

# GIRLS SOCCER

## TEAM CHAMPIONS

### CLASS 3A

Date	Winner	Coach	Runner-up	Coach	Score
6/03/82	Torrey Pines	Glenn Torrence	Bonita Vista	Dewey Matthews	2-1
6/08/83	Torrey Pines	Peter Barry	Vista	Ric Bethel	3-2 (OT)
3/03/84	Torrey Pines	Brian Thomson	Bonita Vista	Dewey Matthews	1-0
3/02/85	Torrey Pines	Brian Thomson	Vista	Ric Bethel	2-1
3/07/86	Bonita Vista	Dewey Matthews	Poway	Gary Bradshaw	2-1
3/07/87	Valhalla	David Macky	Bonita Vista	Ron Pietila	1-1
3/04/88	Torrey Pines	Dennis Costello	Bonita Vista	Ron Pietila	2-1
3/04/89	Torrey Pines	Dennis Costello	Poway	Gary Bradshaw	1-1
3/02/90	Torrey Pines	Dennis Costello	Bonita Vista	Ron Pietila	1-0

### CLASS 2A

Date	Winner	Coach	Runner-up	Coach	Score
3/02/84	University City	Terri Peterson	Southwest	Ron Pietila	1-0 (OT)
3/01/85	Mission Bay	David Cochran	Southwest	Ron Pietila	3-1
3/08/86	San Pasqual	Bill Bullock	USDHS	Steve Altimirano	2-1 (OT)
3/07/87	San Pasqual	Bill Bullock	USDHS	Butch Lee	2-1 (OT)
3/05/88	San Pasqual	Bill Bullock	University City	Rob Coons	1-0 (OT)
3/03/89	San Pasqual	Bill Bullock	USDHS	Butch Lee	2-1
3/02/90	San Pasqual	Bill Bullock	USDHS	Butch Lee	3-1

### DIVISION I

Date	Winner	Coach	Runner-up	Coach	Score
3/06/91	Poway	Tom Schwartz	San Dieguito	Dave Emmerson	0-0 (2 OT)
3/12/92	San Dieguito	Dave Emmerson	Bonita Vista	Ron Pietila	3-0
3/05/93	San Dieguito	Dave Emmerson	Bonita Vista	Ron Pietila	2-1
3/02/94	Poway	Tom Schwartz	Patrick Henry	Raffaele Ruotolo	2-1
3/03/95	San Dieguito	Dave Emmerson	Mt. Carmel	Jim Dutton	2-1
3/01/96	Bonita Vista	Ron Pietila	San Dieguito	Dave Emmerson	0-0 (OT)
3/05/97	La Costa Canyon	Dave Emmerson	Poway	Tom Schwartz	1-0
3/05/98	Torrey Pines	Dennis Costello	La Costa Canyon	Mike Hill	0-0 (OT)
3/06/99	La Costa Canyon	Mike Nicholson	Bonita Vista	Ron Pietila	1-0 (OT)
3/04/00	Torrey Pines	Dennis Costello	Bonita Vista	Ron Pietila	2-1
3/06/01	La Costa Canyon	Mike Nicholson	Torrey Pines	Dennis Costello	1-0
3/02/02	La Costa Canyon	Lucas Curtolo	Mt. Carmel	Jim Dutton	2-0
3/08/03	Torrey Pines	Dennis Costello	Poway	Tom Schwartz	2-0
3/06/04	La Costa Canyon	Dave Emmerson	Granite Hills	Sami Nedjar	3-0
3/05/05	Granite Hills	Sami Nedjar	Torrey Pines	Dennis Costello	1-0
3/04/06	Torrey Pines	Dennis Costello	Granite Hills	Gil Vejar	3-2
3/03/07	Torrey Pines	Dennis Costello	Granite Hills	Gil Vejar	4-3 (OT)
3/01/08	Torrey Pines	Dennis Costello	Poway	Jenn Lalor	1-0
3/07/09	Westview	Peter Stogsdill	Torrey Pines	Dennis Costello	1-0

