WOMEN'S SOCCER

2018 Schedule & Results

Date	Opponent	<u>Time/Result</u>
Aug. 9	Wyoming [^]	W, 2-0
Aug. 12	at North Florida^	W, 3-0
Aug. 19	FGCU	PPD
Aug. 24	vs. #21 Texas	L, 2-1 (OT)
Aug. 26	at #4 North Carolir	na L, 1-0
Sept. 2	at Miami	W, 2-0
Sept. 6	at Maryland	7 p.m.
Sept. 9	#22 Florida	6 p.m.
Sept. 13	George Mason	7 p.m.
Sept. 16	at Stetson	7 p.m.
Sept. 27	at Temple*	3:30 p.m.
Sept. 30	at UConn*	Noon
Oct. 4	ECU*	7 p.m.
Oct. 7	RV Cincinnati*	1 p.m.
Oct. 11	at RV Memphis*	8 p.m.
Oct. 14	at Tulsa*	2 p.m.
Oct. 18	SMU*	7 p.m.
Oct. 21	Houston*	1 p.m.
Oct. 26	at RV USF*	7 p.m.

The American Championship

Oct. 31	First Round
Nov. 2	Semifinals
Nov. 4	Championship

NCAA Championship

Nov. 19-111st Round (Campus Sites)Nov. 16 & 182nd & 3rd Rounds (Campus Sites)Nov. 23-24Quarterfinals (Campus Sites)Nov. 30 & Dec. 2College Cup (Cary, N.C.)

* = Conference match • Home matches in bold
• All times Eastern and subject to change





Instagram ucf.wsoccer

UCF, Not Central Florida

Please refer to the University of Central Florida as UCF, not Central Florida, on all references. Also, UCF is no longer "Golden" and instead simply known as the "Knights."

GAME 4 | UCF (1-2-0) at Maryland (2-3-1)

Thursday, Sept. 6, 2018 | 7 p.m. ET Ludwig Field | Colege Park, Md. Series History: First Meeting Broadcast: BTN Plus

KNIGHT NOTES

GAMEDAY NOTABLES

• Thursday's contest marks the first-ever meeting between UCF and Maryland.

• The Knights are 10-5-2 all-time against Big Ten opponents.

• UCF will play its fourth consecutive match away from home. In their first five games, the Knights will have faced an opponent from the Big 12 (Texas), ACC (North Carolina, Miami), Big Ten (Maryland) and SEC (Florida.)

LAST TIME OUT

• UCF picked up its first victory of the season in a 2-0 shutout at Miami.

• The Knights' defense limited the Hurricanes to just five shots in the contest.

• UCF's offense picked up its intensity in the second half.

• Freshman Kristen Scott contributed to both goals, drawing the foul in the 69th minute, setting up Zandy Soree for the penalty kick.

• The rookie tallied her own marker - the first of her collegiate career - in the 90th minute as she collected a ball from Stefanie Sanders with the final seconds waning.

AMERICAN ACCOLADES

• Following a shutout victory of Miami, a pair of UCF women's soccer players were recognized by the American Athletic Conference for their defensive efforts in the match.

• Vera Varis was named The American Goalkeeper of the Week after making four saves while disrupting the Hurricane offense for the entire 90 minutes.

• Earning her third start of the season, Emily Tipton played a key role on the back line in UCF's victory.

• Varis collected her second goalkeeper of the week accolade, while Tipton earned her first collegiate accolade.

INTERNATIONAL EXPERIENCE

• UCF has a trio of members on its current roster with international experience this fall.

• Dina Orschmann and Stefanie Sanders were both selected to play for Germany at the U20 Women's World Cup in France.

• Sanders scored Germany's lone goal in its opening match and added an assist while earning a starting in two matches. She saw time in all four of Germany's matches.

• Orschmann earned a starting spot in Germany's third contest in group play, taking a pair of shots that just missed becoming goals.

• Konya Plummer, who joined UCF this spring after two seasons at Southeastern University, just returned from playing with the Jamaican National Team for the Final Qualifiers.

