

MAC Commonwealth Special Honors

Special Honors

Year	Player of the Year	Position
2000	Melissa Lehman [^]	Midfielder
2002	Mindy Miller	Forward
2003	Jennifer Sapp	Defender
2006	Stef Rowe	Forward
2008	Amanda Naehar	Midfielder
2009	Erin Hensch	Forward
2010	Amanda Naehar	Midfielder
2011	Kelsey Gorman ^{^^}	Defender
2012	Alex Brandt	Midfielder
2013	Nikki Elsaesser ^{>>} (Off.)	Forward
2013	Alicia Frey ^{>>} (Def.)	Midfielder
2014	Nikki Elsaesser (Off.)	Forward
2014	Macaulay Soto (Def.)	Midfielder
2015	Nikki Elsaesser (Off.)	Forward
2015	Macaulay Soto (Def.)	Midfielder
2016	Marisa Weaver (Off.)	Forward
2016	DJ Cole (Def.)	Midfielder
2017	DJ Cole (Def.)	Defender
2018	Brooke Firestone (Off.)	Forward
2018	DJ Cole (Def.)	Defender
2019	Brooke Firestone (Off.)	Forward
2021	Brianna Seip (Off.)	Forward
2021	Kayla Herr (Def.)	Midfielder
2022	Rachael Tirjan (Off.)	Forward
2022	Kristina Akselsen (Def.)	Midfielder

Year	Rookie of the Year	Position
1998	Sara Strzepek >	Forward
1999	Mindy Miller	Forward
2000	Emily Benson <	Midfielder
2004	Annie Futato	Forward
2006	Emily Cope	Midfielder
2007	Erin Hensch	Forward
2009	Corinne Wulf	Forward
2010	Alicia Frey	Forward
2011	Mackenzie Clapper	Forward
2015	Ally Reinhardt	Forward
2016	Sunny Gelnovatch	Midfielder
2017	Lydia Ewing	Goalkeeper
2022	Julia Martin	Defender

Coach of the Year

2000	Scott Frey
2007	Scott Frey
2013	Scott Frey
2015	Scott Frey
2018	Scott Frey
2019	Scott Frey
2021	Scott Frey

[^] Co-Player of the Year with Dina Jingoli (Elizabethtown)

^{^^} Co-Player of the Year with Nicole Snyder (Lebanon Valley)

^{>>} Beginning in 2013 the conference awarded Off. and Def. POY.

> Co-Rookie of the Year with Stevie Ochse (Moravian)

< Co-Rookie of the Year with Jackie Bushta (Moravian)

MAC Scholar-Athlete of the Year

2011	Kelsey Gorman	Accounting
2013	Alicia Frey	Mathematics
2016	Kayla Deckert	Education Dual Cert: PreK-4 & Special Ed.
2018	DJ Cole	Athletic Training

The MAC Scholar-Athlete Award is presented to one student-athlete of each sport across the entire "MAC" with no separation between the Commonwealth and Freedom divisions.

MAC Commonwealth Honors

All-Conference Honors

*Messiah women's soccer began receiving All-Conference honors in 1989. The Middle Atlantic Conference (MAC) split into two divisions, the Commonwealth and the Freedom, starting in the year 2000. Messiah has since competed within the Commonwealth Conference.

Note: The position of "Midfielder" was not assigned each year; periodically, players were divided into only Forwards, Backs, and Goalkeepers.

