



Bemidji State Soccer

2010 Schedule

September

3	at North Dakota	4 p.m.
5	Viterbo (Wis.)	3 p.m.
7	at Minn. Crookston	4 p.m.
18	MSU Moorhead * #	1 p.m.
19	Minn. Crookston *	1 p.m.
25	Winona State *	1 p.m.
26	Upper Iowa *	1 p.m.

October

2	at Concordia-St. Paul *	4:30 p.m.
3	at St. Cloud State *	3 p.m.
9	Northern State * ^	1 p.m.
10	University of Mary *	1 p.m.
16	at Wayne State (Neb.) *	11 a.m.
17	at Augustana *	1 p.m.
22	at Minnesota Duluth *	3 p.m.
23	Minot State %	3 p.m.
30	at SW Minnesota State *	12 p.m.
31	at Minnesota State *	1 p.m.

November

3-7	NSIC Championships	TBA
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All times Central

Home games in bold

* = Conference Matches

^ = BSU Soccer Camp Day

= Parent's Weekend

% = Senior Day

Beavers travel to UND; host Viterbo to open 2010 Soccer Notebook

- The Beavers are headed to Grand Forks, N.D. to take on the Fighting Sioux in their 2010 season opener on Friday, Sept. 3. The game is scheduled to begin at 4 p.m. and will mark the ninth meeting between the two teams.
- On Sunday the Beavers will open their home schedule hosting the V-Hawks of Viterbo University.
- BSU will be looking to improve upon the following season after finishing sixth in the Northern Sun Intercollegiate Conference. After failing to make the playoffs in 2008, BSU returned to post-season play, but ended-up dropping the first-round playoff game to St. Cloud State in penalty kicks.
- The Beavers compiled an 11-6-2 record in 2009, marking the fifth season with 10 or more wins for head coach Jim Stone.
- Offensively, it was one of the best seasons for BSU. Scoring 46 goals scored, it was the second best effort in school history just missing the record of 53. The Beavers also tallied 46 assists, which is tied for third all-time. Last year's mark of 50 assists set the record for most in a season. Additionally, Bemidji State's 264 attempted shots marks the fifth best in school history.
- On defense the BSU soccer team really shined, setting new records in goals allowed (17) and goals against average (0.86). The 17 goals against beats the old records of 19 set in 2006 and 2008. The 0.86 goals against average mark eclipses the previous 0.89 goals against average set in 2005.
- The 2009 season saw many positives for the Beavers, especially in the record setting department. **Ashlee Ellefsen** (Sr., For., Hugo, Minn.) had a standout year, breaking the school records for most career points (80), most career goals (32), and game-winning goals (11). She also tied the school record for most assists in a season (7).
- The Beavers haven't had a losing season since 2004 and they have had nine or more wins each of the last six years.

Bemidji State Roster

No.	Name	Pos.	Yr.	Notes
0	Abby Kjonaas	GK	Jr.	Tallied 21 saves with a 0.81 GAA last season
1	Samantha Ross	GK	Sr.	Career leader in GAA with 1.00
2	Alex Petes	M	R-Fr.	Still out with a leg injury, likely to see action this season
3	Jamie Ford (C)	F/M	R-Sr.	Returning after sitting out last season with a leg injury
4	Ashlee Ellefsen (C)	F	Sr.	All-time points leader (80) and goals leader (22)
5	Sara Dalton	D	Sr.	Has played in 21 games, will play on the backline
6	Kathryn Bjorge	D	Jr.	Anticipated starter on the backline
7	Jenny Stromberg	F	Sr.	Returning from a leg injury, tallied one assist in 2009
8	Stephanie Challes	F	Fr.	Will sit-out as a redshirt this season
9	Brianna Duff	D	Jr.	Will make a transition to defense for the 2010 season
10	Bethany Fluto	F	Jr.	Played in 13 games last season at forward
11	Jessie Voeller	F/M	So.	Will compete for time at forward
12	Alysha Domiano (C)	D	Sr.	Senior captain, will anchor at right centerback
13	Mallory Lowe	D	So.	Appeared in two games as a freshman in 2009
16	Kelly Pointon	D	Jr.	Will play on defense this year
17	Tiffany VanHaafte	M	So.	Returning from a leg injury, scored three goals last season
18	Kara Smyth	M	Sr.	Likely starter at holding mid, scored one goal in 2009
19	Rachel Gustafson	F/M	Jr.	One goal and one assist last season as attacking mid
20	Analey Skog	F	R-So.	Returning after missing last season with a leg injury
21	Bri Scanlan	M/F	Jr.	Notched one goal and two assists last season
22	Kari McAllen	D/M	Jr.	Likely starter at holding mid
23	Liz Erickson	F	Fr.	Will compete for time at forward
24	Danni Steele	M/D	Fr.	Will compete for time at defense and holding mid
25	Kirsten Erickson	F	Jr.	Tallied two assists in 2009 after moving to forward
26	Samantha Lumberg	D/M	Fr.	Will compete for time at defense and holding mid
27	Maria Mcleod	M	Fr.	Will sit out as a redshirt this season
28	Bronwyn Boyd	M	Fr.	Will compete for time in the midfield

