



# American Lacrosse Conference

## Eighth Season - 2009

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

**Week 4**

**17 Mar 2009**

**Four ALC teams ranked in IWLCA poll for second consecutive week**

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

	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	8	0	1.000	158	45	2-0	5-0	1-0	Won 14
Ohio State	1	0	1.000	22	12	1-0	0-0	0-0	6	1	.857	115	71	3-0	3-1	0-0	Won 4
Penn State	0	0	---	0	0	0-0	0-0	0-0	4	2	.667	85	42	4-0	0-1	0-0	Lost 1
Vanderbilt	0	1	.000	10	22	1-0	0-0	0-0	3	3	.500	92	89	1-2	2-1	0-0	Won 1
Johns Hopkins	0	1	.000	12	22	0-0	0-1	0-0	2	4	.333	70	77	2-1	0-3	0-0	Lost 2

### ALC Head Coaches

FLORIDA .....Mandee O'Leary  
 JOHNS HOPKINS .....Janine Tucker  
 NORTHWESTERN .Kelly Amonte-Hiller  
 OHIO STATE .....Sue Stimmel  
 PENN STATE .....Suzanne Isidor  
 VANDERBILT .....Cathy Swezey

### ALC SID Contacts

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### ALC Staff

#### COMMISSIONER

Peggy Pruitt

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#### SPORTS INFORMATION

Chip Rogers

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### ALC vs Non-Conference

**21-8, 72.4%**

#### CONFERENCE .....2009

America East .....2-0  
 ACC .....1-3  
 Atlantic 10 .....3-0  
 BIG EAST .....7-2  
 Colonial Athletic .....2-0  
 Ivy .....0-2  
 MAAC .....0-0  
 Mountain Pacific .....1-1  
 Northeast .....1-0  
 Patriot League .....4-0  
 Independents .....0-0  
 vs Non-ALC IWLCA Ranked Opp. .6-7  
 Home .....11-2  
 Road .....9-6  
 Neutral .....1-0

### Last Week in the ALC

M11 Vanderbilt at Duke Duke, 22-16  
 M11 Ohio State vs. Cincinnati OSU, 20-8  
 M12 Northwestern vs. Hofstra NU, 20-6  
 M14 Ohio State at Louisville OSU, 15-12  
 M14 Penn State at Princeton Pton, 9-7  
 M14 Northwestern vs. Rutgers NU, 24-1  
 M15 Vanderbilt at Cincinnati VAN, 19-7  
 M15 Johns Hopkins at Oregon UO, 12-10

### This Week in the ALC

M18 Penn State vs. Penn 7:00  
 M19 Johns Hopkins vs. George Washington 4:00  
 M22 Ohio State at Duquesne 1:00  
**M22 Vanderbilt at Penn State 12:00**  
 M22 Northwestern vs. Syracuse 1:00

### ALC Players of the Week

#### Defensive: Meredith Frank, Northwestern

*Sr., Westwood, Mass.*

Frank helped the 'Cats limit their two opponents to a combined 21 shots and seven goals. In the second half against Rutgers, the NU defense did not allow a shot until the final second of the period.

#### Offensive: Hannah Nielsen, Northwestern

*Sr., Adelaide, Australia*

Nielsen continued her torrid assault on the record books, notching eight assists in the win over Rutgers and placing her just 15 assists behind Australia World Cup teammate Jenni Adams for the all-time career totals in Division I. Over the weekend, the reigning Tewaaraton Trophy recipient had six goals, 11 assists, and 10 draw controls to lead the 'Cats to two wins.

#### Rookie: Alayna Markwordt, Ohio State

*Fr., Woodbine, Md.*

Markwordt, in her first season with the Buckeyes, helped Ohio State notch two wins after being ranked for the first time in 2009. In a pair of wins over regional opponents Cincinnati and Louisville, the Woodbine, Md. native notched five goals, four assists, and five ground balls to help Ohio State go 2-0 on the week.

