

2012 NAVY WOMEN'S LACROSSE QUICK FACTS

Navy Women's Lacrosse Quick Facts

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,400
Nickname	Midshipmen or Mids
Colors	Navy Blue and Gold
Superintendent	Vice Adm. Mike Miller, USN
Athletics Director	Chet Gladchuk
Conference	Patriot League
Facility	Navy-Marine Corps Memorial Stadium
Capacity	34,000
Surface	Field Turf
Press Box Phone	410-268-1489
Athletics Web Site	navysports.com
First Year of Division I Lacrosse	2008
All-Time Record	58-19 (.753 / 4 yrs.)
PL Reg. Season Championships / Last	1 / 2010
Patriot League Championships / Last	2 / 2011
NCAA Prelim. Round Appearances / Last	2 / 2011
NCAA First Round Appearances / Last	2 / 2011
2011 Overall Record	15-6 (.714)
2011 Patriot League Record / Finish	4-2 / 3rd
2011 Postseason	PL Champs/NCAA 1st Rd
Letterwinners Returning / Lost	15 / 11
Starters Returning / Lost	9 / 3
Newcomers	16
Returning All-Patriot League Players	6

Coaching Staff

Head Coach	Cindy Timchal
Alma Mater	West Chester '76
Navy Record	58-19 (.753 / 4 yrs.)
Career Record	394-105 (.790 / 29 yrs.)
Timchal's Office Phone	410-293-8746
Timchal's Email	timchal@usna.edu
Associate Head Coach	Allison Fondale
Alma Mater	Loyola (Md.) '97
Fondale's Office Phone	410-293-5541
Fondale's Email	avalenti@usna.edu
Assistant Coach	Kristen Waagbo
Alma Mater	Duke '07
Waagbo's Office Phone	410-293-5537
Director of Lacrosse Operations	Liz Schaffner
Alma Mater	Loyola (Md.) '98
Schaffner's Office Phone	410-293-8797
Volunteer Assistant	Corey Donohoe
Alma Mater	North Carolina '11

Sports Information

Women's Lacrosse SID	Matt Muzza
Office / Email	410-293-8778 / muzza@usna.edu
Mailing Address	566 Brownson Road Annapolis, MD 21402

2012 Navy Women's Lacrosse Schedule

Date	Day	Opponent	Site	Time
Feb. 11	Sat.	at High Point	High Point, N.C.	12 pm
Feb. 15	Wed.	William & Mary	Annapolis, Md.	4 pm
Feb. 18	Sat.	Longwood	Annapolis, Md.	12 pm
Feb. 22	Wed.	at Monmouth	West Long Branch, N.J.	3 pm
Feb. 25	Sat.	at Davidson	Davidson, N.C.	12 pm
March 3	Sat.	at Bryant	Smithfield, R.I.	12 pm
March 7	Wed.	Robert Morris	Annapolis, Md.	3 pm
March 10	Sat.	Bucknell *	Annapolis, Md.	12 pm
March 12	Mon.	Iona	Annapolis, Md.	3 pm
March 14	Wed.	Old Dominion	Annapolis, Md.	3 pm
March 17	Sat.	at Lafayette *	Easton, Pa.	1 pm
March 25	Sun.	at Northwestern	Evanston, Ill.	1 pm
March 28	Wed.	California	Annapolis, Md.	7 pm
March 31	Sat.	Holy Cross *	Annapolis, Md.	12 pm
April 7	Sat.	at Colgate *	Hamilton, N.Y.	12 pm
April 13	Fri.	American *	Annapolis, Md.	7 pm
April 21	Sat.	at Lehigh *	Bethlehem, Pa.	1 pm
April 27-29	Fri.-Sun.	Patriot League Tourn.	Highest Seed	TBA
May 5	Sat.	NCAA Play-In Game	MPSF Champ.	TBA
May 12	Sat.	NCAA First Round	Campus Sites	TBA
May 19	Sat.	NCAA Quarterfinals	Campus Sites	TBA
May 25-27	Fri.-Sun.	NCAA Final Four	Stony Brook, N.Y.	TBA

