

# 2009 UNIVERSITY OF CENTRAL MISSOURI JENNIES SOCCER

Rob McCutcheon, Media Relations Director  
 Soccer Contact: Paula Rober \* E-mail: rober@ucmo.edu  
 Ph: (660) 543-4312 \* Fax: (660) 543-8034

## 2009 Central Missouri Jennies Soccer Schedule

### August

28 at Abilene Christian . . . . . 5 p.m.  
 30 at Midwestern State University . . . . . 12 p.m.

### September

4 vs. West Texas A&M # . . . . . 3 p.m.  
 6 at Texas A&M-Commerce #. . . . . 1:30 p.m.  
 10 Missouri Southern \* . . . . . 7 p.m.  
 12 Washburn \* . . . . . 7 p.m.  
 17 at Nebraska-Omaha \* . . . . . 4 p.m.  
 24 at Washburn \* . . . . . 7 p.m.  
 26 at Emporia State \* . . . . . 1 p.m.

### October

1 at Northwest Missouri \* . . . . . 4 p.m.  
 3 Missouri Western \* . . . . . 7 p.m.  
 8 at Truman State \* . . . . . 2 p.m.  
 10 at Missouri Western \* . . . . . 7 p.m.  
 17 at Missouri Southern \* . . . . . 7 p.m.  
 22 at Southwest Baptist \* . . . . . 3 p.m.  
 24 Emporia State \* . . . . . 2 p.m.  
 29 Southwest Baptist \* . . . . . 7 p.m.  
 31 Truman State \* . . . . . 7 p.m.

### November

5 Northwest Missouri \* . . . . . 7 p.m.  
 7 Nebraska-Omaha \* . . . . . 2 p.m.

\* - MIAA match  
 # - Texas A&M-Commerce Tournament  
 All home matches in **bold** at South Recreation Complex



The Jennies went back-to-back, winning their second straight conference title after a 1-0 victory on the road.

## This Week's Schedule

At Abilene Christian Aug. 28, at 5:00 pm  
 At Midwestern State Aug. 30, at 12:00 pm

**The Games:** Central Missouri kicks off the 2009 campaign in Texas with the Jennies taking on two Lone Star Conference teams. UCM will open the season at Abilene Christian on Friday evening at 5 p.m. The Jens will close out the weekend playing Midwestern State at noon on Sunday in Witchita Falls.

## The Coaches

**Lewis Theobald** is in his third season at the helm of the Jennies soccer program. He led the Jens to back-to-back conference titles and posted a 15-4-2 mark in his second season. He was the first assistant at Division I Indiana State where he was the lead recruiter before coming to UCM. He is a 1999 graduate of the University of Kansas.

**Casey Wilson** enters his third year at ACU. He led the Wildcats to a 9-8-2 record last season and has a career mark of 17-19-3. He is a graduate of Concordia College.

**Jeff Trimble** is entering his 12th season at the helm of the Mustang program. He has a career record of 131-70-18 after a 14-7-0 mark last season. Trimble is a 1993 graduate of Grace (Ind.) College.

## The Opponents

**Abilene Christian:** The Wildcats ended the 2008 campaign with a 9-8-2 record and tied for fifth in the Lone Star Conference. ACU returns LSC first teamer and goalkeeper of the year in Crissy Lawson. This will be the first meeting between UCM and Abilene Christian in both programs history.

**Midwestern State:** The Mustangs finished with a 14-7-0 mark and came in third in the LSC with a 7-3 record a year ago. MSU returns 18 letter-winners, including LSC first teamers Kat Bernick, Kari Bristow and freshman of the year Kelsey Hill. The Jennies and Mustangs of Midwestern State will meet for the third time, with the series tied at one game apiece. UCM won the last matchup on Aug. 29, 2008, 2-0 in Warrensburg.

**Jennies in MIAA Preseason Poll:** After claiming back-to-back conference championships and reaching the NCAA Tournament for a third straight year, the Jennies were picked to repeat in the MIAA Preseason Coaches Poll. UCM recieved 62 points and six of the nine first place votes. Garnering the other three first place votes was Truman State, who was picked to finish second.

