



American Lacrosse Conference

Eighth Season - 2009

Florida - Johns Hopkins - Northwestern - Penn State - South Carolina - Ohio State - Vanderbilt

Week 3

9 Mar 2009

Four ALC teams ranked in IWLCA poll, tied for first among all D-I conferences

Nielsen (points/game), Lathrop (goals against average), and Bowen (goals/game) lead nation

	ALC Games						All Games										
	W	L	Pct.	GF	GA	Hm	Rd	Ne	W	L	Pct	GF	GA	Hm	Rd	Neu	Streak
Northwestern	1	0	1.000	22	10	0-0	1-0	0-0	6	0	1.000	114	38	0-0	5-0	1-0	Won 12
Ohio State	1	0	1.000	22	12	1-0	0-0	0-0	4	1	.800	80	51	2-0	2-1	0-0	Won 2
Penn State	0	0	---	0	0	0-0	0-0	0-0	4	1	.800	78	33	4-0	0-1	0-0	Lost 1
Vanderbilt	0	1	.000	10	22	1-0	0-0	0-0	2	2	.500	57	60	1-2	1-0	0-0	Won 1
Johns Hopkins	0	1	.000	12	22	0-0	0-1	0-0	2	3	.400	60	65	2-1	0-2	0-0	Lost 1

ALC Head Coaches

FLORIDAMandee O'Leary
 JOHNS HOPKINSJanine Tucker
 NORTHWESTERN .Kelly Amonte-Hiller
 OHIO STATESue Stimmel
 PENN STATESuzanne Isidor
 VANDERBILTCathy Swezey

ALC SID Contacts

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ALC Staff

COMMISSIONER

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SPORTS INFORMATION

Chip Rogers

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ALC vs Non-Conference

16-5, 73.3%

CONFERENCE2009

America East2-0
 ACC1-2
 Atlantic 103-0
 BIG EAST3-2
 Colonial Athletic1-0
 Ivy0-1
 MAAC0-0
 Mountain Pacific1-0
 Northeast1-0
 Patriot League4-0
 Independents0-0
 vs Non-ALC IWLCA Ranked Opp. .6-5
 Home8-2
 Road7-3
 Neutral1-0

Last Week in the ALC

M2 Northwestern at North Carolina NU, 12-7
 M3 Vanderbilt at Virginia Tech cxd.
 M4 Johns Hopkins vs. Cincinnati JHU, 18-9
 M4 Penn State vs. Mount St. Mary's PSU, 13-3
 M7 Vanderbilt at Boston University VAN, 19-18
 M7 Northwestern at Georgetown NU, 15-4
 M7 **Ohio State vs. Johns Hopkins OSU, 22-12**
 M8 Penn State at Virginia UVA, 12-11 ot

This Week in the ALC

M11 Vanderbilt at Duke 3:30
 M11 Ohio State vs. Cincinnati 7:00
 M12 Northwestern vs. Hofstra 6:00
 M14 Ohio State at Louisville 12:00
 M14 Penn State at Princeton 3:00
 M14 Northwestern vs. Rutgers 1:00
 M15 Vanderbilt at Cincinnati 12:00
 M15 Johns Hopkins at Oregon 1:00

ALC Players of the Week

Defensive: Kristen Gilwee, Ohio State

Sr., Hunt Valley, Md.

In the net, Gilwee faced 31 shots, stopping 19 to record the fifth-best effort in program history. The Hunt Valley, Md., native held Johns Hopkins to only four first-half goals while making 10 saves. The senior, who has started all five games this season, owns a 9.93 goals-against average, making 57 saves while allowing 49 goals (.538 save pct.).

Offensive: Alayna Markwordt, Ohio State

Fr., Woodbine, Md.

Markwordt tallied a career and program-best 11 points on six goals and five assists in the win over Johns Hopkins to tie the Ohio State program record for points in a single game, joining Mara Simpson (1996) and Kristen Slahor (2008). The rookie's six goals in a single game ranks her second on the Ohio State all-time list and the tenth Buckeye in history.

