



**7 VIRGINIA CAVALIERS (3-0-1,0-0 ACC) VS. RICHMOND SPIDERS (1-2-1,0-0 A-10)



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SEPTEMBER 3, 2010 • KLÖCKNER STADIUM • CHARLOTTESVILLE, VA

TONIGHT'S GAME

- Virginia returns home and starts a three-game homestand tonight
- UVa meets Richmond for the first time in five seasons
- The Spiders are the second of three in-state opponents for UVa this season

SERIES HISTORY

- Virginia leads the all-time series 5-1-1
- UVa leads 2-1-1 at Klöckner Stadium
- The last meeting in the series came in 2005, a 9-0 UVa win at Klöckner Stadium

AGAINST THE COMMONWEALTH

- Richmond is the second of three in-state opponents for UVa this season
- Under Steve Swanson, the Cavaliers are 40-3-3 against in-state opponents
- The Cavaliers have outscored opponents 144-21 in those games

KLÖCK-WORK AT HOME

- The Cavaliers have posted four consecutive home shutouts
- Virginia has a five-game home unbeaten streak (4-0-1)
- Since 2007, Virginia is 28-4-6 at Klöckner Stadium, including a 20-0-1 mark against non-conference opponents

UNRANKED OPPONENTS

- The Cavaliers have shutout the last six unranked opponents they have played
- UVa is unbeaten (20-0-3) against unranked non-conference opponents since 2006, outscoring them 76-6 in those games

IN THE RANKINGS

- UVa: #7 (Soccer America), #9 (TopDrawerSoccer), #12 (Soccer Times), #12 (NSCAA)
- Richmond: not ranked

LAST TIME OUT

DOS NO NAME

- The Cavaliers topped UConn 1-0 in double OT on Sunday at Penn State
- Meghan Lenczyk scored on a penalty kick in the 106th minute
- Chantel Jones made six saves to record her third shutout of the season

2010 SCHEDULE/RESULTS

Aug 13 vs #4 Notre Dame (ev) 1

ı	Aug. 13	vs. #4 Notre Dame (ex) '	VV 4-1
	Aug. 15	JAMES MADISON (ex)	T 1-1
	Aug. 20	LIBERTY	W 4-0
	Aug. 22	COLGATE	W 6-0
	Aug. 27	at #11 Penn State ²	T 1-1
	Aug. 29	vs. Connecticut ²	W 1-0 (2ot)
	Sept. 3	RICHMOND	5:30 pm
	Sept. 10	TEXAS ³	7:00 pm
	Sept. 12	BOSTON UNIV. ³	2:00 pm
	Sept. 19	at West Virginia	1:00 pm
	Sept. 23	at Virginia Tech *	7:00 pm
	Sept. 30	at #10 Maryland *	7:00 pm
	Oct. 3	#5 BOSTON COLLEGE *	2:00 pm
	Oct. 8	#1 NORTH CAROLINA *	7:00 pm
	Oct. 14	#22 DUKE *	7:00 pm
	Oct. 17	#25 WAKE FOREST *	2:00 pm
	Oct. 21	at #6 Florida State *	7:00 pm
	Oct. 24	at Miami *	1:00 pm
	Oct. 28	NC STATE *	7:00 pm
	Oct. 31	at Clemson *	1:00 pm
	Nov. 3-7	at ACCTournament (Cary, N.C.)	

- 1 Maple City, Mich.
- 2 Penn State Invitational (University Park, Pa.)
- 3 Virginia Nike Soccer Classic
- * ACC game

PROBABLE STARTING LINEUP

<u> </u>	NU	NAME	IN	UP-U3	U-A-P	OFNOIE
GK	29	Chantel JONES	Jr.	4-4	0.23 GAA	26 career shutouts ranks second in history
D	4	Morgan STITH	So.	4-4	0-0-0	Led UVa field players with 2003 min in 2009
D	16	Maggie KISTNER	Jr.	2-2	0-0-0	Made season debut last week at PSU
D	18	Amanda FANCHER	Jr.	3-2	0-1-1	Four career assists
D	19	Emily CARROLLO	So.	4-4	0-0-0	15 career starts
M	5	Lindsey MILLER	Sr.	4-4	1-1-3	Goal and assist vs. Colgate
M	17	Sinead FARRELLY	Sr.	4-4	1-1-3	Preseason Hermann Trophy Watch List
M	24	Colleen FLANAGAN	Sr.	4-4	0-0-0	Spent time with the US U-23s this summer
F	9	Lauren ALWINE	Jr.	4-4	2-3-7	Ranks fourth in UVa history with 26 career ass
F	10	Caroline MILLER	So.	4-4	1-1-3	Third on the team in scoring in 2009
F	21	Meghan LENCZYK	Sr.	4-4	5-1-11	UVa active leader with 29 career goals

