



2020-21 WOMEN'S HOCKEY

2020-21 Schedule & Results

4-1-1, 4-1-1 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	7 P.M.
1/9	*at Robert Morris	2 P.M.
1/15	*at RIT	6 P.M.
1/16	*at RIT	3 P.M.
1/22	*RIT	TBA
1/23	*RIT	TBA
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
2/12	*MERCYHURST	TBA
2/13	*MERCYHURST	TBA
2/26	*at Mercyhurst	2 P.M.
2/27	*at Mercyhurst	2 P.M.

* College Hockey America Game

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

All times EST | Hyperlinks direct to game recaps

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

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



VS.



PENN STATE NITTANY LIONS
HEAD COACH: JEFF KAMPERSAL
(4-1-1, 4-1-1 CHA)

ROBERT MORRIS COLONIALS
HEAD COACH: PAUL COLONTINO
(4-0-0, 4-0-0 CHA)

NEED TO KNOW

BACK FROM BREAK

- The Penn State women's hockey team returns from the holiday break and travels to Pittsburgh to face Robert Morris this weekend in a matchup featuring the top two teams in the CHA standings.

THE MATCHUP

- Robert Morris leads the all-time series against Penn State 4-23-7. The Colonials currently hold a 15-game unbeaten streak (10-0-5) dating back to Feb. 2017 against the Nittany Lions.
- Three of Penn State's four wins against RMU have come on the road, with PSU's most recent win being a 3-2 victory February 17, 2017.

IMPORTANT NUMBERS

2 Senior forward Natalie Heising became the second Nittany Lion to score 50 career goals Nov. 30. She also moved into third on PSU's all-time scoring list with 81 points on the same goal.

1 Freshman forward Kiara Zanon became the first Nittany Lion in program history to win an individual national award after receiving the WHCA National Rookie of the Month award for December.

10 Penn State received eight total votes in the USCHO.com (6) and USA Today/USA Hockey Magazine (4) women's hockey polls this week.

24 Penn State's freshman class has scored 24 points through six games (9G, 15A), which accounts for 54.5 percent of all of Penn State's offensive production so far. Zanon leads the team with nine points (3G, 6A).

2020-21 LEADERS

Points

Kiara Zanon	9
Natalie Heising	7
Olivia Wallin	4
Lyndie Lobdell	4

Goals

Natalie Heising	4
Olivia Wallin	3
Kiara Zanon	3

Assists

Kiara Zanon	6
Lyndie Lobdell	4
Natalie Heising	3
Izzy Heminger	3

Power Play Goals

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

Blocked Shots

Izzy Heminger	13
Mallory Uihlein	10
Jessica Adolfsson	9
Kiara Zanon	9

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

No.	Name
15	Jessica Adolfsson
30	Josie Bothun
35	Jenna Brenneman
6	Carrie Byrnes
23	Jess Ciarrocchi
4	Maeve Connolly
18	Amy Dobson
13	Rene Gangarosa
14	Julie Gough
20	Natalie Heising
27	Izzy Heminger
28	Mikayla Lantto
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

PRONUNCIATION GUIDE

Adolfsson	Add-ULF-son
Brenneman	BREN-uh-man
Bothun	BAWTH-un
Ciarrocchi	Chir-ROW-key
Gangarosa	GAIN-gah-row-sah
Gough	GOFF
Heising	HI-sing
Lantto	LAN-toe
Promersberger	PROM-ers-burg-er
Samoskevich	SAM-a-skeh-vich
Uihlein	YOU-line
Wallin	WALL-eeen
Kiara Zanon	Kee-ARE-ah ZAN-in

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

LIONS BY STATE

Alaska (1): Lantto
Illinois (2): Lobdell, Spring
Massachusetts (1): Connolly
Minnesota (5): Byrnes, Bothun, Brenneman, Heising, Uihlein
New York (2): Gangarosa, Zanon
North Carolina (1): Leonard
North Dakota (1): Promersberger
Ohio (1): Heminger
Pennsylvania (1): Ciarrocchi
LIONS BY PROVINCE
Alberta (1): Weiss
Ontario (4): Dobson, Gough, Machado, Wallin

LIONS BY COUNTRY

Canada (5): Dobson, Gough, Machado, Wallin, Weiss
Sweden (1): Adolfsson
United States (15): Byrnes, Bothun, Brenneman, Ciarrocchi, Connolly, Gangarosa, Heising, Heminger, Lantto, Leonard, Lobdell, Promersberger, Spring, Uihlein, Zanon

