

# ***Lock Haven University Field Hockey Individual Post Season***

Last updated (5/11/10)

**1974**

**Ronnie Lawson:**

United States Team, competed in WorldCup in Edinburgh, Scotland

**1977**

**Wendy Keller:**

Alternate on U.S. Team

**Kim Pallastrone:**

Alternate on U.S. Team

**1978**

**Kim Pallastrone:**

U.S. Team

**1979**

**Karen Weaver:**

Mitchell & Ness All-American  
Honorable Mention

**1980**

**Kim Pallastrone:**

U.S. Team

**1981**

**Jill Ridley:**

Mitchell & Ness All-American Honorable Mention, All-Pennsylvania Conference

**Kelly Canavan:**

All-Pennsylvania Conference

**Roxie Gustitus:**

All-Pennsylvania Conference

**Sandy Miller:**

All-Pennsylvania Conference

**Sandy Sheesley:**

All-Pennsylvania Conference

**1982**

**Ann Grimm:**

Mitchell & Ness First Team All-American (only Division II Player on team),  
College Field Hockey Coaches Association (CFHCA) All-American, All-Conference

**Sherry Derr:**

CFHCA All-American, All-Conference

**Sandy Miller:**

CFHCA All-American, All-Conference

**Kate Murphy:**

CFHCA All-American, All-Conference

**Bonnie Lassen:**  
All-Conference

**1983**

**Ann Grimm:**  
Mitchell & Ness First Team All-American(only Division II Player on team),  
Broderick Award Nominee, CFHCA All-American, All-Conference

**Tracy Coates:**  
CFHCA All-American, All-Conference

**Sherry Derr:**  
CFHCA All-American, All-Conference

**Kate Murphy:**  
CFHCA All-American, All-Conference

**Ginny Neiss:**  
CFHCA All-American, All-Conference

**Patti Gillespie:**  
All-Conference

**Bonnie Lassen:**  
All-Conference

**1984**

**Sherry Derr:**  
Mitchell & Ness All-American, CFHCA All-American, All-Mid/Atlantic Region

**Ginny Neiss:**  
Mitchell & Ness All-American, CFHCA All-American, All-Mid-Atlantic Region

**1985**

**Wendy Heiges:**  
All-Mid-East, All-Conference, Division I Recognition

**Bev Young:**  
All-Mid-East, All-Conference, Division I Recognition

**Lori Sanella:**  
All-Mid-East Honorable Mention

**Heidi Firth:**  
All-Conference, Division I Recognition

**1986**

**Ginny Neiss:**  
All-Mid-East, All-Conference, Division I Recognition

**Lori Sanella:**  
All-Mid-East, All-Conference, Division I Recognition

**Diane Lokey:**  
All-Conference, Division I Recognition

**1987**

**Heidi Firth:**  
All-Mid-East, All-Conference Division I Recognition

**Tami Flowers:**  
All-Mid-East, All-Conference, Division I Recognition

**Kim Hasson:**  
All-Conference, Division I Recognition

**1988****Dawn Zipay:**

CFHCA Division I National Academic Team, All-Conference Division I Recognition

**Jill LaPoint:**

All-Conference, Division I Recognition

**Missy Carman:**

All-Conference, Division I Recognition

**1989****Missy Carman:**

CFHCA First Team All-American, First Team All-Region, NCAA All-Tournament Team, All-Conference, CFHCA National Academic Team

**Dawn Zipay Therrell:**

CFHCA National Academic Team, NCAA All-Tournament Team, Second Team All-Region, All-Conference

**Tara Egolf:**

CFHCA All-American Honorable Mention, First Team All-Region, NCAA All-Tournament Team, All-Conference

