

2016 SCHEDULE

Aug. 13	Texas A&M (exhibition)	W, 2-0
Aug. 19	at Georgia	T, 2-2 (2 OT)
Aug. 21	at Mercer	W, 3-0
Aug. 26	at Oklahoma	L, 0-1
Aug. 28	Oral Roberts	W, 4-1
Sept. 2	UCF	7 p.m.
Sept. 4	#5 Florida	Noon
Sept. 9	Abilene Christian	7 p.m.
Sept. 11	UTSA	1 p.m.
Sept. 16	at Memphis	7 p.m.
Sept. 18	at Arkansas-Pine Bluff	1 p.m.
Sept. 23	Iowa State*	7 p.m.
Sept. 25	Baylor*	1 p.m.
Sept. 30	at Texas*	7 p.m.
Oct. 7	at Texas Tech*	7 p.m.
Oct. 9	at Kansas*	1 p.m.
Oct. 14	Oklahoma*	7 p.m.
Oct. 16	TCU*	1 p.m.
Oct. 25	Little Rock	7 p.m.
Oct. 28	at West Virginia*	6 p.m.
Nov. 2-6	Big 12 Soccer Champion	onship!
Nov. 11	NCAA Champioship 1s	t Round\$
Nov. 18-2	20 NCAA Championship 2	nd & 3rd Rds.\$
Nov. 25	NCAA Championship Q	uarterfinals\$
Dec. 2-4	Women's College Cup	&

Bold italics indicates home game • All Times Central

* — Big 12 Conference game

! — Big 12 Soccer Championship - Kansas City, Mo.

\$ — at Campus Sites

& — at Cary, N.C.



BIG 12 CONFERENCE

2016 BIG 12 CONFERENCE STANDINGS

	<u>Big 12</u>			<u>Overall</u>
	W	L	I	<u>W</u> <u>L</u> <u>T</u>
TCU	0	0	0	3 0 0
Texas Tech	0	0	0	3 0 1
West Virginia	0	0	0	3 0 1
Baylor	0	0	0	3 1 0
Iowa State	0	0	0	2 1 0
Texas	0	0	0	2 1 0
Oklahoma State	0	0	0	2 1 1
Kansas	0	0	0	2 1 1
Oklahoma	0	0	0	2 1 1

2016 OKLAHOMA STATE

COWGIRL SOCCER

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Oklahoma State (2-1-1) vs. UCF (1-3-0)

Fri., Sept. 2 • 7 p.m. • Stillwater, Okla. Cowgirl Soccer Complex (1,450)



Sun., Sept. 4 • Noon • Stillwater, Okla. Cowgirl Soccer Complex (1.450)







Oklahoma State

Oklahoma State continues its five-game homestand this weekend with matches against a pair of Sunshine State foes at the Cowgirl Soccer Complex. OSU brings a 2-1-1 record into a Friday night showdown against UCF before hosting fifth-ranked Florida Sunday at noon.

OSU is coming off a 2015 season in which they compiled a 9-9-2 record and finished eighth in the Big 12 Conference standings with a 2-4-2 mark. The Cowgirls return seven starters and 18 letterwinners from last season, including a pair of three-time All-Big 12 performers in forward Courtney Dike and defender Natalie Calhoun.

The 2016 season marks the 21st in the history of the OSU women's soccer program. Over their first 20 seasons, the Cowgirls compiled a 238-141-44 (.615) record, and head coach Colin Carmichael entered his 12th season at the helm with a 155-61-31 mark. The Cowgirls have earned a berth in the NCAA Women's Soccer Championship in eight of the last 10 years and have claimed Big 12 titles in four of the last eight seasons.

About The Opponents

UCF enters Friday's match with a 1-3-0 mark, with all three of its losses coming to ranked teams as the Knights have dropped games to No. 3 Duke, No. 9 North Carolina and No. 24 South Carolina. Senior forwards Cortney O'Connell and Carol Rodrigues have each recorded two goals on the season to lead the UCF attack.

OSU's only previous meeting with UCF came last season in Orlando with the Knights scoring twice in the second half to secure a 2-1 victory.

Florida is ranked No. 5 in a pair of national polls, and the Gators enter this week with a 3-1-0 record prior to a Friday night game at top-ranked Florida State. UF is coming off a weekend that saw it drop an overtime contest at No. 3 Stanford before picking up an overtime win at 15th-ranked UCLA. The Gators are led by All-American forward Savannah Jordan, who already has four goals and four assists on the season for a team that has 12 goals on the year.

