



Bemidji State Soccer

2010 Schedule

September

3	at North Dakota	W	3-1
5	Viterbo (Wis.)	W	4-2
7	at Minn. Crookston	W	3-0
18	MSU Moorhead * #	W	3-0
19	Minn. Crookston *	W	5-0
25	Winona State *	W	3-2
26	Upper Iowa *	(OT) L	2-3

October

2	at Concordia-St. Paul *	W	1-0
3	at St. Cloud State *	W	1-0
9	Northern State * ^ (OT) W	2-1	
10	University of Mary * (OT) W	2-1	
16	at Wayne State (Neb.) *	L	1-3
17	at Augustana *	W	1-0
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

UMD and Minot State up next for Beavers

Soccer Notebook

• Up next for the Bemidji State University soccer team will be a conference tilt with NSIC neighbor Minnesota Duluth on Friday, and a nonconference match up for Senior Day against Minot State on Saturday. There will be a lot on the line between the Bulldogs and Beavers in Friday's contest as the two teams are currently tied for first in the conference.

• Last weekend saw the Beavers drop their second contest of the season, this time to Wayne State College by a score of 2-1 on Saturday. On Sunday the Beavers bounced back defeating Augustana 1-0.

• After 13 games, the BSU soccer team is off to its best start in school history posting a 11-2-0 (8-2-0 NSIC) record. Bemidji State is currently tied with Minnesota Duluth for first place in the NSIC.

• **Ashlee Ellefsen** (Sr., For., Hugo, Minn.) keeps breaking records at BSU, and with her goal against Wayne State on Oct. 16, Ellefsen became the first player at Bemidji State to eclipse the century mark for points in a career. Still climbing in the record books, she owns the career-points record at BSU with 100, the career-goals record at BSU with 39 and the career-assists list with 22. She also owns the career-record for most game-winning goals (14).

• Along with Ellefsen, **Jamie Ford** (R-Sr., For., Edina, Minn.) is also making a name for herself in the record books. Ford is the sole owner of the second spot on the career-points record at BSU with 76, second only to Ellefsen. Ford is now tied for first for career-assists with 22, and in fourth for caeer-goals with 27.

• Assisting on Ellefsen's goal at St. Cloud State, Ford now owns the single-season record at BSU for most assists. She now has ten assists on the season.

Bemidji State Roster

No.	Name	Pos.	Yr.	Notes
0	Abby Kjonaas	GK	Jr.	Recorded 8 saves in a shutout against MSUM
1	Samantha Ross	GK	Sr.	Recorded back-to-back shutouts over the Oct. 2-3 weekend
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.	Scored OT game-winner against U-Mary
4	Ashlee Ellefsen (C)	F	Sr.	Tallied 100th career point with goal at Wayne State
5	Sara Dalton	D	Sr.	Has appeared in all 13 games so far this season
6	Kathryn Bjorge	D	Jr.	Has three assists on the season; last one came at CU
7	Jenny Stromberg	F	Sr.	Had a hand in both game winners against NSU and U-Mary
8	Stephanie Challes	F	Fr.	Will sit-out as a redshirt this season
9	Brianna Duff	D	Jr.	Assisted on OT game-winner against U-Mary
10	Bethany Fluto	F	Jr.	Scored second-collegiate goal at SCSU
11	Jessie Voeller	F/M	So.	Leads all freshman with 6 points (2G, 2A)
12	Alysha Domiano (C)	D	Sr.	Scored game-tying goal against U-Mary
13	Mallory Lowe	D	So.	Recorded first-collegiate point at UMC with an assist
16	Kelly Pointon	D	Jr.	Has started all 13 games so far this season on defense
17	Tiffany VanHaafte	M	So.	Assisted on Domiano's game-tying goal against U-Mary
18	Kara Smyth	M	Sr.	Has 1 goal and 4 assists on season
19	Rachel Gustafson	F/M	Jr.	Has two shots on goal so far this season
20	Analey Skog	F	R-So.	Scored a goal against UMC
21	Bri Scanlan	M/F	Jr.	Scored game-winner at Agustana
22	Kari McAllen	D/M	Jr.	Seen action in all 13 games
23	Liz Erickson	F	Fr.	Had one shot on goal against UMC
24	Danni Steele	M/D	Fr.	Picked up first collegiate-point at UMC with an assist
25	Kirsten Erickson	F	Jr.	Seen action in all games so far this season, started at UMC
26	Samantha Lumberg	D/M	Fr.	Recorded first-collegiate point with an assist against UMC
27	Maria Mcleod	M	Fr.	Will sit out as a redshirt this season
28	Bronwyn Boyd	M	Fr.	Had two shots at UMC

