



2005 MIAC WOMEN'S SOCCER PREVIEW

The 2005 MIAC women's soccer season kicks off with non-conference games beginning September 1. MIAC conference play begins September 13. In 2004, Macalaster won the regular season MIAC championship with a 10-0-1 record, and also went on to capture the top spot in the conference playoffs. Macalester advanced to the third round of the NCAA tournament before being eliminated by Washington University

Macalester once again looks to be a force in the MIAC. The Scots lost five starters from last year's team, including All-America defender Erin Hoople, but the team returns enough talent and experience to compete for a spot in the post-season national playoffs. Macalester won its sixth conference championship in eight years last season and is looking to once again make a trip to the NCAA tournament. The Scots should be a prolific goal-scoring team, led by All-America forward Annie Borton.

Concordia will be looking to make sure the Scots don't add to their number of conference championships. The Cobbers possess the most dangerous goal-scoring threat in the league in the form of 2004 MIAC MVP Morgan Bain. Last year Bain broke the MIAC league record for points and goals in a season. In 11 conference games, Bain totaled 17 goals and three assists for 37 points. In addition to Bain, the Cobbers also return four other players who were named All-MIAC or honorable mention All-MIAC in 2004.

Three teams finished the 2004 season tied for third in the MIAC and all three of those teams are looking to take that next step and contend for the conference title. Augsburg returns nine starters along with 15 letterwinners and looks to get back to the MIAC postseason playoffs for the second straight year. Carleton enters the season with the most experienced team in coach Karen Parker's tenure and is looking to improve on last season's 8-8 record. St. Thomas graduated a class in 2004 that went 50-21-6 in their careers, but the cupboards aren't bare as the Tommies return 13 players from a team that looks to get back to top two spots in the conference, a place that they have been four out of the last five years.

Saint. Benedict, Saint, Mary's, and Gustavus are all looking to improve and work their way into the thick of the MIAC playoff race. While Hamline, St. Catherine, and Bethel plan on making a move up in the conference standings.

The top four teams in the conference will qualify for the MIAC playoffs and the winner will receive the MIAC's automatic bid to the NCAA Tournament. Semifinal play begins on November 1 with the championship scheduled for November 5.

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Augsburg College

Head Coach:	Mike Navarre (7th season / 48-52-6 overall)
2004 Record:	10-8-0 (7-4-0 MIAC / Tied 3rd)



Key Returners:	Millie Suk (Sr., MF, Rochester, Minn./Mayo HS), All-MIAC first team in 2002, 2003 and 2004 (only junior named first-team All-MIAC in 2002, 2003 and 2004); NSCAA Division III All-West Region third team and ESPN The Magazine Academic All-District V first team in 2004; team-high 9 goals and 22 points, with second-best 4 assists, in 2004. Nora Austin (Sr., D, St. Paul, Minn./Cretin-Derham Hall HS), All-MIAC first team in 2003, honorable mention in 2004; led team with 5 assists in 2004 (second in MIAC in assists with 5 in league play); moved from midfield to defense in 2003 (1G-0A--2P); 5th on team in scoring in 2002 (3G-1A--7P); career totals of 2G-5A--9P (51 games). Emily Anderson (Jr., F, Hudson, Wis.), All-MIAC first team in 2004, honorable mention in 2003; second on team in scoring in 2004 (8G-4A--20P), led team in scoring in 2003 (8G-6A--22P) Eilidh Reyelts (Sr., F, Duluth, Minn./Duluth Marshall HS), 5G-1A--11P in career (49 games). Becky Lewis (Jr., MF/F, Duluth, Minn./Duluth Marshall HS), third on team in scoring in 2004 (6G-1A--13P) in first season in midfield/forward position after playing defense in 2003; career totals of 6G-2A--14P (34 games). Mitra Rahimi (So., MF, Eden Prairie, Minn.), fourth on team in scoring (2G-3A--7P) in 2004, tops among 2004 freshmen. Aili Brom-Palkowski (Jr., D, Minneapolis, Minn./South HS), leading scorer among defenders and fifth overall (2G-2A--6P) in 2004; career totals of 3G-3A--9P (36 games).
Season Preview:	The Augsburg College women's soccer team has been taking a series of steps over the last few years to establish itself as a force to be reckoned with in the Minnesota Intercollegiate Athletic Conference, one of the toughest NCAA Division III women's soccer conferences in the country. Three straight double-digit-victory seasons marked the first step. Recording the most wins in conference play (seven) in the 20-year history of the program was another. And the latest step was making the four-team MIAC postseason playoffs for the first time, which the Auggies accomplished in 2004. Logically, the next step would be to continue to move up in the MIAC standings, and be in contention for the school's first-ever MIAC women's soccer championship. Along the way, Augsburg could make school history by recording double-digit victories for the fourth straight season. It's a huge step, but one that the experienced Auggies are ready to make in 2005. Augsburg finished 10-8-0 overall, 7-4-0 in MIAC play in 2004, tying for third in the league standings for its best conference finish in school history. Augsburg was seeded fourth in the league playoffs, losing to regular-season titlist Macalester 1-0 in the MIAC playoff semifinals. "Our goal is to take another step. Each year, the team accepts the challenge of improving the program," said Mike Navarre, entering his seventh season as Augsburg's head coach. "The players understand how tough our conference is, and that teams are going to be getting after us. Nevertheless, we are committed to the struggle. We embrace it." With nine starters and 15 letterwinners returning to provide one of the most experienced groups of players ever at Augsburg, the Auggies have the potential to make that big step -- and make school history in the process. Complete Augsburg preview at: http://www.augsburg.edu/athletics/wsoccer/0506preview.html

