

<u>INDIVIDUAL GAME RECORDS</u>	<u>TOTAL</u>	<u>YEAR</u>	<u>LEADER</u>
Goals	8	2011	Rachel Waldron (Fairfax)
Assists	5	2011	Kelly Brown (Wakefield)
Points	9	Multi	Rachel Waldron (2011-Fairfax), Kelly Brown (2011-Wakefield), Michelle Shield (1996-Lee)
Ground Balls	12	1996	Sarah Kinder
Draw Controls	18	Multi.	Rachel Waldron (2011-Wakefield) Kristen Kayatta (1995-Chantilly)
Caused Turnovers	6	Multi.	Rachel Waldron (2011-SouthLakes), Annie Greenwood (2011-TJ/Wakefield), Jessica Taylor (1996-Wakefield)
Saves	20	Multi.	Meredith Crizer (2011-South Lakes), Jami Clarke (1996-Fairfax)
Shutouts	1	Multi.	Meredith Crizer (2011-Stuart/Wakefield, 2010-Wakefield), Annie Greenwood (2011-Wakefield), Jami Clark (1996-Lee)

<u>INDIVIDUAL SEASON RECORDS</u>	<u>TOTAL</u>	<u>YEAR</u>
Goals	68	2011 Rachel Waldron
Assists	27	2011 Rachel Waldron
Points	95	2011 Rachel Waldron
Ground Balls	137	1996 Michelle Shield
Draw Controls	111	Multi Rachel Waldron (2011), Kristen Kayatta (1995)
Caused Turnovers	36	2010 Annie Greenwood
Saves	220	1996 Jami Clark
Saves Percentage	0.56	1996 Jami Clark
Goals Against Average	6	1996 Jami Clark (90 Allowed in 15 Games)
Shutouts	2	2011 Meredith Crizer (2011-Stuart/Wakefield)

<u>INDIVIDUAL CAREER RECORDS</u>	<u>TOTAL</u>	<u>YEARS</u>
Goals	130	2009-2012 Rachel Waldron
Assists	40	2009-2012 Rachel Waldron
Points	170	2009-2012 Rachel Waldron
Ground Balls	316	1994-1996 Michelle Sheild
Draw Controls	196	1995-1996 Kristen Kayatta
Caused Turnovers	55	2009-2012 Rachel Waldron
Saves	386	1995-1996 Jami Clark
Saves Percentage	0.545	1995-1996 Jami Clark
Goals Against Average	6.55	1995-1996 Jami Clark (190 Allowed in 29 Games)
Shutouts	3	2009-2012 Meredith Crizer (2011-Stuart/Wakefield, 2010-Wakefield)

<u>TEAM RECORDS</u>	<u>TOTAL</u>	<u>YEAR</u>
Wins	10	1996, 2011
Consecutive Wins	5	2010
Goals	209	2011
Assists	126	2011
Points	335	2011
Draw Controls	212	2011
Caused Turnovers	117	2011
Saves	119	2011
Saves Percentage	0.53	2011
Goals Against Average	7.07	2011
Single-Game Goals	23 vs. Wakefield	2010
Single-Game Assists	19 vs. Wakefield	2011
Single-Game Points	40 vs. Wakefield	2011

Most Goals in a Single Game				
1	Rachel Waldron	Fairfax	2011	8
2	Michelle Sheide	Chantilly (1995) Herndon (1996)	1995-1996	7
2	Olivia Paulini	South Lakes	2010	7
2	Nicole Brown	Thomas Jefferson	2008	7
3	Mallory Grant	Centreville/Madison	2009	6
3	Caryl Spoden	Madison	2005	6
4	Lauren Byrne	Langley	2005	5
5	Kelly Brown	Yorktown/TJ/ Wakefield/McLean	2011	4
5	Natasha Glennie	Yorktown	2011	4
5	Annie Greenwood	McLean	2011	4

