

GIRLS WATER POLO

TEAM CHAMPIONS

Date	Winner	Coach	Runner-up	Coach	Score
1997	Patrick Henry	Brad Kreutzkamp	Coronado	Jon Reichardt	6-5

DIVISION I

Date	Winner	Coach	Runner-up	Coach	Score
1998	Poway	Greg Ormsby	Valhalla	Pat Higginson	12-3
1999	Carlsbad	Chip O'Rourke	Valhalla	Pat Higginson	8-7
2000	Carlsbad	Chip O'Rourke	Fallbrook	Bill Richardson	17-12
2001	Carlsbad	Chip O'Rourke	Poway	Donovan Russell	8-5
2/23/02	Poway	Jim McNees	Carlsbad	Chip O'Rourke	6-2
3/01/03	Rancho Bernardo	Jeff Bush	Fallbrook	Bill Richardson	7-5
2/28/04	Carlsbad	Chip O'Rourke	Poway	Jim McNees	8-6
2/26/05	Carlsbad	Chip O'Rourke	Poway	Jim McNees	8-6
2/25/06	Poway	Kathy Sheehy	Vista	Dave Spence	9-5
2/24/07	Poway	Gubba Sheehy	Carlsbad	Shawn Donahue	13-9
2/23/08	Vista	Dave Spence	Carlsbad	Shawn Donahue	12-11
2/28/09	Vista	Dave Spence	Carlsbad	Shawn Donahue	8-4

DIVISION II

Date	Winner	Coach	Runner-up	Coach	Score
1998	Coronado	Randall Burgess	Bishop's	Doug Peabody	9-6
1999	Coronado	Randall Burgess	Bishop's	Doug Peabody	9-6
2000	Bishop's	Doug Peabody	USDHS	Chad Golden	15-8
2001	Bishop's	Doug Peabody	Coronado	Randall Burgess	6-5
2/23/02	Bishop's	Doug Peabody	USDHS	Sean Green	12-11
3/01/03	Coronado	Randall Burgess	Bishop's	Doug Peabody	12-11 (OT)
2/28/04	Bishop's	Doug Peabody	USDHS	Sean Green	12-7
2/26/05	Bishop's	Doug Peabody	Coronado	Randall Burgess	11-9
2/25/06	Bishop's	Doug Peabody	Coronado	David Throop	13-7
2/24/07	Bishop's	Doug Peabody	Coronado	David Throop	6-5
2/23/08	Coronado	David Throop	Bishop's	Doug Peabody	8-6
2/28/09	Coronado	David Throop	Bishop's	Doug Peabody	12-11 (OT)

CIFSDS COACHES DIVISIONAL PLAYERS OF THE YEAR

1998	Div I — Sandy Onweller, Poway
	Div II — Brenna Fleener, Bishop's
1999	Div I — Jodie Needles, Valhalla
	Div II — Ericka Lorenz, Patrick Henry
2000	Div I — Holly Hartzell, Fallbrook
	Div II — Erin Brown, Bishop's
2001	Div I — Jodie Needles, Valhalla
	Div II — Erin Brown, Bishop's
2002	Div I — Scotti Shafer, Carlsbad
	Div II — Moriah Van Norman, USDHS
2003	Div I — Tanya Gandy, Rancho Bernardo
	Div II — Katie Hansen, Coronado
2004	Div I — Lauren Machanis, Carlsbad
	Div II — Katie Rulon, USDHS
2005	Div I — Tanya Gandy, Rancho Bernardo
	Div II — Katie Rulon, USDHS
2006	Div I — Krystyna McCright, Poway
	Div II — Sarah Van Norman, Bishop's
2007	Div I — Lauren Orth, Poway
	Div II — Sarah Van Norman, Bishop's
2008	Div I — Victoria Williams, Vista
	Div II — Hannah Sebenaler, Coronado
2009	Div I — Dana Ochsner, El Camino
	Div II — Dominique Sardo, Bishop's

CIFSDS HALL OF CHAMPIONS/MEDIA PLAYER OF THE YEAR

1997	— Ericka Lorenz, Patrick Henry
1998	— Sandy Onweller, Poway
1999	— Ericka Lorenz, Patrick Henry
2000	— Holly Hartzell, Fallbrook
2001	— Scotti Shafer, Carlsbad
2002	— Scotti Shafer, Carlsbad
2003	— Megan May, Bishop's
2004	— Megan May, Bishop's
2005	— Katie Rulon, USDHS
2006	— Sarah Van Norman, Bishop's
2007	— Sarah Van Norman, Bishop's
2008	— Hannah Sebenaler, Coronado
2009	— Dominique Sardo, Bishop's