**JOHNS HOPKINS 2-4, 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
<b>M7</b>	<b>at Ohio State (RV)</b>	<b>L, 12-22</b>
M15	at Oregon	L, 10-12
M19	George Washington	4:00
M24	UMBC	4:00
M27	Stanford	4:00
M29	at Towson	1:00
A1	Penn	7:00
<b>A4</b>	<b>at Vanderbilt</b>	<b>1:00</b>
A9	Fresno State	4:00
A14	at Maryland	4:00
<b>A17</b>	<b>Northwestern</b>	<b>7:00</b>
<b>A25</b>	<b>Penn State</b>	<b>1:00</b>

**NORTHWESTERN 8-0, 1-0 ALC**

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

**PENN STATE 4-2, 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)	L, 7-9
M18	Penn	7:00
<b>M22</b>	<b>Vanderbilt</b>	<b>12:00</b>
M28	at William & Mary	1:00
A3	Maryland	5:00
A5	at North Carolina	11:00 am
A8	Lehigh	3:00
<b>A12</b>	<b>at Northwestern</b>	<b>12:00</b>
<b>A19</b>	<b>Ohio State</b>	<b>1:00</b>
<b>A25</b>	<b>at Johns Hopkins</b>	<b>1:00</b>

**OHIO STATE 6-1, 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
<b>M7</b>	<b>Johns Hopkins (14)</b>	<b>W, 22-12</b>
M11	Cincinnati	W, 20-8
M14	at Louisville	W, 15-12
M22	at Duquesne	1:00
M24	California	7:00
M29	Canisius	1:00
A3	North Carolina	7:30
<b>A5</b>	<b>Maryland</b>	<b>1:30</b>
A12	Vanderbilt	12:00
A14	at Detroit	4:00
<b>A19</b>	<b>at Penn State</b>	<b>1:00</b>
<b>A22</b>	<b>at Northwestern</b>	<b>5:00</b>

**VANDERBILT 2-2, 0-1 ALC**

F15	North Carolina (9)	L, 13-14 (OT)
F21	UMBC	W, 15-6
<b>F27</b>	<b>Northwestern (1)</b>	<b>L, 10-22</b>
M3	at Virginia Tech	cx.d.
M7	at Boston University (10)	W, 19-18
M11	at Duke (3)	L, 16-22
M15	at Cincinnati	W, 19-7
<b>M22</b>	<b>at Penn State</b>	<b>12:00</b>
M28	Binghamton	11:00
M30	Delaware	4:00
<b>A4</b>	<b>Johns Hopkins</b>	<b>1:00</b>
A8	at New Hampshire	1:00
<b>A12</b>	<b>at Ohio State</b>	<b>12:00</b>
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	<b>Hilary Bowen, Northwestern</b>	<b>Maggie Bremer, Northwestern</b>	<b>Colleen McCaffrey, Johns Hopkins</b>
Mar 2	<b>Danielle Spencer, Northwestern</b>	<b>Margo Josephs, Penn State</b>	<b>Alayna Markwordt, Ohio State</b>
Mar 9	<b>Alayna Markwordt, Ohio State</b>	<b>Kristen Gilwee, Ohio State</b>	<b>Alayna Markwordt, Ohio State</b>
Mar 16	<b>Hannah Nielsen, Northwestern</b>	<b>Meredith Frank, Northwestern</b>	<b>Alayna Markwordt, Ohio State</b>
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	8	480	45	5.63 (2)	Northwestern	8	480	158	19.75 (1)
Penn State	6	366	42	6.89 (4)	Ohio State	7	420	115	16.43 (3)
Ohio State	7	420	71	10.14 (26)	Vanderbilt	6	366	92	15.14 (9)
Johns Hopkins	6	360	77	12.83 (66)	Penn State	6	366	85	13.93 (19)
Vanderbi	6	366	89	14.59 (80)	Johns Hopkins	6	360	70	11.67 (37)

