



2009

WOMEN'S FIELD HOCKEY

NEWS & NOTES

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Central Connecticut State • Fairleigh Dickinson • Long Island • Monmouth • Mount St. Mary's
Quinnipiac • Robert Morris • Sacred Heart • St. Francis (NY) • Saint Francis (PA) • Wagner

NEC Field Hockey

Facts & Figures

Last Week's Results

Friday, August 28

MONMOUTH 2, LaSalle 1

West Chester 8, SAINT FRANCIS (PA) 1

Saturday, August 29

LOCK HAVEN 4, Georgetown 3

RIDER 8, Lehigh 2

Appalachian State 3, SACRED HEART 2 (OT)

Radford 2, SIENA 0

Sunday, August 30

Maine 4, BRYANT 0

LOCK HAVEN 2, Longwood 1

MONMOUTH 2, Colgate 1

Temple 4, SAINT FRANCIS (PA) 1

Bucknell 6, SIENA 1

Davidson 2, SACRED HEART 1



NEC TEAMS ALL CAPS. Home Team underlined.
Absence of underline indicates neutral site.

NEC Player of the Week

Aug. 31 Kristi Shepps, LHU

NEC Rookie of the Week

Aug. 31 Jackie Adams, RID

NEC Preseason Coaches Poll

1. Lock Haven (8)
2. Rider (1)
3. Quinnipiac
4. Sacred Heart
5. Saint Francis (PA)
6. Monmouth
7. Robert Morris
8. Bryant
9. Siena



First place votes in parentheses

Northeast Conference Field Hockey

(Week 1 • August 31, 2009)

School	NEC	Pct.	Overall	Pct.	Streak	Home	Away	Neutral
1. Lock Haven	0-0	.000	2-0	1.000	W2	0-0	1-0	1-0
Monmouth	0-0	.000	2-0	1.000	W2	1-0	1-0	0-0
Rider	0-0	.000	1-0	1.000	W1	1-0	0-0	0-0
Quinnipiac	0-0	.000	0-0	.000	---	0-0	0-0	0-0
Robert Morris	0-0	.000	0-0	.000	---	0-0	0-0	0-0
Bryant	0-0	.000	0-1	.000	L1	0-0	0-0	0-1
Sacred Heart	0-0	.000	0-2	.000	L2	0-0	0-2	0-0
Siena	0-0	.000	0-2	.000	L2	0-2	0-0	0-0
Saint Francis (PA)	0-0	.000	0-2	.000	L2	0-0	0-2	0-0

Top four teams qualify for NEC Tournament.

NEC Player of the Week

Kristi Shepps, Lock Haven

So., Fwd, Willow Street, PA/Penn Manor

Shepps provided the late-game heroics that lifted Lock Haven to a pair of one-goal victories. She scored all five of her points (2G, 1A) with fewer than five minutes remaining in regulation. Shepps' first timely tally broke a 3-3 tie in the 67th minute of Lock Haven's season-opening comeback victory over Georgetown. One day later, Shepps struck twice within a 1:05 span. With the Lady Eagles trailing Longwood, 1-0, in the waning minutes of their second game in as many days, the sophomore forward stuffed a loose ball into the cage to tie the game with 2:26 remaining. Then, only 75 seconds later, Shepps started a breakthrough before sending a perfect pass over to Suzann Hobart who put home the game-winner.

NEC Rookie of the Week

Jackie Adams, Rider

Fr., Fwd, 5-2, Medford Lakes, NJ/Shawnee

Adams tallied two of Rider's five goals during a first-half scoring blitz that powered the Broncs to an 8-2 season-opening over Lehigh. The freshman forward needed a mere 15+ minutes to break into the scoring column in what was her first career collegiate contest. Adams pounced on a loose ball and put it past the goalie to give Rider a 2-0 lead 15:38 into the game. The rookie struck again in the 33rd minute when she scored off a rebound to extend the Broncs' commanding advantage to 5-0.

Upcoming Schedule

Monday, August 31

BRYANT at Hofstra 1:00 pm

Tuesday, September 1

RIDER at Temple 3:00 pm

Friday, September 4

ROBERT MORRIS at Missouri State 12:00 pm

SACRED HEART at Yale 3:00 pm

UC-Davis at SAINT FRANCIS (PA) 4:00 pm

QUINNIPIAC at Boston College 4:00 pm

Pennsylvania at MONMOUTH 5:00 pm

LOCK HAVEN at No. 11 Penn State 6:00 pm

Saturday, September 5

Lehigh at BRYANT 1:00 pm

ROBERT MORRIS vs. Saint Louis 12:00 pm

RIDER vs. Central Michigan 2:00 pm

Sunday, September 6

LaSalle at SAINT FRANCIS (PA) 1:00 pm

Vermont at LOCK HAVEN 1:00 pm

SACRED HEART vs. Northwestern 1:00 pm

MONMOUTH at West Chester 12:00 pm

RIDER at Colgate 12:00 pm

For the latest scores, statistics and notes, visit the NEC website at
www.northeastconference.org