* — Patriot League contest; home games played at Navy-Marine Corps Memorial Stadium; All times EST

2011 Results 15-6 (4-2 in Patriot League)

Date	Opponent	Result/Score
Feb. 11	Mount St. Mary's	W, 14-4
Feb. 18	Ohio State	W, 9-8
Feb. 20	Davidson	W, 15-5
Feb. 25	Bryant	W, 22-7
Feb. 27	High Point	W, 11-8
March 3	#2 Northwestern	L, 8-18
March 5	at Robert Morris	W, 16-5
March 12	* at Bucknell	W, 17-7
March 15	at Fresno State	W, 22-6
March 17	at California	L, 6-13
March 20	* Lafayette	W, 17-7
March 29	at #15 William & Mary	L, 10-17
April 2	* at Holy Cross	L, 10-11
April 9	* Colgate	W, 14-11
April 13	* at American	W, 11-10
April 16	at Longwood	W, 9-6
April 23	* Lehigh	L, 13-15
April 28	% vs. Lehigh	W, 10-8
April 30	% at Colgate	W, 15-14
May 7	! Quinnipiac	W, 20-5
May 14	^ at #1 Maryland	L, 6-19

* — Patriot League contest; % — Patriot League Tournament (Hamilton, N.Y.)

! — NCAA Preliminary Game (Annapolis, Md.); ^ — NCAA First Round (College Park, Md.)

2012 Navy Women's Lacrosse Roster

Numerical Roster

No.	Name	Pos.	Class	Height	Hometown/High School
1	Kelsey Henshaw	D	So.	5-4	Chester, Md./Kent Island
2	Alex Rizzo	D	So.	5-7	Sterling, Va./Dominion
3	Casey Browne	M	Fr.	5-7	Miller Place, N.Y./Miller Place
4	Jess Fellows	M	Fr.	5-4	Vienna, Va./Flint Hill
5	Meg Ford	D	Fr.	5-2	Billerica, Mass./Middlesex
6	Lindsay Rheiner	M	Fr.	5-6	Wycombe, Pa./Council Rock North
7	Claire Olechowski	D	Jr.	5-6	Annapolis, Md./St. Mary's
8	Sam Dennis	D	So.	5-2	Annapolis, Md./Archbishop Spalding
9	Jordan Snyder	A	Fr.	5-6	Bel Air, Md./C. Milton Wright
10	Sarah George	D	Fr.	5-7	Lutherville, Md./Dulaney
12	Meleah Martin	D	Jr.	5-5	Walkersville, Md./Walkersville
13	Kate Herren	D	Sr.	5-7	Auburn, Wash./Auburn Mountainview
14	Danielle Vivonetto	A	Sr.	5-5	Rocky Point, N.Y./Rocky Point
15	Loren Generi	A	Fr.	5-9	Bayport, N.Y./Bayport Blue-Point
16	Molly Hamilton	A	So.	5-6	New Albany, Ohio/New Albany
17	Morgan O'Brien	A	Jr.	5-5	Arnold, Md./Broadneck
18	Emily Mellin	D	Jr.	5-6	Sherwood Forest, Md./St. Mary's
19	S.A. Fogleman	A	So.	5-6	Kingston, R.I./Williston Northampton
20	Morgan Stamm	A	Fr.	5-7	Flower Mound, Texas/Flower Mound
21	Jasmine DePompeo	A	Jr.	5-8	Sayville, N.Y./Sayville
22	Erin Walsh	M/D	So.	5-5	Orinda, Calif./Miramonte
23	Aimee Gennaro	A	So.	5-7	Havertown, Pa./Archbishop Carroll
24	Kierstin King *	D	Sr.	5-3	Upperco, Md./Hereford
25	Dominique Wright	D	Sr.	5-8	Washington, D.C./John F. Kennedy
26	Lauren Hanover	D	So.	5-10	Upper Arlington, Ohio/Upper Arlington
27	Beth Young	M/D	Jr.	5-4	Berwyn, Pa./Villa Maria Academy
28	Alexis Cowing	D	So.	5-6	Severna Park, Md./Severna Park
29	Melissa Gfeller	M	Fr.	5-2	Rutland, Vt./Rutland
30	Abby Ellis	D	Sr.	5-8	Ooltewah, Tenn./Girls Preparatory School
31	Abigail New	M	Fr.	5-2	Minnetonka, Minn./Holy Family
32	Meghan Hughes	D	Sr.	5-11	Stevensville, Md./Kent Island
33	Jill Coughlin	M	So.	5-6	Annapolis, Md./St. Mary's
34	Annie Foky	G	Fr.	5-9	Charlottesville, Va./Charlottesville
35	Danielle Abad	M	Fr.	5-6	Miller Place, N.Y./Miller Place
36	Molly Nantz	D	Fr.	5-6	California, Md./Leonardtown
37	Sara Nardone	D	Fr.	5-6	Rowley, Mass./Triton
38	Kathy Young	M	Jr.	5-4	Berwyn, Pa./Villa Maria Academy
39	Brijet Mall	M	Jr.	5-7	Cumming, Ga./South Forsyth
40	Michelle Verbeeck	G	Jr.	5-8	Wading River, N.Y./Shoreham-Wading River
41	Charlotte Hauser	G	Jr.	5-7	Greenfield Center, N.Y./Saratoga Springs
43	Candace Ross	G	Fr.	5-5	St. Leonard, Md./Calvert
45	Elaina Ponchione	G	Sr.	5-8	Silver Spring, Md./Our Lady of Good Counsel

