



## Great Northwest Athletic Conference

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### 2013 Women's Soccer Final Report (Dec. 10, 2013)

	Conference						All					
	W	L	T	GF	GA	Pts	W	L	T	GF	GA	
Western Washington	13	1	0	42	6	39	20	2	1	57	10	
Central Washington	10	3	1	22	11	31	11	6	1	25	17	
Seattle Pacific	10	4	0	26	10	30	15	6	1	39	16	
Western Oregon	7	3	4	15	7	25	9	4	6	23	10	
Montana State Billings	5	8	1	16	21	16	6	8	2	18	21	
Saint Martin's	3	10	1	12	21	10	4	12	1	16	27	
Northwest Nazarene	1	10	3	6	30	6	2	12	3	8	32	
Simon Fraser	1	11	2	6	39	5	1	13	2	7	47	

**LAST WEEK: Thursday** – NCAA Semifinals: West Florida 2 vs Western Washington 1 (ot).

**FINAL POLLS: NSCAA National (Dec. 10)** – 3. Western Washington 24. Seattle Pacific **NSCAA West Region (Nov. 12)** – 2. Western Washington 6. Seattle Pacific T-10. Central Washington **NCAA West Region (Nov. 6)** – 2. Western Washington 10. Seattle Pacific

#### NATIONAL STATISTICS (Top 30)

**TEAM: Assists** – 10. Western Washington (2.39) **Goals-Against Avg.** – 9. Western Washington (.429) 11. Western Oregon (.489) 28. Seattle Pacific (.720) **Save Pct.** – 9. Western Oregon (.880) 21. Western Washington (.853) **Scoring Offense** – 21. Western Washington (2.48) **Shutout Pct.** – 11. Western Oregon (.632) 13. Western Washington (.609) 30. Seattle Pacific (.500) **W-L-T Pct.** – 5. Western Washington (.891)

**INDIVIDUAL: Assists/Gm.** – 20. Ashton Griffen, WWU (0.48) **Goals/Gm.** – 29. Catherine Miles, WWU (.652) **Goals-Against Avg.** – 11. Alyssa Beauchamp, WWU (.471) 13. Amanda Rose Johnson, WOU (.545) **Total Assists** – 7. Ashton Griffen, WWU (11) **Total Goals** – 17. Catherine Miles, WWU (15) **Total Points** – 23. Catherine Miles, WWU (33).

#### ALL-AMERICANS

**NSCAA: Second Team** – Kristin Maris, WWU.

**DAKTRONICS: First Team** – Brianna Jones, WWU **Honorable Mention** – Kristin Maris, WWU; Catherine Miles, WWU.

#### ALL-REGION

**NSCAA: First Team** – Rebecca Hoiland, WOU; Laura Moore, SPU; Kristin Maris, WWU **Second Team** – Amanda Rose Johnson, WOU; Shayla Page, SPU; Savanna Moorehouse, CWU; Heidi Greenback, MSUB; Makana Pundyke, WOU.

**DAKTRONICS: First Team** – Laura Moore, SPU; Danielle Brandli, CWU; Brianna Jones, WWU; Catherine Miles, WWU; Kristin Maris, WWU **Second Team** – Shayla Page, SPU; Rebecca Hoiland, WOU; Tarah Duty, CWU; Svanna Moorehouse, CWU; Kim Cooper, WWU.

#### ALL-CONFERENCE

##### 1<sup>st</sup> Team

Name	School	Pos.	Yr.	Hometown
+*Kristin Maris	WWU	F	Sr.	Issaquah, WA
Catherine Miles	WWU	F	So.	Anacortes, WA
Makana Pundyke	WOU	F	So.	Kula, HI
Kim Cooper	WWU	M	Jr.	Bellingham, WA
Savanna Moorehouse	CWU	M	Jr.	Bonney Lake, WA
Laura Moore	SPU	M	So.	Kent, WA
Danielle Brandli	CWU	M	Jr.	Bellevue, WA
Brianna Jones	WWU	D	Jr.	Bonney Lake, WA
Rebecca Hoiland	WOU	D	Sr.	West Linn, OR
*Tarah Duty	CWU	D	Sr.	Black Diamond, WA
Amanda Rose Johnson	WOU	GK	Jr.	Montrose, CA

+Unanimous \*First Team repeater

##### 2<sup>nd</sup> Team

Name	School	Pos.	Yr.	Hometown
Kelli Bannerman	SMU	F	Fr.	Ferndale, WA
Heidi Greenback	MSUB	F	Sr.	Woodinville, WA
Demi Waitley	SPU	F	Jr.	Coronado, CA
Kelsey Martin	NNU	F	Fr.	Salem, OR
Alexa Diaz	SPU	M	Jr.	Burien, WA
JoEllen DeLeon	WOU	M	Jr.	Portland, OR
Lauren Kuklenski	NNU	M	Sr.	Colorado Spr., CO
Chelsea Shuman	MSUB	M	Jr.	Kalispell, MT
Shayla Page	SPU	D	So.	Sammamish, WA
Brina Sych	WWU	D	Sr.	Vancouver, WA
Katie Butler	NNU	D	Sr.	Nampa, ID
Kayla Lipston	CWU	GK	Jr.	Federal Way, WA