Most DC in a Single Game				
1	Rachel Waldron	Wakefield	2011	18
1	Kristen Kayatta	Chantilly	1995	18
2	Jessica Taylor	TJ	2011	6
3	Annie Greenwood	Fairfax/Madison	2011	4
3	April Reinhart	Madison	2011	4

Most Points in a Single Game				
1	Rachel Waldron	Fairfax	2011	9
1	Michelle Sheide	Lee	1996	9
1	Kelly Brown	Wakefield	2011	9

Most Assists in a Single Game				
1	Kelly Brown	Wakefield	2011	5
2	Rachel Waldron	South Lakes/TJ	2011	4
2	Annie Greenwood	Fairfax	2011	4
2	Katherine Van Winkle	McLean	2011	4
2	Crystine Good	Lee	1996	4
3	April Reinhart	Stuart	2011	3
3	Allie Johnson	Wakefield	2011	3

Most Ground Balls in a Single Game				
1	Sarah Kinder	Centreville	1996	12
2	Rachel Waldron	Stuart	2010	7
3	Annie Greenwood	Stone Bridge/ TJ-Districts	2010	6
3	Nicole Brown	Centreville	2007	6
4	Kelly Crider	Stuart	2010	5
4	Carol Spoden	Centreville	2007	5
4	Yuri Chung	Fairfax	2010	5
4	Jessica Taylor	Annandale	2011	5
5	Natasha Glennie	Annandale	2011	4
5	Christine LaBarbara	Stone Bridge	2011	4
5	Meredith Crizer	Annandale/Madison	2011	4

Most C/TO in a Single Game				
1	Rachel Waldron	South Lakes	2011	6
1	Annie Greenwood	TJ/Wakefield	2010	6
1	Jessica Taylor	Wakefield	2011	6
2	Natasha Glennie	Yorktown	2010	5
3	Mallory Grant	TJ District	2010	4
4	Meredith Crizer	South Lakes	2011	3
4	Kelly Crider	TJ District	2010	3
4	April Reinhart	Fairfax	2010	3

Highest Goalie Save Percentage in a Single Game				
1	Annie Greenwood	Stuart	2011	1 (2/2)
1	Meredith Crizer	Stuart	2011	1 (1/1)
2	Catherine Nguyen	South Lakes	2005	.90 (9/10)
3	Jenny Mollard	W&L	2009	.70 (14/20)
4	Charlotte Miller	McLean	2008	.55 (11/20)

Most Goalie Saves in a Single Game				
1	Meredith Crizer	South Lakes	2011	20
1	Jami Clarke	Fairfax	1996	20
2	Charlotte Miller	Madison	2008	16
3	Jenny Mollard	W&L/TJ	2009	14
4	Catherine Nguyen	Westfield	2005	11

Leaders for Points in a Season

1 Rachel Waldron	2011	95
2 Michelle Sheide	1996	69
3 Caryl Spoden	2005	49
4 Nicole Brown	2009	42
4 Mallory Grant	2009	42
5 Annie Greenwood	2011	43
6 Lauren Byrne	2005	37
7 Kelly Brown	2011	39
8 Katherine Van Winkle	2011	37
9 Natasha Glennie	2011	31
10 Allie Johnson	2011	23

SINGLE SEASON DRAW LEADERS

1 Kristen Kayatta	1995	111
2 Rachel Waldron	2011	111
3 Kristen Kayatta	1996	85
2 Annie Greenwood	2010	28
3 April Reinhart	2010	22
4 Jessica Taylor	2011	21
5 Mallory Grant	2010	11
6 Kelly Brown	2011	7
7 Christine LaBarbera	2011	6
8 Natasha Glennie	2011	5

SINGLE SEASON C/TO LEADERS

1 Annie Greenwood	2010	36
2 Rachel Waldron	2010	25
3 Jessica Taylor	2011	28
4 Meredith Crizer	2011	16
5 Mallory Grant	2010	14
6 Kelly Crider	2010	12
7 April Reinhart	2010	10
7 Danielle Mock	2010	10
7 Natasha Glennie	2010	10

