

2007 University of Central Missouri Jennies Soccer



At Wichita Falls, Texas vs. Midwestern State Friday Aug. 24, at 7:00 pm
At Wichita Falls, Texas vs. Texas Women's Univ. Sunday Aug. 26, at 1:00 pm

2007 Central Missouri Jennies Soccer Schedule

August

24 vs. Midwestern State University \$. . . 7:00 pm
 26 vs. Texas Women's University \$. . . 1:00 pm
 31 **Northeastern State #** 7:00 pm

September

2 **Central Oklahoma #** 3:00 pm
 7 at Missouri Western* 7:00 pm
 14 **Washburn*** 7:00 pm
 15 **Emporia State*** 7:00 pm
 21 at Missouri Southern* TBA
 22 at Southwest Baptist* TBA
 28 at Truman* 2:00 pm
 29 at Northwest Missouri* 4:00 pm

October

4 **Missouri Western*** 7:00 pm
 12 **Southwest Baptist*** 7:00 pm
 13 **Missouri Southern*** 7:00 pm
 19 at Emporia State* 7:00 pm
 20 at Washburn* 7:00 pm
 26 **Northwest Missouri*** 7:00 pm
 27 **Truman*** 7:00 pm

* - MIAA match. \$ - Midwestern State University Classic # - Comfort Inn/UCM Classic
 All home matches in **bold** at South Recreation Complex



Junior Hazel Cox led the Jennies in goals (10) and points (26) on her way to All-MIAA and All-Region honors last season.

The Game: The Jennies open the season with a trip to Wichita Falls, Texas to take part in the Midwestern State University Classic. The Jennies will open the season against the host school Midwestern State University on Friday, then square off against Texas Women's University on Sunday.

The Coaches: **Lewis Theobald** begins his first season at the helm of the Jennies soccer program. He spent last season as the first assistant at Division I Indiana State where he was the lead recruiter. He was also in charge of scouting as well as game and player evaluations. He is a 1999 graduate of the University of Kansas.

Jeff Trimble enters his 10th season at Midwestern State. He led the Mustangs to a 10-8-1 mark last year and has a compiled a 105-60-16 career record. He is a 1993 graduate of Grace College (IN) where he was a goalkeeper.

Fleur Benatar begins her sixth season at the helm of Texas Women's University. She led her team to a 4-13-2 mark last year and has compiled a 26-57-9 career record. She is the only coach in the history of the program. Benatar is a 1999 graduate of the University of North Texas where she was a midfielder.

The Series: This will be the first ever meeting between Central Missouri and both Midwestern State and Texas Women's University.

Midwestern State: The Mustangs enter the season coming off of a 10-8-1 mark and a fourth place finish in the Lone Star Conference a year ago. They return 24 letterwinners and nine starters including third leading scorer Megan Bibilone (5 goals, 2 assists) and starting goalkeeper Heather Primavera.

Texas Women's: The Pioneers enter 2007 looking to improve on their 4-13-2 mark from last season. They return nine starters including second and third leading scorers Christine Hornisher (3 goals, 1 assist) and Sue Cribbes (2 goals, 1 assist).

Jennies in season openers: The Jennies are 6-6 all-time on opening day after last season's 3-0 opening day win over St. Cloud State. This is the first season opener under new head coach Lewis Theobald.

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Season Preview

The 2007 version of the University of Central Missouri Jennies look very similar to the team that made the NCAA Tournament for the first time in school history last season.

They lost only one starter and the squad has only gained experience since the 2006 campaign. There will be at least one new look to this year's team though, a new head coach. **Lewis Theobald** takes over the program and expects the Jennies to be even better in 2007.

"There are a lot of returning players and going to the NCAA Tournament last year raised expectations." Theobald said, "We are striving to get back to that point and beyond."

With a new coach comes a new atmosphere though. It will depend on a few important factors to how far this team can go.

"When there is a coaching change, your leaders have to buy in and maintain positive attitudes." Theobald said, "If they do that, it makes what we are trying to do a lot easier."

As you would expect, three veterans have stepped into those leader roles.

"Our team leaders are **Erin Hendrix**, **Kelsi Ginavan** and **Carrie Twellman**." Theobald said. "They all lead in different ways but each of them are extremely important."

The Jennies will also have look on the field that should be fun for fans to watch.

"We are going to play a very attacking style with a 4-3-3 and we initiate our attacks from the back." Theobald said, "We are also going to be a pressing team in the opponents half of the field."

