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To learn more about Alvernia College visit our website at www.alvernia.edu.
To schedule a visit to campus, call the admissions office at 1-888-ALVERNIA
For up-to-date athletic scores and schedules visit: athletics.alvernia.edu or call the Crusader Hotline at 610-796-8353

On the Front Cover:
The Crusaders four seniors in action. Clockwise from the top left: Megan Novogratz, Becky Macchione, Melissa Senick, and Jessie Titus.

On the Back Cover:
The 2005 Crusader Team celebrates after their first PAC Championship.
Alvernia Fast Facts

• Founded in 1926 by the Bernardine Sisters, Alvernia expanded into a four-year liberal arts-based college in 1958.

• Alvernia is located in Reading, Pennsylvania on a tree-lined, suburban 49-acre campus. It is just 45 minutes from Philadelphia, Lancaster and Allentown, and is an easy commute to New York City, Baltimore and Washington D.C.

• 2,560 students attend Alvernia College including 1,364 traditional daytime undergraduates, 566 continuing education students, and 630 graduate students. 71% of our freshman live on campus. Of our total student body, 43% live on campus. The remaining 57% commute from their homes or off campus housing. 60% of our students are female and 40% are male.

• Our faculty-to-student ratio is 16-1. 78% of Alvernia professors hold the highest degree in their field.

• Costs for 2005-2006 were $18,900 for full-time tuition and room and board was $7,299.

• Alvernia takes great pride in making a private education affordable. 85% of Alvernia students receive some type of financial aide including scholarships, grants, loans, and work-study. Each year Alvernia awards more than $3 million in assistance.

• We offer more than 50 academic areas as well as pre-professional programs in medicine, dentistry, law, and veterinary medicine. If you’re undecided on a major, our Genesis Program will help you identify your academic strengths and potential career options. You can also enhance your educational experience in our Honors Program, through study abroad, or by completing an employment internship.

• Our noted facilities include a complete library, a fully equipped fitness center, and student living accommodations which include traditional residence halls, suite-style apartments, and townhouses. Each room includes phone, cable TV, and Internet access. Our newest residence, Judge Hall, opened its doors in the fall of 2005. Plans for campus enhancements include a state-of-the-art science building addition, the new Sovereign Sports Park, and expansion of the Student Center.

• 243 athletes compete in 15 men’s and women’s intercollegiate sports in NCAA Division III. Intramural sports, our fitness center, wellness programs, and recreational activities are available to all students.

• More than 500 students are active in over 50 campus groups. We have over 100 student leadership positions, and more than 200 students are members of honor societies.

• Our mission is: To Learn. To Love. To Serve. We recognize the Core Franciscan Values of service, humility, peacemaking, contemplation, and collegiality.

Alvernia At A Glance

Areas of Study:

Accounting  
Addiction Studies  
Athletic Training  
Biochemistry  
Biology  
Medical Technology  
Business  
Management*  
Chemistry  
Medical Technology  
Communication  
Corporate  
Creative Arts  
Journalism  
Media Design and Production  
Public Relations and Advertising  
Theatre Studies  
Computer Information  
Systems  
Business  
Communication  
Criminal Justice  
Mathematics  
Science  
Criminal Justice  
Administration  
Education*  
Early Childhood  
Elementary  
Secondary  
Biology  
Chemistry  
Citizenship Education  
English  
General Science  
Mathematics  
Special Education  
English  
Forensic Science  
General Science  
Genesis Program (For Undeclared Majors)  
History  
Human Resource  
Management  

Liberal Studies*  
Marketing  
Mathematics  
Nursing  
Occupational Therapy*  
Philosophy  
Political Science  
Psychology and Counseling*  
Social Work  
Gerontology  
Sports Management  
Theology  

Pre-Professional  
Pre-Dental  
Pre-Law  
Pre-Medical  
Pre-Veterinary  

*5-Year Master’s Program Available

Athletics

*Intramural sports and our fitness center are available to all Alvernia Students

NCAA Men’s Sports  
Baseball  
Basketball  
Cheerleading  
Cross Country  
Golf  
Ice Hockey  
Lacrosse  
Soccer  
Tennis  

