



# IOWA FIELD HOCKEY

## AT #2 MARYLAND

### 2014 SCHEDULE (11-5, 4-3)

8/30	..... vs. #11 Wake Forest^	W, 4-1
8/31	..... at #2 North Carolina^	L, 1-4
9/4	..... #6 Virginia	W, 4-3
9/11	..... vs. UC Davis	W, 3-1
9/12	..... at #8 Stanford	L, 1-2 (OT)
9/14	..... at Pacific	W, 5-1
9/21	..... at Rutgers*	W, 3-0
9/26	..... #17 Indiana*!	W, 4-1
9/28	..... Missouri State	W, 7-0
10/3	..... Ball State	W, 8-0
10/5	..... #11 Northwestern*	L, 1-3
10/10	..... #14 Michigan*	L, 1-3
10/12	..... Miami (Oh)	W, 3-1
10/17	..... at Michigan State*	L, 0-2
10/19	..... at Ohio State*	W, 4-2
10/25	..... #4 Penn State*	W, 4-0
11/1	..... at #2 Maryland*	Noon

#### Big Ten Tournament (Ann Arbor, Mich.)

11/6	..... First Round*	TBA
11/7	..... Semi Finals*!	TBA
11/9	..... Final*!	TBA

#### NCAA Tournament (TBA)

11/15	..... First Round	TBA
11/16	..... Second Round	TBA
11/21	..... Semifinals	TBA
11/23	..... Championship	TBA

All games listed are Central

^ ACC/Big Ten Challenge

\* Big Ten Conference Games

! Televised by Big Ten Network

# Streamed live on BTN.com

### RANKINGS

No.	Team	Points
1.	North Carolina*	827
2.	Maryland*	801
3.	Stanford*	728
4.	Connecticut	703
5.	Penn State*	614
6.	Duke	533
7.	Syracuse	532
8.	Northwestern*	519
9.	Louisville	505
10.	Wake Forest*	429
11.	Boston College	421
12.	Albany	351
13.	Virginia*	340
14.	Iowa	331
Tie.	Michigan*	331
16.	Temple	219
17.	Old Dominion	194
18.	Northeastern	143
19.	Michigan State*	60
20.	Boston University	50

\* - 2014 Opponent

### THIS WEEK

The 14th-ranked University of Iowa field hockey team (11-5, 4-3 Big Ten) hits the road this weekend, playing at No. 2 Maryland (14-2, 6-1 Big Ten) on Saturday at noon (CT) in College Park, Maryland, in its regular season finale.

### SCOUTING MARYLAND

The Terrapins are led by Missy Mehberg who is in her 27th season at the helm of the Maryland program. Mehberg has the Terrapins off to a 15-2 start with a 6-1 mark in Big Ten play. Junior Anna Dessoye paces the Maryland offense with 36 points on 10 goals and 16 assists. Defensively, senior Brooke Cabrera (15-2) has started all 17 games as goalkeeper. Cabrera has collected 42 saves and surrendered 17 goals.

### WE MEET AGAIN

The Hawkeyes have history with the Terrapins. The two teams last met in the 2011 NCAA Tournament. Iowa fell short in the contest, 4-2, in College Park, Maryland.

### IN THE RANKINGS

The University of Iowa ranks tied for 14th with Michigan in the 2014 Penn Monto/National Field Hockey Coaches Association (NFHCA) Division I Poll. The Hawkeyes garnered 331 points in the rankings. Iowa has been ranked each week (42 weeks) in the poll dating back to Sept. 6, 2011. Iowa is one of six Big Ten Conference schools in the rankings along with Maryland (No. 2), Penn State (No. 5), Northwestern (No. 8), Michigan (T-No. 14), and Michigan State (No. 19).

### IOWA SITS NO. 17 IN RPI RANKINGS

The Rating Percentage Index, commonly known as the RPI, is a quantity used to rank teams based upon a team's wins and losses and its strength of schedule. Released Oct. 28th, the Hawkeyes landed a No. 17 national ranking.

### HAWKEYES IN THE NATIONAL RANKINGS

Natalie Cafone -- the reigning 2013 national points leader -- ranks fifth nationally, and leads the Big Ten in points per game (2.63). The Fairfield, New Jersey native also ranks fourth-nationally in goals per game (1.13). Sophomore Stephanie Norlander ranks eighth nationally in goals per game (.94). The Hawkeyes also rank seventh nationally as a team in goals per game (3.31).

### LOOKING AHEAD

Iowa travels to the Big Ten Tournament Nov. 6-9, at Ocker Field in Ann Arbor, Michigan.