Head Coach: Jim Stone

Assistant Coaches: Francisco Elias, Kate McArthur, & Andy Janssen

Head Coach Jim Stone



Entering his ninth year as head coach, Jim Stone is the winningest coach in Bemidji State University soccer history. Prior to his arrival in 2002, BSU had an overall record of 13-80-3. Shortly after taking the

helm, Stone created a competitive program that claimed an 11-12-0 record in 2004. Since the 2005 the soccer team has had an overall record of 52-32-19 and maintained a winning percentage of .500 or better each season.

Stone has the highest win percentage in BSU history (.516), along with the most wins (74). He is the only coach in BSU soccer history with a record higher than .500 in conference play (.506).

Under Stone's guidance BSU has garnered multiple all-region including: Kari Torgerson, Katie Meinhardt, Tegan Moehn, Ashlee Ellefsen and Alysha Domiano. BSU garnered its first-ever All-American with former goalkeeper Kari Torgerson and its second with Ashlee Ellefsen.

While Stone has been head coach his student-athletes have also excelled in the classroom with multiple athletes have been named to CoSIDA Academic All-District squads. Those include Brianna Duff, Erin Foss, Megan Wallner, Alysha Domiano, and Cristina Egnell who was also named CoSIDA Academic All-American.

Stone year-by-year

Year	School	Record
2002	Bemidji State	4-12-0
2003	Bemidji State	5-13-1
2004	Bemidji State	11-12-0
2005	Bemidji State	12-4-7
2006	Bemidji State	10-6-2
2007	Bemidji State	9-9-3
2008	Bemidji State	12-7-1
2009	Bemidji State	11-6-2
2010	Bemidji State	0-0-0
Totals		74-69-16 (.516)

vs NSIC: 39-37-7 (.512)

at BSU Soccer Field: 33-23-7 (.579)

Scouting North Dakota (0-3-0; 0-0-0 GWC)

- Friday's match between the Beavers and Fighting Sioux will mark the ninth contest. UND owns the current record in the series winning the first seven meetings.
- BSU's only win against UND came during the last meeting between the two teams, when the Beavers won by a 2-0 margin at home on Aug. 29, 2007.
- Last time out UND dropped a pair of non-conference home games. Falling 3-1 to Drake University on Aug. 27 and then were shutout 2-0 against UW-Green Bay on Aug. 29.
- Currently the Sioux are led by Caitlyn Haring, who has one goal and one assist so far on the season. Other goal contributors for the Sioux this season include: Francie Piche, Rachel Dallman, and Rachel Loomis, who all have scored one goal.

Scouting Viterbo University (0-3-0; 0-0-0 MCC)

- Sunday's home match will mark the first-ever meeting between the two teams.
- Last time out Viterbo lost two non-conference games, dropping a 3-2 decision to Illinois Institute of Technology in double overtime on Aug. 22. In their home opener on Aug. 26 the V-Hawks lost 5-2 against Trinity Christian College.
- The V-Hawks are led by Kelsie Golabowski with two goals. Danika Spitzer and Steph Wisen both have scored the other two goals for Viterbo.

