



2020-21 WOMEN'S HOCKEY

2020-21 Schedule & Results

2-0-0, 2-0-0 CHA

PHASE 1

DATE	OPPONENT	TIME/RESULT
11/29	*LINDENWOOD	W, 3-0
11/30	*LINDENWOOD	W, 4-1
12/5	*SYRACUSE	2:00 PM
12/6	*SYRACUSE	2:00 PM
12/11	*at Syracuse	TBA
12/12	*at Syracuse	TBA

* 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. Additional phases, individual games and times will be announced at a later date.

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



VS.



PENN STATE NITTANY LIONS
HEAD COACH: JEFF KAMPERSAL
(2-0-0, 2-0-0 CHA)

SYRACUSE ORANGE
HEAD COACH: PAUL FLANAGAN
(1-2-0, 1-0-0 CHA)

NEED TO KNOW

NITTANY LIONS LIONS VS. ORANGE BACK-TO-BACK

- The Penn State women's hockey team hosts Syracuse Saturday and Sunday, Dec. 5-6, at Pegula Ice Arena to start a four-game stretch against the Orange. Both teams are scheduled to play each other again Dec. 11-12 at Syracuse.

THE MATCHUP

- Syracuse leads the all-time series against Penn State 2-26-6, though the Nittany Lions did pick up their second win against the Orange in January 2020. Penn State was 1-2-1 last year against SU.
- The coaching matchup features two of the top 10 winningest Division 1 women's hockey coaches in Jeff Kampersal (7th, 365) and Paul Flanagan (4th, 408).

IMPORTANT NUMBERS

7 Senior forward Natalie Heising has scored seven goals in her last five games played dating back to the end of the 2019-20 season, including three goals last series Nov. 29-30.

5 Five Nittany Lion freshman all recorded their first career points Nov. 29-30 against Lindenwood, including first career goals by Carrie Byrnes and Kiara Zanon.

1 Freshman goalie Josie Bothun had several firsts last series Nov. 29-30: she recorded her first win/shutout Nov. 29 and became the first Nittany Lion goaltender to win her first two career starts.

58 The Nittany Lions had 58 total shots on goal Nov. 30 against Lindenwood, marking the program's highest ever shot-on-goal total in a conference game.

2020-21 LEADERS

Points

Natalie Heising	4
Kiara Zanon	3
Izzy Heminger	3

Power Play Goals

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

Goals

Natalie Heising	3
Jessica Adolfsson	1
Carrie Byrnes	1
Amy Dobson	1
Kiara Zanon	1

Blocked Shots

Lyndie Lobdell	5
Izzy Heminger	4
Amy Dobson	4
Three Tied	3

Assists

Izzy Heminger	3
Lyndie Lobdell	2
Kiara Zanon	2

Save Percentage

Josie Bothun	.978
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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 FacilityPegula 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
 36-44-28 School Record (Two Seasons)
 363-305-86 Career Record (24 Seasons)
 Alma Mater — Princeton, '92
 jdk55@psu.edu
 Assistant Coach.....Allison Coomey
 Third 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

2018-19 Overall Record.....13-15-8
 2018-19 CHA Record.....7-8-5
 Postseason Finish.....CHA Semifinals
 Letterwinners Returning/Lost15/9
 Newcomers.....9
 Twitter.....@PennStateWHKY
 Instagram@PennStateWHKY
 Facebook.....PennStateWomensHockey

LAST TIME OUT: LINDENWOOD NOV. 29-30

- Penn State picked up two wins to begin its season for the first time in program history with a conference sweep of Lindenwood last Sunday and Monday at Pegula Ice Arena.
- The Nittany Lions blanked Lindenwood in game one 3-0 thanks to freshman goaltender Josie Bothun's 23-save shutout in her first career start. Fellow freshman Carrie Byrnes scored her first career goal in the first period. Senior Natalie Heising added two more scores.
- In game two, the Nittany Lions used both a quick start on Heising's goal 39 seconds into the game and a three-goal second period to win 4-1. Juniors Amy Dobson and Jessica Adolfsson netted power-play goals and freshman Kiara Zanon scored her first career goal in the second frame.

