



2022-23 WOMEN'S HOCKEY

2022-23 Schedule & Results

0-0-0, 0-0-0 CHA

DATE	OPPONENT	TIME/RESULT
9/22	#3 WISCONSIN	7 p.m.
9/23	#3 WISCONSIN	7 p.m.
9/30	Minnesota Duluth	4 p.m.
10/1	at St. Lawrence	2 p.m.
10/7	COLGATE	2:30 p.m.
10/8	COLGATE	1 p.m.
10/14	at Boston College	6 p.m.
10/15	at Boston College	2 p.m.
10/23	FRANKLIN PIERCE	2 p.m.
10/24	FRANKLIN PIERCE	2 p.m.
10/28	*at Lindenwood	8:10 p.m.
10/29	*at Lindenwood	2 p.m.
11/4	*MERCYHURST	2 p.m.
11/5	*MERCYHURST	TBA
11/13	BROWN	TBA
11/14	BROWN	2 p.m.
11/18	at Yale	6 p.m.
11/19	at Yale	3 p.m.
11/25	Minnesota	TBA
12/3	*SYRACUSE	TBA
12/4	*SYRACUSE	2 p.m.
12/30	LIU	2 p.m.
12/31	LIU	TBA
1/13	*RIT	6 p.m.
1/14	*RIT	2 p.m.
1/22	*at Mercyhurst	5 p.m.
1/23	*at Mercyhurst	2 p.m.
1/27	LINDENWOOD	6 p.m.
1/28	LINDENWOOD	2 p.m.
2/3	*at Syracuse	6 p.m.
2/4	*at Syracuse	3 p.m.
2/17	*RIT	2 p.m.
2/18	*RIT	1 p.m.

* College Hockey America Game

Rankings listed at time of matchup (USCHO/USA Hockey)

All times EST

For the latest information regarding Penn State women's hockey's schedule, visit GoPSUsports.com/whky-schedule.



PENN STATE NITTANY LIONS
HEAD COACH: JEFF KAMPERSAL
(0-0-0, 0-0-0 CHA)



WISCONSIN BADGERS
HEAD COACH: MARK JOHNSON
(0-0-0, 0-0-0 WCHA)

A ROARING MATCHUP

BATTLE IN HOCKEY VALLEY

- Penn State is in Hockey Valley for their first regular season series against Wisconsin. They kick off the matchup on Thursday, Sept. 22 at 7 p.m.

A RANKED MATCHUP

- The No. 14 ranked Nittany Lions play the first of two games of the 2022-23 regular season against No.2/3 Wisconsin on Thursday night at 7 p.m.
- The Nittany Lions have met Wisconsin just twice in their history. The Badgers hold the record, coming out on top with two wins in a 2019 series played in Madison, Wisc. This marks the sixth time that Penn State will open their season against a nationally ranked opponent.

IMPORTANT NUMBERS

18 Penn State is coming off of its previous season with a program record 18 wins.

4 The Nittany Lions have four returning defensemen in the program's top 10 for points scored by a defensemen.

14 Penn State ranks 14th in the USCHO Preseason Poll and USA Hockey's Week Two Poll

70 Junior captain Kiara Zanon looks to tab her 70th career point in this opening series against Wisconsin

2021-22 LEADERS

Points

Natalie Heising	40
Kiara Zanon	39
Mallory Uihlein	19
Julie Gough	16

Goals

Natalie Heising	20
Kiara Zanon	13
Julie Gough	10

Assists

Kiara Zanon	26
Natalie Heising	20
Mallory Uihlein	13

Power Play Goals

Natalie Heising	5
Julie Gough	5
3 Tied	2

Blocked Shots

Rene Gangarosa	51
Lyndie Lobdell	35
Avery Mitchell	35
Mallory Uihlein	33

Save Percentage (min. 1 start)

Cam Leonard	1.000
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2022-23 PENN STATE WOMEN'S HOCKEY

2022-23 ROSTER

No.	Name	Pos.	Yr.	Ht.	S/C	Hometown	Last Team
3	Alyssa Machado	F	Jr.	5-6	R	Mississauga, Ontario	Oakville Jr. Hornets
4	Maeve Connolly	F	Jr.	5-4	L	West Roxbury, Mass.	Noble & Greenough School
5	Karley Garcia	D	So..	5-7	R	Roseville, Calif.	North America Hockey Academy
6	Carrie Byrnes	F	Jr.	5-4	L	Eden Prairie, Minn.	Eden Prairie High School
7	Olivia Wallin	F	Jr.	5-7	R	Oakville, Ontario	Etobicoke Jr. Dolphins
9	Lexi Bedier	F	So.	5-8	L	Calgary, Alberta	Rink Hockey Academy Kelowna
10	Leah Stecker	D	Fr.	5-9	R	Randolph, N.J.	Philadelphia Jr. Flyers
11	Kiara Zanon	F	Jr.	5-5	L	Fairport, N.Y.	Kingston Jr. Ice Wolves
13	Rene Gangarosa	D	Gr.	5-10	L	Rochester, N.Y.	Niagara Jr. Purple Eagles
14	Julie Gough	F	Sr.	5-8	R	Newcastle, Ontario	Durham West Lightning
15	Tessa Janecke	F	Fr.	5-8	L	Orangeville, Ill.	North America Hockey Academy
16	Maddy Christian	F	Fr.	5-7	L	Elk River, Minn.	Elk River High School
17	Kendall Butze	D	Fr.	5-3	L	Cleveland, Ohio	Bishop Kearney Selects
19	Mya Vaslet	F	So.	5-9	L	Stittsville, Ontario	Etobicoke Jr. Dolphins
22	Katelyn Roberts	F	Fr.	5-7	R	Chanhassen, Minn.	Chaska-Chanhassen
24	Lyndie Lobdell	D	Jr.	5-7	R	Aurora, Ill.	Chicago Mission
25	Courtney Correia	F	Sr.	5-6	L	Whitby, Ontario	Toronto Aeros
26	Mallory Uihlein	D	Sr.	5-7	R	Edina, Minn.	Edina High School
27	Izzy Heminger	D	Sr.	5-4	R	Dublin, Ohio	Ohio AAA Blue Jackets
28	Eleri MacKay	F	Jr.	5-6	L	Brookfield, Wisc.	Chicago Mission
30	Josie Bothun	G	Jr.	5-6	L	Wyoming, Minn.	Forest Lake Area High School
31	Annie Spring	G	Jr.	5-6	L	Winnetka, Ill.	Chicago Mission
35	Katie DeSa	G	Fr.	5-8	L	Pawcatuck, Conn.	St. George's School

