



MPSF NEWS

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MOUNTAIN PACIFIC SPORTS FEDERATION

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FOR IMMEDIATE RELEASE: Monday, May 9, 2005

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2005 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S LACROSSE STANDINGS

	MPSF					OVERALL						
	W	L	PCT	HOME	AWAY	W	L	PCT	HOME	AWAY	NEUT	STREAK
1. Stanford <19>	5	0	1.000	2-0	3-0	13	5	.722	5-2	6-2	2-1	Won 7
2. California	4	1	.800	3-0	1-1	12	7	.631	6-2	5-4	1-1	Lost 1
3. Denver	3	2	.600	2-1	1-1	8	12	.400	3-2	3-7	2-3	Won 1
4. UC Davis	2	3	.400	0-2	2-1	10	9	.526	3-4	5-4	1-2	Lost 2
5. Oregon	1	4	.200	0-2	1-2	6	11	.352	2-3	3-6	1-2	Won 1
6. St. Mary's	0	5	.000	0-3	0-2	1	17	.055	1-8	0-9	0-0	Lost 11

MPSF Champion determined at MPSF Championship May 5-7 at Saint Mary's Stadium < > Brackets denote National Ranking. Final Standings=Champ. Seeding.

STANFORD TAKES HOME THE TROPHY

No. 1 seeded STANFORD received a bye in the quarterfinals and was well rested as they defeated #4 seed UC DAVIS 14-6 placing them in the championship game against rival and #2 seed CALIFORNIA. In the final Junior **Megan Burkner** scored four goals, while junior **Sarah Bach** and senior **Nina Pantano** each recorded hat tricks to lead Stanford to a 12-9 victory over the Golden Bears, and the championship trophy. The Cardinal was hoping for an at-large selection but was not selected as one of the 16 teams that will compete in the NCAA Championship. California, the 2004 MPSF Champion also received a quarterfinal bye and a spot in the semifinals. **Leanne Zilioli**, **Molly Brady** and **Danni Zuralow** each scored hat tricks as the Golden Bears defeated DENVER, 12-9 setting up the championship match with Stanford. California lost to the Cardinal 9-12 for a second place finish. Sophomore **Liz Reifsnnyder** and freshman **Danni Zuralow** scored hat tricks for the Golden Bears. Denver bested #6 seed SAINT MARY'S in the quarterfinals 17-10 to start off the tournament. **Tanya Fuchs** recorded six points off five assists and one goal to lead the Pioneers. Denver fell to California 12-9 to place them in the 3rd place game against UC DAVIS where they outscored the Aggies 7-3 for the win. UC Davis played Oregon in the quarterfinal finishing with a 6-7 loss setting up the semifinal game with Stanford which they lost 6-14. The Aggies played Denver in their last game of the season losing 3-7 for 4th place. OREGON lost its first round game 7-6 to UC Davis. Freshmen midfielders **Emily Fowler** and **Kate Fleming** led the Ducks in scoring with two goals apiece. Freshman attacker **Jana Bradley** and freshman midfielder **Jen May** each notched one goal. May was the only Duck with an assist. The Ducks defeated Saint Mary's 16-12 for fifth place in the tournament. Balance was the key with six players scoring two or more goals, including three-goal efforts by both **Jana Bradley** and **Kate Fleming**. Saint Mary's opened up the tournament with a 17-10 defeat to Denver. Saint Mary's had three players score multiple goals in the game as Jen Utley led the Gaels with four goals, **Ally High** added three goals and **Rosy Iaccino** scored twice. **High**, **Utley** and **Molly Wagner** added one assist each. The Gaels went on to play Oregon losing 16-12 for 6th place.

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2005 MPSF CHAMPIONSHIP RESULTS

Thursday, May 5, 2005

Quarterfinal Game 1: #4 UC Davis 7, #5 Oregon 6

Quarterfinal Game 2: #3 Denver 17, #6 St. Mary's 10

Friday, May 6, 2005

Game 3: Oregon 16, St. Mary's 12

Game 4: #1 Stanford 14, UC Davis 6

Game 5: #2 California 12, Denver 9

Saturday, May 7, 2005

3rd Place: Denver 7, UC Davis 3

Championship: Stanford 12, California 9

Champion

Stanford

Runner Up

California

3rd Place

Denver

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MPSF PLAYER OF THE WEEK

Week	Player	School
Feb. 21	Sarah Bach, junior	Stanford
Feb. 28	Megan Carver, freshman	Denver
Mar. 7	Liz Reifsnnyder, sophomore	California
Mar. 14	Laura Cavallo, sophomore	California
Mar. 21	Jocelyn Paul, sophomore	California
Mar. 28	Katie McMahon, sophomore	UC Davis
Apr. 4	Jen May, freshman	Oregon
	Stephanie Greenlees, Junior	Denver
Apr. 11	Laura Shane, freshman, gk	Stanford
	Liz Reifsnnyder, sophomore	California
Apr. 18	Sarah Bach, junior, attack	Stanford
Apr. 25	Stephanie Greenlees, junior	Denver
May 2	Katie McMahon, sophomore	UC Davis

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2005 ALL-MPSF WOMEN'S LACROSSE TEAM

2005 MPSF NEWCOMER of the YEAR

JEN MAY #12 Freshman, Midfielder – **UNIVERSITY OF OREGON** – Davidsonville, MD (So. 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 – Thatcher School
Laura Cavallo	8	Senior	Midfield	California	Bay Shore, NY – Bay Shore HS
Liz Reifsnyder	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

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