

ELMIRA COLLEGE



2005-2006

FIELD HOCKEY

THIS IS ELMIRA COLLEGE

Elmira College is a four-year, private, co-educational, liberal arts college with an undergraduate enrollment of 1,200. The college is located in the Finger Lakes Region of Upstate New York. The average class size is 16, with a student to faculty ratio of 12:1.

The College offers over thirty-five academic majors, including: education, business, psychology, biology, nursing, pre-medicine, pre-law, along with numerous study abroad and internship programs.

The College sponsors ten varsity women's teams in soccer, field hockey, volleyball, tennis, golf, basketball, cheerleading, ice hockey, lacrosse and softball.

Men's varsity teams compete in soccer, golf, basketball, ice hockey, tennis and lacrosse.

Complementing the varsity sport offerings, are ten opportunities to participate in junior varsity sports.

RECRUIT INFORMATION

Location:

One Park Place
Elmira, New York 14901
(607) 735-1800

Founded:

1855

Enrollment:

1,200

Colors:

Purple and Gold

Affiliation:

NCAA (Div. III), ECAC, NYSWCAA, Empire 8

Head Coach:

Rachel Dell, (607) 735-1858
rdell@elmira.edu

Assistant Coach:

Kindra Catalano '05, (607) 735-1729
kcatalano@elmira.edu

President:

Dr. Thomas K. Meier

Vice President of Athletics and Health Services:

Pat Thompson '75, MS '88, 735-1730

Sports Medicine Office:

Dave Tomkalski, ATC, 735-1752

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2004 SEASON IN REVIEW



Callie Black '05

The Elmira College Field Hockey team ended the 2004 season with a record of 5-11. Along the way, the Soaring Eagles defeated two teams ranked in the top ten in the nation in Division III, and just missed out on a share of the Empire 8 Conference title. The Purple and Gold were a very competitive team as six of their losses were by just one goal, and five of them came in overtime.

EC started out the season with a bang as it defeated the Ithaca College Bombers 3-2 on September 1st at Ithaca in the first game of the season. The Bombers were the 9th ranked team in the country at the time and the defending Empire 8 champions.

After a non-conference setback to SUNY Oneonta, the Purple and Gold took part in the Vassar College Betty Richey Tournament. The Soaring Eagles took third for the second year in a row following a 1-0 win over host Vassar in the consolation match.

On September 28th, Elmira met Hartwick at home following two straight overtime losses to SUNY Geneseo and the University of Rochester. The Hawks were the 6th ranked team in the nation and undefeated, but they ran into a determined Soaring Eagle squad.

The Purple and Gold picked up another win on Oct. 7th against York (PA). Less than two weeks later, EC would grab its fifth victory of the season with a 2-1 win over SUNY Oswego.

Elmira had a chance to claim a share of the Empire 8 Championship with a win in its final conference match of the season against Nazareth on October 23rd. **Black '05** gave EC the lead in the 28th minute, but the Golden Flyers tied the game on a controversial penalty shot with five minutes to play and won it in overtime to dash EC's hopes of the title.

Five players were named to the Empire 8 All-Conference teams at the conclusion of the season. **Black**, the College's all-time leader in goals and career points with 36 goals and 11 assists for 83 points, was a First Team selection for the third straight season. She was also named to the SFX-NFHCA Second Team, the NYSWCAA Third Team and the All-Betty Richie Tournament Team.

Lindsay Seedorf '06 was named to the Second Team along with teammates **Sarah Dake '06** and **Nicole Rotolo '06**. The trio was invaluable to both the offense and defense of the squad. **Dake** was a crucial part of the up-field transition, while **Seedorf** commanded the backfield.

Joining her teammates on the Second Team was goalkeeper Ann Phillips '07. Phillips saw limited playing time last year. However, she proved to be an invaluable part of the defense in 2004.