NCAA Women’s Sports  
Basketball  
Cheerleading  
Cross Country  
Field Hockey  
Lacrosse  
Soccer  
Softball  
Tennis  
Volleyball
Head Coach, Laura Gingrich

Laura Gingrich is entering her 8th season of coaching at Alvernia College, and is already the most successful coach in program history posting an overall record of 72 wins and 62 losses for a career winning percentage of 0.537. This past season she led the Crusaders to their first PAC Championship and advanced to the 2nd round of the DIII NCAA Tournament. In 2004 she led the Crusader squad to the PAC and ECAC championship game. She also serves as the Associate Athletic Director and the Senior Woman Administrator for Alvernia’s Department of Athletics and Recreation.

Coach Gingrich was a graduate from Solanco High School in 1980, where she was a three-sport athlete. She attended West Chester University, where she played field hockey for two years, and earned her Bachelors Degree in Health & Physical Education. Returning to Solanco, she taught Health & Physical Education and coached field hockey, basketball, and track & field. In 1987, she accepted a graduate assistantship at Kent State University in the Physical Education Department, and earned her Masters Degree in Exercise Science in 1988.

Coach Gingrich resides in Shillington, PA with her husband and two children.

Assistant Coach, Nicole Rhoads

Nicole Rhoads is entering her third season as the assistant field hockey coach at Alvernia and also serves as the assistant lacrosse coach. In addition to her coaching duties she also serves as the Student Athlete Services Coordinator for Alvernia’s Department of Athletics and Recreation.

Rhoads, a three-sport standout athlete at Oley Valley High School, comes to Alvernia after a very successful playing career at 12-time National Champion Bloomsburg University. As a player at Bloomsburg she was part of two NCAA Division II National Championship teams, was a three-time first team member of the All-PSAC and All-American teams, and is currently fifth all-time for career points. Rhoads graduated in 2004 with a BS in Exercise Science and is currently pursuing a masters degree in sports management at Millersville University.

Coach Rhoads’ duties for the field hockey team include defense and recruiting. In her spare time she enjoys spending time with family, reading, and playing in hockey and basketball leagues. Rhoads currently resides with her husband in West Lawn, PA.
Assistant Coach, Phyllis Meals
Phyllis Meals joined the team as an assistant coach in the summer of 2004. Her previous coaching experience includes two years as head coach for Central Catholic High School in Reading, PA. At Alvernia, Meals main responsibilities include goalkeepers and recruiting.

Meals played locally at Twin Valley High School. At the collegiate level, Meals played four years of Division I Field Hockey for Davis and Elkins where she also earned a B.S. in Mathematics. Her second B.S. in Engineering was earned at West Virginia University.

Coach Meals currently works at Parsons E&C and also helps out with the Alvernia College softball team. In her free time she enjoys playing field hockey on local club teams.

2006 Season Outlook
The Crusaders enter the 2006 season with high expectations, returning nine of eleven starters from a 2005 campaign that saw Alvernia claim it’s first field hockey PAC championship and first NCAA championship appearance. The Crusaders, who scored a league best 79 goals last season, return the top three 2005 point leaders in the league and will rely on it’s four seniors and eight juniors to capture it’s second PAC championship and carry the team even deeper into the NCAA tournament. Alvernia will be led by veteran head coach, Laura Gingrich, who enters this season with a career record of 72 wins and 62 losses. Gingrich is very excited for the season and has high expectations for what this team could achieve. She states that, “There are many areas that have contributed to this team’s success: talent, leadership, the desire to win, and team cohesiveness. Our goal this year, first and foremost, is to win our second consecutive conference championship. After that, each round of the NCAA tournament is a bonus.”

