



Great Northwest Athletic Conference

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Women's Soccer: Nationally Ranked WWU and SPU Sit Atop GNAC Preseason Poll

Great Northwest Coaches Poll	2012 Records	Pts
1. Western Washington (5)	19-4-0 (12-2-0, 1 st)	61
2. Seattle Pacific (3)	15-4-2 (11-1-2, 2 nd)	58
3. MSU Billings	13-6-1 (8-5-1, 3 rd)	41
4. Western Oregon	8-10-1 (6-7-1, 4 th)	35
5. Central Washington	6-10-2 (5-8-1, T-6 th)	34
6. Saint Martin's	7-9-2 (5-7-2, 5 th)	33
7. Northwest Nazarene	8-9-1 (5-8-1, T-6 th)	17
8. Simon Fraser	1-16-0 (0-14-0, 8 th)	9

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

PORTLAND, Ore. – After wrapping up the 2012 GNAC title with a conference record of 12-2-0, Western Washington has received five of eight first place votes and 61 total points to sit atop the 2013 GNAC preseason coaches poll.

The Vikings had their hearts broken in overtime of the Division II Regional Final last season, falling 2-1 to UC San Diego in dramatic fashion.

Viking head coach Travis Connell enters his 11th season with the program, and is ready to prove that his squad is worthy of the No. 12 ranking it received earlier this month from the National Soccer Coaches Association of America (NSCAA).

With the return of *GNAC Defensive Player of the Year* Brina Sych and first-team forward Kristin Maris, the Vikings begin the 2013 season in excellent position to pick up right where they left off.

Landing second in the GNAC preseason poll and securing the No. 23 ranking in the NSCAA poll is Seattle Pacific University, which collected the other three first-place votes.

The Falcons finished second in the GNAC in 2012 and advanced to the regional semifinals before falling 2-1 to eventual champion UC San Diego.

SPU returns 10 starters including GNAC First Team defensive standout Shayla Page, and Second Team scoring machine Ali Martin.

After an impressive showing in 2012 behind second-team all-GNAC pick Heidi Greenback, Montana State Billings checks in at No. 3 in the preseason poll.

Greenback returns after recording a team-high eight goals and provides the Yellowjackets with one of the premier strikers in the conference.

After being voted 2012 *GNAC Coach of the Year*, Steve Ancheta lands his Western Oregon Wolves in the upper half of the preseason poll with 35 total points.

WOU has embarked on a steady climb up the conference rankings over the past four seasons, and Ancheta has turned the program around after just two seasons at the helm.

The Wolves will rely somewhat on fresh faces this season with just four starters returning, but its third place finish in goals (25) last season suggests WOU will be a serious contender throughout 2013.

Trailing WOU by a single point in this year's poll is Central Washington, which tied for sixth in the 2012 final GNAC standings.

The Duty sisters – Tarah and Lauren – return to the Wildcats' lineup, with the prior earning first-team all-GNAC honors as a defender and the latter scoring two goals as a freshman in 2012.

Saint Martin's checks in at No. 6 in the poll with 33 points and will rely on honorable mention all-GNAC pick Ashley Richardson to lead the way.

The Saints finished fifth in the GNAC in 2012 and could easily shuffle places with WOU and CWU in what promises to be a tight race for the fourth and final post-season bid.

Falling into seventh place in the preseason poll is Northwest Nazarene, which finished in a deadlock with CWU at sixth place last season in GNAC play.

The Crusaders return 11 letter winners and six starters, including Jenny Field who scored a team-high seven goals during her junior campaign.

Simon Fraser head coach Shelley Howieson is the longest tenured skipper in the conference, however she finds her Clan at the bottom of the preseason poll.

SFU scored just two goals last season and went winless in GNAC play. There is hope that the return of seven starters will give the Clan a chance to improve on their 2012 record.