Bethel University

Head Coach:	Joel Johnson (2nd season/ 12-23-0 overall)
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2004 Record:	3-14-1 (1-10-0 MIAC / Tied 11th)
Key Returners:	Jane Stephens All-Conf HM Midfield, 2 goals, 3 assists Jessie Tschetter Midfield, 2 goals, 1 assist Lauren Johnson Forward, 2 goals, 1 assist Angela Seim Defender, 0 goals, 1 assist Angela Mooney Defender
Season Preview:	2004 was an important transition year for Bethel Women's Soccer. The introduction of a new coaching staff and a team that committed itself to new expectations succeeded on and off the playing field. Rebounding from a one win season in 2003, the 2004 team competed at a much higher level and set a solid foundation for the future. Important contributions from seniors Jensine Pulford, Nikki Uhre, and Stacey Titus helped the Royals not only improve their record, but show that they are an up-and-coming program. The Royals do return four of their top five scorers and three of their four defensive starters. They will look for leadership on and off the field from captains Angela Seim, Angela Mooney, and Lauren Johnson. Offensively, the Royals will rely on Johnson (Jr., St. Charles, IL) and others to fill the gap left by Nikki Uhre, who led the team in points. In the midfield the Royals look to sophomores Jane Stephens (Woodbury, MN) and Jessie Tschetter (Sioux Falls, SD) who last season anchored the midfield as freshman and combined for 12 points between them. Defensively, the Royals will count on Angela Seim (Sr., Fargo, ND) and Angela Mooney (Jr., Maple Grove, MN) to solidify a defense that helped Bethel dramatically improve its team in 2004. The big question mark for the Royals is who will step in at the goalkeeping position and fill a big role this season. The departure of 4 year starter Jensine Pulford leaves a gap both on and off the field that will be a challenge to fill. Whoever earns the goalkeeping duties will thankfully have the experience of returning starters Kristen Herman (Sr., Fargo, ND) and Aimee Munson (Jr., Andover, MN) along with senior Lindsay Sorenson (Park Ridge, IL) and others to help the cause. The Royals have plenty of opportunity this season and are looking for some of the incoming first year players to fill out the roster and make for a competitive team in the MIAC. Complete Bethel preview at: http://cas.bethel.edu/athletics/W_Soccer/2005/preview.html

Carleton College		
Head Coach:	Karen Parker (4th season / 23-23-5 overall)	
2004 Record:	8-8-0 (7-4-1 MIAC / Tied 3rd)	
Key Returners:	Clare O'Connor (So., Madison, Wis./Memeorial), All-MIAC first team in 2004 Becca Dole (Jr., Boulder, Colo.), two-time All-MIAC honorable mention , three-year starter Kathleen Ward (Sr., Mid., Tarzana, Calif. /Harvard-Westlake), four-year starter Helga Middlefort-Vognar (Jr., Def., St. Paul, Minn. /Mounds Park Academy), three-year starter Dylan Welch (So., San Francisco, CA /French-American International School) Martha Polk (So., St. Paul, MN /St. Paul Academy)	

