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## Defending NCAA Champions Western Washington Tops GNAC Preseason Coaches Poll

PORTLAND, Ore. – For the second straight season, Western Washington unanimously stands atop the 2017 Great Northwest Athletic Conference Women’s Preseason Soccer Coaches Poll – only this time with a Division II National Championship under its belt.

The five-time defending GNAC champions, Western Washington, received all nine first-place votes. The following four places were separated by eight points. Of those four teams, Concordia was the sole squad to miss the GNAC Championships last year.

Coming off a much-improved conference season, Central Washington was picked second with 62 points after a second-place GNAC finish. Despite a disappointing 2016 that saw Concordia win just five conference games, the Cavaliers finished third in voting with 58 points, edging Simon Fraser (57 pts.) who is picked for fourth. After competing in the NCAA Division II Championship Tournament last year, Seattle Pacific sits in fifth place with 55 points. Rounding out the preseason voting is Montana State Billings (32 pts.), Northwest Nazarene (26 pts.), Western Oregon (23 pts.) and Saint Martin’s (11 pts.).

Achieving a semifinal finish in the 2015 Division II NCAA Championships, the Vikings looked poised for another durable tournament run in 2016, ending the regular season unbeaten at 18-0-1. Western Washington rolled through the regional, allowing just two goals in the first four rounds before eventually knocking off three-time defending champion Grand Valley State to claim its first national championship in program history.

Complementing its 24-0-1 record in 2016, the Vikings were recently ranked No. 1 in the 2017 United Soccer Coaches (formerly NSCAA) Division II Women’s Preseason Poll.

Western Washington returns seven starters from a 2016 team that led the GNAC in shots, goals, assists, fewest goals allowed and shutouts. Among those starters are five defensive players that helped WWU rank No. 5 among all Division II teams with 0.396 goals allowed per game. Senior defender **Sierra Shugarts**, the 2016 NSCAA National Player of the Year, and GNAC Defensive Player of the Year **Emily Webster** return for their final season in Viking navy. Senior **Ashley Homer** also comes back after finishing with 14 shutouts and achieving NSCAA Third Team All-American honors.

Western Washington brings back junior **Gabriela Pelogi**, who led the team with 11 goals and contributed seven assists. Sophomore forward **Liv Larson** (seven goals, five assists) and sophomore defender **Taylor Hallquist** return after honorable mention selections.

With the departure of four key pieces for WWU, the defending champions added forward **Karli White**, a junior from Division I Seattle who recorded 15 goals and 10 assists in two seasons. The Vikings also acquired sophomore goalie **Natalie Dierickx** from Division I Colorado State.

Finishing four spots higher than its sixth-place 2015 finish with an 8-3-1 GNAC record, Central Washington is favored for a second-place conference finish. In last year’s Division II Women’s Soccer Championships, the Wildcats defeated Seattle Pacific 2-1 in the tournament’s first round. In the United Soccer Coaches’ Preseason Poll, Central Washington was fourth among teams receiving votes.

Team (1st Place Votes)	2016 Record (Finish)	Pts.
1. Western Washington (9)	24-0-1 (12-0-0, 1st)	81
2. Central Washington	14-6-1 (8-3-1, 2nd)	62
3. Concordia	10-4-3 (5-4-3, 5th)	58
4. Simon Fraser	9-7-1 (7-5-0, 4th)	57
5. Seattle Pacific	11-5-4 (7-2-3, 3rd)	55
6. MSU Billings	4-10-3 (4-6-2, 6th)	32
7. Northwest Nazarene	4-13-0 (2-10-0, Tie 8th)	26
8. Western Oregon	5-11-1 (2-9-1, 7th)	23
9. Saint Martin’s	3-14-1 (2-10-0, Tie 8th)	11

Votes awarded on a 9-8-7-6-5-4-3-2-1 basis.

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Head coach **Michael Farrand** returns six starters, most notably NSCAA Second Team All-West Region senior midfielder **Mackenzie Nolte**, who paced the Wildcats with seven goals and two assists a year ago. Senior **Whitney Lowe** also returns for her senior campaign, recording nine goals and 11 assists in 51 starts during her career.

