



2020-21 WOMEN'S HOCKEY

2020-21 Schedule & Results

8-1-1, 8-1-1 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	W, 2-1
1/24	*MERCYHURST	W, 4-1
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.

@PennStateWHKY PennStateWomensHockey
GoPSUsports.com

Contact: **Kevin Stoicovy**
kjs5540@psu.edu
O: (814)-865-3613
C: (814)-441-1670



VS.



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

LINDENWOOD LIONS
HEAD COACH: SHELLY LOONEY
(2-6-0, 2-6-0 CHA)

NEED TO KNOW

ON THE ROAD AGAIN

- The eighth-ranked Penn State women's hockey team travels to Lindenwood for a two-game set of CHA conference play this Friday and Saturday, January 29-30.

THE MATCHUP

- Penn State leads the all-time series 21-16-1 and the Nittany Lions are unbeaten in the last 12 games against Lindenwood (10-0-2).
- Both teams matched up against each other to begin the 2020-21 regular season back in late November. Penn State won both games by three-goal margin to extend their current win streak against the Lions to three-straight games.

IMPORTANT NUMBERS

8 Penn State moved up in this week's USCHO.com poll and in the USA Today/USA Hockey Magazine poll to #8 overall. #8 is PSU's highest rank ever after being ranked for the first time Jan. 11th (10/10).

6 Penn State has six different skaters ranked in the top ten of the CHA scoring list: Zanon, (1), Heising (2), Dobson and Lobdell (T4), and Wallin and Gough (T10).

13 Freshman forward Kiara Zanon leads the CHA in points with 13 (5G, 8A), a mark that ranks ninth nationally and leads all rookies in the country.

7 Penn State's freshman goaltender Josie Bothun ranks seventh nationally with a 1.48 GAA through her first 10 career starts with the Nittany Lions.

2020-21 LEADERS

Points

Kiara Zanon	13
Natalie Heising	10
Amy Dobson	7
Lyndie Lobdell	7

Goals

Olivia Wallin	5
Kiara Zanon	5
Natalie Heising	4
Amy Dobson	4

Assists

Kiara Zanon	8
Lyndie Lobdell	7
Natalie Heising	5

Power Play Goals

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

Blocked Shots

Jessica Adolfsson	20
Izzy Heminger	19
Kiara Zanon	15
Mallory Uihlein	14

Save Percentage

Josie Bothun	.949
--------------	------



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
 44-45-29 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.
- The Nittany Lions have risen to number eight in the most recent version of both national polls, setting a new program high for both outlets and extending a program-long ranked streak to three weeks in a row.
- 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: MERCYHURST

- Penn State extended its win streak to four games with a sweep of Mercyhurst on home ice last weekend, Jan. 23-24, with wins of 2-1 and 4-1.
- Game one was a defensive battle until the Nittany Lions broke open the scoring in the third period with Olivia Wallin at even strength followed by Amy Dobson on the power play. Mercyhurst slipped back within one after Dobson's goal, but PSU was able to lock down the game from there.
- In game two, Penn State used a hot start with goals by Kiara Zanon and Wallin to take a 2-0 lead less than seven minutes in. Mercyhurst cut the lead back to one in the first, but Rene Gangarosa's late goal in the period extended the lead back to two. Jess Ciarrocchi netted her first career goal with under two and a half minutes left to ice the game for Penn State
- The series sweep was just Penn State's second ever against the Lakers. PSU swept then-sixth-ranked Mercyhurst back in December of 2014.

AWARDS AWARDS AND MORE AWARDS

- Penn State has won a total of 10 different monthly and weekly awards for individual play at both the CHA level and the national level.
- Amy Dobson and Josie Bothun were the latest CHA weekly award winners with Dobson winning her first ever CHA Player of the Week honor and Bothun winning CHA Rookie of the Week for her play in net in the Mercyhurst series.
- 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.

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	17	8-1-1	0.850	8-1-1	0.850	5-0-1	3-1-0	0-0-0	W4
Robert Morris	15	7-2-1	0.750	7-2-1	0.750	3-2-0	4-0-1	0-0-0	W3
Mercyhurst	7	3-4-1	0.438	3-4-1	0.438	1-1-1	2-3-0	0-0-0	L3
Syracuse	5	2-4-1	0.357	2-6-1	0.278	2-4-0	0-2-1	0-0-0	L2
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. 28, 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 last weekend against Mercyhurst.
- 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 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 50 percent of Penn State's offense through 10 games (40 points).
- Forward Kiara Zanon leads the CHA in points with 13 (5G, 8A), a mark that ranks ninth 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 (5G) and Maeve Connolly (2G) both have multiple scores for PSU and forward Jess Ciarracchi scored her first goal Jan. 23. Defender Lyndie Lobdell tops all conference defenders with seven points on seven helpers. Forward Alyssa Machado made her PSU debut Jan. 23-24.

