



2020-21 WOMEN'S HOCKEY

2020-21 Schedule & Results

6-1-1, 6-1-1 CHA

PHASE 1

DATE	OPPONENT	TIME/RESULT
11/29	*LINDENWOOD	W, 3-0
11/30	*LINDENWOOD	W, 4-1
12/5	*SYRACUSE	W, 2-1
12/6	*SYRACUSE	T, 2-2 (OT)
12/11	*at Syracuse	W, 4-3 (OT)
12/12	*at Syracuse	L, 2-4

PHASE 2

DATE	OPPONENT	TIME/RESULT
1/8	*at Robert Morris	W, 3-2
1/9	*at Robert Morris	W, 4-1
1/15	*at RIT	PPD
1/16	*at RIT	PPD
1/23	*RIT	PPD
1/24	*RIT	PPD
1/23	*MERCYHURST	6 P.M.
2/24	*MERCYHURST	2 P.M.
1/29	*at Lindenwood	8 P.M.
1/30	*at Lindenwood	4:30 P.M.
2/5	*ROBERT MORRIS	TBA
2/6	*ROBERT MORRIS	TBA
2/26	*at Mercyhurst	2 P.M.
2/27	*at Mercyhurst	2 P.M.

* College Hockey America Game

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

All times EST | Hyperlinks direct to game recaps

College Hockey America announced the first phase of the 2020-21 regular season schedule November 23, 2020 and the second phase January 4, 2021. All games are subject to change.

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



VS.



#9/10 PENN STATE NITTANY LIONS
HEAD COACH: JEFF KAMPERSAL
(6-1-1, 6-1-1 CHA)

MERCYHURST LAKERS
HEAD COACH: MIKE SISTI
(3-2-1, 3-2-1 CHA)

NEED TO KNOW

CH CH...CHANGES!

- The Penn State women's hockey team gets back on the ice after its series postponement last weekend with another great CHA matchup against Mercyhurst Saturday and Sunday. The home series against the Lakers was moved up from Feb. 12-13 taking place of the second postponed RIT vs. PSU series.

THE MATCHUP

- Mercyhurst leads the all-time matchup 20-4-9, including a win in the latest matchup 4-1 in the 2020 CHA semifinals en route to a Lakers CHA title.
- The Nittany Lions did manage to shutout the Lakers 2-0 in the 2020 regular-season finale and both teams have had several close matchups recently, with seven of the last 12 head-to-heads going to overtime.

IMPORTANT NUMBERS

9 Penn State was ranked ninth in this week's USCHO.com poll and 10th in the USA Today/USA Hockey Magazine poll. Nine is PSU's highest rank ever after being ranked for the first time Jan. 11th (10/10).

5 Penn State has a plus-five goal differential in the third period through its first eight games (8-3).

11 Freshman forward Kiara Zanon leads the CHA in points with 11 (4G, 7A), a mark that ranks T-8 nationally and leads all rookies in the country.

31 Penn State's freshman class has scored 31 points through eight games (11G, 20A), which accounts for 49.2 percent of all of Penn State's offensive production so far.

2020-21 LEADERS

Points

Kiara Zanon	11
Natalie Heising	9
Carrie Byrnes	5
7 Tied	4

Goals

Natalie Heising	4
Kiara Zanon	4
3 Tied	3

Assists

Kiara Zanon	7
Natalie Heising	5
Izzy Heminger	4
Lyndie Lobdell	4

Power Play Goals

Jessica Adolfsson	2
Amy Dobson	2
Carrie Byrnes	1
Natalie Heising	1

Blocked Shots

Izzy Heminger	17
Jessica Adolfsson	14
Kiara Zanon	14
Mallory Uihlein	13

Save Percentage

Josie Bothun	.944
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2020-21 PENN STATE WOMEN'S HOCKEY

2020-21 ROSTER

No.	Name	Yr.	Pos.	Ht.	S/C	Hometown	Last Team
3	Alyssa Machado	Fr.	F	5-6	R	Mississauga, Ontario	Oakville Jr. Hornets
4	Maeve Connolly	Fr.	F	5-4	L	West Roxbury, Mass.	Noble & Greenough School
6	Carrie Byrnes	Fr.	F	5-4	L	Eden Prairie, Minn.	Eden Prairie Area High School
7	Olivia Wallin	Fr.	F	5-7	R	Oakville, Ontario	Etobicoke Jr. Dolphins
11	Kiara Zanon	Fr.	F	5-5	L	Fairport, N.Y.	USA U18 Nat'l Team/Kingston Jr. Wolves
13	Rene Gangarosa	Jr.	D	5-10	L	Rochester, N.Y.	Niagara Jr. Purple Eagles
14	Julie Gough	So.	F	5-8	R	Newcastle, Ontario	Durham West Lightning
15	Jessica Adolfsson	Jr.	D	5-9	L	Linkoping, Sweden	Swedish Nat'l Team/Djurgardens IF
18	Amy Dobson	Jr.	D	5-6	L	Hamilton, Ontario	Oakville Junior Hornets
20	Natalie Heising	Sr.	F	5-5	R	Wayzata, Minn.	USA U18 Nat'l Team/Wayzata HS
21	Anna Promersberger	Jr.	F	5-8	R	Fargo, N.D.	Shattuck St. Marys
23	Jess Ciarrocchi	Fr.	F	5-4	R	West Chester, Pa.	The Hill School
24	Lyndie Lobdell	Fr.	D	5-7	R	Aurora, Ill.	USA U18 Nat'l Team/Chicago Mission
26	Mallory Uihlein	So.	D	5-7	R	Edina, Minn.	USA U18 Nat'l Team/Edina HS
27	Izzy Heminger	Jr.	D	5-4	R	Dublin, Ohio	Ohio AAA Blue Jackets
28	Mikayla Lantto	So.	F	5-10	R	Palmer, Alaska	Detroit Belle Tire U19
29	Rachel Weiss	So.	F	5-7	R	Calgary, Alberta	Canada U18 Nat'l Team/Pursuit of Excellence
30	Josie Bothun	Fr.	G	5-6	L	Wyoming, Minn.	Forest Lake Area HS
31	Annie Spring	Fr.	G	5-6	L	Winnetka, Ill.	Chicago Mission
32	Cam Leonard	RS Jr.	G	5-7	L	Cary, N.C.	Choate Rosemary Hall
35	Jenna Brenneman	RS Sr.	G	5-7	L	Eagan, Minn.	Clarkson Univ./Breck School