TEAM CAPSULES

WESTERN WASHINGTON Vikings

Head Coach: Travis Connell, SPU '96 (121-59-19, 10 years)

Assistants: Katie Warner, Joana Houplin, Jamie Arthurs

2012 Record: 19-4-0

Conference: 12-2-0, 1st

Returnees: Lettermen – 15 Starters - 7

Returning Starters (Games-G-A-Pts): Brina Sych (M, 5-6, Sr., 20-5-5-15, *GNAC Defensive Player of the Year*), Kristin Maris (F, 5-9, Sr., 23-9-6-24, 1st team GNAC), Kim Cooper (M, 5-1, Jr., 23-1-1-3, 2nd team GNAC), Brianna Jones (D, 5-8, Jr., 23-3-0-6, 2nd team GNAC), Catherine Miles (F/M, 5-7, So., 23-9-7-25, HM GNAC), Kayla Russ (D, 5-7, Sr., 23-0-0-0, HM GNAC), Ashton Griffen (M, 5-4, Sr., 23-1-4-6, HM GNAC), Delanee Nilles (M, 5-10, So., 22-5-0-10), Stephanie Hamilton (F/M, 5-2, So., 23-3-3-9), Katherine Miccile (D, 5-5, Jr., 23-1-2-4)

Other Key Returnees (Games-G-A-Pts): Jessica Bertucci (F/M, 5-8, So., 5-3-1-7), Anna Geldenhuys (F, 5-7, Sr., 23-1-3-5), Kamryn Barney (D/F, 5-9, So., 17-0-1-1), Kamilla Deeb (M, 5-3, Jr., 15-0-0-0), Chelsea Jackson (D, 5-9, So., 20-0-0-0)

Transfers: Nicki Williams (D, 5-8, So., Tacoma, WA – Highline CC)

OUTLOOK

With two of the top 2012 GNAC goal scorers returning to its lineup, reigning conference champion Western Washington has all the makings for a repeat of last year's performance.

Kristin Maris (5-9, Sr., Issaquah, WA – Issaquah) and Catherine Miles (5-7, So., Anacortes, WA – Anacortes) combined for 18 goals (nine apiece) and will return for the 12th-ranked Vikings in 2013.

Maris started all 23 games and added six assists to push her point total to 24, good enough for first-team all-GNAC honors in 2012. Miles matched her fellow striker's goal figure and turned in seven assists for a point total of 25, giving her the title of *GNAC Freshman of the Year*.

In addition to the reloaded offense, WWU also welcomes back *GNAC Defensive Player of the Year* Brina Sych (5-6, Sr., Vancouver, WA – Union), who added five goals and five assists in 13 starts in the midfield.

The Vikings lost Joana Houplin to graduation, whose presence in 19 games last year contributed six goals and a pair of assists to WWU's championship effort.

Second-team all-GNAC selection Kim Cooper (5-1, Jr., Bellingham, WA – Bellingham) returns to the Vikings' midfield after playing in all 23 games last season.

Fellow all-GNAC second-teamer Brianna Jones (5-8, Jr., Bonney Lake, WA – Bonney Lake) scored three goals and started 21 matches from the center back position as a sophomore in 2012.

Kayla Russ (5-7, Sr, Puyallup, WA – Bellarmine Prep) adds another layer of solidarity on defense as she started all

23 games in 2012 and earned honorable mention all-GNAC notice.

With Delanee Nilles (5-10, So., Poulsbo, WA – North Kitsap) returning to the midfield, the Vikings will look for her to match or better her five-goal performance as a freshman in 2012.

Stephanie Hamilton (5-2, So., Orting, WA – Bellarmine Prep) was another freshman star last season, notching three goals and three assists in 20 starts.

Ashton Griffen (5-4, Sr., Duvall, WA – Southern Oregon) and Katherine Miccile (5-5, Jr., Kent, WA – Kentlake) each started every game and contributed a goal, and the pair combined for six assists in 2012.

