



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION
 PO Box 850 • Woodland, CA 95776-0850
 530.669.7600 • Fax 530.669.7627 • abeaird@mpsports.org

FOR IMMEDIATE RELEASE: Thursday, May 5, 2005

Contact: Al Beaird

2005 ALL-MPSF WOMEN'S LACROSSE TEAM

Woodland, Calif. – MPSF Executive Director, Al Beaird, announces the 2004 All-MPSF Women's Lacrosse Team, Goalkeeper, Newcomer and Coach of the Year.

2005 MPSF NEWCOMER of the YEAR

JEN MAY #12 Freshman, Midfielder – UNIVERSITY OF OREGON – Davidsonville, MD (South River HS)

Jen, the Ducks freshman midfielder, is the team's leading scorer and currently ranks fourth in the MPSF with 38 goals in 15 games for a 2.53 average. Her nine assists and 47 points, also ranks fourth in the MPSF. She is a well-rounded athlete who lettered four times in lacrosse and earned All-America honors after her junior year in high school. She was a first-team all-county pick by The Washington Post and led her team to the regional championship her senior year. Jen also lettered in field hockey and track and was state champion in the pole vault and an all-league selection in field hockey.

2005 MPSF GOALKEEPER of the YEAR

LAURA SHANE #25 Freshman – STANFORD UNIVERSITY – Baltimore, MD (Towson HS)

Laura is the top keeper in the MPSF with 186 saves in 16 games and is ranked 6th in the nation with a .562 saves percentage. Laura is also the 2nd ranked MPSF goalie in goals against average, allowing 145 goals in 16 game for a 9.24 per game average. As a senior, Laura, a four-year letterwinner and captain of her high school squad, led her Towson HS team to a county championship and was named first-team All-Metro, first-team All-City and All-County goalkeeper by the Baltimore Sun as her team's MVP. She was the recipient of the 2004 Baltimore County Mildred Murray Scholar-Athlete Award and was the team's Unsung Hero in 2003. Laura earned four letters in indoor track and three letters in cross country.

2005 MPSF COACH of the YEAR

MICHELE UHLFELDER, 5th Season – STANFORD UNIVERSITY

Coach Uhlfelder was voted by her peers MPSF Coach of the Year for the second consecutive year. Michele is currently in her 5th season as head coach of the Cardinal. When she arrived at Stanford in 2000, the program shifted goals to compete in the national spotlight. Coach Uhlfelder's first team became the only west coast program to crack the top 20. Since then, she has build a nationally competitive schedule and a nationally competitive team as evidenced by the Cardinal's current No. 19 national ranking in the IWLCA Coaches' Poll. In conference, Uhlfelder's teams have won 32 straight games and captured five consecutive league titles. Her career coaching record stands at 58-30 (.659). Uhlfelder's vision has also been instrumental in helping the conference grow into to the NCAA recognized Mountain Pacific Sports Federation.

2005 ALL-MPSF WOMEN'S LACROSSE TEAM

Athlete	Jersey	Year	Position	School	Hometown (High School)
Thea Lorentzen	7	Junior	Defender	Stanford	Greenwich, CT - Greenwich HS
Kelly O'Connell	22	Freshman	Defender	Denver	Baltimore, MD - Seton Keough HS
Jen Sanderson	9	Sophomore	Defender	UC Davis	Poway, CA – Poway HS
Erin Hafkenschiel	11	Senior	Defender	California	Sacramento, CA – The Thatcher School
Laura Cavallo	8	Senior	Midfield	California	Bay Shore, NY – Bay Shore HS
Liz Reifsnnyder	2	Sophomore	Midfield	California	Washington DC - Sidewell Friends HS
Crystal Jack	2	Senior	Midfield	Denver	Kingwood, TX (Kingwood HS)
Jen May	12	Freshman	Midfield	Oregon	Davidsonville, MD – South River HS
Nina Pantano	6	Senior	Midfield	Stanford	Wayne, PA - Radnor HS
Kelsey Twist	21	Senior	Midfield	Stanford	Baltimore, MD - Roland Park HS
Sarah Bach	19	Junior	Attack	Stanford	Baltimore, MD, Seton Keough HS
Megan Burker	18	Junior	Attack	Stanford	Baltimore, MD (Bryn Mawr School)
Molly Brady	28	Senior	Attack	California	Madison, CT (Daniel Hand HS)
Jana Bradley	28	Freshman	Attack	Oregon	Encinitas, CA – La Costa Canyon HS
Stephanie Greenlees	13	Junior	Attack	Denver	Lake Forest, IL (Lake Forest HS)
Jocelyn Paul	10	Sophomore	Attack	California	Towson, MD – Towson HS

- MPSF -