

# All-Time Letterwinners



#	NAME	YEARS
11	Dana Almdale	2002-03
11	Kim Anderson	1998-2001
18	Geneva Baran	2003
25	Bree Bast	2006
19	Heather Baumann	1996
17	Mimi Bejda	1998-99
15	Kelly Bernard	1996-99
22	Kim Berry	1997
22	Sharon Bethke	1996
0	Courtney Blake	2007-08
25	Michelle Bochenek	1996-99
27	Brenna Bohl	2006-09
24	Meghan Boler	2003-06
<b>20</b>	<b>Rachel Bostick</b>	<b>2009-Present</b>
14	Robyn Brady	2001-04
10	Stephanie Brencic	2003-04
23	Bethany Brown	2007-10
9	Michelle Brumbaugh	2001-04
15	Sheila Bryant	2000-03
17	Kinshasa Campbell	2003-06
12	Jessica Carlson	2008-11
<b>24</b>	<b>Sarah Carlson</b>	<b>2009-Present</b>
25	Taylor Casement	2002-05
5	Megan Christiansen	2005-06
23	Kim Collins	2003-06
4	Melissa Colthrust	1999-2002
6	Kim Conolly	2003-05
<b>22</b>	<b>Kristin Cooley</b>	<b>2009-Present</b>
<b>10</b>	<b>Kyla Cross</b>	<b>2010-Present</b>
2	Tiffany DeClark	2000-03
4	Afton Delvecchio	2008-11
<b>23</b>	<b>Micaela DeVos</b>	<b>2011-Present</b>
7	Betsy Doogan	1997
9	Ellen Dooremont	2000
12	Shannon Duggan	2004-07
21	Shannon Durocher	2004-06
7	Shannon Eccleston	2006-09
1	Kristi Elliott	1996
1	Allison Farrington	2001-03
1	Becky Feldmann	1997-2000
16	Emily Fiddy	2008
5	Heather Forsyth	2002-05
16	Lindsay Freed	1997-2000
22	Danielle Freehauf	1998-99
1	Erica Goethel	2004-06
11	Aimee Grahe	1996-97
00	Cindy Grant	1997
26	Katie Grill-Donovan	2006-09
8	Christina Gutierrez	1997-2000
13	Julie Heideke	1997
2	Shelby Henkel	1997-2000
6	Amy Heredia	2006-09
27	Lynley Hilligoss	2001-02
5	Lisa Hladik	1997
10	Kristen Horvat	1996-99
5	Alex Howell	2008-11
28	Katrina Jakobsze	2008-11
12	Chrystal Johnston	1999-2003
7	Angela Jones	1998
24	Kathie Kaech	1996
8	Lauren Kahlenbeck	2001-04
<b>6</b>	<b>Kelly Kalkofen</b>	<b>2011-Present</b>
19	Joyce Kleinheinz	2002-05
<b>1</b>	<b>Mara Kremenovic</b>	<b>2010-Present</b>
<b>16</b>	<b>Keri Kujawa</b>	<b>2011-Present</b>
16	Crystal Lanski	2003
4	Amanda Lauber	2003, 05-07
9	Rachel Lee	2005
23	Stacey Lindy	1997
21	Katie Long	2000-03
<b>25</b>	<b>Gabbi McArtor</b>	<b>2011-Present</b>
11	Natalie McCabe	2008-11
14	Kelly Mahan	1998-2001
17	Rebecca Mayer	2000
9	Sara Miene	1996-98
5	Sarah Moss	1998-2000
8	Danielle Mutters	2006-09
18	Leslie Nelson	1996
<b>27</b>	<b>Allie Newsom</b>	<b>2010-Present</b>
<b>00</b>	<b>Aryn Newsom</b>	<b>2011-Present</b>
11	Yvonne Northover	2004-07
4	Heidi Nuzbach	1997-98
3	Elise Olson	2011
19	Megan O'Connor	1997-2000
<b>26</b>	<b>Mia Patrevito</b>	<b>2011-Present</b>
19	Jennifer Pinkston	2001
28	Katelyn Prorok	2006
14	Michelle Prusko	1996
20	Diana Puckett	2000-03
21	Felicia Randle	1997
19	Raquel Rattray	2006-09
3	Jessica Redden	1996
1	Sasha Reiber	2008-09
9	Ashley Repholz	2006-07
22	Jaclyn Roepke	2004-07
<b>15</b>	<b>Kelly Rosenthal</b>	<b>2009-Present</b>
23	Angie Roth	1998-2001
10	Mel Routledge	2005-08
3	Jaclyn Rucinsky	2003-06
21	Erin Rusk	1998
20	Bethany Russ	2004-07
3	Nicole Russell	2008-10
9	Mary Sahn	2008-11
00	Jen Sandenaw	1998-2001
26	Jodie Sanneman	2004
26	Cheryl Sarnwick	2000-03
14	Sheila Sarsfield	2005-06
0	Jamie Schreiber	1998
7	Dana Schulte	1999-2003
14	Alyssa Schulz	2007-10
15	Carrie Schurr	2004-07
19	Hillary Scott	2010
20	Beth Seidemann	1996-99
18	Marirose Seigler	1997-2000
0	Andrea Shaw	2003-06
16	Andrea Sherva	2004-06
8	Jenny Sindermann	1996
22	Lindsey Soderborg	2001-03
3	Shelly Soderborg	2001
2	Kacia Snyder	2005-06
<b>7</b>	<b>Makenzie Staton</b>	<b>2010-Present</b>
<b>2</b>	<b>Heather Sterling</b>	<b>2009-Present</b>
<b>8</b>	<b>Anna Stinson</b>	<b>2010-Present</b>
<b>14</b>	<b>Rachel Tejada</b>	<b>2011-Present</b>
21	Jenni Thorpe	1996
21	Jacque Toth	2009-11
7	Kasie Vesely	2004
6	Annie Wayland	1999-2002
<b>17</b>	<b>Alyse Williams</b>	<b>2011-Present</b>
12	Jenny Williams	1996-99
24	Ty Winkelhake	1999-2002
18	Amanda Wisniewski	2006-09
<b>18</b>	<b>Aimee Wronski</b>	<b>2011-Present</b>
3	Angela Wrzos	1997
17	Ruthie Zemke	2007-10