One blow the Vikings suffered was the departure of 2012 *GNAC Player of the Year* Jamie Arthurs, whose microscopic 0.39 goals allowed average in the net was the lowest in the nation.

SEATTLE PACIFIC Falcons

Head Coach: Chuck Sekyra, SPU '89 (182-23-16, 10 years)

Assistants: Chalise Baysa, Arby Busey, Sean Conners

2012 Record: 15-4-2

Conference: 11-1-2, 2nd

Returnees: Lettermen – 17 Starters - 10

Returning Starters (Games-G-A-Pts): Shayla Page (D, 5-6, So., 19-3-0-6, 1st team GNAC), Ali Martin (F, 5-5, Jr., 20-6-6-18, 2nd team GNAC), Annie Thomas (M, 5-5, Jr., 20-1-4-6, 2nd team GNAC), Laura Moore (F, 5-3, So., 20-2-5-9, HM GNAC), Josie Graybeal (D, 5-7, Sr., 21-1-0-2, HM GNAC), Alexa Diaz (D, 5-4, Jr., 20-0-4-4, HM GNAC), Emma Holm (M, 5-4, So., 21-0-0-0, HM GNAC), Heather Young (F, 5-5, Jr., 21-6-4-16), Riley Dopps (M, 5-5, Jr., 21-4-3-11), Natalie Harold (GK, 5-3, Sr., 0.89 GAA, 4 shutouts)

Other Key Returnees (Games-G-A-Pts): Kaylie Winston (F, 5-5, Sr., 21-3-3-9), Demi Waitley (M, 5-9, Jr., 20-1-0-2), Arden Matro (M, 5-5, Jr., 18-0-0-0), Taylor Hauck (D, 5-4, So., 11-0-0-0), Stephanie Harold (D, 5-3, Sr., 13-0-0-0), Ashley Shaw (M, 5-3, So., 6-0-2-2)

Transfers: Kelly Gould (D, 5-4, So., Everett, WA – Nevada)

OUTLOOK

Megan Lindsey, the GNAC scoring leader from a season ago, graduated and left a major offensive void the Falcons will need to fill in 2013.

Luckily, a pair of junior forwards – Ali Martin (5-5, Jr., Beaverton, OR – Jesuit) and Heather Young (5-5, Jr., Lacombe, Alberta – Lacombe Composite) – are ready for the task.

Martin scored six times and notched six assists in 2012, en route to earning second-team all-GNAC honors. Young matched Martin in the goals department, and contributed four assists of her own in 18 starts.

Laura Moore (5-3, So., Kent, WA – Kentwood) returns to provide additional firepower to the Falcon offense, as she

tallied a pair of goals and five assists in her collegiate debut season.

Shayla Page (5-6, So., Redmond, WA – Eastlake) earned first-team all-GNAC honors as a freshman in 2012, starting 19 games and scoring three times while holding down the Falcons' back line.

Josie Graybeal (5-7, Sr., Gig Harbor, WA – Gig Harbor) and Alexa Diaz (5-4, Jr., Burien, WA – Kennedy) join Page on a defensive unit that allowed just 10 goals in all of 2012 conference play.

Graybeal scored once and started all 21 games, while Diaz contributed four assists in 19 starts. Both were honorable mention all-GNAC selections in 2012.

SPU's core of defenders will protect Natalie Harold (5-3, Sr., Vancouver, WA – Heritage), who ranked third in the GNAC with a 0.89 goals allowed average and recorded 56 saves and four shutouts last season.

SPU's midfield is stacked with seasoned veterans, including all-GNAC second-teamer Annie Thomas (5-5, Jr., Lake Stevens, WA – Lake Stevens) and fellow junior Riley Dopps (5-5, Jr., Port Orchard, WA – South Kitsap).

Thomas started 20 contests in 2012 and recorded a goal and four assists, while Dopps notched four goals and three assists in 19 starts.

Emma Holm (5-4, So., Kirkland, WA – Lake Washington) provides additional depth in the midfield after starting every game a year ago and being selected to the honorable mention all-GNAC squad.

