DELAWARE FIGHTIN' BLUE HENS FIELD HOCKEY GAME NOTES

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SERIES HISTORY - LEHIGH

All Time	16-7
Streak	W8
At Home	**6-3**
On the Road	8-2
Neutral Site	2-2
Last Win	4-0 - 11/9/22 (NCAA Play-In)
Last Loss	1-2 (2OT) - 10/15/92

SERIES HISTORY - LAFAYETTE

All Time	19-13-2
Streak	L14
At Home	10-4-1
On the Road	**6-9-1**
Neutral Site	3-0
Last Win	9-0 - 10/1/17
Last Loss	4-6 - 10/31/25

HOW TO FOLLOW

TV/Stream	LU: YouTube, LAF: ESPN+
Live Stats	bluehenstats.statb.us
X/Instagram	@Delaware_FH

WHO ARE WE

Only refer to our institution as the University of Delaware or UD. Do not use "U of D," "UofD," "the U of D" or "UDel." Do not use periods in "UD."

We are the Fightin' Blue Hens on first reference and Blue Hens, Hens, or Blue & Gold after that.

MEDIA RELATIONS

For interview requests for field hockey student-athletes or coaches, please contact Noah Barraclough, Assistant Director of Communications & Creative Services

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DELAWARE (4-6) — GM 11 — LEHIGH (1-9)

Head Coach: Tara Zollinger
Record at UD: 11-17 (Second year)
Career Record: 129-42 (Ninth year)
Last: L, 1-4 at Maryland

Head Coach: Corey Mayer
Record at LEH: 1-9 (First year)
Career Record: same
Last: 0-6 at Fairfield

friday, october 9, 2026 | 5 p.m. | newark, del. | fred p. rullo stadium (2,000) | youtube

DELAWARE (4-6) — GM 12 — #20 LAFAYETTE (9-2)

Head Coach: Tara Zollinger
Record at UD: 11-17 (Second year)
Career Record: 129-42 (Ninth year)
Last: L, 1-4 at Maryland

Head Coach: Jennifer Stone
Record at LAF: 125-118 (14th year)
Career Record: same
Last: L, 2-3 (OT) at Penn State

sunday, october 11, 2026 | noon | easton, pa. | rappolt field (1,000) | ESPN+

SEASON LEADERS



goals
5 goals
(f) livia van't hek



assists
5 assists
(m) kate fiest



points
10 points
(f) livia van't hek



minutes
620 mins
(b) linde van leeuwen



saves
13 saves
gabby prentice, jane baldy



defensive saves
2 def saves
(b) linde van leeuwen

2026 SCHEDULE

*all times ET

aug. 28	aug. 30	sept. 6	sept. 11	sept. 13	sept. 18	sept. 20	sept. 27	oct. 2
L, 1-2	W, 2-1	L, 1-2	L, 3-4 (SO)	W, 2-1	L, 1-5	L, 2-4	W, 3-2	W, 3-2

oct. 4	oct. 9	oct. 11	oct. 16	oct. 18	oct. 23	oct. 25	oct. 31	nov. 6-7
L, 1-4	Newark, Del. YouTube | 5 PM	Easton, Pa. ESPN+ | 1 PM	Richmond, Va. ESPN+ | 5 PM	Richmond, Va. ESPN+ | 1 PM	Newark, Del. YouTube | 5 PM	Newark, Del. YouTube | 1 PM	Newark, Del. YouTube | 6 PM	MPSF Tournament Newark, Del.

A NEW ERA

The University of Delaware has accepted an invitation to join the Mid-American Conference (MAC) as an affiliate member for field hockey beginning with the 2027-28 academic year, the organizations announced jointly on Thursday, August 6. Field hockey becomes the second Fightin' Blue Hens program to compete in the MAC, joining rowing, which started in the 2025-26 academic year.

"We are excited to continue our partnership with the MAC and be able to join in field hockey," Director of Athletics & Campus Recreation Jordan Skolnick said. "I'm grateful to the MAC Presidents and Commissioner Jon Steinbrecher for affording us the opportunity to join such a strong conference and further our commitment to an extraordinary student-athlete experience and championship aspirations for our field hockey program."

A program with rich tradition and history, Delaware enters the MAC after claiming 11 league titles in the last 14 seasons. Overall, UD has won 17 league crowns since the program's inception in 1971. The Blue & Gold have appeared in 17 NCAA/AIAW Tournament appearances, highlighted by a NCAA National Championship in 2016. This will mark the fifth conference affiliation in the program's 54-year history.

"I am pleased to welcome the University of Delaware as an affiliate member in field hockey," MAC Commissioner Dr. Jon A. Steinbrecher said. "Delaware brings a nationally recognized program with an outstanding tradition of championship success. Its addition further strengthens an already competitive field hockey conference while expanding our valued partnership with the institution."

Field hockey is led by second-year head coach Tara Zollinger and welcomes back a strong roster in 2026, highlighted by four all-conference selections from 2025, including Sarah Rigual who spent time with the US U-21 National Team this past summer.

"We are excited and grateful for the opportunity to join a league with such a rich tradition in field hockey. I want to thank the MAC presidents and Commissioner Jon Steinbrecher," Zollinger said. "This new home creates incredible opportunities for our student-athletes to compete against outstanding programs and challenge themselves at the highest level."

Founded in 1946, the Mid-American Conference is an NCAA Division I conference that sponsors 23 championships and is one of 10 members of the Football Bowl Subdivision (FBS). The conference office is based in Cleveland, Ohio.



C-USA SPONSORED DELAWARE SPORTS

- Baseball
- M/W Basketball
- W Cross Country/Track & Field
- Football
- M/W Golf
- W Soccer
- Softball
- M/W Tennis
- Volleyball

OTHER DELAWARE SPORTS AFFILIATIONS

- Field Hockey	MPSF - MAC in 2027	- W Lacrosse	Atlantic Sun
- W Ice Hockey	Atlantic Hockey	- W Rowing	Mid-American
	America	- M Soccer	The Summit League
- M Lacrosse	Atlantic 10	- M/W Swim/Dive	Atlantic Sun

QUICK FACTS

School	University of Delaware
Location	Newark, Del.
Founded	1743
Enrollment	24,039
President	Laura Carlson
Director of Athletics	Jordan Skolnick
School Website	www.udel.edu
Nickname	Fightin' Blue Hens
School Colors	Blue & Gold
Athletics Website	www.bluehens.com

FIELD HOCKEY PROGRAM

Stadium	Fred P. Rullo Jr. Stadium
Surface	Artificial Turf
Capacity	2,000
First Season of Field Hockey	1971
All-Time Record	614-388-39
All-Time Rullo Stadium Record	158-108
National Championships	1 (2016)
Conference Championships	17 (last: 2025)
Head Coach	Tara Zollinger (Maryland '13)
Career Record	127-41 / Nine seasons
Record at UD	9-16
2025 Record	7-11
Letterwinners Returning/Lost	15/10
Starters Returning/Lost	
Field Players	5/5
Goalkeepers	0/1
Newcomers	10
2025 Overall Record	7-11
2025 MPSF Record	0-0
2025 MPSF Finish.	1st, Won MPSF Tournament
2025 Postseason	N/A

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WHAT TO LOOK FOR...

- A goal for **Alexa Michielsen** would be her 10th at Delaware

- A win over Lafayette would be the second ranked win of the season for Delaware.

on track to the mac

On Thursday, August 6, Delaware announced its new affiliation for field hockey to compete in the Mid-American Conference (MAC) starting in 2027. The Fightin' Blue Hens return to a conference that holds an NCAA Tournament autobid, that had four teams finish in the top 30 teams in RPI in 2025.

mpsf update

On September 2, 2025, Delaware announced its affiliation for field hockey to compete in the Mountain Pacific Sports Federation (MPSF). The Fightin' Blue Hens jointly founded the league with UC Davis, who they defeated 2-1, in the inaugural championship game. UD will be hosting the 2026 iteration of the championship, where a semifinal and championship will be played at Fred P. Rullo Stadium between UC Davis, Queens (NC), and Delaware.

new turf alert!

This will be the first game with the new blue poligras turf on Fred P. Rullo Stadium. Delaware is now one-of-eight teams with a blue surface in Division I - Syracuse, Virginia, Duke, Longwood, UMass Lowell, Liberty, and Saint Louis are the others.

return trip!

