

University of New Haven



Women's Lacrosse 2003





HEAD COACH DE'SHA FOSTER

THIRD SEASON

UNIVERSITY OF ROCHESTER '96

Coach Foster begins her third season as head coach of the University of New Haven women's lacrosse team. Guiding the team into its first year of competition in 2000, Foster

has recruited talented athletes and given the program a strong direction for a solid foundation in the years to come.

Prior her arrival to New Haven, Foster was the defensive specialist and assistant coach at Connecticut College from 1997-2000. During her tenure, the Camels appeared in the Eastern College Athletic Conference semifinals in 1998 and 1999 and captured the 2000 ECAC Championships. She was named an Academic All-American at the University of Rochester.

Foster is Level II Coaching Certified by the United States Field Hockey Association and an Under-13 and Under-15 National Team Selector for the state of Connecticut. Foster also sits on the Women's Lacrosse Northern Regional Advisory Committee for the NCAA and the Academic All-American Committee for the IWLCA. She remains active as a player on the West Chester women's club team.



ALAN MACDOUGALL ASSISTANT COACH

Coach MacDougall enters his third season as an assistant coach for the women's lacrosse team. The 1988 University of Rochester graduate served as an assistant women's lacrosse coach for the Yellowjackets for three

years before moving to the New Haven area. He spent three seasons as the head coach of the Hamden High School club program. He currently runs competitively for the Hi-Tek Racing Club in the submasters category and serves as one of the four team captains while training for various triathalons including Ironman. In addition to his coaching duties, he also serves as the team's strength and conditioning coach for the women's lacrosse team.

2003 UNH Women's Lacrosse





BRENDA DIAZ
LANCASTER, MA

SENIOR
CAPTAIN

Feisty, motivated, positive...Diaz will be counted on to lead the Charger attack this season. Coming off a back injury last year, she is ready to tear up the field this spring for the program's third season. Diaz will use her natural leadership abilities as captain this season, selected by her teammates for her outstanding work ethic, dedication to the

program, respect by peers and opponents, and overall positive, motivational attitude. Diaz earned a 3.78 GPA last spring while carrying 18 credits and plans on attending law school upon completing her degree at UNH. **Academics:** Majors in Criminal Justice Investigative Services. **Personal:** Daughter of Normando and Peggy Diaz. Born July 26, 1981.



JESSICA CLOW
NEWINGTON, CT

JUNIOR
CAPTAIN

"Sporty" earned the Most Valuable Player commendations the past two seasons and will be a strong contender again this spring. She earned ECAC All-Star second team accolades, being voted by opponent coaches as a leader in Division II lacrosse. She excelled on both sides of the field, holding the team's highest shooting percentage at

44.4 and finished the year with 28 goals and five assists. She picked up an impressive 50 ground balls helping the Chargers out-hustle opponents (439-353) on loose balls. Clow will lead off the field again this year as a member of the University's Student Athletic Advisory Committee and steps into the role of co-captain for the Chargers. **Academics:** Majors in Criminal Justice - Juvenile Services. **Personal:** Daughter of Patrick and Cheryl Clow. Born May 26, 1982.



EILEEN PERCHINSKI
HICKSVILLE, NY

SOPHOMORE

After an amazing freshman campaign, Perchinski returns to New Haven with a fire and talent to lead the Chargers in the defensive end. She led the team with 62 ground balls and pulled in 19 draw controls, but the real story is her textbook checking, blocking, and interception skills, causing 52 turnovers for the season. Perchinski comes from a hot bed of lacrosse and brings height,

speed, and strength on both the scoring and defensive ends of the field. Perchinski is a three-sport athlete at UNH as she is also a member of the women's tennis and indoor track & field teams. **Academics:** Majors in Criminal Justice - Law Enforcement & Administration. **Personal:** Daughter of Robert and Margaret Perchinski. Born June 16, 1983.



LINDSEY MATTEO
SOUTHINGTON, CT

SENIOR

Quick, fiesty, and determined to score, Matteo stepped into the Charger uniform last year for the first time since transferring from the University of Delaware. While at Delaware, she played women's rugby, but returned to the lacrosse field last spring strong as ever. Her

solid work ethic and desire to win helped her cause 14 turnovers and control 28 ground balls on the season. A versatile player, she will be an asset on the draw, leading on defense, and generating offensive opportunities in the critical scoring area this spring. Matteo will remain at New Haven next year completing her graduate degree and playing lacrosse for the Chargers.