Head Coach: Jeff Kampersal (Fourth Season)
Assistant Coach: Allison Coomey (Fourth Season)
Assistant Coach: Melissa Samoskevich (First Season)
Director of Operations: Krista Patronick

Equipment Manager: Logan Fischer
Athletic Trainer: Emily Stoeckel
Captain: Natalie Heising
Alternate Captains: Rene Gangarosa, Anna Promersberger

ALPHABETICAL ROSTER		PRONUNCIATION GUIDE		LIONS BY STATE	LIONS BY COUNTRY
No.	Name	Adolfsson	Add-ULF-son	Alaska (1): Lantto	Canada (5): Dobson, Gough, Machado, Wallin, Weiss
15	Jessica Adolfsson	Brenneman	BREN-uh-man	Illinois (2): Lobdell, Spring	Sweden (1): Adolfsson
30	Josie Bothun	Bothun	BAWTH-un	Massachusetts (1): Connolly	United States (15): Byrnes, Bothun, Brenneman, Ciarrocchi, Connolly, Gangarosa, Heising, Heminger, Lantto, Leonard, Lobdell, Promersberger, Spring, Uihlein, Zanon
35	Jenna Brenneman	Ciarrocchi	Chir-ROW-key	Minnesota (5): Byrnes, Bothun, Brenneman, Heising, Uihlein	
6	Carrie Byrnes	Gangarosa	GAIN-gah-row-sah	New York (2): Gangarosa, Zanon	
23	Jess Ciarrocchi	Gough	GOFF	North Carolina (1): Leonard	
4	Maeve Connolly	Heising	HI-sing	North Dakota (1): Promersberger	
18	Amy Dobson	Lantto	LAN-toe	Ohio (1): Heminger	
13	Rene Gangarosa	Promersberger	PROM-ers-burg-er	Pennsylvania (1): Ciarrocchi	
14	Julie Gough	Samoskevich	SAM-a-skeh-vich	LIONS BY PROVINCE	
20	Natalie Heising	Uihlein	YOU-line	Alberta (1): Weiss	
27	Izzy Heminger	Wallin	WALL-eeen	Ontario (4): Dobson, Gough, Machado, Wallin	
28	Mikayla Lantto	Kiara Zanon	Kee-ARE-ah ZAN-in		LIONS BY ELIGIBILITY
32	Cam Leonard				Senior (2): Brenneman, Heising
24	Lyndie Lobdell				Junior (6): Adolfsson, Dobson, Gangarosa, Heminger, Leonard, Promersberger
3	Alyssa Machado				Sophomore (4): Gough, Lantto, Uihlein, Weiss
21	Anna Promersberger				Freshmen (9): Byrnes, Bothun, Ciarrocchi, Connolly, Lobdell, Machado, Spring, Wallin, Zanon
31	Annie Spring				
26	Mallory Uihlein				
7	Olivia Wallin				
29	Rachel Weiss				
11	Kiara Zanon				
		LIONS BY POSITION			
		Defense (6): Adolfsson, Dobson, Gangarosa, Heminger, Lobdell, Uihlein			
		Forward (11): Byrnes, Ciarrocchi, Connolly, Gough, Heising, Lantto, Machado, Promersberger, Wallin, Weiss, Zanon			
		Goalie (4): Bothun, Brenneman, Leonard, Spring			

2020-21 PENN STATE WOMEN'S HOCKEY



PENN STATE UNIVERSITY

Location..... University Park, Pa.
 Founded.....1855
 Enrollment..... 46,270
 Nickname.....Nittany Lions
 Colors.....Blue and White
 Conference....College Hockey America (CHA)
 Home Facility Pegula Ice Arena (5,782)
 President..... Dr. Eric J. Barron
 V.P. Intercollegiate Athletics.... Sandy Barbour
 Senior Women's Administrator Charmelle Green
 Faculty Representative.....Dennis Scanlon
 Hockey Administrator.....Michael Cross
 Athletics Website..... www.GoPSUsports.com

