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MOUNTAIN PACIFIC SPORTS FEDERATION

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2005 MPSF WOMEN'S WATER POLO ALL-CONFERENCE TEAMS PLAYER, GOALIE, and COACH OF THE YEAR AWARDS

WOODLAND, Calif. – Al Beaird, executive director of the Mountain Pacific Sports Federation, has announced the 2005 MPSF Women's Water Players and Coaches of the Year and the All-MPSF Teams as selected by the Federation's head coaches.

2005 MPSF WOMEN'S WATER POLO Co-PLAYERS of the YEAR

NATALIE GOLDA #3, Senior, Utility – UCLA
KELLY RULON #10, Sophomore, Driver – UCLA

Natalie Golda (La Habra, CA, Rosary HS), is one of UCLA's returning Olympians after taking a year off of collegiate water polo to compete in Athens where she scored two goals for the bronze medal winning U.S. team. Golda has 43 goals in 30 games this season as the third leading scorer for the Bruins. In 2003, Natalie was named First Team All-American and First-Team All-MPSF, and to the First-Team NCAA All-Tournament and MPSF All-Tournament Teams. Also in 2003 Golda led the Bruins with 50 goals and was selected MPSF Player of the Week after the UCSB Invitational Tournament, where she scored 10 goals in four games including six in UCLA's victory over No. 6 Loyola Marymount. In 2002, Natalie earned Honorable Mention All-American honors and NCAA All-Tournament First-Team.

Kelly Rulon (Point Loma, CA, University HS), is another Olympic veteran who redshirted to play in the 2004 Olympics in Athens, where she scored four goals including the game-winning goal against Hungary in the first game. She won the bronze medal with USA team. In 2003, Kelly was an Second-Team All-Tournament selection at the NCAA Championships and earned Third-Team All-America honors for the year. Currently Kelly leads the Bruins in scoring with 64 goals in 30 games for a 2.23 per game average and was second on the Bruins with 27 goals, 26 assists and 27 steals in 2003. Rulon earned MPSF Player of the Week honors on April 11.

2005 MPSF WOMEN'S WATER POLO GOALIE of the YEAR

EMILY FEHER #1, Sophomore – UCLA

Emily Feher, (Santa Ana, CA – Foothill HS), goes into the NCAA Tournament at the University of Michigan with 190 saves on the year for a 7.31 per game average. Feher shared the MPSF Player of the Week award on March 15, and also earned the award as a freshman when she started in the cage for the Bruins. In 2004, she made All-MPSF Second-Team and Third-Team All-American and ended last season with 106 saves and 4.66 goals against average. Emily lettered four years in water polo at goalie under coaches Dan Klatt and Dave Mikesell at Foothill High School. She was named CIF Division I Co-Player of the year for 2002 and 2003. Her high school team was CIF Champions and League Champions each year she played, from 2000-2003. In 2001 Feher played in the Junior Worlds where she was named to the Junior Worlds first team. She participated in the 2002 Junior Pan Ams where her team finished with the gold. She is a member of the U.S. Junior National Team.

2005 MPSF WOMEN'S WATER POLO Co-COACHES of the YEAR

ADAM KRIKORIAN 7th Season – UCLA
MICHEL ROY 2nd Season – HAWAII

Adam Krikorian winds up his seventh season as head coach with a perfect 30-0 record heading in the NCAA Championship at the University of Michigan, gunning for a sixth national title. Last year he coached the Bruins to a 22-5 record and a No. 4 national ranking. In 2003, Krikorian won his third championship and in 2002, led his team to the NCAA final and a No. 2 national ranking. In 2001, he was named the National Women's Water Polo Coach of the Year after guiding the Bruins to the inaugural NCAA women's water polo championship.

Michel Roy, in only his second season at the helm of the Rainbow Wahine, has guided his team to a solid 20-9 record and fourth-place finish at the MPSF Tournament and a NCAA Tournament berth. 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.

2005 ALL-MPSF FIRST-TEAM

Student-Athlete	Cap No.	Year	Position	School	Hometown; HS or Last School
Natalie Golda	3	Senior	Utility	UCLA	La Habra, CA, Rosary HS
Kelley Rulon	10	Sophomore	Driver	UCLA	Point Loma, CA, University HS
Christina Hewko	20	Sophomore	Two-Meter	Stanford	Newport Beach, CA; Corona del Mar HS
Brittany Hayes	9	Sophomore	Utility	USC	Santa Ana, CA; Foothill HS
Emily Feher	1	Sophomore	Goalie	UCLA	Santa Ana, CA; Foothill HS
Cassie Azevedo	5	Junior	Attacker	Long Beach State	Long Beach, CA; Wilson HS
Beth Novick	12	Senior	Two-Meter	Hawaii	Evergreen Park, IL; Mother McAuley School

2005 ALL-MPSF SECOND-TEAM

Meredith McColl	1	Sophomore	Goalie	Stanford	Mission Viejo, CA; Capistrano Valley HS
Thalia Munro	13	Junior	Utility	UCLA	Santa Barbara, CA; Santa Barbara HS
Elsie Windes	5	Sophomore	Two-Meter	California	Portland, OR; Beaverton HS
Ifeke Van Belkum	18	Freshman	Utility	Hawaii	Leiden, The Netherlands, Bonventura College
Moriah Van Norman	6	Junior	Two-Meter	USC	San Diego, CA; University HS
Lauren Wenger	3	Junior	Two-Meter Defender	USC	Long Beach, CA; Wilson HS
Jessica Schroeder	6	Senior	Utility	Pacific	Newcastle, CA; Rocklin HS
Katie Hansen	10	Sophomore	Driver	Stanford	Coronado, CA; Coronado HS

2005 HONORABLE MENTION ALL-MPSF

Monika Kruszona	17	Freshman	Two-Meter	Hawaii	Krefeld, Germany; Ricarda-Huch Gymnasium
Aimee Stachowski	6	Sophomore	Two-Meter Defender	UC Santa Barbara	Tustin, CA; Capistrano Valley HS
Rachel Serna	7	Junior	Driver	San Diego State	Coronado, CA; Coronado HS
Laura Scott	5	Senior	Two-Meter	San Jose State	Rancho Palos Verdes, CA; Peninsula HS
Gabrielle Domanic	2	Freshman	Driver	UCLA	Santa Ana, CA; Foothill HS

MPSF ALL-FRESHMAN TEAM

Caylinn Wallace	1	Freshman	Goalie	ASU	Laguna Hills, CA; Laguna Hills HS
Ifeke Van Belkum	18	Freshman	Utility	Hawaii	Leiden, The Netherlands; Bonaventura College
Brittany Rowe	16	Freshman	Center Forward	UCLA	San Diego, CA; University City HS
Monika Kruszona	17	Freshman	Two-Meter	Hawaii	Krefeld, Germany; Ricarda-Huch Gymnasium
Gabrielle Domanic	2	Freshman	Driver	UCLA	Santa Ana, CA; Foothill HS
Miranda Nichols	5	Freshman	Driver	USC	Santa Barbara CA; Santa Barbara HS
Jessica Lewis	3	Freshman	Driver	UC Irvine	Los Alamitos, CA; Los Alamitos HS
Dana Saign	14	Freshman	Driver	UC Santa Barbara	Mountain View, CA; St. Francis HS

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