



2022 MATCH NOTES

DARTMOUTH WOMEN'S RUGBY

2018 & 2021 NATIONAL CHAMPIONS

2022 SCHEDULE

0-0

SEPTEMBER

10 at LIU CANCELED

17 at Sacred Heart 11 AM

24 QUINNIPIAC 1 PM

OCTOBER

1 ARMY WEST POINT 1 PM

8 at Mount St. Mary's 11 AM

15 at Harvard 12 PM

22 PRINCETON 1 PM

29 BROWN 11 AM

*Conference Match

BOLD indicates home match

All home matches streamed on ESPN+



MATCH 1

DARTMOUTH
VERSUS
SACRED HEART

SCOUTING SACRED HEART

► 1-0-1 START

Sacred Heart opened the season against Princeton in the Tigers' debut, defeating the NIRA newcomers 53-21. Fabiola Millien-Faustin led the team with two tries, while Alyssa Cunningham was 7-for-8 on conversions. Last weekend, the Pioneers surrendered a late five-point lead against Brown and settled for a 24-24 tie.

► LAST TIME WE MET

The Big Green dominated Sacred Heart a season ago, 63-10. Sophie Ragg, who finished with two, was one of eight players to find the try zone in that early October matchup. Emily Henrich also had two tries, while Kristin Bitter split the uprights four times for eight total points. Sacred Heart was one of just four opponents to score double-digits against Dartmouth.

NUMBERS TO KNOW

5

That's how many fifth-year seniors are on this team. Those seasoned veterans have been members of two national championship squads (2018 and 2021) and look to make it three titles in five years.

53.9

That's how many points Dartmouth averaged per contest in 2021. This year's offense has big shoes to fill, but may be up to the task thanks to a balance of key returners and exciting freshmen.

Contest Dartmouth at Sacred Heart
Date Saturday, Sept. 17
Time 11 AM
Location Fairfield, Conn.
Site Park Ave Field
Sacred Heart Record 1-0-1
All-Time Series Big Green lead, 1-0
Last Meeting Oct. 2, 2021 (W, 63-10)

KEY STORYLINES

► 2021: WHAT A YEAR!

It doesn't get much better than what Dartmouth was able to accomplish in 2021. The first undefeated team in program history only had one match decided by single digits, and that was on the road to the eventual national runner-up Army West Point. Of course, the Big Green would go on to defeat the Black Knights in the NIRA Final a couple months later. Dartmouth dismantled opponents with an average 41-point margin of victory.

► RELOADING

Dartmouth lost some key pieces from that dominant 2021 squad, including MA Sorensen Award honoree Idia Ihensekhien. Seven freshmen and returning contributors will be key in the quest for another title.

► PLENTY TO LOOK FORWARD TO

There are some interesting dates on Dartmouth's 2022 slate to mark on your calendar. Of course the season opener, but keep an eye out for the Big Green's Oct. 1 battle with Army West Point at Brophy Field. It'll also be a sight to see the week prior when Dartmouth returns home for the first time as defending national champions to face Quinnipiac. Also take note of Oct. 22 matchup at Brophy Field with Princeton, a fellow Ivy League member who enters its first year as a varsity program.



DARTMOUTHWRUGBY

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DARTMOUTHWRUGBY

BIG GREEN FACTS AND NOTES

QUICK FACTS

COLLEGE INFORMATION

Location	Hanover, N.H.
Founded	1769
Enrollment.....	4,450
President	Philip J. Hanlon '77
Athletic Director.....	Mike Harrity
Nickname	Big Green
Colors	Dartmouth Green and White
NCAA Affiliation.....	Division I
Conferences.....	Ivy League

FACILITY INFORMATION

Field	Brophy Field
.....	9 Reservoir Rd., Hanover, NH 03755

TEAM INFORMATION

First Season.....	2015-16
All-Time Record	46-15
2021 Record	9-0
Players Returning/Lost.....	25/13
Newcomers.....	7
Team Captains.....	Lauren Ferridge
.....	Sophie Ragg
.....	Ariana Ramsey

COACHING STAFF

Head Coach	Katie Dowty (Seventh season)
Alma Mater	Harvard '06
Dartmouth Record.....	46-15
Email	Kathryn.B.Dowty@Dartmouth.edu

Asst. Coach....	Stacey Bridges (Seventh season)
Alma Mater	Texas A&M '10
Email	Stacey.M.Bridges@Dartmouth.edu

Asst. Coach....	Gianna Solomon (First season)
Alma Mater	Penn State '19
Email	Gianna.A.Solomon@Dartmouth.edu

ATHLETIC COMMUNICATIONS

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2021 FINAL NIRA STANDINGS

1	Dartmouth	35
2	Harvard	31
3	Army.....	24
4	Brown	22
5	Quinnipiac	18
6	Sacred Heart	10
7	Mount St. Mary's.....	6
8	Long Island.....	0

BIG GREEN QUICK HITS

SOME KEY RETURNERS

Though the Big Green lost some key players from the 2021 championship team like MA Sorensen winner Idia Ihensekhien, there are a number of notable returners who are primed to make major contributions once again. Asialeata Meni, Kristin Bitter and Nikki Ihensekhien each scored at least four tries last season and will look to pace the Big Green offense. Junior Abbey Savin led the team in points last year with 78, coming from 35 conversions, one try and four assists.

