

2019 MIAC Women's Soccer Regional and National Awards

ATHLETIC HONORS

2019 United Soccer Coaches All-America

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
F	Ashley St. Aubin	Augsburg	Sr.	Burnsville, Minn.	First Team	2017 (2T) 2018 (3T)
D	Alex Balfour	St. Thomas	So.	St. Louis Park, Minn.	Third Team	--
M	Kate Heimer	St. Thomas	Jr.	Albertville, Minn. Rogers	Third Team	--
F	Megan Thompson	Saint Benedict	Jr.	Inver Grove Heights, Minn. Holy Angels	Third Team	--

2019 D3soccer.com All-America

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
F	Ashley St. Aubin	Augsburg	Sr.	Burnsville, Minn.	Second Team	2018 (2T)

2019 United Soccer Coaches All-North Region

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
D	Alex Balfour	St. Thomas	So.	St. Louis Park, Minn.	First Team	--
M	Kate Heimer	St. Thomas	Jr.	Albertville, Minn. Rogers	First Team	--
M	Rachel Waterman	Bethel	So.	Burnsville, Minn.	First Team	2018 (2T)
F	Ashley St. Aubin	Augsburg	Sr.	Burnsville, Minn.	First Team	2016 (2T) 2017 (1T) 2018 (1T)
F	Megan Thompson	Saint Benedict	Jr.	Inver Grove Heights, Minn. Holy Angels	First Team	2018 (3T)
GK	Emily Chapman	Augsburg	Sr.	Elburn, Ill. Kaneland	Second Team	2018 (1T)
M	Paige Cater	St. Thomas	Jr.	Woodbury, Minn. Tartan	Second Team	--
M	Gabriela Encarnacion	Augsburg	Sr.	Bel Air, Md.	Second Team	--
F	Tessa Trettel	St. Thomas	Jr.	Lino Lakes, Minn. Centennial	Second Team	--
GK	Kaylee Peterson	Bethel	Sr.	Hugo, Minn. White Bear Lake	Third Team	--
D	Kaela Mali	Carleton	Jr.	Bloomfield Hills, Mich. Cranbrook Kingswood	Third Team	--
F	Amanda Elton	St. Catherine	Fr.	Cottage Grove, Minn. Park	Third Team	--

2019 Minnesota Sports Awards Women's Collegiate Athlete of the Year Finalists

Pos.	Name	Institution	Class	Hometown High School	Previous Selections
F	Ashley St. Aubin	Augsburg	Sr.	Burnsville, Minn.	--

2019 United Soccer Coaches National Player of the Week Selections

Date	Pos.	Name	Institution	Class	Hometown High School
Sept. 10, 2019	GK	<u>Sarah Pasternak</u>	St. Thomas	Jr.	Brookfield, Wis. Central

ACADEMIC HONORS

2019 CoSIDA Academic All-America

Pos.	Name	Institution	Class	GPA	Major	Team	Previous Selections
------	------	-------------	-------	-----	-------	------	---------------------

F	Ashley St. Aubin	Augsburg	Sr.	3.82	Mathematics	Second Team	2018 (2T)
---	------------------	----------	-----	------	-------------	-------------	-----------

2019 United Soccer Coaches Scholar All-America

Pos.	Name	Institution	Class	GPA	Major	Team	Previous Selections
F	Ashley St. Aubin	Augsburg	Sr.	3.82	Mathematics	First Team	2018 (2T)
M	Kate Heimer	St. Thomas	Jr.	3.94	Biology	Second Team	--
F	Megan Thompson	Saint Benedict	Jr.	3.81	Biology	Second Team	--

2019 CoSIDA Academic All-District

Pos.	Name	Institution	Class	GPA	Major	Previous Selections
GK	Emily Chapman	Augsburg	Sr.	3.87	Chemistry	--
D	Alex Balfour	St. Thomas	So.	4.00	Economics	--
D	Jada Olson	Augsburg	Jr.	4.00	Biology	--
D	Sydney Sherek	Saint Benedict	Sr.	3.91	Biology	--
M	Kate Heimer	St. Thomas	Jr.	3.94	Biology	--
F	Ashley St. Aubin	Augsburg	Sr.	3.82	Mathematics	2017 2018
F	Megan Thompson	Saint Benedict	Jr.	3.81	Biology	--

2019 United Soccer Coaches Scholar All-Region

Pos.	Name	Institution	Class	GPA	Major	Team	Previous Selections
M	Kate Heimer	St. Thomas	Jr.	3.94	Biology	First Team	--
F	Ashley St. Aubin	Augsburg	Sr.	3.82	Mathematics	First Team	2018 (1T)
F	Megan Thompson	Saint Benedict	Jr.	3.81	Biology	First Team	--
GK	Emily Chapman	Augsburg	Sr.	3.87	Chemistry	Second Team	--
M	Paige Cater	St. Thomas	Jr.	3.60	Computer Engineering	Second Team	--
D	Meghan Verkinderen	Saint Benedict	Sr.	3.82	Biology	Third Team	--

MIAC AWARDS

| [2019 MIAC Women's Soccer Awards](#) | [Athletes of the Week](#) | [Elite 22 Award](#) | [Academic All-Conference](#) |