GROUND BALLS			CAUSED TOS		CT		DRAW CONTROLS		
GB	GBPG				CTPG		DC	DCPG	
Penn State	153	25.50 (7)	Penn State	71	11.83 (14)	Northwestern	140	17.50 (1)	
Ohio State	139	19.86 (20)	Vanderbilt	66	11.00 (20)	Vanderbilt	92	15.33 (5)	
Johns Hopkins	115	19.17 (27)	Northwestern	71	8.88 (43)	Penn State	82	13.67 (20)	
Northwestern	150	18.75 (33)	Ohio State	60	8.57 (47)	Ohio State	90	12.86 (34)	
Vanderbilt	103	17.17 (46)	Johns Hopkins	50	8.33 (52)	Johns Hopkins	70	11.67 (53)	

## INDIVIDUAL STATISTICS

GOALS AGAINST					SAVE PERCENTAGE				
AVG.	MIN	GA	GAA		SV	G	SV%		
Morgan Lathrop, NU	397:42	30	4.53 (2)		Morgan Lathrop, NU	40	30	57.1%	(1)
Stephanie Ellis, PSU	289:37	37	7.67 (5)		Kristen Gilwee, OSU	73	66	52.5%	(11)
Kristen Gilwee, OSU	404:42	66	9.79 (24)		Stephanie Ellis, PSU	38	37	50.7%	(18)
Lizzie O'Ferrall, JHU	321:04	66	12.33		Lizzie O'Ferrall, JHU	37	66	35.9%	
Rachel Woolford, VAN	188:30	51	16.23		Rachel Woolford, VAN	22	51	30.1%	

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	8	24	31	55	6.88 (1)	Hannah Nielsen, NU	8	24	3.00 (27)
Kelly Haggerty, OSU	7	21	19	40	5.71 (4)	Ally Carey, VAN	5	14	2.80 (38)
Hilary Bowen, NU	8	38	5	43	5.38 (7)	Candace Rossi, JHU	6	16	2.67 (45)
Alayna Markwordt, OSU	7	22	14	36	5.14 (9)	Hilary Bowen, NU	8	21	2.63 (48)
Danielle Spencer, NU	8	28	8	36	4.50 (17)	Alexandra Frank, NU	8	20	2.50
Sarah Downing, VAN	6	15	11	26	4.33 (24)	Erica Mihm, PSU	6	15	2.50
Ally Carey, VAN	5	12	8	20	4.00 (38)	Jayne Beard, OSU	7	17	2.43
Katherine Denkler, VAN	6	15	7	22	3.67	Cara Giordano, VAN	6	14	2.33
Maghan Beaudrault, OSU	7	16	6	22	3.14	Colleen McCaffrey, JHU	6	13	2.17
Cara Giordano, VAN	6	10	8	18	3.00	Kerry Shea, PSU	6	12	2.00

GOALS					GROUND BALLS				
GP	G	GPG			GP	GB	GBPG		
Hilary Bowen, NU	8	38	4.75 (1)		Gabby Capuzzi, OSU	7	21	3.00	
Danielle Spencer, NU	8	28	3.50 (10)		Alex Mundy, VAN	6	17	2.83	
Alayna Markwordt, OSU	7	22	3.14 (26)		Natalie Wills, VAN	5	14	2.80	
Kelly Haggerty, OSU	7	21	3.00 (31)		Jackie Eastman, PSU	6	16	2.67	
Hannah Nielsen, NU	8	24	3.00 (31)		Margo Josephs, PSU	6	14	2.33	
Sarah Downing, VAN	6	15	2.50		Colleen McCaffrey, JHU	6	14	2.33	
Candace Rossi, JHU	6	15	2.50		Lizzie O'Ferrall, JHU	6	13	2.17	
Katherine Denkler, VAN	6	15	2.50		Angela Hughes, JHU	6	13	2.17	
Ally Carey, VAN	5	12	2.40		Kerry Shea, PSU	6	13	2.17	
Carter Foote, VAN	6	14	2.33		Meredith Frank, NU	8	15	1.88	