TEAM RECORDS

Longest Winning Streak

- 33 — Bishop's (2002-2003)
- 28 — Coronado (1997-99)
- 28 — Bishop's (2001-2002)
- 22 — Poway (1999)
- 20 — Bishop's (2000-2001)
- 17 — Bishop's (1998)
- 14 — Poway (1997)
- 14 — Scripps Ranch (2009)
- 12 — Bishop's (2002)
- 12 — Fallbrook (2003)
- 11 — Fallbrook (1999)

Longest League Winning Streak

- 70 — Valhalla (1997-2003)
- 46 — Poway (1998-2002)
- 41 — Bishop's (2000-2003)
- 28 — Valley Center (2006-08)
- 20 — Coronado (1996-99)
- 20 — Valley Center (2006-07)
- 12 — Valley Center (2004-05)
- 11 — Poway (2005)
- 10 — Poway (1997)
- 10 — Fallbrook (1999)
- 10 — Poway (2004-05)
- 9 — University City (2001)

Most Shutouts (Season)

- 4 — Fallbrook (1999)
- 4 — Valhalla (1999)

Most CIFSDS Championships

- 7 — Bishop's (2000-2002, 2004-2007)
- 5 — Carlsbad (1999-2001, 2004-2005)
- 5 — Coronado (1998-99, 2003, 2008-09)
- 4 — Poway (1998, 2002, 2006-07)

Most Consecutive CIFSDS Championships

- 4 — Bishop's (2004-2007)
- 3 — Carlsbad (1999-2001)
- 3 — Bishop's (2000-2002)
- 2 — Coronado (1998-99, 2008-09)
- 2 — Carlsbad (2004-2005)
- 2 — Poway (2006-07)

Most Consecutive League Champions or Co-Champions

- 8 — Bishop's (1997-2005)
- 7 — Valhalla (1997-2003)
- 4 — Coronado (1997-2000)
- 3 — University City (1999-2001)
- 3 — Valley Center (2006-08)
- 2 — Fallbrook (1999-2000)
- 2 — Valley Center (2003-04)
- 2 — Scripps Ranch (2008-09)

INDIVIDUAL RECORDS

Most Goals Scored (Career)

- 507 — Sarah Van Norman, Bishop's (2004-07)
- 483 — Katie Rulon, USDHS (2002-2005)
- 445 — Kellsie Arolla, La Costa Canyon (2004-07)
- 432 — Rosie Carreras, Chula Vista (1999-2002)
- 415 — Rebecca Smith, Valley Center (2006-09)
- 409 — Jody Needles, Valhalla (1998-2001)
- 390 — Dominique Sardo, Bishop's (2006-09)
- 383 — Krista Kenna, Granite Hills (2002-2005)
- 357 — Kelsie Emerick, Vista (2003-07)
- 344 — Holly Hartzell, Fallbrook (1997-2000)
- 338 — Chelsea Smith-Carmichael, Bishop's (2004-07)
- 322 — Tiffany Hodgins, Bishop's (1997-99)

- 319 — Scotti Shafer, Carlsbad (1999-2002)
- 318 — Megan May, Bishop's (2001-2004)
- 315 — Megan Hausmann, Bishop's (1999-2002)
- 304 — Rachelle Smith, Valley Center (2003-06)
- 297 — Shelby Keyser, Poway (2002-05)
- 293 — Sandy Onweller, Poway (1997-99)
- 276 — Rachel Bender, Fallbrook (2001-2003)
- 272 — Erin Brown, Bishop's (1998-2001)
- 244 — Maegan Zitren, Valhalla (2000-03)
- 241 — Dawn Rodriguez, Rancho Buena Vista (1997-98)
- 231 — Donna Stivers, El Cajon Valley (1997-2000)
- 230 — Christy Decker, University City (1998-2001)
- 220 — Tiffany Oney, Valley Center (2001-04)
- 210 — Dana Nelsen, University City (2003-06)
- 209 — Kristin Haddock, Poway (1997-99)
- 208 — Ryane Austin, Carlsbad (1999-2002)
- 192 — Nicole Fisher, Granite Hills (2001-2003)

Most Goals Scored (Season)

