sophomore year, first-team honors following her junior year, and capping her career off as 2009 League MVP for the Central Washington Athletic Conference and selection to the Washington All-State team her senior season.

A very active presence in the midfield, she led her team in assists for the past three seasons. Monik's club experience includes playing for Three Rivers United Soccer Club, the Yakima Reds, and most recently the Sun City Strikers. In addition to her club and high school experience Monik has also been a two-time National ODP Camp selection.

Rounding out the 2010 class is Michelle Huttema, a senior from Everson, Wash. Michelle will be graduating from Cornerstone Christian High School in Lynden this June. Due to the fact that Cornerstone does not have a soccer program, Michelle has played her prep soccer for Nooksack Valley High School in Everson where she competes in the Northwest Conference of WIAA District 1.

Predominantly a midfielder, Michelle earned Northwest Conference honors both her junior and senior seasons, being named Offensive MVP for Nooksack her junior year. Her senior season she was selected as a captain and also earned the distinction of being named Most Valuable Player for her team.

"Our 2010 class brings both a great level of talent and a significant amount of much needed depth to our program," NNU coach Jamie Lindvall said. "This is one of the largest recruiting classes we've had in some time and I'm really excited about what each of these girls add to our program and our team dynamic.

"They come in with great club and high school experience and bring a level of technical ability and tactical understanding that I think will be key to our success as a program over the next several years. As we continue to build our program this group joins an outstanding collection of returning players here at NNU."

Western Washington

Seven Including Three All-State Forwards Sign NLI's With Vikings (2/8/10)

Seven players, including three forwards who were first-team all-state selections, have signed National Letters of Intent to play women's soccer at Western Washington University.

"These players will help us in every position as we have goalkeepers, defenders, midfielders and forwards coming in that will provide a spark to our stellar returning players," said WWU coach Travis Connell. "The current players and coaches are excited about the future when we see a recruiting class of this caliber commit to attend our school and play for our program."

The three all-state picks are Brina Sych of Union High School in Vancouver, Kristin Maris of Issaquah, and Anna Geldenhuys of Sammamish High School in Bellevue.

Maris was the Class 4A Washington State Player of the Year, notching 21 goals and 10 assists as Issaquah reached the state championship game. Sych and Geldenhuys were both Class 3A first-team all-state picks. Sych had 15 goals, and Geldenhuys had 17 goals and seven assists.

Also signing NLI's were defender Kristen Brown from White River High School in Buckley, midfielder Cheyenne Smith from Edmonds-Woodway High School in Edmonds, and defenders Melissa Hunsacker and Kiva Stevens, both of Columbia River High School in Vancouver, which won the Class 3A state championship last fall.

Brown has missed the last two high school seasons with injuries, but has spent four years in the state Olympic Development Program. Smith was a four-year starter at Edmonds-Woodway, earning second-team all-league honors as a senior. Hunsacker was a second-team all-league pick on Columbia River's state championship squad. Stevens missed the season with a toe injury, but was a two-year starter, and like Brown, spent four years in the state ODP.

Completing the recruiting class are two goalkeepers who have signed official offers of admission - Kayla Beer of Jackson High School in Mill Creek, and Ashley Haden from Hockinson High School in Brush Prairie. Haden's older sister, Keller, is a defender for Western.

"We are always looking for special players that have the character to overcome adversity, the unselfishness to put the team first and the competitiveness to drive them to be their best," said Connell. "This class is overflowing with these characteristics. They are going to make an immediate impact on our program."

Kayla Beer, Goalkeeper, Freshman, 5-4, 17, 8/12/92, Mill Creek, Wash.

Honorable mention all-Western Conference South Division choice as senior at Jackson High School . Most Improved award winner for Timberwolves, helping them to quarterfinals of Class 4A state playoffs . Played on teams that won three division championships and reached state semifinals as junior . Started two years and lettered three.

Kristen Brown, Defender, Freshman, 5-10, 17, 5/25/92, Buckley, Wash.

Sat out junior and senior years at White River High School because of ACL tears . First-team all-South Puget Sound League 3A selection as sophomore . Helped Hornets register nine shutouts that season . Started and lettered one year . Participated in state level of Olympic Development Program state for four years and regional level one.

Anna Geldenhuys (pronounced Gelden-hays), Forward, Freshman, 5-7, 17, 3/27/92, Bellevue , Wash.

First-team Class 3A all-State choice and Kingco Conference 3A Player of the Year as senior at Sammamish High School . Helped Totems to first round of state playoffs, placing second among league leaders in scoring with 17 goals and seven assists . First-team all-league and all-state as junior, helping squad to league title and state quarterfinals . Led league in scoring with 22 goals and eight assists . Second-team all-league as sophomore and honorable mention as freshman . Started and lettered four years . Also earned one letter in badminton.

Ashley Haden (pronounced HAY-den), Goalkeeper, Freshman, 5-8, 17, 8/25/92, Brush Prairie, Wash.

Second-team Class 2A all-State selection and Greater St. Helens League Defensive MVP as senior at Hockinson High School . Team co-captain on 12-1-0 team that won league and district titles and reached first round of state playoffs for fourth straight year . Received all-state honorable mention as sophomore and junior, playing on squads that won league and district titles and reached first round at state . Four-time, first-team all-league choice . Started and lettered four years on teams that posted overall record of 57-13-4 with goals against average of 0.46 . Also earned two letters in basketball, winning league championship and going to state as junior, and one in softball . Played club soccer for FC Vancouver Justice for seven years, being state champion and reaching West Regional quarterfinals in 2005, with goals against average of 0.50 and overall record of 232-40-36. Her grandfather, Russell, played soccer at MIT; her father, Kinard, played soccer at Northwestern University; her mother, Charmaine, competed in water polo at Stanford; and her sister, Keller, plays soccer for Western.

Melinda Hunsaker, Defender, Freshman, 5-5, 18, 1/15/92, Vancouver , Wash.

Second-team Greater St. Helens League selection as senior at Columbia River High School . Helped team to 14-3-1 record and Class 3A state championship, the Chiefs going unbeaten in last 15 games . Honorable mention all-league and team's

most improved award winner as junior on squad that reached first round of state playoffs . Started two years and lettered three.

Kristin Maris, Forward, Freshman, 5-9, 18, 11/6/91, Issaquah , Wash.

Class 4A state Player of the Year, Seattle Times all-Area and first-team Kingco Conference choice as senior at Issaquah High School . Helped Eagles win league championship and reach title game at state playoffs, losing 2-1 in a penalty kick shootout . Team captain and Offensive MVP . Scored 21 goals, one shy of school record, and had 10 assists . Had four goals in 4-0 win over Eastlake . First-team all-league as junior, scoring 15 goals, on squad that reached state quarterfinals . As sophomore, helped team to league and state championships . Started and lettered three years . Also earned one letter in basketball . Played club soccer for Eastside Red, winning U14 state title. Her sister, Lauren, played soccer at University of San Francisco .

Cheyenne Smith, Midfielder, Freshman, 5-5, 18, 9/9/91, Edmonds , Wash.

Second-team all-Western Conference South Division pick as senior at Edmonds-Woodway High School, being hampered by knee injury . Team co-captain and most inspirational award winner as junior and senior, and coaches award winner as sophomore . First-team all-league as sophomore and junior, and second-team as freshman . Started and lettered four years . Played club soccer for Northwest Nationals Nemesis, which won state title in 2008. . . Her sister, Jessica, plays soccer at University of Wyoming.

Kiva Stevens (pronounced Keeva), Defender, Freshman, 5-11, 17, 5/29/92, Vancouver , Wash.

Missed senior season at Columbia River High School because of broken toe, the Chiefs winning the Class 3A state title . As junior, played on team that reached first round of state playoffs . Started and lettered two years . Participated in state level of Olympic Development Program for four years . Her father, Baz, was and All-American swimmer Bowdoin College .

Brina Sych (pronounced BREE-nah Sitch), Midfielder, Freshman, 5-6, 17, 7/28/92, Vancouver , Wash.

First-team Class 3A all-State and Vancouver Columbian all-Area selection, and Greater St. Helens League Offensive Player of the Year as senior at Union High School . Team captain and MVP . Scored 15 goals, helping Titans to league title and first round of state playoffs . Also all-league, all-area and all-state as junior on team that won league title and reached state quarterfinals . First-team all-league as sophomore . Started and lettered three years . Also started and lettered as freshman at Evergreen High School . Four-year letter winner in track, going to state as freshman and placing fifth in 300 hurdles as junior . Participated in state level of Olympic Development Program ODP for four years . Four-time WIAA Scholar-Athlete four years . Played on 2009 Oregon state champion Tualatin Hills United Soccer Club.

2009 Soccer Recruits

Central Washington

Wildcats Sign Four Players to National Letters (2/17/09)

Four high school seniors, including three who are current club soccer teammates, have signed National Letters of Intent to continue their soccer careers at Central Washington University.

Joining the Wildcats in 2009 will be Estelle Hage (Seattle, Wash./Mount Rainier HS), Carson McKole (Oak Harbor, Wash.), Kelsy Villegas (Graham, Wash./Graham-Kapowsin HS) and Alexandria Washburn (Bremerton, Wash./Central Kitsap HS). Hage, Villegas, and Washburn have all been club teammates with Dosveedanya FC (Dos) 90.

"After having one of our largest classes in our recruiting history last year and having a great impact by that class, this year's class is smaller with four signees," CWU coach Michael Farrand said.

Central Washington signed seven players in last year's early recruiting class, and those seven combined for 42 starts and 13 goals in their freshman seasons. Farrand expects a similar immediate impact from this year's incoming recruiting class as well.

"Overall, this group is a nice complement to the group we brought in last year," Farrand explained. "We continue to be faster than many of the teams we compete against. This group should have a good impact and help us build on what we had last year and hopefully compete in the regional."

Washburn is a 5-5 defender who prepped at Central Kitsap High in Bremerton and was an all-district second team selection as a senior. She was also a team captain and three-year letter winner in soccer for the Cougars.

"We played with just four true defenders last year, so adding Allie was very important to us," Farrand said. "She is a quality player who can play within our system and play right away. She is a solid 1 v. 1 defender and a very good passer. We are very fortunate to have her join our program."

Hage, 5-3, who has played mostly as a defensive midfielder, is expected to play a central midfield position with the Wildcats. She starred at Mount Rainier High School in Des Moines, Wash., earning first-team all-Seamount League honors in each of her final two seasons.

"We are hopeful that Estelle can come in and play right away," Farrand said. "She is a very strong player in the air with good speed, and she has a bit of a bite to her. She plays well in the middle and will complement (Ellie) Eckroth in the middle."

The third of the Dos 90 recruits is Villegas, who starred at Graham-Kapowsin, where she set the Eagles' school scoring record with 28 career goals. At 5-4, the midfielder was a three-time all-South Puget Sound League 4A first-team selection while also starring in track and field.

"Kelsy has been a center midfielder whom we are looking to move outside to play along with (2008 leading scorer Kaycie) Hutchins," Farrand said. "(Kelsy) is very fast, is a solid shooter, and has already been a proven goal scorer. She will definitely add to our program with the talents she possesses."

McKole, a 5-2 forward, was a four-year starter at Oak Harbor, where she was named to the all-WesCo team as a senior. Also a two-year star in track and field, McKole has also excelled off the field with a 3.7 grade-point average.

"We are fortunate that Carson has been to camp the past two summers," Farrand explained. "She has had the opportunity to train and play with at least two of our current players, and we feel we were fortunate to be able to sign Carson because she was recruited by out-of-state schools. She is a very fast player who should be able to play early as an outside midfielder. With her speed and 1 v. 1 skills, Carson should have an immediate impact in our offense."

Montana State Billings

Goalkeeper Signs Letter With MSUB (7/9/09)

Danielle Gordon, a nationally ranked junior college goalkeeper, has signed a letter of intent with Montana State University Billings.

"Our program is very fortunate to have signed a goalkeeper of Danielle's ability this late in the recruiting process," MSUB coach Don Trentham said. "She will without a doubt be a very valuable player in our program over the next few years."

Gordon, a native of Atkins, Iowa, attended Iowa Western Community College the past two years where she ranked first nationally in 2008 in the NJCAA (National Junior College Athletic Association) with an impressive 0.203 goals against average. She only allowed two goals in 17 games and 885 minutes.

She also helped lead the team to the Iowa Community College Athletic Conference championship in 2008 with an 18-3-1 record and finished ninth nationally in the final NJCAA Top 15 poll. Gordon earned first team All-Region XI honors and was an Academic all-conference selection.

While in high school, Gordon lettered four years in soccer and was a first team all-conference selection as a senior and earned honorable mention all-state honors. She was named the team Most Valuable Player as a senior at Benton Community High School.

Yellowjackets Add Two Locals To Recruiting Class (2/24/09)

Billings natives Jaucelyn Richter and Courtney Harvey have signed national letters of intent to play soccer at Montana State Billings.

Richter, a 5-6 forward, comes to MSUB from Senior High School where she earned numerous accolades on and off the field. She helped lead the team to two state runner-up finishes her junior and senior years. As a senior, she scored 17 goals

and two assists and had a total of 46 goals in her career. She was an all-state selection in 2007 and 2008, as well as being named Offensive Most Valuable Player in 2008.

In addition to competing at Billings Senior High, Richter also plays for the Magic City Soccer Club and for the Montana Select All-Stars. Academically, Richter was outstanding as she was an Academic All-State selection all four years and is a member of National Honor Society.

"I've watched Jaucy for the last five years score some amazing goals," MSUB coach Don Trentham said. "She has a knack for finding the back of the net and I look forward to seeing her do it in a Yellowjacket uniform over the next four years."

Harvey, a 5-4 defender, also played at Billings Senior High School and helped the team to two state runner-up finishes. Harvey was an all-state selection and the Defensive Most Valuable Player as a senior. She was an honorable mention all-state selection as a junior and all-conference as well. She also plays for Magic City Soccer and Montana Select All-Stars.

She, like Richter, not only excelled on the field, but in the classroom as an Academic All-State selection as well. She is a member of the National Honor Society, Senior Advocates and carries a 3.9 grade point average.

"I am very excited Courtney chose to stay in Billings for college," Trentham said. "Her speed and tackling ability, along with her passion for defense, will be a great asset to our team."

MSUB Signs Two From Arizona, California (2/25/09)

Four players have signed National Letters of Intent to play soccer for Montana State University Billings this fall. They include Kristen Kastelic and Jennifer Larsen from Arizona along with Janae Remsberg and Jennifer Brookshire of California.

Kastelic is a 5-9 defender and attends Desert Vista High School in Phoenix where she helped lead the team to two runner-up finishes in the 5A-1 state championship. She also ran track and was a member of the 4x400 relay team that finished fourth and sixth in the state tournament.

She plays club soccer for the Mesa United '91 team that currently is ranked No. 1 in Arizona and 25th nationally by gotsport.com. She also excels in the classroom as she earned academic letters in 2006-2008. She is a member of National Honor Society and had a perfect score on her AIMS (Arizona Instrument to Measure Standards) Math portion.

"Kristen has played at a very high level with her club team and has experienced a lot of success," MSUB coach Don Trentham said. "What I like about her is she is strong, has good speed and a great work ethic. Along with these traits, she is a proven winner."

Joining Kastelic is Mesa United '91 teammate Jennifer Larsen. Larsen, a 5-4 midfielder, attends Mountain View High School in Mesa, Ariz., where she was a four year varsity

player helping lead the team to the regional championship in 2009. At Mountain View, she tallied 53 goals and 53 assists in her career and was Co-Region Player of the Year as a senior. In addition, Larsen was an all-state selection in cross country.

"Jen is probably the most versatile player in this class," Trentham said. "She is the type of player who I can put anywhere and she will get the job done. She is a true competitor in every sense of the word and can run up and down the field all day without getting tired."

The Yellowjackets will have a sibling combination again in 2009 as Janae Remsberg, younger sister of current Yellowjacket, Amy Remsberg, will join the squad. The 5-5 midfielder/defender plays at Vista High School in Vista, Calif., where she was a team captain as a senior, lettered all four years and helped lead the team to the CIF playoffs from 2005-2008.

Remsberg played mostly defense until her senior year when she moved to forward. In her career she has 10 goals and 10 assists. Academically, she was the San Diego Union Tribune Scholar Athlete from 2006-2008 and is a member of the California Scholastic Federation since 2006.

"Janae is a left defender, possibly left midfielder who will add athleticism and technical ability on our left flank," said Trentham. "It is exciting to have another Remsberg on the squad."

Ventura, Calif., native, Jennifer Brookshire is a 5-1 midfielder/defender who was a captain for Buena High School as a senior. She was a four-year varsity player and was an honorable mention all-county selection in 2008.

Brookshire plays club soccer for the Camarillo Eagles and according to Trentham, will help in the outside back and outside midfield positions next season. "She has a good work rate and understanding of the game, which will help her develop into a solid player at the college level."

MSUB returns 18 players and eight starters after finishing 10-10 last fall. Dani Ritter will return after missing 2008 with an injury. She was a starter and a second team all-conference selection in 2007.

Northwest Nazarene

NNU Signs Players From Nevada, Oregon (4/2/09)

Lauren Delameter and Erika Kristensen have signed national letters of intent to play soccer at Northwest Nazarene University.