UCF**KNIGHTS**COM

2018 UCF Women's Soccer Numerical Roster

2010	OCF Women's Soco	<u>er Numerica</u>	<u>i Koster</u>			
No.	Name	Height	Pos.	Class	Hometown/High School (Previous School)	
0	Caroline DeLisle	5-10	GK	Fr.	Tampa, Fla./Paul R. Wharton	
1	Vera Varis	5-10	GK	Sr.	Vantaa, Finland/Makelanrinne Sports	
2	Samantha Chung	5-2	Μ	Sr.	Boynton Beach, Fla./Oxbridge Academy (Florida	a)
3	Emily Tipton	5-4	D	Sr.	Lake Mary, Fla./Lake Mary HS	
4	Carrie Lawrence	5-7	М	Sr.	Orlando, Fla./Timber Creek HS (South Carolina)	
5	Adrienne Li	5-4	D	RJr.	Ottawa, Canada/E.S.P. Louis-Riel	
6	Konya Plummer	5-8	D	Jr.	Epsom, St. Mary, Jamaica/Titchfield HS (Southea	astern)
7	Kristen Scott	5-9	F	Fr.	Orlando, Fla./Edgewater HS	
8	Lauren Nemeroff	5-3	F	Sr.	Park Hills, Ky./Dixie Heights (Kentucky)	
11	Stefanie Sanders	5-11	F	So.	Hamburg, Germany/SV Werder Bremen	
12	Elise Legrout	5-4	Μ	Fr.	Dieppe, France	
13	Sydney Brown	5-2	D	Fr.	Winter Park, Fla./Oviedo HS	
14	Mathilde Kack	5-7	D	Fr.	Nanteuil-la-Forêt, France/Lycee Henri Darras	
15	Dina Orschmann	5-6	F	So.	Berlin, Germany/FC Union Berlin	
16	Payton Grewal	5-3	F	Jr.	Oviedo, Fla./Oviedo HS	
17	Dayana Martin	5-8	F	Fr.	Boca Raton, Fla./Boca Raton Community HS	
18	Christina Trickett	5-5	Μ	Jr.	Independence, Ohio/Walsh Jesuit HS	
19	Zandy Soree	5-6	Μ	Jr.	Weston, Fla./American Heritage HS	
20	Madison Murnin	5-4	Μ	So.	Jacksonville, Fla./Sandalwood	
21	Darya Rajaee	5-3	Μ	Fr.	Gainesville, Fla./Saint Frances Catholic Academy	,
22	Mack Thompson	5-7	D	Jr.	Valrico, Fla./Durant HS	
23	Maura Aman	5-7	D/F	Sr.	Annandale, Va./WT Woodson HS	
24	Jaida Scott	5-6	D	So.	Plantation, Fla./American Heritage School	
25	Piper Dotsikas	5-7	F/D	Fr.	Ponte Vedra Beach, Fla./Ponte Vedra HS	
26	Jessica Taylor	5-6	F	RJr.	Tampa, Fla./Steinbrenner HS	
27	Eden Kawabe	5-3	D	Jr.	Mililani, Hawaii./Mililani HS (San Diego State)	
28	Katriina Kuoksa	5-1	Μ	Jr.	Oulu, Finland/Kastelli Secondary School	Dream
30	Chloe N'gazi	5-9	GK	Jr.	Paris, France/Lycee Henri Darras	Pror
33	Asia Ervin	5-7	F/D	Fr.	Orlando, Fla./Timber Creek HS	Maura
						Piner

Head Coach: Tiffany Roberts Sahaydak (UNC, 2005) – 6th season at UCF Associate Head Coach: Tim Sahaydak (UNC, 2005) Assistant Coach: Chris Cummings (Rollins 2010, 2013)