Delaware last played Lafayette in a 6-4 shootout on Halloween in 2025. **Lily Cosner** had two defensive saves in the contest and Delaware graduate manager **Josephine van Wijk** had a goal for Lafayette.

lehigh connections

Delaware midfielder **Ella Cellini** graduated with Lehigh forward Viola Diorio from Villa Maria Academy in Pennsylvania. Mountain Hawks assistant coach Taryn Mayer played for **Tara Zollinger** in 2023 and 2024 at Shippensburg University.

first start, first win

Jane Baldy recorded a win in her first-career start against Fairfield while recorded three saves. The win is the first time since **Amanda Cimillo** on October 29, 2023 against Penn that a Delaware goalie making their first-collegiate start has recorded a win.

lafayette connections

Delaware graduate manager **Josephine van Wijk** played at Lafayette under Jennifer Stone, graduating in 2026. Delaware midfielder **Ella Cellini** went to school with Lafayette forwards Emma Maher and Lauren Kurek at Villa Maria Academy in Pennsylvania. Leopards GK Campbell Lemmink is from Yorktown, Va., as is UD midfielder **Kate Fiest.** Delaware M/F **Lexi Causa** is from Easton, Pa., the town Lafayette University is located in.

throwback to 2016

2026 marks 10 years since Delaware won the NCAA Division I Field Hockey National Championship. That win secured the third NCAA national championship in school history. The team will be honored against Lehigh this weekend.

ranked win

In Delaware's win over No. 18 Monmouth, head coach Tara Zollinger earned her first ranked win since November 10, 2024, when her Shippensburg Raiders took down No. 10 Limestone in the Division II NCAA Quarterfinal. Lafayette is currently ranked No. 20 nationally.

green stamina bar

Across Delaware's 10 contests in the 2026 season, **Linde van Leeuwen** has played all 620 minutes of the season.

standing in the hall of fame

Program alumnae **Greta Nauck '19** was selected to the University of Delaware Athletics Hall of Fame in August and will be inducted on Saturday, October 10, 2026.

double dutch

Netherlands natives **Livia van't Hek** and **Linde van Leeuwen** won MPSF Offensive Player and Defensive Player of the Week this past week. van't Hek scored three goals over the weekend against Temple and Maryland. van Leeuwen had a defensive save and an assist while playing a strong, resillient back third.

nfhca nods

On Thursday, August 27, the NFHCA named **Kate Fiest, Alexa Michielsen**, and **Sarah Rigual** to its Division I preseason watchlist.

returning rockstars
In the first season of MPSF Field Hockey action, Delaware had six players named to the all-conference team, with four returning to the squad in 2026. **Kate Fiest, Linde van Leeuwen, Alexa Michielsen**, and **Sarah Rigual** all earned the nod.

hens go national & international
Senior midfielder **Sarah Rigual** was named to the United States U-21 Women's National Field Hockey Team in February 2026, coached by alumnae **Ange Bradley** '88. She competed for Team USA in the Junior Pan American Cup in April, scoring a goal against Mexico. Rigual also played in the 4 Nation's Tournament in England, where the United States took first.

mvp mvp mvp
Freshman goalkeeper **Jane Baldy** was named MVP of the 2026 Longstreth Senior All-American Game for Team South at The Proving Grounds in Conshohocken, Pennsylvania in July.

a hek of a season
Livia van't Hek returns for her second year in Blue & Gold after leading the MPSF in goals by a freshman with five.

returning production
UD returns several key field players to the squad for the 2026 season. Fourteen field players return for Delaware this year and account for 60-percent of the program's goals and 71-percent of the team's assists.

back home
Delaware hired assistant coach **Sydney Rhodes-James** in July 2025. The program alum returned to Newark after four seasons as an assistant coach at Penn. Rhodes-James appeared in 50 games in goal at Delaware, including nine in 2016, the year in which the Blue Hens captured the national championship.

family ties
Delaware field hockey has become a family affair over the years. Many sisters and mother-daughter pairs have suited up in the blue & gold over the programs 55 seasons. The Blue Hens have four such duos across the 2026 roster.

M **Tetje Williamson** is the daughter of **Kelly Cawley** '99, a Delaware Athletics Hall of Famer who ranks second all-time in points.

M **Kate Judy** is the daugher of **Jenn Fotiou** '02, who now works at Delaware as the Sr. Associate AD, Talent Management & Organizational Development. M **Sarah Rigual's** sister, **Morgan Rigual**, made 68 appearances for Delaware. She graduated in 2023, assisting the Blue Hens to the NCAA Tournament three times.

Assistant coach **Sydney Rhodes-James** and her twin sister, **Sabrina**, shared the field in 2016 and 2017, winning an NCAA Championship in Sydney's freshman season.

tara's tale
Tara Zollinger was hired in March 2025 to be the seventh head coach in program history. She won three DII National Championships at Shippensburg, and made the semifinal game in all six of her NCAA Tournament appearances. Zollinger coached to a record of 118-25 (.825), producing 41 all-league players, and 23 All-Americans in her time with the Raiders.

host school
The Blue Hens are set to host the MPSF Tournament at Fred P. Rullo Stadium this fall. The semifinal will take place on November 6, with the championship following on November 7. All three MPSF institutions: Queens, UC Davis, and Delaware will compete. The last time the Blue Hens have hosted a conference tournament was in 2022, their eighth-consecutive time hosting the CAA Tournament. Delaware is 15-1 since 2002 in conference tournament games at Rullo Stadium and 17-1 overall in postseason play at the venue. There will be two Conference USA championships that will be hosted at Stuart and Suzanne Grant Stadium in the 2026-27 academic year, with women's soccer taking place in the fall, along with the outdoor track & field championships in the spring of 2027. UD also hosted the CUSA Softball Tournament in May 2026.

nfhca's highest honor
Program alumnae **Ange Bradley '88 HOF '05** was selected to the NFHCA HOF in August and will be inducted

STATISTICAL COMPARISON

Category	DEL	NCAA	MPSF	LEH	NCAA	PL	LAF	NCAA	PL
Assists Per Game	1.80	37th	1st	0.20	80th	7th	2.09	30th	4th
Defensive Saves	7	4th	2nd	9	1st	1st	3	22nd	4th
Goals Against Average	2.38	54th	1st	4.40	77th	7th	0.86	8th	1st
Goals Per Game	1.80	51st	1st	0.80	78th	7th	2.00	39th	4th
Penalty Corners Per Game	4.70	57th	1st	1.70	80th	7th	4.64	58th	6th
Points Per Game	5.40	46th	1st	1.80	79th	7th	6.09	39th	4th
Save Percentage	.510	80th	3rd	.703	48th	4th	.783	12th	1st
Saves Per Game	2.60	74th	3rd	10.40	4th	1st	3.27	62nd	6th
Scoring Average	1.71	54th	1st	0.80	78th	7th	1.90	41st	4th
Scoring Margin	--	--	--	--	--	--	1.04	28th	3rd
Shutouts Per Game	--	--	--	0.10	49th	5th	0.45	8th	1st
Winning Percentage	.400	50th	1st	.100	78th	7th	0.818	7th	1st

on January 14, 2027.

fresh hens
Seven freshmen join UD in 2026, with two staying in The First State and two from the Netherlands. **Jane Baldy, Saar de Boer, Kate Judy, Avary Miller, Juulke Zanders, Claire O'Connor**, and **Kate Klesel** are all in their first collegiate season. Judy and Miller come to Newark from Caravel Academy and Cape Henlopen HS.

elite company
Tara Zollinger currently holds the 12th-highest active winning percentage in the NCAA of a coach who has coached over 100 games (.754).

familiar foe turned friend
Lafayette graduate **Josephine van Wijk** serves as team manager for Delaware as she pursues a masters of science in Sport Business Analytics. In the Leopard's 6-4 win at Delaware last season at Fred P. Rullo Stadium, van Wijk scored a goal.

team usa overseas
During the 2026 World Masters Cup in the Netherlands and Belgium, **Erin Tarburton (Marihugh) '10, Missy Arenz (Woodie) '11, Michelle Finegan (Reilly) '84, Lindsey Heppner (Piester) '07, Kelly Williamson (Cawley) '99, Jenn Judy (Fotiou) '02, Patti Webb (Fichter) '94, Elaine Pomian '82, and Karen Stout '82/EdD '95** all competed for Team USA.

elite eight
Delaware has eight returners this year that appeared in all 18 games last year, including three rising sophomores - **Kate Fiest, Sarah Rigual, Alexa Michielsen, Lily Cosner, Linde van Leeuwen, Katie Clarke, Ella Cellini,** and **Amanda Rattay.**

history repeats itself
In 1998, **Kelly Williamson (Cawley)** was a senior on Delaware's field hockey team, when a freshman named **Jenn Fotiou (Judy)** started her collegiate career. In 2026, Kelly's daughter **Tetje Williamson** is a senior for the Blue Hens as Jenn's daughter, **Kate Judy**, is a freshman.

