

# ELMIRA COLLEGE



2005-2006

WOMEN'S LACROSSE

## 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](mailto:rdell@elmira.edu)

**Assistant Coach:**

Karla Gudgel, (607) 735-1809  
[kgudgel@elmira.edu](mailto:kgudgel@elmira.edu)

**President:**

Dr. Thomas K. Meier

**Vice President of Athletics and Health Services:**

Pat Thompson '75, MS '88, (607) 735-1730

**Sports Medicine Office:**

Dave Tomkalski, ATC, (607) 735-1752

**Website:**

[www.elmira.edu](http://www.elmira.edu)

**E-Mail Address:**

[ecathletics@elmira.edu](mailto:ecathletics@elmira.edu)

**Elmira College Admissions:**

(607) 735-1724

**Athletics Phone:**

(607) 735-1730

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(607) 735-1717, (607) 735-1768



## MEET THE COACHES

### Head Coach Rachel Dell



Rachel Dell enters her first year as the Head Women's Lacrosse and Head Field 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 Karla Gudgel



Karla Gudgel enters her first year as the Assistant Women's Lacrosse Coach at Elmira College. Gudgel played lacrosse for three years at Division I Siena College, where she started for two seasons. During her first year at Siena, she received the Siena Award for hard work and determination. In her final season with the team, the Saints were the regular season co-champions along with Manhattan College. Gudgel also helped lead Siena to the MAAC Championship game that same year. Additionally, Gudgel ran cross country for the Saints.

While at Siena, Gudgel double majored in History and Political Science and was a member of Phi Alpha Theta National History Honor Society.

At Elmira College, Gudgel will assist in all aspects of the Women's Lacrosse program. She will also pursue her master's degree in Education.

## 2005 SEASON IN REVIEW



Katya Outwater '07

After a breakthrough 2004 season, Elmira College Women's Lacrosse finished the 2005 season with an overall record of 5-10, including a 3-3 record in the competitive Empire 8 Conference, and a first-ever berth in the Empire 8 Tournament. It was the second consecutive season the Purple and Gold qualified for a post-season tournament. In addition, five members of the squad were Empire 8 All-Conference selections.

Second-year midfielder **Katya Outwater '07** had a tremendous second season for the Soaring Eagles as she led the team in goals (47), assists (12), and points (59), all single-season records at EC. Along with leading EC in these statistical categories, her 3.13 goals per game and 3.93 points per game also led the Empire 8 Conference. **Outwater** was also second on the squad in ground balls with 38, and third in draw controls with 23. For her play over the course of the season, **Outwater** was named the Empire 8 Conference Player of the Year and selected to the conference's First Team.

Empire 8 Conference Honorable Mention selection **Julie Clune '05** had another strong season. The fourth-year attacker finished her final campaign with EC with 20 goals and four assists in 10 games. **Clune** had some timely goals in the 2005 season as three of her tallies were game-winners for the Purple and Gold. **Clune** also paced the team with a team-high 39 draw controls and she picked up 14 ground balls. Her 3.90 draw controls per game was the most in the Empire 8 Conference. **Clune** leaves Elmira as the all-time leader in draw controls with 213 and second in ground balls (160), goals (72), assists (18) and points (90).

Also contributing offensively was **Amanda Cahoon '06**, **Lori Hynes '07**, **Alicia Ceppaglia '06**, and **Jen Iacono '07**. Along with teammate **Clune**, **Cahoon** was also an Empire 8 Conference Honorable Mention selection. She finished her third season as a Soaring Eagle with 29 goals scored, which was second on the team. She also caused 11 turnovers and snagged 29 ground balls. During her second year at attack, **Hynes** stepped up in production this season with 17 points (seven goals, 10 assists), and finished the season ranked in the top ten of the Empire 8 Conference for most assists. **Ceppaglia**, a third-year attack, chipped in with 16 points (11 goals, five assists) and one game-winning goal. **Iacono** scored five goals with 20 ground balls and 15 draw controls.