Head Coach: Jeff Kampersal (Sixth Season)

Assistant Coach: Allison Coomey (Sixth Season)

Assistant Coach: Makenna Newkirk (First Season)

Director of Operations: Brian Suslow

Equipment Manager: Logan Fischer

Athletic Trainer: Emily Campbell

Captain: Rene Gangarosa, Mallory Uihlein, and Kiara Zanon

Alternate Captains: NA

ALPHABETICAL ROSTER

No.	Name
9	Lexi Bedier
30	Josie Bothun
17	Kendall Butze
6	Carrie Byrnes
16	Maddy Christian
4	Maeve Connolly
25	Courtney Correia
35	Katie DeSa
13	Rene Gangarosa
5	Karley Garcia
14	Julie Gough
27	Izzy Heminger
15	Tessa Janecke
24	Lyndie Lobdell
3	Alyssa Machado
28	Eleri MacKay
22	Katelyn Roberts
31	Annie Spring
10	Leah Stecker
26	Mallory Uihlein
19	Mya Vaslet
7	Olivia Wallin
11	Kiara Zanon

PRONUNCIATION GUIDE

Bedier	beh-DEER
Bothun	BAWTH-un
Butze	BUTT-z-ee
DeSa	Dee-SUH
Correia	KOREA
Gangarosa	GAIN-gah-row-sah
Gough	GOFF
Heminger	HEM-in-grr (hard G)
Janecke	JAN-ick-ee
Eleri MacKay	EL-er-ee Ma-KAI
Uihlein	YOU-line
Vaslet	VAS-let
Wallin	WALL-eeen
Kiara Zanon	Kee-ARE-ah ZAN-in

LIONS BY POSITION

Defense (7):
Butze, Gangarosa, Garcia,
Heminger, Lobdell, Stecker, Uihlein

Forward (13):
Bedier, Byrnes, Christian, Connolly, Correia, Gough, Janecke, Machado, MacKay, Roberts, Vaslet, Wallin, Zanon

Goalie (3):
Bothun, DeSa, Spring

LIONS BY STATE

California (1): Garcia

Connecticut (1): DeSa

Illinois (3): Janecke, Lobdell, Spring

Massachusetts (1): Connolly

Minnesota (5): Byrnes, Bothun, Christian, Roberts, Uihlein

New Jersey (1): Stecker

New York (2): Gangarosa, Zanon

Ohio (2): Butze, Heminger

Wisconsin (1): MacKay

LIONS BY PROVINCE

Alberta (1): Bedier

Ontario (5): Correia, Gough, Machado, Vaslet, Wallin

LIONS BY COUNTRY

Canada (6): Bedier, Correia, Gough, Machado, Vaslet, Wallin

United States (17): Bothun, Butze, Byrnes, Christian, Connolly, DeSa, Gangarosa, Garcia, Heminger, Janecke, Lobdell, MacKay, Roberts, Spring, Stecker, Uihlein, Zanon

LIONS BY ELIGIBILITY

Graduate Student (4): Correia, Gangarosa, Heminger, MacKay

Senior (2): Gough, Uihlein

Junior (8): Bothun, Byrnes, Connolly, Lobdell, Machado, Spring, Wallin, Zanon

Sophomore (3): Bedier, Garcia, Vaslet

Freshmen (6): Butze, Christian, DeSa, Janecke, Roberts, Stecker



PENN STATE UNIVERSITY

Location..... University Park, Pa.
 Founded..... 1855
 Enrollment..... 45,901
 Nickname Nittany Lions
 Colors..... Blue and White
 Conference..... College Hockey America (CHA)
 Home Facility Pegula Ice Arena (5,782)
 President..... Dr. Neeli Bendapudi
 V.P. Intercollegiate Athletics..... Dr. Patrick Kraft
 Senior Women's Admin. Dr. Lauren Rhoades
 Faculty Representative..... Dennis Scanlon
 Hockey Administrator..... Michael Cross
 Athletics Website .. www.GoPSUsports.com

COACHING STAFF

Head Coach Jeff Kampersal
 Sixth Season at Penn State
 70-57-35 School Record
 397-318-99 Career Record (26th Season)
 Alma Mater — Boston College, '19
 Associate Head Coach..... Allison Coomey
 Sixth Season (Niagara, '02)
 Assistant Coach..... Makenna Newkirk
 First Season (Quinnipiac, '19)
 Hockey Office..... Pegula Ice Arena
 University Drive
 University Park, PA 16802
 Office Phone (814) 867-7458

TEAM INFORMATION

2021-22 Overall Record 18-10-5
 2021-22 CHA Record 8-3-3
 Postseason Finish CHA Semifinals
 Letterwinners Returning/Lost..... 15/7
 Newcomers..... 6
 Twitter..... @PennStateWHKY
 Instagram @PennStateWHKY
 Facebook PennStateWomensHockey

PRESEASON PRESTIGE

- The Nittany Lions were deemed CHA favorites as the other four coaches in the league picked Penn State to win their second CHA title in three seasons.
- Freshman, Tessa Janecke, received preseason honors as she was unanimously named the CHA Preseason Rookie of the Year.
- Captains Kiara Zanon and Mallory Uihlein also picked up preseason honors of their own being named to the Preseason All-CHA Team. Junior goaltender, Josie Bothun was also named to the Preseason All-CHA Team.
- Penn State came into the season ranked 14th in the USCHO Preseason Poll and tied at 14 in the USA Hockey Week Two Poll.

