MELISSA ONSTAD RANDALL

Melissa Onstad Randall excelled as a goalkeeper at Castro Valley High from 1999 to 2002. She was a first team all-Hayward Area Athletic League selection for three years and the Trojans’ Most Valuable Player her junior and senior years. She led Castro Valley to an undefeated 16-0 record in HAAL play in 2002.

Melissa credits Justin Rothling, her personal goalkeeping coach in Castro Valley, with giving her the tools she needed to succeed. “He also helped me get seen by other coaches in the area,” she said.

While in high school, Melissa also played goalkeeper for the Mustangs, an elite traveling team based in Danville, and that’s where she began to attract the attention of college coaches.

Recruited by Linus Rhode, an assistant coach at Oregon State at the time and now head coach, Melissa earned a full scholarship to OSU, where she started at goalkeeper for four years and set numerous school records. Her 1.13 goals against average and 24 career shutouts were both school records. Those marks have since been broken, but she still ranks third in goals against average and second in shutouts. Melissa is second in saves with 337 and her 90 saves in 2003 remains an Oregon State freshman record.

An excellent student, Melissa made the Pacific-10 All-Academic Team in 2005 and 2006 before graduating in 2007 with a degree in sports science and pre-physical therapy. Her academic success led to a partial scholarship to graduate school and she earned her doctorate in physical therapy at the University of Colorado at Denver.

Melissa, who presently works as a physical therapist at Children’s Hospital Colorado in Denver, is married to Nathan Randall. The couple is expecting their first child in early May.