



2017

COLUMBIA FIELD HOCKEY

WEEKLY RELEASE • OCTOBER 11, 2017 | CONTACT: MIKE KOWALSKY • EMAIL: MK3531@COLUMBIA.EDU

SCHEDULE/RESULTS

Day	Date	Opponent	Time/Result
Fri.	Sept. 1	at No. 10 Virginia	L, 0-9
Sun.	Sept. 3	vs. William & Mary	L, 0-3
Fri.	Sept. 8	at Bucknell	L, 3-4
Sun.	Sept. 10	at Fairfield	W, 4-3 (OT)
Fri.	Sept. 15	at Hofstra	W, 2-1
Sun.	Sept. 17	BRYANT	W, 6-1
Sat.	Sept. 23	BROWN *	W, 4-0
Sun.	Sept. 24	No. 21 SAINTJOSEPH'S	L, 3-4(OT)
Sat.	Sept. 30	at Cornell *	W, 2-1
Fri.	Oct. 6	at No. 14 Princeton *	L, 0-3
Sun.	Oct. 8	HOLY CROSS	W, 5-1
Fri.	Oct. 13	PENN *	6:30 p.m.
Sun.	Oct. 15	No. 8 DELAWARE	1 p.m.
Sat.	Oct. 21	at Dartmouth *	12 p.m.
Sun.	Oct. 22	LEHIGH	2 p.m.
Sat.	Oct. 28	YALE *	1 p.m.
Sun.	Nov. 5	HARVARD *	11 a.m.

* - Ivy League contest
Home Games in **BOLD**

IVY LEAGUE STANDINGS

School	Record	Pct.	Record	Pct.
Harvard	3-0	1.000	9-3	.750
Princeton	3-0	1.000	6-6	.500
Columbia	2-1	.667	6-5	.545
Penn	2-1	.667	5-5	.500
Cornell	1-2	.333	7-3	.700
Dartmouth	1-2	.333	4-6	.400
Yale	0-3	.000	6-5	.545
Brown	0-3	.000	1-10	.091

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THE MATCHUP



PENN (5-5, 2-1)
FRI., OCT. 13 • 6:30 P.M.
NEW YORK

No. 8 DELAWARE (9-3)
SUN., OCT. 15 • 1 P.M.
NEW YORK, N.Y.



IVY LEAGUE NETWORK



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ALL-TIME SERIES RECORD

Penn leads, 11-10



IVY LEAGUE NETWORK



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ALL-TIME SERIES RECORD

Series tied 1-1

NEWS/NOTES

- The Lions (6-5, 2-1) split a pair of matches last week, falling 3-0 at No. 14 Princeton Friday before a 5-1 bounce-back win at home against Holy Cross Sunday.
- Jennifer Trieschman netted a hat trick in the Lions' win over the Crusaders. She came into the game with one goal on the year.
- Last season broke a four-year streak of Penn and Columbia battling into overtime with the Quakers coming away with a 4-1 triumph in Philadelphia. Maeve Doherty opened the scoring in the eighth minute, but Penn scored four unanswered.
- Delaware topped the Lions, 8-2, in Newark last September. Doherty converted on a penalty corner to make it 3-1 at halftime, but the Blue Hens netted five goals after intermission to pull away for good.
- The Lions lead the Ivy League and rank No. 8 in the NCAA, averaging 8.18 penalty corners per game. Columbia is also averaging 2.91 assists per game, which is eighth nationally and second in the Ancient Eight.
- Junior Katie Dempsey was named Ivy League Player of the Week on Oct. 2 after making 14 saves against the Big Red on Sept. 30. She has started all 11 games in goal and boasts a 2.67 GAA with a .700 save percentage and one shutout. She is stopping 6.4 shots per contest.
- Senior Maeve Doherty has been on a tear, recording all 24 of her points (9 G, 6 A) in the last nine contests. Named Ivy League Player of the Week on Sept. 18, Doherty has six goals in her last five games.
 - Doherty is the Ivy League leader in points and has the third highest goal and assist totals in the conference. She ranks No. 15 in the NCAA in points per game (2.18).
 - Doherty has six defensive saves on the season, which is tied for second in the nation.
 - Doherty is one assist shy of tying Dana Zullo '03CC and Christine Buszczak '10CC for second on the Columbia all-time list.
- Senior Michelle Thompson's eight assists lead the Ancient Eight and puts her No. 16 in the NCAA.
- Sophomore Lindsay Ladas is one helper behind Thompson for second place on the Ivy League assist list with seven helpers.
- Columbia named senior midfielder and two-time All-Ivy League selection, Maeve Doherty, junior goalkeeper Katie Dempsey and sophomore back Kelly McCarthy team captains at the conclusion of last spring's practices.
- Head coach Caroline Nelson-Nichols enters her third year at the helm of Columbia. The two-time U.S. Olympian holds a career record of 23-22 overall and 7-10 in Ivy League play.

