



Bemidji State Soccer

2009 Schedule

August

27	at Wisconsin-Parkside	Canceled
28	at Cardinal Stritch	W 7-0

September

4	at Northwestern (IA) College	W 7-0
5	at Dordt College	L 1-0
8	at Minnesota, Crookston	W 5-1
11	Jamestown College	W 5-0
19	#5 Minnesota State *	L 0-1
20	SW Minnesota St. *	W 4-0
25	at Minnesota, Crookston *	W 1-0
27	at MSU Moorhead *	W 5-3

October

2	at Upper Iowa *	L 2-1
4	at Winona State *	W 2-1
10	St. Cloud State * #	L 2-1
11	Concordia-St. Paul *	W 2-0
17	at U-Mary *	11:00 a.m.
18	at Northern State *	1:00 p.m.
23	Minnesota Duluth *	3:00 p.m.
25	at Wisconsin-Superior	3:00 p.m.
30	Augustana College *	3:00 p.m.

November

1	Wayne State College * %	1:00 p.m.
4	NSIC Quarterfinals♦	TBA
7	NSIC Semifinals	TBA
8	NSIC Championship	TBA

All times Central

Home games in bold

* = Conference Matches

^ = Scrimmages/Community Night

= Parent's Weekend

% = Senior Day

♦ = Higher seed hosts

Beavers head to Dakotas for weekend matches

Soccer Notebook

• With the end of the 2009 regular season nearing, the Bemidji State University soccer team is set to travel on it's last road weekend. On Saturday the Beavers will be in Bismarck, N.D. to take on the University of Mary. The following day, the Beavers will head south to face off against Northern State in Aberdeen, S.D.

• A surprising early October snow greeted the Beavers as they hosted St. Cloud State and Concordia University over the weekend. Playing through frigid wind chills and light flurries, the Beavers dropped a close 2-1 decision to the Huskies on Saturday. On Sunday BSU bounced back shutting out Concordia 2-0.

• **Ashlee Ellefsen** (Jr., Hugo, Minn.) needs only one goal or two assists to break the all-time school record in points scored in a career. She currently has 70 and the record is at 71. If she gets another assist she will also set another school record for most assists in a season, currently at seven. Ellefsen also only needs four more goals to break the school record for most goals in a career.

• **Samantha Ross** (Jr., Stillwater, Minn.) recorded her first shutout of the year last week against Concordia University. The shutout was the fourth of her career.

• **Yesenia Garcia** (Jr., Great Bend, Kan.) netted her first game-winning goal against Concordia University of Sunday. She also helped Ellefsen score the second goal of the game. Garcia now has 10 points on the year (3G 4A).

• Last weekend's game against St. Cloud State saw two Beavers go down due to leg injuries. **Kim Sorteberg** (Sr., Anoka, Minn.) and **Tiffany VanHaften** (Fr., Chaska, Minn.) will both be sitting out the rest of the season due to leg injuries they incurred during Saturday's match.

