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**2007 Navy Soccer Schedule**

Date	Day		Opponent	Time	Site
Aug. 31	Fri.	+	vs. Iowa (at Northern Illinois)	3:00 pm	Dekalb, Ill.
Sept. 2	Sun.	+	vs. IUPUI (at Northern Illinois)	2:00 pm	Dekalb, Ill.
<b>Sept. 4</b>	<b>Tues.</b>		<b>Saint Peter's</b>	<b>7:00 pm</b>	<b>Annapolis, Md.</b>
Sept. 7	Fri.	&	Towson vs. Longwood	4:00 pm	Annapolis, Md.
<b>Sept. 7</b>	<b>Fri.</b>	<b>&amp;</b>	<b>Rider</b>	<b>7:00 pm</b>	<b>Annapolis, Md.</b>
Sept. 9	Sun.	&	Longwood vs. Rider	12:00 pm	Annapolis, Md.
<b>Sept. 9</b>	<b>Sun.</b>	<b>&amp;</b>	<b>Towson</b>	<b>3:00 pm</b>	<b>Annapolis, Md.</b>
Sept. 14	Fri.	\$	vs. William & Mary (at VCU)	4:00 pm	Richmond, Va.
Sept. 16	Sun.	\$	at Virginia Commonwealth	12:00 pm	Richmond Va.
<b>Sept. 20</b>	<b>Thurs.</b>		<b>Wagner</b>	<b>7:00 pm</b>	<b>Annapolis, Md.</b>
Sept. 23	Sun.		at James Madison	1:00 pm	Harrisonburg, Va.
<b>Sept. 25</b>	<b>Tues.</b>		<b>VMI</b>	<b>7:00 pm</b>	<b>Annapolis, Md.</b>
Sept. 30	Sun.		at Saint Francis (Pa.)	1:00 pm	Loretto, Pa.
Oct. 5	Fri.	*	at Bucknell	7:00 pm	Lewisburg, Pa.
<b>Oct. 7</b>	<b>Sun.</b>		<b>NJIT</b>	<b>5:00 pm</b>	<b>Annapolis, Md.</b>
Oct. 12	Fri.	*	at Lafayette	7:00 pm	Easton, Pa.
Oct. 14	Sun.	*	at Lehigh	1:00 pm	Bethlehem, Pa.
Oct. 21	Sun.	*	at American	1:00 pm	Washington D.C.
<b>Oct. 26</b>	<b>Fri.</b>	*	<b>Army</b>	<b>7:00 pm</b>	<b>Annapolis, Md.</b>
<b>Oct. 28</b>	<b>Sun.</b>	*	<b>Holy Cross</b>	<b>1:00 pm</b>	<b>Annapolis, Md.</b>
<b>Oct. 30</b>	<b>Tues.</b>		<b>Howard</b>	<b>7:00 pm</b>	<b>Annapolis, Md.</b>
<b>Nov. 3</b>	<b>Sat.</b>	*	<b>Colgate</b>	<b>1:00 pm</b>	<b>Annapolis, Md.</b>
Nov. 9-11	Fri-Sun		Patriot League Tournament		Highest Seed
Nov. 16	Fri.		NCAA Tournament - First Round		

+ — NIU Tournament; & — Navy Soccer Invitational; \$ — VCU/Ewing Sports Invitational; \* — Patriot League contest  
**bold** — home games played at Glenn Warner Soccer Facility  
All times Eastern

**General Information**

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,200
Nickname	Midshipmen or Mids
Colors	Navy Blue and Gold
Conference	Patriot League
Facility	Glenn Warner Soccer Facility (2,500)
Superintendent	Vice Adm. Jeffrey Fowler, USN
Athletics Director	Chet Gladchuk
Athletics Web Site	www.navysports.com

**Coaching Staff**

<b>Head Coach</b>	Carin Gabarra
Alma Mater	UC Santa Barbara '87
Navy Record	172-84-18 (14 Yrs.)
Career Record	178-94-18 (15 Yrs.)
Gabarra's Office Phone	410-293-5562
Gabarra's Email	gabarra@usna.edu
<b>Assistant Coach</b>	Rob Blanck
Alma Mater	Williams '89, 12 yrs.
Blanck's Office Phone	410-293-5543
Blanck's Email	blanck@usna.edu
<b>Women's Soccer Fax</b>	410-293-3149

**Sports Information**

<b>Women's Soccer SID</b>	Stacie Michaud
Office Phone	410-293-8773
Cell Phone	410-212-3761
E-Mail	michaud@usna.edu
SID Fax	410-293-8954
<b>SID Mailing Address</b>	566 Brownson Road Annapolis, MD 21402