**2010 NSIC
Players of the Week**

Aug. 30-Sept. 5

Offensive:

Defensive:

ALL-NSIC

SELECTIONS

2009

Ashlee Ellefsen (Second Team)
Alysha Domiano (Second Mention)

2008

Jamie Ford (Third Team)
Ashlee Ellefsen (Third Team)
Alysha Domiano (Honorable Mention)

2007

Ashlee Ellefsen (Second Team)
Alysha Domiano (Honorable Mention)

NSIC

ALL-ACADEMIC

2009

Alysha Domiano
Brianna Duff
Bethany Fluto,
Jamie Ford
Rachel Gustafson
Bri Scanlan
Analey Skog
Jennifer Stromberg

2008

Jenny Stromberg
Alysha Domiano
Madeline Pletta
Jamie Ford

2007

Jamie Ford

CoSIDA

ACADEMIC

ALL-DISTRICT

2009

Brianna Duff (Third team)

2008

Alysha Domiano (Third team)

DAKTRONICS

ALL-REGION

2009

Ashlee Ellefsen (Second Team)
Alysha Domiano (Second Team)

2008

Ashlee Ellefsen (First Team)

Currently Active Award Winners

DAKTRONICS

ALL-AMERICA

2008

Ashlee Ellefsen (Honorable Mention)

**NSIC OFFENSIVE PLAYERS
OF THE WEEK**

2009

Ashlee Ellefsen (Nov. 2)

2008

Jamie Ford (Nov. 3)
Ashlee Ellefsen (Sept. 9)
Jamie Ford (Sept. 3)

2007

Ashlee Ellefsen (Sept. 11)

**NSIC DEFENSIVE PLAYERS
OF THE WEEK**

2009

Tiffany VanHaaften (Sept. 28)
Samantha Ross (Oct. 26)

2008

Samantha Ross (GK, Sept. 3)

Goals

1. Ashlee Ellefsen	32..2007-SA
2. Katie Meinhardt	31...2003-06
3. Becky Elk	30...1999-01
T-4. Kelly Hyvare	23...2005-08
Jamie Ford	23...2006-SA
6. Lindsey Natwick	21...2002-05
7. Lauren Miller	12...1999-01
T-8. Megan Wallner	11...2004-07
Lauren Olivares	11...2005-08
T-10. Kelly Lessman	9.....1999-02
Ashley Lehmeier	9.....2003-06

Assists

1. Lindsey Natwick	22...2002-05
2. Kelly Hyvare	19...2005-08
3. Ashlee Ellefsen	16..2007-SA
4. Christina Hicks	14...2003-07
5. Ashley Lehmeier	12...2003-06
T-6. Becky Elk	11...1999-01
Lauren Miller	11...1999-01
Megan Wallner	11...2004-07
Jamie Ford	11..2006-SA
10. Lauren Olivares	10...2005-08
T-11. Amy Vleck	9.....1999-02
Whitney Sengthao	9.....2003-04
Danielle Uphoff	9.....2006-08
Kara Smyth	9....2007-SA

Assists (Single-Game)

T-1. Kirsten Erickson	3
vs Minnesota, Crookston	
Sept. 8, 2009	
Jenny Stromberg	3
vs Wisconsin-Superior	
Oct. 26, 2008	

Points

1. Ashlee Ellefsen	80..2007-SA
2. Becky Elk	71...1999-01
3. Katie Meinhardt	69...2003-06
4. Kelly Hyvare	65...2005-08
5. Lindsey Natwick	64...2002-05
6. Jamie Ford	61..2006-SA
7. Lauren Miller	35...1999-01
8. Megan Wallner	33...2005-07
9. Lauren Olivares	32...2005-08
T-10. Ashley Lehmeier	30...2003-06
Christina Hicks	30...2003-07

Game-winning goals

1. Ashlee Ellefsen	11..2007-SA
2. Kelly Hyvare	10...2005-08
T-3. Katie Meinhardt	7.....2003-06
Jamie Ford	7....2006-SA
T-5. Christina Hicks	5.....2004-07
Lauren Olivares	5.....2005-08
T-7. Becky Elk	4.....1999-01
Lindsey Natwick	4.....2002-06
Tegan Moehn	4.....2003-06
10. Jessica Ploeger	3.....2004-07