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	11-2-0
Totals		84-70-16 (.541)

vs NSIC: 45-39-7 (.532)

at BSU Soccer Field: 39-24-7 (.607)

- There have been 15 different players to record points for the Beavers, including three freshmen. 11 different players have scored goals.
- So far this season forward **Jenny Stromberg** (Sr., Elk River, Minn.) has already surpassed her career-goals total from the three previous seasons. Stromberg entered her senior year with four goals and has scored five this year, including two game-winners.
- Scoring her second goal of her career, **Bethany Fluto** (Jr., For., Bemidji, Minn.) knocked in the game-winner at Concordia-St. Paul. Both of her career goals have been game winners and have come this season.
- **Alysha Domiano** (Sr., Def., Dayton, Minn.) ended a two-year scoring drought on Sept. 18 when she scored the game-winning goal of the game against MSU Moorhead. She also picked up an assist on Sept. 19 against Minnesota, Crookston.
- **Samantha Lumberg** (Fr., D/M, Woodbury, Minn.) picked up her first collegiate point on Sept. 18 when she assisted on the second goal of the game against MSU Moorhead.
- The Sept. 7 game against Minnesota, Crookston saw **Mallory Lowe** (So., Def., Lino Lakes, Minn.) and **Danni Steele** (Fr., M/D, Mankato, Minn.) pick up their first-collegiate points each recording an assist.
- In the Sept. 7 game, red-shirt sophomore **Analey Skog** (For., St. Francis, Minn.) recorded one goal and one assist. Both were her firsts for the season.
- Freshman **Jessie Voeller** (For., White Bear Lake, Minn.) has had an amazing start for the Beavers, netting two goals and picking up two assists.
- Senior goalkeeper **Samantha Ross** (Stillwater, Minn.) was named NSIC Defensive Player of the Week for her efforts in net against the UMC on Sept. 7. En route to her fifth career shutout, Ross turned away six shots on goal en route to her second win on the season. With a 2-0-0 record to start the season, she also has a 0.67 goals against average and a .917 save percentage since the season has begun.
- Ellefsen was recognized for her production on the field against North Dakota University and Viterbo University over the Sept. 3-5 weekend. She netted two goals for the Beavers over the weekend, both proving to be game winners. In Grand Forks, N.D., Ellefsen scored the second goal of the game at the 56th minute mark. Following up against Viterbo, she scored the third goal of the game for the Beavers in the 72nd minute helping clinch the win. On the weekend she had 6 shots on goal, three in each game.

Scouting Minnesota Duluth (8-4-2; 8-2-0 NSIC)

- Abby Boreen scored her second goal of the season to help the Bulldogs defeat Wayne State College 3-1 Sunday afternoon. Boreen also contributed a game-high total of four shots.
- With the win, UMD remains tied at the top of the NSIC leader board with Bemidji State University.
- Hannah Bengtson allowed only one goal in Sunday's match against Wayne State College, holding the Bulldogs at the No.1 seed on the NSIC leader board tied with Bemidji State University. Bengtson is credited with six shutout games this season, ranking her second among NSIC competitors.

Scouting Minot State (7-4-3)

- The Minot State Beavers split last weekend defeating the University of Sioux Falls 1-0 on Wednesday before dropping Sunday's contest against St. Cloud State 2-1.
- Lexi Kidd scored the lone goal for the Beavers against St. Cloud State, while Marianna Danna knocked in the game-winner against the University of Sioux Falls.
- Over half of the offensive production for Minot State has come from Ashley Goheen (3G, 4A), Tatyanny Griffiths (4G, 1A), Tara McPartland (4G, 1A) and Lexy Kidd (3G, 2A).
- Holly Chrisope and Marie Torres have been sharing time in net for the Beavers with Chrisope taking the majority of the minutes. The duo have combined for 55 saves with a 0.800 goals against average.

2010 NSIC Players of the Week

Aug. 30-Sept. 5

Offensive: **Ashlee Ellefsen (BSU)**

Defensive: Anna Belpedio (WSU)

Sept.6-Sept. 12

Offensive: Megan Dias (WSC)

Defensive: **Samantha Ross (BSU)**

Sept.13-Sept. 19

Offensive: Katie Shandri (AU)

Defensive: Chelsey Eley (MSU)

Sept.20-Sept. 26

Offensive: Stacy Dally (AU)

Defensive: Molly Bender (SCSU)

Sept.27-Oct. 4

Offensive: Brittany Henry (MSU)

Defensive: Anna Belpedio WSU)

Oct. 5 - Oct. 11

Offensive: Jennifer Deroo (WSU)