##### Honorable Mention

Name	School	Pos.	Yr.	Hometown
Hadli Farrand	CWU	F	Jr.	Ellensburg, WA
Elise Aylward	WWU	F	Fr.	Renton, WA
Alisa Sagdahl	MSUB	F	So.	Edmonds, WA
Ashton Griffen	WWU	M	Sr.	Duvall, WA
Karm Jawandha	SFU	M	So.	Delta, BC
Delanee Nilles	WWU	M	So.	Poulsbo, WA
Emma Holm	SPU	M	So.	Kirkland, WA
Jackie Hill	MSUB	M	Sr.	Boise, ID
Reilly Retz	CWU	M	So.	Kent, WA
Mariah Konyn	WOU	M	Fr.	Eugene, OR
Ashley Shaw	SPU	M	So.	Seattle, WA
Kari Inch	SMU	M	Jr.	Ephrata, WA
Stephanie Hamilton	WWU	M	So.	Orting, WA
Sammi Thompson	SMU	D	Sr.	Olympia, WA
Taylor Hauck	SPU	D	So.	Lynwood, WA
Morgan Wood	CWU	D	Sr.	Maple Valley, WA
Yva Rodriguez	SFU	D	Sr.	Port Coquitlam, BC
Brooke Steinberg	WOU	D	Jr.	Bellingham, WA
Katherine Miccile	WWU	D	Jr.	Kent, WA
Natalie Harold	SPU	GK	Sr.	Vancouver, WA

\*Repeater

## GNAC SPECIAL AWARDS

**GNAC Player of the Year** – Kristin Maris, WWU  
**GNAC Defensive Player of the Year** – Brianna Jones, WWU  
**GNAC Freshman of the Year** – Kelli Bannerman, SMU  
**GNAC Newcomer of the Year** – Amanda Rose Johnson, WOU  
**GNAC Coach of the Year** – Travis Connell, WWU

## TEAM-BY-TEAM SEASON RECAPS

### Western Washington (20-2-1, 13-1-0 GNAC - 1st)

**HISTORIC SEASON FOR WWU:** A year after falling in overtime of the Division II West Region Finals, Western Washington took home the regional crown this season and advance to the Final Four for the first time in program history. The Vikings' season once again ended in bitter fashion with a tough overtime loss to the defending national champion West Florida in the D II semifinals, but the Vikings will look to build on what was their best overall single-season performance.

Individually, Kristin Maris and Catherine Miles headlined a core of offensive firepower that combined for 25 of the Vikings' 57 goals. Maris' most important goal of the season came with just 34 seconds remaining in the NCAA semifinals, as her header into the side netting sent the match into overtime and temporarily revived WWU's season. Miles led the GNAC with 15 goals this season, taking home first-team all-conference honors after being named the 2012 GNAC Freshman of the Year. Her 24 career goals are 10th-most in team history after just two collegiate campaigns.

Defensively, WWU based its play around Daktronics First-Team All-American Brianna Jones, who started all 23 matches and scored four goals out of the back. Jones played in front of goalkeeper Alyssa Beauchamp, who notched 10 shutouts and a goals-against average of just 0.47 after replacing 2012 All-American Jamie Arthurs. Brina Sych, a 2012 All-American in her own right, suffered from an injury-plagued senior season that kept her out of four conference games. Sych recovered however, finishing the season with a pair of goals and seven assists, none more memorable than her overtime goal to push WWU through to the conference championship match, and her assist on Maris' game-tying goal in the NCAA semifinals. Both came on runs down the right side from the defensive and into the attacking third of play, a move Sych has trademarked as her own through her collegiate career.

Kim Cooper, the Vikings' most technical player according to head coach Travis Connell, earned Daktronics Second-Team All-Region honors after starting all 23 contests at holding mid and contributing a pair of assists. Connell's career record improved to 141-61-20 after a 20-2-1 finish in his 11<sup>th</sup> season on the job. His career victory mark is a school record, and the 2013 season marked his first at the helm of solely the women's program, as he piloted both the men's and women's teams for the previous decade.

### Central Washington (11-6-1, 10-3-1 GNAC – 2nd)

**CWU MAKES GNAC TOURNAMENT:** Central Washington made the biggest stride towards improvement in 2013, finishing second and qualifying for its first-ever GNAC tournament after tying for sixth place in the conference standings a season ago. After twice defeating Seattle Pacific 1-0 on goals scored in the first 12 minutes of play, CWU scored on the Falcons in the 11th minute of the GNAC

tournament semifinals. This time however, SPU responded, scoring two late goals to advance to the GNAC tournament finals and end the Wildcats' season.

A pair of junior midfielders – Danielle Brandli and Savanna Moorehouse – combined for the majority of the scoring, as the duo notched 15 of CWU's 25 goals. Senior defender Tarah Duty started all 18 games on the back line for the Wildcats and contributed a team-high six assists in her final collegiate campaign. Reilly Retz was another key figure for CWU this season, scoring three goals and contributing a pair of assists in 18 starts this season. Tarah Duty's sister, Lauren, also scored three goals for CWU in 11 starts as a junior. Goalkeeper Kayla Lipston collected five shutouts and notched a goals-against average of 0.88 in 14 starts during her junior campaign.

Moorehouse earned both NSCAA and Daktronics Second-Team All-Region honors, while Brandli was named a Daktronics First-Team All-West Region selection and Tarah Duty a Second-Team Daktronics pick. With Moorehouse and Brandli headlining a strong senior class for next season, CWU is set to repeat as a top team in the GNAC in 2014.

