



BEMIDJI STATE

2004 Soccer

Jon Oman - Graduate Assistant Sports Information Director
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2004 Outlook

When Jim Stone took over as the Bemidji State head women's soccer coach three seasons ago, he knew he was inheriting a program in the midst of rebuilding. Following a 4-12 campaign in his first season and a 5-13-1 mark last year, Stone believes expectations for the Beavers should be even higher this season.

"After putting up five-wins last year and four in the previous two seasons, I think we should be in position to set another school record for wins this year," said Stone. "If we can keep winning a few more games each year we can set the bar a little bit higher for our program."

BSU has yet to record a winning season in its eight-year history, posting its best record last year at 5-13-1. Despite a demanding schedule, the 2004 squad's 13 returners and 10 newcomers give the Beavers their best chance at a winning season in the program's history.

"I think things are in place for us to have our first breakout season here," said Stone. "If we can stay injury-free I think we have a good shot at making the conference tournament and at that point we can go from there," commented Stone."

For the first time since the inception of the Northern Sun Intercollegiate Conference, the Beavers will not have to go head-to-head with Minnesota-Duluth for a chance at the NSIC championship. The Bulldogs' departure to the North Central Conference opens the door for several other teams to challenge the other perennial power, Winona State for the top spot in the conference.

"Unless another team can step up we will go from two powers to having one," reflected Stone. "Hopefully we can close the gap and finish closer to the top now that the conference is more even."

Schedule

The Beavers will have the most home contests in their history this season, as they will play at the BSU Soccer Field five times in September and another four times in October for a record nine home matches. BSU will, however, encounter a difficult road schedule, beginning with its first three matches against Montana State-Billings (Aug. 27), St. Cloud State (Aug. 28) and Minnesota-Duluth (Sept. 2). In addition, the Beavers will play Augustana (Sept. 12), Concordia-St. Paul (Oct. 9), Winona State (Oct. 10), Northern State (Oct. 22) and North Dakota (Oct. 27) on the road as well.

"I think I have put together a very challenging schedule with the idea that we want to be tested and ready to go by the NSIC tournament," commented Stone. "In the long run if we can do some positive things in the first several games it will make us a better team by the end of the season."

Goalkeepers

After putting together a record-breaking year in 2003, sophomore goalkeeper Kari Torgerson (New Hope, Minn.) will be called upon to follow up with another strong season in 2004. Torgerson was named NSIC Preseason Defensive Player of the Year by the league's eight coaches. A member of the 2003 All-Conference First Team, Torgerson set several single season records for the Beavers, including goals against average (1.74), goals allowed (31), minutes (1605:12), and save percentage (.850).

"Kari had a great freshman season and she will need to play at an even higher level this year," said Stone. "If she can play at a top level again it will give us a great chance to contend at the end of the season."

Defenders

Led by last season's team MVP, junior Erin Foss (Bismarck, N.D.) and 2003 NSIC First-Team All-Conference selection junior Cristina Egnell (Brooklyn Center, Minn.), Bemidji State's defensive corp. has a wealth of experience to draw upon in 2004. Foss and Egnell have both appeared in every match in the past two seasons.

"Despite not having any seniors we should be really strong defensively," remarked Stone. "We will still be young overall, but experienced at the same time, which should give us a lot of potential to work with."

Several other defenders will be asked to contribute quickly, including sophomores Tegan Moehn (Ramsey, Minn.) and Tracy Ringgenberg (Baldwin, N.D.). Moehn appeared in 19 contests as a freshman, while Ringgenberg tallied three goals in 18 games as a rookie. Newcomers Lacy Wiger (Moorhead, Minn.) and Erica Thompson (Colorado Springs, Colo.) will each seek playing time after turning in solid prep careers.

Forwards/Midfielders

The Bemidji State offensive attack returns two of its top scorers from a year ago in junior Lindsey Natwick (Bismarck, N.D.) and sophomore Katie Meinhardt (Maple Grove, Minn.), which should pave the way for consistent scoring again this year. Natwick and Meinhardt each were named to the All-Conference team in 2003, as Natwick tallied 12 points (4g, 4a) to lead the team in scoring, while Meinhardt finished second on the squad in scoring with nine points (4g, 1a).

Although Coach Stone expects a great deal from Natwick and Meinhardt he knows others must provide some offensive firepower as well.

"We need a lot of production out of Lindsey and Katie, but we also need someone on our roster to step up and have a big year," commented Stone. "We need someone, specifically from our a group of forwards to step up and score 10-15 goals this year."

Stone cites sophomore Whitney Sengthao (Duluth, Minn.) and freshmen Christina Hicks (Minnetonka, Minn.) and Sara Susick (Blaine, Minn.) as potential players that can generate the scoring BSU needs to make this a successful season.

