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Women's Soccer History

First Season of Women's Soccer	1994
All-Time Record/Yrs.	176-87-14/14
Number Post-Season App./Yrs.	7
..... 2001, 2002, 2003, 2004, 2005, 2006 & 2007	
Last Post-Season App.	2007 ECAC Tournament
Result.	ECAC Championship - Lost to Swarthmore, 3-0

Sports Information

Sports Information Director	Noah Becker
Office Phone	301-687-4371
Office Fax	301-687-4780
Email Address	nzbecker@frostburg.edu
Graduate Assistant	Billy McDaniel & Katie Spittler
Web Site	http://www.frostburgsports.com

Credits

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Frostburg State Quick Facts

City/Zip	Frostburg, Md./21532
Founded	1898
Enrollment	5,200
Nickname	Bobcats
School Colors	Red, Black & White
Affiliations	NCAA Division III
Conferences	Allegheny Mountain Collegiate Conference
President	Dr. Jonathan C. Gibralter
Athletic Director	Troy A. Dell
Athletics Phone	(301) 687-4462

Women's Soccer Coaching Staff

Head Coach	Brian Parker
Record at FSU/Yrs.	81-34-11/Six
Career Record/Yrs.	81-34-11/Six
Women's Soccer Office Phone	301-687-4356
Women's Soccer Office Fax	301-687-4780
Women's Soccer Office Email	bparker@frostburg.edu
Assistant Coach	Jodie Gittleson
Email Address	jgittleson0@frostburg.edu
Assitant Coach	Matt Ward
Email Address	mrward0@frostburg.edu

2008 Schedule

Aug. 30	at St. Mary's (Md.)	3:00 pm
Sept. 3	Eastern Mennonite	7:00 pm
Sept. 6	McDaniel	12:00 pm
Sept. 10	at Marymount (Va.) %	8:00 pm
Sept. 13	Stevenson	12:00 pm
Sept. 20	at Pitt-Bradford *	1:00 pm
Sept. 23	St. Vincent	5:30 pm
Sept. 25	at Catholic	4:30 pm
Sept. 27	at Franciscan *	1:00 pm
Oct. 1	at Johns Hopkins	7:00 pm
Oct. 4	Medaille (Homecoming) *	5:00 pm
Oct. 7	Pitt-Greensburg *	7:00 pm
Oct. 9	at Shepherd	4:00 pm
Oct. 11	at Hilbert *	1:00 pm
Oct. 14	at Penn State Altoona *	5:00 pm
Oct. 18	Penn State Behrend *	1:00 pm
Oct. 25	at Mt. Aloysius *	1:00 pm
Oct. 29	La Roche *	6:00 pm
Nov. 1	AMCC Tournament	TBA
Nov. 12	NCAA Tournament First Round	TBA

Home game in **Bold**

* Allegheny Mountain Collegiate Conference opponents
% at Washington & Lee H.S.





Brian Parker

College: Frostburg State

Head Coach

Brian Parker begins his seventh season as head coach of the Frostburg State University women's soccer program in 2008. The 1992 FSU graduate, is the winningest Bobcat women's soccer coach with a 81-34-11 record in his six seasons. FSU has won the Allegheny Mountain Collegiate Conference championship and advanced to the NCAA Tournament in the first four years and an ECAC Tournament appearance in each of the last two.

The Bobcats had numerous highlights during the 2007 season including an ECAC Tournament semifinal appearance, a 4-1 upset of No. 18 ranked Johns Hopkins, nine shutout victories and a run of 11 wins in 12 games during the middle of the season.

FSU advanced to both the semifinals of the AMCC Tournament and ECAC Tournament. In the AMCC's, FSU downed Penn State Altoona in the semi's 4-1 before losing to Penn State Behrend 2-1.

In 2006, Parker's Bobcats finished the season 12-7 overall and undefeated in the AMCC (9-0) for the second time during his tenure. For the fourth-straight season, Frostburg State hosted the AMCC Tournament but was upset in the championship by Penn State Behrend, 2-1. However, FSU reached the postseason for the sixth-straight year, fifth under Parker, when it earned a spot in the ECAC Tournament.

In 2005, Parker continued his successful run at Frostburg State posting a 12-6-2 overall record and an 8-0-1 slate in the AMCC. In the AMCC Tournament, FSU shutout La Roche 4-0 in the semifinal round, and later captured the championship defeating Penn State Behrend, 4-3, in a penalty kick shootout. In the opening round of the NCAA Tournament, the Bobcats fell to No. 12 Denison 2-0.

Parker earned his second straight AMCC Coach of the Year award in 2004 after guiding the Bobcats to a 14-3-3 overall record (at .775 the best winning percentage in program history) and an 8-1 mark in the AMCC. FSU hosted the AMCC Tournament for the second consecutive year and blanked Pitt-Greensburg 2-0 in the semifinals before capturing the conference crown with a thrilling 3-2 double-overtime victory over Penn State Behrend.

For the second consecutive year, the Bobcats squared off with Westminster in the opening round of the NCAA Tournament, where the teams battled through two overtimes before the Bobcats pulled out the win with a 5-3 victory in penalty kicks.

The Bobcats then dropped a hard-fought 2-1 decision to No. 24 Christopher Newport in the second round.

Parker had a highly successful first two years with the Frostburg State women's soccer program. In his first season, he guided the team to a 10-8-4 overall record and an at-large bid to the NCAA Tournament after the Bobcats defeated top seeded La Roche in the AMCC Tournament Championship, 3-1, in a shootout.

In his second season, he was named AMCC Coach of the Year for the first time after leading the team to a 16-5 overall record and a perfect 6-0 mark in the AMCC. The 16 wins are the second most in the program's history. The Bobcats also set the school record with 12-straight wins, captured their first AMCC regular-season title and hosted the conference tournament for the first time as well.

After breezing through the AMCC Tournament for its third-straight title, FSU earned a third consecutive berth in the NCAA Division III Tournament.

The Bobcats were chosen to host an NCAA match for the first time in school history and made the most of the opportunity, defeating Westminster 3-2 for their first NCAA Tournament victory in three tries. FSU turned in another strong performance in the region semifinals but were edged by No. 2 Scranton 1-0.

Prior to returning to western Maryland, Parker served as head girls soccer coach at Urbana High School in Frederick County, Md., since the school's opening in 1995. He guided the Hawks to an impressive 62-36-6 record and a pair of regional championships during his tenure.