* Team captain

Head Coach: Cindy Timchal (West Chester '76), fifth season (58-19); 30th overall

Associate Head Coach: Allison Fondale (Loyola (Md.) '97), fifth season

Assistant Coach: Kristen Waagbo (Duke '07), second season

Volunteer Assistant Coach: Corey Donohoe (North Carolina '11), first season

Director of Lacrosse Operations: Liz Schaffner (Loyola (Md.) '98), fourth season

Alphabetical Roster

No.	Name	Cl.	Pos.
35	Danielle Abad	M	Fr.
3	Casey Browne	M	Fr.
33	Jill Coughlin	M	So.
28	Alexis Cowing	D	So.
8	Sam Dennis	D	So.
21	Jasmine DePompeo	A	Jr.
30	Abby Ellis	D	Sr.
4	Jess Fellows	M	Fr.
19	S.A. Fogleman	A	So.
34	Annie Foky	G	Fr.
5	Meg Ford	D	Fr.
15	Loren Generi	A	Fr.
23	Aimee Gennaro	A	So.
10	Sarah George	D	Fr.
29	Melissa Gfeller	M	Fr.
16	Molly Hamilton	A	So.
26	Lauren Hanover	D	So.
41	Charlotte Hauser	G	Jr.
1	Kelsey Henshaw	D	So.
13	Kate Herren	D	Sr.
32	Meghan Hughes	D	Sr.
24	Kierstin King	D	Sr.
39	Brijet Mall	M	Jr.
12	Meleah Martin	D	Jr.
18	Emily Mellin	D	Jr.
36	Molly Nantz	D	Fr.
37	Sara Nardone	D	Fr.
31	Abigail New	M	Fr.
17	Morgan O'Brien	A	Jr.
7	Claire Olechowski	M	Jr.
45	Elaina Ponchione	G	Sr.
6	Lindsay Rheiner	M	Fr.
2	Alex Rizzo	D	So.
43	Candace Ross	G	Fr.
9	Jordan Snyder	A	Fr.
20	Morgan Stamm	A	Fr.
40	Michelle Verbeeck	G	Jr.
14	Danielle Vivonetto	A	Sr.
22	Erin Walsh	M/D	So.
25	Dominique Wright	D	Sr.
27	Beth Young	M/D	Jr.
38	Kathy Young	M	Jr.

