



2022 WOMEN'S LACROSSE

5-Time National Champions • 11-Time National Semifinalists

2022 SCHEDULE

5-5, 0-2 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*	6:30 p.m.
Apr. 12	vs PITTSBURGH	4 p.m.
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
5-5, 0-2 B1G

AT



No. 9 Maryland
8-2, 2-0 B1G

Game 11: April 7, 2022

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GAME DAY

VENUE	Panzer Stadium
TV/LIVE STREAM	Big Ten Network
LIVE STATS	umterps.com/sidearmstats/wlax

TEAM COMPARISON



Overall record	5-5	8-2
Conference record	0-2 B1G	2-0 B1G
Goals scored	129	179
Goals allowed	110	82
Goals scored/gm.	12.9	16.2
Goals allowed/gm.	11	7.4
SOG-attempts	224-309	310-372
Shots/gm.	30.9	33.8
Shot. Pct.	.417	.481
Assists	55	79
Free-Position Shots	22-64	30-69
Ground Balls/Gm.	16.5	18.7
Draw Controls/Gm.	14.4	15.1
Turnovers/Gm.	11.1	10.8
Caused Turnovers/Gm.	8.1	9.8
Clear Pct.	.930	.910
Saves	68	92
Save Percentage	.382	.529

- The Nittany Lions face their fifth ranked opponent of the season in No. 9 UMD.
- The Terrapins' only loss is to then No. 15 James Madison, 8-13. PSU defeated then No. 21 JMU, 14-10, in Happy Valley.
- On the NCAA RPI board, the Terps are ranked eleventh and the Nittany Lions 21st.
- PSU won both contests vs UMD last season, beating the No. 7 Terps 15-13 on Feb. 21 and again on April 11, taking down No. 9 UMD, 16-9.
- The 2021 wins snapped a 17-game skid to the Terrapins.
- Last season against UMD, **Kristin O'Neill** combined for ten points between the two games.
- PSU is fourth in the nation and first in the Big Ten in clearing percentage (.930).
- PSU is fifth in the nation and second in the Big Ten in fewest turnovers per game (11.1).
- Sophomore **Kristin O'Neill** leads the Lions with 27 goals. She has nine multi-goal games this year. She also has a team best 34 points.
- Junior **Kara Nealon** has a team best 20 assists. She averages two helpers a game.
- Sophomore **Kayla Abernathy** has won a team best 43 draw controls. She wins 4.30 draws a game, fifth most in the Big Ten.
- Freshman **Ashley Bowan** has started between the pipes in the last seven games. She has a .392 save percentage.
- The blue and white were selected fifth in the Big Ten Preseason Coaches poll.
- The Lions return 22 players while adding one graduate transfer and seven freshmen.



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#WEARE

SERIES HISTORY

ALL-TIME SERIES
PENN STATE STREAK
FIRST MEETING
LAST MEETING
LAST PSU WIN
LAST UMD WIN
LARGEST PSU WIN
LARGEST UMD WIN

Maryland, 16-43-1
W, 2
April 14, 1973; Maryland, 13-5
April 11, 2021; Penn State 16-9
April 11, 2021; Penn State 16-9
May 3, 2019; Maryland 15-8
April 27, 1976; Penn State, 13-2
April 30, 1994; Maryland 21-4



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	vs Princeton	3/19/22
GBs	1	4x last at Ohio State	3/26/22
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	2/21/22

#3 Ashley Bowan

Career Highs			
Saves	10	2x last vs Princeton	3/19/22
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	5x, last vs Northwestern	4/1/22
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

#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

#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	2x last vs Louisville *	3/6/21
Shots	8	vs Notre Dame*	4/3/21
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 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

#15 Sydney Wolfington

Career Highs			
Points	2	3x, last at Duquesne	4/16/19
Goals	1	6x, last vs Saint Joseph's	3/12/22
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	2	at Duquesne	2/23/22
Goals	1	at Duquesne	2/23/22
Shots	2	vs Northwestern	4/1/22

#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

#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

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	5x, last vs Princeton	3/19/22

#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	at Towson	3/15/22
Goals	3	at Towson	3/15/22
Assists	1	3x last vs Northwestern	4/1/22
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	2x last vs Saint Joseph's	3/12/22

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