

2006 Golden Eagle Soccer



Fan Guide

UMC Facts

UMC Address: 2900 University Ave., Crookston, MN 56716
Founded: 1966 as a 2-year, 1993 as a 4-year institution
Enrollment: Approximately 1,500 full-time students
Team Nickname: Golden Eagles
Colors: Maroon & Gold
National Affiliation: NCAA Division II
Conference: Northern Sun Intercollegiate Conference(NSIC)

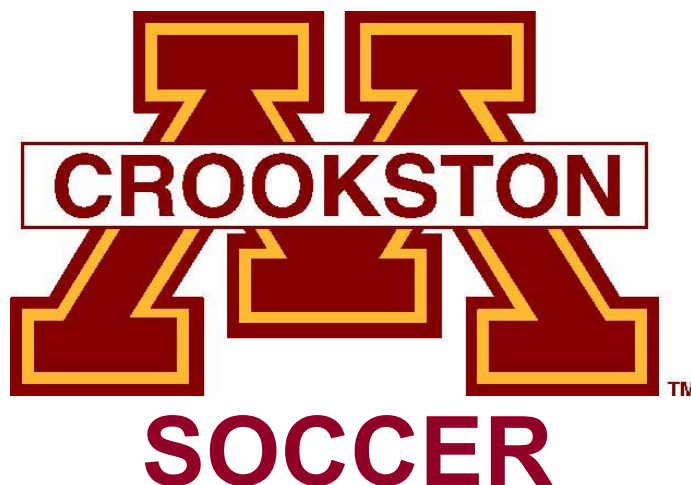
Campus CEO: Dr. Charles Casey
Director of Athletics: Stephanie Helgeson
Assistant Athletic Director/SWA: Cathy Behr
Faculty Athletic Representative: Cleon Melsa
Compliance Coordinator: Jason Tangquist
Sports Information Director: Mitch Bakken
Head Soccer Coach: Chris Przemieniecki
Phone: 218-281-8420
Email: cprzem@mail.crk.umn.edu
Fax: 218-281-8430

Assistant Soccer Coaches:

Christie Chappell
Phone: 218-281-8420
Email: chap0202@umcrookston.edu
Fax: 218-281-8430

Kelsey Heinemann
Phone: 218-281-8420
Email: N/A
Fax: 218-281-8430

Head Trainer: Stef Parsons



MAJOR MEDIA OUTLETS

RADIO

KROX 1260 AM Radio, Crookston, MN
(Frank Fee, Sports Director)
218-281-1140

NEWSPAPERS

Crookston Daily Times, Crookston, MN
(Lindsay Czarnecki, Sports Editor)
218-281-2730

Grand Forks Herald, Grand Forks, ND

Fargo Forum, Fargo, ND

TELEVISION

WDAZ – TV, Grand Forks, ND

KXJB – TV, Fargo, ND

KVLY – TV, Fargo, ND

WDAY – TV, Fargo, ND

FOX – TV, Fargo, ND

WIRE SERVICE

Associated Press, Minneapolis, MN
Associated Press, Fargo, ND
Associated Press, Bismarck, ND

NSIC PRESS BOX PHONE NUMBERS

Minnesota State University Moorhead
Press Box Phone: 218-236-2130

Wayne State University
Press Box Phone: 402-375-7316

Winona State University
Press Box Phone: 507-457-5552

University of Minnesota, Morris
Press Box Phone: 320-766-5641

Northern State University
Press Box Phone: 605-229-3988

Bemidji State University
Press Box Phone: 218-755-3705

Southwest State University
Press Box Phone: 507-537-6105

Concordia – St. Paul
Press Box Phone: 651-263-0247

University of Minnesota, Crookston
Press Box Phone: 218-281-8037

UMC Golden Eagles



INTERVIEWS

Requests for interviews with players or coaches can be made by contacting the Sports Information Office at 218-281-8414. The best time for coaches is mid-morning.

Credits: The 2006 University of Minnesota, Crookston Soccer Media Guide was written & edited by Mitch Bakken, Sports Information Director and Jerri Gillig, Sports Information Assistant. Photography by Golden Eagle Athletics.

The University of Minnesota is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation. Disability accommodations provided upon request.

Golden Eagle Soccer

The Chancellor



Dr. Charles Casey:

The University of Minnesota has appointed Charles Casey Chancellor of the University of Minnesota, Crookston (UMC). "Charles Casey has served for the past six and a half years as Dean and Director of Extension, where he led a successful strategic positioning process resulting in a more focused, economically

viable organization that better serves the needs of the state," said Robert Jones, Senior Vice President for system administration. "With his guidance, Extension has enhanced its curriculum and streamlined its delivery mechanisms so individuals, organizations and county governments have access to a broader range of university expertise and service."

"I'm honored to be asked, and will do my best to serve Crookston," said Casey. "This is a unique opportunity because my wife and I have roots in northwest Minnesota- we care about the future of the region because we live there. Of course, accepting this assignment means leaving Extension- a job I really liked and will miss enormously." Prior to his leadership of Extension, Casey served as director of outreach services for the university's College of Veterinary Medicine for seven years, designing programs to connect the research and academic resources of the university with the needs of veterinarians, farmers and businesses throughout the state.

Casey also served 12 years on the University's Board of Regents, including chairing the Board for two years. He has served on the University Foundation Board of Trustees and the Humphrey Institute Advisory Board and currently serves on the North Central Regional Center for Rural Development Board.



