



Notre Dame Quick Facts

Location	Notre Dame, IN 46556
Founded	1842
Enrollment	8,261 (undergraduate), 11,311 (total)
Nickname	Fighting Irish
Colors.....	Gold and Blue
President	Rev. Edward A. Malloy, C.S.C.
Provost	Dr. Nathan Hatch
Athletic Director	Kevin White
Deputy Ath. Director/	
Sport Administrator.....	Mike Karwoski
Athletic Department Web Site	www.und.com

2005 Team Information

Head Coach.....	Tracy Coyne (Ohio University '83)
Career Record/Years.....	183-74/17
Record at Notre Dame/Years	69-48/8
Coyne Office Phone	(574) 631-4719
Coyne E-mail	Teresa.A.Coyne.7@nd.edu
Asst. Coach ...	Brooke Crawford (No. Carolina '99)
Asst. Coach	Alissa Moser (Notre Dame '02)
Vol. Asst. Coach ..	Kristen Gaudreau (Notre Dame '04)
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Crawford E-mail.....	Crawford.37@nd.edu
Moser Office Phone	(574) 631-8352
Moser E-mail	Moser.13@nd.edu
Coaches' Fax	(574) 631-9690
Starters Returning/Lost	6/6
Monogram Winners Returning/Lost	10/7
2004 Record	12-5
2004 BIG EAST Record/Finish	4-2/2nd
2004 Postseason.....	Lost first round - NCAA Tournament
2005 Captains	Carol Dixon, Jess Mikula and Lindsay Shaffer
Home Field	Moose Krause Stadium (5,000) Loftus Indoor Sports Center (1,000)

Sports Information

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Women's lacrosse begins its fifth season as the 20th sport sponsored by the BIG EAST Conference. Boston College, Connecticut, Georgetown, Rutgers and Syracuse, along with Notre Dame, began conference play in the spring of 2001.

The teams will play a round-robin schedule against each of the other seven teams. The BIG EAST also has an automatic bid into the NCAA Tournament for the conference winner. Notre Dame has competed in the BIG EAST Conference since 1995-96 in most of its 26 sports.



Media Information

The Notre Dame Sports Information office is always interested in assisting members of the media in their coverage of Irish women's lacrosse. Publicity and media information for Notre Dame women's lacrosse are handled by assistant sports information director Tim Connor.

Photographs, feature ideas and results are always available from the Notre Dame Sports Information office. For information and interviews call Connor at (574) 631-7516, e-mail him at Connor.21@nd.edu or view the official website of the Notre Dame athletic department at www.und.com

BIG EAST Outlets

The BIG EAST Conference maintains its presence on the web at www.bigeast.org which contains current information on all facets of the BIG EAST Conference. Standings, notes, schedules, results and statistics are updated on a daily basis.

Credits

The 2005 Notre Dame Women's Lacrosse Guide was written and edited by assistant sports information director Tim Connor. Editorial assistance provided by Megan Carlin, Andrea Manka, Adam Porcelli and Mary Prendergast.

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Orland Park, IL 60462
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Fax (574) 631-2916

WSBT-TV/Radio - CBS
(CBS/Charlie Adams/
Greg Carroll/Todd Bella)
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South Bend, IN 46601
(574) 472-8124
Fax (574) 288-6630

Television (cont.)

WSJV-TV - FOX
(FOX/Dean Huppert/Allison
Hayes)
59096 County Road 7 South
Elkhart, IN 46514
(574) 679-4545 or 293-9227
Fax (574) 294-1324

Radio

WHME TV/Radio
(Chuck Freeby)
61300 Ironwood Road
South Bend, IN 46625
(574) 291-8200
Fax (574) 291-9043

WDND-ESPN Radio 1580
(Sean Stires)
3371 Cleveland Rd. Ext.
Ste. 310
South Bend, IN 46628
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Fax (574) 273-9090

