



# BEMIDJI STATE UNIVERSITY

## 2005 Soccer

### 2005 Outlook

Head women's soccer coach Jim Stone begins his fourth year at the helm for Bemidji State University. After posting four and five wins in his first two seasons, Stone's 2004 squad notched a school record 11 wins and claimed fourth place at the conference tournament. He believes expectations for the Beavers should be even higher this season.

"Our senior leadership this season will translate into positives on and off the field and allow us to stay on an even keel in regards to wins and losses and maintain steady improvement," said Stone. "Our main goal is to become, annually, one of the top teams in the conference."

Although BSU has yet to record a winning season in its nine-year history, last year's 11-12 record shows strong possibility of a breakout season for the Beaver soccer team. With the schedule becoming even more daunting this season after the implementation of twice as many conference matches as in the past, the Beavers return 17 players and have five newcomers to look to break the .500 mark.

Bemidji State was picked to finish in fourth this season behind last year's regular season and tournament champion Winona State, who was tabbed first. Perennial powers Northern State and Southwest Minnesota State were chosen to finish second and third respectively in the Northern Sun Intercollegiate Conference.

"To finish near the top we just need to keep taking steps forward and stay positive," commented Stone. "We are looking at every conference game one at a time and letting the chips fall where they might."

### Schedule

The Beavers will start the 2005 regular season with eight of its first nine games on the road. The lone home contest is against North Central Conference power North Dakota. After the long road trips to start the season Bemidji State will return home to have seven of their last 11 games at the BSU Soccer Field. This season also marks the first time in conference history that each team will play each other twice.

"I think the double-round play will bring a more clear picture of where teams sit because of having two chances to play each other. It gives more of a chance for the cream to rise to the top," said Stone.

### Goalkeepers

After finishing each of the last two seasons as a First-Team All-NSIC selection at goalkeeper, junior Kari Torgerson (New Hope, Minn.) will be looked upon for another superb season in net for the Beavers. Torgerson, over her career, has imprinted her name in the record books at BSU owning the single season and career goals against average (1.74), and the shutout records for a single season (7), career (11), and consecutive games (4).

Although Coach Stone expects big things out of Torgerson, freshman Jessica Meath (Bethel, Minn.) has shown potential for the future as well.

"We expect another big year from Kari and need one to be a power in this conference," said Stone, "but we also expect big things out of Jessica. The two of them will push each other and learn from each other."

### Defenders

The Beavers defense is led by its two senior captains, Erin Foss (Bismarck, N.D.) and Cristina Egnell (Brooklyn Center, Minn.). Foss is in her second year as captain and Egnell begins her third.

"The leadership is there to lead us to the next level," said Stone. "Realistically the timing is right for us to be a shut down team defensively, we just need to focus and make it happen."

The defensive experience is in commodity for the Beavers as four defenders played in and started all 23 games last season. Joining Foss and Egnell on the starting defensive corps were Tegan Moehn (Ramsey, Minn.) and Tracy Ringgenberg (Baldwin, N.D.) The 2004 season marked the third straight year that Foss and Egnell have appeared in every match.

The Beavers finished last season with a 1.74 goals against average including seven shutouts. Coach Stone will look to his defense to be the key to a record-breaking season.

"Focusing on defensive consistency can take this team to where it wants to go," said Stone, "and if we can get our goals against average down around 1.00 we'll be able to put up a big number of wins."

### Forwards/Midfielders

The offensive attack for BSU returns nine of its top 10 scorers including junior Katie Meinhardt (Maple Grove, Minn.) who led the conference in goals (6), and broke school records for goals in a season (17) and points in a season (38). Meinhardt also has her sights set on the career goal record of 30, as she has posted 21 in her career.

Also, to be looked upon for scoring will be senior Lindsey Natwick (Bismarck, N.D.) who posted 15 points (4g, 7a) last season and senior Ashley Lehmeier (Sartell, Minn.) who notched 18 points (6g, 6a). After piling up 17 assists in her first three seasons, Natwick will attempt to put her career assist record further out of reach this season. Megan Wallner is coming off a solid season as well with eight points (2g, 4a). Coach Stone also expects some of the younger players to contribute to the scoring output including newcomers Jennifer Clifford (Ham Lake, Minn.) and Lauren Olivares (El Paso, Texas). Considering the loss of the team's second-leading scorer Whitney Sengthao, who transferred during the offseason to pursue another academic avenue, there will be an opportunity for one or all of those freshman to find a place in the box score right away.

"If Katie can come even close to the big season she had last year and someone steps up in place of Whitney our scoring should be where it needs to be," said Stone. "Our freshman Jennifer, Lauren, and Kelly Hyvare all have the potential to put up numbers. Returning from last year Sara Susick and Christina Hicks are playmakers and Ashley's game looks to be in great shape for the up coming season."