OSU has faced Florida each of the last three seasons, losing each contest. Last year in Gainesville, the Cowgirls took the fifth-ranked Gators to overtime before falling, 3-2.

On The Air & The Web

Fans wishing to follow this weekend's matches can do so in a variety of ways. Both matches are available via a free webcast at okstate.com/live. Live stats will be also available via links at www.okstate.com (links can be accessed via the Schedule tab on the Cowgirl soccer page). Additionally, fans can follow the official OSU Soccer Twitter account, @CowgirlFC. for in-game updates.

		COWGIRLS B	Y POS	SITION	
FORV	VARDS		DEFE	NDERS	
17	Courtney Dike	Sr.	5	Natalie Calhoun	Sr.
33	Holly Brehmer	So.	28	Christina Jean-Charles	Sr.
11	Niki McKnight	Jr.	12	Abbey Bright	Jr.
7	Allie Rivers	So.	27	Katie Howard	Jr.
23	Haley Woodard	So.	19	Laurene Tresfield	Jr. Fr.
14	Marlo Zoller	So.	24	Claire Gantzer	Fr.
2	Amy Nguyen	Fr.	10	Elise Hawn	Fr.
88	Bri Woodall	Fr.	15	Adalaide Kline	Fr.
			18	Charmé Morgan	Fr.
MIDE	TELDERS		3	Kirsten Siragusa	Fr.
6	Anna Beffer	Jr.			
16	Tori Ruszkowski	Jr.	GOAL	KEEPERS	
22	Coumba Sow	Jr.	0	Ashton Hierholzer	Jr.
20	Lana Duke	So.	21	Michela Ongaro	Jr.
35	Morgan McDougal	So.	1	Megan Royall	RS-Fr.
29	Rachel VanFossen	So.	4	Dani Greenlee	Fr.
9	Jaci Jones	Fr.			
8	Julia Lenhardt	Fr.			



2016 COWGIRL RADIO/TV CHART



0 ASHTON HIERHOLZER GK • 5-9 • JR Heath, Texas



1 MEGAN ROYALL GK • 5-9 • FR Collinsville, Okla.



AMY NGUYEN
F • 5-2 • FR
Houston, Texas.



3 KIRSTEN SIRAGUSA D • 5-6 • FR Rowlett, Texas



4 DANI GREENLEE GK • 5-10 • FR Rockwall, Texas



5 NATALIE CALHOUN D • 5-9 • SR Sachse, Texas



MF • 5-3 • JR Tulsa, Okla.



ALLIE RIVERS
F • 5-5 • SO
Trophy Club, Texas



JULIA LENHARDT MF • 5-9 • FR Frisco, Texas



JACI JONES MF • 5-3 • FR Mustang, Okla.



