

# MAC Commonwealth Honors

## Special Honors

Year	Player of the Year	Position
2000	Melissa Lehman^	Midfielder
2002	Mindy Miller	Forward
2003	Jennifer Sapp	Defender
2006	Stef Rowe	Forward
2008	Amanda Naeher	Midfielder
2009	Erin Hench	Forward
2010	Amanda Naeher	Midfielder
2011	Kelsey Gorman^^	Defender
2012	Alex Brandt	Midfielder
2013	Nikki Elsaesser>> (Off.)	Forward
2013	Alicia Frey>> (Def.)	Midfielder
2014	Nikki Elsaesser (Off.)	Forward
2014	Macaulay Soto (Def.)	Midfielder
2015	Nikki Elsaesser (Off.)	Forward
2015	Macaulay Soto (Def.)	Midfielder
2016	Marisa Weaver (Off.)	Forward
2016	DJ Cole (Def.)	Midfielder
2017	DJ Cole (Def.)	Defender

Year	Rookie of the Year	Position
1998	Sara Strzepek >	Forward
1999	Mindy Miller	Forward
2000	Emily Benson <	Midfielder
2004	Annie Futato	Forward
2006	Emily Cope	Midfielder
2007	Erin Hench	Forward
2009	Corinne Wulf	Forward
2010	Alicia Frey	Forward
2011	Mackenzie Clapper	Forward
2015	Ally Reinhardt	Forward
2016	Sunny Gelnovatch	Midfielder
2017	Lydia Ewing	Goalkeeper

### Coach of the Year

2000	Scott Frey
2007	Scott Frey
2013	Scott Frey
2015	Scott Frey

^ Co-Player of the Year with Dina Jingoli (Elizabethtown)  
 ^^ Co-Player of the Year with Nicole Snyder (Lebanon Valley)  
 >> Beginning in 2013 the conference awarded Off. and Def. POY.

> Co-Rookie of the Year with Stevie Ochse (Moravian)  
 < Co-Rookie of the Year with Jackie Bushta (Moravian)

### MAC Scholar-Athlete of the Year

2011	Kelsey Gorman	Accounting
2013	Alicia Frey	Mathematics
2016	Kayla Deckert	Education Dual Cert: PreK-4 & Special Ed.

The MAC Scholar-Athlete Award is presented to one student-athlete of each sport across the entire "MAC" with no separation between the Commonwealth and Freedom divisions.

## All-Conference Honors

\*Messiah women's soccer began receiving All-Conference honors in 1989. The Middle Atlantic Conference (MAC) split into two divisions, the Commonwealth and the Freedom, starting in the year 2000. Messiah has since competed within the Commonwealth Conference.

Note: The position of "Midfielder" was not assigned each year; periodically, players were divided into only Forwards, Backs, and Goalkeepers.

Year	Name	Position	Honor	Year	Name	Position	Honor
1989	Jodi Angell	Back	First Team	1996	Heather Hagopian	Back	First Team
1990	Laura Dudley	Forward	First Team	1996	Ann Marie McDowell	Back	First Team
1990	Jodi Angell	Back	Second Team	1997	Anna Dao	Back	First Team
1991	Laura Dudley	Forward	First Team	1997	Jodie Haak	Back	Second Team
1991	Laura Heckman	Midfielder	First Team	1997	Carol Chucoski	Back	Second Team
1991	Karen Roberts	Back	First Team	1997	Megan Ahrens	Back	Second Team
1991	Jodi Angell	Back	Second Team	1998	Sara Strzepek	Forward	First Team
1992	Laura Dudley	Forward	First Team	1998	Megan Ahrens	Defender	First Team
1992	Karen Roberts	Midfielder	First Team	1998	Katrina Krzemien	Goalkeeper	Second Team
1992	Jodi Angell	Back	Second Team	1998	Melissa Cicio	Forward	Second Team
1993	Kris VanderPlaat	Goalkeeper	First Team	1998	Michelle Anderson	Midfielder	Second Team
1993	Grace Chow	Forward	First Team	1998	Anna Dao	Defender	Second Team
1993	Karen Roberts	Midfielder	First Team	1998	Jodie Haak	Defender	Second Team
1994	Kris VanderPlaat	Goalkeeper	First Team	1999	Mindy Miller	Forward	First Team
1994	Rachel Sawatzky	Defender	First Team	1999	Melissa Lehman	Midfielder	First Team
1994	Heather Hagopian	Midfielder	First Team	1999	Megan Engle	Defender	First Team
1994	Grace Chow	Forward	First Team	1999	Katrina Krzemien	Goalkeeper	Second Team
1995	Naquita Dill	Forward	First Team	1999	Melissa Cicio	Forward	Second Team
1995	Heather Hagopian	Back	First Team	1999	Ashley Donecker	Midfielder	Second Team
1995	Ann Marie McDowell	Back	First Team				