**Team Information**

<b>2006 Overall Record</b>	21-2-1
<b>2006 Patriot League Record</b>	6-1-0
<b>Conference Finish</b>	Tied-First
<b>Letterwinners Returning/Lost</b>	15/5
<b>Starters Returning/Lost</b>	8/3

**Starters Returning (8)**

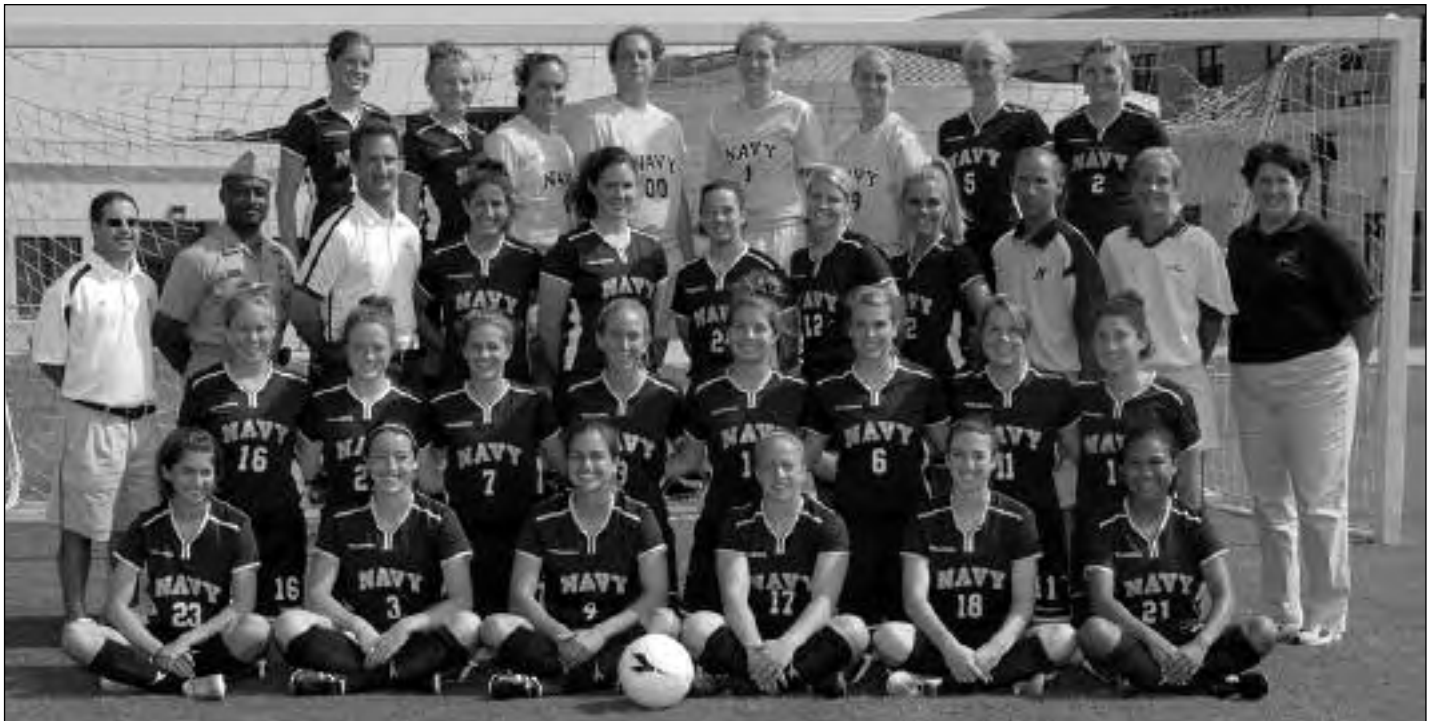
No.	Name	Pos.	Yr.	Hometown	GP	GS	Sh	G	A	Pts.
3	Brigitte Fox	F	Sr.	La Mesa, Calif.	24	24	37	8	4	20
5	Lauren Bresnahan	D	So.	Weston, Fla.	24	24	6	1	5	7
9	Katie Traster	M	Sr.	Ft. Lauderdale, Fla.	24	24	28	3	0	6
10	Brittany White	M	So.	Carmel, Ind.	23	15	23	5	3	13
16	Shelly Moeller	D	So.	Milford, Ohio	24	24	24	8	3	19
17	Julie Reynolds	M	Jr.	Sherman, Conn.	24	23	19	1	2	4
18	Carey Young	D	Jr.	Virginia Beach, Va.	24	23	13	1	4	6
					<b>GP</b>	<b>GS</b>	<b>GA</b>	<b>GAA</b>	<b>Sv</b>	<b>Sv%</b>
00	Lizzie Barnes	GK	Jr.	New Orleans, La.	23	23	6	0.29	84	.933