### QUICK CAP: #4 PENN STATE

Iowa earned a 4-0 win over No. 4 Penn State on Oct. 25 at Grant Field. The Hawkeyes (11-5, 4-3) benefited from a 3-0 lead going into the half and finished strong to hold off the Nittany Lions (13-4, 4-3). The Hawkeye offense erupted in the first period benefiting from goals by Chandler Ackers (15:11), Natalie Cafone (22:22), and Stephanie Norlander (25:39). A balanced defense paired with a shutdown performance from Alexandra Pecora kept the Nittany Lions off the board throughout the game. Pecora (10-5) recorded four saves in the shutout effort. Senior Dani Hemeon recorded her final regular season goal on Grant Field in the 47th minute to make the final score, 4-0.

### CHASING HISTORY

UI junior Natalie Cafone netted the 48th goal of her career on Oct. 25 against No. 4 Penn State. The score propelled Cafone into the UI program's all-time top-10 scoring list. Cafone joins her former high school coach Diane DeMiro Simmons who scored 48 goals from 1993-96.

### PECORA NAMED DEFENSIVE PLAYER OF THE WEEK

Fir the first time in her career, sophomore goalkeeper Alexandra Pecora was named Big Ten Defensive Player of the Week, the conference announced Tuesday. The Marlton, New Jersey, native tallied four saves in a 70-minute effort in the Hawkeyes 4-0 shutout over No. 4 Penn State on Oct. 25.

IOWA HAWKEYE FIELD HOCKEY

## BIG TEN STANDINGS

	Conf.	Over.
Maryland	6-1	15-2
Northwestern	6-1	12-5
Michigan	5-2	11-6
Penn State	4-3	13-4
<b>IOWA</b>	<b>4-3</b>	<b>11-5</b>
Michigan State	4-4	10-7
Indiana	1-6	9-7
Rutgers	1-6	7-9
Ohio State	1-6	6-10

## 2014 ROSTER

00	Katie Jones	Fr.
1	Chandler Ackers	So.
2	Torie Berkel	Fr.
4	Pommeline Korstanje	Fr.
5	JoElla Guagliardo	Fr.
6	Mallory Lefkowitz	Fr.
7	Sophie Plasteras	So.
8	Stephanie Norlander	So.
9	Natalie Cafone	Jr.
10	Sara Watro	Sr.
11	Brynn Gitt	Sr.
12	Taylor Omweg	Fr.
13	Emily George	Fr.
16	Jessy Silfer	So.
17	Mackenzie Sapp	Fr.
19	Dani Hemeon	Sr.
20	Veronique Declercq	Fr.
21	Isabella Licciardello	Jr.
24	Melissa Progar	Fr.
44	Alexandra Pecora	So.
54	Liz Leh	Jr.

## ATHLETIC COMMUNICATIONS

### Ben Schmitz Field Hockey Contact



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## MEDIA INFORMATION

**PRACTICE ATTENDANCE** - All practices are open to the media, and interviews may be conducted 15 minutes prior to or at the completion of practice. However, media must inform Ben Schmitz of their intention to attend practice. The Hawkeyes practice daily from 2:30-5 p.m. at Grant Field.

**PLAYER INTERVIEWS** - All player interviews are coordinated through Ben Schmitz of the sports information office. Please contact Ben (319-335-9411) so that he may set a time which does not interfere with the student-athlete's academic or practice schedules.

## HEMEON NAMED TO NFHCA ALL-STAR GAME

Senior Dani Hemeon was selected to compete in the 2014 National Field Hockey Coaches Association Division I Senior Game, the NFHCA announced Wednesday. The Gilroy, California, native is the first Hawkeye selected to the senior game since 2012, when Jessica Barnett and Kathleen McGraw were selected. Hemeon has appeared in all 78 games of her career with 59 starts.

## HAT TRICKS

Three Hawkeyes -- Natalie Cafone, Dani Hemeon and Stephanie Norlander -- have scored hat tricks in the 2014 season. Junior Natalie Cafone's came against No. 6 Virginia on Sept. 4, in a 4-3 win at home. Sophomore Stephanie Norlander registered her first one in the opening 12 minutes in the win over Missouri State on Sept. 28 in Iowa City. Norlander and Hemeon both achieved the scoring accomplishment on Oct. 3rd against Ball State. The last time two Hawkeyes scored a hat trick in the same game came against Saint Louis on Sept. 19, 2009 when Jess Werley and Tricia Dean each scored a trio of goals in Iowa's 12-0 win over the Billikens.