NEWCOMERS

Seven talented freshmen join the Big Green ahead of the 2022 season. Simone Bautista, Jordan Duncan, Maura Hough, Vanessa Ortiz-Pallen, Taylor Sadek, Jenna Sheldon and Katelyn Walker are the rookies who seek to make an immediate impact. Dartmouth also welcomes one new assistant coach for the 2022 campaign – former All-American and two-time national champion Gianna Solomon.

WHAT'S AHEAD

Dartmouth returns home to Brophy Field to take on Quinnipiac Saturday, Sept. 24. Kickoff is set for 1 p.m. The home opener, along with all home games, will be streamed on ESPN+.

LAST TIME VERSUS THE PIONEERS

Player	Time	No.
Ragg (try)	0:41	3
Henrich (try)	4:57	5
Schier (try)	8:30	2
I. Ihensekhien (try)	20:23	1
Bitter (conv.)		7
Meni (trY)	37:18	2
Bitter (conv.)		8
N. Ihensekhien (try)	42:29	2
Ragg (try)	46:45	4
Bitter (conv.)		9
Henrich (try)	48:51	6
Bitter (conv.)		10
Ferridge (try)	61:46	2
Henrich (conv.)		1
Henrich (PK)	68:17	1
Opler (try)	73:55	1

The Big Green wasted no time, getting on the board 41 seconds in with Sophie Ragg's third try of the season. Scores by Henrich and Sadie Schier followed, and Dartmouth soon had a 15-0 advantage. It took another 12 minutes, but Idia Ihensekhien's first try of her fifth year and Bitter's first conversion of the game further increased the Green's lead (22-0).

The Pioneers got three points from a penalty kick and it looked like Nicole Ihensekhien would get a try of her own soon after, but she was held up on the line. In the 37th minute, Asialeata Meni added one, giving Dartmouth a 29-3 advantage to end the half.

After being denied a try in the first, N. Ihensekhien was back for real this time two minutes in. She led the way for Ragg and Henrich to score their second tries of the game, all three happening within six minutes of each other. Bitter went 2-for-3 on conversions, making it a 48-3 contest.

A good effort by Sacred Heart eight minutes later resulted in its first try and, following a good kick, they got to double digits (48-10). Five minutes later, Lauren Ferridge got in on the fun with a try and, with a conversion by Henrich, Dartmouth further increased its lead. A good penalty kick by Henrich and a career-first try by Sophie Opler wrapped things up (63-10).

2022 ROSTER

ALPHABETICAL ROSTER

Name	Pos.	Yr.	Hometown (High School)
Allie Amerson	Flanker	So.	Carlton, Ore. (Yamhill Carlton)
Simone Bautista	Flyhalf/Center	Fr.	Cypress, Calif. (Cypress)
Carlacia Beam	Prop	Sr.	Memphis, Tenn. (Preparatory Academy)
Kristin Bitter	Flyhalf/Center	Sr.	San Diego, Calif. (Torrey Pines)
Adrienne Coleman	Lock/Flaker	So.	Locust Valley, N.Y. (Friends Academy)
Nyah Cordero	Flanker	So.	Meridian, Idaho (Rocky Mountain)
Cassie Depner	Locker	So.	Moon Township, Pa. (Moon)
Jordan Duncan	Lock/Number 8	Fr.	Fallbrook, Calif. (Fallbrook)
Lauren Ferridge	Prop/Hooker	Sr.	Bethesda, Md. (Stone Ridge School of the Sacred Heart)
Ella Gates	Prop	Jr.	Brooklyn, N.Y. (The Principia School)
Sophia Haley	Flanker	5th	Hopkins, Minn. (Hopkins)
Josie Harrison	Prop	So.	Usk, Wales (Monmouth Comprehensive School)
Emily Henrich	Center	5th	Orchard Park, N.Y. (Orchard Park)
Maura Hough	Prop/Lock	Fr.	Wilmette, Ill. (Culver Academy)
Isabella Huschitt	Lock	Jr.	Colgate, Wis. (Divine Savior Holy Angels)
Nicole Ihensekhien	Lock/Number 8	Jr.	Milton, Ontario (Jean Vanier Catholic Secondary)
Reign Jefferson	Prop	So.	Los Alamitos, Calif. (Los Alamitos)
Abby Kayser	Center/Fullback	Jr.	Milwaukee, Wis. (Divine Savior Holy Angels)
Asialeata Meni	Hooker	So.	Cypress, Calif. (Los Alamitos)
Vanessa Ortiz-Pallen	Hooker	Fr.	San Leandro, Calif. (Bishop O'Dowd)
Anjali Pant	Fullback	Jr.	Osceola, Ind. (Penn)
Ava Procter	Center	Jr.	Lake Oswego, Ore. (Lakeridge)
Sophie Ragg	Center/Wing	5th	Wilsborough Green, England (Wellington College)
Ariana Ramsey	Wing	5th	Philadelphia, Pa. (Upper Merion)
Taylor Sadek	Scrumhalf	Fr.	Lakeville, Minn. (Shanghai American School)
Seven Sassano	Prop	5th	Decatur, Ill. (Eisenhower)
Abbey Savin	Flyhalf	Jr.	Temecula, Calif. (Great Oak)
Sadie Schier	Scrumhalf/Wing	So.	Eatonville, Wash. (Eatonville)
Hannah Sheehy	Flanker	Jr.	Kent, England (Sevenoaks School)
Jenna Sheldon	Center	Fr.	Breckenridge, Colo. (Summit County)
Katelyn Walker	Wing	Fr.	Eagle, Idaho (Eagle)
Kyla Widodo	Scrumhalf/Wing	So.	Jakarta, Indonesia (Jakarta Intercultural School)
Aleemah Williams	Flanker	Jr.	Charlotte, N.C. (North Carolina Cyber Academy)