Central Washington's best stretch of the season came in the form of a six-game undefeated streak during October, during which the Wildcats outscored opponents 9-2. CWU was named GNAC Team of the Week for Oct. 7-13. Veteran head coach Michael Farrand is now just one win shy of the century mark, as his 14-season career record sits at 99-147-25.

### Seattle Pacific (15-6-1, 10-4-0 GNAC – 3rd)

**FALCONS TAKE HOME TOURNAMENT TITLE:** The 2013 GNAC championship tournament ended in dramatic fashion as SPU goalkeeper Natalie Harold made two crucial saves in a penalty kick shootout to give the Falcons the tournament title over Western Washington. SPU had lost to Central Washington and WWU twice in the regular season before defeating both teams in the championship tournament to claim its first-ever GNAC crown.

Harold was named tournament Most Valuable Player, as she collected eight shutouts with a goals-against average of 0.79 in 21 starts this season. Playing in front of Harold was Shayla Page, a second-team all-region pick by both the NSCAA and Daktronics. The sophomore started all 22 contests on the Falcons' back line, leading the team in minutes played with 1884 and contributing an assist. Forward Laura Moore, who led the team with eight goals, was a first-team all-region pick by the NSCAA and Daktronics as well. Hannah Huesers had a strong freshman campaign, notching six goals including one in the GNAC championship tournament. Maddie Krauss, Demi Waitley and Heather Young each notched four goals for the Falcons, and all three return for SPU next season.

After dropping its first game to UC San Diego, Seattle Pacific won its next seven games, outscoring opponents 15-1 during the stretch. After three losses in four games during conference play, SPU closed the season strong by winning six of its last seven games leading up to the tournament. Seattle Pacific was named GNAC Team of the Week for Nov. 4-10.

The tournament championship gave SPU an automatic berth to the Division II West Region tournament, where the Falcons defeated Sonoma State 1-0 in the first round. The victory provoked a rematch of the GNAC championship, as the Falcons met host Western Washington in Round 2. The

Vikings took care of business however, ending SPU's season with a 2-0 victory in the West Region semifinals.

Chuck Sekyra, in his 11<sup>th</sup> season at the helm of SPU's program, is on the cusp of the 200-victory plateau as his career record now sits at 197-29-17. Sekyra led the Falcons to the 2008 Division II National Championship, and earned NSCAA National Coach of the Year accolades following the 2007 season.

#### **Western Oregon (9-4-6, 7-3-4 GNAC – 4th)**

**ANCHETA HAS WOLVES ON RIGHT TRACK:** Since taking over the head coaching job at Western Oregon in 2011, Steve Ancheta has turned the program around from being a conference bottom feeder into one that can compete with every team in the GNAC. WOU proved the latter this season as it was the only team to defeat Western Washington during the regular season and it landed in the GNAC tournament for the second-straight year.

The Wolves prided themselves on their defense, which was anchored by NSCAA First-Team All-Region selection Becca Hoiland and GNAC Newcomer of the Year goalkeeper Amanda Rose Johnson. Hoiland started all 19 contests and Johnson led the conference with nine shutouts during the regular season. NSCAA Second-Team All-Region standout Makana Pundyke led WOU with nine goals this season, starting 18 games as a sophomore. Freshman Taylor Higa contributed a pair of goals and five assists while starting 15 contests in her collegiate debut campaign.

WOU earned GNAC Team of the Week honors for Oct. 14-20, after defeating Western Washington at home. A goal from Mariah Konyn in the 44th minute proved to be the difference in the 1-0 final, and it was the first goal WWU had allowed and first time the Vikings had trailed in a match all season. The victory came in the midst of an eight-game unbeaten streak by the Wolves, that helped them solidify positioning in the conference standings and ultimately earn the No. 4 seed to the GNAC championship tournament. WOU allowed just one goal at home all season, surrendering in the 44th minute of a 1-0 loss to Seattle Pacific on Oct. 26.

WOU drew a match against No. 1 seed Western Washington in the GNAC tournament, battling the Vikings into overtime with the score tied 1-1. A WWU goal in OT sunk the Wolves and ended their season in the semifinals of the GNAC championships. Ancheta's career mark eclipsed .500 this season, as he now sits at 23-22-11 in three combined seasons.

#### **Montana State Billings (6-8-2, 5-8-1 GNAC - 5th)**

**YELLOWJACKETS FALL SHORT OF TOURNEY:** After earning a spot in the inaugural GNAC championship tournament in 2012, Montana State Billings missed out on the 2013 championships after finishing the season in fifth place in the conference standings.

Senior Heidi Greenback led the charge offensively, netting seven goals and an assist in her final collegiate campaign. Greenback was named to the NSCAA All-West Region Second Team. Alisa Sagdahl was instrumental for MSUB this season, notching three goals and five assists, and Chelsea Shuman contributed a pair of goals and four assists as well.

Defensively, Jackie Hill anchored MSUB's back line along with Jennifer Johnson. Both started 14 contests for MSUB and fellow defender Katlyn Lokay started all 16 games and led the team in minutes with 1,486. Goalkeepers Kaylee

Kimmitt and Krystal Daniels split duties between the posts, with the former recording three shutouts and the latter two. Daniels turned in a solid goals-against average of 0.48.