Midshipmen By Class

Seniors	8
Juniors	10
Sophomores	10
Freshmen	15

2012 Returning Players Breakdown

Starters Returning

No.	Name	Pos.	Yr.	GP-GS	Stats	Notes
21	Jasmine DePompeo	A	Jr.	21-21	99 pts, 57 g, 42 a, 16 gbs, 18 dc	3rd in NCAA in scoring, All-American, All-South Region
23	Aimee Gennaro	A	So.	21-21	67 pts, 53 g, 14 a, 18 gbs	All-Patriot League 2nd Team, Top-20 in nation in goals
38	Kathy Young	M	Jr.	21-21	54 pts, 46 g, 30 gbs, 30 dc	All-Patriot League 2nd Team, Scored 13 free pos. goals
7	Claire Olechowski	M	Jr.	21-21	29 gbs, 10 dc, 18 ct	Ranked 2nd on tm with 18 caused turnovers
25	Dominique Wright	D	Sr.	21-21	12 gbs, 7 dc, 11 ct	21 starts, Made key ct and gb in the PL Championship
27	Beth Young	M/D	Jr.	21-20	5 pts, 27 gbs, 19 dc, 19 ct	Led the team with 19 caused turnovers
24	Kierstin King	D	Sr.	19-18	34 gbs, 7 dc, 15 ct	2012 team captain, 2011 PL 1st Tm, 2010 All-American
45	Elaina Ponchione	G	Sr.	16-13	9-4 record, 8.87 GAA, .434 sv%	Starting goalie for first 13 games of the season
33	Jill Coughlin	M	So.	21-11	21 pts, 16 g, 17 gb, 13 ct	Started final 8 gms of season, scored gwg vs. American

Other Key Returners

No.	Name	Pos.	Yr.	GP-GS	Stats	Notes
40	Michelle Verbeeck	G	Jr.	16-8	6-2 record, 10.68 GAA, .403 sv%	Started final 8 gms, Earned wins in PL Trn., Play-In gm
16	Molly Hamilton	A	So.	20-8	26 pts, 22 g, 33 dc	Avg. 4.20 draw controls over final five games of year
14	Danielle Vivonetto	A	Sr.	11-5	8 pts, 7 g, 3 dc	2010 All-Patriot League, missed portion of '11 due to inj.

Key Newcomers

No.	Name	Pos.	Yr.	Hometown	Notes
3	Casey Browne	M	Fr.	Miller Place, N.Y.	44 pts and 33 g in 15 games as a sr., 3x all-county pick on Long Island
4	Jess Fellows	M	Fr.	Vienna, Va.	2x US Lacrosse First-Team All-American, 82 g, 32 a in 24 gms as a senior
6	Lindsay Rheiner	M	Fr.	Wycombe, Pa.	Scored 93 pts as a sr. and 63 as a jr., won state cross country ind. title
15	Loren Generi	A	Fr.	Bayport, N.Y.	3x all-county pick on Long Island, school's all-time leader in goals (265)
36	Molly Nantz	D	Fr.	California, Md.	2011 US Lacrosse First-Team All-American, 3x Washington Post All-Met

Starters Lost

No.	Name	Pos.	Yr.	GP-GS	Stats	Notes
15	Caitlin Mandrin Hill	A	-	19-18	69 pts, 35 g, 34 a, 75 dc	2011 captain, two-time All-Patriot League First Team
13	Katrina Nietsch	M	-	21-21	37 pts, 29 g, 27 gbs, 16 ct	4x All-Patriot League including First Team in 2011
3	Jen Eikenberg	D	-	21-20	18 gbs, 24 dcs, 11 ct	Started 20 games on defense in first year of starting