COOL CALM AND COLLECTED

- Freshman goaltender Josie Bothun holds a stellar 8-1-1 record through her first 10 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) through just 10 games this season.
- 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	LINDENWOOD
Overall record	8-1-1	2-6-0
Conference record	8-1-1	2-6-0
Goals scored per game	3.0	1.38
Goals allowed per game	1.6	2.75
Shots	398	230
Shots per game	39.8	28.8
Assists	50	16
Penalties per game	4.2	6.5
Power-play pct.	16.7 (7/42)	7.1 (2/28)
Penalty-kill pct.	89.5 (34/38)	80.4 (41/41)
Saves	278	280
Shutouts	1	1

TOP SKATERS COMPARISON

	PENN STATE	MERCYHURST
Points	Zanon (13)	2 Tied (4)
Goals	2 Tied (5)	3 Tied (2)
Assists	Zanon (8)	Coyne (3)
Shots	Zanon (57)	Boucher (27)
+/-	2 Tied (+7)	Marmen (+6)
Saves	Bothun (278)	Silvonen (114)
Save Pct.	Bothun (.949)	Silvonen (.942)
GAA	Bothun (1.48)	Nystrom (1.02)
Record	Bothun (8-1-1)	Silvonen (3-1-1)

USCHO.COM WOMEN'S COLLEGE HOCKEY POLL (1/25/21)

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

Others: *Robert Morris 10, Vermont 3, Quinnipiac 2*
Italics Indicates 2020-21 Opponent

USA TODAY/USA HOCKEY MAGAZINE WOMEN'S COLLEGE HOCKEY POLL (1/26/21)

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

Others: *Robert Morris 5, Quinnipiac 4, Vermont 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	1/23/21	vs. Mercyhurst (2-1)
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	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	1/24/21	vs. Mercyhurst (4-1)
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	1/24/21	vs. Mercyhurst (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	1/24/21	vs. Mercyhurst (4-1)
Allowed 30-39 shots	1/23/21	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	1/24/21	7 vs. Mercyhurst (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 Player of the Week

Amy Dobson Jan. 25
Jessica Adolfsson Jan. 12

CHA Goalie of the Week

Josie Bothun Dec. 7

CHA Rookie of the Week

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.

2020-21 RECORD BREAKDOWN

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

SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	15	25	40
Sophomores	3	7	10
Juniors	8	12	20
Seniors	4	6	10
Totals	30	50	80

SCORING BY POSITION

Position	G	A	Points
Forwards	26	33	59
Defense	4	17	16
Goaltenders	0	0	0
Totals	30	50	80

SPECIAL TEAMS

Power Play	Goals	Att.	Pct.
Home	5	29	.172
Away	2	13	.153
Neutral	0	0	.000
Total	7	42	.167
Nonconference	0	0	.000
CHA Reg. Season	7	42	.167
CHA Tournament	0	0	.000

Penalty Kill	Kills	Att.	Pct.
Home	23	25	.920
Away	11	13	.846
Neutral	0	0	.000
Total	34	38	.895
Nonconference	0	0	.000
CHA Reg. Season	34	38	.895
CHA Tournament	0	0	.000



HEAD COACH JEFF KAMPERSAL



JEFF KAMPERSAL

HEAD COACH

Fourth Season
Princeton, '92

OVERALL RECORD

371-306-87 (25th Season)