MONTANA STATE – BILLINGS Yellowjackets

Head Coach: Wojtek Krakowiak, St. John's '03 (24-9-5; Overall, 39-29-8, 4 years)

Assistants: Kristen Kastelic

2012 Record: 13-6-1

Conference: 8-5-1, 3rd

Returns: Lettermen – 10 Starters - 5

Returning Starters (Games-G-A-Pts): Heidi Greenback (F, 5-7, Sr., 20-8-1-17, 2nd team GNAC), Chelsea Shuman (F/M, 5-2, Jr., 20-3-2-8, HM GNAC), Whitney Siler (D, 5-9, Sr., 20-0-2-2, HM GNAC), Katlyn Lokay (M, 5-5, So., 20-2-2-6), Haley McFarlane (D, 5-7, So., 14-0-0-0)

Other Key Returns (Games-G-A-Pts): Jennifer Johnson (M, 5-6, Jr., 16-0-1-1), Jackie Hill (M, 5-5, Sr., 17-0-1-1), Alisa Sagdahl (F, 5-8, So., 20-3-1-7), Teegan Koster (M, 5-4, So., 14-0-1-1), Jessie Mancilla (D, 5-7, Jr., 16-1-0-2)

Transfers: Kendra Miner (F, 5-8, Jr., Wasilla, AK – Peninsula College), Meghan Sorensen (D, 5-3, Jr., Kennewick, WA – Walla Walla CC), Sami Hansen (M, 5-4, Jr., Boise, ID – Walla Walla CC), Aubrey Briscoe (D/M, 5-7, Jr., Port Angeles, WA – Peninsula College), Paige Sorensen (M, 5-3, Jr., Kennewick, WA – Walla Walla CC), Krystal Daniels-Chamberlin (GK, 5-4, Sr., Kent, WA – Peninsula College)

OUTLOOK

Eight goals from 2012 all-GNAC second-teamer Heidi Greenback (5-7, Sr., Woodinville, WA – Woodinville HS) were a big reason why the Yellowjackets finished in the upper half of the league standings last season.

Greenback returns for her senior campaign after starting all 20 games in 2012, and looks to lead MSU Billings to an even better finish in 2013.

Joining Greenback up top is honorable mention all-GNAC selection Chelsea Shuman (5-2, Jr., Kalispell, MT – Flathead HS), who punched in three goals and added two assists in 18 starts last season.

Katlyn Lokay (5-5, So., Boulder, CO – Boulder HS) and Alisa Sagdahl (5-8, So., Edmonds, WA – Meadowdale HS) provide additional strength offensively for a team that finished tied for fifth in the conference with 15 goals scored.

Lokay scored twice and contributed two assists in 20 starts, and Sagdahl added three goals and an assist despite starting just two games as a freshman.

Defensively, the Yellowjackets return a pair of starters in honorable mention all-GNAC selection Whitney Siler (5-9, Sr., Monroe, WA – Monroe HS) and Haley McFarlane (5-7, So., Colorado Springs, CO – Cheyenne Mountain HS).

Siler turned in a pair of assists in 15 starts, and McFarlane provided stability in the back in a dozen starts.

Alexandria Johnson's 10 shutouts last season will be missed as the Yellowjackets are tasked with replacing the outstanding goalkeeper.

Jessie Mancilla (5-7, Jr., Aliso Viejo, CA – Aliso Niguel HS) saw action in 16 contests in 2012, starting four and contributing a goal. The defender looks to see regular playing time in 2013.

Teegan Koster (5-4, So., Sherwood, OR – Sherwood HS) is another young midfielder who could see increased action in 2013 after starting two games and notching an assist as a freshman.