Offense
The Crusader’s return everyone from last year’s attack that produced a school-record 79 goals. Leading the way for the attack will be seniors Becky Macchione, Megan Novogratz, and Jesse Titus. These three seniors lead the PAC in points in 2005 and have already put their names in the Alvernia record book for career scoring. A two-time NFHCA Second Team All-American, Becky Macchione (Richland, PA/Conrad Weiser) is a feisty player who is already Alvernia’s all-time leading scorer with 71 goals and 25 assists for 167 points. Macchione has a knack for putting the ball in the cage and will again look to create problems for opposing defenses in her senior campaign. Megan Novogratz (Allentown, PA/Allentown Central Catholic) earned NFHCA All-Region Second Team honors in 2005 and has already scored 59 goals and dished out 24 assists for 142 career points, ranking her second in school history. Novogratz is expected to be one of the team leaders this year and has the ability to create corners for the Crusaders and also has a very hard shot. Senior Jesse Titus (Leesport, PA/Schuylkill Valley) has seen her share of injuries throughout her career but in the 2005 season she was third in the league in points with 12 goals and 5 assists for 30 points. Five of those goals were game winners and the Crusaders will rely on Titus’ speed and finishing abilities again this year on both the forward line and in the midfield. Rounding out the attack for the Crusaders will be juniors Shayna Clark (Leesport, PA/Schuylkill Valley) and Tara Chappelle (Royersford, PA/St. Pius X) along with newcomers Christy Miller (Alburtis, PA/Brandywine Heights), a sophomore transfer from Arcadia University, Dawn Beiswenger (Denver, PA/Garden Spot), a transfer from Reading Area Community College, and Amanda Daher (Pheonixville, PA/Pheonixville Area). Clark has 10 goals and eight assists for her career and has great speed and stick skills. Chappelle just joined the team last year as a sophomore and is a speedy forward that is continuing to develop and should provide even more depth for the offense this year. Last year she notched two goals and assisted on three other goals. Coach Gringrich hopes that the newcomers will provide depth to an already potent attack that can use their power to score or their speed and skill to beat opposing teams. Gingrich thinks that this could be her team’s most productive offensive season and states that “Our offensive scoring potential should be even greater this year with all of our returning offensive players. They all have the ability to score and will make it very difficult for our opponents to defend us. Plus, increasing the depth of our offensive bench will allow our starters a much needed break,
2006 Outlook Cont.

Midfield
Three juniors who have all started since their freshman year will lead the Crusader midfield this year. **Amber Landis** (Ephrata, PA/Ephrata), **Laura Bilger** (Reading, PA/Governor Mifflin), and **Lynsey Treadwell** (Farmington, NJ/Howell) will patrol the midfield and help set up the dangerous attack. Landis, the 2004 PAC Rookie of the Year and 2005 PAC championship MVP, already has 12 goals and 10 assists for her career and can use her speed, endurance and stick work to become a defensive stopper or an offensive threat in the circle. Bilger, a workhorse that at times has been hindered by injuries, will also provide a threat on both ends of the field. She has four goals and two assists for her career and is also a key member of the defensive corner team. Treadwell, a speedy player that sees the field well has two career assists and will again be called on to stop the opposing attack and transition to offense. Senior Jesse Titus will also be used in the midfield along with the attack. In order for the team to be successful they will have to rely on newcomers **Janelle Lynch** (Macungie, PA/Brandywine Heights) and **Breah Kinney** (Forty-Fort, PA/Wyoming Valley West) to provide some depth in the midfield and provide breaks for the starters. Both freshmen are very athletic and come from winning high school programs. Coach Gingrich feels that her midfield is “made up of a solid and talented Junior class, and with the addition of a talented recruiting class, will continue to be a threat on both the attacking and defensive ends of the field.”