Defensively, Elmira was anchored by Empire 8 Honorable Mention selections **Sara DiDio '06** and **Heather Hart '07**. For the second consecutive season, **DiDio** led the Soaring Eagles in ground balls with 70. In 2005, however, **DiDio** led the Empire 8 Conference in the category (4.67 ground balls per game). In her three seasons with EC, **DiDio** is the all-time leader in ground balls with 180 and this is the third straight season she has been recognized by the Empire 8 as she was a member of the conference's First Team in 2004 and an Honorable Mention selection in 2003. **DiDio** also led the Purple and Gold in caused turnovers this season with 17, and accumulated 25 points (20 goals and five assists), which was the third-highest on the squad. Second-year defenseman **Hart** was a mainstay on defense this season for EC. **Hart** recorded 20 ground balls, 13 draw controls and was second on the squad with 14 caused turnovers.

In goal, second-year goaltender and 2004 Empire 8 First Team All-Conference **Ann Phillips '07** and newcomer **Malorie Stockwell '08** split time in the cage. As a rookie, **Stockwell** had an impressive season as she finished with a .518 save percentage (85 saves) and a goal-against average of 9.54 in ten appearances for EC. In both categories, **Stockwell** also ranked in the top four in the Empire 8 Conference.

The Soaring Eagles lose only **Julie Clune '05** to graduation. After seven wins in 2004, a first-ever Empire 8 Tournament appearance in 2005, and two consecutive seasons with a post-season appearance, the Soaring Eagles' future looks bright and the team will look to build upon its successes over the last two seasons.

## 2006 SOARING EAGLE ROSTER

<u>No.</u>	<u>Name-Class</u>	<u>Pos.</u>	<u>Hometown ~ High School</u>
3	Stephanie Walker '07	M	Corning, NY ~ Corning East
4	Kristen Leonardi '09	A	Morganville, NJ ~ St. John Vianney
7	Mary-Kate Geratowski '08	D	Wilder, VT ~ Hartford
8	Katya Outwater '07	A	Bennington, VT ~ Mount Anthony
9	Sarah Young '09	A	Hampton, NJ ~ North Hunterdon
11	Jess Zegarelli '07	D	Clinton, NY ~ Clinton
12	Nicole Silva '09	D	Londonderry, NH ~ Londonderry
13	Maggie Foster '09	D	Schuylerville, NY ~ Schuylerville
14	Lauren Mokes '09	A	Morganville, NJ ~ St. John Vianney
15	Erin Kendall '09	M	White River Jct., VT ~ Hartford
16	Megan Barcomb '08	D	Guilderland, NY ~ Guilderland
19	Shelley MacDonald '09	D	Balderson, ONT ~ Brewster Acad.
20	Alicia Ceppaglia '06	A	Lancaster, NY ~ Lancaster, NY
22	Sara DiDio '06	M	Brewster, NY ~ Brewster
44	Malorie Stockwell '08	G	Liverpool, NY ~ Liverpool

## 2006 SOARING EAGLE SCHEDULE

<u>DAY-DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
<b><i>Tue., Mar. 21</i></b>	<b><i>SUNY Morrisville #</i></b>	<b><i>H</i></b>	<b><i>4 p.m.</i></b>
Sat., Mar. 25	SUNY Geneseo	A	1 p.m.
Mon., Mar. 27	Wells	A	4:30 p.m.
<b><i>Wed., Mar. 29</i></b>	<b><i>Ithaca*#</i></b>	<b><i>H</i></b>	<b><i>4 p.m.</i></b>
Sat., Apr. 1	Kean	A	1 p.m.
<b><i>Fri., Apr. 7</i></b>	<b><i>RIT*#</i></b>	<b><i>H</i></b>	<b><i>4 p.m.</i></b>
Sat., Apr. 8	Nazareth*	A	3:30 p.m.
Sat., Apr. 15	St. John Fisher*	A	5 p.m.
Tue., Apr. 18	Cazenovia	A	4 p.m.
Thu., Apr. 20	SUNY Brockport	A	4 p.m.
<b><i>Sat., Apr. 22</i></b>	<b><i>Hartwick*</i></b>	<b><i>H</i></b>	<b><i>1 p.m.</i></b>
<b><i>Sun., Apr. 23</i></b>	<b><i>Utica*</i></b>	<b><i>H</i></b>	<b><i>1 p.m.</i></b>
Thu., Apr. 27	SUNY Fredonia	A	4 p.m.
Sat., Apr. 29	Clarkson	A	1 p.m.
Sun., Apr. 30	SUNY Potsdam	A	1 p.m.
Fri., May 5	Empire 8 Semifinals	TBA	TBA
Sat., May 6	Empire 8 Championship	TBA	TBA