Delameter comes to NNU from Reno, Nevada, where she is currently a senior at Damonte Ranch High School. A goalkeeper at Damonte, Lauren holds three all-time goalkeeping records for her high school accumulated in her four years as a part of the varsity program.

Lauren currently plays club soccer for the United Futbol Academy and has also been a part of the Nevada State ODP pool from 2004-2007. Additionally, she was a member of the

2007 Northern Nevada ODP Team and the 2007 Nevada State ODP team.

"Lauren brings a great set of skills as a keeper to our team this fall," says NNU coach Jamie Lindvall. "She's a great presence in the goal and I'm looking forward to seeing her make an impact in our program this fall!"

Kristensen, from Gresham High School, has been an active part of the midfield in a program that reached the Oregon 6A state tournament for each of the past four years. In addition to high school soccer, Erika has played club soccer with the Eastside United Football Club since 2003, where she is currently a member of the Eastside Aston Villa squad.

"I really like what I've seen of Erika's vision and composure as a center mid," commented Lindvall. "Her balance in the midfield and ability to distribute the ball under pressure make her a great addition to our 2009 class."

Crusaders Ink Four to National Letters (2/6/09)

Northwest Nazarene University has signed three high school seniors and one transfer student-athlete to National Letters of Intent. The four intend to play soccer for the Crusaders.

Autumn Yturbe comes to NNU from Buhl, Idaho. A forward for the Buhl High School girls soccer program, Autumn has distinguished herself as a clear offensive threat over the past four years. Having scored 166 goals in her high school career at Buhl, she has been a three-time SCIC All-Conference Selection, a two time All-State Selection, and has led her team to the Idaho State Tournament two out of her four years at Buhl. Autumn currently plays club soccer for the Twin Falls Rapids.

Also joining the Crusaders from Idaho this fall is Katie Butler, a defensive standout from Columbia High School in Nampa. At Columbia Katie was a 2007 and 2008 Southern Idaho All Conference selection. Her senior season at Columbia she helped lead her team to a first ever state tournament appearance and a third-place finish in the 4A Idaho State Tournament. In addition to high school soccer, Katie currently plays club soccer for the Boise Nationals Soccer Club.

Coming to NNU from Beaverton, Oregon, Sarah Staropoli will be graduating from Westside Christian High School in Lake Oswego. A first-team All-West Valley League selection her sophomore, junior, and senior seasons, Sarah has helped lead her team to the state playoffs for three consecutive years.

In both of the previous seasons she led the West Valley League in goals scored as a forward. Sarah has played club soccer for both the Southside Strikerz and her current club, the Lake Oswego Soul Crew. She won a state title with the Strikerz and has competed at the Regional level with both clubs as a state finalist. In addition to club and high school experience Sarah is also a three-time Oregon Olympic Development Program selection.

Rounding out the 2009 class is Lacey Thompson, a transfer junior from Shoreline Community College in Washington. A captain at Shoreline, Lacey graduated from Monroe High

School in 2007 and has tallied five goals and 11 assists playing as both a defender and a midfielder for Shoreline. This past season Lacey helped lead her team to a third place finish at the NWAACC Championships and a 19-2-2 overall record.

"This is a great group of girls that we're adding to our program for 2009," stated NNU coach Jamie Lindvall. "Both technically and tactically I'm excited about what each of them adds to our team. I think one of the greatest strengths of this recruiting class is the creativity and vision that each of them shows on the field. They're joining what is our largest group of returning players since I've been at NNU, and I'm excited to see each of them make an impact in our program and in the GNAC."

Seattle Pacific

Falcons Sign Six To National Letters (2/5/09)

Six outstanding high school seniors signed letters of intent to attend Seattle Pacific and play for the defending NCAA Division II national champion women's soccer team.

Two of the signees are Washington natives; forward Megan Lindsay and defender Taylor Sawyer, who SPU coach Chuck Sekyra claims are arguably the best prep forward and defender in the state.

"It's an incredibly talented class. If you look at it, this class has been winners in every single program," exclaimed Sekyra. "All of their club teams and high school teams are state champions or final four teams. All of these kids have played at an elite level and they are all very talented. We continue to move in the right direction as far as getting an extremely high-level quality player here."

The class also features Brittany Langdon, Taylor Lundquist, Hannah Masson and Taylor Ochs.

Lindsay was a three-time All-Greater Spokane League player at Gonzaga Prep. She was one of just two players from the state of Washington invited to participate at the prestigious adidas ESP camp.

"Megan Lindsay is one of the best forwards to come out of the Northwest in the last few years," Sekyra said. "She has it all -- strength, speed, great ability to score goals and beat defenders off the dribble and she is a tremendous passer. Megan is dynamic and creative and is going to be fun to watch in an SPU uniform."

Sawyer is an All-Olympic League honoree from North Mason High School. She scored 15 goals to lead the Bulldogs into the 2008 district playoffs.

"She is one of the most competitive players that we have ever watched. Whether she is playing for her state championship Washington Premier club team or our state ODP team, Taylor makes it difficult for her opponents not only to score, but to even get chances," Sekyra described.

Sekyra singled out Hannah Masson as Idaho's most talented senior. Masson netted 19 goals during her senior season at Centennial High School.

"We feel that Hannah is the most complete player in her class from the state of Idaho. She is an impact player in the midfield who has a history of winning everywhere she plays," Sekyra remarked.

The SPU recruiting class features a trio of Taylors, including Taylor Sawyer.

Taylor Ochs hails from Omaha, Neb., but attends Shattuck-St. Mary's Academy in Minnesota. She is a standout defender and an exceptional student who topped her class with a 4.17 grade point average as a junior.

"Taylor is a left back who plays at an extremely high level," explained Sekyra. "Her skill with the ball and ability to get forward and serve great balls really caught our eye."

Taylor Lundquist plays at Willow Glen (Calif.) High School where she received the league's Junior of the Year award in 2008. She twice competed in the Super Y-League North American finals.

"Taylor Lundquist is a very athletic defender who reads the game well and is exceptional in playing a four back zonal system like we play," Sekyra said. "Her attitude, work rate and determination have us really excited about how she can make a difference in our program."

Completing the class is Langdon, a versatile player from Northwood (Calif.) High School. She garnered first-team all-league accolades.

"Brittany Langdon is a flat-out a difference maker who can run forever and plays at an incredibly high pace," said Sekyra. "She has a heart and level of determination that is going to unquestionably make a difference for us. She is someone who has the talent to play multiple positions and play them all well."

The six recruits commence their collegiate careers in August of 2009, joining an SPU team that registered a 22-1-2 record last season and beat previously undefeated West Florida 1-0 on Dec. 6 in the national championship game.

The incoming players have big shoes to fill as the departed five-player senior class participated in four NCAA Tournaments and qualified for three Final Fours.

Six starters and 14 letterwinners return from the Falcons squad that concluded the 2008 season with a 17-game unbeaten streak.

"This class will give us more depth. Without a doubt we're looking for anyone to come in and help us," Sekyra concluded. "We like the group we have coming back. I think this group can compete for time and also complement those players. There is no doubt that this gives us an extremely high level of depth."

2009 SPU Soccer Recruits: Brittany Langdon, D/M, 5-10, Fr. Irvine, Calif. (Northwood); Megan Lindsay, F, 5-7, Fr., Spokane, Wash. (Gonzaga Prep); Taylor Lundquist, D, 5-8, Fr., San Jose, Calif. (Willow Glen); Hannah Masson, M, 5-7, Fr., Meridian, Idaho (Centennial); Taylor Ochs, D, 5-6, Fr., Omaha, Neb. (Shattuck-St. Mary's, MN); Taylor Sawyer, D, 5-5, Fr., Gig Harbor, Wash. (North Mason).

Western Oregon

Wolves Sign Five To Letters (2/24/09)

Three freshmen and two transfers have signed National Letters of Intent to play soccer next fall with Western Oregon University. They include:

Chelsea Okuma (Honolulu, Hawaii - Kaiser HS) - Okuma plays midfield for the Kaiser High School Cougars. She is currently in the middle of her senior season of soccer. WOU Head Coach Rod Fretz: "Okuma is a very tough player all-around. She could probably play anywhere in the midfield or the defense. She is very competitive and physical but has a strong technical game. She plays with a kind of pace, mental and physical, you need to compete with teams at this level. The thing I like best about her is you can put her anywhere on the field and she will be affective."

Macy Bothman (Eugene, Ore. - Sheldon HS) - Bothman a 2008 Southwest Conference honorable mention and a three-year member of FC Willamette, one of the top club teams in the state. WOU Head Coach Rod Fretz: "Bothman is a rock solid defender. She is physical with good speed and is a smart player. She has played against the best forwards in the west and has held her own. I really like the physical part of her game and that she likes to attack out of the back. I think she will be an asset for our team defensively and offensively."

Abigail Chris (Anchorage, Alaska - Robert Service HS) - Chris layed for Robert Service High School and the Alaska Rush Soccer Club out of Anchorage . She also helped lead RSHS to the 2008 State championship. WOU Head Coach Rod Fretz: "Chris moves the ball very well and is a good technical player. She sees the game well and seems to find the open part of the field. I like the technical and tactical parts of her game. She has the skills and understanding for the game."

Rachelle Kliewer (Tualatin , Ore. - Tualatin HS/Clackamas CC) - Kliewer scored 18 goals and had seven assists to lead Clackamas CC in 2008 and was named the NWAACC South Region's Most Valuable Player. WOU Head Coach Rod Fretz: "She is going to add a lot to our offense. She is the type of player that we have been looking for to play up front and that is comfortable in the front. She is used to scoring goals and she handles the pressure well. We have been looking for a natural forward which can play this way."

Anna Edmonds (Salem , Ore. - South Salem HS/University of Idaho) - Edmonds started in 11 of 18 games as a freshman for the Vandals and finished second on the team with five goals and 11 assists. At South Salem High, she was a two-time first team all-state selection and two-time Valley League Offensive Player of the Year. WOU Head Coach Rod Fretz: "She brings two things to our team. The first is that she knows how to play forward. She is strong and physical with pressure

on her. The other thing is that she attacks the ball well in front of the net with her head and has the ability to finish crosses. She also has a powerful shot from long range which we need more of. Beyond that, she brings great leadership qualities. She has a real competitive spirit in her."

Western Washington

Two High School Standouts Sign With Vikings (2/11/09)

Defenders Kayla Russ from Bellarmine Prep in Tacoma and Diana Pollock from Eastside High in Bellevue have signed national letters of intent to play soccer for Western Washington University.

"Both Russ and Pollock know how to win and we expect them to compete for starting spots on one of the best defenses in the country," said WWU coach Travis Connell.

Russ was a first-team all-Narrows League pick as a senior at Bellarmine Prep, helping the Lions win the league title and advance to the Class 4A state quarterfinals. She was the team captain and coaches award winner.

As a junior, Russ also played on a Bellarmine Prep squad that won a league crown and reached the state quarterfinals. Russ also is in her third year as a member of the Washington Premier FC, helping that team to the state title and regional quarterfinals in 2008.

Pollock was a second-team all-KingCo League choice as a senior at Eastlake, being team captain of a squad that reached the Class 4A state quarterfinals. As a junior, she played on a Wolves' team that was undefeated (19-0) and won the state championship. Pollock also competed eight years for the Crossfire Premier club team. She helped that squad to five state titles and third-place at nationals in 2006.

Diana Pollock, Defender (Freshman, 5-10, 17, 5/13/91, Bellevue, Wash.)

Second-team all-KingCo League choice as senior at Eastlake High School. Helped Wolves reach quarterfinals of Class 4A state tournament. Team captain. As junior, played on undefeated (19-0) squad that won league and state titles. Helped team reach state quarterfinals as sophomore and first round of state tourney as freshman. Started three years and lettered four. Also competed on Crossfire Premier club team for eight seasons. Helped squad to five state titles, winning regional crown and placing third at nationals in 2006.

Kayla Russ, Defender (Freshman, 5-7, 17, 7/23/91, Puyallup, Wash.)

First-team all-Narrows League pick as senior at Bellarmine Prep. Helped Lions win league championship and reach quarterfinals at Class 4A state tournament. Team captain and coaches award winner. First-team all-league as junior on league champion squad that got to state quarterfinals. Started and lettered two years. Played three seasons for Washington Premier FC. Helped team win state title in 2008 and advance to regional quarterfinals. Went to WAGS Tournament in Washington D.C., in 2008 and to Surf Cup tourney in 2007 and 2008. . . Plans to major in psychology. Her father, Jeff, played men's soccer at University of Washington, being team captain as senior.

2008 Recruits

Central Washington

Wildcats Sign Three for West Valley & Thomas Jefferson (2/26/08)

A total of seven high school student-athletes, including three each from West Valley High School of Yakima and Thomas Jefferson High School in Auburn will join the Central Washington University women's soccer program for the 2008 season.

Headlining the group are twin sisters Brittany and Hillary Franks of West Valley. Both players, along with prep teammate Alex Jensen, were first team all-Columbia Basin League (3A) selections this past season in leading the Rams to the CBL 3A title and a fourth-place finish at the state tournament.

Hillary Franks, a 5-foot-9 defender, was the CBL Player of the Year and a candidate for the Class 3A Player of the Year in 2007. A first team all-state selection, she was also her league's Defensive Player of the Year and a two-time first team all-CBL honoree.

Brittany Franks, a 5-foot-7 forward, earned her first all-league first team selection as a senior. She was West Valley's leading scorer as a sophomore and junior, receiving her team's Offensive Player of the Year award in 2006. She also received second team all-league recognition during both the 2005 and 2006 seasons.

"We have been able to watch this trio of girls (from West Valley) for the past three seasons," CWU coach Michael Farrand said, "and they bring a wealth of experience in terms of winning and of competing at a high level.

"Hillary is a solid defender who organizes well and is a leader on and off the field. She is strong on goal kicks and free kicks, and she directs the team very well from the back. Brittany has unlimited potential in terms of being able to get to the goal and finish, and has been a proven goal-scorer at the high school level. She brings in a new dimension for us as a target forward, which is something we have not been able to utilize in our program yet."

Jensen, a 5-foot-7 midfielder, was a four-year letter winner and a three-time all-league pick for the Rams. She led the CBL in assists as a junior and is currently playing for the Emerald City FC in Seattle. In addition, she is one of a limited number of players from the region to be selected to go to the Super Y ODP tryouts in Florida.

"Alex has been an outside midfielder, but will move inside to be an offensive mid," Farrand explained. "She is a solid shooter who is good with both feet and who should be able to come in and be a playmaker for us."

Forward Serena Tomaso comes to Central Washington from Enumclaw High School where she was a first team all-South Puget Sound League (3A) forward as a senior. She led the

league in scoring and assists with 31 points and nine assists, also ranking second with 11 goals. A four-year letter winner for the Hornets, she led the SPSL 3A in points with 33 as a junior, tallying 12 goals and nine assists.

"Serena is another player we have been able to watch over the past few years," Farrand said. "She is one of the most explosive individual players on a consistent basis that we have been able to bring into our program. An accomplished high school and club player, Serena is very dangerous in the open field and in 1 v 1 situations."

Joining the Central Washington program from Thomas Jefferson is the trio of Mallory Murray, Amy Pate, and Kendall Swynenburg.

All three were teammates for a Raider squad that finished third in the South Puget Sound League 4A North Division this past season. They were all four-year letter winners and part of Jefferson teams that won league titles in both 2005 and 2006, including an appearance in the WIAA Class 4A state tournament in 2005.

Pate and Murray were the Raiders' top two scorers during their senior campaigns, registering eight goals and three assists (19 points) and five goals and five assists (15 points), respectively. Pate was a first team all-league choice as a senior and a second team honoree as a junior, while Murray received second team all-SPSL 4A North recognition this past season.

"Amy has played numerous positions, including offensive midfielder, forward, and on the outside," Farrand said. "We have been impressed by her maturity, her touch, and her vision in the final third. She has a chance to have a good impact on our program this year.

"Mallory brings added depth to the outside midfielder positions," Farrand continued. "She is a natural left-footed player with very good speed, and she will give us some pace on the outside to help us replace the loss of (graduating CWU senior) Lindsay Mitchell.

"Kendall plays as a forward or outside mid, and has played as a central mid. She is a versatile player and a good athlete who is very solid in the air. She brings some skills that will add to our roster, and as she develops, her skills will be able to add to our game."

Montana State Billings

Yellowjackets Add Player from Helena To Recruiting Class (4/15/08)

Kelley Minard, a defender from Helena, Mont., has signed a national letter-of-intent to play soccer for Montana State Billings. She is the eighth player to sign with the Yellowjackets.

"Kelley is a great addition to the 2008 recruiting class," MSUB coach Don Trentham said. "Her passion for the game, along with her work ethic should help her develop into a solid outside back or defensive center midfielder for us."

Minard was an honorable mention all-conference selection in 2006 and 2007 for Helena. During her senior year, she started every varsity game at right defender. She also played for the Helena Arsenal club soccer team since she was 13 and played three years of Montana Olympic Development soccer (ODP).

Yellowjackets Sign Seven To National Letters (2/25/08)

Seven student-athletes including Mikayla Brandhorst, Mykenzie Deverell, Kristen Drobny, Kaitlyn Keyes, Heather Lansdown, Amy Remsberg and Kelly Ross have signed national letters of intent to play soccer at Montana State Billings.

“We are really excited about the class as a whole, we have seven good players coming in to complement the 16 returners we have coming back,” MSUB coach Don Trentham said. “I believe we addressed our needs as we lost two defenders, a forward and a midfielder from last year. I brought in three defensive-minded players and four attack-minded players for a pretty good balance.”