### DIVISION II

Date	Winner	Coach	Runner-up	Coach	Score
3/07/91	Torrey Pines	Dennis Costello	Grossmont	Ray Widener	3-1
3/09/92	Torrey Pines	Dennis Costello	San Pasqual	Cem Tont	5-3
3/03/93	Valhalla	David Macky	Torrey Pines	Dennis Costello	3-0
3/04/94	Torrey Pines	Dennis Costello	Valhalla	David Macky	3-0
3/02/95	Torrey Pines	Dennis Costello	San Pasqual	Bill Bullock	2-0
2/29/96	San Pasqual	Bill Bullock	Valhalla	David Macky	4-3
3/07/97	El Capitan	Robert Romero	San Pasqual	Bill Bullock	4-3
3/04/98	Helix	Gary Wilcox	El Capitan	Robert Romero	1-0
3/06/99	Scripps Ranch	Larry Pernicano	Helix	Garry Wilcox	2-1
3/04/00	Grossmont	Jay Sevier	San Pasqual	Sammy Bandak	3-0
3/03/01	Mira Mesa	Janel Wing	Helix	Garry Wilcox	2-1 (OT)
3/02/02	West Hills	David Ridenour	Patrick Henry	Howard Hawver	3-0
3/08/03	Grossmont	Jay Sevier	Valhalla	Gary Trask	4-1
3/06/04	Valhalla	Gary Trask	Scripps Ranch	Larry Pernicano	1-0
3/05/05	Westview	Peter Stogsdill	Patrick Henry	Howard Hawver	3-0
3/04/06	San Pasqual	Lisa Brown	Westview	Peter Stogsdill	1-0
3/03/07	San Pasqual	Lisa Brown	Westview	Peter Stogsdill	1-1 (OT)
3/01/08	Westview	Peter Stogsdill	West Hills	Dave Ridenour	3-1
3/07/09	Point Loma	John Murphy	Mt. Carmel	Danie Schelhorse	2-1 (PK)

## GIRLS SOCCER

### DIVISION III

Date	Winner	Coach		Runner-up	Coach	Score
3/06/91	USDHS	Butch Lee		Madison	Korry Jacobs	4-0
3/11/92	USDHS	Butch Lee		La Jolla	Larry Mang	2-0
3/04/93	USDHS	Butch Lee		Madison	Korry Jacobs	1-0
3/05/94	USDHS	Butch Lee		Ramona	Valerie Nelson	1-0
3/01/95	USDHS	Butch Lee		La Jolla	David Banks	3-1
2/28/96	USDHS	Butch Lee		La Jolla	David Banks	5-0
3/06/97	USDHS	Butch Lee		La Jolla	David Banks	3-1
3/06/98	USDHS	Butch Lee		La Jolla	Daniel Vinograd	4-2
3/06/99	La Jolla	Daniel Vinograd		USDHS	Butch and Dawn Lee	1-0 (OT)
3/04/00	La Jolla	Daniel Vinograd		USDHS	Dawn Lee	3-1
3/05/01	USDHS	Dawn Lee		La Jolla	David Banks	2-0
3/02/02	USDHS	Dawn Lee		Coronado	Miles Ramirez	2-0
3/08/03	University City	Jerry Fox	<b>co-champions</b>	USDHS	Dawn Lee	1-1
3/06/04	Coronado	Miles Ramirez		USDHS	Dawn Lee	2-1 (OT)
3/05/05	Coronado	Miles Ramirez	<b>co-champions</b>	USDHS	Dawn Lee	1-1 (2 OT)
3/04/06	Cathedral Catholic	Dawn Lee		El Capitan	Matt Robertson	5-2
3/03/07	Cathedral Catholic	Dawn Lee		Valhalla	Shane Martinez	4-0
3/01/08	Cathedral Catholic**	Dawn Lee		La Jolla	Kristin Jones	3-0
3/07/09	La Jolla	Kristin Jones		Coronado	Kiko Medina	4-0

### DIVISION IV

Date	Winner	Coach		Runner-up	Coach	Score
3/07/91	Bishop's	Zeke Knight		Christian	John Garretson	6-0
3/11/92	Bishop's	Julie Friess		Christian	Erica McHorney	6-0
3/02/93	Bishop's	Scott DuFeu		Coronado	Ron Clark	5-0
2/26/94	Bishop's	Scott DuFeu		Francis Parker	Jeff Scott	2-0
2/28/95	Francis Parker	Jeff Scott		Bishop's	Scott DeFeu	1-0 (OT)
2/27/96	Bishop's	Aaron James		Francis Parker	Jeff Scott	1-0
1997	Bishop's	Susan Filapone		Francis Parker	Jeff Scott	4-0
1998	Francis Parker	Jeff Scott		Bishop's	Susan Filapone	3-1
3/06/99	Bishop's	Susan Filapone	<b>co-champions</b>	Francis Parker	Marc Thiebach	1-1 (2 OT)
3/04/00	Bishop's	Susan Filippone		Francis Parker	Marc Thiebach	3-0
3/03/01	Coronado	Miles Ramirez		Francis Parker	Marc Thiebach	1-0
3/02/02	Francis Parker	Marc Thiebach		Christian	Rex Gastrich	2-1
3/08/03	Christian	Rex Gastrich		Francis Parker	Marc Thiebach	3-0
3/06/04	Christian	Jason Aldous		Bishop's	Ric Mendoza	2-0
3/05/05	Francis Parker	Marc Thiebach		Horizon	Matt Chapman	2-0
3/04/06	La Jolla Country Day	David Jenkins		Christian	Jason Aldous	1-0 (2 OT)
3/03/07	Bishop's	Brian Quinn	<b>co-champions</b>	Francis Parker	Marc Thiebach	0-0 (OT)
3/01/08	Coronado	Kiko Medina		Bishop's*	Brian Quinn	1-0
3/07/09	Bishop's	Brian Quinn		Francis Parker	Marc Thiebach	2-1 (OT)

