



Great Plains Athletic Conference

BRIAR CLIFF CONCORDIA DAKOTA WESLEYAN DANA DOANE DORDT HASTINGS MIDLAND LUTHERAN
MORNINGSIDE MOUNT MARTY NEBRASKA WESLEYAN NORTHWESTERN SIOUX FALLS

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TO: Select Nebraska, South Dakota & Iowa Media

FR: Corey Westra, GPAC Commissioner

RE: GPAC Women's Soccer All-Conference

RELEASE DATE: Tuesday, November 10, 2009

GPAC Women's Soccer All-Conference Team Announced

(Sioux City, Iowa) – The 2009 Great Plains Athletic Conference (GPAC) Women's Soccer All-Conference team has been selected. The first team and second teams consist of 13 members each.

Kate DuMez from Dordt has been tabbed as the Hauff Mid-America Sports/GPAC Offensive Player-of-the-Year, while Danielle Richardson from Dakota Wesleyan and Allison Kotschwar from Hastings were named the Hauff Mid-America Sports/GPAC Defensive Players-of-the-Year. L. Dale Roden from Dakota Wesleyan has been selected as the Hauff Mid-America Sports/GPAC Coach-of-the-Year.

GPAC Women's Soccer First Team 2009

| <u>Position</u> | <u>Name</u> | <u>School</u> | <u>Class</u> | <u>Hometown</u> |
|-----------------|---------------------|------------------|--------------|---------------------|
| Forward | Jessica Carlson | Hastings | Sophomore | Papillion, Neb. |
| Forward | Kasha Roberts | Dakota Wesleyan | Sophomore | Rapid City, S.D. |
| Forward | Tasia Murray | Sioux Falls | Sophomore | Sioux Falls, S.D. |
| Forward | Carolyn Chrzan | Concordia | Junior | Burbank, Calif. |
| Midfielder | Kate Du Mez | Dordt | Senior | Brookfield, Wisc. |
| Midfielder | Jesse Herse | Hastings | Senior | Omaha, Neb. |
| Midfielder | Ellie Peterson | Dakota Wesleyan | Junior | Fort Collins, Colo. |
| Midfielder | Michelle Mullen | Dana | Junior | Omaha, Neb. |
| Defense | Ashley Kirkman | Midland Lutheran | Senior | Centennial, Colo. |
| Defense | Allison Kotschwar | Hastings | Senior | Omaha, Neb. |
| Defense | Kristi Ouwinga | Dordt | Senior | Byron Center, Mich. |
| Defense | Kelsey Bryant | Doane | Junior | Lincoln, Neb. |
| Keeper | Danielle Richardson | Dakota Wesleyan | Junior | Wichita, Kan. |

Hauff Mid-America Sports/GPAC Women's Soccer Players-of-the-Year:

Offense – Kate Du Mez, Dordt

Co-Defense – Danielle Richardson, Dakota Wesleyan and Allison Kotschwar, Hastings

Hauff Mid-America Sports/GPAC Women's Soccer Coach-of-the-Year:

L. Dale Roden, Dakota Wesleyan

-Continued from page 1-



GPAC Women's Soccer All-Conference 2009

GPAC Women's Soccer Second Team 2009

| <u>Position</u> | <u>Name</u> | <u>School</u> | <u>Class</u> | <u>Hometown</u> |
|-----------------|------------------|------------------|--------------|--------------------------|
| Forward | Ashley DeMent | Sioux Falls | Senior | Harrisburg, S.D. |
| Forward | Lauren Donlin | Mount Marty | Senior | Auburn, Wash. |
| Forward | Rindy DeNooy | Dordt | Sophomore | Sioux Center, Iowa |
| Forward | Samantha Exstrom | Doane | Junior | Lincoln, Neb. |
| Midfielder | Kayla Smelker | Midland Lutheran | Junior | Colorado Springs, Colo. |
| Midfielder | Casey Friesen | Hastings | Senior | Greenwood Village, Colo. |
| Midfielder | Natasha Heil | Midland Lutheran | Senior | Longmont, Colo. |
| Midfielder | Lindsay Baker | Dordt | Senior | Grand Rapids, Mich. |
| Defense | Sarah Weidler | Dakota Wesleyan | Sophomore | Sioux Falls, S.D. |
| Defense | Sarah Hoffmann | Concordia | Junior | Mesa, Ariz. |
| Defense | Alyssa Davis | Doane | Freshman | Lincoln, Neb. |
| Defense | Felicia Trujillo | Midland Lutheran | Junior | Littleton, Colo. |
| Keeper | Megan Kreifels | Hastings | Junior | Lincoln, Neb. |

Honorable Mention

Briar Cliff – Rachele Travis, Katie Blomberg, Ashley Wehle

Concordia – Mallorie Blanck

Dakota Wesleyan – Skye Pahl, Kayla Pahl, Sarah Duff, Kim Duff

Dana – Sheila Mullen, Jamie Queen

Doane – Jayne Wagner, Kelsie Grgurich

Dordt – Elise Wedel, Kelly Smies, Noelle Kreykes, Morgan Rodenburgh

Midland Lutheran – Sorina Mychackavane, Brittany Edstrom, Amanda Grable

Morningside – Makayla Kastens, Jamie Swotek

Mount Marty – April Dolezal

Nebraska Wesleyan – Jamie Essink, Alison Frohn

Northwestern – Sarah Seeger, Stephanie Wilcox

Sioux Falls – Brooke Jurgens, Genevieve Gregory, Baily Snyder

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