Defender **Abbie Litka** and goalkeeper **Emily Holt** look to provide much needed experience to a depleted Wildcats' back line that loses three defensive starters. Litka was an Honorable Mention All-GNAC selection while Holt posted 82 saves, six shutouts and a 1.10 goals against average.

In its first full year of Division II membership, Concordia received 58 points to edge Seattle Pacific for third place. After the Cavaliers' seamless transition to the GNAC in 2015 with an impressive 8-2-2 conference record, Concordia slipped to a fifth-place finish one year later with a 5-4-3 GNAC record (10-4-3). The Cavaliers, however, bring back eight starters from a team whose four losses came by 1-0 margins.

First Team All-GNAC selection **Ana Delgadillo**, Honorable Mention All-GNAC honoree **Martha Heaps** and **McKenna Stocker** all return to a Cavalier defense that ranked second in the conference with eight goals allowed for a 0.63 goals against average. Junior midfielder **Gabrielle Ewing** returns after four goals and three assists landed her as a Second Team All-GNAC selection. Forward Bobbi Eckler departs after tallying a team-high five assists in 2016.

Despite a last place finish in 2014, Simon Fraser has drastically improved within the span of three years. The Clan finished 2016 in fourth with a 7-5-0 conference record, achieving its first GNAC Championships berth in program history. Only two seniors return from that 2014 team, including goalkeeper **Priya Sandhu**, who earned Honorable Mention All-GNAC honors after posting eight shutouts and allowing 1.04 goals per game.

Reigning GNAC Freshman of the Year and First Team All-GNAC forward **Emma Pringle** looks to continue the initial success that saw her record nine goals and three assists in 17 starts. Juniors **Allyson Dickson** and **Christina Dickson** round out the Clan's midfield as both earned All-GNAC honors last year. With 10 starters returning, head coach **Annie Hamel** is handed a blend of experience with tested youth to improve off the previous campaign.

With a third-place finish (7-2-3 GNAC) last season, Seattle Pacific looks to fill the hole league-leading goal scorer Hannah Huesers leaves up top. Huesers' departure caps the loss of five starters with more than 15 appearances each in 2016.

Senior goalkeeper **Molly Stinson** recorded 106 saves, seven shutouts and allowed 0.96 goals per game. She is accompanied by returning starters senior **Maddie Sjothun**, junior **Kaytlin Willis** and sophomore **Asia Cayetano** on the defensive line.

Similar to Concordia, Montana State Billings also returns eight starters to a team that ended 2016 with a 4-6-2 GNAC record. With six matches remaining in the season, the Yellowjackets scuffled on a 1-4-1 run to end in sixth place. All four of their regular season victories came against GNAC opposition.

Senior forward **Jessica Spang** comes back after tallying five goals and a team-high five assists in 17 starts. Junior **Lili Delgadillo** returns between the posts after recording 84 saves and allowing 1.63 goals per game in 2016.

Finishing tied for eighth with a 2-10-0 conference record, Northwest Nazarene return nine starters to its lineup. The Crusaders look to take the GNAC by storm this season, as they have not finished in the top half of the conference table since the league's inception. Midfield transfer **Anita Maryskova** (Brevard Coll. (N.C)) will accompany NNU's 2016 leading goal scorer, midfielder **Madi Taylor** (four goals, one assist), this season.

Western Oregon remains the only team to defeat Western Washington in a GNAC contest since the 2013 season. Despite losing six starters, WOU's recruiting class includes three transfers and four key freshmen to aid starting senior defender **Kai Mahuka** and senior midfielder **Meli Cortez**.

Saint Martin's concludes the voting in ninth place after finishing tied for eighth with two conference victories. First-year head coach **Heather Cato** returns six starters, which led by senior midfielder **Lauren Allison**. In their final three matches last year, the Saints lost each GNAC contest by one goal to end the season on a three-game skid.

Seven teams start regular season action on August 31. Montana State Billings and Central Washington kick off against non-conference opponents on September 2 and 3, respectively. The conference slate is scheduled to begin September 16.