COACHING STAFF

Staff Position	Name	Alma Mater	Season at Dartmouth
Head Coach	Katie Dowty	Harvard '06	Seventh season
Assistant Coach	Stacey Bridges	Texas A&M '10	Seventh season
Assistant Coach	Gianna Solomon	Penn State '19	First season



BY CLASS

Fifth-Years (5)	 Sophie Ragg
.....	Ariana Ramsey
.....	Emily Henrich
.....	Sophia Haley
.....	Seven Sassano
Seniors (3)	 Kristin Bitter
.....	Carlacia Beam
.....	Lauren Ferridge
Juniors (10)	 Abbey Savin
.....	Anjali Pant
.....	Abby Kayser
.....	Nicole Ihensekhien
.....	Nyah Cordero
.....	Ava Procter
.....	Hannah Sheehy
.....	Isabella Huschitt
.....	Aleemah Williams
.....	Ella Gates
Sophomores (8)	 Josie Harrison
.....	Cassie Depner
.....	Reign Jefferson
.....	Adrienne Coleman
.....	Kyla Widodo
.....	Sadie Schier
.....	Asialeata Meni
.....	Allie Amerson
Freshmen (7)	
.....	Maura Hough
.....	Vanessa Ortiz-Pallen
.....	Taylor Sadek
.....	Jordan Duncan
.....	Katelyn Walker
.....	Simone Bautista
.....	Jenna Sheldon

PRONUNCIATIONS

Ale Ada	Allie AD-uh
Carlacia Beam	 car-LEE-see-uh
Emily Henrich	 HEN-rich
Maura Hough	 Hugh
Isabella Huschitt	HUSH-it
Idia Ihensekhien	 EE-yes-uh-ken
Abby Kayser	 Kay-zer
Asialeata Meni	 (Goes by Sia) Many
Anjali Pant	 AHN-juh-lee
Abbey Savin	 SAY-vin
Sadie Schier	 SHEER

THE COACHING STAFF



THE DOWTY FILE

RECORD AT DARTMOUTH
(46-15)

ALMA MATER
Harvard '06 - Government

EXPERIENCE
2014-2015
Assistant Coach
Central Washington
Ellensburg, Wash.

2012-2013
Athlete
USA Rugby

2006-2011
Athlete
Beantown Rugby Club



HEAD COACH KATIE DOWTY

Katie Dowty is entering her eighth year and seventh season at the helm of the women's rugby team in 2022. She became the first varsity head coach of the Dartmouth women's rugby program when she was hired in June 2015. The Big Green have won two national championships with Dowty at the helm.

A 2006 graduate of Harvard, Dowty is a former player and captain with the Crimson. After graduation, she moved on to the Beantown Rugby Club from 2006 to 2011, where she served as a player, captain and fundraising chair.

Dowty brings a wealth of international experience to the Big Green as well. A member of the USA Rugby national team from 2010 to 2014, she played with both the 7s and 15s in her four years and made 12 tours as part of the IRB Women's Sevens World Series.

In that time period with Team USA, Dowty was named the Goff Rugby Report's 7s Player of the Year in 2011.

One of eight original women in the U.S. to sign on professionally by USA Rugby to play 7s and train full-time at the Olympic Training Center in California, Dowty helped lay the foundation for individuals to enter the newly established program in the years to follow.