**Jennies in NSCAA/Adidas Poll:** Central Missouri is one of two MIAA teams ranked in the National Soccer Coaches Association of America Pre-season poll. UCM came in at No. 14 and Truman is ranked No. 7.

**Jennies in season openers:** The Jennies are 7-7 all-time in season openers, including a 1-1 mark under head coach Lewis Theobald. UCM defeated Midwestern State, 2-0, last season in the opener.

**Jennies against ranked opponents:** The Jens will not face-off against any nationally ranked opponents this weekend but Midwestern State did finish the 2008 season as the No. 10 team in the South Central Region rankings.

**Season Preview**

The two-time defending MIAA Conference Champions look to continue their winning ways and build on the great 2008 season. The Jennies are one of only two schools in the MIAA to win back-to-back titles.

Central Missouri lost three starters and eight letter winners from last year’s record-breaking squad that won 15 games and went to the NCAA Tournament for the third straight season. For the Jennies to win a third consecutive conference title, they will need to mix a good group of returners with a cluster of newcomers. UCM will return nine starters from last season as well as five letter winners. Eight additions to the Cardinal and Black will add depth for two-time MIAA Coach of the Year **Lewis Theobald**.

“Our expectations are always to be the best we can be by the end of the season,” Theobald said. “With that in mind, we would like to think that we have the ability to challenge for the conference championship as well as the region championship.”

UCM returns a lot of talent, including MIAA Most Valuable Player, senior **Melanie Hall**, Co-Freshman of the Year, sophomore **Alyssa Rhodes**, first-team goalkeeper, junior **Lauren Bamvakais** and second-team MIAA defender, sophomore **Katie O’Keefe**.

Coach Theobald will have to look to his senior leadership to gel his squad together.

“Our captains, Melanie (Hall), **Angela Dobbie**, Lauren (Bamvakais) and **Kylee Schuhler** will hopefully be able to do that for us,” Theobald stated. “They are all seniors and are all different players and people that should provide us with strong leadership, especially at the beginning of the season when we have so many road games.

“The senior group, including **Kayla Jupp** and **Lindsay Hoerl**, have led this program to great success and we hope this year will be the best yet.”

**Final 2008 MIAA Standings**

School	Overall	MIAA	Pts
<b>Central Missouri (14)</b>	<b>15-4-2</b>	<b>13-2-1</b>	<b>40</b>
Truman State (7)	17-4-2	11-3-2	35
Nebraska-Omaha	13-6-0	11-5-0	33
Washburn	15-7-2	10-5-1	31
Southwest Baptist	9-6-3	8-6-2	26
Northwest Missouri State	10-8-2	6-8-2	20
Missouri Southern	6-12-1	4-11-1	13
Emporia State	4-15-1	2-13-1	7
Missouri Western	2-15-3	1-13-2	5

3 pts for MIAA win  
 1 pt for MIAA tie  
 ( ) - Rank in NSCAA Div. II poll

**2009 Preseason Coaches Poll**

School	Pts.
1. <b>Central Missouri (6)</b>	<b>.62</b>
2. Truman (3)	.59
3. Nebraska-Omaha	.49
4. Washburn	.43
5. Southwest Baptist	.35
6. Northwest Missouri State	.30
7. Missouri Southern	.22
8. Emporia State	.13
9. Missouri Western	.11

Points awarded on a 8-7-6-5-4-3-2-1 basis.  
 Coaches could not vote for their own team.  
 First place votes in parentheses.

**Upcoming MIAA Schedule**

**Thursday, August 27**

Southwest Baptist at Quincy (Ill.) . . . . . 4 p.m.

**Friday, August 28**

Truman vs. Drury . . . . . 2 p.m.  
 Missouri Southern at St. Edwards (Tex.) . . . . 4 p.m.  
 Washburn at Colorado School of Mines . . . . 5 p.m.  
 Central Missouri at Abilene Christian (Tex.) . . 5 p.m.  
 Nebraska-Omaha at Metro State (Colo.) . . . . 6 p.m.  
 Emporia State at Rockhurst (Mo.) . . . . . 7 p.m.