**Team Capsules Follow On Next Page**



## 2017 GNAC Women's Soccer Teams At A Glance

### CENTRAL WASHINGTON

**Head Coach:** Michael Farrand (Point Loma, 1984, 128-70-30, 18th Season)

**Assistants:** Tarin Garrison, Anne Whipple

**2016 Overall Record:** 14-6-1      **Conference:** 8-3-1 (2nd)

**Letterwinners Returning:** 15

**Starters Returning/Lost:** 6/5

**Returning Starters:** Mackenzie Nolte (M/F, Sr., D2CCA Second Team All-West Region, NSCAA Second Team All-West Region, First Team All-GNAC, 7 Goals, 2 Assists), Whitney Lowe (M/F, Sr., NSCAA Third Team All-West Region, Honorable Mention All-GNAC, 4 Goals, 4 Assists), Karlee Goehner (M, Sr., 1 Assist), Bailey Martoncik (F, Sr., 3 Goals, 1 Assist), Abbie Litka, (D, Sr., Honorable Mention All-GNAC, 1 Goal), Emily Holt (GK, So., 1.10 GAA, 82 Saves, 6 Shutouts).

**Other Key Returners:** Molly Mortensen (M, Jr., 2 Goals, 2 Assists), KK Wallace (M, Jr., 1 Goal, 1 Assist), Emily Minogue (D, Jr.).

**Key Losses:** Allie Bohnett (D), Jessica Haga (D), Meghan Ward (D), Keilin Farrand (M).

### CONCORDIA

**Head Coach:** Grant Landy (Cal Poly, 1989, 351-70-29, 21th Season)

**Assistants:** Jon Keister, Rob Warnell, Maureen Fitzgerald, Ashley Ames

**2016 Overall Record:** 10-4-3      **Conference:** 5-4-3 (5th)

**Letterwinners Returning:** 18

**Starters Returning/Lost:** 8/3

**Returning Starters:** Ana Delgadillo (D, Sr., FirstTeam All-GNAC), Gabrielle Ewing (M, Jr., Second Team All-GNAC, 4 Goals, 3 Assists), Martha Heaps, (D, Sr., Honorable Mention All-GNAC, 1 Goal), McKenna Stocker (D, Jr., 1 Goal, 1 Assist), Kayla Braunthal (M, Jr., 4 Goals, 2 Assists), Karlie Hurley (F, Jr., 1 Goal, 1 Assist), Kasey Ames (M, Jr., 3 Goals), Sydney Van Steenberge (F, Jr., 2 Goals, 2 Assists).

**Other Key Returners:** Kyra Radcliffe (F, So., 3 Goals, 3 Assists), Ana Miller (GK, So., 0.47 GAA), Quinn Williams, (3 Goals, 1 Assist), Maddie Misi (F, Jr., 1 Goal, 2 Assists), Megan Meyers (M, Jr.).

**Key Losses:** Olivia Brock (GK), Shannon McMahon (D), Bobbi Eckler (F).

**Key Freshmen:** Jennifer Aguirre (F, 5-5, Eugene, Ore. – Willamette), Katie Greene (D, 5-9, Spokane, Wash. – Mead), Brenda Uribe (M, 5-3, East Palo Alto, Calif. – Woodside Priory), Grace Ellis (D, 5-6, Spokane, Wash. – Mead), Jadah Suarez (D/M, 5-0, Shingle Springs, Calif. – Ponderosa), Imna Reichner (M, 5-3, West Linn, Ore. – West Linn).

**Key Transfers:** Shannon Peth (GK, 5-7, Jr., Mukilteo, Wash. – Portland State Univ.), Isabel Holmes (D/M, 5-7, Jr., Seattle, Wash. – Austin Peay Univ.).

### MONTANA STATE BILLINGS

**Head Coach:** Stephen Cavallo (Frostburg State, 2012, 1st Season)

**Assistant:** Sarah Leiby

**2016 Overall Record:** 4-10-3      **Conference:** 4-6-2 (6th)

**Letterwinners Returning:** 13

**Starters Returning/Lost:** 8/4

**Returning Starters:** Jessica Spang (F, Sr., Honorable Mention All-GNAC, 1 Goal), Amanda Hemmen (D, So., Honorable Mention All-GNAC), Lili Delgadillo (GK, Jr., 84 Saves, 1.63 GAA), Jordan Devoto (F, Jr., 3 Goals, 1 Assist), Alycia Wright (F, Jr., 2 Goals, 1 Assist), Kalin Sandow (D, So., 1 Assist), Courteney Shovlin (D, So., 15 Starts), Claire Tevaseu (M, So., 16 Starts).

