

# 2009 PAC Women's Soccer Release

## Week 1 - August 31



**Presidents' Athletic Conference**  
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### 2009 PAC WOMEN'S SOCCER STANDINGS (preseason)

School	PAC Contests					GF	GA	All Contests					GF	GA
	W	L	T	Pct.	Pts!			W	L	T	Pct.			
Thomas More	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Westminster	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Washington & Jefferson	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Grove City	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Bethany	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Waynesburg	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Chatham	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Thiel	0	0	0	.000	0	0	0	0	0	.000	0	0	0	
Geneva*										.000	0	0	0	
Saint Vincent*										.000	0	0	0	

! - Point total determines seed for PAC Tournament - 3 points for win, 1 point for tie

\* - NCAA Division III provisional member - not eligible for 2009 PAC championship or player of the week honors

#### LAST WEEK

No games scheduled

#### Friday, September 4, 2009

Mount Union at Westminster - 5:30 p.m.

Grove City Tournament

#### THIS WEEK

##### Tuesday, September 1, 2009

Thiel at Mount Aloysius - 4 p.m.

Bethany at Pitt-Greensburg - 5:30 p.m.

Anderson at Thomas More - 6 p.m.

Franciscan at Waynesburg - 6:30 p.m.

Chatham at Carlow - 7 p.m.

##### Saturday, September 5, 2009

Grove City at Pitt-Bradford - 1 p.m.

Mount Aloysius at Bethany - 1 p.m.

Penn State-DuBois at Chatham - 1 p.m.

Pitt-Greensburg at Waynesburg - 1 p.m.

Thomas More at Mt. St. Joseph - 1 p.m.

Daemen at Westminster - 2 p.m.

Saint Vincent at Marietta Tourney - 2 p.m.

Grove City Tournament

Thiel at Alfred Tournament

##### Wednesday, September 2, 2009

Allegheny at Westminster - 4 p.m.

Seton Hill at Saint Vincent - 4 p.m.

Wash. & Jeff. at Penn St.-Behrend - 4 p.m.

Marietta at Geneva - 4:30 p.m.

##### Sunday, September 6, 2009

Wash. & Jeff. at Penn St.-Altoona - 7 p.m.

Saint Vincent at Marietta Tournament

Thiel at Alfred Tournament

##### Thursday, September 3, 2009

Thiel at Franciscan - 4 p.m.

Bethany at La Roche - 5 p.m.

### PAC WOMEN'S SOCCER 2009 - Week 1 Conference Notes

**19 AND COUNTING:** The 2009 season marks the PAC's 19th consecutive women's soccer season ... Washington & Jefferson is this season's defending champions after winning its first title with an upset victory over top-seeded Thomas More, 1-0 in overtime ... Since the sport began conference competition in 1991, Bethany has captured a conference-high six titles ... Westminster has dominated the competition recently, capturing five of the last seven titles since 2002.

**NEWS & NOTES:** After earning the conference's automatic NCAA bid, the Presidents' fell in the second round of the NCAA Division III playoff against Messiah, closing their campaign with a 15-6-2 record ... Geneva's team posted an impressive turnaround record, ending the season 8-5-5, compared to a 2-15-1 record in 2007 ... The Westminster women's soccer team made its seventh straight post-season appearance last year, while posting a 15-5-2 overall (5-1-1 PAC) record.

**PAC ACCOLADES:** Three PAC women's soccer players were selected to the 2008 National Soccer Coaches Association of America (NSCAA) All-Great Lakes Third Team ... Players included then-Westminster senior F **Christina Adams**, Wash. & Jeff. junior M **Spencer Ahrenholtz** and Thomas More freshman F **Lauren Wietmarschen**.

**Bethany Bison**  
**(0-0, 0-0 PAC)**



The Bison women will be the first Bethany team in action this season when they travel to Pitt-Greensburg Tuesday evening ... Although they outshot the Bobcats 21-10, BC was forced to settle for a 1-1 tie last year, as **Loren McAnany** scored the team's only goal ... Two days later, Bethany will motor over to LaRoche to try to avenge a 1-0 loss from last season, a game that also saw the Green and White post a shot advantage (16-10) ... BC will also be trying for their first win ever over the Redhawks, who are 10-0 against the Bison ... Bethany begins the home portion of their schedule Saturday by hosting Mount Aloysius in the first-ever meeting between the schools.

