

SION

SION STORM SOCCER ARCHIVES - 2010

Soccer News

Congratulations to the 2010 Sion soccer team as they made their 4th consecutive trip to the Final Four and took home 3rd place honors by beating Platte County.. The girls ended the 2010 campaign with an 18-4-2 record with big wins over BVNW, SME, and Kapaun Mt. Carmel.

JV Team Awards

Defensive POY = Jenna Stanek
Offensive POY = Laura Klover
MVP = Julia Brown & Jodie Relihan

Varsity Team Awards

Newcomer of the Year = Courtney Garza
Most Improved = Rachel Fenimore
Leadership = Kristina Weishar & Cat Yuille
MVP = Haley Fritzen

All District Team

Rachel Fenimore
Cate Freeman
Haley Fritzen
Mary Clare Gibson
Jess Grindstaff
Kelsey Salzman
Caroline Shay
Meryl Vannoy
Kristina Weishar
Cat Yuille

All Region (KC & SW Missouri) Team

Rachel Fenimore
Haley Fritzen

Mary Clare Gibson
Jess Grindstaff
Caroline Shay
Cat Yuille
Offensive POY - Caroline Shay
Defensive POY - Haley Fritzlen
GK of the Year - Jess Grindstaff
Coach of the Year - Matt Darby

All State

1st team - Haley Fritzlen & Caroline Shay
2nd team - Jess Grindstaff & Cat Yuille
Missouri Defensive POY- Haley Fritzlen

KC Star's All-Metro Team

1st team = Haley Fritzlen
Honorable Mention = Jess Grindstaff & Caroline Shay

KC Star
Candace Bucker
Wednesday, April 21st

GIRLS SOCCER The whirlwind continues for the Notre Dame de Sion girls' soccer team. From Milwaukee to Blue Springs, the Storm players have not had much of a break within the last week, but they still looked fresh Monday in defeating Pembroke Hill 3-0 in the Blue Springs South tournament.

“We’ve got some tired girls, but we’ve got a big squad and (we’re) playing a lot of girls,” coach Matt Darby said after the victory Monday. “So hopefully, we’ll just get through (Tuesday’s) game.”

By this morning, Sion will finally have rested after playing five games in seven days. Last week, the team flew to Milwaukee for its annual exchange game with the all-girls Catholic school team DSHA. After two games in Wisconsin, Sion returned for the early week matches back home against Pembroke Hill and Park Hill South. The Storm takes today off before facing Lee’s Summit to continue the Blue Springs South tournament on Thursday afternoon.

Led by sophomore Caroline Shay, who after Monday owned the top scoring mark on the team with nine goals, and junior captain Haley Fritzlen, the defender already committed to Marquette, Sion had an 8-2-1 mark after the Pembroke Hill victory.

The 2010 Sion Soccer schedule will be one to remember.

The season starts off with the annual MO-KAN challenge hosted by St. Thomas Aquinas. The tournament will host the likes of Liberty, St. Teresa’s, Lee’s Summit North, Blue Valley Northwest and Aquinas. As usual, the team faces off with Aquinas in the first round. This is always a great way to start the year off and discover where the team is in the developmental process. Playing this stiff competition will only make the team stronger.

Another highlight on the schedule is the weekend of April 16th and 17th, when Sion travels to Milwaukee, WI to continue its five year tradition with the all girls catholic school Divine Savior Holy Angels. This year, not only will the Storm take on perennial national power house DSHA (reigning state champion and current #1 team in the state), but they will also play the #2 team in the state, Waukesha West.

The team will return from Wisconsin on Sunday and turn around the next day to compete in the Blue Springs South tournament. Sion will face district foe, Pembroke in the first game. The team will then turn around and take on two of the stronger teams in Class 1 when they play Park Hill South and Lee's Summit—both of whom are pre-season top 10 teams in the state.

Mid season, the team will test their strength against Lee's Summit West and Shawnee Mission East. And late in the year, the Storm will continue its tradition of competing against fellow catholic school programs, St. Teresa's and Kapaun Mt. Carmel. Both of these games are at home. STA is at Sion on Friday the 7th of May, and KMC visits Sion the next day. The Saturday game vs. Kapaun will also be our senior night. So come out to see some great soccer, but also come out to honor our six seniors.

District play will then begin with the week of May 17th. Districts are being hosted by Pembroke Hill. The Storm soccer team will look to win its 4th consecutive district title and its 4th consecutive trip to the State Final Four in St. Louis on June 4th and 5th.

We hope to see you at a few of our games this spring. Check out the schedule link to the right for more details regarding our JV and Varsity soccer schedules.