10 ELISE HAWN D • 5-8 • FR Melissa, Texas



NIKI MCKNIGHT F/D • 5-9 • JR Rockwall, Texas



12
ABBEY BRIGHT
D • 5-6 • JR
Edmond, Okla.



13
JOANNA ROBERTSON
MF • 5-6 • SR
Houston, Texas



14 MARLO ZOLLER F • 5-6 • FR Tulsa, Okla.



15
ADALAIDE KLINE
D • 5-3 • FR
Mission Hills, Kan.



16 TORI RUSZKOWSKI MF • 5-10 • JR Seabrook, Texas



17
COURTNEY DIKE
F • 5-6 • SR
Edmond, Okla.



18 CHARMÉ MORGAN D • 5-5 • FR Frisco, Texas



19 LAURENE TRESFIELD D • 5-7 • JR Paris, France



20 LANA DUKE MF • 5-8 • SO Edmond, Okla.



21 MICHELA ONGARO GK • 5-10 • JR Hartland, Wis.



COUMBA SOW

MF • 6-0 • JR

Zurich, Switzerland



23
HALEY WOODARD
F • 5-10 • SO
Norman, Okla.



24 CLAIRE GANTZER D/F • 5-10 • FR Plano, Texas



27 KATIE HOWARD D • 5-10 • JR Plano, Texas



28
CHRISTINA JEAN-CHARLES
D • 5-7 • SR
New City, NY



29
RACHEL VANFOSSEN
MF/D • 5-9 • SO
Broken Arrow, Okla.



33 HOLLY BREHMER F • 5-5 • JR Eagle River, Alaska



35 MORGAN MCDOUGAL MF • 5-5 • SO Highlands Ranch, Colo.



88
BRI WOODALL
F/MF • 5-3 • FR
Kingwood, Texas



COLIN CARMICHAEL

Head Coach
21st Season at OSU



JUSTIN ELKINGTON
Associate Head Coach
8th Season at OSU



KAREN HANCOCK
Assistant Coach
21st Season at OSU



BEN WILLIAMS Volunteer Assistant Coach 2nd Season at OSU



2016 COWGIRL ROSTER

NUMERICAL ROSTER

0 Ashton Hierholzer GK 5-9 Jr. Heath, Texas (Rockwall-Heath) 1 Megan Royall GK 5-9 R-Fr. Collinsville, Okla. (Collinsville) 2 Amy Nguyen F 5-2 Fr. Houston, Texas (Memorial) 3 Kirsten Siragusa D 5-6 Fr. Rowlett, Texas (Sachse) 4 Dani Greenlee GK 5-10 Fr. Rockwall, Texas (Rockwall) 5 Natalie Calhoun D 5-9 Sr. Sachse, Texas (Sachse) 6 Anna Beffer MF 5-3 Jr. Tulsa, Okla. (Union) 7 Allie Rivers F 5-5 So. Trophy Club, Texas (Byron Nelson) 8 Julia Lenhardt MF 5-9 Fr. Frisco, Texas (Frisco) 9 Jaci Jones MF 5-3 Fr. Mustang, Okla. (Mustang) 10 Elise Hawn D 5-8 Fr. Melissa, Texas (Melissa) 11 Niki McKnight F/D 5-9 Jr.	No.	Name	Pos.	Ht.	Class	Hometo	own (High School/Previous School)
Amy Nguyen F 5-2 Fr. Houston, Texas (Memorial) Kirsten Siragusa D 5-6 Fr. Rowlett, Texas (Sachse) Dani Greenlee GK 5-10 Fr. Rockwall, Texas (Sachse) Natalie Calhoun D 5-9 Sr. Sachse, Texas (Sachse) Anna Beffer MF 5-3 Jr. Tulsa, Okla. (Union) Allie Rivers F 5-5 So. Trophy Club, Texas (Byron Nelson) Julia Lenhardt MF 5-9 Fr. Frisco, Texas (Frisco) Jaci Jones MF 5-3 Fr. Mustang, Okla. (Mustang) Elise Hawn D 5-8 Fr. Melissa, Texas (Melissa) Niki McKnight F/D 5-9 Jr. Rockwall, Texas (Rockwall) Abbey Bright D 5-6 Jr. Edmond, Okla. (North) Adalaide Kline D 5-3 Fr. Mission Hills, Kan. (Shawnee Mission East) Marlo Zoller F 5-6 So. Tulsa, Okla. (Jenks) Adalaide Kline D 5-3 Fr. Mission Hills, Kan. (Shawnee Mission East) Tori Ruszkowski MF 5-10 Jr. Seabrook, Texas (Celar Falls) Courtney Dike F 5-6 Sr. Edmond, Okla. (North) Laurene Tresfield D 5-7 Jr. Paris, France (Henri Darras) Lana Duke MF 5-8 So. Edmond, Okla. (Memorial) Michela Ongaro GK 5-10 Jr. Paris, France (Henri Darras) Lana Duke MF 5-8 So. Edmond, Okla. (North) Alle Rivers So. Norman, Okla. (North) Katie Howard D 5-10 Jr. Plano, Texas (Planos Senior) Katie Howard D 5-7 Sr. New City, NY. (Claristown SouthiMonroe Colege) Rachel VanFossen MF/D 5-9 So. Broken Arrow, Okla. (Union/Arkansas) Morgan McDougal MF 5-5 So. Highlands Ranch, Colo. (Mountain Vista)	0	Ashton Hierholzer		GK	5-9	Jr.	Heath, Texas (Rockwall-Heath)