**Chatham Cougars**  
**(0-0, 0-0 PAC)**



Chatham will open the season on Tuesday, Sept. 1, at Carlow University with a 7 p.m. game.

**Geneva Golden Tornadoes**  
**(0-0)**



After one of the most impressive turnarounds in school history, the Geneva women's soccer team will be looking to improve upon its 8-5-5 record from last year ... Third year head coach **Linda Sumner** will try to find some offensive punch to go along with one of the stingiest defenses in the PAC ... A year ago goalkeeper **Lauren Londino** registered a school record ten shut-outs and she will be returning to the nets for her junior season in 2009.

**Grove City Wolverines**  
**(0-0, 0-0 PAC)**



Grove City opens the 2009 season with a pair of home matches at College Field ... The 2009 roster features a sextet of seniors... Among the six is goalkeeper **Bethany Preston**, who returns after missing the 2008 season ... Also back for their final season are **Elise Bender**, **Michelle Peck**, **Courtney Sicher**, **Lauren Woodring** and **Hannah Yang** ... Grove City finished 11-8-2 last year after winning seven of its final nine regular-season matches ... The Wolverines will host Washington & Jefferson, Sept. 26 in the conference opener ... Head coach **Melissa Lamie** is in her 17<sup>th</sup> season at the helm ... She has a 168-121-20 career record.

**Saint Vincent Bearcats**  
**(0-0)**



The Lady Bearcats, under second-year head coach **Becky Stewart**, open up the 2009 season on Wednesday afternoon, hosting cross-town rival and Division-II foe Seton Hill University ... Saint Vincent returns seven starters from a season ago, including PAC Coaches Honors recipients **Leanna Seminsky** and **Alex Shasko** ... Seminsky, a junior forward, scored seven goals a season ago, while Shasko, a senior midfielder, brings a career total of 14 goals and 10 assists into the season ... Following the opener with Seton Hill, Saint Vincent will participate in the two-day Marietta College Kickoff Tournament for the second straight season, with games on Saturday and Sunday.

**Thiel Tomcats**  
**(0-0, 0-0 PAC)**



The Thiel College women's soccer team will be looking will begin their 2009 season on Tuesday, Sept. 1 against the Mounties of Mount Aloysius ... The last contest between these two teams ended in a 0-0 stalemate ... The women of Thiel will be looking to pick up their first victory since Oct. 20, 2007, when they beat Geneva College 1-0.

**Thomas More Saints**  
**(0-0, 0-0 PAC)**



The Saints will be led this season by four senior field players and a senior goalkeeper ... The seniors are: midfielder **Katilyn Cohen**, defender **Kristen DePaoli**, forward **Deanna Goshdigian**, forward/defender **Stacy Knapp** and goalkeeper **Jenna Kramer** ... DePaoli and Goshdigian are returning All-PAC selections from a year ago ... Last season, Kramer played 1,642:09 minutes in goal, and had a 12-7 record, nine shutouts, 58 saves and only gave up 15 goals.

**Washington & Jefferson Presidents**  
**(0-0, 0-0 PAC)**



The Washington & Jefferson College women's soccer team begins its quest to repeat as Presidents' Athletic Conference champions on Wednesday, Sept. 2 when traveling to Penn St.-Behrend for a 4 p.m. kickoff ... The 2009 Presidents will feature many of the same faces from last season's NCAA qualifying squad, including six returning starters ... Four seniors will anchor that group, including **Spencer Ahrenholtz**, **Karly Hresko**, **Molly Macioce** and **Tiffany Sherred**.

**Waynesburg Yellow Jackets**  
**(0-0, 0-0 PAC)**



Veteran head coach **Jim Rue** looks to move the Lady Jackets up the PAC ladder with three returning All-PAC honorees leading this year's team ... Forwards **Courtney Ebersole** (So.) and **Danielle Danhirs** (Jr.) were both named second-team all-conference, while **Terrin Crist** (So.) was selected as an honorable mention defender ... The Jackets kick their season off on Sept. 1, when they host Franciscan (Ohio) University. In 2008, Franciscan bested the Jackets by a 2-0 final.