**Additional Top Returning Players**

No.	Name	Pos.	Yr.	Hometown	GP	GS	Sh	G	A	Pts.
4	Kari Weniger	F	Sr.	St. Petersburg, Fla.	24	0	35	7	6	20
6	Elise McCaskey	D	Jr.	Butler, Pa.	7	7	1	0	1	1
8	CiAnna Weikle	M	Jr.	Lakeville, Minn.	23	1	13	3	2	8
12	Jenn Dunbar	D	Jr.	Crofton, Md.	19	2	0	0	1	1
13	Kristen Laraway	F	Jr.	Long Valley, N.J.	22	0	16	4	2	10
22	Sam Schroth	F	Jr.	Chester Springs, Pa.	23	0	26	4	4	12

**Starters Lost (3)**

No.	Name	Pos.	Yr.	Hometown	GP	GS	Sh	G	A	Pts.
2	Molly Burd	M	Sr.	Englewood, Colo.	24	23	14	1	10	12
7	Kristi Coonfare	D	Sr.	Aurora, Colo.	24	24	4	1	1	3
14	Meggie Curran	F	Sr.	Silver Spring, Md.	24	24	63	12	15	39



**Numerical Roster**

No.	Player	Cl.	Pos.	Ht.	Hometown / High School
00	Lizzie Barnes	Jr.	GK	5-10	New Orleans, La. / Ben Franklin
0	Eowyn Pedicini	Fr.	GK	5-6	Los Alamos, N.M. / Los Alamos
1	Rachel Tarbox	Sr.	GK	5-10	Upper Arlington, Ohio / Bishop Watterson
2	Ashley McKenzie	Fr.	D	5-8	Pasadena, Calif. South Pasadena
3	Brigitte Fox	Sr.	F	5-5	La Mesa, Calif. / Grossmont
4	Kari Weniger	Sr.	F	5-7	St. Petersburg, Fla. / Clearwater Central Catholic
5	Lauren Bresnahan	So.	D	5-9	Weston, Fla. / St. Thomas Aquinas
6	Elise McCaskey	Jr.	D	5-6	Butler, Pa. / Butler
7	Anastasia Abid	Fr.	F/M	5-3	Williamsburg, Va. / Lafayette
8	CiAnna Weikle	Jr.	M	5-4	Lakeville, Minn. / Lakeville
9	Katie Traster	Sr.	M	5-5	Ft. Lauderdale, Fla. / St. Thomas Aquinas
10	Brittany White	So.	M	5-5	Carmel, Ind. / Carmel
11	Jen Grijalva	So.	M	5-6	Pleasanton, Calif. / St. Francis
12	Jenn Dunbar	Jr.	D	5-6	Crofton, Md. / St. Mary's
13	Kristen Laraway	Jr.	F	5-6	Long Valley, N.J. / West Morris Central
14	Shelly Moeller	So.	D	5-10	Milford, Ohio / Ursuline Academy
15	Carissa Youker	Fr.	F	5-7	Potomac, Md. / Winston Churchill
16	Katie Kelly	Fr.	M/D	5-7	Reston, Va. / Georgetown Visitation Prep
17	Julie Reynolds	Jr.	M	5-2	Sherman, Conn. / New Milford
18	Carey Young	Jr.	M/D	5-5	Virginia Beach, Va. / Ocean Lakes
19	Marisa Moya	Fr.	M	5-3	Albuquerque, N.M. / Sandia
20	Lindsay Parker	Sr.	M	5-9	Carmichael, Calif. / Rio Americano
21	Christine Calderon	Fr.	M	5-2	Yorktown, Va. / York
22	Sam Schroth	Jr.	F	5-6	Chester Springs, Pa. / Bishop Shanahan
23	Ali Fisher	Fr.	D	5-4	Iron Station, N.C. / East Lincoln
25	Jessica Grupp	Fr.	D	5-4	Highland Mills, N.Y. / Monroe-Woodbury
99	Beth Reed	So.	GK	5-7	Indianapolis, Ind. / Bishop Chatard