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## MAC Commonwealth Honors, cont...

Year	Name	Position	Honor	Year	Name	Position	Honor
2000	Melissa Cicio	Back	First Team	2008	Katlyn Musser	Defender	First Team
2000	Melissa Lehman	Midfielder	First Team	2008	Molly Bletz	Defender	Second Team
2000	Sara Strzepek	Forward	First Team	2008	Kelsey Gorman	Defender	Second Team
2000	Danielle Warden	Goalkeeper	Second Team	2008	Brindley Beckwith	Goalkeeper	Second Team
2000	Emily Benson	Midfielder	Second Team	2009	Erin Hench	Forward	First Team
2000	Jamie Gasiorowski	Forward	Second Team	2009	Amanda Naehar	Midfielder	First Team
2001	Melissa Cicio	Defender	First Team	2009	Molly Bletz	Defender	Second Team
2001	Melissa Lehman	Midfielder	First Team	2009	Joanna Haqq	Forward	First Team
2001	Sara Strzepek	Forward	First Team	2009	Katlyn Musser	Defender	Second Team
2001	Maggie Futato	Goalkeeper	Second Team	2009	Katie Hoffsmith	Defender	Second Team
2001	Jamie Gasiorowski	Midfielder	Second Team	2009	Carey Cortese	Defender	First Team
2001	Emily Benson	Midfielder	Second Team	2010	Alicia Frey	Forward	First Team
2001	Erin Benedict	Forward	Second Team	2010	Joanna Haqq	Forward	First Team
2002	Emily Benson	Defender	First Team	2010	Corinne Wulf	Forward	First Team
2002	Mindy Miller	Midfielder	First Team	2010	Alex Brandt	Midfielder	First Team
2002	Erin Benedict	Forward	First Team	2010	Amanda Naehar	Midfielder	First Team
2002	Maggie Futato	Goalkeeper	Second Team	2010	Katie Hoffsmith	Defender	First Team
2002	Jennifer Sapp	Defender	Second Team	2010	Molly Bletz	Defender	Second Team
2002	Jamie Gasiorowski	Midfielder	Second Team	2010	Kelsey Gorman	Defender	Second Team
2003	Erin Benedict	Forward	First Team	2011	Corinne Wulf	Forward	First Team
2003	Jamie Gasiorowski	Forward	First Team	2011	Erin Hench	Forward	First Team
2003	Emily Benson	Midfielder	First Team	2011	Alex Brandt	Midfielder	First Team
2003	Jennifer Sapp	Defender	First Team	2011	Leah Sipe	Midfielder	First Team
2003	Maggie Futato	Goalkeeper	First Team	2011	Kelsey Gorman	Defender	First Team
2003	Hannah Levesque	Midfielder	Second Team	2011	Lisa Wingard	Forward	Second Team
2004	Hannah Levesque	Forward	First Team	2011	Olivia Scott	Midfielder	Second Team
2004	Annie Futato	Forward	First Team	2011	Alicia Frey	Defender	Second Team
2004	Avie Fitzgerald	Defender	First Team	2012	Elizabeth Phillips	Defender	First Team
2004	Sara Stevens	Defender	First Team	2012	Alicia Frey	Forward	First Team
2004	Billie Jo Atkins	Midfielder	Second Team	2012	Nikki Elsaesser	Forward	First Team