- 191 — Katie Rulon, USDHS (2005)
- 165 — Kellsie Arolla, La Costa Canyon (2006)
- 158 — Sarah Van Norman, Bishop's (2005)
- 152 — Tiffany Hodgins, Bishop's (1999)
- 152 — Katie Rulon, USDHS (2003)
- 151 — Dominique Sardo, Bishop's (2009)
- 150 — Ericka Lorenz, Patrick Henry (1998)
- 149 — Jodie Needles, Valhalla (1999)
- 146 — Dominique Sardo, Bishop's (2008)
- 144 — Rebecca Smith, Valley Center (2009)
- 140 — Katie Rulon, USDHS (2004)
- 138 — Rachel Bender, Fallbrook (2003)
- 138 — Emilia Halmay, El Capitan (2006)
- 138 — Sarah Van Norman, Bishop's (2007)
- 136 — Dawn Rodriguez, RB Vista (1997)
- 135 — Tiffany Oney, Valley Center (2004)
- 134 — Krista Kenna, Granite Hills (2003)
- 133 — Rebecca Smith, Valley Center (2007)
- 131 — Megan May, Bishop's (2003)
- 130 — Holly Hartzell, Fallbrook (2000)
- 130 — Rachelle Smith, Valley Center (2006)
- 129 — Jodie Needles, Valhalla (1998)
- 126 — Rachel Camacho, Bishop's (2003)
- 125 — Rosie Carreras, Chula Vista (2002)
- 124 — Roni Coffey, Otay Ranch (2007)
- 121 — Donna Stivers, El Cajon Valley (2000)
- 119 — Christy Decker, University City (2000)
- 117 — Sandy Onweller, Poway (1997)
- 117 — Tiffany Hodgins, Bishop's (1998)
- 117 — Holly Hartzell, Fallbrook (1999)
- 116 — Susan Stivers, El Cajon Valley (2000)
- 116 — Patty Halmay, El Capitan (2002)
- 116 — Sarah Van Norman, Bishop's (2006)
- 115 — Kellsie Arolla, La Costa Canyon (2007)

Most Goals Scored (Game)

- 14 — Tiffany Hodgins, Bishop's vs. USDHS (2/24/98)
- 13 — Paige Squiller, University City vs. Serra (1/23/08))
- 13 — Ericka Lorenz, Patrick Henry vs. Dana Hills (1997)
- 13 — Melody Warren, San Pasqual vs. Vista (2/12/97)
- 12 — Tanya Gandy, Rancho Bernardo vs. West Hills (2/17/05)
- 12 — Kellsie Arolla, La Costa Canyon vs. Camarillo (12/5/05)
- 11 — Ericka Lorenz, Patrick Henry (1997)
- 11 — Holly Hartzell, Fallbrook vs. Eastlake (2/11/99)
- 11 — Jodie Needles, Valhalla (2000)
- 11 — Ashley Zamora, Southwest SD vs. Morse (1/14/04)
- 11 — Kellsie Arolla, La Costa Canyon vs. San Pasqual (12/14/05)
vs. West Hills (1/21/06)
- 11 — Dana Nelsen, University City vs. Eastlake (2/4/06)
- 10 — Dawn Rodriguez, Rancho Buena Vista vs. Carlsbad (1/18/97)
vs. Eastlake (1997)

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- 10 — Jamie Fullen, Patrick Henry vs. Mission Viejo (12/28/00)
- 10 — Ashley Zamora, Southwest SD vs. Eastlake (12/17/03)
- 10 — Tanya Gandy, Rancho Bernardo vs. Westview (12/15/04)
- 10 — Rachelle Smith, Valley Center vs. Ramona (1/26/05)
- 10 — Sarah Van Norman, Bishop's vs. University City (2/22/05)
- 10 — Busscali, Helix vs. Otay Ranch (1/16/06)
- 10 — Dana Nelsen, University City vs. Monte Vista (2/16/06)
- 10 — Rebecca Smith, Valley Center vs. Escondido (1/18/08)
- 9 — By 16 players.

Most Assists (Career)

- 309 — Jamie Brown, Bishop's (2000-2003)
- 295 — Erin Brown, Bishop's (1998-2001)
- 282 — Krista Kenna, Granite Hills (2002-2005)
- 255 — Shelby Keyser, Poway (2002-05)
- 184 — Tory Haynes, Valley Center (2004-07)
- 181 — Scotti Shafer, Carlsbad (1999-2002)
- 172 — Maegan Zitren, Valhalla (2000-03)
- 171 — Megan May, Bishop's (2001-2004)
- 167 — Dominique Sardo, Bishop's (2006-09)
- 166 — Rachelle Smith, Valley Center (2003-06)
- 164 — Arin Keyser, Poway (1999-2002)
- 152 — Chelsea Smith-Carmichael, Bishop's (2004-07)
- 150 — Rebecca Smith, Valley Center (2006-09)
- 150 — Dana Johnson, Valhalla (2001-04)
- 145 — Kelsie Emerick, Vista (2003-07)
- 130 — Donna Stivers, El Cajon Valley (1997-2000)
- 126 — Ryane Austin, Carlsbad (1999-2002)
- 124 — Jennifer Rodriguez-Bruno, Coronado (1997-2000)
- 124 — Taylor Morrison, Valley Center (2006-09)
- 120 — Jodie Needles, Valhalla (1998-2001)
- 119 — Barbara Edwards, Bishop's (1998-2001)
- 116 — Erica Horman, Carlsbad (1998-2000)
- 116 — Tristan Kennedy-Donohue, Vista (2004-06)
- 115 — Brittany Hansen, Coronado (1997-2001)
- 109 — Rachael Sanks, Santana (1997-2000)
- 105 — Tory Haynes, Valley Center (2004-06)
- 99 — Sarah Van Norman, Bishop's (2004-07)
- 95 — Lauren Arthur, Bishop's (1998-2001)
- 93 — Amy Lightner, Coronado (1996-99)
- 90 — Sandy Onweller, Poway (1997-99)
- 86 — Kaili Shumilak, Bishop's (1998-2001)
- 85 — Devon McIntyre, Coronado (1996-99)
- 84 — Katie O'Neill, Carlsbad (2000-2002)