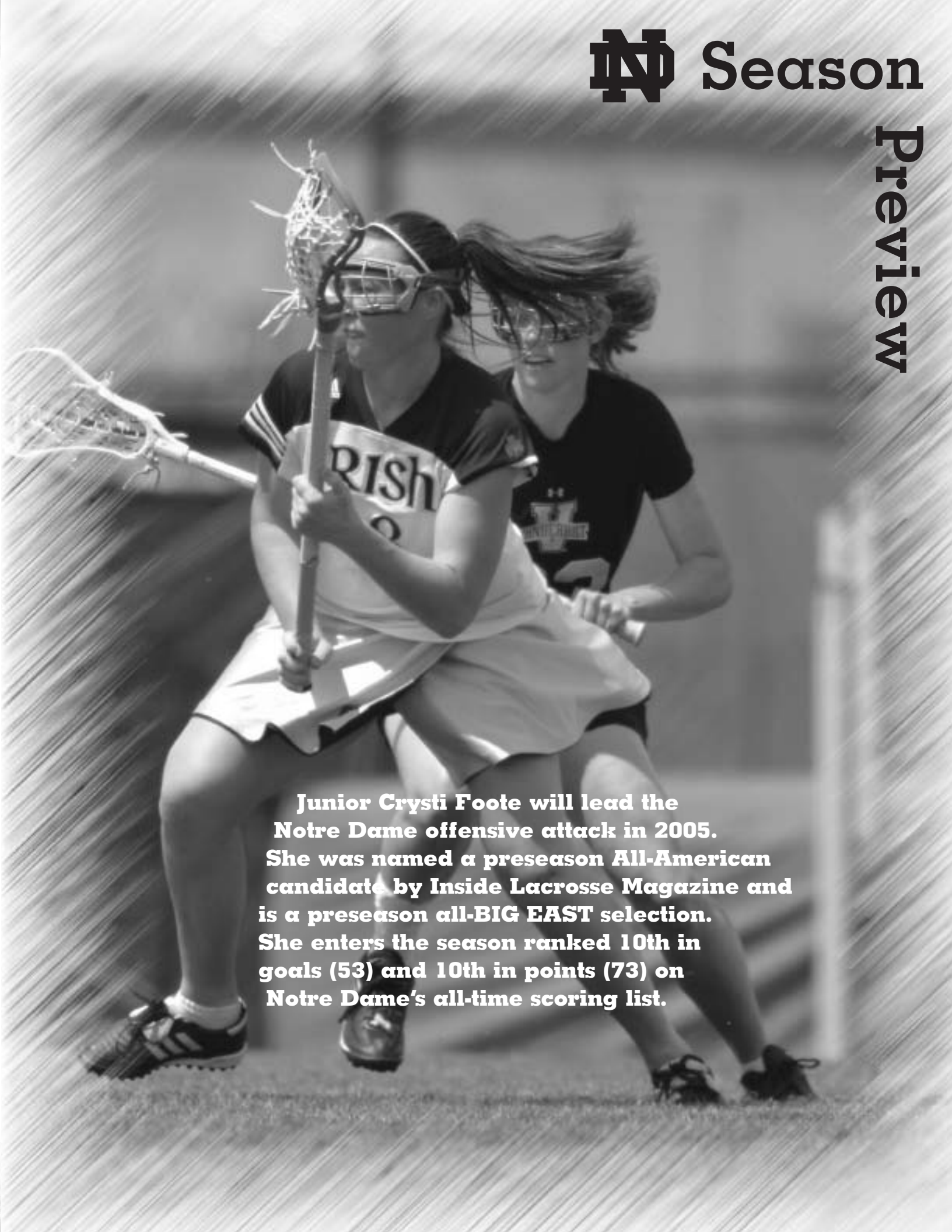
University/Conference

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Junior Crysti Foote will lead the Notre Dame offensive attack in 2005. She was named a preseason All-American candidate by Inside Lacrosse Magazine and is a preseason all-BIG EAST selection. She enters the season ranked 10th in goals (53) and 10th in points (73) on Notre Dame's all-time scoring list.

Coaching Staff and Support Staff

- **Head Coach**
Tracy Coyne (Ohio University '83)
- **Coyne's Record at Notre Dame:**
69-48 (.590, 8 years)
Overall: 183-74 (.712, 17 years)
- **Assistant Coaches**
Brooke Crawford (North Carolina '93)
Alissa Moser (Notre Dame '02)
- **Athletic Trainer**
Nick Richey
- **Strength and Conditioning Coach**
Lisa Shall
- **Senior Student Manager**
Carolyn Gass
- **Junior Student Manager**
Lauren Lydon
- **Women's Lacrosse Sports Info. Director**
Tim Connor

Team Information

- **2004 Record**
12-5 overall, 4-2 in BIG EAST
Lost in first round of NCAA Tournament
- **Letterwinners Returning**
10 (3 A, 2 M, 4 D, 1 GK)
- **Letterwinners Lost**
7 (3 A, 2 M, 2 D)
- **2005 Captains**
Carol Dixon (Sr., GK)
Jess Mikula (Sr., D)
Lindsay Shaffer (Sr., M/D)
- **Top Returning Players**
Jackie Bowers (Sr., A)
Carol Dixon (Sr., GK)
Bridget Higgins (Sr., D)
Jess Mikula (Sr., D)
Lindsay Shaffer (Sr., M/D)
Crysti Foote (Jr., M/A)
Mary McGrath (Jr., A)
Kerry Van Shura (Jr., D)
Meaghan Fitzpatrick (So., D)
Meghan Murphy (So., M)
Lena Zentgraf (So., D)

2005 Notre Dame Personnel Breakdown

Top Returnees (yr., pos., ht./wt. ... 2004 stats)

Jackie Bowers (Sr., A, 5-7, 14-11-25, 17 GP) Will be counted on to add to the offensive attack in 2005
 Carol Dixon (Sr., GK, 5-8, 12-5-0, 8.57, .505) Team captain; all-BIG EAST candidate; backbone of Irish defense
 Bridget Higgins (Gr., D, 5-7, 0-0-0, 17 GP) Smart, veteran leader of an experienced Irish defensive corps
 Jess Mikula (Sr., D, 5-7, 1-0-1, 17 GP) Team captain; preseason all-BIG EAST; 2nd team all-BIG EAST in 2004
 Lindsay Shaffer (Sr., M/D, 0-0-0, 15 GP) Team captain; hard-working defender who is one of team's leaders
 Crysti Foote (Jr., M/A, 26-9-35, 17 GP) Top returning scorer; preseason all-BIG EAST; all-American candidate
 Mary McGrath (Jr., A, 11-4-15, 16 GP) Solid contributor in first two seasons; will look to start in 2005
 Kerry Van Shura (Jr., D, 1-0-1, 17 GP) Big-play defender who will be key member of Irish defense in 2005
 Lena Zentgraf (Jr., D, DNP in 2004) Outstanding all-around athlete who returns to lineup in 2005
 Meaghan Fitzpatrick (So., 0-0-0, 16 GP) Saw regular action as a freshman; will look to break into starting lineup
 Megan Murphy (So., 11-3-14, 17 GP) Made 13 starts as a freshman; versatile all-around player

