Athletics

US Girls Soccer


OWLS 18:00 GUEST
5 PERIOD 2 2
GIRLS' LACROSSE

Head Coach: **Sally Goodspeed** (25th Season)

First Day of Practice: Monday, August 24, 2025

Game Schedule:

Varsity

Varsity Standings - Please note the playoff schedules will be released near the end of the regular season once finalized.

History and Tradition:

State Champions – 2016

Academic State Champions – 2025

State Finishes – 1995 (4th), 1998 (4th), 1999 (3rd), 2001 (2nd), 2009 (2nd), 2010 (2nd)

State Qualifier – 1996, 1997, 2000, 2002, 2006, 2007, 2008, 2011, 2015, 2017, 2018, 2021, 2022

League Champions – 1997, 2000, 2016, 2018

League Honors:

2025

All-Conference

Zainab Pirzada
Reya Velamoor
Isabel Shao

2024
All-Conference
Audrey Gruben
Olivia Harris
Team Sportsmanship Award

2023

All-Conference

Audrey Gruben

Libby Li

Team Sportsmanship Award

2022

All-Conference

Siena Verpraskus - League MVP

Caroline Min

Audrey Gruben

Celina Kwon

Sally Goodspeed - Coach of the Year

2021
Siena Verpraskus - 1st Team
Caroline Min - 2nd Team
Celina Kwon - 2nd Team
Maren McDonald - 2nd Team

2021 (Spring Season)
Jenna Lacy – 1st Team
Caroline Min – 2nd Team
Team Sportsmanship Award

2019

Kara Cho – 1st Team

Jenna Lacy – 1st Team

Caroline Min – Rookie of the Year/2nd Team

Elle Penarczyk – 2nd Team

Anne Parsons Proctor – 1st Team

Sally Goodspeed – Coach of the Year

Team Sportsmanship Award

2018

Sofia Beachman – 1st Team

Jenna Lacy – 1st Team

Keely Likosky – 1st Team
Kayla Ngai – MVP/1st Team
Anne Parsons Proctor – 1st Team

2017
Sofia Beachman – 1st Team
Jamison Foster – 1st Team
Faith Kipnis – 1st Team
Kate McConnell – 1st Team
Kayla Ngai – 1st Team
Anne Parsons Proctor – 1st Team

2014

Catherine Cunningham – 1st Team

Faith Kipnis – 2nd Team

2013

Jenay Brown

Catherine Cunningham – 2nd Team

Katie Hill – 2nd Team

2012

Jenay Brown – 2nd Team

Catherine Cunningham – 2nd Team
Kelsey D’Ewart – 2nd Team
Tess Edenholm – 1st Team
Adrianna Gildner – 1st Team

2011
Jenay Brown – 2nd Team
Catherine Cunningham – 2nd Team
Kelsey D’Ewart – 1st Team
Tess Edenholm – 1st Team
Adrianna Gildner – 1st Team

2010

Meredith Adams – Rookie of the Year/2nd Team

Adrianna Gildner – 1st Team

Emily Kelly – 1st Team

Quinn Phillips – 1st Team

Coaches

Sally Goodspeed
Girls Soccer Varsity Head Coach

Coachgoodspeed@overlake.org

Scott Lane
Girls Soccer Assistant Coach
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