

GIRLS SOCCER

TEAM CHAMPIONS

OPEN DIVISION

3/07/14 La Costa Canyon Natalie Elkind Westview Peter Stogsdill 1-0
 3/06/15 La Costa Canyon Natalie Elkind Carlsbad Carl Higham 2-1
 3/04/16 Torrey Pines Martyn Hansford Rancho Bernardo Mark Sidebottom 1-1 (OT 4-2)
 3/03/17 Torrey Pines* Martyn Hansford Steele Canyon** Charlie Cleaves 1-0
 *Round I Regional loss Torrey Pines vs Huntington Beach 0-3
 **Round I Regional loss Steele Canyon vs JSerra Catholic 1-4
 3/02/18 Eastlake* Mark Coziahr Steele Canyon** Charlie Cleaves 0-0 (SO 3-2)
 *Regional DI Round I loss Eastlake vs. Santa Margarita 0-2
 **Regional DI Round I loss Steele Canyon vs. JSerra Catholic 0-5

DIVISION I

Date Winner Coach Runner-up Coach Score

3/06/91 Poway Tom Schwartz co-champions 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 co-champions 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 co-champions 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
 3/06/10 La Costa Canyon Mike Marvil Rancho Buena Vista Tim Leary 1-0
 3/05/11 Torrey Pines Dennis Costello Poway Jenn Lalor 1-0
 3/03/12 Carlsbad Carl Higham San Pasqual Lisa Brown 2-1 (OT)
 3/01/13 Eastlake Scott Burress Carlsbad Carl Higham 1-0
 3/08/14 Cathedral Catholic Dawn Lee Scripps Ranch Larry Pernicano 2-0
 3/07/15 RBV David Leese Steele Canyon Charlie Cleaves 3-0
 3/05/16 Del Norte Gary Rossi Scripps Ranch Larry Pernicano 1-0
 3/04/17 Eastlake* Mark Coziahr La Costa Canyon Natalie Elkind 1-0
 *Round I Regional loss Eastlake vs Vista Murrieta 0-1
 3/03/18 Scripps Ranch* Larry Pernicano Rancho Bernardo Mark Sidebottom 1-0
 *Regional DII Round I loss Scripps Ranch vs. Temecula Valley 1-3

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
 03/03/01 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 co-champions 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)
 3/06/10 West Hills Dave Ridenour Steele Canyon Charlie Cleaves 1-0
 3/05/11 Westview Peter Stogsdill La Costa Canyon Mike Marvil 4-1
 3/03/12 La Costa Canyon Eric Luna Westview Peter Stogsdill 2-0
 3/02/13 Westview Peter Stogsdill La Costa Canyon Natalie Elkind 1-0
 3/08/14 Coronado Rogerio Mendes Granite Hills Elio Bello 3-0
 3/07/15 Point Loma John Murphy Valhalla Daniel Codina 1-0
 3/04/16 Valhalla Daniel Codina University City Jason Donlon 3-0
 3/04/17 La Jolla Kristin Jones West Hills Robert Romero 2-1
 3/03/18 Our Lady of Peace* Kevin Soares El Camino Luis Casillas 4-0
 *Regional DIII Champions vs. Flintridge Prep 3-2

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 co-champions USDHS Dawn Lee 1-1
 3/06/04 Coronado Miles Ramirez USDHS Dawn Lee 2-1 (OT)
 3/05/05 Coronado Miles Ramirez co-champions 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
 3/06/10 Coronado Kiko Medina La Jolla Kristin Jones 2-0
 3/05/11 La Jolla Kristin Jones Cathedral Catholic Dawn Lee 1-1 (3-1 PK)
 3/03/12 Cathedral Catholic Dawn Lee Del Norte Gary Rossi 4-0
 3/02/13 Cathedral Catholic Dawn Lee La Jolla Kristin Jones 1-1 (PK 4-3)
 3/08/14 High Tech High CV Jose Roldan Helix Jeff Kepper 0-0 (PK 3-1)
 3/07/15 Serra Brad Gomez Mission Hills Jeremy Hixon 1-0
 3/05/16 Helix Jeff Kepper Mission Vista Jim Hall 1-0
 3/04/17 Our Lady of Peace* Kevin Soares Otay Ranch Judd Rachow 5-1
 *Regional Round II loss Our Lady of Peace vs. Claremont 2-3
 3/03/18 Mt. Carmel* Danie Schelhorse Escondido Charter Jorge Torres 1-0
 *Regional DIII Round I loss Mt. Carmel vs. Pacifica 0-2