Leaders for Total Goals in a Season

1 Rachel Waldron	2011	68
2 Rachel Waldron	2010	54
3 Michelle Sheide	1996	53
4 Caryl Spoden	2005	49
5 Lauren Byrne	2005	37
6 Nicole Brown	2009	36
6 Mallory Grant	2009	36
7 Kelly Brown	2011	33
8 Natasha Glennie	2011	18
9 Olivia Paulini	2010	17
9 Annie Greenwood	2011	19
10 Katherine Van Winkle	2011	17
11 Allie Johnson	2011	16
12 Kim Wheeler	2006	12
13 April Reinhart	2010	10

SINGLE SEASON ASSIST LEADERS

1 Rachel Waldron	2011	27
2 Annie Greenwood	2011	24
3 Katherine Van Winkle	2011	20
4 Crystine Good	1995	17
5 Natasha Glennie	2011	13
6 Allie Johnson	2011	7
7 April Reinhart	2011	9
7 Kelly Brown	2011	6
8 Jessica Taylor	2011	9
9 Leslie Beard	2010	6
9 Nicole Brown	2009	6
9 Mallory Grant	2010	6

SINGLE SEASON GROUND BALL LEADERS

1 Michelle Sheide	1996	137
2 Rachel Waldron	2010	51
3 Annie Greenwood	2010	45
4 April Reinhart	2010	25
4 Mallory Grant	2010	25
5 Jessica Taylor	2010	21
6 Meredith Crizer	2011	23
7 Kelly Crider	2010	20
8 Christine LaBarbera	2011	22
9 Rachel Franks	2010	15
9 Olivia Paulini	2010	14
10 Katherine Van Winkle	2010	14
11 Natasha Glennie	2010	12
12 Danielle Mock	2010	11
13 Yuri Chung	2010	10
13 Kelly Brown	2011	11
14 Amanda Spoden	2007	8
14 Leslie Beard	2010	8
15 Negeen Kianersi	2010	7
15 Katie Mesich	2007	7
15 Nicole Brown	2009	7
15 Maggie MacDonnell	2011	8
16 Emma Chafez	2009	6
17 Annie O'Brian	2007	5
17 Daniell Dropinski	2010	5
17 Nuria Nuñez	2010	5

SINGLE SEASON SAVES

1 Jami Clark	1996	220
2 Meredith Crizer	2010	116

SINGLE SEASON SAVE %

1 Jami Clark	1996	0.56
2 Meredith Crizer	2010	0.47

ALL TIME GOAL LEADERS

1 Rachel Waldron	2009-2011	130
2 Michelle Sheide	1994-1996	126
3 Mallory Grant	2010	72
3 Nicole Brown	2009	52
4 Caryl Spoden	2005	49
5 Lauren Byrne	2005	37
6 Annie Greenwood	2011	33
7 Katherine Van Winkle	2011	32
8 Olivia Paulini	2010	27
9 Kelly Brown	2011	33
10 Natasha Glennie	2011	26
11 April Reinhart	2011	22
12 Allie Johnson	2011	16
13 Kim Wheeler	2006	13
13 Jessica Taylor	2011	13
14 Rachel Franks	2011	6
15 Carly O'Beirne	2011	7

ALL TIME POINTS LEADERS

1 Rachel Waldron	2009-2011	170
2 Michelle Sheide	1994-1996	160
3 Mallory Grant	2010	78
4 Annie Greenwood	2009-2011	68
5 Katherine Van Winkle	2009-2011	63
6 Nicole Brown	2009	58
7 Natasha Glennie	2010-2011	42
8 Kelly Brown	2011	39
9 April Reinhart	2010-2011	36
10 Olivia Paulini	2010	31

