



Sept. 23, 2014

Contact: Nathan Webber

GNAC Up for Grabs as Teams Settle In to Conference Play

PORTLAND, Ore. – The first week of conference play was an exciting one for GNAC teams and fans.

There were three conference ties last week and four top teams battled on Thursday and Saturday showing that the conference race could be wide open as the season progresses.

Western Oregon, Northwest Nazarene, Western Washington and Seattle Pacific all beat their opponents by two goals or more on Thursday.

Western Oregon controlled Montana State Billings in a 2-0 win while Northwest Nazarene used two first half goals to defeat Saint Martin's 3-1.

These two teams battled on Saturday to a 1-1 draw.

Seattle Pacific took an early lead for a 4-1 victory over Simon Fraser and Western Washington tied the most goals it's scored in a game this season in a 3-0 defeat of Central Washington.

These two teams battled on Saturday in a rematch of the 2013 GNAC title game. This ended in a 1-1 draw as well.

Including Central Washington which won 4-0 on Saturday, five teams have at least three points in the conference standings heading into week two.

Headlining the week's performances was Lexi Fesenbek of Northwest Nazarene who totaled seven points in three matches. Her efforts led to GNAC Red Lion Player of the Week honors.

Fesenbek is tied with Seattle Pacific's Laura Moore for the conference lead in assists. Moore is also tied for 15th in the nation in assists per game.

These two teams will face off on Thursday while Western Oregon and Western Washington face each other on Saturday, highlighting this week's matches.

Western Washington dropped to No. 15 in the NSCAA polls after tying SPU, which also received votes in the poll this week.

Standings and Schedule

| Team | GNAC | | | | Overall | | |
|------------------------|------|---|---|-----|---------|---|---|
| | W | L | T | Pts | W | L | T |
| Western Washington | 1 | 0 | 1 | 4 | 5 | 0 | 1 |
| Seattle Pacific | 1 | 0 | 1 | 4 | 3 | 1 | 1 |
| Western Oregon | 1 | 0 | 1 | 4 | 3 | 2 | 0 |
| Northwest Nazarene | 1 | 0 | 1 | 4 | 2 | 1 | 2 |
| Central Washington | 1 | 1 | 0 | 3 | 2 | 4 | 0 |
| Montana State Billings | 0 | 1 | 1 | 1 | 2 | 1 | 1 |
| Saint Martin's | 0 | 1 | 1 | 1 | 0 | 4 | 2 |
| Simon Fraser | 0 | 2 | 0 | 0 | 0 | 6 | 0 |

THURSDAY, SEPT. 25

Central Washington at Montana State Billings*, 3 p.m.
 Seattle Pacific at Northwest Nazarene*, 4 p.m.
 Saint Martin's at Western Washington*, 4 p.m.
 Western Oregon at Simon Fraser*, 5 p.m.

SATURDAY, SEPT. 27

Seattle Pacific at Montana State Billings*, 12 p.m.
 Central Washington at Northwest Nazarene*, 1 p.m.
 Western Oregon at Western Washington*, 4 p.m.
 Saint Martin's at Simon Fraser*, 5 p.m.

*GNAC Conference Match

Around the GNAC

- Seattle Pacific coach Chuck Sekyra earned his 200th career victory on Thursday in a 4-1 win over Simon Fraser.
- Western Oregon's Amanda Rose Johnson now ranks fourth in the school's all-time career shutouts list after Thursday's 2-0 victory over MSUB.
- With a goal against Central Washington on Thursday, Western Washington's Catherine Miles moved into sole possession of 15th place in the GNAC for career scoring in conference games with 47.
- Three teams set or matched season highs for goals in a game in last week's games. Western Oregon scored two against MSUB, Central Washington scored four against Simon Fraser and Western Washington scored three against Central Washington.

