

ASU Women's Soccer Adds Seven for 2013

Written by Brandon McGinnis
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Appalachian State University women's soccer looks to build off its recent 10-win season with the addition of seven new members to the 2013 team.

The class includes Brie Bahlmann (Vernon Hills, Ill./Vernon Hills), Cassidy Barker (Lawrenceville, Ga./Brookwood), Jane Cline (Cornelius, N.C./Charlotte Catholic), Aubrey Fletcher (Berryville, Va./Clark County) and Kathryn Palmer (Pinehurst, N.C./Pinecrest). In addition to the signees, India Helmer (Roanoke, Va./North Cross) and Jaclyn Nieradka (Kernersville, N.C./East Forsyth) will be joining the team in 2013.

"We are real excited about the group coming in," head coach Sarah Strickland said. "They are going to add to the great core of players that we already have returning. This is a very special group."

Brie Bahlmann - Vernon Hills HS - Vernon Hills, Ill.

A four-year letterman for the Cougars, Bahlmann captained the team to conference and regional championships in his junior and senior seasons. For her efforts, Bahlmann was named all-conference and all-sectional after her junior season. This spring, she will eventually earn nine letters in soccer, basketball and soccer. The defender is a member of the Mundelein Soccer Club and Greater Libertyville Soccer Association.

Cassidy Barker - Brookwood HS - Lawrenceville, Ga.

Playing under Jeff Becker, Barker led Brookwood to a region championship in 2011 and a Sweet-16 appearance in 2012. At the club level, the midfielder is a member of GSA 95 Phoenix Red where she claimed a Georgia State Cup in 2008 and 2010. Barker has been a team captain for the club since 2008.

Jane Cline - Charlotte Catholic HS - Cornelius, N.C.

Scoring 78 goals in three seasons at Charlotte Catholic, Cline was named the Charlotte Observer Player of the Year in 2012 to go along with conference Player of the Year honors after her sophomore and junior seasons. Also in 2012, Cline was selected as the Mecklenburg County Player of the Year, leading Charlotte Catholic to the state 3A championship game in 2011 where she was named MVP.

Aubrey Fletcher - Clark County HS - Berryville, Va.

One of the most decorated athletes to come out of Clark County High School, Fletcher has rewritten the VHSL record books. After the 2011 season, Fletcher is ninth in career goals (78), sixth in season goals (45), eighth in career points (181), sixth in season points (103) and tied for second for the most hat tricks in a career (18). Fletcher also holds the state record for the most assists in a game with five. During the club season, Fletcher is a member of FCV/SYA Hotspur where, most recently, she was a finalist at the 2011 PDA Invitational Girls College Showcase.

Kathryn Palmer - Pinehurst HS - Pinehurst, N.C.

A two-year varsity player under Ray Blatz at Pinehurst, Palmer has shined at the club level for CASL Chelsea Ladies 94. Palmer helped lead the squad to back-to-back ECNL National Championships in 2011 and 2012. The Pinehurst, N.C. native can play the midfield or up top, as she also exhibits leadership in the classroom, currently carrying a 3.8 GPA.

India Helmer - North Cross HS - Roanoke, Va.

Currently averaging just over 20 goals and 8.6 assists per season in three years at North Cross, Helmer led VISAA Division II in goals scored after her sophomore season. Following her junior year, Helmer was named first team all-state and was selected all-conference for the third consecutive season. Playing for New River United at the club level, Helmer was named captain

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of a squad that was a Region I finalist in 2012.

Jaclyn Nieradka - East Forsyth HS - Kernersville, N.C.

Nieradka led East Forsyth to three-straight conference championships and two-straight trips to the state quarterfinals in 2011 and 2012. After her sophomore and junior seasons, Nieradka was selected to the all-conference and all-region teams. A member of 94 NCSF Elite, she captained a team that finished first in the Region III Premiere League and captured the State Cup in 2012.