Defense
The defense will again be led by senior **Melissa Senick** (Reading, PA/Reading Central Catholic) and junior **Lauren Yoder** (Fleetwood, PA/Oley Valley). Senick, a talented and versatile defender, has started 65 of the 67 games that she has played in, and was a member of the 2004 All-PAC First Team. Her defensive abilities are evident both on the field of play and on defensive corners and she has also contributed on the offensive end scoring six goals and assisting on 12 others for her career. Her vocal leadership this year will be critical to the success of the defense and the team. Yoder, a starter in all 47 games of her career is also a two-time All-PAC first team member and has become the rock of the Alvernia defense that was third in goals allowed in the PAC in 2005. In addition to her defense prowess, Yoder has also contributed on the offensive end with seven goals and four career assists. Coach Gingrich will turn to reserves **Allison Hoffa** (Reading, PA/Reading Central Catholic) and **Megan Sowders** (Atco, NJ/Hammonton), along with newcomers **Kathleen Priest** (Budd Lake, NJ/Mt. Olive), **Jaclyn Guignet** (Center Valley, PA/Southern Lehigh), **Allison Sterner** (Reading, PA/Holy Name), and **Larissa Wert** (Middleburg, PA/Midd-West) to round out the defense that graduated two-year starter Risa Frappolli in 2005. Assistant Coach Nicole Rhoads is optimistic about her defenses’ capability to shut down the opponents attack and states that, “This defensive group is focused, wants to win, and has a strong desire to succeed. Together, they have what it takes to shut down the opposing attack and help transition into offensive play. While we still have some holes to fill from last year and things to improve on, I am sure that we will be able to come together as one defensive unit and will have another very successful year.”

Goals
Perhaps the biggest question for the Crusaders this year will be how they replace their four-year starting goalie, Carey Manzolillo. Manzolillo who had 24 career shutouts and holds every goaltending record at Alvernia, was the 2005 PAC Player of the Year and garnered several other postseason awards including CoSIDA’s ESPN The Magazine Third Team Academic All-American. Last season Manzolillo was backed up by freshmen **Audrey Hoffman** (Mertztown, PA/Brandywine Heights). Hoffman saw action in eight games last year, stopping 12 shots on goal. Joining Hoffman at the goalie position this year will be Michigan State transfer **Amanda Yocom** (Morgantown, PA/Twin Valley) who joined the team last spring. While it will be hard to fill the shoes of Manzolillo, Assistant Coach Phyllis Meals likes what she sees in her returning goalkeepers and thinks that the competition between the two will only make them better. She states that, “Both goalies have great skills and reaction time. Both goalies bring their own unique style to the position and they should make each other stronger. The key for us to be successful at the goalie position will be communicating with the defense and rest of the team to create one unit.” There are a lot of expectations for this year’s Crusader team. They have the experience of winning a PAC championship and making their first NCAA appearance, the upperclassmen leadership needed to win championships and with a little help from the incoming recruiting class they have the opportunity to go to levels that were never reached by any other Alvernia Field Hockey Team. There is a sense of excitement from the coaching staff to get the season started, and the schedule will quickly provide a measuring stick against top Division III opponents such as Susquehanna University, Lebanon Valley College, Juniata College and Rowan University, along with other PAC contenders. Coach Gingrich liked what she saw in the spring season from her players and is ready for the fall season. “We are looking forward to the challenge of the upcoming season, and realize that we are now the team with the target on our backs. Our players want to return to post-season play and are willing to work to make that goal come true. We need to come to each game ready to play if we are going to reach all of our goals and have another successful season.”
**2006 Roster**