Brandhorst, a native of Kennewick, Wash., played at Kamiakin High School. She was a second team all-conference defender in 2006 and also earned multiple accolades in track. She was a member of the 2004 Big Nine District championship team and in 2006 was a member of the regional champion team that finished fourth in state under head coach Chris Erikson.

“Mikayla is a defense-minded player who gives 100 percent all the time,” Trentham said. “She is hard-working and we’ve heard she plays like she works as hard in training as she does in games.”

Camas, Wash., native, Deverell, played at Camas High School for head coach Roland Minder. She helped lead Camas to the state championship in 2005-06 and also played for the Oregon Olympic Development team, as well as the FC Vancouver Elite and the CPSC Timbers. During her freshman year, she was named Most Inspirational of her team.

“She is a very versatile player who can play anywhere,” Trentham said. “She can play in the back, out wide or up top.”

Drobny comes to Billings from Kent, Wash., where she played at Kentwood High School. She was a first team all-South Puget Sound League selection for three years and a second team all-area in 2007. During her senior year, she was team captain, recording 16 goals and nine assists. She tallied 38 goals and 30 assists in her career. She also played club for Dosveedanya for eight years and District III ODP in 2002.

“Drobny is good with both feet, she is an attack-minded player and had a very successful high school career and plays for a good club in the Seattle area,” Trentham said. “She will help our team in both setting up and scoring goals.”

Federal Way, Wash., native, Keyes, played high school soccer at Federal Way for head coach Jason Baumgardt. She was named Most Valuable Player in 2007 and was a first team SPSL selection in 2006-07 and SPSL honorable mention in 2004-05. In addition to high school she played for, Keyes also

played on the MRFC Santos soccer club out of the Seattle area.

“Keyes is a good player that will come in and add depth to our already solid,” Trentham said. “I expect her to especially help out defensively in the midfield.”

Lansdown is one of two athletes in the class from Calgary, Alberta. She played at Centennial High School where she helped the team to the city championship in 2005-06 and second place in 2006-07. She played for various club teams including the Calgary Alberta Foothills United 90's from 2005 until now and played for the Alberta Summer Games team in 2004-05.

“She has had a successful club career and is a player is dynamic and a very creative on the ball,” Trentham said. “Heather will cause problems for the oppositions’ defense and is one of the most technical players in this class.”

Oceanside, Calif., native, Remsberg, played at Vista High School where she won numerous honors for soccer. She helped lead Vista to the quarterfinals of the CIF in 2004 and to the CIF playoffs in 2007. Remsberg played club soccer for the Carlsbad Lightning and the Temecula Hawks, and is currently playing for the San Diego Surf.

“She has played in a very good club environment in Southern California and brings height to our team at 5-10,” Trentham said. “Amy is a good defender which will add to our depth at defense.”

Ross, a native of Calgary, Alberta, played for the Southwest United '90 FC which is the top club team in Calgary. There, she helped lead the team to silver medals at the National Championship in 2004 a bronze medals in 2006. In addition, her team was city champions from 2004-07 and Alberta (State) champions from 2004-06.

“Kelly is a forward and plays on the top club team out of Calgary and has had a very successful club career,” Trentham said. She scores a lot of goals and we are looking for her to continue to do that here.”

Western Oregon

Wolves Sign Four To National Letters (Mar. 21, 2008)

Four high school soccer players have signed National Letters of Intent to play for Western Oregon University.

Included in that group is Wilsonville's Melinda Ingalls, an all-state (5A) star in both soccer and basketball. The Wolves also signed Lindsey Thomas from South Medford High School, Monique Thees from Stanwood High School in Camano Island, Wash. and Ciara Peterson from Rogers High School in Puyallup, Wash.

Melinda Ingalls is a two-time first team all-state player in basketball and was a first team selection last fall on the soccer field for the Wildcats. In both sports, she led her team to the state semi-finals. An outstanding all-around athlete, Ingalls is a two-time Player of the Year in the Northwest Oregon

Conference in basketball, and also placed in both hurdle events on the track in last spring's 5A state meet.

"Melinda is one of the most talented athletes that we have ever brought into our program," WOU coach Rod Fretz said. "Because she is so well known in basketball circles, I think that her soccer abilities have been overlooked.

"She is extremely quick, can run with the ball at top speed and has an instinctive feel for the game of soccer that is rare, especially for someone who hasn't specialized in soccer for the last few years. She makes things happen every minute that she is on the field. I've watched a lot of high school soccer over the years, and I think Melinda is the best player coming out of the 5A schools in the last two years."

Lindsey Thomas was a second team All-Southwest Conference selection as a defender at South Medford (6A). "Lindsey is an extremely versatile player that has the ability to step in and play right away," Fretz predicted. "She has great ball control, sees the field well and has learned to compete against the top club players in the northwest. She can play more than one position and brings a lot of great soccer experience to our program as a freshman."

Monique Thees is an outside midfielder that earned first team All-Wesco North League honors at Stanwood High School (4A) as a senior, and was also a standout on the track. "Monique is a speedy wing player who has a high work rate and a good touch on the ball," Fretz said. "She has good one-on-one ability to get around defenders and has a strong and consistent cross, which will fit well into our style of play. Monique will give us more depth on the outside mid, and has the speed and talent to challenge for playing time right away."

Ciara Peterson is a center midfielder who earned first team All-South Puget Sound League honors at Rogers High School (4A). "Ciara is a strong, skilled player who has good soccer vision on the field," Fretz assessed. "She is an extremely hard worker who will bring a much needed physical element to our team in the middle. Ciara is a strong distributor from the center, having honed her skills in club soccer in the Washington State Premiere I level. She has the abilities to make an impact in Div. II college soccer right away."

Western Washington

Vikings Sign Two Women To Letters Of Intent (2/20/08)

Defender Alicia Patten from Holy Names Academy in Seattle and midfielder Emily Warman from Sedro-Woolley High School have signed letters of intent with Western Washington University.

Patten was a first-team all-Metro League Mountain Division choice for the third straight year as a senior at Holy Names. She led the Cougars to an 11-3-5 record and the semifinals of Class 3A state playoffs with a team-high 11 goals and six assists.

Warman was a second-team AP Class 3A all-State and Everett Herald all-Area pick as a senior at Sedro-Woolley, helping the Cubs to their first district playoff victory in school history. Also a standout track and field athlete, her brother Christian is a goalkeeper on the Western men's soccer team.

2007 Recruits

Central Washington

Wildcats Add Goalkeeper to Recruiting Class (6/26/07)

Aneesa Gonzalez, who played goalkeeper at Sierra High School in Manteca, Calif., has signed an institutional letter of intent to continue her soccer career at Central Washington University beginning this fall.

"I am excited to add Aneesa to our goalkeeping corps," CWU coach Michael Farrand said. "She comes from northern California, where she played for two of my friends and colleagues who have been successful at the club, youth, and national levels with their teams.

"Aneesa was a very solid high school keeper, and we are excited that she will be able to come in, compete, and challenge for a position on our team."

The 5-foot-6 Gonzalez played three years of varsity soccer at Sierra High, and just finished her third straight season as a team captain for the Manteca Rangers U17 club team.

She will be a true freshman for the Wildcats when preseason camp opens in August, joining fellow signee C.J. Balstad (Port Orchard, WA - South Kitsap HS) and returning starter Amber Easterbrook (Kent, WA - Kentwood HS) in competition for the starting goalkeeper position in 2007.

"Goalkeeping is a position we have tried to upgrade (in recent years)," Farrand added, "to bring in girls to compete and push each other. The group of keepers we will have in camp should be able to give us a high quality of competition and depth at the position, which is something we have not had."

Wildcats Add Six Former Prep Standouts (5/3/07)

Six former prep standouts have been added to Central Washington University's women's soccer roster for the 2007 season.

Joining CWU on the pitch this fall will be Caelyn "C.J." Balstad, Amanda Biggs, Elynora "Ellie" Eckroth, Kaycie Hutchins, Kelsey Penn, and Anne Weisbeck.

"This is one of our biggest recruiting classes during my tenure at Central," CWU coach Michael Farrand said. "I am excited for both the quality of the players, and their impact away from the field in the classroom as student-athletes. This group represents a significant upgrade and, as a whole, should have an immediate impact on our program."

Balstad is a goalkeeper from Port Orchard, Wash., who prepped at South Kitsap High School. A three-year letter winner for the Wolves, she was a first team all-Narrows League selection this past season, posting nine shutouts.

"C.J. is a goalkeeper we have known since she was 12 years old, and I have enjoyed watching her develop as a young player into a very good goalkeeper," Farrand said. "Her foot skills are very solid, and she communicates well. Adding her

to our program will help bring some needed competition for the goalkeeper position."

Biggs is a defender from Carnation, Wash., and was a four-year letter winner at Cedarcrest High School. She scored 13 goals and 17 assists as a senior, helping the Red Wolves to a 22-1 record and a second-place finish in the Class 2A state tournament this past fall.

"Amanda is a solid individual player in the back, and one of our top recruits brought into replace (three-time team MVP) Michelle Phillips. She is a very quick and solid defender who is able to get forward on the attack. Her club team and high school teams have both done very well at state and regional levels."

Eckroth is a midfielder from Auburn Mountainview High School. A three-time all-South Puget Sound League selection for the Lions, she also added King County all-area honors on the pitch during her senior season and became the first player in Auburn Mountainview school history to score a hat trick.

"Ellie is a very solid central midfielder. She wins a lot of balls, and can connect to forwards and outside midfielders. She is a very good passer with a very good vision for the game, and she will bring added depth to central midfielder spot in a defensive role."

Hutchins is a versatile player who can play at either the midfielder or forward positions. A native of Port Orchard, Wash., and a club soccer teammate of fellow signee C.J. Balstad, Hutchins was a three-year letter winner at Bellarmine Prep in Tacoma. She earned all-Narrows League honors as a senior, and was a member of the Lions' Class 4A state championship team during her sophomore season.

"Kaycie has the ability to play multiple positions," Farrand explained. "She has good speed, very good technical ability, and we will look for her to play as an outside midfielder. Her development over last two years has been significant, and I feel she will be able to add to our program and have an impact immediately."

Penn, like Balstad, attended South Kitsap High School. A two-time all-Narrows League defender for the Wolves, she earned three varsity letters in soccer and was her team's offensive Most Valuable Player during her junior and senior seasons. She led the Wolves with 18 goals and 17 assists as a junior.

"Kelsey is a solid defender with good vision off the ball. She is a good tackler, and we needed to add somebody in the defensive area that could come in and play and have an impact early."

Weisbeck is the lone Wildcat signee from east of the Cascade Mountains, as the Spokane Valley, Wash., native starred at Central Valley High School. A three-year letter winner in soccer for the Bears, she was a team captain and Most Inspirational Award winner during her senior season this past fall.

"Annie represents our first signing out of the Spokane area," Farrand said. "Her Spokane Shadow club team is one of the

top teams regionally in her age group. She is an outside midfielder with very good technical skills -- she is probably one of the better technical players we recruited this year -- with decent speed."

Montana State - Billings

MSUB Gets Keeper From Kent (5/10/07)

Brittany Knudtson, a 5-8 goalkeeper from Kent, Wash., has signed a national letter of intent to play for Montana State-Billings.

"Brittany is a great late addition to our squad," said MSUB coach Don Trentham, who signed 10 high school players in February. "She will join current Yellowjacket goalkeeper Kaily Hoffman and incoming freshman goalkeeper Jordan Fenwick in competing for the starting role for the 2007 season.

"Brittany is very athletic and is very confident in her abilities. It will be exciting in the fall to watch the three goalkeepers compete day in and day out for the starting spot."

Knudtson will graduate from Kentwood High School where she lettered three times. As a senior, she was named Tacoma All-Area Second Team, team MVP, team Most Inspirational, and team captain.

She posted seven shutouts as a senior, helping the Conks reach the first round of the state tournament. In Knudtson's junior season, Kentwood won the SPSL championship and the West Central District championship.

Yellowjackets Add 10 Recruits From Six Different States (2/28/07)

Montana State-Billings women's soccer coach Don Trentham has announced his 2007 recruiting class, signing 10 high school seniors to letters of intent.

One of Trentham's largest recruiting classes at MSUB will join 17 returning players on a team that went a school-best 13-6-1 last season. The 10 recruits come from six different states. Three are from Montana with two each from Washington and Colorado. Trentham also signed one player from Wyoming, Idaho, and Arizona.

Lauren Anderson, Ridgefield, WA (Ridgefield HS)

Anderson is a 5-foot-3 defender who lettered four times in soccer and once in track at Ridgefield High School. She missed her senior season because of injury. Anderson was named first team all-league as both a sophomore and junior. She earned honorable mention honors as a freshman. Ridgefield won league and district titles in each of her three years.

"Lauren has also had a successful ODP and club career, playing on the same teams as fellow recruit Carly Valentine," said Trentham. "She has battled with some recent injuries, but I expect her to be fully fit by the start of preseason. She is a solid outside back who has very good speed and is not afraid to get stuck in on tackles."

Megan Carlson, Sheridan, WY (Sheridan HS)

Carlson is a 5-7 defender who has lettered three years in soccer, twice in basketball, and once in volleyball. She will be a senior this season for Sheridan High School, which plays its soccer season in the spring. As a junior, Carlson was a team captain and earned all-state honors. She was selected as her team's defensive MVP and was nominated for Wyoming Gatorade Player of the Year. She also played for the ODP State Select Team as a sophomore. Last year Carlson helped Sheridan to the North Regional title.

"Megan is one of the team leaders for Sheridan High School and plays a major role on their team," said Trentham. "She is a good athlete who reads the game well, and most importantly she is a tenacious defender who takes pride in keeping the ball out of her team's goal."

Jordan Fenwick, Boise, ID (Boise HS)

Fenwick is a 5-5 goalkeeper who lettered once in soccer and twice in tennis at Boise High School. Last year she received the Distinguished Team Scholastic Award. Fenwick will be competing to fill the shoes of graduated goalkeeper Megan Plank, who holds almost every goalkeeping record at MSU-Billings.

"Jordan will be competing with Kaily Hoffman to become the starting goalkeeper for the 2007 season," said Trentham. "She has solid hands and good shot-stopping ability. I believe she and Kaily will be a good goalkeeping tandem over the next four years."

Kari Foreman, Lakewood, CO (Bear Creek HS)

Foreman is a 5-4 midfielder who lettered three years in soccer at Bear Creek High School. She also lettered four times in cross-country and once in track. Bear Creek HS plays its soccer season in the spring. As a junior, Foreman was a team captain and earned second team all-conference honors. She also was named "Best of the Best" by the Rocky Mountain News

"Kari comes to us from one of the top clubs in Colorado," said Trentham. "She plays with passion every time she steps on the field, and that passion has helped her be one of the leaders on her team. I expect she will bring the same passion to the college level, and as a result will have a good college career."

Shannon Furlong, Helena, MT (Capital HS)

Furlong is a 5-2 midfielder who lettered three years in soccer, four years in softball, and three years in basketball at Capital High School. She was named first team all-state as a senior after helping Capital to the conference championship. She was selected to the all-state first team as a junior center midfielder. Furlong was also an all-state third baseman in softball.

"Shannon has excelled as a three sport athlete at the high school level," said Trentham. "We are very fortunate she has chosen to concentrate on soccer at the collegiate level, and I believe with her playing soccer year round she will

continually get better throughout her collegiate career. She is a very technical player who distributes the ball well while at the same time putting in great tackles.”

Allison Gamberg, Wheat Ridge, CO (Wheat Ridge HS)

Gamberg is a 5-5 midfielder who lettered four times in soccer at Wheat Ridge High School. She as a two-time team offensive MVP, and earned all-conference honors four times. She was twice selected to the all-conference first team and twice to the second team. A three-time team captain, Gamberg helped Wheat Ridge qualify for the state tournament in 2004 and 2006.

“Ali is probably one of the most versatile players in this recruiting class,” said Trentham. “She has experience as a defender, midfielder, and forward. Her experience in club and ODP in Colorado should help make her transition to the college game a little easier, and I expect her experience will help her compete for time right away.”

Jennifer Joern, Whitefish, MT (Whitefish HS)

Joern is a 5-3 forward who lettered three times at Whitefish High School. She earned all-conference honors three times, and was selected to the all-state team as a junior and senior. Last year she scored seven goals and had six assists. As a junior she scored eight goals with three assists. Joern helped Whitefish to the 2006 state championship and a runner up finish in 2005.

“I am very happy Jen has decided to continue her playing career at MSU-Billings,” said Trentham. “She comes to us from one of the best high school programs in the state and has learned what it takes to be successful. I believe that experience will help her to have a successful career here at MSUB.”

Caitlyn Marrer, Glendale, AZ (Ironwood HS)

Marrer is a 5-6 defender who lettered four years at Ironwood High School. She earned all-region recognition all four years, including first team all-region as both a junior and senior. As a junior Marrer helped Ironwood to the Arizona 5A-II state championship. Marrer also played on numerous club and ODP teams in both Arizona and California.

“Caitlyn will add depth to an already very talented defense,” said Trentham. “She reads the game well, gets stuck in on tackles, and is able to help keep possession in the attack. In addition to being a good player, Caitlyn is a solid student. I believe she will have a very successful career as a student-athlete here at MSU-Billings.”

