



# MPSF NEWS

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**MOUNTAIN PACIFIC SPORTS FEDERATION**

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## 2006 MPSF WOMEN'S WATER POLO ALL-CONFERENCE TEAMS PLAYER, NEWCOMER and COACH OF THE YEAR AWARDS

WOODLAND, Calif. – Al Beard, executive director of the Mountain Pacific Sports Federation, has announced the 2006 MPSF Women's Water Player of the Year, Newcomer of the Year, Coach of the Year and the All-MPSF Teams as selected by the Federation's head coaches.

### **2006 MPSF WOMEN'S WATER POLO PLAYER of the YEAR**

**IEFKE VAN BELKUM #14, Sophomore, Utility – University of Hawai'i**

Iefke van Belkum, the University of HAWAII's sophomore utility player from Leiden, The Netherlands, has been selected 2006 Mountain Pacific Sports Federation Women's Water Polo Player of the Year by a consensus vote of MPSF head women's water polo coaches. For the 2006 season thus far, van Belkum has started all 27 matches for the Rainbow Wahine and leads the club with 65 goals, topping the MPSF with a 2.41 goals per game average. She has also recorded 12 hat-tricks in 2006 and was named MVP of the 2006 MPSF Championship Tournament last weekend, scoring 11 goals in four games. Iefke was named a 2005 All-American, while also earning honors on the MPSF All-Freshman Team, and Second-Team All-MPSF. van Belkum has earned MPSF Player of the Week honors once in each of the past two seasons; the first time ever a UH player was so honored.

### **2006 MPSF WOMEN'S WATER POLO NEWCOMER of the YEAR**

**LAUREN SILVER #20, Freshman, Driver – Stanford University**

Lauren Silver, STANFORD University's freshman driver from Long Beach, CA, has led the Cardinal in scoring all year, standing now with 47 goals in 26 games. Silver scored a season-high four goals in Stanford's first match of the MPSF tournament against #7 UC Irvine. She also scored one goal against UCLA and two goals in the championship match against Hawaii to lead Stanford to the MPSF Championship title. Silver attended Wilson High School in Long Beach where she was the second all-time leading scorer for her high school, was a four-time All-American, and named to the All-CIF First-Team for three years in a row. She was also named the Moore League Player of the Year in each of her last three years in high school and twice named the "Dream Team" Player of the Year. Silver was part of the gold medal winning Junior National Team at the Junior Pan-American Games. Silver's mother, Kathy Drum, swam for the 1976 Olympic Team, was a World champion, and an American Record holder.

### **2006 MPSF WOMEN'S WATER POLO COACH of the YEAR**

**MICHEL ROY 4<sup>th</sup> Season – HAWAII**

Michel Roy, in his fourth season at the helm of the Rainbow Wahine, has directed his team into the 2006 NCAA Women's Water Polo Championship as the #4 seed after placing second in the 2006 MPSF Women's Water Polo Championship Tournament at UC Irvine this past weekend. UH currently has a No. 4 national ranking with a 17-8 overall record and a 7-5 MPSF record. In the MPSF's semifinal round, Hawai'i surprised No. 1 ranked USC and ended their season-long 25-0 win streak to qualify for the MPSF championship match which they lost to Stanford 6-3. Roy has a career record of 63-50, and also led UH to the NCAA Championship in 2005 NCAA Tournament, which was the first ever national showing for the Rainbow Wahine. Roy was voted co-MPSF Coach of the Year in 2005. Before coming UH, Roy spent more than 25 years as part of Canada's water polo program, including 17 as a professional coach. Since 1985, Roy has been affiliated with the British Columbia Water Polo Association, serving as technical director, provincial coach, and head coach. There he won a total of 30 national titles in six categories.

