



2020-21 WOMEN'S HOCKEY

2020-21 Schedule & Results

9-1-2, 9-1-2 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	W, 2-1
1/24	*MERCYHURST	W, 4-1
1/29	*at Lindenwood	W, 6-2
1/30	*at Lindenwood	T, 2-2
2/5	*ROBERT MORRIS	6 P.M.
2/6	*ROBERT MORRIS	2 P.M.
2/9	*RIT	5 P.M.
2/10	*RIT	5 P.M.
2/19	*at RIT	2 P.M.
2/20	*at RIT	12 P.M.
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.

@PennStateWHKY PennStateWomensHockey
GoPSUsports.com

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VS.



#8/9 PENN STATE NITTANY LIONS
HEAD COACH: JEFF KAMPERSAL
(9-1-2, 9-1-2 CHA)

ROBERT MORRIS COLONIALS
HEAD COACH: PAUL COLONTINO
(9-3-1, 9-3-1 CHA)

NEED TO KNOW

ALL EYES ON PEGULA

- The No. 8/9 Penn State women's hockey hosts Robert Morris in a battle of the CHA's top two teams at Pegula Ice Arena Friday, Feb. 5, and Saturday, Feb. 6.

THE MATCHUP

- Robert Morris leads the all-time series 23-6-7, but the recent matchups have swung in Penn State's favor.
- Both teams started the 2021 portion of the schedule Jan 8-9 against each other at Robert Morris and Penn State won both games. With the Nittany Lions' 3-2 and 4-1 wins, Penn State became the first team to sweep Robert Morris in Pittsburgh in a two-game series since RIT back in Jan. 2013.

IMPORTANT NUMBERS

8 Penn State steadied at No. 8 in this week's USCHO.com poll and ranked 9th in the USA Today/USA Hockey Magazine. The Nittany Lions extend the string of being ranked to four-straight weeks.

1 Freshman forward Kiara Zanon tops all national rookies scoring 1.33 points per game this season, a mark that also ranks tied for sixth among all skaters. Zanon has 16 points on 6G and 10A.

4 Junior forward Julie Gough is riding a career-best four-game point streak with 1G, 4A during that span. Gough scored six points (3G, 3A) in 2019-20.

8 Penn State's freshman goaltender Josie Bothun ranks seventh nationally with a 1.56 GAA through her first 12 career starts with the Nittany Lions.

2020-21 LEADERS

Points

Kiara Zanon	16
Natalie Heising	13
Julie Gough	9
Lyndie Lobdell	8

Goals

Olivia Wallin	6
Kiara Zanon	6
3 Tied	4

Assists

Kiara Zanon	10
Natalie Heising	9
Lyndie Lobdell	8

Power Play Goals

Amy Dobson	3
Jessica Adolfsson	2
Carrie Byrnes	1
Natalie Heising	1

Blocked Shots

Jessica Adolfsson	21
Izzy Heminger	20
Kiara Zanon	16
Mallory Uihlein	14

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	LIONS BY ELIGIBILITY
23	Jess Ciarrocchi	Gough	GOFF	North Carolina (1): Leonard	Senior (2): Brenneman, Heising
4	Maeve Connolly	Heising	HI-sing	North Dakota (1): Promersberger	Junior (6): Adolfsson, Dobson, Gangarosa, Heminger, Leonard, Promersberger
18	Amy Dobson	Lantto	LAN-toe	Pennsylvania (1): Ciarrocchi	Sophomore (4): Gough, Lantto, Uihlein, Weiss
13	Rene Gangarosa	Promersberger	PROM-ers-burg-er	LIONS BY PROVINCE	Freshmen (9): Byrnes, Bothun, Ciarrocchi, Connolly, Lobdell, Machado, Spring, Wallin, Zanon
14	Julie Gough	Samoskevich	SAM-a-skeh-vich	Alberta (1): Weiss	
20	Natalie Heising	Uihlein	YOU-line	Ontario (4): Dobson, Gough, Machado, Wallin	
27	Izzy Heminger	Wallin	WALL-eeen		
28	Mikayla Lantto	Kiara Zanon	Kee-ARE-ah ZAN-in		
32	Cam Leonard				
24	Lyndie Lobdell				
3	Alyssa Machado				
21	Anna Promersberger				
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
 45-45-30 School Record (Fourth Season)
 371-306-87 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.
- In this week's version of the polls, Penn State is ranked 8th in the USCHO.com version and 9th in the USA Today/USA Hockey Magazine poll, marking the fourth-straight week the Nittany Lions have been ranked in the top ten.
- The Nittany Lions had received votes in both the previous two national polls before breaking through as a ranked squad Jan. 11-12. They had received votes in both polls just two times in program history previous to this season (Oct. 1-2, 2018 after upset at #5 Colgate and Dec. 15, 2014 after sweep of #6 Mercyhurst)