Most Assists (Season)

- 150 — Jamie Brown, Bishop's (2003)
- 111 — Jamie Brown, Bishop's (2002)
- 111 — Helen Meigs, Bishop's (2006)
- 108 — Kelley Tiffany, Patrick Henry (1998)
- 97 — Krista Kenna, Granite Hills (2005)
- 93 — Erin Brown, Bishop's (2000)
- 88 — Krista Kenna, Granite Hills (2004)
- 85 — Rachel Camacho, Bishop's (2004)
- 85 — Megan May, Bishop's (2004)
- 84 — Shelby Keyser, Poway (2004)
- 83 — Erin Brown, Bishop's (2001)
- 79 — Tory Haynes, Valley Center (2007)
- 78 — Sarah Van Norman, Bishop's (2005)
- 74 — Katie Hansen, Coronado (2003)
- 73 — Krista Kenna, Granite Hills (2003)
- 71 — Brenna Fleener, Bishop's (1998)
- 70 — Helen Meigs, Bishop's (2005)
- 68 — Rosie Carreras, Chula Vista (2001)
- 68 — Tristan Kennedy-Donohue, Vista (2006)
- 66 — Erin Brown, Bishop's (1998)
- 65 — Kelley Tiffany, Patrick Henry (1997)
- 64 — Shelby Keyser, Poway (2003)
- 63 — Donna Stivers, El Cajon Valley (2000)
- 63 — Courtney Peterson, University City (2004)

Most Assists (Game)

- 12 — Danielle Doelman, Ramona vs. S.D. Southwest (2/04/05)
- 10 — Kelley Tiffany, Patrick Henry vs. Dana Hills (1998)
- 9 — Tory Haynes, Valley Center vs. Escondido (12/13/06)
- 8 — Erin Brown, Bishop's vs. USDHS (1999)
- 8 — Koree Blyleven, Bishop's vs. El Capitan (2/4/05)
- 8 — Helen Meigs, Bishop's vs. Tustin (2/4/06)
- 8 — Dominique Sardo, Cathedral Catholic (2/05/07)
- 7 — Emily Gates, Patrick Henry vs. Bishop's (1/24/97)
- 7 — Kristin Haddock, Poway vs. Mira Mesa (12/11/98)
- 7 — Barbara Edwards, Bishop's vs. Torrey Pines (1/10/99)
- 7 — Amber Tissue, Carlsbad vs. RB Vista (12/13/97)
- 7 — Donna Stivers, El Cajon Valley vs. Mt. Miguel (1/13/00)
- 7 — Maegan Zitren, Valhalla vs. USDHS (2000)
- 7 — Erin Brown, Bishop's vs. La Jolla (1/26/01)
vs. Serra (2/08/01)
- 7 — Krista Kenna, Granite Hills vs. Valhalla (2/10/05)
- 7 — Helen Meigs, Bishop's vs. University City (1/24/06)
vs. Patrick Henry (2/7/06)
vs. Santana (2/16/06)
- 6 — Erica Horman, Carlsbad vs. La Jolla (1/30/98)
- 6 — Brenna Fleener, Bishop's vs. La Jolla (1/08/98)
vs. RB Vista (12/12/98)
- 6 — Tiffany Hodgins, Bishop's vs. Mission Bay (1/12/98)
- 6 — Mary Dentice, Valhalla vs. Clairemont (1998)
- 6 — Arin Keyser, Poway vs. Escondido (1/10/01)
- 6 — Shelby Keyser, Poway vs. Rancho Bernardo (2004)
- 6 — Alex Haynes, Valley Center vs. La Costa Canyon (12/16/04)
vs. Escondido (1/07/05)
- 6 — Krista Kenna, Granite Hills vs. Scripps Ranch (2/04/05)
vs. RB Vista (2/17/05)
- 6 — Helen Meigs, Bishop's vs. La Jolla (1/30/06)
- 6 — Dominique Sardo, Bishop's vs. Scripps Ranch (1/31/06)
vs. Torrey Pines (2/4/06)
- 6 — Kelsie Arolla, La Costa Canyon vs. Otay Ranch (12/21/06)
- 6 — Zinnea Alexander, Bishop's vs. Fallbrook (2/1/07)
- 5 — By 17 players.