Samantha Sandau, Billings, MT (West HS)

Sandau is a 5-1 midfielder who lettered four years at Billings West High School. She was a three-time all-state selection and helped lead Billings West to the state semifinals the last two seasons. One of the top offensive players in the state, Sandau was three times selected as Billings West's attacker of the year. Her sister Brittney, who will be a senior captain for the Yellowjackets next season, has been one of the Jackets' best offensive players the last three years.

“I'm ver yexcited to have another Sandau in the program,” said Trentham. “Sammy has a great attacking mentality, and I believe that mentality will help her to have a successful career at the collegiate level. In the end, it is always great when one of the top players, not only Billings but in the state, decides to stay home and attend MSUB.”

Carly Valentine, Vancouver, WA (Skyview HS)

Valentine is a 5-2 midfielder who lettered four years at Skyview High School in Vancouver. A team captain as a senior, she helped lead Skyview to its second league title in the last three years. Valentine was named first team all-league as both a junior and senior and second team all-league as a sophomore. In her final two seasons, she totaled 16 goals and 25 assists.

“Carly is a great addition to our midfield,” said Trentham. “She gained valuable experience in high school playing for the Oregon ODP team as well as for Washington Premier FC. She is a great athlete and prides herself on her fitness. I expect she will compete for time in our midfield her freshman year.”

Northwest Nazarene

Jordyn Fulcher Signs To Player Soccer For Crusaders (4/12/07)

Jordyn Fulcher has signed a National Letter-of-Intent to attend Northwest Nazarene University and play for the Crusaders this fall.

A native of San Diego, California, Jordyn has been a four-year standout at Point Loma High School. An All-Eastern League selection her sophomore, junior, and senior seasons, Fulcher was named the MVP of her high school team her senior year.

“Jordyn comes to NNU with an attacking mindset, bringing great experience both in the midfield and as a forward,” said NNU head coach Jamie Lindvall.

In addition to high school soccer, Jordyn plays club soccer for Albion Soccer Club. Currently a member of the GU19 Premier team, Jordyn has been with the club since age 12. Albion competes as a part of Cal South in the Presidio Soccer League in Southern California.

“Jordyn was a late addition to our 2007 recruiting class,” Lindvall added. “But we are very excited about the impact that she will make as a part of our program this fall. She brings great creativity to the game as an attacking player and possesses both tremendous quickness and outstanding technical skills.”

Eight Sign Letters To Play Soccer For Crusaders (2/15/07)

Eight high school seniors have signed National Letters of Intent to attend NNU and play soccer for the Crusaders this fall.

Two local standouts, McKenzie Bailey and Kim Bowen, are the two Idaho additions to the 2007 NNU roster. Both girls play club soccer together for the Boise Capitals 88/89 Premier

where they have captured the state championship in 2001, 2003 and 2004.

McKenzie will be graduating from Mountain View High School in Meridian this June while Kim will graduate from Skyview High School in Nampa.

At Mountain View, McKenzie has played predominantly in the midfield, where she earned Southern Idaho All-Conference honors during both her junior and senior years.

At Skyview Kim was a first team All-Southern Idaho Conference selection as both a junior and a senior, tallying 21 goals and 10 assists her junior year as a forward. Her senior year she led her team to an overall record of 18-4 and a 5th place finish at state. Kim has also been a member of the '88 girls ODP State team since 2003.

Topping a list of six signees from the state of Washington are Whitney Teague and Liz Gross, who play club soccer together for Crossfire Premier '88 in Redmond. Whitney is currently a senior at Bellevue Christian High School where she tallied eight goals and six assists as a midfielder to help lead her team to a berth in the Washington state tournament this season.

She has been named to the all-league team for all four years of her high school career and was named a Washington first team all-state selection both her junior and senior years. Liz will be graduating from Cascade High School in Everett this June, where she has been an All-WesCo Conference selection as a defender in 2004, 2005, and 2006. She has named the Defensive Player of the Year at Cascade and was also a Washington All-State selection in 2006.

Marie Smith is in her senior year at Sehome High School in Bellingham, Wash.. A midfielder and a standout defender, Marie was named first team all-league her junior year and repeated as an all-league selection her senior season as well. Marie plays club soccer in the Washington State Premier League for the Whatcom Rangers and is also competing in the northwest this spring with the PSSA Rapids women's team.

Stacey Beckman, a senior from Olympia, Wash., helped lead her Olympia High School team to a berth in the 4A state tournament and an overall record of 15-1-3 this season. An all-league defender on her high school team, Stacey is also a scoring threat for her club team, the FC Marauders, where she splits time as a defender and a forward.

Kendra Courcy, a midfielder from Selah, Wash., will graduate this June from Selah High School. A first team all-league selection both her junior and senior years for Selah, Kendra's team won the District Championship this season and made its first ever appearance at the state tournament.

Kendra has most recently competed as a member of the Three Rivers Soccer Club based out of the Tri-Cities and has also been a part of the USL competing in the Super Y League.

Rounding out the 2007 recruiting class is Pip Herman, a goalkeeper from Issaquah, Wash.. A senior at Issaquah High School, Pip plays club soccer in the Washington State Premier League for Eastside FC, based out of Bellevue, Wash. A

British citizen, Pip comes to NNU as the first foreign national to play for the Crusaders.

"We are thrilled about the group of girls that we have coming in this fall," commented NNU coach Jamie Lindvall. "Across the board this recruiting class fits in perfectly with what NNU and our program are all about. Athletically they greatly strengthen our team in every respect, bringing great defensive ability, offensive creativity, and the proven ability to score goals. We're looking forward to seeing the impact that each of them makes in our conference this season."

Saint Martin's

Saints Add 15 Players To Inaugural Class (5/22/07)

A total of 15 players have signed national letters of intent to play soccer for Saint Martin's University. The Saints will make the transition from a club sport to varsity status this fall.

In this year's recruiting class are seven transfers and eight incoming freshmen. The transfers include Ashley Biral, Trisha Halvorson, Lauren Kruzner, Kandis Jarvis, Breanna Klasen, Jackie McClendon and Jessica Ventoza.

Biral and Halvorson both come to SMU from Lower Columbia College. Biral was a two-time NWAACC all-star and posted 18 goals and eight assists last season. Halvorson was also selected to the NWAACC all-star team in 2006.

"Ashley plays up front with a high work rate and likes to take players on," said Walker. "She gets herself around the ball in goal scoring situations and brings a tenacious hunger to score goals."

"Trisha has a great pedigree as a youth and college player. She can play in defense, but her best position will be in the midfield as she has above average work rate and is very skillful," said Walker.

Kruzner comes in as a sophomore after spending last year at Olympic College where she was a starting defender. She received both first and second-team all-league honors while at South Kitsap High School.

"Lauren was a high school standout at South Kitsap and had a solid year at Olympic CC. She athletic and plays with good instincts and should push for playing time in her first years as a Saint. She may be a real surprise coming forward on set plays," added Walker.

Jarvis is a defender out of South Puget Sound Community College while Klasen is a goalkeeper from Highline Community College.

"Kandis is a solid defender who played at Lower Columbia before finishing at SPSCC. She is good at marking and playing in the air and can probably play a couple of different roles as a defender," said Walker.

"Breanna has a wealth of experience in goal and plays with skill and good decision making," said Walker. "She comes from a good youth and college program and will be someone we count on to make saves and keep us organized."

Rounding out the transfer group are McClendon and Ventoza. McClendon is a midfielder out of Tacoma Community College who was named an NWAACC all-star there.

“Jackie's athleticism and competitiveness will command playing time in the fall. She's a great blend of distributor and attacker, so a role will have to be defined,” said Walker .

Ventoza spent her freshman year at Highline Community College before transferring to Western Nebraska Community College where she played softball.

“Jessica is a mercurial front player who is skillful, “pacey” and has a lot of value in the team as she has the ability to get behind opposition defenders,” added Walker .

Of the Saints' eight freshmen there are three defenders, two goalkeepers, two midfielders, and one forward. The defenders include Cayla Dixon, Amanda Pratt, and Julianna Sackeyfio.

“Cayla is a very skillful player who can play in different positions along the backline,” said Walker . “She is very quick and a good marker. Her service coming forward and her ability to connect the game from the back to the front make her very dangerous on both sides of the ball.”

Pratt, a member of the Lake Steven High School league championship team, was also selected second-team all-WESCO League.

“Amanda is a heady and skillful defender who has a wealth of youthful experience. She's been well prepared for the rigors and pace of collegiate soccer and she should play a solid role in what we do on the back line next year,” said Walker .

Sackeyfio comes out of Ingraham High School here she was named team MVP her senior year. “Julianna is a solid player who we feel has a tremendous “upside.” In watching her play we liked her versatility as a player who could mark, be a ball winner and also make good distribution choices out of the back,” said Walker .

Michelle Donachie and Emilee Eilefson account for the Saints goalkeepers. Donachie comes to SMU from Mountain View High School .

“Michelle is a goalkeeper with everything you look for in a freshman: good size, fearlessness, athleticism, and good basic skills,” said Walker . “She should challenge for playing time as she gets acclimated to the college game.”

Eilefson, out of Timberline High School , was a first-team all-League and academic all-league selection her senior year. She was also named to the Olympian All-Area team.

“Emilee is a local product who was solid in goal at Timberline. She has demonstrated the ability to do the job in her shot stopping and playing off her line. She's tall so crosses are something she gets to pretty well and she's athletic enough to “get the low ones” too. Emilee will definitely be a candidate for playing time as the season progresses,” added Walker .

At the midfielder position are Kayci Donatelli and Kelcy Ware. Donatelli is from Highline High School where she was named first-team all-league, first-team all-state and was MVP of the Seamount League. She was also selected to the Seattle All-Area first team.

“Kayci plays in midfield with athleticism and skill. Her ability to distribute her service to provide good possession and scoring chances will be something we count on in our first year,” said Walker . “She has the work-rate to chase down difficult opposition, which makes Kayci valuable on both sides of the ball.”

Ware, out of Mariner High School, was named second-team all-WESCO League in 2006. “Kelcy brings the side utility as she can play in about half the positions on the field. She's skillful enough to play in the interior in the back or in midfield and fast enough to play in wide positions,” explained Walker . “She has great spirit for the game and will really help us when we need flexibility in our line up.”

The Saints lone freshman forward is Shannon White out of Olympic High School. “ Shannon is an athletic player who will play up front. She has the skill to take players on, but the ability to target for the ball and keep possession. She has good service with both her feet and is quick off the mark,” said Walker.

Seattle Pacific

Falcons Get Transfer from Washington State (4/18/07)

Alex Butler has transferred to Seattle Pacific from Washington State and has joined the women's soccer program for spring training.

Butler, a defender who will be a junior next season, played two years for the Cougars, appearing in nine games last fall. She missed all but two games of the 2005 season with an ankle injury.

During her senior year at Gonzaga Prep in Spokane, Butler was named offensive MVP of the Greater Spokane League. The Bullpups finished third in the state 4A tournament and she was a member of the national champion Spokane Shadow club.

Falcons Sign Six To Letters (2/7/07)

Six stars of prep and club teams which have played for state championships have signed national letters of intent to play women's soccer at Seattle Pacific University beginning next fall.

Coming off their fourth straight appearance in the NCAA Division II tournament, the Falcons received commitments from defender Christa Bitner (Phoenix, Az.), goalkeeper Maddie Dickinson (Vancouver, Wa.), midfielder-forward Mallorie Gerstmann (Puyallup, Wa.), defender Rebecca Woods (Beaverton, Or.), forward Amanda Johnson (Duvall, Wa.) and midfielder Karen Hosler (Portland, Or.).

“One thing that also stands out in this class that nearly every player has won a state championship in club or high school or,

and all have been a member of a team which has at the least qualified for a final," said Sekyra.

"Beyond that, I think this may be one of our most well-rounded classes, addressing a variety of positions."

Seattle Pacific finished 17-5, ranked No. 14 in the nation and advances to the Far West Region championship game for the third year in a row. It lost only two seniors from its starting lineup.

Christa Bitner

Bitner is a top defender for Dobson High School and the Lady Bugs club, winner of five Arizona state championships. She can play on either side or in central defense. Sekyra: "We saw in Christa a young lady leading and organizing the back line of one of the best defenses in our region. She can distribute and serve a ball with either foot, is great in the air and is a very good 1-on-1 defender. She will bring a lot to our program."

Maddie Dickinson

A senior at Skyview High, Dickinson played in goal for Washington Premier, the 2005 state runner-up. Sekyra: "Maddie's one of the most athletic and consistent keepers we have seen this year. She has tremendous range, is an outstanding communicator and leader and is a difference-maker in the net."

Mallorie Gertsmann

The younger sister of SPU returning starter Jessica Gerstmann, Mallorie Gerstmann is a club teammate of Dickinson on Washington Premier. She played for Cascade Christian High School in the fall. Sekyra: "Mallorie is a gifted player who can play anywhere from front to back. She's a great athlete with a great work ethic and is quick, strong and very intelligent on the field."

Karen Hosler

Oregon's U-17 champions, FC Portland Maroon, spawned Karen Hosler, now a senior at Sunset High School. Sekyra: "Karen is a great field general in the midfield. Her speed of play, vision and work rate are awesome. She is a gifted technically and is going to be fun to watch."

Amanda Johnson

Amanda Johnson led the state with 40 goals and 27 assists for Cedarcrest High School, the state 2A runner-up last fall. Her club, FC Eastside, was U-17 state champion. Sekyra: "Amanda is the consummate forward and can score or set-up teammates in bunches. She's creative, strong, fast and a great finisher who is going to be a handful for opposing defenses."

Rebecca Wood

Rebecca Woods played on the champion FC Portland Maroons with Hosler, and also has starred for Beaverton High. Sekyra: "Rebecca Woods is one of the most dominating players in the air- offensively or defensively - that we have

ever seen. She is wonderful with the ball, has great vision and again can play anywhere across the backline."

Western Oregon

Wolves Sign Three More To Letters (3/1/07)

Three more women's soccer standouts have signed National Letters of Intent with Western Oregon, bringing WOU's 2007 recruiting class to eight.

The latest trio to commit to the Wolves program are Brenna Lander from North Kitsap High School, Clackamas High School's Jill Peterson and Stephanie Catt, a transfer from Clackamas Community College who previously played at Southern Oregon,

Lander was a four-year letterwinner for the North Kitsap Vikings, a 4A school in Washington. She led her squad in goals and assists and was a two-time team MVP. The forward was a first team All-Narrows League pick as a junior and was honorable mention as a senior.

Peterson was the team captain and top defender for Clackamas, who advanced to the 6A quarterfinals last fall. She was a two-time second team All-Three Rivers League pick as a defender and was selected as the Cavalier's MVP.

Catt is a junior who played one season at Clackamas CC and one at Southern Oregon. At Clackamas, the forward was a first team All-NWAACC selection and played in the league's all-star game. She had 14 goals and eight assists for the Cougars.

At SOU, she played in all of the Raider's matches and had three goals and three assists as a freshman. She was a first team All-Portland Interscholastic League pick as a senior at Madison High School, and was selected as the squad's top offensive player her junior and senior years.

Wolves Get Sprague's Horvath (2/13/07)

Sprague High School standout Samantha Horvath has signed a National Letter of Intent with Western Oregon University.

Horvath is one of four players that the Wolves have signed since Feb. 7, the first day that the NCAA allows high school seniors to ink on the dotted line. Others include Kelsie Blachly of Gresham, Jordann Gilmer from Federal Way, Wash. and Chelsie O'Neill from South Medford.

Horvath was the Central Valley Conference Defensive Player of the Year while playing for the Olympians this past fall. She was a second team all-state (6A) selection and helped lead Sprague into the state quarterfinals. She was a first team all-league choice in both 2006 and was a second team All-Valley League choice in 2005. Horvath is also a starter for her club team, Lake Oswego FC.

"Sammy is a smart, quick defender who can step in and play right away at the NCAA Division II level," WOU coach Rod Fretz said. "She is very strong technically, but also brings good decision making to our defense. It is particularly

valuable to bring in a left-footed defender, although Sammy has shown very good skill with both feet.

“We are equally happy with what Sammy brings as a student-athlete and she is a good leader. We feel that she will make our team stronger on and off the field.”

Blachly was a two-time All-Mt. Hood Conference selection at Gresham as a goalkeeper and was the team's MVP last fall. Gilmer was a second team All-South Puget Sound League pick as a midfielder in both 2005 and 2006. She was a four-year starter for Federal Way.

Western Washington

Bellingham's Shannon signs NLI With Vikings (2/13/07)

Molly Shannon, a standout senior forward at Bellingham High School, has signed a National Letter of Intent to play women's soccer at Western Washington University next fall.

Shannon scored 29 goals and added 11 assists last fall, leading the Red Raiders to a 16-5 record, the Northwest League championship and the quarterfinals of the Class 2A state playoffs. She was named Bellingham Herald Whatcom County Player of the Year, Northwest League Player of the Year and a first-team all-State.

“Molly is a talented soccer player and a great person,” WWU coach Travis Connell said. “She is going to make an immediate impact on our team on and off the field.”

Shannon led the Red Raiders to four conference championships, earning all-league accolades each season. The 5-foot-10 forward was the Northwest 3A League Player of the Year as a junior, second-team all-league as a sophomore and honorable-mention all-league as a freshman.