Top Players Lost (Yr., Pos., 2004 Stats)

Kassen Delano (Sr., M/D, 5-8, 20-7-27, 17 GP) Had career year as a senior; finished fifth in scoring
 Lauren Fischer (Sr., A, 5-5, 28-13-41, 17 GP) 2nd team all-BIG EAST; three-year starter on attack for Irish
 Kristen Gaudreau (Sr., M/D, 5-9, 7-1-8, 17 GP) Two-year starter on defense; key defender for Notre Dame
 Andrea Kinnik (Sr., M/D, 5-7, 1-0-1, 17 GP) 1st team all-BIG EAST; 2nd team All-American; team's top defender
 Abby Owen (Sr., M, 5-8, 34-11-45, 17 GP) BE midfielder of the year; 1st team all-BIG EAST; 3rd team All-American
 Meredith Simon (Sr., M/A, 5-6, 46-28-74) 1st team All-American; 1st team all-BIG EAST; BE co-attack player of year

Top Newcomers (all freshmen)

Mary Carpenter	M	5-6	Rochester, NY/Our Lady of Mercy
Heather Ferguson	A/M	5-4	Newtown Square, PA/Archbishop Carroll
Lindsey Ferguson	M	5-4	Newtown Square, PA/Archbishop Carroll
Julie Foote.....	A	5-6	Suffern, NY/Suffern
Caitlin Lucas.....	M	5-8	Baldwin, NY/Oceanside
Caitlin McKinney	M/A	5-1	Lafayette Hill, PA/Germantown Academy
Becky Ranck.....	D	5-8	Wayne, PA/Radnor

ALL-AMERICANS: Notre Dame had three players receive All-American honors in 2004, the most ever in the program's eight-year history. Leading the way was senior **Meredith Simon** who became the school's first-ever first team IWLC A All-American. She also was a second team *Inside Lacrosse* and *womenslacrosse.com* All-American. Defensive standout **Andrea Kinnik** took IWLC A second team honors and was a third team selection by both *Inside Lacrosse* magazine and *womenslacrosse.com*. Midfielder **Abby Owen** also took All-American honors as a third team selection by both IWLC A and *Inside Lacrosse* magazine.

COACH OF THE YEAR: Head Coach **Tracy Coyne** was named the BIG EAST coach of the year following the 2004 season. For Coyne, this was her first BIG EAST coach of the year honor. She is no stranger to coach of the year honors as in 1990 she was selected as the NCAA Division III coach of the year at Roanoke and was the Old Dominion Athletic Conference (ODAC) coach of the year in 1990 and 1995. Prior to her stint at Roanoke (1990-96), Coyne spent two years at Denison College (1988-89) where she was the North Coast Athletic Conference (NCAC) coach of the year in 1988.

FAMILY TIES: Five members of the Notre Dame lacrosse team have family ties to the program and one other has ties to the men's lacrosse program. Senior goalkeeper **Carol Dixon** (Pennsauken, N.J.) played two seasons (2002 and 2003) with her sister, Angela, who graduated in May of 2003. Notre Dame's third and fourth sister acts arrived on campus in the fall when twins **Heather** and **Lindsey Ferguson** (Newtown Square, Pa.) joined the Irish along with fellow freshman **Julie Foote** (Suffern, N.Y.) who is the sister of junior attack standout **Crysti Foote** (Suffern, N.Y.). The

Dixon's, Ferguson's and Foote's give Notre Dame four sets of sisters to play on the women's lacrosse team, joining **Amy** and **Mara Grace** who played in the first year of the program. Sophomore midfield/attack player, **Megan O'Shaughnessy** (Englewood, Colo.) is the cousin of Irish scoring great **Lael O'Shaughnessy**, a 2001 graduate. Junior defender **Lena Zentgraf** (Charlottesville, Va.) is the niece of men's lacrosse coach Kevin Corrigan and the granddaughter of former Notre Dame athletic director Gene Corrigan.

FOOTE LOOSE: Junior attack standout **Crysti Foote** (Suffern, N.Y.) is Notre Dame's top returning scorer. As a sophomore, she scored 26 goals and added nine assists for 35 points in 17 games. She was a second team all-BIG EAST selection and was a second team IWLC A Mid-Atlantic Region selection. As a freshman, she finished third on the team in scoring with 27 goals and 11 assists for 38 points. Following her rookie season, Foote became the first Notre Dame women's lacrosse freshman to be named to the IWLC A first team all-Mid-Atlantic region team. After two seasons at Notre Dame, she already is 10th all-time in scoring with 53 goals and 20 assists for 73 points. She was selected as a preseason All-American by *Inside Lacrosse Magazine* and was selected as a preseason all-BIG EAST selection in voting by the coaches.

NCAA APPEARANCES: Notre Dame has now made two appearances in the NCAA Women's Lacrosse Tournament. In 2004, the Irish lost in the first round at Northwestern by a 10-8 score. In 2002, the Irish advanced for the first time, defeating Ohio State at Moose Krause Stadium, 11-7, before losing to top-ranked Princeton, 11-5, in the quarterfinals.



PRESEASON HONORS: Two Notre Dame players were selected by BIG EAST coaches as preseason all-BIG EAST team members. Making the list are senior **Jess Mikula** (Chester, Md.) and junior **Crysti Foote** (Suffern, N.Y.). Both players were second team all-BIG EAST selections in 2004. Mikula recorded 33 ground balls and had 22 caused turnovers from her defensive position last season. Foote is Notre Dame's top returning scorer after getting 26 goals with nine assists for 35 points last season. She was also named a preseason All-American by *Inside Lacrosse Magazine*.