LIONS BY ELIGIBILITY

Senior (2): Brenneman, Heising
Junior (6): Adolfsson, Dobson, Gangarosa, Heminger, Leonard, Promersberger
Sophomore (4): Gough, Lantto, Uihlein, Weiss
Freshmen (9): Byrnes, Bothun, Ciarrocchi, Connolly, Lobdell, Machado, Spring, Wallin, Zanon

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
 40-45-29 School Record (Fourth Season)
 367-306-87 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 six votes in this week's USCHO.com women's hockey poll and four votes in the USA Today/USA Hockey Magazine poll.
- The Dec. 7-8 polls marked the first time Penn State received votes in the national polls since Oct. 1, 2019 after an upset win at #5 Colgate, PSU's highest-ranked win in program history.
- The Nittany Lions have not been ranked in either poll's top ten since becoming a varsity program in 2012-13.

LAST TIME OUT: SYRACUSE

- Penn State split its last series of the 2020 calendar year 1-1 with the Orange in Syracuse Dec. 11-12.
- After freshman Maeve Connolly netted her first career goal to put Penn State in front of game one, Syracuse rattled off three-straight goals to take a 3-1 lead into the third period. Julie Gough and Natalie Heising responded with a pair of clutch goals to tie the game at three and send it to overtime. Kiara Zanon completed the comeback with an OT winner to give PSU the 4-3 win, its first OT win since Oct. 21, 2017 at Merrimack.
- In game two, freshman Olivia Wallin shined with her first career two-goal game. She scored the opening goal in the first period and then notched another go-ahead marker in the second period. But Syracuse proved a bit too much to handle with three-straight goals from the 7:40 mark in the second period on to hand Penn State just its first loss of the season.

CHA AND NATIONAL AWARD WINNERS

- Penn State had three student-athletes win five individual awards from the conference and the Hockey Commissioners Association this season.
- 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 Week Dec. 7.
- Natalie Heising was named CHA Player of the Month for November after scoring three goals and adding an assist in PSU's two wins over Lindenwood. The award is Heising's second after winning PotM in December 2019.
- Josie Bothun earned both CHA Goaltender of the Month for November and CHA Goaltender of the Week for Nov. 30-Dec.6. The freshman is unbeaten in her first four career starts.

FROZEN FOUR IN HOCKEY VALLEY

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

2020-21 COLLEGE HOCKEY AMERICA SEASON STANDINGS

	CHA Points	CHA Record	CHA Pct.	Overall	Pct.	Home	Away	Neutral	Streak
Penn State	9	4-1-1	0.750	4-1-1	0.750	3-0-1	1-1-0	0-0-0	L1
Robert Morris	8	4-0	1.000	4-0	1.000	2-0	2-0	0-0	W4
Syracuse	5	2-2-1	0.500	2-4-1	0.357	2-2-0	0-2-1	0-0-0	W1
Mercyhurst	4	2-1	0.667	2-1	0.667	1-1	1-0	0-0	L1
RIT	2	1-3	0.250	1-3	0.250	0-1	1-2	0-0	W1
Lindenwood	0	0-2	0.000	0-6	0.000	0-2	0-4	0-0	L6

*As of Jan. 7, 2021



2020-21 PENN STATE WOMEN'S HOCKEY

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).

D IT UP WITH THE CREW

- Junior defender Rene Gangarosa set the PSU all-time season mark for points by a defender with 18 (6G, 12A). She led the 2019-20 Nittany Lions with five power-play scores. In 2020-21, Gangarosa has also spent time as a forward.
- Junior defender Izzy Heminger was named to the All-CHA Second Team after her 16-point season (4G, 12A). Her 29 points through two seasons ranks four among all program defenders. Her three assists are tied for the PSU team lead 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 as the rookie class has accounted for 54-percent of Penn State's offense through six games (24 points).
- Forward Kiara Zanon leads the conference with nine points (3G, 6A) and has scored two game-winning goals. She has assisted fellow freshman forward Olivia Wallin on two of Wallin's three goals this season.
- Forward Carrie Byrnes has scored two big goals for Penn State. She netted PSU's first of the season Nov. 29 and then started PSU's comeback Dec. 6 with the first goal in the third period.
- Forward Maeve Connolly joined the first-goal club with her first Dec. 11 at Syracuse. Defender Lyndie Lobdell tops all conference defenders with four points on four helpers. Forward Jess Ciarrocchi also has a pair of assists and a great knack for drawing penalties.

COOL CALM AND COLLECTED

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

EXPERIENCED FORWARDS

- Junior Amy Dobson scored the game-tying goal in the third period Dec. 6. She has two goals in 2020-21 and has scored three times in the last five games dating back to last year's CHA Tournament.
- Junior Anna Promersberger notched five points (2G, 3A) in 2019-20, including a momentum swinging score in the CHA Tournament first round vs. RIT. She has a pair of assists to start 2020-21.
- 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.