Molly's sister, Megan, played collegiate soccer at Pacific Lutheran University.

2006 Recruits

Central Washington

Wildcats Sign Three To National Letters (6/20/06)

Three high school student-athletes from the Seattle and Tacoma metropolitan areas have signed National Letters of Intent to continue their soccer careers at Central Washington.

Joining the Wildcats for the 2006 season are defender Jessica Andrews, goalkeeper Amber Easterbrook, and midfielder Michelle Mohn.

Andrews prepped at Bethel High School in Spanaway, twice earning honorable mention all-South Puget Sound League (SPSL) accolades for the Braves. She was a four-year letter winner at Bethel, setting a single-season school record for goals scored during her freshman campaign.

"Jessica is a very speedy player and a very good technical passer," CWU coach Michael Farrand said of the 5-foot-7 defender. "She has the ability to score as well, and she has been part of a very good club program that will be representing Washington as U-18 champions this month."

Easterbrook was a first team all-SPSL goalkeeper at Kentwood High School in Covington. A three-year letter winner for the Conquerors, she was also her team's Most Inspirational Player as a senior and earned honorable mention all-league honors as a junior.

"Amber is very athletic and a very consistent player," Farrand said. "She can play well with her feet, which, at the goalkeeping position, is very important. (Goalkeeper) has been a puzzle for our program the last three years, and she should bring us some consistency in the back that we haven't had at that position. She too will have a chance to play early and demonstrate what she can do."

A club teammate of Easterbrook's, Mohn played at Thomas Jefferson High School in Auburn during her prep career. A 5-foot-5 midfielder, she competed in four sports during her days with the Raiders, including three prep seasons on the soccer pitch.

"Michelle is a very strong and physical player," Farrand said. "She has a very powerful shot and she will provide us with more depth to middle third of field."

Northwest Nazarene

North Idaho Player to Play for Northwest Nazarene (5/3/06)

Shanie Benner has signed a national letter-of-intent to attend Northwest Nazarene and play soccer for the Crusaders.

Benner comes to NNU with two years of college experience at North Idaho College in Coeur d'Alene. While playing for NIC coach Dan Hogan, Benner has played an active defensive role for the Cardinals over the past two seasons.

This past fall she helped her team advance to the second round of the Region 18 tournament in NIC's first year as a part of the newly formed Scenic West Athletic Conference for women's soccer.

Benner is originally from Spokane where she graduated from Central Valley High School. At Central Valley she competed in both track and soccer and as a senior was named the Most Valuable Defensive Player by her team.

"I really like what Shanie brings to our program," commented NNU coach Jamie Lindvall. "She has the experience and the personality that will make her a great addition to our team dynamic and our soccer program as a whole. I'm excited to see the impact that she will make on our team this fall."

Five Prep Stars Sign With Crusaders (2/2/06)

Five high school seniors have signed national letters-of-intent to attend NNU and play soccer for the Crusaders.

Leading the group are Alyssa Isaman and Sabrina Tran, two incoming freshmen from the greater Seattle area. The two girls play club soccer together for the Northwest Nationals Shamrocks, the 2005 WSYSL GU-17 P1 League Champions and Washington State Snickers Cup Championship Finalists in 2002 and 2003.

Isaman will graduate in June from Lake Stevens High School where she was a four-year varsity member of a Viking squad that finished fourth in state at the 4A level this year. She plays in the midfield and as a forward for both Lake Stevens and the Shamrocks. In addition she has been a state qualifier every year as a sprinter for Lake Stevens.

Tran is from Lynnwood and is currently finishing up her senior year at North Sound Christian School located in Mountlake Terrace. Sabrina brings with her more than seven years of club experience, having played for the Premier-1 Shamrocks from U11 to present.

Named a captain several times for her club team, Sabrina was a Washington State Snickers Cup Finalist for U11, U12, U14, and U15. In addition she was selected to the '87 Washington District I ODP team from 2000-2002, was a member of the 2004 '87 Washington State ODP team, and was selected to attend the ODP Region IV Camp held in Idaho in 2004.

The third signee is Erin Donnelley, who graduates this year from Twin Falls High School in Twin Falls, Idaho. Erin has played four years of varsity soccer, anchoring her team as goalkeeper at Twin Falls.

In addition to her high school experience, Erin has been actively involved in club soccer for the past seven years, playing premier soccer for the Twin Falls Rapids. Erin also comes in with additional high level experience in goal, having been the starting goalkeeper for the '87 Idaho ODP state team for two years.

Rounding out the group are Shanel Shepherd and Sarah Carns. Shanel is a senior at Ogden High School in Ogden, Utah, where she has played four years of varsity soccer.

As a defender and center midfielder, Shanel was named her team's defensive player of the year in 2004 and the team MVP in 2005. Shanel brings great club experience with her, having played for the Ogden Breeze for 10 years, and then most recently for the Layton Strikers and the Advantage A team. She has received various tournament MVP and Best Defensive Player awards in state and district play with her club team.

Carns, a senior from Brighton, Colorado, will graduate in June from Brighton High School, where she is currently in her last season of competition. She has the ability to play a variety of positions, but has most often played in the midfield.

Sarah's club soccer experience is somewhat unique in that her Colorado Xtreme premier team is coached by the same coach who coaches her high school team. Sarah has distinguished herself as a leader on both of her teams, having been named a captain on both teams for each of the past three years.

"I am really excited about our '06 recruiting class," commented NNU soccer coach Jamie Lindvall. "Their experience at the high school, ODP, and premier club levels will just continue to make our program successful here at NNU. Not only do these girls have the ability and the competitive nature to make an immediate impact at the Division II level, but they are also great fits for what our program is all about and what NNU stands for as an institution."

Seattle Pacific

Prep All-American Among SPU Recruits (2/1/06)

A prep All-American and a former U.S. National Youth Team member are among seven high school seniors who have signed national letters of intent to play women's soccer at Seattle Pacific beginning next fall.

The Falcons, coming off their runner-up finish in the NCAA Division II tournament, received commitments from goalkeeper Jesslyn Rahm (Eugene, Ore.), defender Julia Kern (Portland, Ore.), forward Kayla Stiegemeier (Rathdrum, Idaho) midfielder Janae Godoy (Yakima, Wash.), midfielder Kim Grant (Redmond, Wash.) and forward Alex Kirk (Edmonds, Wash.) and outside back Jessica Pixler (Sammamish, Wash.).

Stiegemeier is the first high school All-American to sign at SPU while Godoy was a member of the under-16 youth national team.

"While our freshman class had a significant impact upon our program in 2005, this recruiting class may be even more athletic," said SPU head coach Chuck Sekyra. "It's a great class that is by far the fastest group we've ever had, and I believe these young women will help us immediately. We are ensured of having a very deep and talented team for years to come."

Seattle Pacific, which finished 20-1-4 and ranked No. 2 in the nation, lost six seniors to graduation, including five starters. The Falcons take a 57-game regular season unbeaten string

into 2006. They have won four consecutive Great Northwest Athletic Conference championships.

SPU's recruits and Sekyra's quotes:

Kim Grant was a first team all-Kingco defender for Inglemoor and plays for the Northwest Nationals Shamrocks club. "Kim is a tremendously strong defender who is amazing in the air, good with the ball and reads the game well. She has such presence, game awareness and soccer intelligence that she gets it all done."

Janae Godoy played two years with the U.S. team, going overseas to tournaments in Ireland and Northern Ireland, before suffering a knee injury. She was a four-time all-Mid-Valley League selection at West Valley High School, finishing her career with 73 goals, including 21 as a senior. She also played for Marauders FC. "Janae is simply a great soccer player who is a proven winner and will have wonderful impact on our team right away. She can take over a game in the midfield by herself. Her vision, speed of play and ball winning abilities are very impressive."

Kayla Stiegemeier is a prolific goal scorer, evidenced by her 38 goals and 24 assists in leading Lakeland High School to second in the Idaho 4A championships. She was voted MVP of the Inland Empire League in addition to NSCAA All-America. Stiegemeier also plays for the Coeur d'Alene Sting club. "Kayla may be our fastest player in 2006. She's left-footed and fly by people on the dribble and finish. I think opponents are going to have a hard time staying with her. She is a determined and proven goal scorer who can change a game in a heartbeat."

Julia Kern has been Jesuit High School's starting centerback for two years, and earned both all-Metro League and second team all-state as a senior. The Crusaders finished fifth in the state 4A tournament last fall and were runners-up in 2004. She also played five years with FC Portland, the defending state club champions. "Julia is a great defender and a wonderful athlete with great instincts. She is fast, smart and makes great decisions. Her speed will allow her to play both centerback and outside back in college."

Alex Kirk was a first team all-area selection during her sophomore and juniors seasons at Edmonds Woodway, scoring 19 goals when the Warriors won the Wesco crown in 2003. Her club, Northwest Nationals Shamrocks, won three state titles plus a regional crown. "Alex is a big, fast, strong forward who is remarkable in the air and exhibits an amazing touch. She can do it all and play anywhere, and she will make a difference in our team."

Jessica Pixler had already signed a letter of intent to compete in track and cross country at SPU. She was all-Kingco during her junior season in soccer and plays for Marauders FC, which won the state club title in 2004. "Jess has shown that she can shut down the top forwards in the nation in her ODP experience, and being a left-footed defender she's somewhat unique. She's a great server of the ball, can get forward and run forever."

Jesslyn Rahm started her final three seasons at South Eugene, posting a total of 39 shutouts and goals-against average of

0.45. She was twice voted all-state, including first team as a senior when the Axemen finished second in the state 4A tournament. Her club, FC Willamette Passion, won the 2004 Nomads Cup Gold Division.

2005 Recruits

Central Washington

Wildcats Ink Pair to Institutional Letters (3/8/05)

Central Washington has wrapped up his 2005 recruiting class with the announcement of two Institutional Letter of Intent signings. Joining the Wildcats' recruiting class for the upcoming fall season are two midfielders from Naches Valley High School - Kelsey Baird and Jena Huck.

"We are excited to add to our group of girls with a pair that has played together already," CWU coach Michael Farrand said. "The coaching staff at Naches has done a great job developing championship soccer teams over the last four years, and we hope that the trio of players we have signed can convert that championship experience to the college level here at Central Washington."

Both Baird and Huck were teammates of fellow CWU recruit Katie Drollinger, who signed a National Letter of Intent with the Wildcats in February. That trio was an integral part of a Naches Valley squad that went 20-2-1 and won its second WIAA Class 2A state soccer championship in the last four years this past fall.

Baird scored a total of nine goals and added six assists during her senior season with the Rangers. Four of her goals came in the post-season, as Naches Valley went an unblemished 7-0 en route to the state title. Huck finished her final season with five goals and three assists.

Wildcats Sign Class 2A Player of the Year (2/16/05)

Four high school seniors, including last fall's WIAA Class 2A State Player-of-the-Year, have signed National Letters of Intent to play soccer at Central Washington.

Headlining the quartet is forward Katie Drollinger, who scored 117 career goals in four seasons at Naches Valley High School. She, along with Jessica Gruender of Tacoma's Stadium High School, and out-of-state signees Shawna Chastain and Lynde Clarke, make up most of the Wildcats' 2005 recruiting class.

"We are excited to add four high quality student-athletes," CWU coach Michael Farrand said. "These girls represent our second consecutive solid recruiting class. They add to our group of younger girls whom we brought in last year and continue to add to the core of older girls who will be graduating next year."

Drollinger helped lead Naches to a pair of Class 2A state championships during her four years with the Rangers. She scored 42 goals this past fall, taking Naches to its second title and earning state Player-of-the-Year accolades in the process.

"Katie represents a significant signing for us in terms of our ability to keep girls on this side of the mountains," Farrand said. "Having been able to follow her career, it's exciting to have someone of her caliber join Central Washington University. She's a very tenacious, determined, and gritty goal

scorer. We look forward to Katie adding to our forward line, and we expect the combination of her and (fellow newcomer) Jessica Gruender on the front line will give us the opportunity to create more chances and score more goals than we did last year."

In addition to her all-state honors, Drollinger was thrice named to the All-Central Washington Athletic Conference (CWAC) first team during her prep career.

Gruender, who prepped at Stadium High School in Tacoma and played club soccer for the F.C. Royals, is another forward whom Farrand expects to step in right away for the Wildcats during her rookie campaign this coming fall.

"It has been great to follow Jessica's career over the last two and a half years," Farrand said of the 5-foot-7 forward. "Her ability around the goal area is very good... she can put balls on the frame and create half-chances. Our goal scoring is something we have needed to improve upon and Jessica is a girl who can finish when given the opportunity."

Gruender totaled 48 goals and 27 assists during her four seasons with the Tigers, which culminated with an appearance in the Class 4A state championship match and a second team all-state selection in 2004.

The Wildcats' out-of-state NLI signees, Chastain and Clarke, both familiarized themselves with CWU by way of the Wildcats' summer camps.

Chastain is wrapping up her final prep soccer season at San Diego's University City High School. A sweeper, Chastain has helped the Centurions to Western League and CIF sectional titles during her career, and she earned second team all-section accolades during her sophomore season in 2002-03.

Clarke starred at Sandia High School in Albuquerque, N.M., where she helped lead Matadors to their district championship as a senior. A first team all-district midfielder, Clarke has also been a standout in cross country and track and field.

Humboldt State

Lumberjacks Add Forward (5/17/05)

Naz Zangana, a forward out of El Cajon, has signed a National Letter of Intent to continue her soccer career and education at Humboldt State University.

"Naz is a perfect addition to our women's soccer program and to the university," said HSU coach Andy Cumbo. "She is a very successful and accomplished attacker, very strong on the ball and very dangerous in the final third of the field."

Zangana was a four-year letter winner at Granite Hills High School where she helped the 2005 squad to a first-ever CIF Championship. She was named Player of the Year in her league, earned first-team all-CIF honors, first-team all-San Diego honors and first-team all-East County in her senior season. Zangana was also a three-time Granite Hills HS Most Valuable Attacker three years in a row.

In addition to her standout high school career, Zangana was also a member of the Hotspurs USA Club team coached by Sami Nedjar.

"Naz fits in with the offensive and defensive style we want our forwards to play her at Humboldt," Cumbo said. "She's played for a great club, a great coach and she understands the game quite well. She will be looking to make an immediate contribution to our team."

Humboldt Adds Two Prep Standouts To Roster (2/3/05)

High school standouts Kathryn Scheuring and Amy Androsko will play for Humboldt State this fall, according to HSU head coach Andy Cumbo.

Scheuring is a midfielder out of Ponderosa High School in Shingle Springs, Calif. She was a first-team all-league selection from 2001-04 while helping her team become the San Joaquin DII Second Champion in 2002-03 and the section runner-up in 2003-04. Scheuring is also a captain for the Placer United Rage club team.

"Katie is a welcomed addition to our women's soccer program," said Cumbo. "She is a very strong attacking player and we're looking forward to her contributing to our success."

Androsko is a four-year varsity letterwinner, three-year starter and three-time all-Century League selection from Canyon High School in Anaheim, Calif.

In addition to her high school team's success, Androsko's Slammers Football Club team is back-to-back, undefeated Coast Soccer League championships and a CSL Cup finalist.

"We are very pleased that Amy made the decision to join us," said Cumbo. "She is a tall, hard working defender who does well in the air."

Scheuring and Androsko will help fill the void left by the Lumberjacks' five graduated seniors from last season's squad that finished 11-8-1 overall.

Northwest Nazarene

Sarah Luman transfers to Northwest Nazarene (4/29/05)

Sarah Luman has signed a National Letter-of-Intent to attend NNU and play soccer this fall. Luman will be a junior transfer from Utah State University, where she has played two seasons of Division I soccer for the Aggies.

Originally from Logan, Utah, Sarah was a graduate of Logan High School in 2003, where she earned Defensive MVP honors both her junior and senior seasons as a midfielder.

Sarah played club soccer for Utah Extreme '86, where she earned various honors during her six years with the club, not the least of which were a Tournament MVP award and a Defensive MVP selection.

An Honor Roll and Dean's List selection in both high school and college, Sarah has excelled academically as a student-

athlete. She is pursuing a degree in exercise science with future plans to attend medical school.

"I really think Sarah is going to make a significant impact on our program," said NNU head coach Jamie Lindvall. "She comes in with great club and high school experience and two years of competition at a competitive Division I program.

"She's got great poise with the ball and really has great vision on the field. Add to that a great work ethic and a tremendous amount of composure, both defensively and offensively. I think she's a great fit for our team dynamic and for what we're looking to accomplish with our program."

Metzger Signs Letter With Crusaders (4/13/05)

Kristi Metzger has signed a National Letter of Intent to attend NNU and play soccer for the Crusaders this fall.

Metzger, a 5-4 senior from Union, WA, will graduate from Shelton High School this spring. Kristi has been an All-Narrows League first and second team selection as a midfielder over the past two seasons, and was also named her team's Most Valuable Player in both her junior and her senior years.

"Kristi displays a lot of confidence in the way she handles herself with the ball," NNU coach Jamie Lindvall said. "She makes good decisions, sees the field very well, and will bring much needed depth to our program as a midfielder."

A dual sport athlete at Shelton, Kristi is currently in her senior season in track and field, where she competes in the relays and the pole vault. She has gone to the Washington State track meet every year thus far in high school and won the state decathlon title in 2004.

She comes to NNU following in the footsteps of her two brothers and her sister Aubrey, who was a four-year standout as a member of the women's soccer and track programs.