Director of Athletics



Stephanie Helgeson:

Stephanie Helgeson begins her 11th year with the UMC athletic department. She was named Athletic Director in October of 2003. Previously she was the Sports Information Director and most recently the Assistant Athletic Director/ SWA.

A native of Erskine, MN, she attended the University of Minnesota,

Crookston from 1990-91 before receiving her Bachelor's degree in Business Administration from the University of North Dakota in 1995. Stephanie is in the process of receiving her Masters Degree in Educational Leadership from the University of North Dakota. She is currently a member of the National Association of Collegiate Women Athletic Administrators, National Association of Collegiate Directors of Athletics, Development Directors and NCAA II Athletic Administrators.

Stephanie and her husband Tom reside at Maple Lake, Mentor, Minnesota.



Golden Eagle Soccer

Campus and Programs



The University of Minnesota, Crookston Has Been Named a U.S. News & World Report Best College for 2002

About the Campus

The University of Minnesota, Crookston (UMC) is located 290 miles northwest of the Twin Cities. As a coordinate campus of the University of Minnesota, UMC derives many advantages from its connection to one of the nation's largest universities. Yet, with an enrollment of 1,700 students, UMC maintains a personalized educational atmosphere.

UMC has a 237 – acre campus located on the northern edge of Crookston. The college facilities consist of 29 buildings. UMC is situated in one of the richest and most diversified agricultural regions in the United States, the Red River Valley. The college has many well-equipped special purpose laboratories to support its instructional programs. Instruction is supported by computer and two-way, audio-video interactive television connections to other higher educational institutions and high schools. Facilities built within the last decade include an indoor arena, animal science teaching laboratory, and a stable; an enlarged library and learning media resource center addition; a food service and hotel, restaurant and institutional management building; a large indoor physical education and intercollegiate athletic complex, a newly renovated football stadium with a new press box, bleachers, track & lights; an expanded student center, a bookstore; and a new multimillion dollar controlled environmental science facility.

UMC's applied, employment oriented programs focus on active learning, career applications, specialized skills, and extensive use of technology. As a part of tuition and fees, each full-time student is issued a notebook computer. The computer plays a vital role in a UMC's student's education. It is the student's to use at all times as long as that student remains enrolled at UMC. Each course taken at UMC makes use of the computer so students find a means of applying their computer skills to virtually every task.

In October of 1996 IBM announced that UMC would be one of the 25 colleges and universities around the world as a charter member of the IBM Global Campus. IBM Global Campus provides a combination of advanced technologies, network computing solutions, applications, consulting and services tailored to enable colleges and universities to expand their offerings to new groups of students.

About one-third of UMC's students take advantage of the UMC community spirit by living on campus in the residence halls. First-year students live in either McCall Hall or Skyberg Hall, both of which are coed. Upperclassmen generally live in on-campus apartments (Lee Hall or Brink Hall) or in the residence Robertson Hall. A 48 bed apartment complex, named West Side Apartment Complex, opened fall 1997.

Athletics – at both the varsity and intramural levels – contribute to the close-knit community feeling on campus.

Varsity sports include football, basketball, hockey, baseball, and golf for men; volleyball, soccer, golf, basketball, fastpitch softball and equestrian for women.

Degree Programs

Bachelor of Science Programs

Accounting¹

- | Accounting Information Systems

Agricultural Business

- | Agricultural Business
- | Rural Economic Development

Agricultural Education¹

- | Agricultural Science and Technology Education
- | Natural and Managed Environmental Education

Agricultural Systems Management

- | Farm and Ranch Management
- | Power and Machinery | Precision Agriculture

Animal Industries Management

Applied Studies

- | Applied Studies | Respiratory Care

Aviation²

- | Agricultural Aviation | Law Enforcement Aviation³
- | Natural Resources Aviation

Business Management

- | Business Aviation | Management | Marketing

Early Childhood Education³

- | Primary Education | Program Management

Equine Industries Management

Golf Facilities and Turf Systems

Health Management

Hotel, Restaurant and Institutional Management

- | Food Service Administration
- | Hotel/Restaurant Mgmt | Resort/Spa Mgmt

Information Technology Management

- | Application Development
- | Systems Administration

Natural Resources

- | Natural Resource Management
- | Natural Resources Law Enforcement³
- | Park Management | Water Resource Mgmt
- | Wildlife Management

Plant Industries Management

- | Agronomy | Horticulture

Scientific and Technical Communication

Sport and Recreation Management

Bachelor in an Applied Field Programs

Bachelor of Applied Health Bachelor of Manufacturing Mgmt.

Minors

Applied Ethics, Information Technology Management, Music, Technical Communication

Associate in Applied Science Programs

Agriculture

Dietetic Technician

Hotel, Restaurant and Institutional Management

Information Management

Marketing and Management

Associate in Science Programs

Business

Certificate Programs

Applied Ethics

Hotel, Restaurant, and Institutional Management

Manufacturing Management

Program Option

Air Force ROTC⁵

¹Program offered at UMC; degree and teacher licensure awarded by University of Minnesota, Twin Cities.

²Cooperative program with University of North Dakota.

³Cooperative program with Bemidji State University.

⁴Degree awarded by UMC; teacher licensure awarded by Bemidji State University.

⁵Cooperative program with North Dakota State University.