# BEMIDJI STATE UNIVERSITY

## 2005 Soccer

### 2005 Alphabetical Roster

#	NAME	POS	YR	HT	HOMETOWN (Last School)
23	Jennifer Clifford	F	fR	5-5	Ham Lake, Minn. (Blaine HS)
9	Katie Eden	M	So	5-7	Rochester, Minn. (Laurdes HS/ Loyola University)
7	Cristina Egnell	D	SR	5-2	Brooklyn Center, Minn. (Park Center HS)
3	Karli Engelmeier	D	SR	5-7	Whitefish Bay, Wis.
6	Erin Foss	D	SR	5-7	Bismarck, N.D. (Bismarck HS)
21	Christina Hicks	M/F	SO	5-8	Minnetonka, Minn. (Hopkins HS)
2	Kelly Hyvare	M	FR	5-6	Coon Rapids, Minn. (*Coon Rapids HS)
15	Ashley Lehmeier	F	JR	5-1	Sartell, Minn. (Sartell HS)
0	Jessica Meath	M	FR	5-4	Bethel, Minn. (Coon Rapids HS)
4	Katie Meinhardt	F/M	JR	5-4	Maple Grove, Minn. (Osseo HS)
12	Tegan Moehn	D	JR	5-10	Ramsey, Minn. (Osseo HS)
10	Lindsey Natwick	M/F	SR	5-7	Bismarck, N.D. (Bismarck HS)
11	Lauren Olivares	F/M	FR	5-3	El Paso, Texas (Franklin HS)
13	Jessica Ploeger	M/D	SO	5-4	Ramsey, Minn. (Anoka HS)
19	Emily Prall	M/D	SO	5-3	White Bear Lake, Minn. (White Bear Lake HS)
5	Tracy Ringgenberg	D	JR	5-0	Baldwin, N.D. (Century HS)
17	Mary Stoltz	M	JR	5-2	St. Paul, Minn.
16	Sara Susick	F/M	SO	5-3	Blaine, Minn. (Spring Lake Park HS)
14	Erica Thompson	D/M	SO	5-6	Colorado Springs, Colo. (Doherty HS)
1	Kari Torgerson	GK	JR	5-6	New Hope, Minn. (Robbinsdale0Armstrong HS)
25	Megan Wallner	M	SO	5-7	Bemidji, Minn. (Bemidji HS)
8	Katherine Wheeler	D	FR	5-6	Bemidji, Minn. (Bemidji HS)
22	Kaitlin Wolff	M	SO	5-5	East Grand Forks, Minn. (East Grand Forks HS)

### 2005 Schedule

DATE	OPPONENT	TIME/RESULT
Aug. 25	Mayville State	3 p.m.
Aug. 26	Jamestown	3:30 p.m.
<b>Aug. 28</b>	<b>North Dakota</b>	<b>1 p.m.</b>
Sept. 1	vs. St. Scholastica <sup>^</sup>	12 p.m.
Sept. 2	vs. Northland College <sup>^</sup>	1 p.m.
Sept. 10	Concordia St. Paul*	1 p.m.
Sept. 11	Winona State*	1 p.m.
Sept. 17	Minnesota State-Moorhead*	1 p.m.
Sept. 18	Northern State*	1 p.m.
<b>Sept. 24</b>	<b>Southwest Minnesota State*</b>	<b>1 p.m.</b>
<b>Sept. 25</b>	<b>Wayne State (Neb.)*</b>	<b>1 p.m.</b>
<b>Oct. 1</b>	<b>Minnesota-Crookston*</b>	<b>12 p.m.</b>
Oct. 4	Mary	1 p.m.
Oct. 8	Wayne State (Neb.)*	10:30 a.m.
Oct. 9	Southwest Minnesota State*	1 p.m.
<b>Oct. 15</b>	<b>Northern State* (Parents' Weekend)</b>	<b>1 p.m.</b>
<b>Oct. 16</b>	<b>Minnesota State-Moorhead*</b>	<b>1 p.m.</b>
<b>Oct. 22</b>	<b>Winona State*</b>	<b>12 p.m.</b>
<b>Oct. 23</b>	<b>Concordia-St. Paul*</b>	<b>1 p.m.</b>
Oct. 29	Minnesota-Crookston*	1 p.m.
Nov. 1	NSIC First Round Playoffs	TBA
Nov. 6	NSIC Semifinal and Final Rounds#	TBA

<sup>^</sup> Played at Duluth, Minn.