LAST TIME OUT: LINDENWOOD

- Penn State reached six-straight games unbeaten after a 6-2 win and 2-2 tie last weekend, Jan. 29-30, at Lindenwood.
- Penn State scored its most goals in a game this season when they lit the lamp six times last Friday and cruised to a big win. Sophomore forward Rachel Weiss had a career-best three points (2G, 3A) and was joined by four other goal scorers.
- In game two, Lindenwood took the initial lead and retook the advantage thanks to two power-play goals, but the Nittany Lions responded to both scores with big goals from sophomore Julie Gough and freshman Olivia Wallin. Freshman Josie Bothun was excellent in net with 23 saves, including a pair of stops on two LU breakaway attempts (1 in OT) to preserve the 2-2 tie.

JANUARY 8-9 AT ROBERT MORRIS

- Penn State stunned the Colonials at Clearview Arena back in early January with a series sweep, the first sweep by a visiting team at RMU since the 2013-14 season.
- In PSU's 3-2 Jan. 8, the Nittany Lions mustered a strong third period starting with a go-ahead goal from Rachel Weiss to make it 2-1, followed by a critical insurance goal from Julie Gough after a beautiful feed from Carrie Byrnes.
- Jessica Adolffsson's powerful shot made the biggest difference in game two's 4-1 win for PSU. She scored twice in the second period (1 on PP) to extend Penn State's lead to 3-1 and put the Nittany Lions in a position to suffocate RMU's high-powered offense.

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	20	9-1-2	0.833	9-1-2	0.833	5-0-1	4-1-1	0-0-0	T1
Robert Morris	19	9-3-1	0.731	9-3-1	0.731	5-2-0	4-1-1	0-0-0	L1
Mercyhurst	7	3-4-1	0.438	4-4-1	0.500	2-1-1	2-3-0	0-0-0	W1
Syracuse	5	2-4-1	0.357	2-6-1	0.278	2-4-0	0-2-1	0-0-0	L2
Lindenwood	5	2-7-1	0.250	2-7-1	0.250	0-3-1	2-4-0	0-0-0	T1
RIT	2	1-8	0.111	1-8	0.111	0-4	1-4	0-0	L5

*As of Feb 4 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). She currently has 51 career 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. She netted her first goal of the season Jan. 24 against Mercyhurst.
- Junior defender Izzy Heminger was named to the All-CHA Second Team after her 16-point season (4G, 12A). Her 34 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 and netted her first goal of the season Jan. 29 at Lindenwood.
- Junior defender and 2018-19 All-Rookie team performer Jessica Adolfsson 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 46.5 percent of Penn State's offense through 12 games (47 points).
- Forward Kiara Zanon leads the CHA in points with 16 (6G, 10A), a mark that ranks sixth nationally and leads all rookies in the country.
- 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 (6G) and Maeve Connolly (2G) both have multiple scores for PSU and forward Jess Ciarrocchi scored her first goal Jan. 23. Defender Lyndie Lobdell tops all conference defenders with eight points on eight helpers. Forward Alyssa Machado made her PSU debut Jan. 23-24 and scored her first career goal Jan. 29 at LU.

COOL CALM AND COLLECTED

- Freshman goaltender Josie Bothun holds a stellar 9-1-2 record through her first 12 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 notched her first career multi-point game Jan. 23 and upped her season point total to seven (4G, 3A), surpassing her entire 2019-20 total (7 pts), needing just 10 games to do so.
- Sophomore Julie Gough has been an excellent playmaker and finisher this season with 9 points (3G, 9A) and is adept at winning puck battles on the wall and in front of the net.
- Sophomore Rachel Weiss has used her game-breaking speed to score three goals this season, including drawing and scoring on a penalty shot in her two-goal/three-point game Jan. 29.