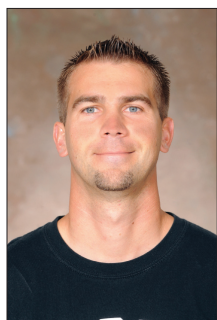
Bemidji State Roster

No.	Name	Pos.	Yr.	Ht.	Hometown	Notes
0	Abby Kjonaas	GK	So.	5-7	Fargo, N.D.	Recorded first shutout of season at UMC
1	Samantha Ross	GK	Jr.	5-7	Stillwater, Minn.	Made 6 saves for a shutout against CSP
2	Alex Petes	M	Fr.	5-2	Yorba Linda, Calif.	Had one shot on goal against CSP
3	Jamie Ford (C)	F	Sr.	5-5	Edina, Minn.	Out for season with leg injury
4	Ashlee Ellefsen	F/M	Jr.	5-8	Hugo, Minn.	Needs 2 points for all-time school leader
5	Sara Dalton	D/M/F	Jr.	5-3	St. Cloud, Minn.	Recorded first career point (1A) at CSU
6	Kathryn Bjorge	D/M	So.	5-7	Prior Lake, Minn.	Got first career goal against Jamestown
7	Jenny Stromberg	M/F	Jr.	5-2	Elk River, Minn.	Recorded one assist against SMSU
8	Maddie Pletta (C)	D	Sr.	5-8	Rochester, Minn.	Has started 38 consecutive games
9	Brianna Duff	M	So.	5-6	Ramsey, Minn.	Second on team with 19 points(7G 5A)
10	Bethany Fluto	F/M	So.	5-6	Bemidji, Minn.	Has one assist on year, vs. Jamestown
11	Kara Annoni	D	Fr.	5-4	Hermantown, Minn.	Has seen action in 5 games
12	Alysha Domiano	D	Jr.	5-8	Dayton, Minn.	Has started every game this year
13	Mallory Lowe	D	Fr.	5-3	Lino Lakes, Minn.	Has seen action in 6 games
14	Yesenia Garcia	F/M	Jr.	5-7	Great Bend, Kan.	Had game-winner against CSP
16	Kelly Pointon	D	So.	5-7	Woodbury, Minn.	Scored second collegiate goal at MSUM
17	Tiffany VanHaften	M/D	Fr.	5-8	Chaska, Minn.	Out for season with knee injury
18	Kara Smyth	M	Jr.	5-3	Cary, Ill.	First goal of season at Winona
19	Rachel Gustafson	M/D	So.	5-4	Ham Lake, Minn.	Second career goal against SMSU
20	Analey Skog	F	So.	5-3	St. Francis, Minn.	Out for season with knee injury
21	Bri Scanlan	M	So.	5-5	East Grand Forks, Minn.	Currently has 9 points, 3G 3A
22	Kari McAllen	D	So.	5-8	Fargo, N.D.	1 SOG vs SMSU, 1G & 1A on season
23	Linsey Olesiak (C)	D	Sr.	5-9	Hermantown, Minn.	First SOG this season at UIU
25	Kirsten Erickson	D/M	So.	5-4	Coon Rapids, Minn.	Tied team record for assists in game, 3
27	Kim Sorteberg	M	Sr.	5-8	Anoka, Minn.	Out for season with leg injury

Head Coach: Jim Stone

Assistan Coaches: Jessica Ploeger & Kate McArthur

Head Coach Jim Stone



On July 23, 2002, Bemidji State University took an integral step toward developing a competitive women's soccer program with the hiring of Jim Stone as head coach. The BSU soccer program had never won more than the four victories Stone's squad achieved in 2002.

Stone has the highest win percentage in BSU history (.516), along with the most wins (70). He is the only coach in BSU soccer history with a record higher than .500 in conference play (.513).

The 2005 season was a record-breaking year for the Beavers. As a team BSU set or tied numerous records, including most wins (12) and most shutouts (10) in a season. The Beavers were also the 12th most improved team in the nation that year.

Under Stone's guidance BSU has been well represented on the NSIC All-Conference teams and garnered its first ever All-American in 2005. Juniors Ashlee Ellefsen (Hugo, Minn.) and Alysha Domiano (Dayton, Minn.) both garnered post-season honors during their freshman campaigns, with Ellefsen being named to the All-NSIC Second Team and Domiano earning All-NSIC Honorable Mention honors. Ellefsen was then named All-NSIC Third Team, Daktronics First-Team All-Region, and Daktronics All-America Honorable Mention in her sophomore year.

Domiano (2008 third team), Megan Wallner (2007 third team), Erin Foss (2005 second team) and Cristina Egnell (2004 third team, 2005 first team) have all been named to CoSIDA Academic All-District squads under Stone's tutelage.

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	9-4-0
Totals		72-67-14 (.516)

vs NSIC: 37-35-6 (.513)
at BSU Soccer Field: 31-23-6 (.567)

Scouting University of Mary (7-5-2, 5-1-1 NSIC)

- The University of Mary is coming off a weekend that saw them go 2-0-0 against MSU Moorhead and Minnesota Crookston.
- Mary holds the advantage in the series against the Beavers winning 10 of 12 games played between the two teams. Currently, Mary has won the previous two encounters.
- Megan Wilson (F, 5-4, JR, Hickory Corners, MI) headed the ball into the net for a golden goal in U-Mary's 1-0 double overtime win at Minnesota Crookston. Wilson's goal in the 107th minute was her fifth goal of the season. It was also her third game-winning goal in five U-Mary NSIC victories.
- Carly Feiler (GK, SR, Pierre, SD) recorded two 1-0 shutout victories on the weekend as the University of Mary moved into fourth place in the Northern Sun. Feiler made five saves in the win at MSU Moorhead and cleanly handled the one shot she faced in a double overtime win at Minnesota Crookston. She now has a 7-2-2 record this season with six shutouts and a 0.77 goals against average.

