



2022 WOMEN'S LACROSSE

5-Time National Champions • 11-Time National Semifinalists

2022 SCHEDULE

6-6, 0-3 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	W, 14-10
Mar. 12	vs SAINT JOSEPH'S	W, 17-8
Mar. 15	at Towson	W, 15-6
Mar. 19	vs #11 PRINCETON	L, 11-12
Mar. 26	at Ohio State*	L, 11-12
Apr. 1	vs #3 NORTHWESTERN*	L, 17-6
Apr. 7	at #9 Maryland*	L, 6-13
Apr. 12	vs PITT	W, 15-7
Apr. 16	vs. MICHIGAN*	1 p.m.
Apr. 23	at Rutgers*	Noon
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
6-6, 0-3 B1G

VS



Michigan
9-5, 1-3 B1G

Game 13: April 16, 2022

University Park, Pa.

GAME DAY

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

TEAM COMPARISON



Overall record	6-6	9-5
Conference record	0-3 B1G	1-3 B1G
Goals scored	150	174
Goals allowed	130	121
Goals scored/gm.	12.5	12.4
Goals allowed/gm.	10.8	8.6
SOG-attempts	270-374	282-393
Shots/gm.	31.6	28
Shot. Pct.	.401	.443
Assists	62	69
Free-Position Shots	30-82	37-72
Ground Balls/Gm.	16.1	14.4
Draw Controls/Gm.	12.8	13.7
Turnovers/Gm.	11.3	13.6
Caused Turnovers/Gm.	7.8	8.4
Clear Pct.	.916	.864
Saves	86	117
Save Percentage	.398	.492

- Penn State returns to conference action following a 15-7 win over Pitt on Tuesday. The victory snapped a four-game skid for the Nittany Lions.
- The Nittany Lions had a hat-trick of hat-tricks against Pitt as grad transfer **Taylor Regan**, sophomore **Kristin O'Neill** and junior **Meghan Murray** each netted three goals.
- Against Pitt, **Regan** tallied six points, tying her season high she last set at Cornell. Regan now has 99 career points, 65 in four years playing for Virginia and 34 so far in one season at PSU.
- Penn State leads 5-3 in the all-time series vs. UM since their first matchup in 2014.
- PSU split with then No. 13 UM last season, falling 9-12 in game one but taking game two, 13-12 in overtime.
- Last season, in the series vs. UM, **O'Neill** as a freshman accounted for six goals and one assist.
- PSU looks to claim their Big Ten win of the season after falling to Ohio State, No. 3 Northwestern and No. 9 Maryland.
- PSU is fourth in the nation and second in the Big Ten in fewest turnovers per game (11.1).
- PSU is 11th in the nation and third in the Big Ten in clearing percentage (.918).
- **O'Neill** leads the Lions with 30 goals. She has ten multi-goal games this year. She also has a team best 38 points and 18 caused turnovers.
- Freshman **Ashley Bowan** has started between the pipes in the last nine games. She has a .411 save percentage.
- Junior **Kara Nealon** has a team best 20 assists.
- Sophomore **Kayla Abernathy** has won a team best 52 draw controls.



@PennStateWLAX

GoPSUSports.com

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#WEARE

SERIES HISTORY

ALL-TIME SERIES	Penn State, 5-3
PENN STATE STREAK	W, 1
FIRST MEETING	March 23, 2014; Penn State, 20-7
LAST MEETING	March 21, 2021; Penn State, 13-12 OT
LAST PSU WIN	March 21, 2021; Penn State, 13-12 OT
LAST UM WIN	March 19, 2021; Michigan, 12-9
LARGEST PSU WIN	March 23, 2014; Penn State, 20-7
LARGEST UM WIN	2x Last March 19, 2021; Michigan, 12-9



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

PRONUNCIATION 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	6	2x last vs Pitt	4/12/22
GBs	1	5x last at Maryland	4/7/22
DCs	3	at Duquesne	2/23/22
CTs	1	vs Princeton	3/19/22

#2 Sammy Dupcak

Career Highs

Points	1	2x last vs. Saint Joseph's	3/12/22
Assists	1	3x last at Ohio State	3/26/22
Shots	1	2x last at Ohio State	3/26/22
GBs	6	at Ohio State	3/26/22
DCs	10	vs James Madison	3/9/22
CTs	3	vs. Maryland	2/21/21