G-A-P

OF NOTE

MEDIA INFORMATION

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RANKINGS

SOCCER AMERICA						
1.	North Carolina	3-0-1				
2.	Stanford	2-0-2				
3.	Portland	4-0-0				
4.	Notre Dame	2-0-0				
5.	Boston College	2-0-1				
6.	Florida State	3-0-0				
7.	VIRGINIA	3-0-1				
8.	Texas A&M	3-1-0				
9.	Santa Clara	2-0-1				
10.		3-0-0				
11.	Florida	4-0-0				
12.	BYU	3-0-0				
13.	Memphis	2-0-0				
14.	Northwestern	2-0-1				
15.	UCLA	2-1-0				
16.	William & Mary	2-0-1				
17.		1-1-1				
18.	UNC Greensboro	3-0-0				
19.	Cincinnati	3-0-1				
20.	Oklahoma State	2-1-0				
21.		3-0-0				
22.	Duke	3-1-0				
	Louisville	3-0-0				
24.	Long Beach State	3-1-0				
25.		2-1-0				
	Monmouth	2-0-0				

NSCAA

NSC	.AA	
1.	North Carolina	3-0-1
2.	Stanford	2-0-2
3.	Notre Dame	2-0-0
4.	Portland	4-0-0
5.	Florida State	3-0-0
6.	Boston College	2-0-1
7.	Florida	4-0-0
	Santa Clara	2-0-1
9.	Texas A&M	3-1-0
10.		3-0-0
11.	UCLA	2-1-0
12.	VIRGINIA	3-0-1
13.	BYU	3-0-0
14.		3-0-0
15.	Memphis	2-0-0
16.	Penn State	1-1-1
17.	Wake Forest	2-1-0
18.	Duke	3-1-0
19.	South Carolina	3-1-0
20.		2-1-0
21.	California	1-0-2
22.		3-0-0
23.	Virginia Tech	2-2-0
24.	Rutgers	2-1-0

RANKINGS HISTORY

25. Georgia

Date	SA	NSCAA	TDS	ST
Pre	7	17	9	12
8/23	7	15	9	12
8/30	7	12	9	12

2-1-0

LENCZYK HONORED

- Senior forward Meghan Lenczyk received numerous honors on Aug. 23 after scoring four goals in Virginia's wins over Liberty and Colgate
- She was named ACC Player of the Week and TopDrawerSoccer.com National Player of the Week
- Lenczyk was also named to Collegesoccer360.com's Team of the Week

'HOOS BACK

- The Cavaliers return 18 letterwinners, including 10 starters from last season
- The 10 returning starters is tied for the most in the ACC (Florida State)
- Among the returners are the Cavaliers' top four scorers from last season (Sinead Farrelly, Lauren Alwine, Caroline Miller, Meghan Lenczyk)

LENCZYK WITH A PAIR OF DOUBLES

- Meghan Lenczyk scored two goals against both Liberty and Colgate
- She now has six career multi-goal games (fourth in UVa history)
- Lenczyk was the first Cavalier to have consecutive multi-goal games since Angela Hucles in 1997

DOUGLAS DEBUTS WITH A GOAL

- Freshman forward Gloria Douglas scored a goal in the season opener vs. Liberty
- She became the first Cavalier to score in her collegiate debut since Sinead Farrelly in 2007

FARRELLY HONORED

- Senior midfielder Sinead Farrelly has received several preseason honors
- Farrelly was one of 45 players named to the Preseason Hermann Trophy Watch List, announced by the NSCAA
- She was one of 25 players named as a Soccer America Preseason All-American