Prosser Standout To Play For Crusaders (3/28/05)

Kristy Andrews has signed a National Letter of Intent to attend Northwest Nazarene University and play soccer for the Crusaders this fall.

Andrews, who is a senior at Prosser High School, served as a captain this past season, playing a significant leadership role on her team. Her efforts were recognized by the coaches in her league as she was named to the All-Mid Valley second team in addition to being voted Most Inspirational by her teammates.

Following her sophomore soccer season, Prosser High's girl's soccer team was named All-State Academic Champion, being recognized as the top academic tier among all the 3A soccer programs in the state of Washington. Kristy is a significant contributor to her team's academic success as she has consistently been in the top 10% of her high school class.

In addition to soccer, Kristy has been active in a wide variety of activities throughout high school. She is a member of the National Honor Society, is the President of the Pep Club at

Prosser, and is actively involved in the FFA, currently serving as Treasurer. A well rounded athlete, Kristy also played tennis and basketball during her freshman and sophomore years.

"We are definitely looking forward to having Kristy here at NNU this fall," commented Lindvall. "Her pace of play and her overall quickness on and off the ball have been very impressive to me. She plays with a lot of confidence and is very vocal on the field."

Crusaders Ink Players from Oregon, Washington (3/26/05)

Jenna Johnson and Angie Duryea have signed a letters of intent to attend Northwest Nazarene and compete as a part of the soccer program this fall.

Johnson, a 5-7 senior from Gresham, Oregon, currently attends Sam Barlow High School where she has competed as a part of the girls soccer team for the past four years. Most of Jenna's experience has been in a defensive role, but she has also spent some time playing as an outside midfielder.

"Jenna is a great fit for our program here at NNU, both in terms of the abilities that she brings to our team and in the character that she displays as a person," commented Crusader coach Jamie Lindvall.

"She has a great work ethic and brings additional speed to our team, both defensively and in the midfield. I'm excited that Jenna has decided to attend NNU and am looking forward to having her as a part of our soccer program this fall."

Duryea, a 5-4 senior from Silverdale, Wash., is a student at Central Kitsap High School. She currently plays premier club soccer for Kitsap 85 White where she has predominantly played as an outside attacking back, but has also spent some time in the midfield.

"Angie displays great quickness in the way she plays," commented Lindvall. "She moves really well off the ball and is constantly looking for the one touch pass."

Eugene Prep Player Signs With Crusaders (3/8/05)

Arvilla Ginger has signed a National Letter of Intent to attend NNU and play soccer for the Crusaders in 2005-06. Ginger, a 5-4 senior from Eugene, OR, attended Willamette High School.

As a member of the varsity girls soccer team at Willamette High School, Arvilla has also distinguished herself as an outstanding performer in the classroom, having been a Scholar Athlete Award winner multiple times during her high school career. "Arvilla is one of our highly regarded student athletes at Willamette High School who has had a terrific career during her time here," commented Barry Bokn, athletic director at Willamette.

"Arvilla displays a lot of confidence in the way she handles herself with the ball. She makes good decisions, sees the field very well, and will bring much needed depth to our program as an outside midfielder," NNU coach Jamie Lindvall said. "I am excited that Arvilla has made the decision to attend NNU

and look forward to seeing her make an impact as a part of our 2005 recruiting class."

Northwest Nazarene signs Mohs, Ciciora (2/22/05)

Hannah Mohs and Lizzie Ciciora have signed National Letter-of-Intent to attend Northwest Nazarene and play soccer for the Crusaders in the fall of 2005.

Mohs, a senior from Othello, Washington, is a three-sport athlete at Othello High School. A Central Washington Athletic Conference first-team pick in 2004, she was the leading scorer at Othello in her senior season, playing as an attacking midfielder and a forward. Picked to the CWAC Soccer second-team in 2003, she was also a first-team CWAC and Washington 2A All-State softball pick as a junior.

"Hannah is a great addition to our 2005 recruiting class," commented NNU coach Jamie Lindvall. "She has a great work rate and a competitive nature that will make her an important part of our program this fall. Hannah has great fundamentals and exhibits an attacking mindset in her play that will add a lot to our soccer team. I'm looking forward to seeing her take her game to the next level here at NNU."

Ciciora, a senior from Nampa High School, was a key member of the Bulldog girls' soccer program, playing both attacking and defensive roles on the team. "We're thrilled to have Lizzie be a part of our soccer program this fall," commented Lindvall. "I've been very impressed with what I've seen of her play, both technically and also in terms of her work ethic and competitive spirit."

Prior to attending Nampa High School, Ciciora lived in western Washington, where she played club soccer for Snohomish United. Following the move to Nampa, she spent time playing for both the Boise Capitals and Wolf Pack United.

"Lizzie is a great attacking player who sees the field very well, but also exhibits tremendous defensive ability," Lindvall continued. "She is a great fit for our program, not only because of her ability on the soccer field, but also because of the character that she displays in the way she lives her life."

Seattle Pacific

Falcons Get Transfer From Washington State (2/16/05)

Jessica Gerstmann, a redshirt freshman forward from Puyallup, is transferring from Washington State, and will play for Seattle Pacific beginning next fall.

Gerstmann appeared in three games for the Cougars last season and was a redshirt due to an ankle injury in 2003. She will have three years of remaining eligibility with the Falcons.

As a senior at Cascade Christian High School, Gerstmann scored 17 goals and added 20 assists to earn Chinook League co-MVP honors. She was first team all-area and also played club soccer for F.C. Royals, the state champions her final two seasons.

"With her speed, intensity and ability to change a game, Jessica is going to have an immediate impact on our team," said SPU coach Chuck Sekyra. "She's hungry for the opportunity to contribute here, and we feel she's going to be an exciting player for us."

Earlier this month, Sekyra signed seven high school seniors to national letters of intent. Coming off their finest season, including a third straight conference championship and second NCAA Division II tournament appearance, the Falcons received commitments from Jen Burns, Claire Grubbs, Lacey Keyser, Michelle Musser, Shannon Oakes, Katie Taylor and Meredith Teague.

Western Oregon

Four High School Seniors Sign With Wolves (6/7/05)

Four high school seniors have signed National Letters of Intent to play soccer at Western Oregon University.

Three Portland metro-area players and a Vancouver, Wash. standout will join the Wolves this fall. Nine other freshmen and transfers, who have signed institutional letters of intent, will also dot Western Oregon's tentative roster heading into August, but NCAA rules prohibit the university from announcing those names until practice begins.

Lakeridge's Katie Branam, Maggie Kuzmer of Columbia River High School, Aly Reamer of Franklin and Kristin Werhane of Southridge all signed offers from WOU coach Rod Fretz.

Forward Katie Branam was a key member of Lakeridge's squad that went 11-2-2 last fall and advanced to the 4A state tournament. She is a two-time second-team All-Three Rivers League selection, and also is a standout on the Lake Oswego Soccer Club, a two-time Oregon State premier club champion.

Branam also reached the final of the 4A state tennis singles championship, helping the Lakers win back-to-back state titles. "Katie is a very technically talented attacker who knows how to score," said Fretz. "She should have an immediate impact as a potential starter."

Maggie Kuzmer, a defender from Columbia River High School in Vancouver, is a two-time first-team All-Greater St. Helen's League selection. She was twice selected to the Southwest Washington all-region team.

"Maggie is a very strong defender with great field vision," Fretz commented. "She is capable of being a defensive leader for us in the back. She is a good all-around player and is very versatile. She has a chance to step in right away as a starter and lead a young but very talented group of defenders at WOU."

Aly Reamer led Franklin High School of Portland to the 4A state playoffs. The forward was a third-team all-state selection last fall, and was a first-team All-Portland Interscholastic League pick. She led the Quakers in scoring in 2004.

"Aly knows the game well and has the kind of individual talent with the ball that you want in a forward," Fretz said. "She posts up well, and takes the ball at defenders with confidence. She can have a strong impact at this level."

Kristine Werhane was a defender on a Southridge HS (Beaverton) squad that finished 12-2-2 and advanced to the 4A state playoffs. Like Branam, she is a member of the Lake Oswego Soccer Club and has twice been a member of the Oregon Olympic Development Team. She was a second-team All-Metro League selection in 2004.

"Kristin is a very solid all-around player, with experience and knowledge as a defender that will help us," Fretz continued. "She started for one of the top programs in the state, and successfully defended against some of the state's top players in the Metro League."

2004 Recruits

Humboldt State

Women's Soccer Adds Bakersfield Standout to Roster (4/29/04)

Elissa White, a four year member of the Bakersfield High School varsity soccer team and a three year member of the Millennium Soccer Club, has signed a national letter of intent to continue her soccer career at Humboldt State.

White has been a three-time all-league and all-area player while helping her team to become the 2001 and 2002 CIF Central California Valley Champions, and the 2003 runner up.

Along with her all-league and all-area honors, in 2004 White was selected as her team's MVP and as the league's Defensive Player of the Year.

"Elissa has proven to be a successful and highly respected player," said HSU coach Andy Cumbo. "She is a tremendous addition to our program and we are very excited that she will be joining us."

Jacks Add three More to Next Year's Squad (4/13/04)

Humboldt State's women's soccer team has added three players to next year's squad, bringing this year's recruiting class to eight thus far.

Jessica Hewins, Holly Shores, and Kelly Mottershead will all join the 2004 women's soccer squad.

Hewins is a central midfielder, transferring from Sacramento State. In high school she played four years of varsity soccer for Rio Americano High School, which won four consecutive Capital Athletic League titles. Hewins was named to the Capital Athletics first-team all-conference for two years and was the league's MVP her senior year.

Hewins has also been a member for the Elk Grove United which won the CYSA North Premier League championship, the CYSA North State Cup championship, the USYSA West Regional championship and was a USYSA national finalist.

"Jessica has tremendous ball skills and is excellent on restarts," HSU coach Andrew Cumbo said. "We've needed someone for restarts and are extremely excited that we have found Jessica for that reason."

Shores is a defender out of L.A. Pierce Junior College. As a four-year letter winner at Malibu High School, Shores was a first-team all-league selection.

"Holly is a skilled and aggressive defender and we are excited that she will be joining us at Humboldt State," said Cumbo. "She brings more experience to our team and she will hit in well with our hard-working, competitive players."

Mottershead is a midfielder hailing from South Pasadena High School. She has been a four-year starter on a team that

won the Division 4 CIF Championship in 2003. In addition, Mottershead is a member of the U18 Claremont Stars.

"Kelly is a strong midfielder who has had a successful experience with her teams in the past," said Cumbo. "She will be a great addition to our program."

Five Sign Letters With Lumberjacks (2/4/04)

Four freshmen and a junior will join Humboldt State's women's soccer team this fall, HSU head coach Andy Cumbo announced Wednesday.

Jordan Vermillion, Kelsey Gomula, Lacy Lewis, Karen Camilli and Erin Ashdown have all committed to continuing their education and athletic careers at HSU in the fall.

Vermillion is a forward/midfielder from Summerville High School in Twain Harte. She is a four-year starter for a team that has won two section titles during her time there. Vermillion is a two-time league MVP and set a league record when she scored 36 goals her sophomore year. Vermillion also plays for the Elk Grove Premier, the No. 1 ranked U-19 club team in the country.

"Jordan is a very accomplished player and she will have little difficulty adjusting to this level," Cumbo said. "She is expected to be a major factor in our offense next year."

Gomula is a central defender out of Scripps Ranch High School in San Diego and for the FC Bratz club team. As a sophomore at University San Diego High School, Gomula's team was the CIF Division III champion. At Scripps Ranch HS, she has been an all-league selection and team MVP.

"We're very excited to have Kelsey joining our program," said Cumbo. "She is a very organized, composed and skilled defender. We expect her to make a tremendous impact for us next year."

Camilli has been a central midfielder at Arcata High School for the past four years, helping the team to four consecutive Humboldt-Del Norte League titles.

"Karen has a tremendous work ethic and a strong desire to be a better player," said Cumbo. "She will fit in extremely well with the competitiveness of the women on the team and we are very happy that we have signed another outstanding local player."

Lewis, sister of current Lumberjack Lesa Lewis, is a midfielder/forward out of Cuyamaca College in El Cajon.

According to Cumbo, "Lacey is a tremendous player and competitor. She did extremely well in high school and at the JC level and I have no doubt that she will make a strong impact for us."

Ashdown, a left-footed defender hails from Analy High School in Sebastopol. She also plays for the Santa Rosa United club team.

"Erin is an athletic and hard working player," Cumbo said.

Central Washington

Wildcat Women's Soccer Signs Six to Letters of Intent (5/20/04)

Six high school seniors have signed National Letters of Intent to play soccer for Central Washington University.

Joining the Wildcats this fall are four Auburn, Wash., natives - Andrea Archer and Cassie Berendt from Fife High School and Hilary Davidson and Kalle Harris from Auburn High School - while Bellevue's Stacey Bankston and Federal Way's Hannah Bridges have also signed to play for Central.

"I think this recruiting class is equal to our recruiting class of two years ago," CWU coach Michael Farrand said. "With that class, we gained four legitimate starters in a short period of time, and at least two of our incoming freshmen have a great chance of making immediate impacts early in our upcoming season."

Those whom Farrand expects to contribute right away are prep teammates Archer and Berendt. Archer is a 5-foot-4 midfielder who, like the rest of the Wildcats' freshman class, has great speed. She was Fife's team captain as a senior and has been named to the all-Seamount League teams each of the past two years. Berendt, meanwhile, was a first team all-Seamount selection this past fall and recently qualified for her district track and field championships in four events.

Davidson and Harris teamed up at Auburn, earning three letters apiece in soccer for the Trojans. Davidson was twice named honorable mention all-South Puget Sound League (SPSL) during her career, and both were members of the National Honor Society during their prep days.

Bankston joins older sister Jamie on the Wildcats' roster in 2004. Stacey Bankston, at 5-foot-8, will play outside defender and midfielder. A four-year letter winner in soccer at Bellevue, Bankston was also the Wolverines' team captain during her senior season.

Bridges played for former Wildcat Carrie Boers at Federal Way High School. She was a first team all-South Puget Sound League (SPSL) South choice during her junior and senior campaigns and was a four-year letter winner for the Eagles.

"All six of these individuals are quick, fast players, which is an area we needed to upgrade in order to become more competitive within the GNAC," Farrand said.

Northwest Nazarene

Hughes Signs Letter With Crusaders (5/7/04)

Hilary Hughes, a senior from Prosser, recently signed a National Letter-of-Intent to attend Northwest Nazarene University and compete in the sport of soccer this fall.

Hilary graduates this June from Sunnyside Christian High School, where she was a captain on the boy's soccer team this past fall. Since Sunnyside Christian does not field a women's soccer team, Hilary played on neighboring Prosser High

School's girls high school team her freshman and sophomore years.

As a freshman she was the team leader in assists and the second leading goal scorer at Prosser. Following her sophomore year some attendance zoning changes were put into effect, which meant that she could no longer play for Prosser while attending Sunnyside Christian.

Still wanting to play soccer, Hilary joined the boy's team at Sunnyside Christian, where she has played her last two seasons. As a junior Hilary was the team's leading goal scorer, being further distinguished by the fact that she was the only female player on the team. According to her high school coach, Doug Gorter, Hilary's ball handling skills, knowledge of the game, and leadership abilities on the field helped her to be successful competing as part of the boys program at Sunnyside.

"Hilary is a great addition to our soccer program here at NNU," stated NNU coach Jamie Lindvall. "I am very excited to have her as a part of our team this fall. Hilary is a very disciplined athlete who has a tremendous work rate on the field. She has great fundamentals and exhibits an attacking mindset in her play that will add a lot to our program. Hilary has been successful competing as a part of a boy's soccer program throughout high school. That says a lot about her determination to excel and her desire to compete. We're thrilled that she has decided to attend NNU."

Treasure Valley Player Signs With Crusaders (4/26/04)

Lexi Swenson, a sophomore at Treasure Valley Community College, has signed a National Letter-of-Intent to attend Northwest Nazarene University this fall and play soccer for the Crusaders.

Lexi has spent the past two seasons competing as a part of the TVCC Women's Soccer team. Originally from Meridian, Idaho, she graduated from Centennial High School where she spent four years as a member of the girls soccer team. While she has had much experience as an attacking player, Lexi has served most recently as a defender at TVCC, where she helped lead her team to a 13-5-2 record this past season. Particularly notable in this is the fact that TVCC is in just their second year of competition with their women's soccer program.

According to Dave Goldstein, head men's and women's soccer coach at Treasure Valley, "Lexi is a tremendous centerback who tackles well and distributes the ball well. She also verbally organizes her defense which cuts down opportunities for opponents to score. She was the Defensive MVP her freshman year at TVCC and Captain her sophomore year."

"We are very excited to have Lexi as a part of our program this fall," stated NNU head coach Jamie Lindvall. "She is a tenacious competitor who brings two years of quality collegiate experience with her. Lexi's work rate and level of play will be a big addition to our program this fall. She's spent two years playing under a very experienced coach and in a very quality conference at TVCC. I am definitely excited about the contributions that she will make here at NNU this coming season."

Ingersoll to Play Soccer For Crusaders (3/5/04)

Morgan Ingersoll, a soccer and track athlete from Richland, Wash., has signed a national letter of intent to attend Northwest Nazarene and play soccer for the Crusaders.