LAST SEASON AGAINST SYRACUSE

- Penn State went 1-2-1 against the Orange in the 2019-20 season, going 0-1-1 on home ice and 1-1-0 at Syracuse.
- The lone tie of the season series came Nov. 23 after each team scored once in the opening period. PSU's Brooke Madsen ('20) scored on the power play at 15:51.
- Penn State's first win against Syracuse since Jan. 2015 was a 1-0 shutout win Jan. 24, 2020. Madsen scored Penn State's lone goal and goaltender Chantal Burke earned a 27-save shutout.
- Rene Gangarosa and Izzy Heminger both had two assists in the four games against Syracuse last season.

HEAR IT FROM COACH KAMPERSAL

- *On PSU's performance vs. LU:* "Overall, it was six solid periods considering that we haven't played in a really long time. It was good to face another opponent. Lindenwood is really well coached. They're really feisty and make you play hard and make you work for what you get."

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. Once again, Penn State will host both semifinals and the national championship game in University Park.

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.

2020-21 COLLEGE HOCKEY AMERICA SEASON STANDINGS

	CHA Points	CHA Record	CHA Pct.	Overall	Pct.	Home	Away	Neutral	Streak
Penn State	4	2-0	1.000	2-0	1.000	2-0	0-0	0-0	W2
Syracuse	2	1-0	1.000	1-2	0.333	1-1	0-1	0-0	W1
Mercyhurst	0	0-0	0.000	0-0	0.000	0-0	0-0	0-0	---
Robert Morris	0	0-0	0.000	0-0	0.000	0-0	0-0	0-0	---
Lindenwood	0	0-0	0.000	0-2	0.000	0-0	0-2	0-0	L2
RIT	0	0-1	0.000	0-1	0.000	0-0	0-1	0-0	L1



HEISING RISING

- 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 (81 pts, 108 GP) and goals per game at 0.46 (50G).
- 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).
- Heising is the latest of seven Nittany Lions to record a hat trick which she accomplished Feb. 24, 2018 against Lindenwood. She also ranks fourth in Nittany Lion history with 15 multi-point games.

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.
- Junior defender Izzy Heminger was named to the All-CHA Second Team after her 16-point season (4G, 12A). Her 29 points through two seasons ranks four among all program defenders. Her three assists lead PSU in 2020-21.
- 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 Adolfsson returns to the lineup after missing most of 2019-20 with an injury. She adds another threat on the power play with her five career PP goals, including one Nov. 30.

ELECTRIC FRESHMEN SKATERS

- Penn State has already seen the impact its freshmen class can bring to the team in 2020-21 with five different freshmen recording their first career points Nov. 29-30.
- Forward Kiara Zanon is off to a hot start with three points, including her first career goal Nov. 30. She leads the Nittany Lions with 14 shots on goal and a +3 rating.
- Forward Carrie Byrnes scored PSU's first goal of the season assisted by two more freshmen, Jess Ciarrocchi and Maeve Connolly.
- Defender Lyndie Lobdell notched two assists Nov. 30 for her first career point and first career multipoint game.

COOL CALM AND COLLECTED

- Freshman goaltender Josie Bothun had a memorable first weekend for the Blue & White, picking up wins in both games and recording her first career shutout in her first ever start.
- Bothun became the first Nittany Lion ever to both win her first start and post a shutout in her first start.
- Coach Kampersal on Bothun:* "She's a quality goalie. In terms of recruiting, I've watched Josie play a lot of big games and when her team was getting closer to the semifinals or finals of tournaments, she would elevate her play. When Lindenwood pressed, Josie came up big for us."

NOTABLE RETURNERS

- Junior Anna Promersberger notched five points (2G, 3A) in 2019-20, including a momentum swinging score in the CHA Tournament first round vs. RiT.
- Junior Amy Dobson proved to be a versatile player for the Nittany Lions in 2019-20, seeing time both as a defender and a forward. She scored five points (2G, 3A) in 20 games.
- Sophomore Julie Gough provided a nice spark at various times in 2019-20 with three goals and three assists.

