

CHAMPIONS PLAY HERE

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QUICK FACTS

General Information

Location Orlando, Fla. 32816
 Founded 1963
 Enrollment..... 50,000
 Nickname Knights
 Colors Black & Gold
 Home Facility..... UCF Soccer Complex
 Capacity..... 1,000
 Affiliation..... NCAA Division I
 Conference Conference USA
 President Dr. John C. Hitt
 Director of Athletics Keith R. Tribble
 Sr. Associate AD David Hansen
 Sr. Associate AD/SWA Jessica Reo
 NCAA Faculty Rep Dr. Cynthia Young
 Athletics Phone (407) 823-3213
 Ticket Office Phone..... (407) UCF-1000
 Website www.UCFAthletics.com

Soccer History

First Season 1981
 All-Time Record 313-142-35 (.674)
 NCAA Postseason Appearances..... 12
 Last Postseason Opponent..... Florida
 Date Nov. 18, 2007
 Result..... T, 0-0 (3-4 PK)
 Round Second Round

CREDITS

The 2008 UCF women's soccer yearbook was written and edited by Brian Ormiston. Editorial assistance provided by Joe Hornstein, Sarah Tarasewicz, Doug Richards, Nate Blythe and Ira Green.

Team Information

Head Coach **Amanda Cromwell**
 Alma Mater Virginia, 1992
 Record at UCF (Years) 127-57-11 (9)
 Overall Record (Years) 147-72-12 (11)
 Cromwell Office Phone..... (407) 823-6345
Associate Head Coach..... **Colby Hale**
 Alma Mater Oral Roberts, 1997
 Hale Office Phone..... (407) 823-5819
Assistant Coach/GKs..... **Donna Fishter**
 Alma Mater Anderson, 1995
 Fishter Office Phone (407) 823-6611
Athletic Trainer..... **Leah Schoen**
Strength Coach..... **Harry Meyers**
Equipment Manager..... **John Whitford**
 2007 Overall Record 15-4-4
 2007 Conference USA Record..... 7-1-1/1st
 Starters Returning/Lost 7/4
 Letterwinners Returning/Lost 14/7

Athletics Communications

Assistant/WSoccer..... Brian Ormiston
 Office Phone..... (407) 823-2409
 Cell Phone (407) 920-1233
 E-mail..... bormiston@athletics.ucf.edu

Covers designed by Jimmy Skiles, Jay Hatch and Brian Ormiston. Photography courtesy of Sideline Sports, Bill Richardson and Aline Reis. Printed by Lawton Printers, located in Casselberry, Fla.

2008 KNIGHTS SCHEDULE

August

22 at Florida State Tallahassee, Fla. 7 p.m.
 29 at Florida Gainesville, Fla. 7 p.m.
 31 **Hartford** **Orlando, Fla.** 1 p.m.

September

5 at Pacific Stockton, Calif. 10 p.m.
 7 at UC Davis Davis, Calif. 3 p.m.
 12 **Illinois State** **Orlando, Fla.** 7 p.m.
 14 **Illinois** **Orlando, Fla.** 12 p.m.
 19 **Kansas** **Orlando, Fla.** 7 p.m.
 26 at UAB* Birmingham, Ala. 8 p.m.
 28 at Memphis* Memphis, Tenn. 2 p.m.

October

3 **Marshall*** **Orlando, Fla.** 7 p.m.
 5 **East Carolina*** **Orlando, Fla.** 1 p.m.
 10 at UTEP* El Paso, Texas 9 p.m.
 12 at Colorado College* Colorado Springs, Colo. 2 p.m.
 17 **Rice*** **Orlando, Fla.** 7 p.m.
 19 **Houston*** **Orlando, Fla.** 1 p.m.
 24 **SMU*** **Orlando, Fla.** 7 p.m.
 26 at Tulsa* Tulsa, Okla. 2 p.m.
 31 at Southern Miss* Hattiesburg, Miss. 3 p.m.

November

5-9 at C-USA Championship Houston, Texas (Rice)
 14 NCAA Tournament Begins

* indicates Conference USA match
 Home contests in **BOLD**
 All times Eastern



2008 TRAVEL SCHEDULE

Pacific and UC Davis (Sept. 4-8)

- To San Francisco: Sept. 4 on United #37 at 7 a.m. ET
 - From San Francisco: Sept. 8 on United #292 at 1:58 p.m. PT

UAB and Memphis (Sept. 25-28)

- To Birmingham: Sept. 25 on Southwest #1776 at 4:25 p.m. ET
 - From Memphis: Sept. 28 on Southwest #958 at 7:30 p.m. CT

UTEP and Colorado College (Oct. 9-13)

- To El Paso: Oct. 9 on Southwest #2847 at 1:35 p.m. ET
 - El Paso to Denver: Oct. 11 on United #6695 at 12:45 p.m. MT
 - From Denver: Oct. 13 on Southwest #1501 at 10:40 a.m. MT

Tulsa (Oct. 25-26)