REPPIN' THE USA

- Nittany Lions Kiara Zanon and Tessa Janecke headlined the 2022 USA Collegiate Select Team with Penn State Associate Head Coach Coomey leading the way. Each of Penn State's representatives are no strangers to international hockey with Team USA.
- Janecke most recently competed for the U.S.'s 2022 U18 World Championship roster and scored six points (3G,3A) and earned a silver medal. Zanon has participated at multiple USA Hockey Women's National Festivals and played on two U18 World Championship rosters. She scored the golden goal in overtime to win the gold medal for the U.S. over Canada back in 2020 alongside her Penn State teammate Lyndie Lobdell holding down the blue line at defense.
- Coomey has various coaching experiences with USA Hockey, most notably she was a team scout for the USA National Team at the 2022 Beijing Olympic Games where she made a silver medal run.
- Along with Zanon and Janecke, junior goaltender Josie Bothun and senior defender Mallory Uihlein were invited to the 2022 USA Women's National Festival in Buffalo, N.Y. this past August.

NEWKIRK ON THE BLOCK

- This past August, Makenna Newkirk, a standout women's hockey student-athlete at Boston College, joined the Nittany Lions as an assistant coach after spending the previous season in the same role with Brown women's hockey in the ECAC.
- Newkirk brings wisdom, maturity and a championship mentality to the Blue and White. She competed for USA Hockey on the U22 National team, was an invitee to Olympic Tryouts for the 2018 Pyeongyang Winter Games and attended three National Team Festivals

TOUGH 2022-23 CAMPAIGN

- Penn State has ten confirmed out-of-conference foes that present a great challenge for PSU leading into their tough CHA slate.
- The Nittany Lions will play six other teams ranked in the preseason top 15: Wisconsin, Minnesota Duluth, Colgate, Boston College, Yale, and Minnesota. St. Lawrence, Syracuse, and Mercyhurst also received votes in the initial poll.
- Additional nonconference foes include Franklin Pierce, Brown, LIU, and another potential opponent being Boston University in Las Vegas in late November.
- Penn State will do battle four times each with its CHA opponents Syracuse, Mercyhurst, Lindenwood and RIT, two on the road and two away, before the CHA Tournament which will be held at the regular-season champions host site this season in early March.

WHO'S NEW?

- Penn State brings in eight newcomers to the 2022-23 roster; two transfers and six freshmen.
- Transfer Courtney Corriera spent four years with Boston College where she established herself as an elite point producer for the Terriers. She tallied 65 points in 116 games and led the team with a career-high 14 goals in her senior season.

2021-22 COLLEGE HOCKEY AMERICA SEASON STANDINGS

RK	TEAM	PTS	CHA/GP	CHA W-L-T	OW-OL	GF-GA	GP	OVERALL W-L-T	GF-GA
1.	Syracuse	23	16	11-4-1	2-1	50-34	32	15-11-6	85-81
2.	Penn State	19	14	8-3-3	2-1	37-23	33	18-10-5	96-57
3.	Mercyhurst	20	14	10-6-0	1-1	53-32	35	21-12-2	107-73
4.	Lindenwood	9	14	4-9-1	0-0	34-49	29	6-22-1	71-134
5.	RIT	5	16	1-12-3	0-2	21-57	33	2-27-4	52-148



2022-23 PENN STATE WOMEN'S HOCKEY

- Eleri MacKay joins the Nittany Lions from Colgate. In her senior season, she posted four goals and two assists, as well as a 17+ rating.
- Freshman Tessa Janecke is now a feature of Penn State's forward group. Coming off a 122 point season, Janecke was selected CHA Preseason Rookie of the Year.
- Freshman defender Leah Stecker is a proven winner who can do all the little things as a great two-way player.
- Freshman forward Katelyn Roberts will add depth to the Penn State forward group.
- Freshman defender Kendall Butze provides similar winning traits to the defender group.
- Freshman forward Maddy Christian is a proven point producer who adds offensive power to the Nittany Lions
- Freshman goaltender Katie DeSa adds competitive energy to the goaltender position, coming in behind Bothun.

grams, but to serve as a central hub to local hockey enthusiasts in central Pennsylvania.

- The 5,782-capacity arena rink, which also boasts the 1,000-seat "Roar Zone" student section, is among the best collegiate hockey facilities in the country. It has hosted multiple events outside of Penn State hockey contests, including NHL Preseason contests, most recently featuring the Buffalo Sabres and the Pittsburgh Penguins Sept. 16, 2019. A community ice rink has also enabled the facility to host youth hockey tournaments, figure skating programs, ice shows, and community open skates.
- The facility was brought to fruition by an initial \$88 million donation - the largest in University history - from Terry and Kim Pegula, who, through their gift, helped Penn State realize its goal of Division I hockey. At the ceremonial groundbreaking on April 20, 2012, the Pegulas added \$14 million to the project to lift the total donation to \$102 million. The first Penn State women's hockey contest in Pegula was played Oct. 19, 2013 vs. Union.

BLUELINE DOMINANCE

- Penn State returns five standout defensemen from the 2021-22 roster including Rene Gangarosa, Mallory Uihlein, Izzy Heminger, Lyndie Lobdell, and Karley Garcia.
- Gangarosa, Uihlein, Heminger, and Lobdell all hold spots on Penn State's all-time points by defensemen list.
- Uihlein earned her second All-CHA First team nomination after the 2021-22 season.
- Garcia was featured on the All-CHA Rookie team after a dominant first year with the Nittany Lions.
- In 33 games played last season, Lobdell secured the blueline and earned a +11 rating or higher in every appearance.
- The Nittany Lions add freshmen Leah Stecker and Kendall Butze to their blueline for the upcoming season.