TEAM COMPARISON

	PENN STATE	RMU
Overall record	9-1-2	9-2-1
Conference record	9-1-2	9-2-1
Goals scored per game	3.17	3.08
Goals allowed per game	1.67	1.54
Shots	483	467
Shots per game	40.2	35.9
Assists	63	66
Penalties per game	4.2	3.9
Power-play pct.	14.9 (7/47)	20.0 (10/50)
Penalty-kill pct.	87.0 (40/46)	88.9 (40/45)
Saves	318	360
Shutouts	1	4

TOP SKATERS COMPARISON

	PENN STATE	RMU
Points	Zanon (16)	Templeman (13)
Goals	2 Tied (6)	2 Tied (5)
Assists	Zanon (10)	Harley (8)
Shots	Zanon (66)	Curlett (53)
+/-	Heminger (+9)	Fairman (+9)
Saves	Bothun (318)	Kirk (271)
Save Pct.	Bothun (.944)	DeSmet (.957)
GAA	Bothun (1.56)	DeSmet (1.00)
Record	Bothun (9-1-2)	Kirk (6-2-1)

USCHO.COM WOMEN'S COLLEGE HOCKEY POLL (2/1/21)

TEAM	RECORD	LAST POLL
1 Wisconsin	8-2-0	1
2 Minnesota	9-4-0	2
3 Northeastern	11-1-1	4
4 Ohio State	9-5-0	3
5 Colgate	10-3-1	5
6 Minnesota Duluth	8-4-0	6
7 Boston College	12-3-0	7
8 Penn State	9-1-2	8
9 Clarkson	7-5-1	10
10 Providence	9-4-1	9

Others: *Robert Morris 6, Vermont 1*
Italics Indicates 2020-21 Opponent

USA TODAY/USA HOCKEY MAGAZINE WOMEN'S COLLEGE HOCKEY POLL (2/2/21)

TEAM	RECORD	LAST POLL
1 Wisconsin	8-2-0	1
2 Minnesota	9-4-0	2
3 Ohio State	9-5-0	3
4 Northeastern	11-1-1	4
5 Colgate	10-3-1	5
6 Minnesota Duluth	8-4-0	6
7 Boston College	12-3-0	7
8 Clarkson	7-5-1	10
9 Penn State	9-1-2	8
10 Providence	9-4-1	9

Others: *Quinnipiac 2, Robert Morris 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	1/30/21	at Lindenwood (2-2, OT)
Scored 3 goals	1/8/21	at Robert Morris (3-2)
Scored 4 goals	1/24/21	vs. Mercyhurst (4-1)
Scored 5 goals	2/22/20	at Lindenwood (5-1)
Scored 6 goals	1/29/21	at Lindenwood (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	1/24/21	vs. Mercyhurst (4-1)
Allowed 2 goals	1/30/21	at Lindenwood (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	10/4/19	at #1/1 Wisconsin (0-7)
Won in overtime	10/21/17	at Merrimack (4-3 OT)
Lost in overtime	10/27/18	at Mercyhurst (4-5 OT)
Tied	1/30/21	at Lindenwood (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	1/30/21	at Lindenwood (2-2, OT)
Attempted 40-49 shots	1/29/21	at Lindenwood (6-2)
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	1/29/21	19, at Lindenwood (6-2)
Allowed 20-29 shots	1/30/21	25, at Lindenwood (2-2, OT)
Allowed 30-39 shots	1/23/21	33, vs. Mercyhurst (2-1)
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	1/29/21	9, at Lindenwood (6-2)
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	1/30/21	at Lindenwood (2-2, OT)
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	1/29/21	Rachel Weiss at Lindenwood (6-2)
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 Player of the Week

Amy Dobson Jan. 25
Jessica Adolfsson Jan. 12

CHA Goalie of the Week

Josie Bothun Feb. 1
Josie Bothun Dec. 7

CHA Rookie of the Week

Kiara Zanon Feb. 1
Josie Bothun Jan. 25
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.

- Kiara Zanon became the first Nittany Lion 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.
- Outside of Heising, who has won a total of 12 CHA monthly and weekly awards in her career, every Nittany Lion on the list above won their first CHA honor in their career this season.
- Bothun continues a string of great Penn State goaltending being recognized by the conference, as PSU goalies have won 13 weekly and month accolades since the 2018-19 season.
- Penn State has 10 players on its current roster that have won CHA Rookie of the Week at least once in their career.

