

2006 PREVIEW

The 2006 University of New Haven women's lacrosse team, under the direction of first year head coach **Pamella Goode**, will focus on playing improved defense as they look to better last year's 7-8 record. "If teams can't score on us, then that's one less thing we have to worry about," said head coach Goode. This year's team returns nine players, plus the Chargers have added seven talented newcomers to their roster. The theme for this year's team is to send its three seniors, **Britt Tregear**, **Jamie Metcalf** and **Heather Gebhardt** out in style.

Leading the offense will be senior midfielder **Britt Tregear** (9 goals and 10 assists in 2005), and junior attacker **Heather Miles** (31 goals and 12 assists last season), along with newcomers **Brigid Brady**, **Mallory Ferrandiz**, and **Brianna Kenworthy**. The Chargers will look to use their athletic ability to their advantage and control the tempo of play, which will be a key to their success in the offensive zone.

On the defense, senior goalie **Heather Gebhardt** returns for her final campaign after a stellar 2005 season. This year's roster also contains newcomers **Alison Wagner** and **Shannon Greenwood**, the Chargers' goalies of the future, who will use the 2006 season to learn the college game. The anchors and leaders on the defensive unit in the field are senior **Jamie Metcalf** and sophomore **Christina Hedley**. With these two experienced players leading by example, along with newcomer **Ashley Griffin** and sophomore **Erin Metcalf** lending their talents to the squad, the 2006 UNH defense should create a formidable challenge for opposing offenses.

With this year's team possessing good stick skills and field awareness, the transition game should be another positive for the 2006 UNH women's lacrosse team. According to head coach Goode, "It starts with the little things. If the team does the little things and works hard we are in for an excellent season."

The Chargers kick off the 2006 season in West Palm Beach, Florida, where they will face St. Michael's College and Bryant University on March 14 and March 15 as part of the Spring Fling tournament. The team opens up its home schedule against Bentley College on March 18.

2006 SCHEDULE

Date	Opponent	Time
Mar. 14	vs. St. Michael's-W. Palm Beach, FL	9:00 am
Mar. 15	vs. Bryant-W. Palm Beach, FL	9:00 am
Mar. 18	BENTLEY COLLEGE	1:00 pm
Mar. 23	@ Molloy College *	3:30 pm
Mar. 29	@ S. Conn. State	3:30 pm
Mar. 31	@ St. Anselm College	3:30 pm
Apr. 2	@ Stonehill College	1:00 pm
Apr. 6	ASSUMPTION COLLEGE	4:00 pm
Apr. 9	ST. MICHAEL'S	1:00 pm
Apr. 11	ST. THOMAS AQUINAS *	3:30 pm
Apr. 14	ADELPHI UNIVERSITY *	1:00 pm
Apr. 22	@ Merrimack College	4:00 pm
Apr. 24	FRANKLIN PIERCE COLLEGE	4:00 pm
Apr. 26	C.W. POST *	4:00 pm
Apr. 29	@ Philadelphia University *	1:00 pm
May 1	@ American International College	3:30 pm

2005 RESULTS (7-8)

Date	Opponent	Result
Mar. 6	@ St. Andrew's (NC)	15-1 W
Mar. 8	@ Queens (NC)	6-14 L
Mar. 19	MERRIMACK COLLEGE	8-11 L
Mar. 30	S. CONNECTICUT STATE	12-5 W
Apr. 1	@ Philadelphia University	8-15 L
Apr. 5	BRYANT UNIVERSITY	6-12 L
Apr. 9	AMERICAN INTERNATIONAL	16-5 W
Apr. 12	@ Assumption College	12-8 W
Apr. 14	ST. ANSELM COLLEGE	12-10 W
Apr. 16	ADELPHI UNIVERSITY	1-18 L
Apr. 21	@ St. Thomas Aquinas	18-6 W
Apr. 24	PHILADELPHIA UNIVERSITY	7-11 L
Apr. 27	@ C.W. Post	7-16 L
Apr. 29	@ Franklin Pierce College	11-6 W
May 3	@ Adelphi University	6-21 L

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. Steven Kaplan
Director of Athletics:Deborah Chin
Head Coach:Pamella Goode
Head Coach's Phone:(203) 932-7464
Athletic Department:(203) 932-7016
Sports Information:(203) 932-7025

University of New Haven



Women's Lacrosse

2006

HEAD COACH PAMELLA GOODE



Pamella Goode enters her first season as Chargers' head women's lacrosse coach. Goode comes to New Haven from Missouri Baptist University where she has been responsible for starting a new women's lacrosse program that is scheduled to compete in a full schedule for the 2006-2007 academic year. Goode has also served as the assistant women's lacrosse coach at Central Connecticut State University during the 2004-2005

academic year. She has high school coaching in both lacrosse and basketball at Rye Country Day School in Rye, NY and Valley Regional High School in Deep River, CT.