SCOUTING PENN

- The Quakers come in winners of five of their last seven after beginning the year 0-3. However, four of Penn's losses have come against ranked foes.
- Penn is averaging 1.7 goals per game and allowing just 1.9 per contest.
- Alexa Hoover is the squad's top offensive threat with seven goals and three assists.
- Liz Mata has started eight of Penn's 10 games in net and is 4-4 with a 1.67 GAA, .717 save percentage and two shutouts.

SCOUTING DELAWARE

- The defending NCAA Champion Blue Hens are riding a three-game winning streak heading into their Saturday game at No. 21 Saint Joseph's. Two of Delaware's three losses have come to top-10 opponents.
- The Blue Hens are scoring 4.1 goals per game and allowing just 1.3 on the defensive side.
- Greta Nauk has 11 goals to lead the club, while Taylor Lister has dished out 14 assists.
- In goal, Emmeline Oltmans has started 11 of 12 games and is 8-3 with a 1.98 GAA, .680 save percentage and one solo shutout.



QUICK FACTS

GENERAL

Location New York, N.Y. 10027
 Founded1754
 Enrollment 7,934
 President.....Lee C. Bollinger
 Director of Athletics..... Peter Pilling
 Colors..... Columbia Blue & White
 Nickname Lions
 Affiliation NCAA Division I
 Conference..... Ivy League
 Home Stadium ...Columbia Field Hockey Venue
 SurfaceArtificial Turf

PROGRAM HISTORY

First Season..... 1996
 All-Time Record160-176 (.476)
 All-Time Ivy League Record ... 45-92 (.329)
 Ivy League Championships..... None
 NCAA Tournament Appearances None

THE 2016 COLUMBIA LIONS

2016 Overall Record..... 8-9
 2016 Ivy Record 2-5 (7th)
 Letterwinners Returning/Lost.....16/8
 Starters Returning/Lost..... 6/5
 Newcomers.....5

COACHING STAFF

Head Coach..... Caroline Nelson-Nichols (ODU '07)
 Office Phone/Fax..... 212-854-9361
 Email cn2341@columbia.edu
 Overall Record..... 23-22/Third Season
 Record at Columbia Same
 Assistant Coach..... Samantha Fahey (UNH '04)
 Assistant Coach Katie DeSandis '12CC
 Athletic TrainerJen Spicer (LIU Brooklyn '15)

ATHLETICS COMMUNICATIONS

Associate AD Greg Hotchkiss
 Field Hockey Contact Mike Kowalsky
 Emailmk3531@columbia.edu
 Phone.....(212) 854-7064
 Websitegocolumbialions.com

RECORD WATCH

CAREER

GOALS

1.	Katie Ruesterholz (2013-16)	44
2.	Gabby Kozlowski (2009-12)	42
3.	Nikki Campbell (1998-01)	40
4.	Julia Garrison (2007-10)	29
5.	Christina Freibott (2012-15)	27
	Melissa Macomber (1999-02)	27
7.	Maeve Doherty (2014-Pres.)	24
8.	Flo Battilana (1999-00)	19
9.	Zoe Blake (2011-14)	17
	Christine Buszczak (2006-09)	17
11.	Whitney Hartstone (2014-Pres.)	16