**Saturday, August 29**

Southwest Baptist at Missouri Science & Tech 12 p.m.  
 NWMSU vs. Southwest Oklahoma . . . . . 1 p.m.  
 Washburn at Colorado State-Pueblo . . . . . 2 p.m.  
 Missouri Western vs. Newman (Kan.) . . . . 3:30 p.m.

**Sunday, August 30**

Central Missouri at Midwestern State (Tex.) . 12 p.m.  
 Missouri Southern vs. Incarnate Word (Tex.) 12 p.m.  
 Truman at Quincy (Ill.) . . . . . 1 p.m.  
 Missouri Western vs. Southwest Oklahoma . . 1 p.m.  
 Nebraska-Omaha at Colorado School of Mines 1 p.m.  
 Northwest Missouri St. vs. Newman (Kan.) 3:30 p.m.

### ***FORWARDS***

The Jennies return the team leading scorer, Hall, and leading assister, junior **Sharaya Sidebottom** at the forward position.

“We are going to have a balance of young and old, and feel returning Melanie (Hall) will provide senior leadership for the group,” states Theobald. “However, we expect great things from Sharaya (Sidebottom) and **Cara (Hennahane)**. We feel confident with this group and we should be more dangerous in front of goal than we were a year ago.”

Adding pressure up top will be freshmen **Katie Ruhmann** and **Sarah Thompson**. Both will battle for starting spots and push the veterans.

### ***MIDFIELDERS***

The Jennies return all of the starting midfielders from last season and will bring in a big class to compete for time on the field. Rhodes, Dobbie, Hoerl, Jupp, and junior **Jessica Depew** will all be fighting for some time.

“We probably have the most depth at this position,” Theobald commented. “This is the engine of our team. We have good balance between ball winners and play makers.”

Joining the mix of talented midfielders will be freshmen **Aaryn Burke, Brittany Colvin, Kelsie Hanson, Eileen Miller,** and **Kayla Shain**.

### ***DEFENDERS***

The Jennies will look to replace Randi Fernsler and Landri Schmitt on the back line as well as Sabrina Sexton with a few talented returners.

O’Keefe will anchor the defense as she improves in her young collegiate career. Schuler, juniors **Brittany Sharp** and **Lexie Bristow** and sophomore **Sarah Hotop** will also be in the mix.

“We return some players with experience at this position and I’m confident that they will be able to handle the expectations that were established last year at this spot,” commented Theobald.

Freshman **Jenna Stones** should be able to step right in and make an immediate impact.

### ***GOALKEEPER***

Bamvakais will have an upper hand on anyone else that coach Theobald may want to put into net because of the stellar season she had in 2008.

“Lauren had such a great year last year that we hope and expect to build off that and become more confident and successful,” said Theobald.

The Jennies will have one of the strongest schedules in the conference and maybe even in Division II as UCM will open the season on the road, playing four of the top-five teams in the Lone Star Conference. Central Missouri starts the 2009 campaign having only three of their first 15 matches at home.

## 2009 NSCAA/Adidas D-II Preseason Rankings

School	W-L-T	Prev.
1 Seattle Pacific	22-1-2	1
2 West Florida	24-1-1	2
3 Metro State (Colo.)	20-2-3	3
4 Saint Rose (N.Y.)	20-4-2	4
5 Wisconsin-Parkside	18-1-2	6
6 Columbus State (Ga.)	21-4-1	5
<b>7 Truman</b>	<b>17-4-2</b>	<b>7</b>
8 Mercyhurst (Pa.)	14-5-4	9
9 Grand Valley State (Mich.)	22-1-0	8
10 Rollins	15-1-4	11
11 Franklin Pierce (N.H.)	15-4-2	20
12 Western Washington	16-3-2	10
13 Carson-Newman	16-5-1	13
<b>14 Central Missouri</b>	<b>15-4-2</b>	<b>21</b>
15 Minnesota State-Mankato	15-4-3	15
16 Slippery Rock (Pa.)	14-7-1	RV
17 West Chester University (Pa.)	14-3-5	12
18 UC San Diego	15-4-4	24
19 Bridgeport	18-5-1	16
20 Northern Kentucky	16-4-0	23
21 UNC Pembroke	19-3-1	22
22 Texas A&M-Commerce	15-4-3	19
23 Regis (Colo.)	17-7-0	19
24 Tampa (Fla.)	13-7-2	25
25 C.W. Post (N.Y.)	17-3-1	17