ASSISTS					CAUSED TURNOVERS				
GP	A	APG			GP	CT	CTPG		
Hannah Nielsen, NU	8	31	3.88 (2)		Margo Josephs, PSU	6	17	2.83 (5)	
Kelly Haggerty, OSU	7	19	2.71 (6)		Gabby Capuzzi, OSU	7	10	1.43	
Alayna Markwordt, OSU	7	14	2.00 (14)		Ally Carey, VAN	5	7	1.40	
Sarah Downing, VAN	6	11	1.83 (21)		Cara Giordano, VAN	6	8	1.33	
Allie Frank, VAN	6	10	1.67 (30)		Claire Leonard, VAN	6	8	1.33	
Ally Carey, VAN	5	8	1.60 (39)		Theresa Zichelli, PSU	6	7	1.17	
Megan McGuire, PSU	6	8	1.33		Candace Rossi, JHU	6	7	1.17	
Cara Giordano, VAN	6	8	1.33		Sarah Downing, VAN	6	7	1.17	
Erica Mihm, PSU	6	7	1.17		Angela Hughes, JHU	6	7	1.17	
Katherine Denkler, VAN	6	7	1.17		Bowen and A. Frank, NU	9	8	1.13	

(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**

*Mar 17*

*National Honor Roll*

**Meredith Frank, Northwestern**  
**Hannah Nielsen, 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*

**Shannon Smith, Northwestern**

*National Rookie of the Week - Mar 16*

# National Polls

## IWLCA Composite Poll

	PS	F17	F23	M2	M9	M16	M23	M30	A6	A13	A20	A27	Fin
<b>Northwestern</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>							
Maryland	6	6	5	3	2	2							
Penn	5	5	6	6	5	3							
Georgetown	8	8	7	7	8	4							
Virginia	4	4	4	2	4	5							
North Carolina	9	9	9	9	9	6							
Duke	3	2	2	4	3	7							
Syracuse	2	3	3	5	6	8							
Princeton	7	7	8	8	7	9							
Notre Dame	11	11	12	11	11	10							
<b>Vanderbilt</b>	<b>12</b>	<b>12</b>	<b>11</b>	<b>12</b>	<b>10</b>	<b>11</b>							
Boston University	10	10	10	10	12	12							
New Hampshire	14	14	14	15	13	13							
Cornell	16	16	17	16	14	14							
Stanford	18	17	16	18	16t	15							
James Madison	16	19	19	17	16t	16							
<b>Penn State</b>	<b>RV</b>	<b>RV</b>	<b>--</b>	<b>RV</b>	<b>15</b>	<b>17</b>							
<b>Ohio State</b>	<b>RV</b>	<b>--</b>	<b>RV</b>	<b>--</b>	<b>19</b>	<b>18</b>							
Dartmouth	13	13	15	13	18	19							
Loyola	--	--	--	--	20	20							
Towson	19	18	18	19	RV	RV							
William & Mary	RV	RV	RV	20	RV	RV							
Denver	19	20	20	RV	RV	RV							
<b>Johns Hopkins</b>	<b>15</b>	<b>15</b>	<b>13</b>	<b>14</b>	<b>--</b>	<b>--</b>							