EC lost **Kindra Catalano '05**, **Mandy Spear '05**, **Morgan Gaydos '05**, **Erika Graver '05**, and **Callie Black '05** to graduation.

2005 SEASON OUTLOOK

The Elmira College Field Hockey team ended the 2004 season with a record of 5-11. Along the way, the Soaring Eagles defeated two teams ranked in the top ten in the nation in Division III, and just missed out on a share of the Empire 8 Conference title. The Purple and Gold were a very competitive team as six of their losses were by just one goal, and five of them came in overtime. Under first-year head coach Rachel Dell, the Soaring Eagles have a mix of eager newcomers and talented veterans determined to improve upon their record from a year ago and return to the postseason for the first time since 2003.

The leadership of the Class of '06 will be a necessity for the success of this team. **Sarah Dake '06** and **Colleen Mazzye '06** have been dedicated and contributing players in the past, and they will be relied upon heavily for their goal-scoring and defensive strengths. **Dake** will likely control the tempo of the offense, while **Mazzye** will command the midfield and defense. **Dake** was named to the Empire 8 Second Team in 2004.

Jackie Thomas '07 returns this season eager to contribute after being sidelined towards the end of 2004. The Soaring Eagles will capitalize on the speed of **Lindsay Baker '07**, who adds a fast paced change to the midfield. **Jessica Zegarelli '07** moves into the center of the field this season. Her speed and intensity is the perfect combination linking the offense and defense.

Goalkeeper **Ann Phillips '07** was a defensive stalwart last year, which helped land her an Empire 8 Second Team selection. This seasoned keeper will again be an invaluable part of the backfield.

Shannon Desgrosiellier '08 was a standout from the first day of the 2004 season. Starting in every game last season, she is a solid defender who plays smart team defense.

Dell is looking to newcomers **Ann Yager '09** and **Kayla Blank '09** to replace the goal-scoring hole left by the graduation of all-time leading scorer **Callie Black '05**. **Blank's** speed and **Yager's** fitness will help boost Elmira's offensive efforts. Joining her fellow teammates on the front line will likely be **Casey Ross '09**. **Ross** has the ability to effectively carry the ball up field, which will aid Elmira's attacking forwards. Dell is also looking for major contributions from **Courtney Ellis '09** and **Maggie Foster '09**.

The Soaring Eagles' season begins on September 6th with a road game at Wells College.

2005 SCHEDULE

DAY-DATE	OPPONENT	SITE	TIME
Tue, 9-6	Wells	A	4 p.m.
Sat., 9-10	#Vassar	A	1 p.m.
Sun., 9-11	#MIT	A	10 a.m. or noon
Wed, 9-14	SUNY Geneseo	A	4 p.m.
<i>Sat., 9-17</i>	<i>York College</i>	<i>H</i>	<i>1 p.m.</i>
Sat., 9-24	Seton Hill	A	2 p.m.
Tue., 9-27	*Hartwick	A	4 p.m.
<i>Sat., 10-1</i>	<i>*Utica</i>	<i>H</i>	<i>1 p.m.</i>
<i>Tue., 10-4</i>	<i>Wells</i>	<i>H</i>	<i>4 p.m.</i>
<i>Sat., 10-8</i>	<i>Ramapo</i>	<i>H</i>	<i>2 p.m.</i>
<i>Tue., 10-11</i>	<i>SUNY Brockport</i>	<i>H</i>	<i>4 p.m.</i>
Fri., 10-14	Union	A	4 p.m.
Wed., 10-19	SUNY Oswego	A	4 p.m.
<i>Sat., 10-22</i>	<i>*Nazareth</i>	<i>H</i>	<i>2 p.m.</i>
Sun., 10-23	SUNY New Paltz	A	2 p.m.
<i>Wed., 10-26</i>	<i>*Ithaca</i>	<i>H</i>	<i>3:30 p.m.</i>

*Denotes Empire 8 Conference Game

#Denotes Vassar Betty Richey Tournament

Home Games are in Bold and Italics

MEET THE COACHES

Head Coach Rachel Dell



Rachel Dell enters her first year as the Head Field Hockey and Head Women's Lacrosse Coach at Elmira College. Last year, Dell served as EC's Assistant Field Hockey and Assistant Women's Lacrosse Coach and helped guide the Soaring Eagles' lacrosse team to its first-ever Empire 8 Tournament appearance.