MSUB started the season strong, going undefeated and outscoring opponents 4-0 through its first four games of 2013. The Yellowjackets had difficulty establishing momentum during GNAC play, as they only won two straight games once all season. Third-year head coach Wojtek Krakowiak's record now sits at 30-17-7 as a head coach.

#### **Saint Martin's (4-12-1, 3-10-1 GNAC – 6th)**

**BANNERMAN EXCELS IN COLLEGIATE DEBUT:** A tough season overall for Saint Martin's was highlighted by the phenomenal play of freshman Kelli Bannerman, who tied WWU's Kristin Maris for second-most goals in the GNAC with 10. Bannerman added an assist in her 13 starts, and took home GNAC Freshman of the Year honors. Bannerman notched a hat trick in just her second collegiate contest and was named GNAC Player of the Week, as SMU defeated Holy Names 4-0 in the preseason. She also scored a pair of goals to give SMU a 2-0 lead in a tough 3-2 loss to Seattle Pacific that mathematically eliminated the Saints from postseason contention.

Complementing Bannerman offensively was Abby McFaul, who tallied three goals and one assist as a sophomore. Junior defender Jessica Christian supplied a team-high four assists, and senior Sammi Thompson was an anchor starting all 17 games on the Saints' back line. Goalkeeper Gina Cardenas started 17 games for SMU, tallying three shutouts and making 70 saves in her final collegiate campaign.

SMU failed to gain momentum as it didn't win back-to-back games all season, but the Saints were close in almost every game as eight of their conference games were decided by a single goal and they only lost by more than two once during GNAC play. With just three seniors and a total of 13 freshmen and sophomores on its roster, SMU will look to build off of its youth and climb up the GNAC standings next season.

Rob Walker completed his seventh season at the helm of both the men's and women's soccer programs. Since joining the GNAC in 2007, the Saints are a combined 39-66-7 under his guidance.

#### **Northwest Nazarene (2-12-3, 1-10-3 GNAC – 7th)**

**CRUSADERS WIN ON FINAL WEEKEND OF 2013:** Northwest Nazarene ended 2013 on a high note, grabbing its second win of the season on Oct. 31 against Saint Martin's. The Crusaders were led offensively by freshman Kelsey Martin who scored a team-high four goals, and sophomore Lexi Fesenbek who contributed three. Senior Lauren Kuklenski started all 17 games for NNU and turned in a pair of assists from the midfield.

Senior defender Katie Butler closed out her collegiate career with 14 starts for the Crusaders, and fellow defender Kellynn McDaniel started all 17 games and played 1,578 minutes in 2013. Goalkeeper Argia Phillips notched a pair of shutouts while leading the GNAC in saves with 83 during her sophomore season. Junior forward Sarah Blum tallied a goal and an assists in 14 starts up top for NNU.

Despite an overall losing record, NNU was the victim of several late-game letdowns as the Crusaders played in six

overtime matches this season. The Crusaders' lone victory in OT fashion came in their final such game, as they defeated SMU 1-0 in Nampa. Overall, NNU allowed one goal or less in eight of its matches, and 10 games were decided by one goal or less.

First-year head coach Mary Trigg adopted a youthful roster, and will return all but three seniors to next season's team. In all, 17 Crusaders were freshman or sophomores, giving NNU one of the youngest rosters in the GNAC.

#### **Simon Fraser (1-13-2, 1-11-2 GNAC – 8th)**

**SIX SCORE FOR SFU:** Six different Simon Fraser players tallied goals this season, as Sophie D'Souza led the way with a pair and an assist in her first collegiate season. Ali Trenter, Jessica Hadden, Kate Pearsall, Jessica Marano, and Marissa DiLorenzo each found the back of the net for the Clan, and senior defender Jenna Piovesan led the way with a pair of assists.

Fellow seniors Abbey Vogt and Yva Rodriguez started all 16 games for SFU this season, and sophomore Karm Jawandha turned in a solid sophomore campaign with 14 starts and a team-high 19 shots. Goalkeeper Simone Tessler handled the majority of the duties between the posts, starting 13 games and recording 74 saves in her debut college season.

SFU went undefeated in overtime matches, earning a 0-0 draw against Northwest Nazarene on Sept. 21 and its lone victory of the season in a 2-1 OT triumph over NNU on Oct. 24. The Clan twice scored multiple goals, as a tough 3-2 defeat at the hands of Central Washington and the win over NNU saw SFU score two times each.

Seasoned veteran Shelley Howieson has been at the helm since Simon Fraser adopted a women's soccer program in 1988. Howieson led SFU to a pair of NAIA National Championships in 1996 and 2000, and 22 overall winning seasons. Howieson's career record now sits at 274-162-47.