2004	Sarah Hibshman	Defender	Second Team	2012	Alex Brandt	Midfielder	First Team
2004	Cassie Grose	Goalkeeper	Second Team	2012	Audra Larson	Goalkeeper	Second Team
2005	Annie Futato	Forward	First Team	2012	Rachel Scheibeler	Midfielder	Hon. Mention
2005	Stef Rowe	Forward	First Team	2012	Anne Trapp	Defender	Hon. Mention
2005	Hannah Levesque	Midfielder	First Team	2013	Nikki Elsaesser	Forward	First Team
2005	Sarah Hibshman	Defender	First Team	2013	Alicia Frey	Midfielder	First Team
2005	Savannah Stolzenburg	Midfielder	Second Team	2013	Ali Rogers	Defender	First Team
2005	Avie Fitzgerald	Midfielder	Second Team	2013	Corinne Wulf	Midfielder	Second Team
2005	Kacie Klynstra	Defender	Second Team	2013	Ashley Locke	Defender	Second Team
2005	Megan Strausbaugh	Defender	Second Team	2013	Audra Larson	Goalkeeper	Hon. Mention
2006	Stef Rowe	Forward	First Team	2013	Emily Schneider	Forward	Hon. Mention
2006	Savannah Stolzenburg	Midfielder	First Team	2013	Macaulay Soto	Midfielder	Hon. Mention
2006	Avie Fitzgerald	Midfielder	First Team	2013	Hannah Weyland	Defender	Hon. Mention
2006	Kacie Klynstra	Defender	First Team	2014	Nikki Elsaesser	Forward	First Team
2006	Sara Stevens	Defender	First Team	2014	Marisa Weaver	Forward	First Team
2006	Cassie Grose	Goalkeeper	First Team	2014	Kyele Bridel	Midfielder	First Team
2006	Rachel Horning	Forward	Second Team	2014	Macaulay Soto	Midfielder	First Team
2006	Emily Cope	Midfielder	Second Team	2014	Ashley Locke	Defender	First Team
2007	Erin Hench	Forward	First Team	2014	Hannah Weyland	Defender	Second Team
2007	Corrie Jones	Forward	First Team	2014	Holly Burgard	Forward	Hon. Mention
2007	Avie Fitzgerald	Midfielder	First Team	2014	Audra Larson	Goalkeeper	Hon. Mention
2007	Stef Rowe	Midfielder	First Team	2015	Nikki Elsaesser	Forward	First Team
2007	Kacie Klynstra	Defender	First Team	2015	Holly Burgard	Forward	First Team
2007	Katlyn Musser	Midfielder	First Team	2015	Macaulay Soto	Midfielder	First Team
2007	Rachel Horning	Forward	Second Team	2015	Kayla Deckert	Defender	First Team
2007	Amanda Naehar	Midfielder	Second Team	2015	Skylar Ulry	Defender	First Team
2007	Brindley Beckwith	Goalkeeper	Second Team	2015	Kyele Bridel	Forward	Second Team
2008	Erin Hench	Forward	First Team	2015	Marisa Weaver	Forward	Second Team
2008	Rachel Horning	Forward	First Team	2015	Marisa DeMonte	Midfielder	Second Team
2008	Kacie Klynstra	Midfielder	First Team	2015	Missy Biener	Defender	Second Team
2008	Amanda Naehar	Midfielder	First Team	2015	Audra Larson	Goalkeeper	Second Team
2008	Carey Cortese	Defender	First Team	2015	Ally Reinhardt	Forward	Hon. Mention