#3 Ashley Bowan

Career Highs

Saves	13	at Maryland	4/7/22
GBs	2	4x last vs Princeton	3/19/22

#4 Kayla Abernathy

Career Highs

Points	3	vs James Madison	3/9/22
Goals	2	at Duquesne	2/23/22
Assists	2	2x last vs James Madison	3/9/22
Shots	2	6x, last vs Pitt	4/12/22
GBs	3	vs James Madison	3/9/22
DCs	8	2x last at Towson	3/15/22
CTs	2	2x vs Princeton	3/19/22

#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	2	vs Northwestern	4/1/22
GBs	1	vs Pitt	4/12/22

#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	8	vs Northwestern	4/1/22
GBs	1	3x last vs Northwestern	4/1/22

#10 Taylor Regan

Career Highs

Points	6	at Cornell	2/26/22
Goals	4	2x last at Cornell	2/26/22
Assists	3	3x last vs Pitt	4/12/22
Shots	9	vs Pitt	4/12/22
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 Uργο

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	5	at Towson	3/15/22
DCs	1	4x, last vs. Cornell	2/23/20
CTs	3	2x last at Towson	3/15/22

#13 Lauren Saltz

Career Highs

Points	2	at Duquesne	2/23/22
Goals	1	2x last vs Saint Joseph's	3/12/22
Assists	1	at Duquesne	2/23/22
Shots	3	vs Saint Joseph's	3/12/22
GBs	2	3x last vs Northwestern	4/1/22
DCs	3	vs Saint Joseph's	3/12/22
CT	1	at Maryland	4/7/22

#15 Sydney Wolfington

Career Highs

Points	2	3x, last at Duquesne	4/16/19
Goals	1	7x, last vs Pitt	4/12/22
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	3	vs Northwestern	4/1/22
CTs	2	2x last at Ohio State	3/26/22

#17 Gianna Cutaia

Career Highs

Points	1	at Duquesne	2/23/22
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#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	14	vs Princeton	3/19/22
GBs	4	at Rutgers	4/15/21
DCs	5	vs Princeton	3/19/22
CTs	5	vs Northwestern	4/1/22



2021 PENN STATE WOMEN'S LACROSSE

INDIVIDUAL CAREER HIGHS

#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

#21 Cam Evitts

Career Highs

Shots	1	vs Saint Joseph's	3/12/22
GBs	3	vs Princeton	3/19/22
DCs	2	2x last at Duquesne	2/23/22
CTs	1	6x, last vs Pitt	4/12/22

#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	3x, last vs James Madison	3/9/22

#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
GBs	1	vs Northwestern	4/1/22

#24 Gretchen Gilmore

Career Highs

Points	3	2x last vs Pitt	4/12/22
Goals	3	at Towson	3/15/22
Assists	1	4x last vs Pitt	4/12/22
Shots	5	2x last at Towson	3/15/22
GBs	2	2x, last vs. Johns Hopkins	4/18/21
DCs	7	at Northwestern	3/11/21
CTs	1	4x, last at Ohio State	3/26/22

#25 Regan Nealon

Career Highs

Points	3	vs Saint Joseph's	3/12/22
Goals	2	at Ohio State	3/26/21
Assists	2	vs Saint Joseph's	3/12/22
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

Shots	1	vs Saint Joseph's	3/12/22
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	6x, last at Towson	3/15/22
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	3x last vs Pitt	4/12/22

#31 Mary Muldoon

Career Highs

Points	5	vs. Maryland	4/11/21
Goals	5	vs. Maryland	4/11/21
Assists	1	3x last vs Princeton	3/19/22
Shots	5	2x last vs James Madison	3/09/22
GBs	2	vs. Michigan	3/21/21
DCs	1	2x, last at Duquesne	4/16/19
CTs	1	3x, last vs James Madison	3/09/22

#32 Alexandra Bruno

Career Highs

DCs	1	vs Saint Joseph's	3/12/22
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#36 Meghan Murray

Career Highs

Points	4	2x last vs Pitt	4/12/22
Goals	4	at Cornell	2/26/22
Assists	2	at Ohio State	3/26/22
Shots	6	3x vs Pitt	4/12/22
GBs	3	vs. Lehigh	2/15/20
DCs	9	vs Princeton	3/19/22
CTs	2	at Loyola (Md.)	3/5/22