#### **2013 RED LION PLAYERS OF THE WEEK**

**Oct. 28 – Nov. 3: Offense** – Kristin Maris, WWU (F, 5-9, Sr., Issaquah, WA - Issaquah) scored three goals last week, including the game-winner against Central Washington in the 83rd minute. Maris' two goals against Simon Fraser on Saturday gave her 10 on the season, tying her with Saint Martin's forward Kelli Bannerman for second-most in the GNAC behind WWU's Catherine Miles. **Defense** – McCreanirider, NNU (D, 5-4, So., Tacoma, WA - Fife) played 190 minutes last week, helping NNU to its first GNAC win of the season in a 1-0 overtime triumph over Saint Martin's. Nirider anchored a back line that held the Saints scoreless for 100 minutes, and played the full game on Saturday in a tough 1-0 loss to MSU Billings. **Honorable Mention** – Lexi Fesenbek, NNU (F, 5-4, So., Olympia, WA – Olympia) scored the game-winning goal in overtime, giving NNU a 1-0 win against St. Martin's on Thursday. On Saturday, Fesenbek helped lead the Crusader offense, firing one shot on goal in NNU's 1-0 loss at MSU Billings; Danielle Brandli, CWU (M, 5-4, Jr., Bellevue, WA – Interlake) scored twice last week, pushing her team-high goal figure to nine on the season. Brandli scored the Wildcats' lone goal in a 2-1 loss to Western Washington on Thursday, then propelled CWU to its second victory of the season over SPU, scoring in the 7th minute in the 1-0 result; Heidi Greenback, MSUB (F, 5-7, Sr., Woodinville, WA – Woodinville) scored in each of the Yellowjackets' two games last week, including the game-winner in MSUB's 1-0 victory over NNU on Saturday and

her team's first goal in a tough 3-2 overtime loss to Western Oregon on Thursday; Allison Sprecher, WOU (D, 5-3, Fr., Battle Ground, WA – Battle Ground) scored the game-winning goal as WOU came from behind to defeat MSU Billings on the road in overtime on Thursday. Sprecher earned the start on Saturday, contributing to the Wolves' back line in a 0-0 draw against Saint Martin's; Brianna Jones, WWU (D, 5-8, Jr., Bonney Lake, WA – Bonney Lake) anchored WWU's back line over 90 minutes on Thursday to ensure a 2-1 lead would hold up for a big victory over second-place Central Washington; Gina Cardenas, SMU (GK, 5-10, Sr., Auburn, WA – Auburn Riverside) made seven saves against NNU in a tough 1-0 overtime loss on Thursday, and followed with a five-save performance over 110 minutes in a 0-0 overtime draw against WOU on Saturday; Kayla Lipston, CWU (GK, 5-11, Jr., Federal Way, WA – Decatur) made seven saves last week as CWU suffered a tough loss to WWU but also earned a crucial victory over SPU to move the Wildcats into sole possession of second place in the GNAC standings; Katlyn Lokay, MSUB (D, 5-5, So., Boulder, CO – Boulder) held the Yellowjackets' back line strong for 90 minutes in a tough 1-0 victory over NNU on Saturday, and also played the entire game in MSUB's heartbreaking 3-2 overtime defeat at the hands of WOU on Saturday.

**Oct. 21-27: Offense** – Catherine Miles, Western Washington (F, 5-7, So., Anacortes, WA – Anacortes) notched the second hat trick in the GNAC this season and pushed her conference-leading goal total to 12 on Saturday against Northwest Nazarene. The sophomore needed just 23 minutes to complete the hat trick, scoring all three goals in the second half of a 6-0 victory over NNU that kept the Vikings in first place in the GNAC standings. **Defense** – Morgan Wood, Central Washington (M, 5-5, Sr., Maple Valley, WA – Tacoma CC) played 200 minutes on CWU's back line last week, helping the Wildcats earn four points with a win and a draw. On Thursday, the senior helped shut out Western Oregon, and on Saturday she played 90 minutes and limited Saint Martin's to just three shots on goal in CWU's 2-1 victory. Both wins came on the road and helped CWU maintain a grip on second place in the GNAC standings. **Honorable Mention** – Kelli Bannerman, SMU (F, 5-5, Fr., Ferndale, WA – Ferndale) scored twice against SPU on Thursday and added a third goal against CWU on Saturday as she was the only Saint to score in SMU's losses last week. Bannerman now leads the team with 10 goals this season, and is the second-leading scorer in the GNAC behind WWU's Miles as a freshman...Reilly Retz, CWU (M, 5-7, So., Kent, WA – Kentwood) notched the game-winning goal against SMU on Saturday, helping the Wildcats to a 2-1 victory and helping her team maintain a grip on 2nd place in the standings...Laura Moore, SPU (F, 5-3, So., Kent, WA – Kentwood) scored with less than a minute remaining in the first half against WOU on Saturday, and her goal would prove to be the game-winner and helped SPU collect a full six points last week...Amanda Rose Johnson, WOU (GK, 5-8, Jr., Montrose, CA – New Mexico Highlands) held Central Washington scoreless through 110 minutes on Thursday for her GNAC-leading 9th shutout of 2013...Brianna Jones, WWU (D, 5-8, Jr., Bonney Lake, WA – Bonney Lake) anchored a Viking defense that recorded a pair of shutouts and picked up six points with two wins to remain in first place.