WESTERN OREGON Wolves

Head Coach: Steve Ancheta, Oregon State '91 (14-18-5, 2 years)

Assistants: Luke Babson

2012 Record: 8-10-1

Conference: 6-7-1, 4th

Returns: Lettermen – 9 Starters - 4

Returning Starters (Games-G-A-Pts): Becca Hoiland (D, 5-7, Sr., 19-0-1-1, 2nd team GNAC), Melissa Gonzalez (D, 5-5, Sr., 16-0-1-1, HM GNAC), JoEllen DeLeon (M, 5-2, Jr., 19-2-0-4), Hillary Lutz (GK, 6-0, So., 1.20 GAA, 4 shutouts)

Other Key Returns (Games-G-A-Pts): Makana Pundyke (M/F, 5-5, So., 18-2-3-7), Rachel Crawford (D, 5-10, Sr., 11-0-0-0)

Transfers: Peyton Moon, Brooke Steinberg

OUTLOOK

First-team all-GNAC selection Lindsay Bauman is gone, but the Wolves return a cast of experienced veterans in 2013.

2012 all-GNAC players Becca Hoiland (5-7, Sr., West Linn, OR – West Linn) and Melissa Gonzalez (5-5, Sr., Huntington Park, CA – St. Matthias) return to the defensive unit and are a pair of key senior leaders.

Hoiland started all 19 games and recorded an assist in a team-high 1,597 minutes played. Gonzalez was named *GNAC Newcomer of the Year* after the transfer tallied an assist in 15 starts.

Rachel Crawford (5-10, Sr., Coeur d'Alene, ID – Coeur d'Alene) started three games with Hoiland and Gonzalez and figures to factor into the defensive unit this season as well.

In goal, Hillary Lutz (6-0, Jr., Olympia, WA – Black Hills) returns after starting 13 matches and recording a goals against average of 1.16 with four shutouts in 2012.

Offensively, WOU will rely on returnees JoEllen DeLeon (5-2, Jr., Gresham, OR – Centennial) and Makana Pundyke (5-5, So., Kula HI – Kamehameha Maui) for the bulk of the goal scoring.

DeLeon scored twice and started all 19 games for the Wolves, and Pundyke added two goals and three assists in 18 games as a freshman.

CENTRAL WASHINGTON Wildcats

Head Coach: Michael Farrand, Point Loma Nazarene '84 (88-141-24, 13 years)

Assistants: Hillary Franks, Kaycie Hutchins, CJ Balstad (goalkeepers)

2012 Record: 6-10-2

Conference: 5-8-1, 7th

Returnees: Lettermen – 10 Starters - 6

Returning Starters (Games-G-A-Pts): Tarah Duty (D, 5-4, Sr., 18-1-0-2, 1st team GNAC), Savanna Moorehouse (M, 5-11, Jr., 18-1-3-5, 2nd team GNAC), Reilly Retz (M, 5-7, So., 18-1-3-5, HM GNAC), Hadli Farrand (F, 5-8, Jr., 8-2-4-8), Danielle Brandli (M, 5-4, Jr., 18-0-2-2), Kayla Lipston (GK, 6-1, Jr., 1.29 GAA, 4 shutouts)

Other Key Returnees (Games-G-A-Pts): Morgan Wood (M, 5-5, Sr., 17-0-0-0), Lauren Duty (F, 5-6, So., 18-2-1-5), Jami Marzano (D, 5-2, Jr., 5-0-1-1), Kindra Scobba (M, 5-3, Jr., 9-0-0-0)

Transfers: None

OUTLOOK

Highlighted by the return of their strongest player, the Wildcats' 2013 roster features six starters and 10 letter winners from last season.

Tarah Duty (5-4, Sr., Black Diamond, WA – Tahoma), a first-team all-GNAC selection in 2012, started all 18 games on the Wildcats' back line and netted a goal.

In front of Tarah is her sister Lauren Duty (5-6, So., Black Diamond, WA – Tahoma), who scored two goals and recorded an assist in 18 appearances as a freshman in 2012.