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 co-champions 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 co-champions 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)
 3/06/10 Francis Parker** Marc Thiebach Christian Beto Villela 1-0
 3/05/11 Coronado Kiko Medina Bishop's Brian Quinn 1-0
 3/03/12 Coronado Kiko Medina Francis Parker Marc Thiebach 3-1
 3/02/13 Bishops Brian Quinn Francis Parker Marc Thiebach 2-1
 3/08/14 Serra Brad Gomez High Tech High SD Harold Levene 1-0
 3/07/15 Chula Vista Wayne Brewton Olympian Aaron Rossi 1-0
 3/05/16 Southwest SD Manuel Tapia Sage Creek Courtney Drummond 1-0
 3/04/17 San Dieguito Academy* Siggy Eyre Montgomery Jennifer Tamayo 1-0
 *Regional Round II loss San Dieguito Academy vs Brentwood School 1-2
 3/03/18 Mater Dei Catholic* Oscar Flores Ramona Steve Purvis 5-4
 *Regional DIV Round I loss Mater Dei Catholic vs. Paloma Valley 0-10

DIVISION V

Date Winner Coach Runner-up Coach Score

3/05/11 Horizon Matthew Chapman Tri-City Christian Kay Costilow 2-0
 3/03/12 Horizon Matthew Chapman Christian Joel Waymire 2-0
 *Southern California Regional champions
 **Southern California Regional runners-up
 3/02/13 Christian Joel Waymire Horizon Matthew Chapman 2-1
 3/07/14 Del Lago Academy Pete Christl Preuss Danielle Agliam 1-0
 3/06/15 Castle Park Victor Vargas Hoover Honorio Luvianos 2-0
 3/04/16 Orange Glen Brenda Hernandez El Cajon Valley Antonio Lavenant 3-1
 3/03/17 Lincoln* Elizabeth Munoz Brawley Billy Brewer 2-1
 *Regional Round I loss Lincoln vs. Valley Christian 0-3
 3/02/18 High Tech High NC* Calvin Christian 3-1
 *Regional DV Round I loss HTHNC vs. Rialto 0-2

SOUTHERN CALIFORNIA REGIONAL CHAMPIONS/ RUNNER UP

2017 DII Runner Up San Marcos vs Moorpark 2-3
 2018 DIII Champions OLP vs. Flintridge Prep 3-2

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 co-champions 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 co-champions 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 Cochrane 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

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) Brianne 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 Koehn, Francis Parker (Div IV)
- 2002 — Megan Woods, La Costa Canyon (Div I) Tara Lokanc, Patrick Henry (Div II) Ali Gombar, USDHS (Div III) Kara Koehn, 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)
 2010 — Mariah Butera, La Costa Canyon (Div I)
 Jenna Ackerly, West Hills (Div II)
 Cassie Callahan, Coronado (Div III) Zuri Walker,
 Francis Parker (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
 2010 — Cassie Callahan, Coronado
 2011 — Cassie Callahan, Coronado
 2012 — Sarah Adams, Westview
 2013 — Maegan Harbison, Westview
 2014 — Olivia Erlbeck, Cathedral Catholic
 2015 — Marley Canales, Westview
 2016 — Sarah Trissel, Torrey Pines
 2017 — Amber McCorkle, Torrey Pines
 2018 — Gloriana Hinojosa, Eastlake

