

VIRGINIA

2009 Women's Soccer Game Notes



#11 Virginia Cavaliers

0-0 (0-0 ACC)

at



#6 Penn State Nittany Lions

0-0 (0-0 Big Ten)

- **Game #1**
- **Friday, August 21**
- **7:00 pm**
- **Jeffrey Field**
- **University Park, Pa.**

Tonight's Game:

- The Cavaliers open the 2009 season tonight as they visit Penn State
- It marks the first time since 2000 that Virginia has opened the season on the road
- Virginia plays a ranked opponent in its season opener for the first time since 2003 (a 1-0 win over No. 11 West Virginia)

Season Openers:

- UVa has won its last nine season openers by a combined score of 38-0
- Overall, the Cavaliers have a 21-2-1 record in season openers
- When starting the season on the road, UVa is 4-2-1

Series History:

- Tonight is the sixth all-time meeting with Penn State leading the series 4-1-0
- The Cavaliers are 1-3-0 at Jeffrey Field
- The last meeting was a 5-2 Penn State win at Jeffrey Field in 2005

'Hoos Back:

- The Cavaliers return 15 players from last year's squad
- All-American Sinead Farrelly and All-ACC players Lauren Alwine, Chantel Jones and Meghan Lenczyk are among the returners

August Success:

- The Cavaliers are 17-0-0 all-time in the month of August
- Virginia has outscored its opponents 60-1 in those games
- Only two of those games (W&M in 2000, JMU in 2005) have been on the road

Probable Starting Lineup

No.	Pos.	Name	GP-GS	G-A-P	Notable
29	GK	Chantel Jones	23-23*	0.41 GAA*	2007 Freshman All-American
18	D	Amanda Fancher	7-0	0-2-2	Two assists last season
6	D	Katie Carr	5-1	0-2-2	Started one game last season
16	D	Maggie Kistner	23-7	3-2-8	Three goals as a forward in 2008
20	D	Kika Toulouse	23-0	1-0-2	GWG vs. Boston College last season
24	M	Colleen Flanagan	23-21	1-2-4	28 starts over last two seasons
8	M	Julia Roberts	--	--	#4 ranked recruit by Top Drawer Soccer
7	M	Caitlin Miskel	22-21	3-3-9	7 goals and 13 assists in career
10	F	Caroline Miller	--	--	Two goals in exh. vs. Notre Dame
21	F	Meghan Lenczyk	23-16	11-1-23	Hat Trick in exh. vs. Georgetown
9	F	Lauren Alwine	23-19	6-14-26	14 assists led the ACC in 2008

2008 stats listed

(* 2007 stats)

2009 Schedule/Results

8/14	vs. #5 Notre Dame (ex)	T 3-3
8/16	GEORGETOWN (ex)	W 5-1
8/21	at #6 Penn State	7:00 pm
8/28	LIBERTY	7:00 pm
8/30	HOFSTRA	1:00 pm
9/4	vs. Arizona %	4:30 pm PT
9/6	at Arizona State %	1:30 pm PT
9/11	#16 WEST VIRGINIA ^	6:00 pm
9/13	SETON HALL ^	2:00 pm
9/20	AMERICAN	2:00 pm
9/24	at NC State *	7:00 pm
9/27	CLEMSON *	2:00 pm
9/30	VIRGINIA TECH *	7:00 pm
10/8	MARYLAND *	7:00 pm
10/11	at #8 Boston College *	1:00 pm
10/17	at #1 North Carolina *	1:00 pm
10/22	at #14 Duke *	7:00 pm
10/25	at Wake Forest *	1:00 pm
10/30	#7 FLORIDA STATE *	7:00 pm
11/1	MIAMI *	2:00 pm
11/4-8	at ACC Tournament (Cary, N.C.)	

* ACC Match

% Sun Devil Desert Classic (Tempe, Ariz.)