COACHING STAFF

Head Coach Jeff Kampersal
 Fourth Season at Penn State
 42-45-29 School Record (Fourth Season)
 369-306-87 Career Record (25th Season)
 Alma Mater — Princeton, '92
 jdk55@psu.edu
 Associate Head Coach..... Allison Coomey
 Fourth Season (Niagara, '02)
 aec72@psu.edu
 Assistant Coach.....Melissa Samoskevich
 First Season (Quinnipiac, '19)
 mfs6423@psu.edu
 Hockey OfficePegula Ice Arena
 University Drive
 University Park, PA 16802
 Office Phone..... (814) 867-7458

TEAM INFORMATION

2019-20 Overall Record13-15-8
 2019-20 CHA Record7-8-5
 Postseason Finish..... CHA Semifinals
 Letterwinners Returning/Lost15/9
 Newcomers.....9
 Twitter.....@PennStateWHKY
 Instagram@PennStateWHKY
 Facebook..... PennStateWomensHockey

RECOGNIZED NATIONALLY

- Penn State received its first-ever national ranking in the USCHO.com women's division I hockey poll Jan. 11 when the Nittany Lions were ranked 10th overall. They were also ranked 10th the next day in the USA Today/USA Hockey Magazine poll, also a program first.
- This past week, the Nittany Lions bumped up to 9th in the USCHO.com poll after its bye week last week. PSU is off to its best start in program history at 6-1-1.
- The Nittany Lions had received votes in both the previous two national polls before breaking through as a ranked squad Jan. 11-12.

LAST TIME OUT: ROBERT MORRIS

- Penn State swept Robert Morris for the first time and became the first team to beat the Colonials twice in a series on RMU home ice since 2013 thanks wins of 3-2 and 4-1 Jan. 8-9.
- In game one, Amy Dobson scored on the power-play in the first period, but both teams remained tied 1-1 entering the third before back-to-back goals by the Nittany Lions let them surge ahead. Rachel Weiss scored in her first game of the 2020-21 season and Julie Gough added an essential insurance goal to take the two-goal lead. RMU notched its second goal a few minutes later, but PSU held on for the one-goal win on the road.
- Game two's second period proved to be the driving force for PSU in the win. After freshman Maeve Connolly gave the Nittany Lions an advantage into the second period, junior defender Jessica Adolfsson scored twice in the middle period for her first multipoint game. Kiara Zanon tacked on an empty-net goal for the 4-1 win.

AWARDS AWARDS AND MORE AWARDS

- Jessica Adolfsson's two-goal game and three-point weekend was enough for her first CHA Player of the Week award Jan. 12. She was joined by freshman Carrie Byrnes who had three assists for the weekend and earned CHA Rookie of the Week.
- Kiara Zanon became the first Nittany Lions to win an individual national award from the HCA when she received National Rookie of the Month for December. She scored a pair of game-winning goals in four games during the month, which also garnered her CHA Rookie of the Month for December and Rookie of the Week Dec. 7.
- Natalie Heising was named CHA Player of the Month for November after scoring three goals and adding an assist in PSU's two wins over Lindenwood. The award is Heising's second after winning PotM in December 2019.
- Josie Bothun earned both CHA Goaltender of the Month for November and CHA Goaltender of the Week for Nov. 30-Dec.6. The freshman is unbeaten in her first four career starts.

FROZEN FOUR IN HOCKEY VALLEY

- The NCAA Women's Frozen Four will be hosted twice by Penn State at Pegula Ice Arena this decade; 2022 and 2026.
- First, the Nittany Lions will host the tournament at Pegula Ice Arena for the first time in school history March 18-20, 2022. This will include two NCAA semifinals along with the National Championship game.
- The announcement was made by the NCAA on April 18, 2017. The Nittany Lions are currently in just their ninth season as a varsity program in 2020-21.
- A second announcement from the on October 14, 2020 granted Penn State a second hosting opportunity for the Frozen Four in 2026.

2020-21 COLLEGE HOCKEY AMERICA SEASON STANDINGS

	CHA Points	CHA Record	CHA Pct.	Overall	Pct.	Home	Away	Neutral	Streak
Penn State	13	6-1-1	0.813	6-1-1	0.813	3-0-1	3-1-0	0-0-0	W2
Robert Morris	11	5-2-1	0.688	5-2-1	0.688	3-2-0	2-0-1	0-0-0	W1
Mercyhurst	7	3-2-1	0.583	3-2-1	0.583	1-1-1	2-1-0	0-0-0	L1
Syracuse	5	2-2-1	0.500	2-4-1	0.357	2-2-0	0-2-1	0-0-0	W1
Lindenwood	4	2-6	0.250	2-6	0.250	0-2	2-4	0-0	W2
RIT	2	1-6	0.143	1-6	0.143	0-4	1-2	0-0	L3

*As of Jan. 19, 2021



2020-21 PENN STATE WOMEN'S HOCKEY

UP ON HEISING

- Senior forward Natalie Heising became the second Nittany Lion to score 50 career goals after her first-period score Nov. 30 against Lindenwood. (Laura Bowman, '17, 61 goals).
- Heising surpassed Shannon Yoxheimer ('16) for third on the all-time PSU scoring list with her 81st point Nov. 30. Among Penn State players with at least 50 career games played, she ranks first in program history with 0.75 points per game (86 pts, 114 GP) and goals per game at 0.47 (51G).
- Heising tops the PSU record book with 19 power play goals. Her 10 PPG in 17-18 tied the NCAA lead and set a program single-season record. Her 11 game-winning scores total also tops the PSU all-time list.
- Heising was named the 2017-18 CHA Rookie of the Year, becoming the first Nittany Lion to win the award. In her freshman year, she set the all-time single-season PSU goals record (19).