KELLEY DELANEY
HAMDEN, CT

GRADUATE

Delaney returns to the squad this season as a graduate student finishing her final year of eligibility. Just couldn't stay away from the Charger lacrosse. Two-time captain, Academic All-American, and UNH Sportsmanship award recipient in 2001 and 2002, Delaney also received the University Department of Athletics Faculty award last year for her outstanding performance on the field and in the classroom. Anchoring the defense, Delaney picked 49 ground balls and averaged 1.59 caused turn-overs per game in her career at New Haven. Delaney holds the school record for consecutive starts and looks to continue the trend this season.

Academics: Majors in Psychology. **Personal:** Daughter of Clayton and Cynthia Delaney. Born September 11, 1980.



STEPHANIE NAPP
SOUTHINGTON, CT

JUNIOR

"Napper" comes into the 2003 season with 46 career points with 34 goals and 12 assists over the past two seasons. She caused 29 turnovers last year, helping the Chargers out-strip opponents for the past two years. Last spring, Napp controlled 24 draws, improving her 2001's statistic of 15. As one of the only four remaining members of the

inaugural team, Napp will use her experience to lead in the midfield. Napp is also a forward on the university's women's soccer team. Her quick release and solid footwork make her a tough competitor and offensive threat. Napp is also a leader off the field serving as a member of the University's Student Athletic Advisory Committee.

Academics: Majors in Forensic Science. **Personal:** Daughter of Richard and Joan Napp. Born April 29, 1982.

2003 UNH Women's Lacrosse Roster

Player	Cl.	Pos.	Hometown
Jodi Albert.....	Fr.	A/M	Southington, CT
Kate Boodry.....	Jr.	M	Clinton, CT
Jessica Clow.....	Jr.	M	Newington, CT
Meredith Crumley	Jr.	D	Danbury, CT
Kelley Delaney	Gr.	D	Hamden, CT
Brenda Diaz	Sr.	A	Lancaster, MA
Patricia Forella	So.	D	Glen Cove, NY
Heather Gebhardt	Fr.	G	E. Rochester, NY
Sarah LeBlanc	So.	M	Fitchburg, MA
Lindsey Matteo.....	Sr.	A	Southington, CT
Jamie Metcalf.....	Fr.	M	Sound Beach, NY
Stephanie Napp	Jr.	A/M	Southington, CT
Eileen Perchinski	So.	D	Hicksville, NY
Erin Ringbloom.....	Sr.	D/M	Manchester, CT
Casandra Schmidt.....	So.	D	New Milford, CT
Lisa Simpson.....	So.	G	Stone Ridge, NY
Elizabeth Splaine	Fr.	A/M	Cambridge, MA
Meredith Temple	Fr.	D	Branford, CT
Brittany Tregear	Fr.	M	Victoria, BC

Head Coach: de'Sha Foster

Assistant Coach: Alan MacDougall

2003 PREVIEW

The 2002 University of New Haven women's lacrosse team returns eleven players from last season's team that, in only the program's second year of competition, improved its scoring margin over 100%, more than doubled its total goals, and went from 46 in 2001 to 149 total points on the season in 2002. Head Coach **de'Sha Foster** begins her third year at the helm of the Chargers looking to capitalize on a strong group of returnees, and the addition of several talented newcomers to lead the way into the 2003 season.

Leading the attack for the Chargers will be juniors **Jessica Clow (Newington, CT)** and **Stephanie Napp (Southington, CT)**. Both have taken charge for the past two seasons. Clow is the top returning scorer for UNH this season after scoring 28 goals and finishing with 33 total points, shooting 44.4% in 2002. Clow earned ECAC All-Star Second Team honors last year as well as claiming team MVP for the second year in a row and was named captain for the 2003 season. Napp enters this spring season with 46 career points on 34 goals and 12 assists over the past two seasons. Last spring she had 21 goals and nine assists with 51 ground balls and 29 caused turnovers for the Chargers in seeing action in all 15 games.