Current players in Bold Italic

All-Time vs. All Opponents



OPPONENT	RECORD	LAST	FIRST	STREAK
Air Force	0-1-0	1996	1996	L1
Akron	0-1-0	2010	2010	L1
Arkansas-Little Rock	2-0-0	1999	1998	W2
Ball State	4-1-1	2007	1999	L1
Belmont	2-0-0	2000	2000	W2
<b>Boston</b>	<b>0-1-0</b>	<b>2011</b>	<b>2011</b>	<b>L1</b>
<b>Bowling Green</b>	<b>1-0-0</b>	<b>2011</b>	<b>2011</b>	<b>W1</b>
Butler	4-2-0	2009	1999	W2
Cal State-Fullerton	1-0-0	1998	1998	W1
Central Florida	0-1-0	2008	2008	L1
Central Michigan	2-4-1	2009	2000	L1
Colorado College	0-1-0	1996	1996	L1
<b>Creighton</b>	<b>12-6-3</b>	<b>2011</b>	<b>1996</b>	<b>W1</b>
Dayton	0-1-1	2006	1997	T1
<b>DePaul</b>	<b>4-2-0</b>	<b>2011</b>	<b>1996</b>	<b>W2</b>
<b>Drake</b>	<b>7-5-2</b>	<b>2011</b>	<b>2002</b>	<b>W7</b>
Drury	6-0-0	2004	1999	W6
Eastern Illinois	9-4-0	2009	1996	W2
<b>Eastern Michigan</b>	<b>2-2-0</b>	<b>2011</b>	<b>2005</b>	<b>W1</b>
<b>Evansville</b>	<b>10-6-3</b>	<b>2011</b>	<b>1996</b>	<b>W4</b>
Florida	0-1-0	2009	2009	L1
Green Bay	9-3-0	2008	1996	W2
Illinois	2-6-1	2009	1998	L2
<b>Indiana State</b>	<b>12-3-0</b>	<b>2011</b>	<b>2000</b>	<b>W4</b>
Iowa	1-1-0	2002	2001	L1
Iowa State	0-4-1	2010	1996	L1
IPFW	3-0-0	2008	2005	W3
IUPUI	1-0-0	2009	2009	W1
Kansas	1-3-0	2010	1996	W1
Kent State	1-0-0	2010	2010	W1
Louisiana State	0-1-0	1996	1996	L1
Loyola-Chicago	7-3-0	2008	1996	W1
Michigan State	0-1-0	2009	2009	L1
<b>Minnesota</b>	<b>0-3-0</b>	<b>2011</b>	<b>1999</b>	<b>L3</b>
Missouri	0-1-0	2006	2006	L1
<b>Missouri State</b>	<b>12-6-8</b>	<b>2011</b>	<b>1996</b>	<b>W1</b>
Morehead State	3-0-0	2009	2007	W3
Navy	0-1-0	1997	1997	L1
New Mexico	0-2-0	2009	1997	L2
North Dakota State	1-0-0	2006	2006	W1
Northern Arizona	0-1-0	2004	2004	L1
<b>Northern Illinois</b>	<b>9-3-1</b>	<b>2011</b>	<b>1996</b>	<b>W4</b>
<b>Northern Iowa</b>	<b>10-2-0</b>	<b>2011</b>	<b>2000</b>	<b>W1</b>
<b>Northwestern</b>	<b>3-4-0</b>	<b>2011</b>	<b>1996</b>	<b>W1</b>
Oakland	4-0-1	2007	2001	T1
Oral Roberts	0-1-0	1996	1996	L1
Oregon	0-1-0	2007	2007	L1
Pepperdine	0-1-0	1998	1998	L1
Purdue	1-3-0	2008	1998	L3

Saint Louis	1-1-1	2005	1996	L1
SIU Edwardsville	2-0-0	2010	2009	W2
South Florida	0-1-0	2008	2008	L1
<b>Southeast Missouri St.</b>	<b>1-1-0</b>	<b>2011</b>	<b>1999</b>	<b>L1</b>
Tulane	0-1-0	1996	1996	L1
UNLV	0-0-1	2009	2009	T1
Utah	0-2-0	1997	1996	L2
Valparaiso	5-0-0	2007	1997	W5
Western Illinois	3-1-2	2008	1997	T1
<b>Western Michigan</b>	<b>0-1-0</b>	<b>2011</b>	<b>2011</b>	<b>L1</b>
Wisconsin	1-1-0	2002	2001	L1
<b>UW-Milwaukee</b>	<b>3-7-2</b>	<b>2011</b>	<b>1996</b>	<b>L1</b>
Wyoming	0-1-0	2004	2004	L1
Xavier	1-1-0	2002	2001	W1