all year hockey!
Penelope Kousouris, a sophomore transfer from Wake Forest, competed in both ice hockey and field hockey in high school.

coach kristi
Delaware alum **Kristi Merashoff** '26 became an assistant coach at DIII Goucher College in her home state of Maryland starting in the 2026 season.

dancing duo
Sophomore midfielders **Brynn String** and **Carmella Gannon** are both from Felton, Delaware and attended dance class together as young kids before playing field hockey for Lake Forest HS and Delaware.

smurf turf!
University of Delaware's Fred P. Rullo Stadium, which is home to the Fightin' Blue Hens' field hockey program, installed blue turf over the summer and early fall. This is the first turf renovation at Rullo Stadium since 2017. The new AstroTurf Poligras Platinum Turf System over 10mm Elayer over porous asphalt is currently being installed and is replacing the AstroTurf A12 turf system. The new field will feature a blue main field with a green border.

mpsf mates
The University of Delaware is not the only CUSA member institution that competes in the MPSF. New Mexico State Women's Swimming & Diving is also a member of the conference, who placed second last year at the MPSF Championships.

CAREER GAMES/STARTS

Back	Games	Starts
Lily Cosner	50	30
Linde van Leeuwen	45	40
Elle Patterson	15	0
Midfield	**Games**	**Starts**
Alexa Michielsen	68	38
Kate Fiest	65	53
Sarah Rigual	59	30
Tetje Williamson	50	12
Katie Clarke	28	17
Ella Cellini	28	10
Brynn String	26	10
Avary Miller	10	2
Juulke Zanders	4	0
Carmella Gannon	4	0
Kate Klesel	1	0
Forward	**Games**	**Starts**
Amanda Rattay	28	8
Livia van't Hek	27	9
Lexi Causa	24	3
Penelope Kousouris	16	2
Charlotte Robertson	14	0
Josefina D'Alessandro	10	6
Goalkeeper	**Games**	**Starts**
Gabby Prentice	13	11
Jane Baldy	6	3

CURRENT STREAKS

	Consecutive GP/GS	Pos
Alexa Michielsen	48/24	F
Lily Cosner	46/9	B
Linde van Leeuwen	42/21	B
Katie Clarke	26/10	M
Ella Cellini	26/9	M
Amanda Rattay	26/0	
Brynn String	18/8	M
Livia van't Hek	11/5	F
Lexi Causa	10/0	
Avary Miller	10/0	
Josefina D'Alessandro	10/3	F
Penelope Kousouris	10/0	
Kate Fiest	8/7	M
Sarah Rigual	7/5	M
Jane Baldy	4/3	GK
Saar de Boer	2/0	
Elle Patterson	1/0	
Charlotte Robertson	1/0	

ON THIS DATE IN DELAWARE FIELD HOCKEY HISTORY...

OCT. 9 Delaware is 8-5-2 in games played on October 9. In 2016, 10 years ago today, Delaware won 7-2 over Hofstra at home. Greta Nauck and Kayla Devlin both scored twice in the victory.

OCT. 11 Delaware is 9-4-2 in games played on October 11.

Delaware won 9-2 against Vermont in 1992. Tied for the third-most goals in team history.

DELAWARE RECORD WHEN...

	2026	ZOLLINGER
Overall	4-6	11-17
Conference	--	0-0
Non-conference	4-6	11-17
Playoffs	--	1-0
Home	--	3-7
Away	3-4	5-8
Neutral	1-2	2-2
Current streak	L1	L1
Current home streak	--	L5
Current road streak	L1	L1
Current neutral streak	W1	W1
Day game	4-6	10-17
Night game	--	1-0
August	1-1	0-2
September	2-4	6-8
October	1-1	3-5
November	--	1-1
vs. Top 5 teams	0-2	0-4
vs. Top 10 teams	--	0-0
vs. Top 20 teams	1-2	1-3
vs. unranked teams	3-2	10-10
On natural grass	--	0-0
On artificial surface	4-6	11-17
Scoring first	2-1	9-3
Opponent scores first	2-5	2-14
Leading after 1st	1-1	3-2
Trailing after 1st	1-2	2-8
Tied after 1st	2-2	5-3
Leading at halftime	2-0	6-3
Trailing at halftime	0-4	0-8
Tied at halftime	2-2	4-5
Leading after 3rd	3-0	9-2
Trailing after 3rd	0-4	0-9
Tied after 3rd	1-2	1-5
Overtime	--	0-2
Shootout	0-1	0-1
Scoring 0 goals	--	0-2
Scoring 1 goal	0-4	1-8
Scoring 2 goals	3-1	6-3
Scoring 3+ goals	1-1	4-3
Allowing 0 goals	--	3-0
Allowing 1 goal	3-0	7-0
Allowing 2 goals	1-2	1-4
Allowing 3+ goals	0-4	0-13
Game decided by 1	4-4	7-9
Game decided by 2	0-1	2-2
Game decided by 3+	0-2	2-6
With 1-5 shots	0-1	1-3
With 6-10 shots	2-1	2-6
With 11-15 shots	2-2	5-3
With 16-20 shots	0-2	2-5
With 21+ shots	--	1-0
Allowing 1-5 shots	--	2-0
Allowing 6-10 shots	3-2	6-4
Allowing 11-15 shots	1-2	2-6
Allowing 16-20 shots	0-2	2-5
Allowing 21+ shots	--	0-2
Leading in shots	3-3	8-6
Trailing in shots	1-2	3-9
Tied in shots	--	0-1
Leading in corners	3-2	7-7
Trailing in corners	0-4	1-10
Tied in corners	1-0	3-0
Leading in saves	2-2	3-7
Trailing in saves	2-4	8-8
Tied in saves	--	0-2
Received yellow card	1-1	2-4
Opp. received yellow	1-0	3-3
Received red card	--	0-0
Opp. received red card	--	0-0
Black on black uniform	1-2	2-5
Blue on blue uniform	1-1	3-6
White on white uniform	3-2	6-6

new, but also experienced

Head Coach **Tara Zollinger** and staff had three transfers join the Fightin' Blue Hens for 2026. **Penelope Kousouris** and **Lexi Causa** come to UD from Wake Forest, while **Josefina D'Alessandro** will play her first NCAA season as a fifth year after time at Argentina de la Empresa.

bringing some friends along

Head coach **Tara Zollinger** brought her assistant coach from Shippensburg in **Ally Mooney** to the 302 to coach the goalkeepers. Mooney played for Zollinger from 2017-18, where the pair won two national championships. Graduate M/F **Alexa Michielsen** joined the Fightin' Blue Hens after three seasons at Shippensburg, where she played in 40 games, scoring 10 goals. She earned All-PSAC Third Team honors and was the 2024 PSAC Field Hockey Tournament MVP.

kate cubed

On the 2026 roster, Delaware has three student-athletes named Kate. **Kate Fiest, Kate Judy, and Kate Klesel**. This is the first time since 2021 that the team has rostered three members with the same first name (**Grace - Franden, Hoepfner, Miller**).

TEAM RECORDS

Most goals scored in a game
10, twice — 8/28/15 at Central Michigan

Most assists in a game
10 — 8/28/15 at Central Michigan

Most Points in a game
30, 10 goals, 10 assists — 8/28/15 at Central Michigan

INDIVIDUAL RECORDS TO KNOW

Most goals scored in a game
5, Casey Howard, vs Brown — 9/6/09

Most assists in a game
Three with 3, Femke Strein vs. JMU — 11/8/19

Most Points in a game
12, Casey Howard, vs Brown — 9/6/09

Most Saves in a game
28, Kim Lockbaum, vs. Maryland — 9/13/94

LAST TIME A BLUE HEN...