^ Virginia Nike Soccer Classic

Media Information

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Soccer America Rankings

1.	North Carolina	0-0-0
2.	Stanford	0-0-0
3.	UCLA	0-0-0
4.	Portland	0-0-0
5.	Notre Dame	0-0-0
6.	Penn State	0-0-0
7.	Florida State	0-0-0
8.	Boston College	0-0-0
9.	Texas A&M	0-0-0
10.	Florida	0-0-0
11.	VIRGINIA	0-0-0
12.	USC	0-0-0
13.	Missouri	0-0-0
14.	Duke	0-0-0
15.	San Diego	0-0-0
16.	West Virginia	0-0-0
17.	Colorado	0-0-0
18.	Michigan State	0-0-0
19.	California	0-0-0
20.	Connecticut	0-0-0
21.	Rutgers	0-0-0
22.	Washington State	0-0-0
23.	Illinois	0-0-0
24.	Oklahoma State	0-0-0
25.	James Madison	0-0-0

NSCAA Poll

1.	North Carolina	0-0-0
2.	Stanford	0-0-0
3.	Notre Dame	0-0-0
4.	Portland	0-0-0
5.	UCLA	0-0-0
6.	Florida State	0-0-0
7.	Texas A&M	0-0-0
8.	USC	0-0-0
9.	VIRGINIA	0-0-0
10.	Florida	0-0-0
11.	Oklahoma State	0-0-0
12.	Penn State	0-0-0
13.	San Diego	0-0-0
14.	West Virginia	0-0-0
15.	Texas	0-0-0
16.	Duke	0-0-0
17.	Illinois	0-0-0
18.	Georgia	0-0-0
19.	Minnesota	0-0-0
20.	Rutgers	0-0-0
21.	Washington State	0-0-0
22.	Santa Clara	0-0-0
23.	Boston College	0-0-0
24.	Missouri	0-0-0
25.	BYU	0-0-0

Rankings History

Week	SA	NSCAA	TDS	Times
Pre	12	9	10	-

Last Time Out:

- Virginia topped Georgetown 5-1 in an exhibition Sunday at Klöckner Stadium
- Meghan Lenczyk had a hat trick in the first 33 minutes of the game
- Jess Rostedt had two assists
- Lauren Alwine and Kate Norbo also scored for the Cavaliers

In the Rankings:

- Virginia is No. 11 in Soccer America, No. 9 in NSCAA and No. 10 in Top Drawer
- Penn State is No. 6 in Soccer America, No. 12 in NSCAA and No. 13 in Top Drawer

Preseason Accolades:

- Sinead Farrelly: Hermann Trophy Watch List

Cavaliers Fourth in ACC Poll:

- Virginia was fourth in the ACC coaches' preseason poll
- The Cavaliers trailed North Carolina, Florida State and Boston College
- It marked the first time in nine years that UVa hasn't been in the poll's top three

Challenging Schedule:

- Virginia will play six opponents ranked in the Soccer America preseason Top 25
- Four of those opponents (#1 UNC, #6 PSU, #7 FSU, #8 BC) are in the Top 10
- Of the six ranked opponents, the Cavaliers will play four on the road

Returning Firepower:

- Virginia returns its leading goal scorer from last year (Meghan Lenczyk - 11)
- UVa returns the ACC's assist leader from last year (Lauren Alwine - 14)
- UVa returns its three leading scorers from last year (Alwine - 26, Lenczyk - 23, Sinead Farrelly - 13)

Up Next:

- The Cavaliers open their home schedule on August 28 when they host Liberty
- Game time at Klöckner Stadium is 7 p.m.

THE LAST TIME

TEAM

Home Win:	11/16/08	3-2 vs. West Virginia	2 home games ago
Home Loss:	11/22/08	0-2 vs. Duke	last home game
Away Win:	10/16/08	3-2 at Maryland	last away game
Away Loss:	10/9/08	0-1 at Virginia Tech	2 away games ago
OT Win:	11/5/08	3-2 vs. Wake	2 OT games ago
OT Loss:	11/23/07	1-2 at UCLA	6 OT games ago
Conf. Win (Reg)	10/19/08	2-1 vs. BC	4 reg. season ACC games ago
Conf. Win (Overall):	11/5/08	3-2 vs. Wake	3 ACC games ago
Conf. Loss (Reg):	11/2/08	0-1 vs. Wake	last ACC reg. season game
Conf. Loss (Overall):	11/22/08	0-2 vs. Duke	last ACC game
Non-Conf. Win:	11/16/08	3-2 vs. West Virginia	last non-conf. game
Non-Conf. Loss:	9/21/08	0-3 at West Virginia	3 non-conf. games ago