Most Goalie Saves (Career)

- 884 — Kaylee Caster, USDHS & Cathedral Catholic (2003-2005)
- 879 — Tiffany Horner, Granite Hills (2002-2004)
- 757 — Alex Feune de Colombi, Bishop's (1999-2002)
- 708 — Sun Chamblee, Carlsbad (1997-2000)
- 693 — Cary Robbins, University City (2003-05)
- 687 — Renee Horner, Granite Hills (1999-2001)
- 645 — Jenny Miller, Poway (1997-99)
- 645 — Danielle Doelman, Ramona (2003-2005)
- 562 — Sara Stanford, Poway (2000-02)
- 538 — Lindsay Magnuson, Santana (1997-2001)
- 525 — Cristen Owens, Patrick Henry (1998-2001)
- 518 — Hayley Miller, Valley Center (2007-09)
- 501 — Kiera Kenney, Vista (2004-06)
- 478 — Kelly Hall, Coronado (1995-98)
- 468 — Shaian Hata, Valley Center (2005-06)
- 457 — Lauren Machanis, Carlsbad (2002-2003)
- 435 — Christina Michel, Bishop's (2004-07)
- 424 — Annie Manchester, Bishop's (1998-99)
- 416 — Katie Bentley, Poway (2003-04)
- 389 — Jana Stewart, Fallbrook (2002-2003)
- 358 — Torrey Simonsen, Valley Center (2005-06)
- 351 — Erin Hanscom, Valhalla (2002-03)
- 324 — Leslie Carson, Valhalla (1995-97)
- 337 — Tahlia Kerr, Coronado (1998-2001)
- 324 — Leslie Carson, Valhalla (1994-97)
- 306 — Molly Hogan, Valhalla (1998-99)
- 298 — Sally Stone, Bishop's (2002-2003)
- 253 — Christa Tackaberry, San Pasqual (1997)
- 245 — Kristi Hall, Valhalla (2001-02)
- 231 — Krystyna McCright, Poway (2005)

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Most Goalie Saves (Season)

419 — Candice Caster, Cathedral Catholic (2006)
393 — Kaylee Caster, Cathedral Catholic (2005)
387 — Amber Handel, West Hills (2003)
345 — Renee Horner, Granite Hills (2001)
342 — Tiffany Horner, Granite Hills (2003)
311 — Amanda Matuk, Grossmont (2001)
304 — Julia Gilmore, Valhalla (2009)
295 — Hayley Miller, Valley Center (2009)
289 — Amanda Wightman, Patrick Henry (1998)
286 — Lauren Machanis, Carlsbad (2003)
271 — Alex Feune de Colombi, Bishop's (2001)
270 — Kiera Kenney, Vista (2006)
262 — Sally Stone, Bishop's (2003)
261 — Cary Robbins, University City (2005)
260 — Cristen Owens, Patrick Henry (2001)
257 — Alex Feune de Colombi, Bishop's (2002)
255 — Danielle Doelman, Ramona (2004)
253 — Christa Tackaberry, San Pasqual (1997)
244 — Shaian Hata, Valley Center (2003)
243 — Annie Manchester, Bishop's (1999)
242 — Danielle Doelman, Ramona (2005)
239 — Erin Hanscom, Valhalla (2003)
237 — Jana Stewart, Fallbrook (2003)
236 — Kaylee Caster, USDHS (2003)
233 — Sun Chamblee, Carlsbad (1998)
232 — Sun Chamblee, Carlsbad (1999)
232 — Lindsay Magnuson, Santana (2000)
232 — Cary Robbins, University City (2004)
231 — Krystyna McCright, Poway (2005)
230 — Cristen Owens, Patrick Henry (2000)
228 — Jenny Miller, Poway (1999)
224 — Shaian Hata, Valley Center (2004)
220 — Alena Clark, Valhalla (2000)

Most Goalie Saves (Game)

