

## INDIVIDUAL CAREER RECORDS

A note on the records: The scoring records are accurate since 1988. The participation, goal keeping and per game stats are accurate since 1999. If you have any corrections or information to add, please email Eric Sieger ([esieger@carleotn.edu](mailto:esieger@carleotn.edu)).

### SCORING (CAREER)

#### Points

1. 89 - Birungi Mutebi (40g 9a) - 1998-01
2. 58 - M. Russell-Dempsey (23g 12a) - 1998-01
2. 58 - Rose Koch (25g 8a) - 1996-99
4. 41 - Alicia Fischer (14g 13a) - 1994,96-97
4. 41 - Amy Holmes (15g 11a) - 2000-03
6. 39 - Barb Rider (15g 9a) - 1988-90
7. 34 - Molly Metzger (13g 8a) - 1997-98,00
8. 30 - Caitlin Coomes (10g 10a) - 2001-04
9. 29 - Alyssa Reischavcer (12g 5a) - 1988-90
10. 28 - Maurine Neiman (11g 6a) - 1996-98

#### Goals

1. 40 - Birungi Mutebi - 1998-01
2. 25 - Rose Koch - 1996-99
3. 23 - M. Russell-Dempsey - 1998-01
4. 15 - Barb Rider - 1988-90
4. 15 - Amy Holmes - 2000-03
6. 14 - Alicia Fischer - 1994,96-97
7. 13 - Molly Metzger - 1997-98,00
8. 12 - Sharon Goodwin - 1996,98
8. 12 - Alyssa Reischavcer - 1988-90
8. 12 - Julia Gardner - 1997-00

#### Assists

1. 13 - Alicia Fischer - 1994,96-97
2. 12 - M. Russell-Dempsey - 1998-01
3. 11 - Amy Holmes - 2000-03
4. 10 - Caitlin Coomes - 2001-04
5. 9 - Birungi Mutebi - 1998-01
5. 9 - Barb Rider - 1988-90
7. 8 - Rose Koch - 1996-99
7. 8 - Teri Stella - 1988-90
7. 8 - Margie Sollinger - 1998-99,01

7. 8 - Molly Metzger - 1997-98,00

#### Shots attempted

1. 128 - Birungi Mutebi (40 goals) - 1998-01
2. 125 - Amy Holmes (15 goals) - 2000-03
3. 103 - Stephanie Johnson (10 goals) - 2000-03
4. 102 - Caitlin Coomes (10 goals) - 2001-04
4. 102 - Dylan Welch (7 goals) - 2004-06
6. 93 - Nicky Bloom (6 goals) - 2005-06
7. 75 - Kathleen Ward (3 goals) - 2002-05
8. 68 - Becca Dole (1 goal) - 2003-06
9. 62 - M. Russell-Dempsey (23 goals) - 1998-01
10. 58 - Molly Metzger (13 goals) - 1997-98,00
10. 58 - Jill Bingham (6 goals) - 2000-03

#### Shots on goal

1. 58 - Caitlin Coomes (10 goals) - 2001-04
2. 54 - Amy Holmes (15 goals) - 2000-03
3. 53 - Dylan Welch (7 goals) - 2004-06
4. 46 - Stephanie Johnson (10 goals) - 2000-03
4. 46 - Birungi Mutebi (40 goals) - 1998-01
6. 40 - Nicky Bloom (6 goals) - 2005-06
7. 39 - Kathleen Ward (3 goals) - 2002-04
8. 33 - Clare O'Connor (11 goals) - 2004-06
9. 27 - Erica Bolan (6 goals) - 2003-04, 06
10. 24 - Becca Dole (1 goal) - 2003-06
10. 24 - Caroline Conrad (6 goals) - 2001-04
10. 24 - Stella Schulte (4 goals) - 2001-03