Season Preview:	When the Carleton College women's soccer team entered the 2004 season, head coach Karen Parker knew she'd need major contributions from a talented first-year class in order to be successful in the rugged MIAC. Not only did she receive said contributions, but 10 first-year players made it into the regular rotation to lift the Knights into a tie for third place in the final conference standings, missing out on the post-season by a mere game. The finish was only the second top-three conference finish for the program over the last 16 seasons. The 2005 campaign brings a more experienced and talented group of Knights to the table under the fourth-year head coach. Carleton possesses a trio of veterans, one savvy sophomore and those first-year players who now have a full season's experience under their belts as they attempt to qualify for the Minnesota Intercollegiate Athletic Conference post-season tournament for the first time in school history and build on the momentum from a year ago. The season ended on a bitter note, though, as the Knights lost their final three games to miss out on the MIAC Playoffs by one game. "With a roster of 24 players, one of the largest in Carleton's history, increased depth should help the Knights' efforts to improve as the season progresses. "Our depth should help level of competitiveness in practice," Parker said. I think the pace of practice will be better and hopefully we'll have better depth as well." "The returning players have such a positive attitude and they're so excited about what we're trying to do. They're welcoming these new players to Carleton and can hardly wait to have them help us with our game," Parker said. "Chemistry should be a big plus for us." For the Knights to get back into the top four and secure a MIAC Playoff spot, they'll need to find consistent offense and match the consistent defense they played last year. Even if those things come together, however, the competitiveness of the league will provide major challenges for the Knights. "That's one of the great things about the MIAC, all these teams are good and kids around the country are recognizing the great soccer that's played in this conference and they want to come and play here," Parker said. Her squad will bring one of the most talented and deepest groups to the table in her tenure, according to Parker. "This is the most athletic and experienced soccer kids we've had since I've been here," she said. "In the past we've lacked size and speed, but we made up for it by being more organized. That's helped us get this far, but the next step for us is to be able to attack more consistently." Complete Carleton preview at: http://apps.carleton.edu/athletics/?sport=261&module=content&id=132799
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Concordia College		
Head Coach:	Dan Weiler (4th season / 29-25-3 overall)	
2004 Record:	13-6-1 (10-1-0 MIAC / 2nd)	
Key Returners:	Morgan Bain 2004 MIAC MVP; set MIAC scoring record in 2004 Betsy Olesen 2004 All-MIAC; 2-year starter; anchor of the defense Amy Ravenhorst 2004 All-MIAC; 2nd leading scorer on the team in '04 Jill Fancher 2004 All-MIAC HM; 2-year starter; tough wing defender Miriam Lombardozzi. 2004 All-MIAC HM; 2-year starter	

Season Preview:	In 2002 the Concordia women's soccer team established a very solid base camp at the foot of the MIAC mountain. They found out what it took to compete with the best teams in the league and started to establish a work ethic that would help them achieve their goal of reaching the peak. In 2003, the Cobbers started their journey up the mountain and very quickly covered ground as they finished fourth and made their first-ever appearance in the postseason. Last year, Concordia trekked to just under the summit by finishing second in league play and losing to regular-season champion Macalester in the tournament championship game. This year head coach Dan Weiler is hoping to push his crew all the way to the top of the mountain and into the rarified air of the NCAA tournament. To achieve its goal, the team will have to avoid the avalanche of complacency and not get caught up in the swirling blizzard that is caused by the pressure of lofty expectations. The reason for the high level of optimism in the Concordia camp is the maturation of a junior class that has played in back-to-back MIAC tournaments and features some of the best players in the league. The Cobbers possess the most dangerous goal-scoring threat in the league in the form of 2004 MIAC MVP Morgan Bain. Last year Bain broke the MIAC league record for points and goals in a season. In 11 conference games, Bain totaled 17 goals and three assists for 37 points. She broke the old conference records by two goals and five points. Overall, she finished with a school-record 24 goals and 53 points and now has 34 goals and 76 points in her first two seasons for Concordia. To go along with Bain's impressive ability, the Cobbers have a surrounding cast of impressive climbers. Concordia returns four other players who achieved all-conference or all-conference honorable mention status in 2004. Offensively, a pair of seasoned midfielders return to the Cobber lineup to take the pressure off of Bain. Central midfielder Miriam Lombardozzi, an all-conference honorable mention player last year, has raised her game to a new level and should be able to significantly improve on her total of six points in 2004. Speedy wing midfielder Amy Ravenhorst will continue to give Concordia a threat on the outside. Ravenhorst earned all-conference honors last year and finished second on the team in scoring with 18 points. To offset the talent on the offensive side of the field, the Cobbers have a pair of high caliber defensive standouts. Central defender Betsy Olesen was a 2004 all-conference performer and is one of the most imposing figures in the league. Her ability to win balls in the air on dead ball situations creates problems for opposing teams not only on the offensive end of the field but also when they are forced to defend corner kicks or dead ball situations by their goal. Joining Olesen is junior wing defender Jill Fancher. Fancher was named to the all-conference honorable mention team last year. Her speed and aggressive style of play help her shut down some of the best forwards the league has to offer, and she is equally adept at joining the attack to create problems for the opposing team in their defensive half of the field. If Concordia can pick up where they left off at the end of last season and continue to play as they did in Brazil over the summer, then they will have the chance to raise a maroon and gold flag at the top of the MIAC summit at the end of October. Complete Concordia preview at: http://www.cord.edu/dept/sports/fall/ws/preview.php
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Gustavus Adolphus College			
Head Coach:	Mike Stehlik (16th season / 175-70-20)		
2004 Record:	5-10-2 (4-7-0 MIAC / Tied 8th)		

