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BIG SKY CONFERENCE ANNOUNCES 2013 WOMEN'S SOCCER ALL-CONFERENCE TEAM

OGDEN, Utah (Nov. 5, 2013) - The Big Sky Conference has announced its 2013 women's soccer All-Conference team and individual award winners. The selections were made in a vote by the league's 10 head coaches Monday morning. Coaches were not allowed to vote for their own players.

Weber State sophomore Mackenzie Harrison was named the Offensive MVP, while Portland State junior Kayla Henningsen was named Defensive MVP. Northern Colorado senior Natalie D'Adamio and Portland State sophomore Caitlin Plese were named Co-Goalkeeper of the Year. Portland State freshman Abbey Bergquist was named New-comer of the Year.

Harrison finished the season with six goals and one assist in conference play. Harrison's 13 points were tied for tops in the conference. The sophomore from Kaysville, Utah, led a Weber State offense that was tied for first in the league with 17 goals. On two different occasions, Harrison scored two goals against conference opponents. After those performances, Harrison earned Offensive Player of the Week awards.

Portland State's Kayla Henningsen, a junior from Beaverton, Ore., was one of the leaders of a defense that only allowed three goals in conference play, leading the league. The Vikings had a total of six shutouts in conference. Her defensive play helped Portland State win the Big Sky regular-season title, going unbeaten in the league for the first time in school history.

Northern Colorado's Natalie D'Adamio, a senior from Littleton, Colo., was one of the leaders of a defense that only allowed five goals in conference play. D'Adamio ranked second in the league with a .64 goals against average. This marks the third straight year that NC has earned the Goalkeeper of the year award, Kirstin Salminen was the 2011 winner and D'Adamio is the reigning 2012 award winner.

Portland State's Caitlin Plese, a sophomore from Enumclaw, Wash., led a defense that only allowed three goals in conference play. Plese ranked first in the league with a .32 goals against average, ranked first in save percentage with .893 and led the league with six shutouts. This is the first time in school history that a Portland State goalkeeper has won the award (the award began the 2011 season).

Portland State's Abbey Bergquist, a freshman from Tumwater, Wash., played in all 17 matches for the Vikings, starting in 16 of them. The freshman finished the season with two goals and two assists, giving her six points.

The 2013 Golden Boot Award is awarded to the player(s) who lead the conference in points collected during league play. Weber State forward Mackenzie Harrison tallied six goals and one assist for 13 points in nine conference matches. Northern Arizona's Cierra Gamble, a sophomore from Corona, Calif., also had 13 points after recording four goals and five assists in conference. With 13 points each, Harrison and Gamble are the Big Sky's 2013 Golden Boot Award winners. This marks the fourth time Weber State has had a player win the Golden Boot and the second time Northern Arizona has had a player win the Golden Boot.

Northern Colorado's Natalie D'Adamio, Idaho State's Amanda Ellsworth, and Weber State's Brecken Holbrook and Chansi Crompton were selected to the First Team All-Conference for the second straight year.

Idaho State had two players receive First-Team honors in Ellsworth and senior defender Allyson Stainbrook.

Northern Colorado placed three players on the First-Team in D'Adamio, senior midfielder Tara Rickenbach and junior forward Juliana Grover.

Portland State had three players earn First-Team honors in Plese, Henningsen and sophomore midfielder Cori Bianchini. Weber State had three sophomores placed on the First Team in Crompton, Harrison and Holbrook. Northern Arizona had two players earn First-Team honors in Gamble and senior defender Alana D'Onofrio.

Portland State, Northern Arizona, Weber State and Northern Colorado will compete in the Big Sky Championship this weekend in Portland, Ore.

All of the conference tournament matches can be viewed on WatchBigSky.com.

Big Sky Conference 2013 Soccer Individual Award Winners

Offensive MVP

Mackenzie Harrison, Weber State

Defensive MVP

Kayla Henningsen, Portland State

Newcomer of the Year

Abbey Bergquist, Portland State

Co-Goalkeeper of the Year

Natalie D'Adamio, Northern Colorado
Caitlin Plese, Portland State

**2013 Big Sky Women's Soccer
All-Conference Teams**

FIRST TEAM

<i>Position</i>	<i>Name</i>	<i>School</i>	<i>Year</i>
Goalkeeper	%Natalie D'Adamio Caitlin Plese	Northern Colorado Portland State	Senior Sophomore
Defenders	Allyson Stainbrook Alana D'Onofrio Kayla Henningsen %Brecken Holbrook	Idaho State Northern Arizona Portland State Weber State	Senior Senior Junior Sophomore
Midfielders	Cierra Gamble Tara Rickenbach Cori Bianchini %Chansi Crompton	Northern Arizona Northern Colorado Portland State Weber State	Sophomore Senior Sophomore Sophomore
Forwards	%Amanda Ellsworth Juliana Grover Mackenzie Harrison	Idaho State Northern Colorado Weber State	Junior Junior Sophomore

%Two-Time Selection

SECOND TEAM

<i>Position</i>	<i>Name</i>	<i>School</i>	<i>Year</i>
Goalkeeper	Sheridan Hapsic	Idaho State	Sophomore
Defenders	Brooke Moody Ambree Bellin Kristin Moyer Kelsey Henningsen	Montana Northern Colorado Portland State Portland State	Junior Junior Freshman Junior
Midfielders	India Watne Maddey Frey Abbey Bergquist Jennifer Lum Mackenzie Day	Montana Montana Portland State Sacramento State Weber State	Senior Senior Freshman Freshman Junior
Forwards	Haley Wingender Eryn Brown Alyssa Anderson	Northern Arizona Portland State Sacramento State	Sophomore Junior Sophomore

HONORABLE MENTION

Goalkeepers - Kristi Hestdalen - North Dakota; Lauren Weaver - Northern Arizona; Kimberly Mata - Sacramento State

Defenders - Kayla Sutter - Eastern Washington; Lia Margolis - Idaho State; Kirsten Olson - North Dakota; Diane Buzzard - Northern Arizona; Sarah Tarver - Northern Arizona; Danny Muniz - Northern Arizona; Adrienne Jordan - Northern Colorado; Torie Morris - Portland State; McKenna Swanson - Sacramento State; Kassi Anast - Sacramento State; Katie Jones - Southern Utah; Marissa Yamane - Weber State; Bailey Eames - Weber State; Shaylee Petersen - Weber State

Midfielders - Siara Byers - Eastern Washington; Allyssa Kenney - Idaho State; Mackenzie Akins - Montana; Tyler Adair - Montana; Elinor Priest - Northern Arizona; Chandler Guetz - Northern Colorado; Jessica Small - Sacramento State; Shelby Green - Southern Utah; Kendra Smith - Weber State

Forwards - Cassie Black - Eastern Washington; Whitney Peterson - Idaho State; Savannah Berry - Northern Arizona; Danielle Birdsall - Northern Colorado; Lynsey Gaines - Portland State; Jordyn Rolling - Sacramento State; Gabriela Trenton - Sacramento State; Breanna Brown - Southern Utah