Senior Jess Mikula was a second team all-BIG EAST selection in 2004. She has been selected to the 2005 preseason all-BIG EAST team in voting by the league's coaches.

NEW KID ON THE BLOCK: BIG EAST Commissioner **Michael Tranghese** announced last December that Loyola College will join the BIG EAST Conference as an associate member in women's lacrosse effective with the 2005-06 academic year. With Boston College departing the conference in 2005-06 the league needed a sixth team to maintain its automatic NCAA tournament berth. Loyola becomes the replacement school after playing as an independent. The Greyhounds posted a 14-4 record in 2004 and ended the season with a ranking of No. 3 in the nation. Loyola, located in Baltimore, Md., advanced to the first round of the 2004 NCAA Championship. The Greyhounds have advanced to nine straight Division I NCAA Championships and earned 12 overall berths, including seven appearances in the semifinals.

REPLACEMENTS: Notre Dame set school records in 2004 with 206 goals and 297 points. The graduating class of **Meredith Simon**

LOOKING AHEAD: **Tracy Coyne** and her coaching staff announced their recruiting class for the fall of 2005. The group includes nine players who signed national letters-of-intent in November of 2004.

2005-06 Notre Dame Women's Lacrosse Recruits

Player	Pos.	Ht.	Hometown/School
Alicia Billings	A/M	5-7	Potomac, Md./Georgetown Visitation
Shannon Burke	D/M	5-9	Baltimore, Md./Roland Park Country School
Jillian Byers	M/A	5-7	Northport, N.Y./Northport
Lauren deMello	A	5-5	Mamlius, N.Y./Christian Brothers Academy
Kelly Gaudreau	M/A	5-8	Annapolis, Md./St. Mary's
Erin Goodman	GK	5-10	Cortlandt Manor, N.Y./Lakeland Panas
Annemarie McGrath	M/D	5-4	Wayne, Pa./Radnor
Jane Stoeckert	M	5-9	Mendham, N.J./West Morris Mendham
Mary Veith	M	5-7	Silver Springs, Md./Georgetown Visitation

(46g, 28a), **Abby Owen** (34g, 11a), **Lauren Fischer** (28g, 13a), **Kassen Delano** (20g, 7a), **Kristen Gaudreau** (7g, 1a), **Andrea Kinnik** (4g, 2a) and **Mia Novic** (1g, 2a) accounted for 140 goals, 64 assists and 204 points. That means the 2005 Irish will have to replace 67.9% of their goals, 70.3% of their assists and 68.7% of their total points from last year.

STREAKY IRISH: Notre Dame opened the 2004 season with 10 consecutive wins, the most ever for the Irish at the start of a season. Combined with wins in the final four games of 2003, Notre Dame put together a school-record 14-game winning streak. The streak went from 4/22/03 to 4/17/04. Prior to that, the longest winning streak the Irish ever had was a six-game streak from 3/13/01 to 3/31/01.

VERSUS THE BEST: During the 2004 season, Notre Dame played 10 games versus nationally ranked opponents. In those 10 games, the Irish were 6-4. Notre Dame opened the year with four consecutive wins versus ranked teams, beating No. 15 Stanford, No. 19 Cornell, No. 2 Duke and No. 6 James Madison. The wins over Duke and James Madison were the highest-ranked teams that the Irish have ever beaten. Following the four straight wins, the Irish lost three straight to No. 5 Georgetown, No. 11 Northwestern and No. 9 Johns Hopkins by a total of seven goals. They then closed the regular season with wins over No. 14 Syracuse and No. 11 Vanderbilt. Notre Dame's season came to an end in the NCAA tournament when the Irish fell to No. 8 Northwestern, 10-8. The previous best year for the Irish versus ranked teams was the 2002 season when the Irish were 4-5. All-time, the Irish are 15-32 versus top 20 teams.

WELCOME BACK: Head coach **Tracy Coyne** welcomes back a familiar face as former standout **Alissa Moser** rejoins the Irish as an assistant coach for the 2005 season. The North Wales, Pa., native replaces **Jen Newitt** who left the program to attend medical school. A 2002 grad, Moser is Notre Dame's all-time leader in draw controls with 126. She finished her career ranked eighth in games played (62), seventh in goals scored (67), tied for sixth in points (85) and eighth in ground balls (115).

Academics Job One

The Notre Dame women's lacrosse program continues to excel both on the field and in the classroom.

- For the fall of 2004, the women's lacrosse team recorded a 3.271 grade-point average after finishing the 2003-04 school year with a 3.166 grade point. The team was one of 22 women's lacrosse programs in the nation to receive IWLCA all-academic team honors with three players - **Lauren Fischer**, **Mia Novic** and **Lindsay Shaffer** - receiving IWLCA Academic Honor Roll honors.

- Nine different players on the 2003-04 team posted at least one Dean's List semester, including five who made the Dean's List in both the fall of 2003 and the spring of 2004. The returning player who turned in Dean's List semesters in 2003-04 are graduate student **Bridget Higgins** (spring '04), sophomore **Kristin Hopson** (fall '03), sophomore **Megan Murphy** (fall '03) and senior **Lindsay Shaffer** (both semesters).

- In the fall of 2004, two Irish women's lacrosse players - freshman **Mary Carpenter** and senior **Lindsay Shaffer** - posted Dean's List semesters while 10 others had grade-point averages of 3.4 or better.