Key Returners:	Tori Boughton 123 saves, 29 goals against (1.64 GAA) Amy Larson 5 goals, 3 assists, 13 points (All-Conference Honorable Mention) Jenna Iaizzo 3 goals, 3 assists, 9 points Samantha Engh 3 goals, 2 assists, 8 points
Season Preview:	Gustavus Adolphus College Women's Soccer Coach Mike Stehlik enters the 2005 campaign with some optimism following a 2004 season that saw the Gusties finish 5-10-2 overall and lose seven games by two goals or less. Depth will likely be the strength of the 2005 edition of Gustie women's soccer, as seven starters and 19 letter-winners return from last year's squad. "Our team chemistry on and off the field is something we can take from last season. The girls work hard. With that as a foundation you can't help but look forward to the season and be optimistic," Coach Stehlik commented. Stehlik will need to replace defenders Alysén Farran and Kelly Keith, both lost to graduation, as well as 2004 starters Gwen Peterson (Senior, White Bear Lake, Minn.) and Janna Castellano (Junior, Blaine, Minn.), who are both studying abroad this fall. Keith was a two-time All-MIAC selection. Although many return from last year's squad, Coach Stehlik stressed that no spot is set in stone. "They have to come in and earn it. We'll see who worked for it during the off-season." The Gusties are loaded at the forward and midfielder positions as all starters return. Jenna Iaizzo (Sophomore, White Bear Lake, Minn.) and Samantha Engh (Senior, Wayzata, Minn.) will likely attack from the forward position. The two combined for six goals and five assists (17 points) last season and they hope to help lead the Gustie attack again this season. In the midfield, junior Amy Larson (Bloomington, Minn.) returns after netting a team-high five goals in 2004. Other returnees to the midfield include juniors Alison Rethwisch (Lakeville, Minn.) and Megan Tepper (Woodbury, Minn.). Stehlik will look to juniors Shannon Quealy (Plymouth, Minn.) and Erin Kasper (Eagan, Minn.) to fill the holes in the defensive backfield created by the graduation of Keith and Farran. Quealy returns this season after missing the 2004 campaign due to an injury. She started all 18 games as a first-year player in 2003. Kasper played in 14 games last season recording an assist. Senior goalkeeper Tori Boughton (Edina, Minn.) will mind the nets again this season. Boughton tied for third in the MIAC in shutouts (5) and fifth in saves per game (7.24) a year ago. Coach Stehlik looks for the quality team chemistry and game experience gained a year ago to be two solid aspects of the foundation for the 2005 season. The addition of a talented group of first-year student-athletes will give Gustavus an enormous amount of flexibility while facing a rigorous MIAC schedule. The Gusties open the season at home September 2 at home against UW-Whitewater. Gustavus plays host to Carleton September 14 to open MIAC play. Complete Gustavus preview at: http://www.gustavus.edu/oncampus/athletics/news.cfm?view=wsc&id=1498

Hamline University

Head Coach:	Tony Englund (3rd season / 7-27-2 overall)
2004 Record:	4-13-1 (1-10-0 MIAC / Tied 11th)