GOALS SCORED

0 goals:	11/22/08	0-2 vs. Duke	last game
at least 1 goal:	11/16/08	3-2 vs. West Virginia	2 games ago
at least 2 goals:	11/16/08	3-2 vs. West Virginia	2 games ago
at least 3 goals:	11/16/08	3-2 vs. West Virginia	2 games ago
at least 4 goals:	10/5/08	7-1 at Clemson	12 games ago
at least 5 goals:	10/5/08	7-1 at Clemson	12 games ago
at least 6 goals:	10/5/08	7-1 at Clemson	12 games ago
7+ goals:	10/5/08	7-1 at Clemson	12 games ago

GOALS ALLOWED

Shutout:	11/14/08	2-0 vs. Army	3 games ago
at least 1 goal:	11/22/08	0-2 vs. Duke	last game
at least 2 goal:	11/22/08	0-2 vs. Duke	last game
at least 3 goal:	10/24/08	1-5 vs. UNC	8 games ago
4+ goals:	10/24/08	1-5 vs. UNC	8 games ago

INDIVIDUAL

Hat Trick:	10/5/08	Sinead Farrelly at Clemson	12 games ago
Multi-Goal Game:	10/5/08	Sinead Farrelly (3) at Clemson	12 games ago
5+ points:	10/5/08	Sinead Farrelly (6) at Clemson	12 games ago
2+ assists:	10/19/08	Sarah Senty (2) vs. Boston College	9 games ago
Shutout:	11/14/08	Celeste Miles vs. Army	3 games ago

INDIVIDUAL-AGAINST

Hat Trick:	11/25/05	Danesha Adams, UCLA (4 goals)	69 games ago
Multi-Goal Game:	11/16/08	Deanna Everett (2), West Virginia	2 games ago
5+ points	10/24/08	Courtney Jones (5), North Carolina	8 games ago
2+ assists	10/24/08	Casey Nogueira (2), North Carolina	8 games ago
Shutout:	11/22/08	Cassidy Powers, Duke	last game

AGAINST RANKED OPPONENTS*

Last Ranked Win	11/16/08	W 3-2 vs. #15 West Virginia
- At Home	11/16/08	W 3-2 vs. #15 West Virginia
- On the Road	9/25/08	W 1-0 at #8 Florida State
Last Top 10 Win	9/25/08	W 1-0 at #8 Florida State
- At Home	9/29/05	W 1-0 vs. #10 Florida State
- On the Road	9/25/08	W 1-0 at #8 Florida State
Last Upset	9/25/08	W 1-0 at #8 Florida State (UVa at #15)
- At Home	9/21/06	W 2-1 vs. #14 Wake Forest (UVa at #16)
- On the Road	9/25/08	W 1-0 at #8 Florida State (UVa at #15)
- Biggest Upset	11/10/06	W 2-0 vs. #9 West Virginia (UVa was NR)
Highest Ranked Win	9/12/03	W 4-1 vs. #3 Santa Clara
- At Home	9/12/03	W 4-1 vs. #3 Santa Clara
- On Road	9/25/05	W 1-0 at #7 Duke

* Soccer America Rankings

CAREER STATISTICS

No.	Name	GP-GS	Min	G	A	Pts.	Shots	GWG	GWA
12	Jess Rostedt	59-53	4203	25	10	60	185	10	4
21	Meghan Lenczyk	46-21	2442	17	4	38	114	4	2
17	Sinead Farrelly	46-46	3914	10	7	27	77	5	3
7	Caitlin Miskel	67-57	4081	7	13	27	73	1	6
9	Lauren Alwine	23-19	1569	6	14	26	42	2	5
14	Amanda Stewart	54-5	1442	2	10	14	18	0	1
16	Maggie Kistner	23-7	1170	3	2	8	38	1	1
5	Lindsey Miller	28-0	585	2	1	5	13	0	0
24	Colleen Flanagan	35-28	1995	1	2	4	25	1	0
20	Kika Toulouse	43-0	1092	1	0	2	27	1	0
3	Molly McKeon	8-0	99	1	0	2	2	0	0
6	Katie Carr	5-1	125	0	2	2	1	0	0
18	Amanda Fancher	7-0	137	0	2	2	0	0	0
11	Katie Starsia	3-0	53	0	1	1	2	0	0
2	Kate Norbo	0-0							
4	Morgan Stith	0-0							
8	Julia Roberts	0-0							
10	Caroline Miller	0-0							
13	Kiley Naylor	0-0							
15	Blair Weymouth	0-0							
19	Emily Carrollo	0-0							
22	Emily Perrin	0-0							
23	Erica Hollenberg	0-0							