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pos.</th>
<th>Cl.</th>
<th>Hometown/High School (Previous School)</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Amanda Yocum</td>
<td>GK</td>
<td>So.</td>
<td>Morgantown, PA/Twin Valley (Mich. St.)</td>
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<tr>
<td>2</td>
<td>Shayna Clark</td>
<td>F</td>
<td>Jr.</td>
<td>Leesport, PA/Schuylkill Valley</td>
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<td>3</td>
<td>Dawn Beiswenger</td>
<td>F</td>
<td>Jr.</td>
<td>Denver, PA/Garden Spot (R.A.C.C.)</td>
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<td>4</td>
<td>Amanda Daher</td>
<td>F</td>
<td>Sr.</td>
<td>Pheonixville, PA/Pheonixville Area</td>
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<tr>
<td>5</td>
<td>Tara Chappelle</td>
<td>F</td>
<td>Jr.</td>
<td>Royersford, PA/St. Pius X</td>
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<tr>
<td>6</td>
<td>Amber Landis</td>
<td>M</td>
<td>Jr.</td>
<td>Ephrata, PA/Ephrata</td>
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<tr>
<td>7</td>
<td>Jessie Titus</td>
<td>M/F</td>
<td>Sr.</td>
<td>Leesport, PA/Schuylkill Valley</td>
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<tr>
<td>8</td>
<td>Allison Hoffa</td>
<td>D</td>
<td>So.</td>
<td>Reading, PA/Central Catholic</td>
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<tr>
<td>9</td>
<td>Allison Sterner</td>
<td>D</td>
<td>Fr.</td>
<td>Reading, PA/Holy Name</td>
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<tr>
<td>10</td>
<td>Jaclyn Guignet</td>
<td>D</td>
<td>Fr.</td>
<td>Center Valley, PA/Southern Lehigh</td>
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<td>11</td>
<td>Audrey Hoffman</td>
<td>GK</td>
<td>So.</td>
<td>Mertztown, PA/Brandywine Heights</td>
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<tr>
<td>12</td>
<td>Janelle Lynch</td>
<td>M</td>
<td>Fr.</td>
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<tr>
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<td>Lauren Yoder</td>
<td>B</td>
<td>Jr.</td>
<td>Fleetwood, PA/Oley Valley</td>
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<tr>
<td>14</td>
<td>Lynsey Treadwell</td>
<td>M</td>
<td>Fr.</td>
<td>Farmingdale, NJ/Howell</td>
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<tr>
<td>15</td>
<td>Laura Bilger</td>
<td>M/D</td>
<td>Jr.</td>
<td>Reading, PA/Governor Mifflin</td>
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<td>Kathleen Priest</td>
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<td>Fr.</td>
<td>Budd Lake, NJ/Mt. Olive</td>
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<td>17</td>
<td>Christy Miller</td>
<td>F</td>
<td>So.</td>
<td>Alburtis, PA/Brandywine Heights (Arcadia)</td>
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<td>Breah Kinney</td>
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<td>Fr.</td>
<td>Forty-Fort, PA/Wyoming Valley West</td>
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<td>Melissa Senick</td>
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<td>Megan Sowders</td>
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<td>Richland, PA/Conrad Weiser</td>
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<td>Megan Novogratz</td>
<td>F</td>
<td>Sr.</td>
<td>Allentown, PA/Allentown Central Catholic</td>
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<tr>
<td>26</td>
<td>Larissa Wert</td>
<td>M/D</td>
<td>Fr.</td>
<td>Middleburg, PA/Midd-West</td>
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</tbody>
</table>

**Head Coach:** Laura Gingrich (8th season, West Chester, 72-62)

**Asst. Coaches:** Nicole Rhoads, Phyllis Meals

**Captains:** Megan Novogratz, Melissa Senick, Jessie Titus

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**Player Profiles**

**Becky Macchione**

Senior, Attack

Richland, PA/Conrad Weiser

A solid performer the last three seasons, Macchione has a great shot on goal, displays explosive speed, and will continue to be a threat on the attack. As a senior, she looks to fill a leadership role on the team this season.

2005: Started all 22 games...led the team in goals, assists and points with 23, 7, and 53 respectively...had four game-winning goals...had three hat tricks on the year on 09/16, 10/12, and 10/15...PAC Player of the Week 09/12, 09/19 and 10/17...earned All-PAC First Team...Second Team All-American (womensfieldhockey.com)...First Team All-Region...Second Team All-American (NFHCA).

2004: Started all 25 games for the Crusaders...compiled 67 points to set new record for career points with 114 points in only two seasons...led the team with 28 goals to set a single-season school record...added 11 assists to set career record with 18 ...had seven game-winning goals including overtime goal vs. Utica in ECAC semi-finals...finished with a shooting percentage of .308...PAC Player of the Week 09/12 and 10/24...earned All-PAC First Team plus co-Player of the Year in the PAC...First Team All-American (womensfieldhockey.com)...First team All-Region...Second Team All-American (NFHCA) and ECAC Second Team.

2003: Appeared in 20 games, starting 19...second on the team in both goals with 20, and assists with seven...finished with a .222 shot percentage and had three game-winning goals...named to All-Rookie Team (womensfieldhockey.com)...PAC Rookie of the Year...Second Team All-PAC...Player of the Week 10/05.