Key Returners:	Anna McMahon (So., F, 5-6, Stillwater, Minn.), All-MIAC first team in 2004, nine goals, four assists last season Christine Feely (So., D, 5-7, Stillwater, Minn.), Only new defender in team that gave up 22 fewer goals Ann Donner (So., F, 5-6, Stillwater, Minn.), Five goals, two assists last season Heather Sublet (Jr., D, 5-10, Brooklyn Park, Minn./Park Center), Started 14 games at defense KC Heaney (Jr., F, 5-6, Tigard, Ore.), Six goals, three assists last season, 13 career goals
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Season Preview:	It's a new beginning for the Hamline women's soccer team as the squad enters the 2004 campaign with 16 new faces to the roster to go along with a new attitude. "This is a fresh start," Englund said of the upcoming year. "It's exactly what the program needs. There is a general feeling of optimism, but it's going to take a lot of work. But it's work nobody is afraid of." After finishing last season 3-14-1, 0-10-1 in the MIAC, Englund has revamped the lineup around speed. That speed and athleticism starts at defense where the Pipers return a two-year starter in senior Laura Beam (Madison, Wis.). After injuries kept her out of parts of last two season, Englund believes Beam's experience and leadership will help a young defensive corps. Joining Beam at defense will be first-year Christine Feely, a three-year starter at Stillwater High School. In the midfield, the Pipers return starters Vanessa McClellan (Anchorage, Alaska) and Heather Sublet (Brooklyn Park, Minn.). McClellan, who was tied for the team lead with seven goals and one assist last season, will move to midfield from forward in order to better utilize her speed on the outside. Sublet returns to offer a defensive presence in the middle. Englund also expects contributions from first-year Anna McMahon (Stillwater, Minn.) and sophomore transfer Ann Donner (Stillwater, Minn.). Veteran Courtney Millis (Madison, Wis.) also returns to the mix. Scoring goals remains one of the Pipers' question marks heading into the season. With McClellan moving to the midfield, the Pipers have only one proven scoring threat in sophomore KC Heaney (Tigard, Ore.). Heaney finished her first year campaign with seven goals and one assist. Junior Suzanne DuBois (Boulder, Colo.), who scored a pair of goals in 2003, joins Heaney at forward. In net, the Pipers have a pair of consistent and athletic goalkeepers in sophomore Betsy Seal (Bloomington, Minn.) and sophomore transfer Rachel Lason (Brooklyn Park, Minn.). Seal played nearly 800 minutes in goal during her first year, posting a 2.99 goals against average and .792 save percentage. Larson comes to the Pipers after player at the University of Tampa last season. She has played on high-level club teams and was a member of the Minneapolis Kickers. Overall, Englund believes his team will be much improved over last season's squad, but remains realistic about the team's goals for the year. "Our focus is improving statistically, cutting the number of goals allowed in half, increasing goal output, decreasing the number of shots and corner kicks conceded," Englund said. "That's a major focus." "Even though our non-conference is tougher, I think we can improve our record there. As far as conference goes, we want to be around at the end of games because anything can happen. I think that is a reasonable set of objectives." Complete Hamline preview at: http://www.hamline.edu/hamline_info/athletics/womens_soccer/2005/outlook.html
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Macalester College			
Head Coach:	John Leaney (17th season / 233-56-21 overall)		
2004 Record:	18-3-2 (10-0-1 MIAC / 1st)		

Key Returners:	Annie Borton (Jr., F, Berkeley, Calif.), All-America second team, all-region, All-MIAC, 20 goals, 10 assists Katie Pastorius (Sr., MF, Arden Hills, Minn. / Mounds View), 9 goals, 16 assists Meghan Leahey (Sr., MF, Plymouth, Minn. / Wayzata), All-MIAC, 2 goals, 2 assists Cara Goff (Sr., D, Amherst, Mass.), All-MIAC, 3 goals, 5 assists
Season Preview:	Macalester cruised through the conference season unbeaten in '04 to pick up its sixth MIAC championship in eight years and reached the NCAA Division III quarterfinals before falling in a penalty kick shootout and finishing with an 18-3-2 overall mark. Even though four key starters left through graduation, the Scots are looking forward to another prosperous season under Head Coach John Leaney, who has guided the team to a 233-56-21 record in 16 years at Macalester. Leaney's teams have lost just 23 games over the past nine years and his career winning percentage is eighth-best all-time at the Division III ranks. Led by All-America forward and scoring star Annie Borton (Jr., Berkeley, Calif.), the Scots should once again be a productive goal-scoring team. Borton became just the second player in the history of the program to net 20 goals in a season and also assisted on 10 other scores as a sophomore. Katie Pastorius (Sr., Arden Hills, Minn. / Mounds View) was among the national leaders with 16 assists and also scored nine goals. Combined, the high-scoring tandem of Borton and Pastorius provided the team with 29 goals and 26 assists. The Scots return three All-MIAC players who will be asked to lead the way: Borton, defender Cara Goff (Sr., Amherst, Mass.) and midfielder Meghan Leahey (Sr., Plymouth, Minn. / Wayzata). Jenny Singleton (Sr., Knoxville, Tenn. / West) was third on the team with five goals. The Scots will also look for production from Marquette University transfer Meghan Garrity (So., Walled Lake, Mich.). Only 14 goals have been put up against Coach John Leaney's Scots in MIAC games over their past eight seasons and the defense looks stingy again. Goff leads the way, adding good defense to her corner and free-kicking skills (three goals and five assists), while the Scots also return veteran goalkeeper Louisa Bigelow (Sr., Evanston, Ill. / Evanston Township), who posted a 0.69 goals against average in her first year as a starter. All-American Erin Hoople graduated, but the team returns veteran defender Adrienne Keller (Sr., Eugene, Ore. / South). "We lost a great senior class but replaced it with another one," said Coach Leaney. "I feel we can be as good as last year and maybe better." Complete Macalester preview at: http://www.macalester.edu/athletics/wsoccer/news/05_season_outlook.html