Golden Eagle Soccer

A Brief History of UMC

1851

The Minnesota Territorial Laws of 1851, chapter 3, establish the University of Minnesota (at what is now its Minneapolis campus) and vest its government in a Board of Regents. This statute was approved on February 25, 1851

1858

Minnesota becomes a state.

1879

The city of Crookston is incorporated.

1895

The Minnesota legislature appropriates \$30,000 to procure equipment and to construct two experimental research farms, one at Morris and one at Crookston. The Great Northern Railway, under the guidance of **James J. Hill**, donates 476.61 acres. The Northwest Experiment Station is established.

1905

Minnesota legislature appropriates \$15,000 to establish the Northwest School of Agriculture, a regional residential agricultural high school. The school provides training in "the technical and practical business of agriculture and in the art of homemaking." The term of schooling begins in October and ends in March to accommodate farm students.

1909

The first class graduates from the Northwest School of Agriculture.

1963

With the changing demands of the region and in the agriculture industry, it becomes apparent to state officials that a college-level technical educational institution is urgently needed. A study by the University of Minnesota Bureau of Field Studies begins an examination of new roles for the Northwest School of Agriculture. University Regents discuss launching a college-level technical institute.

1965

Dr. Stanley D. Sahlstrom is appointed head of the University of Minnesota Technical Institute to be located on the campus of the Northwest School of Agriculture in Crookston.

1966

Classes begin in September at the University of Minnesota Technical Institute. Associate in Applied Science degrees are offered in three academic divisions: Agriculture, Business, and General Studies. Dedication ceremonies for the new college are held on November 30, 1966. Students of the Northwest School of Agriculture and the U of M "Tech" share the campus through the spring of 1968.

1968

The final class of the Northwest School of Agriculture graduates in the school's 60th commencement ceremonies.

The first class graduates from the University of Minnesota Technical Institute, now an official coordinate campus of the University of Minnesota. (Renamed University of Minnesota Technical College in 1969.)



Dr. Donald Sargeant

1985

Dr. Donald Sargeant is appointed provost of Crookston campus. The title for all coordinate campus chief executive officers is changed from provost to chancellor.

1988

University of Minnesota Regents officially change name of Crookston campus to University of Minnesota, Crookston.

1992

U of M Board of Regents gives UMC approval to offer baccalaureate degree programs at its June meeting.

1993

UMC's baccalaureate degree programs are approved by the Minnesota Higher Education Coordinating Board and accredited by the North Central Association of Colleges and Schools. Three academic divisions support the new polytechnic concept: Agricultural Management, Management, and Technical Studies. Classes for the baccalaureate degrees begin that fall.

In the fall UMC's technology component is also initiated, providing each full-time student with a notebook computer and preinstalled software.

1994

UMC's first bachelor of science degrees are awarded at commencement ceremonies. A small group of students had been working on a "3 + 1" degree agreement before UMC had been authorized to offer four-year degrees. In the spring of 1994, twenty-four students receive their B.S. degree at UMC.

1998

A new structure for Academic Affairs redefines program areas into four academic centers and one technology support center.

UMC is ranked third in "Best Midwest Regional Colleges" by US News for the 1998-99 year.

1999

UMC moves up to rank second in "Best Midwest Regional Colleges" by US News for the 1999-2000 year.

2000

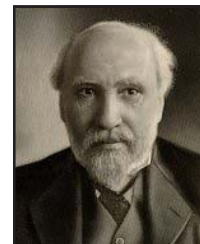
Yahoo! Internet Life Magazine Online ranks UMC the "#1 Most Wired College" in its category (Baccalaureate II) for 2000.

UMC remains ranked at second in "Best Midwest Regional Colleges" by US News for the 2000-2001 year.

2001

UMC is honored with the "Pioneer Award" at the Fourth Annual Conference on Ubiquitous Computing, held January 4-6, 2001, at Seton Hall University in South Orange, New Jersey.

The Wall Street Journal calls UMC "The College of the Future—Today" in special section on technology and education that includes a full-page feature on UMC appearing in the Monday, March 12, edition.



James J. Hill



Dr. Stanley D.
Sahlstrom

Golden Eagle Soccer

2006 Season Outlook

U of Minnesota-Crookston Women's Soccer

The last two seasons have been riddled with injuries and dashed hopes for the Golden Eagles soccer squad but the 2006 team looks to change all that this fall. Despite losing UMC's all-time leading goal scorer Christie Chappell and midfield standout Cory Sak to graduation, 10 players return, all with extensive playing experience. In addition, sixth-year head coach Chris Przemieniecki has added six more players to the squad that hail from Wisconsin, Minnesota, and Alberta and British Columbia, Canada. While the Golden Eagles have experience and strength to their roster, most importantly UMC now has depth.

Leading the way for the Golden Eagles are seniors **Allison Warren (Burlington, Ontario)**, **Brittany Efird (Joplin, MO)**, **Kami Lucius (Traverse City, MI)** and **Mikael Laajala (Houston, TX)**. Allison, who has been named the team's MVP last season and has been recognized as the team's defensive player of the year for the last three years, will be at the heart of the defense for the Golden Eagles this fall. Brittany, the most versatile player UMC has this season, will be looked upon to score goals while Kami and Mikael will be handling midfield duties.