TEAM COMPARISON

	PENN STATE	SYRACUSE
Overall record	2-0-0	1-2-0
Conference record	2-0-0	1-0-0
Goals scored per game	3.5	3.33
Goals allowed per game	0.5	2.33
Shots	99	64
Shots per game	49.5	21.33
Assists	12	16
Penalties per game	5.5	5.3
Power-play pct.	25.0 (4/16)	25.0 (3/12)
Penalty-kill pct.	90.9 (10/11)	86.7 (13/15)
Saves	45	74
Shutouts	1	0

TOP SKATERS COMPARISON

	PENN STATE	SYRACUSE
Points	Heising (4)	2 Tied (4)
Goals	Heising (3)	2 Tied (2)
Assists	Heminger (3)	Bellefontaine (3)
Shots	Zanon (14)	DiGirolamo (12)
+/-	Zanon (+3)	2 Tied (+3)
Saves	Bothun (45)	Small (74)
Save Pct.	Bothun (.978)	Small (.914)
GAA	Bothun (0.50)	Small (2.35)
Record	Bothun (2-0-0)	Small (1-2-0)

USCHO.COM WOMEN'S COLLEGE HOCKEY POLL (11/30/20)

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

Others: **Mercyhurst, 11**; Quinnipiac, 5; Connecticut, 1
Bold Indicates 2020-21 Opponent

USA TODAY/USA HOCKEY MAGAZINE WOMEN'S COLLEGE HOCKEY POLL (12/1/20)

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

Others: **Mercyhurst, 16**; Quinnipiac, 6
Bold Indicates 2020-21 Opponent



2020-21 PENN STATE WOMEN'S HOCKEY

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	2/29/20	vs. Mercyhurst (2-0)
Scored 3 goals	11/29/20	vs. Lindenwood (3-0)
Scored 4 goals	11/30/20	vs. Lindenwood (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	11/30/20	vs. Lindenwood (4-1)
Allowed 2 goals	2/8/20	vs. RMU (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	2/21/20	at Lindenwood (1-1 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	11/29/20	vs. Lindenwood (3-0)
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	11/30/20	vs. Lindenwood (4-1)
Allowed 30-39 shots	2/29/20	33 vs. Mercyhurst (2-0)
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	11/29/20	Natalie Heising vs. Lindenwood (3-0)
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	1/21/19	10, Natalie Heising vs. Lindenwood (2-1)
Made 40-49 saves	10/5/19	40, Chantal Burke at Wisconsin (0-3)
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	11/29/20	Natalie Heising vs. Lindenwood (3-0)
Scored a short-handed goal	12/6/19	Mallory Uihlein vs. RIT (3-0)



HONORS & AWARDS FOR CURRENT STUDENT-ATHLETES

2019-20

All-CHA Second Team

Izzy Heminger

All-CHA Rookie Team

Mallory Uihlein

CHA Player of the Month

Natalie Heising December

CHA Rookie of the Month

Mallory Uihlein November

2018-19

All-CHA 1st Team

Natalie Heising

All-CHA 2nd Team

Jenna Brenneman

All-CHA Rookie Team

Jessica Adolfsson

CHA Rookie of the Month

Izzy Heminger November

2017-18

All-CHA 2nd Team

Natalie Heising

2018-19 All-CHA Rookie Team

Natalie Heising

CHA Rookie of the Month

Natalie Heising November

Natalie Heising December

**All previous seasons include yearly and monthly awards only. 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

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

SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	2	6	8
Sophomores	0	1	1
Juniors	2	4	6
Seniors	3	0	3
Totals	7	11	18

SCORING BY POSITION

Position	G	A	Points
Forwards	6	6	12
Defense	1	5	6
Goaltenders	0	0	0
Totals	7	11	18

SPECIAL TEAMS

Power Play	Goals	Att.	Pct.
Home	4	16	.250
Away	0	0	.000
Neutral	0	0	.000
Total	4	16	.250
Nonconference	0	0	.000
CHA Reg. Season	4	16	.250
CHA Tournament	0	0	.000

Penalty Kill	Kills	Att.	Pct.
Home	10	11	.909
Away	0	0	.000
Neutral	0	0	.000
Total	10	11	.909
Nonconference	0	0	.000
CHA Reg. Season	10	11	.909
CHA Tournament	0	0	.000



