

Carisa Rachel Zaban

Players' Category



Carisa Rachel Zaban was born on September 12, 1977 in Chicago, Illinois. She attended Glenbrook South High School from 1991-1995 where she was a three sport athlete in soccer, track, and hockey. Zaban was the first female to play on the boys' Varsity hockey team at Glenbrook South, and was only one of a handful of females who participated in the Metro North league for all four years. Upon graduation from high school, she earned a full scholarship to play Division 1 hockey at The University of New Hampshire.

Before entering college Zaban was a member of the inaugural Junior Olympic Team and attended USA National Camps since she was fourteen years old. During Zaban's senior year in high school, she played for the Wisconsin Challengers girls' AAA team and led the team to a National Championship where Zaban was named the tournament's MVP.

Once at the University of New Hampshire, Zaban began her illustrious career. Zaban led the team in scoring all four years that she competed, having to redshirt the 1997-98 season with a torn ACL. During her time the Wildcats won two Division 1 National Championships, placed runner-up twice, and had an overall record of 94-31-7. Her junior year she was named to the Second Team All-American and was a top ten finalist for the prestigious Patty Kazmaier award which is given to the top Division 1 female college hockey player. Zaban's senior year would prove to be her finest as she broke a 19 year record for career points, set in the late 70's. She finished with 263 career points in 129 games, amassing 118 goals (second on the all-time career list) and 145 assists (tied for first on the all-time career list). Zaban was a top three finalist for the Patty Kazmaier award, a First Team All-American and was 4th in the nation in overall points with 72. She was named to the All-New England Team and ECAC First Team, and still holds three of UNH's top ten single-season marks in both assists and points.

After graduating from UNH in 2000, Zaban joined the USA National Team and earned a silver medal at the 2001 World Championships. She was a member of the 2002 Pre-Olympic team and was one of the last cut before the games. Zaban went on to continue her playing career overseas, playing for HC Lugano in the Swiss Women's league where she led the league and team with 68 points in 18 games. Upon returning to the States, she shifted her talents to a different playing surface, and made the USA National Roller Hockey Team where her team earned a gold medal and two silver medals in three World Championships.

Zaban then began her coaching career as an assistant coach at Glenbrook High School in 2003-04, where she helped the team claim a league championship. The following year, she was the head coach of the Team Illinois U19 team that finished second in state. Her coaching career actually started at the age of 13 when she began instructing and continued at numerous camps and clinics during her playing career. In 2005-06 Zaban took over the helm at Lake Forest College, a Division III program, and in three short years, became the all-time winningest coach for the program.

In 2009-10 Zaban was named Northern Collegiate Hockey Association Coach of the Year after leading Lake Forest to a 19-3-4 overall record and 11-1-4 in league play. That year the team captured the program's first ever Conference Championship, finishing 1st during regular season play and garnering a #6 National ranking and #1 Western Region Ranking. She was then named Coach of the Year again in 2012-13 as her team finished with a 15-7-4 overall record and 12-4-4 mark in NCHA play. The Foresters finished third in the 11-team league standings and hosted a playoff series for the third time in the last four seasons.

Under Zaban's direction, three forwards, one defenseman, and one goaltender have earned All-American honors. In addition, 20 different players have earned a combined 30 All-NCHA honors, including a dozen first team distinctions. Seven team records were set or tied during the 2012-13 season, raising the total established during Zaban's eight years to 47. Highlighting the new marks was the team's 12-game winning streak from December 8 through February 5. The Foresters have reached the semifinals of the NCHA O'Brien Cup Tournament in six of Zaban's first eight seasons.

Zaban currently lives in Chicago with her husband, Alex, and their dog Easton.