THE HEART OF HOCKEY VALLEY

- The NCAA Women's Frozen Four will be hosted twice by Penn State at Pegula Ice Arena this decade; 2022 and 2026. The Nittany Lions will hosted the tournament at Pegula Ice Arena for the first time in school history March 18-20, 2022. A second announcement from the NCAA on October 14, 2020 granted Penn State a second hosting opportunity for the Frozen Four in 2026.
- Pegula Ice Arena is a state-of-the-art college hockey facility built not only to house the Penn State varsity and club hockey pro-

2022-23 PENN STATE WOMEN'S HOCKEY



DCU/USCHO WOMEN'S POLL (Sept. 12)

TEAM	RECORD	LAST
1 Ohio State	0-0-0	1
2 Minnesota*	0-0-0	4
3 Wisconsin*	0-0-0	6
4 Northeastern	0-0-0	3
5 Minnesota Duluth*	0-0-0	2
6 Colgate*	0-0-0	7
7 Yale*	0-0-0	5
8 Quinnipiac	0-0-0	8
9 Clarkson	0-0-0	10
10 Princeton	0-0-0	NR
11 Harvard	0-0-0	9
12 Cornell	0-0-0	NR
13 Vermont	0-0-0	12
14 PENN STATE	0-0-0	NR
15 Boston College*	0-0-0	NR

Others receiving votes: Connecticut 32, Boston University* 14, St. Lawrence* 14, Minnesota State 11, Providence 9, Syracuse* 9, Mercyhurst* 5

* Indicates 2022-23 Opponent

USA TODAY/USA HOCKEY MAGAZINE POLL (Week Two)

TEAM	RECORD	LAST
1 Ohio State	0-0-0	1
2 Wisconsin*	0-0-0	2
3 Minnesota*	0-0-0	3
4 Northeastern	0-0-0	4
5 Minnesota Duluth*	0-0-0	5
6 Colgate*	0-0-0	6
7 Yale*	0-0-0	7
8 Quinnipiac	0-0-0	8
9 Princeton	0-0-0	11
10 Clarkson	0-0-0	t9
11 Cornell	0-0-0	t12
12 Harvard	0-0-0	t9
13 Vermont	0-0-0	t14
t14 Boston College*	0-0-0	t12
t14 PENN STATE	0-0-0	NR

Others Receiving Votes: Minnesota State, 10; Boston University*, 7; Syracuse*, 6; St. Lawrence*, 4; Providence, 3; Mercyhurst*, 2.

* Indicates 2022-23 Opponent

THE LAST TIME PENN STATE...

Scored 5 goals	2/8/22	at Cornell (5-0)
Scored 6 goals	10/9/21	vs. Holy Cross (6-2)
Scored 7 goals	2/10/21	vs. RIT (7-1)
Scored 8 goals	10/7/16	at LIU (10-0)
Scored 9 goals	Never	vs. LIU (10-0)
Scored 10 goals	2/11/22	vs. RIT (2-0)
Allowed 0 goals	2/19/22	at RMU (0-5)
Allowed 5 goals	11/2/19	vs. Cornell (1-6)
Allowed 6+ goals	1/11/22	vs. Mercyhurst (2-1, OT)
Won in overtime	1/28/22	vs. Syracuse (1-2, OT)
Lost in overtime	2/5/22	vs. RIT (2-2, OT)
Tied	2/18/22	vs. #2/2 Ohio State (2-4)
Played a ranked team	11/27/21	vs. #7/6 Minnesota Duluth (3-2)
Beat a ranked team	11/26/21	42, vs. RIT (2-2)
Attempted 40-49 shots	2/19/22	55, at LIU (10-0)
Attempted 50-59 shots	2/11/22	64 vs. Sacred Heart (8-2)
Attempted 60-69 shots	11/3/12	71 vs. Chatham (4-0)
Attempted 70+ shots	1/5/13	6 at LIU (10-0)
Allowed 0-9 shots	2/11/22	40 vs. Mercyhurst (1-4)
Allowed 40-49 shots	10/5/19	53 at Princeton (5-5 OT)
Allowed 50-59 shots	12/31/16	64 at Syracuse (2-3, 3OT)
Allowed 60-69 shots	3/4/16	71 at #4 Mercyhurst (1-7)
Allowed 70+ shots	12/1/12	14, at LIU (10-0)
Tallied 10-15 assists	2/11/22	17 vs. Chatham (10-0)
Tallied 15+ assists	1/4/13	14, at Cornell (5-0)
Scored 10-19 points	2/8/22	24, at LIU (10-0)
Scored 20+ points	2/11/22	vs. Lindenwood (4-1)
Scored 2 power-play goals	11/30/20	vs. #2/2 Ohio State (2-4)
Scored 3 power-play goals	11/27/21	at Syracuse (3-6)
Allowed 2 power-play goals	11/20/21	vs. #2/2 Ohio State (2-4)
Allowed 3 power-play goals	11/27/21	5, vs. Lindenwood (5-3)
Had 5 different goal scorers	11/5/21	at Sacred Heart (6-1)
Had 6 different goal scorers	10/20/12	vs. Chatham (10-0)
Had 7 different goal scorers	1/4/13	at LIU (10-0)
Had 8 different goal scorers	2/11/22	vs. RIT (2-0)
Did not commit a penalty	2/19/22	

THE LAST TIME A PENN STATE PLAYER...