The Jennies hope to create more opportunities with their up-tempo style. To have that fast-paced style though, you have to have depth. Theobald thinks that is the team's strength, with several players that can come off the bench and get the job done.

FORWARDS

Forward may be the Jennies deepest position with four players pushing for a starting spot and a couple others that will play key minutes off the bench.

They will play with three up top, highlighted by the Jens leading scorer in junior **Hazel Cox**.

"Hazel is an all-region player that is one of the top strikers in the MIAA." Theobald said, "There are few players in our league that can take over a game and she has the ability to do that."

Between Cox, fellow classmate **Landri Schmitt**, and sophomores **Melanie Hall** and **Kayla Jupp**, the four strikers accounted for 26 of the Jennies' 40 goals last season.

"We have two outstanding All-MIAA players in Landri and Melanie." Theobald said, "The expectations for them are to increase their personal output so that the other teams have to focus on them as well."

Theobald also thinks Jupp will challenge those three for a starting role, while senior **Erin Hainey** is expected to have her best season as a Jenny.

Also pushing for time up there will be senior **Kelsi McCrite** and freshman **Caitlin Keith**.

MIDFIELDERS

The Jennies midfield also returns all of its starters from a year ago and after that time together, they should be even better this season.

When you talk about the three players in the middle though, you have to start with a two-time first-team All-MIAA performer in **Carrie Twellman**.

"Carrie is our most fit and skilled player." Theobald said, "She has a great attitude and I am expecting big things from her. She has a chance to be an All-American if things go well."

The other two starters are coming off solid freshmen seasons in **Angela Dobbie** and **Lindsey Hoerl**.

"Lindsey and Angela are two other players that we expect big things from." Theobald said. "Hoerl is underrated and very good on the ball while Dobbie is very important with winning balls and starting our attacks."

Also looking to get some time in the middle is junior **Madeline Baker**. **Heidi Helfers** will have to come back from a pre-season injury to get back in the lineup this year.

DEFENDERS

The biggest changes from 2006 to 2007 will be at the defender position. They will play with four across the back this year and will have to cope with the loss of a four-time All-MIAA player in Mallory Milburn.

"The big four are going to be **Randi Fernsler**, **Kelsi Ginavan**, **Brittany Sharp**, and **Kylee Schuhler** with **Erin Hendrix** coming in at any time without losing a step."

All five of those players have started games at UCM but how quickly they pick up the new scheme will be important.

"A lot of our success depends on how well this group plays." Theobald said, "Not just defensively, but from an attacking standpoint as well. What is important is they are all people that you can trust."

Junior **Kathleen Higginbotham** and a host of freshmen will also compete for time on the back line as they adjust to the new style. The Freshmen include **Lexie Bristow**, **Alicia Krug**, **Megan Volker**, and **Alex Woolard**.

GOALKEEPER

Theobald says that the toughest decision that the staff will have to make is at goalkeeper.

"We have four in camp and it is an open race." Theobald said, "We probably won't know the starter until close to the season opener."

The race will be paced by returning starter **Liz Casey**, but Theobald thinks that **Shannon Ponche** and **Lauren Bamvakais** have shown they are more than capable of earning the job. The other person battling for time will be freshman **Allison Lusardi**.

Final 2006 MIAA Standings

School	Overall	MIAA	Pts
Washburn	15-1-6	10-1-3	33
Missouri Southern	11-4-5	9-2-3	30
Southwest Baptist	10-4-5	8-3-3	27
Truman State	12-5-3	7-4-3	24
Central Missouri	12-5-3	7-4-3	24
Northwest Missouri State	9-9-1	5-8-1	16
Emporia State	3-15-1	1-12-1	4
Missouri Western	1-15-3	0-13-1	1

3 pts for MIAA win

1 pt for MIAA tie

() - Rank in NSCAA Div. II poll

2007 Preseason Coaches Poll

School	Pts.
1. Washburn (4)	43
2. Missouri Southern (2)	41
3. Central Missouri (2)	37
4. Southwest Baptist	33
5. Truman	31
6. Northwest Missouri	18
7. Emporia State	14
8. Missouri Western	7

Points awarded on a 7-6-5-4-3-2-1 basis. Coaches were not allowed to vote for their own team. First place votes in parentheses

Upcoming MIAA Schedule

Thursday, August 23

Missouri Western @ Upper Iowa 2 p.m.