Signature Siragusa D Signature S	1	Megan Royall		GK	5-9	R-Fr.	Collinsville, Okla. (Collinsville)
4Dani GreenleeGK5-10Fr.Rockwall, Texas (Rockwall)5Natalie CalhounD5-9Sr.Sachse, Texas (Sachse)6Anna BefferMF5-3Jr.Tulsa, Okla. (Union)7Allie RiversF5-5So.Trophy Club, Texas (Byron Nelson)8Julia LenhardtMF5-9Fr.Frisco, Texas (Frisco)9Jaci JonesMF5-3Fr.Mustang, Okla. (Mustang)10Elise HawnD5-8Fr.Melissa, Texas (Melissa)11Niki McKnightF/D5-9Jr.Rockwall, Texas (Rockwall)12Abbey BrightD5-6Jr.Edmond, Okla. (North)13Joanna RobertsonMF5-6Sr.Houston, Texas (Klein Collins)14Marlo ZollerF5-6So.Tulsa, Okla. (Johns)15Adalaide KlineD5-3Fr.Mission Hills, Kan. (Shawnee Mission East)16Tori RuszkowskiMF5-10Jr.Seabrook, Texas (Clear Falls)17Courtney DikeF5-6Sr.Edmond, Okla. (North)18Charmé MorganD5-5Fr.Frisco, Texas (Centennial)19Laurene TresfieldD5-7Jr.Paris, France (Henri Darras)20Lana DukeMF5-8So.Edmond, Okla. (Memorial)21Michela OngaroGK5-10Jr.Harland, Wis. (Arrowhead Union)22Coumba Sow <td>2</td> <td>Amy Nguyen</td> <td></td> <td>F</td> <td>5-2</td> <td>Fr.</td> <td>Houston, Texas (Memorial)</td>	2	Amy Nguyen		F	5-2	Fr.	Houston, Texas (Memorial)
5Natalie CalhounD5-9Sr.Sachse, Texas (Sachse)6Anna BefferMF5-3Jr.Tulsa, Okla. (Union)7Allie RiversF5-5So.Trophy Club, Texas (Byron Nelson)8Julia LenhardtMF5-9Fr.Frisco, Texas (Frisco)9Jaci JonesMF5-3Fr.Mustang, Okla. (Mustang)10Elise HawnD5-8Fr.Melissa, Texas (Melissa)11Niki McKnightF/D5-9Jr.Rockwall, Texas (Rockwall)12Abbey BrightD5-6Jr.Edmond, Okla. (North)13Joanna RobertsonMF5-6Sr.Houston, Texas (Klein Collins)14Marlo ZollerF5-6So.Tulsa, Okla. (Jenks)15Adalaide KlineD5-3Fr.Mission Hills, Kan. (Shawnee Mission East)16Tori RuszkowskiMF5-10Jr.Seabrook, Texas (Clear Falls)17Courtney DikeF5-6Sr.Edmond, Okla. (North)18Charmé MorganD5-5Fr.Frisco, Texas (Centennial)19Laurene TresfieldD5-7Jr.Paris, France (Henri Darras)20Lana DukeMF5-8So.Edmond, Okla. (Memorial)21Michela OngaroGK5-10Jr.Paris, France (Henri Darras)21Michela OngaroGK5-10Jr.Partland, Wis. (Arrowhead Union)22Coumba So	3	Kirsten Siragusa		D	5-6	Fr.	Rowlett, Texas (Sachse)
6Anna BefferMF5-3Jr.Tulsa, Okla. (Union)7Allie RiversF5-5So.Trophy Club, Texas (Byron Nelson)8Julia LenhardtMF5-9Fr.Frisco, Texas (Frisco)9Jaci JonesMF5-3Fr.Mustang, Okla. (Mustang)10Elise HawnD5-8Fr.Melissa, Texas (Melissa)11Niki McKnightF/D5-9Jr.Rockwall, Texas (Rockwall)12Abbey BrightD5-6Jr.Edmond, Okla. (North)13Joanna RobertsonMF5-6Sr.Houston, Texas (Klein Collins)14Marlo ZollerF5-6So.Tulsa, Okla. (Jenks)15Adalaide KlineD5-3Fr.Mission Hills, Kan. (Shawnee Mission East)16Tori RuszkowskiMF5-10Jr.Seabrook, Texas (Clear Falls)17Courtney DikeF5-6Sr.Edmond, Okla. (North)18Charmé MorganD5-5Fr.Frisco, Texas (Centennial)19Laurene TresfieldD5-7Jr.Paris, France (Henri Darras)20Lana DukeMF5-8So.Edmond, Okla. (Memorial)21Michela OngaroGK5-10Jr.Hartland, Wis. (Arrowhead Union)22Coumba SowMF6-0Jr.Zurich, Switzerland (Monroe CC)23Haley WoodardF5-10So.Norman, Okla. (North)24Claire Gantz	4	Dani Greenlee		GK	5-10	Fr.	Rockwall, Texas (Rockwall)