Scouting Northern State (5-4-5, 3-1-3 NSIC)

- Northern State is coming off a weekend that saw them go 1-0-1 against MSU Moorhead, win 2-1, and Minnesota Crookston, tie 1-1.
- NSU holds the advantage over BSU going 12-3-3 against the Beavers. The Wolves have fared well at their home field as the Beavers have only won one game there.
- Yvette Waters (MF, 5-7, R-Fr., Belgrade, Mont./Belgrade HS) scored her first career goal on Saturday, bringing the Wolves back from a 1-0 deficit to tie it at 1-1 just before halftime of NSU's double-overtime draw at Minnesota Crookston. The goal came on Waters' only shot of the day.
- Dee Wood (GK, 5-9, Jr., Bothell, Wash./Henry M. Jackson HS) recorded her sixth shutout of the season on Sunday as the Wolves blanked MSU Moorhead by a 2-0 count. Wood made 13 saves, 12 in the second half alone, to keep the Dragons off the scoreboard. The 13 saves were one shy of her career-high, set during the Wolves' season-opening loss to Fort Lewis. Behind Wood's defensive efforts, the Wolves have suffered just one loss in the past 11 games after starting the season 0-3.

2009 NSIC Players of the Week

Aug. 24-30

Offensive: Laura Leber (MSU)

Defensive: Joanna Drennen (U-Mary)

Aug. 31-Sept. 6

Offensive: Brittany Henry (MSU)

Defensive: Sheila Reynolds (MSU)

Sept. 7-13

Offensive: Valerie Robinson (WSC)

Defensive: Hannah Bengtson (UMD)

Sept. 14-20

Offensive: Clare Dahmen (UMD)

Defensive: Anna Belpedio (WSU)

Sept. 21-27

Offensive: Becky Anderson (UMD)

Defensive: **Tiffany VanHaften (BSU)**

Sept. 28-Oct. 4

Offensive: Alexandra Pafko (SCSU)

Defensive: Emily Walker (WSC)

Oct. 5-11

Offensive: Lauren Sturdivant (WSU)

Defensive: Hannah Bengtson (UMD)

Oct. 12-18

Offensive:

Defensive:

Oct. 19-25

Offensive:

Defensive:

Oct. 27-Nov. 1

Offensive:

Defensive:

Currently Active Award Winners

ALL-NSIC

SELECTIONS

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

2008

Jenny Stromberg

Alysha Domiano

Madeline Pletta

Jamie Ford

2007

Madeline Pletta

Jamie Ford

CoSIDA

ACADEMIC

ALL-DISTRICT

2008

Alysha Domiano (Third team)

DAKTRONICS

ALL-REGION

2008

Ashlee Ellefsen (First Team)

DAKTRONICS

ALL-AMERICA

2008

Ashlee Ellefsen (Honorable Mention)

NSIC OFFENSIVE PLAYERS OF THE WEEK

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 VanHaften (Sept. 28)

2008

Samantha Ross (GK, Sept. 3)

Goals (Career)

1.	Katie Meinhardt	31	2003-06
2.	Becky Elk	30	1999-01
3.	Ashlee Ellefsen	27	2007-SA
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 (Career)

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 (Career)

1.	Becky Elk	71	1999-01
2.	Ashlee Ellefsen	70	2007-SA
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 (Career)

1.	Kelly Hyvare	10	2005-08
2.	Ashlee Ellefsen	9	2007-SA
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 (Career)

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

Saves (Career)

1.	Kari Torgerson	602**	2003-06
2.	Niki Dalka	585*	2000-02
3.	Samantha Ross	221	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	.859	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	3156:11	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.	Noelle Lancaster	739:00	1997
9.	Hannah Carter	491:06	1998-99
10.	Kelli Hadrava	465:00	1996-97

= 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	41	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.	Angela Jo Ziebol	16	1998
9.	Abby Kjonaas	16	2008-SA
10.	Jessica Bina	12	1998-99
11.	Joanne Nigbor	11	1996

Wins (Career)

1.	Kari Torgerson	36	2003-06
2.	Samantha Ross	20	2007-SA
3.	Niki Dalka	12	2000-02
4.	Jessica Meath	7	2005-07
5.	Abby Kjonaas	5	2008-SA
T-6.	Kim Strom	2	1997-99
	Hannah Carter	2	1998-99