2018	2018 UCF Women's Soccer Alphabetical Roster										
No.	Name	Height	Pos.	Class	Hometown						
23	Maura Aman	5-7	D/F	Sr.	Annandale, Va.						
13	Sydney Brown	5-2	D	Fr.	Winter Park, Fla.						
0	Caroline DeLisle	5-10	GK	Fr.	Tampa, Fla.						
25	Piper Dotsikas	5-7	F/D	Fr.	Ponte Vedra Beach, Fla.						
33	Asia Ervin	5-7	F/D	Fr.	Orlando, Fla.						
2	Samantha Chung	5-2	Μ	Sr.	Boynton Beach, Fla.						
16	Payton Grewal	5-3	F	Jr.	Oviedo, Fla.						
14	Mathilde Kack	5-7	D	Fr.	Nanteuil-la-Forêt, France						
27	Eden Kawabe	5-3	D	Jr.	Mililani, Hawaii						
28	Katriina Kuoksa	5-1	Μ	Jr.	Oulu, Finland						
4	Carrie Lawrence	5-7	Μ	Sr.	Orlando, Fla.						
12	Elise Legrout		М	Fr.	Dieppe, France						
5	Adrienne Li	5-4	D	RJr.	Ottawa, Canada						
17	Dayana Martin	5-8	F	Fr.	Boca Raton, Fla.						
20	Madison Murnin	5-4	Μ	So.	Jacksonville, Fla.						
8	Lauren Nemeroff	5-3	F	Sr.	Park Hills, Ky.						
30	Chloe N'gazi	5-9	GK	Jr.	Paris, France						
15	Dina Orschmann	5-6	F	So.	Berlin, Germany						
6	Konya Plummer	5-8	D	Jr.	Epsom, St. Mary, Jamaica						
21	Darya Rajaee	5-3	Μ	Fr.	Gainesville, Fla.						
11	Stefanie Sanders	5-11	F	So.	Hamburg, Germany						
24	Jaida Scott	5-6	D	So.	Plantation, Fla.						
7	Kristen Scott	5-9	F	Fr.	Orlando, Fla.						
19	Zandy Soree	5-6	М	Jr.	Weston, Fla.						
26	Jessica Taylor	5-6	F	RJr.	Tampa, Fla.						
22	Mack Thompson	5-7	D	Jr.	Valrico, Fla.						
3	Emily Tipton	5-4	D	Sr.	Lake Mary, Fla.						
18	Christina Trickett	5-5	М	Jr.	Independence, Ohio						
1	Vera Varis	5-10	GK	Sr.	Vantaa, Finland						

Head Coach: Tiffany Roberts Sahaydak (UNC, 2005) – 6th season at UCF Associate Head Coach: Tim Sahaydak (UNC, 2005) Assistant Coach: Chris Cummings (Rollins 2010, 2013)

Pronunciation Guide

Maura Aman	Amin
Piper Dotsikas	Dot-sih-kas
Payton Grewal	GRAY-wall
Mathilde Kack	Mah-til-de Kack
Eden Kawabe	Kuh-wah-BE
Katriina Kuoksa	kw-AHK-suh
Chloe N'Gazi	EN-gah-zee
Darya Rajaee	Dar-E-uh RAH-ji-E
Sahaydak	Sah-HAY-dack
Vera Varis	VARE-uh VAR-iss

UCFKNIGHTS:COM

2018 Quick Facts

UCF INFORMATION Location Orlando Ela Founded... ... 1963 Enrollment..... Nickname..... .KniahtsBlack and Gold Colors..... Conference American Athletic Conference Dr. Dale Whittaker President..... Director of Athletics..... Dr. Daniel J. White Athletics Phone (407) 823-4114 Ticket Office Phone (407) 823-1000 Home Facility (Cap.)..UCF Soccer Complex (2,475)

COACHING STAFF

	fany Roberts Sahaydak	
	UNC, 2005	
Career Record	122-76-30 (11 years)	1
UCF Record	69-26-11 (5 years)	
Associate Head Coach.	Tim Sahaydak	
	UNC, 2005	
Assistant Coach	Chris Cummings	1
Alma Mater	Rollins, 2010, 2013	(
Director of Operations	Katy Ling	4

TEAM INFORMATION

2017 Overall Record	
2017 American Record/Finisl	h 7-0-2/First
2017 American Championshi	p Championship
Postseason	NCAA First Round
Starters Returning/Lost	6-5
Letterwinners Returning	

SOCCER HISTORY

First Year of Soccer 1981	•
First Year at Division I Level 1982	
First Year in American Athletic Conference 2013	
All-Time Record 458-194-61	•
NCAA Tournament Appearances/Last21/2017	

ATHLETICS COMMUNICATIONS

Contact	Megan Herboth
Office Phone	
Cell Phone	
E-Mail	mherboth@athletics.ucf.edu
Website	UCFKnights.com
	3 • • • •

KNIGHT NOTES

New Year, New Faces

• The Black and Gold welcome 11 newcomers to the squad this fall.