In addition to the four seniors, junior **Kiely Bladow (Monument, CO)** and sophomores **Amber Erdmann (Crookston, MN)**, **Becky Thorbjornsen (Rapid City, SD)**, **Samantha Bentz (Baltimore, MD)**, **Alyssa Jensen (Rice Lake, WI)**, and **Elizabeth Kennedy (Lake in the Hills, IL)** will help to reestablish UMC Soccer in the NSIC with their speed, athleticism, and vision.

However, the returning players will get plenty of help from two transfers and two incoming freshman. **Vanessa and Richelle Copiak (Calgary, Alberta)** have transferred from Mayville State where they helped the Comets to the best season ever in 2005 and Vanessa lead the team in assists with 11. The two incoming freshman **Jacky Creelman (Rogers, MN)** and **Amanda Peterson (Rochester, MN)** bring the experience of playing in a very competitive environment down in the Twin Cities.

Finally, the goalkeeping position will also rely on a newcomer to keep the ball out of the net for the Golden Eagles. **Athena Mussenden (Kenosha, WI)** will be the starting goalie for the Golden Eagles.

The Golden Eagles open up on the road with the NCAA Division II National Champions, University of Nebraska-Omaha on August 24th in Omaha.

Player Profiles (Seniors)

#2

**Allison
Warren**

*Senior/Captain
Defender
Burlington,
Ontario-Canada*



Allison Warren (Captain) **#2**

Defender

Senior - 5'2"

Burlington, Ontario-Canada

Coach's Comments: Ali has been at the heart of the UMC defense since her freshman year. Her speed, athleticism, and mental toughness make her one of the top defenders in the conference and the region. Despite her size, Allison plays like she is 6 feet tall. She has shown tremendous leadership and will be one of our top returning players to lead the team this fall.

2005: Started 21 of 21 games...scored one goal and added one assist...was named the team's Most Valuable Player and Defensive Player of the Year.

2004: Started 18 or 18 games...scored two goals.

2003: Started 16 of 19 games played...scored one goal and added one assist...named the team's co-Defender of the Year.

Academic Major: Animal Industries Management/Pre-Veterinary



#5

**Kami
Lucius**

*Senior
Midfielder
Traverse City, MI*



Kami Lucius #5

Midfielder

Senior - 5'6"

Traverse City, MI

Coach's Comments: Kami has filled the role as a starter and/or a key substitute over the last three years for the Golden Eagles. With an exceptional spring season, we look forward to it carrying over this fall.

2005: Started 7 of 20 games played...took 11 shots on goal.

2004: Started 18 or 18 games...took 10 shots on goal.

2003: Started 4 of 14 games as a midfielder...scored one goal.

Academic Major: Sports and Recreation Management

Player Profiles (Seniors)

#13 Brittany Efird

*Senior/Captain
Forward/
Midfield
Joplin, MO*



Brittany Efird (Captain) #13

Forward/Midfield

Senior - 5'7"

Joplin, MO

Coach's Comments: Brittany has been UMC's most versatile player. She has stepped up and played every position including goalkeeper. With the potential to be a prolific goal scorer, the Golden Eagles will look to Brittany to give opponents a difficult time.

2005: Started 15 of 15 games played...scored one goal before suffering a season ending injury

2004: Started 18 or 18 games...scored 3 goals and

earned 2 assists for 8 points.

2003: Started 20 of 20 games...was team's second leading goal scorer with 5 goals and 3 assists for 13 points.

Academic Major: Animal Science/Equine Industries Management

#18 Mikael Laajala

*Senior
Forward/
MidField
Houston, TX*



Mikael Laajala #18

Forward/Midfield

Senior - 5'7"

Houston, TX

Coach's Comments: Mikael has been moved out of the goal and onto the field as a forward or midfielder. She made great strides during winter and spring training to improve her field skills. Her determination to be successful on the field is evident.

2005: Started 5 games and played in 14 for a total of 647 minutes in the goal...earned a 3.34 goals against

average...conceded 24 goals and made 38 saves...also played on the field as an outside midfielder...earned the team's Most Improve Player Award.

2003/2004: Attended and played two years at Navarro Junior College in Corsicana, Texas...led her team to the Junior College National Championships in 2004...named to the All-Region team in 2003 and 2004 and was named an NJCAA All-American in 2003...posted a .769 GAA in 2004 ranking her 8th in the country...was ranked 11th in 2003 with a .900 GAA...was also an All-Conference selection in '03 and '04 and the team's Most Valuable Player in 2003.

Academic Major: Pre-Physical Therapy

Returning Player Profiles

#6

**Elizabeth
Kennedy**

*Sophomore
Midfield
Lake in the Hills, IL*



Elizabeth Kennedy #6

**Midfield
Sophomore- 5'6"
Lake in the Hills, IL**

2005: Started 19 of 21 games played...scored one goal and added two assists.

High School/Club: Earned teams Most Valuable Player award and Most Heart award during senior year in high school.

Academic Major: Business Management and Marketing

#7

**Amber
Erdmann**

*Sophomore
Midfield/Forward
Crookston, MN*



Amber Erdmann #7

**Midfield/Forward
Sophomore - 5'9"
Crookston, MN**

Coach's Comments: Amber has tremendous strength in striking and serving long balls. She will be looked upon to score goals this fall and serve dangerous balls in the box.

2005: Started 13 of 21 games played...scored one goal against Jamestown.

