

2001 SOCON REGULAR SEASON CHAMPIONS

Western Carolina 1, Appalachian State 0

October 28, 2001

Catamount Athletic Complex, Cullowhee, N.C.



Sophomore Jordan Howell scored the lone goal in the contest to lead Western Carolina women's soccer team to a 1-0 victory over Appalachian State on Sunday afternoon at Schrader Field.

The win, combined with a Furman victory over Georgia Southern earlier in the day, makes the Catamounts the top seed at the 2001 Southern Conference Championship, held Nov. 8-10 in Greenville, S.C., at Furman University. Western, who is only in its third year of having varsity women's soccer, has also locked up at least a share of the SoCon regular-season title, with several teams having league games left on their schedule.

Western finished the season 10-0 at home and 8-2 in the SoCon.

2005 SOCON TOURNAMENT CHAMPIONS

Western Carolina 1, Furman 0

November 6, 2005

Stone Stadium, Greenville, S.C.



Early in the second half, Western's Heather Dittmer took a Natalie Turgeon pass and headed the ball past Furman's keeper to lift the Catamounts to a 1-0 victory over the Paladins en route to winning the 2005 Southern Conference Championship Sunday afternoon at Furman's Stone Stadium. With the win, the Catamounts earn the conference's automatic bid and first ever trip to the NCAA College Cup Championships.

Western Carolina garnered the game-winning goal at the 47:43 mark when Turgeon found Dittmer just inside the six-yard box. Dittmer took advantage of the Turgeon cross, placing the ball in the back of the net with a header between the pipes after Furman's first-team All-SoCon goalkeeper Andie Hinshaw was caught out of position.

2008 SOCON TOURNAMENT CHAMPIONS

Western Carolina 2, UNCG 0 (2OT 2 PK)

November 9, 2008
Mt. Pleasant, S.C.



The Western Carolina women's soccer team battled 110 minutes of scoreless play before finishing off the top-seeded UNC Greensboro on penalty kicks, 2-0, to win the program's second Southern Conference Championship.

The win on PK's was the Catamounts second shootout victory in their last three matches.

WCU sophomore goal keeper Caitlin Williams, who was named tournament MVP, made four huge saves to keep UNC Greensboro off the board in shootout. The Liberty, N.C., native stonewalled four Spartan shooters, including league Player of the Year, Katelynn Donovan, to lift Western to the victory.

After 110 minutes of scoreless play, penalty kicks were needed to decide the winner for the championship.

HONORS

SOCON ATHLETE OF THE WEEK

Laura Greb.....	Oct. 24, 2012
Samantha Hodge.....	Oct. 5, 2011
Caitlin Williams.....	Sept. 30, 2009
Arlan Whittle.....	Sept. 24, 2008
Caitlin Williams.....	Oct. 8, 2008

SOCON ATHLETE OF THE MONTH

Caitlin Williams.....	Nov., 2008
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SOCON PLAYER OF THE WEEK

Lauren Martin.....	Oct. 27, 2016
Jennifer Lauer.....	September 25, 2012
Caitlin Williams.....	Oct. 27, 2009
Caitlin Williams.....	Sept. 30, 2008
Caitlin Williams.....	Sept. 18, 2007
Shannon Fowkes.....	Oct. 9, 2007
Shannon Fowkes.....	Oct. 10, 2006
Casey Davis.....	Aug. 30, 2005
Jordan Howell.....	Sept. 25, 2001
Natasha Moore.....	Sept. 4, 2002

SOCON PLAYER OF THE MONTH

Alesha Row.....	Nov., 2005
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ALL-SOUTHERN CONFERENCE FIRST TEAM

Markie-Lynn Studnický.....	2012
Shanna Schmoker.....	2008
Heather Dittmer.....	2006
Jordan Howell.....	2001
Jamie Pawlik.....	2002
Mandi Tinsley.....	2002