### **GOALKEEPING (CAREER)**

#### Saves

1. 434 - Lara Livgard (90 GA) - 1993-94,96
2. 294 - Catie Stillman (27 GA) - 1991,93-94
3. 260 - Cara Jones (59 GA) - 2000-02
4. 203 - Amy Olson (43 GA) - 1989-90
5. 120 - Megan Burns (19 GA) - 1996-99
6. 119 - Kira Swanson (26 GA) - 1988-89
7. 112 - Yusi He (23 GA) - 2005-06
8. 52 - Emily Muirhead (21 GA) - 2004-05
9. 44 - Sarah Granofsky (21 GA) - 2002-03

#### Goals against avg (minimum 5 minutes)

1. 0.79 – Yusi He (23 GA, 2621 min) – 2005-06
2. 1.16 - Megan Burns (19 GA, 1469 min) - 1996-99
3. 1.23 - Cara Jones (59 GA, 4316 min) - 2000-02
4. 1.43 - Stephanie Lee (7 GA, 441 min) - 2000-03
5. 1.40 - Jenna Bernhardson (13 GA, 839 min) – 2004-05
6. 1.47 - Emily Muirhead (15 GA, 891 min) – 2004-05
7. 1.56 - Sarah Granofsky (21 GA, 1215 min) - 2002-03

#### Most wins

1. 17 – Cara Jones (17-10-4) – 2000-02
2. 14 – Yusi He (14-10-4) – 2005-06
3. 9 – Laura Livgard (9-20-2) – 1993-94, 96
4. 8 – Amy Olson (8-5-0) – 1989-90
5. 7 – Sarah Granofsky (7-7-0) – 2002-03
6. 5 – Emily Muirhead (5-9-1) – 2004-05

#### Most shutouts

1. 16 – Yusi He – 2005-06
2. 13 - Cara Jones - 2000-02
3. 9 - Lara Livgard – 1993-94,96
4. 8 - Megan Burns - 1996-99
5. 6 - Catie Stillman - 1991,93-94
5. 6 - Sarah Granofsky - 2002-03
5. 6 - Kira Swanson - 1988-89
9. 4 - Amy Olson - 1989-90
9. 4 - Emma Fisher - 2002

### **PARTICIPATION (CAREER)**

#### Games played

1. 68 – Becca Dole – 2003-06
2. 67 - Amy Holmes - 2000-03
2. 67 – Kathleen Ward – 2002-05
4. 63 - Stephanie Lee - 2000-03
5. 62 - Stephanie Johnson - 2000-03
6. 59 - Caitlin Coomes - 2001-04
7. 52 – Maya Dusenbery – 2004-06
7. 52 – Dylan Welch – 2004-06
7. 52 - Jill Bingham - 2000-03
8. 51 - Cara Jones - 2000-02

Games started

1. 67 - Becca Dole - 2003-06
2. 66 - Amy Holmes - 2000-03
2. 66 - Kathleen Ward - 2002-04
4. 58 - Caitlin Coomes - 2001-04
5. 57 - Stephanie Lee - 2000-03
6. 55 - Stephanie Johnson - 2000-03
7. 50 - Maya Dusenbery - 2004-06
7. 50 - Dylan Welch - 2004-06
7. 50 - Stella Schulte - 2001-03
10. 47 - Megan Molteni - 2004-06

## INDIVIDUAL SEASON RECORDS

### SCORING (SEASON)

#### Points

1. 30 - Birungi Mutebi (13g 4a) - 2001
1. 30 - Birungi Mutebi (14g 2a) - 1998
3. 22 - Rose Koch (8g 6a) - 1999
3. 22 - Jean Freeman (9g 4a) - 1999
5. 21 - Alicia Fischer (5g 11a) - 1997
6. 20 - Sharon Goodwin (10g) - 1998
7. 19 - Rose Koch (9g 1a) - 1997
7. 19 - Bev Boxill (7g 5a) - 1988
8. 19 - M. Russell-Dempsey (7g 5a) - 1999
10. 18 - Stephanie Johnson (7g 4a) - 2003