Dell was a four-year varsity lacrosse player for Division I St. Bonaventure. While with the Bonnies, Dell played her first three seasons as an attacker and made the transition to goalkeeper in her senior season. From 2001-2003, Dell served as the sole St. Bonaventure representative to the NCAA Atlantic-10 Student-Athlete Advisory Committee. She graduated in 2003 with a double major in French and English.

In 2004, Dell coached the Corning-Painted Post Junior Varsity Lacrosse Team, leading them to a 13-1 record. Dell also coached at numerous collegiate camps and clinics throughout the region.

Assistant Coach Kindra Catalano '05



Kindra Catalano '05 enters her first year as the Assistant Field Hockey Coach at Elmira College. Catalano was previously a three-year member of the Soaring Eagles Field Hockey team. During her tenure with the program, Catalano, was a goalkeeper for all three seasons. In her final season, she was also involved with the EC women's Lacrosse team as a student assistant coach. During that time, Catalano was responsible for goal training, practice, and in-game management.

Catalano was a Presidential Scholar and graduated as a Psychology Major from Elmira College.

Additionally, Catalano also spent her last two summers coaching in the Brine Upstate Youth Girl's Lacrosse League.

Assistant Coach Callie Black '05



Callie Black '05 enters her first season as the Assistant Field Hockey Coach at Elmira College. Black is a 2005 graduate of Elmira College where she earned a Bachelors Degree in History Education.

While at Elmira College, Black was a member of both the Varsity Softball and Field Hockey teams, garnering honors for both squads. As a member of the Soaring Eagles' Softball Team, Black led the softball team in many hitting statistics, and was named the Rookie of the Year in her first season,

While at EC, Black will also serve as an assistant coach to the field hockey team where she was a captain and finished her career as a three-time First-Team Empire 8 selection, a New York State Women's Collegiate Athletic Association (NYSWCAA) selection and a Second-Team National Field Hockey Coaches Association (NFHCA) selection.

At Elmira, Black will assist with many aspects of the Field Hockey program, while serving as the Varsity Assistant Coach and Junior Varsity Head Coach. Black will be pursuing a master's degree in education.

2005 ROSTER

No.	Name-Class	Pos.	Hometown
1	Anne Yager '09	F	Greene, NY
2	Kayla Blank '09	F	Whitesboro, NY
4	Colleen Mazzye '06	M	Clay, NY
10	Jackie Thomas '07	M	Windsor, NY
11	Jess Zegarelli '07	D	Clinton, NY
13	Maggie Foster '09	D	Schuylerville, NY
14	Lindsay Baker '07	F	Wallingford, CT
16	Courtney Ellis '09	D	Whitney Point, NY
17	Casey Ross '09	M	Lisle, NY
21	Sarah Dake '06	M	Walton, NY
22	Shannon Desgrosiellier '08	D	New York Mills, NY
42	Ann Phillips '07	G	Lancaster, NY
99	Amanda Lapidus '08	G	West Nyack, NY



2005 RETURNING PLAYER BIOS



CAPTAIN
#21 Sarah Dake '06
Midfield
Walton, NY - Walton

2004-05 Season: Started and played in all 16 games for the Soaring Eagles last season ... Named to the Empire 8 All-Conference Second Team. **Secondary School:** Named MVP Senior Year. Earned Academic Honors award. and Varsity Club honor award. **Personal:** Sarah is a Presidential Scholar and an Education major with a concentration in History.