Defensive: Anna Ogaard (UMC)

Oct. 12 - Oct. 18

Offensive: Laura Leber (MSU)

Defensive: Ashley Akers (U-Mary)

Currently-Active Award Winners

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)

DAKTRONICS

ALL-AMERICA

2008

Ashlee Ellefsen (Honorable Mention)

NSIC OFFENSIVE PLAYERS OF THE WEEK

2010

Ashlee Ellefsen (Sept. 5)

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

2010

Samantha Ross (GK, Sept. 12)

2009

Tiffany VanHaaften (Sept. 28)

Samantha Ross (Oct. 26)

2008

Samantha Ross (GK, Sept. 3)

Goals

1.	Ashlee Ellefsen	39..2007-SA
2.	Katie Meinhardt	31...2003-06
3.	Becky Elk	30...1999-01
4.	Jamie Ford	27..2006-SA
5.	Kelly Hyvare	23...2005-08
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

T-1.	Ashlee Ellefsen	22..2007-SA
	Jamie Ford	22..2006-SA
3.	Lindsey Natwick	22...2002-05
4.	Kelly Hyvare	19...2005-08
5.	Christina Hicks	14...2003-07
6.	Kara Smyth	13..2007-SA
7.	Ashley Lehmeier	12...2003-06
T-8.	Becky Elk	11...1999-01
	Lauren Miller	11...1999-01
	Megan Wallner	11...2004-07
13.	Lauren Olivares	10...2005-08
T-14.	Amy Vleck	9.....1999-02
	Whitney Sengthao	9.....2003-04
	Danielle Uphoff	9.....2006-08

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	100 . 2007-SA
2.	Jamie Ford	76 ... 2006-SA
3.	Becky Elk	711999-01
4.	Katie Meinhardt	692003-06
5.	Kelly Hyvare	652005-08
6.	Lindsey Natwick	642002-05
7.	Lauren Miller	351999-01
8.	Megan Wallner	332005-07
9.	Lauren Olivares	322005-08
T-10.	Ashley Lehmeier	30.....2003-06
	Christina Hicks	302003-07

Game-winning goals

1.	Ashlee Ellefsen	14..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

1.	Jamie Ford	3	2006-SA
2.	Kelly Hyvare	2	2005-08
T-3.	Kristy Hodapp	1	1998-00
	Mary Stoltz	1	2003-06
	Christina Hicks	1	2003-07
	Ashlee Ellefsen	1	2007-SA
	Jenny Stromberg	1	2007-SA

Goals Against Average (Career)

(Minimum 2,500 minutes required)

1.	Samantha Ross	0.984	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	313	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.	Abby Kjonaas	71	2008-SA

**= 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	.862	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.	Samantha Ross	4574:11	2007-SA
3.	Niki Dalka	4351:42	2000-02
4.	Jessica Meath	1762:68	2005-07
5.	Kim Strom	1283:10	1997-99
6.	Abby Kjonaas	1135:08	2008-09
7.	Angela Jo Ziebol	1113:30	1998
8.	Joanne Nigbor	925:00	1996
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.	Samantha Ross	57	2007-SA
3.	Niki Dalka	48	2000-02
4.	Hannah Carter	37	1998-99
5.	Kim Strom	35	1997-99
6.	Jessica Meath	25	2005-07
T7.	Abby Kjonaas	21	2008-09
	Deidre Pantzke	21	1997-98
9.	Angela Jo Ziebol	16	1998
10.	Jessica Bina	12	1998-99

Wins (Career)

1.	Kari Torgerson	36	2003-06
2.	Samantha Ross	30	2007-SA
3.	Niki Dalka	12	2000-02
4.	Abby Kjonaas	8	2008-SA
5.	Jessica Meath	7	2005-07
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.	Samantha Ross	9	2007-SA
4.	Jessica Meath	7	2005-07
5.	Abby Kjonaas	3	2008-SA
6.	Kim Strom	2	1998-99

Time in net without a goal (Individual)

1.	Samantha Ross	523:07
	Oct. 24, 2008 - Sept. 19, 2009	
2.	Kari Torgerson	429:03
	Sept. 2, 2004 - Sept. 18, 2004	

LAST TIME IT HAPPENED

Shutout:
Oct. 17, 2010
at Augustana, 1-0

Shutout at Home:
Sept. 19, 2010
vs Minnesota, Crookston, 5-0

Shutout on Road:
Oct. 3, 2010
at St. Cloud State, 1-0

Game Ending in a Tie:
Nov. 4, 2009
vs. St. Cloud State, 1-1

Victory in Overtime:
Oct. 10, 201
vs. University of Mary, 2-1 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:
Jamie Ford
Sept. 19, 2010
(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