**Megan Novogratz**

Senior, Attack

Allentown, PA/Allentown Central Catholic

A great attack player with a strong combination of speed and stickwork. She is expected to be a major part of the Crusader’s attack this season. Has become a more vocal leader throughout her playing career. Also a starter on the Alvernia Lacrosse Team.

2005: Started all 22 games...first on team with six game-winning goals...second on team in goals, assists and points with 21, 7 and 49 respectively...tallied a hat trick on 09/24...named to All-PAC First Team...earned All-Region Second Team (NFHCA).

2004: Started 23 games for the Crusaders...compiled 17 goals, five of which were game-winning, and nine assists...finished with .183 shot percentage.

2003: Started all 20 games...led the team in goals with 21...had eight assists...had four game-winning goals...finished with a shot percentage of 2.27...named to All-Rookie Squad for DIII (womensfieldhockey.com)...Second Team NFHCA South Atlantic All-Region Team...First Team All-PAC...PAC Player of the Week 09/07 and 11/02...ECAC Player of the Week 10/19.
The past three years has played a strong center back position for the Crusaders. Has good anticipation, a great reach, and strong clearing abilities all contribute to her play. A senior defender, who is also a starter on the Alvernia lacrosse team, will be a key leader for the Crusaders this year.

2005: Started all 22 games...had three goals and three assists.
2004: Started in 24 games...compiled two goals a four assists...had 20 shots for a shooting percentage of .100...named to All-PAC First Team.
2003: Appeared in all 20 games, starting in 19...had one goal and five assists.

Jessie Titus
Senior, Midfield/Attack
Leesport, PA/Schuylkill Valley

Is a very smart player who has a great game sense and one-on-one skills. Very creative with the ball and distributes the ball to create a lot of scoring opportunities.

2005: Appeared in 21 games, starting 20...had 12 goals including five game winners...including the OT goal in the PAC Championship game...also tallied six assists...was third on the team in points with 30.
2004: Appeared in six games for the Crusaders...had two goals and finished with a shooting percentage of .667...had one game winning goal.

Laura Bilger
Junior, Midfield/Defender
Reading, PA/Governor Mifflin

A starter on both defense and midfield throughout the past two seasons, is once again expected to be a key performer for the team. She is a tough competitor, has a hard work ethic, and displays an aggressive playing style.

2005: Scored four goals and had one assist in 21 games this season. Scored the game winning goal on 10/24 at Eastern.
2004: Started 22 games...had one assist and five shots.

Tara Chappelle
Junior, Attack
Royersford, PA/St. Pius X

A speedy attack player, she continues to get better with her stickwork and tactical game and will add depth to the Crusaders attack this year. Also plays on the Alvernia lacrosse team.

2005: Played in 18 games, starting five...scored two goals and had three assists.

Amber Landis
Junior, Midfield
Ephrata, PA/Ephrata

Has played solid field hockey for the past two seasons. A very versatile, hardworking and tenacious player with a great game sense and the skills to execute well in the midfield.

2005: Started all 22 games...had six goals and three assists...earned All-PAC Honorable Mention...named 2005 PAC Championship MVP.
2004: Started all 25 games for the Crusaders...compiled six goals, two of which were game-winning, and seven assists...finished with a .250 shot percentage...earned rookie of the year honors in the PAC...All-Conference honorable mention...named to All-Rookie team (womensfieldhockey.com).
Lauren Yoder
Junior, Defender
Fleetwood, PA/Oley Valley

A steady performer in the midfield, who has worked hard and has showed considerable improvement during the spring season, should continue to provide experience to the team.

2005: Started all 22 games...had one assist and 11 shots.
2004: Appeared in all 25 games while starting 19...finished with one assist and four shots.

Lynsey Treadwell
Junior, Midfield
Farmingdale, PA/Howell

Is the anchor of the defense with strong one-on-one skills. Has great tactical understanding and a natural ability for the game.

2005: Started all 22 games...scored six goals including one game winner...tallied three assists...had two defensive saves...named to All-PAC First Team.
2004: Started all 25 games for the Crusaders...compiled one goal and one assist and a .083 shooting percentage...named to All-PAC First team.