**Westminster Titans**  
**(0-0, 0-0 PAC)**



The Westminster women's soccer team made its seventh straight post-season appearance last year, while posting a 15-5-2 record and a 5-1-1 mark for third place in the PAC ... Westminster was a semifinalist in the ECAC Division III South Championships ... The Titans return 12 letter-winners and eight starters in 2009 for eight-year head coach **Girish Thakar**, including NCAA assists leader **Samantha Killmeyer**, a sophomore F who earned first-team all-PAC honors last year ... Junior F **Sarah Nee**, a two-year starter who earned second-team all-PAC honors last year, is also back after scoring 17 of her 24 career goals last season.

**Bethany Bison**  
0-0, 0-0 PAC

Sept. 1	at Pitt-Greensburg	5:30 p.m.
Sept. 3	at La Roche	5 p.m.
Sept. 5	MOUNT ALOYSIUS	1 p.m.
Sept. 9	FRANCISCAN	8 p.m.
Sept. 12	WOOSTER	7 p.m.
Sept. 15	at Seton Hill	4 p.m.
Sept. 20	HILBERT	1 p.m.
Sept. 23	at Muskingum	5 p.m.
Sept. 26	at Hiram	1 p.m.
Sept. 30	MARIETTA	4:30 p.m.
Oct. 3	ST. VINCENT*	3 p.m.
Oct. 7	at Geneva*	5:30 p.m.
Oct. 9	THOMAS MORE*	6:45 p.m.
Oct. 13	GROVE CITY*	7:30 p.m.
Oct. 17	at Thiel*	1 p.m.
Oct. 20	at Waynesburg*	6:30 p.m.
Oct. 24	CHATHAM*	1 p.m.
Oct. 27	at Westminster*	3 p.m.
Oct. 31	WASH. & JEFF.*	3 p.m.
Nov. 3-7	PAC Tournament	TBA

**Chatham Cougars**  
0-0, 0-0 PAC

Sept. 1	at Carlow	7 p.m.
Sept. 5	PENN STATE-DUBOIS	1 p.m.
Sept. 8	PITT-BRADFORD	4:30 p.m.
Sept. 11	at La Roche	5 p.m.
Sept. 14	at Mount Aloysius	4 p.m.
Sept. 23	at Wilson	4 p.m.
Sept. 26	at Hood	3 p.m.
Oct. 1	at Thiel*	4:30 p.m.
Oct. 5	WASH. & JEFF.*	3:30 p.m.
Oct. 10	at Westminster*	2 p.m.
Oct. 13	at Waynesburg*	6:30 p.m.
Oct. 18	THOMAS MORE*	1 p.m.
Oct. 21	GENEVA*	3:30 p.m.
Oct. 24	at Bethany*	1 p.m.
Oct. 28	GROVE CITY*	3:30 p.m.
Oct. 31	ST. VINCENT*	1 p.m.
Nov. 3-7	PAC Tournament	TBA

**Geneva Golden Tornadoes**  
0-0

Sept. 2	MARIETTA	4:30 p.m.
Sept. 5	at Pitt-Bradford	1 p.m.
Sept. 9	LA ROCHE	7 p.m.
Sept. 12	MEDAILLE	2 p.m.
Sept. 16	FRANCISCAN	7 p.m.
Sept. 19	at Point Park	2 p.m.
Sept. 23	MOUNT ALOYSIUS	6 p.m.
Sept. 26	HEIDELBERG	2 p.m.
Oct. 3	at Thomas More*	4:30 p.m.
Oct. 7	BETHANY*	5 p.m.
Oct. 10	GROVE CITY*	11 a.m.
Oct. 13	WASH. & JEFF.*	5 p.m.
Oct. 16	WESTMINSTER*	5 p.m.
Oct. 21	at Chatham*	3:30 p.m.
Oct. 24	at St. Vincent*	1 p.m.
Oct. 28	WAYNESBURG*	5 p.m.
Oct. 30	at Thiel*	1 p.m.