2008 Final Record and Ranking Shown

Also receiving votes: Washburn (Kan.), Winona State (Minn.), Sonoma State (Calif.), Bloomsburg (Pa.), UC San Bernardino

### The 2009 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 a neutral site	.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 Nebraska	.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
Same number of shots	.0-0-0

## The Last Time it Happened

### Individual

#### 4 Goals in a game

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

#### 3 Goals in a game

Caitlin Keith vs. Emporia State (September 15, 2007)

#### 2 Goals in a game

Lindsay Hoerl vs. Missouri Western (October 4, 2008)

#### 3 Assists in a game

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

#### 2 Assists in a game

Sharaya Sidebottom vs. Nebraska-Omaha (September 18, 2008)

#### 6 Points in a game

Caitlin Keith (3g, 0a) vs. Emporia State (September 15, 2007)

#### 5 Points in a game

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

#### 6 Shots in a game by 1 player

Lexie Bristow vs. Emporia State (October 19, 2007)

#### 5 Shots in a game by 1 player

Melanie Hall and Angela Dobbie vs. Emporia State (October 26, 2008)

#### Keeper had at least 12 saves

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

#### Keeper had at least 10 saves

Liz Casey (11) vs. Minnesota State (November 11, 2007)

### Team

#### Scored at least 6 goals in a game

7 - September 5, 2008 vs. Southwestern Oklahoma State (W 7-2)

#### Scored 5 goals in a game

October 11, 2008 vs. Missouri Western (W 5-1)

#### Scored 4 goals in a game

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

#### Scored 3 goals in a game

October 4, 2008 vs. Missouri Western (W 3-0)

#### 5 assists in a game

September 29, 2006 vs. Missouri Western

#### 4 assists in a game

September 5, 2008 vs. Southwestern Oklahoma State

#### 3 assists in a game

October 11, 2008 vs. Missouri Western

#### Shutout the opponent

October 30, 2008 vs. Southwest Baptist (Lauren Bamvakais, 1-0)

## 2009 Jennies Soccer Alphabetical Roster

<u>No.</u>	<u>Name</u>	<u>Position</u>	<u>Ht.</u>	<u>Year (Exp.)</u>	<u>Hometown</u>	<u>Previous School</u>
1	Lauren Bamvakais	GK	5-6	Jr-2L	St. Louis, Mo.	CorJesu Academy
11	Lexie Bristow	Fwd	5-7	Jr-2L	Olathe, Kan.	Olathe South HS
18	Aaryn Burke	MF	5-8	Fr-HS	Deltona, Fla.	Winter Park HS
14	Brittany Colvin	MF	5-4	Fr-HS	O'Fallon, Mo.	Fort Zumwalt West
25	Jessica Depew	MF	5-2	Jr-1L	Lee's Summit, Mo.	Missouri State University
21	Angela Dobbie	MF	5-7	Sr-3L	Overland Park, Kan.	St. Thomas Aquinas HS
20	Melanie Hall	Fwd	5-8	Sr-3L	Topeka, Kan.	Washburn Rural HS
7	Kelsie Hanson	MF	5-8	Fr-HS	Olathe, Kan.	Olathe South HS
24	Cara Hennahane	Fwd	5-6	So-1L	Leawood, Kan.	Blue Valley North HS
10	Lindsay Hoerl	MF	5-3	Sr-3L	Overland Park, Kan.	Blue Valley West HS
19	Sarah Hotop	Def/MF	5-9	So-1L	Mexico, Mo.	Mexico Senior HS
5	Kayla Jupp	MF	5-6	Sr-3L	Chesterfield, Mo.	Marquette HS
15	Eileen Miller	MF	5-5	Fr-HS	Spring Hill, Kan.	Spring Hill HS
13	Katie Ruhmann	MF/Fwd	5-4	Fr-HS	Florissant, Mo.	Incarnate Word Academy
22	Katie O'Keefe	Def	5-10	So-1L	Olathe, Kan.	Olathe East HS
6	Alyssa Rhodes	MF	5-9	So-1L	Olathe, Kan.	Olathe South HS
17	Kylee Schuhler	Def	5-6	Sr-3L	Olathe, Kan.	Olathe South HS
4	Kayla Shain	MF/Fwd	5-5	Fr-HS	Olathe, Kan.	Olathe Northwest HS
2	Brittany Sharp	Def	5-10	Jr-1L	Columbia, Mo.	Hickman HS
12	Sharaya Sidebottom	Fwd	5-5	So-1L	Blue Springs, Mo.	Blue Springs South HS
8	Jenna Stones	Def	5-7	Fr-HS	Olathe, Kan.	Olathe East HS
9	Sarah Thompson	Fwd	5-6	Fr-HS	Olathe, Kan.	Olathe North HS