In just his second season at Urbana, Parker was named the Frederick County Coach of the Year after leading a team of freshmen and sophomores to the school's first-ever regional championship crown. The Hawks, who posted winning records in six of Parker's seven years, earned their second regional title in 2001.

Parker is no stranger to FSU, as he was a goalkeeper for the Bobcats from 1987-89. He was a member of two Eastern College Athletic Conference Tournament qualifiers, including the 1989 squad that won the ECAC South Region Championship.

Parker then coached the FSU women's soccer team as a club sport from 1990-1992 and received his degree in social sciences with a teaching certification from FSU in 1992. He moved on to West Virginia University where he serve as a graduate assistant for the Mountaineer men's team for two years while earning a master's in political science.

Parker, who has a USSF "B" coaching license as well as an Advanced National Diploma from the NSCAA, is on the Maryland Olympic Development Program Staff and recently led the Maryland 1990 Girls team to the Region I Tournament championship. That team eventually won the ODP National Championship in Texas in March 2006.

Parker was also a founder and staff coach with the Frederick United Soccer Club (now FC Frederick) until his return to FSU. He and his wife, Karen, a 1993 FSU graduate and native of Frostburg, have two children — Elise (7) and Matthew (5).

FROSTBURG STATE WOMEN'S SOCCER COACHING CHRONOLOGY

<u>Name</u>	<u>Years</u>	<u>Record</u>
Ray Kiddy	1994-1996	31-19-3
Courtney McClelland	1997-1998	25-12
Carrie Lysik	1999-2001	39-22
Brian Parker	2002-2007	81-34-11
Totals	14 seasons	176-87-14





Jodie Gittleson

College: Frostburg State

Assistant Coach

Gittleson enters her second year on the staff after graduating from FSU in 2006 with her bachelor's degree in early childhood/elementary education.

She was a four-year starter for the Bobcats appearing in 78 games from 2002-2005 and captained the team her senior year. She scored 20 career goals playing as a center midfielder and was named to All-Allegheny Mountain Collegiate Conference teams and won AMCC Championships in each of her four years as a player.

Gittleson has been coaching youth teams in Montgomery County (Md.) and regularly staffs FSU camps as well as camps

and clinics based at the Rockville Sportsplex in Rockville, Maryland. She is a 2002 graduate of Wootton high school and played club soccer in the Seneca and Bethesda clubs.

She is currently pursuing a master of education degree while serving as the primary assistant coach for women's soccer.



Matt Ward

College: Florida Southern

Assistant Coach

Matt Ward begins his first year on the Frostburg State men's and women's soccer coaching staffs and will help with the goalkeepers.

He comes to Frostburg State after a four-year playing career for the Florida Southern Moccasins. While there, he helped the team to 31 total wins and a Sunshine State Conference Tournament semifinal appearance as a senior.

Ward, who has his State and Regional goalkeeping coaching license, served as an assistant on the coaching staff at Lakeland High School in Lakeland, Fla. and helped with the Central Florida Premier Training Camp.

A 2003 graduate of Lely High School in Naples, Fla., Ward has bachelor's degrees in marketing and sports management and is currently working towards his master's degree in education at Frostburg State.



The Frostburg State women's soccer team looks to return to usual form and contend for the AMCC title in 2008 after its seventh-straight postseason appearance last year. FSU will look to regain the AMCC title which it held from 2001-2005 after falling in the championship last season to Penn State Behrend.

Defense will be the strength of the Bobcats this season as the team's three seniors Tori Walter (Frederick, Md. / Frederick), Tricia Richardson (Gibson Island, Md. / St. Mary's), and Jackie Donovan (Holidaysburg, Pa. / Holidaysburg Area) all return as captains on the backline.

"We are not going to go into games trying to outgun everyone," said head coach Brian Parker. "We are going to try to shut teams out with our defense and then take full advantage of every chance we get up front."

Walter who is a two time First-Team All-AMCC selection and three-year starter at center back looks to end her career at FSU on a good note as she leads the defense. She has started all 59 games during her career providing consistency for the conference's top defense, which has only given up 52 goals in the past three years.

Donovan also brings 59 games of experience into 2008 after back-to-back selections to the AMCC Honorable Mention team. Richardson completes the senior trio on the backline. She comes into the season fully recovered from a knee injury suffered against Johns Hopkins that cut her season short in 2007.

The final spot on the backline will be handled by sophomore Heather Fleishell (Middletown, Md. / Middletown) who stepped into a starting role last season when Richardson was injured. Fleishell made a huge impact in her freshman season as she scored seven goals in just 16 starts.

"Fleishell is ready for a breakout season," said Parker. "She came into camp ready to compete and is the most fit overall athlete on the team."

Freshman Meische Cox (Laurel, Md. / Meade) will serve as the top reserve in backfield and midfield roles. She had a terrific preseason in her first year, which will earn her time and push for a starting role. The other freshmen that are competing for playing time in the backfield are Olivia Winant (Gaithersburg, Md. / Gaithersburg), Erin Bryce (Welcome, Md. / Henry E. Lackey), and Nikki Rieland (Mt. Airy, Md. / South Carroll).

To round out the defensive unit, returning starter junior Stephanie Gwinn (Jhamsville, Md. / Urbana) will hold down the goalkeeper position. Last season, Gwinn took home Second-Team All-AMCC honors after allowing the second lowest goals against average in the conference (0.97). She will be backed up by two very strong newcomers in Michelle Buckmaster (St. Leonard, Md. / Calvert) and Kristin Prochniak (Westminster, Md. / Winters Mill).

"Both the freshman will push Gwinn everyday as each has their own strengths and both could earn playing time this season" said Parker.

Junior Lauren Lentine (Princeton, N.J. / WWP North) returns as the core of the Bobcats midfield. Last season she won Honorable Mention honors and will again be counted on to set the rhythm for the FSU attack. Lentine will be relied on to fill a leadership role on offense in place of First Team All-AMCC selection Jen Naylor who graduated last spring. Last season, Lentine was third on the team in points with 18 (7 goals and 4 assists). In her career she has played in all 41 games.

Junior Kelly Sanzone (Jarrettsville, Md. / North Harford) and sophomore Shonna Ferree (Frostburg, Md. / Beall) will see time at the centermid position, as well as, freshman Erin Ford (Waldorf, Md. / Westlake) who will push the duo in a competition for playing time.