**Other Key Returners:** Alexa Iacolucci (M, So., 1 Assist, 8 Starts), Mackenzie Breeden (M, So., 17 GP).

**Key Losses:** Kylee Wolfe (D), Dana Lubieniecki (M), Hayley Warren (F).

**Key Freshmen:** Samea Aljundi (M, 5-3, Kent, Wash. – Kentridge), Madison Browne (M, 5-1, Seattle, Wash. – Vashon Island), Natalie Cabiad (F, 5-5, Spokane Valley, Wash. – Central Valley), Amanda Grimshaw (D/F, 5-3, Damascus, Ore. – Clackamas), Erinn Harder (GK, 5-5, Gig Harbor, Wash. – Gig Harbor), Brooke Johnson (F, 5-7, Casper, Wyo. – Kelly Walsh), Lizzy Light (M/F, 5-3, Billings, Mont. – Skyview), Susie Lusardi (GK, 5-6, Willow Spring, N.C. – Middle Creek), Danielle Mumm (D/F, 5-9, Seattle, Wash. – Seattle Christian), Cierra Pinson (F, 5-5, Des Moines, Wash. – Mount Rainier), Hallie Vervair (M, 5-6, Spokane, Wash. – Mt. Spokane).

#### **NORTHWEST NAZARENE**

**Head Coach:** Mary Trigg (Fresno State, 2008, 15-47-7, 5th Season)

**Assistants:** James Williamson, Dane Manley

**2016 Overall Record:** 4-13-0                      **Conference:** 2-10-0 (Tie 8th)

**Letterwinners Returning:** 17

**Starters Returning/Lost:** 9/3

**Returning Starters:** Madi Taylor (M, Jr., Honorable Mention All-GNAC, 4 Goals, 1 Assist), Ashley Cook-Cox (M, Sr., 2 Goals, 2 Assists), Hannah Holm (F, Sr., 1 Goal, 2 Assists), Cassandra Clarke (D, Sr., 1 Goal), Tennyson Young (M, So., 1 Goal), Olivia Carter (D, Jr., 16 Starts), Mabinty Kanu (D, Sr., 1 Assist), Corrinah Schaefer (D, So., 14 Starts), Daniele Ortiz (GK, Sr., 2.12 GAA, 2 Shutouts).

**Other Key Returners:** Emily Wilkins (F, Sr., 1 Goal), Maddy Midstokke (M, So., 12 GP), Kaisa Tsuruta (F, Jr., 1 Assist), Nikki Clark (D/F, Jr., 14 GP), Brooke Felzien (F, So., 1 Assist).

**Key Losses:** Kayla Williams (D), Sarah Jenkins (M), Kelsey Martin (M/F).

**Key Freshmen:** Karolyne Collins (M, Boise, Idaho – Centennial), Talley Kyle (F, Superior, Colo. – Monarch), Rikki Myers (F, Mill Creek, Wash. – Jackson), Aissa Sundstrom (D, Placentia, Calif. – El Dorado), Jade Zimmer (D, Denver, Colo. – George Washington).

**Key Transfers:** Anita Maryskova (M, 5-8, Liberec, Czech Republic – Brevard Coll. (N.C.)).

#### **SAINT MARTIN'S**

**Head Coach:** Heather Cato, (Arkansas, 1999, 1st season, 6th Season Overall, 28-61-5)

**Assistant:** Paige Pontarolo

**2016 Overall Record:** 3-14-1                      **Conference:** 2-10 (Tie 8th)

**Letterwinners Returning:** 14

**Starters Returning/Lost:** 6/5

**Returning Starters:** Lauren Allison (M, Sr., 3 Goals, 1 Assist), Joslin Lindsay (F, So., 1 Goal, 2 Assists), Shea McKnight (M, So., 2 Goals), Kylee Sarchett (M/F, Jr., 2 Assists), Rose Robbins (D, So., 18 Starts), Ali Koehler (GK, Jr., 50 Saves, 2 Shutouts, 17 Starts).