High School/Club: Earned Most Valuable Offensive player award...led the team in scoring with 12 goals in 2004...currently holds the record for most career goals at Crookston HS... helped lead club team to two summer league championships and a trip to the 2003 Minnesota Youth Soccer Chevy State Cup.

Academic Major: Health Sciences

Returning Player Profiles

#9
Alyssa
Jensen
Sophomore
Midfield
Rice Lake, WI



Alyssa Jensen #9

Midfielder
Sophomore - 5'4"
Rice Lake, WI

Coach's Comments: A scrappy hard working player, Alyssa has speed and endurance to match any player in the conference. Moving her from the back to the midfield gives her and the team more of an offensive punch.

2005: Started 19 of 21 games played...tallied one assist...missed two games because of a head injury.

High School/Club: Earned Most Valuable Player awards both junior and senior year in high school...also named the teams' Offensive Player of the Year award...was a member of the Wisconsin High School Senior Bowl...club team won the U19 Wisconsin State Championships and participated at the 2005 USYSA Regional play-offs.

Academic Major: Pre-Chiropractic

#11
Samantha
Bentz

Sophomore
Defender/Midfield
Baltimore, MD



Samantha Bentz #11

Defender/Midfield
Sophomore - 5'4"
Baltimore, MD

Coach's Comments: Samantha is a force to reckon with on the field. She is smart, great vision, tenacious, and calm, cool and collective with and without the ball. She will be at the heart of the defense this fall and will be expected to lead by example through her play.

2005: Started 18 of 18 games played...scored one goal.

High School/Club: Four-year varsity letter-winner...member of the 2005 Senior All-Star team... earned 1st team All-County...named captain her senior year.

Academic Major: Undeclared

Returning Player Profiles

#12

Becky

Thorbjornson

Sophomore

Midfield

Rapid City, SD



Becky Thorbjornson #12

Midfield

Sophomore - 5'3"

Rapid City, SD

Coach's Comments: Becky will be one of the players expected to lead the team in the midfield this fall. Her work rate, determination, and vision to see the game is exceptional. Characterized as a feisty player, Becky is capable of creating lots of offensive opportunities.

2005: Started 18 of 21 games played...scored one goal...was recognized with the team's Goal of the

Year Award for her goal against Southwest Minnesota State University.

High School/Club: 4-years varsity letter-winner...earned teams Best All-Around Player award in 2003 and 2004...also received Honorable Mention All-State in '03 and '04...played club soccer for Rushmore SC.

Academic Major: Pre-Physical Therapy

#14

Kiely

Bladow

Junior/Captain

Defender

Monument, CO



Kiely Bladow (Captain) #14

Defender/Midfield

Junior - 5'9"

Monument, CO

Coach's Comments: The lone junior on the team, Kiely has been the quiet player with exceptional talent. With the departure of some key players, she will be looked upon to step up and fill those roles. Her size, deceptive speed and strength will give the necessary boost the Golden Eagles need this fall.

2005: Started 21 of 21 games...added one assist.

2004: Started 18 of 18 games...scored 2 goals and added 2 assists for 6 points.

Academic Major: Early Childhood Education

Incoming Player Profiles

#1 *Athena* *Mussenden*

Freshman
Goalkeeper
Kenosha, WI



Athena Mussenden #1

Goalkeeper
Freshman - 5'5"
Kenosha, WI

Coach's Comments: Athena will be looked upon to tend the net this fall. Her athleticism, quickness, and aggressiveness are much needed in this position.
High School/Club: Earned All-Conference Honorable Mention in 2004 and 2005...selected for the Team Sportsmanship Award...also played basketball.
Academic Major: Business

#4 *Jacky* *Creelman*

Freshman
Defender
Rogers, MN



Jacky Creelman #4

Defender
Freshman - 5'0"
Rogers, MN

Coach's Comments: Jacky will be looked upon to make an immediate impact in the defense this season. Like senior Allison Warren, size does not hamper her and she fights to win every ball.
High School/Club: Earned Honorable Mention All-Conference in 2004 and 1st team All-Conference in 2005...served as team captain her senior

season...also was a guest player for the Twin City Fire and Rushmore SC from Rapid City, SD.

Academic Major: Nutrition/Health Sciences

#8 *Amanda* *Peterson*

Freshman
Midfield
Rochester, MN



Amanda Peterson #8

Midfield
Freshman - 5'10"
Rochester, MN

Coaches Comments: Amanda's has great height for a college player and will be looked upon to challenge players in the air for the ball. With a superb work ethic and desire to succeed, Amanda will be looked upon to make an immediate impact this fall.

High School/Club: Four-year letterwinner... Earned Athletic Award in 2005.

Academic Major: Equine Industries Management/Communications

Incoming Player Profiles

#10 Vanessa Copiak

*Sophomore-
Transfer
Forward/Midfield
Calgary, Alberta-
Canada*



Vanessa Copiak #10

Forward/Midfield
Sophomore - 5'3"
Calgary, Alberta-Canada

Coach's Comments: "Vanessa is an explosive player on and off the ball. Her technique and vision to find the open space will give us an offensive punch. She will also create many attacking opportunities and she has great composure on the ball."

2005: Attended Mayville State University (ND)...led the team in assists with 11.