CAPTAIN
#4 Colleen Mazzye '06
Midfield
Clay, NY - Cicero-North Syracuse

2004-05 Season: Played in all 16 games and started in 15 games for the Purple and Gold last season ... Collected 4 points, including 1 goal and 2 assists. **Secondary School:** Earned an honorable mention award and was the Most Offensive Player of the Year recipient. **Personal:** Colleen is an Iris Leadership award recipient and a Business Administration major with a specialization in Marketing.



#14 Lindsay Baker '07
Forward
Wallingford, CT - Lyman Hall

2004-05 Season: Played in 14 games for the Soaring Eagles last season... Scored one goal. **Secondary School:** Named Captain of High School Team during final season. **Personal:** Lindsay is a Trustee Scholar and an International Business major.



#42 Ann Phillips '07
Goalkeeper
Lancaster, NY - Lancaster

2004-05 Season: Played in 15 games and started in 14 for the Soaring Eagles last season... Tallied 114 saves with a save percentage of .797 ... Accumulated 5 wins for the Purple and Gold. **Secondary School:** Received the Sportsmanship Award in 2002 ... ECIC Honorable Mention in Lacrosse. **Personal:** Ann is also a member of the Elmira College Lacrosse Team ... Ann is a Presidential Scholar and a Speech and Language Disabilities major.



#10 Jackie Thomas '07
Midfield
Windsor, NY - Windsor

2004-05 Season: Played in 14 games and started in 13 for the Soaring Eagles last season... Scored one goal and tallied two assists for a total of 4 points. **Secondary School:** Named Captain of High School Team during final season. **Personal:** Jackie is a Presidential Scholar and Speech and Language Disabilities major.



#11 Jess Zagarelli '07
Defense
Clinton, NY - Clinton

2004-05 Season: Played in 15 games last season for the Purple and Gold. **Secondary School:** Named Most Improved Player. **Personal:** Jackie is a Presidential Scholar and Marketing/Management major.



#22 Shannon Desgrosiellier '08
Defense
New York Mills, NY - New York Mills

2004-05 Season: Played in every game and started in 15 games last season for the Purple and Gold. **Secondary School:** Named CSC All-Star ... CSC Scholar Athlete ... Most Improved Player. **Personal:** Shannon is a Mark Twain Scholar and Biology major.



2005 EC NEWCOMERS



#1 Anne Yager '09
Forward
Greene, NY - Greene Central

Secondary School: Empire State Games gold medalist ... Second Team All-Star. **Personal:** Anne is a Presidential Scholar and a Speech Pathology major.



#16 Courtney Ellis '09
Defense
Whitney Point, NY - Whitney Point

Secondary School: Named Academic All-Star. **Personal:** Courtney is a Trustee Scholar and Nursing major.



#2 Kayla Blank '09
Forward
Whitesboro, NY - Whitesboro

Secondary School: Named to the 2004 All Mohawk Valley Team. **Personal:** Kayla is an Iris Scholar and Adolescent Education major.



#17 Casey Ross '09
Midfield
Lisle, NY - Whitney Point

Secondary School: Attended the State Tournament three consecutive years. **Personal:** Casey is a Presidential Scholar and a Nursing major.



#13 Maggie Foster '09
Defense
Schuylerville, NY - Schuylerville

Secondary School: Named Scholar Athlete ... Honorable Mention All-Star. **Personal:** Maggie is a Valedictorian Scholar and History major.



2005 TEAM PHOTO



Front Row: (L to R): Shannon Desgrosiellier '08, Maggie Foster '09, Jackie Thomas '07, Colleen Mazzye '06 (Captain), Casey Ross '09

Back Row: (L to R): Assistant Coach Kindra Catalano '05, Assistant Coach Callie Black '05, Kayla Blank '09, Lindsay Baker '07, Courtney Ellis '09, Ann Phillips '07, Jess Zegarelli '07, Sarah Dake '06 (Captain), Anne Yager '09, Head Coach Rachel Dell. Missing from Photo: Amanda Lapidus '08