TEAM COMPARISON

	PENN STATE	RMU
Overall record	4-1-1	4-0-0
Conference record	4-1-1	4-0-0
Goals scored per game	2.83	3.50
Goals allowed per game	1.83	0.75
Shots	259	163
Shots per game	43.2	40.8
Assists	27	20
Penalties per game	3.7	2.8
Power-play pct.	13.8 (4/29)	22.7 (5/22)
Penalty-kill pct.	85.0 (17/20)	90.0 (9/10)
Saves	167	102
Shutouts	1	2

TOP SKATERS COMPARISON

	PENN STATE	RMU
Points	Zanon (9)	4 Tied (4)
Goals	Heising (4)	Diffendal (3)
Assists	Zanon (6)	Fiala (4)
Shots	Zanon (35)	Curlett (27)
+/-	Zanon (+5)	Thompson (+4)
Saves	Bothun (167)	Kirk (64)
Save Pct.	Bothun (.944)	DeSmet (.974)
GAA	Bothun (1.64)	DeSmet (0.50)
Record	Bothun (4-1-1)	2 Tied (2-0-0)

USCHO.COM WOMEN'S COLLEGE HOCKEY POLL (1/4/21)

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

Others: Quinnipiac 6, **Penn State 6**, Robert Morris 3, Boston University 2
Italics Indicates 2020-21 Opponent

USA TODAY/USA HOCKEY MAGAZINE WOMEN'S COLLEGE HOCKEY POLL (1/5/21)

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

Others: *Mercyhurst 7*, **Penn State 4**; Boston University 2
Italics Indicates 2020-21 Opponent



2020-21 CAPTAINS

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

THE HEART OF HOCKEY VALLEY

- Pegula Ice Arena is a state-of-the-art college hockey facility built not only to house the Penn State varsity and club hockey programs, but to serve as a central hub to local hockey enthusiasts in central Pennsylvania.
- The 5,782-capacity arena rink, which also boasts the 1,000-seat "Roar Zone" student section, is among the best collegiate hockey facilities in the country. It has hosted multiple events outside of Penn State hockey contests, including NHL Preseason contests, most recently featuring the Buffalo Sabres and the Pittsburgh Penguins Sept. 16, 2019. A second community ice rink has also enabled the facility to host youth hockey tournaments, figure skating programs, ice shows, and community open skates.
- The facility was brought to fruition by an initial \$88 million donation - the largest in University history - from Terry and Kim Pegula, who, through their gift, helped Penn State realize its goal of Division I hockey. At the ceremonial groundbreaking on April 20, 2012, the Pegulas added \$14 million to the project to lift the total donation to \$102 million. The first Penn State women's hockey contest in Pegula was played Oct. 19, 2013 vs. Union.

THE LAST TIME PENN STATE...