PENN STATE RECORD

44-45-29 (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	8-1-1

TOTAL 371-306-87

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	5230	670	.825	Wisconsin
2.	MIKE SISTI	501	749	.708	Mercyhurst
3.	KATEY STONE	494	801	.650	Harvard
4.	BRAD FROST	410	523	.816	Minnesota
5.	PAUL FLANAGAN	409	770	.575	St. Lawrence/Syracuse
6.	Shannon Miller	383	577	.707	Minnesota-Duluth
7.	JEFF KAMPERSAL	371	764	.543	Princeton/ Penn State
8.	KATIE KING CROWLEY	331	498	.716	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	30-397	16-295	11/30/20	Lindenwood	W	4-1	127
Goals Per Game	3.0	1.6	12/05/20	Syracuse	W	2-1	125
Shot Pct	.076	.054	12/06/20	Syracuse	T	2-2	126
Shots Per Game	39.7	29.5	12/11/20	at Syracuse	W	4-3	0
Assists	50	22	12/12/20	at Syracuse	L	2-4	0
Saves	279	366	1/08/21	at Robert Morris	W	3-2	0
POWER PLAYS			1/09/21	at Robert Morris	W	4-1	0
Goals-Opportunities	6-42	4-38	1/23/21	Mercyhurst	W	2-1	140
Conversion Pct	.143	.105	1/24/21	Mercyhurst	W	4-1	143
GOALIE BREAKDOWN							
Total	30	16					
Power Play	6	4					
Short Handed	1	0					
Empty Net	2	1					
Unassisted	3	3					
Overtime	1	0					
Hat Tricks	0	0					
PENALTIES							
Total	42	45					
Minutes	106	90					
Per Game	4.2	4.5					
Minutes Per Game	10.6	9.0					
Minor	38	45					
Major	2	0					
10 Min Misconduct	0	0					
Game Misconduct	2	0					
Gross Misconduct	0	0					
Match Misconduct	0	0					
FACEOFFS							
Won-Lost	277-304	304-277					
Percentage	.477	.523					
ATTENDANCE							
Total	789	0					
Dates-Avg Per Date	6/132	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	10	5	8	13	57	.088	+6	3-6	3	0	0	0	1	1	1	2	0	1	0	0	2	15
20	Heising, Natalie	10	4	6	10	43	.093	+4	0-0	0	0	0	1	0	1	0	0	0	0	0	0	0	6
18	Dobson, Amy	10	4	3	7	39	.103	+2	2-4	2	0	0	3	0	0	2	1	0	0	0	0	12	
24	Lobdell, Lyndie	10	0	7	7	37	.000	+5	6-12	6	0	0	0	0	0	0	0	0	0	0	0	12	
7	Wallin, Olivia	8	5	1	6	28	.179	+1	3-6	3	0	0	0	0	2	1	0	0	0	0	1	2	
14	Gough, Julie	10	2	4	6	24	.083	+4	4-8	4	0	0	0	0	0	1	0	0	0	0	0	7	
15	Adolfsson, Jessica	10	3	2	5	23	.130	+7	3-17	1	1	1	2	0	0	1	0	0	0	0	0	20	
6	Byrnes, Carrie	10	2	3	5	23	.087	+3	2-4	2	0	0	0	0	1	1	0	0	0	0	0	3	
4	Connolly, Maeve	10	2	3	5	19	.105	+4	1-2	1	0	0	0	0	2	0	0	0	0	0	0	3	
23	Ciarrocchi, Jess	10	1	3	4	13	.077	+3	4-8	4	0	0	0	0	0	0	0	0	0	0	0	1	
27	Heminger, Izzy	10	0	4	4	19	.000	+7	6-23	4	1	1	0	0	0	0	0	0	0	0	0	19	
26	Uihlein, Mallory	10	0	3	3	12	.000	+7	1-2	1	0	0	0	0	0	0	0	0	0	0	0	14	
13	Gangarosa, Rene	10	1	1	2	41	.024	0	3-6	3	0	0	0	0	0	0	0	0	0	0	0	9	
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	4	1	0	1	6	.167	+3	0-0	0	0	0	0	0	0	0	0	0	0	0	0	4	
30	Bothun, Josie	10	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3	Machado, Alyssa	2	0	0	0	2	.000	+1	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	10	30	50	80	397	.076	+58	42-106	38	2	2	6	1	7	8	1	1	0	0	3	133	
	Opponents	10	16	22	38	295	.054	-59	45-90	45	0	0	4	0	3	1	0	0	0	0	3	133	

#	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	10-10	606:05	15	1.48	279	.949	8	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	10-0	607:15	17	1.58	279	.946	8	1	1	1	4	0	1	0	0
	Opponents	10-0	588:47	30	3.06	366	.924	1	8	1	0	6	1	2	0	0



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado

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

#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, 5x last vs. Mercyhurst 1/24/21
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, 7x, last vs. Mercyhurst 1/24/21

#15 Jessica Adolfsson

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, 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, 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, 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