MOST ALL TIME SAVES

1 Jami Clarke	1995-1996	386
2 Meredith Crizer	2011	242
3 Catherine Nguyen	2005	205
4 Jenny Mollard	2009	171
5 Charlotte Miller	2009	79
6 Annie Greenwood	2011	2

ALL TIME ASSIST LEADERS

1 Rachel Waldron	2009-2011	40
2 Annie Greenwood	2011	35
3 Michelle Sheide	1994-1996	34
3 Katherine Van Winkle	2011	31
4 Natasha Glennie	2011	16
5 April Reinhart	2011	14
6 Jessica Taylor	2011	12
7 Leslie Beard	2010	6
7 Nicole Brown	2009	6
7 Mallory Grant	2010	6
8 Rachel Franks	2011	5
9 Olivia Paulini	2010	4

ALL TIME GROUND BALL LEADERS

1 Michelle Sheide	1994-1996	316
2 Rachel Waldron	2011	104
3 Annie Greenwood	2011	48
4 Jessica Taylor	2011	44
5 April Reinhart	2011	42
6 Natasha Glennie	2011	26
6 Rachel Franks	2011	26
7 Mallory Grant	2010	25
7 Meredith Crizer	2011	25
8 Katherine Van Winkle	2011	24
8 Christine LaBarbera	2011	29
9 Kelly Crider	2010	20
10 Yuri Chung	2011	17
11 Olivia Paulini	2010	14
12 Danielle Mock	2010	11
13 Kelly Brown	2011	11
14 Amanda Spoden	2007	8
14 Leslie Beard	2010	8
15 Negeen Kianersi	2010	7
15 Katie Mesich	2007	7
15 Nicole Brown	2009	7
16 Emma Chafez	2009	6
17 Annie O'Brian	2007	5
17 Daniel Dropinski	2010	5

ALL TIME CAREER SAVE PERCENTAGE

1 Annie Greenwood (2009-2011)	2 Saves/2 Shots	1
2 Jami Clark (1995-1996)	386 Saves/708 Shots	0.545198
3 Charlotte Miller	41 Saves/79 Shots	0.518987
4 Jenny Mollard	84 Saves/171 Shots	0.491228
5 Meredith Crizer (2009-2011)	242 Saves/491 Shots	0.492872
6 Catherine Nguyen	45 Saves/205 Shots	0.219512

ALL TIME DRAW LEADERS

1 Kristen Kayatta	1994-1995	196
2 Rachel Waldron	2009-2011	168
3 Annie Greenwood	2011	52
4 April Reinhart	2011	42
5 Jessica Taylor	2011	29
6 Mallory Grant	2010	11
7 Rachel Franks	2011	7
8 Natasha Glennie	2011	6
8 Christine LaBarbara	2011	6
9 Kelly Crider	2010	4

ALL TIME C/TO LEADERS

1 Rachel Waldron	2011	55
2 Annie Greenwood	2011	48
3 Jessica Taylor	2011	42
4 Meredith Crizer	2011	29
5 April Reinhart	2011	20
6 Mallory Grant	2010	14
6 Christine LaBarbara	2011	16
7 Kelly Crider	2010	12
7 Natasha Glennie	2011	12
8 Danielle Mock	2010	10
9 Yuri Chung	2011	10
9 Kelly Brown	2011	10
10 Rachel Franks	2011	6
11 Leslie Beard	2010	4