- Two members of Notre Dame's graduating class of 2004 - **Lauren Fischer** and **Mia Novic** each were selected to the Dean's List in all eight of their semesters at Notre Dame.



Defense To Be Name Of The Game For Irish In 2005

Strong, veteran corps of defenders will key Notre Dame success in the season ahead

There's nothing that Notre Dame women's lacrosse coach Tracy Coyne likes better than a good challenge.

Coming off one of the best seasons in the history of the Notre Dame women's lacrosse program in 2004, Coyne knows that her program has several challenges facing them in 2005.

First, there's the challenge of putting together back-to-back successful seasons. After making the NCAA tournament for the first time in 2002, the Irish hit a bump in the road in 2003, missing the tournament before putting together a strong 2004 campaign.

The second challenge will be replacing six graduating seniors - four on offense and two on defense - who played key roles in setting Notre Dame records for goals (206) and points (297) in a season, while also recording the second-lowest goals-against average (8.54) in the program's eight-year history.

Then there's that challenge of advancing even further in the NCAA tournament. Last year's tough, heartbreaking 10-8 loss at Northwestern, in the first round of the NCAA's gave Coyne, her staff and her players something to think about all summer and fall.

"We definitely have a few challenges ahead of us this season," says Coyne as she looks to the season opener on Feb. 27 at Ohio University.

"There's no question that the key to this year's team is going to be our defense. We lost three All-Americans in Andrea (Kinnik), Abby (Owen) and Meredith (Simon), so those will be big shoes to fill. We also lost key offensive players like Lauren Fischer and Kassen Delano who played major roles over the last three seasons."

With the loss of **Meredith Simon, Abby Owen, Lauren Fischer** and **Kassen Delano**, Notre Dame loses 128 of those 206 goals or 62% of the offensive attack.

Simon set a single-season Notre Dame record for points with 74 on 46 goals and 28 assists and



Senior goalkeeper Carol Dixon will be counted on to hold the fort for the Irish in goal during 2005. She was 12-5 last season with an 8.59 goals-against average and a .505 save percentage.

was a first team All-American and the BIG EAST co-attack player of the year.

Owen, a third team All-American had 34 goals and 11 assists for 45 points and was the BIG EAST midfielder of the year.

Fischer was third in scoring with 28 goals and 13 assists for 41 points and was a second team all-BIG EAST selection while Delano, a talented midfielder, had a career year with 20 goals and 7 assists for 27 points.

Andrea Kinnik and **Kristen Gaudreau** anchored the strong defense with Kinnik being a first team All-BIG EAST selection and a second team All-American. Finding their replacements will be the challenge for Coyne and her staff.

"There's no question that we will need some of our younger players to step up and raise their level of play," says Coyne.

"Now its their chance to show that they can play at this level. They've had to wait their turn behind some good players. Well, the wait is over."

There's a saying in sports that defense wins championships and the Irish defense will be counted on this season. Of the 10 returning monogram winners, seven of them played defense or in the defensive midfield.

"The key to our success, especially early in the season is going to be our defense," explains Coyne.

"That's where games are won and lost and I have a lot of confidence in this group."

Returning to the defense for her second year as starter is goalkeeper **Carol Dixon** (Sr., Pennsauken, N.J.). A proven, top-notch collegiate goalkeeper, Dixon played all but 3:28 minutes in 2004, turning in a 12-5 record with an 8.59 goals-against average and a .505 save percentage. An athletic goalkeeper, Dixon anticipates well and comes up with big saves in the big games. With a strong season, she should contend for postseason honors.

Katie Linhares (So., Greenwich, Conn.) will serve as Dixon's back up in goal. She con-

tinues to work at improving her game and will look to gain more experience in 2005.

On defense, the Irish have a nice blend of experience and youth. Leading the defense will be graduate student **Bridget Higgins** (Wilton, Conn.) along with seniors **Jess Mikula** (Chester, Md.) and **Lindsay Shaffer** (Seneca Falls, N.Y.). All three were starters in 2004 and will give the defense experienced leadership in front of Dixon.

Higgins missed most of her first three years with the Irish due to injuries and is the first women's lacrosse player at Notre Dame to return for a fifth year. A strong, stay-at-home defender, Higgins excels in the one-on-one battles in front of the net and directs the defense. She made 13 starts in 2004.

Mikula is the heir apparent to the role played by Andrea Kinnik the past two seasons. A pre-season all-BIG EAST selection this year, Mikula has developed into a "big-play player." She has a strong understanding of the Irish defense and recognizes what her opponents are trying to do on the field.

Mikula was fourth on the team in ground balls a year ago with 33 and tied for caused turnovers with 22. She will be counted on to be one of the team leaders for the defense.

Shaffer started her Notre Dame career as a walk-on and has worked her way into a starting role as a senior.



Lindsay Shaffer will take over as a starter on the Irish defense in 2005. She is one of the team's top one-on-one defenders.





Sophomore Megan Murphy figures to be one of Notre Dame's top midfielders. As a freshman, she started 16 of 17 games and had 11 goals with three assists on the year.

A student of the game, Shaffer uses her speed and athleticism to be one of the team's top one-on-one defenders. A true success story, she saw action in 15 games as a junior, making five starts, grabbing 15 ground balls and causing nine turnovers. Shaffer is one of the team leaders and has proven herself in big games.