GNAC Women's Soccer Players of the Week

| Week of | Offensive | Defensive |
|----------|---------------------|--------------------|
| Sept. 8 | Alisa Sagdahl, MSUB | Daniele Ortiz, NNU |
| Sept. 15 | Jessica Spang, MSUB | Mabinty Kanu, NNU |
| Sept. 22 | Lexi Fesenbek, NNU | Shayla Page, SPU |
| Sept. 29 | | |
| Oct. 6 | | |
| Oct. 13 | | |
| Oct. 20 | | |
| Oct. 27 | | |
| Nov. 3 | | |

GNAC MISCELLANY

NCAA POSTSEASON INFO

The Division II Women's Soccer Championship is a 48-team, single-elimination tournament. The teams come from eight different regions throughout the country. The GNAC is part of the West Region.

The first two rounds are played at the sites of the highest ranking regional schools followed by next two rounds where the regional champs square off. This will take place Nov. 13-23.

The national semifinals and the championship match will be held on Dec. 4-6 in Louisville, KY.

The 2014 GNAC Women's Soccer conference Tournament will be held on Nov. 6-8 at Starfire Sports Complex in Tukwila, Wash., where the champion will earn an automatic berth into the NCAA tournament.

TWITTER HASHTAGS

GNAC..... #GNACsoccer
 CWU #CWU_wsoccer
 MSUB #MSUBWSOC
 NNU..... #GoNNUCrusaders
 SMU #SaintsAlive
 SPU #SPUsports
 SFU #SFUWomensSoccer
 WOU..... #WOU Soccer
 WWU..... #WWU_WSoccer

GNAC MEDIA RELATIONS

Men's Soccer SID. Nathan Webber
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GNAC in NCAA Statistical Rankings (*As of Sept. 21)

GNAC teams and individuals ranked among the top 20 in the latest NCAA statistical rankings:

| Team Category | Institution | Avg./Total | Rank |
|--------------------|--------------------|------------|--------------------|
| Goals Against AVG | Western Washington | .161 | t-4 th |
| Save Percentage | Western Washington | .962/25 | 2 nd |
| Shutout Percentage | Western Washington | .833/5 | t-4 th |
| W-L-T Percentage | Western Washington | .917 | t-12 th |

| Individual Category | Player, School | Avg./Total | Rank |
|-----------------------|---------------------|------------|--------------------|
| Assists per Game | Laura Moore, SPU | .80/4 | t-15 th |
| Game Winning Goals | Anna DeWeirdt, WWU | 2 | t-14 th |
| | Isabel Farrell, SPU | 2 | t-14 th |
| Goalie Minutes Played | Sunny De Boer, SMU | 580 | t-14 th |
| Goals Against Avg | Ashley Haden, WWU | .167 | 6 th |
| Save Percentage | Ashley Haden, WWU | .960/24 | 3 rd |
| Total Assists | Lexi Fesenbek, NNU | 4 | t-17 th |
| | Taylor Higa, WOU | 4 | t-17 th |
| | Laura Moore, SPU | 4 | t-17 th |

GNAC Teams in the NSCAA Top 25

| Tm. | Pre | S9 | S16 | S23 | S30 | O7 | O14 | O21 | O28 | N4 | N11 | N18 | N25 |
|-----|-----|----|-----|-----|-----|----|-----|-----|-----|----|-----|-----|-----|
| WWU | 3 | 3 | 6 | 15 | | | | | | | | | |
| SPU | 25 | 24 | NR | NR | | | | | | | | | |

GNAC Teams in the NSCAA West Region Top 10

| Tm. | S9 | S16 | S23 | S30 | O7 | O14 | O21 | O28 |
|-----|----|-----|-----|-----|----|-----|-----|-----|
| WWU | 1 | 2 | 3 | | | | | |
| SPU | 5 | 8 | 5 | | | | | |