## CAFONE NAMED B1G PLAYER OF THE WEEK

Junior Natalie Cafone was named Big Ten Offensive Player of the Week on Sept. 9. Cafone paced Iowa's offensive attack with three goals on five shots in a 4-3 win over No. 6 Virginia in Iowa's home opener on Sept. 4. This marked Cafone's second Big Ten Player of the Week honor (Sept. 24, 2013).

## NORLANDER NAMED B1G PLAYER OF THE WEEK

Sophomore Stephanie Norlander was named Big Ten Offensive Player of the Week on Sept. 30. Norlander paced Iowa's offensive attack with a combined five goals on 12 shots over two games, which included a hat trick in the opening 12 minutes against Missouri State.

## ALL-AMERICANS

Natalie Cafone and Dani Hemeon were named 2013 Long-streth/NFHCA Division I All-Americans. Cafone was named to the second team, while Hemeon garnered third team honors. Cafone and Hemeon are the 84th and 85th national All-Americans in program history. Only four programs nationally have had more.

## CAFONE STEPS UP

Junior Natalie Cafone was named the University of Iowa's 2014 Female Athlete of the Year. The Fairfield, N.J., native was the NCAA statistical champion for points per game in 2013, leading the nation in points per game (2.48) the first Hawkeye to lead nation in points per game since Kristy Gleason in 1992 (3.95). Cafone was named to the NFHCA Division I All-America second team, NFHCA West Region All-America first team, All-Big Ten first team and the All-Big Ten tournament team. Cafone has scored 40 goals over her last 37 games.

## IOWA NEWCOMERS

The Black and Gold feature 10 freshmen on the 2014 roster. Taylor Omweg and Veronique Declercq both see action in the backfield. Torie Berkel, JoElla Guagliardo and Mallory Lefkowitz are contributing to the Hawkeye forward line. Pommeline Kortanje, Emily George, Mackenzie Sapp and Melissa Progar each add to the midfielder's depth. Freshman goalkeeper Katie Jones rounds out the Hawkeye newcomers.

## ROSTER BREAKDOWN

21 student-athletes on the UI field hockey roster:

- 10 freshmen
- Five sophomores
- Three juniors
- Three seniors

Four members of the Iowa roster were also teammates in high school. Sophie Plasteras and Stephanie Norlander played alongside one another at Handsworth Secondary in North Vancouver, Canada, while Taylor Omweg and Melissa Progar competed for Tabb High School in Yorktown, Va.

## IOWA AT GRANT FIELD

The Hawkeyes own an overall home record of 145-48, a conference record of 62-27 at home, and an 11-2 record in NCAA Tournament games played in Iowa City.

## HAWKEYES IN THE NCAA TOURNAMENT

The Hawkeyes have been selected to the NCAA Tournament 22 times in program history -- the most of any school as a member of the Big Ten Conference. The Hawkeyes are 26-23 all-time in tournament play, including 9-5 in first round match-ups and 11-6 in second round contests. Iowa has advanced to 11 NCAA Final Fours, winning the 1986 national championship. The Hawkeyes 26 tournament victories and 11 NCAA Final Fours are the most of any school as a member of the Big Ten Conference.

## HAWKEYES SELECTED TO U.S. NATIONAL TEAM

Junior Natalie Cafone and former UI All-American Lauren Pfeiffer were selected to the 2014-15 U.S. Women's National Team. Pfeiffer, a member of the U.S. National Team since 2009 who has earned 66 caps, was a two time All-American at Iowa. During her career, Pfeiffer earned all-region honors three times, first-team All-Big Ten honors twice, and was named the Big Ten Tournament MVP twice.

## NATIONAL ACADEMIC HONORS

The University of Iowa field hockey team was awarded the 2013 Gladiator SGI/NFHCA Division I National Academic Team Award. The National Academic Team Award recognizes those institutions that have achieved a team GPA of 3.0 or higher during the first semester of the 2013-14 academic year. Brynn Gitt and Jessy Silfer were named 2013 Gladiator SGI/NFHCA Division I Scholars of Distinction. The honor is awarded to student-athletes who achieved a cumulative GPA of 3.90 or higher through the first semester of the 2013-14 academic year.