General Notes:

Back In Action: Seven of the Northeast Conference's nine field hockey programs began their 2009 campaign this past weekend (Aug. 28-30). Both defending NEC champion Lock Haven and Monmouth went 2-0 while 2008 runner-up Rider won its lone game. Quinnipiac and Robert Morris were the lone two teams not to compete. The Bobcats open their season at Boston College (Sept. 4) and the Colonials start up at Missouri State (Sept. 5).

Lock Haven's Remarkable Run: Riding an unprecedented run of success during its short time as a Northeast Conference member, Lock Haven has lost to a NEC opponent only twice in five seasons. The defending NEC champion Lady Eagles, who opened their 2009 season with victories over Georgetown and Longwood, own a 23-match NEC win streak (17 regular season, 6 tournament) dating back to October of the 2006 campaign. LHU's last league loss came at the hands of Quinnipiac in a regular season affair. The last NEC team to beat Lock Haven will be the Lady Eagles' first conference opponent of the season when they open league play on October 2.

Virginia is for Goal Scorers: Only weeks after winning a spot of the Spanish U21 National Team, Rider sophomore **Virginia Egusquiza (Gexto, Spain)** opened her second collegiate season by scoring a pair of goals and assisting of two others in an 8-2 victory over Lehigh. The 2008 Northeast Conference Rookie of the Year tallied a league-high six points in the Broncos' lone game of the weekend. Egusquiza, who made 20 starts and tallied 19 points as a freshman, has nine career goals.

NEC Preseason Prognostication: Lock Haven stands as the unanimous favorite to capture a fourth consecutive Northeast Conference field hockey crown. The Lady Eagles garnered eight first-place votes to finish atop the NEC's preseason coaches' poll for the fifth year in a row. After coming up one victory shy of the NEC Tournament title each of the previous two seasons, Rider garnered the lone remaining first-place vote and finished second in the annual survey of the league's nine head coaches. Quinnipiac and Sacred Heart, who along with Lock Haven and Rider comprised last season's NEC Championship field, finished third and fourth, respectively, in the voting. Saint Francis (PA) claimed fifth place followed by Monmouth in sixth and Robert Morris in seventh. Poised for its inaugural season of NEC competition, Bryant was tabbed for eighth place while Siena rounded out the preseason prognostication in ninth. The team picked first in the poll has gone onto win the past four NEC crowns. The 2004 Quinnipiac Bobcats were the last preseason favorite to walk away empty-handed. Lock Haven, picked third, finished atop the regular season standings that season, and Rider, selected second, won the tournament.

Team-By-Team Notes:

Bryant (0-1, 0-0 NEC)

Bryant, in its first season as a NEC member, dropped the 2009 opener to Maine (Aug. 30), 4-0. The game was played in Hempstead, NY where the Bulldogs remain to next take on Hofstra (Aug. 31).

Lock Haven (2-0, 0-0 NEC)

Lock Haven, whose last regular season loss came at Penn State on October 5, 2008, started the 2009 campaign by notching a pair of victories in Virginia. The three-time defending NEC Champion Lady Eagles defeated Georgetown (Aug. 29), 4-3, and host Longwood (Aug. 30), 2-1. . . . Neither victory would have been possible without the late-game heroics of sophomore forward **Kristi Shepps (Willow Street, PA/Penn Manor)**. The second-year Lady Eagle scored the game-winner in the final four minutes of regulation against Georgetown before producing the equalizer and assisting on the game-winner in the final 2:30 against Longwood. . . . Lock Haven is back in action on September 4 when it travels a short distance to take on rival Penn State. The No. 11 Nittany Lions were the last team to defeat The Haven in regular season play.

Monmouth (2-0, 0-0 NEC)

Monmouth opened up the season with two consecutive victories for the first time in program history. The Hawks defeated LaSalle (Aug. 28) at home and Colgate (Aug. 30) on the road, both by 2-1 counts. . . . Surrendering only two goals in two games, junior goalie **Melissa Katz (Tinton Falls, NJ/Monmouth Regional)** earned both wins. . . . In addition to solidifying the back line in front of Katz, all-NEC defender **Sarah Keppel (Northampton, PA/Northampton)** scored the game-winning goal in the season opener against LaSalle. She broke a 1-1 tie by deflecting a shot into the cage in the 53rd minute. . . . Senior midfielder **Enza Mazza (Oceanport, NJ/Shore)** assisted on each of Monmouth's two game-winning goals. She also scored a goal of her own on the way to a team-high eight shots (six on goal) in two games. . . . The Hawks shoot for a 3-0 start when they next host Penn (Sept. 4).