Scored 0 goals	2/28/20	vs. Mercyhurst (0-3)
Scored 1 goal	3/06/20	vs. Mercyhurst (1-4)
Scored 2 goals	12/6/20	vs. Syracuse (2-2 OT)
Scored 3 goals	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	12/5/20	vs. Syracuse (2-1)
Allowed 2 goals	12/6/20	vs. Syracuse (2-2 OT)
Allowed 3 goals	2/28/20	vs. Mercyhurst (0-3)
Allowed 4 goals	3/06/20	vs. Mercyhurst (1-4)
Allowed 5 goals	11/2/19	at RMU (0-5)
Allowed 6+ goals	10/26/19	vs. BU (1-5)
Won in overtime	10/21/17	at Merrimack (4-3 OT)
Lost in overtime	10/27/18	at Mercyhurst (4-5 OT)
Tied	12/6/20	vs. Syracuse (2-2 OT)
Played a ranked team	11/30/19	vs. #7/6 Clarkson (1-3)
Beat a ranked team	9/29/18	at #5 Colgate (4-2)
Attempted 10-19 shots	3/06/20	19 vs. Mercyhurst (0-3)
Attempted 20-29 shots	2/28/20	20 vs. Mercyhurst (0-3)
Attempted 30-39 shots	3/05/20	38 vs. RIT (4-1)
Attempted 40-49 shots	12/6/20	vs. Syracuse (2-2 OT)
Attempted 50-59 shots	11/30/20	vs. Lindenwood (4-1)
Attempted 60-69 shots	11/3/12	64 vs. Sacred Heart (8-2)
Attempted 70+ shots	1/5/13	71 vs. Chatham (4-0)
Allowed 0-9 shots	10/11/19	9 vs. RPI (2-0)
Allowed 10-19 shots	1/10/20	11 vs. Lindenwood (2-1)
Allowed 20-29 shots	12/5/20	vs. Syracuse (2-1)
Allowed 30-39 shots	12/6/20	vs. Syracuse (2-2 OT)
Allowed 40-49 shots	10/5/19	40 vs. Mercyhurst (1-4)
Allowed 50-59 shots	12/31/16	53 at Princeton (5-5 OT)
Allowed 60-69 shots	3/4/16	64 at Syracuse (2-3, 3OT)
Allowed 70+ shots	12/1/12	71 at #4 Mercyhurst (1-7)
Tallied 5-9 assists	11/30/20	vs. Lindenwood (4-1)
Tallied 10-15 assists	10/28/16	10 at RIT (5-0)
Tallied 15+ assists	1/4/13	17 vs. Chatham (10-0)
Scored 10-19 points	3/05/20	11 vs. RIT (4-1)
Scored 20+ points	10/7/16	22 at Union (8-1)
Scored 2 power-play goals	11/30/20	vs. Lindenwood (4-1)
Scored 3 power-play goals	2/24/18	vs. Lindenwood (6-0)
Allowed 2 power-play goals	2/15/20	at RIT (3-4)
Allowed 3 power-play goals	10/26/19	vs. #10 Boston University (1-5)
Had 5 different goal scorers	12/7/19	vs. RIT (6-2)
Had 6 different goal scorers	10/20/12	at Sacred Heart (6-1)
Had 7 different goal scorers	1/4/13	vs. Chatham (10-0)
Had 8 different goal scorers	11/3/12	vs. Sacred Heart (8-2)
Did not commit a penalty	2/22/19	at RIT (0-3)

THE LAST TIME A PENN STATE PLAYER...

Scored 2 goals	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)



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 Goalie of the Week

Josie Bothun Dec. 7

CHA Rookie of the Week

Kiara Zanon Dec. 7

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

2020-21 RECORD BREAKDOWN

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

SCORING BREAKDOWN

SCORING BY CLASS

Class	G	A	Points
Freshmen	9	15	24
Sophomores	1	3	4
Juniors	3	6	9
Seniors	4	3	7
Totals	17	27	44

SCORING BY POSITION

Position	G	A	Points
Forwards	16	18	34
Defense	1	9	10
Goaltenders	0	0	0
Totals	17	27	28

SPECIAL TEAMS

Power Play	Goals	Att.	Pct.
Home	4	24	.167
Away	0	5	.000
Neutral	0	0	.000
Total	4	29	.138
Nonconference	0	0	.000
CHA Reg. Season	4	29	.167
CHA Tournament	0	0	.000

Penalty Kill	Kills	Att.	Pct.
Home	14	16	.875
Away	3	4	.750
Neutral	0	0	.000
Total	17	20	.850
Nonconference	0	0	.000
CHA Reg. Season	17	20	.850
CHA Tournament	0	0	.000



HEAD COACH JEFF KAMPERSAL



JEFF KAMPERSAL

HEAD COACH

Fourth Season
Princeton, '92

OVERALL RECORD

367-306-87 (25th Season)