VIRGINIA FOURTH IN ACC POLL

- The Cavaliers were fourth in the ACC coaches' preseason poll
- Virginia trailed North Carolina, Boston College and Florida State
- The Cavaliers received one first-place vote

CHALLENGING SCHEDULE

- UVa will play eight teams ranked in the Soccer America preseason Top 25
- Three of those teams were ranked in the top 10 (#2 UNC, #6 BC, #9 FSU)
- Eight of the 11 ACC teams were ranked in the preseason Soccer America rankings

RETURNING FIREPOWER

- The Cavaliers return their top four scorers from last season
- Sinead Farrelly led UVa in scoring last season with eight goals and eight assists for 24 points
- Lauren Alwine has led the team in assists in each of the past two seasons (14 in 2008, nine in 2009)

RECORDS WATCH

- Chantel Jones ranks first in school history in career GAA (0.56) and second in career shutouts (26)
- Lauren Alwine ranks fourth in school history in both career assists (26) and career game-winning assists (9)

UP NEXT

- UVa hosts the 2010 Virginia Nike Soccer Classic next weekend at Klöckner Stadium
- The Cavaliers play Texas on Friday and Boston University on Sunday

THE LAST TIME

TEAM Home Win: Home Loss: Away Win: Away Loss: OT Win: OT Loss: Conf. Win (Reg) Conf. Win (Overall): Conf. Loss (Reg): Conf. Loss (Overall): Non-Conf. Win: Non-Conf. Loss:	8/22/10 9/30/09 11/15/09 11/20/09 8/29/10 10/11/09 11/1/09 11/1/09 10/17/09 8/29/10 11/20/09	6-0 vs. Colgate 1-2 vs. Va. Tech 6-2 at Penn State 0-3 at UCLA 1-0 vs. UConn 0-1 at BC 2-0 vs. Miami 2-0 vs. Miami 1-2 at UNC 1-2 at UNC 1-0 vs. UConn 0-3 at UCLA	last home game 6 home games ago 3 away games ago 2 away games ago last OT game 6 OT games ago last reg. season gam 2 ACC games ago 5 reg. season games 6 ACC games ago last non-conf. game 5 non-conf. games a	ago
GOALS SCORED 0 goals: at least 1 goal: at least 2 goals: at least 3 goals: at least 4 goals: at least 5 goals: at least 5 goals: at least 6 goals: 7+ goals:	11/20/09 8/29/10 8/22/10 8/22/10 8/22/10 8/22/10 8/22/10 8/30/09	0-3 at UCLA 1-0 vs. UConn 6-0 vs. Colgate 6-0 vs. Colgate 6-0 vs. Colgate 6-0 vs. Colgate 6-0 vs. Colgate 7-0 vs. Hofstra	5 games ago last game 3 games ago 3 games ago 3 games ago 3 games ago 3 games ago 24 games ago	
GOALS ALLOWED Shutout: at least 1 goal: at least 2 goal: at least 3 goal: 4+ goals:	8/29/10 8/27/10 11/20/09 11/20/09 10/24/08	1-0 vs. UConn 1-1 at Penn State 0-3 at UCLA 0-3 at UCLA 1-5 vs. UNC	last game 2 games ago 5 games ago 5 games ago 34 games ago	
INDIVIDUAL Hat Trick: Multi-Goal Game: 5+ points: 2+ assists: Shutout:	10/5/08 8/22/10 8/20/10 8/22/10 8/29/10	Sinead Farrelly at Cle Meghan Lenczyk (2) Meghan Lenczyk (5) Lauren Alwine (2) vs. Chantel Jones vs. Co	38 games ago 3 games ago 4 games ago 3 games ago last game	
INDIVIDUAL-AGAIN Hat Trick: Multi-Goal Game: 5+ points 2+ assists Shutout:	11/25/05 11/20/09 10/24/08 10/24/08 11/20/09	Danesha Adams, UCLA Sydney Leroux, UCLA Courtney Jones (5), N Casey Nogueira (2), N Chante' Sandiford, U	A (2) North Carolina North Carolina	95 games ago 5 games ago 34 games ago 34 games ago 5 games ago
AGAINST RANKED (Last Ranked Win - At Home - On the Road	DPPONENTS 11/15/09 10/30/09 11/15/09	* W 6-2 at #9 Penn Sta W 1-0 vs. #3 Florida S W 6-2 at #9 Penn Sta	State	
Last Top 10 Win - At Home - On the Road	11/15/09 10/30/09 11/15/09	W 6-2 at #9 Penn Sta W 1-0 vs. #3 Florida S W 6-2 at #9 Penn Sta	State	
Last Upset - At Home - On the Road - Biggest Upset	11/15/09 10/30/09 11/15/09 10/30/09	W 6-2 at #9 Penn Sta W 1-0 vs. #3 Florida S W 6-2 at #9 Penn Sta W 1-0 vs. #3 Florida S	State (UVa was NR) te (UVa was NR)	
Highest Ranked Win - At Home - On Road	9/12/03 9/12/03 9/25/05	W 4-1 vs. #3 Santa Cl W 4-1 vs. #3 Santa Cl W 1-0 at #7 Duke		W 1-0 vs. #3 Florida State W 1-0 vs. #3 Florida State