2011 AWARDS AND HONORS

WomensLax.com All-American

Jasmine DePompeo

IWLCA All-South Region Second Team

Jasmine DePompeo

CoSIDA All-Academic District II

First Team

Jasmine DePompeo

Second Team

Katrina Nietsch

Patriot League Offensive Player of the Year

Jasmine DePompeo

All-Patriot League First Team

Jasmine DePompeo, Attack

Caitlin Mandrin Hill, Attack

Katrina Nietsch, Midfielder

Kierstin King, Defender

All-Patriot League Second Team

Kathy Young, Midfielder

Aimee Gennaro, At-Large

Patriot League Tournament MVP

Jasmine DePompeo

Patriot League All-Tournament Team

Jasmine DePompeo

Caitlin Mandrin Hill

Katrina Nietsch

Kierstin King

Synapse Sports National Off. Player of the Week

Jasmine DePompeo (5/3/11)

Synapse Sports National Weekly Honor Roll

Elaina Ponchione (2/22/11)

Caitlin Mandrin Hill (5/10/11)

Inside Lacrosse National Team of the Week

Jasmine DePompeo (5/4/11)

Kathy Young (5/11/11)

WomensLax.com Rookie of the Week

Aimee Gennaro (3/14/11)

Patriot League Offensive Player of the Week

Aimee Gennaro (2/28/11)

Jasmine DePompeo (2/21/11)

Patriot League Midfield Player of the Week

Caitlin Mandrin Hill (4/18/11)

Patriot League Defensive Player of the Week

Michelle Verbeeck (4/18/11)

Kierstin King (3/21/11)

Jen Eikenberg (3/7/11)

Claire Olechowski (2/28/11)

Elaina Ponchione (2/21/11)

Patriot League Rookie of the Week

Jill Coughlin (4/18/11)

Aimee Gennaro (3/21, 3/14, 3/7, 2/21)