\*Southern California Regional champions

**CIFSDS COACHES DIVISIONAL PLAYER OF THE YEAR**

- 1982 — Celene Buczek, Torrey Pines  
 1983 — Karen Bressler, Torrey Pines  
 1984 — Kathy Waldal, Torrey Pines (3A)  
     Angela Guzman, Southwest (2A)  
 1985 — Erin McLellan, Torrey Pines (3A)  
     Laurie Tharp, Mission Bay (2A)  
 1986 — Karen Shibuya, Bonita Vista (3A)  
     Ronna Shedd, San Pasqual (2A)  
 1987 — Kim Grzanka, Bonita Vista, and  
     Janal Urich, Valhalla (3A)  
     Lorena Aviles, Mission Bay (2A)  
 1988 — Stephanie Case, Torrey Pines, and  
     Ronne Pietila, Bonita Vista (3A)  
     Karin Lindsay, San Pasqual, and  
     Cindy Whitt, Christian (2A)  
 1989 — Kirby Seale, Poway, and  
     Allison Shannon, Torrey Pines (3A)  
     Genetta Johnson, Ramona (2A)  
 1990 — Danielle Napoli, Torrey Pines (3A)  
     Shannon McMillan, San Pasqual (2A)  
 1991 — Melissa Estrada, San Dieguito, and  
     Christy Peters, Torrey Pines (3A)  
     Ashley Wilkes, Grossmont (2A)  
 1992 — Maggie Merritt, San Dieguito (3A)  
     Shannon MacMillian, San Pasqual, and  
     Julie Maund, La Jolla (2A)  
 1993 — Maggie Merritt, San Dieguito (Div I)  
     Monica Costello, Valhalla (Div II)  
     Janae Fournier, USDHS (Div III)  
     Heather Farr, Bishop's (Div IV)  
 1994 — Jenny Briscoe, Poway (Div I)  
     Christy Stoffel, Torrey Pines (Div II)  
     Tony Nunez, USDHS (Div III)  
     Andrea Herschman, Bishop's (Div IV)  
 1995 — Courtney Barham, San Dieguito (Div I)  
     Ryan McManus, San Pasqual, and  
     Christie Stoffel, Torrey Pines (Div II)  
     Mandy Clemens, USDHS (Div III)  
     Andrea Herschman, Bishop's, and  
     Ashley Backman, Francis Parker (Div IV)  
 1996 — Aimee Rasmussen, Bonita Vista (Div I)  
     Tanya Lydick, San Pasqual (Div II)  
     Mandy Clemens, USDHS (Div III)  
     Ashley Backman, Francis Parker (Div IV)  
 1997 — Cici Peterson, La Costa Canyon (Div I)  
     Dawn Dasher, El Capitan (Div II)  
     Kristin Kinnings, USDHS (Div III)  
     Caitlin Costello, Bishop's (Div IV)  
 1998 — Leslie Smith, USDHS (Div III)  
     Merritt Singleton, Francis Parker (Div IV)  
 1999 — Merritt Singleton, Francis Parker (Div IV)  
 2000 — Jordan Ian Torno, Torrey Pines (Div I)  
     Brianna Chamney, El Capitan (Div II)  
     Alea Kerch, La Jolla (Div III)  
     Debbie Sedlak, Bishop's (Div IV)  
 2001 — Megan Kakadelas, LC Canyon (Div I)  
     Holly Owen, Mira Mesa (Div II)  
     Katie Hess, USDHS (Div III)  
     Kara Koehrm, Francis Parker (Div IV)  
 2002 — Megan Woods, La Costa Canyon (Div I)  
     Tara Lokanc, Patrick Henry (Div II)  
     Ali Gombar, USDHS (Div III)  
     Kara Koehrm, Francis Parker (Div IV)  
 2003 — Megan Dickey, Torrey Pines (Div I)  
     Carrie Schmit, Grossmont (Div II)  
     Angie Woznuk, USDHS (Div III)  
     Samantha Hire, Christian (Div IV)  
 2004 — Carrie Dew, La Costa Canyon (Div I)  
     Kelsey Gomula, Scripps Ranch (Div II)  
     Dayna Queisser, Coronado (Div III)  
     Samantha Hire, Christian (Div IV)  
 2005 — Ashli Sandoval, Granite Hills (Div I)  
     None selected (Div II)  
     Jamie Klages, Coronado (Div III)  
     Adriene Giese, Francis Parker (Div IV)  
 2006 — Ali Cutting, Torrey Pines (Div I)  
     Elizabeth Karoly, San Pasqual (Div II)  
     Jenny Jarvie, Cathedral Catholic (Div III)  
     Ali Hawkins, La Jolla Country Day (Div IV)  
 2007 — Ashlin Yahr, Torrey Pines (Div I)  
     Caroline Shevlin, Westview (Div II)  
     Alex Sitta, Cathedral Catholic (Div III)  
     Danielle Bidegain, Francis Parker (Div IV)  
 2008 — Kate Cutting, Torrey Pines (Div I)  
     Emily Dow, Westview (Div II)  
     Michelle Spacciapolli, Cathedral Catholic (Div III)  
     None (Div IV)  
 2009 — Courtney Lovelace, Westview (Div I)  
     Shelby Murphy, Point Loma (Div II)  
     Brianna Chapman, La Jolla (Div III)  
     Lindsey Holman-Kelley, Bishop's (Div IV)