Allie Rivers F 5-5 So. Trophy Club, Texas (Byron Nelson) Julia Lenhardt MF 5-9 Fr. Frisco, Texas (Frisco) Jaci Jones MF 5-3 Fr. Mustang, Okla. (Mustang) Blise Hawn D 5-8 Fr. Melissa, Texas (Melissa) Niki McKnight F/D 5-9 Jr. Rockwall, Texas (Rockwall) Abbey Bright D 5-6 Jr. Edmond, Okla. (North) Abbey Bright D 5-6 Sr. Houston, Texas (Klein Collins) Marlo Zoller F 5-6 So. Tulsa, Okla. (Jenks) Adalaide Kline D 5-3 Fr. Mission Hills, Kan. (Shawnee Mission East) Tori Ruszkowski MF 5-10 Jr. Seabrook, Texas (Clear Falls) Courtney Dike F 5-6 Sr. Edmond, Okla. (North) Courtney Dike F 5-6 Sr. Edmond, Okla. (North) Laurene Tresfield D 5-7 Jr. Paris, France (Henri Darras) Lana Duke MF 5-8 So. Edmond, Okla. (Memorial) Michela Ongaro GK 5-10 Jr. Hartland, Wis. (Arrowhead Union) Michela Ongaro GK 5-10 Jr. Zurich, Switzerland (Monroe CC) Haley Woodard F 5-10 Jr. Plano, Texas (Plano Senior) Katie Howard D 5-7 Sr. New City, N.Y. (Clarkstown SouthMonroe College) Rachel VanFossen MF/D 5-9 So. Broken Arrow, Okla. (Union/Arkansas) Morgan McDougal MF 5-5 So. Highlands Ranch, Colo. (Mountain Vista)	5	Natalie Calhoun		D	5-9	Sr.	Sachse, Texas (Sachse)
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11Niki McKnightF/D5-9Jr.Rockwall, Texas (Rockwall)12Abbey BrightD5-6Jr.Edmond, Okla. (North)13Joanna RobertsonMF5-6Sr.Houston, Texas (Klein Collins)14Marlo ZollerF5-6So.Tulsa, Okla. (Jenks)15Adalaide KlineD5-3Fr.Mission Hills, Kan. (Shawnee Mission East)16Tori RuszkowskiMF5-10Jr.Seabrook, Texas (Clear Falls)17Courtney DikeF5-6Sr.Edmond, Okla. (North)18Charmé MorganD5-5Fr.Frisco, Texas (Centennial)19Laurene TresfieldD5-7Jr.Paris, France (Henri Darras)20Lana DukeMF5-8So.Edmond, Okla. (Memorial)21Michela OngaroGK5-10Jr.Hartland, Wis. (Arrowhead Union)22Coumba SowMF6-0Jr.Zurich, Switzerland (Monroe CC)23Haley WoodardF5-10So.Norman, Okla. (North)24Claire GantzerD/F5-10Fr.Plano, Texas (Plano Senior)27Katie HowardD5-10Jr.Plano, Texas (East)28Christina Jean-CharlesD5-7Sr.New City, N.Y. (Clarkstown South/Monroe College)29Rachel VanFossenMF/D5-9So.Broken Arrow, Okla. (Union/Arkansas)35Morgan McDougalMF5-5So.Hig	9	Jaci Jones		MF	5-3	Fr.	Mustang, Okla. (Mustang)
12Abbey BrightD5-6Jr.Edmond, Okla. (North)13Joanna RobertsonMF5-6Sr.Houston, Texas (Klein Collins)14Marlo ZollerF5-6So.Tulsa, Okla. (Jenks)15Adalaide KlineD5-3Fr.Mission Hills, Kan. (Shawnee Mission East)16Tori RuszkowskiMF5-10Jr.Seabrook, Texas (Clear Falls)17Courtney DikeF5-6Sr.Edmond, Okla. (North)18Charmé MorganD5-5Fr.Frisco, Texas (Centennial)19Laurene TresfieldD5-7Jr.Paris, France (Henri Darras)20Lana DukeMF5-8So.Edmond, Okla. (Memorial)21Michela OngaroGK5-10Jr.Hartland, Wis. (Arrowhead Union)22Coumba SowMF6-0Jr.Zurich, Switzerland (Monroe CC)23Haley WoodardF5-10So.Norman, Okla. (North)24Claire GantzerD/F5-10Fr.Plano, Texas (Plano Senior)27Katie HowardD5-7Sr.New City, N.Y. (Clarkstown SouthMonroe College)28Christina Jean-CharlesD5-7Sr.New City, N.Y. (Clarkstown SouthMonroe College)29Rachel VanFossenMF/D5-9So.Broken Arrow, Okla. (Union/Arkansas)33Holly BrehmerF5-5Jr.Eagle River, Alaska (Chugiak)35Morgan McDougalMF	10	Elise Hawn		D	5-8	Fr.	Melissa, Texas (Melissa)