**Program Record 162-111-29**

**2011 opponents in bold**

# All-Time Numbers



<p><b>00</b></p> <p>Cindy Grant ..... 1997                      Jennifer Sandenaw ..... 1998-2001                      Aryn Newsom ..... 2011-Present</p> <p><b>0</b></p> <p>Jamee Schreiber ..... 1998                      Andrea Shaw ..... 2003-06                      Courtney Blake ..... 2007-08</p> <p><b>1</b></p> <p>Kristi Elliott ..... 1996                      Becky Feldmann ..... 1997-2000                      Allison Farrington ..... 2001-03                      Erica Goethel ..... 2004-06                      Sasha Reiber ..... 2008-09                      Mara Kremenovic ..... 2010-Present</p> <p><b>2</b></p> <p>Shelby Henkel ..... 1997-99                      Tiffany DeClark ..... 2000-03                      Kacia Snyder ..... 2005-06                      Heather Sterling ..... 2009-Present</p> <p><b>3</b></p> <p>Angela Wrzos ..... 1996-97                      Shelly Soderborg ..... 2001                      Jaclyn Rucinsky ..... 2003-06                      Nicole Russell ..... 2008-2010                      Elise Olson ..... 2011</p> <p><b>4</b></p> <p>Heidi Nuzbach ..... 1997-98                      Melissa Colthrust ..... 1999-2002                      Amanda Lauber ..... 2003; 2005-07                      Afton Delvecchio ..... 2008-11</p> <p><b>5</b></p> <p>Lisa Hladik ..... 1997                      Sarah Moss ..... 1998-2000                      Heather Forsyth ..... 2002-05                      Megan Christiansen ..... 2006                      Alex Howell ..... 2008-11</p> <p><b>6</b></p> <p>Annie Wayland ..... 1999-2002                      Kim Conolty ..... 2003-05                      Amy Heredia ..... 2006-09                      Kelly Kalkofen ..... 2011-Present</p> <p><b>7</b></p> <p>Betsy Doogan ..... 1997                      Angela Jones ..... 1998                      Dana Schulte ..... 1999-2003                      Shannon Eccleston ..... 2006-09                      Mackenzie Staton ..... 2010-Present</p> <p><b>8</b></p> <p>Jenny Sinderman ..... 1996                      Christina Gutierrez ..... 1997-2000                      Lauren Kahlenbeck ..... 2001-04                      Danielle Mutters ..... 2006-09                      Anna Stinson ..... 2010-Present</p> <p><b>9</b></p> <p>Sara Miene ..... 1996-98                      Ellen Dooremont ..... 2000</p>	<p>Michelle Brumbaugh ..... 2001-04                      Rachel Lee ..... 2005                      Ashley Repholz ..... 2006-07                      Mary Sahn ..... 2008-11</p> <p><b>10</b></p> <p>Kristin Horvat ..... 1996-99                      Stephanie Brencic ..... 2003-04                      Mel Routledge ..... 2005-08                      Erin Egolf ..... 2009                      Kyla Cross ..... 2010-Present</p> <p><b>11</b></p> <p>Aimee Grahe ..... 1996-97                      Kim Anderson ..... 1998-2001                      Dana Almdale ..... 2002-03                      Yvonne Northover ..... 2004-07                      Natalie McCabe ..... 2008-11</p> <p><b>12</b></p> <p>Jenny Williams ..... 1996-99                      Chrystal Johnston ..... 2000-01; 2003                      Shannon Duggan ..... 2004-07                      Jessica Carlson ..... 2008-11</p> <p><b>13</b></p> <p>Jessica Redden ..... 1996                      Julie Heidecke ..... 1997</p> <p><b>14</b></p> <p>Michelle Prusko ..... 1996                      Kelly Mahan ..... 1998-2001                      Robyn Brady ..... 2002-04                      Sheila Sarsfield ..... 2005-06                      Alyssa Schulz ..... 2007-2010                      Rachel Tejada ..... 2011-Present</p> <p><b>15</b></p> <p>Kelly Bernard ..... 1996-99                      Sheila Bryant ..... 2000-03                      Carrie Schurr ..... 2004-07                      Kelly Rosenthal ..... 2009-Present</p> <p><b>16</b></p> <p>Lindsay Freed ..... 1997-2000                      Crystal Lanski ..... 2003                      Andrea Sherva ..... 2005                      Sarah Kearns ..... 2007                      Emily Fiddy ..... 2008-09                      Keri Kujawa ..... 2011-Present</p> <p><b>17</b></p> <p>Mimi Bejda ..... 1998-99                      Kanisha Campbell ..... 2003-04; 2006                      Ruthie Zemke ..... 2007-2010                      Alyse Williams ..... 2011-Present</p> <p><b>18</b></p> <p>Marirose Siegler ..... 1997-2000                      Robyn Brady ..... 2001                      Geneva Baran ..... 2003                      Ammanda Wisniewski ..... 2006-09                      Aimee Wronski ..... 2011-Present</p> <p><b>19</b></p> <p>Heather Baumann ..... 1996                      Megan O'Connor ..... 1997-2000</p>	<p>Jennifer Pinkston ..... 2001                      Joyce Kleinheinz ..... 2002-05                      Raquel Rattray ..... 2006-09                      Hillary Scott ..... 2010                      Jessica Hanson ..... 2011-Present</p> <p><b>20</b></p> <p>Beth Seidelmann ..... 1996-99                      Diana Puckett ..... 2000-03                      Bethany Russ ..... 2004-07                      Rachel Bostick ..... 2009-Present</p> <p><b>21</b></p> <p>Jenni Thorpe ..... 1996                      Felicia Randle ..... 1997                      Erin Rusk ..... 1998                      Chrystal Johnston ..... 1999                      Katie Long ..... 2000-03                      Shannon Durocher ..... 2004-06                      Jacque Toth ..... 2009-11</p> <p><b>22</b></p> <p>Sharon Bethke ..... 1996                      Kim Berry ..... 1997                      Danielle Freehauf ..... 1998-99                      Shelby Henkel ..... 2000                      Lindsey Soderborg ..... 2001-03                      Jaclyn Roepke ..... 2004-07                      Kristin Cooley ..... 2009-Present</p> <p><b>23</b></p> <p>Stacey Lindy ..... 1997                      Angie Roth ..... 1998-2001                      Kim Collins ..... 2004-06                      Bethany Brown ..... 2007-2010                      Micaela DeVos ..... 2011-Present</p> <p><b>24</b></p> <p>Kathie Kaech ..... 1996                      Nicole Martinez ..... 1998                      Ty Winkelhake ..... 1999-2002                      Meghan Boler ..... 2003-06                      Sarah Carlson ..... 2009-Present</p> <p><b>25</b></p> <p>Michelle Bochenek ..... 1996-98                      Taylor Casement ..... 2002-05                      Bree Bast ..... 2006                      Gabbi McArtor ..... 2011-Present</p> <p><b>26</b></p> <p>Cheryl Sarnwick ..... 2000-03                      Katie Grill-Donovan ..... 2006-09                      Mia Patrevito ..... 2011-Present</p> <p><b>27</b></p> <p>Lynley Hilligoss ..... 2001-02                      Christa Iwanski ..... 2005                      Brenna Bohl ..... 2006-09                      Allie Newsom ..... 2010-Present</p> <p><b>28</b></p> <p>Katelyn Prorok ..... 2006                      Katrina Jakobsze ..... 2008-11</p>
--	--	---