**Oct. 14-20: Offense** – Maddie Krauss (F, 5-4, Fr., Lake Oswego - Lakeridge) of SPU scored two goals in 32 seconds in SPU's 3-0 road victory over Montana State Billings on Saturday. The freshman forward was instrumental in a 2-1 triumph against Northwest Nazarene as well, which helped the Falcons snap a two-game losing skid and maintain a grip in the top-four of the GNAC standings. "Maddie just had a

great week,” said Falcon head coach Chuck Sekyra. “She is really coming into her own as a freshman. Her two goals in 32 seconds put the game away against MSU Billings, she also had a role in the build-up and creation of our goals against Northwest Nazarene.” **Defense** – Amanda Rose Johnson (GK, 5-8, Jr., Montrose, CA – New Mexico Highlands) of WOU recorded her seventh and eighth shutouts of the season in victories over Simon Fraser and No. 2 Western Washington Thursday and Saturday. She made six critical saves versus Western Washington, and took command on numerous balls in the air throughout WWU’s persistent aerial assault. Her effort helped WOU hand WWU its first loss of the season, as she was the first goalkeeper to hold the Vikings scoreless in 2013. The junior has blocked 34 of the 38 shots she has faced this season, and leads the GNAC with eight shutouts. **Honorable Mention** - Mariah Konyn (M, 5-2, Fr., Eugene, OR - Marist) of WOU scored her first collegiate goal Saturday in the Wolves’ 1-0 upset of WWU, striking a ball that rolled to her right foot into the upper left corner of the net in the 44th minute for the game-winner. . .Kelli Bannerman (F, 5-5, Fr., Ferndale, WA - Ferndale) of SMU brought her season goal total to seven for the year which is good for fifth most in a single-season by a SMU women's soccer player, with a brace on Saturday to help SMU to a 2-1 win over Simon Fraser. . .Reilly Retz (M, 5-7, So., Kent, WA - Kentwood) of CWU converted a penalty kick in each of the Wildcats’ 1-0 victories last week to keep CWU in second place in the standings; Katie Butler (D, 5-4, Sr., Nampa, ID - Columbia) of NNU returned to the field Thursday, after an injury the week before, and played 90 minutes in both games on the weekend for NNU; Natalie Harold (GK, 5-3, Sr., Vancouver, WA - Heritage) of SPU Gave up 1 goal in two games in SPU’s 2-1 and 3-0 Road wins, playing all 180 minutes. . .Kayla Lipston (GK, 6-1, Jr., Federal Way, WA - Decatur) of CWU notched a pair of shutouts as the Wildcats won both matches 1-0.

**Oct. 7-13: Offense** – Heidi Greenback (F, 5-7, Sr., Woodinville, WA - Woodinville) of MSU Billings scored with 17 seconds left in regulation on Thursday to save the day as MSU Billings battled Northwest Nazarene to a 1-1 overtime draw. Two days later, Greenback again evened the score for the Yellowjackets, this time with a header goal in the 40th minute against Saint Martin’s. MSU Billings scored again in the second half to collect the win, and the Yellowjackets picked up four total points to remain in contention for one of the top-four spots in the standings that earn a berth to the GNAC Championship tournament. **Defense** – Argia Phillips (GK, 5-7, So., Meridian, ID - Meridian) of NNU made seven saves against MSU Billings on Thursday and added a dozen more against WOU on Saturday for a total of 19 in 220 minutes between the pipes as she helped NNU collect two hard-earned points with a pair of 1-1 draws. Perhaps the highlight of Phillips’ work came on Saturday, when she made two diving saves in the opening six minutes of the game, and then followed with another full-extension effort to deny a shot early into the second half. “Argia had the best game I’ve seen her have all year for us today,” NNU head coach Mary Trigg commented regarding Phillips’ performance against WOU on Saturday. **Honorable Mention** – Amanda White (GK, 5-5, So., Maple Valley, WA - Tahoma) of CWU played 180 minutes in goal and allowed just one goal as the Wildcats shut out Seattle Pacific and beat SFU 4-1. . .Amanda Rose Johnson (GK, 5-8, Jr., Montrose, CA – New Mexico Highlands) of WOU played 200 minutes and allowed just one goal as the Wolves picked up four points with a 1-0 win and a 1-1 draw. . .Kelsey Martin (F, 5-2, Fr., Salem, OR - Sprague) of NNU scored both of the Crusaders’ goals last weekend, helping NNU to two points with a pair of 1-1 draws. . .Taylor Higa (F/M, 5-6, Fr., Manoa, HI – Mid-Pacific) of WOU notched the assist on the Wolves’

game-winning goal against SMU on Thursday and scored the game-tying goal vs. NNU on Saturday. . .Tarah Duty (D, 5-4, Sr., Black Diamond, WA - Tahoma) of CWU scored in the 13th minute as the Wildcats took down SPU and took over sole possession of second place in the GNAC standings. . .Catherine Miles (F, 5-7, So., Anacortes, WA - Anacortes) of WWU scored twice against SFU on Thursday and added another in the third minute of the Vikings’ 2-1 victory over SPU on Saturday. . .Delanee Nilles (M, 5-10, So., Poulsbo, WA – North Kitsap) of WWU was central in the Vikings’ 2-1 win over SPU playing 60 minutes of solid defense off the bench. . .Krystal Daniels-Chamberlain (GK, 5-4, Jr., Kent, WA - Peninsula) of MSUB made several big saves in the Yellowjackets’ comeback win against SMU on Saturday.