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

Consecutive minutes played 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:

Oct. 11, 2009
vs. Concordia University, 2-0

Shutout at Home:

Oct. 11, 2009
vs. Concordia University, 2-0

Shutout on Road:

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

Game Ending in a Tie:

Nov. 18, 2008
vs. Northern State, 0-0 2OT

Victory in Overtime:

Oct. 2, 2008
vs. Augustana College, 1-0 2OT

BSU Player to Record Three or more Goals in One Game:

Ashlee Ellefsen
vs. Minnesota State, Moorhead
Sept. 27, 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 Statistics

Overall Record: 9-4-0 NSIC: 5-3-0 Home: 3-2-0 Away: 6-2-0 Neutral: 0-0-0

No.	Name	GP-GS	G	A	Pts	Sh	Sh%	SOG	SOG%	GW	Pk-ATT
4	Ellefsen, Ashlee	13-13	8	7	23	39	.205	29	.744	3	0-0
9	Duff, Brianna	13-12	7	5	19	22	.318	15	.682	0	0-0
14	Garcia, Yesenia	12-9	3	4	10	26	.115	14	.538	1	0-0
25	Erickson, Kirsten	8-3	3	4	10	15	.200	7	.467	0	0-0
21	Scanlan, Bri	13-9	3	3	9	12	.250	9	.750	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	13-2	2	2	6	7	.286	6	.857	0	0-0
3	Ford, Jamie	2-2	2	1	5	5	.400	4	.800	1	0-0
16	Pointon, Kelly	13-3	2	0	4	5	.400	4	.800	0	0-0
22	McAllen, Kari	13-0	1	1	3	5	.200	5	1.000	1	0-0
6	Bjorge, Kathryn	11-11	1	1	3	5	.200	2	.400	0	0-0
27	Sorteberg, Kim	10-10	0	3	3	5	.000	3	.600	0	0-0
8	Pletta, Maddie	13-13	0	3	3	4	.000	2	.500	0	0-0
18	Smyth, Kara	11-8	1	0	2	15	.067	7	.467	0	0-0
10	Fluto, Bethany	10-0	0	1	1	6	.000	4	.667	0	0-0
7	Stromberg, Jenny	7-0	0	1	1	4	.000	3	.750	0	0-0
5	Dalton, Sara	11-0	0	1	1	2	.000	1	.500	0	0-0
23	Olesiak, Linsey	13-12	0	0	0	3	.000	1	.333	0	0-0
12	Domiano, Alysha	13-13	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
Total		13	40	39	119	208	.192	135	.649	9	0-0
Opponents		13	11	5	27	138	.080	73	.529	4	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	9-3	415:20	3	0.65	14	.824	3	2	0	1	34
1	Ross, Samantha	12-10	762:14	8	0.94	47	.855	6	2	0	1	92
TM	TEAM		0:00	0	0.00	1	1.000	0	0	0	4	0
Totals		13	1177:34	11	0.84	62	.849	9	4	0	6	126
Opponents		13	1177:34	40	3.06	95	.704	3	9	0	2	206

TEAM STATISTICS

	BSU	OPP	GOALS BY PERIOD	1st	2nd	OT	OT2	Total
SHOT STATISTICS								
Goals-Shot attempts	40-208	11-138	Opponents	2	8	1	0	11
Goals scored average	3.06	0.84						
Shot pct.	.192	.080	SHOTS BY PERIOD	1st	2nd	OT	OT2	Total
Shots on goal-Attempts	135-208	73-138	BSU	100	107	1	0	208
SOG pct.	.649	.529	Opponents	63	71	4	0	138
Shots/Game	16.0	10.6	SAVES BY PERIOD	1st	2nd	OT	OT2	Total
Assists	39	5	BSU	30	31	1	0	62
CORNER KICKS	54	50	Opponents	43	52	0	0	95
PENALTY KICKS	0-0	2-2						
PENALTIES								
Yellow cards	11	7	CORNER KICKS BY PRD	1st	2nd	OT	OT2	Total
Red cards	0	0	BSU	30	24	0	0	54
ATTENDANCE								
Total	1773	604	Opponents	18	30	2	0	50
Dates/Avg Per Date	5/355	8/76	FOULS BY PERIOD	1st	2nd	OT	OT2	Total
Neutral Site #/Avg	0/0		BSU	64	59	1	0	124
			Opponents	35	62	0	0	97