In between the siblings lies a core of veteran midfielders, including a pair of all-GNAC players in second-teamer Savanna Moorehouse (5-11, Jr., Bonney Lake, WA – Bonney Lake) and honorable mention select Reilly Retz (5-7, So., Kent, WA – Kentwood).

In 2012, Moorehouse and Retz each started all 18 games, scored once and contributed three assists. Retz led the team in minutes played with 1,627 as a freshman.

Danielle Brandli (5-4, Jr., Bellevue, WA – Interlake) also saw extensive time in the midfield last season, starting 15 contests and adding two assists to the team total of 21.

Perhaps the most potent returning threat offensively is Hadli Farrand (5-8, Jr., Ellensburg, WA – Ellensburg), who showed potential as a sophomore with two goals and four assists in just eight contests.

On the other side of the ball, Kayla Lipston (6-1, Jr., Federal Way, WA – Decatur) returns to the net after an impressive sophomore campaign. In 16 starts she recorded a goals allowed average of 1.29 and notched four shutouts while making 85 saves.

Morgan Wood (5-5, R-Sr., Maple Valley, WA – Tahoma) and Kindra Scobba (5-3, Jr., Vancouver, WA – Prairie) may also see increased playing time in 2013, as Wood started seven games and Scobba three a year ago.

SAINT MARTIN'S Saints

Head Coach: Rob Walker, St. Martin's '87 (39-66-7, 6 years)

Assistants: Bre Giove, Zac Lubin (goalkeepers)

2012 Record: 7-9-2

Conference: 5-7-2, 5th

Returnees: Lettermen – 14 Starters - 6

Returning Starters (Games-G-A-Pts): Ashley Richardson (M/F, 5-3, Jr., 17-3-1-7, HM GNAC), Sasha Dini (M/F, 5-7, Jr., 16-2-2-6), Hanna Massee (F/M, 5-5, Jr., 17-1-1-3), Molly Campbell (D, 5-8, Sr., 18-1-0-2), Sammi Thompson (D, 5-8, Sr., 12-0-0-0), Clarissa Strayer (M/D, 5-7, So., 18-1-2-4)

Other Key Returnees (Games-G-A-Pts): Gina Cardenas (GK, 5-10, Sr., 2.25 GAA, 0 shutouts), Kari Inch (M/D, 5-1, Jr., 16-0-1-1), Jessica Christian (D, 5-11, Jr., 13-0-0-0), Nikki Roberts (M, 5-7, Jr., 13-0-0-0), Randi Mielke (D, 5-4, Jr., 17-0-1-1), Kailey Fuegmann (D/M, 5-7, Jr., 12-0-0-0), Maddie Cecil (M, 5-6, So., 14-0-0-0), Maddie Hibbard (F, 5-3, So., 13-0-0-0)

Transfers: None

OUTLOOK

The resume of Ashley Richardson (5-3, Jr., Yakima, WA – West Valley) is already lengthy after just two seasons in the conference. In 2011 she was voted *GNAC Freshman of the Year*, followed by a three-goal campaign as a sophomore to earn honorable mention all-GNAC notice.

Saint Martin's will rely on Richardson and a trio of seniors to make a strong push back towards the upper half of the conference standings.

Joining Richardson offensively are Sasha Dini (5-7, Jr., Tacoma, WA – Stadium) and Hanna Masee (5-5, Jr., Gig Harbor, WA – Gig Harbor). Dini scored two goals and had two assists in 11 starts in 2012, while Masee started 17 contests and scored once in a midfield role.

Abby McFaul (5-3, So., Federal Way, WA – Decatur) figures to see significant playing time after scoring a team-high four goals in just seven games as a freshman in 2012.

Molly Campbell (5-8, Sr., Des Moines, WA – Federal Way) and Sammi Thompson (5-8, Sr., Olympia, WA – Olympia) are the heart and soul of the Saints' defense, as the seniors combined for over 2,400 minutes on the field last season.

Clarissa Strayer (5-6, Jr., Burien, WA – Mt. Rainier) compliments Campbell and Thompson nicely in a midfield/defense role, as she started all 18 games last season, scored a goal and had two assists.