Sophomore Kierstin Stevenson (Frostburg, Md. / Beall) came into

the season noticeably improved and earned a starting role at one of the wide-midfield positions. Returning starter Christine Fitzgerald (Gaithersburg, Md. / Gaithersburg) will balance time at the other wide-mid position coming off four goals and two assists last season. Fitzgerald will also be called upon to spend time in the backfield to assist with the Bobcat's defensive effort.

With Fitzgerald in the back, playing minutes will be contended for by a trio of freshmen led by local product Cassie Donahue (Cumberland, Md. / Fort Hill) who has had a strong preseason and will get time in the middle. The other two freshmen competing for time at the position are Lina Quiroz (Baltimore, Md. / Dundalk) and Jessica Kraemer (Baltimore, Md. / Perry Hall).

Up front AMCC Newcomer of the Year Lauren Russell (Waldorf, Md. / Westlake) returns for her sophomore season and looks to build on a strong 2007 rookie year. Last year she led the team with 60 points as she scored 14 goals and seven assists. The 14 goals ranked Russell as one of the top freshman in the region.

Returning juniors Amanda Drake (Montgomery Village, Md. / Watkins Mill) and Kaleigh Herring (Perry Hall, Md. / North Harford) along with sophomore Chrissy Conrad (Frederick, Md. / Tuscarora) will compete for time in the other starting forward positions. Drake provided a strong presence last season splitting time as a starter, yet finishing the season tied for third in points at 18 (six goals and six assists).

"Kaleigh Herring came into this season ready to compete and in great shape," says Parker. "I look for her to build upon her four goals from last year and really provide solid minutes up front."

In 2008 the FSU soccer programs will be welcoming Matt Ward to the coaching staff where he will work with the goalkeepers for both the men's and women's teams. Ward joins the staff after playing in goal at Division II Florida Southern where he graduated in December 2007. Last season, he was an assistant for Lakeland High School where he worked with the goalkeepers. Along with Ward the team returns assistant Jody Gittleson who brings six years of knowledge about the Bobcat program.

This season the Bobcats will play a challenging non-conference schedule as they face a gamut of teams throughout the region. The season starts with a trip to St. Mary's which will provide a tough matchup as they return an experienced team. The last time the two teams played, FSU won 4-1 in 2001.

The next challenge will come from back-to-back games with new addition to the schedule St. Vincent and returning foe Catholic who is expected to contend for the Landmark Conference title.

One of the toughest games on the schedule will come when the Bobcats travel to Johns Hopkins. Last season FSU upset the No.18 Bluejays 4-1.

The final out-of-conference game comes against Division II Shepherd who is also a new addition to the schedule and should be a great test going into the final stretch before the conference tournament.

The Bobcats are picked to win the conference in AMCC preseason coaches poll. Two-time defending champion Penn State Behrend is picked at No. 2 to set up a key conference match-up on October 18, which could be a preview into the conference championship. Medaille makes a strong push into the season as they are picked to finish third. FSU gets to play both Medaille and Behrend at Bobcat Stadium which will provide a key advantage as last season they finished 10-0-1 at home.



2008 FROSTBURG STATE WOMEN'S SOCCER ROSTER

No.	Name	Pos.	Yr.	Hometown/High School (Prev. College)
0	Michelle Buckmaster	G	Fr.	St. Leonard, Md./Calvert
1	Kristin Prochniak	G	Fr.	Westminster, Md./Winters Mill
2	Chrissy Conrad	F	So.	Frederick, Md./Tuscarora
3	Lina Quiroz	M	Fr.	Baltimore, Md./Dundalk
5	Heather Fleishell	D	So.	Middletown, Md./Middletown
6	Tori Walter	D	Sr.	Frederick, Md./Frederick
7	Kierstin Stevenson	M	So.	Frostburg, Md./Beall
8	Shonna Ferree	M	So.	Frostburg, Md./Beall
9	Nikki Rieland	D	Fr.	Mt. Airy, Md./South Carroll
10	Lauren Russell	F	So.	Waldorf, Md./Westlake
11	Olivia Winant	D	Fr.	Gaithersburg, Md./Gaithersburg
14	Cassie Donahue	M	Fr.	Cumberland, Md./Fort Hill
15	Meische Cox	D	Fr.	Laurel, Md./Meade
16	Jackie Donovan	D	Sr.	Holidaysburg, Pa./Holidaysburg Area
17	Erin Bryce	D	Fr.	Welcome, Md./Henry E. Lackey
18	Stephanie Gwin	G	Jr.	Ijamsville, Md./Urbana
20	Lauren Lentine	M	Jr.	Princeton, N.J./WWP North
21	Kaleigh Herring	F	Jr.	Perry Hall, Md./North Harford
22	Erin Ford	M	Fr.	Waldorf, Md./Westlake
23	Tricia Richardson	D	Sr.	Gibson Island, Md./St. Mary's
24	Christine Fitzgerald	M/D	Jr.	Gaithersburg, Md./Gaithersburg
25	Amanda Drake	F	Jr.	Montgomery Village, Md./Watkins Mill
26	Jessica Kraemer	M	Fr.	Baltimore, Md./Perry Hall
27	Kelly Sanzone	M	Jr.	Jarrettsville, Md./North Harford

Head Coach: Brian Parker (Frostburg State '92), Seventh Season

Assistant Coaches: Jodie Gittleson (Frostburg State '06), Second Season

& Mattew Ward (Florida Southern '07), First Season



Erin Bryce

Freshman Defender
Indian Head, Md./Henry Lackey **17**

Prior to FSU: Earned three letters in soccer at Henry E. Lackey ... Team MVP in 2008 ... 2006-07 Outstanding Defender Award ... Played club ball for Freestate Extreme ... **Personal:**

Born on August 12, 1990.



Megan Buckmaster

Freshman Goalkeeper
St. Leonard, Md./Calvert **0**

Prior to FSU: Earned 13 varsity letters ... Won 2007 soccer MVP team award ... 2004-05 All-County honors in goal ... Honored as All-County catcher for 2006 softball season

... Played club ball for Calvert ... **Personal:** Born on June 29, 1990 ... Daughter of Gregg and Sandy Buckmaster ... Majoring in Early Childhood Education.