"I think Whitney will have a big year for us after a great freshman season and Christina will be expected to contribute after red shirting last year," said Stone. "We also will need some point production out of Sara, as she has shown signs in preseason of putting up some big numbers."



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BSU QUICK FACTS

School/Enrollment: Bemidji State University (4,800)
 Location/Founded: Bemidji, Minnesota 56601 (1919)
 Population: 30,000 (reflects city and surrounding area)
 Conference: Northern Sun Intercollegiate
 Members: Bemidji State; Northern State; Southwest Minnesota State;
 UM-Crookston; Winona State; Wayne State (Neb);
 MSU-Moorhead; Concordia-St. Paul
 Affiliation: NCAA Division II (NCAA I-Hockey)
 Nickname: Beavers
 School Colors: Green (PMS 330) and White
 Home Court: BSU Gymnasium (2,500)
 Press Row Phone: 218/755-4603
 President: Dr. Jon Quistgaard (Arizona '79)
 Athletic Director: Dr. Rick Goeb (North Dakota St. '89)
 Athletic Trainer: Bill Crews
 Athletic Trainer Phone: 218/755-2769
 Compliance Coordinator: Mike Power
 Ticket Manager: Pam Papp
 Tickets Phone: 218/755-3993
 Equipment Managers: Vance Balstad & Gloria Banner
 Equipment Phone: 218/755-3292
 Athletic Secretary: Deb Slough
 Athletic Phone: 218/255-2941
 Athletic Fax: 218/755-3898

SPORTS INFORMATION

Director: Andy Bartlett (Kansas State '95)
 SID Phone: 218/755-4603
 SID Fax: 218/755-3898
 SID Home: 218/751-1166
 SID Email: jbartlett@bemidjistate.edu
 Assistant SID: TBA
 Assistant Phone: 218/755-2763
 Assistant Home: 218/766-0159
 Assistant Email: TBA
 Graduate Assistant: Jon Oman (Concordia-Moorhead '02)
 Graduate Assistant Email: joman@bemidjistate.edu
 Volleyball/Basketball Press Row: 218/755-4603
 Football Press Box: 218/755-3705
 Hockey Press Row: 218/755-3700
 Email: bsusports@bemidjistate.edu
 Web site: <http://info.bemidjistate.edu/sports>
 Mailing Address: BSU Sports Information
 1500 Birchmont Drive, NE, Box 29
 Bemidji, Minnesota 56601

PROGRAM HISTORY

First year of soccer: 1996
 Overall Record: 22-105-4
 Win Percentage/Years: 183 (8 years)
 NSIC Record: 7-53-2
 Win Percentage/Year: 129 (8 years)

COACHING STAFF

Head Coach: Jim Stone (Concordia-Moorhead '98)
 Volleyball Office Phone: 218/755-3784
 Record at School: 9-25-1 (entering 3rd season)
 Career Record: same
 Graduate Assistant: Bob Casper (Wisconsin-Platteville '03)

TEAM INFORMATION

2003 Record: 5-13-1 (2-6-0 NSIC, T8th)
 Letterwinners Returning/Lost: 13/4

RETURNING STATISTICAL LEADERS

Key: G=Goals, A=Assists, Pts=Points, GW=Game-winners, GA=Goals allowed

Lindsey Natwick, Jr., M/F, Bismarck, N.D.

Matches	G	A	Pts	Shots	GW
19	4	4	12	38	0

Katie Meinhardt, Jr., F/M, Maple Grove, Minn.

Matches	G	A	Pts	Shots	GW
19	4	1	9	36	1

Whitney Sengthao, So., F/M, Duluth, Minn.

Matches	G	A	Pts	Shots	GW
19	1	4	6	28	1

Tracy Ringgenberg, So., D, Baldwin, N.D.

Matches	G	A	Pts	Shots	GW
18	3	0	6	20	1

Kari Torgerson, So., GK, New Hope, Minn.

Matches	GA	Avg.	Saves	Save %	Record
19	31	1.74	175	.850	5-12-1

LOCAL MEDIA INFORMATION

Radio Flagship: KKBJ 1360 Talk Radio
 Contact: Brian Schultz (Voice of the Beavers)
 Address: 2115 Washington Avenue /Bemidji, MN 56601
 Phone/Fax 218-751-7777 / 218-759-0658

Radio: KBUN Radio 1450 AM
 Contact: Moose Richards, Sports Director
 Address: 502 Beltrami Avenue/Bemidji, MN 56601
 Phone: 218-444-1500
 Fax: / 218-751-8091