- To St. Louis: Oct. 25 on Southwest #2243 at 2:10 p.m. ET
 - St. Louis to Tulsa: Oct. 25 on Southwest #88 at 4:05 p.m. CT
 - Tulsa to St. Louis: Oct. 26 on Southwest #2439 at 5:20 p.m. CT
 - From St. Louis: Oct. 26 on Southwest #1066 at 7:15 p.m. CT

Southern Miss (Oct. 30-31)

- To New Orleans: Oct. 30 on Southwest #1781 at 10 a.m. ET
 - From New Orleans: Oct. 31 on Southwest #1760 at 7:55 p.m. CT



2008 ROSTER INFORMATION

No.	Name	Ht.	Pos.	Year	Hometown/Last School
0	Jessie Gardner	5-11	GK	Sr.	Sarasota, Fla./Riverview
1	Aline Reis	5-3	GK	R-Fr.	Campinas, Brazil/Anglo Campinas
2	Courtney Whidden	5-7	F	Jr.	Palm Harbor, Fla./Palm Harbor University
3	Yvonne George	5-8	M/F	Jr.	Winter Springs, Fla./Winter Springs
4	Becca Thomas	5-7	M	Jr.	Burlington, Wash./Home Schooled
5	Brianna Schooley	5-9	M	Jr.	Coral Springs, Fla./Douglas
6	Amanda Martorana	5-4	D/M/F	So.	Middleburg, Fla./St. John's Country Day
7	Sarah de Leon	5-7	D	Sr.	Lakewood, Wash./Lakes
8	Lauren Halbert	5-9	M	So.	Niceville, Fla./Niceville
9	Danielle dos Santos	5-7	F	Sr.	Campinas, Brazil/Lincoln Memorial University
11	Heather Dooley	5-3	F/M	Fr.	Pembroke Pines, Fla./American Heritage
12	Hanna Wilde	5-4	M/F	Sr.	Westlake, Ohio/Westlake
13	Emily Maynard	5-3	M	Jr.	Munster, Ind./University of Maryland
15	Katie Jackson	5-9	M	Fr.	Satellite Beach, Fla./Satellite
16	Amaka Ofuani	5-7	D/M	Jr.	Tallahassee, Fla./Armstrong Atlantic State University
17	Nikki Moore	5-3	D	Jr.	Virginia Beach, Va./Cape Henry Collegiate School
19	Kacie Horner	5-6	F	So.	Franklin, Tenn./Franklin
20	Stacie Hubbard	5-7	M/D/F	Fr.	Jacksonville, Fla./Mandarin
21	Sheri Hince	5-6	D	Fr.	Winnipeg, Manitoba/Dakota Collegiate
22	Christina Petrucco	5-9	D	So.	Plantation, Fla./American Heritage
23	Elise Larrett	5-6	D	Fr.	Orlando, Fla./Timber Creek
24	Andrea Rodrigues	5-6	M	Fr.	St. Petersburg, Fla./St. Petersburg
25	Kaci Kratch	5-3	M	Fr.	Austin, Texas/Bowie
30	Stephanie Gagnon	5-6	GK	Fr.	Longwood, Fla./Orangewood Christian
31	Lynzee Lee	5-7	GK	Jr.	Kailspell, Mont./University of Utah

Head Coach: Amanda Cromwell (Virginia, '92) – 10th Season
Associate Head Coach: Colby Hale (Oral Roberts, '99) – Sixth Season
Assistant Coach: Donna Fishter (Anderson, '95) – Ninth Season
Volunteer Assistant Coach: Michelle Akers (UCF, '89) – 10th Season

ALPHABETICAL

de Leon, Sarah - #7
 Dooley, Heather - #11
 dos Santos, Danielle - #9
 Gagnon, Stephanie - #30
 Garder, Jessi - #15
 George, Yvonne - #3
 Halbert, Lauren - #8
 Hince, Sheri - #21
 Horner, Kacie - #19
 Hubbard, Stacie - #20
 Jackson, Katie - #15
 Kratch, Kaci - #25
 Larrett, Elise - #23
 Lee, Lynzee - #31
 Martorana, Amanda - #6
 Maynard, Emily - #13
 Moore, Nikki - #17
 Ofuani, Amaka - #16
 Petrucco, Christina - #22
 Reis, Aline - #1
 Rodrigues, Andrea - #24
 Schooley, Briana - #5
 Thomas, Becca - #4
 Whidden, Courtney - #2
 Wilde, Hanna - #12

PRONUNCIATIONS

Sarah de Leonday-lee-own
 Danielle dos Santos dan-YELL-ah
 Stephanie GagnonGAG-non
 Yvonne George yuh-VON
 Emily Maynard..... MAY-nird
 Amaka Ofuani
 ah-MOCK-ah oh-FWAN-ee
 Christina Petruccopah-TRUE-ko
 Aline Reis ah-LIN-ee RAY-is

ROSTER BY STATE/COUNTRY

Florida (14)

Heather Dooley (Pembroke Pines), Stephanie Gagnon (Longwood), Jessie Gardner (Sarasota), Yvonne George (Winter Springs), Lauren Halbert (Niceville), Stacie Hubbard (Jacksonville), Katie Jackson (Satellite Beach), Elise Larrett (Orlando), Amanda Martorana (Middleburg), Amaka Ofuani (Tallahassee), Christina Petrucco (Plantation), Andrea Rodrigues (St. Petersburg), Brianna Schooley (Coral Springs), Courtney Whidden (Palm Harbor)