Chrissy Conrad

Sophomore Midfielder
Frederick, Md./Tuscarora **2**

2007: Played in 17 games and made one start ... scored three goals on 14 shots ... **Prior to FSU:** First-Team Frederick News Post in 2006 ... All-Area and All-MVAL selection as a senior

... Played for the two-time Maryland State Champion Tuscarora Titans and coach Mark Wolcott ... Played club soccer for Hagerstown SC and coach Steve Darr ... **Personal:** Born February 10, 1989 ... Daughter of Joe and Janet Conrad ... Majoring in psychology.



Meische Cox

Freshman Defender
Laurel, Md./Meade Senior **16**

Prior to FSU: 2008 Meade Senior H.S. MVP ... 2008 Soccer team MVP ... 2007 Basketball team MVP ... 2007 Maryland Honorable Mention Distinguished Scholar ... Played club ball for the

Laurel Comets ... **Personal:** Born on July 4, 1990 ... Daughter of Patrick and Vanessa Cox ... Majoring in Athletic Training



Cassie Donahue

Freshman Midfielder
Cumberland, Md./Fort Hill **14**

Prior to FSU: Earned ten letters in soccer, basketball, and track at Fort Hill ... 2006 & 2007 First-Team All-Area Soccer ... First-Team WMIL 2006 & 2007 ... 2007 Co-Offensive Player of the

Year ... Fort Hill Junior Athlete of the Year Award 2007 ... National Honor Society ... **Personal:** Born on December 17, 1990 ... Daughter of Gary and Tammie Donahue ... Majoring in Pre-Physical Therapy



Jackie Donovan

Senior Defender
Hollidaysburg, Pa./Hollidaysburg **16**

2007: Led a Bobcat defense that surrendered only 19 goals on the season ... Started all 22 games ... Earned Honorable Mention All-AMCC honors ... **2006:** Earned Second-Team

All-AMCC honors ... One of five Bobcats to start all 19 games ... Had one assist ... Helped defense allow just 20 goals all season, 1.04 goals against average ... **2005:** Started all 20 games in which she appeared ... Scored only goal in 10-0 FSU win over Mt. Aloysius ... **Prior to FSU:** Earned seven varsity letters – four in soccer and three in track – at Hollidaysburg Area ... Two-time all-star soccer selection ... Played for the Keystone Club Team and coach Dave Alexander ... Four-year Honor Roll member ... National Junior Honor Society ... **Personal:** Born March 24, 1987 ... Daughter of Michael and Julie Donovan ... Majoring in communication studies.



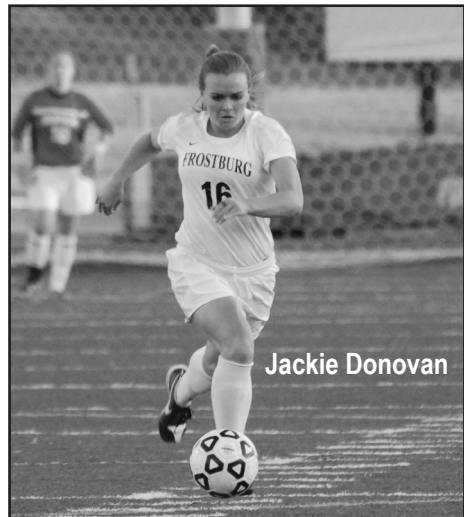
Amanda Drake

Junior Forward
Montgomery Village, Md./Watkins Mill **25**

2007: Tied for the third on the team with 18 points (6 goals and 6 assists) ... Scored the game winning goal against Carnegie Mellon in the ECAC Semifinal ... **2006:** Second-Team

All-AMCC selection ... Second on team with five assists and fourth on the squad with nine goals ... Scored a pair of goals against Hilbert (10/7) and Penn State Altoona (10/10) ... Third on Bobcats with nine goals ...

Prior to FSU: Earned five varsity letters at Watkins Mill—four in soccer and one in track ... Scholar Athlete ... Played club soccer for Potomac Riptide coached by FSU alum, Gregg Hanowell ... Named to the Gazette honorable-mention team and a member of the 4A West Senior All-Star team ... **Personal:** Born April 1, 1988 ... Daughter of Daniel and Rebecca Drake ... Majoring in pre-physical therapy.



Jackie Donovan





Shonna Ferree

Sophomore **8**
Midfielder
 Frostburg, Md./Beall

2007: Played in 22 games ... Made first career start against La Roche in a 2-1 AMCC victory ... Scored three goals ... **Prior to FSU:** Captain and Times-News Area First-Team as a senior ... Times-News Area Honorable Mention as a junior ... National Honor Society and Maryland Distinguished Scholar in final two year of high school ... **Personal:** Born March 11, 1989 ... Daughter of John and Tonna Ferree ... Undecided on a major.



Christine Fitzgerald

Junior **24**
Forward
 Gaithersburg, Md./Gaithersburg

2007: Started in 21 games ... Scored four goals and two assists for the season ... Had game-winning goal against Mt. Aloysius ... **2006:** Played in all 19 games, starting in 16 ... Third on the team with 10 goals including four game winners ... Tallied four goals in FSU's 13-0 win over Mt. Aloysius (10/18) ... **Prior to FSU:** Earned four varsity letters in soccer while at Gaithersburg High School ... A two year honorable mention athlete and two captain for soccer ... Played club soccer for the Olney Onyx ... **Personal:** Born May 8, 1988 ... Daughter of Mike and Denise Fitzgerald ... Majoring in education.



Heather Fleishell

Sophomore **5**
Defender
 Middletown, Pa./Middletown

2007: Started 16 games ... Tied for second in goals with seven ... Had game winning goal against La Roche (10/24) ... **Prior to FSU:** First and Second-Team All-County selection while at Middletown ... Played club soccer for coach Steve Darr and the Hagerstown SC ... **Personal:** Born February 7, 1989 ... Daughter of JoAnn Fleishell ... Majoring in nutrition.



Erin Ford

Freshman **22**
Midfielder
 Waldorf, Md./Westlake

Prior to FSU: Earned seven varsity letters in soccer and tennis ... 2008 Military award Scholar Athlete ... 2007 Coaches Offensive Award ... 2005 Most Improved Player Award ...