Allison Hoffa
Sophomore, Defender
Reading, PA/Central Catholic

Saw limited time as a freshman last year for the Crusaders, but showed continuous improvement throughout the fall and spring seasons. Will provide depth to the Crusader defense.

2005: Appeared in 10 games...had one assist and four shot attempts.

Audrey Hoffman
Sophomore, Goalie
Mertztown, PA/Brandywine Heights

Has a lot of natural ability and quickness, gives depth to the goal keeping line-up and will look to challenge for the starting job.

2005: Appeared in eight games...had 12 saves.

Megan Sowders
Sophomore, Defender
Atco, NJ/Hammonton

Saw time last year for the Crusaders both on offense and defense. Continues to develop her tactical and technical skills. Was also a pitcher on the Alvernia softball team.

2005: Appeared in 11 games...had four shots.

2006 Newcomers

Amanda Yocum – A transfer from Michigan State University who joined the squad during the spring season, is a very talented keeper who will bring experience, depth, and an unique style to the position. Earned four varsity letters in field hockey and cheerleading and three varsity letters in softball at Twin Valley High School. Received All-Division honors as a senior.

Christy Miller – A transfer from Arcadia University, scored 11 goals and assisted on three others in her freshman year, which was 8th best in the PAC. Was part of the Futures program, was third in scoring for Berks County her senior year at Brandywine Heights, and was an All-Division Honorable Mention selection her senior year. Should provide even more scoring to an already high-power attack. Also plans on playing for Alvernia’s Softball Team.
Player Profiles - 2006 Newcomers

**Dawn Beiswenger** – A transfer from Reading Area Community College, has played club hockey for the past two years. Was a part of the Futures program while at Garden Spot High School and also participated in the national festival. Was selected to participate in the Lancaster-Lebanon All-Star Game her senior season. Should provide immediate depth to the offense.

**Amanda Daher** – A senior from Phoenixville, has been a pitcher on the Alvernia softball team for the past three seasons, will look to regain her offensive field hockey skills and add depth to the Crusader team.

**Jaclyn Guignet** – Another talented freshman that comes from perennial Pennsylvania powerhouse, Southern Lehigh. Was a two-time letter winner in field hockey and a four-time letter winner in track and field and winter track. Is a defensive player that will provide much needed depth to the Crusader defense.

**Breah Kinney** – Another talented newcomer that was part of one PIAA AAA state championship and two PIAA District 2 championships at Wyoming Valley West. A Futures participant that has played at the national festival and several other tournaments with her club team, Valley Styx. Also ran track and field and played soccer at WVW. A versatile player that should provide more depth for the Crusader midfield and defense.

**Janelle Lynch** – A talented newcomer that has had plenty of playing experience for both her high school and club teams. A 4-time varsity letter winner at Brandywine in both field hockey and softball. Has played in the Futures program, two national festivals, and was an All-Division Honorable Mention selection her senior year. Looks to strengthen the Crusader midfield and can also play on offense. Also plans on playing for Alvernia’s Softball Team.

**Katie Priest** – An athletic defender from Mt. Olive High School, NJ. Will compete with several other incoming freshmen for playing time on the defensive line.

Player Profiles - 2006 Newcomers

**Allison Sterner** – A Berks County Senior All-Star, was a member of Holy Name’s field hockey team for four years. Could play in either the midfield or the defensive end and will provide more depth to the Crusader team.

**Larissa Wert** – A versatile player from Midd-West High School that can play both midfield and defense. Was a two-time letter winner in field hockey and was also a member of the basketball team. Earned second team honors in field hockey and honorable mention in basketball.