Multiple goals in a game
Livia van't Hek at Temple — 10/2/26

Hat trick in a game
Kiki Oudshoorn vs. Columbia — 9/3/23

Scored on a penalty stroke
Rachael Whitehead vs. Lafayette — 10/31/25

Had multiple assists in a game
Rachael Whitehead vs William & Mary — 9/26/25

Had three assists in a game
Berber Bakermans vs. Drexel — 11/6/22

5 points in a game
Iris Bekker vs. California — 8/31/25

6 points in a game
Kiki Oudshoorn vs. Columbia — 9/3/23

8 points in a game
Lotte de Koning vs. James Madison — 11/8/19

8 shots in a game
Julia Duffhuis vs. Northeastern — 10/6/23

Multiple defensive saves in a game
Lily Cosner vs. Lafayette — 10/31/25

10 saves in a game
Kristi Merashoff vs Northwestern (10) — 9/19/25

Solo GK shutout
Kristi Merashoff at Towson — 10/3/25

ZOLLINGER ALL-TIME VS DI OPPONENTS

American	0-1	**Lehigh**	**0-0**	**Penn State**	**0-2**	**Wake Forest**	**0-2**
Bucknell	1-0	Lock Haven	1-0	**Richmond**	**0-0**	William & Mary	1-0
Cal	0-1	**Maryland**	**0-1**	Saint Joseph's	0-1		
Drexel	1-0	**Monmouth**	**1-0**	**Temple**	**1-1**	*bold indicates 2026 opponent	
Fairfield	**1-0**	Northwestern	0-1	**Towson**	**1-0**		
Georgetown	**0-0**	**Ohio State**	**1-1**	**UC Davis**	**1-0**		
Kent State	**2-0**	**Old Dominion**	**0-2**	**VCU**	**0-0**		
Lafayette	**0-1**	Penn	0-1	**Villanova**	**0-1**		

2026 DELAWARE **NUMERICAL ROSTER**

NOTE: *All student-athletes' roster classification are listed based on the new age-based eligibility model. Freshman = first year, sophomore = second year, junior = third year, senior = fourth year, 5th = fifth year. Those who have been granted waivers by the NCAA under the previous eligibility model could be indicated as 6th.*

#	NAME	YR.	POS.	HT.	HOMETOWN/HIGH SCHOOL (PREV. SCHOOL)
1	Lily Cosner	Jr.	B	5-2	Doylestown, Pa. / Central Bucks West
2	Penelope Kousouris	So.	M/F	5-2	Baltimore, Md. / Bryn Mawr School (Wake Forest)
3	Kate Judy	Fr.	M	5-8	Newark, Del. / Caravel Academy
4	Avary Miller	Fr.	M	5-2	Lewes, Del. / Cape Henlopen
5	Amanda Rattay	So.	F	5-6	Newark, Del. / Newark Charter
6	Tetje Williamson	Sr.	M	5-4	Oley, Pa. / Oley Valley
7	Linde van Leeuwen	Jr.	B	5-6	Heemstede, Netherlands / Lyceum Sancta Maria (Bryant)
9	Lexi Causa	Jr.	M/F	5-8	Easton, Pa. / Easton Area (Wake Forest)
10	Ella Cellini	So.	M	5-5	Phoenixville, Pa. / Villa Maria Academy
11	Elle Patterson	Sr.	B	5-7	Ashburn, Va. / Independence
12	Charlotte Robertson	So.	M/F	5-6	Edinburgh, Scotland / Millfield School
13	Saar de Boer	Fr.	M	5-7	Amersfoort, Netherlands / Vathorst College
14	Brynn String	So.	M	5-7	Felton, Del. / Lake Forest
15	Sarah Rigual	Sr.	M	5-3	Fredericksburg,Va. / James Monroe
17	Kate Fiest	Sr..	M	5-6	Yorktown, Va. / Tabb
18	Livia van't Hek	So.	F	5-8	Amsterdam, Netherlands / St. Nicolasslyceum
19	Carmella Gannon	So.	M	5-9	Felton, Del. / Lake Forest
20	Kate Klesel	Fr.	F	5-5	Houston, Texas / Episcopal
21	Alexa Michielsen	5th	M/F	5-4	Bloemendaal, Netherlands / (Shippensburg)
22	Claire O'Connor	Fr.	M/B	5-6	Narberth, Pa. / Lower Merion
24	Katie Clarke	So.	M	5-8	Purcellville, Va. / Loudoun Valley
26	Josefina D'Alessandro	5th	F	5-6	Buenos Aires, Argentina / United (Argentina de la Empresa)
28	Juulke Zanders	Fr.	M	5-5	Venlo, Netherlands / Wings Agora, Roermond
86	Gabby Prentice	So.	GK	5-8	Arnold, Md. / Archbishop Spalding
99	Jane Baldy	Fr.	GK	5-7	Ellicott City, Md. / Centennial

Head Coach: Tara Zollinger (Maryland '13) - second season at UD, ninth overall
Assistant Coach: Ally Mooney (Shippensburg '18) - second season
Assistant Coach: Devin Kinzel (Temple '24) - second season
Assistant Coach: Sydney Rhodes-James (Delaware '19) - second season
Student Manager: Josephine van Wijk (Lafayette '26)

ALPHABETICAL

#	NAME	POS.
99	Jane Baldy	GK
9	Lexi Causa	M/F
10	Ella Cellini	M
24	Katie Clarke	M
1	Lily Cosner	B
26	Josefina D'Alessandro	F
13	Saar de Boer	M
17	Kate Fiest	M
19	Carmella Gannon	M
3	Kate Judy	M
20	Kate Klesel	M
2	Penelope Kousouris	M/F
21	Alexa Michielsen	M/F
4	Avary Miller	M
22	Claire O'Connor	M/B
11	Elle Patterson	B
86	Gabby Prentice	GK
5	Amanda Rattay	F
15	Sarah Rigual	M
12	Charlotte Robertson	M/F
14	Brynn String	M
18	Livia van't Hek	F
7	Linde van Leeuwen	B
6	Tetje Williamson	M
28	Juulke Zanders	M

PRO-NUN-SEE-AY-SHUNS

PLAYERS & COACHES

#2	Penelope Kousouris	koh-SAW-ruhs
#5	Amanda Rattay	RUH-tay
#6	Tetje Williamson	TOT-chee
#7	Linde van Leeuwen	linda von lay-WIN
#9	Lexi Causa	KAW-zuh
#13	Saar de Boer	sahr deh-BOOR
#15	Sarah Rigual	rig-AL
#17	Kate Fiest	rhymes with 'heist'
#18	Livia van't Hek	live-e-ya von tek
#20	Kate Klesel	KLEH-suhl
#21	Alexa Michielsen	meek-YULE-son
#26	Josefina D'Alessandro	ho-seh-FEE-nah dah-less-AHN-dro
#28	Juulke Zanders	YOOL-kuh ZAN-derz
HC	Tara Zollinger	zoll-in-GRR
AC	Ally Mooney	moon-EE
AC	Devin Kinzel	kin-zell
Manager:	Josephine van Wijk	yo-zay-FEEN fahn VEYK

TOWNS

Newark	new-ARK
Lewes	LOU-is
Oley	ol-EE
Heemstede	heem-STED
Bloemendaal	BLUE-min-doll

HEAR OUR NAMES

2026 DELAWARE **ROSTER BREAKDOWN**

BACKS (3)

1	Lily Cosner	B	Jr.	5-2	Doylestown, Pa. / Central Bucks West
7	Linde van Leeuwen	B	Jr.	5-6	Heemstede, Netherlands / Lyceum Santa Maria (Bryant)
11	Elle Patterson	B	Sr.	5-7	Ashburn, Va. / Independence

FORWARDS (5)

5	Amanda Rattay	F	So.	5-6	Newark, Del. / Newark Charter
18	Livia van't Hek	F	So.	5-8	Amsterdam, Netherlands / St. Nicolaaslyceum
20	Kate Klesel	F	Fr.	5-5	Houston, Texas / Episcopal
21	Alexa Michielsen	M/F	Gr.	5-4	Bloemendaal, Netherlands / Intl. School of Amsterdam (Shippensburg)
26	Josefina D'Alessandro	F	5th	5-6	Buenos Aires, Argentina / United (Argentina de la Empresa)

MIDFIELDERS (15)

2	Penelope Kousouris	M/F	So.	5-2	Baltimore, Md. / The Bryn Mawr School (Wake Forest)
3	Kate Judy	M	Fr.	5-8	Newark, Del. / Caravel Academy
4	Avary Miller	M	Fr.	5-2	Lewes, Del. / Cape Henlopen
6	Tetje Williamson	M	Sr.	5-4	Oley, Pa. / Oley Valley
9	Lexi Causa	M	Jr.	5-8	Easton, Pa. / Easton Area (Wake Forest)
10	Ella Cellini	M	So.	5-5	Phoenixville, Pa. / Villa Maria Academy
12	Charlotte Robertson	M/F	So.	5-6	Edinburgh, Scotland / Millfield School
13	Saar de Boer	M	Fr.	5-7	Amersfoort, Netherlands / Vathorst College
14	Brynn String	M	So.	5-7	Felton, Del. / Lake Forest
15	Sarah Rigual	M	Sr.	5-3	Fredericksburg, Va. / James Monroe
17	Kate Fiest	M	Sr.	5-6	Yorktown, Va. / Tabb
19	Carmella Gannon	M	So.	5-9	Felton, Del. / Lake Forest
22	Claire O'Connor	M/F	Fr.	5-6	Narberth, Pa. / Lower Merion
24	Katie Clarke	M	So.	5-8	Purcellville, Va. / Loudoun Valley
28	Juulke Zanders	M	Fr.	5-5	Venlo, Netherlands / Wings Agora, Roermond