\*Denotes Empire 8 Conference Game

# Game to be played at Corning War Memorial Stadium

***Home Games are in Bold and Italics***

## 2006 RETURNING PLAYER BIOS



### CAPTAIN

#22 Sara DiDio '06

Midfield

Brewster, NY ~ Brewster

**2005 Season:** Broke all-time record for career ground balls with 70 for the season ... Empire 8 Honorable Mention selection ... Received team Unsung Hero Award ... Twenty goals and five assists ... Career leader in caused turnovers at EC ... Twice scored four goals in a game against RIT and Manhattanville. **2004 Season:** Anchored defense earning NYSWCAA All State 3rd Team and Empire 8 All Conference 1st Team awards ... Started in all 17 games. **2003 Season:** Defensive Most Valuable Player, Empire 8 Honorable Mention selection, NYSWCAA All-State Third Team. **Secondary School:** Named team MVP in 2001 ... Inducted into the Brewster Hall of Fame ... Also played varsity basketball, and volleyball. **Personal:** A two sport athlete, Sara also plays Volleyball for the Purple and Gold, is a Mark Twain Scholar, and Childhood Education and History major.



### CAPTAIN

#44 Malorie Stockwell '08

Goalkeeper

Liverpool, NY ~ Liverpool

**2005 Season:** Played in 10 games in the EC goal. Saw action in three games in the field scoring one goal ... Stopped 85 shots in just under 500 minutes in the cage ... Finished the season with a 9.54 goals against average which was an all-time best in a single season at EC ... Ranked in the top four in the Empire 8 in both goals against average and save percentage ... Named team Rookie of the Year. **Secondary School:** Four-year lacrosse player at Liverpool ... Named Section III Class A All-League in 2004. **Personal:** Malorie is also a JV Volleyball player at EC, an Iris Leadership Award recipient and an English-Secondary Education major.



#20 Alicia Ceppaglia '06

Attack

Lancaster, NY ~ Lancaster High

**2005 Season:** Played in all 15 games for the Soaring Eagles ... Scored 11 goals and added five assists ... Third on the team in ground balls with 33 ... Recorded four-goal, one-assist day and picked up the game-winner in 13-8 victory over Utica on 4-16-05 ... 4th in career assists (15), 5th all-time at EC in points (64) and goals (49) ... 136 career ground balls (3rd all-time). **2004 Season:** Started and played in all 17 games ... Tallied 25 goals and 9 assists ... Third on the team in ground balls with 60. **2003 Season:** Named EC Offensive Most Valuable Player ... Scored 12 goals and added an assist in 12 games ... Recorded first career hat-trick against Utica on 4-19-03. **Secondary School:** Named to the ECIC Division I All-Star Team in 2002. **Personal:** Alicia is an Iris Leadership Award recipient and Business major.



#8 Katya Outwater '07

Attack

Bennington, VT ~ Mt. Anthony Union

**2005 Season:** Named Player of the Year and First Team All-Star in Empire 8... Registered 47 goals and 12 assists for 59 points - all single-season EC records ... Led E8 in both goals per game (3.13) and points per game (3.93) ... Second on team in ground balls with 38 ... Netted three goals or more nine times ... All-time EC leader in career goals, assists and points ... Recorded career-high seven goals and two assists against Fredonia. **2004 Season:** Scored 29 goals and dished out 8 assists in her rookie season ... Received Empire 8 All Conference 2nd Team Award. **Secondary School:** Named First Team All-State in her last two years playing lacrosse at Mt. Anthony Union. **Personal:** Katya is a Presidential Scholar and a Childhood Education major.