Three juniors - **Kerry Van Shura** (Bel Air, Md.), **Meghan deMello** (Manlius, N.Y.) and **Katie Killen** (Manhasset, N.Y.) - will be in the mix for playing time on defense.

Van Shura has seen regular action in each of her first two seasons. She was usually the first defender off the bench in games as she played in all 17 games, making three starts.

A tough, gritty competitor, Van Shura understands the game and has excellent stick skills. She had 21 ground balls and 14 draw controls as a sophomore in 2004.

Killeen and deMello, have seen limited action in their first two seasons, continue to improve their games and could break into the regular rotation on defense this season.

Two sophomores - **Meaghan Fitzpatrick** (Farmingdale, N.Y.) and **Kristin Hopson** (Rosemont, Pa.) - should play key roles.

Fitzpatrick played in 16 games as a freshman, making one start last year and proved to be a tough and tenacious defender who wins most of the "50-50 balls" that come her way. She adjusted quickly to the collegiate game and despite missing the fall with a broken collarbone, could see herself in a starting role this spring.

Hopson took advantage of the fall practices and caught the coaching staff's attention with her no-nonsense style of play. She uses her speed and tenacious style to disrupt the offensive attack and could be an impact player this season.

The lone freshman on the defense will be **Becky Ranck** (Radnor, Pa.) who brings size (5-8) and athleticism to the defense. She also had a strong fall and made the adjustments to a new defensive system. Ranck has all the tools to be a top collegiate player.

At midfield, the Irish will look to fill the spots left due to the graduation of Delano and Owen.

Delano handled a majority of the draws over the last four seasons and also contributed at both ends of the field with her speed and quickness. Owen became a regular the last two seasons and paced the team's transition game. The duo combined for 54 goals last season.

Four players return to the midfield with four newcomers also looking to break into the regular rotation.

The returnees include senior **Maura Costello** (Manhasset, N.Y.) junior **Lena Zentgraf** (Charlottesville, Va.) and two sophomores, **Meghan Murphy** (Centennial, Colo.) and **Kaki Orr** (Darien, Conn.).

Of the four, only Murphy and Zentgraf have seen regular playing time. Murphy broke into the starting lineup in 2004, making 13 starts as a freshman in 17 games. She scored 11 goals and added three assists for 14 points while recording 31 ground balls, 15 caused turnovers and 13 draw controls.

Murphy played well at both ends of the field and showed an ability to get open for shots and to catch and shoot in tight spaces.

Zentgraf played a regular role defensively in 2003 before sitting out last season for personal reasons.

One of the top athletes on the team, Zentgraf has speed and quickness and reads the game well. Not one to shy away from physical play,

she used the year off to develop her all-around game and should move into a starting role this season.

Costello has seen limited action in her first three years but continues to work at improving her game. A dedicated, hard-worker, she is a total team player who will look to get in the rotation at midfield.

Orr caught the coaches' attention with a strong fall and could become a top contributor this season. An athletic player, Orr has good instincts and continues to improve her stick-work. She has benefitted from good coaching to improve her overall game.

Five freshmen join the Notre Dame midfield and will be looking for playing time in the spring.

Mary Carpenter (Rochester, N.Y.), twins **Heather** and **Lindsey Ferguson** (Newtown Square, Pa.), **Caitlin Lucas** (Baldwin, N.Y.) and **Caitlin McKinney** (Lafayette Hill, Pa.) round out the group.

Carpenter is a true midfielder who can play either defensive or offensive midfield. She's a talented all-around player who will give the coaching staff options due to her versatility. A player who can run all day, Carpenter had an impressive fall and preseason and should see action in her rookie year.

Heather Ferguson is an attacking midfielder with good quickness and excellent lacrosse instincts. She's a hard-working player who needs to gain game experience at the Division I level.

Heather will be joined by twin sister Lindsey in the midfield who will look to develop confidence in her game while providing the Irish depth in the middle of the field. She has worked hard in the preseason improving her skills and will also look to gain game experience as a freshman.

Lucas brings an excellent work ethic to the Irish and has the potential to develop into a regular contributor. A highly coachable player, Lucas has good speed and continues to improve her all-around game.

McKinney is dynamic with tremendous speed and quickness. She has the ability to find the open player or get open for scoring chances of her own. A tough, tenacious player, McKinney continues to adjust to the collegiate



Senior Jackie Bowers will team with junior Crysti Foote to give Notre Dame a strong one-two punch on attack in 2005.



game but should make a strong contribution this season.

Notre Dame's attack will look to replace the scoring of Simon and Fischer as that dynamic duo combined for 74 goals and 41 assists for 115 points between them. They also brought leadership to the team as Simon was a four-year starter while Fischer was in the regular lineup the last three seasons.

At attack, the Irish have several players ready to move into the vacant spots.

Leading the way is junior **Crysti Foote** (Suffern, N.Y.). Foote has been a regular in the lineup the last two seasons splitting time between midfield and attack. Last season, she recorded 26 goals and nine assists for 35 points and is already 10th in goals (53) and 10th in points (73) on Notre Dame's all-time scoring list.

Foote has a nose for the net and the ability to take over a game. She is totally healthy this season and will be Notre Dame's "go-to-player" this season. A preseason all-BIG EAST choice and All-American pick, Foote can expect to see teams key on her all season long.

Should teams key on Foote, that should open things up for **Jackie Bowers** (Sr., Springfield, Pa.) and junior **Mary McGrath** (Bryn Mawr, Pa.). Both have seen regular action over the last two seasons.