ASSISTS

1.	Christina Freibott (2012-15)	45
2.	Dana Zullo (1999-2002)	21
	Christine Buszczak (2006-09)	21
4.	Maeve Doherty (2014-Pres.)	20
5.	Katie Ruesterholz (2013-16)	19
6.	Paige Simmons (2009-12)	18
7.	Bridget DeSandis (2009-12)	16
	Nikki Campbell (1998-2001)	16
	Tina Fernandez (1998-2001)	16
	Meredith Kalberer (2013-16)	16

POINTS

1.	Katie Ruesterholz (2013-16)	107
2.	Christina Freibott (2012-15)	99
3.	Nikki Campbell (1998-2001)	96
4.	Gabby Kozlowski (2009-12)	91
5.	Julia Garrison (2007-10)	71
6.	Maeve Doherty (2014-Pres.)	68
7.	Melissa Macomber (1999-02)	59
8.	Christine Buszczak (2006-09)	55
9.	Flo Battilana (1999-2000)	50
10.	Zoe Blake (2011-14)	44

2017 COLUMBIA FIELD HOCKEY ROSTER

No.	Name	Pos.	Ht.	Yr.	Hometown/High School
2	Lindsay Ladas	MF	5-4	So.	Saverna Park, Md./Saverna Park
3	Alexa Conomikes	GK	5-6	Fr.	Pittsburgh, Pa./Shady Side Academy
4	Emma Wiklund	MF	5-2	So.	Melrose, Mass./Arlington Catholic
5	Emily Pedrick	MF	5-2	Fr.	Houston, Texas/St. John's School
6	Kara Zurlinden	MF/F	5-1	So.	St. Louis, Mo./Mary Institute & St. Louis Country Day School
7	Grace Payne	MF	5-9	Fr.	Lake Forest, Ill./Lake Forest
8	Maeve Doherty	B	5-9	Sr.	Millersville, Md./Saverna Park
9	Katherine Cavanaugh	B	5-0	Jr.	St. Louis, Mo./Visitation Academy
10	Meghan Fahey	F	5-5	Fr.	Yorktown Heights, N.Y./Lakeland
12	Michelle Thompson	MF	5-5	Sr.	Dallas, Pa./Dallas
13	Keegan Marsh	MF	5-4	Jr.	Salisbury, Md./James M. Bennett
15	Danielle Buttinger	F	5-6	Jr.	Waterloo, Ontario/Resurrection Catholic
16	Maaiké Blindenbach	MF/B	5-8	So.	Vienna, Va./Thomas Jefferson School for Science & Tech.
17	Kelly McCarthy	MF/B	5-8	So.	Lynnfield, Mass./Phillips Academy Andover
18	Rebecca Pope	B	5-4	Sr.	Eastern Cape, South Africa
20	Lauren Crane	MF	5-6	Sr.	Peapack, N.J./Bernards
21	Katie Koester	MF	5-2	Jr.	Stony Brook, N.Y./Ward Melville
23	Jennifer Trieschman	MF	5-8	So.	Houston, Texas/St. John's School
25	Whitney Hartstone	MF/F	5-2	Sr.	Sudbury, Mass./Lincoln Sudbury Regional
33	Kelsey Farkas	MF	5-6	Fr.	Ardmore, Pa./Merion Mercy Academy
97	Katie Dempsey	GK	6-1	Jr.	Chadds Ford, Pa./Archmere Academy



Columbia Field Hockey
Columbia Combined Team Statistics (as of Oct 11, 2017)
All games



RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	6-5	3-1	3-3	0-1
CONFERENCE	2-1	1-0	1-1	0-0
NON-CONFERENCE	4-4	2-1	2-2	0-1