Quinnipiac (0-0, 0-0 NEC)

The Bobcats will see their first action of the 2009 season on September 4 when they travel to Chestnut Hill, MA to take on Boston College in a non-conference contest. . . . Following the opener, Quinnipiac will idle for a week before hosting Northeastern (Sept. 11) at the Field Hockey & Lacrosse Turf Complex on the Mt. Carmel Campus of Quinnipiac University.

Rider (1-0, 0-0 NEC)

Rider had its highest offensive output in four seasons with a resounding 8-2 win over Lehigh (Aug. 29) in what was the Broncos' season opener. . . . Sophomore **Virginia Egusquiza (Getxo, Spain)** notched two goals and two assists as the Broncos jumped out to a 4-0 lead 20 minutes into the game. . . . Freshman **Jackie Adams (Medford Lakes, NJ/Shawnee)** and junior **Margaret Ecke (New Egypt, NJ/New Egypt)** also scored twice for Rider. Adams' first career collegiate tally made the score 2-0 in favor of Rider in the game's 16th minute. The rookie's second goal extended the Broncos' advantage to 5-0 in the 33rd minute. . . . Senior goalie **Lyndsie Johnson (Gibbsboro, NJ/Eastern)** made five saves as the Broncos out-shot Lehigh 26-10. . . . Rider travels to Philadelphia to face Temple (Sept. 1) at Drexel's Buckley Field. The Owls, recently received votes in the top 25 coaches' poll. Following the date in Philly, the Broncos travel to Hamilton, NY to face Central Michigan (Sept. 5) before facing the host Red Raiders of Colgate (Sept. 6).

Robert Morris (0-0, 0-0 NEC)

Coming off a program-record five wins last year, Robert Morris is set to open the 2009 campaign in Springfield, MO. There, the Colonials face host Missouri State (Sept. 5) before squaring off against Saint Louis (Sept. 6).

Saint Francis (PA) (0-2, 0-0 NEC)

The Red Flash dropped their season opener, an 8-1 decision to West Chester (Aug. 28) of the Patriot League. . . . **Julia Moore (Jarrettsville, MD/North Harford)** put the Flash on the board in the 28th minute against WCU, cutting the deficit to 2-1. . . . Saint Francis attempted to bounce back against Temple, but the Owls jumped out to a 4-0 lead before hanging on for a 4-1 win. **Kate Rossman's (Lititz, PA/Warwick)** first career goal accounted for the Red Flash's scoring. . . . Saint Francis returns home to play the first of two games in three days at DeGol Field. First up for the Flash is UC-Davis (Sept. 4).

Sacred Heart (0-2, 0-0 NEC)

The Pioneers opened the 2009 season with two games in North Carolina. . . . In the opener, SHU dropped a 3-2 decision to Appalachian State (Aug. 29) at Davidson University. Sophomore **Chelsea Carlson (Peterborough, NH/Contoocook)** gave the Pioneers a 2-0 halftime lead by scoring a pair of goals. The first came at 5:41, and the second just over six minutes before the intermission. Appalachian State tied the game four minutes before the end of regulation and won it just 3:01 into the overtime period. Junior **Kim Stow (Norwalk, CT/Norwalk)** made six saves in the game for the Pioneers. . . . SHU finished the trip to NC with a 1-0 loss to Davidson (Aug. 30). The Wildcats scored the only goal of the game three minutes before halftime. The Pioneers had 17 shots in the game, but just three on goal. . . . The Pioneers are off until the end of the week when they face Yale (Sept. 4) and Northwestern (Sept. 6). Both games will be played on Yale's campus in New Haven, CT.

Siena (0-2, 0-0 NEC)

The Saints dropped their first two games of the season at home, falling, 2-0, to Radford (Aug. 29) before dropping a 6-1 decision at the hands of Bucknell (Aug. 30). . . . Goalie **Renee Clavette (Danville, NH/Timberlane)** was strong on the weekend, registering 20 total saves and a .733 save percentage. . . . On Sunday against the Bison, junior forward **Lisa Heimerle (Smithtown, NY/Smithtown West)** tallied the Saints' first goal of the season to tie the game at one, but Bucknell erupted for five late second half scores to put the game away. . . . The Saints are off this week, but return to action on Labor Day when they conclude their season-opening three-game homestand against UC-Davis (Sept. 7).