Television: KAWE/KAWB Lakeland News
 Contact: Dennis Weimann, P.J. Ziegler
 Address: Bemidji State University, Box 9/Bemidji, MN 56601
 Phone: 218-751-0085 / 800-292-0922
 Fax: 218-759-0460 or 800-861-7544

Newspaper: The Pioneer
 Sports Editor: Jim Carrington, John McRae
 Sports Writer: Anthony Gray
 Address: 1320 Washington Avenue, SE, /Bemidji, MN 56601
 Phone/Fax: 218-751-3740 / 218-751-6914

Newspaper: Northern Student
 Address: Bemidji State University/Bemidji, MN 56601
 Phone/Fax: 218-755-2987 / 3757 or 2913

REGIONAL MEDIA INFORMATION

Television: KVLV-TV (Channel 11, Fargo)
 Contact: Dan Hammer
 Phone/Fax: 701/237-5211 or 800/450-5844; 701/237-5396

Newspaper: Duluth News-Tribune
 Contact: Dave Nevanen
 Phone/Fax: 800/456-8181; 218/723-5314

Newspaper: Fargo Forum
 Contact: Brian Peterson
 Phone/Fax: 701/235-7311; 701/241-5487

Newspapers: Grand Forks Herald
 Contact: Kevin Fee
 Phone/Fax: 710/780-1100; 701/795-4603



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2004 Alphabetical Roster

#	NAME	POS	YR	HT	HOMETOWN
2	Maria Balsimo	M/F	JR	5-0	Little Canada, Minn.
8	Nikki Cleveland	D/M	JR	5-1	Elk River, Minn.
7	Cristina Egnell	D	JR	5-2	Brooklyn Center, Minn.
3	Karli Engelmeier	D	JR	5-7	Whitefish Bay, Wis.
6	Erin Foss	D	JR	5-7	Bismarck, N.D.
21	Christina Hicks	M/F	FR	5-8	Minnetonka, Minn.
15	Ashley Lehmeier	F	SO	5-1	Sartell, Minn.
4	Katie Meinhardt	F/M	SO	5-4	Maple Grove, Minn.
12	Tegan Moehn	D	SO	5-10	Ramsey, Minn.
10	Lindsey Natwick	M/F	JR	5-7	Bismarck, N.D.
13	Jessica Ploeger	M/D	FR	5-4	Ramsey, Minn.
19	Emily Prall	M/D	FR	5-3	White Bear Lake, Minn.
5	Tracy Ringgenberg	D	SO	5-0	Baldwin, N.D.
11	Whitney Sengthao	F/M	SO	5-4	Duluth, Minn.
23	Jenny Schumacher	D	FR	5-1	Bemidji, Minn.
17	Mary Stoltz	M	SO	5-2	St. Paul, Minn.
16	Sara Susick	F/M	FR	5-3	Blaine, Minn.
9	Timarie Sura	D/M	FR	5-7	Grand Rapids, Minn.
14	Erica Thompson	D/M	FR	5-6	Colorado Springs, Colo.
1	Kari Torgerson	GK	SO	5-6	New Hope, Minn.
25	Megan Wallner	M	FR	5-7	Bemidji, Minn.
24	Lacy Wiger	D	FR	5-7	Moorhead, Minn.
22	Kaitlin Wolff	M	FR	5-5	East Grand Forks, Minn.

2004 Schedule

DATE	OPPONENT	TIME/RESULT
Aug. 27	vs. Montana State-Billings#	1 p.m.
Aug. 28	@St. Cloud State	1 p.m.
Sept. 2	@Minnesota-Duluth	4 p.m.
Sept. 3	vs. Finlandia>	12 p.m.
Sept. 8	Mayville State	5 p.m.
Sept. 11	vs. Martin Luther^	3 p.m.
Sept. 12	vs. Augustana^	3 p.m.
Sept. 18	Jamestown	1 p.m.
Sept. 19	Minnesota-Morris	2 p.m.
Sept. 25	Upper Iowa	1 p.m.
Sept. 29	Mary	3 p.m.
Oct. 3	St. Scholastica	2 p.m.
Oct. 9	@ Concordia-St. Paul*	1 p.m.
Oct. 10	@ Winona State*	1 p.m.
Oct. 16	Southwest Minnesota State*	1 p.m.
Oct. 17	Wayne State (Neb.)*	1 p.m.
Oct. 22	@ Northern State*	1 p.m.
Oct. 24	Minnesota State-Moorhead*	3:30 p.m.
Oct. 27	@ North Dakota	4 p.m.
Oct. 30	@Minnesota-Crookston*	1 p.m.
Nov. 2	NSIC First Round Playoffs	TBA
Nov. 6	NSIC Semifinals	TBA
Nov. 7	NSIC Third Place and Championship!	

Played at St. Cloud, Minn.