College of Saint Benedict		
Head Coach:	Kate Hand (3rd season / 25-9-4 overall)	
2004 Record:	10-7-1 (5-5-1 MIAC / 7th)	
Key Returners:	Patti Clintsman (Sr., D, 5-3, All MIAC) Lisa Bennett (Sr., M, 5-5, All MIAC honorable mention) Amanda Broadbent (Sr. G, 5-8)	

Season Preview:	The Blazer soccer team is looking to climb back to the top of the MIAC for 2005 after a 10-7-1 overall record in 2004. With the great leadership of five seniors and a strong first-year class the Blazers campaign to improve on last year's seventh place finish looks promising. Seniors Patti Clintsman, Lisa Bennett, Amanda Broadbent, Jeanine Worms and Brittany Klang will anchor the Blazers with their experience and their strong work ethics. Junior Meg O'Neil along with a talented sophomore class made up of Adrienne Racek, Jeannie Stubenvoll and new comer Annie Clintsman will be another source of experience for a roster that has a majority of first-year athletes. The Blazers' first-year class is impressive with the addition of 13 players to the roster this fall. They come into the season with impressive talents and many will see significant playing time in 2005. Tina Lisk, Missy Tousley and Rachel Loftus will be replacing graduated seniors Megan McVoy, Meghann Green and Shelly Rezac in key positions for the Blazers. Kate Shaughnessy, Leah Schleppegrell and Annie Haws will be great additions to the Blazer attack. Kristin Perry, Tracy Ritland and Brittany Berntsen are great additions to the Blazer midfield and will provide needed depth at that position. Jenny Murray, Maria Conroy and Sam Vanderlinde are savvy defenders who play tough in one-on-one battles, but are also willing to get into the attack. Magda Adamcyck is a young goalkeeper with tremendous physical attributes that will help keep the ball out of the net. Complete Saint Benedict preview at: http://www.csbsju.edu/csbsports/soccer/2005%20Outlook.htm
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College of St. Catherine		
Head Coach:	Jeremy Driver (3rd season / 11-22-1 overall)	
2004 Record:	4-13-0 (3-8 MIAC / 10th)	
Key Returners:	Katie Knodel (Sr., Bismarck, ND), Goalkeeper / 180 saves, 3 shutouts Nicki Kielsa (So., North St. Paul, Minn.), Defense / 2 goals, 4 assists	
Season Preview:	The Wildcats are looking to rebound from a disappointing 2004 season with a new attitude in 2005. The upcoming season looks promising with only one player graduating, the nucleus of last year's team intact, and 14 additional players added to roster. The Wildcats plan to move up the MIAC standings and also become more competitive in their non conference schedule. To add to the positives, the Wildcats also have 2004 MIAC Honorable Mention goalkeeper Katie Knodel (SR, Bismarck, ND) and 2004 MIAC Honorable Mention defender Nicki Kielsa (SO, North St. Paul, MN) returning to organize the backline. "We are excited about adding our recruits to the returning players. This is by far the best roster we have assembled in terms of quality and quantity in three years. The team has worked hard this spring and during the summer in order to be much more competitive this season. We are excited to show that we are ready to move up the conference standings, but realize the hard work it will take to get there," stated head coach Jeremy Driver. The Wildcats open their 2005 schedule on the road against Northwestern College on September 1st at 5:00pm. The MIAC season begins at home against 2004 defending conference champion and NCAA participant Macalester College on September 13th at 4:00pm. Complete St. Catherine preview at: http://minerva.stkate.edu/athletics.nsf/pages/sc_prev05	