**Sept. 30 – Oct. 6: Offense** – Makana Pundyke (M/F, 5-5, So., Kula, HI – Kamehameha Maui), of WOU posted eight total points last week thanks to three goals and two assists, as she led the GNAC in both categories to earn Red Lion Offensive Player of the Week honors. Pundyke got involved on the first three goals in WOU’s 4-0 performance against NNU on Thursday, scoring the first and third while assisting on the second. On Saturday, the sophomore forward assisted on a goal in the third minute, then drilled home the tally that sealed a 2-0 victory over MSU Billings in the 58th. **Defense** – Brina Sych (D, 5-6, Sr., Vancouver, WA – Union), of WWU led a defensive effort that helped the No. 2 Vikings go 2-0 and remain undefeated thus far in 2013. In addition to organizing WWU’s back line against rival SPU on Thursday, the senior defender scored the Vikings’ first goal on her only shot of the week in the 29th minute to set the tone early. Sych followed her performance on Thursday with an equally impressive defensive effort on Saturday that led to WWU’s 2-0 shutout of a CWU team that had won three games in a row. “Brina contributed on both sides of the ball,” WWU head coach Travis Connell commented, adding, “she was dependable when defending and dangerous getting forward in the attack. **Honorable Mention** – Becca Hoiland (D, 5-8, Sr., West Linn, OR – Boise State) of WOU played a key role as central defender in the Wolves’ pair of victories, limiting opponents to just four shots on goal. . .Lauren Kuklenski (M, 5-11, Sr., Colorado Springs, CO – Campbell) of NNU provided strength offensively for the Crusaders, leading the team with four shots. . .Kelli Bannerman (F, 5-5, Fr., Ferndale, WA – Ferndale) of SMU scored her fifth goal of the season, helping the Saints to a 2-0 win on Saturday. . .Savanna Moorehouse (M, 5-11, Jr., Bonney Lake, WA – Bonney Lake) of CWU scored the game-winning goal on Thursday in the 75th minute of a 3-2 triumph over SFU. . .Kristin Maris (F, 5-9, Sr., Issaquah, WA – Issaquah) of WWU scored twice on Saturday in a win over CWU, and provided an assist on Thursday to help the Vikings remain undefeated. . .Argia Phillips (GK, 5-7, So., Meridian, ID – Meridian) of NNU made six saves in each of the Crusaders’ two games, recording the second-highest GNAC total of the week.

**Sept. 23-29: Offense** – Savanna Moorehouse (M, 5-11, Jr., Bonney Lake, WA – Bonney Lake) of CWU scored three goals last week, none more important than the game-tying goal against MSU Billings in the 71st minute on Saturday. The goal set up Lauren Duty’s game-winner in the first period of overtime, and CWU picked up six points with a pair of victories. Moorehouse received assists from GNAC Defensive Player of the Week Tarah Duty on all three of her goals. “Savanna continues to demonstrate her importance to us as our offensive midfielder,” said head coach Michael Farrand. “During the past two weeks she has had an impact in every game.” **Defense** – Tarah Duty (D, 5-4, Sr., Black Diamond, WA – Tahoma) of CWU not only anchored a back line that allowed just two goals for more than 180 minutes

last week, but she also contributed to the Wildcats' offensive success as she distributed three assists on Thursday and two more on Saturday. Her effort helped CWU capture two wins and the Wildcats now sit in third place in the GNAC standings with nine points. "Tarah is one of the top defenders in the conference and region," said Farrand, adding, "she contributed to five of our six goals, quite an accomplishment from an outside defender." **Honorable Mention** – Catherine Miles (F, 5-7, So., Anacortes, WA – Anacortes) of WWU followed last week's two-goal and one assist effort with two more goals this week, as the Vikings won both games and remain undefeated...Hannah Huesers (F, 5-10, Fr., Lake Stevens, WA – Lake Stevens) of SPU scored twice on Saturday as the Falcons' 3-0 win over NNU pushed their win streak to seven straight...Lexi Fesenbek (F, 5-4, So., Olympia, WA – Olympia) of NNU scored her second goal of the season, the Crusaders' lone tally of the week...Kelli Bannerman (F, 5-5, Fr., Ferndale, WA – Ferndale) of SMU tallied her fourth goal of the season to help the Saints to a 2-0 win over SFU on Thursday...Delanee Nilles (M, 5-10, So., Poulsbo, WA – North Kitsap) of WWU helped the Vikings' defense record two more shutouts as they have won all seven of their games in 2013...Rebekah Kelley (F, 5-5, Fr., Marysville, WA – Marysville Arts & Tech) of NNU put forth a solid defensive effort in both games and helped push the Crusaders' attack...Taylor Hauck (D, 5-4, So., Shoreline, WA – King's) of SPU played excellent defense in the Falcons' 3-0 triumph over NNU Saturday and provided the assist on the game-winning goal against MSUB on Thursday...Alisa Sagdahl (F, 5-8, So., Edmonds, WA – Meadowdale) scored twice for MSUB, notching a goal in each of the Yellowjackets' losses to SPU and CWU.