• In its February signing class, UCF added seven freshmen that all hail from the Sunshine State.

• The Knights added a pair of French rookies in Mathilde Kack and Elise Legrout.

• Senior Samantha Chung became a Knight after three seasons at Florida, while junior Konya Plummer came to UCF after an outstanding career at Southeastern.

• Eight of the newcomers have seen action this fall, with five of them earning starting nods.

• Kristen Scott, Samantha Chung, Mathilde Kack and Elise Legrout have started in both of UCF's matches this season.

PRESEASON PICKS

• For the first time since the 2015 season, the Knights opened their campaign as a Top 25 squad. The United Soccer Coaches Association listed the Knights at No. 16 in its preseason poll.

• Vera Varis has accumulated accolades in the preseason. The Vantaa, Finland native was named to the MAC Hermann Trophy Watch List for the most prestigious individual award in college soccer presented to the most outstanding player of the year.

• Varis was also named the American Athletic Conference Preseason Goalkeeper of the Year and was TopDrawerSoccer's Best XI First Team Goalkeeper.

• Dina Orschmann joined Varis on the preseason all-conference team.

STORIED TRADITION

• Since 1981, UCF has accumulated 22 conference championships and 21 NCAA Tournament berths, which include appearances in the 1982 NCAA title game, 1987 Final Four, 2011 Elite Eight and 2014 Sweet 16.

• Vera Varis became the 17th Knight to earn United Soccer Coaches (formerly NSCAA) All-America honors. Former USWNT goalkeepers Amy (Allmann) Griffin and Kim Wyant (current NYU men's soccer head coach) and National Soccer Hall of Famer Michelle Akers all contributed to UCF's 21 All-America accolades.

• Former All-American forward Tishia Jewell (2009-12) is the only female Knight in UCF Athletics history to win the Senior CLASS Award.

A YEAR AGO

• Last season, the Knights posted another championship season under Roberts Sahaydak, going unbeaten in The American to clinch the regular season title.

• The Black and Gold finished the 2017 campaign with a 13-2-3 record, the most wins since the 2014 campaign.

• Returning to the United Soccer Coaches poll, UCF climbed as high as No. 6 and finished the regular season ranked eighth. The Knights posted a 16-match unbeaten streak, the longest since the 2013 campaign.

• UCF swept The American's major awards for the first time in program history, picking up Offensive, Defensive, Midfielder, Rookie, Goalkeeper and Coach of the Year.

• Five Knights earned All-Region recognition, with Vera Varis going on to earn United Coaches All-America honors.

UCF**KNIGHTS**COM

2018 OVERALL TEAM STATS

UCF Combined Team Statistics

Record	Overall	Home	Away	Neutral
All Games	1 - 2 - 0	0 - 0 - 0	1 - 1 - 0	0 - 1 - 0
Conference	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Non-conference	1 - 2 - 0	0 - 0 - 0	1 - 1 - 0	0 - 1 - 0

