

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

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

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

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

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

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
30/7/14 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

SOUTHERN CALIFORNIA REGIONAL CHAMPIONS RUNNER UP

2017 Runner Up San Marcos vs Moorpark 2-3

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 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

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 Koehn, Francis Parker (Div IV)
- 2002 — Megan Woods, La Costa Canyon (Div I)
Tara Lokanc, Patrick Henry (Div II)
Ali Gombard, USDHS (Div III)
Kara Koehn, Francis Parker (Div IV)
- 2003 — Megan Dickey, Torrey Pines (Div I)
Carrie Schmit, Grossmont (Div II)
Angie Wozniak, 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 Spacciapoli, 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

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)
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)
5 — Torrey Pines, Palomar (1981-85)
5 — Patrick Henry, Eastern (2002-2006)
5 — Steele Canyon, Grossmont (2010-2015)
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)

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 Koehm, 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 Koehm, Francis Parker (1998-02)

89 — Lisa McCarthy, San Marcos (1986-89)

Most Goals Scored (Season)

61 — Katherine Day, Christian (2013)

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)
- 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)
- 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)

- 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)
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)
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)
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)
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)
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.