GOALKEEPERS (2)

86	Gabby Prentice	GK	So.	5-8	Arnold, Md. / Archbishop Spalding
99	Jane Baldy	GK	Fr.	5-7	Ellicott City, Md. / Centennial

ROSTER BY CLASS

FIFTH YEARS (2)	SENIORS (4)	JUNIORS (3)	SOPHOMORES (10)	FRESHMEN (6)
Josefina D'Alessandro	Kate Fiest	Lily Cosner	Ella Cellini	Jane Baldy
Alexa Michielsen	Elle Patterson	Lexi Causa	Katie Clarke	Saar de Boer
	Sarah Rigual	Linde van Leeuwen	Carmella Gannon	Kate Judy
	Tetje Williamson		Penelope Kousouris	Kate Klesel
			Claire O'Connor	Avary Miller
			Gabby Prentice	Juulke Zanders
			Amanda Rattay	
			Charlotte Robertson	
			Brynn String	
			Livia van't Hek	

GEOGRAPHICAL

Argentina (1)
26 Josefina D'Alessandro F

Delaware (5)
3 Kate Judy M
4 Avary Miller M
5 Amanda Rattay F
14 Brynn String M
19 Carmella Gannon M

Maryland (3)
2 Penelope Kousouris M/F
86 Gabby Prentice GK
99 Jane Baldy GK

Netherlands (5)
7 Linde van Leeuwen B
13 Saar de Boer M
18 Livia van't Hek F
21 Alexa Michielsen M/F
28 Juulke Zanders M

Pennsylvania (5)
1 Lily Cosner B
6 Tetje Williamson M
9 Lexi Causa M
10 Ella Cellini M
22 Claire O'Connor M/F

Scotland (1)
12 Charlotte Robertson M

Texas (1)
20 Kate Klesel F

Virginia (4)
11 Elle Patterson B
15 Sarah Rigual M
17 Kate Fiest M
24 Katie Clarke M

302 BUILT

For the second-consecutive season, Delaware field hockey rosters five players who hail from The First State.

Kate Judy, Avary Miller, Amanda Rattay, Brynn String, and Carmella Gannon all stay in the 302 for college field hockey.

In 2026, all three Delaware counties (New Castle, Kent, and Sussex) are represented by field hockey student-athletes.



HEAD COACH TARA ZOLLINGER

Hometown: Jeannette, Pa.
High School: Hempfield Area
Alma Mater: Maryland '13
Degree: Sociology
Year in Coaching: 12th in 2025 (Second as head coach at UD)

NOTABLE HIGHLIGHTS

3x Division I National Champ. (10, 11, 15)
3x Division II National Champ. ('17, '18, '21)
Division II Runner-Up (2022)
6x Division II Semifinal Appearances ('17, '18, '21, '22, '23, '24)
4x NFHCA National Staff of the Year
2x PSAC Coach of the Year
3x Conference Champ. (PSAC (2x), MPSF)

AS DELAWARE HEAD COACH

Year	2nd in 2026
Overall Record	10-16
Home	3-7
Away/Neutral	7-9
vs. Top 25 Teams	1-1
vs. Top 10/Top 5 Teams	0-0/0-2
In Conference Games	0-0

ZOLLINGER YEAR-BY-YEAR

YEAR	W-L	PCT.	CONF
2017	17-4	.810	9-1
2018	19-4	.826	8-2
2019	12-6	.667	8-2
2021	20-0	1.000	10-0
2022	16-4	.800	7-2
2023	15-5	.750	8-1
2024	19-2	.905	9-0
2025	7-11	.389	0-0
2026	4-6	.400	0-0
TOTAL	**11-17**	**.393**	**0-0**
CAREER	**129-42**	**.754**	**59-8**

Postseason: 10-3 in NCAA DII Playoffs

HEAD COACH TARA ZOLLINGER

Three-time Division II national championship winning head coach **Tara Zollinger** enters her second season as the head coach for Delaware field hockey in 2026-27 after leading the team to a conference championship in her first year at the helm.

In her first season, she coached Iris Bekker to the MPSF Defensive Player of the Year, while Bekker and five others earned All-MPSF honors.

She joined the Fightin' Blue Hens in March 2025 after eight seasons at Division II Shippensburg University. During her first campaign, Delaware joined the Mountain Pacific Sports Federation (MPSF), where Zollinger coached the Hens to a 2-1 victory over UC Davis in the conference's inaugural championship.

Zollinger came to Newark after spending the previous eight seasons (2017-24) as the head coach at DII Shippensburg in Pennsylvania where she won national championships in 2017, 2018, and 2021. She also led the Raiders to the 2022 national title game and semifinal appearances in 2023 and 2024.

A Jeannette, Pennsylvania native, Zollinger boasts a 118-25 career record, including 59-8 in conference play, and 10-3 in NCAA Tournaments. She has directed four National Field Hockey Coaches Association (NFHCA) Regional Coaching Staffs of the Year, and a trio of NFHCA National Coaching Staffs of the Year.

Over the course of her eight seasons in Shippensburg, Zollinger has produced 41 all-league players, and 23 All-Americans. She's claimed four regular season Pennsylvania State Athletic Conference (PSAC) titles and a pair of conference tournament titles.

Prior to taking the reins for the Raiders, she spent four seasons (2013-16) as an assistant coach at Syracuse where she worked for former Blue Hen and UD Athletics Hall of Fame inductee (2005) Ange Bradley. She helped Bradley and the Orange to a national championship, ACC regular season title, and both NFHCA regional and national coaching staff of the year awards.

At Syracuse, Zollinger was a part of one the school's most successful seasons. She helped instruct a 2015 team that posted a perfect 16-0 regular-season record – the first team in 25 seasons to achieve the feat. The No. 1-ranked Orange also swept the 2015 ACC postseason awards, becoming the first team to do so since North Carolina in 1994.

A two-time PSAC Coach of the Year, Zollinger also serves as a coach with USA Field Hockey. She's held a number of roles including nexus coach (2021-25), supplemental coach for the women's U21 team (2024), high performance mid-atlantic region coach (2017-19), talent selection (2013-15, 2018, 2021-24), U14 futures national championship coach (2016-17), futures head coach and director (2014-17), and futures assistant coach (2010-14).

On the national level, Zollinger served a two-year term (2017-18 and 2018-19) as the field hockey representative on the coaches' council for WeCOACH (formerly Alliance of Women Coaches). She was one of 15 coaches from across the country spanning all three NCAA divisions that served on the council, serving as an ambassador in coaching communities and networks. At the completion of her term, Zollinger graduated from WeCOACH Academy 2.0.

She played college field hockey for former Blue Hen and UD Athletics Hall of Famer (1998) Missy Meharg at Maryland. For the Terps, Zollinger was an attacker who won two NCAA Championships (2010, 2011) and two ACC Championships (2009, 2010) – reaching the Final Four in all four of her collegiate seasons. She received Maryland's Kateri Simon Award in 2012, recognizing an athlete that persevered in times of adversity and displayed courage while bringing positive energy to all team sessions.

Zollinger earned her undergraduate degree in sociology in 2013 and was an active member of the Student-Athlete Advisory Committee (SAAC). She was also a development assistant with the University of Maryland Terrapin Club, coordinating and organizing member and donor events.

She also holds two master's degrees in sport administration (2019) and sport and exercise psychology (2018) from Lock Haven.

ZOLLINGER'S COACHING HISTORY

YEAR	SCHOOL	POSITION
2025-Pres.	Delaware	Head Coach
2017-24	Shippensburg	Head Coach
2013-16	Syracuse	Assistant Coach

SUPERLATIVES UNDER TARA ZOLLINGER

Most Goals	6, vs. William & Mary (9/26/25)
Goals Allowed	6, vs. Lafayette (10/31/25)
Shots	22, vs. Towson (10/3/25)
Shots Allowed	30, vs. Northwestern (9/19/25)
Shots on Goal	16, vs. William & Mary (9/26/25)
Saves	10, vs. Northwestern (9/19/25)

ASSISTANT COACHES



ALLY MOONEY

ASSISTANT COACH

Mooney enters her second season as an assistant coach with Delaware field hockey in 2026 after being hired in April of 2025.