## MAC Commonwealth Honors, cont...

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<b>Year</b>	<b>Name</b>	<b>Position</b>	<b>Honor</b>
2016	Marisa Weaver	Forward	First Team
2016	DJ Cole	Midfielder	First Team
2016	Sunny Gelnovatch	Midfielder	First Team
2016	Kayla Deckert	Defender	First Team
2016	Sara Yunez	Goalkeeper	First Team
2016	Missy Biener	Midfielder	Second Team
2016	Summerly Merson	Defender	Second Team
2016	Skylar Ulry	Defender	Second Team
2016	Erin Sollenberger	Forward	Hon. Mention
2017	Brooke Firestone	Forward	First Team
2017	Barb Foster	Midfielder	First Team
2017	Sunny Gelnovatch	Midfielder	First Team
2017	DJ Cole	Defender	First Team
2017	Lydia Ewing	Goalkeeper	First Team
2017	Julia Kyne	Forward	Second Team
2017	Abby Monko	Midfielder	Second Team
2017	Lydia Eichorn	Defender	Second Team
2017	Skylar Ulry	Defender	Second Team
2017	Megan Mansfield	Forward	Hon. Mention

# United Soccer Coaches All-Mid-Atlantic Region Honors



Total Separate Seasons with Honors:	22
Total Number of Player Honors:	81
Forwards:	29
Midfielders:	27
Defenders:	17
Goalkeepers:	8
Most Honors in a Single Season:	5 (2000, 06, 09, 10, 13, 15)

Year	Name	Position	Honor
1991	Laura Dudley	Forward	
1992	Laura Dudley	Forward	
1992	Karen Roberts	Midfielder	
1998	Meg Ahrens	Midfielder	
1998	Sarah Strzepek	Forward	
1999	Mindy Miller	Forward	
2000	Melissa Lehman	Midfielder	
2000	Sara Strzepek	Forward	
2000	Emily Benson	Defender	
2000	Jamie Gasiorowski	Forward	
2000	Danielle Warden	Goalkeeper	
2001	Melissa Cicio	Defender	
2001	Melissa Lehman	Midfielder	
2001	Jamie Gasiorowski	Forward	
2001	Sara Strzepek	Forward	
2002	Emily Benson	Defender	
2002	Mindy Miller	Forward	
2002	Maggie Futato	Goalkeeper	
2002	Jamie Gasiorowski	Forward	
2003	Erin Benedict	Forward	
2003	Maggie Futato	Goalkeeper	
2003	Jamie Gasiorowski	Forward	
2003	Jennifer Sapp	Defender	
2004	Hannah Levesque	Midfielder	
2004	Annie Futato	Forward	
2004	Sarah Hibshman	Defender	
2005	Hannah Levesque	Midfielder	
2005	Sarah Hibshman	Defender	
2005	Stef Rowe	Midfielder	
2006	Stef Rowe	Midfielder	
2006	Savannah Stolzenburg	Midfielder	
2006	Kacie Klynstra	Midfielder	
2006	Avie Fitzgerald	Midfielder	
2006	Cassie Grose	Goalkeeper	
2007	Brindley Beckwith	Goalkeeper	First Team
2007	Kacie Klynstra	Midfielder	First Team
2007	Avie Fitzgerald	Midfielder	First Team
2007	Stef Rowe	Midfielder	First Team
2008	Erin Hensch	Forward	First Team
2008	Rachel Horning	Forward	First Team
2008	Kacie Klynstra	Midfielder	First Team
2008	Amanda Naehler	Forward	First Team
2009	Carey Cortese	Defender	First Team
2009	Erin Hensch	Forward	First Team
2009	Katlyn Musser	Defender	Second Team
2009	Katie Hoffsmith	Defender	First Team
2009	Amanda Naehler	Forward	First Team
2010	Leah Sipe	Midfielder	Second Team
2010	Katie Hoffsmith	Defender	First Team
2010	Kelsey Gorman	Defender	First Team
2010	Alex Brandt	Midfielder	First Team
2009	Carey Cortese	Defender	First Team
2009	Erin Hensch	Forward	First Team