**NSCAA GREAT LAKES REGION**

2011	Rachel Tejada	First Team
	Jessica Carlson	Second Team
	Natalie McCabe	Third Team
	Anna Stinson	Third Team
2010	Jessica Carlson	First Team
2009	Jessica Carlson	Second Team
	Danielle Mutters	Second Team
	Raquel Rattray	Second Team
2007	Yvonne Northover	Third Team
2004	Heather Forsyth	Third Team
2002	Melissa Colthrust	Third Team
2001	Chrystal Johnston	Third Team
	Annie Wayland	Second Team
2000	Chrystal Johnston	Third Team
	Angie Roth	Third Team
1998	Becky Feldmann	Third Team
	Jenny Williams	Second Team

**SOCCKER BUZZ  
GREAT LAKES REGION**

2007	Yvonne Northover	Third Team
2005	Heather Forsyth	Second Team
2004	Kanisha Campbell	Second Team
2003	Heather Forsyth	Second Team
2001	Angie Roth	Second Team
	Annie Wayland	Second Team
1999	Annie Wayland	All-Freshman
1998	Jenny Williams	Third Team
	Becky Feldmann	Second Team
	Angie Roth	All-Freshman
1996	Aimee Grahe	Third Team

**VALLEY ALL-CENTENNIAL TEAM**

Melissa Colthrust	Defender
Becky Feldmann	Goalkeeper
Heather Forsyth	Defender
Chrystal Johnston	Midfielder
Angie Roth	Defender
Annie Wayland	Forward
Jenny Williams	Defender

**VALLEY PLAYER OF THE YEAR**

2011	Rachel Tejada
2007	Yvonne Northover
2005	Heather Forsyth
2003	Heather Forsyth
2001	Annie Wayland

**VALLEY DEFENSIVE PLAYER OF THE YEAR**

2011	Natalie McCabe
2009	Danielle Mutters
2008	Danielle Mutters
2002	Melissa Colthrust
2001	Angie Roth
1998	Jenny Williams

**VALLEY FRESHMAN OF THE YEAR**

2011	Rachel Tejada
1999	Annie Wayland
1998	Angie Roth
1997	Becky Feldmann

**VALLEY COACHING STAFF OF THE YEAR**

2011	Illinois State
2009	Illinois State
2007	Illinois State

**VALLEY COACH OF THE YEAR**

2001	Pete Kowall
------	-------------

1998	Pete Kowall
------	-------------

**MVC ELITE 18 AWARD**

2011	Anna Stinson
------	--------------

**SCHOLAR-ATHLETE OF VALLEY CHAMPIONSHIP**

2003	Tiffany DeClark
2002	Tiffany DeClark

**COSIDA ACADEMIC ALL-AMERICA**

2010	Bethany Brown	Third Team
2003	Tiffany DeClark	Second Team

**COSIDA ACADEMIC ALL-DISTRICT V**

2011	Jessica Carlson	Second Team
	Anna Stinson	Second Team
2010	Bethany Brown	First Team
	Jessica Carlson	First Team
	Alyssa Schulz	First Team
2009	Bethany Brown	Second Team
	Alyssa Schulz	Second Team
2005	Heather Forsyth	Second Team
2004	Kanisha Campbell	Second Team
	Heather Forsyth	Second Team
2003	Tiffany DeClark	First Team
	Dana Schulte	First Team

**ALL-VALLEY FIRST TEAM**

2011	Jessica Carlson
	Natalie McCabe
	Anna Stinson
	Rachel Tejada
2010	Jessica Carlson
	Natalie McCabe
2009	Jessica Carlson
	Danielle Mutters
	Raquel Rattray
2008	Danielle Mutters
	Raquel Rattray
2007	Yvonne Northover
	Raquel Rattray
2006	Meghan Boler
	Shannon Durocher
2005	Heather Forsyth
	Joyce Kleinheinz
	Yvonne Northover
2004	Robyn Brady
	Kanisha Campbell
	Andrea Shaw
2003	Allison Farrington
	Heather Forsyth
2002	Melissa Colthrust
	Tiffany DeClark
	Annie Wayland
2001	Chrystal Johnston
	Angie Roth
	Annie Wayland
2000	Chrystal Johnston
	Angie Roth
1999	Becky Feldmann
	Shelby Henkel
	Annie Wayland
	Jenny Williams
1998	Becky Feldmann
	Shelby Henkel
	Angie Roth
	Jenny Williams
1997	Jenny Williams

**ALL-VALLEY SECOND TEAM**

2011	Kristin Cooley Kyla Cross
2010	Alyssa Schulz
2009	Rachel Bostick Alyssa Schulz Shannon Eccleston
2008	Shannon Eccleston Mel Routledge
2007	Katie Grill-Donovan Danielle Mutters
2006	Shannon Duggan
2005	Amanda Lauber Andrea Shaw
2004	Heather Forsyth
2003	Robyn Brady Tiffany DeClark Chrystal Johnston Joyce Kleinheinz
2002	Robyn Brady
2001	Robyn Brady Melissa Colthrust
2000	Lynley Hilligoss Melissa Colthrust Becky Feldmann
1999	Sarah Moss Melissa Colthrust Chrystal Johnston Angie Roth Dana Schulte
1998	Lindsay Freed
1997	Becky Feldmann Shelby Henkel
1996	Aimee Grahe

**ALL-VALLEY HONORABLE MENTION**

2011	Rachel Bostick
2010	Allie Newsom Anna Stinson
2009	Ammanda Wisniewski
2008	Sasha Reiber Ammanda Wisniewski
2007	Ammanda Wisniewski
2006	Kanisha Campbell Yvonne Northover Andrea Shaw
2004	Lauren Kahlenbeck
2002	Allison Farrington Heather Forsyth Tiffany DeClark
2000	Tiffany DeClark
1997	Aimee Grahe
1996	Michelle Prusko Jenny Williams

**ALL-VALLEY FRESHMAN TEAM**

2011	Gabbi McArtor Aryn Newsom Rachel Tejada Aimee Wronski
2010	Allie Newsom Anna Stinson
2009	Rachel Bostick Kristin Cooley Erin Egolf
2008	Jessica Carlson Natalie McCabe Sasha Reiber
2007	Bethany Brown Alyssa Schulz
2006	Shannon Eccleston