Saint Mary's University		
Head Coach:	Tony Guinn (2nd season / 7-10-1overall)	
2004 Record:	7-10-1 (4-7-0 MIAC / Tied-8th)	
Key Returners:	Amy Cory (So., For., Crystal Lake, Ill. / Crysall Lake South), 18 GP, 14 goals, 28 points; All-MIAC first-team Abbey D'Acquisto (So., Mid., Racine, Wis. / St. Catherine's), 17 GP, 1 goal, 5 assists, 7 points Jennifer Johnson (Jr., GK, Racine, Wis. / Racine Horlick), 16 GP, 1.72 GAA, 152 saves, .854 save %	

Season Preview:	In his first season as the head coach of the Saint Mary's University women's soccer team a year ago, Tony Guinn didn't know what to expect from the Minnesota Intercollegiate Athletic Conference. And the conference didn't know what to expect from Guinn and his Cardinals. They do now. Guinn guided the Cardinals to a 7-10-1 overall record — SMU's most wins since going 12-5-1 during the 1999 season — and with a year under his belt, the SMU coach isn't about to settle for another seven-win season. It's time for the Cardinals to return to the conference's penthouse. "I think right now we are a bit ahead of where we were last year at this time," said Guinn. "We had another good recruiting class, everyone has a better understanding of my expectations, and everyone's commitment level is that much higher." Hopefully we can just pick up where we left off last year." Hopefully? With eight starters back from a year ago, including All-MIAC first-teamer Amy Cory (Crystal Lake, Ill.) — and no glaring weaknesses — the question isn't whether or nor the Cardinals will continue to improve, but rather, how much will they improve. Top half of the conference? Top four? Top 2? No. 1? It's a question Guinn isn't prepared to answer — but his players may be. "This team enjoyed some success last year and that just fueled their fire that much more," said Guinn. "The biggest difference between this year's team and last year's is our depth, — not only are we deep, but we are solid all the way around. "We've got one of the best keepers in the conference in Jen Johnson (Racine, Wis.), we've got an all-conference striker in Amy Cory, (Crystal Lake, Ill.), we've got two outstanding center-mids in Kendra Maloney (Green Bay, Wis.) and Abbey D'Aquisto (Racine, Wis.), and we've got an all-conference sweeper (as a freshman two years ago) in Kelli Krmpotich (Minneapolis, Minn.). "Add to that the outstanding leadership we are getting from our three seniors — Anne Suddendorf (Excelsior, Minn.), Courtney Gibson (Woodbury, Minn.) and Mandy Downing (Mendota Heights, Minn.) — and this team is really on the right track." Complete Saint Mary's preview at: http://sports.smumn.edu/w_soccer/2005/newsletter/wspreview.html
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St. Olaf College			
Head Coach:	Kurt Anderson (5th season as w. coach / 39-28-6 overall)		
2004 Record:	12-6-1 (7-4-0 MIAC / Tied-3rd)		