Washington (2)

Sarah de Leon (Lakewood), Becca Thomas (Burlington)

Indiana (1)

Emily Maynard (Munster)

Montana (1)

Lynzee Lee (Kailspell)

Ohio (1)

Hanna Wilde (Westlake)

Tennessee (1)

Kacie Horner (Franklin)

Texas (1)

Kaci Kratch (Austin)

Virginia (1)

Nikki Moore (Virginia Beach)

Brazil (2)

Danielle dos Santos (Campinas), Aline Reis (Campinas)

Canada (1)

Sheri Hince (Winnipeg)

ROSTER BY CLASS

Seniors (4)

Sarah de Leon, Danielle dos Santos, Jesse Gardner, Hanna Wilde

Juniors (8)

Yvonne George, Lynzee Lee, Emily Maynard, Nikki Moore, Amaka Ofuani, Brianna Schooley, Becca Thomas, Courtney Whidden

Sophomores (4)

Lauren Halbert, Kacie Horner, Amanda Martorana, Christina Petrucco

Freshmen (9)

Heather Dooley, Stephanie Gagnon, Sheri Hince, Stacie Hubbard, Katie Jackson, Kaci Kratch, Elise Larrett, Aline Reis, Andrea Rodrigues

PREVIEWING THE 2008 SEASON

Before taking a look at the 2008 UCF women's soccer team with head coach Amanda Cromwell, here was what the Knights accomplished in 2007:

- Conference USA regular-season co-champs
- Made 12th NCAA Tournament appearance
- Finished with a 15-4-4 record
- Sixth time UCF had at least 15 victories
- Led C-USA with seven players of the week
- Reipient of the C-USA Defensive and Newcomer of the Year awards

CROMWELL Q&A

Yvonne George and Courtney Whidden surprised a lot of teams last year. Now that opponents know what they are capable of, will it be tougher for that duo to duplicate their performances this season?

I am sure opponents will key on them because of some of the success they had last year, but we really pride ourselves on our ability to attack as a team. Yvonne has a lot of athletic ability and certainly has the ability to stretch defenses which helps. Courtney is a true goal scorer and led the team in goals scored. They combine well together and we are glad to have them back for the next couple of years. They understand that this is a new year and for us to have success it is going to have to be a total team effort.

How comfortable are you knowing that the majority of the attack is back?

Having the top nine point scorers back is a positive but we never want to rely on past results. We are going to have to work harder to be creative and more efficient in the attacking third. We have Hanna Wilde on the left flank who is very dangerous with the ball at her feet. Brianna Schooley can be a top-class playmaker out of the attacking midfield. And Nikki Moore gets up and down the flank from her right back position. We are excited about the possibilities for sure. It's very exciting to have the tools and personnel to be able to score more goals than last year. That will be our goal.

Becca Thomas was another sparkplug in 2007, so what do you expect from her now that she's a junior?

Becca led us in assists and strikes a very good ball from distance. Last year her quality service was a huge factor in our success in attacking set pieces. She's probably our fittest player. She is the engine in the midfield and is a key factor in both the attack and defense.

Who might have a breakout season in 2008?

Danielle dos Santos comes to mind. She has gained confidence and really had a great spring. She is fit, deceptive and loves to play the game. Emily Maynard transferred in from Maryland and she could play a big role this year. She is ver-



Becca Thomas is coming off a 2007 campaign in which she led Conference USA with 11 assists.

satile enough to play anywhere on the field and her work rate is tremendous. She serves a great ball, loves to take players on and may be one of the most competitive players on the team. Amanda Martorana and Amaka Ofuani could fill some key spots in the defense. We have some rookies coming in that will be involved in the attack and defense as well.

Out of the newcomers, who do you expect to have a shot at entering the starting lineup, and do you prefer having freshmen start immediately or come off the bench?

We are very excited about our incoming players. We can see Katie Jackson, Stacie Hubbard, Kaci Kratch and Sheri Hince all making a strong case to start. We would love to see them step up and compete to start right away but there are some upperclassmen that might have something to say about that. Our rookies, if they are good enough, will certainly be given the opportunity to play as freshmen. I believe they will add something to the foundation of returning players that will help us reach our goals.

Are you concerned about the loss of goalkeeper Jennifer Manis and defenders Kelsey Kravec, Kate Begley and Arielle Orr?

Replacing a goalkeeper like Manis is never easy. We have four keepers who we have full confidence in, and we look forward to seeing which one steps up and wins the position. Kelsey was such a solid center back for us. She had a great year with her speed, athleticism and ability to recover well. It was the same thing with Arielle at left back. She was so composed with the ball, defended well and had a lot of speed. Begley really did a good job of winning balls in the midfield to allow the attacking players the freedom to attack. Obviously losing three key defenders and your goalkeeper at the same time is not ideal, but hopefully we recruited well enough to fill those spots.