^{*} Soccer America Rankings

CAREER STATISTICS

No.	Name	GP-GS	Min	G	Α	Pts	s. Sh	ots GV	VG GWA
21	Meghan Lenczyk	72-47	3926	29	8	66	189	9 9	2
9	Lauren Alwine	48-43	3161	15	26	56	86	3	9
17	Sinead Farrelly	72-72	6017	19	16	54	13:	5 8	5
10	Caroline Miller	23-4	1041	7	7	21	49	1	0
5	Lindsey Miller	52-5	1453	5	4	14	38	0	0
16	Maggie Kistner	47-31	3314	3	4	10	42	1	1
2	Kate Norbo	24-2	677	2	3	7	14	0	0
20	Kika Toulouse	68-20	2984	2	2	6	39	1	1
24	Colleen Flanagan	61-54	3899	1	3	5	51	1	0
8	Julia Roberts	26-18	1496	1	3	5	20	0	0
18	Amanda Fancher	30-15	1304	0	4	4	6	0	0
7	Gloria Douglas	4-0	159	1	1	3	7	0	0
6	Katie Carr	18-2	477	0	3	3	11	0	0
23	Erica Hollenberg	12-0	269	1	0	2	4	0	0
11	Katie Starsia	12-0	184	0	1	1	5	0	0
3	Amber Fry	4-0	90	0	1	1	2	0	0
19	Emily Carrollo	24-15	1687	0	0	0	10	0	0
4	Morgan Stith	26-26	2387	0	0	0	0	0	0
13	Molly Menchel	4-1	201	0	0	0	0	0	0
14	Emily Perrin	3-0	40	0	0	0	0	0	0
12	Shasta Fisher	1-0	10	0	0	0	0	0	0
22	Mary Morgan	0-0							
No.	Name	GP-GS	Min	GA		GAA	Saves	ShO	Record
29	Chantel Jones	49-49	4694	29		0.56	159	26	26-10-13
0	Carrie Wisman	1-0	10	0		0.00	0	0	0-0-0
1	Churchill O'Connell	0-0							
28	Danielle DeLisle	0-0							

CAREER RECORDS

GO	GOALS					
1.	Angela Hucles (1996-99)	59				
2.	Lindsay Gusick (2001-04)	43				
3.	Andrea Rubio (1989-92)	36				
4.	Amanda Cromwell (1988-91)	35				
	Janet Caswell (1984-87)	35				
6.	Gayle Smith (1986-89)	34				
7.	Lori Lindsey (1998-01)	33				
8.	Kelly Hammond (2002-05)	32				
	Jess Rostedt (2005-09)	32				
10.	Kim Smith (1991-94)	30				
	Darci Borski (1998-2002)	30				
	Meghan Lenczyk (2007-pres.)	29				