Date	Opponent	Score	Att.
Sep 01	at #10 Virginia	L 0-9	147
Sep 03	vs William & Mary	L 0-3	128
Sep 06	at Bucknell	L 3-4	212
Sep 10	at Fairfield	Wot 4-3	107
Sep 15	at Hofstra University	w 2-1	192
Sep 17	BRYANT	w 6-1	216
* Sep 23	BROWN	w 4-0	78
Sep 24	#21 SAINT JOSEPH'S	Lot 3-4	178
* Sep 30	at Cornell	w 2-1	212
* Oct 06	at #14 Princeton	L 0-3	125
Oct 08	HOLY CROSS	w 5-1	468

TEAM STATISTICS	COL	OPP
SHOT STATISTICS		
Goals-Shot attempts	29-148	30-175
Goals scored per game	2.64	2.73
Shot pct.	.196	.171
Shots on goal-Attempts	89-148	107-175
SOG pct.	.601	.611
Shots/Game	13.5	15.9
PENALTY CORNERS		
Goals off corners	90	73
	13	3
PENALTY STROKES		
	0-0	2-3
PENALTIES		
Green cards	11	9
Yellow cards	1	1
Red cards	0	0
ATTENDANCE		
Total	940	995
Dates/Avg Per Date	4/235	6/166
Neutral Site #/Avg	1/128	

#	Player	gp	g	a	pts	sh	sh%	sog	sog%	gw	ps-att	dsv
8	Doherty, Maeve	11	9	6	24	43	.209	25	.581	2	0-0	6
12	Thompson, Michelle	11	4	8	16	4	1.000	4	1.000	2	0-0	1
23	Trieschman, Jennifer	11	4	1	9	16	.250	13	.812	1	0-0	0
15	Buttinger, Danielle	11	2	4	8	24	.083	14	.583	0	0-0	0
2	Ladas, Lindsay	11	0	7	7	6	.000	3	.500	0	0-0	0
10	Fahey, Meghan	11	2	2	6	12	.167	6	.500	0	0-0	0
9	Cavanaugh, Katherine	11	2	2	6	7	.286	6	.857	0	0-0	0
20	Crane, Lauren	11	2	1	5	8	.250	6	.750	1	0-0	0
25	Hartstone, Whitney	11	2	0	4	9	.222	3	.333	0	0-0	0
21	Koester, Katie	11	2	0	4	6	.333	4	.667	0	0-0	0
33	Farkas, Kelsey	8	0	1	1	8	.000	3	.375	0	0-0	0
18	Pope, Rebecca	11	0	0	0	5	.000	2	.400	0	0-0	0
17	McCarthy, Kelly	8	0	0	0	0	.000	0	.000	0	0-0	0
16	Blindenbach, Maaike	11	0	0	0	0	.000	0	.000	0	0-0	0
13	Marsh, Keegan	7	0	0	0	0	.000	0	.000	0	0-0	0
11	Sayegh, Helen	2	0	0	0	0	.000	0	.000	0	0-0	0
7	Payne, Grace	6	0	0	0	0	.000	0	.000	0	0-0	0
5	Pedrick, Emily	4	0	0	0	0	.000	0	.000	0	0-0	0
4	Wiklund, Emma	3	0	0	0	0	.000	0	.000	0	0-0	0
Total		11	29	32	90	148	.196	89	.601	6	0-0	7
Opponents		11	30	23	83	175	.171	107	.611	5	2-3	6

#	Goalie	GP	Min.	GA	GAAvg	Saves	Pct	W-L-T	Sho
97	Dempsey, Katie	11	787:45	30	2.67	70	.700	6-5-0	1/0
Total		11	798:26	30	2.63	77	.720	6-5-0	1
Opponents		11	798:26	29	2.54	60	.674	5-6-0	3

Goals by Period	1st	2nd	OT	Total
Columbia	13	15	1	29
Opponents	16	13	1	30

Shots by Period	1st	2nd	OT	Total
Columbia	69	74	5	148
Opponents	82	88	5	175

Saves by Period	1st	2nd	OT	Total
Columbia	30	43	4	77
Opponents	30	28	2	60

Corners by Period	1st	2nd	OT	Total
Columbia	33	53	4	90
Opponents	30	42	1	73