Date	Opponent	t		Score	Att.	##	Player	gp	g	а	pts	sh	sh%	sog	sog	% gwg	pk-a	t
08/24/18	vs #21 Tex	xas	L	1-2	304	19	SOREE, Zandy	3	2	0	4	5	.400	3	.60) 1	- 1-1	
08/26/18	at #4 North	h Carolina	L	0-1	844	7	SCOTT, Kristen	3	1	0	2	6	.167	3	.50	0 0	0-0	
09/02/18	at Miami (I	FL)	W	2-0	256	15	ORSCHMANN, Dina	3	0	1	1	9	.000	4	.444	4 0	0-0	
* Conferen	ace came					11	SANDERS, Stefanie	2	0	1	1	12	.000	6	.50	0 0	0-0	
Conteren	ice game					12	LEGROUT, Elise	3	0	0	0	0	.000	0	.00	0 0	0-0	
		UCF	Оррон	nents	_	14	KACK, Mathilde	3	0	0	0	1	.000	0	.00	0 0	0-0	
SHOT STA	ATISTICS				_	2	CHUNG, Samantha	3	0	0	0	1	.000	0	.00	0 0	0-0	
Goals-sho	t attempts	3-39	3-3	38		17	MARTIN, Dayana	1	0	0	0	1	.000	0	.00	0 0	0-0	
Goals per	game	1.00	1.0	00		20	MURNIN, Madison	1	0	0	0	2	.000	1	.50	0 0	0-0	
Shot pct.		.077	.07	79		23	AMAN, Maura	3	0	0	0	1	.000	1	1.00	0 0	0-0	
Shots/gam	ne	13.00	12.	67		25	DOTSIKAS, Piper	3	0	0	0	0	.000	0	.00	0 0	0-0	
Shots on g	goal	18-39	19-	38		3	TIPTON, Emily	3	0	0	0	0	.000	0	.00	0 0	0-0	
SOG pct.		.462	.50	00		33	ERVIN, Asia	3	0	0	0	0	.000	0	.00	0 0	0-0	
GOAL BR	EAKDOWN					4	LAWRENCE, Carrie	3	0	0	0	1	.000	0	.00	0 0	0-0	
Penalties		1	0)		21	RAJAEE, Darya	3	0	0	0	0	.000	0	.00	0 0	0-0	
Unassisted	d	1	0)		8	NEMEROFF, Lauren	3	0	0	0	0	.000	0	.00	0 0	0-0	
Overtime		0	1			ΤM	TEAM	0	0	0	0	0	.000	0	.00	0 0	0-0	
CORNER	KICKS	11	18	В			UCF	3	3	2	8	39	.077	18	.46	2 1	1-1	
							Opponents	3	3	4	10	38	.079	19	.50) 2	0-0	
PENALTY	KICKS	1-1	0-	0														
PENALTIE	ES					##	Goalie	gp	miı	n	ga	gaa	vgs	aves	%	wlt	sho	Ssh
Yellow car	rds	1	0	1		1	VARIS, Vera	3	272:	38	3	.99)	15	.833	1 2 0	1	0
Red cards	;	0	0	1			Total	3	272:	38	3	.99)	16	.842	1 2 0	1	0
							Opponents	3	272:	38	3	.99)	15	.833	2 1 0	0	1
ATTENDA	NCE					Go	als By Period	15	t	2nd	c	т	ОТ2		Tota	1		
Total		0	110	0		UC		1		2	()	0		3			
Dates/Avg	Per Date	0/0	2/55	60		Op	oonents	2		0		1	0		3			
Neutral Sit		1/304									_	_				_		
							ots By Period	15		2nd		T	OT2		Tota	<u> </u>		
						UC	-	2		16)	0		39			
						Op	oonents	19	1	16		3	0		38			
							es By Period	15	t	2nd	C	т	OT2		Tota	<u> </u>		
						UC	F	7		9	()	0		16			
						Ор	oonents	8		7	()	0		15			
						Co	mers By Period	19	t	2nd	0	т	ОТ2		Tota			

Opponents	8	7	0	0	15
Corners By Period	1st	2nd	от	OT2	Total
UCF	5	6	0	0	11
Opponents	8	10	0	0	18
Fouls By Period	1st	2nd	от	OT2	Total
UCF	11	11	0	0	22
Opponents	9	4	0	0	13

UCFKNIGHTS:COM

RANKINGS AND AWARDS

United Soccer Coaches Top 25					
	School	Record			
1	Stanford (33)	4-0-0			
2	North Carolina	5-0-1			
3	Florida State	5-0-1			
4	USC (2)	4-0-1			
5	Texas A&M	6-0-0			
6	Virginia	5-0-0			
7	UCLA	2-1-1			
8	Georgetown	4-0-2			
9	Tennessee	5-0-1			
10	Auburn	6-0-0			
11	Penn State	3-2-0			
12	Santa Clara	4-1-0			
13	NC State	5-0-1			
14	Duke	4-1-1			
15	Northwestern	4-0-1			
16	Kansas	5-0-1			
17	Washington State	4-0-0			
18	Texas	4-0-1			
19	South Carolina	4-1-0			
20	South Florida	3-1-0			
21	Oklahoma State	4-1-0			
22	Butler	4-1-0			
23	Princeton	3-1-0			
24	Louisville	5-0-0			
25	Texas Tech	4-1-0			