Year	Name	Position	Honor	Year	Name	Position	Honor
1989	Jodi Angell	Back	First Team	2002	Emily Benson	Defender	First Team
1990	Laura Dudley	Forward	First Team	2002	Mindy Miller	Midfielder	First Team
1990	Jodi Angell	Back	Second Team	2002	Erin Benedict	Forward	First Team
1991	Laura Dudley	Forward	First Team	2002	Maggie Futato	Goalkeeper	Second Team
1991	Laura Heckman	Midfielder	First Team	2002	Jennifer Sapp	Defender	Second Team
1991	Karen Roberts	Back	First Team	2002	Jamie Gasiorowski	Midfielder	Second Team
1991	Jodi Angell	Back	Second Team	2003	Erin Benedict	Forward	First Team
1992	Laura Dudley	Forward	First Team	2003	Jamie Gasiorowski	Forward	First Team
1992	Karen Roberts	Midfielder	First Team	2003	Emily Benson	Midfielder	First Team
1992	Jodi Angell	Back	Second Team	2003	Jennifer Sapp	Defender	First Team
1993	Kris VanderPlaat	Goalkeeper	First Team	2003	Maggie Futato	Goalkeeper	First Team
1993	Grace Chow	Forward	First Team	2003	Hannah Levesque	Midfielder	Second Team
1993	Karen Roberts	Midfielder	First Team	2004	Hannah Levesque	Forward	First Team
1994	Kris VanderPlaat	Goalkeeper	First Team	2004	Annie Futato	Forward	First Team
1994	Rachel Sawatzky	Defender	First Team	2004	Avie Fitzgerald	Defender	First Team
1994	Heather Hagopian	Midfielder	First Team	2004	Sara Stevens	Defender	First Team
1994	Grace Chow	Forward	First Team	2004	Billie Jo Atkins	Midfielder	Second Team
1995	Naquita Dill	Forward	First Team	2004	Sarah Hibshman	Defender	Second Team
1995	Heather Hagopian	Back	First Team	2004	Cassie Grose	Goalkeeper	Second Team
1995	Ann Marie McDowell	Back	First Team	2005	Annie Futato	Forward	First Team
1996	Heather Hagopian	Back	First Team	2005	Stef Rowe	Forward	First Team
1996	Ann Marie McDowell	Back	First Team	2005	Hannah Levesque	Midfielder	First Team
1997	Anna Dao	Back	First Team	2005	Sarah Hibshman	Defender	First Team
1997	Jodie Haak	Back	Second Team	2005	Savannah Stolzenburg	Midfielder	Second Team
1997	Carol Chucoski	Back	Second Team	2005	Avie Fitzgerald	Midfielder	Second Team
1997	Megan Ahrens	Back	Second Team	2005	Kacie Klynstra	Defender	Second Team
1998	Sara Strzepek	Forward	First Team	2005	Megan Strausbaugh	Defender	Second Team
1998	Megan Ahrens	Defender	First Team	2006	Stef Rowe	Forward	First Team
1998	Katrina Krzemien	Goalkeeper	Second Team	2006	Savannah Stolzenburg	Midfielder	First Team
1998	Melissa Cicio	Forward	Second Team	2006	Avie Fitzgerald	Midfielder	First Team
1998	Michelle Anderson	Midfielder	Second Team	2006	Kacie Klynstra	Defender	First Team
1998	Anna Dao	Defender	Second Team	2006	Sara Stevens	Defender	First Team
1998	Jodie Haak	Defender	Second Team	2006	Cassie Grose	Goalkeeper	First Team
1999	Mindy Miller	Forward	First Team	2006	Rachel Horning	Forward	Second Team
1999	Melissa Lehman	Midfielder	First Team	2006	Emily Cope	Midfielder	Second Team
1999	Megan Engle	Defender	First Team	2007	Erin Hensch	Forward	First Team
1999	Katrina Krzemien	Goalkeeper	Second Team	2007	Corrie Jones	Forward	First Team
1999	Melissa Cicio	Forward	Second Team	2007	Avie Fitzgerald	Midfielder	First Team
1999	Ashley Donecker	Midfielder	Second Team	2007	Stef Rowe	Midfielder	First Team
2000	Melissa Cicio	Back	First Team	2007	Kacie Klynstra	Defender	First Team
2000	Melissa Lehman	Midfielder	First Team	2007	Katlyn Musser	Midfielder	First Team
2000	Sara Strzepek	Forward	First Team	2007	Rachel Horning	Forward	Second Team
2000	Danielle Warden	Goalkeeper	Second Team	2007	Amanda Naeher	Midfielder	Second Team
2000	Emily Benson	Midfielder	Second Team	2007	Brindley Beckwith	Goalkeeper	Second Team
2000	Jamie Gasiorowski	Forward	Second Team	2008	Erin Hensch	Forward	First Team
2001	Melissa Cicio	Defender	First Team	2008	Rachel Horning	Forward	First Team
2001	Melissa Lehman	Midfielder	First Team	2008	Kacie Klynstra	Midfielder	First Team
2001	Sara Strzepek	Forward	First Team	2008	Amanda Naeher	Midfielder	First Team
2001	Maggie Futato	Goalkeeper	Second Team	2008	Carey Cortese	Defender	First Team
2001	Jamie Gasiorowski	Midfielder	Second Team	2008	Katlyn Musser	Defender	First Team
2001	Emily Benson	Midfielder	Second Team	2008	Molly Bletz	Defender	Second Team
2001	Erin Benedict	Forward	Second Team	2008	Kelsey Gorman	Defender	Second Team

MAC Commonwealth Honors, cont...

