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2009 MOUNTAIN PACIFIC SPORTS FEDERATION ALL-MPSF WOMEN'S LACROSSE SELECTIONS

2009 MPSF Player of the Year

LAUREN SCHMIDT • #24 • JUNIOR • MIDFIELDER • STANFORD



Junior midfielder **Lauren Schmidt (Bay Shore, N.Y./Bay Shore HS)** rebounded from a knee injury that caused her to miss all of her sophomore season, to become the team scoring leader, with 27 goals and 15 assists for 42 points – all career highs. Schmidt, an All-MPSF selection as a freshman in 2007, also has 30 draw controls (the team high), 18 ground balls and 11 caused turnovers. Schmidt essentially plays the role of a basketball point guard, setting the tempo, distributing the ball, and slashing to the goal. Though her stats are impressive, Schmidt's contributions go far beyond the numbers.

2009 MPSF Coach of the Year

AMY BOKKER • FIRST YEAR • HEAD COACH • STANFORD



After 11 years at George Mason, where she was the winningest coach in program history, **Amy Bokker** has led Stanford to a resurgence of sorts in her first year at the school. Stanford earned its first undefeated conference record since 2005 and has outscored conference opponents, 105-30, extending the Cardinal conference winning streak to nine. Bokker's up-tempo style of play has fit in perfectly with an athletic, versatile team with a deep bench. Stanford can run up and down the field and score goals, but also defend well, in man-to-man or zone sets. Bokker earned her 100th career victory this season and has led her team to a current No. 14 national ranking in the IWLCA coaches' poll.

2009 MPSF Co-Newcomer of the Year

JANA DRUMMOND • #2 • FRESHMAN • MIDFIELDER • OREGON



Through 15 games, **Jana Drummond (Nashua, NH/East Grand Rapids HS)** has put together one of the top rookie seasons in Oregon history and is bidding to become the Ducks' first freshman since 2005 to lead the team in scoring. Since she was inserted into the starting lineup four games into the year, Oregon has gone 10-2 with its only blemishes being a pair of one-goal losses, including one in sudden-victory overtime. She owns the single-game school record for goals with seven, also a 2009 MPSF-high for a conference game, and leads all Ducks on the season with 37 points. Oregon was also represented in last year's MPSF Newcomer of the Year category, as Alex Breiner shared the honor.

2009 MPSF Co-Newcomer of the Year

ASHLEY HARMAN • #21 • FRESHMAN • GOALKEEPER • DENVER



Ashley Harman (Boyertown, PA/Boyertown Senior High) took over as Denver's starting goalkeeper just six games into the season and quickly made her presence felt, recording 10 or more saves in three of her first five games, including 13 against No. 9 North Carolina. Harman's mark of 10.6 goals against per game is currently fourth best among DU's single-season records. Harman ranks second in the MPSF and 23rd in the NCAA with a .483 save percentage, and her goals-against average is third in the conference and 39th in the nation. This marks the fourth-straight season that the Pioneers have taken home a Newcomer of the Year award. Tulley Stapp (2008), Ali Flury (2007), Kristie Leggio (2006), and Karen Morton (2005), all won MPSF Newcomer of the Year honors.

2009 ALL-MPSF WOMEN'S LACROSSE 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	Junior	Midfielder	Stanford	Bay Shore, NY/Bay Shore HS
Ilsa van den Berg	17	Senior	Attacker	Oregon	Reisterstown, MD/Maryvale Prep
Steph Coyne	14	Senior	Attacker	Denver	Baltimore, MD/Bryn Mawr HS
Dana Lindsay	20	Junior	Attacker	Stanford	Cleveland Hts, OH/Cleveland Hts
Ali Flury	6	Junior	Midfielder	Denver	Arnold, MD/Broadneck HS
Alicia Burkhart	19	Senior	Midfielder	Oregon	Eldersburg, MD/Century HS
Julie Christie	13	Junior	Midfielder	Stanford	Malvern, PA/Conestoga HS
Alex Tickner	10	Junior	Midfielder	California	Rockville, MD/Holton-Arms HS
Maris Perlman	21	Senior	Defender	Stanford	N. Kingstown, RI/Lincoln School
Jenn Moore	28	Senior	Defender	Denver	Highlands Ranch, CO/Kent Den.
DennaFaye Herald	21	Junior	Defender	California	Carlsbad, CA/La Costa Canyon
Anna Poponyak	00	Senior	Goalkeeper	Oregon	Encinitas, CA/La Costa Canyon
Megan Carver	1	Senior	Attacker	Denver	Baltimore, MD/Seton Keough HS
Sam Price	28	Senior	Attacker	California	Millersville, MD/Severna Park HS
Karen Morton	13	Senior	Midfielder	Denver	Adelaide, Australia/Henley HS
Cara Mead	12	Senior	Defender	Oregon	Baltimore, MD/Towson HS