A 2002 graduate of the University of Bridgeport with a B.A. in Political Science, Pamella is also a 2005 graduate of the University of New Haven with a Master's Degree in Sports Management.

BETH HEMMINGER ASSISTANT COACH



Beth Hemminger, a 2003 graduate of the College of Wooster, begins her second season on the women's lacrosse staff at UNH.

Beth was a three-time All-American attacker for the Scots and holds both the

North Coast Conference (NCAC) and school records for goals, assists and points. She was named First Team All-Conference in each of her four seasons and was selected as the NCAC Player of the Year in 2003. Beth was also a four-year starter for the Wooster soccer team and earned All-Conference and All-Region accolades from 2001-2003. In 2004, she served as an assistant lacrosse coach for her alma mater, helping them to a first place finish. Hemminger has also served as an assistant women's soccer coach at New Haven for the past two seasons.



Heather Gebhardt-Senior East Rochester, NY

Heather returns to anchor the New Haven defense in goal after a stellar 2005 season. Made 150 saves last year helping the team to seven wins. Also a member of the UNH tennis team which set a school record for single-season wins this Fall. Says head coach Goode, "A four-year standout

goalie, Heather has stepped it up this year. She is active and vocal, and that is exactly what our young defense needs."

Academics: Biology/Pre-Med major with a minor in Criminal Justice **Personal:** Daughter of Glenn and Diane Gebhardt.

Jamie Metcalf-Senior Sound Beach, NY



A four-year starter that brings experience and knowledge of the game to this year's young team. Had 14 goals and four assists and was one of the team's best defensive players. According to head coach Goode, "Jamie is a true captain and natural leader. She is a four-year starter

that is extremely knowledgeable about the game of lacrosse. She plays hard every day, and she also teaches on the field with both her words and actions."

Academics: Majors in Criminal Justice **Personal:** Daughter of William and Linda Metcalf. Sister Erin is also on the team.

Britt Tregear-Senior Victoria, BC



Figures to be one of the Chargers leaders on offense this season. Had nine goals and 10 assists as a junior. Scored 10 goals and earned Second Team All-Region honors as a sophomore. A truly talented player who played men's lacrosse in her native Canada before coming to UNH. Says head coach Goode, "Britt is a great role model who

leads by example. A four-year standout, she is without a doubt, one of the most talented all-around plays in the program's history. Britt always gives 100 percent, and having her on the field makes all of her teammates better."

Academics: Majors in Fire Science **Personal:** Daughter of Neil and Denise Tregear.



2006 Women's Lacrosse Roster

# Player.....	Yr.	Pos.	Hometown
1 Amy Desmarais	So.	D	S. Windsor, CT
4 Jenny Griffin	Jr. M		Point Pleasant, NJ
5 Leigh-Anne Caruso	Fr. A		Killingworth, CT
6 Mallory Ferrandiz	Fr. M		W. Sayville, NY
7 Erin Metcalf	So. D		Sound Beach, NY
9 Amy Shields	Jr. M		Pomfret, CT
10 Brianna Kenworthy	Fr. M		Holden, MA
11 Ashley Griffin.....	Fr. D		Waterboro, ME
12 Christina Hedley	So. D		W. Babylon, NY
13 Shannon Greenwood.....	Fr. D		E. Falmouth, MA
14 Heather Miles.....	Jr. A		Oswego, NY
15 Jamie Metcalf.....	Sr. M		Sound Beach, NY
17 Britt Tregear.....	Sr. A		Victoria, BC
18 Brigid Brady.....	Fr. A		Islip Terrace, NY
20 Stacey Krasnoff.....	So. M		Franklin Square, NY
29 Heather Gebhardt.....	Sr. GK		East Rochester, NY
30 Alison Wagner.....	Fr. GK		Collingswood, NJ

Head Coach: Pamela Goode

Assistant Coach: Beth Hemminger