



2022 WOMEN'S LACROSSE

5-Time National Champions • 11-Time National Semifinalists

2022 SCHEDULE

2-2, 0-0 Big Ten

Date	Opponent	Result/Time
Feb. 16	at #19 Drexel	L, 8-12
Feb. 23	at Duquesne	W, 18-4
Feb. 26	at Cornell	W, 20-11
Mar. 5	at #9 Loyola Maryland	L, 9-18.
Mar. 9	vs #21 JAMES MADISON	1 p.m.
Mar. 12	vs SAINT JOSEPH'S	3 p.m.
Mar. 15	at Towson	3 p.m.
Mar. 19	vs PRINCETON	1 p.m.
Mar. 26	at Ohio State*	1 p.m.
Apr. 1	vs NORTHWESTERN*	7 p.m.
Apr. 7	at Maryland*	6:30 p.m.
Apr. 12	vs PITTSBURGH	4 p.m.
Apr. 16	vs. MICHIGAN*	1 p.m.
Apr. 23	at Rutgers*	12 p.m.
Apr. 28	vs JOHNS HOPKINS*	6 p.m.
May 6	Big Ten Quarterfinals	TBA
May 7	Big Ten Semifinals	TBA
May 8	Big Ten Championship	TBA
May 27-29	NCAA Tournament	TBA

* Big Ten Opponent
All Times Eastern

HOME GAMES IN BOLD CAPS

IWLCA/Inside Lacrosse Rankings



Penn State

2-2

VS



#21 James Madison

3-2

Game 5: March 9, 2021

University Park, Pa.

GAME DAY

VENUE	Panzer Stadium
TV/LIVE STREAM	BIG+
LIVE STATS	gopsusports.com/sidearmstats/wlax

TEAM COMPARISON



Overall record	2-2	3-2
Conference record	0-0 BIG	0-0 CAA
Goals scored	55	56
Goals allowed	45	42
Goals scored/gm.	13.7	11.2
Goals allowed/gm.	11.2	8.4
SOG-attempts	101-126	91-134
Shots/gm.	31.5	26.8
Shot. Pct.	.437	.418
Assists	22	21
Free-Position Shots	12-29	9-20
Ground Balls/Gm.	15.2	15.6
Draw Controls/Gm.	16	11.8
Turnovers/Gm.	10.7	14.2
Caused Turnovers/Gm.	7	9.2
Clear Pct.	.938	.867
Saves	23	46
Save Percentage	.338	.523

- With their four-game season opening road trip wrapped up, the Penn State women's lacrosse program will welcome No. 21 James Madison in the Nittany Lions home opener.
- The Nittany Lions are 2-2, as they host their first true home game since April 18, 2021.
- As a team, PSU is fifth in the nation with a .938 clearing percentage.
- As a team the Nittany Lions are 15th in Division I in draw control percentage (.577).
- Sophomore Kayla Abernathy is tied 17th in the nation with 6.5 draw controls per game.
- Junior Kara Nealon is tied eighth in the nation by averaging 2.5 assists per contest.
- Head Coach Missy Doherty is in her 12th season leading the Nittany Lions.
- Doherty notched her 200th career victory following the Lions' Feb. 23 win at Duquesne.
- The Nittany Lions are starting their season on the road, playing their first four games away.
- The Nittany Lions named junior Rachel Spilker and senior Mary Muldoon captains for the 2022 season.
- The blue and white were selected fifth in the Big Ten Preseason Coaches poll.
- The lady lions return 22 players while adding one graduate transfer and seven freshmen.
- Penn State had three athletes named Big Ten Players to Watch. Graduate student, Taylor Regan and sophomores, Kristin O'Neill and Sammy Dupcak.
- The 2021 Big Ten Freshman of the Year, O'Neill, looks to have another successful year in the midfield as she was named to the Tewaaron Award watch list.