We have experienced players in Martorana and Ofuani who played defense for us last year and

Maynard could be back there as well. Two players that received a lot of starts were Christina Petrucco and Sarah de Leon. Petrucco played really well but didn't start late because of an injury. Sarah came back from her injury, earned the starting spot back and played very well in the back. Nikki Moore attacked out of the right back position and is a handful for other teams to deal with. She's one of our best defenders and fastest players.

With four keepers on the roster, do you hope to have a platoon or will you be looking for a solid No. 1 for the whole year? Also, is it tough having so many goalkeepers on the roster?

I think ideally we'd like to have one player step up and secure the position but if it ends up being a situation where we are splitting time there may be some advantages to that as well. Stephanie Gagnon will redshirt, and I think there will be three others that will be battling for two spots. We only travel two and I think for the first time in a long time we have a true goalkeeper competition which will be great for keeping them sharp in training. We just have to wait and see how they perform. Having four keepers is great. It creates a nice competitive training environment and allows us to have multiple small-sided games going on at once.

Are you looking forward to facing strong competition early, or would you rather have a schedule that eases you in for the long haul?

We love it. Our girls are competitive and love to test themselves against the nation's best. The scrimmage against USF will be a good opportunity to work out some kinks early and hopefully prepare us for FSU and UF which will obviously be great early matches for us. Right away we will know what we need to work on. We drew with them both last year, and losing in PK's in the second round was rough, so I know the team will be ready to play. I know both those teams will be ready for us. The rivalries are great and our players really thrive in those big-game situations.





UCF Soccer Complex

The UCF Soccer Complex plays host to both women's and men's soccer matches, as well as home track meets. Built in 1991, the UCF soccer field is natural grass and is lined to the dimensions of 347 feet by 200 feet (115.7x66.7 yards).

The facility has a capacity of 1,000. In 2006, the bleachers were upgraded to feature more comfortable chairback seats. Last season, UCF set a complex attendance record when 956 fans came out to see the Knights erase a 3-1 halftime deficit to tie No. 11 Florida State, 3-3, on Sept. 22. It was the largest crowd to watch a UCF women's soccer home match since the NCAA Championship title contest against North Carolina in 1982.



DIRECTIONS

From Jacksonville or Daytona

I-95 South to Highway 50 (Colonial). West on Highway 50 for approximately 17 miles. Right on Alafaya Trail. North on Alafaya Trail approximately three miles. Right at Gemini Blvd. Straight on Gemini for approximately 1/4 mile. Left at UCF Arena, soccer field is on right.

From Miami

I-95 North to Highway 50 (Colonial). West on Highway 50 for approximately 17 miles. Right on Alafaya Trail. North on Alafaya Trail approximately three miles. Right at Gemini Blvd. Straight on Gemini for approximately 1/4 mile. Left at UCF Arena, soccer field is on right.

From Downtown Orlando

East on toll road 408 (East-West Expressway) to toll road 417 North, toward Sanford. Exit on University Blvd. East. Left at Alafaya Trail approximately 2/10 mile. Right at Gemini Blvd. Straight on Gemini for approximately 1/4 mile. Left at UCF Arena, soccer field is on right.

From Tampa

I-4 East to toll road 408 (Exit 82A). East on 408 to toll road 417 North, toward Sanford. Exit on University Blvd. East. Left at Alafaya Trail approximately 2/10 mile. Right at Gemini Blvd. Straight on Gemini for approximately 1/4 mile. Left at UCF Arena, soccer field is on right.

From Tallahassee or NW Florida

Florida Turnpike South to toll road 408 East. East on 408 to toll road 417 North, toward Sanford. Exit on University Blvd. East. Left at Alafaya Trail approximately 2/10 mile. Right at Gemini Blvd. Straight on Gemini for approximately 1/4 mile. Left at UCF Arena, soccer field is on right.

PARKING

Parking for home soccer matches is located on the second floor and above in Garage F behind the UCF Arena. There will be a \$5 charge. Disabled parking is available on each level, and the \$5 fee will be waived with a valid permit. No parking will be allowed in Garage G or Garage E.

From northbound Alafaya Trail (SR434)

Turn right onto Gemini Blvd. Turn left on West Plaza Drive. Garage F is located ahead on the right behind UCF Arena.

From southbound Alafaya Trail (SR434)

Turn left onto Gemini Blvd. Turn left on West Plaza Drive. Garage F is located ahead on the right behind UCF Arena.

UCF SOCCER COMPLEX



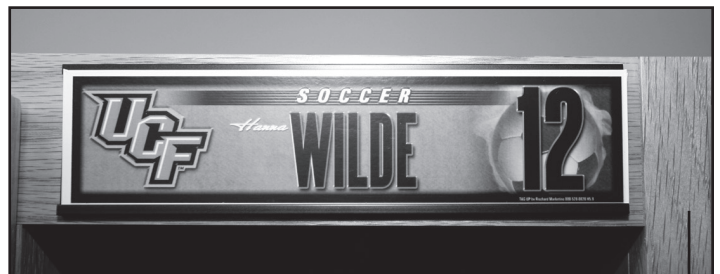
For the 2008 season, the UCF women's soccer team moves into a spacious new locker room inside The Venue at UCF (the old UCF Arena). The coaches also boast brand new offices on the first floor of the old arena, which is located just west of the UCF Soccer Complex.