D IT UP WITH THE CREW

- Junior defender Rene Gangarosa set the PSU all-time season mark for points by a defender with 18 (6G, 12A). She led the 2019-20 Nittany Lions with five power-play scores. In 2020-21, Gangarosa has also spent time as a forward.
- Junior defender Izzy Heminger was named to the All-CHA Second Team after her 16-point season (4G, 12A). Her 33 career points ranks fourth among all program defenders.
- Sophomore defender Mallory Uihlein became the second Nittany Lion defender in the last two seasons to be named to the All-CHA Rookie Team. She tied the team high with nine assists and had 11 total points.
- Junior defender and 2018-19 All-Rookie team performer Jessica Adolffson returns to the lineup after missing most of 2019-20 with an injury. She adds another threat on the power play with her six career PP goals, with her most recent being Jan. 9 at RMU.

ELECTRIC FRESHMEN SKATERS

- Penn State has already seen the impact its freshmen class can bring to the team in 2020-21 as the rookie class has accounted for 49.2 percent of Penn State's offense through six games (31 points).
- Forward Kiara Zanon leads the conference with 11 points (4G, 7A) while also leading all national rookies and ranking sixth among all skaters nationally at 1.38 points per game.
- Forward Carrie Byrnes added three assists in the RMU series to her two goals to rank third on the team with five points through eight games played.
- Forwards Olivia Wallin (3G) and Maeve Connolly (2G) both have multiple scores for PSU. Defender Lyndie Lobdell tops all conference defenders with four points on four helpers. Forward Jess Ciarrocchi also has three assists and a great knack for drawing penalties.

COOL CALM AND COLLECTED

- Freshman goaltender Josie Bothun holds a stellar 6-1-1 record through her first eight starts for Penn State, including setting a record for the longest unbeaten streak to start a career in goal for Penn State at five games (4-0-1).
- Bothun became the first Nittany Lion ever to both win her first start and post a shutout in her first start.
- Despite the loss to Syracuse Dec. 12, Bothun set a season-high with 42 saves, shattering her previous high of 35 back on Dec. 6.

EXPERIENCED FORWARDS

- Junior Amy Dobson scored the game-tying goal in the third period Dec. 6. She has two goals in 2020-21 and has scored three times in the last five games dating back to last year's CHA Tournament.
- Sophomore Julie Gough provided a nice spark at various times in 2019-20 with three goals and three assists. Her third period goal Dec. 11 at Syracuse started PSU's comeback.
- Sophomore Rachel Weiss made an impact in her first series of the season Jan. 8-9 with her speed, scoring her first goal of the season on a 2-on-1 rush.

TEAM COMPARISON

	PENN STATE	MERCYHURST
Overall record	6-1-1	3-2-1
Conference record	6-1-1	3-2-1
Goals scored per game	3.0	2.5
Goals allowed per game	1.75	1.33
Shots	330	209
Shots per game	41.2	348
Assists	39	21
Penalties per game	4.0	4.7
Power-play pct.	16.2 (6/37)	13.6 (3/22)
Penalty-kill pct.	86.2 (25/29)	95.7 (22/23)
Saves	220	135
Shutouts	1	1

TOP SKATERS COMPARISON

	PENN STATE	MERCYHURST
Points	Zanon (11)	Boucher (6)
Goals	2 Tied (4)	Boucher (4)
Assists	Zanon (7)	Nelles (3)
Shots	Zanon (48)	Boucher (27)
+/-	Heminger (+7)	Marmen (+6)
Saves	Bothun (220)	Silvonen (114)
Save Pct.	Bothun (.944)	Silvonen (.942)
GAA	Bothun (1.60)	Nystrom (1.02)
Record	Bothun (6-1-1)	Silvonen (3-1-1)

USCHO.COM WOMEN'S COLLEGE HOCKEY POLL (1/18/21)

	TEAM	RECORD	LAST POLL
1	Wisconsin	6-2-0	2
2	Minnesota	8-3-0	1
3	Ohio State	6-4-0	3
4	Northeastern	6-1-1	4
5	Colgate	7-1-1	5
6	Minnesota Duluth	5-3-0	6
7	Providence	9-2-1	7
8	Boston College	9-3-0	8
9	Penn State	6-1-1	10
10	Clarkson	3-3-1	9

Others: Vermont 5, Robert Morris 3
Italics Indicates 2020-21 Opponent

USA TODAY/USA HOCKEY MAGAZINE WOMEN'S COLLEGE HOCKEY POLL (1/19/21)

	TEAM	RECORD	LAST POLL
1	Wisconsin	6-2-0	2
2	Minnesota	8-3-0	1
3	Ohio State	6-4-0	3
4	Northeastern	6-1-1	4
5	Colgate	7-1-1	5
6	Minnesota Duluth	5-3-0	6
7	Providence	9-2-1	7
8	Boston College	9-3-0	8
10	Clarkson	3-3-1	9
10	Penn State	6-1-1	10

Others: Robert Morris 2, Quinnipiac 1
Italics Indicates 2020-21 Opponent



2020-21 CAPTAINS

- Senior forward Natalie Heising was named captain by her peers for the 2020-21 campaign alongside alternate captains Rene Gangarosa and Anna Promersberger.
- Heising scored a team-best 13 goals in 2019-20 and served as the team's alternate captain the past two seasons.
- Gangarosa set a new program best with 18 points as a defender in 2019-20.
- Promersberger scored five points and played valuable minutes on the team's penalty-killing unit for the 2019-20 season.

