

# 2010 Colgate Women's Lacrosse Quick Facts

## University Facts

Location.....Hamilton, N.Y.  
 Founded ..... 1819  
 Enrollment..... 2,800  
 Interim President.....Lyle Roelofs  
 Athletic Director.....David Roach  
 Athletic Dept. Phone.....(315) 228-7611  
 Nickname.....Raiders  
 Colors.....Maroon, White, Gray  
 Conference.....Patriot League  
 Ticket Office.....(315) 228-7600

## Lacrosse Facts

First Varsity Season..... 1974  
 All-Time Record..... 314-213-4  
 NCAA Appearances..... 4 (2004,2005,2008, 2009)  
 Home Field.....Tyler's Field  
 Surface.....AstroTurf  
 Head Coach.....Heather Young  
 Alma Mater.....Connecticut, '03  
 Record at Colgate..... 31-27 (3 years)  
 Career Record.....48-57 (6 years)  
 Office Phone.....(315) 228-7065  
 Email.....hbliss@mail.colgate.edu  
 Assistant Coach.....Heidi Ross (3rd Season)  
 Alma Mater.....Colgate, '06  
 Office Phone.....(315) 228-7113  
 Email.....hross@mail.colgate.edu  
 Assistant Coach.....Katie Mollot (2nd Season)  
 Alma Mater.....Towson, '08  
 Office Number.....(315) 228-7113  
 Email.....kmollot@mail.colgate.edu  
 Athletic Trainer.....Steve Chouinard  
 2009 Overall Record..... 14-5  
 2009 League Record..... 5-1 (1st)  
 2009 Home Record..... 8-0  
 2009 Away Record..... 6-5  
 2009 Postseason..... NCAA First Round  
 Result.....lost to #2 Maryland 20-4  
 Letterwinners Returning/Lost..... 13/13  
 Starters Returning/Lost..... 4/8  
 Newcomers..... 9  
 Captains.....Sofia Adler, Meghan Lawler

## Athletic Communications

Director.....Jeremiah Hergott  
 Asst. Dir. (WLAX Contact)..... John Gilger  
 Office.....(315) 228-7860  
 Fax.....(315) 228-7977  
 Email.....jgilger@mail.colgate.edu  
 Administrative Assistant.....Lisa Diehl  
 Assistant.....Liz Judge  
 Website.....www.gocolgateraiders.com

**Mailing Address**  
 107 Huntington Gym  
 13 Oak Dr.  
 Colgate University  
 Hamilton, N.Y. 13346

## 2010 Raider Roster

No.	Name	Yr.	Pos.	Ht.	Hometown	High School
1	Sofia Adler (C)	Jr.	D	5-5	New York, N.Y.	Horace Mann
2	Kate Sheridan	Fr.	A	5-3	Westfield, N.J.	Kent Place School
4	Quincey Spagnoletti	Fr.	A	5-4	Baldwinsville, N.Y.	C.W. Baker
5	Casey Adler	Fr.	A	5-8	Winnetka, Ill.	New Trier
7	Brooke Flanagan	Fr.	A/M	5-5	Wilton, Conn.	Wilton
8	Kate Bergstrom	Jr.	A	5-9	San Francisco, Calif.	St. Ignatius
9	Katie Sullivan	So.	A	5-11	Cockeysville, Md.	Bryn Mawr Academy
10	Ellie Cole	Fr.	M	5-10	Lyman, Maine	Waynflete School
11	Courtney Miller *	So.	M	5-10	Chappaqua, N.Y.	Horace Greeley
12	Meghan Lawler (C) *	Sr.	M	5-8	Liverpool, N.Y.	Liverpool
13	Greer Goebels	So.	M	5-10	Coronado, Calif.	Coronado
14	Emily Bell	So.	A	5-2	Southbury, Conn.	The Gunnery School
15	Amanda O'Sullivan	Fr.	M	5-7	Centreville, Va.	Westfield
16	Missy Giusti	Jr.	D/M	5-5	Ashburn, Va.	Stone Bridge
17	Colleen Bubnack *	Jr.	M	5-8	Syracuse, N.Y.	West Genesee
19	Hallie Snyder	Fr.	D	5-5	Media, Pa.	The Episcopal Academy
20	Kailey Krause	So.	D/M	5-8	Chittenango, N.Y.	Chittenango
21	Kelly Mason	Fr.	M	5-6	Columbus, Ohio	Upper Arlington
22	Alex Kuntz	Sr.	A	5-2	Annapolis, Md.	St. Mary's
24	Christina Roa	So.	G	5-8	Potomac, Md.	The Bullis School
28	Maggie Carey	So.	G	5-5	Medfield, Mass.	Medfield
32	Beasley Hays	Fr.	D	5-7	Rosemont, Pa.	Radnor
33	M.J. Smith	Fr.	M	5-4	Ocean City, Md.	Worcester Prep