**Other Key Returners:** Dulce Armas (M, Sr., 6 Starts), Brittany Orlosky (M, Sr., 13 GP), Gloria Petri (M, Jr., 17 GP).

**Key Losses:** Taylor Gersch (D), Sara Masee (D), Camryn Althausen (M), Hannah Frakes (M), Micaylla O'Leary (M), Kelli Bannerman (F).

**Key Freshmen:** Olivia Bianco (D, 5-7, Mukilteo, Wash. – Kamiak), Kiersten Madsen (M, 5-9, Auburn, Wash. – Thomas Jefferson), Jessica Moskowitz (M, 5-5, - Marysville Pilchuck).

**Key Transfers:** Selesha Harrah (D, Jr., 5-5, Centralia, Wash. – Centralia CC).

#### **SEATTLE PACIFIC**

**Head Coach:** Arby Busey (Villanova, 1993, 15-10-6, 3rd Season)

**Assistants:** Kevin Sakuda, Amanda Alexson

**2016 Overall Record:** 11-5-4                      **Conference:** 7-2-3 (3rd)

**Letterwinners Returning:** 19

**Starters Returning/Lost:** 6/5

**Returning Starters:** Molly Stinson (GK, Sr., 106 Saves, 0.96 GAA, 7 Shutouts), Brooke Lancaster (F, Jr., Honorable Mention All-GNAC, 2 Goals, 3 Assists), Megan Moore (M, So., 2 Goals, 1 Assist), Kaytlin Willis (D, Jr., Honorable Mention All-GNAC, 1 Goal, 2 Assists), Maddie Sjothun (D, Sr., 2 Assists), Asia Cayetano (D, So., 1 Assist).

**Other Key Returners:** Kasey Reeve (F, Jr., 2 Goals, 20 GP), Julia DeVere (M, Jr., 2 Goals, 20 GP), Simone Herzberg (M, Sr., 4 Assists), Sydnee Smith (M, Jr., 1 Goal, 1 Assist), Brooke Pingrey (D, Jr., 1 Goal, 19 GP), Brooke Holland (M, Sr., 17 GP).

**Key Losses:** Haley Ayers (D), Kelly Gould (M), Emma Holm (M), Hannah Huesers (F), Maddie Krauss (F).

**Key Freshmen:** Madison Ibale (D, 5-7, Kent Wash. – Kentridge), Kate Veenhuizen (M, 5-6, Seattle, Wash. – West Seattle), Claire Neder (M, 5-9, Spokane, Wash. – Mead), Sophia Chilczuk (F, 5-11, Kent, Wash. – Kentridge), Kaylie Nelson (GK, 5-6, Bend, Ore. – Bend).

### **SIMON FRASER**

**Head Coach:** Annie Hamel (Maine, 2004, 18-29-3, 4th Season)

**Assistant:** Anna Picarelli

**2016 Overall Record:** 9-7-1                      **Conference:** 7-5-0 (4th)

**Letterwinners Returning:** 15

**Starters Returning/Lost:** 10/1

**Returning Starters:** Emma Pringle (F, So., GNAC Freshman of the Year, First Team All-GNAC, D2CCA Second Team All-West Region, 9 Goals, 3 Assists), Allyson Dickson (M, Jr., Second Team All-GNAC, 3 Assists, 17 Starts), Christina Dickson (F/M, Jr., Honorable Mention All-GNAC, 4 Goals, 3 Assists), Katelyn Erhardson (F, Jr., Honorable Mention All-GNAC, 3 Goals, 3 Assists), Monpreet Heer (F, So., 2 Goals, 3 Assists), Carli Grosso (D, Jr., 2 Goals, 16 Starts), Jenna Baxter (M, Jr., 2 Goals, 3 Assists), Emma Lobo (D, So., 1 Goal, 16 Starts), Samantha Donald (M, Jr., 2 Assists, 17 Starts), Priya Sandhu (GK, Sr., Honorable Mention All-GNAC, 1.04 GAA, 8 Shutouts).