2020-21 RECORD BREAKDOWN

5-0-1 at home
4-1-1 on the road
0-0-0 neutral site
1-0-2 in overtime
8-1-0 when scoring first
1-0-2 when opponent scores first
5-0-0 when leading after the 1st period
0-0-2 when trailing after the 1st period
4-1-0 when tied after the 1st period
6-0-0 when leading after the 2nd period
1-0-1 when trailing after the 2nd period
2-1-1 when tied after the 2nd period
8-0-2 when out-shooting opponent
0-1-0 when out-shot by opponent
1-0-0 when taking same # of shots
4-0-1 when winning more faceoffs
5-1-1 when losing more faceoffs
0-0-0 when tied in faceoffs
6-0-1 when taking more penalties
3-1-1 when taking fewer penalties
0-0-0 when taking the same # of penalties
5-0-0 when scoring a power play goal
4-1-2 when not scoring a power play goal
2-1-2 when allowing a power play goal
7-0-0 when not allowing a power play goal
0-0-0 when scoring 0 goals
0-0-0 when scoring 1 goal
2-1-2 when scoring 2 goals
2-0-0 when scoring 3 goals
5-0-0 when scoring 4+ goals
1-0-0 when allowing 0 goals
3-0-0 when allowing 1 goal
2-0-2 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
5-0-1 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
3-0-0 on Friday
3-1-1 on Saturday
2-0-1 on Sunday
5-1-2 during the day
4-0-0 at night
9-1-2 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
9-1-2 vs. unranked opponents
3-0-1 when ranked
6-1-1 when unranked
3-0-0 one-goal games

SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	18	29	47
Sophomores	7	12	19
Juniors	9	13	22
Seniors	4	9	13
Totals	38	63	101

SCORING BY POSITION

Position	G	A	Points
Forwards	32	43	75
Defense	6	20	26
Goaltenders	0	0	0
Totals	38	63	101

SPECIAL TEAMS

Power Play	Goals	Att.	Pct.
Home	5	29	.172
Away	2	18	.111
Neutral	0	0	.000
Total	7	47	.149
Nonconference	0	0	.000
CHA Reg. Season	7	47	.149
CHA Tournament	0	0	.000

Penalty Kill	Kills	Att.	Pct.
Home	23	25	.920
Away	17	21	.809
Neutral	0	0	.000
Total	40	46	.870
Nonconference	0	0	.000
CHA Reg. Season	40	46	.870
CHA Tournament	0	0	.000



HEAD COACH JEFF KAMPERSAL



JEFF KAMPERSAL

HEAD COACH

Fourth Season
Princeton, '92

OVERALL RECORD

372-306-88 (25th Season)