**Diane Yonker:**

CFHCA All-American Honorable Mention, First Team All-Region, All-Conference

**Dot Schmidt:**

Second Team All-Region, All-Conference

**Gia Sgrignoli:**

Second Team All-Region, NCAA All-Tournament Team, All-Conference

**Kelly Charles:**

All-Conference Honorable Mention

**1990****Laurie Kerr:**

CFHCA Second-Team All-American, First Team All-Region, First Team All-Conference

**Robyn Rinkowski:**

First Team All-Region, First Team All-Conference

**Teresa Cisney:**

First Team All-Region, First Team All-Conference

**Gia Sgrignoli:**

Second Team All-Region, First Team All-Conference

**Brooke Altland:**

All-Conference Honorable Mention

**Beth Stitzel:**

NCAA Division III Final Four All-Tournament Team

**1991****Robyn Rinkowski:**

CFHCA First Team All-American, First Team All-Region, First Team All-Conference

**Brooke Altland:**

CFHCA Second Team All-American, First Team All-Region, First Team All-Conference

**Teresa Cisney:**

CFHCA Third Team All-American, First Team All-Region, First Team All-Conference

**Beth Stitzel:**

CFHCA Second Team All-Region, All-Conference Honorable Mention

**Amy Dante:**

First Team All-Conference

**Alison Brita:**

First Team All-Conference

## 1992

**Kris Balthaser:**

National Academic All-American

**Alison Brita:**

CFHCA First Team All-American, First Team All-PSAC

**Amy Dante:**

CFHCA Second Team All-American, First Team All-PSAC

**Colette Gasparini:**

CFHCA First Team All-American, First Team All-PSAC

**Stacy Heiserman:**

CFHCA Second Team All-American, First Team All-PSAC

**Carri Hogg:**

Division II National Championship All-Tournament Team

**Beth Stitzel:**

First Team All-PSAC, Member CFHCA Division II Senior All-Star Team

**Stephanie Teleky:**

CFHCA First Team All-American, First Team All-PSAC,  
Division II National Championship All-Tournament Team

**Tracy Trapp:**

CFHCA First Team All-American, First Team All-PSAC,  
Member CFHCA Division II Senior All-Star Team

**Tracy Wilcox:**

Division II National Championship All-Tournament Team

## 1993

**Colette Gasparini:**

CFHCA First Team All-American, First Team All-PSAC

**Stephanie Teleky:**

CFHCA First Team All-American, First Team All-PSAC

**Alison Brita:**

CFHCA First Team All-American, CFHCA Senior All-Star Member

**Melanie Helm:**

CFHCA Second Team All-American

**Kristin Muracco:**

CFHCA Second Team All-American, First Team All-PSAC

**Carri Hogg:**

CFHCA Second Team All-American

**Kristen Balthaser:**

CFHCA Second Team All-American, Academic All-American,  
CFHCA Senior All-Star Member

**Leslie Knopp:**

CFHCA Second Team All-American

## 1994

**Colette Gasparini:**

Honda/Broderick Cup Nominee, First Team CFHCA All-American, PSAC Player of the Year,  
First Team All-PSAC

**Stephanie Teleky:**

First Team CFHCA All-American, First Team All-PSAC

**Melanie Helm:**

First Team CFHCA All-American, First Team All-PSAC

**Caroline Gillich:**

First Team CFHCA All-American, First Team All-PSAC

**Lisa Kopp:**

Second Team CFHCA All-American, First Team All-PSAC

**Carri Hogg:**

Second Team CFHCA All-American

**Kris Muracco:**

Second Team CFHCA All-American, Second Team All-PSAC

**1995**

**Melanie Helm:**

First Team All-American, PSAC Player of the Year, First Team All-PSAC,  
NCAA All-Tournament Team

**Caroline Gillich:**

First Team All-American, Honda/Broderick Cup Nominee, First Team All-PSAC,  
National Academic Squad

**Carri Hogg:**

First Team All-American, First Team All-PSAC

**Dawn Smith:**

First Team All-American, First Team All-PSAC, National Academic Squad

**Tracy Wilcox:**

Second Team All-American, Second Team All-PSAC, National Academic Squad,  
PSAC Championship MVP

**Cheri Drysdale:**

Second Team All-PSAC, National Academic Squad

**Diane Drumheller:**

Second Team All-PSAC, NCAA All-Tournament Team

**Debbie Wilkins:**

National Academic Squad, NCAA All-Tournament Team

**Sonia Seibel:**

National Academic Squad

**1996**

**Melanie Helm:**

First Team All-American, PSAC Player of the Year, First Team All-PSAC,  
NCAA All-Tournament Team

**Stacy Karloski:**

First Team All-American, Second Team All-PSAC

**Dawn Smith:**

First Team All-American

**Diane Drumheller:**

Second Team All-American, Second Team All-PSAC

**Cheri Drysdale:**

Second Team All-American, First Team All-PSAC,  
Competed on USA Junior World Cup Team