The 2007 C-USA trophy overlooks the Knights locker room.



Michelle Akers' locker (far right) sits among the rest of the Knights players.



Each player has a customized locker to store everything they need in order to be successful on and off the field.

CHAMPIONS PLAY HERE





AMANDA CROMWELL

Head Coach - 10th Season at UCF



With almost a decade of conference titles and NCAA Tournament berths to her credit, head coach Amanda Cromwell and the women's soccer team exemplify the slogan, "Champions Play Here."

Since taking over the helm of the UCF women's soccer program in 1999, Cromwell has brought the Knights to national prominence. In the past nine years, she has guided the team to a 127-57-11 record, six NCAA Tournament appearances, four Atlantic Sun Tournament championships and two C-USA regular-season titles. The Knights have capped off the last seven seasons ranked among the top squads in the Southeast by SoccerBuzz.com, including a No. 7 ranking in 2003 and 2004 and a No. 9 ranking in 2007.

In addition to her accomplishments as head coach, Cromwell also has helped her players excel individually both on and off the field. During her tenure, Knights have earned 58 all-conference honors and 20 National Soccer Coaches Association of America (NSCAA) All-Region selections. Courtney Baines (2004 and 2005) and Jennifer Manis (2007) both received conference defensive player of the year honors, Danielle dos Santos was the 2007 Conference USA Newcomer of the Year, Jennifer Montgomery was named 2002 Atlantic Sun Freshman of the Year and Michelle Anderson earned 2001 A-Sun Player of the Year recognition.

Her student-athletes are also known for their academic success, as they have collected 118 conference academic awards. In 2005, Baines received *ESPN the Magazine* Academic All-America honors and the C-USA Women's Soccer Scholar-Athlete Award. Baines also became the fourth player in UCF history to earn NSCAA/adidas Women's Collegiate Scholar All-America honors, joining former Cromwell protégés Jackie VanLooven and Allison Blagriff.

The 2007 season continued the winning tradition that Cromwell has built at UCF, as the Knights claimed a share of the C-USA regular-season title and finished with a 15-4-4 record. UCF went on to earn an at-large berth in the NCAA Tournament, where it defeated Auburn and played No. 6 Florida to a 0-0 draw in the second round. The Black and Gold completed 2007 ranked No. 20 in the final RPI poll and No. 30 in the Soccer Buzz national rankings.

Individually, Jennifer Manis, Hanna Wilde and Nikki Moore all earned a spot on the 2007 All-C-USA First Team, and Manis and Kate Begley were selected to the C-USA All-Academic Team.

During its second season in C-USA in 2006, UCF posted a record of 11-6-2, including a 1-0 shutout of No. 9 Rice and a 2-1 win over No. 15 SMU. Five Knights were named to the all-conference teams as forward Roberta Pelarigo and midfielder Becca Thomas grabbed first-team honors and goalkeeper Jennifer Manis received a spot on the C-USA All-Academic Team. Both Pelarigo and Manis also were tapped for NSCAA All-Southeast Region accolades.

The Knights enjoyed tremendous success in their inaugural season in C-USA in 2005. They posted a 12-10 overall mark and an 8-1 record in conference play to earn a share of the regular season title. After defeating Houston 3-2 in the first round of the C-USA Championship, UCF fell to eventual runner-up and NCAA Tournament participant UTEP. The 2005 season also marked a milestone in Cromwell's career with the Black and Gold as she

won her 100th match as the Knights' mentor, taking a 2-1 win against Houston on Oct. 30.

During the team's final season in the Atlantic Sun, the Knights went 17-4-2 overall and were a perfect 9-0 against teams from the state of Florida, including wins over No. 14 Florida State and No. 10 Florida. They were 8-2 in league play as they picked up the A-Sun's first ever at-large bid to the NCAA Tournament, where they defeated Florida, 3-2, in the first round before falling to Boston College, 2-1, in the second round.

Cromwell led UCF to a 16-5-1 record in 2003 as the team won the A-Sun Tournament crown for the third consecutive season. The Black and Gold advanced to the NCAA Tournament, where Florida topped the Knights, 3-2, in double overtime in the first round.

The success of 2003 came on the heels of a record-breaking 2002 season. That year, the Knights posted an 18-5-0 mark, eclipsing the program record for most wins previously set by Cromwell's 1999 squad. After defending both the A-Sun regular season and tournament titles, UCF returned to the NCAA postseason for the second consecutive year - and took a 2-0 loss at the hands of Auburn in its opening match.

In 2001, the Knights finished with a 14-6 record and took top honors in the A-Sun before making a trip to the NCAA Tournament for the second time under Cromwell. One year earlier, UCF compiled an 8-11-1 mark and finished second in the league thanks to a 7-2 record against A-Sun opponents.

After a 7-5 start in 1999, UCF rebounded with a 10-game unbeaten streak that included a 1-0 win over Furman in the first round of the NCAA Tournament before perennial power North Carolina halted the Knights' bid for a national crown. They finished the year with a 16-6-1 overall record and an 8-0-1 conference mark.