Graduated Suma Kum Lade ... Played club ball for LMVSC ... **Personal:** Born on December 1, 1990 ... Daughter of Robert and Karen Ford ... Majoring in Mass Communications



Stephanie Gwinn

Junior **18**
Goalkeeper
 Ijamsville, Md./Urbana

2007: Named to the All-AMCC Second Team ... Played in all 22 games, while making 21 starts ... Helped FSU record nine shutouts ... Had a 0.97 goals against average **2006:** Earned

First-Team All-AMCC honors at goalkeeper ... Started in 11 of the 15 games in which she appeared ... Allowed just five goals in 968:30 minutes of action ... Made 34 saves including a season-high six in a 2-0 win over Penn State Behrend (10/15) ... Posted a 12-2 record and helped the Bobcats to an 11-game winning streak during the season ... Set the school record for goals against average (0.46) ... **Prior to FSU:** Earned eight varsity letters while at Urbana - three in soccer, three in outdoor track, one in indoor track and one in swimming. National Honor Society (2005-2006) ... Minds in Motion (2002-2006) ... **Personal:** Born September 16, 1988 ... Daughter of Patrick and Lynn Gwinn ... Majoring in criminal justice with a minor in sociology.



Kaleigh Herring

Junior **21**
Forward
 Perry Hall, Md./North Harford

2007: Played in 14 games ... Had three goals against Mt. Aloysius (10/17) ... Finished season with 12 points (4 goals) ... **2006:** Played in 11 games for the Bobcats ... Had one assist against Medaille (Sept. 30) ... **Prior to FSU:** Earned six varsity letters at North Harford — two in soccer, two in basketball and two in lacrosse ... Four year member of National Honor Society ... Captain of her basketball and soccer team ... **Personal:** Born January 5, 1988 ... Daughter of Charles Herring and Kathleen Meeks-Hall ... Majoring in athletic training.



Jessica Kraemer

Freshman **26**
Midfielder
 Baltimore, Md./Perry Hall

Prior to FSU: Earned two varsity letters in soccer ... Played club ball for the Parkville Lady Predators ... **Personal:** Born September 23, 1990 ... Daughter of Ken Kraemer and Sherri

Kraemer-Evans ... Majoring in Psychology



Stephanie Gwinn





Lauren Lentine

Junior Forward **20**
Princeton, N.J./WPP North

2007: Honorable Mention All-AMCC ... Started in all 22 of the Bobcat's contests ... Third on team with 18 points (7 goals & 4 assists) ... Season high five shots on goal against Villa ... **2006:** First-Team All-AMCC selection ... One of just five Bobcats to start in all 19 games ... Tied for the team lead with 11 goals ... She also added three assists ... Scored three goals in FSU's 7-1 win over Lake Erie (9/23) ... **Prior to FSU:** Earned six varsity letters—three each in soccer and basketball ... Played club soccer for West Windsor-Plainsboro Riptide ... **Personal:** Born August 20, 1988 ... Daughter of Greg and Robbin Lentine ... Majoring in elementary education.

Julie (9/15) ...



Nicole Rieland

Freshman Defender **9**
Mt. Airy, Md./South Carroll

Prior to FSU: Earned 7 varsity letters ... 2007 First-Team All-County soccer ... Second-Team All-Conference soccer in 2006 & 2007 ... Part of 2006 Regional Champions at South Carroll ... **2006 & 2007** Second-Team All-Conference and All-County in softball ... Played club ball for the Damascus Fire ... **Personal:** Born November 11, 1990 ... Daughter of Scott and Roslyn Rieland ... Majoring in Early Childhood Education

2006 & 2007



Kristin Prochniak

Freshman Goalkeeper **1**
Westminster, Md./Winters Mill

Prior to FSU: Earned three letters at Winters Mill ... Played Club ball for the CC Storm under coach Keith Purcell ... 2007 All-Conference Soccer ... **Personal:** Born on October 15, 1990

... Daughter of Dawn Prochniak ... Majoring in Health and Physical Education



Lauren Russell

Sophomore Midfielder **10**
Waldorf, Md./Westlake

2007: Won Conference Newcomer of the Year award ... Second Team NSCAA All-Region ... Ranked third among freshman in the region in goals scored ... Led the Bobcats with 14 goals and added seven assists for a team high 35 points ... Hit game-winning goal in a 2-1 victory over Hood (9/19) ... Started in all 21 games in which she appeared ... **Prior to FSU:** Washington Post All-Met Honorable Mention, Maryland All-State Second Team, All-County and All-Conference First Team as a senior ... All-Met Honorable Mention, All-Extra, All-Conference and county Player of the Year as a junior ... School MVP in final two years at Westlake ... Graduated Magne Cum Laude, Played club soccer for the elite Freestate Shooters ... **Personal:** Born December 25, 1989 ... Daughter of Randy and Kathy Russell ... Majoring in exercise and sports science.



Lina Quiroz

Freshman Midfielder **3**
Baltimore, Md./Dundalk

Prior to FSU: Earned nine varsity letters at Dundalk (four soccer, two basketball, and three lacrosse) ... 2007 Soccer MVP ... 2007 Second-Team All-County Soccer ... 2006 First-Team All-

County and Green 'n Gold honoree ... 2005 Soccer Rookie of the Year ... 2007 & 2008 All-Division Lacrosse ... 2008 All-Division Basketball ... Played club ball for coach Kerry Brimmer of the ASA Illusion ... **Personal:** Born on November 20, 1990 ... Daughter of James and Julia Bynaker ... Majoring in Pre-Physical Therapy

