



SHANNON WITZEL

ASSISTANT COACH • 7TH YEAR AT CINCINNATI

The 2019 season will mark the seventh year Shannon Witzel has served as an assistant coach for the University of Cincinnati lacrosse program with the former All-American looking to help continue the program's upward trend after last year's program-best 8-9 campaign. Witzel will once again continue her work with the defense and goalies this year, two groups that have continued to grow under her guidance.

In 2018, the Bearcats broke numerous records, both offensively and defensively. Overall, UC led the nation in ground balls (501) with 29.47 per game while also forcing a team-record 187 caused turnovers, the fourth year in a row the Bearcats reset the mark. The Bearcats goalies also had one of the best statistical seasons in program history as the group ranked tied for second with 171 saves, third in goals against average (12.63) and third in save percentage at 44.2.

Prior to her work with the defense, Witzel worked with the offensive side of the program, including Courtney Curtis, who was named to the 2015 All-BIG EAST Second Team, the first time a member of the program had earned league honors. Curtis led the team with 39 points on 37 goals and two assists with her points ranking her fifth in UC single season history at the time. Curtis also set program marks for man-up goals scored (4) and free-position goals scored (13).

In her time with UC, the Bearcats have twice broken the record for wins in a row, first with a streak of five in a row in the 2014 season before last year's record six wins in a row. The six years in Cincinnati have also seen the Bearcats tie the season record for wins (seven in 2013) before breaking the mark last year.

Prior to coming to UC, Witzel spent the 2012 season as an assistant coach at LaSalle, where she helped the Explorers to a 10-6 mark and set the program record for wins in a season. Witzel also was on the staff at LaSalle in 2009, before spending two years as a development assistant at her alma mater, Towson.

Witzel's first coaching job was as a volunteer assistant for the Tigers, where she worked primarily with midfielders and defenders. That season, Towson won their conference title while earning a top-20 national ranking and a spot in the NCAA Tournament.

As a player at Towson, Witzel was one of the Tigers' top players as she graduated from the program ranking among the best in history on the offensive side of the ball. A 2006 Intercollegiate Women's Lacrosse Coaches Association (IWLCA) All-America Third Team honoree, Witzel ranked tied for first in career goals with 208 while sitting third in career points with 255. In 2005, she set the single season record for goals with 71 and led TU to the Colonial Athletic Conference tournament title where she scored seven goals against Hostra to be named the tournament's Most Outstanding Player.

A three-time All-CAA honoree, Witzel also was tabbed IWLCA All-Mid-Atlantic Region twice in her career and also was added to the Tewaaraton Trophy Preseason Watch List (national player of the year award). She bookended her career at TU with a pair of awards, first being named the Female Rookie of the Year in 2004 before capping her career as Towson's Female Athlete of the Year (2007). She graduated in 2007 with a degree in sports psychology.

A native of Pottstown, Pennsylvania, Witzel attended Pottstown High School, the same high school as head coach Gina Oliver. She is currently working toward a graduate degree in Health Education - Exercise Fitness and will graduate this spring.

THE WITZEL FILE

- Entering her seventh season as an assistant coach at UC in 2019
- Works primarily with defense and goalies
- Helped UC to its best season in program history in 2018 (8-9 record)
- Worked with Courtney Curtis (2015), the program's first all-conference honoree
- Former All-American at Towson where she ranks T-#1 in career goals and #3 in points

COACHING CAREER

University of Cincinnati

Assistant Coach • 2013-present

La Salle University

Assistant Coach • 2012

Towson University

Development Assistant • 2010-11

La Salle University

Assistant Coach • 2009

Towson University

Volunteer Coach • 2008

EDUCATION

Towson University, 2007

B.S. Sport Psychology

PLAYING CAREER

Towson University • 2004-07

- Named to the Tewaaraton Trophy Preseason Watch List twice (2006, 2007)
- IWLCA All-America 3rd Team in 2006
- 2x IWLCA All-Mid-Atlantic Region selection
- 3x All-Colonial Athletic Conference honoree
- Guided TU to CAA title in 2005 and was named Most Outstanding Player of tourney
- T-#1 in career goals with 208
- #3 in career points with 255
- Single season record 71 goals in 2005
- TU's Female Athlete of the Year (2007) and Female Rookie of the Year (2004)