**Kristen Geissler:**

Second Team All-American, Second Team All-PSAC

**Sharon Kreider:**

First Team All-PSAC, NCAA All-Tournament Team

**Cori Anderson:**

Second Team All-PSAC

**1997**

**Diane Drumheller:**

First Team All-American, First Team All-PSAC

**Kristen Geissler:**

Second Team All-American, Second Team All-PSAC

**Heidi Sanders:**

First Team All-PSAC

**Cori Anderson:**

Second Team All-PSAC

**Pam Gauss:**  
Second Team All-PSAC

**1998**

**Cori Anderson:**  
Second Team All-American, First Team All-PSAC

**Tara Beach:**  
Second Team All-American, First Team All-PSAC

**Cheri Drysdale:**  
First Team All-American, Second Team All-PSAC, PSAC Championship MVP, NCAA All-Tournament Team, NFHCA Division II North/South Senior All-Star, National Academic Squad

**Becky Hinton:**  
Second Team All-American, Second Team All-PSAC

**Carrie Shea:**  
National Academic Squad

**Ann Smith:**  
NFHCA Division II North/South Senior All-Star

**Shana Vitale:**  
First Team All-American, First Team All-PSAC, NCAA All-Tournament

**1999**

**Cori Anderson:**  
First Team All-American, First Team All-PSAC; NFHCA Senior All-Star

**Tara Beach:**  
Second Team All-American, First Team All-PSAC

**Becky Hinton:**  
First Team All-American, First Team All-PSAC; NFHCA Senior All-Star

**Deb Lutz:**  
First Team All-PSAC

**2000**

**Shana Vitale:**  
First Team All-American, First Team All-PSAC, PSAC Athlete of the Year, NCAA Division II All-Tournament Team, NFHCA Division II North/South Senior All-Star; NCAA Division II Honda Award nominee for field hockey

**Shannon Spease:**  
First Team All-American, First Team All-PSAC, PSAC Championships MVP, NCAA Division II All-Tournament Team

**Tara Beach:**  
First Team All-American, First Team All-PSAC

**Erika Grap:**  
First Team All-American, Second Team All-PSAC, NCAA Division II All-Tournament Team

**Jen DeNault:**  
Second Team All-American, Second Team All-PSAC, NCAA Division II All-Tournament Team, PSAC Rookie of the Year

**Michelle Hickey:**  
NFHCA Senior All-Star

**Angelique Conklin:**  
NFHCA Academic All-American

**Amy Hale:**  
NFHCA Academic All-American

**Ododo Omo Osagie:**  
NFHCA Academic All-American

**Carrie Witherel:**  
NFHCA Academic All-American

**Marci Yousaitis:**

NFHCA Academic All-American

**2001**

**Shannon Spease:**

NCAA Division II First Team All-American, ECAC Player of the Year, ECAC All-Star, PSAC Athlete of the Year, PSAC Championship MVP, First Team All-PSAC, North/South Senior All-Star.

**Erika Grap:**

NCAA Division II First Team All-American, Second Team All-PSAC.

**Val George:**

First Team All-PSAC, North/South Senior All Star.

**Janelle Ebaugh:**

NCAA Division II Second Team All-American, First Team All-PSAC.

**Jen DeNault:**

NCAA Division II First Team All-American, First Team All-PSAC, ECAC All Star.

**Kellie Kulina:**

Second Team All-PSAC

**Tara Beach:**

NCAA Division II First Team All-American, North/South Senior All-Star.

**Marcy Frymoyer:**

North/South Senior All Star.

**Amy Hale:**

NFHCA Academic All-American.

**Lauren Kelchner:**

NFHCA Academic All-American.

**Sara Segerlin:**

NFHCA Academic All-American.

**Kathryn Stewart:**

NFHCA Academic All-American.

**Carrie Witherel:**

NFHCA Academic All-American.

**Nikki Sweger:**

All-NEC Team

**Alyssa True:**

NFHCA National Academic Squad

**Erin Weibley:**

NFHCA National Academic Squad, NEC Honor Roll

**Jill Wessner:**

NFHCA National Academic Squad, NEC Honor Roll

**Rebecca Yerkes:**

NFHCA National Academic Squad, NEC Honor Roll

**2002**

**Jennifer Churetta**

NFHCA Academic All-American.

**Jen DeNault:**

First Team All-American, First Team All-PSAC, NCAA All-Tournament Team, ECAC All-Star.

**Janelle Ebaugh:**

First Team All-American, First Team All-PSAC, NCAA All-Tournament Team, ECAC All-Star.

**Erika Grap:**

First Team All-American, First Team All-PSAC, NCAA All-Tournament Team, NFHCA Division II North/South Senior All-Star, ECAC All-Star.

**Amy Hale:**

First Team All-PSAC, NFHCA Division II North/South Senior All-Star, NFHCA Academic All-American.