28 — Candice Caster, Cathedral Catholic vs. SF Christian (2/4/06)
25 — Candice Caster, Cathedral Catholic vs. Mission Bay (1/20/06)
24 — Amanda Matuk, Grossmont vs. Monte Vista (12/22/00)
22 — Kelly Hall, Coronado vs. Patrick Henry (3/01/97)
22 — Renee Horner, Granite Hills vs. Torrey Pines (2/14/01)
21 — Renee Horner, Granite Hills vs. El Cajon (2/10/01)
vs. Carlsbad (2/17/01)
20 — Christa Tackaberry, San Pasqual vs. Hilltop (2/21/97)
20 — Lori Harris, Escondido vs. Carlsbad (2/13/97)
19 — Annie Manchester, Bishop's vs. Carlsbad (2/10/98)
19 — Alex Feune de Colombi, Bishop's vs. Coronado (2/07/02)
19 — Candice Caster, Cathedral Catholic vs. Torrey Pines (1/20/06)
18 — Cristen Owens, Patrick Henry vs. USDHS (2/19/00)
18 — Amanda Matuk, Grossmont vs. Santana (1/09/01)
18 — Hayley Miller, Valley Center vs. Bishop's (1/27/09)
17 — Michelle Douglas, Carlsbad vs. Mt. Carmel (2/17/97)
17 — Jenny Miller, Poway vs. Carlsbad (2/21/98)
17 — Renee Horner, Granite Hills vs. El Capitan (2/09/01)
17 — Hayley Miller, Valley Center vs. San Pasqual (2/08/08)

Most Steals (Career)

486 — Dominique Sardo, Bishop's (2006-09)
484 — Scotti Shafer, Carlsbad (1999-2002)
459 — Jodie Needles, Valhalla (1998-2001)
435 — Rachael Sanks, Santana (1997-2000)
388 — Erica Horman, Carlsbad (1998-2000)
372 — Krista Kenna, Granite Hills (2002-2005)
356 — Katie Rulon, USDHS (2002-2005)
324 — Dana Johnson, Valhalla (2001-04)
288 — Ryane Austin, Carlsbad (1999-2002)
288 — Michelle Perkins, Poway (1999-2002)
278 — Megan May, Bishop's (2001-2004)
277 — Kristin Fast, Fallbrook, (2001-2003)

272 — Rebecca Smith, Valley Center (2006-09)
264 — Ashley McCullum, Poway (2000-03)
263 — Erin Brown, Bishop's (1998-2001)
258 — Michelle Benzie, Granite Hills (2002-2003)
253 — Rachelle Smith, Valley Center (2003-06)
248 — Barbara Edwards, Bishop's (1998-2001)
241 — Stacey El-Hajj, Valhalla (1997-99)
239 — Lauren Nowakowski, Valhalla (1994-97)
232 — Devon McIntyre, Coronado (1996-99)
225 — Chelsea Smith-Carmichael, Bishop's (2004-07)
222 — Taylor Morrison, Valley Center (2006-09)
220 — Maegan Zitren, Valhalla (2000-03)
219 — Keira DeVigne, Santana (1998-2001)

Most Steals (Season)

194 — Rachael Sanks, Santana (1999)
190 — Kelsie Emerick, Vista (2003-07)
167 — Rachael Sanks, Santana (2000)
149 — Jodie Needles, Valhalla (1999)
148 — Scotti Shafer, Carlsbad (2002)
146 — Dominique Sardo, Bishop's (2008)
145 — Erica Horman, Carlsbad (1999)
131 — Scotti Shafer, Carlsbad (2000)
131 — Katie Rulon, USDHS (2004)
131 — Dominique Sardo, Bishop's (2009)
129 — Jodie Needles, Valhalla (1998)
127 — Kristin Fast, Fallbrook (2002)
125 — Devon McIntyre, Coronado (1998)
124 — Erica Horman, Carlsbad (2000)
123 — Michaelle Sanks, Santana (2001)
121 — Brande Huntamer, Valhalla (1995)
121 — Lauren Nowakowski, Valhalla (1995)
119 — Erica Horman, Carlsbad (1998)
118 — Dana Johnson, Valhalla (2003)
116 — Lauren Nowakowski, Valhalla (1996)
116 — Dana Johnson, Valhalla (2002)
115 — Michelle Perkins, Poway (2001)
114 — Scotti Shafer, Carlsbad (2001)
114 — Katie Rulon, USDHS (2003)
113 — Ryane Austin, Carlsbad (2002)
113 — Megan May, Bishop's (2004)
112 — Michelle Benzie, Granite Hills (2004)
111 — Dominique Sardo, Bishop's (2007)
107 — Krista Kenna, Granite Hills (2003)
107 — Stephanie Lambert, Ramona (2004)
106 — Iris O'Grady, El Cajon Valley (2003)
105 — Keira DeVigne, Santana (2001)
105 — Stacey El-Hajj, Valhalla (1999)
105 — Jamie Swartz, Scripps Ranch (2009)
105 — Taylor Morrison, Valley Center (2009)

Most Steals (Game)