Primarily working with the goalies, Mooney assisted both netminders to shutouts in 2025, marking the first time that multiple goalkeepers recorded clean sheets in a season since 2018.

During her first campaign, Delaware joined the Mountain Pacific Sports Federation (MPSF), where Mooney helped the Hens to a 2-1 victory over UC Davis in the conference's inaugural championship.

Mooney came to Newark after spending the previous three seasons under Zollinger at DII Shippensburg, where she served as the program's defensive coordinator. She led a unit that sat atop the nation in goals against average (0.80) and scoring margin (+2.71), while sitting third in shutouts per game (0.48).

In charge of the Raider goalkeepers, Mooney oversaw the emergence of the NCAA Division II leader in save percentage (.821) and helped guide the Raiders to the PSAC Championship game and the NCAA DII Semifinals during the 2023 season.

Mooney joined the coaching staff at her alma mater in 2022, and helped guide the Raiders to their second-consecutive NCAA Division II National Championship Game appearance.

Mooney returned to Shippensburg after spending three seasons as an assistant coach at Appalachian State University, contributing to numerous accomplishments with the Mountaineers.

As a student-athlete at Shippensburg, Mooney was a starting goalkeeper who helped the Raiders win three consecutive NCAA Division II National Championships from 2016-18. She registered a 68-16 record and had an .816 save percentage, recording 24 shutouts between the posts and allowing less than a goal per game over the course of her career.

A native of Spring City, Pa., Mooney earned a bachelor's degree in exercise science with a minor in coaching in December 2018 and her master's degree from Shippensburg in 2023 in organizational development and leadership with a concentration in business.



DEVIN KINZEL

ASSISTANT COACH

Kinzel will begin her second campaign as an assistant coach with the Delaware field hockey program for the 2026 season after being hired in July 2025.

During her first campaign, Delaware joined the Mountain Pacific Sports Federation (MPSF), where Kinzel helped the Hens to a 2-1 victory over UC Davis in the conference's inaugural championship.

Kinzel spent four seasons on the Temple University field hockey team and assumed a role as a volunteer assistant with her alma mater beginning in January of 2025.

During her playing career, she was a team captain her senior season and earned All-BIG EAST Second Team honors while helping the Owls achieve their furthest postseason run since 2015.

Her stint as a coach with her former team allowed her to assist with team management and game preparation, as well as mentoring players while encouraging academic and athletic success.



SYDNEY RHODES-JAMES

ASSISTANT COACH

Sydney Rhodes-James will begin her second campaign as an assistant coach with the Delaware field hockey program for the 2026 season after being hired in July 2025.

During her first campaign, Delaware joined the Mountain Pacific Sports Federation (MPSF), where Kinzel helped the Hens to a 2-1 victory over UC Davis in the conference's inaugural championship. This was the fifth conference championship Rhodes-James has been a part of as a Fightin' Blue Hen.

Rhodes-James returned to Newark after graduating in 2019 and making multiple coaching stops along the way.

The Delaware alum was a five-year goalie for the Blue Hens, who made 50 appearances, including nine during the Hen's run to capturing the 2016 NCAA Division I Championship. She graduated in 2019 with a bachelor's degree in health behavior science from Delaware's College of Health Sciences.

Her collegiate coaching experience includes time as an assistant coach with the University of Pennsylvania, where she spent four seasons from 2021-24 with a specialized focus in coaching the goalkeepers and organizing team logistics.

During that time, Penn was able to have a goalie earn First Team All-Ivy League under Rhodes-James' tutelage.

After leaving Philadelphia, Rhodes-James reconnected with H20 in January 2025, becoming the program's co-director, head coach, and head goalkeepers coach for players aged 10-19.

SUPPORT STAFF

Dorian Shaw // Sport Administrator
Bridget Burger // Academic Advisor
Madison Feeser // Athletic Trainer
Katie Bertolet // Strength & Conditioning
Hanalyn Podgurski // Nutritionist
Christina Rasnake // Director, Sports Science & Analytics
Andrew Reisman, MD // Chief Medical Officer
Noah Barraclough // Communications Contact
Josephine van Wijk // Team Manager
Nico Campbell // Practice Player

COACHES IN COLLEGE



TARA ZOLLINGER

MARYLAND '13

Quick Facts: Played in 19 games as a member of the Terrapins... Coached by Delaware field hockey program alum, Missy Meharg '85... Part of the 2010 and 2011 Division I National Championship teams... Appeared in a 4-0 win at Delaware in her sophomore season.... Recorded an assist against Rutgers in her senior year... Maryland played to a 19-0 record in Zollinger's games played.



ALLY MOONEY

SHIPPENSBURG '18

Quick Facts: Started 84 games in goal for Shippensburg across four seasons... Was a two-time national champion, as well as a two-time NFHCA All-American... Held a 68-16 record with 27 shutouts, in addition to a .816 save percentage in goal... Led the NCAA in GAA (0.43) and save percentage (.894) in 2016.



DEVIN KINZEL

TEMPLE '24

Quick Facts: Played four seasons for the Owls... Played 77 games, starting 70... Scored 14 goals and dished out nine assists, including a career high seven goals in 2024... Earned BIG EAST All-Conference Second Team in her senior season.



SYDNEY RHODES-JAMES

DELAWARE '19

Quick Facts: Played 50 games in cage for the Blue Hens from 2015-19... Was part of the 2016 Division I NCAA Championship team... Earned All-CAA first team in her final two seasons... Started her final 35 games of her career, playing to a 24-11 record.



MPSF

STAFF

Foti Mellis.....Commissioner
Doug Drabik.....Associate Commissioner, Media Relations
Steve Robertello.....Associate Commissioner, Championships
Kaia Hedlund.....Associate Commissioner, SWA
Eli Henderson.....Administrative Intern

FIELD HOCKEY MEMBERS

University of Delaware - Field Hockey - 2025-26

University of California, Davis - Field Hockey (2025-PRESENT), Women's Gymnastics (2002-PRESENT), STUNT (Starting in 2027)

Queens University, Charlotte - Field Hockey - (2026-PRESENT)

WEEKLY SCHEDULE

***all times in ET**

Friday, October 9

Delaware vs. Lehigh	**5:00 pm**

Sunday, October 11

Queens at Old Dominion	12:00 pm
Delaware at #20 Lafayette	**12:00 pm**

STANDINGS

Tuesday, October 6

Delaware	**4-6**
Queens	3-7
UC Davis	3-8

2026 RETURNING ALL-CONFERENCE

2025 MPSF Offensive Player of the Year
Karly Redman, UC Davis

2025 MPSF Defensive Player of the Year
Addy Collingwood, UC Davis

2025 All-MPSF Team (Returners)
Karly Redman, UC Davis
Ella Franken, UC Davis
Morgan Caldera, UC Davis
Sarah Rigual, Delaware
Kate Fiest, Delaware
Alexa Michielsen, Delaware
Linde van Leeuwen, Delaware



2026 MPSF WEEKLY AWARDS

Offensive Player of the Week
Sept: 1 - Morgan Caldera (UC Davis)
Sept. 8 - Mia Edwards (UC Davis)
Sept. 15 - **Katie Clarke (Delaware)**
Sept. 22 - **Kate Fiest (Delaware)**
Sept. 29 - Molly Main (UC Davis)
Oct. 6 - **Livia van't Hek (Delaware)**
Oct. 13 -
Oct. 20 -
Oct. 27 -
Nov. 3 -

Defensive Player of the Week
Sept: 1 - **Avary Miller (Delaware)**
Sept. 8 - Addy Collingwood (UC Davis)
Sept. 15 - Addy Collingwood (UC Davis)
Sept. 22 - **Linde van Leeuwen (Delaware)**
Sept. 29 - Addy Collingwood (UC Davis)
Oct. 6 - **Linde van Leeuwen (Delaware)**
Oct. 13 -
Oct. 20 -
Oct. 27 -
Nov. 3 -