**Head Coach:** Heather Young (Connecticut, '03)

**Assistant Coach:** Heidi Ross (Colgate, '06) and Katie Mollot (Towson, '08)

(C) - 2010 Captains; \* - Returning first team All-Patriot League honorees

## 2010 Schedule

Date	Opponent	Location	Time
2/13	@ Stony Brook	Stony Brook, N.Y.	1 p.m.
2/19	@ Syracuse	Syracuse, N.Y.	4 p.m.
2/28	@ Penn State	University Park, Pa.	1 p.m.
<b>3/3</b>	<b>CORNELL</b>	<b>TYLER'S FIELD</b>	<b>4 p.m.</b>
3/6	@ New Hampshire	Durham, N.H.	12 p.m.
3/13	@ American *	Washington, D.C.	1 p.m.
3/16	@ George Mason	Fairfax, Va.	7 p.m.
<b>3/20</b>	<b>HOLY CROSS *</b>	<b>TYLER'S FIELD</b>	<b>12 p.m.</b>
3/23	@ UAlbany	Albany, N.Y.	5 p.m.
<b>3/27</b>	<b>MARIST</b>	<b>TYLER'S FIELD</b>	<b>12 p.m.</b>
3/30	@ Binghamton	Vestal, N.Y.	4 p.m.
<b>4/3</b>	<b>NAVY *</b>	<b>TYLER'S FIELD</b>	<b>1 p.m.</b>
4/9	@ Lafayette *	Easton, Pa.	7 p.m.
<b>4/11</b>	<b>FLORIDA</b>	<b>TYLER'S FIELD</b>	<b>12 p.m.</b>
4/17	@ Bucknell *	Lewisburg, Pa.	1 p.m.
<b>4/24</b>	<b>LEHIGH *</b>	<b>TYLER'S FIELD</b>	<b>5 p.m.</b>
4/30-5/2	@ Patriot League Tournament	TBA	
5/8	NCAA Play-in Game	TBA	
5/21-5/23	NCAA Quarterfinals	TBA	

All home games are in **CAPS**

\* - Patriot League Contests

**2009 Colgate Women's Lacrosse  
Colgate Combined Team Statistics  
All games (as of Jan 12, 2010)**

<b>RECORD:</b>	<b>OVERALL</b>	<b>HOME</b>	<b>AWAY</b>	<b>NEUTRAL</b>
ALL GAMES	14-5	8-0	6-5	0-0
CONFERENCE	5-1	3-0	2-1	0-0
NON-CONFERENCE	9-4	5-0	4-4	0-0

<b>Date</b>	<b>Opponent</b>	<b>Score</b>	<b>Att.</b>
Feb 14	STONY BROOK	W 19-7	203
Feb 21	at La Salle	W 16-1	125
Feb 25	at #16 Cornell	L 7-10	132
March 1	at Penn State	L 6-16	279
* Mar 07	AMERICAN	W 18-6	313
Mar 10	ALBANY	Wot 11-10	38
* Mar 14	at Holy Cross	W 19-9	115
Mar 16	at UC Davis	W 20-9	58
Mar 18	at Saint Mary's (CA)	W 15-6	173
Mar 21	at Oregon	L 11-14	183
Mar 25	BINGHAMTON	W 13-6	38
* Mar 28	at Navy	W 10-4	435
* Apr 04	LAFAYETTE	W 20-3	35
Apr 07	at Marist	W 15-9	67
* Apr 11	BUCKNELL	W 12-7	225
* Apr 18	at Lehigh	L 11-15	300
Apr 24	BUCKNELL	W 15-11	0
Apr 26	NAVY	W 17-4	0
May 10	at #2 Maryland Terrapins	L 4-20	623

**TEAM STATISTICS**                      **CU**                      **OPP**

**SHOT STATISTICS**

Goals-Shot attempts	259-568	167-426
Goals scored per game	13.63	8.79
Shot pct.	.456	.392
Shots on goal-Attempts	459-568	313-426
SOG pct.	.808	.735
Shots/Game	29.9	22.4
Assists	115	57
Free position made-Att	48-93	33-99
Free position pct.	.516	.333

**MAN-UP OPPORTUNITIES**

Goals-Opportunities	14-3	12-3
Conversion Percent	4.667	4.000

**GOAL BREAKDOWN**

Total Goals	259	167
Man-up	14	12
Man-down	9	3
Free-position	48	33
Unassisted	144	110
Overtime	1	0
Goals scored average	13.56	8.74