Joanna Robertson MF 5-6 Sr. Houston, Texas (Klein Collins) Marlo Zoller F 5-6 So. Tulsa, Okla. (Jenks) Adalaide Kline D 5-3 Fr. Mission Hills, Kan. (Shawnee Mission East) Tori Ruszkowski MF 5-10 Jr. Seabrook, Texas (Clear Falls) Courtney Dike F 5-6 Sr. Edmond, Okla. (North) Courtney Dike F 5-6 Sr. Edmond, Okla. (North) Laurene Tresfield D 5-7 Jr. Paris, France (Henri Darras) Lana Duke MF 5-8 So. Edmond, Okla. (Memorial) Michela Ongaro GK 5-10 Jr. Hartland, Wis. (Arrowhead Union) Coumba Sow MF 6-0 Jr. Zurich, Switzerland (Monroe CC) Haley Woodard F 5-10 So. Norman, Okla. (North) Katie Howard D 5-10 Jr. Plano, Texas (Plano Senior) Katie Howard D 5-7 Sr. New City, N.Y. (Clarkstown South/Monroe College) Rachel VanFossen MF/D 5-9 So. Broken Arrow, Okla. (Union/Arkansas) Holly Brehmer F 5-5 Jr. Eagle River, Alaska (Chugiak) Morgan McDougal MF 5-5 So. Highlands Ranch, Colo. (Mountain Vista)	11	Niki McKnight		F/D	5-9	Jr.	Rockwall, Texas (Rockwall)
14Marlo ZollerF5-6So.Tulsa, Okla. (Jenks)15Adalaide KlineD5-3Fr.Mission Hills, Kan. (Shawnee Mission East)16Tori RuszkowskiMF5-10Jr.Seabrook, Texas (Clear Falls)17Courtney DikeF5-6Sr.Edmond, Okla. (North)18Charmé MorganD5-5Fr.Frisco, Texas (Centennial)19Laurene TresfieldD5-7Jr.Paris, France (Henri Darras)20Lana DukeMF5-8So.Edmond, Okla. (Memorial)21Michela OngaroGK5-10Jr.Hartland, Wis. (Arrowhead Union)22Coumba SowMF6-0Jr.Zurich, Switzerland (Monroe CC)23Haley WoodardF5-10So.Norman, Okla. (North)24Claire GantzerD/F5-10Fr.Plano, Texas (Plano Senior)27Katie HowardD5-10Jr.Plano, Texas (East)28Christina Jean-CharlesD5-7Sr.New City, N.Y. (Clarkstown South/Monroe College)29Rachel VanFossenMF/D5-9So.Broken Arrow, Okla. (Union/Arkansas)33Holly BrehmerF5-5Jr.Eagle River, Alaska (Chugiak)35Morgan McDougalMF5-5So.Highlands Ranch, Colo. (Mountain Vista)	12	Abbey Bright		D	5-6	Jr.	Edmond, Okla. (North)
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18 Charmé Morgan D 5-5 Fr. Frisco, Texas (Centennial) 19 Laurene Tresfield D 5-7 Jr. Paris, France (Henri Darras) 20 Lana Duke MF 5-8 So. Edmond, Okla. (Memorial) 21 Michela Ongaro GK 5-10 Jr. Hartland, Wis. (Arrowhead Union) 22 Coumba Sow MF 6-0 Jr. Zurich, Switzerland (Monroe CC) 23 Haley Woodard F 5-10 So. Norman, Okla. (North) 24 Claire Gantzer D/F 5-10 Fr. Plano, Texas (Plano Senior) 27 Katie Howard D 5-10 Jr. Plano, Texas (East) 28 Christina Jean-Charles D 5-7 Sr. New City, N.Y. (Clarkstown South/Monroe College) 29 Rachel VanFossen MF/D 5-9 So. Broken Arrow, Okla. (Union/Arkansas) 33 Holly Brehmer F 5-5 Jr. Eagle River, Alaska (Chugiak) 35 Morgan McDougal MF 5-5 So. Highlands Ranch, Colo. (Mountain Vista)	16	Tori Ruszkowski		MF	5-10	Jr.	Seabrook, Texas (Clear Falls)
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33 Holly Brehmer F 5-5 Jr. Eagle River, Alaska (Chugiak) 35 Morgan McDougal MF 5-5 So. Highlands Ranch, Colo. (Mountain Vista)	28	Christina Jean-Charle	S	D	5-7	Sr.	New City, N.Y. (Clarkstown South/Monroe College)
35 Morgan McDougal MF 5-5 So. Highlands Ranch, Colo. (Mountain Vista)	29	Rachel VanFossen		MF/D	5-9	So.	Broken Arrow, Okla. (Union/Arkansas)
· · ·	33	Holly Brehmer		F	5-5	Jr.	Eagle River, Alaska (Chugiak)
88 Bri Woodall F/MF 5-3 Fr. Kingwood, Texas (Porter HS)	35	Morgan McDougal		MF	5-5	So.	Highlands Ranch, Colo. (Mountain Vista)
	88	Bri Woodall		F/MF	5-3	Fr.	Kingwood, Texas (Porter HS)

