Four-time All-PSAC (all teams)

Tatyana Petteway - 1st team: 2017, 2019, 2021 (3rd team, 2018) Renee Maniscalco - 1st team: 2006-07 (2nd team, 2005, 2008)

Three-time All-PSAC (all teams)

Kayleigh Pokrivka - 2018, 2021-22 (all 1st team) Hana Cicerelle - 2018 (3rd team), 2019 (1st team), 2021 (2nd team) Emma Rufolo - 2017, 2019 (2nd team, 2018) Michelle Mangiaruga - 2009-10 (2nd team, 2011) Kristin Restivo - 1999-00 (2nd team, 1997) Megan Macauley - 1998, 2000 (2nd team, 1999)

Three-time 1st Team All-PSAC

Emily Mitarotonda - 2021-24 Kayleigh Pokrivka - 2018, 2021-22 Tatyana Petteway - 2017, 2019, 2021 (3rd team, 2018)

Two-time 1st Team All-PSAC Emily Mitarotonda - 2021-22

Gianna LeDuc - 2021-22
Krista Mitarotonda - 2018-19
Emma Rufolo - 2017, 2019 (2nd team, 2018)
Chessie Rahmer - 2017-18
Molly O'Hara - 2010-11
Michelle Mangiaruga - 2009-10 (2nd team, 2011)
Renee Maniscalco - 2006-07 (2nd team, 2005, 2008)
Kristin Restivo - 1999-00 (2nd team, 1997)
Megan Macauley - 1998, 2000 (2nd team, 1999)
Ann Clifton - 1985-86

Coach of the Year

2017 – Xeni Barakos 2016 – Xeni Barakos 2011 – Jane Koeniges 2008 – Lynne Elphick 2000 – Sandy Miller

Athlete of the Year

2024 – Emily Mitarotonda 2022 – Emily Mitarotonda 2017 – Emma Rufolo 2010 – Molly O'Hara 2000 – Kristin Restivo

Defender of the Year

2023 – Maggie Sell 2022 – Kayleigh Pokrivka 2023 - Maggie Sell

Rookie of the Year

2023 - Hannah Schiemer 2021 - Emily Mitarotonda 2018 - Krista Mitarotonda 2017 - Tatyana Petteway 2002 - Leah Quigley 1997 - Kristin Restivo 1994 - Mary Cahill

2024

Athlete of the Year - Emily Mitarotonda

1st Team – Emily Mitarotonda (M), Claire Hoffman (D) 2nd Team – Abby Simonetti (GK)

2023

Defender of the Year – Maggie Sell Rookie of the Year – Hannah Schiemer

1st Team – Emily Mitarotonda (M), Maggie Sell(D), Kiki Fitzpatrick (A)

2nd Team - Madison Bagatta (A), Riley DiFiore (GK)

2022

Athlete of the Year – Emily Mitarotonda Defender of the Year – Kayleigh Pokrivka

1st Team — Emily Mitarotonda (M), Kayleigh Pokrivka (D), Gianna LeDuc (A), Kiki Fitzpatrick (A) 2nd Team — Maggie Sell (D)

2021

Freshman of the Year - Emily Mitarotonda

1st Team — Emily Mitarotonda (M), Gianna LeDuc (A), Kayleigh Pokrivka (D), Tatyana Petteway (GK) 2nd Team — Hana Cicerelle (M), Brielle Curtis (A), Kristen Andreychak (D)

2020

No awards due to shortened season from COVID-19

2019

1st Team — Krista Mitarotonda (A), Hana Cicerelle (M), Emma Rufolo (M), Tatyana Petteway (GK) 2nd Team — TJ Jefferis (M)

2018

Freshman of the Year - Krista Mitarotonda

1st Team — Krista Mitarotonda (A), Chessie Rahmer (M), Kayleigh Pokrivka (D) 2nd Team — Emma Rufolo (M) 3rd Team — Hana Cicerelle (M), Tatyana Petteway (GK)

2017

Athlete of the Year – Emma Rufolo Freshman of the Year – Tatyana Petteway Coach of the Year – Xeni Barakos