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
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	Illinois (2): Lobdell, Spring	Canada (5): Dobson, Gough, Machado, Wallin, Weiss
15	Jessica Adolfsson	Brenneman	BREN-uh-man	Massachusetts (1): Connolly	Sweden (1): Adolfsson
30	Josie Bothun	Bothun	BAWTH-un	Minnesota (5): Byrnes, Bothun, Brenneman, Heising, Uihlein	United States (14): Byrnes, Bothun, Brenneman, Ciarrocchi, Connolly, Gangarosa, Heising, Heminger, Leonard, Lobdell, Promersberger, Spring, Uihlein, Zanon
35	Jenna Brenneman	Ciarrocchi	Chir-ROW-key	New York (2): Gangarosa, Zanon	
6	Carrie Byrnes	Gangarosa	GAIN-gah-row-sah	North Carolina (1): Leonard	
23	Jess Ciarrocchi	Gough	GOFF	North Dakota (1): Promersberger	LIONS BY ELIGIBILITY
4	Maeve Connolly	Heising	HI-sing	Ohio (1): Heminger	Senior (2): Brenneman, Heising
18	Amy Dobson	Promersberger	PROM-ers-burg-er	Pennsylvania (1): Ciarrocchi	Junior (6): Adolfsson, Dobson, Gangarosa, Heminger, Leonard, Promersberger
13	Rene Gangarosa	Samoskevich	SAM-a-skeh-vich	LIONS BY PROVINCE	Sophomore (3): Gough, Uihlein, Weiss
14	Julie Gough	Uihlein	YOU-line	Alberta (1): Weiss	Freshmen (9): Byrnes, Bothun, Ciarrocchi, Connolly, Lobdell, Machado, Spring, Wallin, Zanon
20	Natalie Heising	Wallin	WALL-eeen	Ontario (4): Dobson, Gough, Machado, Wallin	
27	Izzy Heminger	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 (10): Byrnes, Ciarrocchi, Connolly, Gough, Heising, Machado, Promersberger, Wallin, Weiss, Zanon			
		Goalie (4): Bothun, Brenneman, Leonard, Spring			



HEAD COACH JEFF KAMPERSAL



JEFF KAMPERSAL

HEAD COACH

Fourth Season
Princeton, '92

OVERALL RECORD

365-305-86 (25th Season)

PENN STATE RECORD

38-44-28 (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	2-0-0

TOTAL 365-305-86

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	523	662	.825	Wisconsin
2.	MIKE SISTI	498	741	.711	Mercyhurst
3.	KATEY STONE	494	801	.650	Harvard
4.	PAUL FLANAGAN	408	764	.577	St. Lawrence/Syracuse
5.	BRAD FROST	405	516	.818	Minnesota
6.	Shannon Miller	383	577	.707	Minnesota-Duluth
7.	JEFF KAMPERSAL	365	756	.540	Penn State/Princeton
8.	Heather Linstad	322	692	.524	Northeastern/UConn
9.	KATIE KING CROWLEY	323	489	.713	Boston College
10.	Bob Deraney	319	680	.523	Providence

ALL CAPS indicates active coaches.



SEASON RESULTS AND STATISTICS

Team Statistics	PSU	OPP
SHOTS		
Goals-Shots	7-99	1-45
Goals Per Game	3.5	.5
Shot Pct	.071	.022
Shots Per Game	49.5	22.5
Assists	12	2
Saves	44	92
POWER PLAYS		
Goals-Opportunities	4-16	1-11
Conversion Pct	.250	.091
GOALIE BREAKDOWN		
Total	7	1
Power Play	4	1
Short Handed	0	0
Empty Net	1	0
Unassisted	1	0
Overtime	0	0
Hat Tricks	0	0
PENALTIES		
Total	11	16
Minutes	22	32
Per Game	5.5	8.0
Minutes Per Game	11.0	16.0
Minor	11	16
Major	0	0
10 Min Misconduct	0	0
Game Misconduct	0	0
Gross Misconduct	0	0
Match Misconduct	0	0
FACEOFFS		
Won-Lost	69-57	57-69
Percentage	.548	.452
ATTENDANCE		
Total	255	0
Dates-Avg Per Date	2/128	0/
Neutral Site #-Avg	0/	-

Date	Opponent	WL	Score	Att.
11/29/20	Lindenwood	W	3-0	128
11/30/20	Lindenwood	W	4-1	127