Patriot League All-Academic Team

Katrina Nietsch, Kathy Young

IWLCA Senior All-Star Game

Caitlin Mandrin Hill

2011 INDIVIDUAL STATISTICS

Overall: 15-6 Conf: 4-2 Home: 8-2 Away: 6-3 Neut: 1-1

##	Player	gp-gs	g	a	pts	sh	sh%	sog	sog%	gw	fpg-fps	gb	dc	t/o	ct	foul
21	DePompeo, Jasmine	21-21	57	42	99	102	.559	78	.765	2	3-5	16	18	36	8	13
15	Mandrin Hill, Caitli	19-18	35	34	69	77	.455	56	.727	1	4-7	23	75	39	11	34
23	Gennaro, Aimee	21-21	53	14	67	91	.582	79	.868	2	5-13	18	3	30	4	36
38	Young, Kathy	21-21	46	8	54	90	.511	73	.811	1	13-23	30	30	24	8	63
13	Nietsch, Katrina	21-21	29	8	37	91	.319	60	.659	4	6-17	27	19	34	16	35
16	Hamilton, Molly	20-8	22	4	26	46	.478	38	.826	1	0-3	7	33	19	3	28
33	Coughlin, Jill	21-11	16	5	21	35	.457	22	.629	2	2-7	17	13	25	13	35
14	Vivonetto, Danielle	11-5	7	1	8	24	.292	18	.750	0	2-2	0	3	3	0	3
27	Young, Beth	21-20	4	1	5	15	.267	12	.800	0	1-3	27	19	19	19	66
4	Dauernheim, Lexi	11-0	4	0	4	5	.800	4	.800	2	2-2	4	3	5	1	5
18	Mellin, Emily	19-1	1	1	2	5	.200	3	.600	0	-	6	2	2	3	9
3	Eikenberg, Jen	21-20	0	2	2	1	.000	0	.000	0	-	18	24	10	11	29
7	Olechowski, Claire	21-21	1	0	1	3	.333	3	1.000	0	-	29	10	7	18	30
19	Fogleman, S.A.	6-1	0	1	1	2	.000	1	.500	0	-	0	0	3	0	2
17	O'Brien, Morgan	4-0	0	0	0	2	.000	1	.500	0	0-1	0	1	2	1	0
2	Rizzo, Alex	3-0	0	0	0	2	.000	1	.500	0	0-1	0	0	0	1	1
24	King, Kierstin	19-18	0	0	0	1	.000	1	1.000	0	0-1	34	7	16	15	58
22	Walsh, Erin	4-0	0	0	0	1	.000	0	.000	0	-	1	0	1	1	1
45	Ponchione, Elaina	16-13	0	0	0	0	.000	0	.000	0	-	25	0	6	2	0
44	Kelly, Katie	7-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	0
41	Hauser, Charlotte	6-0	0	0	0	0	.000	0	.000	0	-	1	0	0	0	0
40	Verbeeck, Michelle	16-8	0	0	0	0	.000	0	.000	0	-	22	0	3	2	0
39	Mall, Brijet	11-0	0	0	0	0	.000	0	.000	0	-	1	2	1	1	6
37	Montgomery, Ashley	4-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	1
36	Fischer, Ashley	9-0	0	0	0	0	.000	0	.000	0	-	0	0	1	0	0
35	Kimball, Baileigh	14-3	0	0	0	0	.000	0	.000	0	-	6	0	3	4	3
32	Hughes, Meghan	3-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	1
30	Ellis, Abby	16-0	0	0	0	0	.000	0	.000	0	-	2	1	4	1	9
28	Cowing, Alexis	3-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	0
26	Hanover, Lauren	3-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	1
25	Wright, Dominique	21-21	0	0	0	0	.000	0	.000	0	-	12	7	5	11	36
20	Youker, Carissa	5-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	0
12	Martin, Meleah	2-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	0
11	Nevin, Laura	12-0	0	0	0	0	.000	0	.000	0	-	4	2	0	1	5
10	Jurgens, Brigid	3-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	1
9	Yohe, Ryan	5-0	0	0	0	0	.000	0	.000	0	-	0	0	1	0	1
8	Dennis, Sam	9-0	0	0	0	0	.000	0	.000	0	-	2	1	0	0	2
5	Truelove, Sue	5-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	4
1	Henshaw, Kelsey	3-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	2
Total		21	275	121	396	593	.464	450	.759	15	38-85	332	276	304	155	529
Opponents		21	204	79	283	459	.444	350	.763	6	44-100	319	241	329	132	344

##	Goalie	gp-gs	min	ga	gaavg	saves	pct	w	l	t	shots faced
41	Hauser, Charlotte	6-0	34:32	5	8.69	3	.375	0	0	0	12
45	Ponchione, Elaina	16-13	635:39	94	8.87	72	.434	9	4	0	228
40	Verbeeck, Michelle	16-8	589:49	105	10.68	71	.403	6	2	0	219
Total		21	1260:00	204	9.71	146	.417	15	6	0	459
Opponents		21	1260:00	275	13.10	174	.388	6	15	0	592

Goals by Period	1st	2nd	Total
Navy	143	132	275
Opponents	103	101	204

Saves by Period	1st	2nd	Total
Navy	83	63	146
Opponents	92	83	175

Shots by Period	1st	2nd	Total
Navy	313	280	593
Opponents	245	214	459

Attendance Summary	NAVY	Opponent
Total	5588	2372
Dates/Avg Per Date	10/559	9/264
Neutral Site #/Avg	2/457	

Shots on Goal	1st	2nd	Total
Navy	235	215	450
Opponents	186	164	350

CLEARs: Navy -- 239-299 .799, Opponents -- 236-316 .747.