**GROUND BALLS**                      444                      368

**DRAW CONTROLS**                      230                      234

**TURNOVERS**                      362                      417

**CAUSED TURNOVERS**                      210                      162

**CLEARs**                      260-330                      219-314

Clear Pct.                      .788                      .697

**PENALTIES**

Number	4	5
Minutes	9:00	9:00

**ATTENDANCE**

Total	852	2490
Dates/Avg Per Date	8/106	11/226
Neutral Site #/Avg	0/0	

<b>##</b>	<b>PLAYER</b>	<b>GP</b>	<b>G</b>	<b>A</b>	<b>Pts</b>	<b>Sh</b>	<b>Gw</b>	<b>Up</b>	<b>Dn</b>	<b>GB</b>	<b>DC</b>	<b>TO</b>	<b>CT</b>
6	Moran, Brie	19	52	17	69	103	5	4	2	20	5	27	4
12	Lawler, Meghan	19	37	25	62	79	4	1	2	17	4	47	7
17	Bubnack, Colleen	19	34	28	62	74	3	2	0	61	49	49	44
11	Miller, Courtney	19	37	9	46	64	1	2	1	34	41	37	16
29	Didio, Ashley	19	32	6	38	69	0	2	1	30	11	25	12
30	Kearns, Maddie	19	14	6	20	35	0	1	1	47	25	14	26
4	Carroll, Molly	15	15	3	18	29	0	0	0	36	18	18	21
7	Kusbit, Lizzie	13	7	4	11	19	0	1	0	10	3	4	3
3	Holland, Katie	17	3	7	10	17	0	1	0	14	6	11	5
22	Kuntz, Alex	12	9	0	9	24	0	0	1	8	1	4	2
9	Sullivan, Katie	8	5	2	7	8	0	0	0	3	0	4	0
25	Kellogg, Sarah	11	4	2	6	14	1	0	0	2	4	8	1
13	Goebels, Greer	14	2	4	6	8	0	0	0	6	3	8	2
8	Bergstrom, Kate	9	5	0	5	11	0	0	0	3	1	7	1
20	Krause, Kailey	17	2	1	3	6	0	0	0	12	6	12	4
2	Clayton, Nancy	19	1	1	2	2	0	0	1	22	6	16	12
5	Nolan, Lizzy	18	0	0	0	5	0	0	0	18	28	14	11
33	Poulter, Erin	19	0	0	0	1	0	0	0	36	8	9	13
28	Carey, Maggie	3	0	0	0	0	0	0	0	1	0	1	0
26	Drexler, Sara	17	0	0	0	0	0	0	0	10	0	9	1
24	Roa Christina	18	0	0	0	0	0	0	0	14	1	7	3
18	Culvahouse, Annie	18	0	0	0	0	0	0	0	29	7	18	19
16	Giusti, Missy	8	0	0	0	0	0	0	0	7	1	3	1
14	Bell, Emily	2	0	0	0	0	0	0	0	0	0	0	0
10	DiDomenico, Laur	9	0	0	0	0	0	0	0	4	2	2	2
1	Adler, Sofia	6	0	0	0	0	0	0	0	0	1	0	0
<b>Total</b>		19	259	115	374	568	14	14	9	444	231	362	210
<b>Opponents</b>		19	167	57	224	426	5	12	3	368	236	417	162

**## Goalie**                      **GP**                      **Min.**                      **GA**                      **GAAvg**                      **Save**                      **Pct**                      **W-L-T**

24	Roa Christina	18	575:38	71	7.40	86	.548	5-1-0
26	Drexler, Sara	17	557:30	93	10.01	60	.392	9-4-0
28	Carey, Maggie	3	12:52	3	13.99	1	.250	0-0-0
<b>Total</b>		19	1146:00	167	8.74	147	.468	14-5-0
<b>Opponents</b>		19	1146:00	259	13.56	200	.436	5-12-0

**Goals by Period**                      **1st**                      **2nd**                      **OT**                      **Total**

Colgate	137	121	1	259
Opponents	97	70	0	167

**Saves by Period**                      **1st**                      **2nd**                      **OT**                      **Total**

Colgate	67	80	0	147
Opponents	110	90	0	200

**Shots by Period**                      **1st**                      **2nd**                      **OT**                      **Total**

Colgate	307	260	1	568
Opponents	220	206	0	426

**Shots on Goal**                      **1st**                      **2nd**                      **OT**                      **Total**

Colgate	247	211	1	459
Opponents	164	150	0	314