**CIFSDS HALL OF CHAMPIONS/MEDIA PLAYER OF THE YEAR**

- 1996 — Mandy Clemens, USDHS  
 1997 — Chrysta Elliott, La Costa Canyon  
 1998 — Lauren Emblem, Torrey Pines  
 1999 — Tara Walker, La Costa Canyon  
 2000 — Kim Castellanos, Rancho Bernardo and  
     Natalie Spilger, Granite Hills  
 2001 — Megan Kakadelas, La Costa Canyon  
 2002 — Rachel Buehler, Torrey Pines  
 2003 — Angie Woznuk, USDHS  
 2004 — Carrie Dew, La Costa Canyon  
 2005 — Kelley Birch, Torrey Pines  
 2006 — Ali Hawkins, La Jolla Country Day  
 2007 — Natalie Garcia, San Pasqual  
 2008 — Michelle Spacciapolli, Cathedral  
 2009 — Lindsey Holman-Kelley, Bishop's

**TEAM RECORDS**

**Most Goals Scored, Coach (Season)**

- 167 — Bonita Vista, Ron Pietila (1993)
- 166 — Christian, Rex Gastrich (2003)
- 163 — Bonita Vista, Ron Pietila (1990)
- 158 — Bonita Vista, Ron Pietila (1988)
- 153 — Torrey Pines, Dennis Costello (1994)
- 152 — Bishop's, Zeke Knight (1990)
- 149 — Bonita Vista, Ron Pietila (1987)
- 149 — Torrey Pines, Dennis Costello (1993)
- 148 — Bonita Vista, Ron Pietila (1994)
- 147 — Torrey Pines, Dennis Costello (1995)
- 147 — Christian, Jan Hethcock (1997)

**Most Goals Scored (Game)**

- 18 — San Pasqual vs. Oceanside (0), (2/05/86)
- 18 — San Marcos vs. Oceanside (0), (1/19/86)
- 17 — Bonita Vista vs. Montgomery (0), (1/14/88)
- 17 — Bonita Vista vs. Sweetwater (0), (1/11/91)
- 17 — Bonita Vista vs. Southwest (0), (2/17/93)
- 17 — Torrey Pines vs. Oceanside (0), (12/21/91)
- 16 — Monte Vista vs. Mt. Miguel (3), (12/09/83)
- 16 — Mission Bay vs. Morse (0), (12/09/83)
- 16 — Bonita Vista vs. Sweetwater (0), (2/18/88)
- 16 — Bonita Vista vs. Mar Vista (0), (1/25/90)
- 16 — Hilltop vs. Sweetwater (0), (12/16/93)
- 16 — Bonita Vista vs. Monte Vista (0), (2/15/00)

**Longest League/Conference Unbeaten Streak**

- 298 — Bonita Vista, Metro (1982-2004)
- 55 — Christian, Harbor (1999-2003)
- 47 — Valhalla, Grossmont 2A & 3A (1989-96)
- 38 — USDHS, Western (1/26/93-2/14/96)
- 35 — San Dieguito, Palomar (1991-93)
- 30 — Torrey Pines, Palomar (1983-84)
- 22 — USDHS, Western (1995-96)
- 20 — San Pasqual, Avocado (1988-89)
- 18 — Mission Bay, Western (1984-86)
- 18 — Christian, Harbor (1997-98)

**Fewest Goals Allowed (Season)**

- 4 — Bishop's (1997)
- 4 — Torrey Pines (27 games, 1990)
- 6 — USDHS (27, 1994)
- 7 — Bonita Vista (30, 1990)
- 7 — San Dieguito (25, 1992)
- 7 — USDHS (27, 1995)
- 8 — Bonita Vista (27, 1988)
- 8 — Bonita Vista (29, 1989)
- 8 — San Pasqual (28, 1991)
- 9 — Bonita Vista (25, 1984)
- 9 — Bonita Vista (29, 1987)