2005	Ammanda Wisniewski Mel Routledge
2004	Shannon Duggan
2003	Kanisha Campbell Jaclyn Rucinsky Joyce Kleinheinz
2002	Joyce Kleinheinz
2001	Robyn Brady
2000	Tiffany DeClark
1999	Melissa Colthrust Chrystal Johnston Dana Schulte Annie Waylan
1998	Angie Roth
1997	Becky Feldmann
1996	Aimee Grahe Jenny Williams

**VALLEY ALL-TOURNAMENT TEAM**

2011	Kyla Cross - MVP Jessica Carlson Natalie McCabe Rachel Tejada
2010	Mara Kremenovic Alyssa Schulz
2009	Jessica Carlson - MVP Ammanda Wisniewski Danielle Mutters Raquel Rattray
2008	Jessica Carlson Ammanda Wisniewski
2007	Yvonne Northover Raquel Rattray Bethany Russ
2005	Taylor Casement Heather Forsyth
2004	Joyce Kleinheinz Andrea Shaw
2003	Tiffany DeClark Allison Farrington Heather Forsyth Chrystal Johnston - MVP
2002	Tiffany DeClark Allison Farrington Heather Forsyth
2001	Lynley Hilligoss Angie Roth
2000	Melissa Colthrust Angie Roth
1999	Becky Feldmann Jenny Williams
1998	Becky Feldmann Lindsay Freed Jenny Williams
1997	Becky Feldmann
1996	Kristi Elliott

**VALLEY SCHOLAR-ATHLETE TEAM**

2011	.....	Jessica Carlson	.....
		Natalie McCabe	
		Anna Stinson	
		Kristin Cooley (HM)	
		Kyla Cross (HM)	
2010	.....	Bethany Brown	
		Jessica Carlson	
		Alyssa Schulz	
2009	.....	Bethany Brown	
		Jessica Carlson	
		Raquel Rattray	
		Alyssa Schulz	
		Afton Delvecchio (Second Team)	
2008	.....	Raquel Rattray (HM)	
		Mel Routledge	
2007	.....	Raquel Rattray	
		Mel Routledge (HM)	
		Bethany Russ	
2005	.....	Heather Forsyth	
		Taylor Casement (HM)	
2004	.....	Kanisha Campbell	
		Heather Forsyth	
2003	.....	Tiffany DeClark	
		Heather Forsyth (HM)	
2002	.....	Melissa Colthrust	
		Tiffany DeClark	
		Heather Forsyth (HM)	
2001	.....	Melissa Colthrust	
		Tiffany DeClark	
		Diana Puckett (HM)	
2000	.....	Melissa Colthrust (HM)	
		Becky Feldmann	
1999	.....	Kim Anderson (HM)	
		Jenny Williams	
1998	.....	Becky Feldmann	
		Jenny Williams	
1997	.....	Jenny Williams (HM)	
1996	.....	Sharon Bethke (HM)	

**VALLEY PLAYER OF THE WEEK**

2011	Jessica Carlson	.....	11/1
	Kristin Cooley	.....	10/25, 11/1
	Natalie McCabe	.....	10/25
	Aryn Newsom	.....	9/20
	Anna Stinson	.....	10/18
	Rachel Tejada	.....	8/23, 8/30, 9/6, 9/20, 10/18, 10/25, 11/1
2010	Jessica Carlson	.....	9/7, 10/4
	Mary Sahn	.....	11/4
	Alyssa Schulz	.....	8/23
2009	Jessica Carlson	.....	10/12
	Danielle Mutters	.....	9/28
	Sasha Reiber	.....	10/19
	Alyssa Schulz	.....	10/5, 10/26
2008	Katie Grill-Donovan	.....	9/2
	Sasha Reiber	.....	10/7, 10/28, 11/3
2007	Yvonne Northover	.....	10/15, 10/29
	Mel Routledge	.....	9/4
	Bethany Russ	.....	9/10
	Ammanda Wisniewski	.....	9/17
2006	Ammanda Wisniewski	.....	9/4
2005	Shannon Durocher	.....	10/31
	Yvonne Northover	.....	10/17
2004	Jaclyn Rucinsky	.....	9/7
	Andrea Shaw	.....	9/27
2003	Michelle Brumbaugh	.....	9/2

	Allison Farrington	.....	10/13
	Heather Forsyth	.....	9/8
2002	Allison Farrington	.....	9/9, 9/23
	Annie Wayland	.....	10/6
2001	Melissa Colthrust	.....	10/22
	Lynley Hilligoss	.....	10/29, 11/5
	Diana Puckett	.....	10/22
	Angie Roth	.....	10/8
	Annie Wayland	.....	10/8, 10/15, 10/29
2000	Tiffany DeClark	.....	10/23
	Becky Feldmann	.....	9/25
	Kelly Mahan	.....	9/18
	Angie Roth	.....	9/5
	Annie Wayland	.....	8/28, 10/30
	Ty Winkelhake	.....	10/16
1999	Becky Feldmann	.....	9/20, 10/4, 11/2
	Shelby Henkel	.....	10/4
	Kelly Mahan	.....	11/2
	Jen Sandenaw	.....	9/27
	Annie Wayland	.....	9/8
	Jenny Williams	.....	10/11
1998	Becky Feldmann	.....	9/14, 9/21, 10/12, 10/26
	Beth Seidelmann	.....	9/14
1996	Kristi Elliott	.....	10/7, 10/28

**PRAIRIE FARMS/MVC  
SCHOLAR-ATHLETE OF THE WEEK**

2009	Jessica Carlson	.....	11/11
2008	Mel Routledge	.....	10/7
2007	Bethany Russ	.....	9/6
2004	Andrea Shaw	.....	9/30
2003	Dana Schulte	.....	10/16
	Tiffany DeClark	.....	10/9
2002	Diana Puckett	.....	10/24