## nike insidelacrosse.com Composite Poll

	PS	F23	M2	M9	M16	M23	M30	A6	A13	A20	A27	Fin
<b>Northwestern</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>							
Maryland	7	6t	3	2	2							
Penn	6	5	4t	3	3							
Syracuse	2	2	7	6	4							
Georgetown	9	9	8	8	5t							
Duke	3	3	4t	4	5t							
Virginia	4	4	2	5	7							
North Carolina	8	8	9	11	8							
Princeton	5	6t	6	7	9							
Notre Dame	10t	12	11	9	10							
Cornell	15	15	14	12	11							
<b>Vanderbilt</b>	<b>12</b>	<b>10</b>	<b>13</b>	<b>10</b>	<b>12</b>							
New Hampshire	13	13	15	13	13							
Boston University	10t	11	10	RV	14							
Dartmouth	17t	17	12	14	15							
James Madison	19	20	17	15	16							
Stanford	20	16	18	17	17							
<b>Ohio State</b>	<b>--</b>	<b>RV</b>	<b>RV</b>	<b>20</b>	<b>18</b>							
<b>Penn State</b>	<b>--</b>	<b>--</b>	<b>RV</b>	<b>16</b>	<b>19</b>							
Loyola	--	--	--	18t	20							
Towson	14	14	16	18t	RV							
Hofstra	--	RV	20	RV	--							
Denver	16	RV	RV	RV	--							
<b>Johns Hopkins</b>	<b>RV</b>	<b>18</b>	<b>19</b>	<b>--</b>	<b>--</b>							
Yale	RV	19	RV	--	--							
George Mason	17t	RV	RV	--	--							

# National Polls

## womenslacrosse.com Composite Poll

	PS	M2	M9	M16	M23	M30	A6	A13	A20	A27	Fin
<b>Northwestern</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>							
Maryland	9	5	2	2							
Georgetown	4	3	6	3							
Penn	10	10	7	4							
Duke	3	7	3	5							
Princeton	5	4	5	6							
North Carolina	8	9	9	7							
Virginia	7	2	4	8							
Syracuse	2	6	8	9							
<b>Penn State</b>	<b>--</b>	<b>--</b>	<b>15</b>	<b>10</b>							
<b>Vanderbilt</b>	<b>12</b>	<b>11</b>	<b>10</b>	<b>11</b>							
Boston University	6	8	11	12							
Notre Dame	11	12	12	13							
New Hampshire	13	14	14	14							
Denver	14	15	16	15							
Stanford	19	18	17	16							
Cornell	--	--	20	17							
Dartmouth	15	13	13	18							
William & Mary	17	17	18	19							
James Madison	--	--	--	20							
<b>Ohio State</b>	<b>--</b>	<b>--</b>	<b>19</b>	<b>--</b>							
<b>Johns Hopkins</b>	<b>18</b>	<b>16</b>	<b>--</b>	<b>--</b>							
Towson	16	20	--	--							
George Mason	20	--	--	--							

## LaxPower.com Forum Composite Poll

	PS	F23	M2	M9	M16	M23	M30	A6	A13	A20	A27	Fin
<b>Northwestern</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>							
Maryland	9	8	3	2	2							
Penn	6	6	6	4	3							
Syracuse	3	2	4	5	4							
Virginia	4	4	2	3	5							
North Carolina	8	9	9	9	6							
Georgetown	7	7	8	8	7							
Duke	2	3	5	6	8							
Princeton	5	5	7	7	9							
Notre Dame	11	12	13	11	10							
<b>Vanderbilt</b>	<b>12</b>	<b>11</b>	<b>11</b>	<b>10</b>	<b>11</b>							
Boston University	10	10	10	12	12							
Cornell	16t	17	16	14	13							
New Hampshire	13	13	14	13	14							
<b>Penn State</b>	<b>--</b>	<b>--</b>	<b>RV</b>	<b>18</b>	<b>15</b>							
James Madison	19	19	18	16	16							
Stanford	--	20	20	17	17							
Dartmouth	15	14t	12	15	18							
Towson	14	14t	15	19	19							
Loyola	--	--	--	--	20							
Denver	16t	18	19	20	RV							
<b>Ohio State</b>	<b>--</b>	<b>RV</b>	<b>RV</b>	<b>RV</b>	<b>RV</b>							
<b>Johns Hopkins</b>	<b>18</b>	<b>16</b>	<b>17</b>	<b>RV</b>	<b>--</b>							
George Mason	20	--	--	--	--							