**Most Consecutive Shutouts (Season)**

- 16 — Bonita Vista (12/02/87-1/22/88)
- 16 — Bonita Vista (12/29/89-2/27/90)
- 15 — Bonita Vista (12/28/92-2/25/93)
- 14 — San Pasqual (1/05/88-2/16/88)
- 13 — Bonita Vista (1/13/84-2/29/84)
- 13 — Bonita Vista (1/03/89-2/25/89)
- 13 — Bonita Vista (12/26/90-2/13/91)
- 13 — USDHS (1/10/95-2/26/95)
- 12 — Bishop's (1997)
- 11 — Bonita Vista (1/08/97-2/12/97)
- 11 — Bonita Vista (1/08/99-2/17/99)
- 11 — Bonita Vista (1/13/00-3/04/00)

**Most Consecutive League Champions or Co-Champions**

- 24 — Bonita Vista, Metro (1982-2005)
- 9 — Cathedral Catholic/USDHS, Western (2000-2008)
- 8 — USDHS, Western (1991-98)
- 7 — San Pasqual, Avocado (1984-90)
- 7 — Valhalla, Grossmont 2A (1989-95)
- 7 — Christian, Harbor (1997-2003)
- 6 — Patrick Henry, Eastern (1994-99)
- 5 — Torrey Pines, Palomar (1981-85)
- 5 — Patrick Henry, Eastern (2002-2006)
- 4 — Christian, Harbor & Central (1985-88)
- 4 — Francis Parker, Coastal (2001-2004)
- 3 — Granite Hills, Grossmont South (1996-98)

**Longest Unbeaten Streak**

- 56 — Patrick Henry (2004-present)
- 48 — La Costa Canyon (12/2002)
- 48 — Patrick Henry (2002-2004)
- 45 — San Dieguito (1/91-12/92)
- 31 — Torrey Pines (1990-92)
- 24 — Bonita Vista (12/11/93-2/23/94)
- 23 — Mission Bay (12/19/84-12/19/85)
- 22 — Bonita Vista (12/05/92-2/27/93)
- 22 — USDHS (1994)
- 21 — Bonita Vista (12/26/95-3/01/96)
- 21 — Christian (1999-00)
- 21 — Patrick Henry (2001-02)
- 21 — Cathedral Catholic (2006-07)
- 20 — Bonita Vista (12/12/89-2/27/90)
- 20 — Bonita Vista (12/27/99-2/29/00)
- 20 — La Costa Canyon (2004-2005)
- 19 — Torrey Pines (1981-82)
- 19 — Southwest (1983)
- 19 — Bonita Vista (3/10/83-5/24/83)
- 19 — Bishop's (1989-90)
- 19 — Marian Catholic (2005-07)

**Most Consecutive CIFSDS Championships or Co-Championships, Coach(es), Div. (Years)**

- 8 — USDHS, Butch Lee, 2A & Div III (1991-98)
- 5 — San Pasqual, Bill Bullock, 2A (1986-90)
- 5 — Torrey Pines, Dennis Costello, 3A & Div I (1988-92)
- 4 — Torrey Pines, Glen Torrance & Peter Barry & Brian Thompson (2), 3A (1982-85)
- 3 — Cathedral Catholic/USDHS, Dawn Lee, Div III (2005-08)
- 3 — San Dieguito, Dave Emmerson, Div I (1991-93)
- 3 — Bishop's, Zeke Knight, Julie Friess & Scott DuFeu, Div IV (1991-93)
- 3 — USDHS, Dawn Lee, Div III (2001-03)
- 3 — Cathedral Catholic/USDHS, Dawn Lee, Div III (2005-07)

**Longest League Winning Streak**

- 314 — Bonita Vista, Metro (1982-2005)
- 51 — USDHS, Western (1993-97)
- 49 — Christian, Harbor (1999-03)

**Most Shutouts (Games, Season)**

- 26 — Bonita Vista (30 games, 1990)
- 24 — Bonita Vista (31, 1995)
- 22 — Bonita Vista (29, 1989)
- 22 — USDHS (27, 1994-95)
- 21 — Bonita Vista (29, 1987)
- 21 — San Dieguito (25, 1992)
- 21 — Bishop's (1997)
- 20 — Bonita Vista (26, 1991)
- 20 — San Pasqual (25, 1988)
- 20 — San Pasqual (28, 1989)
- 20 — Bonita Vista (29, 1994)
- 20 — Bonita Vista (32, 1996)
- 20 — Bonita Vista (2000)

## Most Assists (Season)

141 — Bonita Vista (1994)  
 129 — San Dieguito (1992)  
 127 — Hilltop (1994)  
 125 — Bonita Vista (1993)  
 124 — Bonita Vista (1990)  
 123 — Bonita Vista (1988)  
 119 — Bonita Vista (1995)  
 118 — Christian (2002)  
 117 — Bonita Vista (1987)  
 115 — Bonita Vista (1998)  
 113 — Mission Bay (1985)