SECOND TEAM

Kelly Pannell.....	2016
Kayla Beauduy.....	2011
Arlan Whittle.....	2008
Emily Pierce.....	2005
Alesha Row.....	2005
Stephanie Svoboda.....	2004
Mandi Tinsley.....	2001
Lauren Bramlett.....	2001
Nardia Moore.....	1999, 2000, 2001
Brandy Ossmann.....	2000
Jamie Pawlik.....	2001

ALL-SOCON FRESHMAN TEAM

Emily Threatt.....	2016
Sayres McKenna.....	2015
Markie-Lynn Studnický.....	2012
Brittany Gendron.....	2010
Kayla Beauduy.....	2008

ALL-SOCON TOURNAMENT TEAM

Casey Davis.....	2005
Heather Dittmer.....	2005
Nardia Moore.....	2000, 2001

Jenny Matteson.....	2008
Jamie Pawlik.....	2001
Meghan Reilly.....	2005
Alesha Row.....	2005
Shanna Schmoker.....	2006, 2008
Mandi Tinsley.....	2000, 2001
Arlan Whittle.....	2005, 2006, 2008
Caitlin Williams.....	2008

SOCON TOURNAMENT MOST OUTSTANDING PERFORMER

Alesha Row.....	2005
Caitlin Williams.....	2008

SOUTHERN CONFERENCE COACH OF THE YEAR

Debbie Hensley.....	2001
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SOCCER BUZZ NATIONAL ELITE TEAM OF THE WEEK

Heather Dittmer.....	Nov. 10, 2005
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SOCCER BUZZ ALL-NATIONAL TEAM FOR FIRST-YEAR PROGRAMS

Kelly Barker.....	1999
Nardia Moore.....	1999

SOCCER BUZZ NATIONAL FRESHMAN OF THE YEAR FOR FIRST-YEAR PROGRAMS

Nardia Moore.....	1999
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SOCCER BUZZ ALL-SOUTHEAST REGION TEAM

Jordan Howell.....	2nd team, 2001
Nardia Moore.....	3rd team, 2001

SOCCER BUZZ SOUTHEAST REGION RUNNER UP COACH OF THE YEAR

Tammy DeCesare.....	2005
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NATIONAL STRENGTH & CONDITIONING ASSOCIATION ALL-AMERICAN

Keevy Harris.....	2005
Stephanie Svoboda.....	2004

SCHRADER SCHOLARSHIP RECIPIENTS

Lauren Bramlett.....	2002
Kyla Deon.....	2001
Heather Dittmer.....	2005
Natalie Turgeon.....	2003, 2004

SOCON SCHOLARSHIP RECIPIENTS

Emily Pierce.....	2005 (David Knight)
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COSIDA ACADEMIC ALL-DISTRICT III

Kyla Deon.....	2nd team, 2002
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Emily Pierce.....	2nd team, 2003
Emily Pierce.....	2nd team, 2005
Samantha Hodge.....	1st team, 2011/2012

WCU IN THE SOCON RECORD BOOKS

SINGLE-SEASON RECORDS:

Goals-Against Average:	
2nd.....	Jenny Lauer..... 0.46..... 2013

Shutouts:	
1st.....	Alesha Row..... 13.0..... 2005

SOCON YEARLY LEADER:

Points:	
Jordan Howell.....	37..... 2001

Saves:	
Mandi Tinsley.....	130..... 2002
Tina Weaver.....	123..... 2003

Shutouts:	
Alesha Row.....	13..... 2005

Goals Against Average:	
Alesha Row.....	0.74..... 2005

Goals :	
Western Carolina.....	57..... 2001

Assists:	
Western Carolina.....	44..... 2005

Saves:	
Western Carolina.....	137..... 2001

Shutouts:	
Western Carolina.....	13..... 2005

Home Attendance Leaders:	
Western Carolina.....	575 pg..... 2006

CAREER RECORDS:

Goals Scored:	
9th.....	Nardia Moore..... 38..... 99-02

Goals Against Average: (min. 2,000 minutes)	
11th.....	Caitlin Williams..... 0.98..... 07-10