Morgan is in her final term at Richland where she has competed for four years on the soccer and track and field teams. In her sophomore year, Richland finished as the Big 9 District Champions, and as a junior her team finished as both the district and regional champions, as well as finishing third in the State Playoffs.

Morgan's senior season ended on a high note in the 4A State Championship game, where Richland defeated Bellarmine 3-0. She was an all-conference and all-state selection in both 2002 and 2003 for soccer.

As a track athlete, Morgan also received all-conference honors for her freshman, sophomore, and junior seasons. She is currently in her last season of competition for track and field, having been a state competitor for the past three years.

McNutt To Play for Crusaders (2/25/04) Katy McNutt, a senior at Evergreen High School in Vancouver, Washington, recently signed a national letter of intent to attend Northwest Nazarene University this fall and play soccer for the Crusaders.

As a forward, McNutt has competed for four years in the 4A Greater St. Helens League as well as being a member of Orchards Soccer Club and competing on the Washington State ODP Team.

During her senior season for Evergreen, Katy distinguished herself as the leading scorer for her team as well as being named to the First Team All-League for the 4A Greater St. Helens League and the Southwest Washington District 4 All-Region Team.

"Katy brings tremendous quickness and a strong finishing ability to our program," stated NNU coach Jamie Lindvall. "She has great vision on the field and reads the play extremely well. Coming off such a great senior year I think Katy will do very well at NNU. We're definitely very excited to have her be a part of our program for the upcoming fall."

Todd Benner, McNutt's coach for Orchards Soccer Club, was also very complimentary of her abilities. "Katy is very tenacious, a true competitor with a great work ethic. What has made the difference for Katy has been her commitment to hard work not only athletically, but also academically. She has done all the right things to get her to the college level and make her successful there."

Merrill Signs With Crusaders (2/12/04) Amanda Merrell, a senior at Mead High School in Spokane (Wash.), has signed a National Letter of Intent to attend Northwest Nazarene and compete in the sports of soccer and track and field.

"We are thrilled that Amanda is going to be attending NNU and competing as a part of our women's soccer program this fall," said NNU coach Jamie Lindvall. "She is a tremendously gifted goalkeeper who has excelled in both her high school

and club soccer careers. She comes from a winning athletic tradition at Mead High School and brings with her a competitive spirit and a depth of character that will make her a key part of our soccer program here at NNU."

NNU track-and-field coach John Spatz was equally pleased with Amanda's decision to attend NNU. "I am excited that Amanda Merrell will be joining our track and field team in 2004. Amanda is an outstanding student athlete who has combined an excellent background both in the classroom and on the athletic field. She will compete in the horizontal jumps, as well as the heptathlon," stated Spatz.

Amanda competed for four years at Mead for soccer coach Travis Hanson, who has taken his team to the district, regional and state tournaments on a very consistent basis. This past season Amanda was selected to the All GSL Team as a goalkeeper.

Amanda also competed under the coaching of Dori Robertson as a track and field athlete, finishing in seventh place at the 2003 Washington 4A State Championships in the triple jump. She currently holds the triple jump school record at Mead (37-0) and also set Mead High School triple jump records as a freshman, sophomore, and junior.

Seattle Pacific

Former Metro State Starter Transfers to Seattle Pacific (5/4/04)

Carolyn Nason, a freshman defender who started for Metro State's (Colo.) conference and regional championship team last fall, has committed to joining the Seattle Pacific University women's soccer program.

Nason, who will be a sophomore, started 22 games for the Roadrunners, who led the NCAA in shutout percentage (.740, 17 total) and advanced to the Division II quarterfinal stage.

Nason scored two goals from her left back position, including a strike against Central Oklahoma in the Midwest Regional. She played alongside her older sister, Kristin, a senior defender for the Rocky Mountain Athletic Conference champions. The Metro State defense allowed only nine goals. The Roadrunners went 21-1-1 and were ranked No. 1 in the nation for six weeks.

At Broomfield High School in Lafayette, Colo., Nason was a Skyline League MVP and all-state selection. The Eagles made the state semifinals three times. She also played for Northglenn's Colorado Xtreme.

Coach Chuck Sekyra's recruiting for 2004 is now complete. Earlier, SPU received commitments from high school seniors Sarah Martinez, Tricia Loomis, Kara Hamby and Jeanne Webster.

Falcons Sign Four Recruits (2/18/04)

Seattle Pacific University has signed four recruits from in-state high schools to women's soccer national letters of intent, including Sarah Martinez, the Eastside Player-of-the-Year.

Joining Martinez—a forward from Bothell's Cedar Park Christian—in the 2004 recruiting class are Jeanne Webster, a defender from Bothell High; Tricia Loomis, a defender from Mount Rainier High in Des Moines; and Kara Hamby, a midfielder from Spokane's Mead. Seattle Pacific, which reached the NCAA Division II tournament in 2003, lost only one starter to graduation.

Martinez led Cedar Park to its third straight state 1A championship by scoring 30 goals and 12 assists. She was the King County Journal's player of the year for the Eastside and played for the Seattle Sounders last summer. Martinez, a two-time Emerald City League MVP and three-time state Olympic Development Program (ODP) selection, is rated as the top attacking player in the state by her new coach, Chuck Sekyra.

“Sarah is such a difference maker,” Sekyra said. “Her ability to beat players off the dribble and break opponents down along with her ability to finish and create opportunities for others is impressive. She's going to have a big impact on our team right away and I cannot wait to get her on the field for us.”

Webster and Loomis were both first team all-league selections as juniors but missed the 2003 fall prep season with injuries. Webster was KingCo co-MVP in 2002 and was selected to the state ODP team five times, making the regional camp. She played for FC Alliance in the Premier 1 league. Loomis was twice all-Seamount for Mt. Rainier and also for the Parrots, state P1 runner-up last year. She was a three-time state ODP member and also made the regional camp. Both were teammates and starters on the state ODP team the past three years.

“Jeanne and Tricia are gifted players,” said Sekyra. “Jeanne has a wonderful presence on the ball and an outstanding ability to tackle and win the ball in the air. I see Tricia playing centerback and defensive center midfield. She has amazing technical ability and is going to be great on set pieces.”

Hamby was a first team all-Greater Spokane League pick her final three years, and second team all-state as a senior. She made the state and regional ODP camp in 2002 while playing for the P1 Spokane Vision.

“Kara is flat out dynamic,” Sekyra said. “Her speed of play, ability to create for herself and others is going to have an immediate impact on our team. Kara has another level to her and a willingness to do whatever it takes to get the result needed. She is just a natural leader in so many ways.”

Sekyra guided Seattle Pacific to an NCAA tournament berth and a second straight Great Northwest Athletic Conference championship in his first season and the program's third. The Falcons were 17-2-2 and finished the season ranked 10 th nationally.

“This class is going to have a huge impact on our program when it is all said and done,” Sekyra said. “It is not only talented soccer wise, but a wonderful group of young women who are gifted students and outstanding people. We could not be happier with this recruiting class and what they are bringing to our soccer program and our community.”

Western Oregon

Western Oregon Adds Talent to Young Squad (7/2/04)

Western Oregon women's soccer coach Rod Fretz will have a lot of new faces greet him when he assembles for 2004 practice in mid-August.

Four of those newcomers are freshmen and one is a sophomore, who have signed National Letters of Intent.

Megan Moore is the transfer, coming to the Wolves program via Clackamas Community College, after a standout prep campaign at Gresham High School. Other newcomers include Becky Myrold (Corvallis/Crescent Valley HS), Lisa Pike (Bend), Amber Thronas (Lihue, Hawaii/Kanai HS), and Aimee Watanabe (Kaneohe, Hawaii/Castle HS).

Moore was a first-team All-NWAACC pick last fall at Clackamas CC, and was the Cougar's team captain. At Gresham High School, she was a first-team All-Mount Hood Conference selection as a midfielder in 2002.

Myrold is a defender who was a first-team All-Valley League selection in 2003 at Crescent Valley HS in Corvallis.

Thronas, from Kanai High School in Lihue, Hawaii, was a second-team all-state pick and was also a first-team all-league pick as a defender.

Watanabe, out of Castle High School in Kaneohe, Hawaii, was also a second-team all-state pick and first-team all-league selection. She is a midfielder.

“We will be very young this year, with only seven returnees, so our recruiting class is very important to us,” Fretz said. “This is a solid group, and there will be other players committed to us to make it an even stronger recruiting class.”

2003 Recruits

Central Washington

Redmond High Standout, Pair of Transfers to Join Wildcats (4/14/03)

Three newcomers, including two transfers and one incoming freshman, have signed national letters of intent to play women's soccer at Central Washington University.

The trio of players set to join the Wildcats for the 2003 season are Shauna Forbes, Stefanie King and Amanda Malik.

"This year's class adds to what we brought in last year," Farrand said. "More importantly, we are adding speed to the front of our attack. All three of these players are attackers and they have good speed and technical abilities."

Forbes, a 5-2 forward from Everett, will be a sophomore for CWU this fall after transferring from Edmonds Community College. She was a key member of a Tritons squad that outscored its opponents 92-8 in 22 games last year and won the Northwest Athletic Association of Community Colleges (NWAACC) championship.

Prior to her freshman campaign at Edmonds, she was a three-year letter winner at Cascade High School in Everett.

King, at 5-5, is also a transfer who will be competing as a sophomore for the Wildcats in 2003. A transfer from Grand Canyon University in Phoenix, Ariz., by way of Green River Community College, King played in nine matches as a freshman for the 'Lopes in 2001. She appeared in four matches at GRCC last fall before suffering a meniscus tear in her left knee and sitting out the remainder of the 2002 campaign. The Maple Valley, Wash., native played her prep soccer at Kentwood High School.

Malik, a 5-4 midfielder, is the only freshman to sign with the Wildcat soccer program this year. A four-year letter winner at Redmond High School, she is the all-time leading scorer in Mustang history and was a first team all-KingCo League selection. She was also named to the all-Eastside team following her senior season this past fall.

Farrand is not expected to sign any more players to NLI in the coming months. The only additions to the 2003 roster will come as a result of walk-on tryouts prior to the upcoming season.

Humboldt State

Lewis Signs With Lumberjacks (7/1/03)

Lesa Lewis, a transfer from Cuyamaca Junior College, has signed a letter-of-intent to play soccer at Humboldt State.

The signing of Lewis completes the recruiting season for HSU head coach Andy Cumbo. "This is definitely the strongest recruiting class I've ever seen at Humboldt and the

team will be the strongest its ever been," Cumbo said. "I have very high expectations for next year."

Lewis played for Helix High School in San Diego before spending two seasons at Cuyamaca Junior College in San Diego. Lewis' Cuyamaca team won the conference championship in each of her two years in addition to earning a No. 12 national ranking among junior college's at the end of the 2001 season. Lewis was a two-time all-conference selection and finished her career 35-5.

"We are very pleased that Lesa will be joining our program. She has been extremely successful as a youth and at the JC level," Cumbo said. "Lesa is a gifted, versatile, offensive player and we're proud that she will be representing HSU over the next two years. She will have little difficulty making the transition from the JC level to our level here."

Halloran Transfer From Chico State (5/28/03)

Kim Halloran, a center midfielder from Santa Rosa where she was a three-time team MVP at Piner High School, is transferring from Chico State to play soccer for Humboldt State.

Halloran was a second team All-North Bay League pick her freshman season and a first team all-league pick her junior and senior seasons at Piner. The two-time captain was also a two-time first team All-Empire pick.

"While Halloran was in high school, I spent a tremendous amount of time recruiting her," HSU head coach Andy Cumbo said. "She is a team player and I'm very excited that she will be joining our family here at HSU. She is a very skilled, aggressive center midfielder with excellent vision. Kim will make an immediate impact for us in the midfield next year."

Lumberjacks Snag Another Midfielder (2/26/03)

Midfielder Sheri Wilhelm will play at Humboldt State next fall. Wilhelm, a Hilo, Hawaii, native, was a four-year starter for the Hawaii Preparatory Academy. Her team won the league championship in three of her four seasons and finished third in the state tournament in 2000.

"Sheri has demonstrated that she is both an excellent student and an excellent athlete," HSU head coach Andy Cumbo said. "She is a skilled player and she has experienced a lot of success already. We're hoping she will help in bringing our program to the next level."

Wilhelm was an honorable mention all-league selection her freshman year, a second team pick as a sophomore and a first team pick her junior and senior seasons. She has earned team MVP honors for the last two seasons and was a second team All-State pick her junior year. The 2003 state teams have not been selected yet.

Wilhelm was a two-year member of the Hawaii Olympic Development Program State Team and plans to major in business at HSU.

Highly touted goalkeeper to play for HSU (2/24/03)

Goalkeeper Staci Self has signed a letter-of-intent to play soccer at Humboldt State.

Self was a four-year varsity starter for Trabuco Hills High School where she played three seasons in goal and her final season at forward and center midfield.

"Her experience playing on the field has enhanced her knowledge and understanding of the game as a whole," HSU head coach Andy Cumbo said. "This is extremely important for goalkeepers to have."

Self also plays club soccer for the So Cal Blues where she was the tournament MVP at the 2002 Thanksgiving Surf Cup that her team won.

"Staci was definitely my number one goalkeeper recruit this year," Cumbo said. "She is a very composed and talented goalkeeper and we are excited that she has decided to attend HSU."

Prior to playing for the So Cal Blue, Self played on the West Coast Futbol Club. "Her academics are excellent and she will make as strong of an impact in the classroom as she will on the field," Cumbo said.

Jacks sign top midfielder for 2003 (2/21/03)

Katie Coppoletta, a midfielder from Redondo Beach, Calif., has signed a letter-of-intent, to play soccer at Humboldt State.

Coppoletta is in her fourth season on the Redondo Union High School varsity team in addition to playing for several strong club programs. She earned first team all-league honors her sophomore and junior seasons and second team all-section honors as a junior for a team that has won the league championship in each of her seasons.

Coppoletta, who plans to be a kinesiology major at HSU, also received scholar athlete recognition in 2001-02.

With her club team, the F.C. Slammers, Coppoletta has won two league championships and several tournament titles including the Surf Cup and the Long Island Showcase.

"Katie plays for a club team where she has been surrounded by excellent coaches and players," HSU head coach Andy Cumbo said. "She has competed and excelled in some of the biggest tournaments and leagues around. She will bring a wealth of competitive experience and success to our program and we're very excited that she will be joining us."

Coppoletta will get the chance to make an impact for the Jacks in their season opener Aug. 29th at the Grand Canyon Classic in Phoenix, Ariz.

Local forward plans to play soccer at HSU (2/11/03)

Lindsay Harpham, a forward on the St. Bernard's women's soccer team, will play for Humboldt State next fall. Harpham is expected to make an immediate contribution to the HSU program, according to HSU coach Andy Cumbo.

"We've very excited that Lindsay will be joining Humboldt State University and our women's soccer team in the fall," Cumbo said. "Lindsay is one of the finest athletes in the county and we're happy that she has chosen to display her talent locally at HSU."

Harpham, an accomplished three-sport athlete at St. Bernard's, earned Humboldt-Del Norte League Co-MVP honors both her junior and senior seasons.

"Lindsay is an explosive, dynamic forward and she has been a prolific goal scorer," Cumbo said. "It is clear how effective she has been as a player and how well respected she is as she was voted league Co-MVP in both her junior and senior seasons."

Harpham is one of few local players that have played for Humboldt, and the first since Danielle d'Usseau played the 2000 and 2001 seasons.

"Lindsay will serve as a role model for the local girls by extending her soccer career at the collegiate level and doing so here locally at HSU," Cumbo said.

The Jacks will look to improve upon last season's 8-11-1 record when they kick off the 2003 season Aug. 29th at the Grand Canyon Classic in Phoenix, Ariz.

HSU Signs Defender (2/5/03)

Defender Libby Kimmitt, from Seattle's Roosevelt High School, has signed a national letter-of-intent with Humboldt State.

"Libby is a very skilled and confident defender," HSU head coach Andrew Cumbo said. "She will strengthen our defense and add to our team's future success. We are very excited that she will be a part of our program."

Kimmitt started every game for Roosevelt High School her junior and senior seasons earning Kingco 4A Conference honorable mention honors as a junior and then second team honors as a senior.

The Seattle, native, was named Roosevelt's defensive player of the year as a senior and captains her club soccer team, the Eastside F.C. The Jacks will look to utilize Kimmitt during the 2003 campaign as they try to improve upon last year's 8-11-1 record and fifth place Great Northwest Athletic Conference finish.

Northwest Nazarene

Northwest Nazarene sign Johnson twins (5/5/03)

Megan and Mandi Johnson, twin sisters from Eagle, ID, recently signed national letters of intent to attend Northwest Nazarene University in the fall of 2003 to compete in both soccer and track and field.

Both Megan and Mandi graduated from Centennial High School in 2001, where they made significant contributions to not only the soccer team, but also the track, cross country, and basketball programs.

As a high school athlete, Megan was honored multiple times as she was selected to the All Star and All Metro C.H.S. Teams. As a junior she picked up Centennial High School soccer team's Offensive MVP award.

Mandi, in keeping with the family tradition, was also selected to the All Star and All Metro C.H.S. Teams for several years in a row. In addition, as a senior she was honored as the Centennial High School Athlete of the Year.

Both sisters have been playing competitive soccer together since 1993 as members of the Boise Capitals Select Team. During their time with the Capitals, Megan and Mandi won three Les Bois Championships and in 2001 were members of the State Champion Capitals team.