**Courtney Hughes:**

Second Team All-PSAC.

**Lauren Kelchner:**

NFHCA Academic All-American

**Kellie Kulina:**

Second Team All-PSAC.

**Sara Segerlin:**

NFHCA Academic All-American.

**Katie Stewart:**

NFHCA Academic All-American.

**Melissa Stubblefield:**

Second Team All-PSAC.

**Mandy Sullivan:**

NFHCA Academic All-American

**Nikki Sweger:**

Second Team All-American, PSAC Rookie of the Year, Second Team All-PSAC.

**Erin Weibley:**

NFHCA Academic All-American

**Carrie Witherel:**

NFHCA Division II North/South Senior All-Star, NFHCA Academic All-American.

**2003**

**Mandy Alderfer:**

PSAC Rookie of the Year, Second Team All-PSAC, NFHCA National Academic Squad

**Tabitha Benjamin:**

NFHCA National Academic Squad

**Jennifer Churetta:**

NFHCA National Academic Squad

**Jen DeNault:**

NCAA Division II Player of the Year, First Team All-American, PSAC Player of the Year, First Team All-PSAC, NFHCA Senior All-Star

**Sarah Huber:**

NFHCA National Academic Squad

**Courtney Hughes:**

Second Team All-American, First Team All-PSAC

**Kellie Kulina:**

Second Team All-American, Second Team All-PSAC

**Sara Segerlin:**

Second Team All-PSAC, NFHCA Senior All-Star, NFHCA National Academic Squad

**Katie Stewart:**

NFHCA National Academic Squad

**Melissa Stubblefield:**

First Team All-PSAC

**Mandy Sullivan:**

NFHCA National Academic Squad

**Nikki Sweger:**

First Team All-American, First Team All-PSAC

**Erin Weibley:**

NFHCA National Academic Squad

**Jill Wessner:**

NFHCA National Academic Squad

**Rebecca Yerkes:**

NFHCA National Academic Squad

**2004**

**Amanda Alderfer:**

NFHCA National Academic Squad, NEC Honor Roll

**Jennifer Churetta:**

NFHCA National Academic Squad, NEC Honor Roll

**Nicole Dearden:**

NEC Honor Roll

**Alexandra Harris:**

NFHCA National Academic Squad

**Sarah Huber:**

NFHCA National Academic Squad, NEC Honor Roll

**Courtney Hughes:**

All-NEC Team

**Kellie Kulina:**

All-NEC Team

**Pat Rudy:**

NEC Coach of the Year

**Rebecca Steffen:**

NEC Defensive Player of the Year, Third Team All-American by WomensFieldHockey.com

**Katie Stewartz:**

NFHCA National Academic Squad, NEC Scholar-Athlete, All-NEC Team

**2005**

**Amanda Alderfer:**

NEC Honors

**Alexandra Harris:**

NEC Honors

**Alyssa Tru:**

NEC Honors

**Blair Wynne:**

WomensFieldHockey.com Third Team All-American, NFHCA All-Mideast Region First Team, All-NEC Team, NEC Player of the Year

**Becca Yerkes:**

NEC Honors

**Courtney Hughes:**

NFHCA Second-Team All-Mideast Region, NFHCA Senior All-Star Game, All-NEC Team, NEC Defensive Player of the Year, NEC Honors

**Jennifer Churetta:**

NEC Honors

**Jill Wessner:**

NEC Honors

**Nikki Sweger:**

All-NEC Team

**Rebecca Steffen:**

All-NEC Team

**Samantha Stoyer:**

NEC Honors

**Sarah Huber:**

NEC Honors

**2006**

**Megan Albert:**

NFHCA Division I Academic Squad

**Mandy Daschbach:**

All-NEC Second Team

**Alexandra Harris:**

NFHCA Division I Academic Squad

**Jill Houtz:**

NFHCA Division I Academic Squad

**Sarah Huber:**

All-NEC First Team, NFHCA All-Mideast Region Second Team, NFHCA Division I Academic Squad