Adademic Major: Early Childhood Education

#15 Richelle Copiak

*Sophomore-
Transfer
Defender/Midfield
Calgary, Alberta-
Canada*



Richelle Copiak #15

Defender/Midfield
Sophomore - 5'6
Calgary, Alberta- Canada

Coach's Comments: "Richelle comes to UMC with experience as a defender. She is tough, strong and technically sound. Her defensive mindset and vision will help the program this fall."

Previous School/Club: Played at Mayville State University... Was a starter and standout defender.

Academic Major: Sport & Recreation Management.
Minor in Coaching.



Coach Profiles

Christie Chappell (Assistant Coach)



Christie Chappell Asst. Coach

Christie is a familiar face to UMC Soccer as she just completed her four years as the most decorated and recognized Golden Eagle the program has ever produced. Chappell who was recruited and played under head coach Chris Przemieniecki during her four years holds the school record for the most goals in a career (25), most points (62), and most games started and played (78). Chappell is also the only player in the history of the program to have played over 7100 minutes. She never once stepped off the field during her four years. For her efforts, she was recognized as the team's

MVP for three of the four years and twice the offensive player of the year. Christie was also recognized as the NSIC Player of the Week, a three time NSIC All-Conference player from 2003-2005, and a NCAA All-Region selection in 2003. In 2003, she was recognized as the UMC Female Student-Athlete of the Year. Christie helped reestablish the Golden Eagle soccer program and led them to a record most wins in 2002 and their first trip to the conference tournament in 2003.

"I am thrilled to have Christie stay with us for another season. Her leadership and tenacity on the field was second to none and to transfer that into a coaching role is exciting for me and the program" commented Przemieniecki. "Christie was one of my first recruits when I joined UMC and she has helped us reestablish the program to a respective level of competition. I know the returning players are excited to have her back and so am I."

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Kelsey Heinemann (Assistant Coach)



Kelsey Heinemann Asst. Coach

The Golden Eagles have added Kelsey Heinemann from Hudson, Wisconsin to the teams coaching staff. Kelsey played college soccer at the University of Minnesota, Morris, a NCAA Division III school where she earned All-Conference honors in 2004 and 2005 and was recognized as the team's defensive player of the year last season. A three-year starter, Kelsey helped the team earn a Conference

championship in 2003 and Conference Tournament championships in 2003-2005. Kelsey will be attending graduate school at the University of North Dakota.

"Adding Kelsey to this staff will give us a fresh new perspective on many things," noted Przemieniecki. "Kelsey was a fantastic player at UMM and her skill and wisdom will only strengthen our program. I am excited that Kelsey is joining UMC Soccer. Ironically, Kelsey was a recruit of mine four years ago and we are glad that she is able to join us now as a coach. I guess it is better late than never."

Coach Profiles

Chris Przemieniecki (Head Coach)



Chris Przemieniecki:

Chris Przemieniecki will begin his 16th season in collegiate soccer and his sixth as the head coach for the University of Minnesota-Crookston Golden Eagles. Despite the Golden Eagle's record in 2005, UMC Soccer has a fresh new look in 2006 with the addition of some talented incoming players.

Przemieniecki has coached for NCAA Division I, NCAA Division III and NAIA institutions. He began his coaching career in 1991 where he was an assistant/goalkeeper men's soccer coach at Wilmington College (OH). From '92-'94, he served as the men's assistant / goalkeeper coach at Illinois State University, a NCAA Division I institution. From '94-'95, he was head men's and women's soccer coach at Marycrest International University (IA), a NAIA institution. From '95-'98, he was the head men's soccer coach at Marietta College (OH), a NCAA Division III school. While at Marietta, he

guided MC to their first conference tournament appearance and regional ranking. From '98-'99, he returned to serve as a NCAA Division I men's assistant soccer coach at Bowling Green State University (OH). In '99-'01, Przemieniecki served as the head men's and assistant women's soccer coach at Lambuth University (TN). As the men's coach, he recorded 20 wins in two seasons including a conference tournament title, a NAIA regional championship appearance, and a national ranking of #22 in 1999. The women's team qualified each season for the conference tournament and reached the final four in 1999. In April of 2000, Przemieniecki was a guest coach with the Polish Soccer Federation for Poland's Men's National team and the Under 21's.

In addition to his collegiate responsibilities, Przemieniecki holds a USSF "A" License, teaches coaching courses for US Soccer, and is a staff coach for Region II Olympic Development Program, the Minnesota Youth Soccer Association, and the North Dakota Soccer Association. Locally, Przemieniecki serves as Director of Coaching and Player Development for the Crookston Youth Soccer Association.

A former goalkeeper, Przemieniecki has experience at the amateur, collegiate, and international levels. He played collegiately at Otterbein College in Ohio (1987-1989) where he was part of two conference championship seasons. He then traveled overseas and trained for a summer with Augustov and Olysten, club teams in Poland. From 1989-1992, he played semi-professional with Edelweiss F.C., winning the Ohio Men's Senior State Championship in 1990 and earned a trip to the U.S. Senior National Championships. In the spring/summer of 1992, Przemieniecki returned overseas to Spain to play and train with Heriz F.C. and San Fernando F.C.

Przemieniecki is a 1992 graduate of Wright State University with a bachelor's degree in Sociology, a 1994 graduate of Illinois State University with a master's degree in Criminal Justice Sciences, and currently completing his doctorate degree in criminal justice at the University of North Dakota. He also teaches criminal justice and sociology courses at UMC and serves as the Director of Intramurals.