A native of Annandale, Va., Cromwell led the Annandale High School team to a state championship and earned NSCAA All-America honors. The school retired her jersey after she graduated.

Cromwell continued her playing career at the University of Virginia, where she captained the squad to the 1991 NCAA Final Four. She added even more individual honors at UVA, including two All-America selections and four All-Atlantic Coast conference awards. She earned *Soccer America's* MVP award twice, captured three all-south region selections and was a finalist for the Hermann Trophy.

In her first year at UVA, Cromwell was selected to *Soccer America's* All-Freshman Team and took the team's rookie of the year award. She is currently tied for third on the Cavaliers' career goals list (35), tied for fourth in career game-winners (11) and fifth on the career scoring list (84 points).

Following her standout career in Charlottesville, Cromwell continued to make a name for herself. She was a member of the U.S. National Team that took third at the 1995 FIFA Women's World Cup in Sweden and an alternate on the 1996 gold medal Olympic team in Athens, Ga., after coming back from a serious knee injury. She earned 55 caps while representing the Red, White and Blue at least once every year from 1991-98.

Cromwell also has lent her playing talents to the Women's United Soccer Association (WUSA). She began her career with the Washington Freedom in 2001, starting 18 matches and scoring two goals. The following year, she played in 12 games for the Atlanta Beat, then moved on to the San Jose CyberRays in 2003.

During the summer, Cromwell is the director of the Central Florida Soccer Academy, which is held on the campus of UCF. She continues to serve as an ambassador for the game as a member of the U.S. Soccer Athletes Council.

Before the 2007 season Cromwell worked on the coaching staff for the U-14 Girls' National Development ID Camp in California. And during the summer of 2008, she served as an assistant coach for the U.S. U-20 Women's National Team, which traveled to Mexico and qualified for the 2008 FIFA U-20 World Cup in Chile.

In June of 2002, Cromwell was appointed to the President's Council on Physical Fitness and Sports as part of President George W. Bush's Healthier U.S. Initiative. The council is charged with promoting fitness and athletic activities to Americans of all ages. She also was chosen for the Athletes in Action Women's Advisory Board, a committee whose goal it is to identify and equip potential leaders in women's sports.

Cromwell holds a bachelor's degree in biology from Virginia. She resides in Winter Park with her golden retriever, Joab.



Head coach Amanda Cromwell enters her 10th year with the Knights.

THE CROMWELL FILE

Born: June 15, 1970 - **Resides:** Winter Park
Education: University of Virginia, 1992, B.A. in biology
Coaching Career:
 UCF, Head Coach, 1999-Present
 University of Maryland-Baltimore County, Head Coach, 1996-98
 University of Virginia, Assistant Coach, 1992-94
Playing Career:
 San Jose CyberRays, 2003 | Maryland Pride, 1997
 Atlanta Beat, 2002 | Hammarby IF, Sweden, 1994
 Washington Freedom, 2001 | U.S. National Team, 1991-98
 Charlotte Eagles, 2000 | Virginia, 1988-92
 Tampa Bay Extreme, 1998

2005. They posted a 12-10 overall mark and an 8-1 record in conference play to earn a share of the regular season title. After defeating Houston 3-2 in the first round of the C-USA Championship, UCF fell to eventual runner-up and NCAA Tournament participant UTEP. The 2005 season also marked a milestone in Cromwell's career with the Black and Gold as she

CROMWELL YEAR-BY-YEAR

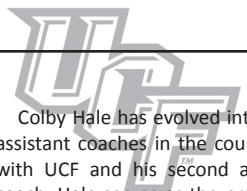
Year	School	Overall	Conference	Highlights
1996	UMBC	10-6-0	3-2-0	Big South Conference
1997	UMBC	10-9-1	3-2-0	Big South Conference
1999	UCF	16-6-1	8-0-1	A-Sun Champs/NCAA Second Round
2000	UCF	8-11-1	7-2-0	
2001	UCF	14-6-0	9-1-0	A-Sun Champs/NCAA First Round
2002	UCF	18-5-0 [^]	10-1-0	A-Sun Champs/NCAA First Round
2003	UCF	16-5-1	9-1-0	A-Sun Champs/NCAA First Round
2004	UCF	17-4-2	8-2-0	NCAA Second Round
2005	UCF	12-10-0	8-1-0	C-USA Co-Champions
2006	UCF	11-6-2	7-1-1	
2007	UCF	15-4-4	7-1-1	C-USA Co-Champions/NCAA Second Round
Totals		147-72-12	79-14-3	

[^] - school record for wins in a season



COLBY HALE

Associate Head Coach - Sixth Season at UCF



Colby Hale has evolved into one of the premier assistant coaches in the country. In his sixth year with UCF and his second as an associate head coach, Hale serves as the program's recruiting coordinator while his on-field responsibilities include coaching the Knights' attack.

The UCF offense has scored 227 goals during his five-year tenure, and was ranked among the top 25 scoring offenses for two consecutive seasons. It also placed 35th in the country in 2007 by amassing 46 goals. He has guided 15 offensive players to all-conference honors, while 12 received all-region recognition.