Rookie: Alayna Markwordt, Ohio State

Fr., Woodbine, Md.

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JOHNS HOPKINS 2-3, 0-1 ALC

F21	George Mason	W, 15-10
F25	Georgetown (7)	L, 6-11
F28	at Princeton (8)	L, 9-13
M4	Cincinnati	W, 18-9
M7	at Ohio State (RV)	L, 12-22
M15	at Oregon	1:00
M19	George Washington	4:00
M24	UMBC	4:00
M27	Stanford	4:00
M29	at Towson	1:00
A1	Penn	7:00
A4	at Vanderbilt	1:00
A9	Fresno State	4:00
A14	at Maryland	4:00
A17	Northwestern	7:00
A25	Penn State	1:00

NORTHWESTERN 6-0, 1-0 ALC

J23	vs. Denver (19)	W, 24-6
F17	at Duquesne	W, 20-6
F20	at Notre Dame (11)	W, 21-5
F27	at Vanderbilt (11)	W, 22-10
M2	at North Carolina (9)	W, 12-7
M7	at Georgetown (7)	W, 15-4
M12	Hofstra	6:00
M14	Rutgers (RV)	1:00
M22	Syracuse	1:00
M25	at Massachusetts	7:00
A3	Duke	7:00
A5	California	1:00
A12	Penn State	12:00
A17	at Johns Hopkins	7:00
A19	at Virginia	12:00
A22	Ohio State	5:00
A25	Penn	7:00

PENN STATE 4-1, 0-0 ALC

F18	Lafayette	W, 20-7
F25	Bucknell	W, 18-5
M1	Colgate	W, 16-6
M4	Mount St. Mary's	W, 13-3
M8	at Virginia (2)	L, 11-12 OT
M14	at Princeton (7)	3:00
M18	Penn	7:00
M22	Vanderbilt	12:00
M28	at William & Mary	1:00
A3	Maryland	5:00
A5	at North Carolina	11:00 am
A8	Lehigh	3:00
A12	at Northwestern	12:00
A19	Ohio State	1:00
A25	at Johns Hopkins	1:00

OHIO STATE 4-1, 1-0 ALC

F13	at American	W, 17-7
F15	at George Washington	W, 14-9
F22	at Notre Dame (11)	L, 11-14
M1	St. Bonaventure	W, 16-9
M7	Johns Hopkins (14)	W, 22-12
M11	Cincinnati	7:00
M14	at Louisville	12:00
M22	at Duquesne	1:00
M24	California	7:00
M29	Canisius	1:00
A3	North Carolina	7:30
A5	Maryland	1:30
A12	Vanderbilt	12:00
A14	at Detroit	4:00
A19	at Penn State	1:00
A22	at Northwestern	5:00

VANDERBILT 2-2, 0-1 ALC

F15	North Carolina (9)	L, 13-14 (OT)
F21	UMBC	W, 15-6
F27	Northwestern (1)	L, 10-22
M3	at Virginia Tech	cx.d.
M7	at Boston University (10)	W, 19-18
M11	at Duke (3)	3:30
M15	at Cincinnati	12:00
M22	at Penn State	12:00
M28	Binghamton	11:00
M30	Delaware	4:00
A4	Johns Hopkins	1:00
A8	at New Hampshire	1:00
A12	at Ohio State	12:00
A15	Notre Dame	3:30
A21	at Cornell	4:00

2009 ALC TOURNAMENT

hosted by Penn State
Apr 30 - May 2

Apr 30
#4 vs #5, 3:00

May 1
#1 vs #4/#5, 3:00
#2 vs #3, 5:30

May 2
Championship, 2:00

ALC PLAYERS OF THE WEEK**Offensive****Defensive****Rookie**

Feb 23	Hilary Bowen, Northwestern	Maggie Bremer, Northwestern	Colleen McCaffrey, Johns Hopkins
Mar 2	Danielle Spencer, Northwestern	Margo Josephs, Penn State	Alayna Markwordt, Ohio State
Mar 9	Alayna Markwordt, Ohio State	Kristen Gilwee, Ohio State	Alayna Markwordt, Ohio State
Mar 16			
Mar 23			
Mar 30			
Apr 6			
Apr 13			
Apr 20			
Apr 27			
May 4			