GNAC Women's Soccer Contact Information

| Institution | Head Coach | Office Phone | SID Contact | SID Phone | Web Site |
|------------------------|------------------|---------------|-------------------|---------------|-------------------|
| Central Washington | Michael Farrand | (509)963-1939 | Sammy Henderson | (509)963-1485 | WildcatSports.com |
| Montana State Billings | Wojtek Krakowiak | (406)657-2373 | Evan O'Kelly | (460)657-2130 | MSUBSports.com |
| Northwest Nazarene | Mary Trigg | (208)467-8862 | Mike Stetson | (208)467-8474 | NNUSports.com |
| Saint Martin's | Rob Walker | (360)438-4372 | Megan Lobdell | (360)438-4328 | SMUSaints.com |
| Seattle Pacific | Chuck Sekyra | (206)281-2859 | Dan Lepse | (206)281-2741 | SPUFalcons.com |
| Simon Fraser | Annie Hamel | (778)782-9766 | Jade Richardson | (778)782-4057 | Athletics.SFU.ca |
| Western Oregon | Steve Ancheta | (503)838-8295 | Barrett Henderson | (503)838-8051 | WOUWolves.com |
| Western Washington | Travis Connell | (360)650-3493 | Paul Madison | (360)650-3108 | WWUVikings.com |

GNAC Team Statistics

*As of Sept. 22

| SHOTS | | GP | No. | Avg/G |
|--------------|--------------------|-----------|------------|--------------|
| 1. | Western Washington | 5 | 86 | 17.20 |
| 2. | Western Oregon | 6 | 73 | 12.17 |
| 3. | Seattle Pacific | 4 | 71 | 17.75 |
| 4. | Northwest Nazarene | 6 | 68 | 11.33 |
| 5. | Central Washington | 6 | 65 | 10.83 |
| 6. | MSU Billings | 4 | 64 | 16.00 |
| 7. | Saint Martin's | 6 | 55 | 9.17 |
| 8. | Simon Fraser | 6 | 32 | 5.33 |

| ASSISTS PER GAME | | GP | No. | Avg/G |
|-------------------------|--------------------|-----------|------------|--------------|
| 1. | Seattle Pacific | 4 | 9 | 2.25 |
| 2. | Western Washington | 5 | 9 | 1.80 |
| 3. | MSU Billings | 4 | 5 | 1.25 |
| 4. | Northwest Nazarene | 6 | 9 | 1.50 |
| 5. | Central Washington | 6 | 7 | 1.17 |
| 6. | Western Oregon | 6 | 5 | 0.83 |
| 7. | Simon Fraser | 6 | 3 | 0.50 |
| | Saint Martin's | 6 | 3 | 0.50 |

| POINTS | | GP | No. | Avg/G |
|---------------|--------------------|-----------|------------|--------------|
| 1. | Seattle Pacific | 4 | 31 | 7.75 |
| 2. | Western Washington | 5 | 27 | 5.40 |
| | Northwest Nazarene | 6 | 27 | 4.50 |
| 4. | Central Washington | 6 | 23 | 3.83 |
| 5. | Western Oregon | 6 | 19 | 3.17 |
| 6. | MSU Billings | 4 | 15 | 3.75 |
| 7. | Simon Fraser | 6 | 11 | 1.83 |
| | Saint Martin's | 6 | 11 | 1.83 |

| GOALS ALLOWED | | GP | No. | Avg/G |
|----------------------|--------------------|-----------|------------|--------------|
| 1. | Western Washington | 5 | 0 | 0.00 |
| 2. | Seattle Pacific | 4 | 3 | 0.75 |
| 3. | MSU Billings | 4 | 4 | 1.00 |
| 4. | Western Oregon | 6 | 6 | 1.00 |
| 5. | Northwest Nazarene | 6 | 8 | 1.33 |
| 6. | Saint Martin's | 6 | 12 | 2.00 |
| | Central Washington | 6 | 12 | 2.00 |
| 8. | Simon Fraser | 6 | 18 | 3.00 |

| GOALS | | GP | No. | Avg/G |
|--------------|--------------------|-----------|------------|--------------|
| 1. | Seattle Pacific | 4 | 11 | 2.75 |
| 2. | Western Washington | 5 | 9 | 1.80 |
| | Northwest Nazarene | 6 | 9 | 1.50 |
| 4. | Central Washington | 6 | 8 | 1.33 |
| 5. | Western Oregon | 6 | 7 | 1.17 |
| 6. | MSU Billings | 4 | 5 | 1.25 |
| 7. | Simon Fraser | 6 | 4 | 0.67 |
| | Saint Martin's | 6 | 4 | 0.67 |