Dowty first began coaching as a volunteer with her alma mater in 2009, but it wasn't until after her time with the national team that she really started making the move into the coaching field. During the spring of 2014, she worked at American International as an assistant working with backs as the Yellow Jackets' playoff run culminated in a third-place finish at the Division I USA Rugby National Championship.

Prior to her time in Hanover with the Big Green, Dowty has been in the Pacific Northwest, working as an assistant at Central Washington University where she and her fellow coaches have established the first high-performance varsity women's rugby program on the West Coast. Not only did she help cultivate and advance a program to full NCAA status, but also built a winner in the process as the Wildcats claimed second place in the 7s national championship in May 2015, falling to Penn State in the title contest.

DOWTY AT DARTMOUTH

Year	Record	Postseason
2015	10-8	Lost NIRA Quarterfinal
2016	7-2	Lost NIRA Quarterfinal
2017	8-1	Lost in National Championship
2018	9-1	National Champions
2019	3-3	Lost NIRA Semifinal
2020	No season due to pandemic.	NA
2021	9-0	National Champions

ASSISTANTS



STACEY BRIDGES
TEXAS A&M '10

Stacey Bridges is in her eighth year and seventh season as an assistant coach with the Dartmouth women's rugby team in 2022. The Big Green have won two national championships with Bridges on the staff.

Bridges is currently a member of USA Rugby's Women's National Team and played in the 2010 World Cup.

A 2010 graduate of Texas A&M, Bridges was not only a member of the Aggies during her time in College Station, but also a member of the US U20 National Team from 2006-09. She would go on to earn a masters degree in kinesiology from UTEP in 2015.

Prior to joining the Big Green, Bridges spent time as an assistant coach at the University of Minnesota (2014-15) and most recently at Navy (2016). Additionally, Bridges was a 7s coach for Totino-Grace High School (2013) in Fridley, Minnesota.

Bridges also continues to play with the Twin Cities Amazons of the Women's Premiership League. She has been a team member since



GIANNA SOLOMON
PENN STATE '19

Gianna Solomon joined the Dartmouth women's rugby staff as an assistant coach in August 2022.

A former collegiate rugby player, Solomon earned All-America accolades and won a pair of national championships at Penn State. She went on to play professionally in the Women's Premier League. Solomon also served as the head rugby coach at Greenwich Area School District and gained additional coaching experience as an assistant coach for Northeast Rugby Academy and The Rugby Advantage.

Solomon graduated from Penn State in 2019 with a bachelor's degree in kinesiology and received a master's in media management at Wagner in 2022.

2021 DARTMOUTH WOMEN'S RUGBY RESULTS

Date	Opponent	Location	Result	Record
Sept. 1	LIU	Hanover, N.H.	92-5, W	1-0
Sept. 11	Quinnipiac	Hamden, Conn.	50-10, W	2-0
Sept. 19	Army West Point	West Point, N.Y.	34-28, W	3-0
Oct. 2	Sacred Heart	Hanover, N.H.	63-10, W	4-0
Oct. 9	Mount St. Mary's	Hanover, N.H.	70-0, W	5-0
Oct. 23	Harvard	Hanover, N.H.	45-31, W	6-0
Oct. 30	Brown	Providence, R.I.	47-5, W	7-0
Nov. 13	Brown ¹	Hanover, N.H.	56-5, W	8-0
Nov. 21	Army West Point ²	West Point, N.Y.	28-18, W	9-0

¹NIRA Semifinal ~ ²NIRA Championship

2021 STATISTICS

Name	Class	Tries	Assists	Conv	PK	Pts
Abbey Savin	So.	1	4	35	1	78
Lilly Durbin	5th	15				75
Kristin Bitter	Jr.	4	6	16		52
Emily Henrich	Sr.	9	14	1	1	50
Idia Ihensekhien	5th	6	1			30
Asialeata Meni	Fr.	5	4			25
Margot G��n��reaux	5th	4	1			20
Nicole Ihensekhien	So.	4				20
Ale Ada	Sr.	3	14			15
Lauren Ferridge	Jr.	3	3			15
Ava Procter	So.	3	1			15
Sophia Haley	Sr.	2	2			10
Sadie Schier	Fr.	2	2			10
Nyah Cordero	So.	1	2			5
Lillian Johnson	Jr.	1				5
Yuri Oh	Sr.	1				5
Sophie Opler	Jr.	1				5
Grace Player	5th	1				5
Seven Sassano	Sr.	1				5
Hannah Sheehy	So.	1				5
Lilly Waddell	Sr.	1				5
Anjali Pant	So.		2			0
Cassie Depner	Fr.		1			0
Josie Harrison	Fr.		1			0
Totals		75	58	52	2	485