**MVC STATE FARM GOOD NEIGHBOR AWARD**

2011	.....	Anna Stinson
2010	.....	Bethany Brown
2009	.....	Ruthie Zemke

**SCORING**

**POINTS**

1.	126	Annie Wayland.....	1999-2002
2.	80	Jessica Carlson .....	2008-11
3.	52	Mel Routledge .....	2005-08
4.	51	Rachel Tejada .....	2011-Present
5.	40	Kelly Mahan .....	1998-2001
	40	Bethany Russ .....	2004-07
7.	39	Diana Puckett .....	2000-03
8.	38	Ammanda Wisniewski.....	2006-09
9.	36	Yvonne Northover.....	2004-07
10.	33	Tiffany DeClark.....	2000-03

**GOALS**

1.	59	Annie Wayland.....	1999-2002
2.	29	Jessica Carlson .....	2008-11
3.	21	Rachel Tejada .....	2011-Present
4.	20	Mel Routledge .....	2005-08
5.	17	Diana Puckett .....	2000-03
6.	16	Kelly Mahan .....	1998-2001
	16	Bethany Russ .....	2004-07
	16	Ammanda Wisniewski.....	2006-09
9.	15	Heather Forsyth.....	2001-05
10.	13	Yvonne Northover.....	2004-07

**ASSISTS**

1.	22	Jessica Carlson .....	2008-11
2.	13	Meghan Boler .....	2003-06
3.	12	Michelle Brumbaugh.....	2001-04
	12	Mel Routledge .....	2005-08
5.	11	Tiffany DeClark.....	2000-03
	11	Anna Stinson .....	2010-Present
7.	10	Robyn Brady.....	2001-04
	10	Chrystal Johnston.....	1999-2003
	10	Yvonne Northover.....	2004-07
9.	9	Alyssa Schulz .....	2007-10
	9	Rachel Tejada .....	2011-Present

**SHOTS**

1.	276	Annie Wayland.....	1999-2002
2.	213	Jessica Carlson .....	2008-11
3.	180	Mel Routledge .....	2005-08
	180	Ammanda Wisniewski.....	2006-09
5.	128	Kelly Mahan .....	1998-2001
	128	Diana Puckett .....	2000-03
7.	126	Yvonne Northover.....	2004-07
8.	125	Robyn Brady.....	2001-04
9.	120	Aimee Grahe .....	1996-97
10.	119	Ty Winkelhake .....	1999-2002

**SHOTS ON GOAL**

1.	106	Mel Routledge .....	2005-08
2.	101	Annie Wayland.....	1999-2002
3.	90	Jessica Carlson .....	2008-11
4.	70	Ammanda Wisniewski.....	2006-09
5.	68	Yvonne Northover.....	2004-07
6.	63	Robyn Brady.....	2001-04
7.	54	Meghan Boler .....	2003-06
	54	Jaclyn Rucinsky.....	2003-06
	54	Bethany Russ .....	2004-07
10.	52	Lauren Kahlenback.....	2001-04

**GOALKEEPING**

**SAVES**

1.	341	Becky Feldmann.....	1997-2000
2.	199	Andrea Shaw .....	2003-06
3.	173	Kristi Elliott .....	1996
4.	159	Allison Farrington.....	2001-03
5.	122	Katie Grill-Donovan.....	2006-09
6.	87	Mara Kremenovic .....	2010-Present
7.	81	Erica Goethel.....	2004-06
8.	71	Sasha Reiber.....	2008-09
9.	69	Lynley Hilligloss.....	2001-02
10.	68	Aryn Newsom .....	2010-Present

**SAVES PER GAME**

(minimum 10 games)

1.	8.65	Kristi Elliott .....	1996
2.	5.50	Becky Feldmann.....	1997-2000
3.	4.26	Erica Goethel.....	2004-06
4.	4.08	Allison Farrington.....	2001-03
5.	4.06	Lynley Hilligloss.....	2001-02
6.	4.00	Aryn Newsom .....	2010-Present
7.	3.69	Andrea Shaw .....	2003-06
8.	3.49	Katie Grill-Donovan.....	2006-09
9.	3.48	Mara Kremenovic .....	2010-Present
10.	2.57	Jen Sandenaw.....	1998-2001

**GOALS AGAINST AVG**

(minimum 500 min.)

1.	0.63	Allison Farrington.....	2001-03
2.	0.82	Lynley Hilligloss.....	2001-02
3.	0.91	Andrea Shaw .....	2003-06
4.	0.96	Sasha Reiber.....	2008-09
5.	1.15	Aryn Newsom .....	2010-Present
6.	1.16	Mara Kremenovic .....	2010-Present
7.	1.17	Katie Grill-Donovan.....	2006-09
	1.17	Becky Feldmann.....	1997-2000
9.	1.22	Jen Sandenaw.....	1998-2001
10.	1.39	Erica Goethel.....	2004-06

**MOST WINS**

1.	36	Becky Feldmann.....	1997-2000
2.	24	Andrea Shaw .....	2003-06
3.	17	Allison Farrington.....	2001-03
	17	Sasha Reiber.....	2008-09
5.	15	Katie Grill-Donovan.....	2006-09
6.	13	Lynley Hilligloss.....	2001-02
7.	11	Mara Kremenovic .....	2010-Present
	11	Aryn Newsom .....	2010-Present
9.	4	Jen Sandenaw.....	1999-2001
10.	3	Erica Goethel.....	2004-06
	3	Kristi Elliott .....	1996

**MOST SHUTOUTS**

1.	23	Becky Feldmann.....	1997-2000
2.	17	Allison Farrington.....	2001-03
3.	13	Sasha Reiber.....	2008-09
4.	10	Andrea Shaw .....	2003-05
5.	8	Katie Grill-Donovan.....	2006-09
6.	5	Mara Kremenovic .....	2010-Present
7.	4	Lynley Hilligloss.....	2001-02
	4	Aryn Newsom .....	2010-Present
9.	3	Jen Sandenaw.....	1999-2001
10.	2	Kristi Elliott .....	1996

**PARTICIPATION**

**GAMES PLAYED**

1.	77	Meghan Boler .....	2003-06
	77	Jessica Carlson .....	2008-11
	77	Natalie McCabe.....	2008-11
4.	76	Lauren Kahlenback.....	2001-04
	76	Robyn Brady.....	2001-04
	76	Joyce Kleinheinz.....	2002-05
	76	Jaclyn Rucinsky.....	2003-06
	76	Raquel Rattray.....	2006-09
	76	Danielle Mutters.....	2006-09
	76	Alex Howell.....	2008-11