Meanwhile, Hale's recruiting classes also have garnered national attention. In 2006, UCF's incoming class was listed at 24th by SoccerBuzz.com, the program's highest national ranking. The Knights were also ranked among the top 75 in 2004 and 2005. Prior to the 2007 campaign, Hale helped UCF claim the top recruiting spot in C-USA and was ranked 39th in the nation.

Over the past four years, Hale's recruits have earned four conference player of the year awards, 33 all-conference honors and 17 all-region distinctions.

During Hale's first two seasons at UCF, the Knights won Atlantic Sun Championship titles and played in the postseason. The 2004 squad advanced to the second round of the NCAA Championship. In 2003 and 2004, Hale helped coach a UCF offense that was ranked in the top 25 in the country in scoring.

THE HALE FILE

Born: Aug. 8, 1976 - **Resides:** Orlando
Education: Oral Roberts, 1999, B.S. in theology
Coaching Career:
UCF, Associate Head Coach, 2007-Present
UCF, Assistant Coach, 2003-06
Oral Roberts, Assistant Coach, 2000-02

Since moving to C-USA in 2005, Hale has helped the Knights rack up two regular-season crowns.

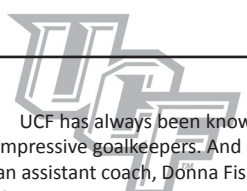
Before moving to UCF, Hale spent three years as an assistant coach at Oral Roberts. The Golden Eagles won two Mid-Continent Conference regular season titles with Hale on the sideline. In Hale's first season at Oral Roberts, the team recorded a school-record 14 victories in 2000.

While at Oral Roberts, Hale also worked as the director of coaching for the Central Tulsa Thunder Soccer Club. In 2002, he began coaching in the Oklahoma Olympic Development Program.

A 1997 graduate from Oral Roberts, Hale served as an assistant boy's soccer coach at Union High School in Tulsa, Okla. Union captured the 1997 Oklahoma Class 5A State Championship.



Colby Hale helped UCF bring in the top recruiting class in C-USA this year.



UCF has always been known for its dynamic and impressive goalkeepers. And in her ninth season as an assistant coach, Donna Fishter continues to lead the way in net.

Since Fishter arrived in Orlando in 1999, her athletes have posted 83 total shutouts and a 1.11 goals-against average. She has mentored some of the top goalkeepers in school history, including Jessica Kuhlman and Jennifer Manis. Kuhlman earned First-Team All-Atlantic Sun Conference honors in 2002 and finished her career with 19.8 shutouts, good for fifth all-time at UCF.

After posting a 1.07 overall GAA and four shutouts, Manis was named Second-Team All-Conference USA and earned a spot on the National Soccer Coaches Association of America All-Southeast Region third team in 2006. She followed that up in 2007 with 10 shutouts, a 0.87 GAA and 126 saves, the second most in a single-season at UCF. Manis went on to be named the C-USA Defensive Player of the Year and an NSCAA/adidas Scholar All-American.

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Donna Fishter's coaching style has helped UCF evolve into one of the best defensive squads in Division I.

DONNA FISHTER

Assistant Coach - Ninth Season at UCF

In addition to her duties with the keepers, Fishter provides the team with leadership training throughout the year.

A 1995 graduate from Anderson University in Indiana with a degree in graphic design and communications, Fishter started in goal for the Ravens from 1992-94. She also played softball at AU for four seasons, two of which were with her sister. Upon graduation, she joined the coaching staff at her alma mater from 1995-97.

Fishter spent three years playing in the United Soccer League's women's division. She started her career with the Indiana Blaze in 1997. After moving to Florida, Fishter spent time with the Orlando Ladyhawks and the Tampa Bay Extreme.

After a one-year stint as an assistant coach at Edgewater High School in Orlando, she served as the head coach at Trinity Prep in 1999.

Fishter also founded Sequel Ministries, Inc., an organization dedicated to leading generations to discover the abundant life in Christ and the relevance of religion.

Fishter is currently seeking her master's degree in Biblical studies from Reformed Theological Seminary in Orlando.

Fishter assists head coach Amanda Cromwell with the administration and operation of the Central Florida Soccer Academy each summer.

When she's not on the soccer field, Fishter can be found at the local Starbucks or out riding her ATV.

THE FISHTER FILE

Resides: Orlando with her jack russel terrier/schnauzer named Condi

Education: Anderson University, 1995, B.A. in graphic design and communications. Presently working on her master's in biblical studies at Reformed Theological Seminary

Coaching Career:

UCF, Assistant Coach, 2000-Present
Central Florida United Premier Coach, 1998-00 and 2007-Present
Trinity Prep, Head Coach, 1999
Edgewater High School, Assistant Coach, 1998
Anderson University, 1995-97

Playing Career:

Tampa Bay Extreme, 1999
Orlando Ladyhawks, 1998
Indiana Blaze, 1997
Anderson University, 1991-94



WOMEN'S SOCCER SUPPORT STAFF



MICHELLE AKERS

Volunteer Assistant Coach

A UCF alumnus and one of the greatest soccer players of all-time, Michelle Akers is entering her 10th year as a volunteer assistant coach with the Knights. Akers spent 15 years with the U.S. National Team and was named FIFA's Female Player of the Century in 2002.