| GOALS AGAINST AVERAGE | | GP | GA | Minutes | Avg |
|------------------------------|--------------------|-----------|-----------|----------------|------------|
| 1. | Western Washington | 5 | 0 | 0 | 0.00 |
| 2. | Seattle Pacific | 4 | 3 | 3 | 0.75 |
| 3. | MSU Billings | 4 | 4 | 4 | 1.00 |
| 4. | Western Oregon | 6 | 6 | 6 | 1.00 |
| 5. | Northwest Nazarene | 6 | 8 | 8 | 1.33 |
| 6. | Saint Martin's | 6 | 12 | 12 | 2.00 |
| | Central Washington | 6 | 12 | 12 | 2.00 |
| 8. | Simon Fraser | 6 | 18 | 18 | 3.00 |

| GOALS PER GAME | | GP | No. | Avg/G |
|-----------------------|--------------------|-----------|------------|--------------|
| 1. | Seattle Pacific | 4 | 11 | 2.75 |
| 2. | Western Washington | 5 | 9 | 1.80 |
| 3. | Northwest Nazarene | 6 | 9 | 1.50 |
| 4. | Central Washington | 6 | 8 | 1.33 |
| 5. | MSU Billings | 4 | 5 | 1.25 |
| 6. | Western Oregon | 6 | 7 | 1.17 |
| 7. | Simon Fraser | 6 | 4 | 0.67 |
| | Saint Martin's | 6 | 4 | 0.67 |

| SAVES | | GP | No. | Avg/G |
|--------------|--------------------|-----------|------------|--------------|
| 1. | Western Oregon | 6 | 36 | 6.00 |
| 2. | Saint Martin's | 6 | 35 | 5.83 |
| 3. | Northwest Nazarene | 6 | 33 | 5.50 |
| 4. | Central Washington | 6 | 30 | 5.00 |
| 5. | Simon Fraser | 6 | 21 | 3.50 |
| 6. | Western Washington | 5 | 20 | 4.00 |
| 7. | MSU Billings | 4 | 12 | 3.00 |
| 8. | Seattle Pacific | 4 | 11 | 2.75 |

| ASSISTS | | GP | No. | Avg/G |
|----------------|--------------------|-----------|------------|--------------|
| 1. | Seattle Pacific | 4 | 9 | 2.25 |
| | Western Washington | 5 | 9 | 1.80 |
| | Northwest Nazarene | 6 | 9 | 1.50 |
| 4. | Central Washington | 6 | 7 | 1.17 |
| 5. | Western Oregon | 6 | 5 | 0.83 |
| | MSU Billings | 4 | 5 | 1.25 |
| 7. | Simon Fraser | 6 | 3 | 0.50 |
| | Saint Martin's | 6 | 3 | 0.50 |

| SHUTOUTS | | GP | Shutouts | Avg/G |
|-----------------|--------------------|-----------|-----------------|--------------|
| 1. | Western Washington | 5 | 5 | 1.00 |
| 2. | Western Oregon | 6 | 3 | 0.50 |
| 3. | MSU Billings | 4 | 1 | 0.25 |
| | Seattle Pacific | 4 | 1 | 0.25 |
| | Central Washington | 6 | 1 | 0.17 |
| | Northwest Nazarene | 6 | 1 | 0.17 |
| 7. | Saint Martin's | 6 | 0 | 0.00 |
| | Simon Fraser | 6 | 0 | 0.00 |

GNAC Individual Statistics

*As of Sept. 15

| SHOTS | | GP | No. | Avg/G |
|--------------|----------------------|-----------|------------|--------------|
| 1. | Sagdahl,Alisa-MSUB | 4 | 20 | 5.00 |
| | Bertucci,Jessica-WWU | 5 | 20 | 4.00 |
| 3. | Miles,Catherine-WWU | 5 | 15 | 3.00 |
| | Pundyke,Makana-WOU | 6 | 15 | 2.50 |
| 5. | Farrell,Isabel-SPU | 4 | 14 | 3.50 |
| | Nsa,Nicole-NNU | 6 | 14 | 2.33 |
| | Nolte,Mackenzie-CWU | 6 | 14 | 2.33 |
| 8. | Shuman,Chelsea-MSUB | 4 | 13 | 3.25 |
| | Higa,Taylor-WOU | 6 | 13 | 2.17 |
| 10. | Moore,Laura-SPU | 4 | 12 | 3.00 |