MPSF
Mountain Pacific Sports Federation

delaware

STARTERS BY GAME

OPP	B	B	B	M	M	M	F	F	F	B/M/F	GK
vs. Villanova	Cosner	van Leeuwen	String	Rigual	Cellini	Clarke	Kousouris	Michielsen	D'Alessandro	van't Hek	Prentice
at Monmouth	Cosner	van Leeuwen	String	Miller	Cellini	Clarke	Causa	Michielsen	D'Alessandro	van't Hek	Prentice
at Penn State	Cosner	van Leeuwen	String	Miller	Cellini	Clarke	Kousouris	Michielsen	D'Alessandro	van't Hek	Prentice
at Ohio State	Cosner	van Leeuwen	String	Causa	Cellini	Clarke	Fiest	Rattay	Michielsen	van't Hek	Prentice
at Kent State	Cosner	van Leeuwen	String	Causa	Cellini	Clarke	Fiest	Rattay	Michielsen	van't Hek	Prentice
vs. Wake Forest	Cosner	van Leeuwen	String	Rigual	Cellini	Clarke	Fiest	Rattay	Michielsen	van't Hek	Prentice
at Old Dominion	Cosner	van Leeuwen	String	Rigual	Cellini	Clarke	Fiest	Rattay	Michielsen	van't Hek	Prentice
vs. Fairfield	Cosner	van Leeuwen	String	Rigual	Cellini	Clarke	Fiest	Michielsen	D'Alessandro	van't Hek	Baldy
at Temple	Cosner	van Leeuwen	String	Rigual	Cellini	Clarke	Fiest	Michielsen	D'Alessandro	van't Hek	Baldy
at Maryland	Cosner	van Leeuwen	String	Rigual	Cellini	Clarke	Fiest	Michielsen	D'Alessandro	van't Hek	Baldy
Lehigh											
at Lafayette											
at Richmond											
at VCU											
UC Davis											
Georgetown											
Towson											



delaware MISCELLANEOUS GAME INFO

OPP	DAY/NIGHT GAME	FIRST POSS.	LENGTH	JERSEY	RESULT
vs. Villanova	Day	Villanova	1:27	Blue	L, 1-2
at No. 18 Monmouth	Day	Delaware	1:24	White	W, 2-1
at Penn State	Day	Delaware	1:43	Black	L, 1-2
at Ohio State	Day	Ohio State	2:19	Black	L, 3-4 (SO)
at Kent State	Day	Delaware	1:29	White	W, 2-1
vs. Wake Forest	Day	Delaware	1:30	Black	L, 1-5
at Old Dominion	Day	Old Dominion	1:56	White	L, 2-4
vs. Fairfield	Day	Fairfield	1:27	Blue	W, 3-2
at Temple	Day	Temple	1:36	White	W, 2-1
at Maryland	Day	Delaware	1:35	White	L, 1-4
Lehigh					
at Lafayette					
at VCU					
UC Davis					
Georgetown					
Towson					



delaware STATISTICAL LEADERS

OPP	GOALS	SHOTS	ASSISTS	SAVES
vs. Villanova	van't Hek (1)	Michielsen (4)	Causa (1)	Baldy (1)
at No. 18 Monmouth	Kousouris, Michielsen (1)	Michielsen (3)	none	Prentice/Miller (1)
at Penn State	Michielsen (1)	Michielsen (3)	Cosner, Miller (1)	Prentice (4)
at Ohio State	Cosner, van't Hek, Clarke (1)	Michielsen (4)	Michielsen, Clarke (1)	Prentice (2)
at Kent State	Clarke, van Leeuwen (1)	Clarke (5)	Fiest (1)	Prentice (1)
vs. Wake Forest	van Leeuwen (1)	van Leeuwen (3)	Cellini, Fiest (1)	Prentice (4)
at Old Dominion	Michielsen, Fiest (1)	Michielsen (4)	Cellini, Fiest, Rigual (1)	Prentice (1)
vs. Fairfield	D'Alessandro, de Boer, van Leeuwen (1)	D'Alessandro, de Boer (2)	Fiest (2)	Baldy (3)
at Temple	van't Hek (2)	de Boer (3)	van Leeuwen (1)	Baldy (4)
at Maryland	van't Hek (1)	Rigual, Fiest, van't Hek, Michielsen, Clarke (1)	Miller (1)	Baldy (5)
Lehigh				
at Lafayette				
at VCU				
UC Davis				
Georgetown				
Towson				

delaware SCORING PLAYS

GOAL SCORER	ASSIST(S)	OPPONENT	TIME & QUARTER	SEASON GOAL NUM.
Livia van't Hek	Causa	Villanova	2:11, Fourth Quarter	1
Penelope Kousouris	none	Monmouth	9:52, Second Quarter	1
Alexa Michielsen	none	Monmouth	12:54, Third Quarter	1
Alexa Michielsen	Cosner, Miller	Penn State	13:46, Third Quarter	2
Lily Cosner	Michielsen	Ohio State	2:43, First Quarter	1
Livia van't Hek	Clarke	Ohio State	13:08, Third Quarter	2
Katie Clarke	none	Ohio State	14:25, Fourth Quarter	1
Katie Clarke	none	Kent State	3:44, Second Quarter	2
Linde van Leeuwen	Fiest, Miller	Kent State	10:58, Third Quarter	1
Linde van Leeuwen	Fiest, Cellini	Wake Forest	10:42, Second Quarter	2
Alexa Michielsen	Fiest, Cellini	Old Dominion	8:42, Second Quarter	3
Kate Fiest	Rigual	Old Dominion	10:23, Fourth Quarter	1
Josefina D'Alessandro	Fiest	Fairfield	9:20, Second Quarter	1
Saar de Boer	Michielsen	Fairfield	11:19, Fourth Quarter	1
Linde van Leeuwen	Fiest, Miller	Fairfield	5:15, Fourth Quarter	3
Livia van't Hek	none	Temple	4:42, First Quarter	3
Livia van't Hek	van Leeuwen	Temple	11:42, Third Quarter	4
Livia van't Hek	Miller	Maryland	5:00, First Quarter	5

delaware

2026 SEASON STATS (AS OF 10/5)

2026 University of Delaware Field Hockey
Overall Statistics (as of Oct 5, 2026)

Record:	Overall	Home	Away	Neutral
All Games	4-6	0-0	3-4	1-2

Date	Opponent	W/L	Score	Att.
8/28/2026	vs Villanova	L	1-2	127
8/30/2026	at Monmouth University	W	2-1	212
9/6/2026	at Penn State	L	1-2	408
9/11/2026	at Ohio St.	L	3-4	202
9/13/2026	at Kent St.	W	2-1	177
9/18/2026	WAKE FOREST	L	1-5	178
9/20/2026	at Old Dominion	L	2-4	312
9/27/2026	vs Fairfield	W	3-2	191
10/2/2026	at Temple	W	2-1	209
10/4/2026	at Maryland	L	1-4	267

Team Statistics	DELAWARE	OPP
SHOT STATISTICS		
Goals-Shot Att.	18-121	26-110
Goals Per Game	1.80	2.60
Shot Pct.	0.149	0.236
Shots on Goal-Att.	65-121	58-110
SOG Pct.	0.537	0.527
Shots/Game	12.1	11.0
PENALTY CORNERS	47	50
PENALTY STROKES	0-1	1-1
PENALTIES		
Yellow Cards	1	4
Red Cards	0	0
ATTENDANCE		
Total	178	1,787
Dates-Avg Per Date	1/178	7/255
Neutral Site #-Avg	2/159	

#	Player	GP	G	A	PTS	SH	SH%	SOG	SOG%	YC-RC	GW	PK-ATT	DS
18	van't Hek, Livia	10	5	0	10	8	0.625	6	0.750	0-0	1	0-0	0
21	Michielsen, Alexa	10	3	2	8	24	0.125	13	0.542	0-0	0	0-0	0
17	Fiest, Kate	8	1	5	7	8	0.125	4	0.500	0-0	0	0-0	0
7	van Leeuwen, Linde	10	3	1	7	19	0.158	13	0.684	0-0	2	0-0	2
24	Clarke, Katie	10	2	1	5	15	0.133	7	0.467	0-0	0	0-0	0
4	Miller, Avary	10	0	4	4	2	0.000	0	0.000	1-0	0	0-0	1
1	Cosner, Lily	10	1	1	3	2	0.500	2	1.000	0-0	0	0-0	1
	Boer, Saar de	4	1	0	2	5	0.200	2	0.400	0-0	0	0-0	0
10	Cellini, Ella	10	0	2	2	3	0.000	0	0.000	0-0	0	0-0	0
	Dalessandro, Josefina	10	1	0	2	18	0.056	6	0.333	0-0	0	0-0	0
2	Kousouris, Penelope	10	1	0	2	5	0.200	5	1.000	0-0	1	0-0	0
9	Causa, Lexi	10	0	1	1	0	0.000	0	0.000	0-0	0	0-0	0
15	Rigual, Sarah	8	0	1	1	7	0.000	4	0.571	0-0	0	0-1	0
99	Baldy, Jane	6	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
19	Gannon, Carmella	4	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
20	Klesel, Kate	1	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
22	O'Connor, Claire	1	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
11	Patterson, Elle	1	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
86	Prentice, Gabby	7	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
5	Rattay, Amanda	10	0	0	0	4	0.000	2	0.500	0-0	0	0-0	0
12	Robertson, Charlotte	8	0	0	0	1	0.000	1	1.000	0-0	0	0-0	0
14	String, Brynn	10	0	0	0	0	0.000	0	0.000	0-0	0	0-0	1
6	Williamson, Tetje	5	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
28	Zanders, Juulke	4	0	0	0	0	0.000	0	0.000	0-0	0	0-0	0
	Total	10	18	18	54	121	0.149	65	0.537	1-0	4	0-1	5
	Opponent	10	24	17	65	109	0.220	57	0.523	4-0	4	1-1	0