UNH will look to the senior leadership of captain **Brenda Diaz (Lancaster, MA)** to add to the scoring punch up front with her feisty style of play and "take charge" attitude. Senior **Lindsey Matteo (Southington, CT)**, junior **Kate Boodry (Clinton, MA)** and sophomore **Sarah LaBlanc (Fitchburg, MA)** will also look to add speed and experience on offense. Matteo contributed 7 points, 28 ground balls and 14 caused turnovers for the Chargers while earning Academic All-American honors for the Chargers last season. Boodry has speed that helped her record 17 ground balls and cause seven turnovers before suffering an injury during her freshman year. LeBlanc added six goals in nine games last season and looks to improve on those numbers in 2003.

Backboning the defense will be sophomores **Eileen Perchinski (Hicksville, NY)**, **Casandra Schmidt (New Milford, CT)**, and graduate student **Kelley Delaney (Hamden, CT)**. This dynamic trio combined for 133 ground balls and 134 caused turnovers last season. Delaney returns, finishing her last year of eligibility, after earning two Academic All-American honors and the program's Sportsmanship Award twice, while serving as captain in both 2001 and 2002. Goalkeeper **Lisa Simpson (Stone Ridge, NY)** returns this year between the pipes for the Chargers after a solid first season in 2002. With a 50.91 save percentage, she helped the team allow just 11 goals per game.

Top newcomers include freshman **Heather Gebhardt (E. Rochester, NY)** who is coming off a strong career at E. Rochester HS where her top goal keeping skills helped her team to NY state finals 2 of her 4 years. **Jamie Metcalf (Sound Beach, NY)** will be a significant factor in the midfield with local favorites **Meredith Temple (Branford, CT)** and **Jodi Albert (Southington, CT)** look to anchor the defensive and offensive sides of the field respectively. Adding speed to this class will be **Elizabeth Splaine (Cambridge, MA)** who has a solid eye for the cage. Rounding out this recruiting class is Canadian **Brittany Tregear (Victoria, BC)** who will see significant time in the midfield for the Chargers.

2003 SCHEDULE

Date	Opponent	Time
Mar. 13	vs. Salve Regina Univ.	10:00am
Mar. 16	at C.W. Post	1:00pm
Mar. 19	at Southern Connecticut State	3:30pm
Mar. 22	at Philadelphia University	1:00pm
Mar. 29	ADELPHI UNIVERSITY	12:00pm
Apr. 1	AMERICAN INTERNATIONAL	3:30pm
Apr. 3	RHODE ISLAND COLLEGE	4:00pm
Apr. 5	BRYANT COLLEGE	1:00pm
Apr. 10	at Assumption College	4:00pm
Apr. 12	at Central Connecticut State	12:00pm
Apr. 15	at Western Connecticut State	7:00pm
Apr. 17	ST. ANSELM COLLEGE	3:00pm
Apr. 19	MERRIMACK COLLEGE	3:30pm
Apr. 26	SOUTHERN CONNECTICUT	12:00pm
Apr. 29	FRANKLIN PIERCE	4:00pm

2002 RESULTS (3-12)

Date	Opponent	Result
Mar. 19	Eastern Connecticut	2-13 L
Mar. 21	Southern Connecticut State	13-0 W
Mar. 28	at Merrimack	8-15 L
Mar. 30	at Adelphi	2-18 L
April 2	at American International	14-3 W
April 4	Assumption	5-15 L
April 6	at Bryant College	8-9 L ot
April 10	Central Connecticut State	6-10 L
April 13	at Curry College	7-11 L
April 16	Western Connecticut State	12-14 L
April 18	at Saint Anslem	3-11 L
April 20	Philadelphia	5-17 L
April 22	UMass-Dartmouth	5-9 L
April 27	Adelphi	5-17 L
April 30	at Franklin Pierce	12-8 W

UNIVERSITY OF NEW HAVEN INFORMATION

School:	University of New Haven
Location:	West Haven, CT 06516
Affiliation:	NCAA Division II
Colors:	Blue & Gold
Nickname:	Chargers
President:	Dr. Larry DeNardis
Director of Athletics:	Deborah Chin
Head Coach:	de'Sha Foster
Athletic Department:	(203) 932-7016
Sports Information:	(203) 932-7025
Athletic Training:	(203) 932-7407
Sports Hotline:	(203) 932-7007
Web Page:	www.newhaven.edu/athletics