| SHOTS PER GAME | | GP | No. | Avg/G |
|-----------------------|----------------------|-----------|------------|--------------|
| 1. | Sagdahl,Alisa-MSUB | 4 | 20 | 5.00 |
| 2. | Bertucci,Jessica-WWU | 5 | 20 | 4.00 |
| 3. | Farrell,Isabel-SPU | 4 | 14 | 3.50 |
| 4. | Shuman,Chelsea-MSUB | 4 | 13 | 3.25 |
| 5. | Miles,Catherine-WWU | 5 | 15 | 3.00 |
| | Moore,Laura-SPU | 4 | 12 | 3.00 |
| 7. | Huesers,Hannah-SPU | 4 | 11 | 2.75 |
| 8. | Pundyke,Makana-WOU | 6 | 15 | 2.50 |
| 9. | Nolte,Mackenzie-CWU | 6 | 14 | 2.33 |
| | Nsa,Nicole-NNU | 6 | 14 | 2.33 |

| POINTS | | GP | Goals | Ast. | Pts. | Avg/G |
|---------------|----------------------|-----------|--------------|-------------|-------------|--------------|
| 1. | Nolte,Mackenzie-CWU | 6 | 4 | 1 | 9 | 1.50 |
| 2. | Huesers,Hannah-SPU | 4 | 4 | 0 | 8 | 2.00 |
| | Fesenbek,Lexi-NNU | 6 | 1 | 6 | 8 | 1.33 |
| 4. | Bertucci,Jessica-WWU | 5 | 3 | 1 | 7 | 1.40 |
| 5. | Farrell,Isabel-SPU | 4 | 3 | 0 | 6 | 1.50 |
| | DeWeirdt,Anna-WWU | 5 | 2 | 2 | 6 | 1.20 |
| | Miles,Catherine-WWU | 5 | 3 | 0 | 6 | 1.20 |
| | Aguiar,Olivia-SFU | 6 | 3 | 0 | 6 | 1.00 |
| | Seymour,Laura-NNU | 6 | 2 | 2 | 6 | 1.00 |
| 10. | Sagdahl,Alisa-MSUB | 4 | 2 | 1 | 5 | 1.25 |
| | Blum,Sarah-NNU | 6 | 2 | 1 | 5 | 0.83 |

| POINTS PER GAME | | GP | Goals | Ast. | Pts. | Avg/G |
|------------------------|----------------------|-----------|--------------|-------------|-------------|--------------|
| 1. | Huesers,Hannah-SPU | 4 | 4 | 0 | 8 | 2.00 |
| 2. | Nolte,Mackenzie-CWU | 6 | 4 | 1 | 9 | 1.50 |
| | Farrell,Isabel-SPU | 4 | 3 | 0 | 6 | 1.50 |
| 4. | Bertucci,Jessica-WWU | 5 | 3 | 1 | 7 | 1.40 |
| 5. | Fesenbek,Lexi-NNU | 6 | 1 | 6 | 8 | 1.33 |
| 6. | Sagdahl,Alisa-MSUB | 4 | 2 | 1 | 5 | 1.25 |
| 7. | Miles,Catherine-WWU | 5 | 3 | 0 | 6 | 1.20 |
| | DeWeirdt,Anna-WWU | 5 | 2 | 2 | 6 | 1.20 |
| 9. | Seymour,Laura-NNU | 6 | 2 | 2 | 6 | 1.00 |
| | Aguiar,Olivia-SFU | 6 | 3 | 0 | 6 | 1.00 |
| | Moore,Laura-SPU | 4 | 0 | 4 | 4 | 1.00 |