**Other Key Returners:** Kaely Biring (M, Sr., 1 Assist, 5 Starts).

**Key Losses:** Teegan Sorokan (D), Olivia Aguiar (F), Sierra Leung (M).

**Key Freshmen:** Nadia Hakeem (D, 5-6, Coquitlam, B.C. – Gleneagle), Colby Knibbs (D/F, 5-5, Calgary, A.B. – Bishop O'Bryne), Claire Bareilles (M, 5-3, Eureka, Calif. – Arcata), Hollis Roeske (M, 5-5, Vancouver, B.C. – Prince of Wales).

### **WESTERN OREGON**

**Head Coach:** Steve Ancheta, Oregon State 1991 (42-49-17, 7th Season)

**Assistants:** Luke Babson

**2016 Overall Record:** 5-11-1                      **Conference:** 2-9-1 (7th)

**Letterwinners Returning:** 12

**Starters Returning/Lost:** 5/6

**Returning Starters:** Kai Mahuka (D, Sr., 15 Starts), Meli Cortez (M/F, Jr., 1 Goal, 2 Assists), Selene Konyn (M, So., 2 Goals), Kaili Brundage (F, So., 1 Goal), Caitlin Kastelic (GK, So., 114 Saves, 2.04 GAA).

**Other Key Returners:** Dacia Alexander (F, Jr., 2 Assists, 6 Starts).

**Key Losses:** Dani Payne (D), Machaela Rapozo (D), Mariah Konyn (M), Taylor Higa (F).

**Key Freshmen:** Melinda Ortega (D/M, 5-5, Lawndale, Calif. – Lawndale), Alexie Morris (M/F, 5-9, Kamiak, Wash. – Kamiak), Alyssa Tomasini (D/M, 5-8, Camas, Wash. – Camas), Nikki Hoey, D, 5-7, Tempe, Ariz. – Corona Del Sol).

**Key Transfers:** Dana Jacobs (D, Jr., 5-9, Los Angeles, Calif. – Cerritos JC), Amber Whitmore (F, Jr., 5-7, Los Angeles, Calif. – Cerritos JC), Deizana Dargan (D, Jr., 5-7, Concord, Calif. – Diablo Valley JC).

### **WESTERN WASHINGTON**

**Head Coach:** Travis Connell (Seattle Pacific, 1996, 202-64-26, 15th season)

**Assistants:** Claire Morgan, Jamie Arthurs

**2016 Overall Record:** 24-0-1                      **Conference:** 12-0-0 (1st)

**Letterwinners Returning:** 18

**Starters Returning/Lost:** 7/4

**Returning Starters:** Sierra Shugarts (D, Sr., NSCAA DII National Player of the Year, NCAA Championships Defensive MVP), Emily Webster (M, Sr., GNAC Defensive Player of the Year), Taylor Hallquist (D, So., Honorable Mention All-GNAC), Ashley Homer (GK, Sr., NSCAA Third Team All-American, 14 Shutouts), Liv Larson (F, So., Honorable Mention All-GNAC, 7 Goals, 5 Assists), Annaliese Laurila (D, So., 25 Starts), Gabriela Pelogi (F, Jr., NCAA Championships All-Tournament, 11 Goals, 7 Assists).

**Other Key Returners:** Jordyn Bartelson (M, So., 4 Goals, 1 Assist), Peyton Chick (F, So., 3 Goals, 6 Assists), Lindsay Fujiwara (D, So., 1 Goal, 2 Assists, 25 GP), Emily Nelson, (D, So., 24 GP), Jen Oak (F, Jr., 22 GP), Mariah Roggow (F, Jr., 2 Goals, 3 Assists).

**Key Losses:** Erin Russell (D), Caitlyn Jobanek (M), Becca Cates (M), Elise Aylward (F).

**Key Freshmen:** Sophie Butterfield (F, 5-8, Bellevue, Wash. – Bellevue), Grace Eversaul (M, 5-7, Vancouver, Wash. – Skyview), Darby Doyle (M, 5-4, Spokane, Wash. – Gonzaga Prep), Zoe Milburn (F, 5-7, Maple Valley, Wash. – Tahoma).

**Key Transfers:** Karli White (M/F, Jr., 5-5, North Bend, Wash. – Seattle Univ.), Natalie Dierickx (GK, So., 5-7, Kirkland, Wash. – Colorado State Univ.).