PENN STATE RECORD

45-45-30 (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	9-1-2

TOTAL 372-306-88

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	530	670	.825	Wisconsin
2.	MIKE SISTI	502	750	.709	Mercyhurst
3.	KATEY STONE	494	801	.650	Harvard
4.	BRAD FROST	411	525	.815	Minnesota
5.	PAUL FLANAGAN	409	770	.575	St. Lawrence/Syracuse
6.	Shannon Miller	383	577	.707	Minnesota-Duluth
7.	JEFF KAMPERSAL	372	766	.543	Princeton/ Penn State
8.	KATIE KING CROWLEY	333	500	.717	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	38-482	20-339	11/30/20	Lindenwood	W	4-1	127
Goals Per Game	3.2	1.7	12/05/20	Syracuse	W	2-1	125
Shot Pct	.079	.059	12/06/20	Syracuse	T	2-2	126
Shots Per Game	40.2	28.3	12/11/20	at Syracuse	W	4-3	0
Assists	63	30	12/12/20	at Syracuse	L	2-4	0
Saves	319	443	1/08/21	at Robert Morris	W	3-2	0
POWER PLAYS			1/09/21	at Robert Morris	W	4-1	0
Goals-Opportunities	6-47	6-45	1/23/21	Mercyhurst	W	2-1	140
Conversion Pct	.128	.133	1/24/21	Mercyhurst	W	4-1	143
GOALIE BREAKDOWN			1/29/21	at Lindenwood	W	6-2	0
Total	38	20	1/30/21	at Lindenwood	T	2-2	0
Power Play	6	6					
Short Handed	1	0					
Empty Net	2	1					
Unassisted	3	3					
Overtime	1	0					
Hat Tricks	0	0					
PENALTIES							
Total	50	51					
Minutes	122	102					
Per Game	4.2	4.3					
Minutes Per Game	10.2	8.5					
Minor	46	51					
Major	2	0					
10 Min Misconduct	0	0					
Game Misconduct	2	0					
Gross Misconduct	0	0					
Match Misconduct	0	0					
FACEOFFS							
Won-Lost	340-368	368-340					
Percentage	.480	.520					
ATTENDANCE							
Total	789	0					
Dates-Avg Per Date	6/132	6/					
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	12	6	10	16	66	.091	+8	4-8	4	0	0	0	1	0	2	2	0	1	0	0	0	2	16
20	Heising, Natalie	12	4	9	13	53	.075	+7	2-4	2	0	0	1	0	1	0	0	0	0	0	0	0	0	6
14	Gough, Julie	12	3	6	9	33	.091	+7	6-12	6	0	0	0	0	0	1	0	0	0	0	0	0	0	8
24	Lobdell, Lyndie	12	0	8	8	39	.000	+8	6-12	6	0	0	0	0	0	0	0	0	0	0	0	0	0	13
7	Wallin, Olivia	10	6	1	7	30	.200	+3	5-10	5	0	0	0	0	0	2	1	1	0	0	0	0	1	2
18	Dobson, Amy	12	4	3	7	43	.093	+2	2-4	2	0	0	3	0	0	2	1	0	0	0	0	0	0	12
15	Adolfsson, Jessica	12	4	2	6	27	.148	+8	3-17	1	1	1	2	0	0	1	0	0	0	0	0	0	0	21
29	Weiss, Rachel	6	3	2	5	13	.231	+6	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
6	Byrnes, Carrie	12	2	3	5	23	.087	+3	2-4	2	0	0	0	0	1	1	0	0	0	0	0	0	3	
4	Connolly, Maeve	12	2	3	5	24	.083	+3	1-2	1	0	0	0	0	2	0	0	0	0	0	0	0	3	
26	Uihlein, Mallory	12	1	4	5	19	.053	+7	1-2	1	0	0	0	0	0	1	0	0	0	0	0	0	14	
27	Heminger, Izzy	12	0	5	5	32	.000	+9	6-23	4	1	1	0	0	0	0	0	0	0	0	0	0	20	
23	Ciarrocchi, Jess	12	1	3	4	18	.056	+3	4-8	4	0	0	0	0	0	0	0	0	0	0	0	0	2	
13	Gangarosa, Rene	12	1	1	2	46	.022	+4	3-6	3	0	0	0	0	0	0	0	0	0	0	0	0	14	
3	Machado, Alyssa	4	1	1	2	5	.200	+4	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	
21	Promersberger, Anna	5	0	2	2	11	.000	+1	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	6	
30	Bothun, Josie	12	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
31	Spring, Annie	4	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
TM	Team	7	0	0	0	0	.000	0	3-6	3	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Totals	12	38	63	101	482	.079	+83	50-122	46	2	2	6	1	8	9	2	1	0	0	3	145		
	Opponents	12	20	30	50	339	.059	-84	51-102	51	0	0	6	0	4	1	0	0	0	0	3	165		

#	Goalle	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	12-12	730:58	19	1.56	319	.944	9	1	2	1	6	0	0	0	0
TM	Team	7-0	01:17	1	93.51	0	.000	0	0	0	0	0	0	1	0	0
	Totals	12-0	732:15	21	1.64	319	.941	9	1	2	1	6	0	1	0	0
	Opponents	12-0	713:47	38	3.19	443	.921	1	9	2	0	6	1	2	1	0



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado

Points: 1, 2x last at Lindenwood, 1/30/21
Goals: 1, at Lindenwood, 1/29/21
Assists: 1, at Lindenwood, 1/30/21

#4 Maeve Connolly

Points: 1, 5x last vs. Mercyhurst 1/24/21
Goals: 1, 2x last at Robert Morris, 1/9/21
Assists: 1, 3x last vs. Mercyhurst 1/24/21

#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, 6x last at Lindenwood, 1/29/21
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, 3x last at Lindenwood, 1/29/21
Goals: 1, 6x, last at Lindenwood, 1/30/21
Assists: 2, at Lindenwood, 1/29/21

#15 Jessica Adolfsen

Points: 2, 2x last at Robert Morris, 1/9/21
Goals: 2, at Robert Morris, 1/9/21
Assists: 1, 11x, last vs. Mercyhurst 1/24/21

#18 Amy Dobson

Points: 2, vs. Mercyhurst, 1/23/21
Goals: 1, 6x last vs. Mercyhurst, 1/23/21
Assists: 1, 6x last vs. Mercyhurst 1/24/21

#20 Natalie Heising

Points - 3, 4x last vs. RIT, 3/5/20
Goals - 3, 2x last vs. RIT, 3/5/20
Assists - 2, 5x last at Lindenwood, 1/29/21

#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, 4x last vs. Mercyhurst 1/24/21
Goals: 1, vs. Mercyhurst 1/24/21
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, 3x last at Lindenwood, 1/29/21
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: 3, at Lindenwood, 1/29/21
Goals: 2, 4x, at Lindenwood, 1/29/21
Assists: 1, 11x, last at Lindenwood, 1/29/21

#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