ASS	SISTS	
1.	Shannon Foley (2003-07)	36
2.	Andrea Rubio (1989-92)	30
3.	Sarah Huffman (2002-05)	28
4.	Noelle Keselica (2002-05)	26
	Lauren Alwine (2008-pres.)	26
6.	Lindsay Gusick (2001-04)	23
	Jennifer Rawlings (1994-97)	23
8.	Gayle Smith (1986-89)	22
9.	Dina Padula (1994-97)	21
10.	Angela Hucles (1996-99)	20
GA	ME WINNING ASSISTS	
1.	Shannon Foley (2003-07)	14
2.	Tania Jovanovic (1994-97)	10
	Jen Redmond (2005-08)	10
4.	Tracy DiMillio (1988-91)	9
	Lauren Alwine (2008-pres)	9
6.	Andrea Rubio (1989-92)	8
	Noelle Keselica (2002-05)	8
	Caitlin Miskel (2006-09)	8

SH	SHUTOUTS						
1.	Christina de Vries (2003-06)	31					
2.	Chantel Jones (2007-pres.)	26					
3.	Sandra Kwitnieski (1989-92)	17					
	Anne Abernethy (2001-03)	17					
5.	Becky Hornbacher (1993-94)	11					
	Andrea Rippe (1987-90)	11					
7.	Shelly Shreve (1985-88)	10					
GO	ALS AGAINST AVERAGE						
1.	Chantel Jones (2007-pres.)	0.56					
2.	Christina de Vries (2003-06)	0.781					
3.	Becky Hornbacher (1993-94)	0.789					
4.	Andrea Rippe (1987-90)	0.794					
5.	Celeste Miles (2005-08)	0.92					
	•						

2010 ROSTER

No.	Name	Pos.	Class	Ht.	Hometown/High School
0	Carrie Wisman	GK	So.	5-4	Bristol, Va./Virginia
1	Churchill O'Connell	GK	Fr.	5-11	McLean, Va./The Potomac School
2	Kate Norbo	M	So.	5-6	Roanoke, Va./Patrick Henry
3	Amber Fry	F/M	Fr.	5-6	Northfield, Ill./New Trier
4	Morgan Stith	D	So.	5-4	Montclair, N.J./Montclair
5	Lindsey Miller	M	Sr.	5-6	Nashua, N.H./Bishop Guertin
6	Katie Carr	D/M	Jr.	5-10	Williamsburg, Va./Walsingham Academy
7	Gloria Douglas	F	Fr.	5-9	Fayetteville, N.C./Fayetteville Academy
8	Julia Roberts	M	So.	5-9	Frederick, Md./Urbana
9	Lauren Alwine	F	Jr.	5-9	Elizabethtown, Pa./Lower Dauphin
10	Caroline Miller	F	So.	5-5	Rockville, Md./Walter Johnson
11	Katie Starsia	D	Jr.	5-10	Rockville Centre, N.Y./South Side
12	Shasta Fisher	M/D	Fr.	5-7	Saugus, Calif./Saugus
13	Molly Menchel	F/D	Fr.	5-4	Alexandria, Va./Edison
14	Emily Perrin	F	So.	5-10	Charlottesville, Va./Charlottesville (Vermont)
16	Maggie Kistner	D/M	Jr.	5-8	St. Louis, Mo./John Burroughs
17	Sinead Farrelly	M	Sr.	5-6	Havertown, Pa./Haverford
18	Amanda Fancher	D	Jr.	5-5	The Colony, Texas/The Colony
19	Emily Carrollo	F/D	So.	5-5	Sussex, N.J./Pope John XXIII
20	Kika Toulouse	D	Sr.	5-6	Arlington, Va./Bishop O'Connell
21	Meghan Lenczyk	F	Sr.	5-9	McLean, Va./Langley
22	Mary Morgan	F	Fr.	5-8	Norfolk, Va./Maury
23	Erica Hollenberg	F/M	So.	5-2	Fairfax Station, Va./South County
24	Colleen Flanagan	M/D	Sr.	5-4	Downingtown, Pa./Downingtown West
28	Danielle DeLisle	GK	Fr.	5-8	Baltimore, Md./Loch Raven
29	Chantel Jones	GK	Jr.	5-11	Midlothian, Va./Clover Hill

Head Coach: Steve Swanson (Michigan State '84/11th season) Kerry Dziczkaniec (George Washington '93/fifth season) **Assistant Coaches:**

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

Volunteer Asst. Coach: Jen Bhalla (Rutgers '97/third season) Caitlin Miskel (Virginia '10/first season) **Student Assistant Coach: Athletic Trainer:** Bill Parente (UCLA '96/ninth season)