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#WEARE

SERIES HISTORY

ALL-TIME SERIES	PSU 21-14
PENN STATE STREAK	L, 3
FIRST MEETING	March 28, 1981; Penn State 18-8
LAST MEETING	March 4, 2020; JMU 16-6
LAST PSU WIN	May 14, 2017; Penn State 19-14
LAST JMU WIN	March 4, 2020; JMU 16-6
LARGEST PSU WIN	May 16, 1981; Penn State 16-3
LARGEST JMU WIN	March 4, 2020; JMU 16-6



2021 PENN STATE WOMEN'S LACROSSE

2021 NUMERICAL ROSTER

No.	Name	Pos.	Class	Ht.	Hometown	High School (Last College)
1	Brooke Hoss	M	Fr.	5-8	West Sayville, NY.	Sayville
2	Sammy Dupcak	D/M	So.	5-9	Annapolis, Md.	Broadneck
3	Ashley Bowan	GK	Fr.	5-4	Friendship, Md.	Bishop Ireton
4	Kayla Abernathy	M	So.	5-9	Towson, Md.	McDonogh School
5	Sloane Dowgiallo	D	Sr.	5-5	Lothian, Md.	Southern
6	Alaina Hamood	M/A	So.	5-9	Hinsdale, Ill.	Hinsdale Central
8	Molly O'Keefe	M	Fr.	5-10	Chesterfield, Va.	Cosby
9	Cayden Jarvis	GK	So.	5-4	Bucktown, Pa.	Owen J. Roberts
10	Taylor Regan	A	Grad.	5-4	Larchmont, N.Y.	Rye County Day (Virginia)
11	Haley Urgo	D	Jr.	5-5	Davidsonville, Md.	Archbishop Spalding
12	Kate Love	D	Sr.+	5-8	Dallas, Texas	Hockaday School
13	Lauren Saltz	M	Fr.	5-5	Westminster, Md.	Westminster
15	Sydney Wolfington	A	Sr.	5-9	Newtown Square, Pa.	Agnes Irwin
16	Ellie Hollin	D	Fr.	5-4	Monkton, Md.	The John Carroll School
17	Gianna Cutaia	D	So.	5-1	Spencerport, N.Y.	Our Lady of Mercy School
18	Rachel Spilker	D	Jr.	5-8	Severna Park, Md.	Severna Park
19	Kristin O'Neill	M	So.	5-8	Odenton, Md.	Archbishop Spalding
20	Erin Triandafilis	M	Sr.	5-7	Wading River, N.Y.	Shoreham Wading River
21	Cam Evitts	M	So.	5-5	Berwyn, Pa.	Conestoga
22	Kara Nealon	M	Jr.	5-8	Garnet Valley, Pa.	Garnet Valley
23	Ally Lipkin	A	Fr.	5-4	Short Hills N.J.	Millburn
24	Gretchen Gilmore	M	So.	5-7	Glen Ridge, N.J.	Glen Ridge
25	Regan Nealon	M/A	Jr.	5-5	Garnet Valley, Pa.	Garnet Valley
26	Kate Dougherty	M	Fr.	5-7	New Hope, Pa.	New Hope-Solebury
27	Kathryn Toohey	M	So.	5-8	Garnet Valley, Pa.	Garnet Valley
29	Brooke Barger	A	Jr.	5-6	Baltimore, Md.	Notre Dame Prep
30	Kelsey Kimmel	A	Jr.	5-8	Lancaster, Pa.	Lampeter-Strasburg
31	Mary Muldoon	M/A	Sr.	5-9	Silver Spring, Md.	Academy of the Holy Cross
32	Alexandra Bruno	A	Jr.	5-5	Rockville, Md.	Academy of the Holy Cross
36	Meghan Murray	M	Jr.	5-8	Little Silver, N.J.	Red Bank Regional

Head Coach: Missy Doherty (Maryland '97) - 12th season
Offensive Coordinator: Nicole Grote (New Hampshire '16) - first season
Defensive Coordinator: Katrina Geiger (Loyola Maryland '18) - first season
Director of Operations: Katie Haus (Maryland '13) - fifth season

+ indicates maintained eligibility from 2020 season due to COVID-19 pandemic

PRONCIATION GUIDE

Brooke Barger	Bar-ger
Gianna Cutaia	Cut-eye-uh
Sloane Dowgiallo	DOW-gee-allo
Kate Dougherty	DOW-ur-tee
Sammy Dupcak	DOO-pack
Kathryn Toohey	two-he
Erin Triandafilis	TREE-and-a-phils
Haley Urgo	Err-go