THE HEART OF HOCKEY VALLEY

- Pegula Ice Arena is a state-of-the-art college hockey facility built not only to house the Penn State varsity and club hockey programs, 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 second 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.

THE LAST TIME PENN STATE...

Scored 0 goals	2/28/20	vs. Mercyhurst (0-3)
Scored 1 goal	3/06/20	vs. Mercyhurst (1-4)
Scored 2 goals	12/6/20	vs. Syracuse (2-2 OT)
Scored 3 goals	1/8/21	at Robert Morris (3-2)
Scored 4 goals	1/9/21	at Robert Morris (4-1)
Scored 5 goals	2/22/20	at Lindenwood (5-1)
Scored 6 goals	12/7/19	vs. RIT (6-2)
Scored 7 goals	Never	
Scored 8 goals	10/7/16	at Union (8-1)
Scored 9 goals	Never	
Scored 10 goals	1/4/13	vs. Chatham (10-0)
Allowed 0 goals	11/29/20	vs Lindenwood (3-0)
Allowed 1 goal	12/5/20	vs. Syracuse (2-1)
Allowed 2 goals	12/6/20	vs. Syracuse (2-2 OT)
Allowed 3 goals	2/28/20	vs. Mercyhurst (0-3)
Allowed 4 goals	3/06/20	vs. Mercyhurst (1-4)
Allowed 5 goals	11/2/19	at RMU (0-5)
Allowed 6+ goals	10/26/19	vs. BU (1-5)
Won in overtime	10/21/17	at Merrimack (4-3 OT)
Lost in overtime	10/27/18	at Mercyhurst (4-5 OT)
Tied	12/6/20	vs. Syracuse (2-2 OT)
Played a ranked team	11/30/19	vs. #7/6 Clarkson (1-3)
Beat a ranked team	9/29/18	at #5 Colgate (4-2)
Attempted 10-19 shots	3/06/20	19 vs. Mercyhurst (1-4)
Attempted 20-29 shots	2/28/20	20 vs. Mercyhurst (0-3)
Attempted 30-39 shots	3/05/20	38 vs. RIT (4-1)
Attempted 40-49 shots	12/6/20	vs. Syracuse (2-2 OT)
Attempted 50-59 shots	11/30/20	vs. Lindenwood (4-1)
Attempted 60-69 shots	11/3/12	64 vs. Sacred Heart (8-2)
Attempted 70+ shots	1/5/13	71 vs. Chatham (4-0)
Allowed 0-9 shots	10/11/19	9 vs. RPI (2-0)
Allowed 10-19 shots	1/10/20	11 vs. Lindenwood (2-1)
Allowed 20-29 shots	12/5/20	vs. Syracuse (2-1)
Allowed 30-39 shots	12/6/20	vs. Syracuse (2-2 OT)
Allowed 40-49 shots	10/5/19	40 vs. Mercyhurst (1-4)
Allowed 50-59 shots	12/31/16	53 at Princeton (5-5 OT)
Allowed 60-69 shots	3/4/16	64 at Syracuse (2-3, 3OT)
Allowed 70+ shots	12/1/12	71 at #4 Mercyhurst (1-7)
Tallied 5-9 assists	11/30/20	vs Lindenwood (4-1)
Tallied 10-15 assists	10/28/16	10 at RIT (5-0)
Tallied 15+ assists	1/4/13	17 vs. Chatham (10-0)
Scored 10-19 points	3/05/20	11 vs. RIT (4-1)
Scored 20+ points	10/7/16	22 at Union (8-1)
Scored 2 power-play goals	11/30/20	vs Lindenwood (4-1)
Scored 3 power-play goals	2/24/18	vs. Lindenwood (6-0)
Allowed 2 power-play goals	2/15/20	at RIT (3-4)
Allowed 3 power-play goals	10/26/19	vs. #10 Boston University (1-5)
Had 5 different goal scorers	12/7/19	vs. RIT (6-2)
Had 6 different goal scorers	10/20/12	at Sacred Heart (6-1)
Had 7 different goal scorers	1/4/13	vs. Chatham (10-0)
Had 8 different goal scorers	11/3/12	vs. Sacred Heart (8-2)
Did not commit a penalty	2/22/19	at RIT (0-3)

THE LAST TIME A PENN STATE PLAYER...