Year	Name	Position	Honor				
2008	Brindley Beckwith	Goalkeeper	Second Team	2016	Kayla Deckert	Defender	First Team
2009	Erin Hench	Forward	First Team	2016	Sara Yunez	Goalkeeper	First Team
2009	Amanda Naeher	Midfielder	First Team	2016	Missy Biener	Midfielder	Second Team
2009	Molly Bletz	Defender	Second Team	2016	Summerly Merson	Defender	Second Team
2009	Joanna Haqq	Forward	First Team	2016	Skylar Ulry	Defender	Second Team
2009	Katlyn Musser	Defender	Second Team	2016	Erin Sollenberger	Forward	Hon. Mention
2009	Katie Hoffsmith	Defender	Second Team	2017	Brooke Firestone	Forward	First Team
2009	Carey Cortese	Defender	First Team	2017	Barb Foster	Midfielder	First Team
2010	Alicia Frey	Forward	First Team	2017	Sunny Gelnovatch	Midfielder	First Team
2010	Joanna Haqq	Forward	First Team	2017	DJ Cole	Defender	First Team
2010	Corinne Wulf	Forward	First Team	2017	Lydia Ewing	Goalkeeper	First Team
2010	Alex Brandt	Midfielder	First Team	2017	Julia Kyne	Forward	Second Team
2010	Amanda Naeher	Midfielder	First Team	2017	Abby Monko	Midfielder	Second Team
2010	Katie Hoffsmith	Defender	First Team	2017	Lydia Eichorn	Defender	Second Team
2010	Molly Bletz	Defender	Second Team	2017	Skylar Ulry	Defender	Second Team
2010	Kelsey Gorman	Defender	Second Team	2017	Megan Mansfield	Forward	Hon. Mention
2011	Corinne Wulf	Forward	First Team	2018	Brooke Firestone	Forward	First Team
2011	Erin Hench	Forward	First Team	2018	Sunny Gelnovatch	Midfielder	First Team
2011	Alex Brandt	Midfielder	First Team	2018	DJ Cole	Defender	First Team
2011	Leah Sipe	Midfielder	First Team	2018	Barb Foster	Defender	First Team
2011	Kelsey Gorman	Defender	First Team	2018	Sara Yunez	Goalkeeper	First Team
2011	Lisa Wingard	Forward	Second Team	2018	Maddie Kohl	Midfielder	Second Team
2011	Olivia Scott	Midfielder	Second Team	2018	Sarah Strachan	Defender	Second Team
2011	Alicia Frey	Defender	Second Team	2018	Julia Kyne	Forward	Hon. Mention
2012	Elizabeth Phillips	Defender	First Team	2018	Megan Mansfield	Forward	Hon. Mention
2012	Alicia Frey	Forward	First Team	2018	Kayla Herr	Midfielder	Hon. Mention
2012	Nikki Elsaesser	Forward	First Team	2019	Brooke Firestone	Forward	First Team
2012	Alex Brandt	Midfielder	First Team	2019	Ellie Lengacher	Forward	First Team
2012	Audra Larson	Goalkeeper	Second Team	2019	Sunny Gelnovatch	Midfielder	First Team
2012	Rachel Scheibeler	Midfielder	Hon. Mention	2019	Kayla Herr	Midfielder	First Team
2012	Anne Trapp	Defender	Hon. Mention	2019	Emily D'Amico	Defender	First Team
2013	Nikki Elsaesser	Forward	First Team	2019	Barb Foster	Defender	First Team
2013	Alicia Frey	Midfielder	First Team	2019	Maddie Kohl	Midfielder	Second Team
2013	Ali Rogers	Defender	First Team	2019	Abby Monko	Defender	Second Team
2013	Corinne Wulf	Midfielder	Second Team	2019	Lydia Ewing	Goalkeeper	Second Team
2013	Ashley Locke	Defender	Second Team	2021	Brianna Seip	Forward	First Team
2013	Audra Larson	Goalkeeper	Hon. Mention	2021	Kayla Herr	Midfielder	First Team
2013	Emily Schneider	Forward	Hon. Mention	2021	Kenzie Spodnik	Midfielder	First Team
2013	Macaulay Soto	Midfielder	Hon. Mention	2021	Shelby Burger	Defender	First Team
2013	Hannah Weyland	Defender	Hon. Mention	2021	Jenna Skurcenski	Defender	First Team
2014	Nikki Elsaesser	Forward	First Team	2021	Rachael Tirjan	Forward	Second Team
2014	Marisa Weaver	Forward	First Team	2021	Kristina Akselsen	Midfielder	Second Team
2014	Kyele Bridel	Midfielder	First Team	2021	Esther Seeland	Defender	Hon. Mention
2014	Macaulay Soto	Midfielder	First Team	2021	Lydia Watkins	Goalkeeper	Hon. Mention
2014	Ashley Locke	Defender	First Team	2022	Brianna Seip	Forward	First Team
2014	Hannah Weyland	Defender	Second Team	2022	Rachael Tirjan	Forward	First Team
2014	Holly Burgard	Forward	Hon. Mention	2022	Kristina Akselsen	Midfielder	First Team
2014	Audra Larson	Goalkeeper	Hon. Mention	2022	Kayla Herr	Midfielder	First Team
2015	Nikki Elsaesser	Forward	First Team	2022	Julia Martin	Defender	First Team
2015	Holly Burgard	Forward	First Team	2022	Jenna Skurcenski	Defender	First Team
2015	Macaulay Soto	Midfielder	First Team	2022	Kylie Firestone	Forward	Second Team
2015	Kayla Deckert	Defender	First Team	2022	Kenzie Spodnik	Midfielder	Second Team
2015	Skylar Ulry	Defender	First Team	2022	Shelby Burger	Defender	Second Team
2015	Kyele Bridel	Forward	Second Team				
2015	Marisa Weaver	Forward	Second Team				
2015	Marisa DeMonte	Midfielder	Second Team				
2015	Missy Biener	Defender	Second Team				
2015	Audra Larson	Goalkeeper	Second Team				
2015	Ally Reinhardt	Forward	Hon. Mention				
2016	Marisa Weaver	Forward	First Team				
2016	DJ Cole	Midfielder	First Team				
2016	Sunny Gelnovatch	Midfielder	First Team				