Scored 2 goals	2/8/22	Kiara Zanon at Cornell (5-0)
Scored 3 goals	2/11/22	Olivia Wallin at LIU (10-0)
Had 3+ assists	2/19/21	3 assists, Kiara Zanon at RIT (7-1)
Had 4 points	2/10/21	Natalie Heising vs. RIT (7-1)
Had 5+ points	2/10/21	6 points, Kiara Zanon vs. RIT (7-1)
Had 10+ shots	12/11/20	12, Kiara Zanon at Syracuse (4-3 OT)
Made 40-49 saves	12/12/20	42, Josie Bothun at Syracuse (12/12/20)
Made 50-59 saves	11/1/14	50, Hannah Ehresmann at Syracuse (2-2 OT)
Made 60+ saves	3/4/16	61, Celine Whitlinger vs. Syracuse (2-3 3OT)
Had a solo shutout	2/19/22	Josie Bothun vs. RIT (2-0)
Had a combined shutout	2/11/22	Josie Bothun/Cam Leonard vs. LIU (10-0)
Scored a short-handed goal	1/14/22	Kiara Zanon at RIT (5-0)



2022-23 PENN STATE WOMEN'S HOCKEY

TEAM COMPARISON

2021-22	PSU	WIS
Overall record	18-10-5	26-8-4
Conference record	8-3-3	18-6-3
Goals per game	2.9	3.8
Goals allowed p/g	1.7	1.5
Shots per game	37.4	40.7
Assists	146	248
Penalties p/g	3.3	2.2
Power-play	18	18
Penalty-kill	17	6
Saves	639	725
Shutouts	10	8

HONORS & AWARDS

CHA Preseason Honors

All-CHA Team: Zanon, Uihlein, Bothun

CHA Rookie of the Year: Janecke

2021-22 RECORD BREAKDOWN

7-5-3at home
9-2-2 on the road
2-2-0 neutral site
2-3-5 in overtime
14-3-3 when scoring first
4-6-2 when opponent scores first
11-1-1 when leading after the 1st period
2-4-2 when trailing after the 1st period
3-4-2 when tied after the 1st period
14-1-2when leading after the 2nd period
1-7-2 when trailing after the 2nd period
1-0-1when tied after the 2nd period
17-6-5when out-shooting opponent
1-3-0 when out-shot by opponent
0-0-0 when taking same # of shots
15-2-2 when winning more faceoffs
3-7-3when losing more faceoffs
0-0-0 when tied in faceoffs
8-2-4when taking more penalties
6-4-1 when taking fewer penalties
4-3-0when taking the same # of penalties
9-3-0 when scoring a power play goal
8-5-4 when not scoring a power play goal
5-4-2when allowing a power play goal
6-2-2 when not allowing a power play goal
0-1-0 when scoring 0 goals
2-4-1 when scoring 1 goal
2-1-4 when scoring 2 goals
6-3-0 when scoring 3 goals
8-0-0when scoring 4+ goals
10-0-0 when allowing 0 goals
4-1-1 when allowing 1 goal
3-3-4 when allowing 2 goals
1-0-0 when allowing 3 goals
0-5-0 when allowing 4+ goals
0-2-1 in September
4-2-1 in October
4-2-0 in November
2-0-0 in December
4-2-1 in January
4-1-2 in February
0-0-0 in March
0-0-0 on Monday
1-1-0on Tuesday
0-0-0 on Wednesday
0-2-0 on Thursday
7-2-3 on Friday
7-4-2 on Saturday
3-0-0 on Sunday
13-2-3during the day
5-7-2 at night
8-3-3 vs. CHA
2-2-2 vs. ECAC Hockey
5-2-0 vs. Hockey East
1-2-0 vs. WCHA
1-3-0 vs. ranked opponents
11-5-3 vs. unranked opponents
0-1-1when ranked
11-6-3when unranked
2-4-1 one-goal games

2021-22 SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	9	14	23
Sophomores	32	48	80
Juniors	24	25	49
Seniors	28	56	84
Totals	93	143	236

SCORING BY POSITION

Position	G	A	Points
Forwards	77	91	168
Defense	16	52	68
Goaltenders	0	0	0
Totals	93	143	236



HEAD COACH JEFF KAMPERSAL



JEFF KAMPERSAL

HEAD COACH

Sixth Season
Princeton, '92

OVERALL RECORD

397-318-99 (27th Season)

PENN STATE RECORD

70-57-35 (Sixth Season)

YEAR-BY-YEAR

1996-97	13-16
1997-98	12-16-2
1998-99	15-14-1
1999-00	11-13-5
2000-01	13-13-3
2001-02	15-11-3
2002-03	20-9-2
2003-04	20-11
2004-05	16-10-5
2005-06	21-8-4
2006-07	16-12-3
2007-08	14-12-6
2008-09	18-11-2
2009-10	13-14-4
2010-11	16-14-1
2011-12	12-15-4
2012-13	11-16-2
2013-14	14-13-4
2014-15	15-14-2
2015-16	22-9-2
2016-17	20-10-3
2017-18	10-15-11
2018-19	13-14-9
2019-20	13-15-8
2020-21	16-3-2
2021-22	18-10-5

TOTAL 397-318-99

One of the winningest and well-respected coaches in women's ice hockey history, Jeff Kampersal has taken the Penn State women's hockey program to new heights and now enters his sixth season at the helm of the Penn State program in 2022-23. The 2020-21 CHA Coach of the Year and AHCA National Coach of the Year finalist led a record-breaking Nittany Lion team to its first CHA regular-season championship in 2020-21 and has amassed 34 wins over the last two seasons, the most over two years in program history.

His coaching excellence at both the collegiate level and the international level with USA Hockey has brought a steadying veteran leadership to the up-and-coming Nittany Lions. Kampersal currently ranks sixth in career victories among active Division I women's hockey coaches with 379, a total that also ranks seventh all-time.