**Alphabetical Roster**

No.	Player	Cl.	Pos.
7	Anastasia Abid	Fr.	F/M
00	Lizzie Barnes	Jr.	GK
5	Lauren Bresnahan	So.	D
21	Christine Calderon	Fr.	M
12	Jenn Dunbar	Jr.	D
23	Ali Fisher	Fr.	D
3	Brigitte Fox	Sr.	F
11	Jen Grijalva	So.	M
25	Jessica Grupp	Fr.	D
16	Katie Kelly	Fr.	M/D
13	Kristen Laraway	Jr.	F
6	Elise McCaskey	Jr.	D
2	Ashley McKenzie	Fr.	D
14	Shelly Moeller	So.	D
19	Marisa Moya	Fr.	M
20	Lindsay Parker	Sr.	M
0	Eowyn Pedicini	Fr.	GK
99	Beth Reed	So.	GK
17	Julie Reynolds	Jr.	M
22	Sam Schroth	Jr.	F
1	Rachel Tarbox	Sr.	GK
9	Katie Traster	Sr.	M
8	CiAnna Weikle	Jr.	M
4	Kari Weniger	Sr.	F
10	Brittany White	So.	M
15	Carissa Youker	Fr.	F
18	Carey Young	Jr.	M/D

**Pronunciation Guide**

No.	Player	Pronunciation
0	Eowyn Pedicini	A-oh-wyn pet-uh-CHEEN-EE; as in fettucini
4	Kari Weniger	WHEN-i-grrr
5	Lauren Bresnahan	BREZ-na-han
6	Elise McCaskey	uh-LEASE

No.	Player	Pronunciation
7	Anastasia Abid	on-uh-STAH-zsa uh-BEAD
8	CiAnna Weikle	see-AH-nuh WHY-kull
11	Jen Grijalva	gri-HALL-vuh
13	Kristen Laraway	LAIR-uh-way
14	Shelly Moeller	MO-ller

No.	Player	Pronunciation
15	Carissa Youker	ca-RISS-uh YOU-ker
19	Marisa Moya	ma-REECE-uh
21	Christine Calderon	call-der-ON
22	Sam Schroth	rhymes with growth
	Carin Gabarra	Karen ga-BEAR-uh
	Rob Blanck	BLANK

# 2007 SEASON OUTLOOK

## 2007 NAVY WOMEN'S SOCCER

### Team Information

2006 Overall Record	21-2-1
2006 Patriot League Record	6-1-0
Conference Finish	Tied-First
Letterwinners Returning/Lost	15/5
Starters Returning/Lost	8/3

### By the Numbers

Stat	Ret.	Lost	%Return
Shots	247	156	61.3
Goals	46	24	65.7
Assists	40	39	50.6
Points	132	87	60.3
Saves	101	0	100.0

### Returning Statistical Leaders

Category	Player	No.
Shots	Brigitte Fox	37
Shot %	Shelly Moeller	33.3
Goals	Brigitte Fox/Shelly Moeller	8
GW Goals	Brigitte Fox	3
Assists	Kari Weniger	6
Points	Brigitte Fox	37
Saves	Lizzie Barnes	84

### On the Schedule

Date	Opponent	'06 Record	Series
8/31	vs. Iowa	6-11-2	First Mtg.
9/2	vs. IUPUI	6-7-5	First Mtg.
9/4	Saint Peter's	2-15-2	First Mtg.
9/7	Rider	6-8-3	Navy, 3-0-0
9/9	Towson	5-11-2	Navy, 4-1-0
9/14	vs. William & Mary	16-1-4	Tied, 0-0-1
9/16	at VCU	11-6-3	Navy, 3-1-0
9/20	Wagner	1-14-0	Navy, 1-0-0
9/23	at James Madison	11-9-2	First Mtg.
9/25	VMI	5-12-0	First Mtg.
9/30	at St. Francis (Pa.)	8-8-2	Navy, 2-0-0
10/5	at Bucknell	12-5-1	Navy, 9-5-1
10/7	NJIT	1-13-1	First Mtg.
10/12	at Lafayette	5-10-2	Navy, 14-1-0
10/14	at Lehigh	8-9-1	Navy, 10-3-2
10/21	at American	9-7-2	Navy, 6-5-1
10/26	Army	4-12-2	Navy, 8-7-1
10/28	Holy Cross	4-14-2	Navy, 10-2-1
10/30	Howard	1-16-0	Navy, 5-0-0
11/3	Colgate	13-6-0	CU, 12-7-1

The Midshipmen women's soccer team is coming off the most successful season in the history of women's athletics at the Naval Academy. Head coach Carin Gabarra and assistant coach Rob Blanck fielded a team that eclipsed the 20-win plateau for the first time in school history and made the program's second NCAA Tournament appearance in the last four years.

