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GU17 '91
*For Player Contact
Information, Please Email or
Call the Head Coach.*
complete player bios will be available online
in the fall '08

Karina Carpenter

1

Goalkeeper

DOB:4/11/92
Height:5'7" Weight: 130

West Valley High School
Class: 2010 GPA: 3.7
SAT's: N/A

ACCOMPLISHMENTS

2008 State Cup quarter finalist; 2005 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions; WIAA State 2A Championship 4th Place (2007); High School GNL 1st Team All League (2A), State Team Honorable mention. Shadow Goalkeeping Mentor. Honor Society 2005-2008; Honors English (2005 – 2008)

Megan Dempsey

2

Midfield / Forward

DOB: 4/10/92
Height:5'4" Weight: 130

University High School
Class: 2010 GPA: 3.96
SAT's: N/A

ACCOMPLISHMENTS

2006 Pleasanton Rage Showcase Participant, and 2006 Super Y League Northwest Champions. 2005 Super Y ODP National Camp. 2nd Team Super Y All-Star. 2008-1st place 800-meter district champion Junior Class Sergeant-At-Arms, Washington Drug Free Youth (W.D.F.Y.) Activities Coordinator, High School Mentor Program (Crimson Crew) Coordinator, Honor Society 2007-2008

Megan Bech

3

Defender

DOB:2/4/92
Height: 5'6" Weight: 135

Lewis & Clark High School
Class: 2010 GPA: 3.88
SAT's: N/A

ACCOMPLISHMENTS

1st Year with Shadow, 2 year starter for Lewis & Clark High School. Other: Basketball, HS Varsity 1 year (3 time defending AAAA State Champions), Track, HS Varsity 2 years, (high hurdles, 4X100 relay), Skiing (snow & water), reading, badminton

Alexa Banaugh

4

Defender

DOB: 10/26/1991
Height: 5'3" Weight: 115

Mead High School
Class:2010 GPA: 3.88
SAT's: N/A

ACCOMPLISHMENTS

2005 & 2007 Rimland Cup Champions, 2007 Pleasanton Rage Showcase Participant, 6th year with Spokane Shadow, 2007 State Placer Mead High School Varsity Soccer 2 yrs. HS Track 2007 State Champ. (4x4 relay), 2008 State Placers (4x1, 4x2, 4x4 relays), First Team GSL. Lifeguard & CPR Cert., Honors English, Math, Science, History. (2005-2008). Sprint distance triathlon finisher. Junior Achievement Volunteer.

Jackie McCormack

5

Midfield

DOB: 11/17/1991
Height: 5'6" Weight: 135

Brewster High School
Class:2010 GPA: 3.5
SAT's: Scheduled for 11/08

ACCOMPLISHMENTS

Spokane Shadow 05,06,07,08;Pleasanton Rage 06-Div Winner 07;US Club Soccer Region G Premier TN 05,06-Champs 07;Super Y Natl TN 06;Super Y ODP Natl Camp 06; Portland Showcase 08; State Cup Quarterfinal Match 08; HS V BB 07-Coaches Award; HS V Soccer 06-All-League Hon Mention 07-All-League 1st Team/MVP; National Honor Society 07,08;Lifeguard & Instructor 07/08; CPR/1st Aid; Youth Soccer/Community Volunteer 07,08

Kerry Moller

7

Midfield / Forward

DOB: 2/13/1992
Height: 5'5" Weight: 121
Height: Weight:

Moscow High H.S. (Idaho)
Class: 2010 GPA: 3.8
SAT's: N/A

ACCOMPLISHMENTS

1st yr with Shadow, 10 yrs with Moscow United SC. HS Varsity 2006-2008 First Team All Conference, Inland Empire League (2007, only soph); First Team All North Idaho (2007, only soph) Spokesman-Review Newspaper; ODP Pool - Idaho (2004-2008), ODP State Team 2008; HS Track (2008); Athlete of the Year (Track 2008); State Championship 100/400m; Eldercare Facility Volunteer; Soccer Without Borders, Peer-Teen Adviser - Nicaragua

Tanya Baker

8

Defender

DOB: 10/17/1991
Height: 5'4" Weight: 130

Cheney High School
Class: 2010 GPA: 3.83
SAT's: N/A

ACCOMPLISHMENTS

2004 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2006 Super Y League Northwest Champions, 2008 quarter finalist in state. High School best defender 2006, team 3rd in state 2006, team quarter finalist in state 2007, Great Northern League Champions 2006 and 2007. Varsity basketball 2008. Basketball camp coach 2007 and 2008. Honors classes.

Bev Amstadter

9

Midfield / Forward

DOB: 09/27/1991
Height: 5'7" Weight: 135

Lewis & Clark High School
Class: 2010 GPA: 3.65
SAT's: N/A

ACCOMPLISHMENTS

2005 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions. Portland Showcase 08; State Cup Quarterfinal Match 08 HS varsity soccer, 1 year starter. HS varsity basketball. National Honors Society. Washington Drug Free Youth. Racial & Cultural Equality. All honors classes.