Bowers broke into the starting lineup last season and scored 14 goals with 11 assists for 25 points. Strong around the crease, Bowers will be counted on to improve her scoring numbers to take some of the heat off Foote, especially early in the season.

McGrath has seen action in 31 games over her first two seasons, with all of them coming in a reserve role. A gifted passer with outstanding lacrosse skills, this could be the year she blossoms into a top, all-around player.

The Irish have plenty of depth at attack with several players just waiting for their chance.

Leading the group is senior **Lisa Lombardi** (Milton, Mass.) who returns this season after spending a year in Italy studying architecture as part of her academic major. She is strong on the draw and is good around the net. A confident player with a powerful shot, Lombardi will look to gain more playing time this season.

Junior **Brittany Fox** (Annapolis, Md.) has seen limited action in her career, but when she has played, she's performed well. A left-handed shot, Fox has strong attack skills and has worked hard to get a chance to contribute.

Sophomore **Megan O'Shaughnessy** (Englewood, Colo.) has been hampered by injuries in her first two seasons and will look to break into the lineup this season. She's got outstanding lateral quickness and works hard to improve all aspects of her game.

Rounding out the attack is freshman **Julie Foote** (Suffern, N.Y.), the sister of junior Crysti Foote. Julie made the most of her chances in the fall and proved to have solid stick skills around the goal. She should be in the mix for playing time on attack.

Coyne knows who her players are, now it's all about putting the pieces of the puzzle together.

"We had a strong fall and preseason has gone well," reports the only coach the Irish have ever had.

"Our senior class has to believe in themselves. As a group, they've been to two NCAA tournaments, so they know what it takes to get there. They have to be able to get that message through to their teammates."

"We are really a work in progress until we start playing the games. The defense is going to have to carry us early until we get the right combinations working in the midfield and at attack. I really believe we have the players, it's just putting them in the right spots to take advantage of their skills," adds Coyne.

As usual, the schedule will be challenging as the Irish face many of the top teams in the nation, including Duke, James Madison, Northwestern, Georgetown, Vanderbilt, Johns Hopkins and Syracuse.

The Irish will look to put an end to Georgetown's reign atop the BIG EAST standings.

"Our schedule is just as competitive as last year as we play many of the top programs in the country," says Coyne.

"Georgetown is still the team to beat. We've come close to beating them the last two years, but haven't. There are really no easy games on the schedule. It's a good test and we are ready to get started."

Lacrosse Magazine's 2005 Preseason Poll

Rank	School
1.	Virginia
2.	Princeton
3.	<i>Northwestern</i>
4.	Duke
5.	Maryland
6.	<i>Johns Hopkins</i>
7.	North Carolina
8.	James Madison
9.	Georgetown
10.	Loyola
11.	Dartmouth
12.	Notre Dame
13.	<i>Syracuse</i>
14.	<i>Vanderbilt</i>
15.	Towson
16.	George Mason
17.	William & Mary
18.	Yale
19.	Penn State
20.	Boston University

Receiving Votes: Richmond, 17

Teams in italics on 2005 Notre Dame schedule.

2005 BIG EAST Women's Lacrosse Coaches' Preseason Poll

No.	Team (First place votes)	BE Record/Overall	Points
1.	Georgetown (5)	6-0/13-5	25
2.	Notre Dame	4-2/12-5	20
3.	Syracuse (1)	4-2/9-6	18
4.	Rutgers	3-3/7-8	12
5.	Connecticut	2-4/8-9	10
6.	Boston College	0-6/6-11	5

2005 Preseason All-BIG EAST Team

Susie Breaznell, Boston College	Sr.	Attack
Carley St. Lucia, Boston College *	Sr.	Midfield
Tracy Mullaney, Connecticut *	Sr.	Attack
Lauryn Bernier, Georgetown	Sr.	Midfield
Allison Chambers, Georgetown	Sr.	Midfield
Sarah Oliphant, Georgetown *	Sr.	Attack
Sarah Robinson, Georgetown	Sr.	Goalkeeper
Crysti Foote, Notre Dame *	Jr.	Midfield/Attack
Jess Mikula, Notre Dame	Sr.	Midfield/Defense
Lyndsey Feldman, Rutgers	Sr.	Goalkeeper
Catherine Seals, Rutgers	Sr.	Midfield
Monica Joines, Syracuse *	Sr.	Midfield

Preseason Offensive Player of the Year

Monica Joines (Syracuse)	Sr.	Midfield
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Preseason Defensive Player of the Year

Lyndsey Feldman (Rutgers)	Sr.	Goalkeeper
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* - unanimous selection





2005 Notre Dame Women's Lacrosse Team

Front Row (l-r): Meghan Murphy, Katie Linhares, Mary Carpenter, Caitlin McKinney, Heather Ferguson, Lindsey Ferguson, Julie Foote, Kaki Orr.

Second Row (l-r): Lena Zentgraf, Mary McGrath, Lisa Lombardi, Carol Dixon, Jess Mikula, Bridget Higgins, Jackie Bowers, Lindsay Shaffer, Maura Costello, Meghan deMello, Molly Miner, Katie Killeen.

Back Row (l-r): Senior manager Carolyn Gass, assistant coach Alissa Moser, trainer Trish Matyshak, Crysti Foote, Caitlin Lucas, Becky Ranck, Meaghan Fitzpatrick, Kristin Hopson, Brittany Fox, Kerry Van Shura, Megan O'Shaughnessy, head coach Tracy Coyne, assistant coach Brooke Crawford.