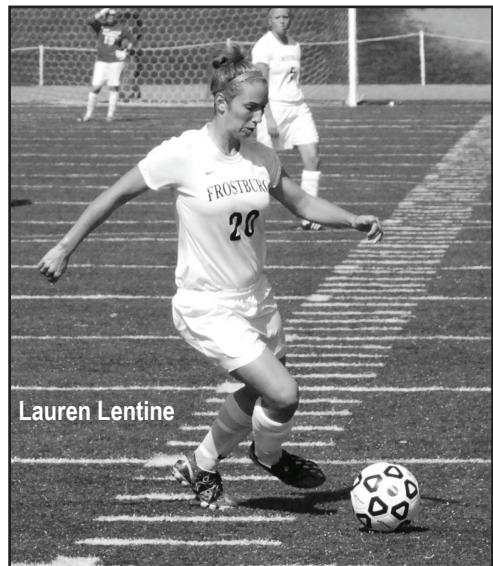


Tricia Richardson

Senior Defender **23**
Gibson Island, Md./St. Mary's

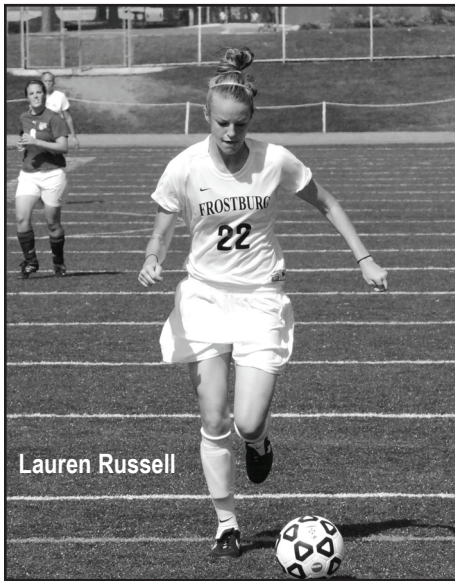
2007: Played in eight games
2006: Played in 18 games, making 17 starts ... Scored one goal and added three assists ...

2005: Appeared in 18 games, making seven starts ... Scored three goals and had two assists ... **Prior to FSU:** Earned three varsity letters in soccer at St. Mary's ... Team captain as a senior ... **Personal:** Born August 28, 1987 ... Daughter of John and Pattie Richardson ... Majoring in athletic training and physical therapy preparation.



Lauren Lentine





Lauren Russell



Kelly Sanzone

Junior **27**
Midfielder
 Jarrettsville, Md./North Harford

2007: Appeared in 11 contests ... **2006:** Played 11 games with one start ... Scored only goal in FSU's 5-0 win over Penn State Altoona (10/10) ... **Prior to FSU:** Earned two varsity letters in soccer while at North Harford ... All-County honorable mention (2004) ... All-County second team and Baltimore Sun Harford County second team (20005) ... Played club soccer for Upper Chesapeake Nightmare and coach Charlie Zellers ... **Personal:** Born March 20, 1988 ... Daughter of Frank and Kathy Sanzone ... Majoring in business administration.



Kierstin Stevenson

Sophomore **7**
Midfielder
 Frostburg, Md./Beall

2007: Appeared in all 22 games and made 20 starts ... Recorded four goals and one assist ... Added the go-ahead goal against La Roche (10/24) ... **Prior to FSU:** 2006 Times-News Soccer Player of the Year ... 2005 WMIL Offensive Player of the Year ... 2004-06 First-Team All-Area and All- WMIL ... National Honor Society, Honor Roll and Minds in Motion 2003-07 ... **Personal:** Born May 17, 1989 ... Daughter of Bob and Lisa Stevenson ... Majoring in pre-physical therapy.



Tori Walter

Senior **17**
Defender
 Frederick, Md./Frederick

2007: Received second-straight First-Team All-AMCC honors ... Started in all 22 games ... Anchored the second best defense in the conference (0.97 GAA) ... **2006:** First-Team All-AMCC selection ... One of just five Bobcats to start in all 19 games ... Had two assists on the season; Hilbert (10/7) and Penn State Altoona (10/10) ... **2005:** Started in all 20 games in which she appeared ... Scored one goal and added one assist ... Netted only goal in 7-0 win over Penn State Altoona ... **Prior to FSU:** Lettered in soccer at Frederick ... Four-year Honor Roll member ... Honorable mention all-county as a junior and second-team all-county as a senior ... Played club ball for Frederick Soccer Club and coach Doug Kuhns ... **Personal:** Born November 17, 1987 ... Daughter of Gregory and Jean Walter ... Double majoring in math and accounting.



Olivia Winant

Freshman **11**
Defender
 Gaithersburg, Md./Gaithersburg

Prior to FSU: Earned six letters at Gaithersburg ... 2007 Most Improved Track Athlete ... Played for Olney Wildcats club team ... **Personal:** Born on December 9, 1990 ... Daughter of Peter and Barbara Winant ... Majoring in Early Childhood Education



Tori Walter



2007 Frostburg State Women's Soccer Results
16-5-1 Overall, 8-1 AMCC

Date	Opponent	Result	Oct. 9	Penn State Altoona *	W/2-0
Sept. 1	TC&J(Elizabethtown Tourny)	L/1-3	Oct. 13	at Penn State Behrend *	L/0-1
Sept. 2	Elizabethtown (Elizabethtown Tourny)	L/0-1	Oct. 17	Mt. Aloysius *	W/13-0
Sept. 8	at McDaniel	W/4-0	Oct. 21	Pitt- Bradford *	W/4-0
Sept. 12	Marymount	W/5-2	Oct. 24	La Roche *	W/2-1
Sept. 15	at Villa Julie	W/6-1	Oct. 31	Penn State Altoona ^ (semi)	W/4-1
Sept. 19	Hood	W/2-1	Nov. 3	Penn State Behrend ^ (Final)	L/1-2
Sept. 21	Johns Hopkins	W/4-1	Nov. 7	No. 7 Carnegie Mellon (ECAC)	W/1-0
Sept. 22	Lake Erie *	W/4-0	Nov.10	No. 3 Swarthmore (ECAC Semi)	L/0-3
Sept. 26	Catholic	T/1-1			
Sept.29	at Medaille *	W/4-0		Home Matches in Bold	
Oct. 3	at Pitt- Greensburg *	W/3-0		* AMCC Opponents	
Oct. 6	Hilbert *	W/7-0		^ AMCC Tournament	