# Played at St. Paul, Minn.

\*Indicates Northern Sun Intercollegiate Conference contests

Home matches in **Bold** and played at BSU Soccer Field



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**Overall Record: 11-12-0**

**NSIC: 3-4-0**

**Home: 5-5-0**

**Away: 3-5-0**

**Neutral: 3-2-0**

### 2004 STATISTICS

PLAYER	GP-GS	G	A	P	Sh	Shot %	SOG	SOG %	GW	PK-ATT
#4 Katie Meinhardt	23-23	17	4	38	70	.243	40	.571	2	1-1
#11 Whitney Sengthao	22-22	7	5	19	23	.304	15	.652	0	0-0
#15 Ashley Lehmeier	21-3	6	6	18	23	.261	16	.696	2	0-0
#10 Lindsey Natwick	23-23	4	7	15	30	.133	21	.700	2	0-0
#21 Christina Hicks	23-23	3	3	9	25	.120	17	.680	1	0-0
#25 Megan Wallner	21-20	2	4	8	27	.074	13	.481	0	0-0
#17 Mary Stoltz	22-0	2	4	8	11	.182	9	.818	0	0-0
#22 Kaitlin Wolff	12-0	3	2	8	6	.500	4	.667	0	0-0
#2 Maria Balsimo	19-0	2	2	6	7	.286	5	.714	0	0-0
#12 Tegan Moehn	23-23	2	1	5	28	.071	13	.464	2	0-0
#5 Tracy Ringgenberg	23-23	1	3	5	8	.125	3	.375	1	0-0
#8 Nikki Cleveland	22-0	2	1	5	2	1.000	2	1.000	0	0-0
#16 Sara Susick	18-14	1	1	3	17	.059	4	.235	1	0-0
#24 Emily Prall	19-3	0	2	2	5	.000	3	.600	0	0-0
#7 Cristina Egnell	23-23	0	2	2	12	.000	4	.333	0	0-0
#9 Timarie Sura	10-0	1	0	2	2	.500	1	.500	0	0-0
#14 Erica Thompson	14-0	0	1	1	1	.000	0	.000	0	0-0
#1 Kari Torgerson	23-23	0	1	1	0	.000	0	.000	0	0-0
#13 Jessica Ploeger	15-6	0	0	0	6	.000	2	.333	0	0-0
#6 Erin Foss	23-23	0	0	0	4	.000	2	.500	0	0-0
#3 Karli Englemeier	4-0	0	0	0	1	.000	0	.000	0	0-0
#23 Jenny Schumacher	8-0	0	0	0	1	.000	0	.000	0	0-0
Total	23	53	49	155	309	.172	174	.563	11	0-0
Opponents	23	38	36	112	329	.116	178	.541	10	0-0

PLAYER	GP-GS	Minutes	GA	Avg	Saves	Saves %	W	L	T	Sho
#1 Kari Torgerson	23-23	2069:27	40	1.74	169	.809	11	12	0	7
Total	23	2069:27	40	1.74	169	.809	11	12	0	7
Opponents	23									

### 2004 RESULTS

Date	Opponent	Site	Result	Record
Aug. 27	vs. Montana State-Billings	St. Cloud, Minn.	L, 1-2	0-1-0
Aug. 28	@ St. Cloud state	St. Cloud, Minn.	L, 0-3	0-2-0
Sept. 2	@ Minnesota-Duluth	Duluth, Minn.	W, 5-4	1-2-0
Sept. 3	vs. Finlandia	Duluth, Minn.	W, 16-0	2-2-0
Sept. 8	Mayville State	Bemidji, Minn.	W, 4-0	3-2-0
Sept. 11	vs. Martin Luther	Morris, Minn.	W, 4-0	4-2-0
Sept. 12	vs. Augustana	Morris, Minn.	W, 1-0	5-2-0
Sept. 18	Jamestown	Bemidji, Minn.	L, 1-2	5-3-0
Sept. 19	Minnesota-Morris	Bemidji, Minn.	W, 2-0	6-3-0
Sept. 25	Upper Iowa	Bemidji, Minn.	W, 2-1	7-3-0
Sept. 29	Mary	Bemidji, Minn.	L, 2-3	7-4-0
Oct. 3	St. Scholastica	Bemidji, Minn.	L, 0-2	7-5-0
Oct. 9	@ Concordia-St. Paul*	St. Paul, Minn.	L, 0-2	7-6-0
Oct. 10	@ Winona State*	Winona, Minn.	L, 0-2	7-7-0
Oct. 16	Southwest Minnesota State*	Bemidji, Minn.	L, 3-4	7-8-0
Oct. 17	Wayne State (Neb.)*	Bemidji, Minn.	W, 2-1	8-8-0
Oct. 22	@ Northern State*	Aberdeen, S.D.	L, 0-5	8-9-0
Oct. 25	Minnesota State-Moorhead*	Bemidji, Minn.	W, 3-2	9-9-0
Oct. 27	@ North Dakota	Grand Forks, N.D.	L, 0-3	9-10-0
Oct. 30	@ Minnesota-Crookston*	Crookston, Minn.	W, 4-0	10-10-0
Nov. 2	NSIC First Round @ Concordia-St. Paul	St. Paul, Minn.	W, 3-0	11-10-0
Nov. 6	NSIC Semifinals vs. Winona State	Minneapolis, Minn.	L, 0-2	11-11-0
Nov. 7	NSIC Third Place Game vs. Northern State	Minneapolis, Minn.	L, 0-2	11-12-0

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