Year	Name	Position	Honor
2009	Katlyn Musser	Defender	Second Team
2009	Katie Hoffsmith	Defender	First Team
2009	Amanda Naehler	Forward	First Team
2010	Leah Sipe	Midfielder	Second Team
2010	Katie Hoffsmith	Defender	First Team
2010	Kelsey Gorman	Defender	First Team
2010	Alex Brandt	Midfielder	First Team
2010	Amanda Naehler	Forward	First Team
2011	Alex Brandt	Midfielder	First Team
2011	Kelsey Gorman	Defender	First Team
2011	Erin Hensch	Forward	Second Team
2011	Corinne Wulf	Forward	First Team
2012	Alex Brandt	Midfielder	First Team
2012	Alicia Frey	Forward	First Team
2012	Elizabeth Phillips	Defender	First Team
2012	Rachel Scheibeler	Midfielder	Second Team
2013	Nikki Elsaesser	Forward	First Team
2013	Alicia Frey	Midfielder	First Team
2013	Ali Rogers	Defender	First Team
2013	Macaulay Soto	Midfielder	Third Team
2013	Corinne Wulf	Midfielder	Third Team
2014	Nikki Elsaesser	Forward	First Team
2014	Macaulay Soto	Midfielder	First Team
2014	Marisa Weaver	Forward	Second Team
2014	Audra Larson	Goalkeeper	Third Team
2015	Nikki Elsaesser	Forward	First Team
2015	Macaulay Soto	Midfielder	First Team
2015	Holly Burgard	Forward	First Team
2015	Kayla Deckert	Defender	First Team
2015	Audra Larson	Goalkeeper	Second Team
2016	Marisa Weaver	Forward	First Team
2016	Kayla Deckert	Defender	First Team
2016	DJ Cole	Midfielder	First Team
2017	Brooke Firestone	Forward	First Team
2017	Sunny Gelnovatch	Midfielder	First Team
2017	DJ Cole	Defender	First Team
2017	Lydia Ewing	Goalkeeper	Second Team

## Coach of the Year

Year	Coach	Record	Postseason
2002	Scott Frey	23-1-0	National Runner-Up
2004	Scott Frey	20-1-2	Final Four
2005	Scott Frey	22-0-1	National Champion
2015	Scott Frey	22-0-3	Final Four

# United Soccer Coaches All-American, Player of the Year, and Coach of



Total Separate Seasons with Honors:	18
Total Number of Player Honors:	34
Forwards:	15
Midfielders:	13
Defenders:	6
Goalkeepers:	0
Most Honors in a Single Season:	3 (2011)

Year	Name	Position	Honor
1992	Laura Dudley	Forward	Third Team
2001	Melissa Cicio	Defender	Second Team
2002	Mindy Miller	Forward	First Team
2003	Jennifer Sapp	Defender	First Team
2003	Erin Benedict	Forward	Second Team
2004	Hannah Levesque	Midfielder	First Team
2004	Annie Futato	Forward	Second Team
2005	Hannah Levesque	Midfielder	First Team
2005	Sarah Hibshman	Defender	Third Team
2006	Stef Rowe	Midfielder	First Team
2006	Savannah Stolzenburg	Midfielder	Second Team
2007	Stef Rowe	Midfielder	First Team
2007	Avie Fitzgerald	Midfielder	First Team
2008	Kacie Klynstra	Midfielder	First Team
2008	Amanda Naeher	Forward	First Team
2009	Erin Hench	Forward	First Team
2009	Amanda Naeher	Forward	First Team
2010	Amanda Naeher	Forward	First Team
2010	Alex Brandt	Midfielder	First Team
2011	Alex Brandt	Midfielder	First Team
2011	Kelsey Gorman	Defender	First Team
2011	Corinne Wulf	Forward	Second Team
2012	Alex Brandt	Midfielder	First Team
2012	Alicia Frey	Forward	Second Team
2013	Alicia Frey	Midfielder	First Team
2013	Nikki Elsaesser	Forward	Second Team
2014	Nikki Elsaesser	Forward	First Team
2014	Macaulay Soto	Midfielder	Second Team
2015	Nikki Elsaesser	Forward	First Team
2015	Macaulay Soto	Midfielder	First Team
2016	Marisa Weaver	Forward	First Team
2016	Kayla Deckert	Defender	First Team
2017	DJ Cole	Defender	First Team
2017	Brooke Firestone	Forward	Third Team

## National Player of the Year

Year	Player	Position	Season Statistics
2008	Amanda Naeher	Forward	33 goals, 6 assists, 6 GW
2009	Erin Hench	Forward	16 goals, 18 assists, 2 GW
2010	Amanda Naeher	Forward	32 goals, 11 assists 4 GW
2012	Alex Brandt	Midfielder	17 goals, 15 assists, 5 GW
2015	Nikki Elsaesser	Forward	31 goals, 15 assists, 7 GW

## National Coach of the Year

Year	Coach	Record	Postseason
2005	Scott Frey	22-0-1	National Champion
2009	Scott Frey	25-0-1	National Champion
2011	Scott Frey	23-0-1	National Champion