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)
- 26 — Mountain Empire, Citrus (2014-18)
- 22 — USDHS, Western (1995-96)
- 20 — San Pasqual, Avocado (1988-89)
- 19 — San Marcos, Avocado (2016-17)
- 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)
- 6 — Steele Canyon, Grossmont (2010-2016)
- 5 — Torrey Pines, Palomar (1981-85)
- 5 — Patrick Henry, Eastern (2002-2006)
- 4 — Christian, Harbor & Central (1985-88)
- 4 — Francis Parker, Coastal (2001-2004)
- 4 — San Marcos, Avocado East (2011-14)
- 3 — Granite Hills, Grossmont South (1996-98)
- 3 — Mountain Empire, Citrus (2015-18)

Longest Unbeaten Streak

- 56 — Patrick Henry (2002-05)
- 48 — La Costa Canyon (12/2002)
- 45 — San Dieguito (1/91-12/92)
- 31 — Torrey Pines (1990-92)
- 25 — Francis Parker (2013-2014)
- 24 — Bonita Vista (12/11/93-2/23/94)
- 23 — Mission Bay (12/19/84-12/19/85)
- 23 — San Marcos (12/10/16-2/22/17)
- 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)
122 — Katherine Day, Christian (2009-13)
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)
90 — Nicole Sayd, SDJA (2014-18)
89 — Lisa McCarthy, San Marcos (1986-89)

Most Goals Scored (Season)

61 — Katherine Day, Christian (2013)
61 — Nicole Sayd, SDJA (2018)
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 — Sasha Stephens, Francis Parker (2013)
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)
9 — Shani Cate, Christian (10) vs. Mar Vista (3), (12/12/85)
9 — Nicole Sayd, SDJA (11) vs. Tri City Christian (2) (1/30/18)
9 — Nicole Sayd, SDJA (11) vs. Del Lago (2) (2/1/18)
7 — Sonja Munevar, Uni. City (10) vs. Kearny (0), (2/18/88)
7 — Nicole Sayd, SDJA (8) vs. Calvin Christian (3) (1/11/18)
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)
6 — Kiana Quarles, Steele Canyon vs. Helix (2/14/12)
6 — Karen Ruiz, West Shores vs. Borrego Springs (1/18/17)

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 Descisciolo, 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)

848 — Jazmine Rodriguez, West Shores (2015-)
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)

369 — Jazmine Rodriguez, West Shores (2018)
346 — Lorin Lima, Escondido (2000)
339 — Carly Mendoza, Madison (2015)
330 — Tina Joanne Loftus, Fallbrook (1990)
326 — Alicia Geraldo, El Cajon Valley (1985)
260 — Maria Collins, Kearny (1985)
247 — Mot Sayasane, Hoover (1986)
241 — Jazmine Rodriguez, West Shores (2016)
240 — Anna Saviage, Tri-City Christian (2016)
238 — Jazmine Rodriguez, West Shores (2017)
231 — Brett Murphy, Santana (1985)
202 — Brett Murphy, Santana (1984)
196 — Janine Hardman, Mt. Miguel (1987)
182 — Kira Jimenez, Mountain Empire (2016)
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)
38 — Jazmine Rodriguez, West Shores vs. Indio 12/18/17
vs. Holtville (12/20/17)
35 — Marti Breier, Crawford vs. Madison (1/23/92)
35 — Jazmine Rodriguez, West Shores vs. Indio (1/7/16)
34 — Mary Ruprich, El Cajon Valley vs. Granite Hills (1/31/84)
34 — Jazmine Rodriguez, West Shores vs. Yucca Valley (12/16/15)
Vs. Grand Terrace (12/1/16)
33 — Jazmine Rodriguez, West Shores vs. Xavier Prep (12/08/15)
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)

28 — Carly Mendoza, Madison vs. Serra (1/2/15)

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)

32 — Elisa Martinez, Francis Parker (2013)

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)

26 — Alyssa Noland, Mountain Empire (2017)

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.