ALL TIME AWARDS & HONORS

<p><u>Under Armour All America Underclassman Team</u> Rachel Waldron (DC All-Star Team 2011)</p> <p><u>All-Met Honorable Mention:</u> Goalkeepers - Jami Clarke (1995, 1996) Midfielders - Michelle Sheide (1995, 1996) Rachel Waldron (2011)</p> <p><u>US Lacrosse WDNT - School Girls Team:</u> Meredith Crizer (2011 - Team 5) - Goalie</p> <p><u>U.S. Lacrosse Academic All-Americans:</u> Nicole Brown (2008, 2009) Emma Chafetz (2008) Meredith Crizer (2011) Rachel Franks (2011) Margaret Goodnight (2009) Mallory Grant (2009, 2010) Annie Greenwood (2011) Lee Hughes (2008) Christine LaBarbera (2011) Arielle Mandell (2008) Charlotte Miller (2008) Jenny Mollard (2009) Katherine Van Winkle (2011) Amy Werking (2009)</p>	<p><u>Liberty District 1st Team</u> Midfielders – Rachel Waldron (2010, 2011), Annie Greenwood (2011) Nicole Brown (2008, 2009), Crystine Good (1997) Defenders – Jessica Taylor (2011), Annie Greenwood (2010), Martha Tuttle (1997)</p> <p><u>Liberty District 2nd Team</u> Attackers – Kelly Brown (2011), Katherine Van Winkle (2010), Mallory Grant (2009, 2010) Midfielders - April Reinhart (2010), Katie Cole (1997) Defenders – Kelly Crider (2010) Goalkeepers – Meredith Crizer (2011), Jami Clarke (1997)</p> <p><u>Liberty District Honorable Mention</u> Yuri Chung (2010, 2011) Meredith Crizer (2010) Rachel Franks (2011) Natasha Glennie (2010, 2011) Lee Hughes (2009) Allie Johnson (2011) Christine LaBarbera (2011) Danielle Mock (2009, 2010) Jenny Mollard (2009) Olivia Paulini (2009, 2010) April Reinhart (2011) Jessica Taylor (2010) Katherine Van Winkle (2011) Rachel Waldron (2009)</p> <p><u>Coach Awards</u> Liberty District Coach of the Year – Nicholle Depaz (2010) Women in Sports Coach of the Year - GCM Nomination - Nicholle Depaz Clinton (2011)</p>	<p><u>Northern Region All-Tournament Team</u> Rachel Waldron (2011)</p> <p><u>1st Team All AAA Northern Region</u> Midfielders - Rachel Waldron (2011)</p> <p><u>2nd Team All AAA Northern Region</u> Midfielders - Rachel Waldron (2010) Defenders – Jessica Taylor (2011)</p> <p><u>All AAA Northern Region Honorable Mention</u> Midfielders – Annie Greenwood (2011) Defenders – Annie Greenwood (2010)</p> <p><u>ESPN Rise - Top 100 Senior</u> Rachel Waldron (#46 overall, #10 Midfield-D) EPSN RISE</p>	<p><u>Most Outstanding</u> Rachel Waldron (2010, 2011) Nicole Brown (2009) Lexi Whitman (2003)</p> <p><u>Most Valuable Defender (Coach Award)</u> Annie Greenwood (2010) Meredith Crizer (2011) Jessica Taylor (2011)</p> <p><u>Rookie of the Year (Coach Award)</u> Rachel Waldron (2009) Jessica Taylor (2010) Kelly Brown (2011)</p> <p><u>Marshall High School Female Athlete of the Year</u> Kelly Crider (2010) Rachel Waldron (2011)</p> <p><u>Division 1 Lacrosse Players</u> Nicholle Depaz (2003 - ODU/VT) Rachel Waldron (2012 - Coastal Carolina)</p>
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All Time Roster