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		
20	Heising, Natalie	2	3	1	4	9	.333	+2	0-0	0	0	0	1	0	1	0	0	0	0	0	0	0	0	1
11	Zanon, Kiara	2	1	2	3	14	.071	+3	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2
27	Heminger, Izzy	2	0	3	3	6	.000	+2	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
24	Lobdell, Lyndie	2	0	2	2	10	.000	+1	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	5
15	Adolfsson, Jessica	2	1	0	1	8	.125	+1	0-0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	3
6	Byrnes, Carrie	2	1	0	1	9	.111	+1	0-0	0	0	0	1	0	1	1	0	0	0	0	0	0	0	1
18	Dobson, Amy	2	1	0	1	11	.091	0	2-4	2	0	0	1	0	0	1	0	0	0	0	0	0	0	4
23	Ciarrocchi, Jess	2	0	1	1	6	.000	0	2-4	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
4	Connolly, Maeve	2	0	1	1	3	.000	0	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
21	Prombersberger, Anna	2	0	1	1	6	.000	0	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	3
26	Uihlein, Mallory	2	0	1	1	3	.000	+2	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
30	Bothun, Josie	2	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
13	Gangarosa, Rene	2	0	0	0	10	.000	+2	2-4	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
14	Gough, Julie	2	0	0	0	4	.000	+1	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2
TM	Team	2	0	0	0	0	.000	0	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Totals	2	7	12	19	99	.071	+15	11-22	11	0	0	4	0	2	2	0	0	0	0	0	0	1	28
	Opponents	2	1	2	3	45	.022	-16	16-32	16	0	0	1	0	0	0	0	0	0	0	0	0	0	26

#	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	2-2	119:17	1	.50	44	.978	2	0	0	1	1	0	0	0	0	0
TM	Team	2-0	00:43	0	.00	0	.000	0	0	0	0	0	0	0	0	0	0
	Totals	2-0	120:00	1	.50	44	.978	2	0	0	1	1	0	0	0	0	0
	Opponents	2-0	120:00	7	3.50	92	.929	0	2	0	0	4	0	1	0	0	0



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado

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

#4 Maeve Connolly

Points: 1, vs. Lindenwood, 11/29/20
Goals: ----
Assists: 1, vs. Lindenwood, 11/29/20

#6 Carrie Byrnes

Points: 1, vs. Lindenwood, 11/29/20
Goals: 1, vs. Lindenwood, 11/29/20
Assists: ----

#7 Olivia Wallin

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

#11 Kiara Zanon

Points: 2, vs. Lindenwood, 11/30/20
Goals: 1, vs. Lindenwood, 11/30/20
Assists: 1, 2x last vs Lind. 11/30/20

#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, at Vermont, 11/29/19
Goals: 1, 3x, last at Lindenwood, 2/22/20
Assists: 1, 3x, last vs. RIT, 12/7/19

#15 Jessica Adolfsen

Points: 2, vs. Cornell, 1/8/19
Goals: 1, 6x last vs. Lindenwood, 11/30/20
Assists: 1, 9x, last at Providence, 10/19/19

#18 Amy Dobson

Points: 1, 6x last vs. Lindenwood, 11/30/20
Goals: 1, 3x last vs. Lindenwood, 11/30/20
Assists: 1, 3x last at Mercyhurst, 1/17/20

#20 Natalie Heising

Points: 3, 4x last vs. RIT, 3/5/20
Goals: 3, 2x last vs. RIT, 3/5/20
Assists: 2, 3x last vs. RIT, 12/7/19

#21 Anna Promersberger

Points: 1, 10x, last vs. RIT, 3/5/20
Goals: 1, 4x, last vs RIT, 3/5/20
Assists: 1, 6x, last vs. RMU, 2/8/20

#23 Jess Ciarrocchi

Points: 1, vs. Lindenwood, 11/29/20
Goals: ----
Assists: 1, vs. Lindenwood, 11/29/20

#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, 3x, last at Lindenwood, 2/21/20
Assists: 1, 9x, last at Lindenwood, 2/22/20

#30 Josie Bothun

Saves: 23, vs. Lindenwood, 11/29/20
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..



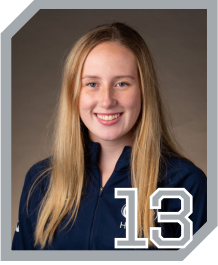
Carrie Byrnes
Freshman • Forward
Eden Prairie, Minn.



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



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