**Mary Keister:**

NFHCA Division I Academic Squad

**Renee Kemmerer:**

All-NEC Second Team

**Samantha Stoyer:**

NFHCA Division I Academic Squad

**Jill Wessner:**

All-NEC First Team, NEC Scholar-Athlete, NFHCA Division I Academic Squad

**Blair Wynne:**

All-NEC First Team, NFHCA All-Mideast Region First Team

**Rebecca Yerkes:**

NFHCA Division I Academic Squad

**2007**

**Women'sFieldhockey.com All-American Third Team**

Blair Wynne

**Longstretch/National Field Hockey Coaches Association Division I All-American Second Team**

Blair Wynne

**Longstretch/National Field Hockey Coaches Association Division I All-Mideast Region Team**

Blair Wynne- First Team

Alana Lewis- Second Team

**NEC Player of the Year**

Blair Wynne

**NEC Offensive Player of the Year**

Blair Wynne

**NEC Tournament MVP**

Blair Wynne

**NEC Defensive Player of the Year**

Alana Lewis

**NEC First Team**

Suzann Hobart

Renee Kemmerer

Alana Lewis

Sam Stoyer

Blair Wynne

**NEC Second Team**

Abigail Cerrone

**NEC Rookie of the Year**

Amy Hordendorf

**NEC Rookie of the Week**

Amy Hordendorf (8/27), (10/19)

Tonia Marie James (9/18), (9/25)

**NEC Player of the Week**

Blair Wynne (8/27), (10/1)

Suzann Hobart (9/10), (9/18)

Renee Kemmerer (9/25)

Amy Hordendorf (10/15)

**NEC Fall Academic Honor Roll**

Megan Albert  
Ali Harris  
Suzann Hobart  
Amy Hordendorf  
Jill Houtz  
Casey Hughes  
Tonia Marie James  
Tabitha Jay  
Mary Keister  
Sam Stoyer

## **2008**

### **Longstreth/National Field Hockey Coaches Association (NFHCA) Division I Second Team All-American**

Blair Wynne

### **Women'sFieldhockey.com Jack & Jill All-American Second Team**

Blair Wynne

### **Longstreth/National Field Hockey Coaches Association (NFHCA) Division I All-Mideast Region**

Amy Hordendorf

Alana Lewis

Blair Wynne

### **NEC Player of the Year**

Blair Wynne

### **NEC Offensive Player of the Year**

Blair Wynne

### **NEC Defensive Player of the Year**

Alana Lewis

### **NEC First Team**

Suzann Hobart

Amy Hordendorf

Alana Lewis

Blair Wynne

### **NEC Player of the Week**

Suzann Hobart (10/20)

Amy Hordendorf (9/3, 9/22, 10/27)

Blair Wynne (9/8, 9/15)

### **Women'sFieldHockey.com Jack & Jill Division I Player of the Week honor roll**

Amy Hordendorf (9/24)

### **Havensports.com Athlete of the Week**

Amy Hordendorf (9/23)

Suzann Hobart (10/14)

### **NEC Scholar Athlete**

Blair Wynne

### **NEC Honor Roll**

Leslie Ahern

Megan Albert

Carly Fry

Suzann Hobart

Amy Hordendorf

Jill Houtz

Casey Hughes

Tonia Marie James

Heather McHugh  
Talitha Jay  
Mary Keister

## **2009**

### **Women's Fieldhockey.com Weekly Honor Roll**

Suzann Hobart

### **Gladiator by SGI/National Field Hockey Coaches Association Division I Academic Squad**

Megan Albert

Carly Fry

Suzann Hobart

Mary Keister

Amy Hordendorf

Casey Hughes

Talitha Jay

Nicole Weaknecht

Kelsie Minnich

Sarah Wilson

Teresa Lezama

### *Longstreth/National Field Hockey Coaches Association Division I All-Mideast Region First Team*

Alanna Lewis

Amy Hordendorf

### **Longstreth/National Field Hockey Coaches Association Division I All-Mideast Region**

#### **Second Team**

Suzann Hobart

#### **NEC Player of the week**

Mary Keister (10/26)

Amy Hordendorf (10/12, 9/22)

Kristi Shepps (8/31)

#### **NEC Offensive Player of the Year**

Amy Hordendorf

#### **NEC Defensive Player of the Year**

Alanna Lewis

#### **NEC First Team**

Amy Hordendorf

Alanna Lewis

Suzann Hobart

#### **NEC Tournament MVP**

Suzann Hobart

#### **NEC Fall Scholar Athlete**

Amy Hordendorf

#### **NEC Honor Roll**

Megan Albert

Carly Fry

Suzanna Hobart

Amy Hordendorf

Casey Hughes

Tonia Marie James

Mary Keister

Teresa Lezama

Kelsie Minnich

Nicole Weaknecht

Sarah Wilson

### **National Field Hockey Coaches Association Division I Senior All-Star Game**

Alanna Lewis

Suzann Hobart