Navy won 19-consecutive games before losing its first contest of the year on Oct. 29 in its regular-season finale. Among those wins was a 4-0 shutout victory at Army, a 4-0 win at Colgate where **Brigitte Fox** turned in her first-collegiate hat trick and no one in attendance will forget **Kristen Laraway's** goal in the 80th minute against No. 9 Penn State that led the Midshipmen to their first win over a nationally-ranked team. Additionally, Navy produced a school-record 10-straight shutout wins between Sept. 24 and Oct. 26, six of those against Patriot League competition. The Mids also claimed wins over three conference champions — Penn State (Big 10), Columbia (Ivy) and William & Mary via penalty kicks (CAA).

The Mids turned in their 17th and 18th shutouts of the year in defeating Lehigh (2-0) and Colgate (1-0) in the Patriot League Tournament to win their second crown in the last four seasons. Along with the title came the league's automatic bid to play in the NCAA Tournament. Navy drew 20th-ranked William & Mary in the opening round where after two overtime periods, the game was scoreless. For the first time in program history, the Midshipmen for forced into a penalty kick situation to decide who would move on to the second round. With penalty kicks tied at four apiece, the game was sent into sudden death. **Lindsay Parker**, who did not see action during the prior 110 minutes, found the back of the net to give Navy a 5-4 advantage. That's exactly how the game would end as **Lizzie Barnes** snatched Kendall Stone's shot out of the air to lead the Mids to the second round of the NCAA Tournament for the first time in school history.

By year's end, Navy was the nation's leader in goals-against average (.372), shutout percentage (.790) and save percentage (.918). Meanwhile, the Mids set school records in points (219), goals (70), assists (79), shutouts (19), and goals-against average (.370).

Additionally, Navy's improvement of 8.5 games from 2005 (10-8-2) to 2006 (21-2-1) is the 13th-best turnaround in NCAA history.

The Mids were ranked in the national polls for seven-straight weeks and achieved the program's highest ranking of No. 11 by *Soccer America* on Nov. 6. It is the highest ranking by a Patriot League team in the conference's 16-year history. Navy finished the season ranked 19th by *Soccer America* and it was the highest vote-getter among those teams just outside of the top 25 of the NSCAA poll. The Mids also finished 17th in the final 2006 NCAA Women's Soccer RPI.

Navy loses five letterwinners from last year's record-breaking team, three of those starters. All-American and 2006 Patriot League Offensive Player of the Year Meggie Curran graduated last spring after leading the team in goals, assists and points in each of the last three seasons, just as her predecessor the late Stacy Finley did. Her departure asks just one question. Who will that player be who steps up and follows in the footsteps of Navy's all-time leading scorers?

Midfielder Molly Burd and defender Kristi Coonfare also graduated. Burd's organizational skills will be missed, while Coonfare's leadership as a tactical maverick in back will need to be replaced.

In all, 15 of the 20 letterwinners from last year's

squad return, including All-Patriot League defenders **Shelly Moeller** and **Lauren Bresnahan**, who will again team up with Patriot League Goalkeeper of the Year **Lizzie Barnes**, a member of the preseason watch list for the Hermann Trophy. Last year's defense was one of the stingiest in program history, giving up just nine goals on the year, five during the regular season.

And while Navy will certainly miss the likes of Curran who booted in a team-leading 12 goals, Gabarra can be comforted in the fact that every player on last year's roster, outside of the goalkeepers, turned in a point (goal or assist) and 17 different players scored a goal. Two of those players, forwards **Brigitte Fox** and **Kari Weniger**, combined for 15 goals and will be looked to for their senior leadership.

There's little doubt that Navy returns a great deal of talent, but the coaching staff also has high hopes for its newcomers. And while Gabarra enjoys reminiscing about last year's success, her attention has moved to this fall where Navy once again sets its sights on winning a Patriot League title and playing in the NCAA Tournament.

"Truthfully, we are a new team with different strengths and weaknesses from a year ago," said Gabarra. "We have all the ingredients to build off last year's success, but our focus won't be to have an undefeated season or to have as many shutouts. We aren't looking to repeat the fall of 2006, but are striving to improve as individual players and as a team."

### Forwards

#### Who Returns

No.	Player	Yr.	GP	SH	G	A	P
3	Brigitte Fox	Sr.	24	37	8	4	20
4	Kari Weniger	Sr.	24	35	7	6	20
13	Kristen Laraway	Jr.	22	16	4	2	10
22	Sam Schroth	Jr.	23	26	4	4	12

#### Newcomers

No.	Player	Hometown
7	Anastasia Abid	Williamsburg, Va.
15	Carissa Youker	Potomac, Md.