TEAM STATISTICS

TEAM DEFENSE					TEAM OFFENSE				
GP	Min	GA	GAPG		GP	Min	GL	GPG	
Northwestern	6	360	38	6.33 (3)	Northwestern	6	360	114	19.00 (1)
Penn State	5	306	33	6.60 (4)	Ohio State	5	300	80	16.00 (5)
Ohio State	5	300	51	10.20 (27)	Penn State	5	306	78	15.60 (12)
Johns Hopkins	5	300	65	13.00	Vanderbilt	4	244:30	57	14.25 (20)
Vanderbilt	4	244:30	60	14.72	Johns Hopkins	5	300	60	12.00

GROUND BALLS			CAUSED TOS		CT		DRAW CONTROLS		
GB	GBPG				CTPG		DC	DCPG	
Penn State	127	25.40 (5)	Penn State	61	12.20 (11)	Northwestern	101	16.83 (1)	
Johns Hopkins	109	21.80 (16)	Johns Hopkins	49	9.80 (27)	Penn State	73	14.60 (12)	
Ohio State	97	19.40 (27)	Vanderbilt	36	9.00	Vanderbilt	57	14.25 (15)	
Northwestern	109	18.17	Northwestern	53	8.83	Ohio State	63	12.60	
Vanderbilt	56	14.00	Ohio State	43	8.60	Johns Hopkins	62	12.40	

INDIVIDUAL STATISTICS

GOALS AGAINST					SAVE PERCENTAGE				
AVG.	MIN	GA	GAA		SV	G	SV%		
Morgan Lathrop, NU	302:48	25	4.95 (1)		Morgan Lathrop, NU	34	25	57.6%	(5)
Stephanie Ellis, PSU	229:37	28	7.32 (9)		Kristen Gilwee, OSU	57	49	53.8%	(10)
Kristen Gilwee, OSU	296:05	49	9.93 (24)		Stephanie Ellis, PSU	27	28	49.1%	(28)
Lizzie O'Ferrall, JHU	291:04	61	12.57		Rachel Woolford, VAN	17	34	33.3%	
Rachel Woolford, VAN	139:10	34	14.66		Lizzie O'Ferrall, JHU	34	61	35.8%	

goalkeepers must play 60% of the team minutes to rank nationally

SCORING					DRAW CONTROLS				
GP	GL	AS	PT	PPG	GP	DC	DCPG		
Hannah Nielsen, NU	6	18	20	38	6.33 (1)	Hilary Bowen, NU	6	19	3.17 (22)
Kelly Haggerty, OSU	5	17	14	31	6.20 (2)	Candace Rossi, JHU	5	15	3.00 (24)
Alayna Markwordt, OSU	5	17	10	27	5.40 (6)	Ally Carey, VAN	3	9	3.00 (24)
Hilary Bowen, NU	6	27	4	31	5.17 (7)	Erica Mihm, PSU	5	13	2.60
Danielle Spencer, NU	6	23	8	31	5.17 (7)	Kerry Shea, PSU	5	12	2.40
Sarah Downing, VAN	4	11	9	20	5.00 (10)	Jayne Beard, OSU	5	12	2.40
Ally Carey, VAN	3	5	4	9	3.00	Meredith Frank, NU	6	14	2.33
Carter Foote, VAN	3	10	2	12	3.00	Hannah Nielsen, NU	6	14	2.33
Alex Priddy, VAN	4	10	2	12	3.00	Olivia Annalore, OSU	5	10	2.00
Rachel Hawes, OSU	5	12	3	15	3.00	Colleen McCaffrey, JHU	5	10	2.00