#### Goals

1. 14 - Birungi Mutebi - 1998
2. 13 - Birungi Mutebi - 2001
3. 10 - Sharon Goodwin - 1998
4. 9 - Maurine Neiman - 1996
4. 9 - Jean Freeman - 1999
4. 9 - Rose Koch - 1997
7. 8 - Birungi Mutebi - 2000
7. 8 - Rose Koch - 1999
9. 7 - Alicia Fischer - 1996
9. 7 - Helene Stebbins - 1989

#### Assists

1. 11 - Alicia Fischer - 1997
2. 6 - Rose Koch - 1999
2. 6 - Barb Rider - 1989
4. 6 - Teri Stella - 1988
5. 5 - M. Russell-Dempsey - 1999
5. 5 - Bev Boxill - 1988
5. 5 - Amy Holmes - 2001
5. 5 - Caitlin Coomes - 2001
5. 5 - Catie Stillman - 1994
10. 4 - Mia Zutz - 2006
10. 4 - Jill Bingham - 2002

### Shots attempted

1. 76 - Birungi Mutebi (13 goals) - 2001
2. 58 - Stephanie Johnson (7 goals) - 2003
2. 58 - Molly Metzger (7 goals) - 2000
4. 52 - Birungi Mutebi (8 goals) - 2000
5. 48 - Nicky Bloom (5 goals) - 2006
6. 45 - Nicky Bloom (1 goal) - 2005
7. 44 - Amy Holmes (5 goals) - 2002
7. 44 - Julia Gardner (5 goals) - 2000
9. 40 - Dylan Welch (3 goals) - 2006
10. 36 - Erica Bolan (4 goals) - 2003

### Shots on goal

1. 46 - Birungi Mutebi (13 goals) - 2001
2. 33 - Stephanie Johnson (7 goals) - 2003
3. 25 - Amy Holmes (5 goals) - 2002
4. 22 - Dylan Welch (3 goals) - 2006
4. 22 - Nicky Bloom (1 goal) - 2005
6. 21 - Caitlin Coomes (7 goals) - 2003
6. 21 - M. Russell-Dempsey (5 goals) - 2001
8. 20 - Erica Bolan (4 goals) - 2003
9. 19 - Caitlin Coomes (1 goal) - 2002
10. 18 - Nicky Bloom (5 goals) - 2006

## **GOALKEEPING (SEASON)**

### Saves

1. 278 - Catie Stillman (27 GA) - 1991
2. 160 - Lara Livgard (33 GA) - 1993
3. 138 - Lara Livgard (31 GA) - 1996
4. 136 - Lara Livgard (26 GA) - 1994
5. 120 - Amy Olson (19 GA) - 1990
6. 119 - Kira Swanson (26 GA) - 1988
7. 104 - Megan Burns (15 GA) - 1999
8. 99 - Cara Jones (27 GA) - 2000
9. 88 - Cara Jones (15 GA) - 2001
10. 83 - Amy Olson (24 GA) - 1989

### Goals against avg (minimum 5 minutes)

1. 0.45 - Yusi He (9 GA, 1791 min) - 2006
2. 0.92 - Megan Burns (15 GA, 1469 min) - 1999

3. 0.94 - Cara Jones (15 GA, 1440 min) - 2001
4. 1.06 - Cara Jones (17 GA, 1437 min) - 2002
5. 1.08 - Jenna Bernhardson (7 GA, 581 min) - 2004
6. 1.37 – Emily Muirhead (6 GA, 394 min) - 2005
7. 1.43 - Stephanie Lee (7 GA, 441 min) - 2003
8. 1.44 - Sarah Granofsky (16 GA, 1003 min) - 2003
9. 1.52 - Emily Muirhead (15 GA, 891 min) - 2004
10. 1.52 – Yusi He (14 GA, 830 min) - 2005