Chelsie Breen

10

Defender

DOB: 03/04/1992
Height: 5'8" Weight: 125

Cheney High School
Class: 2010 GPA: 3.95
SAT's: N/A

ACCOMPLISHMENTS

2005-08 US Club Soccer Regional's, 2008 F.C. Portland Winter Showcase, 2007 Starfire Field turf Cup, 2007 Diadora Cup, 2006 Super Y ODP National Camp, 2006 Super Y League Northwest champions, 2006 Pleasanton Rage College Showcase, 2006-07 HS Varsity starter, 2007 GNL 1st Team All League Defender, 2006 2A State Soccer 3rd place. Other: 2006-07 Varsity Track (100M and 300M hurdles and 4x400), Special Olympics volunteer



Dee Dee Garbe
12
Midfield

DOB:4/11/92
Height:5'4" Weight: 130
West Valley High School
Class: 2010 GPA: 3.238
SAT's: N/A

ACCOMPLISHMENTS

2005 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions. 2 year 1st Team All-League (GNL 2A) and All-State 2nd Team (2006 & 2007). Super Y-League ODP National Camp (2006). Mission Community Outreach Volunteer.

Ellie LaRocca
21
Forward

DOB: 11/19/91
Height: 5'6" Weight: 115
Lewis & Clark High School
Class:2010 GPA:3.6
SAT's: N/A

ACCOMPLISHMENTS

2006-08 Pleasanton Rage Showcase Participant, 2005 & 07 Rimland Cup Champions, 2007 Super Y League Northwest Champions, 2007 US Club Soccer Region G Premier Champions, 2 year Honors English, Math, Science, and Spanish (2006 – 2008). Ski raced for ten years, a regular volunteer for The Lands Council, Participated in Key Club, and Played piano for 6 years.

Mary Condon
22
Defender

DOB:11/12/91
Height:5'8 Weight:135
Gonzaga Prep High School
Class 2010: GPA: 3.65
SAT's: N/A

ACCOMPLISHMENTS

2006 Super Y-League ODP National Camp, 2006-08 Pleasanton Rage Showcase Participant, 2007 Rimland Cup Champions, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions, guest play w/ Boise Capitals: 2008 Colorado Real Cup & 2008 Showcase of Champions. 2008 NHS Member, 2 yr Varsity HS Soccer Starter for Gonzaga Prep, 1 yr Varsity HS Track (100 & 300 hurdles, 200m) Snowboarding, Skiing, Wakeboarding, Surfing.

Lexi Greenwood
24
Defender

DOB: 11/04/1991
Height: 5'9" Weight: 131
Lewis & Clark High School
Class: 2010 GPA: 3.58
SAT's: N/A

ACCOMPLISHMENTS

2005 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions. Super Y-League ODP National Camp (2006) HS Varsity Soccer 2 year starter; Varsity Track 1 year (800m; 1600m; 4x400m) LCHS Track and Field Hall of Fame 800m. Tennis 1 year. LCHS basketball 06- 08. VBS volunteer 02- 03. Riverview Retirement Center Volunteer (04- present) Piano lessons (00- 07) Washington Drug Free Youth (W.D.F.Y) '07-present.

Nicole Fox
25
Midfield

DOB: 05/01/1992
Height:5'9" Weight: 132
Cheney High School
Class: 2010 GPA: 3.9
SAT's: N/A

ACCOMPLISHMENTS

Shadow Player for 6 years; 2004 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions ; GNL 1st Place (2006)(2007); WIAA State 2A Championship 3rd Place (2006); Most Consistent Award (2007); Honorable Mention All League GNL (2007); All Team Academic Award for GNL (Basketball 2008); Volunteer Coach at Summer Camps

Kellie Zakrzewski
26
Forward

DOB: 02/04/1992
Height: 5'3" Weight: 125
Cheney High School
Class: 2010 GPA: 3.9
SAT's: N/A

ACCOMPLISHMENTS

2008 State Cup quarter finalist; 2004 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions ; Super Y National ODP Camp 2005-06; Super Y ODP National team 2006; WA ODP team 2007-08; Region IV ODP Pool; Cheney HS Varsity 2 yr starter; GNL 1st Place (2006-07); WIAA State 2A Championship 3rd Place (2006); GNL Forward MVP 2007

Breanne Taylor
32
Forward

DOB: 8/22/1992
Height: 5'6" Weight: 125
Northwest Christian H.S.
Class: 2010 GPA: 4.0
SAT's: N/A

ACCOMPLISHMENTS

2005-2007:Leading scorer, **2006--**Super Y League NW Champions, Super Y League National Finals participant; Super Y League North American Finals All League 2nd Team, **2007-**US Club Soccer Region G Premier Champions, State Cup Quarter Finalists, Div II second place, Mead HS- Varsity 1st year starting forward '07-08: GSL (4A) & District Champions; NWC HS Varsity Track 2006-2007 Regional Qualifier 100m,4x100m,4x200m;6th in State 4x200m;

McKenzie Schnell
35
Midfield

DOB: 04/02/92
Height:5'8"Weight: 128
Lewis & Clark High School
Class: 2010 GPA: 3.96
SAT's: N/A

ACCOMPLISHMENTS

2005 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions. 2-year High School Varsity. National Honor Society, Youth Leader ship Spokane 2009 , Key Club, Leadership Club, Environmental Club

Delaney Zalud
39
Defender / Midfield

DOB: 5/14/92
Height: 5'8 Weight: 130
Mt. Spokane High School
Class 2010 GPA: 3.5
SAT's: N/A

ACCOMPLISHMENTS

2008 State Cup quarter finalist; 2005 & 07 Rimland Cup Champions, 2006-08 Pleasanton Rage Showcase Participant, 2007 US Club Soccer Region G Premier Champions, 2007 Super Y League Northwest Champions ; Super Y National ODP Camp 2005; Mt Spokane HS Varsity 2 yr starter; GSL 2nd Team All-League; Varsity HS Starting Softball pitcher 2 years; 2nd team All-League