PENN STATE RECORD

40-45-29 (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	4-1-1

TOTAL 367-306-87

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	525	664	.825	Wisconsin
2.	MIKE SISTI	500	744	.711	Mercyhurst
3.	KATEY STONE	494	801	.650	Harvard
4.	PAUL FLANAGAN	409	768	.576	St. Lawrence/Syracuse
5.	BRAD FROST	407	518	.819	Minnesota
6.	Shannon Miller	383	577	.707	Minnesota-Duluth
7.	JEFF KAMPERSAL	367	760	.540	Penn State/Princeton
8.	KATIE KING CROWLEY	326	493	.713	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	17-258	11-179	11/30/20	Lindenwood	W	4-1	127
Goals Per Game	2.8	1.8	12/05/20	Syracuse	W	2-1	125
Shot Pct	.066	.061	12/06/20	Syracuse	T	2-2	126
Shots Per Game	43.0	29.8	12/11/20	at Syracuse	W	4-3	0
Assists	27	16	12/12/20	at Syracuse	L	2-4	0
Saves	168	240					
POWER PLAYS							
Goals-Opportunities	4-29	3-20					
Conversion Pct	.138	.150					
GOALIE BREAKDOWN							
Total	17	11					
Power Play	4	3					
Short Handed	0	0					
Empty Net	1	1					
Unassisted	2	2					
Overtime	1	0					
Hat Tricks	0	0					
PENALTIES							
Total	22	32					
Minutes	44	64					
Per Game	3.7	5.3					
Minutes Per Game	7.3	10.7					
Minor	22	32					
Major	0	0					
10 Min Misconduct	0	0					
Game Misconduct	0	0					
Gross Misconduct	0	0					
Match Misconduct	0	0					
FACEOFFS							
Won-Lost	185-179	179-185					
Percentage	.508	.492					
ATTENDANCE							
Total	506	0					
Dates-Avg Per Date	4/127	2/					
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	6	3	6	9	35	.086	+5	0-0	0	0	0	0	0	0	0	2	0	1	0	0	1	9
20	Heising, Natalie	6	4	3	7	29	.138	+3	0-0	0	0	0	0	1	0	1	0	0	0	0	0	0	4
7	Wallin, Olivia	4	3	1	4	11	.273	0	2-4	2	0	0	0	0	0	1	0	0	0	0	0	1	1
24	Lobdell, Lyndie	6	0	4	4	27	.000	+2	4-8	4	0	0	0	0	0	0	0	0	0	0	0	0	7
18	Dobson, Amy	6	2	1	3	26	.077	0	2-4	2	0	0	0	1	0	0	1	1	0	0	0	0	6
4	Connolly, Maeve	6	1	2	3	7	.143	+1	1-2	1	0	0	0	0	0	1	0	0	0	0	0	0	3
27	Heminger, Izzy	6	0	3	3	15	.000	+4	2-4	2	0	0	0	0	0	0	0	0	0	0	0	0	13
6	Byrnes, Carrie	6	2	0	2	17	.118	0	0-0	0	0	0	0	1	0	1	1	0	0	0	0	0	2
14	Gough, Julie	6	1	1	2	16	.063	+1	3-6	3	0	0	0	0	0	0	0	0	0	0	0	0	5
23	Ciarrocchi, Jess	6	0	2	2	10	.000	+1	3-6	3	0	0	0	0	0	0	0	0	0	0	0	0	1
21	Prombersberger, Anna	4	0	2	2	9	.000	+1	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	5
26	Uihlein, Mallory	6	0	2	2	9	.000	+5	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
15	Adolfsson, Jessica	6	1	0	1	14	.071	+2	1-2	1	0	0	0	1	0	0	0	0	0	0	0	0	9
30	Bothun, Josie	6	0	0	0	0	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
13	Gangarosa, Rene	6	0	0	0	31	.000	-1	2-4	2	0	0	0	0	0	0	0	0	0	0	0	0	2
21	Promersberger, Anna	1	0	0	0	2	.000	0	0-0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
TM	Team	4	0	0	0	0	.000	0	1-2	1	0	0	0	0	0	0	0	0	0	0	0	0	0
	Totals	6	17	27	44	258	.066	+24	22-44	22	0	0	0	4	0	4	4	1	1	0	0	2	78
	Opponents	6	11	16	27	179	.061	-24	32-64	32	0	0	0	3	0	2	1	0	0	0	0	2	76

#	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	6-6	366:21	10	1.64	168	.944	4	1	1	1	3	0	0	0	0
TM	Team	4-0	00:54	1	133.33	0	.000	0	0	0	0	0	0	1	0	0
	Totals	6-0	367:15	12	1.80	168	.939	4	1	1	1	3	0	1	0	0
	Opponents	6-0	348:47	17	2.92	240	.934	1	4	1	0	4	0	1	0	0



INDIVIDUAL GAME HIGHS

#3 Alyssa Machado

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

#4 Maeve Connolly

Points: 1, 2x last vs. Syracuse, 12/6/20
Goals: 1, vs. Syracuse, 12/11/20
Assists: 1, 2x last vs. Syracuse, 12/6/20

#6 Carrie Byrnes

Points: 1, 2x last vs. Syracuse, 12/6/20
Goals: 1, 2x last vs. Syracuse, 12/6/20
Assists: ----

#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, 3x last at Syracuse, 12/11/20
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, at Vermont, 11/29/19
Goals: 1, 4x, last at Syracuse, 12/11/20
Assists: 1, 4x, last vs. Syracuse, 12/6/20

#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, 7x last vs. Syracuse, 12/6/20
Goals: 1, 4x last vs. Syracuse, 12/6/20
Assists: 1, 4x last at Syracuse, 12/11/20

#20 Natalie Heising

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

#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, 2x last vs. Syracuse, 12/6/20
Goals: ----
Assists: 1, 2x last vs. Syracuse, 12/5/20

#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: 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