15 — Wendy Dorr, Mt. Carmel vs. Westview (1/22/08)
14 — Jodie Needles, Valhalla vs. La Jolla (1998)
13 — Dana Johnson, Valhalla vs. Granite Hills (2002)
12 — Brande Huntamer, Valhalla vs. El Capitan (1994)
12 — Scotti Shafer, Carlsbad vs. Poway (2/24/01)
12 — Katie O'Neill, Carlsbad vs. R. Bernardo (2/20/02)
11 — Holly Hartzell, Fallbrook vs. Vista (1/13/00)
11 — Erica Horman, Carlsbad vs. Helix (2/14/98)
11 — Scotti Shafer, Carlsbad vs. Torrey Pines (2/16/02)
11 — Kristin Fast, Fallbrook vs. Chula Vista (1/11/02)
10 — Barbara Edwards, Bishop's vs. Scripps Ranch (1/29/99)
10 — Erica Horman, Carlsbad vs. Mt. Carmel (2/05/99)
10 — Scotti Shafer, Carlsbad vs. El Toro (1/08/02)
vs. Newport Harbor (1/05/02)
vs. Poway (12/19/01)
10 — Ryane Austin, Carlsbad vs. El Toro (1/08/02)
10 — Dominique Sardo, Bishop's vs. Newport (2/09/07)
10 — Taylor Morrison, Valley Center vs. Dana Hills (12/05/08)

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- 9 — Erica Horman, Carlsbad vs. Vista (1/20/98)
vs. Bishop's (2/13/99)
- 9 — Scotti Shafer, Carlsbad vs. Rancho Bernardo (12/16/98)
vs. Torrey Pines (1/22/00)
- 9 — Maegan Zitren, Valhalla vs. Santana (2002)
- 9 — Kristin Fast, Fallbrook vs. Carlsbad (2/22/03)
- 9 — Erin Hanscom, Valhalla vs. Poway (2003)

5 Meters Drawn (Career)

- 67 — Rebecca Smith, Valley Center (2006-09)
- 49 — Shelby Keyser, Poway (2002-05)
- 41 — Scotti Shafer, Carlsbad (1999-2002)
- 39 — Arin Keyser, Poway (1999-2002)
- 38 — Megan May, Bishop's (2001-2004)
- 19 — Rachelle Smith, Valley Center (2003-06)
- 18 — Ryane Austin, Carlsbad (1999-2002)

5 Meters Drawn (Season)

- 25 — Rebecca Smith, Valley Center (2007)
- 24 — Rebecca Smith, Valley Center (2008)
- 19 — Megan May, Bishop's (2003)
- 19 — Megan May, Bishop's (2004)
- 15 — Shelby Keyser, Poway (2004)
- 15 — Kellsie Arolla, La Costa Canyon (2007)
- 14 — Scotti Shafer, Carlsbad (2001)
- 14 — Arin Keyser, Poway (2002)
- 14 — Shelby Keyser, Poway (2005)
- 14 — Roni Coffey, Otay Ranch (2007)
- 14 — Rebecca Smith, Valley Center (2009)
- 12 — Scotti Shafer, Carlsbad (2000)
- 12 — Arin Keyser, Poway (2001)
- 11 — Shelby Keyser, Poway (2003)
- 11 — Rachelle Smith, Valley Center (2005)
- 10 — Scotti Shafer, Carlsbad (2002)
- 9 — Shelby Keyser, Poway (2002)
- 8 — Arin Keyser, Poway (2000)
- 8 — Ryane Austin, Carlsbad (2001)
- 8 — Rachelle Smith, Valley Center (2006)
- 6 — Hilary Horman, Carlsbad (1998)

5 Meters Drawn (Game)

- 3 — Shelby Keyser, Poway vs. Santa Margarita (2004)
- 3 — Roni Coffey, Otay Ranch vs. Eastlake (1/30/06)
- 3 — Rebecca Smith, Valley Center vs. West Hills (1/20/07)
vs. Bishop's (2/17/07)
vs. Ramona (1/16/08)
- 2 — Erica Horman, Carlsbad vs. Hilltop (2/14/98)
- 2 — Scotti Shafer, Carlsbad vs. RB Vista (12/14/99)
vs. Torrey Pines (1/22/00)
vs. Fallbrook (1/25/00)
vs. Long Beach Poly (12/08/00)
vs. Irvine (2/01/01)
vs. Fallbrook (1/26/02)
- 2 — Ryane Austin, Carlsbad vs. Fallbrook (1/24/01)
- 2 — Nicole Fisher, Granite Hills vs. Valhalla (1/28/03)
- 2 — Lauren Presant, Poway vs. Fallbrook (2005)
- 2 — Emily Atkins, Valley Center vs. El Dorado (2/05/05)
- 2 — Kellsie Arolla, La Costa Canyon vs. RB Vista (1/05/07)
vs. El Dorado (2/2/07)
vs. RB Vista (2/03/07)
- 2 — Rebecca Smith, Valley Center vs. Santa Ana Mater Dei (1/23/09)

Ejections Drawn (Career)