Saves:	
3rd.....	Mandi Tinsley..... 414..... 99-02

Shutouts:	
4th.....	Caitlin Williams..... 28..... 07-10
T-13th.....	Alesha Row..... 19..... 2003-06

ALL-TIME JERSEY NUMBERS

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Andrews, Erin.....	2007
Dooley, Sara.....	2016
Jacobs, Katie.....	2008-12
Martin, Lauren.....	2011-14

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Gnassi, Jacquelyn.....	2015-present
Lauer, Jennifer.....	2011-14
Ross, Lauren.....	2007
Row, Alesha.....	2003-06
Tinsley, Mandi.....	1999-02
Williams, Caitilin.....	2008-10

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Fahey, Jessica.....	2005
Gill, Caitilin.....	2007-09
Martin, Lauren.....	2011-12
Temple, Sabrina.....	2009-10
Tinstman, Carly.....	2013-present
Weaver, Tina.....	2000-03

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Berry, Melissa.....	2004-07
Deon, Kyla.....	1999-2002
Lynn, Emily.....	2008-11
Rosu, Courtney.....	2012-15

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Flanders, Megan.....	2011
Hill, Olivia.....	2016
Harris, Keevy.....	2003-06
Moore, Nardia.....	1999-02
Nieto, Aimee.....	2007
Pannell, Kelly.....	2012-15

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Daino, Leah.....	2004-2007
Dawsey, Jordan.....	2016-present
Deon, Kristen.....	2000-03
Figliola, Morgan.....	2013-15
Greb, Laura.....	2009-12
Rollins, Merritt.....	2008

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Burns, Shannon.....	2015-present
Cunningham, Bri.....	2006-09
Foresman, Morgan.....	1999-02
Kuhn, Leigh Ann.....	2010-11
Turgeon, Natalie.....	2002-05
White, Christina.....	2011-14

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Arrowood, Chandler.....	2014-15
Cuevas, Brianna.....	2013
Lee, Taylor.....	2008-09
Ossman, Brandy.....	2000-01
Mumm, Rebekah.....	2004-07
Salmons, Katie.....	2010-12
Zipay, Emily.....	2016-present

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Bradham, Caitlyn.....	2011-14
Doherty, Meghan.....	1999-02
Eichler, Liz.....	2007-11
Reilly, Meghan.....	2003-06
Swartwout, Kate.....	2016-present

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Beauduy, Kayla.....	2008-11
Dittmer, Heather.....	2004-2007
Howell, Jordan.....	2000-2003
Webb, Taylor.....	2015-16

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Bramlett, Lauren.....	2000-2003
Cooke, Kasey.....	2013-present
Davis, Molly.....	2010
Ward, Savannah.....	2011-12
Whittle, Arlan.....	2005-2008

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Chambers, Meghan.....	2003-05
Cockrell, Christine.....	2011-14
DeShetler, Katie.....	2006
McKenna, Sayres.....	2015-present
Oberholtzer, Kellie.....	2007-10
Rice, Sarah.....	1999-2002

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Barker, Kelly.....	1999-02
Collins, Nikki.....	2006-09
Davis, Casey.....	2003-05
Frankeny, Alexa.....	2014-present
Ober, Katelyn.....	2010
Robinson, Sara.....	2012

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Freeman, Elizabeth.....	2016-present
Gendron, Brittany.....	2010-14
Gulledge, Kelly.....	2006
Holder, Hilary.....	2008-09
Pierce, Emily.....	2002-05
Sanders, Rebecca.....	2001
Williams, Caitlin.....	2007

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Budnick, Tara.....	2011-14
Frazier, Eynde.....	2015-present
Jones, Tammy.....	2003-06
Hamilton, Erin.....	2007-2010

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Benefeld, Brittany.....	2001-04
Daino, Marianne.....	2006
Hodge, Samantha.....	2008-12
Mallon, Courtney.....	2007
Mellis, Anna Marie.....	2014-present