## Most Assists (Game)

15 — Bonita Vista vs. Sweetwater (2/06/98)  
 15 — Bonita Vista vs. Sweetwater (2/12/86)  
 15 — Bonita Vista vs. Montgomery (1/14/88)  
 15 — Bonita Vista vs. Sweetwater (1/11/91)  
 14 — Bonita Vista vs. Montgomery (1/18/90)  
 14 — Bonita Vista vs. Mar Vista (2/15/00)  
 13 — El Capitan vs. Mt. Miguel (2/11/88)  
 13 — Bonita Vista vs. Sweetwater (1/16/92)  
 13 — Bonita Vista vs. Southwest (2/17/93)  
 12 — Bonita Vista vs. Mar Vista (1/17/84)  
 12 — Bonita Vista vs. Montgomery (2/04/86)  
 12 — San Pasqual vs. Oceanside (2/05/86)  
 12 — Bonita Vista vs. Montgomery (1/26/89)  
 12 — Bonita Vista vs. Eastlake (12/16/93)

## INDIVIDUAL RECORDS

### Most Goals Scored (Career)

172 — Carmel Murphy, Bishop's (1989-92)  
 138 — Amy Epsten, OLP (2001-2004)  
 136 — Nicole Myers, Marian Catholic (2003-06)  
 136 — Britney Bennet, Otay Ranch (2004-07)  
 125 — Beth Bowler, Christian (1995-98)  
 124 — Laurie Christensen, Bonita Vista (1985-88)  
 115 — Britney Bennett, Steele Canyon (2004-06)  
 114 — Summer Harrison, Torrey Pines (1992-95)  
 110 — Sara Johnson, Christian (2001-2003)  
 105 — Casey Loveland, Granite Hills (1995-98)  
 105 — Kim Castellanos, Rancho Bernardo (1997-00)  
 100 — Jennifer Ewert, Bonita Vista (1989-92)  
 100 — Kristen Koehn, Francis Parker (2001-2004)  
 97 — Angela Guzman, Southwest (1982-85)  
 95 — Michelle Egington, Torrey Pines (1984-86)  
 95 — Mandy Clemens, USDHS (1993-96)  
 95 — Kara Koehn, Francis Parker (1998-02)  
 89 — Lisa McCarthy, San Marcos (1986-89)

### Most Goals Scored (Season)

57 — Carmel Murphy, Bishop's (1990)  
 54 — Sara Johnson, Christian (2002)  
 51 — Laurie Tharp, Mission Bay (1985)  
 49 — Amy Epsten, OLP (2002)  
 46 — Carmel Murphy, Bishop's (1992)  
 45 — Nicole Myers, Marian Catholic (2006)  
 44 — Laurie Christensen, Bonita Vista (1987)  
 43 — Britney Bennett, Otay Ranch (2004)  
 41 — Michelle Egington, Torrey Pines (1984)  
 41 — Lori Stevenson, Monte Vista (1984)  
 41 — Kara Koehn, Francis Parker (2001)  
 40 — Angela Guzman, Southwest (1985)  
 40 — Britney Bennett, Steele Canyon (2006)  
 39 — Sam Gaston, Torrey Pines (1992)  
 38 — Summer Harrison, Torrey Pines (1992)  
 38 — Kristen Dehann, Hilltop (1994)

## Most Goals Scored (Game)

10 — Lisa Hawkes, San Dieguito vs. Morse (0), (12/01/83)  
 8 — Lupe Pantoja, Chula Vista vs. Coronado (4/20/82)  
 8 — Shani Cate, Christian (10) vs. Mar Vista (3), (12/12/85)  
 7 — Sonja Munevar, Uni. City (10) vs. Kearny (0), (2/18/88)  
 6 — Michelle Nobles, Poway vs. Coronado (4/20/83)  
 6 — Felicia Faro, USDHS (11) vs. San Diego (0), (11/29/83)  
 6 — Mary Hyoo, Torrey Pines vs. Fallbrook (2/10/84)  
 6 — Angela Guzman, Southwest (12) vs. OLP (3), (12/06/84)  
 6 — Lori Stevenson, Monte Vista vs. El Cajon Valley (1/10/84)  
 6 — Lori Stevenson, Monte Vista vs. Mt. Miguel (1/20/84)  
 6 — Lori Stevenson, Monte Vista (8) vs. Santana (0), (12/07/84)  
 6 — Lorena Aviles, Mission Bay vs. Madison (11/29/86)  
 6 — Beth Bowler, Christian (1998)  
 6 — Amy Epsten, OLP (7) vs. Mira Mesa (0), (12/06/01)  
     vs. Mt. Miguel (1/09/03)

## Most Clears (Career)

411 — Kathy Waldal, Torrey Pines (1982-84)  
 294 — Theresa Neitzel, Mt. Carmel (1982-84)  
 278 — Michele Chadwick, Poway (1982-83)  
 234 — Jennifer Scott, Mt. Carmel (1983-84)  
 178 — Kris Weber, Mt. Carmel (1983-84)  
 153 — Marissa Brown, Mt. Carmel (1982-84)