Head Coaching Career Record

1994 Marycrest University (IA) 13-8-1 Qualified for Conference Tournament

1995 Marietta College (OH) 7-11-1

1996 Marietta College 10-7-3

1997 Marietta College 11-8-2 Qualified for Conference Tournament
Great Lakes Regional Ranking (#9)

1999 Lambuth University (TN) 10-11-1 Conference Tournament Champions

NAIA Regional Tournament Final Four

NAIA National Ranking (#22)

2000 Lambuth University 10-11-0 Qualified for Conference Tournament

2001 Univ. of Minnesota, Crookston 0-13-1

2002 Univ. of Minnesota, Crookston 7-12-0 Most wins in the history of the program

2003 Univ. of Minnesota, Crookston 6-11-1 1st ever NSIC tournament berth

2004 Univ. of Minnesota, Crookston 3-15-0

2005 Univ. of Minnesota, Crookston 2-19-0

2006 Golden Eagle Soccer Schedule



DATE	OPPONENT	SITE	TIME
8/24	Univ. of Nebraska-Omaha	Omaha, NE	5:00pm
8/25	Bellevue University	Omaha, NE	4:00pm
9/2	Dana College (\$)	Crookston, MN	1:00 pm
9/3	Dakota Wesleyan Univ. (SD) (\$)	Crookston, MN	1:00 pm
9/8	Jamestown	Jamestown, ND	4:00pm
9/10	U of M, Morris	Morris, MN	2:00pm
9/16	Wayne State College* (##)	Crookston, MN	1:00 pm
9/17	SW Minnesota State* (##)	Crookston, MN	1:00 pm
9/20	UND	Grand Forks, ND	4:00pm
9/23	Concordia-St. Paul*	St. Paul, MN	1:00pm
9/24	MSU-Moorhead*	Moorhead, MN	1:00pm
9/30	Augustana College (SD)	Crookston, MN	1:00 pm
10/7	University of Mary* (ND)	Crookston, MN	1:00 pm
10/8	Northern State* (SD)	Crookston, MN	1:00 pm
10/14	Winon State University*	Winona, MN	1:00pm
10/15	Upper Iowa University*	Fayette, IA	1:00pm
10/21	Bemidji State Universtiy*	Bemidji, MN	1:00pm
10/22	Jamestown College	Crookston, MN	1:00 pm
10/24	1st Round NSIC Tournament	TBA	TBA
10/27-28	2006 NSIC Cup NSIC Championships	TBA	TBA

(\$)= UMC Subway Classic

2005 NSIC Soccer Final Standings

<u>Key Losses</u>	<u>Pos</u>	<u>Stats</u>										
			—CONFERENCE—					—OVERALL—				
			STANDINGS	W-	L-	T	Pct	W-	L-	T		
Christie Chappell	F	4 G / 3 A	Pct									
			—	—	—	—	—	—	—	—		
			Winona State.....	12-	0-	2	.929	20-	1-	2	.913	
			Bemidji State.....	9-	1-	4	.786	12-	5-	6	.652	
			Northern State.....	7-	5-	2	.571	14-	6-	2	.682	
			Wayne State.....	7-	5-	2	.571	11-	9-	3	.543	
			SW Minnesota State..	4-	7-	3	.393	4-12-	4		.300	
			Concordia-St. Paul..	4-	8-	2	.357	5-13-	2		.300	
			MSU Moorhead.....	3-10-	1		.250	5-15-	1		.262	
			Minnesota-Crookston.	2-12-	0		.143	2-19-	0		.095	

<u>Key Returners</u>	<u>Pos</u>	<u>Stats</u>
Brittany Efird	M/F	1 goal
Kiely Bladow	D	1 assist
Allison Warren	D	1 G / 1 A
Samantha Bentz	D	1G / 15 shots

2006 Golden Eagle Soccer Roster



<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Hometown</u>
1	Athena Mussenden	GK	Fr.	Kenosha, WI
2	Allison Warren*	D	Sr.	Burlington, Ontario
4	Jacky Creelman	D	Fr.	Rogers, MN
5	Kami Lucius	M	Sr.	Traverse City, MI
6	Elizabeth Kennedy	M/F	So.	Lake in the Hills, IL
7	Amber Erdmann	F/M	So.	Crookston, MN
8	Amanda Peterson	M/F	Fr.	Rochester, MN
9	Alyssa Jensen	D/M	So.	Rice Lake, WI
10	Vanessa Copiak	M	So.	Calgary, Alberta
11	Samantha Bentz	D/M	So.	Baltimore, MD
12	Becky Thorbjornsen	M	So.	Rapid City, SD
13	Brittany Efird*	F/M	Sr.	Joplin, MO
14	Kiely Bladow*	D/M	Jr.	Monument, CO
15	Richelle Copiak	D	So.	Calgary Alberta
18	Mikael Laajala	F/GK	Sr.	Houston, TX

(*) – denotes Captain(s)

Head Coach- Chris Przemieniecki (6th season)

Assistant Coaches- Christie Chappell (1st Season)

Kelsey Heinemann (1st Season)

2005 Season Results

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES.....	(2-19- 0)	(1- 8- 0)	(1-10- 0)	(0- 1- 0)
CONFERENCE.....	(2-12- 0)	(1- 6- 0)	(1- 6- 0)	(0- 0- 0)
NON-CONFERENCE.....	(0- 7- 0)	(0- 2- 0)	(0- 4- 0)	(0- 1- 0)