Scored 2 goals	1/9/21	Jessica Adolffsson at Robert Morris (4-1)
Scored 3 goals	3/5/20	Natalie Heising vs. RIT (4-1)
Had 3 assists	3/5/20	Shea Nelson vs. RIT (4-1)
Had 4 points	10/7/16	Laura Bowman / Amy Petersen at Union (8-1)
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	11/29/20	Josie Bothun vs. Lindenwood (3-0)
Had a combined shutout	1/5/13	Celine Whitlinger/Brooke Meyer vs. Chatham (4-0)
Scored an empty-net goal	1/9/21	Kiara Zanon at Robert Morris (4-1)
Scored a short-handed goal	1/9/21	Kiara Zanon at Robert Morris (4-1)



2020-21 PENN STATE WOMEN'S HOCKEY

HONORS & AWARDS

2020-21

WHCA National Rookie of the Month

Kiara Zanon December

CHA Player of the Month

Natalie Heising November

CHA Goalie of the Month

Josie Bothun November

CHA Rookie of the Month

Kiara Zanon December

CHA Rookie of the Week

Jessica Adolfsson Jan. 12

CHA Goalie of the Week

Josie Bothun Dec. 7

CHA Rookie of the Week

Carrie Byrnes Jan. 12
Kiara Zanon Dec. 7

*For the full list of awards, see page 46 of the Penn State Women's Hockey Yearbook online at GoPSUSports.com/whky-yearbook.

2020-21 RECORD BREAKDOWN

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

SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	11	20	31
Sophomores	3	5	8
Juniors	6	9	15
Seniors	4	5	9
Totals	24	39	63

SCORING BY POSITION

Position	G	A	Points
Forwards	21	26	47
Defense	3	13	16
Goaltenders	0	0	0
Totals	24	39	63

SPECIAL TEAMS

Power Play	Goals	Att.	Pct.
Home	4	24	.167
Away	2	13	.153
Neutral	0	0	.000
Total	6	37	.162
Nonconference	0	0	.000
CHA Reg. Season	6	37	.162
CHA Tournament	0	0	.000

Penalty Kill	Kills	Att.	Pct.
Home	14	16	.875
Away	11	13	.846
Neutral	0	0	.000
Total	25	29	.862
Nonconference	0	0	.000
CHA Reg. Season	25	29	.862
CHA Tournament	0	0	.000



HEAD COACH JEFF KAMPERSAL



JEFF KAMPERSAL

HEAD COACH

Fourth Season
Princeton, '92

OVERALL RECORD

369-306-87 (25th Season)

PENN STATE RECORD

42-45-29 (4th 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	6-1-1

TOTAL 369-306-87

One of the winningest and well-respected coaches in women's ice hockey history, Jeff Kampersal enters his fourth season at the helm of the Penn State program in 2020-21. 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.

Heading into the 2020-21 season, Kampersal ranks sixth in career victories among active Division I women's hockey coaches with 363, a total that also ranks seventh all-time.

Penn State has reached the College Hockey America semifinals for three-straight seasons for the first time in its history under Kampersal's direction.

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.

The 2019-20 Nittany Lions added three more All-CHA award recipients for now 11 honorees over the past three seasons. That total is tied for the most conference honorees in any three-year stretch.

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.



KAMPERSAL COACHING FILE

Head Coaching Experience

2017-Present Penn State
 1996-2017 Princeton

International Coaching Experience

2011-14 USA Hockey U18 Head Coach
 2004-06 USA Women's Select Festival Coach

Playing Experience

1992-93 Richmond Renegades
 1992-93 Capital District Islanders
 1988-92 Princeton
 1985-88 St. John's Prep (Mass.)

Division I Women's Hockey Coaching Rankings

Victories - Active 6th
 Victories - All-Time 7th

Coaching Honors

ECAC Hockey Coach of the Year 4 Times
 2001-02, 2005-06, 2008-09, 2015-16
 Ivy League Coach of the Year 2 Times
 2014-15, 2015-16

Accolades Under Coach Kampersal

All-ECAC Hockey Honors 68
 All-Ivy League Selections 54
 All-CHA Hockey Honors 11
 Patty Kazmaier Nominees 5
 Ivy League Rookie of the Year 3
 Ivy League Player of the Year 2
 AHCA All-America Plaudits 2
 CHA Rookie of the Year 1

Kampersal's Teams

2 NCAA Tournament Appearances

Ivy League Championships **2**

4 ECAC Semifinal Appearances

ECAC Tournament Appearances **17**

3 CHA Semifinal Appearances

WINNINGEST NCAA DIVISION 1 WOMEN'S HOCKEY COACHES

#	NAME	WINS	GAMES	WINNING %	SCHOOL
1.	MARK JOHNSON	528	668	.825	Wisconsin
2.	MIKE SISTI	501	747	.710	Mercyhurst
3.	KATEY STONE	494	801	.650	Harvard
4.	BRAD FROST	410	523	.816	Minnesota
5.	PAUL FLANAGAN	409	768	.576	St. Lawrence/Syracuse
6.	Shannon Miller	383	577	.707	Minnesota-Duluth
7.	JEFF KAMPERSAL	369	762	.541	Penn State/Princeton
8.	KATIE KING CROWLEY	330	497	.715	Boston College
9.	Heather Linstad	322	692	.524	Northeastern/UConn
10.	Bob Deraney	319	680	.523	Providence

ALL CAPS indicates active coaches.