## Most Clears (Season)

196 — Kathy Waldal, Torrey Pines (1984)  
 171 — Theresa Neitzel, Mt. Carmel (1983)  
 162 — Michele Chadwick, Poway (1983)  
 132 — Jennifer Scott, Mt. Carmel (1983)  
 128 — Kris Weber, Mt. Carmel (1984)  
 123 — Gina Desciscio, Poway (1982)  
 116 — Michele Chadwick, Poway (1982)  
 102 — Jennifer Scott, Mt. Carmel (1984)

## Most Clears (Game)

19 — Kathy Waldal, Torrey Pines vs. San Pasqual (12/07/83)  
 17 — Michele Chadwick, Poway vs. Torrey Pines (5/13/83)  
 15 — Terry Esquivel, Southwest vs. Marian Catholic (5/11/82)  
 14 — Michele Chadwick, Poway vs. Torrey Pines (5/11/82)  
 13 — Lisa Petty, Hilltop vs. Bonita Vista (2/01/94)  
 10 — Lisa Petty, Hilltop vs. Bonita Vista (1/04/94)  
 9 — Alisa Hanks, Bonita Vista vs. Mira Mesa (2/29/84)

## Most Saves By Goalkeeper (Career)

606 — Brett Murphy, Santana (1984-86)  
 598 — Adriene Giese, Francis Parker (2002-2005)  
 509 — Kim McCaskey, San Marcos (1993-96)  
 502 — Alicia Geraldo, El Cajon Valley (1984-86)  
 487 — Maria Collins, Kearny (1983-86)  
 418 — Tree Van Der Peers, El Cajon Valley (1992-95)  
 391 — Heather Hunter, Carlsbad (1986-89)  
 350 — Edith Virgadamo, El Cajon Valley (1988-90)  
 335 — Tara Tanber, Christian (1988-90)  
 311 — Tammie Hiler, El Capitan (1984-86)  
 296 — Niki Brooks, Patrick Henry (1998-02)  
 294 — Krista Gilb, Granite Hills (1988-90)

## Most Saves By Goalkeeper (Season)

346 — Lorin Lima, Escondido (2000)  
 330 — Tina Joanne Loftus, Fallbrook (1990)  
 326 — Alicia Geraldo, El Cajon Valley (1985)  
 260 — Maria Collins, Kearny (1985)  
 247 — Mot Sayasane, Hoover (1986)  
 231 — Brett Murphy, Santana (1985)  
 202 — Brett Murphy, Santana (1984)  
 196 — Janine Hardman, Mt. Miguel (1987)  
 178 — Mary Ruprich, El Cajon Valley (1984)  
 175 — Marta Gammell, Morse (1987)  
 173 — Brett Murphy, Santana (1986)

**Most Saves By Goalkeeper (Game)**

- 48 — Lorin Lima, Escondido vs. Granite Hills (12/29/99)
- 47 — Mot Sayasane, Hoover vs. Christian (2/11/86)
- 42 — Maria Collins, Kearny vs. Mission Bay (12/20/84)
- 42 — Tina Joanne Loftus, Fallbrook vs. San Dieguito (1/12/90)
- 42 — Tina Joanne Loftus, Fallbrook vs. Torrey Pines (1/23/90)
- 41 — Helen Garcia, Chula Vista vs. Bonita Vista (2/09/94)
- 35 — Marti Breier, Crawford vs. Madison (1/23/92)
- 34 — Mary Ruprich, El Cajon Valley vs. Granite Hills (1/31/84)
- 32 — Michelle Olson, Christian vs. OLP (1/28/86)
- 32 — Helen Garcia, Chula Vista vs. Bonita Vista (1/06/94)
- 29 — Maria Collins, Kearny vs. USDHS (2/13/86)
- 28 — Mary Ruprich, El Cajon Valley vs. Helix (1/24/84)
- 28 — Alicia Geraldo, El Cajon Valley vs. Granite Hills (12/12/84)

**Most Shutouts By Goalkeeper (Career)**

- 59 — Amy Goodwin, Bonita Vista (1987-90)
- 52 — Pam Dennis, Hilltop (1990-93)
- 49 — Tracy Gibbs, Bonita Vista (1986-88)
- 46 — Adriene Giese, Francis Parker (2002-2005)
- 43 — Linnea Quinones, Bonita Vista (1995-98)
- 42 — Kim McCaskey, San Marcos (1993-96)
- 41 — Erin Millikin, Bonita Vista (1984-85)
- 40 — Kris Karrell, Poway & Torrey Pines (1982-84)
- 40 — Lili Lacarra, Southwest (1982-85)
- 39 — Shane Parmely, San Dieguito (1989-92)
- 39 — Bethie Crane, Bonita Vista (1990-92)
- 39 — Peggy Curtin, Bonita Vista (1993-94)