Media Relations: Steve Kirkland (Penn State '01/ninth season)

PRONUNCIATION GUIDE

0	Carrie Wisman	(WISS-man)
9	Lauren Alwine	(ALL-wine)
11	Katie Starsia	(STAR-sha)
13	Molly Menchel	(men-CHELL)
17	Sinead Farrelly	(shin-AID FAR-ill-lee)
20	Kika Toulouse	(key-KA TOO-loose)
21	Meghan Lenczyk	(len-ZICK)
29	Chantel Jones	(SHANN-tel)

Chantel Jones (SHANN-tel) Kerry Dziczkaniec (diss-CONN-iss) Caitlin Miskel (MISS-kull)

MISCELLANEOUS STATS

GOAL SCORING

By Minute	UVa	Орр
1-15	0	0
16-30	2	0
31-45	2	0
46-60	3	1
61-75	3	0
76-90	1	0
OT	1	0

How Scored	UVa	Орр
Run of Play	11	0
Set Pieces	1	1
-Off Corner Kick	0	1
- Direct Free Kick	0	0
 Indirect of Free Kick 	0	0
-Penalty Kick	1	0
Own Goals For	0	0
Right Foot	7	1
Left Foot	4	0
Header	1	0
Other	0	0
0-6 yds out	2	1
6-18 yds out	9	0
18+ yds out	1	0

GAME SITUATION TIME

Game Tied:	226:04
Virginia Ahead: -By 1 goal: -By 2+goals:	138:49 35:46 103:03
Opponent Ahead: -By 1 goal: -By 2+goals:	30:39 <i>30:39</i> <i>0:00</i>

RECORD BREAKDOWN

LOCATION Home: Away: Neutral:	2-0-0 0-0-1 1-0-0
TIME OF DAY Day: Night:	2-0-0 1-0-1
DAY OF THE WEEK Friday:	1-0-1

OPPONENTS

Sunday:

Ranked*:	0-0-1
Unranked:	3-0-0

2-0-0

200

FIRST GOAL SCORED

Virginia:	3-0-0
Opponent:	0-0-1

AT HALFTIME

virginia Anead:	2-0-0
Tied:	1-0-1
Opponent Ahead:	0-0-0

MORE SHOTS

Virginia:	3-0-0
Opponent:	0-0-0
Tied:	0-0-1

UNIFORMS

White:	3-0-0
Blue:	0-0-0
Orange:	0-0-1

STREAKS

CONSECUTIVE GAMES WITH A GOAL

Meghan Lenczyk (8/20-8/22)

CONSECUTIVE GAMES WITH AN ASSIST

2 Lauren Alwine (8/20-8/22)

CONSECUTIVE GAMES WITH A POINT

- Lauren Alwine (8/20-8/27)
- Meghan Lenczyk (8/20-8/22)
- Gloria Douglas (8/20-8/22)
- 2 Caroline Miller (8/22-8/27)

CONSECUTIVE SHUTOUT STREAK

236:17 Chantel Jones (8/20-8/22) (237:36) - dating back to end of last season

^{*}in Soccer America or NSCAA poll

2010 RESULTS

Date	Opponent	Result	Goals (Assists)	Goalkeeper of Record
8/20	Liberty	W 4-0	Lenczyk 1 (unassisted)	Jones (1-0-0)
	•		Douglas 1 (Norbo 1, Fry 1)	
			Lenczyk 2 (Alwine 1)	
			Alwine 1 (Lenczyk 1)	
8/22	Colgate	W 6-0	Lenczyk 3 (Alwine 2)	Jones (2-0-0)
			Roberts 1 (Fancher 1)	
			Farrelly 1 (unassisted)	
			C.Miller 1 (Alwine 3)	
			Lenczyk 4 (Farrelly 1, L.Miller 1)	
			L.Miller 1 (Douglas 1)	
8/27	at #11 Penn State	T 1-1	Alwine 2 (C.Miller 1)	Jones (2-0-1)
8/29	vs. Connecticut	W 1-0 (2ot)	Lenczyk 5 (penalty kick)	Jones (3-0-1)