2007 Frostburg State Women's Soccer Statistics

Player	GP-GS	G	A	PTS	SH	GW	PK-ATT
Lauren Russell	21-21	14	6	34	60	7	0-0
Stephanie Parker	22-12	7	9	23	51	0	0-0
Lauren Lentine	22-22	7	4	18	61	0	0-0
Amanda Drake	22-11	6	6	18	45	2	0-0
Jen Naylor	22-22	7	3	17	71	1	2-3
Heather Fleishell	22-16	7	0	14	19	4	0-0
Christine Fitzgerald	21-21	4	2	10	25	1	0-0
Kierstin Stevenson	22-20	4	1	9	26	0	0-0
Kaleigh Herring	14-0	4	0	8	12	0	0-0
Katie Emminger	19-12	1	5	7	12	0	0-0
Shonna Ferree	22-1	3	0	6	14	0	0-0
Chrissy Conrad	17-1	3	0	6	14	0	0-0
Anita Wickerham	21-1	1	2	4	11	0	0-0
Ali Keeney	12-0	1	0	2	7	0	0-0
Natale Miller	14-0	1	0	2	5	0	0-0
Sarah Huber	15-2	1	0	2	4	1	0-0
Heather Brubaker	11-0	0	1	1	2	0	0-0
Kelly Sanzone	11-0	0	0	0	14	0	0-0
Jackie Donovan	22-22	0	0	0	3	0	0-0
Tricia Richardson	8-8	0	0	0	2	0	0-0
Tori Walter	22-22	0	0	0	2	0	0-0
Anne Patron	14-0	0	0	0	1	0	0-0
Kirsten Marshall	5-0	0	0	0	0	0	0-0
Stephanie Gwinn	22-22	0	0	0	0	0	0-0
Rebecca Waldo	9-6	0	0	0	0	0	0-0
Amanda LaPorta	9-1	0	0	0	0	0	0-0
Totals	22	71	39	181	461	16	2-3
Opponents	22	19	10	48	203	5	0-0

Goalie	GP-GS	MIN	GA	AVG	SV	SV%	W-L-T	SHO
Amanda LaPorta	9-1	230:00	0	0.00	4	1.000	1-0-0	0
Stephanie Gwinn	22-19	1770:00	19	0.97	70	.787	15-5-1	2
Team		0:00	0	0	1	1.000	0-0-0	5
Totals	22	2000:00	19	0.86	75	.798	16-5-1	9
Opponents	22	2000:00	71	3.19	184	.730	5-16-1	3

Goals by Period	1st	2nd	1OT	2OT	Total
Frostburg State	41	29	1	0	71
Opponents	9	10	0	0	19





2007 All-AMCC Women's Soccer Team

First Team

Lauren Russell F Fr **Frostburg State**
 Angela Bethel F So Lake Erie
 Danielle Radlich F Sr Medaille
 Nikki Frisbee M Jr Penn State Behrend
Jen Naylor M Sr **Frostburg State**
 Nicole Booth M Sr La Roche
 Emily Rogan D Sr Penn State Behrend
Tori Walter D Jr **Frostburg State**
 Amanda Ebersole D Fr Penn State Altoona
 Kayla Frost K So Penn State Behrend
 Jessica Leo At large . So La Roche

Second Team

LaRissa Pallone F So La Roche
 Jordan Ercolani F Jr Pitt-Bradford
Stephanie Parker F Fr **Frostburg State**
 Tricia Knight M Jr Hilbert
 Katie Bush M Fr Medaille
 Kim Chapman M Jr Penn State Behrend
 Jessica Tintera D Sr Pitt-Greensburg
 Katie Ritchey D Sr Penn State Behrend
 Koryn Walker D Sr Medaille
Stephanie Gwinn G So **Frostburg State**
 Danielle DeMay At large . Sr Penn State Behrend

Honorable Mention

Emily Schneider F So Penn State Altoona
 Danielle Struble F Fr Pitt-Greensburg
 Shannon Radlich F So Medaille
 Beth Manganaro M Jr Penn State Behrend
 Natalie Sheehan M Fr Penn State Altoona
 Allie Schumacher M Jr Penn State Altoona
 Tiffany Azzarito D Sr Medaille
Jackie Donovan D Jr **Frostburg State**
 Katrina Galofaro D Sr Hilbert
 Amber Werner G Fr Penn State Altoona
Lauren Lentine At large . So **Frostburg State**

Newcomer of the Year

Lauren Russell **Frostburg State**

Player of the Year

Nikki Frisbee Penn State Behrend

Coach of the Year

Tim Wassell Penn State Altoona

2007 Standings

	Conference	All Games
Penn State Behrend	8 0 1 .944	11 7 3 .600
Frostburg State	8 1 0 .889	16 5 1 .750
Penn State Altoona	6 2 1 .722	13 6 1 .675
Medaille	6 3 0 .667	14 6 1 .690
La Roche	5 4 0 .556	11 8 1 .575
Pitt-Greensburg	4 5 0 .444	6 13 1 .325
Lake Erie	3 6 0 .333	6 13 0 .315
Pitt-Bradford	2 7 0 .333	3 13 1 .206
Hilbert	1 6 2 .286	4 12 2 .278
Mt. Aloysius	0 9 0 .000	1 15 0 .062

2007 AMCC Playoffs

Quarterfinals - Sat., Oct. 27

#3 Penn St. d. #6 Pitt-Greensburg, 3-0
 #5 La Roche d. #4 Medaille, 4-2

Semifinals - Wed., Oct. 31

#2 Frostburg State d. #3 Penn St. Altoona, 4-1
 #1 Penn St. Behrend d. #5 La Roche, 5-0

Finals - Sat., Nov. 3

#1 Penn St. Behrend d. #2 Frostburg State, 2-1

AMCC Champions

Regular Season Champion

2007	Penn State Behrend	8-0-1
2006	Frostburg State	9-0
2005	Frostburg State	8-0-1
2004	Frostburg State	8-1
2003	Frostburg State	6-0
2002	La Roche	5-1
2001	Penn State Behrend	6-0
2000	Penn State Behrend	5-0
1999	Penn State Behrend	4-0
1998	Penn State Behrend	4-0
1997	Penn State Behrend	4-0

Tournament Champion

Penn St. Behrend 2, Frostburg State 1
Penn State Behrend 2, Frostburg State 1
Frostburg State 0, Penn State Behrend 0 (PK 4-3)
Frostburg State 3, Penn State Behrend 2 (2OT)
Frostburg State 4, Penn State Behrend 2
Frostburg State 2, La Roche 2 (FSU 3-1 PK)
Frostburg State 4, Penn State Behrend 1
Penn State Behrend 5, Frostburg State 4
Penn State Behrend 2, Frostburg State 0
Penn State Behrend 2, La Roche 1
Penn State Behrend 2, Frostburg State 1



YEAR-BY-YEAR RECORDS

Year	Overall	AMCC	Coach
1994	9-7-1	n/a	Ray Kiddy
1995	10-7-1	n/a	Ray Kiddy
1996	12-5-1	n/a	Ray Kiddy
1997	14-6-0	4-1	Courtney McClelland
1998	11-6-0	3-2	Courtney McClelland
1999	11-10-0	2-2	Carrie Lysik
2000	11-7-0	3-2	Carrie Lysik
2001	17-5-0	5-1	Carrie Lysik
2002	10-8-4	4-2	Brian Parker
2003	16-5-0	6-0	Brian Parker
2004	14-3-3	8-1	Brian Parker
2005	11-6-3	8-0-1	Brian Parker
2006	12-7	9-0	Brian Parker
2007	16-5-1	8-1	Brian Parker
Totals	176-87-14	60-13	14 Seasons

Note: Frostburg State joined the AMCC in 1997



Courtney McClelland (left) guided FSU to a 25-12 record in two seasons, while Carrie Lysik (right) led the Bobcats to a combined 39-22 overall mark, including a school-record 17-5 finish and the program's first-ever AMCC title and NCAA Tournament berth in 2001.