OVERTIME GOALS

T-1. Kelly Hyvare	2	2005-08
Jamie Ford	2	2006-SA
T-2. Kristy Hodapp	1	1998-00
Mary Stoltz	1	2003-06
Christina Hicks	1	2003-07
Ashlee Ellefsen	1	2007-SA

Goals Against Average (Career)

(Minimum 2,500 minutes required)

1. Samantha Ross	1.00	2007-SA
2. Kari Torgerson	1.38	2003-06
3. Niki Dalka	2.81	2000-02

Saves (Career)

1. Kari Torgerson	602**	2003-06
2. Niki Dalka	585*	2000-02
3. Samantha Ross	254	2007-SA
4. Kim Strom	192	1997-99
5. Joanne Nigbor	169	1996
6. Angela Jo Ziebol	158	1998
7. Jessica Meath	108	2005-07
8. Kelli Hadrava	90	1996-97
9. Noelle Lancaster	88	1997
10. Hannah Carter	59	1998-99

**= fifth all-time in NCAA D-II
*= eighth all-time in NCAA D-II

Save Percentage (Career)

(must have played in 50% of team's minutes during career)

1. Samantha Ross	.864	2007-SA
2. Kari Torgerson	.854	2003-06
3. Niki Dalka	.811	2000-02
4. Angela Jo Ziebol	.705	1998
5. Joanne Nigbor	.679	1996
6. Noelle Lancaster	.595	1997

Minutes Played In Net (Career)

1. Kari Torgerson	6710:80#	2003-06
2. Niki Dalka	4351:42	2000-02
3. Samantha Ross	3612:27	2007-SA
4. Jessica Meath	1762:68	2005-07
5. Kim Strom	1283:10	1997-99
6. Angela Jo Ziebol	1113:30	1998
7. Joanne Nigbor	925:00	1996
8. Abby Kjonaas	915:08	2008-09
9. Noelle Lancaster	739:00	1997
10. Hannah Carter	491:06	1998-99

= 14th all-time in NCAA D-II

Games Played In Net (Career)

1. Kari Torgerson	78	2003-06
2. Niki Dalka	48	2000-02
3. Samantha Ross	40	2007-SA
4. Hannah Carter	37	1998-99
5. Kim Strom	35	1997-99
6. Jessica Meath	25	2005-07
7. Deidre Pantzke	21	1997-98
8. Abby Kjonaas	18	2008-09
9. Angela Jo Ziebol	16	1998
10. Jessica Bina	12	1998-99

Wins (Career)

1. Kari Torgerson	36	2003-06
2. Samantha Ross	21	2007-SA
3. Niki Dalka	12	2000-02
4. Jessica Meath	7	2005-07
5. Abby Kjonaas	6	2008-SA
T-6. Kim Strom	2	1997-99
Hannah Carter	2	1998-99
T-9. Noelle Lancaster	1	1997
Angela Jo Ziebol	1	1998

Shutouts (Career)

1. Kari Torgerson	19	2003-06
2. Niki Dalka	10	2000-02
3. Jessica Meath	7	2005-07
4. Samantha Ross	4	2007-SA
T-5. Kim Strom	2	1998-99
Abby Kjonaas	2	2008-SA

Time in net without a goal (Individual)

1. Samantha Ross	523:07
Oct. 24, 2008 - Present	
2. Kari Torgerson	429:03
Sept. 2, 2004 - Sept. 18, 2004	

LAST TIME IT HAPPENED

Shutout:

Nov. 1, 2009
vs. Wayne State, 1-0

Shutout at Home:

Nov. 1, 2009
vs. Wayne State, 1-0

Shutout on Road:

Sept. 25, 2009
vs. Minnesota, Crookston, 1-0

Game Ending in a Tie:

Nov. 4, 2009
vs. St. Cloud State, 1-1

Victory in Overtime:

Oct. 30, 2009
vs. Augustana College, 3-2 1OT

BSU Player to Record Three or more

Goals in One Game:
Ashlee Ellefsen
vs Augustana College
Oct. 30, 2009

BSU Player to Record 30+ Saves in

One Game:
Niki Dalka - 36 Saves
vs. Winona State
Oct. 28, 2001

Penalty Kick:

Lauren Olivares
Nov. 12, 2008
(successful)

Penalty Kick Allowed:

Sept. 8, 2009
vs. Minnesota, Crookston
(successful)

10+ Assists:

12 vs. UW-Superior,
Nov. 26, 2008

8+ Goals:

16 vs. Finlandia
Sept. 3, 2004

40+ Shots:

59 vs. UW-Superior
Nov. 26, 2008

2009 Final Statistics

Overall Record: 11-6-2

NSIC: 7-5-1

Home: 5-2-1

Away: 6-4-1

Neutral: 0-0-0

No.	Name	GP-GS	G	A	Pts	Sh	Sh%	SOG	SOG%	GW	Pk-ATT
4	Ellefsen, Ashlee	19-19	13	7	33	62	.210	42	.677	5	0-0
9	Duff, Brianna	19-18	7	5	19	31	.226	18	.581	0	0-0
14	Garcia, Yesenia	18-14	3	6	12	33	.091	17	.515	1	0-0
25	Erickson, Kirsten	12-3	3	6	12	19	.158	8	.421	0	0-0
21	Scanlan, Bri	19-15	3	4	10	17	.176	10	.588	1	0-0
20	Skog, Analey	2-0	3	2	8	5	.600	5	1.000	0	0-0
17	VanHaafte, Tiffany	12-8	3	0	6	19	.158	11	.579	2	0-0
19	Gustafson, Rachel	19-3	2	2	6	8	.250	7	.875	0	0-0
16	Pointon, Kelly	19-9	2	2	6	5	.400	4	.800	0	0-0
22	McAllen, Kari	18-1	2	1	5	6	.333	6	1.000	1	0-0
3	Ford, Jamie	2-2	2	1	5	5	.400	4	.800	1	0-0
6	Bjorge, Kathryn	17-17	1	1	3	7	.143	3	.429	0	0-0
27	Sorteberg, Kim	10-10	0	3	3	5	.000	3	.600	0	0-0
8	Pletta, Maddie	19-19	0	3	3	4	.000	2	.500	0	0-0
18	Smyth, Kara	17-13	1	0	2	18	.056	7	.389	0	0-0
10	Fluto, Bethany	16-0	0	1	1	6	.000	4	.667	0	0-0
7	Stromberg, Jenny	8-0	0	1	1	4	.000	3	.750	0	0-0
5	Dalton, Sara	17-0	0	1	1	3	.000	1	.333	0	0-0
23	Olesiak, Linsey	19-18	0	0	0	3	.000	1	.333	0	0-0
12	Domiano, Alysha	19-19	0	0	0	2	.000	1	.500	0	0-0
2	Petes, Alex	3-2	0	0	0	2	.000	1	.500	0	0-0
13	Lowe, Mallory	7-0	0	0	0	0	.000	0	.000	0	0-0
11	Annoni, Kara	5-0	0	0	0	0	.000	0	.000	0	0-0
1	Ross, Samantha	17-15	0	0	0	0	.000	0	.000	0	0-0
0	Kjonaas, Abby	11-4	0	0	0	0	.000	0	.000	0	0-0
Total		19	46	46	138	264	.174	159	.602	11	0-0
Opponents		19	17	12	46	248	.069	127	.512	6	2-2

Goalkeepers

No.	Name	GP-GS	-----Goal Average-----			----Saves-----		-----Record-----				Shots Faced
			Minutes	GA	AVG	Saves	PCT	W	L	T	SO	
0	Kjonaas, Abby	11-4	558:54	5	0.81	29	.853	4	2	0	1	60
1	Ross, Samantha	17-15	1218:30	12	0.89	80	.870	7	4	2	1	176
-	TEAM		0:00	0	0.00	1	1.000	0	0	0	5	0
Total		19	1777:24	17	0.86	110	.866	11	6	2	7	236
Opponents		19	1777:24	46	2.33	113	.711	5	11	2	4	262