Gina Cardenas (5-10, Sr., Auburn, WA – Auburn Riverside) will be called upon to step into goal to replace all-conference goalkeeper Ashley Engel. Cardenas saw action in seven matches last season, starting two and making a dozen saves.

Jessica Christian (5-11, Jr., Tacoma, WA – Bellarmine Prep) and Randi Mielke (5-4, Jr., Lake Stevens, WA – Lake Stevens) could see significant time on defense in 2013.

Christian saw action in 13 matches and started one as a sophomore, and Mielke played in 17, started three and recorded an assist in 2012.

Kari Inch (5-1, Jr., Ephrata, WA – Ephrata) and Kailey Fuegmann (5-7, Jr., Federal Way, WA – Evergreen Lutheran) each started eight contests in 2012 and will be asked to step up as leaders in 2013.

If SMU is to improve on its fifth-place finish in 2012, it will have to vamp up in the scoring department. The Saints were seventh in shots (157) and goals (19), and tied for sixth in assists (15).

NORTHWEST NAZARENE Crusaders

Head Coach: Mary Trigg, Fresno State '08 (0-0-0, first year)

Assistants: Macey Vasquez, Dane Manley

2012 Record: 8-9-1

Conference: 5-8-1, 6th

Returnees: Lettermen – 11 Starters - 6

Returning Starters (Games-G-A-Pts): Katie Butler (D, 5-4, Sr., 18-0-0-0, 2nd team GNAC), Jenny Field (F, 5-6, Sr., 18-7-0-14, HM GNAC), Whitney Wood (M, 5-3, Jr., 18-3-0-6), Sarah Blum (F, 5-8, Jr., 18-1-1-3), Kellynn McDaniel (D, 5-3, Jr., 18-0-3-3), McCrea Nirider (D, 5-4, So., 18-0-2-2)

Other Key Returnees (Games-G-A-Pts): Lexi Fesenbek (F, 5-4, So., 18-2-4-8), Julianne Steele (M, 5-6, Sr., 17-1-1-3), Lacey

Strickler (M, 5-7, So., 15-0-0-0), Catlin Jensen (M, 5-4, So., 17-0-0-0), Rachel Ball (M, 5-3, So., 11-0-0-0)

Transfers: Lauren Kuklenski (M, 5-11, Sr., Colorado Springs, CO – Campbell University)

OUTLOOK

First-year coach Mary Trigg has been given a gift in the form of four returnees who started every game for the Crusaders in 2012.

Leading the pack are Katie Butler (5-4, Sr., Nampa, ID – Columbia HS) and Kellynn McDaniel (5-3, Jr., Boise, ID – Regis University), who anchored Northwest Nazarene's defensive unit last season.

Butler was a second-team all-GNAC selection after playing 1,650 minutes, just behind McDaniel who notched a team-high 1,656 minutes and contributed three assists.

Jenny Field (5-6, Sr., Nampa, ID – Skyview HS) was awarded honorable mention all-GNAC selection after her seven goals proved she was a major offensive threat.

Whitney Wood (5-3, Jr., Coeur d'Alene, ID – Coeur d'Alene HS) also returns after scoring three goals and starting every game in 2012.

An additional offensive weapon is Sarah Blum (5-8, R-Jr., Troy, ID – Moscow HS), who scored once and provided an assist in 17 starts as a sophomore.

Look for McCrea Nirider (5-4, So., Tacoma, WA – Fife HS) to follow up a solid freshman campaign with an even better season in the backfield. In 2012 she played in all 18 games, starting a dozen and contributing a pair of assists.

The biggest blow suffered by the Crusaders was the loss of first-team all-GNAC pick Sarah Staropoli, who scored five goals and led the team with seven assists in her final collegiate campaign.

As a team, NNU was solid offensively, ranking third in the GNAC in assists (24) and points (68), and fifth in goals (22).