For the past two years, Megan and Mandi have been attending North Idaho College in Coeur d'Alene, where they have been active members of both the soccer, cross country and track and field teams.

As freshmen the twins were members of the NWAACC Championship Team, sporting a team record of 21-2-3. Both recorded impressive stats during their time at NIC, making significant contributions both as goal scorers and assist leaders. Following her freshman season, Megan was honored as the North Idaho College Female Athlete of the Year.

Not to be outdone, this past season Mandi was awarded Most Valuable Defensive Player for NIC. Both Megan and Mandi also received All Star honors this past season as well, a fine testimony to their commitment to excellence in athletics.

"It is rare to come across a pair of sisters who have seen so much success together in the realm of athletics. It is even more rare that an institution is fortunate enough to have not only one, but both sisters compete as a part of their athletics programs," stated NNU Head Soccer Coach Jamie Lindvall.

"Megan and Mandi are a tremendous addition to both the soccer and track programs at Northwest Nazarene University. Their commitment to excellence in the realm of athletics will be a big boost to NNU Athletics."

Seattle University

Kennedy Midfielder Signs Letter With SU (5/28/03)

Midfielder Julie Martiniello (Seattle/Kennedy Prep) has signed a national letter of intent to play for the Seattle University women's soccer team.

"Julie's quickness and skill will be great assets to the team," SU head coach Julie Woodward said. "She loves to take players on and has an incredible will to win. She is a very versatile player who can play wide, up front or in the middle for us."

A four-year letter winner, Martiniello led Kennedy to the class 3A state title this past fall. She was a two-time All-Seamont League selection and received her team's Coach's Award. She also helped Kennedy to a fifth-place finish in the state tournament as a freshman. Martiniello has also played

for the Highline Eagles '84 for the past 10 years and was named to the ODP Washington State Team in 2000-01.

Martiniello also lettered in track and competed in the district meet. She was a member of the National Honors Society and was named to Kennedy's honor roll for three years.

Julie is the younger sister of DeeDee Martiniello, who played for the Seattle University women's soccer team the past four years.

Redhawks Sign Mount Rainier Standout (5/22/03)

Ashlie Pruitt, a two-sport star for Mount Rainier High School, has signed a national letter of intent to play for the Seattle University women's soccer team.

"Ashlie will be a great addition to our midfield," SU coach Julie Woodward said. "She is an extremely composed player who possesses great technical skills. She has incredible vision, distributes the ball extremely well and has an amazing ability to win balls in the air."

A four-year letter winner and three-time all-Seamont League selection, Pruitt led the Rams to the league title this year. She was named an all-state and all-area selection by The King County Journal, and earned all-area honors from The Seattle Times as well.

A two-time team MVP selection, Pruitt was a member of the Olympic Development Program state team and competed in the ODP Region IV camp, and helped the Saints Football Club to the U-19 state title.

Pruitt was also a four-time all-league selection in basketball for Mount Rainier. As one of the state's top scorers, she led the Rams to their first state tournament appearance since 1979 this past season. She was an all-area selection and was named to the WIAA State Team. Pruitt set a new school record for career rebounds.

Redhawks Sign Inglemoor Star (4/22/03)

Ana Gutierrez (Fr., Fort Collins, Colo./Inglemoor HS), a defensive standout for Inglemoor High School, as signed a national letter of intent to play for the Seattle University women's soccer team.

"Ana is a tenacious, intelligent defender. I am extremely excited about her decision to attend Seattle University," Woodward said. "She is a great athlete and student, and is also a tremendous leader. Her athleticism and leadership will make a huge impact on this team from the very beginning."

Gutierrez lettered three years at Inglemoor High School and helped the Vikings to back-to-back state semifinals appearances. In 2000, Inglemoor captured third in the class 4A state tournament, followed by a second-place finish in 2001. Gutierrez was a three-time KingCo 4A selection and earned both her team's MVP and Coach's awards as a junior. She also served as Inglemoor's captain the past two seasons.

Gutierrez also competes with the Emerald City Football Club '84. She helped them to the 2001 state championship and has

served the past three seasons as a team captain. A gifted student-athlete and a member of the National Honors Society, Gutierrez served as Inglemoor's junior class vice-president and is carrying a 4.0 grade-point average.

She is the younger sister of current SU sophomore Andrea Gutierrez (Fort Collins, Colo./Inglemoor HS), who has played two seasons with the Redhawks and earned all-conference honors as a freshman and academic all-conference honors this past year.

Redhawks Sign Kentwood Standout (4/21/03)

Kate Green (Covington, Wash./Kentwood HS), a four-time all-league selection for Kentwood High School, has signed a national letter of intent to play for the Seattle University women's soccer team.

"Kate Green is the all-around package. She will make immediate contributions to our offense and will be an impact player from the very beginning of her career," SU coach Julie Woodward said. "Kate is a true goal scorer, and extremely skillful player and someone who possesses a lot of knowledge about the game."

Green lettered four seasons at Kentwood and was named to the all-South Puget Sound League in all four seasons. She led the league in scoring as a freshman and was named the SPSL co-MVP in her junior year. Green was also a South County Journal All-Area selection in all four seasons and served as team captain the past two years.

Green also played club soccer for Emerald City. Last year, she earned the co-Golden Boot Award after tying for the team scoring title. Green joins Mercer Island's Rebecca Conte (Mercer Island, Wash./Mercer Island HS) as Woodward's second signing for next season, adding tremendous scoring to the SU offense.

Conte Signs With Redhawks (3/12/03)

The Seattle University women's soccer team has added some firepower to its high-octane offense with the signing of Mercer Island star Rebecca Conte.

A three-year letterwinner, Conte was honored as the KingCo 3A MVP and was a second team all-state selection after capturing the league scoring title and leading the Islanders to the league championship. She earned first team all-KingCo honors in her junior and senior seasons, and was a second team selection as a sophomore.

Conte finished as the runner-up in the league scoring race as a junior. She finished her career as Mercer Island's career leader in goals scored. Conte also received several team awards including Most Improved in 2000, Most Inspirational in 2001, and she served as a team captain this past fall.

Conte also lettered three years for the Islanders' track and field team. She was named a three-time MVP, two-time Most Inspirational athlete and served as team captain in 2002. She set personal records of 12.65 seconds in the 100-meter dash, 27.2 seconds in the 200-meter dash, and 16-feet, 9.5-inches in the long jump. Conte also anchors the 4x100-meter relay.

Western Oregon

Soccer Wolves Sign Three Standouts (6/18/03)

Western Oregon has added three all-state stars to his team for the coming 2003 season.

Amy McMenamin (Tualatin), Amy Weberg (Skyview) and Lisa Munyon (North Medford) have all signed letters of intent to be a part of the Wolves program as freshmen this fall.

"These are three very excellent recruits," WOU coach Rod Fretz said. "All could play for us right away, which I think is saying a lot right now considering how many people we have returning on our roster."

Western Oregon, an NCAA Division II school, finished 11-6-1 last season and were 8-3-1 in the Great Northwest Athletic Conference. They finished in second place by mere percentage points and graduated only one senior off that squad.

McMenamin was a second team all-state selection at Tualatin High School and a four-year starting defender for the Timberwolves. Tualatin reached the 4A title match last fall before falling to Jesuit. She also plays for the FC Portland Club, the 2003 state champions.

"Amy is one of the smartest defenders that I have seen in a long time," Fretz commented. "She has excellent field vision, is a great passer and keeps the defense very organized. She has played on top teams her entire career."

Weberg was a first team all-state (4A) pick at Skyview High School in Vancouver, Wash. as a defender. She was the Greater St. Helens League Defensive Player of the Year. "Amy is an excellent athlete and a very smart player," Fretz said. "She is capable of playing anywhere on the field, but we will probably start with her on the defensive side right away. She has great speed and is very competitive."

Munyon was a first team all-state honoree at North Medford and was a four-year starter at midfielder and forward. She was the Southern Oregon Conference Player of the Year last fall, helping to lead the Black Tornado into the 4A state playoffs. "Lisa will make an immediate impact for us," Munyon's new coach continued. "She is a very smart player with great one-on-one skills. She can play anywhere, just like she did at North Medford."

2002 Recruits

Central Washington

Three 4A Seattle Area Prep Stars Sign With Wildcats (4/17/02)

Three 4A high school standouts who enjoyed successful careers on the soccer pitch have opted to play collegiately at Central Washington University next fall.

CWU head coach Michael Farrand's list of signees includes midfielder Krista Graybill (Edmonds - Woodway), goalkeeper Christina Nordmark (Redmond - Inglemoor) and defender Jamie Bankston (Bellevue).

Graybill, member of the Washington state U-18 cup champion Stellarz squad, won four varsity letters. She was an all-Wesco League honorable mention her first two seasons and a first team choice and second team all area as a junior and senior. Graybill was honored as team MVP this past fall.

Off the field, she ranked first out of 404 students academically during the 2000-01 school year.

"Krista is a very complete player and will have a chance right away to play and start," Farrand said. "We are looking for her to have an immediate impact on the field and off."

Nordmark posted 18 shutouts and a goals against average around 0.50 the past two seasons, and helped the Mustangs to a runner-up placing in last fall's state playoffs. Redmond finished third in 2000.

She was a member of the National Honor Society all through high school as well.

"Christina is a quality goalkeeper and has had success at the high school level in a system similar to ours," Farrand said. "She will give us depth in the goalkeeping ranks with two senior goalkeepers."

Bankston's four-year high school career included an all-KingCo League honorable mention choosing. She was part of a Bellevue side that touted the league's highest grade point average.

"With Becca Laliberte recovering from ACL surgery, Jamie should see some significant minutes," Farrand said. "She is a very poised and intelligent team player."

"This is an important group for us. It is our first true recruiting class," Farrand said. "All three girls are quality girls on the field and in the classroom."

Humboldt State

Holm Signs Letter With Lumberjacks (4/10/02)

Lindsey Holm from Helena, Montana has signed a national letter-of-intent to play women's soccer for Humboldt State University.

Holm, a four-year letterwinner at Helena High School, plans to major in marine biology at Humboldt State. A member of the National Honor Society, she was named to the Academic All-State team in each of her four years at Helena.

"Lindsey is a very gifted athlete and student, and she will be a welcomed addition to our women's soccer program," HSU head coach Andy Cumbo said. "I'm hoping with her strong athletic and academic background, she will be one of the key players that helps our program get to the next level."

In her high school career, Holm helped her team to a 49-7-4 record three times finishing second in the Montana High School Championships. As a junior she was named to the All-State team. She also was a member of Montana's Olympic Development Program State team.

The 5-foot-9 defender is expected to make an immediate impact on an HSU team that finished 9-10-1 in 2001 and graduated two of its starting defenders.

Northwest Nazarene

Link Signs Letter With Crusaders (4/4/02)

Jamison Link of Coeur d'Alene High School (Idaho) has signed a letter of intent to join the women's soccer team at Northwest Nazarene University.

Coach Jim Lang considers Link, a midfielder and keeper, his top recruit. The 5-8 four-year letter winner will graduate No. 2 in her class with a 3.98 grade point average at North Idaho Christian School (NICS) in Hayden, Idaho, which does not have a soccer program. As a result she played for Coeur d'Alene High where she was a three-time First-Team All-Conference selection.

Link was All-Border Conference Co-MVP as a junior and league MVP as a senior. Coeur d'Alene placed third in the Idaho State Tournament her sophomore year.

Link also earned four letters as a basketball player, three at NICS and one at Coeur d'Alene as a senior. At NICS she was team MVP three times and honored as a member of the All-State Team of the Mountain Christian League.

Her soccer experience includes the Idaho Olympic Development State Team in 1999 and 2001 and 12 seasons with the Coeur d'Alene Sting Club, which won the U-17 Idaho State Cup in 2001 after a U-16 runner up finish in 2000.

"She lights up the field and fires up the players around her and is always a threat to score," said Link's high school coach Artie Wachter.

Crusaders Sign Two From Oregon (3/18/02)

Two Oregon defenders have signed letters of intent to join the women's soccer team at Northwest Nazarene University.

The players are Jill Sever of Hermiston and Brianne Moyer of Sandy.

Sever was honored as Hermiston's most inspirational player as a sophomore and received All-Conference Honorable Mention as a junior. She suffered a knee injury her senior season but, according to NNU coach Jim Lang, has successfully completed post-surgery rehabilitation. She is the sister of NNU softball player Kim.

The 5-4 Sever posted a 4.0 grade point average and is No. 1 in her class. She also participated in track and field as a sprinter and long and triple jumper.

Moyer earned All-Mount Hood Conference Honorable Mention as a junior and senior. As a senior she was team captain and Most Valuable Defender. Moyer, in the top 10 percent of her class with a 3.74 GPA, played in the Portland Women's Division the last two years. Moyer also earned a letter in track and field as a freshman.

Seattle University

Yakima's DeLuca Signs With Redhawks (5/9/02)

Lyndsey DeLuca (Yakima, Wash./West Valley High School) has signed a national letter of intent to play soccer at Seattle University.

"I'm really excited that Lyndsey has chosen to come to Seattle University," Redhawk coach Julie Woodward said. "She is a great athlete with a lot of potential. I look forward to watching her grow over the next four years."

A four-year letterwinner for Yakima's West Valley High School, DeLuca helped the Rams to four state tournament appearances, including the class 3A championship last fall. The Rams finished with a perfect 24-0 record, aided by DeLuca's 16 goals and 10 assists. The previous year, she tallied 21 goals and 10 assists in just 16 games to help West Valley to a second place finish at the state tournament.

A member of the Yakima Sun City Strikers, DeLuca has played the last seven seasons at the Premier Division I level. She has been a member of the Washington Olympic Development Program since 1998. During that time she has played for the state team and participated in the regional camp.

Shuel Signs National Letter With Redhawks (4/15/02)

Jennifer Shuel (Yakima, Wash./Riverside Christian High School) has signed a national letter of intent to play soccer at Seattle University.

Shuel attends Riverside Christian, but competes in soccer at Eisenhower High School due to a lack of a program at Riverside Christian. She started all four seasons for Eisenhower, and earned three all-league selections as a defender.

Shuel was a three-time recipient of her team's Best Defensive Player Award and two-time recipient of the Coach's Award. She also served one season as team captain and helped Eisenhower to one Big Nine title, and one district championship and state tournament appearance.

She was named Eisenhower's Newcomer of the Year as a freshman and served as a team captain her senior year.

Shuel has also been a member of the Sun City Strikers since the U-12 age level, recently helping them to back-to-back state tournament quarterfinal appearances. She also helped them to the Surf Cup championship in 2000, in which the Strikers' defense did not allow a goal.

Shuel was a member of the state Olympic Development Program from the U-14 to U-17 levels, competing on the state team and at regional camp in three of those seasons.

An accomplished all-around athlete, Shuel also lettered four years in basketball and three years in track at Riverside Christian. She was a two-time team captain and two-time all-league selection in basketball, helping Riverside Christian to the district championship and a sixth place finish at the Class B state tournament this year. She also lettered one year in tennis at Eisenhower.

Kerns Signs With Redhawks (3/21/02)

Local standout Stephanie Kerns (Seattle, Wash./Kennedy HS) has signed a national letter of intent to play women's soccer at Seattle University.

This past season, Kerns was honored as her team's MVP and best offensive player after helping the Lancers to the Seamount League championship and a Class 3A state tournament berth.

Kerns was honored as the league's MVP and earned her third straight first team all-Seamount selection. A four-year letterwinner and two-time team captain, she was also selected as her team's MVP and best offensive player as a junior.

Kerns was also a standout the past three seasons for the FC Royals '83, playing at the premier 1 level. She is currently lettering in her fourth season for the Kennedy track team, in which she has claimed three individual league championships (800 meters) and has been a member of two league championship relays.

She will serve as a team captain this season after being named the Rookie of the Year as a freshman and Most Valuable Runner as a sophomore. In her sophomore season, Kerns finished second at the class 3A state meet in the 800 meters, with a time of 2:15.

Seattle Pacific

Milwaukie Goalie Signs with Falcons (4/9/02)

Milwaukie (Ore.) goalie Erin Pierce has signed a national letter of intent to play women's soccer with Seattle Pacific University next fall.

Pierce, a former Oregon ODP pool member, was honorable mention all-conference at Rex Putnam High School during her final three seasons and helped the Kingsmen reach the third round of the state playoffs last fall.

Western Washington

Vikings Sign Five To Letters (6/12/02)

Five high school seniors have signed national letters of intent to play women's soccer at Western Washington University.

The quintet includes defender Erin Casey (Redmond), midfielder Lindsey Cox (Redmond), forward Ashley Jensen (Tacoma/Wilson), midfielder Lizzy Page (Redmond/Eastlake) and midfielder Meaghan Saunders (Bellevue/Issaquah).

Casey and Cox were team co-captains, helping Redmond High to the first round of the Class 4A state playoffs. Casey earned first-team Bellevue Eastside-Journal all-Area and all-Kingco League honors, and Cox was a second-team all-league choice.

Jensen was a four-time all-Narrows League selection at Tacoma's Wilson High, having 27 goals and 14 assists as a senior. Page led Eastlake High to the first round of the state playoffs, pacing the Kingco League in goals with 17. She was a first-team all-league pick as was Saunders, who had a league-best six assists at Issaquah High.