- 320 — Sarah Van Norman, Bishop's (2004-07)
- 276 — Shelby Keyser, Poway (2002-05)
- 244 — Scotti Shafer, Carlsbad (1999-2002)
- 239 — Rebecca Smith, Valley Center (2006-09)
- 212 — Erin Brown, Bishop's (1998-2001)
- 210 — Arin Keyser, (1999-2002)
- 180 — Rachelle Smith, Valley Center (2003-06)

- 132 — Jodie Needles, Valhalla (1998-2001)
- 128 — Dominique Sardo, Bishop's (2006-09)
- 115 — Jamie Brown, Bishop's (2000-2003)
- 111 — Kelsie Emerick, Vista (2003-07)
- 110 — Dana Johnson, Valhalla (2001-04)
- 103 — Ryane Austin, Carlsbad (1999-2002)
- 98 — Dana Esbensen, Fallbrook (2002-2003)
- 96 — Dana Nelsen, University City (2003-06)
- 92 — Margan Zitren, Valhalla (2000-03)
- 84 — Katie Hansen, Coronado (2003)
- 79 — Rachel Bender, Fallbrook (2001-2003)

Ejections Drawn (Season)

- 96 — Rebecca Smith, Valley Center (2007)
- 94 — Sarah Van Norman, Bishop's (2006)
- 92 — Kellsie Arolla, La Costa Canyon (2006)
- 91 — Sarah Van Norman, Bishop's (2005)
- 89 — Shelby Keyser, Poway (2003)
- 85 — Erin Brown, Bishop's (2000)
- 84 — Katie Hansen, Coronado (2003)
- 84 — Shelby Keyser, Poway (2005)
- 81 — Sarah Van Norman, Bishop's (2004)
- 81 — Rachelle Smith, Valley Center (2005)
- 81 — Rebecca Smith, Valley Center (2009)
- 77 — Arin Keyser, Poway (2002)
- 76 — Rachelle Smith, Valley Center (2006)
- 76 — Shelby Keyser, Poway (2004)
- 75 — Scotti Shafer, Carlsbad (2002)
- 75 — Sarah Van Norman, Bishop's (2005)
- 71 — Scotti Shafer, Carlsbad (2000)
- 70 — Erin Brown, Bishop's (1999)
- 61 — Sarah Van Norman, Bishop's (2007)
- 59 — Rachel Camacho, Bishop's (2004)
- 59 — Megan May, Bishop's (2004)
- 59 — Sarah Van Norman, Bishop's (2004)
- 56 — Scotti Shafer, Carlsbad (2001)
- 56 — Julie Nestlebusch, El Cajon Valley (2003)
- 56 — Kara Butler, Poway (2005)
- 55 — Jamie Brown, Bishop's (2002)
- 54 — Dana Esbensen, Fallbrook (2003)

Ejections Drawn (Game)

- 10 — Rebecca Smith, Valley Center vs. Great Oak (1/24/09)
- 9 — Shelby Keyser, Poway vs. Santa Margarita (12/29/03)
- 9 — Roni Coffey, Otay Ranch vs. Bonita Vista (2/06/07)
- 9 — Rebecca Smith, Valley Center vs. Escondido (1/18/08)
- 8 — Sarah Van Norman, Bishop's vs. Newport (12/17/05)
vs. Coronado (2/9/06)
vs. Coronado (2/25/06)
- 7 — Scotti Shafer, Carlsbad vs. Santa Barbara (12/28/01)
- 7 — Nicole Fisher, Granite Hills vs. Valhalla (1/28/03)
- 7 — Dana Johnson, Valhalla vs. Granite Hills (2003)
- 7 — Shelby Keyser, Poway vs. La Costa Canyon (2005)
- 7 — Sarah Van Norman, Bishop's vs. Foothill (2/9/05)
- 7 — Mellisa Long, University City vs. La Jolla (2/19/05)
- 6 — Malia McKee, Valhalla vs. Mt. Carmel (1994)
- 6 — Scotti Shafer, Carlsbad vs. Newport Harbor (1/05/02)
vs. El Toro (1/08/02)
vs. Mt. Carmel (12/16/99)
vs. Claremont (2/10/00)
vs. Mt Carmel (2/20/01)
- 6 — Dana Esbensen, Fallbrook vs. Valhalla (2/16/02)
- 6 — Kelly Ott, Valhalla vs. San Clemente (2002)
- 6 — Arin Keyser, Poway vs. Patrick Henry (12/10/99)
vs. Carlsbad (2/5/00)
- 6 — Rachelle Smith, Valley Center vs. Ramona (1/04/06)
vs. Ramona (1/27/06)
- 6 — Rebecca Smith, Valley Center vs. Escondido (12/13/06)
vs. Westview (1/04/07)