**Head Coach:** Lewis Theobald

**Assistant Coach:** Elizabeth Valenti

### Numerical Roster

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Ht.</u>	<u>Yr.</u>
1	Lauren Bamvakais	GK	5-6	Jr-2L
2	Brittany Sharp	Def	5-10	Jr-1L
4	Kayla Shain	MF/Fwd	5-5	Fr-HS
5	Kayla Jupp	MF	5-6	Sr-3L
6	Alyssa Rhodes	MF	5-9	So-1L
7	Kelsie Hanson	MF	5-8	Fr-HS
8	Jenna Stones	Def	5-7	Fr-HS
9	Sarah Thompson	Fwd	5-6	Fr-HS
10	Lindsay Hoerl	MF	5-3	Sr-3L
11	Lexie Bristow	Fwd	5-7	Jr-2L
12	Sharaya Sidebottom	Fwd	5-5	So-1L
13	Katie Ruhmann	MF/Fwd	5-4	Fr-HS
14	Brittany Colvin	MF	5-4	Fr-HS
15	Eileen Miller	MF	5-5	Fr-HS
17	Kylee Schuhler	Def	5-6	Sr-3L
18	Aaryn Burke	MF	5-8	Fr-HS
19	Sarah Hotop	Def/MF	5-9	So-1L
20	Melanie Hall	Fwd	5-8	Sr-3L
21	Angela Dobbie	MF	5-7	Sr-3L
22	Katie O'Keefe	Def	5-10	So-1L
24	Cara Hennahane	Fwd	5-6	So-1L
25	Jessica Depew	MF	5-2	Jr-1L

### Pronunciation Guide

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

### Soccer Birthday's

Alyssa Rhodes	February 13, 1990
Brittany Colvin	March 5, 1991
Jessica Depew	May 6, 1989
Angela Dobbie	May 7, 1987
Cara Hennahane	May 10, 1990
Sarah Hotop	May 18, 1990
Lindsay Hoerl	May 21, 1988
Lauren Bamvakais	May 23, 1988
Jenna Stones	July 3, 1991
Kelsie Hanson	July 29, 1990
Melanie Hall	August 3, 1988
Kayla Shain	August 6, 1990
Kylee Schuhler	August 10, 1988
Sharaya Sidebottom	August 29, 1989
Kayla Jupp	September 7, 1988
Sarah Thompson	September 17, 1990
Aaryn Burke	October 3, 1987
Eileen Miller	October 3, 1990
Katie Ruhmann	October 24, 1990
Brittany Sharp	October 27, 1987
Lexie Bristow	December 13, 1988
Katie O'Keefe	December 27, 1989

### By Position

<b>Forwards</b>	<b>Midfielders</b>
Lexie Bristow	Brittany Colvin
Melanie Hall	Jessica Depew
Cara Hennahane	Angela Dobbie
Katie Ruhmann	Kelsie Hanson
Kayla Shain	Lindsay Hoerl
Sharaya Sidebottom	Sarah Hotop
Sarah Thompson	Kayla Jupp
	Eileen Miller
	Alyssa Rhodes
<b>Defenders</b>	Sara Hotop
Sara Hotop	Katie Ruhmann
Katie O'Keefe	Kayla Shain
Kylee Schuhler	
Brittany Sharp	
Jenna Stones	<b>Goalkeepers</b>
	Lauren Bamvakais