## FOLLOW THE HAWKEYES

Become fans of the official Iowa Field Hockey fan page by going to [facebook.com/iowafieldhockey](https://facebook.com/iowafieldhockey) to follow the Hawkeyes on Facebook. Fans can also follow on Twitter: @iowafieldhockey



# IOWA FIELD HOCKEY

## SEASON STATS

### Iowa Field Hockey IOWA Combined Team Statistics (as of Oct 26, 2014) All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	11-5	6-2	3-3	2-0
CONFERENCE	4-3	2-2	2-1	0-0
NON-CONFERENCE	7-2	4-0	1-2	2-0

Date	Opponent		Score	Att.	#	Player	gp	g	a	pts	sh	sh%	sog	sog%	gw	ps-att	dsv
Aug 30	vs #11 Wake Forest	w	4-1	405	9	Cafone, Natalie	16	18	6	42	63	.286	45	.714	3	0-0	0
Aug 31	at #2 North Carolina	L	1-4	457	8	Norlander, Stephanie	16	15	4	34	61	.246	35	.574	4	0-0	0
Sep 04	#6 VA	w	4-3	117	19	Hemeon, Dani	16	7	4	18	66	.106	34	.515	2	0-0	4
09/11/14	vs UC Davis	w	3-1	67	10	Watro, Sara	16	4	2	10	8	.500	7	.875	0	0-0	0
Sep 12	at #8 Stanford	Lot	1-2	304	6	Lefkowitz, Mallory	16	3	3	9	6	.500	5	.833	1	0-0	0
Sep 14	at PACIFIC	w	5-1	107	7	Plasteras, Sophie	14	2	0	4	7	.286	6	.857	0	0-0	0
* Sep 21	at Rutgers	w	3-0	266	1	Ackers, Chandler	16	2	7	11	6	.333	2	.333	1	0-0	0
* Sep 26	#17 INDIANA	w	4-1	198	13	George, Emily	5	1	0	2	1	1.000	1	1.000	0	0-0	0
Sep 28	MISSOURI STATE	w	7-0	384	16	Silfer, Jessy	16	1	0	2	4	.250	2	.500	0	0-0	0
Oct 03	BALL STATE	w	8-0	198	54	Leh, Liz	14	0	0	0	3	.000	1	.333	0	0-0	0
* Oct 05	#11 NORTHWESTERN	L	1-3	238	2	Berkel, Torie	2	0	0	0	0	.000	0	.000	0	0-0	0
* Oct 10	#14 MICHIGAN	L	1-3	223	00	Jones, Katie	3	0	0	0	0	.000	0	.000	0	0-0	0
Oct 12	MIAMI(OHIO)	w	3-1	180	24	Progar, Melissa	16	0	0	0	3	.000	2	.667	0	0-0	0
* Oct 17	at Michigan State	L	0-2	212	21	Licciardello, I.	16	0	0	0	3	.000	3	1.000	0	0-0	0
* Oct 19	at Ohio State	w	4-2	331	20	Declercq, Veronique	12	0	1	1	9	.000	2	.222	0	0-0	0
* Oct 25	#4 PENN STATE	w	4-0	335	12	Omwee, Taylor	16	0	0	0	1	.000	0	.000	0	0-0	0

#### TEAM STATISTICS IOWA OPP

##### SHOT STATISTICS

Goals-Shot attempts	53-254	24-171
Goals scored per game	3.31	1.50
Shot pct.	.209	.140
Shots on goal-Attempts	151-254	90-171
SOG pct.	.594	.526
Shots/Game	15.9	10.7
PENALTY CORNERS	107	94
PENALTY STROKES	0-0	1-1
PENALTIES		
Green cards	16	12
Yellow cards	3	2
Red cards	0	0

##### ATTENDANCE

Total	1873	1677
Dates/Avg Per Date	8/234	6/280
Neutral Site #/Avg	2/236	

#	Goalie	GP	Min.	GA	GAAvg	Saves	Pct	W-L-T	Sho
00	Jones, Katie	2	82:59	0	0.00	4	1.000	1-0-0	1/1
44	Pecora, Alexandra	15	1045:39	24	1.61	58	.707	10-5-0	2/1
	Total	16	1128:38	24	1.49	66	.733	11-5-0	4
	Opponents	16	1128:38	53	3.29	98	.649	5-11-0	1

##### Goals by Period

	1st	2nd	OT	Total
IOWA	31	22	0	53
Opponents	13	10	1	24

##### Shots by Period

	1st	2nd	OT	Total
IOWA	108	146	0	254
Opponents	85	85	1	171

##### Saves by Period

	1st	2nd	OT	Total
IOWA	29	37	0	66
Opponents	30	68	0	98

##### Corners by Period

	1st	2nd	OT	Total
IOWA	40	67	0	107
Opponents	43	49	2	94