Notre Dame de Sion 2010 Soccer

Varsity Roster

Number	Name	Pos	Grade
0	Jessica Grindstaff	GK	12
00	Mary Quinn	GK	11
01	Emily Wilborn	GK	11
2	Kristina Weishar	M	12
3	Courtney Garza	M/F	12
4	Hannah Griffith	M	10
5	Kelsey Salzman	M	12
6	Annelise Feder	D/M	10
7	Mary Boos	D	10
8	Bree Bondon	M	11
9	Cat Yuille	M	12
10	Tricia White	F/M	10
11	Allison Schnitker	D	11
12	Jessica Benninghoff	M	10
14	Meryl Vannoy	D	10
15	Mary Clare Gibson	M	11
16	Caroline Shay	F	10
17	Emma Heimann	M	10
18	Haley Fritzlen	D	11
19	Claire Uryasz	M	12
20	Cate Freeman	F	11
21	Laura Belpedio	D	9
22	Rachel Fenimore	D	10

Coaches

Matt Darby

Carolyn Darby

Megan Darby

Manager

Katherine Love

Junior Varsity Roster

Number	Name	Pos	Grade
0	Jessica Grindstaff	GK	12
00	Mary Quinn	GK	11
01	Emily Wilborn	GK	11
2	Kristina Weishar	M	12
3	Courtney Garza	M/F	12
4	Hannah Griffith	M	10
5	Kelsey Salzman	M	12
6	Annelise Feder	D/M	10
7	Mary Boos	D	10
8	Bree Bondon	M	11
9	Cat Yuille	M	12
10	Tricia White	F/M	10
11	Allison Schnitker	D	11
12	Jessica Benninghoff	M	10
14	Meryl Vannoy	D	10
15	Mary Clare Gibson	M	11
16	Caroline Shay	F	10
17	Emma Heimann	M	10
18	Haley Fritzlen	D	11
19	Claire Uryasz	M	12
20	Cate Freeman	F	11
21	Laura Belpedio	D	9
22	Rachel Fenimore	D	10

Coach

Megan Darby

Notre Dame de Sion 2010 Soccer Results

Date	Opponent	JV	Var
March 24 (Wed)	Olathe North (jv/var)	T 2-2	W 4-1
March 26 (Fri)	Pembroke Hill (var)		W 3-2
MO-KAN Tournament			
March 29 (Mon)	MO-KAN Tournament (var) - St. Thomas Aquinas		L 0-1
March 30 (Tues)	MO-KAN Tournament (var) - Olathe South		W 2-1
April 03 (Sat)	MO-KAN Tournament (var) - Blue Valley NW		W 1-0
MO-KAN Tournament (jv)			
April 03 (Sat)	MO-KAN Tournament (jv) - St. Thomas Aquinas	L 0-6	
April 03 (Sat)	MO-KAN Tournament (jv) - Lee's Summit North	L 2-1	
April 06 (Tues)	Blue Springs South (jv)	L 1-2	
April 08 (Thurs)	Christ Prep (var/jv)		W 7-0
April 10 (Sat)	Wichita NW (jv/var)	W 3-1	W 2-0
April 13 (Tues)	O'Hara (var/jv)	W 10-0	W 6-0
April 16 (Fri)	St. Thomas Aquinas (jv)	L 0-1	
April 16 (Fri)	DSHA (var)		T 0-0
April 17 (Sat)	Waukesha West (var)		L 1-2
Blue Springs South Tournament (jv/var)			
April 19 (Mon)	BSS Tournament (jv/var) - Pembroke Hill		W 3-0
April 20 (Tues)	BSS Tournament (jv/var) - Park Hill South		T 0-0
April 22 (Thurs)	BSS Tournament (jv/var) - Lee's Summit		Rained out
April 27 (Tues)	St. Pius X (var/jv)		W 3-0
April 29 (Thurs)	St. Paul's (var)		W 10-0
May 01 (Sat)	Shawnee Mission East (jv/var)	L 0-2	W 1-0
May 03 (Mon)	Lee's Summit West (jv/var)	L 0-3	W 4-0
May 07 (Fri)	St. Teresa's Academy (var/jv)		L 0-4
May 08 (Sat)	Kapaun (var/jv)		W 5-3
May 10 (Mon)	Harrisonville (jv/var)		Rained out
May 15 (Sat)	District - East		W 15-0
May 17 (Mon)	District - Lincoln College Prep		W 14-0

May 18 (Tues)	District - O'Hara	W 4-0
May 27 (Thurs)	Sectionals - Harrisonville	W 1-0
June 04 (Fri)	Semi finals - Notre Dame (St. Louis)	L 2-1 (PK)
June 05 (Sat)	Consolation game - Platte County	W 1-0