By Position

Attack (7): Jackie Bowers, Crysti Foote, Julie Foote, Brittany Fox, Lisa Lombardi, Mary McGrath, Megan O'Shaughnessy.

Midfield (9): Mary Carpenter, Maura Costello, Heather Ferguson, Lindsey Ferguson, Caitlin Lucas, Caitlin McKinney, Meghan Murphy, Kaki Orr, Lena Zentgraf.

Defense (9): Meghan deMello, Meaghan Fitzpatrick, Bridget Higgins, Kristin Hopson, Katie Killeen, Jess Mikula, Becky Ranck, Lindsay Shaffer, Kerry Van Shura.

Goalkeeper (2): Carol Dixon, Katie Linhares.

By Class

Seniors (7): Jackie Bowers, Maura Costello, Carol Dixon, Bridget Higgins, Lisa Lombardi, Jess Mikula, Lindsay Shaffer.

Juniors (7): Meghan deMello, Crysti Foote, Brittany Fox, Katie Killeen, Mary McGrath, Kerry Van Shura, Lena Zentgraf.

Sophomores (6): Meaghan Fitzpatrick, Kristin Hopson, Katie Linhares, Meghan Murphy, Kaki Orr, Megan O'Shaughnessy.

Freshmen (7): Mary Carpenter, Julie Foote, Heather Ferguson, Lindsey Ferguson, Caitlin Lucas, Caitlin McKinney, Becky Ranck.



2005 Notre Dame Women's Lacrosse Roster

No.	Name	Pos.	Ht	Yr.	Birthdate	Hometown/High School
1	Caitlin McKinney	M/A	5-1	Fr.	1-29-85	Lafayette Hill, PA/Germantown Acad.
2	Brittany Fox	M	5-7	Jr.	9-22-84	Annapolis, MD/St. Mary's
3	Kristin Hopson	D	5-8	So.	9-10-84	Rosemont, PA/Radnor
4 *	Lindsay Shaffer	M	5-8	Sr.	6-18-83	Seneca Falls, NY/Mynderse Academy
5 *	Meghan Murphy	M	5-6	So.	7-6-84	Centennial, CO/Cherry Creek
6	Heather Ferguson	A	5-5	Fr.	7-22-86	Newtown Square, PA/Archbishop John Carroll
7	Lindsey Ferguson	M	5-5	Fr.	7-22-86	Newtown Square, PA/Archbishop John Carroll
8 *	Lena Zentgraf	D	5-4	Jr.	5-7-84	Charlottesville, VA/Charlottesville
9 **	Kerry Van Shura	D	5-6	Jr.	9-24-84	Bel Air, MD/John Carroll
10	Lisa Lombardi	M	5-11	Jr.	7-1-82	Milton, MA/Milton Academy
11	Caitlin Lucas	M	5-8	Fr.	1-5-86	Baldwin, NY/Oceanside
12	Katie Killeen	D	5-4	Jr.	7-15-84	Manhasset, NY/Manhasset
13	Julie Foote	M/A	5-6	Fr.	7-14-86	Suffern, NY/Suffern
14	Mary Carpenter	M	5-6	Fr.	11-8-85	Rochester, NY/Our Lady of Mercy
15	Katie Linhares	GK	5-4	So.	1-30-85	Greenwich, CT/Greenwich
16	Becky Ranck	M/D	5-8	Fr.	3-25-86	Radnor, PA/Radnor
17	Meghan deMello	M/D	5-5	Jr.	7-19-84	Manlius, NY/Christian Brothers Academy
18 **	Crysti Foote	M/A	5-6	Jr.	4-17-84	Suffern, NY/Suffern
19	Megan O'Shaughnessy	A	5-7	So.	6-4-84	Englewood, CO/Kent Denver School
20	Maura Costello	M	5-5	Sr.	5-15-83	Manhasset, NY/Manhasset
23 *	Meaghan Fitzpatrick	D	5-8	So.	2-9-85	Farmingdale, NY/St. Anthony's
24 **	Jackie Bowers	A	5-7	Sr.	2-12-83	Springfield, PA/Springfield
31	Kaki Orr	M	5-6	So.	3-29-85	Darien, CT/Choate Rosemary Hall
32 **	Mary McGrath	A	5-6	Jr.	9-22-83	Bryn Mawr, PA/Radnor
33 **	Jess Mikula	M/D	5-7	Sr.	3-7-83	Chester, MD/St. Mary's
34 **	Carol Dixon	G	5-8	Sr.	12-27-82	Pennsauken, NJ/Moorestown Friends
35 **	Bridget Higgins	D	5-7	Gr.	10-11-82	Wilton, CT/Wilton

Head Coach: Tracy Coyne (Ohio, 1983)

Assistant Coach: Brooke Crawford (North Carolina '99) and Alissa Moser (Notre Dame '02)

Volunteer Assistant Coach: Kristen Gaudreau (Notre Dame '04)

* - denotes monograms earned

C - denotes captain

Pronunciation Guide

Katie Killeen	KILL-lean	Lindsay Shaffer	SHAY-Fer
Katie Linhares	Lin-AIR-es	Lena Zentgraf.....	ZENT-graff
Jess Mikula.....	Mih-COO-lah		



When these questions arise...



extra benefits? *campus/clinics?*
housing? *recruiting?* *employment?*
unofficial visits? *test scores?* *telephone calls?*
G.P.A.? *clearinghouse?* *prospects?* *meals?*
loans? *tickets?* *contact?* *official visits?*

ASK BEFORE YOU ACT!

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Student-Athletes And The Integrity Of Our University*