Coaches:
Missy Doherty DOOR-it-ee
Katrina Geiger Guy-ger



2021 PENN STATE WOMEN'S LACROSSE

INDIVIDUAL GAME CAREER HIGHS

#1 Brooke Hoss

Career Highs

Points	4	at Duquesne	2/23/22
Goals	4	at Duquesne	2/23/22
Assists			
Shots	5	at Cornell	2/26/22
GBs	1	at Cornell	2/26/22
DCs	3	at Duquesne	2/23/22
CTs			

#2 Sammy Dupcak

Career Highs

Points	1	vs. Rutgers	2/14/21
Assists	1	vs. Rutgers	2/14/21
Shots	1	at Drexel	2/16/22
GBs	5	vs. Maryland	2/21/21
DCs	7	vs. Michigan	3/21/21
CTs	3	vs. Maryland	2/21/21

#3 Ashley Bowan

Career Highs

Saves	7	at Cornell	2/26/22
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#4 Kayla Abernathy

Career Highs

Points	2	3x, last at Duquesne	2/23/22
Goals	2	at Duquesne	2/23/22
Assists	2	vs. Rutgers	2/14/21
Shots	2	2x, last at Cornell	2/26/22
GBs	2	at Drexel	2/16/22
DCs	8	at Cornell	2/26/22
CTs	2	vs Johns Hopkins	4/18/21

#5 Sloane Dowgiallo

Career Highs

GBs	1	2x, last vs. Michigan	3/21/21
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#6 Alaina Hamood

Career Highs

Points	1	at Duquesne	2/23/22
Goals	1	at Duquesne	2/23/22
Shots	1	2x last at Duquesne	2/23/22

#8 Molly O'Keefe

Career Highs

Points	1	at Duquesne	2/23/22
Goals	1	at Duquesne	2/23/22
Shots	1	at Duquesne	2/23/22

#9 Cayden Jarvis

Career Highs

Saves	3	2x ast at Cornell	2/26/22
GBs	1	2x at Loyola (Md.)	3/5/22

#10 Taylor Regan

Career Highs

Points	6	at Cornell	2/26/22
Goals	4	2x last at Cornell	2/26/22
Assists	3	2x last vs Louisville *	3/06/21
Shots	8	vs Notre Dame*	4/03/21
GBs	4	at Cornell	2/26/22
DCs	2	vs Boston College *	4/28/21
CTs	2	at Cornell	2/26/22

*Played with Virginia

#11 Haley Urgo

Career Highs

GBs	2	2x, last at Cornell	2/26/22
CTs	1	4x, last at Loyola (Md.)	3/5/22

#12 Kate Love

Career Highs

GBs	3	at Towson	2/8/20
DCs	1	4x, last vs. Cornell	2/23/20
CTs	3	vs. Lehigh	2/15/20

#13 Lauren Saltz

Career Highs

Points	2	at Duquesne	2/23/22
Goals	1	at Duquesne	2/23/22
Assists	1	at Duquesne	2/23/22
Shots	2	at Drexel	2/16/22
GBs	2	at Drexel	2/16/22
DCs	1	at Duquesne	2/23/22

#15 Sydney Wolfington

Career Highs

Points	2	3x, last at Duquesne	4/16/19
Goals	1	5x, last at Duquesne	2/23/22
Assists	1	6x, last at James Madison	3/4/20
Shots	2	2x, last at Cornell	2/23/19
GBs	2	2x, last at Duquesne	2/23/22
DCs	1	at Northwestern	3/28/19
CTs	1	vs. James Madison	3/6/19

#16 Ellie Hollin

Career Highs

GBs	2	at Loyola (Md.)	3/5/22
CTs	1	2x last at Cornell	2/26/22

#17 Gianna Cutaia

Career Highs

Points	1	at Duquesne	2/23/22
Goals	1	at Duquesne	2/23/22
Shots	1	2x last at Duquesne	2/23/22

#18 Rachel Spilker

Career Highs

GBs	4	at Ohio State	3/26/21
DCs	1	2x, last at Rutgers	4/15/21
CTs	3	at Ohio State	3/28/21