1st Team – Chessie Rahmer (M), Emma Rufolo (M), Tatyana Petteway (GK)
3rd Team – Lauren Green (A), TJ Jefferis (A), Emily Fitzsimmons (M), Bethany Cunningham (D), Kerry Mulcahy (D)

2016

Coach of the Year - Xeni Barakos

1st Team — Lauren Nunes (A), Caitlyn O'Connell (D), Jessica Maxwell (GK)

2015

3rd Team - Lauren Nunes (A), Caitlyn O'Connell (D)

2014

2nd Team - Jessica Maxwell (GK)

2013

3rd Team - Sarah Ginn (A)

2012

3rd Team - Maure Perrymond (M)

2011

Coach of the Year – Jane Koeniges

1st Team – Molly O'Hara (M) 2nd Team – Michelle Mangiaruga (M) 3rd Team – Xeni Barakos (D)

2010 (PSAC East)

Athlete of the Year - Molly O'Hara

1st Team – Molly O'Hara (A), Michelle Mangiaruga (M) 2nd Team – Christine Bradley (M), Brittany Bissell (D), Jennifer Kelly (D)

2009 (PSAC East)

1st Team – Christine Bradley (A), Michelle Mangiaruga (A), Laura Riegel (D)

2008

Coach of the Year - Lynne Elphick

1st Team — Janelle Cronmiller (D)
2nd Team — Katie Fretz (O), Renee Maniscalco (O),
Christine Bradley (D)

2007

1st Team – Renee Maniscalco (D) 2nd Team – Janelle Cronmiller (D)

2006

1st Team – Renee Maniscalco (D), Julie Smith (GK) 2nd Team – Katie Fretz (O)

2005

2nd Team – Julie Dugan (0), Renee Maniscalco (0), Leah Quigley (0), Julie Smith (GK)

2004

2nd Team - Leah Quigley (0)

2003

1st Team – Antonia Giannopoulos (0) 2nd Team – Michelle Cottiers (0)

2002

Rookie of the Year - Leah Quigley

1st Team – Michelle Cottiers (0), Leah Quigley (D)
2nd Team – Antonia Giannopoulos (0), Morgan Prosser (D),
Kelly Wagner (GK)

2001

2nd Team – Antonia Giannopoulos (0), Kim Niles (0), Nicole DiGeronimo (D), Steph Wise (D)

2000

Athlete of the Year – Kristin Restivo Coach of the Year – Sandy Miller

1st Team – Megan Macauley (0), Kristin Restivo (0), Andrea Demidont (D) 2nd Team – Colleen Birmingham (D), Britt Huckaby (D)

1999

1st Team - Kristin Restivo (0) 2nd Team - Megan Macauley (0), Kim Niles (0), Andrea Demidont (D), Toni Lentz (D)

1998

1st Team – Megan Macauley (0), Jen Fluck (D), Toni Lentz (D), Stacey Heisey (GK)

1997

Rookie of the Year - Kristin Restivo

1st Team – Laura Glah (CP) 2nd Team – Kristin Restivo (AW), Jennifer Varady (RW)

1996

1st Team - Nicole Sexton (W), Sarah Mills (DW)

2nd Team – Vicki Vaites (W), Kelliann Davitt (3M), Amy Sette (CP)

1995

2nd Team – Nicole Sexton (AW), Vicki Vaites (AW), Jennifer Varady (DW)

1994 (no 2nd Team)

Rookie of the Year - Mary Cahill

Vicki Vaites (AW)

1993 (no 2nd Team)

Denise Groeber (C)

1992 (no 2nd Team)

Stacey Synol (DW)

1991 (no 2nd Team)

Jill Lamey (3H), Debbie Louma (AW)

1990 (no 2nd Team)

Cindi Long (3M)

1989 (no 2nd Team)

Honorable Mention - Mimi Magee (AW)

1988 (no 2nd Team)

Niki Romanchik (C)

1987 (no 2nd Team)

Michelle Price

1986 (no 2nd Team)

Ann Clifton (A)

1985 (no 2nd Team)

Ann Clifton (A)

1984 (no 2nd Team)

Lynne Junker (2H)

1983 (no 2nd Team)

Frankie Collins (AW)