**Most Shutouts By Goalkeeper (Season)**

- 26 — Amy Goodwin, Bonita Vista (1990)
- 22 — Amy Goodwin, Bonita Vista (1989)
- 21 — Tracy Gibbs, Bonita Vista (1987)
- 20 — Bethie Crane, Bonita Vista (1991)
- 19 — Bethie Crane, Bonita Vista (1992)
- 19 — Shane Parmely, San Dieguito (1992)
- 19 — Peggy Curtin, Bonita Vista (1993)
- 19 — Kelly Lewis, Bishop's (1997)
- 19 — Asha Walker, Francis Parker, (2009)
- 18 — Karen Loskutoff, Torrey Pines (1985)
- 18 — Linnea Quinones, Bonita Vista (1998)

**Most Assists (Career)**

- 83 — Heather Griffin, Christian (1998-02)
- 83 — Sam Hire, Christian (2001-2003)
- 78 — Kim Komara, Bonita Vista (1986-89)
- 76 — Natalie Spilger, Granite Hills (1999-00)
- 75 — Kara Koehn, Francis Parker (1998-02)
- 68 — Lorena Aviles, Mission Bay (1984-87)
- 67 — Erin Drown, San Dieguito (1990-93)
- 61 — Kristan Loskutoff, Torrey Pines (1982-85)
- 61 — Tara Lokanc, Patrick Henry (1998-02)
- 57 — Kim Sacher, Patrick Henry (2003-2004)
- 55 — Angela Guzman, Southwest (1982-85)
- 54 — Allyson Fike, Southwest (1984-87)
- 54 — Laurie Christensen, Bonita Vista (1985-88)
- 54 — Megan Winslow, Christian (1998-2001)
- 53 — Kristen Nicita, Bonita Vista (1990-93)
- 53 — Beth Bowler, Christian (1995-98)
- 52 — Sara Johnson, Christian (2001-2003)
- 52 — Kristen Koehn, Francis Parker (2001-2004)
- 52 — Courtney Cleaves, Steele Canyon (2003-06)
- 50 — Noemi Lizalde, Escondido (1984-87)
- 50 — Tawnie Pedrin, Bonita Vista (1997-00)
- 50 — Mary Willis, Christian (2001-2003)

**Most Assists (Season)**

- 41 — Sam Hire, Christian (2003)
- 33 — Heather Griffin, Christian (2002)
- 32 — Megan Winslow, Christian (2000)
- 31 — Angela Guzman, Southwest (1984)
- 31 — Lorena Aviles, Mission Bay (1985)
- 31 — Erin Drown, San Dieguito (1992)
- 30 — Natalie Spilger, Granite Hills (1997)
- 29 — Kara Koehn, Francis Parker (2001)
- 28 — Teanill Stuckey, Bonita Vista (1993)
- 26 — Minna Lollis, Mission Bay (1984)
- 26 — Bianca Jimenez, Marian Catholic (2006)
- 25 — Jennifer Lalor, Bonita Vista (1990)
- 25 — Heather Griffin, Christian (2001)
- 24 — Noemi Lizalde, Escondido (1986)
- 24 — Kim Komara, Bonita Vista (1989)
- 24 — Tara Lokanc, Patrick Henry (2002)
- 23 — Allyson Fike, Southwest (1985)
- 23 — Becky Kiesz, Santana (1993)
- 23 — Sara Barnett, Bonita Vista (1994)

**Most Assists (Game)**

- 9 — Sam Hire, Christian vs. Kearny (1/08/03)
- 6 — Cindy Whitt, Christian vs. Hoover (1/24/86)
- 6 — Sara Johnson, Christian vs. Kearny (1/08/03)
- 5 — Kim Komara, Bonita Vista vs. Montgomery (1/26/89)
- 5 — Nikki Peterson, El Cajon Valley vs. Kearny (12/02/90)
- 5 — Sara Barnett, Bonita Vista vs. Sweetwater (1/16/92)
- 5 — Teanill Stuckey, Bonita Vista vs. Mar Vista (1/20/93)
- 5 — Jasmin Sveum, El Cajon Valley vs. Sweetwater (12/09/94)
- 5 — Jamie Swanson, Bonita Vista vs. Sweetwater (2/06/98)
- 5 — Tawny Smith, Christian vs. Mt. Empire (1/27/97)
- 5 — Andrea Pino, Bonita Vista vs. Mar Vista (1/6/01)
- 5 — Heather Griffin, Christian vs. Kearny (2/9/01)
- 5 — Tara Lokanc, Patrick Henry vs. El Camino (12/6/01)
- 5 — Jessica Hernandez, Steele Canyon vs. Chula Vista (1/11/06)
- 4 — 16 players tied.