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NCAC 40TH ANNIVERSARY WOMEN'S LACROSSE ALL-DECADE TEAM ANNOUNCED

CLEVELAND, OH – The North Coast Athletic Conference is celebrating its 40th playing season by selecting All-Decade teams in all 23 championship sports. Student-athletes that competed in the NCAC between the 2013-14 and the 2022-23 seasons who earned Player of the Year honors, or who earned a minimum of three all-NCAC first-team nods during this time were named to the team.

In women's lacrosse, 22 student-athletes have been recognized for their outstanding accomplishments on the field.

The NCAC has seen three different teams earn a league title in women's lacrosse over the last ten years, including Denison, Kenyon, and Wittenberg. The Tigers opened the decade by earning the program's first women's lacrosse title in 2014 and then repeated as champions the very next year. After earning five of nine possible titles in the past decade (2016-19, '21), the Big Red extended their league lead to 22 overall NCAC crowns. Most recently, the Owls won back-to-back conference titles in 2022 and 2023 for the first time in program history. No champions were crown in 2020 due to COVID-19.

Founded in 1983, the North Coast Athletic Conference currently consists of nine academically selective NCAA Division III colleges and universities - Denison University, DePauw University, Hiram College, Kenyon College, Oberlin College, Ohio Wesleyan University, Wabash College, Wittenberg University, and the College of Wooster along with affiliate members Allegheny College, Earlham College, Transylvania University and Washington & Jefferson College (field hockey). The NCAC sponsors 23 championship sports, 11 for men and 12 for women.

See page two for complete team.

NCAC 40th Anniversary Women's Lacrosse All-Decade Team (2013-14 - 2022-23)

Name	School	Pos.	Years Competed	Player of the Year	All-NCAC			Other Award
					First	Second	Hon. Mention/Third	
Mallory Brophy	**KEN**	**M**	**2022-23**	**2023 Midfielder**	**2023**		**2022**	
Kat Englert	KEN	A	2015-18		2017, 2016, 2015			Newcomer 2015
Liza Farnham	DEN	A	2018-21	2021 Offensive	2021		2019	
Jane Goodspeed	DEN	D	2016-19	2019, 2018 Defensive	2019, 2018, 2017, 2016			Newcomer 2016
Susie Gurzenda	KEN	D	2014	2014 Defensive	2014			
Sarah Hanley	OWU	D	2019-23	2023 Defensive	2023	2022		
Megan Healy	WOO	M	2016-19	2019 Midfielder	2019, 2018, 2017			
Cassie Hudson-Heck	KEN	A	2016-19	2019 Offensive	2019, 2018		2016	
Ellie Hudson-Heck	WOO	M	2014-16		2016, 2015, 2014			
Leah Israel	DEN	M	2015-18	2018 Midfielder	2018	2017, 2016		
Carrie Kubasta	WIT	M	2014-16	2016 Defensive	2016	2015	2014	
Alexa L'Insalata	OBE	GK	2014-17	2017, 2015 Defensive	2017, 2016, 2015	2014		
Claire Ludlow	DEN	A	2014-17	2017 Offensive	2017, 2016	2015	2014	Newcomer 2014
Casey McTague	DEN	M	2019-22	2022, 2021 Midfielder	2022, 2021, 2019			Newcomer 2019
Francine Murzynski	WIT	M	2014	2014 Offensive	2014			
Caroline O'Neil	KEN	A	2020-23	2023, 2022 Offensive	2023, 2022			
Natalie Rauchle	OBE	A	2015-17	2018 Offensive	2018, 2017	2016		
Katie Shideler	WOO	GK	2017-21	2021 Defensive	2021, 2019			
Jane Symmes	KEN	M	2014-16	2016 Offensive	2016, 2015			
Jessie Thiessen	ALL	M	2014-17	2017 Midfielder	2017, 2016			
Alex Tiatia	**KEN**	**D**	**2021-23**	**2022 Defensive**	**2022, 2021**			
Logan Warye	WIT	M	2014-15	2015 Offensive	2015, 2014			

Bold = current student-athlete