Key Returners:	Kelsey Watt (Jr., F, Apple Valley, Minn.), All-MIAC, 11 goals, four asts in 2004, third in MIAC in points, had four game-winners Kaia Knutson (Sr., F, Fargo, Minn./South), All-MIAC, had eight goals, two assists in 2004 Katie Bierlein (Jr., M, Apple Valley, Minn./Eastview), All-MIAC honorable mention, had five goals, four assists in 2004
Season Preview:	If the 2005 St. Olaf College women's soccer team starts like it finished in 2004, it will be a good fall. Last season, St. Olaf won their last five conference games to capture third place and their first ever berth in the MIAC playoffs. Head coach Kurt Anderson knows his team has a chance to carry momentum from their 2004 run that ended in a shootout at second-seeded Concordia-Moorhead. "We'd like to pick up where we left off," said Anderson. "During the preseason, I already see some carry over, which is encouraging." The Oles have at least eight good reasons, as in the number of starters returning, to believe they'll be off to a good start this season. Two all-conference forwards, including the MIAC's third leading point-getter Kelsey Watt (Jr., Apple Valley, Minn.), return for Anderson. "We have potential to be a pretty good offensive team," said Anderson, who has almost 75 percent of his scoring back from 2004. Watt was an All-MIAC honoree after a breakout season last year. She had a team-best 11 goals, including four game-winners, and 26 points. Kaia Knutson (Sr., Fargo, N.D./South) was also an All-MIAC pick. She joins Watt up front after an eight-goal, two-assist campaign. Hennessy Wadell (So., LaCrosse, Wis.) will likely start to begin the year. Wadell had two assists in limited minutes last fall. At Midfield, Katie Bierlein (Jr., Apple Valley, Minn./Eastview) had a sound season a year ago and will be looked upon to play a large role in the Ole's success this season. Bierlein had five goals and four assists last year. Liz Tanner (Jr., Columbia, Mo./Hickman), who started all 19 games last year, will join Bierlein in a starting role. Kira Price (So., Palo Alto, Calif./Gunn) will play a more prominent role in 2005 after netting three goals and an assist last year. A preseason injury to Meghan Ryerse (Sr., Edina, Minn.) will open minutes for sophomore Jenny Wetzig (So, Eden Prairie, Minn.) and first-year Jenny Kallis (Minneapolis/South). Kristen Koomen (Fy, Hopkins, Minn.) could see some minutes as well. Defensively, Erica Gruner (Sr., Neenah, Wis.) and Becca Nagel (Jr., Boulder, Colo.) will help solidify the backfield. Nagel and Gruner started every game last season. Karen Thiebes (So., Medford, Ore.) will fill the other defensive spot. Emily Rolfsmeyer (Jr., Sioux Falls, S.D) will be Anderson's opening day starter at goalie after a great off season. Anna Feigum (Jr., Moorhead, Minn.) will play as well. Feigum stopped 76.6 percent of shots last season and gave up 1.36 goals a contest. Complete St. Olaf preview at: http://fusion.stolaf.edu/athletics//index.cfm?fuseaction=NewsDetails&id=436

University of St. Thomas		
Head Coach:	Colleen Carey (7th season / 71-31-11 overall)	
2004 Record:	9-9-0 (6-5-0 MIAC / 6th)	

Key Returners:	Jessia Magnuson (Sr., F), HM All-MIAC, Career: 8g-14a/30 points Christine Williams (Sr., F), led MIAC in scoring in 2003; Career: 27g-11a/65 points Sarah Balgord (Jr., F), Career: 14 goals/3a-31 points Jade Crepps (Jr., F), HM All-MIAC, Career: 8g-5a/21 points
Season Preview:	The 2004 St. Thomas women's soccer team had five one-goal defeats sink its chances of a return to the MIAC playoff field. The Tommies had a streak of top-two conference placings end at four. Their 9-9 final record marked the 19th time in the 20-year history of the program that UST finished at .500 or better. The Toms posted three solid road victories as they topped playoff qualifier St. Olaf, 2003 MIAC champ St. Ben's (3-1), and UW-Stout (4-2), which finished with a 15-3-2 record. They lost an overtime game to 16-5-1 UW-Stevens Point; lost 1-0 to 18-3-2 Macalester; and also were shutout on the road by 16-1 Trinity (Tex.). Seventh-year head coach Colleen Carey must replace a graduation class that went 50-21-6 in its era. That group was led by Elizabeth Sullivan, Mary Dienhart, Sarah Bird, Jacqie Kupfer and Anna Schlick. Seniors Christine Williams and Jessica Magnuson and juniors Sarah Balgord and Jade Crepps lead the returners. Williams, who as a sophomore in 2003 led the MIAC in scoring (28 points), goals (13) and game-winning goals (five), has 65 career points (27 goals). Magnuson (30 career points) had six goals last season. Balgord (14 career goals) and Crepps (eight career goals) also are scoring threats. UST had 40 prospects tryout and kept 11 newcomers on its 24-player roster. Among that group is goalkeeper Dana Vilar, a Wisconsin all-stater in 2003 who played varsity tennis for the Tommies last spring. Others include three Minnesota HS honorable-mention all-staters from 2004 -- defenders Stephanie Paasch of Park, Courtney Walior of Prior Lake, and Abigail Krause of Benilde-St. Margaret. The Tommies open their 2005 season Sept. 2 at home vs. UW-Stevens Point, a perennial Division III playoff team. They play their last four MIAC games at home. They start conference play Sept. 13 at home vs. Concordia-Moorhead. Complete St. Thomas preview at: http://www.stthomas.edu/tommies/shared/shownews.cfm?ArticleID=3646

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