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2009 MOUNTAIN PACIFIC SPORTS FEDERATION ALL-MPSF WOMEN'S WATER POLO SELECTIONS

2009 MPSF Player of the Year

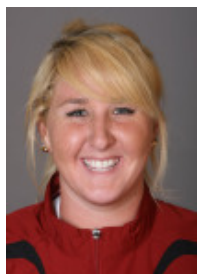
KAMI CRAIG • #2 • JUNIOR • TWO-METER • USC



USC's top force in the water this season has been redshirt junior **Kami Craig** (Camarillo, CA/Santa Barbara HS). In addition to 36 goals scored on the year so far, Craig's strength has opened up a wildly balanced offense for USC. A two-time All-American already, Craig took the 2008 season off from action at USC in order to compete for the United States at the 2008 Olympic Games in Beijing, where she won a silver medal with Team USA. Now back in full force with the Trojans, Craig has scored in 18 games this year and is second on the team in scoring, having punched in a new career high this season in a five-goal outing that helped earn her first career honor as an MPSF Player of the Week. She has since collected two such honors for her performances. USC recently extended its win streak to 14 straight in capturing the program's second MPSF Championship. Craig scored three goals at the conference tournament and earned numerous ejections for the Trojans to keep them on pace as the nation's top-ranked team.

2009 MPSF Newcomer of the Year

MELISSA SEIDEMANN • #2 • FRESHMAN • TWO-METER • STANFORD



Melissa Seidemann (Walnut Creek, CA/College Park HS) has made an immediate impact at Stanford in just her first season, on pace to become only the fourth true freshman to lead the Cardinal in scoring since 1997. Her 58 goals and 2.15 goals per game each lead a Cardinal squad that has posted a 24-3 record and advanced to its eighth MPSF Tournament title game in the past nine years in 2009. Seidemann's 10 hat tricks also leads the team, with three of those coming at the Irvine Invitational as the Cardinal rode her clutch scoring to the tournament crown. Her steady play at the two-meter position has played a vital role in opening up scoring opportunities for the rest of the Stanford offense around the perimeter, as six teammates have reached the 20-goal mark this season. Seidemann becomes Stanford's third MPSF Newcomer of the Year, joining teammates Lauren Silver (2006) and Amber Oland (2008) as recipients of the award.

2009 MPSF Coach of the Year

LOU TULLY • HEAD COACH • 13TH YEAR • SAN JOSE STATE



Lou Tully completed his 13th season in 2009 as San Jose State University's only women's water polo head coach. With Tully in charge, the Spartans reached the 20-win plateau in a season for just the second time in school history with their 20-14 record this year. The Spartans set a school record with nine consecutive victories near the end of the regular season. San Jose State toppled nine top-10 ranked teams including then #4 ranked Hawai'i. The 2009 team is the highest scoring team in school history with 377 goals, far surpassing the 300 goals scored by the 2007 team. A school record four players scored 50 or more goals this season.

ALL-MPSF FIRST TEAM

Student-Athlete	No.	Year	Position	School	Hometown/Last School
Kami Craig	2	Junior	2-Meter	USC	Camarillo, CA/Santa Barbara HS
Kelly Mason	3	Senior	Utility	Hawaii	Auckland, New Zealand/Avondale
Tanya Gandy	10	Senior	Attacker	UCLA	San Diego, CA/ Rancho Bernardo HS
Michelle Stein	16	Senior	Utility	USC	Palm Desert, CA/Palm Desert HS
Lauren Silver	20	Senior	Driver	Stanford	Long Beach, CA/Wilson HS
Addison McGrath	7	Senior	All-Around	Arizona State	Laguna Beach, CA/Laguna Beach HS
Juliet Moss	12	Senior	2-Meter	San Jose State	San Jose, CA/Mt. Pleasant HS
Tumua Anae	1	Junior	Goalkeeper	USC	Newport Beach, CA/Corona Del Mar HS

ALL-MPSF SECOND TEAM

Melissa Seidemann	2	Freshman	2-Meter	Stanford	Walnut Creek, CA/College Park HS
Camille Hewko	11	Junior	2-Meter	California	Newport Beach, CA/Corona Del Mar HS
Anne Belden	2	Senior	Attacker	UCLA	Newport Beach, CA/Newport Harbor HS
Anna Gonzales	9	Senior	Utility	San Diego State	Fresno, CA/Clovis West HS
Katie Rulon	5	Senior	Attacker	UCLA	Point Loma, CA/University HS
Joelle Bekhazi	7	Sophomore	Driver	USC	Point-Claire Quebec/Notre Dame
Brittany Fullen	1	Senior	Goalkeeper	UCLA	San Clemente, CA/Corona Del Mar HS

ALL-MPSF HONORABLE MENTION

Leonie Van Der Molen	12	Sophomore	Center	Hawaii	Diemen, Netherlands/Smit College
Jenna Schuster	13	Senior	Driver	San Diego State	Upland, CA/Upland HS
Tanya Torres	5	Senior	Utility	San Jose State	Alta Loma, CA/Rancho Cucamonga HS
Stephanie Schnugg	9	Junior	2-Meter	California	Alamo, CA/Monte Vista HS
Kelly Eaton	5	Junior	Driver	Stanford	Menlo Park, CA/Menlo-Atherton HS
Ilse van der Meijden	1	Freshman	Goalkeeper	USC	Baarn, Netherlands/Griffland College
Amber Oland	1	Sophomore	Goalkeeper	Stanford	Santa Ana, CA/Foothill HS

ALL-MPSF FRESHMAN TEAM

Melissa Seidemann	2	Freshman	2-Meter	Stanford	Walnut Creek, CA/College Park HS
Dani Curran	4	Freshman	Attacker	San Jose State	Chino, CA/Ayala HS
Monika Eggens	5	Freshman	Attacker	Hawaii	Pitt Meadows B.C/Pitt Meadows School
Emily Csikos	4	Freshman	Driver	California	Calgary, Alberta/Wood HS
KK Clark	19	Freshman	Utility	UCLA	Menlo Park, CA/Sacred Prep
Sarah Orozco	18	Freshman	Center	UCLA	Commerce, CA/Montebello HS
Ilse van der Meijden	1	Freshman	Goalkeeper	USC	Baarn, Netherlands/Griffland College