#	Goalie	GP	MIN	GA	GAA	SAVE	PCT	W-L-T	SHO
99	Baldy, Jane	5	251:51	8	1.91	13	0.619	2-1-0	0/0
86	Prentice, Gabby	7	373:16	17	2.73	13	0.433	2-5-0	0/0
	Total	10	625:07	25	2.40	26	0.510	4-6-0	0
	Opponents	10	619:05	18	1.74	46	0.719	--	0

Goals by Period	1st	2nd	3rd	4th	OT	OT2		Total
Delaware	3	5	5	5	0	0	0	18
Opponents	6	4	8	7	0	0	1	26

Shots by Period	1st	2nd	3rd	4th	OT	OT2		Total
Delaware	19	25	36	37	4	0	0	121
Opponents	23	25	26	35	1	0	0	110

Saves by Period	1st	2nd	3rd	4th	OT	OT2		Total
Delaware	7	10	5	11	0	0	0	33
Opponents	7	9	17	13	1	0	0	47

Corners by Period	1st	2nd	3rd	4th	OT	OT2		Total
Delaware	8	7	13	18	1	0	0	47
Opponents	10	12	10	17	1	0	0	50

Fouls by Period	1st	2nd	3rd	4th	OT	OT2		Total
Delaware	20	33	30	30	0	0	0	113
Opponents	51	36	35	35	0	0	0	157

delaware NCAA RANKINGS

Statistic	National Rank	Conference Rank	Value	National Leader	Value	Conference Leader	Value
Assists Per Game (80 ranked)	37	1	1.80	Vermont	4.10	Delaware	1.80
Defensive Saves (53 ranked)	4	2	7	Lehigh	9	Queens (NC)	8
Goals Against Average (80 ranked)	54	1	2.38	Northwestern	0.50	Delaware	2.38
Goals Per Game (80 ranked)	51	1	1.80	Boston U. Vermont	4.10 4.10	Delaware	1.80
Penalty Corners Per Game (80 ranked)	57	1	4.70	Colgate	10.11	Delaware	4.70
Points Per Game (80 ranked)	46	1	5.40	Vermont	12.30	Delaware	5.40
Save Percentage (80 ranked)	80	3	0.510	Northwestern	0.891	Queens (NC)	0.694
Saves Per Game (80 ranked)	74	3	2.60	Longwood	12.67	Queens (NC)	10.20
Scoring Average (80 ranked)	54	1	1.71	Vermont	4.56	Delaware	1.71
Scoring Margin (43 ranked)				Vermont	3.67		
Shutouts Per Game (62 ranked)				Northwestern	0.67	UC Davis	0.09
Winning Percentage (80 ranked)	50	1	0.400	Maryland Northwestern	1.000 1.000	Delaware	0.400

Statistic	Player	National Rank	Conference Rank	Value	National Leader	Value	Conference Leader	Value
Assists Per Game (122 ranked)	Kate Fiest Avary Miller	25 81	1 2	0.63 0.40	Rease Coleman, Cornell Sienna Dunn, Penn St. Jette Kurz, UAlbany	1.00 1.00 1.00	Kate Fiest, Delaware	0.63
Defensive Saves (7 ranked)					Darla Mahoney, Merrimack	7	Ines Morixe Stirling, Queens (NC)	3
Goalie Win-Loss Pct (76 ranked)	Gabrielle Prentice	64	2	0.286	Juliana Boon, Northwestern Ila Gunner, Vermont Alyssa Klebasko, Maryland	1.000 1.000 1.000	Madison Destefano, Queens (NC)	0.300
Goals Against Average (80 ranked)	Gabrielle Prentice	66	2	2.73	Juliana Boon, Northwestern	0.43	Addison Collingwood, UC Davis	2.25
Goals Per Game (136 ranked)	Livia van 't Hek	73	1	0.50	Clara Larripa, Richmond	1.45	Livia van 't Hek, Delaware	0.50
Points Per Game (138 ranked)	Livia van 't Hek	113	1	1.00	Frederique van Cleef, Iowa	3.25	Livia van 't Hek, Delaware	1.00
Save Percentage (80 ranked)	Gabrielle Prentice	80	3	0.433	Juliana Boon, Northwestern	0.902	Addison Collingwood, UC Davis	0.704
Saves Per Game (80 ranked)	Gabrielle Prentice	77	3	1.86	Taryn Dolka, LIU	12.90	Madison Destefano, Queens (NC)	8.20

delaware TV ROSTER



1
LILY COSNER
Junior
B | 5-2
Doylestown, Pa.
Central Bucks West



2
PENELOPE KOUSOURIS
Sophomore
M/F | 5-2
Baltimore, Md.
Bryn Mawr School
(Wake Forest)



3
KATE JUDY
Freshman
M | 5-8
Newark, Del.
Caravel Academy



4
AVARY MILLER
Freshman
M | 5-2
Lewes, Del.
Cape Henlopen



5
AMANDA RATTAY
Sophomore
F | 5-6
Newark, Del.
Newark Charter



6
TETJE WILLIAMSON
Senior
M | 5-4
Oley, Pa.
Oley Valley



7
LINDE VAN LEEUWEN
Junior
B | 5-6
Heemstede, Netherlands
Lyceum Sancta Maria
(Bryant)



9
LEXI CAUSA
Junior
M/F | 5-8
Easton, Pa.
Easton Area
(Wake Forest)



10
ELLA CELLINI
Sophomore
M | 5-5
Phoenixville, Pa.
Villa Maria Academy



11
ELLE PATTERSON
Senior
B | 5-7
Ashburn, Va.
Independence HS



12
CHARLOTTE ROBERTSON
Sophomore
M/F | 5-6
Edinburgh, Scotland
Millfield School



13
SAAR DE BOER
Freshman
M | 5-7
Amersfoort, Netherlands
Vathorst College



14
BRYNN STRING
Sophomore
M | 5-7
Felton, Del.
Lake Forest



15
SARAH RIGUAL
Senior
M | 5-3
Fredericksburg, Va.
James Monroe



17
KATE FIEST
Senior
M | 5-6
Yorktown, Va.
Tabb HS



18
LIVIA VAN'T HEK
Sophomore
F | 5-8
Amsterdam, Netherlands
St. Nicolasaslyceum

delaware TV ROSTER



19 CARMELLA GANNON
Sophomore
M | 5-9
Felton, Del.
Lake Forest



20 KATE KLESEL
Freshman
F | 5-5
Houston, Texas
Episcopal



21 ALEXA MICHIELSEN
Fifth Year
M/F | 5-4
Bloemendaal, Netherlands
Int. School of Amsterdam
(Shippensburg)



22 CLAIRE O'CONNOR
Freshman
M/B | 5-6
Narberth, Pa.
Lower Merion



24 KATIE CLARKE
Sophomore
M | 5-8
Purcellville, Va.
Loudoun Valley



26 JOSEFINA D'ALESSANDRO
Fifth Year
F | 5-6
Buenos Aires, Argentina
United
(Argentina de la Empresa)



28 JUULKE ZANDERS
Freshman
M | 5-5
Venlo, Netherlands
Wings Agora, Roermond



86 GABBY PRENTICE
Sophomore
GK | 5-8
Arnold, Md.
Archbishop Spalding



99 JANE BALDY
Freshman
GK | 5-7
Ellicott City, Md.
Centennial



TARA ZOLLINGER
Head Coach
2nd season
Maryland '13



ALLY MOONEY
Assistant Coach
2nd season
Shippensburg '18



DEVIN KINZEL
Assistant Coach
2nd season
Temple '24



SYDNEY RHODES-JAMES
Assistant Coach
2nd season
Delaware '19