Receiving Votes: Wisconsin (50), Mississippi State (37), Ohio State (26), Florida (23), TCU (23), Long Beach State (19), Rutgers (18), Wake Forest (16), SMU (15), Mississippi (14), Minnesota (8), North Texas (7), Notre Dame (6), Wisconsin-Milwaukee (6), Oklahoma (5), Arizona (4), Nebraska (3), Colorado (3), FGCU (3), Oregon (3), Baylor (3), UCF (2), Illinois (2), Clemson (1), California (1)

*Week 3 poll - Sept. 4

	School	Record
1	Stanford	4-0-0
2	North Carolina	5-0-1
2 3	Virginia	5-0-0
4	Florida State	5-0-1
5	Texas A&M	6-0-0
6	USC	4-0-1
7	UCLA	21
8	South Carolina	3-1-0
9	Duke	2-1-1
10	Tennessee	3-0-1
11	NC State	3-0-1
12	Texas	2-0-1
13	Santa Clara	4-1-0
14	Washington State	3-0-0
15	Penn State	2-1-0
16	Georgetown	2-0-2
17	Auburn	4-0-0
18	Princeton	2-0-0
19	South Florida	2-1-0
20	Butler	3-0-0
21	Oklahoma State	3-0-0
22	Arizona	4-1-0
23	Colorado	4-0-1
24	Rutgers	4-0-1
<u> </u>	Kansas	5-0-1

*Week 3 poll - Sept. 3

Active Career American Weekly Award Winners

)			
1	Defensive Player	of the W	'eek
)	Name	Total	2018
	Emily Tipton	1	1
1	Carrie Lawrence	1	1
)		1	
1	Dockie of the 14/	aak	
1	Rookie of the We		2010
)	Name	Total	2018
	Madison Murnin	1	
1	Dina Orschmann	4	
1	Jessica Taylor	1	
1	Vera Varis	3	
1			
)	Goalkeeper of th	e Week	
	Name	Total	2018
)	Vera Varis	2	1
)			
2			
)			
)			
) 2)))			
,)			
,			
)			
)			
1			
1			
1			
ake			
	I		

2018 American Athletic Conference Preseason Poll and Honors

Preseason Coaches' Poll

School	Points (1st Place Votes)
1. UCF	76 (6)
2. USF	73 (3)
3. Memphis	68 (1)
4. Cincinnati	54
5. SMU	53
6. UConn	39
7. Houston	34
8. ECU	24
9. Tulsa	18
10. Temple	11

Preseason Goalkeeper of the Year Vera Varis, UCF

Preseason Offensive Player of the Year Evelyne Viens, USF

Preseason Defensive Player of the Year Olivia Gauthier, Memphis

TonDrawer Soccer Top 25

Dina Orschmann, UCF* Sophie Gorman, Cincinnati*

Preseason All-Conference Team

Vivien Beil, UConn Jazmin Grant, Houston Olivia Gauthier, Memphis Marie Levasseur, Memphis* Elizabeth Woerner, Memphis* Andrea Hauksdottir, USF Evelyne Viens, USF* Allie Thornton, SMU

Vera Varis, UCF

* denotes unanimous selection

UCF**KNIGHTS**COM

HEAD COACH TIFFANY ROBERTS SAHAYDAK



An Olympic gold medalist, World Cup champion and two-time NCAA champion, Tiffany Roberts Sahaydak was named head women's soccer coach at UCF in May 2013.

A three-time American Athletic Conference Coach of the Year, Roberts Sahaydak has wasted no time in putting her stamp on UCF's successful program. Under her guidance, the Knights have earned four NCAA Tournament bids and four American Athletic Conference championships while boasting 11 conference Player of the Year awards and 38 all-league and tournament selections.

In 2017, Roberts Sahaydak coached the Knights to a 13-2-3 record, the most wins since the 2014 campaign. UCF climbed as climbed as high as No. 6 and finished the regular season ranked eighth. The Knights posted a 16-match unbeaten streak, the longest since the 2013 campaign, captured the American Athletic Conference regular season championship and made their 21st NCAA Tournament appearance.

Under Roberts Sahaydak's tutelage, five members of the team received All-Southeast Region recognition and goalkeeper Vera Varis was named to the United Soccer Coaches Association All-American Third Team. In addition, five of her starters were recognized as American Athletic Conference Players of the Year, including Morgan Ferrara (Offensive), Kathellen Sousa (Co-Defensive), Vera Varis (Goalkeeper), Kayla Adamek (Midfielder), and Dina Orschmann (Rookie). A total of seven Knights were placed on the All-American Athletic Conference Teams, and three were recognized on the all-tournament team.