SEASON RESULTS AND STATISTICS

Team Statistics	PSU	OPP	Date	Opponent	WL	Score	Att.
SHOTS			11/29/20	Lindenwood	W	3-0	128
Goals-Shots	24-329	14-235	11/30/20	Lindenwood	W	4-1	127
Goals Per Game	3.0	1.8	12/05/20	Syracuse	W	2-1	125
Shot Pct	.073	.060	12/06/20	Syracuse	T	2-2	126
Shots Per Game	41.1	29.4	12/11/20	at Syracuse	W	4-3	0
Assists	39	20	12/12/20	at Syracuse	L	2-4	0
Saves	221	304	1/08/21	at Robert Morris	W	3-2	0
POWER PLAYS			1/09/21	at Robert Morris	W	4-1	0
Goals-Opportunities	5-37	4-29					
Conversion Pct	.135	.138					
GOALIE BREAKDOWN							
Total	24	14					
Power Play	5	4					
Short Handed	1	0					
Empty Net	2	1					
Unassisted	3	2					
Overtime	1	0					
Hat Tricks	0	0					
PENALTIES							
Total	32	40					
Minutes	75	80					
Per Game	4.0	5.0					
Minutes Per Game	9.4	10.0					
Minor	30	40					
Major	1	0					
10 Min Misconduct	0	0					
Game Misconduct	1	0					
Gross Misconduct	0	0					
Match Misconduct	0	0					
FACEOFFS							
Won-Lost	229-248	248-229					
Percentage	.480	.520					
ATTENDANCE							
Total	506	0					
Dates-Avg Per Date	4/127	4/					
Neutral Site #-Avg	0/	-					



2020-21 PENN STATE WOMEN'S HOCKEY

INDIVIDUAL STATISTICS

#	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			
11	Zanon, Kiara	8	4	7	11	48	.083	+5	2-4	2	0	0	0	1	0	1	0	0	1	0	0	0	2	14
20	Heising, Natalie	8	4	5	9	38	.105	+3	0-0	0	0	0	1	0	1	0	0	0	0	0	0	0	6	
6	Byrnes, Carrie	8	2	3	5	21	.095	+4	0-0	0	0	0	0	0	1	1	0	0	0	0	0	3		
15	Adolfsson, Jessica	8	3	1	4	20	.150	+6	3-17	1	1	1	2	0	0	1	0	0	0	0	0	14		
18	Dobson, Amy	8	3	1	4	30	.100	0	2-4	2	0	0	2	0	0	1	1	0	0	0	0	10		
7	Wallin, Olivia	6	3	1	4	18	.167	-1	3-6	3	0	0	0	0	1	0	0	0	0	0	1	2		
4	Connolly, Maeve	8	2	2	4	14	.143	+3	1-2	1	0	0	0	0	2	0	0	0	0	0	0	3		
14	Gough, Julie	8	2	2	4	18	.111	+3	4-8	4	0	0	0	0	0	1	0	0	0	0	0	6		
27	Heminger, Izzy	8	0	4	4	18	.000	+7	3-6	3	0	0	0	0	0	0	0	0	0	0	0	17		
24	Lobdell, Lyndie	8	0	4	4	34	.000	+2	4-8	4	0	0	0	0	0	0	0	0	0	0	0	10		
23	Ciarrocchi, Jess	8	0	3	3	10	.000	+3	4-8	4	0	0	0	0	0	0	0	0	0	0	0	1		
26	Uihlein, Mallory	8	0	3	3	12	.000	+6	0-0	0	0	0	0	0	0	0	0	0	0	0	0	13		
21	Promersberger, Anna	5	0	2	2	11	.000	+1	1-2	1	0	0	0	0	0	0	0	0	0	0	0	6		
29	Weiss, Rachel	2	1	0	1	2	.500	+2	0-0	0	0	0	0	0	0	0	0	0	0	0	0	2		
13	Gangarosa, Rene	8	0	1	1	35	.000	-1	2-4	2	0	0	0	0	0	0	0	0	0	0	0	6		
30	Bothun, Josie	8	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0		
31	Spring, Annie	2	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0		
TM	Team	6	0	0	0	0	.000	0	3-6	3	0	0	0	0	0	0	0	0	0	0	0	0		
	Totals	8	24	39	63	329	.073	+43	32-75	30	1	1	5	1	5	6	1	1	0	0	3	113		
	Opponents	8	14	20	34	235	.060	-44	40-80	40	0	0	4	0	3	1	0	0	0	0	2	106		

#	Goalie	GP-GS	Goal Average			Saves		Record				Goals Allowed				
			MIN	GA	AVG	SV	SV%	W	L	T	SHO	PP	SH	EN	PEN	SOG
30	Bothun, Josie	8-8	486:05	13	1.60	221	.944	6	1	1	1	4	0	0	0	0
TM	Team	6-0	01:10	1	102.86	0	.000	0	0	0	0	0	0	1	0	0
	Totals	8-0	487:15	15	1.72	221	.940	6	1	1	1	4	0	1	0	0
	Opponents	8-0	468:47	24	3.07	304	.927	1	6	1	0	5	1	2	0	0



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado

Points: ----
Goals: ----
Assists: ----

#4 Maeve Connolly

Points: 1, 4x last at Robert Morris, 1/9/21
Goals: 1, 2x last at Robert Morris, 1/9/21
Assists: 1, 2x last vs. Syracuse, 12/6/20