2010 Statistics

Overall Record: 10-1-0

NSIC: 7-1-0

Home: 6-1-0

Away: 4-0-0

Neutral: 0-0-0

No.	Name	GP-GS	G	A	Pts	Sh	Sh%	SOG	SOG%	GW	Pk-ATT
	Ellefsen, Ashlee	13-12	7	6	20	58	.121	27	.466	3	0-0
3	Ford, Jamie	13-12	4	10	18	26	.154	11	.423	1	2-2
7	Stromberg, Jenny	13-12	5	2	12	28	.179	16	.571	2	0-0
21	Scanlan, Bri	13-12	3	1	7	10	.300	6	.600	2	0-0
11	Voeller, Jessie	8-1	2	2	6	8	.250	4	.500	0	0-0
18	Smyth, Kara	13-12	1	4	6	18	.056	9	.500	0	0-0
20	Skog, Analey	7-1	2	1	5	11	.182	6	.545	0	0-0
10	Fluto, Bethany	11-0	2	1	5	10	.200	4	.400	2	0-0
12	Domiano, Alysha	13-12	2	1	5	6	.333	2	.333	1	0-0
9	Duff, Briana	13-12	1	2	4	7	.143	3	.429	0	0-0
17	VanHaafte, Tiffany	13-12	1	1	3	18	.056	7	.389	0	0-0
6	Bjorge, Kathryn	13-12	0	3	3	3	.000	2	.667	0	0-0
25	Erickson, Kirsten	13-1	1	0	2	7	.143	3	.429	0	0-0
16	Pointon, Kelly	13-13	0	1	1	5	.000	3	.600	0	0-0
26	Lumberg, Samantha	13-1	0	1	1	3	.000	0	.000	0	0-0
24	Steele, Danni	6-1	0	1	1	0	.000	0	.000	0	0-0
13	Lowe, Mallory	6-1	0	1	1	0	.000	0	.000	0	0-0
22	McAleen, Kari	13-1	0	0	0	8	.000	3	.375	0	0-0
19	Gustafson, Rachel	13-1	0	0	0	6	.000	3	.500	0	0-0
23	Erickson, Liz	8-0	0	0	0	4	.000	2	.500	0	0-0
28	Boyd, Bronwyn	5-0	0	0	0	2	.000	0	.000	0	0-0
5	Dalton, Sara	13-1	0	0	0	2	.000	2	1.000	0	0-0
	Total	13	31	38	100	240	.129	113	.471	11	2-2
	Opponents	13	12	7	31	175	.069	87	.497	2	0-0

Goalkeepers

No.	Name	GP-GS	-----Goal Average-----			----Saves-----		-----Record-----				Shots Faced
			Minutes	GA	AVG	Saves	PCT	W	L	T	SO	
0	Kjonaas, Abby	3-3	225:00	2	0.80	16	.889	2	0	0	1.0	37
1	Ross, Samantha	11-10	961:44	10	0.94	59	.855	9	2	0	5.0	138
	Total	13	1186:44	12	0.91	75	.862	11	2	0	6	175
	Opponents	13	1186:44	31	2.35	82	.726	2	11	0	0	234

TEAM STATISTICS	BSU	OPP	GOALS BY PERIOD	1st	2nd	OT	Total
SHOT STATISTICS			Bemidji State	9	20	2	31
Goals-Shot attempts	31-240	12-175	Opponents	2	9	1	12
Goals scored per game	2.38	0.92					
Shot pct.	.129	.069	SHOTS BY PERIOD	1st	2nd	OT	Total
Shots on goal-Attempts	113-240	87-175	Bemidji State	96	138	6	240
SOG pct.	.471	.497	Opponents	94	77	4	175
Shots/Game	18.5	13.5	SAVES BY PERIOD	1st	2nd	OT	Total
Assists	38	7	Bemidji State	48	26	1	75
CORNER KICKS	68	33	Opponents	41	39	2	82
PENALTY KICKS	2-2	0-0	CORNERS BY PERIOD	1st	2nd	OT	Total
OFFSIDES	36	8	Bemidji State	31	37	0	68
PENALTIES			Opponents	17	16	0	33
Fouls	103	80	FOULS BY PERIOD	1st	2nd	OT	Total
Yellow cards	1	8	Bemidji State	48	55	0	103
Red cards	1	0	Opponents	34	45	1	80
ATTENDANCE							
Total	3633	1111					
Dates/Avg Per Date	7/519	6/185					
Neutral Site #/Avg	0/0						