**2009 PAC WOMEN'S SOCCER PLAYERS OF THE WEEK**

Offense

Defense/GK

September 7:  
September 14:  
September 21:  
September 28:  
October 5:  
October 12:  
October 19:  
October 26:  
November 2:

**PAC WOMEN'S SOCCER IN THE NCAA DIVISION III NATIONAL STATISTICS**  
*(coming soon!)*

**Grove City Wolverines**  
0-0, 0-0 PAC

Sept. 4	DAEMEN	3 p.m.
Sept. 5	MOUNT UNION	1 p.m.
Sept. 11	at John Carroll Tourney	TBA
Sept. 12	at John Carroll Tourney	TBA
Sept. 16	at Allegheny	4 p.m.
Sept. 19	BALDWIN-WALLACE	3:30 p.m.
Sept. 23	at Penn State-Behrend	4 p.m.
Sept. 26	WASH. & JEFF.*	2 p.m.
Sept. 29	CARNEGIE MELLON	4:30 p.m.
Oct. 1	at Penn State-Altoona	6 p.m.
Oct. 5	at Thiel*	4 p.m.
Oct. 10	at Geneva*	12 p.m.
Oct. 13	at Bethany*	7:30 p.m.
Oct. 17	WAYNESBURG*	12 p.m.
Oct. 21	ST. VINCENT*	3 p.m.
Oct. 24	at Thomas More*	12 p.m.
Oct. 28	at Chatham*	3:30 p.m.
Oct. 31	at Westminster*	3 p.m.
Nov. 3-7	PAC Tournament	TBA

**Saint Vincent Bearcats**  
0-0

Sept. 2	SETON HALL	4 p.m.
Sept. 5	at Marietta Tourney	2 p.m.
Sept. 6	at Marietta Tourney	TBA
Sept. 8	at Juniata	5 p.m.
Sept. 12	FRANCISCAN	11 a.m.
Sept. 16	FROSTBURG	3 p.m.
Sept. 19	at Mount Union	2 p.m.
Sept. 22	PITT-JOHNSTOWN	4 p.m.
Sept. 26	at Lycoming	3:30 p.m.
Sept. 29	at Baldwin-Wallace	5 p.m.
Oct. 3	at Bethany*	3 p.m.
Oct. 7	at Waynesburg*	6:30 p.m.
Oct. 9	THIEL*	5:30 p.m.
Oct. 12	at Westminster*	8 p.m.
Oct. 18	WASH. & JEFF.*	1 p.m.
Oct. 21	at Grove City*	3 p.m.
Oct. 24	GENEVA*	1 p.m.
Oct. 28	THOMAS MORE*	3 p.m.
Oct. 31	at Chatham*	1 p.m.

**Thiel Tomcats**  
0-0, 0-0 PAC

Sept. 1	at Mount Aloysius	4 p.m.
Sept. 3	at Franciscan	4 p.m.
Sept. 5	at Alfred Tourney	TBA
Sept. 6	at Alfred Tourney	TBA
Sept. 9	PITT-GREENSBURG	4 p.m.
Sept. 12	at Muskingum	2 p.m.
Sept. 16	at Carlow	7 p.m.
Sept. 19	at Bluffton	TBA
Sept. 22	PITT-BRADFORD	5 p.m.
Sept. 24	HILBERT	3 p.m.
Oct. 1	CHATHAM*	4:30 p.m.
Oct. 5	GROVE CITY*	5:30 p.m.
Oct. 9	at St. Vincent*	5:30 p.m.
Oct. 13	at Thomas More*	2:30 p.m.
Oct. 17	BETHANY*	1 p.m.
Oct. 20	WESTMINSTER*	4 p.m.
Oct. 23	at Waynesburg*	6:30 p.m.
Oct. 28	at Wash. & Jeff.*	TBA
Oct. 30	GENEVA*	1 p.m.
Nov. 3-7	PAC Tournament	TBA