#### Who to watch ... Senior Brigitte Fox



While Navy returns 15 of its 20 letterwinners from last year's record-setting team, two of the five departed players were members of Navy's forward arsenal. Patriot League Offensive Player of the Year Meggie Curran and Patriot League Co-Rookie of the Year Cassie Barabaresi paced the Midshipmen with 39 and 25 points, respectively, with Curran leading the team in points, goals and assists.

On paper, the loss is great; yet, Navy's ability to consistently produce standout forwards will prove to be an asset this fall. All four of the Mids' returning forwards (two seniors, two juniors) have a great deal of experience, while the coaching staff has high hopes for the incoming freshman class.

Senior captain **Kari Weniger** and senior **Brigitte Fox** are coming off impressive campaigns in which each turned in 20 points. Weniger, who, in addition to being a standout soccer player is also an Academic All-American, finished the year with seven goals and six assists. She is coming off her most successful season in a Navy uniform, tripling her goal production and doubling her assist total from her sophomore season.

"Kari scored some key goals for us last fall. She has a work rate, fitness, and mobility that makes her very difficult to track. She can hold the ball under pressure, play-make up top for other attacking players, and finish chances herself. She will add her leadership abilities to these strengths to guide our team."

Fox, meanwhile, returned to Navy's lineup after suffering a season-ending knee injury just four games into the 2005 season. Fox booted in eight goals a year ago that featured her first-collegiate hat trick with three against Patriot League foe Colgate during the regular season. Additionally, she turned in a team-high tying three game-winners.

"Brigitte is instrumental to our offensive success. She's a lethal attacker with explosive 1v1 abilities and the talent to create and finish goal scoring chances. She's capable of taking over a game."

Juniors **Kristen Laraway** and **Sam Schroth** played in 22 and 23 games, respectively, last fall. Laraway produced 10 points on four goals and two assists, including the game-winner in Navy's 1-0 victory over ninth-ranked Penn State.

"Kristen has the front-runner mentality to score goals. She has an explosive 1v1 style with deception and creativity, and loves to run at defenders at speed. We are excited for her to make an impact this season."

Schroth, meanwhile, had a breakthrough season that saw her score four goals and add four assists after turning in just one assist her rookie campaign.

"Sam is capable of changing the tone and pace of the game when she steps on the field, and raises our level with her intensity and movement."

Newcomers **Anastasia Abid** and **Carissa Youker** are likely to see playing time this fall. Abid is a product of Lafayette High School in Williamsburg, Va., where she was a four-time all-state forward/midfielder.

"Stasia will flourish in our system of play. She will be able to get forward into every attack and get in immediate defensive shape. We will give her creative freedom to attack."

Youker played on three-consecutive Maryland state championship teams, as Winston Churchill High School in Potomac, Md. claimed titles from 2005-07.

"Carissa is an excellent target player, quick and creative on the dribble, and possesses the ability to hold the ball back to pressure. We can really use her strengths in our attack, and expect her to fit into our style of play immediately."

## Midfielders

### Who Returns

No.	Player	Yr.	GP	SH	G	A	P
8	CiAnna Weikle	Jr.	23	13	3	2	8
9	Katie Traster	Sr.	24	28	3	0	6
10	Brittany White	So.	23	23	5	3	13
11	Jen Grijalva	So.	13	1	0	1	1
17	Julie Reynolds	Jr.	24	19	1	2	4
18	Carey Young	Jr.	24	13	1	4	6
20	Lindsay Parker	Sr.	16	5	1	1	3

### Newcomers

No.	Player	Hometown
16	Katie Kelly	Reston, Va.
19	Marisa Moya	Albuquerque, N.M.
21	Christine Calderon	Yorktown, Va.

### Who to watch ... Junior Julie Reynolds



Navy has plenty of experience in its midfielder corps, including the return of three starters. All-Patriot League selection **Julie Reynolds** enters her junior campaign as a two-year starter for the Mids. Relentless with her on-the-ball pressure and constantly looking to push the Mids forward, Reynolds was named to the league's all-tournament team for her contributions in '06. She is one of the most well-rounded performers on the Navy roster.

"She is the key to our success in midfield with her ball-winning mentality, ability to shut down opposing attackers, and fearless and relentless will to win. She is a personality player for us who excels on both sides of the ball."