In 2016, four student-athletes were named to the All-American Athletic Conference Teams. Saga Fredriksson was named to the All-Northeast Region Team and recognized as the American Athletic Conference Co-Defensive Player of the Year. Off the field, the Knights earned recognition for their academic success as they received the National Soccer Coaches Association of America (NSCAA) Team Academic Award.

Roberts Sahaydak tackled the 2015 season with team that featured more newcomers (14) than returners (12) and lost three key members due to injury for the year before the season-opening weekend was in the books. Eight of their starters, including their American Athletic Conference Offensive Player, Defensive Player and Goalkeeper of the Year, had moved on from the year before. But the Knights earned a berth to their ninth-straight NCAA Tournament (20th overall) and nabbed a hosting gig for the first round for the fifth straight season. In addition, Carol Rodrigues was named the American's Co-Offensive Player of the Year.

In 2014, she guided the Knights to their second NCAA Sweet 16 appearance in four years and the American regular season title. Under her direction, three Knights were recognized as conference Players of the Year: Tatiana Coleman (Co-Offensive); Carleigh Wiliams (Defensive); and Connie Organ (Goalkeeper). UCF posted its first undefeated home slate (11-0) since 1999, matched the school record for wins in a season (18) and was nationally ranked through much of the year.

In her first season (2013), she led UCF to a school-record unbeaten streak (18 matches), an NSCAA national standing through much of the year and the program's first undefeated conference season since 1999. In addition, UCF made history as the first program to win an American Athletic Conference Championship. Roberts Sahaydak came to Orlando after serving six seasons at VCU alongside her co-head coach, husband and current UCF associate head coach Tim Sahaydak. Roberts Sahaydak spent a decade with the U.S. National Team from 1994-2004, earning 110 caps (with 60 starts). Her career was highlighted by three women's World Cups - among them, the unforgettable 1999 championship - and a gold medal with the 1996 Olympic team.

After retiring from the USWNT, she has served as an ambassador for U.S. Soccer with the U.S. Department of State Sports Envoy Program since 2007, promoting the power and benefit of sport internationally. With the program, she has visited Indonesia, Uganda, the Philippines, Thailand, Namibia, Brazil and France. In 2014, she was appointed to President Barack Obama's Presidential Delegation to the Federative Republic of Brazil at the opening of the FIFA World Cup in Brazil. She is a native of San Ramon, Calif., and was selected as the 1994 California High School Player of the Year. She was a three-time Parade High School All-American, a three-time NSCAA All-American and was the two-time National Girl's High School Player of the Year.

She debuted for the Stars and Stripes in 1994 when she was only 16 as one of the youngest players ever to suit up for the National Team. She played in her first FIFA Women's World Cup a month after her 18th birthday and won Olympic gold before she was out of her teens (USSoccer.com).

As a collegian, Roberts Sahaydak was a standout midfielder for North Carolina (1995-98) as a three-time All-ACC First Team selection. She led the Tar Heels to two NCAA titles (1996, 1997) during her tenure, was voted the 1998 ACC Tournament MVP and finished third in voting for collegiate soccer's highest honor, the Hermann Trophy. She still ranks among the top five for career starts in UNC's record book.

She was a two-time captain for the Carolina Courage in the first fully professional U.S. women's league (Women's United Soccer Association). She helped the Courage win the 2002 title after finishing last in the team's inaugural campaign one year prior.

Roberts Sahaydak took over VCU's program in 2007 and led the Rams to three conference championship game appearances. She was voted as the 2011 Colonial Athletic Association Co-Head Coach of the Year, along with her husband Tim. The duo mentored two CAA Defenders of the Year, one CAA Rookie of the Year and 20 all-conference players, including six first-team honorees.

The Sahaydaks reside in Orlando with their two daughters, Layla and Evie.

ive for career starts in UNC's rage in the first fully professional sociation). She helped the the team's inaugural campaign 007 and led the Rams to three ne was voted as the 2011 he Year, along with her husband he Year, one CAA Rookie of the first-team honorees. daughters, Layla and Evie.