GOALS					GROUND BALLS				
GP	G	GPG			GP	GB	GBPG		
Hilary Bowen, NU	6	27	4.50 (1)		Jackie Eastman, PSU	5	15	3.00	
Danielle Spencer, NU	6	23	3.83 (13)		Gabby Capuzzi, OSU	5	14	2.80	
Alayna Markwordt, OSU	5	17	3.40 (20)		Colleen McCaffrey, JHU	5	13	2.60	
Kelly Haggerty, OSU	5	17	3.40 (20)		Lizzie O'Ferrall, JHU	5	13	2.60	
Hannah Nielsen, NU	6	18	3.00		Angela Hughes, JHU	5	12	2.40	
Sarah Downing, VAN	6	11	2.75		Meredith Frank, NU	6	13	2.17	
Candace Rossi, JHU	5	13	2.60		Kerry Shea, PSU	5	10	2.00	
Alex Priddy, VAN	4	10	2.50		Sarah Downing, VAN	4	8	2.00	
Carter Foote, VAN	4	10	2.50		Alex Mundy, VAN	4	8	2.00	
Rachel Hawes and Jayme Beard, OSU	5	12	2.40		Natalie Wills, VAN	3	6	2.00	

ASSISTS					CAUSED TURNOVERS				
GP	A	APG			GP	CT	CTPG		
Hannah Nielsen, NU	6	20	3.33 (3)		Alexandra Frank, NU	6	9	1.50	
Kelly Haggerty, OSU	5	14	2.80 (7)		Alex Mundy, VAN	4	6	1.50	
Sarah Downing, VAN	4	9	2.25 (14)		Cara Giordano, VAN	4	6	1.50	
Alayna Markwordt, OSU	5	10	2.00 (15)		Gabby Capuzzi, OSU	5	7	1.40	
Megan McGuire, PSU	5	8	1.60		Theresa Zichelli, PSU	5	7	1.40	
Erica Mihm, PSU	5	7	1.40		Candace Rossi, JHU	5	7	1.40	
Danielle Spencer, NU	6	8	1.33		Sarah Downing, VAN	4	5	1.25	
Ally Carey, VAN	3	4	1.33		Maghan Beaudrault, OSU	5	6	1.20	
Jen Steadman, PSU	3	4	1.33		Angela Hughes, JHU	5	6	1.20	
Allie Frank, VAN	4	5	1.25		six student-athletes			1.00	

(number in parentheses is national rank)

Honors and Awards

PRESEASON

ALC Preseason All-Conference Team

Maghan Beaudrault, Ohio State
Hilary Bowen, Northwestern
Theresa Bucci, Penn State
Cara Giordano, Vanderbilt
Morgan Lathrop, Northwestern
Carter Foote, Vanderbilt
Meredith Frank, Northwestern
Angela Hughes, Johns Hopkins
Hannah Nielsen, Northwestern
Sam Schrum, Johns Hopkins
Kerry Shea, Penn State
Danielle Spencer, Northwestern

Tewaaraton Watch List

Hilary Bowen, Northwestern
Katrina Dowd, Northwestern
Meredith Frank, Northwestern
Hannah Nielsen, Northwestern

WomensLax.com Pre-Season All Americans

Hilary Bowen, Northwestern
Morgan Lathrop, Northwestern
Hannah Nielsen, Northwestern

womenslacrosse.com Honors

Mar 2

National Honor Roll

Margo Josephs, Penn State
Danielle Spencer, Northwestern

Mar 9

National Rookie of the Week

Alayna Markwordt, Ohio Stae

National Honor Roll

Sarah Downing, Vanderbilt
Morgan Lathrop, Northwestern

womenslax.com Honors

Hannah Nielsen, Northwestern

National Player of the Week - Feb 23

Alayna Markwordt, Ohio Stae

National Rookie of the Week - Mar 9