Junior **CiAnna Weikle** was one of Navy's most improved players last fall. She scored three goals, including two game-winners, and added a pair of assists. After a strong spring season, the coaching staff will be looking to Weikle for her leadership and organizational skills.

"CiAnna is a consistent attacking threat who can serve the final pass with precision. She immediately gets back into a proper tactical defensive shape and it

## Mids By Class

### Seniors : 5

Brigitte Fox, Lindsay Parker, Rachel Tarbox, Katie Traster, Kari Weniger

### Juniors: 8

Lizzie Barnes, Jenn Dunbar, Kristen Laraway, Elise McCaskey, Julie Reynolds, Sam Schroth, CiAnna Weikle, Carey Young

### Sophomores: 5

Lauren Bresnahan, Jen Grijalva, Shelly Moeller, Beth Reed, Brittany White

### Freshmen: 9

Anastasia Abid, Christine Calderon, Ali Fisher, Jessica Grupp, Katie Kelly, Ashley McKenzie, Marisa Moya, Eowyn Pedicini, Carissa Youker

## Mids by Position

### Forwards: 6

Anastasia Abid, Brigitte Fox, Kristen Laraway, Sam Schroth, Kari Weniger, Carissa Youker

### Midfielders: 9

Christine Calderon, Jen Grijalva, Katie Kelly, Marisa Moya, Lindsay Parker, Julie Reynolds, Katie Traster, CiAnna Weikle, Brittany White

### Defenders: 8

Lauren Bresnahan, Jenn Dunbar, Ali Fisher, Jessica Grupp, Elise McCaskey, Ashley McKenzie, Shelly Moeller, Carey Young

### Goalkeepers: 4

Lizzie Barnes, Eowyn Pedicini, Beth Reed, Rachel Tarbox

## Mids By State

**California:** Brigitte Fox, Jen Grijalva, Ashley McKenzie, Lindsay Parker

**Connecticut:** Julie Reynolds

**Florida:** Lauren Bresnahan, Katie Traster, Kari Weniger

**Indiana:** Beth Reed, Brittany White

**Louisiana:** Lizzie Barnes

**Maryland:** Jenn Dunbar, Carissa Youker

**Minnesota:** CiAnna Weikle

**New Jersey:** Kristen Laraway

**New Mexico:** Marisa Moya, Eowyn Pedicini

**New York:** Jessica Grupp

**North Carolina:** Ali Fisher

**Ohio:** Shelly Moeller, Rachel Tarbox

**Pennsylvania:** Elise McCaskey, Sam Schroth

**Virginia:** Anastasia Abid, Christine Calderon, Katie Kelly, Carey Young

is hard for teams to get behind.”

After a break-out season a year ago, senior **Katie Traster** will be relied upon for her experience and leadership in the midfield. Traster turned in three goals last fall in her first season as a starter.

“Katie strikes the ball as well as any player we have, and subsequently scored some big goals last year from outside the box. With a jump in her physical play and heading, she has become a more complete player.”

**Carey Young's** versatility has paid dividends for the Midshipmen. Injuries over the last two seasons have played havoc with Navy, however, Gabarra has been able to utilize Young's strengths to help fill the gaps where she is needed whether in the midfield or on defense. Last fall, Young started 23 of the 24 games in which she played, knocking in a goal and aiding an additional four.

“Carey does not tire easily. Her 1v1 defending has improved greatly, and she is a constant attacking threat with her ability to possess and get forward.”

All-Patriot League midfielder **Brittany White** opened her rookie campaign slowed by an injury, but by mid-season, she hit her stride and didn't look back. She earned a starting role in the last 15 contests, firing in five goals and added three assists.

“Brittany is technically gifted. She makes great decisions with the ball, knows when to take on and when to

distribute, and consistently gets into the box to finish chances. Her tactical knowledge, combined with her fitness and dribbling prowess make her very difficult to shut down.”

Navy's coaching staff is looking forward to seeing newcomer **Katie Kelly** develop. The Georgetown Visitation Prep standout was a four-sport standout who earned All-Washington D.C. and All-ISL recognition in her senior campaign.

Navy's defense may have been one of the biggest stories in women's soccer a year ago. Yes, they made headlines by surrendering just five goals in regular season play and yes, they shut out 19 of their 24 foes. While both are remarkable feats, an even more impressive storyline was the fact that Navy's starting lineup was comprised of two freshmen central defenders.