Penn State's 2020-21 team secured its first No. 1 seed in the College Hockey America tournament, its first top-ten national ranking in both the USCHO.com and USA Today/USA Hockey Magazine polls, and broke several team records both offensively and defensively. Seven of his players on the 2020-21 squad received All-CHA honors, also a program record. Under Kampersal's direction, two Nittany Lion freshmen broke through as a pair of the nation's top performers.

Kiara Zanon became the first Patty Kazmaier finalist in team history and was named the WHCA National Rookie of the Year while teammate Josie Bothun was chosen as the team's first national goalie of the year finalist while also being named the USCHO.com National Rookie of the Year. These two players in addition to several other key contributors elevated their individual play and bought in to an unselfish team culture that led to the Nittany Lions' title season.

Kampersal's team has showcased defensive excellence since his arrival, highlighted in the 2019-20 season by seven total shutout victories, a single-season program high. Penn State's increased competitiveness has resulted in marquee program victories of late, including a win over fifth-ranked Colgate, 4-2, in 2018-19, the highest-ranked win in program history.

Kampersal's arrival impacted Penn State immediately on the ice in his first season in 2017-18, when Penn State allowed a CHA-best 1.92 goals per game, an improvement of more than a goal per game from the previous season.

In addition to his on-ice guidance, Kampersal has built and sustained a program culture of excellence both in the classroom and in the community. Since Kampersal's arrival in Hockey Valley, Penn State women's hockey recorded back-to-back perfect academic progress rates according to the latest NCAA APR reports, which measures eligibility, retention and graduation of the program's student-athletes. The Nittany Lions have also had 66 All-CHA Academic team honorees and 61 Academic All-Big Ten winners during his tenure.

The 2018-19 team captain Kelsey Crow was the recipient of Penn State's prestigious Eric A. Walker Award, an award given to a graduating Penn State senior who has best represented the university through extracurricular activities and community service.

Kampersal was named Penn State head coach on June 1, 2017. The head coach of the Princeton Tigers for 21 seasons, Kampersal garnered ECAC Hockey Coach of the Year honors three times and Ivy League Coach of the Year accolades twice.

He guided the Tigers to two Ivy League Championships (2005-06 & 2015-16) and two NCAA Tournament appearances (2005-06 & 2015-16).

Kampersal's student-athletes earned 68 All-Eastern College Athletic Conference (ECAC) Hockey honors, 54 All-Ivy League selections, five Patty Kazmaier Award nominees and two American Hockey Coaches Association (AHCA) All-America plaudits.

During his final two seasons at Princeton, Kampersal guided the Tigers to a 42-19-5 cumulative record that included the 2016 Ivy League Championship and an NCAA Tournament at-large berth.

The 2016-17 campaign saw Princeton compile an overall record of 20-10-3, falling to eventual national champion Clarkson in the ECAC Tournament semifinals. During the season, the Tigers recorded seven wins over ranked teams, had a Patty Kazmaier top-10 finalist, the USCHO.com National Rookie of the Year, six All-Ivy League members and four All-ECAC members, including the Goalie and Rookie of the Year. Princeton was ranked No. 9 in the final 2016-17 USCHO.com poll.

In 2015-16, Kampersal directed Princeton to its winningest season in program history to date. The Tigers compiled a 22-9-2 record, won the Ivy League title, had an NCAA Tournament bid and Kampersal earned Ivy League and ECAC Hockey Coach of the Year honors.

Kampersal's experience as a coach with USA Hockey includes guiding the USA Women's Hockey Under-18 Team to silver medals at the 2013 and 2014 International Ice Hockey Federation (IIHF) World Women's U18 Championships. He also served on the coaching staff of the USA Women's Select Festival from 2004-06.

A 1992 Princeton graduate with a degree in psychology, Kampersal served as the men's hockey team's captain as a senior. An All-Ivy League and All-ECAC selection, Kampersal was awarded the 1941 Championship Trophy, given to the Princeton player who best represents the winning spirit of the 1941 championship team.

From Beverly, Massachusetts, Kampersal played high school hockey at St. John's Prep in Danvers, Massachusetts, and was inducted into the school's Hall of Fame in 2009.

A 10th-round selection of the National Hockey League's New York Islanders in the 1988 entry draft, Kampersal played for the ECHL's Richmond Renegades and the AHL's Capital District Islanders.

Kampersal and his wife, Eileen, have a daughter, Keira, and a son, Jack.



2021-22 SEASON RESULTS AND STATISTICS

Team Statistics	PSU	OPP
SHOTS		
Goals-Shots	96-1235	57-711
Goals Per Game	2.9	1.7
Shot Pct	.078	.080
Shots Per Game	37.4	21.5
Assists	146	89
Saves	639	1122
POWER PLAYS		
Goals-Opportunities	18-102	17-99
Conversion Pct	.176	.172
GOALIE BREAKDOWN		
Total	96	57
Power Play	18	17
Short Handed	3	1
Empty Net	8	1
Unassisted	9	6
Overtime	2	3
Hat Tricks	1	1
PENALTIES		
Total	110	111
Minutes	258	236
Per Game	3.3	3.4
Minutes Per Game	7.8	7.2
Minor	104	108
Major	2	2
10 Min Misconduct	2	0
Game Misconduct	2	1
Gross Misconduct	0	0
Match Misconduct	0	0
FACEOFFS		
Won-Lost	912-821	821-912
Percentage	.526	.474
ATTENDANCE		
Total	8,398	3,605
Dates-Avg Per Date	15/560	13/340
Neutral Site #-Avg	5/592	-