**Thomas More Saints**  
0-0, 0-0 PAC

Sept. 1	ANDERSON	6 p.m.
Sept. 5	at Mount Saint Joseph	1 p.m.
Sept. 11	EARLHAM	6 p.m.
Sept. 13	MARIETTA	1 p.m.
Sept. 18	MILIKIN	3 p.m.
Sept. 19	at Defiance	2 p.m.
Sept. 22	at Hanover	5 p.m.
Sept. 27	at Capital	1 p.m.
Oct. 2	GENEVA*	4:30 p.m.
Oct. 4	at Westminster*	1 p.m.
Oct. 9	at Bethany*	6:45 p.m.
Oct. 14	THIEL*	2:30 p.m.
Oct. 17	at Denison	3:30 p.m.
Oct. 18	at Chatham*	1 p.m.
Oct. 21	at Wash. & Jeff.*	5 p.m.
Oct. 24	GROVE CITY*	2 p.m.
Oct. 28	at St. Vincent*	3 p.m.
Oct. 31	WAYNESBURG*	12 p.m.
Nov. 3-7	PAC Tournament	TBA

**Wash. & Jeff. Presidents**  
0-0, 0-0 PAC

Sept. 2	at Penn St.-Behrend	4 p.m.
Sept. 6	at Penn St.-Altoona	7 p.m.
Sept. 9	WOOSTER	7 p.m.
Sept. 12	SHENANDOAH	4 p.m.
Sept. 13	MEDAILLE	2 p.m.
Sept. 15	PITT-GREENSBURG	7 p.m.
Sept. 18	MUSKINGUM	7 p.m.
Sept. 23	at Marietta	4:30 p.m.
Sept. 26	at Grove City*	2 p.m.
Sept. 30	at Franciscan	4 p.m.
Oct. 5	at Chatham*	3:30 p.m.
Oct. 10	WAYNESBURG*	3 p.m.
Oct. 13	at Geneva*	5 p.m.
Oct. 18	at St. Vincent*	1 p.m.
Oct. 21	THOMAS MORE*	5 p.m.
Oct. 24	WESTMINSTER*	1 p.m.
Oct. 28	THIEL*	5 p.m.
Oct. 31	at Bethany*	3 p.m.
Nov. 3-7	PAC Tournament	TBA

**Waynesburg Yellow Jackets**  
0-0, 0-0 PAC

Sept. 1	FRANCISCAN	6:30 p.m.
Sept. 5	PITT-GREENSBURG	1 p.m.
Sept. 8	at Point Park	6 p.m.
Sept. 10	at Carlow	7 p.m.
Sept. 16	at Mount Aloysius	4 p.m.
Sept. 22	at Penn St.-Altoona	6 p.m.
Sept. 26	at Muskingum	12 p.m.
Sept. 30	LAKE ERIE	6:30 p.m.
Oct. 3	WESTMINSTER*	3 p.m.
Oct. 7	ST. VINCENT*	6:30 p.m.
Oct. 9	LA ROCHE	6:30 p.m.
Oct. 10	WASH. & JEFF.*	3 p.m.
Oct. 13	CHATHAM*	6:30 p.m.
Oct. 17	at Grove City*	2:30 p.m.
Oct. 20	BETHANY*	6:30 p.m.
Oct. 23	THIEL*	6:30 p.m.
Oct. 28	at Geneva*	6 p.m.
Oct. 31	at Thomas More*	12 p.m.
Nov. 3-7	PAC Tournament	TBA

**Westminster Titans**  
0-0, 0-0 PAC

Sept. 2	ALLEGHENY	4 p.m.
Sept. 4	MOUNT UNION	5:30 p.m.
Sept. 5	DAEMEN	2 p.m.
Sept. 9	SHENANDOAH	7:30 p.m.
Sept. 12	at Pitt-Johnstown	3 p.m.
Sept. 15	at John Carroll	4 p.m.
Sept. 19	JUNIATA	3 p.m.
Sept. 23	PITT-GREENSBURG	7:30 pm.
Sept. 26	BALDWIN-WALLACE	4 p.m.
Sept. 30	at Fredonia State	5 p.m.
Oct. 3	at Waynesburg*	3 p.m.
Oct. 4	THOMAS MORE*	1 p.m.
Oct. 6	PENN ST.-BEHREND	3:30 p.m.
Oct. 10	CHATHAM*	2 p.m.
Oct. 12	ST. VINCENT*	8 p.m.
Oct. 16	at Geneva*	5 p.m.
Oct. 21	at Thiel*	4 p.m.
Oct. 24	at Wash. & Jeff.*	4 p.m.
Oct. 27	BETHANY*	3 p.m.
Oct. 31	GROVE CITY*	3 p.m.
Nov. 3-7	PAC Tournament	TBA