



## 2011 Missouri Valley Conference Women's Soccer

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### 2011 Women's Soccer All-Missouri Valley Conference

SPRINGFIELD, MO. – In a vote by the league's seven head coaches earlier this week, freshman Rachel Tejada of Illinois State has been named the 2011 Missouri Valley Conference Women's Soccer Most Valuable Player and the 2011 Freshman of the Year. Tejada led the league in several offensive categories including shots (74), goals (18), points (42), and game winning goals (6). Tejada also helped propel her team to its fourth MVC regular-season title in the past five years.

In their final regular season victory over Creighton, Tejada recorded a goal and added assist to achieve her 42nd point of the year, surpassing the previous Illinois State record of 41. She's the second MVC freshman to earn the league's Freshman of the Year and Most Valuable Player of the Year award (Krissy Meek, Evansville, 1996).

The league's Defensive Player of the Year honor has been awarded to Illinois State's Natalie McCabe. McCabe is a two-time MVC first-team selection. Illinois State had the league's second lowest goals against average this season, averaging only 1.16 goals per game. She's the third Illinois State defender to win the league's top defensive honor in the past four seasons.

The MVC's Goalkeeper of the Year is Jessica Teahan of Missouri State. Teahan is a three-time MVC first-team selection, and first recipient of the inaugural award. Teahan led the league in shutouts this season and holds the lowest goals against average in the conference.

Illinois State claimed four spots on the league's first-team unit, and every member had at least one student-athlete on the league's first-or second-team unit.

Three student-athletes were selected to the first-team unit for the third time in their careers, including Jessica Carlson of Illinois State, Brittney Neumann of Creighton, and Jessica Teahan of Missouri State. Only 14 other players in league history have earned three or more first-team all-MVC women's soccer honors.

Illinois State's coaching staff, led by Head Coach Drew Roff, was voted the MVC Coaching Staff of the Year. It marks the sixth year the league has honored a staff in this category.

The all-Missouri Valley Conference Team was honored at a reception Thursday night in Springfield, Mo. Following two semifinal matches on Friday, Nov. 4 (3:30 p.m. and 6 p.m.), the league's championship match will take place this Sunday, Nov. 6 at 1:06p.m.

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# MISSOURI VALLEY CONFERENCE

## 2011 Women's Soccer All-Conference



Name	School	FIRST TEAM		Hometown
		Pos.	Yr.	
Rachel Tejada	Illinois State	F	Fr.	Troy, Ill.
#Jessica Carlson	Illinois State	F	Sr.	Darien, Ill.
#Brittney Neumann	Creighton	F	Jr.	Omaha, Neb.
^Andrea Zuniga	Creighton	M	Sr.	Omaha, Neb.
Erin Gunther	Creighton	M	Sr.	Longmont, Colo.
Anna Stinson	Illinois State	M	So.	Kalamazoo, Mich.
Seyma Erenli	Indiana State	M	Sr.	Melbourne, Australia
^Natalie McCabe	Illinois State	D	Sr.	London, Ontario
Grace Cross	Missouri State	D	Jr.	Lee's Summit, Mo.
Megan Fisher	Drake	D	So.	Ankeny, Iowa
#Jessica Teahan	Missouri State	G	Sr.	Lenexa, Kan.

#Three-Time First-Team Selection; ^Two-Time First-Team Selection

Name	School	SECOND TEAM		Hometown
		Pos.	Yr.	
Breanna Biene	Evansville	F	So.	St. Peters, Mo.
Kyla Cross	Illinois State	F	So.	Clinton Township, Mich
Bethany Smith	Missouri State	F	Fr.	Overland Park, Kan.
Michelle Sommer	Missouri State	M	Jr.	Tecumseh, Kan.
Laura Moglestad	Drake	M	Jr.	Des Moines, Iowa
Melissa Hagan	UNI	M	Jr.	Massillon, Ohio
Macy Mauer	Creighton	D	Sr.	Woodbury, Minn.
Sam Conrad	Evansville	D	Sr.	Gilbert, Ariz.
Nia Williams	Missouri State	D	Jr.	Roeland Park, Kan
Kristin Cooley	Illinois State	D	Jr.	Carmel, Ind.
Sam Copley	UNI	D	So.	Woodward, Iowa
Alicia Montgomery	Creighton	G	Sr.	Walnut Creek, Calif.
Kalena Litch	Drake	G	So.	Plymouth, Minn

**HONORABLE MENTION:** F Lauren Cingoranelli, Creighton; M Beth Fyles, Creighton; M Stephanie Thompson, Evansville; M Rachel Bostick, Illinois State; D Shelby Troyer, Indiana State; D Kelsey Fouch, Missouri State; D Missy Journot, UNI; G Chaviel Harrison, Evansville

Name	School	ALL-FRESHMAN TEAM		Hometown
		Pos.	Yr.	
Stephanie Anasi	Creighton	M	Fr.	Arlington, Texas
Madelyn Buckner	Creighton	D	Fr.	Overland Park, Kan.
Tori Flynn	Drake	D	Fr.	O'Fallon, Mo.
Kelsey Fouch	Missouri State	M/D	Fr.	St. Charles, Mo.
Caitlyn Fuller	UNI	F	Fr.	West Des Moines, Iowa
Gabbi McArtor	Illinois State	M/F	Fr.	Palatine, Ill.
Aryn Newsom	Illinois State	G	Fr.	Manteno, Ill.
Tatiana Pagan	Evansville	M	Fr.	Las Vegas, Nev.
Bethany Smith	Missouri State	F	Fr.	Overland Park, Kan.
Rachel Tejada	Illinois State	F	Fr.	Troy, Ill.
Natalie Vaught	Indiana State	M/F	Fr.	Florence, Ky.
Aimee Wronski	Illinois State	F	Fr.	Huntley, Ill.

**PLAYER OF THE YEAR:** Rachel Tejada, Illinois State

**DEFENSIVE PLAYER OF THE YEAR:** Natalie McCabe, Illinois State

**GOALKEEPER OF THE YEAR:** Jessica Teahan, Missouri State

**FRESHMAN OF THE YEAR:** Rachel Tejada, Illinois State

**MVC FAIR PLAY AWARD:** Drake/Illinois State (fewest cards in conference play)

**COACHING STAFF OF THE YEAR:** Illinois State