> Played at Duluth, Minn.

^ Played at Morris, Minn.

*Indicates Northern Sun Intercollegiate Conference contests

1 Played at Minneapolis, Minn.

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



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Overall Record: 5-13-1 NSIC: 2-6-0 Home: 3-3-0 Away: 2-8-1 Neutral: 0-2-0

2003 STATISTICS

PLAYER	GP-GS	G	A	P	Sh	Shot %	SOG	SOG %	GW	PK-ATT
#10 Lindsey Natwick	19-19	4	4	12	38	.105	22	.579	0	0-0
#4 Katie Meinhardt	19-19	4	1	9	36	.111	18	.500	1	1-1
#11 Whitney Sengthao	19-18	1	4	6	28	.036	10	.357	1	0-0
#5 Tracy Ringgenberg	18-15	3	0	6	20	.150	8	.400	1	0-0
#6 Erin Foss	19-19	2	1	5	11	.182	8	.727	0	0-0
#9 Diane Kalin	18-17	0	5	5	12	.000	4	.333	0	0-0
#15 Ashley Lehmeier	19-19	1	1	3	26	.038	17	.654	1	0-0
#12 Tegan Moehn	19-19	0	3	3	17	.000	12	.706	0	0-0
#17 Mary Stoltz	19-4	1	1	3	7	.143	3	.429	1	0-0
#2 Maria Balsimo	19-2	1	0	2	4	.250	3	.750	0	0-0
#14 Megan Reberg	6-3	0	1	1	6	.000	0	.000	0	0-0
#7 Cristina Egnell	19-19	0	0	0	6	.000	1	.167	0	0-0
#8 Nikki Cleveland	19-15	0	0	0	5	.000	1	.200	0	0-0
#16 Stephanie Johnson	10-2	0	0	0	0	.000	0	.000	0	0-0
#3 Karli Engelmeier	8-0	0	0	0	0	.000	0	.000	0	0-0
#1 Kari Torgerson	19-19	0	0	0	0	.000	0	.000	0	0-0
Total	19	17	21	55	216	.079	107	.495	5	1-1
Opponents	19	36	29	101	332	.108	196	.590	10	2-2

PLAYER	GP-GS	Minutes	GA	Avg	Saves	Saves %	W	L	T	Sho
#1 Kari Torgerson	19-11	1605:12	31	1.74	175	.850	5	12	1	3
#00 Jacque Wagner	4-0	137:35	5	3.27	13	.722	0	0	0	0
Total	19	1742:47	36	1.86	188	.839	5	12	1	4
Opponents	19	1792:17	18	0.90	119	.869	12	5	1	8

2003 RESULTS

Date	Opponent	Site	Result	Record
Aug. 29	Bethel	St. Paul, Minn.	W, 1-0	1-0
Aug. 30	Wisconsin-Stout	Duluth, Minn.	L, 0-1	1-1
Aug. 31	St. Scholastica	Duluth, Minn.	T, 0-0	1-1-1
Sept. 6	Augustana	Morris, Minn.	L, 2-4	1-2-1
Sept. 7	Minnesota-Morris	Morris, Minn.	L, 1-2	1-3-1
Sept. 13	Saginaw Valley State	Marquette, Mich.	L, 0-2	1-4-1
Sept. 14	Northern Michigan	Marquette, Mich.	L, 1-5	1-5-1
Sept. 19	North Dakota	Bemidji, Minn.	L, 0-1	1-6-1
Sept. 20	Minnesota-Duluth*	Duluth, Minn.	L, 0-5	1-7-1/0-1-0
Sept. 28	Concordia-St. Paul*	St. Paul, Minn.	L, 1-2	1-8-1/0-2-0
Oct. 4	Northern State*	Bemidji, Minn.	W, 1-0 OT	2-8-1/1-2-0
Oct. 5	Winona State*	Bemidji, Minn.	L, 1-3	2-9-1/1-3-0
Oct. 11	Hamline	Bemidji, Minn.	W, 3-0	3-9-1/1-3-0
Oct. 12	Minnesota State-Moorhead*	Bemidji, Minn.	L, 0-2	3-10-1/1-4-0
Oct. 18	Jamestown	Jamestown, N.D.	W, 3-1	4-10-1/1-4-0
Oct. 19	Mary	Bismarck, N.D.	L, 0-2	4-11-1/1-4-0
Oct. 22	Minnesota-Crookston*	Bemidji, Minn.	W, 2-1	5-11-1/2-4-0
Oct. 31	Southwest Minnesota State*	Marshall, Minn.	L, 1-4	5-12-1/2-5-0
Nov. 1	Wayne State*	Wayne, Neb.	L, 0-1	5-13-1/2-6-0

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