TEAM SINGLE-SEASON RECORDS

Wins	17 (17-5, 2001)
Consecutive Wins	11 (2006)
Consecutive Shutouts	9 (2006)
Goals Scored in a Game	13 (2007-Mt. Aloysius)
Goals Scored in a Season	88 (1996, 18 games)
Best Goals Against Average	0.63 (2005)
Fewest Goals Allowed in a Season	13 (2005)

ALL-REGION SELECTIONS

1998	Amy Foote (Mid-Atlantic Third Team)
2002	Karen Kotofski (Great Lakes Third Team)
2003	Karen Kotofski (Great Lakes First Team)
2004	Karen Kotofski (Great Lakes Second Team)
2006	Lindsay Hoffman (Great Lakes)
2007	Jen Naylor (Great Lakes Second Team)
2007	Lauren Russell (Great Lakes Second Team)

INDIVIDUAL RECORDS

Goals	
Game	6, Karen Kotofski (2004)
Season	24, Karen Kotofski (2003)
Career	83, Karen Kotofski (2001-04)
Assists	
Game	4, Karen Taluskie (1996)
Season	14, Angie Weaver (1997)
Career	26, Beth Hlebasko (2002-present) & Karen Kotofski (2001-04)
Points	
Game	14 (6G, 2A), Karen Kotofski (2004)
Season	54, Karen Kotofski (2004)
Career	192, Karen Kotofski (2001-04)
Wins	
Season	17, Stephanie Zych (2001)
Career	48, Stephanie Zych (2000-03)
Saves	
Game	19, Stephanie Zych (2002)
Season	154, Jessica Richardson (1999)
Career	443, Stephanie Zych (2000-03)
Goals Against Average	
Season	0.46, Stephanie Gwinn (2006)
Career	1.54, Stephanie Zych (2000-03)
Shutouts	
Season	10, Sharon Colantonio (1997)
Career	19, Stephanie Zych (2000-03)

ACADEMIC ALL-AMERICANS

2002	Karen Kotofski (District II Second Team)
2003	Karen Kotofski (District II Second Team)
2004	Karen Kotofski (District II Second Team & ESPN Academic All-America First Team)
2005	Beth Hlebasko (District II First Team)



Lindsay Hoffman





From its inaugural class of 57 students, Frostburg State University has grown to a present day enrollment of nearly 5,000 students.

Its physical plant, once limited to a single building, Old Main, which housed classrooms and a library, has also grown to over 30 facilities including classroom buildings, residence halls, the Lewis J. Ort Library, the Harold J. Cordts Physical Education

Center, the Lane University Center, the Performing Arts Center and the new Compton Science Center, all situated on 260 beautiful acres.

Opened in 1902 as State Normal School No. 2, the University owes its existence to the tenacity of J. Benson Oder, editor of the Frostburg Mining Journal, and the citizens of Frostburg who, in spite of political barriers, raised funds and purchased the site on which "Old Main," the University's first building, is located.

Principal Edmund Dandridge Murdaugh and three faculty instructed the first Normal School class; in addition, the other faculty taught 151 children in the Model School. The Normal School students, who were high school students having to meet no requirements other than age (girls, 16; boys, 17), had but one two-year course of study: elementary education. The curriculum consisted of Latin, mathematics, history, rhetoric and literature, natural and physical sciences, drawing, music, calisthenics, psychology, philosophy of education, philosophy of school management, pedagogy, observation, practice work and primary manual training.

Over the years, the name of the institution has reflected the changes in the scope of its educational mission. In 1935, State Normal School No. 2 became State Teachers College at Frostburg, a four-year college that offered a Bachelor of Science in Elementary Education. In 1963, the name became Frostburg State College, and finally in 1987, with the strong support of the local civic and business community, became Frostburg State University, an indication of its growing resources, diversity and excellence in educational opportunities for the region and the state.

In 1988, FSU became a constituent institution of the University System of Maryland, comprised of 11 of the state's 13 public institutions.

Throughout its growth, the University has emphasized excellence in teaching. Over 80 percent of the full-time faculty hold Ph.D.s or terminal degrees from institutions that are among the most prestigious in the nation. Faculty scholarship has led to scholarly books, manuals and journals, as well as numerous articles and reviews. This excellence in faculty has





resulted in superior results for students. FSU has been ranked first among its peers for the number of doctorates per 100 baccalaureate degrees awarded. In the same study, FSU was ranked second in the percentage of national, prestigious awards received by faculty. These have included Fulbrights and significant grants from the National Endowment for the Humanities, the National Endowment for the Arts and other national associations.

At the same time, the University has developed comparable excellence in academic programs, research, consulting, cultural and athletic events and facilities. In recent years the campus has consistently received a superior rating, the highest state award given for facilities and maintenance.

Today, the University's mission and services have expanded significantly. Over 400 full-time administrators and support staff and more than 200 full-time faculty serve the educational needs of students who come not only from throughout the United States, but also the world. These students have a choice of over 40 major programs of study leading to the Bachelor of Arts, Bachelor of Science, Bachelor of Fine Arts, Bachelor of Technical and Professional Studies and Bachelor of Science in Urban and Regional Planning degrees as well as graduate degrees in applied ecology and conservation biology, business administration, counseling psychology, education, wildlife/fisheries biology, park and recreation resource management, teaching and applied computer science. In addition, several pre-professional programs are offered. Frostburg State University continues its pursuit of excellence, a tradition which now spans over a century.