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Baruwa, Buki.....	2005-08
Gerulis, Emily.....	2014-15
Kaznowski, Christine.....	2011-13
Mallow, Courtney.....	2007-09
White, Ellie.....	1999-00
Wilson, Felicia.....	2000-03

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Edwards, Angela.....	2010-11
Fowkes, Shannon.....	2006-09
Nicolini, Marie.....	2002-05
Studnick, Markie-Lynn.....	2012-15
Threatt, Emily.....	2016-present

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Lee, Madison.....	2011-14
Kirkpatrick, Christel.....	1999-02
Kole, Katie.....	2006-09

Pittman, Joy.....2010
Thomas, Kayla..... 2015-present

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Harris, Megan.....	2004-05
Matteson, Jenny.....	2006-09
Pissott, Tami.....	2001
Sears, Brianna.....	2015-present
Sedgley, Kayla.....	2010-13
White, Ellie.....	1999-00

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Lexi Kearns.....	2010
Moore, Natasha.....	2002-05
Schomper, Rachael.....	2006-09
Sullivan, Kimberly.....	2011-15

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Chambers, Megan.....	2002
Culp, Bailey.....	2004-07
DeQueiroz, Cassie.....	2010
Field, Carrie.....	2008
Hill, Mackenzie.....	2014
Lay, Melissa.....	2011
Morton, Yasmin.....	1999-00

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Anderson, Renee.....	2008-09
Atkinson, Lauren.....	2004-07
Cannon, Ashton.....	2016-present
Davis, Casey.....	2002
Pawlik, Jamie.....	2001-02
Robinson, Sara.....	2011-15
Weigel, Katie.....	2010

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Ducker, Mercedes.....	2013-present
Law, Kaitlyn.....	2011
Patton, Jaycee.....	2008
Pawlik, Jamie.....	2001-02
Svoboda, Stephanie.....	2003-05
Williams, Andrea.....	2007

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Joynier, Megan.....	2015-present
Schmoker, Shanna.....	2006-09
Sears, Brianna.....	2014
Gastesi, Alex.....	2010-13

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Deck, Jennifer.....	2003-04
Hawkins-Dabney, Tatiana.....	2016-present
Hughes, Heather.....	2005
Lombardo, Nikki.....	2006-09
Ross, Elizabeth.....	2010-11
Schwartz, Amanda.....	2012-15

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Leland, Haven.....	2013-16
Pittman, Joy.....	2008
Robinson, Sara.....	2012
Yunger, Jennah.....	2007

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Carter, Lindsay.....	2009-12
Gulledge, Kelly.....	2006
Huhn, Ashley.....	2008
Owens, Amy.....	2014-present
Webb, Taylor.....	2013
Withthoft, Brandi.....	2006

ALL-TIME JERSEY NUMBERS

- 27 -

Estes, Kelly	2008
Hallstrom, Mckenzie.....	2011
Haywood, Emma.....	2016-present
Kaznowsk, Christine.....	2010
Robertson, Sydney.....	2007
Salmons, Katie.....	2009
Wood, Taylor	2013-15

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Collins, Jennifer.....	2011
Mary Dixon.....	2014-Present
Mardis, Stacey.....	1999-00

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Arquijo, Megan.....	2011
Caudle, Sheridan.....	2013-14
Walker, Deyana.....	2014-present

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Caudle, Sheridan.....	2015-16
Girardi, Kristin.....	2008
Kuhn, Leigh Ann.....	2011

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Cole, Mackenzie	2011-14
Mallon, Courtney	2008-09
Sink, Hannah.....	2015-16

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Cunningham, Kerry.....	2008
Maloney, Shannon.....	2014-15
Moncrief, Kyla.....	2016-present
Weigel, Katie.....	2011-13

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Dooley, Sara.....	2015
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Overman, Rebecca.....	2015
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