Friday, August 24

Southwest Baptist @ Texas Women's 2 p.m.
 Northwest Missouri @ Upper Iowa 5 p.m.
 Truman State @ St. Edward-s (Texas) 5 p.m.
 Delta (Miss.) State @ Missouri Southern . . . 7 p.m.
 Emporia State @ Rockhurst (Mo.) 7 p.m.
 UCM @ Midwestern (Texas) State 7 p.m.

Saturday, August 25

Washburn vs. Central Oklahoma TBA
 SBU @ Texas A&M-Commerce 12 p.m.
 Harding (Ark.) @ Missouri Southern 1 p.m.

Sunday, August 26

Truman State vs. Incarnate Word (Texas) . . 11 a.m.
 UCM vs. Texas Women's 1 p.m.
 MWSU @ Missouri-Rolla 2 p.m.
 Washburn @ Midwestern (Texas) State . . . 3 p.m.

The Last Time it Happened

Individual

4 Goals in a game

Sarah Bourn vs. Southwest Baptist (September 18, 1995)

3 Goals in a game

Carrie Twellman vs. Southwest Minnesota State (September 4, 2005)

2 Goals in a game

Kayla Jupp vs. Emporia State (October 20, 2006)

3 Assists in a game

Carrie Twellman vs. Missouri Western (September 29, 2006)

2 Assists in a game

Hazel Cox vs. Northwest Missouri (September 27, 2006)

6 Points in a game

Teleshia Joseph (3g, 0a) vs. Avila (October 4, 2002)

5 Points in a game

Melanie Hall (2g, 1a) vs. Missouri Western (September 29, 2006)

6 Shots in a game by 1 player

Carrie Twellman vs. Missouri Southern (September 23, 2006)

5 Shots in a game by 1 player

Hazel Cox vs. Emporia State (October 20, 2006)

Keeper had at least 12 saves

Sarah Bomhoff (13) vs. Southwest Baptist (November 6, 2003)

Keeper had at least 10 saves

Elizabeth Casey (11) vs. Missouri Southern (October 13, 2006)

Team

Scored at least 6 goals in a game

8 - September 4, 2005 vs. Southwest Minnesota (W 8-2)

Scored 5 goals in a game

October 20, 2006 vs. Emporia State (W 5-0)

Scored 4 goals in a game

September 13, 2006 at Emporia State (W 4-1)

Scored 3 goals in a game

October 29, 2006 vs. Missouri Western (W 3-1)

5 assists in a game

September 29, 2006 vs. Missouri Western

4 assists in a game

October 20, 2006 vs. Emporia State

Shutout the opponent

October 29, 2006 vs. Missouri Western (3-0)

**2006 NSCAA/Adidas D-II
Preseason Rankings**

School	W-L-T	Prev.
1. Metro State (Colo.)	24-2-0	1
2. Grand Valley State (Mich.)	19-2-1	2
3. West Chester (Pa.)	23-1-0	3
4. Tampa (Fla.)	18-3-1	4
5. UC San Diego	20-2-2	6
6. Nebraska-Omaha	19-1-2	5
7. Franklin Pierce (N.H.)	18-3-1	6
8. Tusculum (Tenn.)	14-3-3	8
9. Carson-Newman (Tenn.)	14-2-1	10
10. St. Edward's (Texas)	18-3-1	9
11. West Florida	15-3-3	11
12. Seattle Pacific (Wash.)	17-5-0	14
13. Washburn	15-2-5	12
14. Saint Rose (N.Y.)	17-3-1	13
15. Indiana (Pa.)	15-7-0	15
16. Indianapolis (Ind.)	17-5-1	18
17. Central Oklahoma	18-4-1	16
Seattle (Wash.)	15-3-2	17
19. Missouri Southern	11-4-5	22
Saint Leo (Fla.)	14-3-2	19
21. Columbus (Ga.) State	18-4-1	20
22. Quincy (Ill.)	16-5-0	25
23. New Haven (Conn.)	12-5-4	24
24. UMASS - Lowell	10-5-4	NR
25. West Texas A&M	14-4-1	23

2006 Final Record and Rank shown

Also receiving votes: Bridgeport (Conn.), Nova Southeastern (Fla.), Armstrong Atlantic State (Ga.), Bryant (R.I.), Mercyhurst (Pa.), **Truman State (Mo.)**