### 2005 Season Statistics

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2005 Season Review

Overall Record: 18-4
PAC Record: 10-1
PAC Champions
NCAA 2nd Round

Sept. 1  @ Rowan University   L 1-5
Sept. 3  @ Susquehanna University  W 2-1
Sept. 7  @ Lebanon Valley College  L 1-5
Sept. 10 Immaculata College     W 8-1
Sept. 12  @ Wesley College   W 2-1(2OT)
Sept. 16  Rosemont College   W 10-0
Sept. 17  Marywood University  W 5-2
Sept. 20  @ Cabrini College     L 2-3
Sept. 24  @ College Misericordia W 6-1
Sept. 28  Neumann College W 1-0
Oct.  1  FDU-Florham   W 2-1 (OT)
Oct.  4  @ Gwynedd-Mercy College W 2-0
Oct. 12  @ Cedar Crest College W 7-0
Oct. 15 Arcadia University W 4-1
Oct. 18 Moravian College W 1-0
Oct. 22  @ DeSales University W 3-0
Oct. 24  @ Eastern University W 2-1
Oct. 28 Villa Julie College W 6-0
Nov.  2  #6 Neumann (PAC Semifinal) W 4-0
Nov.  5  #5 Eastern (PAC Final) W 4-3 (OT)
Nov.  9  @ Lynchburg College (NCAA 1st Round) W 2-1
Nov. 11  @ Messiah College (NCAA 2nd Round) L 4-7

All-Time Series Records

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All-PAC
- Becky Macchione - 1st Team
- Megan Novogratz - 1st Team
- Lauren Yoder - 1st Team
- Carey Manzolillo - 1st Team
- Amber Landis - Honorable Mention
- Risa Frappolli - Sportmanship Team

Academic All-American
- Carey Manzolillo - 3rd Team

NFHCA Academic Squad
- Camile Cloutier
- Risa Frappolli
- Alison Hoffa
- Audrey Hoffman
- Becky Macchione
- Carey Manzolillo
- Megan Novogratz
- Jessie Titus
- Lynsey Treadwell

NFHCA All-Region
- Becky Macchione - 1st Team
- Megan Novogratz - 2nd Team
- Carey Manzolillo - 2nd team

NFHCA All-American
- Becky Macchione - 2nd Team
### The Record Book - Individual Careers

#### Career Points
1. Becky Macchione (2003-pres) 167
2. Megan Novogratz (2003-pres) 142
6. Tammy McGowen (1990-1992) 52
10. Tammy McGowen (1990-1992) 50

#### Goals Scored
1. Becky Macchione (2003-pres) 71

#### Assists
1. Becky Macchione (2003-pres) 25
5. Amy Fick (1990-1993) 14
10. Melissa Senick (2003-pres) 9

### The Record Book - Coaching Records

#### Shutouts

#### Saves
5. Tonya Sload (1996-1999) 76

#### Save Percentage
1. Carey Manzolillo (2002-2005) 0.852
2. Jen Klotz (2000) 0.835
3. Carol DiGirolamo (1994-1997) 0.818
4. Kristen Sollinger (1998-1999) 0.726
5. Kasey Geissler (2000-2001) 0.712

#### Goals Against Average
1. Carey Manzolillo (2002-2005) 1.27
2. Jen Klotz (2000) 1.43
4. Carol DiGirolamo (1994-1997) 2.70

### Coaching Records

<table>
<thead>
<tr>
<th>Year</th>
<th>Coach</th>
<th>W</th>
<th>L</th>
<th>T</th>
<th>Pet.</th>
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### Coach Years

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<tr>
<th>Coach</th>
<th>Years</th>
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<th>W</th>
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<th>T</th>
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<td>Sandy Slabik</td>
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<td>47</td>
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_Carey Manzolillo (Douglass)_

**Becky Macchione - Career Points Leader**
2005 Final PAC Standings

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<tr>
<th>School</th>
<th>Overall</th>
<th>PAC</th>
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<td>1. Alvernia*</td>
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<td>2. Cabrini*</td>
<td>11-8</td>
<td>9-2</td>
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<td>3. Wesley*</td>
<td>11-6</td>
<td>9-2</td>
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<td>4. Misericordia*</td>
<td>8-10</td>
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<td>6. Neumann*</td>
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PAC Field Hockey Championship

Quarterfinals:
- #6 Neumann 1 - #3 Wesley 0
- #5 Eastern 3 - #4 Misericordia 1

Semifinals:
- #1 Alvernia 4 - #6 Neumann 0
- #5 Eastern 4 - #2 Cabrini 3 (OT)

Final:
- #1 Alvernia 4 - #5 Eastern 4 (OT)