Head Coach: Colin Carmichael, 21st season at OSU (South Alabama, '93)

Associate Head Coach: Justin Elkington, Eighth season at OSU (Oral Roberts, '97)

Assistant Coach: Karen Hancock, 21st season at OSU (Tulsa, '90)

Volunteer Assistant Coach: Ben Williams, 2nd season at OSU (Oklahoma Wesleyan, '15)

ALPHABETICAL ROSTER

No.	Name	Pos.
_ 6	Beffer, Anna	MF
33	Brehmer, Holly	F
12	Bright, Abbey	D
_ 5	Calhoun, Natalie	D
17	Dike, Courtney	F
20	Duke, Lana	MF
24	Gantzer, Claire	D/F
4	Greenlee, Dani	GK
10	Hawn, Elise	D
0	Hierholzer, Ashton	GK
27	Howard, Katie	D
28	Jean-Charles, Christina	D
9	Jones, Jaci	MF
15	Kline, Adalaide	D
_ 8	Lenhardt, Julia	MF
35	McDougal, Morgan	MF
_11	McKnight, Niki	F/D
18	Morgan, Charmé	D
_2	Nguyen, Amy	F
21	Ongaro, Michela	GK
_ 7	Rivers, Allie	F
13	Robertson, Joanna	MF
1	Royall, Megan	GK
_16	Ruszkowski, Tori	MF
_ 3	Siragusa, Kirsten	D
22	Sow, Coumba	MF
19	Tresfield, Laurene	D
29	VanFossen, Rachel	MF/D
88	Woodall, Bri	F/MF
23	Woodard, Haley	F
_14	Zoller, Marlo	F

PRONUNCIATION GUIDE

Brehmer	brimmer
Charmé	shar-may
Dike	dee-kay
Hierholzer	here-holzer
Jean-Charles	jeen
McDougal	mc-dew-gull
Nguyen	win
Michela Ongaro	mick-ella on-gare-oh
Ruszkowski	ruzz-cow-skee
Kirsten Siragusa	kuhr-sten sear-uh-goose-uh
Laurene Tresfield	la-ren
Coumba Sow	coomba so
Zoller	like roller

ROSTER BREAKDOWN

BY CLASS

Seniors (4): Calhoun, Dike, Jean-Charles,

Robertson

Juniors (10): Beffer, Brehmer, Bright, Hierholzer, Howard, McKnight, Ongaro, Ruszkowski, Sow, Tresfield

Sophomores (6): Duke, McDougal, Rivers, VanFossen, Woodard, Zoller

Redshirt Freshmen (1): Royall

Freshmen (10): Gantzer, Greenlee, Hawn, Jones, Kline, Lenhardt, Morgan, Nguyen, Siragusa, Woodall