**GAMES STARTED**

1.	76	Jessica Carlson .....	2008-11
2.	74	Robyn Brady.....	2001-04
3.	73	Jenny Williams.....	1996-99
	73	Danielle Mutters.....	2006-09
5.	71	Joyce Kleinheinz.....	2002-05
	71	Annie Wayland.....	1999-2002

**SCORING**

**POINTS**

1. 158.....	2011
2. 129.....	2000
3. 113.....	1999
4. 101.....	2009
5. 97.....	2001

**POINTS PER GAME**

1. 8.32.....	2011
2. 7.17.....	2000
3. 6.28.....	1999
4. 5.39.....	2001
5. 5.05.....	2009

**GOALS**

1. 56.....	2011
2. 50.....	2000
3. 41.....	1999
4. 38.....	2009
5. 37.....	2001

**GOALS PER GAME**

1. 2.95.....	2011
2. 2.78.....	2000
3. 2.28.....	1999
4. 2.06.....	2001
5. 1.90.....	2009

**ASSISTS**

1. 46.....	2011
2. 31.....	1999
3. 29.....	2000
4. 27.....	2005
5. 25.....	2009

**ASSISTS PER GAME**

1. 2.42.....	2011
2. 1.72.....	1999
3. 1.61.....	2000
4. 1.42.....	2005
5. 1.28.....	2001

**SHOTS ATTEMPTED**

1. 372.....	1999
2. 365.....	2011
3. 340.....	2001
4. 328.....	2000
5. 313.....	2006

**SHOTS PER GAME**

1. 20.67.....	1999
2. 19.21.....	2011
3. 18.89.....	2001
4. 18.22.....	2000
5. 15.53.....	2002

**SHOTS ON GOAL**

1. 165.....	2003
2. 164.....	2004
164.....	2011
4. 152.....	2005
5. 156.....	2009

**SOG PER GAME**

1. 8.63.....	2011
2. 8.25.....	2003
3. 8.20.....	2004
4. 8.00.....	2005
5. 7.08.....	2009

**GOALKEEPING**

**SAVES**

1. 173.....	1996
2. 164.....	1997
3. 112.....	2002
4. 109.....	2005
5. 103.....	1998

**SAVES PER GAME**

1. 8.65.....	1996
2. 8.63.....	1997
3. 5.89.....	2002
4. 5.74.....	2005
5. 5.72.....	1998

**GOALS AGAINST AVG.**

1. 0.58.....	2000
2. 0.72.....	2003
3. 0.76.....	2002
4. 0.81.....	2001
5. 0.87.....	1998

**MOST WINS**

1. 14.....	2000
14.....	1999
3. 13.....	2001
13.....	2011
5. 12.....	1998
12.....	2009

**MOST SHUTOUTS**

1. 12.....	2003
2. 11.....	2000
3. 8.....	2002
8.....	2009
5. 7.....	1999
7.....	1998
7.....	2006
7.....	2008

# Individual Season Records



## SCORING

### POINTS

1.	51	Rachel Tejada	2011
2.	41	Annie Wayland	2000
3.	34	Annie Wayland	2001
4.	31	Annie Wayland	1999
5.	27	Jessica Carlson	2009
6.	24	Jessica Carlson	2011
7.	23	Yvonne Northover	2007
8.	22	Kyla Cross	2011
9.	20	Tiffany DeClark	2000
	20	Lindsay Freed	1998
	20	Bethany Russ	2007
	20	Annie Wayland	2002

### GOALS

1.	21	Rachel Tejada	2011
2.	20	Annie Wayland	2000
3.	16	Annie Wayland	2001
4.	14	Annie Wayland	1999
5.	11	Jessica Carlson	2009
6.	9	Lindsay Freed	1998
	9	Bethany Russ	2007
	9	Annie Wayland	2002
9.	8	Kyla Cross	2011
	8	Heather Forsyth	2005
	8	Yvonne Northover	2007

### ASSISTS

1.	10	Jessica Carlson	2011
2.	9	Anna Stinson	2011
	9	Rachel Tejada	2011
4.	7	Meghan Boler	2005
	7	Yvonne Northover	2007
6.	6	Michelle Brumbaugh	2004
	6	Kyla Cross	2011
	6	Tiffany DeClark	2000
	6	Kelly Mahan	1999
	6	Dana Schulte	1999

### SHOTS

1.	85	Annie Wayland	2001
2.	83	Rachel Tejada	2011
3.	76	Aimee Grahe	1996
4.	68	Annie Wayland	2000
5.	66	Annie Wayland	1999
6.	62	Jessica Carlson	2009
7.	61	Jessica Carlson	2010
8.	59	Michelle Prusko	1996
9.	58	Ammanda Wisniewski	2006
10.	57	Annie Wayland	2002
	57	Mel Routledge	2008

### SHOTS ON GOAL

1.	47	Rachel Tejada	2011
2.	41	Annie Wayland	2001
3.	33	Mel Routledge	2005
	33	Mel Routledge	2006
	33	Mel Routledge	2008
6.	32	Jessica Carlson	2009
	32	Robyn Brady	2004
8.	28	Yvonne Northover	2007
9.	27	Annie Wayland	2002
10.	26	Ty Winkelhake	2002

## GOALKEEPING

### SAVES

1.	173	Kristi Elliott	1996
2.	148	Becky Feldmann	1997
3.	103	Allison Farrington	2002
4.	89	Becky Feldmann	1998
5.	82	Andrea Shaw	2004
6.	77	Mara Kremenovic	2010
7.	76	Katie Grill-Donovan	2007
8.	68	Becky Feldmann	2000
	68	Aryn Newsom	2011
10.	65	Lynley Hilligloss	2001

### SAVES PER GAME

(minimum 10 games)