| GOALS PER GAME | | GP | No. | Avg/G |
|-----------------------|----------------------|-----------|------------|--------------|
| 1. | Huesers,Hannah-SPU | 4 | 4 | 1.00 |
| 2. | Farrell,Isabel-SPU | 4 | 3 | 0.75 |
| 3. | Nolte,Mackenzie-CWU | 6 | 4 | 0.67 |
| 4. | Miles,Catherine-WWU | 5 | 3 | 0.60 |
| | Bertucci,Jessica-WWU | 5 | 3 | 0.60 |
| 6. | Aguiar,Olivia-SFU | 6 | 3 | 0.50 |
| | Sagdahl,Alisa-MSUB | 4 | 2 | 0.50 |
| 8. | DeWeirdt,Anna-WWU | 5 | 2 | 0.40 |
| 9. | Seymour,Laura-NNU | 6 | 2 | 0.33 |
| | Pundyke,Makana-WOU | 6 | 2 | 0.33 |
| | Blum,Sarah-NNU | 6 | 2 | 0.33 |
| | Dini,Sasha-SMU | 6 | 2 | 0.33 |
| | Young,Heather-SPU | 3 | 1 | 0.33 |

| ASSISTS PER GAME | | GP | No. | Avg/G |
|-------------------------|--------------------|-----------|------------|--------------|
| 1. | Fesenbek,Lexi-NNU | 6 | 6 | 1.00 |
| | Moore,Laura-SPU | 4 | 4 | 1.00 |
| 3. | Higa,Taylor-WOU | 6 | 4 | 0.67 |
| 4. | Spang,Jessica-MSUB | 4 | 2 | 0.50 |
| 5. | DeWeirdt,Anna-WWU | 5 | 2 | 0.40 |
| | Webster,Emily-WWU | 5 | 2 | 0.40 |
| 7. | Kollmyer,Devon-SFU | 6 | 2 | 0.33 |
| | Seymour,Laura-NNU | 6 | 2 | 0.33 |
| | Martin,Ali-SPU | 3 | 1 | 0.33 |
| | Booster,Maddy-SPU | 3 | 1 | 0.33 |

| GOALS AGAINST AVG | | GP | GA | Minutes | GaAvg |
|--------------------------|-------------------------|-----------|-----------|----------------|--------------|
| 1. | Haden,Ashley-WWU | 5 | 0 | 429:59 | 0.00 |
| 2. | Johnson,Amanda Rose-WOU | 4 | 3 | 385:36 | 0.70 |
| 3. | Daniels,Krystal-MSUB | 4 | 4 | 380:00 | 0.95 |
| 4. | Hughes,Alexa-SPU | 3 | 3 | 270:00 | 1.00 |
| 5. | Ortiz,Daniele-NNU | 6 | 8 | 400:00 | 1.80 |
| 6. | De Boer,Sunny-SMU | 6 | 12 | 580:00 | 1.86 |
| 7. | Lipston,Kayla-CWU | 6 | 12 | 540:00 | 2.00 |
| 8. | Sandhu, Priya-SFU | 6 | 18 | 540:00 | 3.00 |

| SAVE PERCENTAGE | | GP | Saves | GA | SavePct |
|------------------------|-------------------------|-----------|--------------|-----------|----------------|
| 1. | Haden,Ashley-WWU | 5 | 19 | 0 | 1.00 |
| 2. | Johnson,Amanda Rose-WOU | 4 | 19 | 3 | .864 |
| 3. | Ortiz,Daniele-NNU | 6 | 32 | 8 | .800 |
| 4. | Hughes,Alexa-SPU | 3 | 9 | 3 | .750 |
| 5. | De Boer,Sunny-SMU | 6 | 34 | 12 | .739 |
| 6. | Daniels,Krystal-MSUB | 4 | 11 | 4 | .733 |
| 7. | Lipston,Kayla-CWU | 6 | 29 | 12 | .707 |
| 8. | Sandhu, Priya-SFU | 6 | 21 | 18 | .538 |

| SHUTOUTS PER GAME | | GP | Shutouts | Sho/G |
|--------------------------|-------------------------|-----------|-----------------|--------------|
| 1. | Haden,Ashley-WWU | 5 | 4 | 0.80 |
| 2. | Johnson,Amanda Rose-WOU | 4 | 2 | 0.50 |
| 3. | Daniels,Krystal-MSUB | 4 | 1 | 0.25 |
| 4. | Ortiz,Daniele-NNU | 6 | 1 | 0.17 |
| | Lipston,Kayla-CWU | 6 | 1 | 0.17 |