**The 2007 Jennies Record
When...**

Scoring first	.0-0-0
Opponents score first	.0-0-0
Scoring last	.0-0-0
Opponents score last	.0-0-0
Playing at home	.0-0-0
Playing on the road	.0-0-0
Playing at night	.0-0-0
Playing during the day	.0-0-0
Playing a team from Kansas	.0-0-0
Playing a team from Missouri	.0-0-0
Playing a team from Oklahoma	.0-0-0
Playing a team from Texas	.0-0-0
Leading at halftime	.0-0-0
Trailing at halftime	.0-0-0
Tied at halftime	.0-0-0
Outshooting opponent	.0-0-0
Being outshot	.0-0-0

2007 Jennies Soccer Alphabetical Roster

No.	Name	Position	Ht.	Year (Exp.)	Hometown	Previous School
11	Madeline Baker	Midfielder	5-6	Junior-1L	Odessa, Mo.	Weber State University
1	Lauren Bamvakais	Goalkeeper	5-6	Freshman-Rs	St. Louis, Mo.	CorJesu Academy
9	Lexie Bristow	Defender	5-7	Freshman-HS	Olathe, Kan.	Olathe South High School
00	Elizabeth Casey	Goalkeeper	5-6	Senior-1L	Olathe, Kan.	Johnson County Community College
30	Hazel Cox	Forward	5-5	Junior-2L	Olathe, Kan.	Olathe North High School
21	Angela Dobbie	Midfielder	5-7	Sophomore-1L	Overland Park, Kan.	St. Thomas Aquinas High School
8	Randi Fernsler	Defender	5-8	Junior-2L	Ballwin, Mo.	Marquette High School
14	Kelsi Ginavan	Defender	5-5	Senior-3L	Olathe, Kan.	Olathe East High School
7	Erin Hainey	Fwd/MF	5-7	Senior-3L	Springfield, Mo.	Kickapoo High School
20	Melanie Hall	Forward	5-8	Sophomore-1L	Topeka, Kan.	Washburn Rural High School
23	Heidi Helfers	Midfielder	5-8	Sophomore-1L	Chesterfield, Mo.	Lafayette High School
3	Erin Hendrix	Defender	5-4	Senior-3L	Overland Park, Kan.	Blue Valley West High School
18	Kathleen Higginbotham	Defender	5-5	Junior-1L	Blue Springs, Mo.	Rockhurst University
10	Lindsay Hoerl	Midfielder	5-3	Sophomore-1L	Overland Park, Kan.	Blue Valley West High School
5	Kayla Jupp	Forward	5-6	Sophomore-1L	Chesterfield, Mo.	Marquette High School
15	Caitlin Keith	Forward	5-8	Freshman-HS	Columbia, Mo.	Hickman High School
27	Alicia Krug	Defender	5-6	Freshman-HS	Plattsmouth, Neb.	Plattsmouth High School
33	Allison Lusardi	Goalkeeper	5-5	Freshman-HS	Lee's Summit, Mo.	Blue Springs South High School
13	Kelsi McCrite	Forward	5-8	Senior-1L	Topeka, Kan.	Emporia State University
0	Shannon Ponche	Goalkeeper	5-7	Sophomore-1L	St. Charles, Mo.	Francis Howell North High School
16	Landri Schmitt	Forward	5-5	Junior-2L	Olathe, Kan.	Olathe East High School
17	Kylee Schuhler	Defender	5-6	Sophomore-1L	Olathe, Kan.	Olathe South High School
2	Brittany Sharp	Defender	5-10	Freshman-Rs	Columbia, Mo.	Hickman High School
6	Carrie Twellman	Midfielder	5-4	Junior-2L	Chesterfield, Mo.	Incarnate Word Academy
32	Megan Volker	Defender	5-8	Freshman-HS	Overland Park, Kan.	Blue Valley West High School
4	Alex Woolard	Defender	5-4	Freshman-HS	Lee's Summit, Mo.	Blue Springs South High School

