

PSAC WOMEN'S NATIONAL CHAMPIONS

TOTAL TEAM CHAMPIONSHIPS (NCAA, USWLA, AIAW): 55

TOTAL USWLA, AIAW TEAM CHAMPIONSHIPS: 16

TOTAL NCAA TEAM CHAMPIONSHIPS: 39

TOTAL NCAA DIVISION II TEAM CHAMPIONSHIPS: 35

TOTAL INDIVIDUAL CHAMPIONSHIPS (NCAA, AIAW): 122

TOTAL AIAW INDIVIDUAL CHAMPIONSHIPS: 11

TOTAL NCAA INDIVIDUAL CHAMPIONSHIPS: 111

TOTAL NCAA DIVISION II INDIVIDUAL CHAMPIONSHIPS: 111

BASKETBALL (3 Total Team, 2 NCAA)

NCAA

Team:

California – 2015, 2004

Women's National Invitational Collegiate Tournament

West Chester - 1969

CROSS COUNTRY (2 INDIV.)

Individual:

2010 – Neely Spence, Shippensburg

2011 – Neely Spence, Shippensburg

FIELD HOCKEY (32 Total Team, 25 NCAA, 22 NCAA D-II)

NCAA

Team:

Bloomsburg - 2009, 2008, 2007, 2006, 2004, 2003, 2002, 1999, 1998, 1997, 1996, 1993,
1987 (Division III), 1984 (Division III), 1983

East Stroudsburg - 2015

Lock Haven - 2000, 1995, 1994, 1992, 1989 (Division III), 1982

Millersville - 2014

Shippensburg - 2013

West Chester – 2011, 2012

AIAW

Team:

Lock Haven - 1981 (Division II)

Bloomsburg - 1981 (Division III)

Shippensburg – 1979 (Division III)

West Chester – 1975, 1976, 1977, 1978 (Division I)

GYMNASTICS (2 TM, 1 INDIV.)

NCAA

Team:

Clarion – 1976, 1977 (Division I)

NCAA

Individual:

1985 – Julie Morrow, Slippery Rock (Balance Beam)

INDOOR TRACK AND FIELD (7 INDIV.)

NCAA

Individual:

2011 – Emily Dubs, Laura Henzy, Amanda Raudabaugh, Neely Spence, Shippensburg (DMR)

2010 - Neely Spence, Shippensburg (5,000 meters)

2009 - Mary Dell, Shannon Hare, Abby Huber, Neely Spence, Shippensburg (DMR)

2000 - Nikita Lewis, Slippery Rock (Long Jump, Triple Jump)

1988 - Kathleen Stec, Shippensburg (3,000 meters)

1985 – Julie Bowers, West Chester (1500 meters)

LACROSSE (4 Total Team, 2 NCAA D-II)

NCAA

Team:

West Chester - 2008, 2002

AIAW

Team:

Millersville – 1982 (Division III)

USWLA

Team:

Lock Haven – 1979

OUTDOOR TRACK AND FIELD (15 INDIV.)

Individual:

2013 – Brenae Edwards, Mansfield (10,000 meters)

2011 – Neely Spence, Shippensburg (5,000 meters), Whitney Hendershot,
Slippery Rock (High Jump)

2010 - Neely Spence, Shippensburg (5,000 meters)

2009 - Neely Spence, Shippensburg (5,000 meters)

2004 - Karyn McCready, Slippery Rock (Javelin)

2001 - Amber Plowden, IUP (100 Meters)

2000 - Nikita Lewis, Slippery Rock (Long Jump, Triple Jump)

1997 - Tara Crozier, Kutztown (Hammer Throw)

1991 - Karen Way, ESU (High Jump)

1986 - Tammy Donnelly, IUP (10,000 meters)

1985 - Julie Bowers, West Chester (5,000 meters)

1984 – Julie Bowers, West Chester (5,000 meters)

1982 - Lisa Hulihan, Slippery Rock (Javelin)

SOFTBALL (4 TM)

NCAA

Team:

Lock Haven – 2009, 2006

California – 1998, 1997

SWIMMING (9 Total TM, 3 NCAA Team, 67 Total Indiv. Swim, 56 NCAA Indiv. Swim, 30 Indiv. Diving)

NCAA

Team:

Clarion - 1986, 1984, 1983

Individual Swimming:

NCAA

- 2014 – Kitty Fischer, West Chester (200 IM, 200 Freestyle)
2012 – Melissa Gates, California (50,100 Freestyle), Jaclyn Hynson, IUP
(200 Butterfly)
2011 – Melissa Gates, California (50 Freestyle)
2010 - Jackie Borkowski, West Chester (50,100,200 Freestyle)
2007 - Kathrin Dumitru, West Chester (100, 200 Breaststroke; 100 Butterfly; 200 Individual Medley); Katie Brosseau, West Chester (1650 Freestyle)
2006 - Kathrin Dumitru, West Chester (100, 200 Butterfly; 100, 200 Breaststroke); Tammy Leane, West Chester (400 Individual Medley; 500, 1000 Freestyle; 200 Backstroke)
2005 - Tammy Leane, West Chester (400 Individual Medley, 500 Freestyle)
2002 – Corey Dennis, West Chester (100, 200 Butterfly)
2001 – Corey Dennis, West Chester (100, 200 Butterfly)
1999 - Nikki Dilloreto, Clarion (200 Breaststroke); Christina Tillotson, Clarion (200 Individual Medley)
1998 - Erin Snook, Bloomsburg (200 Breaststroke); Nikki Dilloreto, Clarion (100 Breaststroke); Christina Tillotson, Clarion (200 Individual Medley)
1997 - Claudine Gruver, Kutztown (100, 200 Backstroke); Dianne Burkett, West Chester (200 Backstroke); Christina Tillotson, Clarion (100 Breaststroke); Regan Rickert, Christina Tillotson, Lauri Ratica, Kelly Gould, Clarion (200 Medley Relay), Stephanie Wigfield, Lauri Ratica, Jana Salisbury, Kelly Gould, Clarion (200 Freestyle Relay)
1995 – Lauri Ratica, Clarion (100 Butterfly)
1992 – Becky Jushchyshyn, Clarion (100 Breaststroke)
1988 – Kristi Rosenbaum, Trisha Barber, Christine Hille, Cindi Wonka, Clarion (200 Freestyle Relay)
1987 – Shari Harshman, Sandra Crousse, Tina Bair, Christine Jensen, Clarion (800 freestyle relay)
1986 - Joan Wojtowicz, Bloomsburg (200, 500, 1650 Freestyle), Betsy McClure, A’Lisa Woicicki, Tina Bair, Sandra Crousse, Clarion (400 freestyle relay), Sue Gallagher, Sandra Crousse, A’Lisa Woicicki, Tina Bair, Clarion (800 freestyle relay)
1985 - Gwem Cressman, Bloomsburg (200 Individual Medley), Holly Edwards, Betsy McClure, A’Lisa Woicicki, Tina Bair, Clarion (400 Freestyle Relay)
1984 – Jeanne O’Connor, Clarion (100 Backstroke), A’Lisa Woicicki, Betsy McClure, Tina Bair, Jeanne O’Connor, Clarion (200 Freestyle Relay), Jeanne O’Connor, Joyce Skoog, Terri Peot, Tina Bair, Clarion (400 Medley Relay)
1983 – Jeanne O’Connor, Clarion (50, 100 Backstroke), A’Lisa Woicicki, Nana Jackson, Susan Gallagher, Jeanne O’Connor, Clarion (400 Freestyle Relay)

Individual Diving:

2015 – Kristin Day, Clarion (1 meter springboard)
2014 – Kristin Day, Clarion (1 and 3 meter springboard)
2011 - Kayla Kelosky, Clarion (1 and 3 meter springboard)
2010 - Kayla Kelosky, Clarion (1 meter springboard)
2009 - Kayla Kelosky, Clarion (1 and 3 meter springboard)
2008 - Teagan Riggs, Clarion (3 meter springboard)
2007 - Jamie Wolf, Clarion (1 and 3 meter springboard)
2006 - Jamie Wolf, Clarion (3 meter springboard)
2005 - Jamie Wolf, Clarion (1 and 3 meter springboard)
2004 - Jamie Wolf, Clarion (1 and 3 meter springboard)
2002 - Amanda Earnest, Clarion (1 and 3 meter springboard)
2001 - Stephanie Sutton, Clarion (1 and 3 meter springboard)
2000 - Stephanie Sutton, Clarion (1 and 3 meter springboard)
1995 – Amy Paganie, Clarion (1 and 3 meter springboard)
1993 – Kim Strawbridge, Clarion (3 meter springboard)
1987 – Doria Mamalo, Clarion (1 meters springboard)
1986 - Doria Mamalo, Clarion (1 and 3 meter springboard)
1985 – Doria Mamalo, Clarion (3 meter springboard)
1983 – Cathy Tereshko, Clarion (1 meter springboard)

AIAW

Team:

Clarion – 1982, 1981, 1980, 1979, 1978, 1977

AIAW

Individual:

1978 - Cathy Crigler, ESU (50 Breaststroke)
1978 - Karen Linck, ESU (50 Freestyle, 50 Butterfly)
1978 - Gale Cressman, Cathy Crigler, Karen Linck, Diane Adam, ESU
(200 Medley Relay)
1978 - Cathy Crigler, Diane Adam, Gale Cressman, Karen Linck, ESU
(200 Freestyle Relay)
1977 - Cathy Crigler, Diane Adam, Kathy Thoresen, Karen Linck, ESU
(200 Free Relay)
1977 - Karen Linck, ESU (50,100 Freestyle, 50 Butterfly)
1972 - Mary Pakenas, ESU (50 Breaststroke)
1971 - Mary Pakenas, ESU (50 Breaststroke)