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2010 MOUNTAIN PACIFIC SPORTS FEDERATION ALL-MPSF WOMEN'S LACROSSE SELECTIONS

2010 MPSF Player of the Year

LAUREN SCHMIDT • #24 • RS JUNIOR • MIDFIELDER • STANFORD



As the reigning MPSF Player of the Year, Lauren Schmidt (Bay Shore, NY/Bay Shore HS) repeats this award by once again leading the Cardinal from her midfield position. The redshirt junior has scored 27 goals and dished out 18 assists this year. Her 45 points rank third on the team while her team leading three game-winning goals ties for the conference lead. Starting all 16 games, Schmidt has tallied 23 ground balls and 22 draw controls. She was named MPSF Player of the Week on March 1 after scoring four goals against two ranked teams, including the game-winner in overtime against Ohio State. Schmidt was named to the preseason Teewaraton Watch List.

2010 MPSF Newcomer of the Year

KARA SECORA • #4 • RS FRESHMAN • ATTACKER • DENVER



After receiving a medical redshirt last season, Kara Secora (Denver, CO/Kent Denver HS) quickly made up for lost time. She was the only first year player to earn MPSF Player of the Week, doing so March 8 after scoring a hat trick with the game-winning goal in overtime to beat then ninth-ranked Loyola. Secora has scored on 66.0 percent of her shots (33-of-50), which ranks among the top-five in the nation. In her first year in the conference, she is tied for the MPSF lead in game-winning goals (3), fifth in points per game (3.06), sixth in goals per game (2.06) and eighth in assists per game (1.00).

2010 MPSF Coach of the Year

AMY BOKKER • SECOND YEAR • HEAD COACH • STANFORD



Head Coach Amy Bokker has led Stanford to heights thought unattainable by a west coast team. The Cardinal reached a program-best No. 8 national ranking earlier this year after wins over three ranked teams, including Ohio State, Vanderbilt, and Hofstra. Stanford enters the MPSF Tournament with a record of 11-5, giving Bokker 24 wins in her two years with the program. She currently owns 119 career wins in 14 seasons, including an 11-year stint at George Mason where she is the winningest coach in program history. Bokker has coached two-time MPSF Player of the Year Lauren Schmidt as well as eight players who were named to this year's all-conference teams.

ALL-MPSF FIRST-TEAM

<i>Student-Athlete</i>	<i>No.</i>	<i>Year</i>	<i>Position</i>	<i>School</i>	<i>Hometown/Last School</i>
Lauren Schmidt (POY)	24	RS Junior	Midfielder	Stanford	Bay Shore, NY/Bay Shore HS
Sarah Flynn	9	Junior	Attacker	Stanford	Baltimore, MD/Towson HS
Alyse Kennedy	2	Senior	Attacker	California	Scituate, MA/Phillips Academy
Lexi Sanders	12	Senior	Attacker	Denver	Greenwood Village, CO/Cherry Creek
Ali Flury	6	Senior	Midfielder	Denver	Arnold, MD/Broadneck HS
Jana Drummond	2	Sophomore	Midfielder	Oregon	Nashua, NH/E. Grand Rapids HS
Leslie Foard	15	Junior	Midfielder	Stanford	Cincinnati, OH/Mariemont HS
Gina Hoffmire	16	Junior	Midfielder	UC Davis	Corte Madera, CA/Marin Catholic HS
Natasha Davies	8	Senior	Defender	Denver	Annapolis, MD/Broadneck HS
DennaFaye Herald	21	Senior	Defender	California	Carlsbad, CA/La Costa Canyon HS
Colleen Taggart	27	Sophomore	Defender	Oregon	Bay Shore, NY/Bay Shore HS
Annie Read	30	Junior	Goalkeeper	Stanford	Riverside, CT/Greenwich HS
Alex Tickner	10	Senior	Midfielder	California	Rockville, MD/Holton-Arms HS
Vail Horn	9	Sophomore	Midfielder	California	Bronxville, NY/Bronxville HS
Claire Hubbard	14	Senior	Attacker	Stanford	Lutherville, MD/Towson HS
Alex Breiner	21	Junior	Midfielder	Oregon	Alexandria, VA/Bishop O'Connell HS

ALL-MPSF SECOND-TEAM

<i>Student-Athlete</i>	<i>No.</i>	<i>Year</i>	<i>Position</i>	<i>School</i>	<i>Hometown/Last School</i>
Molly Peterson	7	Senior	Defender	UC Davis	Lafayette, CA/Acalanes HS
Vannessa Jamison	11	Sophomore	Defender	UC Davis	Poway, CA/Poway HS
Leigh Lucas	31	Senior	Defender	Stanford	Bethesda, MD/National Cathedral
Paige Farmakis	17	Sophomore	Midfielder	Stanford	Chatham, NJ/Chatham HS
Julie Christy	13	Senior	Midfielder	Stanford	Malvern, PA/Conestoga HS
Lauren Ciccomascolo	3	Sophomore	Attacker	Denver	Ladera Ranch, CA/St. Margaret's
Kara Secora	4	RS Freshman	Attacker	Denver	Denver, CO/Kent Denver HS
Ashley Harman	26	Sophomore	Goalkeeper	Denver	Boyertown, PA/Boyertown Area HS
Tulley Stapp	24	Junior	Midfielder	Denver	Denver, CO/Mullen HS
Abbie Coleman	19	Senior	Midfielder	St. Mary's	Mendham, NJ/Morris Mendham HS
Jess Drummond	12	Sophomore	Midfielder	Oregon	Nashua, NH/E. Grand Rapids HS
Krisdina Gehring	22	Senior	Defender	Fresno State	Turlock, CA/Turlock HS
Allie Welsh	17	Sophomore	Attacker	California	Englewood, CO/Cherry Creek HS
Allie Shropshire	31	Junior	Goalkeeper	California	Medford, NJ/Shawnee HS