Head Coach: Lewis Theobald

Assistant Coaches: Chris Clements, Jeremy Clevenger, Shannon Patterson

Numerical Roster

No.	Name	Pos.	Ht.	Yr.
00	Elizabeth Casey	GK	5-6	Sr-1L
0	Shannon Ponche	GK	5-7	So-1L
1	Lauren Bamvakais	GK	5-6	So-1L
2	Brittany Sharp	Def	5-10	Fr-Rs
3	Erin Hendrix	Def	5-4	Sr-3L
4	Alex Woolard	Def	5-4	Fr-HS
5	Kayla Jupp	Fwd	5-6	So-1L
6	Carrie Twellman	MF	5-4	Jr-2L
7	Erin Hainey	Fwd/MF	5-7	Sr-3L
8	Randi Fernsler	Def	5-8	Jr-2L
9	Lexie Bristow	Def	5-7	Fr-HS
10	Lindsay Hoerl	MF	5-3	So-1L
11	Madeline Baker	MF	5-6	Jr-1L
13	Kelsi McCrite	MF/Def	5-8	Sr-1L
14	Kelsi Ginavan	Def	5-5	Sr-3L
15	Caitlin Keith	Fwd	5-8	Fr-HS
16	Landri Schmitt	Fwd	5-5	Jr-2L
17	Kylee Schuhler	Def	5-6	So-1L
18	Kathleen Higginbotham	Def	5-5	Jr-1L
20	Melanie Hall	Fwd	5-8	So-1L
21	Angela Dobbie	MF	5-7	So-1L
23	Heidi Helfers	MF	5-8	So-1L
27	Alicia Krug	Def	5-6	Fr-HS
30	Hazel Cox	Fwd	5-5	Jr-2L
32	Megan Volker	Def	5-8	Fr-HS
33	Allison Lusardi	GK	5-5	Fr-HS

Personnel Situation

Starters Returning (R)

(R) Name	Ht.	Class	Position	(Applicable Statistics, Honors)
(R) Elizabeth Casey	5-6	Senior	Goalkeeper	0.93 GAA, 76 saves
(R) Hazel Cox	5-5	Junior	Forward	10 goals, 6 assists, first-team all-region
(R) Angela Dobbie	5-7	Sophomore	Midfielder	2 goals, second-team All-MIAA
(R) Kelsi Ginavan	5-5	Senior	Defender	Second-team All-MIAA
(R) Melanie Hall	5-8	Sophomore	Forward	8 goals, 5 assists, second-team All-MIAA
(R) Kathleen Higginbotham	5-5	Junior	Defender	20 games, 1 assist
(R) Lindsey Hoerl	5-3	Sophomore	Midfielder	2 goals, 3 assists, 26 shots
(R) Carrie Twellman	5-4	Junior	Midfielder	4 goals, 6 assists, second-team all-region
(R) Landri Schmitt	5-5	Junior	Forward	5 goals, 5 assists, H.M. All-MIAA
(R) Kylee Schuhler	5-6	Sophomore	Defender	20 games, 1 goal

Starters Lost (L)

(L) Mallory Milburn	5-8	Defender	Second-team all-region
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Letterwinners Returning

Name	Pos	Ht.	Yr-Exp
Elizabeth Casey	GK	5-6	Sr-1L
Shannon Ponche	GK	5-7	So-1L
Lauren Bamvakais	GK	5-6	So-1L
Brittany Sharp	Def	5-10	Fr-Rs
Erin Hendrix	Def	5-4	Sr-3L
Kayla Jupp	Fwd	5-6	So-1L
Carrie Twellman	MF	5-4	Jr-2L
Erin Hainey	Fwd/MF	5-7	Sr-3L
Randi Fernsler	Def	5-8	Jr-2L
Lindsay Hoerl	MF	5-3	So-1L
Madeline Baker	MF	5-6	Jr-1L
Kelsi McCrite	MF/Def	5-8	Sr-1L
Kelsi Ginavan	Def	5-5	Sr-3L
Landri Schmitt	Fwd	5-5	Jr-2L

Kylee Schuhler	Def	5-6	So-1L
Kathleen Higginbotham	Def	5-5	Jr-1L
Melanie Hall	Fwd	5-8	So-1L
Angela Dobbie	MF	5-7	So-1L
Heidi Helfers	MF	5-8	So-1L
Hazel Cox	Fwd	5-5	Jr-2L

Newcomers	Pos	Ht.	Yr-Exp
Lexie Bristow	Def	5-7	Fr-HS
Caitlin Keith	Fwd	5-8	Fr-HS
Alicia Krug	Def	5-6	Fr-HS
Allison Lusardi	GK	5-5	Fr-HS
Megan Volker	Def	5-8	Fr-HS
Alex Woolard	Def	5-4	Fr-HS

Pronunciation Guide

Lauren **Bamvakais** (BAM-vaw-kiss)
 Lindsay **Hoerl** (Hurl)
 Kylee **Schuhler** (Shoe ler)

Kelsi **Ginavan** (GIN-a-vun) with a hard G
 Shannon **Ponche** (Pawn chee)
 Allison **Lusardi** (LOO-sar-dee)