Date	Opponent	WL	Score	Att.
9/23/21	St. Lawrence	L	0-1	399
9/24/21	St. Lawrence	T	2-2	566
9/30/21	Boston College	L	1-2	392
10/01/21	Boston College	L	1-2	636
10/08/21	Holy Cross	W	5-1	362
10/09/21	Holy Cross	W	6-2	469
10/23/21	at Brown	T	2-2	117
10/24/21	at Brown	W	5-2	152
10/29/21	at Mercyhurst	L	3-4	769
10/30/21	at Mercyhurst	W	3-0	702
11/05/21	Lindenwood (MO)	W	5-3	406
11/06/21	Lindenwood	W	4-1	555
11/19/21	at Syracuse	W	1-0	86
11/20/21	at Syracuse	L	3-6	182
11/26/21	vs Minn. Duluth	W	3-2	1,046
11/27/21	vs Ohio St.	L	2-4	1,152
12/09/21	at New Hampshire	W	3-0	445
12/10/21	at New Hampshire	W	3-0	326
1/01/22	vs St. Cloud St.	L	3-4	762
1/02/22	vs Boston University	W	3-0	0
1/11/22	Cornell	L	1-6	386
1/14/22	at RIT	W	5-0	198
1/15/22	at RIT	T	2-2	376
1/28/22	Mercyhurst	W	2-1	412
1/29/22	Mercyhurst	W	3-1	758
2/04/22	Syracuse	T	1-1	513
2/05/22	Syracuse	L	1-2	1,437
2/08/22	at Cornell	W	5-0	177
2/11/22	at LIU	W	10-0	75
2/12/22	at LIU	W	2-0	0
2/18/22	RIT	T	2-2	394
2/19/22	RIT	W	2-0	713
2/25/22	vs Mercyhurst	L	2-4	0



2022-23 PENN STATE WOMEN'S HOCKEY

INDIVIDUAL STATISTICS

2021-2022 Penn State University Women's Ice Hockey
Overall Statistics (as of Mar 2, 2022)

Overall Record: 18-10-5 Conf: 8-3-3 Home: 7-5-3 Away: 9-2-2 Neutral: 2-3

#	Player	GP	Shots					+/-	Penalties				Goals								BLK	
			G	A	PTS	SH	SH%		PEN-MIN	MIN	MAJ	OTH	PP	SH	FG	GW	GT	OT	HT	PN		UA
20	Heising, Natalie	33	20	20	40	143	.140	+23	2-4	2	0	0	5	0	6	5	1	2	0	0	1	9
11	Zanon, Kiara	33	13	26	39	126	.103	+23	3-6	3	0	0	2	3	1	2	1	0	0	0	3	23
26	Uihlein, Mallory	33	6	13	19	82	.073	+11	2-4	2	0	0	1	0	1	1	0	0	0	0	0	33
14	Gough, Julie	33	10	6	16	93	.108	+9	9-26	8	0	1	5	0	4	2	0	0	0	0	0	10
29	Weiss, Rachel	33	8	6	14	64	.125	+3	4-8	4	0	0	0	0	2	1	0	0	0	0	2	13
7	Wallin, Olivia	25	7	7	14	68	.103	+9	4-8	4	0	0	0	0	1	0	0	0	1	0	0	7
24	Lobdell, Lyndie	33	4	9	13	65	.062	+11	11-33	9	1	1	2	0	2	3	0	0	0	0	0	35
13	Gangarosa, Rene	33	2	10	12	96	.021	+15	16-43	14	1	1	1	0	0	0	0	0	0	0	1	51
3	Machado, Alyssa	33	6	5	11	46	.130	+5	6-12	6	0	0	2	0	1	2	1	0	0	0	0	13
18	Dobson, Amy	33	2	9	11	72	.028	+3	1-2	1	0	0	0	0	0	0	0	0	0	0	0	24
27	Heminger, Izzy	33	1	10	11	92	.011	+20	12-24	12	0	0	0	0	0	0	0	0	0	0	1	24
21	Promersberger, Anna	31	4	6	10	72	.056	+11	9-18	9	0	0	0	0	0	1	0	0	0	0	0	5
5	Garcia, Karley	33	2	8	10	50	.040	+16	8-24	7	0	1	0	0	0	0	0	0	0	0	1	17
19	Vaslet, Mya	33	5	2	7	58	.086	+13	7-14	7	0	0	0	0	1	1	0	0	0	0	0	6
9	Bedier, Lexi	30	2	4	6	26	.077	+5	3-6	3	0	0	0	0	0	0	0	0	0	0	0	2
16	Mitchell, Avery	33	0	3	3	27	.000	+5	6-12	6	0	0	0	0	0	0	0	0	0	0	0	35
6	Byrnes, Carrie	25	2	0	2	12	.167	+4	3-6	3	0	0	0	0	1	0	0	0	0	0	0	2
4	Connolly, Maeve	33	1	1	2	27	.037	-2	1-2	1	0	0	0	0	0	0	0	0	0	0	0	10
28	Lantto, Mikayla	16	1	0	1	12	.083	+3	2-4	2	0	0	0	0	0	0	0	0	0	0	0	2
23	Ciarrocchi, Jess	22	0	1	1	4	.000	+1	0-0	0	0	0	0	0	0	0	0	0	0	0	0	3
30	Bothun, Josie	33	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
32	Leonard, Cam	7	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
31	Spring, Annie	6	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals		33	96	146	242	1235	.078	+188	109-256	103	2	4	18	3	20	18	3	2	1	0	9	324
Opponents		33	57	89	146	711	.080	-196	111-236	108	2	1	17	1	13	10	2	3	1	0	6	498

#	Goalie	GP-GS	Goal Average			Saves		Record				Goals Allowed							
			MIN	GA	AVG	SV	SV%	W	L	T	SHO	PP	SH	EN	PEN	SOG			
32	Leonard, Cam	7-0	50:56	0	.00	8	1.000	0	0	0	0	0	0	0	0	0	0	0	0
30	Bothun, Josie	33-33	1917:55	54	1.69	632	.921	18	10	5	9	17	1	0	0	0	0	0	0
31	Spring, Annie	6-0	27:59	2	4.29	14	.875	0	0	0	0	0	0	0	0	0	0	0	0
Totals		33-0	1996:50	56	1.68	654	.921	18	10	5	9	17	1	0	0	0	0	0	0
Opponents		33-0	2013:58	104	3.10	1139	.916	10	18	5	0	18	3	8	0	0	0	0	0