## *2006 ALL-MPSF FIRST-TEAM*

<b>Student-Athlete</b>	<b>Cap No.</b>	<b>Year</b>	<b>Position</b>	<b>School</b>	<b>Hometown; HS or Last School</b>
Iefke Van Belkum	14	Sophomore	Utility	Hawaii	Leiden, The Netherlands, Bonventura College
Kelley Rulon	10	Junior	Driver	UCLA	Point Loma, CA, University HS
Lauren Wenger	3	Senior	Two-Meter Defender	USC	Long Beach, CA; Wilson HS
Katie Hansen	10	Junior	Driver	Stanford	Coronado, CA; Coronado HS
Moriah Van Norman	6	Senior	Two-Meter	USC	San Diego, CA; University HS
Elsie Windes	4	Junior	Two-Meter Defender	California	Portland, OR; Beaverton HS
Meridith McColl	1	Junior	Goalkeeper	Stanford	Mission Viejo, CA; Capistrano Valley HS

## *2006 ALL-MPSF SECOND-TEAM*

Cassie Azevedo	5	Senior	Attacker	Long Beach State	Long Beach, CA; Wilson HS
Brittany Hayes	9	Junior	Utility	USC	Santa Ana, CA; Foothill HS
Rowie Webster	10	Freshman	All-Around	Arizona State	Melbourne, Australia; Korowa HS
Meike De Nooy	1	Junior	Goalkeeper	Hawai'i	Renkum, The Netherlands
Thalia Munro	13	Senior	Utility	UCLA	Santa Barbara, CA; Santa Barbara HS
Christina Hewko	15	Junior	Two-Meter	Stanford	Newport Beach, CA; Corona del Mar HS
Robyn Kaake	4	Junior	Utility	UC Irvine	Los Alamitos, CA; Los Alamitos HS

## *2006 HONORABLE MENTION ALL-MPSF*

Emily Feher	1	Junior	Goalie	UCLA	Santa Ana, CA; Foothill HS
Scotti Shafer	5	Senior	Driver	Stanford	Carlsbad, CA; Carlsbad HS
Rachel Serna	7	Senior	Driver	San Diego State	Coronado, CA; Coronado HS
Lauren Silver	20	Freshman	Driver	Stanford	Long Beach, CA; Wilson HS
Kelly Mason	3	Freshman	Utility	Hawai'i	Auckland, New Zealand; Avondale College
Lauren Machanis	1	Sophomore	Goalkeeper	UC Irvine	Carlsbad, CA; Carlsbad HS
Jillian Kraus	9	Sophomore	Driver	UCLA	Tustin, CA; Foothill HS
Katie Morgan	14	Senior	Defender	San Jose State	Antioch, CA; Carondelet HS
Erika Figge	4	Junior	Utility	USC	Rancho Santa Margarita, CA; Rancho Santa Margarita Catholic HS
Whitney Morgan	1	RS-Freshman	Goalkeeper	USC	Sacramento, CA; Rio Americano HS
Katie Card	9	Senior	Driver	California	Santa Ana, CA; Foothill HS
Kristina Kunkel	21	Senior	Utility	UCLA	Rancho Santa Margarita, CA; Santa Margarita HS
Jennifer D'Anna	8	Senior	Utility	UC Santa Barbara	Riverside, CA; Arlington HS

## *2006 MPSF ALL-FRESHMAN TEAM*

Kami Craig	2	Freshman	Two-Meter	USC	Santa Barbara, CA; Santa Barbara HS
Morgan Whitney	1	Freshman	Goalkeeper	USC	Sacramento, CA; Rio Americano HS
Rowie Webster	10	Freshman	All-Around	Arizona State	Melbourne, Australia; Korowa HS
Kelly Mason	3	Freshman	Utility	Hawai'i	Auckland, New Zealand; Avondale College
Lauren Silver	20	Freshman	Driver	Stanford	Long Beach, CA; Wilson HS
Anne Belden	2	Freshman	Driver	UCLA	Newport Beach CA; Newport Harbor HS
Stephanie Schnugg	9	Freshman	Two-Meter	California	Alamo, CA; Monte Vista HS