#6 Carrie Byrnes

Points: 2, at Robert Morris, 1/8/21
Goals: 1, 2x last vs. Syracuse, 12/6/20
Assists: 2, at Robert Morris, 1/8/21

#7 Olivia Wallin

Points: 2, at Syracuse, 12/12/20
Goals: 2, at Syracuse, 12/12/20
Assists: 1, at Syracuse, 12/11/20

#11 Kiara Zanon

Points: 3, at Syracuse, 12/11/20
Goals: 1, 4x last at Robert Morris, 1/9/21
Assists: 2, 2x last at Syracuse, 12/12/20

#13 Rene Gangarosa

Points: 2, 4x last at RIT, 2/15/20
Goals: 2, at Providence, 10/18/19
Assists: 2, 2x last vs Lindenwood, 1/11/20

#14 Julie Gough

Points: 2, 2x last at Robert Morris, 1/8/21
Goals: 1, 5x, last at Robert Morris, 1/8/21
Assists: 1, 5x, last at Robert Morris, 1/8/21

#15 Jessica Adolfsen

Points: 2, 2x last at Robert Morris, 1/9/21
Goals: 2, at Robert Morris, 1/9/21
Assists: 1, 10x, last last at RMU, 1/8/21

#18 Amy Dobson

Points: 1, 9x last vs. Syracuse, 12/6/20
Goals: 1, 5x last at Robert Morris, 1/8/21
Assists: 1, 4x last at Syracuse, 12/11/20

#20 Natalie Heising

Points - 3, 4x last vs. RIT, 3/5/20
Goals - 3, 2x last vs. RIT, 3/5/20
Assists - 2, 4x last at RMU, 1/9/21

#21 Anna Promersberger

Points: 1, 13x, last vs. Syracuse, 12/6/20
Goals: 1, 4x, last vs RIT, 3/5/20
Assists: 1, 9x, last vs. Syracuse, 12/6/20

#23 Jess Ciarrocchi

Points: 1, 3x last at Robert Morris, 1/9/21
Goals: ----
Assists: 1, 3x last at Robert Morris, 1/8/21

#24 Lyndie Lobdell

Points: 2, vs. Lindenwood, 11/30/20
Goals: ----
Assists: 2, vs. Lindenwood, 11/30/20

#26 Mallory Uihlein

Points: 3, at Vermont, 11/29/19
Goals: 1, 2x last vs. New Hampshire, 1/4/20
Assists: 3, at Vermont, 11/29/19

#27 Izzy Heminger

Points: 3, at RPI, 11/16/18
Goals: 2, vs. RPI, 10/12/19
Assists: 2, 2x last vs. Lind. 11/29/20

#29 Rachel Weiss

Points: 2, at Robert Morris, 11/1/19
Goals: 1, 4x, last at Robert Morris, 1/8/21
Assists: 1, 9x, last at Lindenwood, 2/22/20

#30 Josie Bothun

Saves: 42, at Syracuse, 12/12/20
Shutouts: 1, vs. Lindenwood, 11/29/20

#30 Annie Spring

Saves: ----
Shutouts: ----

#32 Cam Leonard

Saves: 26, 2x last at Robert Morris, 11/1/19
Shutouts: ----

#35 Jenna Brenneman

Saves: 35, vs. Lindenwood, 1/19/18
Shutouts: 4, last vs. Lindenwood, 1/20/19

BROADCAST ROSTER



Alyssa Machado
Freshman • Forward
Mississauga, Ontario



Maeve Connolly
Freshman • Forward
West Roxbury, Mass..



Carrie Byrnes
Freshman • Forward
Eden Prairie, Minn.



Olivia Wallin
Freshman • Forward
Oakville, Ontario



Kiara Zanon
Freshman • Forward
Fairport, N.Y.



Rene Gangarosa
Junior • Defense
Rochester, N.Y.



Julie Gough
Sophomore • Forward
Newcastle, Ontario



Jessica Adolffson
Junior • Defense
Linkoping, Sweden



Amy Dobson
Junior • Defense
Hamilton, Ontario



Natalie Heising
Senior • Forward
Wayzata, Minn.



Anna Promersberger
Junior • Forward
Fargo, N.D.



Jess Ciarrocchi
Freshman • Defense
West Chester, Pa.



Lyndie Lobdell
Freshman • Defense
Aurora, Ill.



Malloy Uihlein
Sophomore • Defense
Edina, Minn.



Izzy Heminger
Junior • Defenseman
Dublin, Ohio



Mikayla Lantto
Sophomore • Forward
Palmer, Alaska



Rachel Weiss
Sophomore • Forward
Calgary, Alberta



Josie Bothun
Freshman • Goaltender
Wyoming, Minn.



Annie Spring
Freshman • Goaltender
Winnetka, Ill.



Cam Leonard
RS Junior • Goaltender
Cary, N.C.



Jenna Brenneman
Senior • Goaltender
Eagan, Minn.



Jeff Kampersal
Head Coach
Fourth Season



Allison Coomey
Associate Head Coach
Fourth Season



Melissa Samoskevich
Assistant Coach
First Season



Krista Patronick
Director of Operations
Second Season



Logan Fischer
Equipment Manager
Third Season



Emily Stoeckel
Athletic Trainer
Fifth Season