DATE	OPPONENT	W/L	SCORE	ATTEND
Aug 26, 2005	NORTH DAKOTA	L	1-2	175
Aug 28, 2005	WASHBURN UNIVERSITY	L	0-6	125
Sep 02, 2005	at Central Missouri	L	0-4	-
Sep 04, 2005	vs Emporia State Univ.	L	1-2	-
Sep 07, 2005	at St. Cloud State	L	0-3	234
*Sep 09, 2005	at Winona State	L	0-5	197
*Sep 11, 2005	at Concordia University W		2-0	86
*Sep 17, 2005	at Northern State	L	0-3	237
*Sep 18, 2005	at MSU Moorhead	L	2-3	138
Sep 14, 2005	at Jamestown	L	1-2	-
*Sep 24, 2005	WAYNE STATE COLLEGE	L	1-4	55
*Sep 25, 2005	SOUTHWEST STATE	L	2-4	125
*Oct 01, 2005	at Bemidji State	L	0-3	123
*Oct 08, 2005	at Southwest State	L	0-2	98
*Oct 09, 2005	at Wayne State College	L	0-2	100
*Oct 15, 2005	MSU MOORHEAD	W	4-0	65
*Oct 16, 2005	NORTHERN STATE	L	1-2	75
*Oct 22, 2005	CONCORDIA UNIVERSITY	L	0-1	45
*Oct 23, 2005	WINONA STATE	L	1-2	65
*Oct 29, 2005	BEMIDJI STATE	L	1-2	75
Nov 01, 2005	at Winona State	L	0-2	55

* denotes conference game

2005 Overall Team Statistics

TEAM STATISTICS	UMC	OPP
<hr/>		
SHOT STATISTICS.....		
Goals-Shot attempts....	17-170	54-306
Shot pct.....	.100	.176
Goals/Game.....	0.8	2.6
Shots/Game.....	8.1	14.6
Assists.....	11	39
CORNER KICKS.....	56	136
PENALTY KICKS.....	3-4	0-0
PENALTIES.....		
Fouls.....	159	180
Yellow cards.....	4	3
Red cards.....	0	0
ATTENDANCE.....		
Total.....	805	1268
Dates/Avg Per Date.....	9/89	11/115
Neutral Site #/Avg.....	1/0	

GOALS BY PERIOD	1st	2nd	Total
<hr/>			
UMC Soccer.....	5	12	- 17
Opponents.....	27	27	- 54

SHOTS BY PERIOD	1st	2nd	Total
<hr/>			
UMC Soccer.....	75	95	- 170
Opponents.....	157	149	- 306

SAVES BY PERIOD	1st	2nd	Total
<hr/>			
UMC Soccer.....	58	61	- 119
Opponents.....	45	55	- 100

CORNER KICKS BY PRD	1st	2nd	Total
<hr/>			
UMC Soccer.....	19	37	- 56
Opponents.....	79	57	- 136

FOULS BY PERIOD	1st	2nd	Total
<hr/>			
UMC Soccer.....	73	86	- 159
Opponents.....	101	79	- 180

2005 Individual Statistics

##	Name	GP-GS	G	A	Pts	Sh	Shot%	GW	PK-ATT
6	Vlatkovich, Jessica	15-15	8	1	17	44	.182	1	1-2
10	Chappell, Christie	21-21	4	3	11	35	.114	1	1-1
17	Sak, Cory	21-21	0	2	2	19	.000	0	0-0
11	Bentz, Samantha	18-18	1	0	2	15	.067	0	1-1
5	Lucius, Kami	20-7	0	0	0	11	.000	0	0-0
8	Kennedy, Elizabeth	21-19	1	2	4	10	.100	0	0-0
13	Efird, Brittany	15-15	1	0	2	10	.100	0	0-0
9	Jensen, Alyssa	20-19	0	1	1	6	.000	0	0-0
12	Thorbjornsen, Becky	21-18	0	0	0	6	.000	0	0-0
7	Erdmann, Amber	21-13	1	0	2	6	.167	0	0-0
14	Bladow, Kiely	21-21	0	1	1	6	.000	0	0-0
2	Warren, Allison	21-21	1	1	3	2	.500	0	0-0
18	Laajala, Mikael	14-3	0	0	0	0	.000	0	0-0
1	Theobalt, Aimie	17-5	0	0	0	0	.000	0	0-0
	Total.....	21	17	11	45	170	.100	2	3-4
	Opponents.....	21	54	39	147	306	.176	18	0-0

|—GOAL AVERAGE—| |—SAVES—| |—RECORD—|

##	Name	GP-GS	Minutes	GA	Avg	Saves	Pct	W	L	T	Sho
10	Chappell, Christie	21-0	45:00	1	2.00	2	.667	0	1	0	0.0
13	Efird, Brittany	15-0	45:00	1	2.00	2	.667	0	0	0	0.0
1	Theobalt, Aimie	17-8	1152:17	28	2.19	77	.733	2	11	0	2.0
18	Laajala, Mikael	14-5	647:39	24	3.34	38	.613	0	6	0	0.0
	Total.....	21	1889:56	54	2.57	119	.688	2	18	0	2
	Opponents.....	21	1885:30	17	0.81	100	.855	18	2	0	10