**#11 Jess Zegarelli '07**  
**Defense**  
**Clinton, NY ~ Clinton**

**2005 Season:** Started in all 15 games on defense for the Purple and Gold ... 25 ground balls, five caused turnovers and three draw controls on the season. **2004 Season:** Played in 10 out of 17 games ... Very aggressive defender for EC. **Secondary School:** Played one season of girls lacrosse and one season on the boys squad at Clinton High School. **Personal:** A two-sport athlete, Jess also plays Field Hockey for Elmira College. Jess is a Presidential Scholar and a Marketing and Management major.



**#7 Mary-Kate Geratowski '08**  
**Defense**  
**Wilder, VT ~ Hartford**

**2005 Season:** Scored four goals and recorded three assists in 11 games with EC ... Registered two goals against Cazenovia ... Had a four-point day (1g, 3a) against Wells. **Secondary School:** Starred at Hartford High. **Personal:** Mary-Kate also plays varsity Ice Hockey for Elmira College. She is a Trustee Scholar and a Liberal Arts major.

## 2006 EC NEWCOMERS



**#3 Stephanie Walker**  
**Midfield**  
**Corning, NY ~ Corning East**

**2004 Season:** 2nd Team All-Big East defender at Syracuse University ... Led Orange in caused turnovers with 13 and second in draw controls with 26. **2003 Season:** Second Team All-Big East ... Only first-year player on Big East First and Second Teams ... Played in Div. I NCAA Tournament. **Secondary School:** First Team All-Leader and All-Section her first three seasons at Corning East ... US Lacrosse All-American scoring 72 goals and adding 21 assists as a senior. **Personal:** Stephanie is a Transfer Scholar and a Secondary Education major at EC.



**#16 Megan Barcomb '08**  
**Defense**  
**Guilderland, NY ~ Guilderland**

**Secondary School:** Played three seasons at Guilderland High School. **Personal:** Megan is also an Elmira College Cheerleader. She is a Mark Twain Scholar and a Childhood Education and Psychology major at the College.



**#19 Maggie Foster '09**  
**Defense**  
**Schuylerville, NY ~ Schuylerville**

**Secondary School:** A Scholar Athlete at Schuylerville High School. **Personal:** Maggie is a two-sport athlete at the College as she also plays Field Hockey. She was named the Elmira College representative on the 2005 Empire 8 Field Hockey Sportswoman of the Year Team. Maggie is a Valedictorian Scholar and History major at Elmira.

## 2006 EC NEWCOMERS



#15 Erin Kendall '09  
Midfield  
White River Junction, VT ~ Hartford

**Secondary School:** Played four seasons at Hartford High ... An All-League selection her senior season with 28 goals and 11 assists. **Personal:** Erin is a Presidential Scholar and a Business major.



#4 Kristen Leonardi '09  
Attack  
Morganville, NJ ~ St. John Vianney

**Secondary School:** Played four years at St. John Vianney ... Second Team All-Shore Conference ... Scored 45 goals and 12 assists her senior season. **Personal:** Kristen is a Presidential Scholar and Nursing major at Elmira College.



#19 Shelley MacDonald '09  
Defense  
Balderson, ONT ~ Brewster

**Secondary School:** Played three seasons at Brewster Academy. **Personal:** Shelley also plays Junior Varsity Ice Hockey at EC. She is a Presidential Scholar and a Criminal Justice major.



#14 Lauren Mokes '09  
Attack  
Morganville, NJ ~ St. John Vianney

**Secondary School:** Played four seasons at St. John Vianney ... Captained the team and was a Second Team All-Star. **Personal:** Lauren is a Trustee Scholar and a Nursing major at EC.



#12 Nicole Silva '09  
Defense  
Londonderry, NH ~ Londonderry

**Secondary School:** Played three seasons at Londonderry High School. **Personal:** Nicole is a Presidential Scholar and Speech and Language Disabilities major at EC.



#9 Sarah Young '09  
Attack  
Hampton, NJ ~ North Hunterdon

**Secondary School:** Played three varsity seasons for North Hunterdon High School. **Personal:** Sarah is a Presidential Scholar and Nursing major at the College.

## 2006 SEASON OUTLOOK

At first glance, the 2006 Elmira College Women's Lacrosse season looks to be one of rebuilding. The Soaring Eagles return just six of last season's 18 players that started the campaign in February. However, first-year Head Coach **Rachel Dell** is convinced that the returning veterans and some outstanding newcomers could send the Purple and Gold to new heights this season and return the squad to the postseason for the third straight time.