No.	Name	GP-GS	Min	GA	GAA	Saves	ShO	Record
29	Chantel Jones	23-23	2205	10	0.41	73	13	13-4-6
0	Carrie Wisman	0-0						

2009 ROSTER

No.	Name	Pos.	Class	Ht.	Hometown/High School
0	Carrie Wisman	GK	Fr.	5-4	Bristol, Va./Virginia
2	Kate Norbo	M	Fr.	5-6	Roanoke, Va./Patrick Henry
3	Molly McKeon	M/F	So.	5-8	Midlothian, Va./Collegiate School
4	Morgan Stith	D	Fr.	5-4	Montclair, N.J./Montclair
5	Lindsey Miller	M	Jr.	5-6	Nashua, N.H./Bishop Guertin
6	Katie Carr	D	So.	5-10	Williamsburg, Va./Walsingham Academy
7	Caitlin Miskel	F	Sr.	5-4	Boca Raton, Fla./St. Thomas Aquinas
8	Julia Roberts	M	Fr.	5-9	Frederick, Md./Urbana
9	Lauren Alwine	F	So.	5-9	Elizabethtown, Pa./Lower Dauphin
10	Caroline Miller	F	Fr.	5-5	Rockville, Md./Walter Johnson
11	Katie Starsia	D/F	So.	5-10	Rockville Centre, N.Y./South Side
12	Jess Rostedt	M/F	Sr.	5-9	Kent, Ohio/Cuyahoga Valley Christian
13	Kiley Naylor	D	Fr.	5-6	Cincinnati, Ohio/Ursuline Academy
14	Amanda Stewart	D/F	Sr.	5-2	West Chester, Pa./Delaware County Christian
15	Blair Weymouth	D	Sr.	5-9	Holderness, N.H./The Holderness School
16	Maggie Kistner	D/M	So.	5-8	St. Louis, Mo./John Burroughs
17	Sinead Farrelly	M	Jr.	5-6	Havertown, Pa./Haverford
18	Amanda Fancher	D	So.	5-5	The Colony, Texas/The Colony
19	Emily Carrollo	D/F	Fr.	5-6	Sussex, N.J./Pope John XXIII
20	Kika Toulouse	D/F	Jr.	5-6	Arlington, Va./Bishop O'Connell
21	Meghan Lenczyk	F	Jr.	5-9	McLean, Va./Langley
22	Emily Perrin	F	So.	5-9	Charlottesville, Va./Charlottesville (Vermont)
23	Erica Hollenberg	M/F	Fr.	5-2	Fairfax Station, Va./South County
24	Colleen Flanagan	M/D	Jr.	5-4	Downingtown, Pa./Downingtown West
29	Chantel Jones	GK	So.	5-11	Midlothian, Va./Clover Hill

Head Coach:

Steve Swanson (Michigan State '84/10th season)

Assistant Coaches:

Kerry Dziczkaniec (George Washington '93/fourth season)

Ron Raab (William & Mary '89/seventh season)

Student Assistant Coach:

Nikki Krzysik (Virginia '09/first season)

Team Manager:

Emily Klein (Virginia '13/first season)

Athletic Trainer:

Bill Parente (UCLA '96/eighth season)

Media Relations:

Steve Kirkland (Penn State '01/eighth season)

PRONUNCIATION GUIDE

7	Caitlin Miskel	(MISS-kull)
9	Lauren Alwine	(ALL-wine)
11	Katie Starsia	(STAR-sha)
12	Jess Rostedt	(ROSS-ted)
15	Blair Weymouth	(WAY-muth)
17	Sinead Farrelly	(shin-AID FAIR-ull-lee)
20	Kika Toulouse	(key-KA TOO-loose)
21	Meghan Lenczyk	(len-ZICK)
29	Chantel Jones	(SHANN-tel)
	Kerry Dziczkaniec	(diss-CONN-iss)
	Nikki Krzysik	(KRIZZ-ick)