The Crusaders hope that experience gained last season will foster its defensive unit, which allowed the second most goals in the GNAC (31).

Young striker Lexi Fesenbek (5-4, So., Olympia, WA – Olympia HS) is poised for a breakout season after scoring two goals and notching four assists in three starts as a freshman.

Midfielders Julianne Steele (5-6, Sr., Brush Prairie, WA – Hockinson, HS), Lacey Strickler (5-7, So., Nampa, ID – Skyview HS), Catlin Jensen (5-4, So., Meridian, ID – Rocky Mountain HS), and Rachel Ball (5-3, So., Ucon, ID – Bonneville HS) should all see significant playing time in 2013.

SIMON FRASER Clan

Head Coach: Shelley Howieson, SFU '84 (273-149-45, 24 years)

Assistants: Ari Adams

2012 Record: 1-16-0

Conference: 0-14-0, 8th

Returnees: Lettermen – 14 Starters - 7

Returning Starters (Games-G-A-Pts): Olivia Aguiar (F, 5-6, So., 16-1-0-2), Aja Choy-Halo (M, 5-5, Jr., 13-1-0-2), Abbey Vogt (D, 5-6, Sr., 16-0-0-0), Kelsey Atherley (D, 5-9, Jr., 14-0-0-0), Brianna Morrison (M, 5-7, So., 17-0-0-0), Jessica Marano (M, 5-6, Jr., 17-0-0-0), Marissa Di Lorenzo (D, 5-4, Sr., 15-0-0-0)

Other Key Returnees (Games-G-A-Pts): Yva Rodriguez (M, 5-3, Sr., 17-0-0-0), Ali Trenter (M, 5-7, Jr., 16-0-0-0), Jenna Piovesan (D, 5-6, Jr., 9-0-0-0), Sage Rinaldo (D, 5-4, Jr., 7-0-0-0), Jess Hadden (F, 5-3, Sr., 0-0-0-0), Karm Jawandha (M, 5-6, Jr., 2-0-0-0)

Transfers: None

OUTLOOK

Simon Fraser can only move up after finishing 2012 GNAC play with an 0-14-0 conference record.

The simple truth is that the Clan couldn't find ways to score last season, tallying just two total goals in 17 games. Fortunately the two goal scorers return this season, along with a dozen other letter winners.

Olivia Aguiar (5-6, So., Coquitlam, BC – Centennial Secondary) and Aja Choy-Halo (5-5, Jr., Nanaimo, BC – Nanaimo District Secondary) tucked home the Clan's only goals and combined to play more than 2,000 minutes in 2012.

Abbey Vogt (5-6, Sr., Burnaby, BC – Burnaby South Central) and Marissa Di Lorenzo (5-4, Sr., Burnaby, BC – St. Thomas More) return on defense and provide senior leadership for SFU.

Kelsey Atherley (5-9, Jr., Port Moody, BC – Port Moody Secondary) and Jenna Piovesan (5-6, Jr., Burnaby, BC – Notre Dame) figure to play significant roles on defense as well in 2013. Sage Rinaldo (5-4, Jr., Vancouver, BC – Burnaby Metro) started six games on defense in 2012 and is another likely candidate for the backline.

In the midfield, Jessica Marano (5-6, Jr., Burnaby, BC – Alpha Secondary) and Brianna Morrison (5-7, So., Pitt Meadows, BC – Pitt Meadows Secondary) provide experience for the Clan, as each played in 17 games and started 14 a season ago.

Yva Rodriguez (5-3, Sr., Port Coquitlam, BC), Ali Trenter (5-7, Jr., Coquitlam, BC – Dr. Charles Best Secondary) and Karm Jawandha (5-6, Jr., Delta, BC – North Delta Secondary) will all see increased playing time in the midfield in 2013.

Amanda Gilliland, SFU's goalkeeper and lone GNAC all-conference player will not return, leaving the starting job in goal open for competition.