Returning to lead the EC attack are **Katya Outwater '07** and **Alicia Ceppaglia '06**. **Outwater** is the reigning Empire 8 Player of the Year following her 47-goal, 12-assist season in 2005. She set the career mark at the College for points (96), goals (76) and assists (20) and established single-season records in each of the three categories as well. **Outwater** will be looked upon once again to provide even more offense this season with her tremendous speed and ability to get to the cage. **Ceppaglia** recorded 11 goals and five assists a season ago, moving up the all-time lists at Elmira in all offensive categories. **Ceppaglia** is an agile and dangerous attacker from behind the goal, and Coach **Dell** anticipates her having the most successful campaign of her career in 2006.

In the midfield and on defense, the Soaring Eagles return **Sara DiDio '06** and **Malorie Stockwell '08**, as well as **Jessica Zegarelli '07** and **Mary-Kate Geratowski '08**. **DiDio** is a solid two-way player who is the program's career leader in both ground ball pickups (180) and caused turnovers (44) and will serve as a co-captain this season. **DiDio** paced the Purple and Gold with 70 ground balls and 17 caused turnovers in 2005, was second on the squad in draw controls (35) and registered 20 tallies. In her second season with the program, **DiDio** was an Empire 8 First Team selection. In 2003, she garnered conference Honorable Mention recognition and earned Third Team All-NYSWCAA honors and also received Honorable Mention within the Empire 8 in 2005. **Stockwell** was last season's EC Rookie of the Year following her performances in the Elmira cage. She made 85 saves in six games and recorded the lowest single-season goals against average (9.54) in Women's Lacrosse history. **Stockwell** will be key for the Soaring Eagles in 2006 as she will serve as the backbone of the EC defense and one of the team captains in just her second season with the program. **Zegarelli** will be the Soaring Eagles' most experienced returning defender in 2006. Last season, **Zegarelli** played in all 15 games for the Purple and Gold and her physical, aggressive style of play will be needed in the back. **Geratowski** returns for her second season with EC on defense. She is a smart and vocal leader who contributed four goals and three assists to the offense in 2005.

Several newcomers to the program should make an immediate impact as well. Transfer **Stephanie Walker '07**, a two-time All-Big East defender from Division I Syracuse University has the potential to step right in and be a dominant force for the Soaring Eagles both offensively and defensively. She is an aggressive player with blazing speed who is determined to lead EC to new levels. **Lauren Mokes '09** and **Kristen Leonardi '09** will both be looked upon to provide offensive output this season. **Mokes** is a strong attacker with a dangerous shot and **Leonardi** has explosive potential around the goal. Coach **Dell** also looks for **Erin Kendall '09** and **Sarah Young '09** to provide goal scoring for the Soaring Eagles. **Shelley MacDonald '09**, **Meg Barcomb '09**, **Maggie Foster '09**, and **Nicole Silva '09**, all first-year players with the team, should see action right away in the midfield and on defense. **MacDonald**, a solid, strong player should be a key component in the back. **Barcomb**, a quick, sound defender should also stand out. **Foster**, playing her first season of lacrosse, is a safe defender and **Silva** provides versatility and has the potential to play all over the field.

The Soaring Eagles will look to get a bit further in 2006 after qualifying for the Empire 8 Tournament for the first time last season. The team is hungry to become a contender for the conference title and looks like it may have the balance of veterans and some talented new arrivals to get them there.

## 2006 TEAM PHOTO



**Front Row: (L to R):** Lauren Mokes '09, Mary-Kate Geratowski '08, Maggie Foster '09, Steph Walker '07, Katya Ourwater '07, Meg Barcomb '08, Shelly MacDonald '09

**Back Row: (L to R):** Head Coach Rachel Dell, Jess Zegarelli '07, Sara DiDio '06 (Captain), Erin Kendall '09, Malorie Stockwell '08 (Captain), Nicole Silva '09, Kristen Leonard '09, Sarah Young '09, Alicia Ceppaglia '06, Assistant Coach Karla Gudgel