<u>Last Name</u>	<u>First Name</u>	<u>Position</u>	<u>Years Played</u>	<u>NO.</u>	<u>Coach</u>
Allen	Kate	Defensive Wing/Home	1997	11	Matthew Grosso
Alsi	Prateeksha	Attack Wing	1997	14	Matthew Grosso
Beard	Leslie	A	2010	29	Nicholle Depaz
Brown	Nicole	M			Andrew Freeman
Brown	Kelly	M	2011	16	Nicholle Depaz
Cha	Carol	Attack Wing/Home	1997	9	Matthew Grosso
Chafetz	Emma				Andrew Freeman
Chung	Yuri	DW	2010-2012	10	Nicholle Depaz
Clarke	Jami	Goalie	1997	21	Matthew Grosso
Cole	Katie	Attack Wing/Center	1997	3	Matthew Grosso
Crider	Kelly	D	2010	8	Nicholle Depaz
Crizer	Meredith	Goalie	2009-2012	00	Nicholle Depaz
Darrow	Beth	Point	1997	17	Matthew Grosso
Divita	Maddie	D	2011-2012	9	Nicholle Depaz
Dropinski	Daniell	D		24	Nicholle Depaz/Andrew Freeman
Fairback	Jordan	Point/Coverpoint	1997	23	Matthew Grosso
Fisher	Emily	A	2011	2	Nicholle Depaz
Franks	Rachel	DW	2010-2011	13/21	Nicholle Depaz
Glennie	Natasha	A	2010-2012	11	Nicholle Depaz
Golden	Jocelyn	M	2011	21	Nicholle Depaz
Good	Adrienne	Home/Goalie	1997	1	Matthew Grosso
Good	Crystine	Center	1997	8	Matthew Grosso
Goodnight	Margaret				Andrew Freeman
Grant	Mallory	AW		7	Nicholle Depaz/Andrew Freeman
Greenwood	Anna	DW	2009-2012	4	Nicholle Depaz
Harris-Depaz	Nicholle	M/D	2002-2003	7	Frank DeLuca
Hughes	Lee				Andrew Freeman
Johnson	Alexandra	A	2011	5	Nicholle Depaz
Kattula	Christine	3rd Man/Defensive Wing	1997	12	Matthew Grosso
Kianersi	Negeen	AW	2009-2010	5	Nicholle Depaz
Kinder	Sarah	Home/Center	1997	10	Matthew Grosso
Krajewski	Karina	Home/Attack Wing	1997	24	Matthew Grosso
LaBarbara	Christine	D	2010-2012	30	Nicholle Depaz
Mandell	Ari				Andrew Freeman
MacDonnell	Maggie	D	2011	15	Nicholle Depaz
Mesich	Katie				Andrew Freeman
Miller	Charlotte				Andrew Freeman
Miller	Kelly	Home/Attack Wing	1997	22	Matthew Grosso
Mock	Danielle	D		13	Nicholle Depaz/Andrew Freeman
Mollard	Jenny				Andrew Freeman
Mollard	Jessica	AW	2010	15	Nicholle Depaz
Naehler	Emma	G/D	2011	33	Nicholle Depaz
Neto	Isabel	D	2010	3	Nicholle Depaz
Nguyen	Elizabeth	M/A	2003-2004		Frank DeLuca
Nunez-Quezada	Nuria	A	2010	16	Nicholle Depaz
O'Beirne	Carly	M	2011	12	Nicholle Depaz
Paulini	Olivia	A		9	Nicholle Depaz/Andrew Freeman
Reinhart	April	C/AW	2010-2012	23	Nicholle Depaz
Sheide	Michelle		1994-1996		Matthew Grosso
Sheide	Tara	Home/Attack Wing	1997	16	Matthew Grosso
Shelton	Sydney	M	2011	6	Nicholle Depaz
Shepard	Sarah	D	2010	17	Nicholle Depaz
Steinmetz	Dana	Home	1997	4	Matthew Grosso
Taylor	Jessica	D	2010-2011	14	Nicholle Depaz
Them	Neary	A	2011	8	Nicholle Depaz
Tun	Sokphal	Defensive Wing/3rd Man	1997	2	Matthew Grosso
Tuttle	Martha	Coverpoint/3rd Man	1997	13	Matthew Grosso
Van Winkle	Katherine	A	2009-2012	1	Nicholle Depaz
Waldron	Rachel	C/AW	2009-2012	31	Nicholle Depaz/Andrew Freeman
Werking	Amy				Andrew Freeman
Whitman	Lexi	M	2003		Frank DeLuca