#### Most wins

1. 12 – Cara Jones (12-4-0) - 2001
2. 11 – Yusi He (11-5-3) - 2006
3. 8 – Amy Olson (8-5-0) - 1990
4. 6 – Sarah Granofsky (6-5-0) - 2003
5. 5 - Lara Livgard (5-10-1) - 1994
5. 5 – Emily Muirhead (5-5-0) - 2004
5. 5 – Cara Jones (5-6-4) - 2002
8. 4 – Lara Livgard (4-10-1) - 1993
9. 3 – Stephanie Lee (3-1-1) - 2003
9. 3 – Jenna Bernhardson (3-2-0) - 2004

#### Most shutouts

1. 12 – Yusi He - 2006
2. 8 - Cara Jones - 2001
2. 8 - Megan Burns - 1999
4. 6 - Kira Swanson - 1988
5. 5 - Catie Stillman - 1991
5. 5 - Sarah Granofsky - 2003
5. 5 - Cara Jones - 2002
8. 4 - Emma Fisher - 2002
8. 4 – Yusi He - 2005
10. 3 - Lara Livgard - 1994
10. 3 - Lara Livgard - 1993
10. 3 - Amy Olson – 1990

## Single Game Records

### INDIVIDUAL GAME RECORDS

#### Most points

1. 7 - Barb Rider; 9/15/90
1. 7 - Jean Freeman; Bemidji State; 9/11/99
3. 6 - Alyssa Reischavcer; Gustavus; 10/25/88
3. 6 - Birungi Mutebi; at Martin Luther; Sep 8, 2001
3. 6 - Heidi Maron; St. Scholastica; 10/13/93
3. 6 - M. Russell-Dempsey; Buena Vista; 9/10/00
3. 6 - M. Russell-Dempsey; Bemidji State; 9/11/99
8. 5 - Ashly Bacon; Finlandia; 10/15/06
8. 5 - Birungi Mutebi; Hamline; 9/20/00
8. 5 - Caitlin Coomes; St. Olaf College; Nov 01, 2003

#### Most goals

1. 3 - Alyssa Reischavcer; St. Thomas; 10/25/88
- 3 - Barb Rider; 9/15/90
- 3 - Birungi Mutebi; at Martin Luther; Sep 8, 2001
- 3 - Heidi Maron; St. Scholastica; 10/13/93
- 3 - Jean Freeman; Bemidji State; 9/11/99
- 3 - M. Russell-Dempsey; Buena Vista; 9/10/00

#### Most assists

1. 2 - Mia Zutz; Carthage College; 9/10/06
- 2 - Amy Holmes; St. Olaf College; Nov 01, 2003
- 2 - Amy Holmes; Concordia-Moorhead; Oct 13, 2001
- 2 - Birungi Mutebi; Univ. of St. Thomas; Oct 16, 2001
- 2 - Caitlin Coomes; Concordia-Moorhead; Oct 13, 2001
- 2 - M. Russell-Dempsey; Bemidji State; 9/11/99
- 2 - Sarah Green; at Martin Luther; Sep 8, 2001

#### Most shots

1. 11 - Stephanie Johnson; Bethel College; Oct 18, 2003
2. 10 - Birungi Mutebi; St. Olaf College; Oct 24, 2001
3. 9 - Birungi Mutebi; Hamline; 9/20/00
3. 9 - Erica Bolan; Bethel College; Oct 18, 2003
3. 9 - Stephanie Johnson; at Saint Mary's; Oct 14, 2003

#### Most saves

1. 41 - Catie Stillman; Macalester; 10/2/91

2. 32 – Catie Stillman; St. Thomas; 9/18/91
3. 24 – Catie Stillman; UW - Stevens Point;
3. 24 – Lara Livgard; St. Mary's; 10/5/06
5. 20 – Catie Stillman; St. Benedict; 9/9/91
6. 15 – Cara Jones; at Gustavus Adolphus; 9/18/01
7. 14 – Cara Jones; UW-Eau Claire; 8/31/01
8. 13 – Cara Jones; at St. Thomas; 10/30/02
9. 11 – Yusi He; UW-Eau Claire; 10/19/05
10. 10 – Cara Jones; St. Thomas; 10/16/01