#19 Kristin O'Neill

Career Highs

Points	6	3x, last at Cornell	2/26/22
Goals	5	2x last at Cornell	2/26/22
Assists	2	2x, last vs. Maryland	2/21/21
Shots	12	at Cornell	2/26/22
GBs	4	at Rutgers	4/15/21
DCs	4	at Cornell	2/26/22
CTs	3	3x, last at Rutgers	4/15/21

#20 Erin Triandafilis

Career Highs

Points	1	3x, last at Duquesne	4/16/19
Goals	1	2x, last vs. Ohio State	4/4/19
Assists	1	at Duquesne	4/16/19
Shots	1	3x, last vs. Ohio State	4/4/19
GBs	2	at Duquesne	2/23/22
DCs	1	2x, last vs. Rutgers	2/14/21
CTs	1	at Towson	2/8/20



2021 PENN STATE WOMEN'S LACROSSE

INDIVIDUAL CAREER HIGHS

#21 Cam Evitts

Career Highs			
GBs	2	at Northwestern	3/11/21
DCs	2	2x last at Duquesne	2/23/22
CTs	1	3x, last at Duquesne	2/23/22

#22 Kara Nealon

Career Highs			
Points	9	at Northwestern	3/13/21
Goals	3	at Northwestern	3/11/21
Assists	7	at Northwestern	3/13/21
Shots	6	at Northwestern	3/11/21
GBs	3	vs. Michigan	3/19/21
CTs	1	2x, last at Northwestern	3/13/21

#23 Ally Lipkin

Career Highs			
Points	1	at Duquesne	2/23/22
Goals	1	at Duquesne	2/23/22
Shots	1	at Duquesne	2/23/22

#24 Gretchen Gilmore

Career Highs			
Points	2	3x last at Loyola (Md.)	3/5/22
Goals	2	3x last at Loyola (Md.)	3/5/22
Assists	1	vs. Maryland	4/11/21
Shots	5	at Duquesne	2/23/22
GBs	2	2x, last vs. Johns Hopkins	4/18/21
DCs	7	at Northwestern	3/11/21
CTs	1	3x, last vs. Michigan	3/21/21

#25 Regan Nealon

Career Highs			
Points	2	2x, last at Rutgers	4/15/21
Goals	2	at Ohio State	3/26/21
Assists	1	3x, last at Rutgers	4/15/21
Shots	4	vs. Maryland	4/11/21
GBs	3	at Duquesne	2/23/22
DCs	2	at Vanderbilt	3/8/20
CTs	3	at Duquesne	2/23/22

#26 Kate Dougherty

Career Highs			
GBs	1	last at Drexel	2/16/22

#27 Kathryn Toohey

Career Highs

#29 Brooke Barger

Career Highs			
Points	3	vs. Rutgers	2/14/21
Goals	2	vs. Rutgers	2/14/21
Assists	1	4x, last at Cornell	2/16/21
Shots	3	at Ohio State	2/26/22
GBs	2	at Rutgers	4/15/21
DCs			
CTs	1	at Rutgers	4/15/21

#30 Kelsey Kimmel

Career Highs			
Points	1	vs. Duquesne	2/19/20
Goals	1	vs. Duquesne	2/19/20
Shots	1	vs. Duquesne	2/19/20

#31 Mary Muldoon

Career Highs			
Points	5	vs. Maryland	4/11/21
Goals	5	vs. Maryland	4/11/21
Assists	1	2x last at Duquesne	2/23/22
Shots	5	vs. Maryland	4/11/21
GBs	2	vs. Michigan	3/21/21
DCs	1	2x, last at Duquesne	4/16/19
CTs	1	2x, last at Drexel	2/16/22

#32 Alexandra Bruno

Career Highs

#36 Meghan Murray

Career Highs			
Points	4	at Cornell	2/26/22
Goals	4	at Cornell	2/26/22
Assists	1	2x last at Cornell	2/26/22
Shots	6	at Loyola (Md.)	3/5/22
GBs	3	vs. Lehigh	2/15/20
DCs	5	vs. Lehigh	2/15/20
CTs	2	at Loyola (Md.)	3/5/22