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado
 Points: 2, 2x last at RIT, 1/14/22
 Goals: 1, 8x last at Cornell, 2/8/22
 Assists: 2, at RIT, 1/14/22

#13 Rene Gangarosa
 Points: 2, 5x last at Mercyhurst, 2/26/21
 Goals: 2, at Providence, 10/18/19
 Assists: 2, 4x last at Mercyhurst, 2/26/21

#25 Courtney Correia (w/Penn State)
 Points: ---
 Goals: ---
 Assists: ---

#4 Maeve Connolly
 Points: 2, 2x last at RIT 2/20/21
 Goals: 1, 4x last at Mercyhurst, 10/29/21
 Assists: 2 at RIT 2/19/21

#14 Julie Gough
 Points: 3, 2x last at RIT, 2/19/21
 Goals: 3, at RIT, 2/19/21
 Assists: 2, at Lindenwood, 1/29/21

#26 Mallory Uihlein
 Points: 3, 2x last at RIT, 2/20/21
 Goals: 2, vs. Mercyhurst, 1/29/22
 Assists: 3, 2x last at RIT, 2/20/21

#5 Karley Garcia
 Points: 2, at LIU, 2/11/22
 Goals: 1, 2x last at LIU, 2/11/22
 Assists: 1, 8x last at RIT, 2/18/22

#15 Tessa Janecke
 Points: ---
 Goals: ---
 Assists: ---

#27 Izzy Heminger
 Points: 3, at RPI, 11/16/18
 Goals: 2, vs. RPI, 10/12/19
 Assists: 2, 4x last vs. Holy Cross 10/9/21

#6 Carrie Byrnes
 Points: 2, at Robert Morris, 1/8/21
 Goals: 1, 4x last at Syracuse, 11/20/21
 Assists: 2, at Robert Morris, 1/8/21

#16 Maddy Christian
 Points: ---
 Goals: ---
 Assists: ---

#28 Eleri MacKay (w/Penn State)
 Points: ---
 Goals: ---
 Assists: ---

#7 Olivia Wallin
 Points: 3, at LIU, 2/11/22
 Goals: 3, at LIU, 2/11/22
 Assists 1, 10x last vs. Mercyhurst, 2/25/22

#17 Kendall Butze
 Points: ---
 Goals: ---
 Assists: --

#30 Josie Bothun
 Saves: 42, at Syracuse, 12/12/20
 Shutouts: 9, last vs. RIT, 2/19/22

#9 Lexi Bedier
 Points: 2, at Mercyhurst 10/30/2021
 Goals: 1, 2x last at Syracuse, 11/20/21
 Assists: 1, 4x last vs. St. Cloud State 1/1/2022

#19 Mya Vaslet
 Points: 2, at LIU, 2/11/22
 Goals: 1, 5x last at LIU, 2/11/22
 Assists: 1, 2x last at LIU, 2/11/22

#30 Annie Spring
 Saves: 10, vs. Holy Cross, 10/9/21
 Shutouts: ---

#10 Leah Stecker
 Points: ---
 Goals: ---
 Assists: ---

#22 Katelyn Roberts
 Points: ---
 Goals: ---
 Assists: ---

#35 Katie DeSa
 Saves: ---
 Shutouts: ---

#11 Kiara Zanon
 Points: 6, vs. RIT, 2/10/21
 Goals: 2, 2x at Cornell, 2/8/22
 Assists: 5, vs. RIT, 2/10/21

#24 Lyndie Lobdell
 Points: 2, 6x last at LIU, 2/11/22
 Goals: 1, 5x last at LIU, 2/11/22
 Assists: 2, 4x last at Cornell, 2/8/22

BROADCAST ROSTER



Alyssa Machado
Junior • Forward
Mississauga, Ontario



Maeve Connolly
Junior • Forward
West Roxbury, Mass.



Karley Garcia
Sophomore • Defense
Roseville, Calif.



Carrie Byrnes
Junior • Forwards
Eden Prairie, Minn.



Olivia Wallin
Junior • Forward
Oakville, Ontario



Lexi Bedier
Sophomore • Forward
Calgary, Alberta



Leah Stecker
Freshman • Defense
Randolph, N.J.



Kiara Zanon
Junior • Forward
Fairport, N.Y.



Rene Gangarosa
Senior+ • Defense
Rochester, N.Y.



Julie Gough
Senior • Forward
Newcastle, Ontario



Tessa Janecke
Freshman • Forward
Orangeville, Ill.



Maddy Christian
Freshman • Forward
Elk River, Minn.



Kendall Butze
Freshman • Defense
Cleveland, Ohio



Mya Vaslet
Sophomore • Forward
Stittsville, Ontario



Katelyn Roberts
Freshman • Forward
Chanhassen, Ill.



Lyndie Lobdell
Junior • Defense
Aurora, Ill.



Courtney Correia
Senior+ • Forward
Whitby, Ontario



Mallory Uihlein
Senior • Defense
Edina, Minn.



Izzy Heminger
Senior+ • Defense
Dublin, Ohio



Eleri MacKay
Senior+ • Forward
Brookfield, Wisc.



Josie Bothun
Junior • Goaltender
Wyoming, Minn.



Annie Spring
Junior • Goaltender
Winnetka, Ill.



Katie DeSa
Freshman • Goaltender
Pawcatuk, Conn.



Jeff Kampersal
Head Coach
Sixth Season



Allison Coomey
Associate Head Coach
Sixth Season



Makenna Newkirk
Assistant Coach
First Season



Brian Suslow
Director of Operations
Second Season



Logan Fischer
Equipment Manager
Fifth Season



Emily Stoeckel
Athletic Trainer
Seventh Season