1.	9.25	Becky Feldmann	1997
2.	8.65	Kristi Elliott	1996
3.	5.72	Allison Farrington	2002
4.	5.56	Becky Feldmann	1998
5.	4.80	Erica Goethel	2005
6.	4.28	Mara Kremenovic	2010
7.	4.22	Katie Grill-Donovan	2007
8.	4.10	Andrea Shaw	2004
9.	4.07	Andrea Shaw	2005
10.	4.06	Lynley Hilligloss	2001

### GOALS AGAINST AVG

(must have played 2/3 of team's minutes)

1.	0.56	Andrea Shaw	2006
2.	0.57	Allison Farrington	2003
3.	0.65	Becky Feldmann	2000
4.	0.67	Allison Farrington	2002
5.	0.75	Becky Feldmann	1998
6.	0.78	Becky Feldmann	1999
7.	0.80	Sasha Reiber	2008
8.	0.82	Lynley Hilligloss	2001
9.	0.92	Andrea Shaw	2004
10.	0.94	Katie Grill-Donovan	2007

### MOST WINS

1.	14	Becky Feldmann	2000
2.	12	Lynley Hilligloss	2001
3.	11	Aryn Newsom	2011
4.	10	Becky Feldmann	1998
	10	Becky Feldmann	1999
	10	Katie Grill-Donovan	2007
	10	Andrea Shaw	2004
8.	9	Allison Farrington	2003
	9	Mara Kremenovic	2010
	9	Sasha Reiber	2009

### MOST SHUTOUTS

1.	10	Allison Farrington	2003
2.	8	Becky Feldmann	2000
3.	7	Becky Feldmann	1998
	7	Sasha Reiber	2009
5.	6	Allison Farrington	2002
	6	Katie Grill-Donovan	2007
	6	Sasha Reiber	2008
8.	5	Becky Feldmann	1999
9.	4	Lynley Hilligloss	2001
	4	Mara Kremenovic	2010
	4	Aryn Newsom	2011
	4	Andrea Shaw	2004

**INDIVIDUAL**

**POINTS**

7	Jessica Carlson	vs. SIU Edwardsville	10/07/09
6	Lindsay Freed	vs. Missouri State	10/13/98
6	Aimee Grahe	vs. Missouri State	10/5/96
6	Annie Wayland	at Northern Illinois	8/25/00
6	Ammanda Wisniewski	vs. Central Michigan	9/7/07
6	Bethany Russ	vs. Morehead State	9/16/07
6	Rachel Tejada	at DePaul	9/4/11
6	Rachel Tejada	at Eastern Michigan	9/16/11
6	Rachel Tejada	vs. Evansville	11/4/11

**GOALS**

3	Aimee Grahe	vs. Missouri State	10/5/96
3	Lindsay Freed	vs. Missouri State	10/30/98
3	Annie Wayland	at Northern Illinois	8/25/00
3	Ammanda Wisniewski	vs. Central Michigan	9/7/07
3	Bethany Russ	vs. Morehead State	9/16/07
3	Jessica Carlson	vs. SIU Edwardsville	10/7/09
3	Rachel Tejada	at DePaul	9/4/11
3	Rachel Tejada	at Eastern Michigan	9/16/11

**ASSISTS**

3	Tiffany DeClark	vs. Northern Illinois	9/5/01
3	Jessica Carlson	at Eastern Michigan	9/16/11

**SHOTS**

13	Aimee Grahe	vs. DePaul	10/23/96
10	Michelle Prusko	vs. DePaul	10/23/96
10	Annie Wayland	vs. Green Bay	9/24/99

**SAVES**

20	Kristi Elliott	at Colorado College	8/30/96
19	Becky Feldmann	vs. Illinois	9/4/98
17	Kristi Elliott	vs. Utah	9/18/96
17	Becky Feldmann	vs. UW-Milwaukee	9/21/97

**TEAM**

**MOST POINTS**

1.	21	vs. Creighton	10/27/11
2.	18	vs. Northern Iowa	10/2/00
	18	vs. Evansville	11/4/11
4.	15	vs. Northern Illinois	9/4/99
5.	14	vs. Indiana State	10/27/00
	14	vs. Ball State	9/8/00
	14	vs. Evansville	10/16/05
	14	vs. SIU Edwardsville	10/7/09

**MOST GOALS**

1.	8	vs. Creighton	10/27/11
2.	7	vs. Northern Iowa	10/2/00
3.	6	vs. Indiana State	10/27/00
	6	at Northern Illinois	8/25/00
	6	vs. Evansville	11/4/11
6.	5	vs. Valparaiso	9/4/99
	5	vs. Green Bay	9/24/99
	5	vs. Ball State	9/8/00
	5	vs. Drury	10/15/00
	5	vs. Northern Illinois	9/2/01
	5	vs. Evansville	10/16/05
	5	vs. Indiana State	10/19/08
	5	vs. Morehead State	09/27/09
	5	vs. SIU Edwardsville	10/7/09
	5	vs. Northern Iowa	10/14/09

**MOST ASSISTS**

1.	6	vs. Evansville	11/4/11
2.	5	vs. Butler	8/29/99
	5	vs. Valparaiso	9/4/99
	5	vs. Loyola	9/26/02
	5	vs. Bowling Green	8/21/11
	5	at Eastern Michigan	9/16/11
	5	vs. Creighton	10/27/11
8.	4	vs. Northern Iowa	10/2/00
	4	at Evansville	10/3/04
	4	vs. Ball State	9/8/00
	4	vs. Green Bay	8/28/05
	4	vs. Evansville	10/16/05
	4	vs. Missouri State	10/5/96
	4	vs. SIU Edwardsville	11/7/09

**MOST SHOTS**

1.	58	vs. Green Bay	9/24/99
2.	44	vs. DePaul	10/23/96
3.	38	at Ball State	9/19/99
4.	36	vs. Northern Iowa	9/20/02
5.	32	at Western Illinois	9/15/97
	32	vs. Northern Illinois	9/12/99
	32	vs. Indiana State	10/19/01
	32	vs. Drake	9/25/11

**MOST SAVES**

1.	20	at Colorado College	8/30/96
	20	vs. Dayton	9/19/97
3.	19	vs. Illinois	9/4/98
4.	18	at Milwaukee	9/21/97
5.	17	vs. Utah	9/18/96