**Sept. 16-22: Offense** – Catherine Miles, (F/M, 5-7, So., Anacortes, WA – Anacortes) of WWU scored twice and provided an assist as the No. 4 Vikings cruised to a pair of road victories over Northwest Nazarene and Montana State Billings to remain undefeated on the season. On Thursday, Miles dished a pass to Stephanie Hamilton (F/M, 5-2, So., Orting, WA – Bellarmine Prep) as the middle part of a three-player connection that resulted in the Vikings' third and final goal in a solid 3-0 victory over NNU. The sophomore striker stepped up on Saturday, notching a pair of goals in Billings, Mont. to help WWU down the Yellowjackets 4-1. "Catherine makes an impact in every game with her work rate, athleticism, and composure when finishing chances in front of the goal," WWU head coach Travis Connell said, adding, "last weekend was no exception." **Defense** – Shayla Page (D, 5-6, So., Redmond, WA – Eastlake) of SPU played stellar defense as the Falcons increased their winning streak to five and won their first two GNAC games of 2013. Since SPU lost to UCSD in its first game of the season, the Falcons have not allowed a goal in a span of 450 shutout minutes. "Shayla played a huge role in our shutouts and defensive success with her ability to lock down our opponents' top players, dominate in the air and make plays," Falcon head coach Chuck Sekyra commented regarding Page's performance in last week's 1-0 wins over Western Oregon and Saint Martin's. **Honorable Mention** – Heather Young (F, 5-5, Jr., Lacombe, Alberta – Lacombe Composite) of SPU scored both of the game-winning goals last week as the Falcons pushed their win streak to five games...Danielle Brandli (M, 5-4, Jr., Bellevue, WA – Interlake) of CWU scored twice in the Wildcats' 2-0 win over SMU on Thursday...Heidi Greenback (F, 5-7, Sr., Woodinville, WA – Woodinville) of MSUB scored two goals in the Yellowjackets' two wins last week...Kim Cooper (M, 5-1, Jr., Bellingham, WA – Bellingham) of WWU played a crucial role for the No. 4 Vikings, commanding a defensive unit that has conceded just one goal this season.

**Sept. 9-15: Offense** – Kelli Bannerman, SMU (F, 5-5, Fr., Ferndale, WA – Ferndale) scored a hat trick off the bench on Thursday to help the Saints to their first win of 2013, a 4-0 road victory over Holy Names. Bannerman entered the game as a substitute in the first half, and was extremely efficient, needing just four shots – all of which were on target – to tally three goals. The freshman's six points were the most in the GNAC last week. **Defense** – Kelsey Lindsey, WOU (GK, 5-5, Jr., Kula, Maui – Kamehameha Maui) made seven saves on 15 shots faced in 90 minutes between the posts en route to her first career shutout in the Wolves 2-0 victory over Holy Names on Saturday. Lindsey's performance helped WOU remain undefeated on the season, as the Wolves are 2-0-2 and have allowed just one goal thus far in 2013. **Honorable Mention** – Lexi Fesenbeck, NNU (F, 5-4, So., Olympia, WA – Olympia) played a part on both of NNU's goals in its 2-0 win over the College of Idaho on Saturday, scoring one and assisting on the other...Taija Bjorgo, WOU (M, 5-3, Jr., Kent, WA – Kentlake) scored twice including the game-winner against Holy Names as she helped the Wolves remain undefeated in 2013...Monique Ray, NNU (GK, 5-9, R-Jr., Middleton, ID – Middleton) notched three saves on nine shots faced in her first career shutout and helped head coach Mary Trigg collect her first collegiate win...Brianna Jones WWU (D, 5-8, Jr., Bonney Lake, WA – Bonney Lake) played 168 minutes and scored a goal as the Vikings grabbed a pair of shutouts and have not allowed a goal this season...Shayla Page, SPU (D, 5-6, So., Redmond, WA – Eastlake) played all 180 minutes on defense and provided an assist as the Falcons won both their matches last week in shutout fashion.

**Sept. 2-8: Offense** – Laura Moore, Seattle Pacific (F, 5-3, So., Kent, WA – Kentwood) scored the Falcons' lone goal in a tough 2-1 loss to No. 3 UC San Diego on Thursday, and scored again on Saturday as SPU shut out Point Loma Nazarene 3-0. "Laura was fantastic in both games getting our team off to early leads," said head coach Chuck Sekyra, adding, "two goals in two games is no easy task on the road against those two programs." **Defense** – Ashton Griffen, Western Washington (M, 5-4, Sr., Duvall, WA – Cedarcrest) played 90 minutes of solid defense against UC San Diego to help the Vikings to a 1-0 upset of the No. 3 team in the country on Saturday. Griffen was instrumental in maintaining organization for 12th-ranked WWU, as head coach Travis Connell commented, "it looked like there were two of her out there." **Honorable Mention** – Jessica Bertucci, WWU (F/M, 5-8, So., Bellingham, WA – Sehome) scored the game-winner in the Vikings' upset of No. 3 UC San Diego on Saturday; Allison Frost, WOU (M, 5-4, So., Eugene, OR – North Eugene) scored a pair of goals and contributed an assist as the Wolves downed Trinity Lutheran 4-0 in their season opener at home on Friday.

**2013-14 GNAC TEAM OF THE WEEK: Sept. 2-8** – Simon Fraser (Football) **Sept. 9-15** – Northwest Nazarene (Volleyball) **Sept. 16-22** – MSU Billings (Men's XC) and Simon Fraser (Women's XC) **Sept. 23-29** – Western Oregon (Football) **Sept. 30** – **Oct. 6** – Seattle Pacific (Men's Soccer) **Oct. 7-13** – Central Washington (Women's Soccer) **Oct. 14-20** – Western Oregon (Women's Soccer) **Oct. 21-27** – Alaska Anchorage (Cross Country) **Oct. 28** – **Nov. 3** – Simon Fraser (Men's Soccer) **Nov. 4-10** – Seattle Pacific (Women's Soccer) & Alaska Anchorage (Women's Cross Country) **Nov. 11-17** – Western Washington (Volleyball) **Nov. 18-24** – Simon Fraser (Men's Soccer) & Western Washington (Women's Soccer) **Nov. 25** – **Dec. 1** – Western Washington (Men's Basketball) **Dec. 2-8** – Saint Martin's (Women's Basketball).