Prior to coming to the Academy, **Shelly Moeller** had never played defense. She was recruited as a midfielder, but by year's end, she was not only developed into one of the premier players in the league, she was selected as a Soccer Buzz Freshman All-American, while being named an NSCAA First-Team All-Mid-Atlantic Region selection, as well as the Patriot League Co-Defensive Player of the Year. An exceptional defensive player, she also managed to scored eight goals for the Mids, including both game-winners in the Patriot League Tournament.

“Shelly will continue to be a top defender in the Region and an impact player in every game. She has a relentless defensive presence and also plays a prominent role in our attack on set pieces. Her ability in the air is unmatched.”

Classmate **Lauren Bresnahan** also enjoyed a sensational rookie campaign, making starts in all 24 contests.

“Lauren is the foundation of our defense. She is a great 1v1 defender, tenacious tackler, dominates in the air and is our defensive organizer. Her composure in the back and ability to solve any breakdowns makes our defense very hard to beat.”

**Elise McCaskey** started the first seven games of the season before suffering a season-ending knee injury. Like Moeller, McCaskey was asked to play out of position in her freshman campaign where she flourished.

“Elise is relentless putting pressure on the ball and is a very tenacious defender. She is extremely difficult to beat 1v1, is very tactical keeping team shape and has the ability to get forward into our attack consistently.”

Entering her junior campaign, **Jenn Dunbar** is expected to play a larger role on defense. Over the last year, in particular the spring season, Dunbar made vast improvements where she gained valuable experience as a wide defender.

“Jenn is a solid 1v1 defender and has the necessary technical and tactical abilities to step in our defense. She has the speed and fitness to defend wide in our system and get forward into attack.”

Newcomers **Ashley McKenzie**, **Ali Fisher** and **Jessica Grupp** will add depth to Navy's defensive lineup. Look for McKenzie, a four-time all-league selection, to earn her way into the rotation this fall as the coaching staff sees her making an early impact.

“Ashley is a solid 1v1 defender and serves the ball very well out of the back. Her tackling ability, heading ability and strength will help her to transition quickly to Division I soccer. We expect her to mesh with our defensive style immediately.”

After playing just 158 in her rookie campaign, keeper **Lizzie Barnes** stepped into a starting role last fall and by year's end was the nation's No. 1-ranked netminder

## Goalkeepers

### Who Returns

No.	Player	Yr.	GP	Min.	GAA	Sv%
00	Lizzie Barnes	Jr.	23	1852:05	0.29	93.3
1	Rachel Tarbox	Sr.	3	32:38	0.00	1.00
99	Beth Reed	So.	9	277:34	0.65	81.8

### Newcomers

No.	Player	Hometown
0	Eowyn Pedicini	Los Alamos, N.M.

### Who to watch ... Junior Lizzie Barnes



in goals-against average and save percentage (both Navy and Patriot League records). She gave up just six goals over the course of the season, including three during the regular season, while turning in 13 shutouts. The 2007 Patriot League Goalkeeper of the Year went on to play 859:23, between Sept. 17-Oct. 29, without giving up a goal, the seventh-best mark in NCAA history. Additionally, she made saves on William & Mary's fifth and sixth penalty kicks to lead the Mids into the second round of the NCAA Tournament for the first time in program history.

Barnes enters the season as one of just 46 players to be named to the preseason watch list for the 2007 Missouri Athletic Club's Hermann Trophy, the most prestigious individual award in intercollegiate soccer. She is the first Navy player to earn mention on this distinguished list, as well as the first player from a Patriot League institution.

“Lizzie played a huge role in our success last season, and we expect her to be one of the top goalkeepers in the region again this year. She is more fit than last season, organized and gives our team immense confidence. She dominates the box in the air, and is a commanding presence.”

Sophomore **Beth Reed** served as Barnes' back-up last spring, seeing action in nine games. She gave up just two goals in more than 275 minutes of action, while making nine stops. She will enter the season as Navy's No. 2 keeper with senior **Rachel Tarbox** and freshman **Eowyn Pedicini** rounding out the goalkeeping stable.

## Defenders

### Who Returns

No.	Player	Yr.	GP	SH	G	A	P
5	Lauren Bresnahan	So.	24	6	1	5	7
6	Elise McCaskey	Jr.	7	1	0	1	1
12	Jenn Dunbar	Jr.	19	0	0	1	1
14	Shelly Moeller	So.	24	24	8	3	19

### Newcomers

No.	Player	Hometown
2	Ashley McKenzie	Pasadena, Calif.
23	Ali Fisher	Iron Station, N.C.
25	Jessica Grupp	Highland Mills, N.Y.

### Who to watch ... Sophomore Lauren Bresnahan