The second all-time leading goal scorer in UCF history, Akers played with the Knights from 1984-88 and was a four-time All-America selection. In 1987, she guided UCF to the NCAA College Cup. A year later, she won the inaugural Hermann Trophy, given to the top player in the nation. Akers finished her collegiate career with 52 goals, 30 assists and a school-best 134 total points. She was inducted into the UCF Athletics Hall of Fame in 1998.

Akers played on the first U.S. Women's National Team in 1985 and scored the first goal in the history of the program. In the inaugural FIFA Women's World Cup in 1991, she scored a tournament-high 10 goals, including five in one game. She guided her country to a win over Norway in the championship match, scoring two goals, and took home the tournament's Golden Boot for the most goals.

Akers also was a member of the U.S. Women's World Cup squad in 1999, which also won the title. In 1996, she won a gold medal with the U.S. team at the Summer Olympics in Atlanta, Ga.

Akers was awarded the FIFA Order of Merit in 1998 for her contributions to the game of soccer. She retired in 2000 and finished her national team career with 105 goals and 37 assists in 153 contests.

Along with Mia Hamm, Akers was one of only two women named to the FIFA 100, a list of the 100 greatest living soccer players, in 2004. That same year, she was inducted into the U.S. National Soccer Hall of Fame.



Michelle Akers has been a staple in the UCF women's soccer program since her freshman season in 1984.



JOHN WHITFORD

Equipment Manager

John Whitford is in his sixth season at UCF as an assistant equipment manager. Whitford oversees equipment and supplies for the Knights' volleyball, men's and women's basketball, baseball, women's soccer, women's cross country and track and field programs.

A 1995 graduate of Manchester College in Indiana, he served as the head basketball manager from 1991-95 and also was a member of the golf team in 1993-94. Whitford later served as an assistant golf coach at Manchester in 1995.

Prior to UCF, he worked as an assistant equipment manager at Ferris State from 1998-03, where he handled football duties.

Whitford married Amy Rhode in March 2007. The couple gave birth to their first child, Andrew, in May 2008.



SARAH HILL

Academic Advisor

Sarah Hill is the assistant director in Academic Services for Student-Athletes advising the women's soccer team. She is entering her eighth year at UCF. Under the advisement of Hill, the UCF women's soccer team earned the highest team GPA of all Knight programs in 2005.

Along with her advising duties, Hill is an adjunct instructor in the College of Education teaching SLS 1501--Student Success, to incoming students. She received her bachelor of arts in sociology from Arkansas State University. During this time she was a member of the track and field team competing in the long and triple jump. After graduation, she took the position as the assistant coach of both the men and women's track and field teams at her alma mater.

While volunteering in the Academic Support Unit for Student-Athletes, Hill also received her master of arts degree in sociology at Arkansas State University.

Hill and her husband Isaac have three children - Isaac (nine), Samarah (seven) and Victoria (two).



BRIAN ORMISTON

Athletics Communications

Brian Ormiston kicks off his third year at UCF, and second as the media relations contact for the women's soccer team. Along with soccer, he works with the Knights' baseball and women's tennis programs.

Ormiston previously spent one year at Niagara University, serving as the media representative for the men's hockey, women's soccer and baseball teams. He began his career as a student assistant and an intern at Michigan State University, where he worked primarily with the softball, men's tennis and field hockey teams. The Michigan native also assisted with football, men's and women's basketball and ice hockey at MSU.



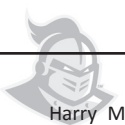
LEAH SCHOEN

Athletic Trainer

Leah Schoen will be in her second season as the trainer for the women's soccer team. Prior to arriving in Orlando, she worked at the University of Florida as the primary trainer for the cheerleaders, dance team and mascots. She also assisted with football, track and field, gymnastics and swimming and diving.

As an undergraduate at UF, Schoen aided the sports medicine staff at the 2006 Nike Football Combine and UF Summer Football Camps for two years. She also served as vice president of the school's student athletic training organization.

Schoen, who holds a bachelor's degree in exercise and sports science from Florida, is a member of the National Athletic Training Association, the Southeastern Athletic Training Association and the Athletic Trainers' Association of Florida.



HARRY MEYERS

Strength & Conditioning

Harry Meyers is in his 11th year as a strength and conditioning coach at UCF. In addition to working with women's soccer, he also oversees the programs for men's soccer, women's rowing, women's track and field, men's and women's cross country and cheerleading.

In his previous years at UCF, Meyers worked with the track and field team's throwers as an assistant coach and helped Katara Beard earn back-to-back Atlantic Sun Outstanding Athlete of the Year honors.

Meyers graduated from the University of Miami in 1996 with a bachelor's degree in mathematics. He received his master's degree in physical education from UCF in the fall of 2002.

A member of the National Strength and Conditioning Association (NSCA), Meyers holds a Level I coaching certification and sports performance coaching certification from USA Weightlifting as well as Level I coaching certifications from USRowing and USA Track and Field.