BY STATE/COUNTRY

Texas (15): Calhoun, Gantzer, Greenlee, Hawn, Hierholzer, Howard, Lenhardt, McKnight, Morgan, Nguyen, Rivers, Robertson, Ruszkowski, Siragusa, Woodall

Oklahoma (9): Beffer, Bright, Dike, Duke, Jones, Royall, VanFossen, Woodard, Zoller

Alaska (1): Brehmer Colorado (1): McDougal

France (1): Tresfield
Kansas (1): Kline

New York (1): Jean-Charles

Switzerland (1): Sow Wisconsin (1): Ongaro





Colin Carmichael

Head Coach, 12th Season

Carmichael has been at OSU since the inception of the women's soccer program in the fall of 1996, and he continues to help lead Cowgirl soccer to new heights and a spot among the nation's elite.

OSU is in the midst of the most successful stretch of seasons in program history as the program enters its 21st year in what will mark Carmichael's 12th season as head coach

Carmichael, who served as OSU's co-head coach with Karen Hancock during the 2005 and 2006 seasons, enters the 2016 season with a 155-61-31 career record in 11 seasons as the Cowgirls' head coach, compiling a winning percentage of .690. He has led the Cowgirls to eight appearances in the NCAA Women's Soccer Championship, including six straight from 2006-11, and after advancing to the second round of the NCAA tourney four-straight years, the Cowgirls made back-to-back trips to the Elite Eight in 2010 and 2011.

The Cowgirls have also been a dominant force in the Big 12 Conference under Carmichael as they captured four consecutive league titles from 2008-11. OSU won the regular season title in 2008 and Big 12 Soccer Championship titles in 2009 and 2010 before claiming another regular season championship in 2011.

Carmichael has guided OSU to a 12-5-3 record and four finals appearances at the Big 12 Championship and a 9-5-4 record in NCAA tourney play.

Carmichael Year-By-Year At OSU

Overall	Big 12
10-6-3	3-6-1
17-3-3	8-1-1
14-6-3	5-4-1
18-1-4	7-1-2
15-7-2	5-5-0
20-4-2	8-2-0
22-2-2	6-0-2
11-6-3	1-4-3
9-7-6	2-3-3
10-10-1	5-2-1
9-9-2	2-4-2
<u>2-1-1</u>	0-0-0
157-62-32	52-32-16
	10-6-3 17-3-3 14-6-3 18-1-4 15-7-2 20-4-2 22-2-2 11-6-3 9-7-6 10-10-1 9-9-2 2-1-1

• — co-head coach with Karen Hancock

Collegiate Coaching Experience

- Oklahoma State University Head Coach, 2007-pres.
- Oklahoma State University Co-Head Coach, 2005-06
- Oklahoma State University Associate Head Coach, 2003-04
- Oklahoma State University Assistant Coach, 1996-2002
 University of Coach, Aleksans Assistant Coach, 1996-2002
- University of South Alabama Assistant Coach, 1993-95

Career Highlights

- In 11 seasons as OSU's co-head and head coach, Cowgirls have recorded a .690 winning percentage
- Cowgirls have made eight trips to the NCAA Women's Soccer Championship in his 11 seasons as head coach
- Led OSU to six-straight NCAA Tournament berths from 2006-11 including back-to-back Elite Eight appearances in 2010 and 2011, and the program's highest-ever national ranking (No. 2 in 2011)
- Guided OSU to four consecutive Big 12 championships from 2008-11
- Four-time Big 12 Coach of Year 2006, '08, '10, '11
- Three-time Central Region Coach of Year 2006, '08, '10
- Has coached three All-Americans, two Hermann Trophy semifinalists and 37 All-Big 12 performers

WINNING IS A HABIT

The 2016 season marks the 21st in the OSU program's history and over those two-plus decades, the program has been built into an established winner.

- OSU has earned a berth in the NCAA Women's Soccer Championship eight of the last 10 years (beginning in 2006).
- From 2006-11, the Cowgirls earned six-straight NCAA tourney bids and advanced to at least the second round each time, including back-to-back Elite Eight appearances in 2010 and 2011.
- From 2008-11, OSU celebrated four consecutive Big 12 championships two regular season (2008, '11) and two tournament ('09, '10).
- In 2011, OSU set a school record with 22 wins. The Cowgirls finished the '11 regular season 17-0-2, joining the 1996 Nebraska team as the only Big 12 Conference teams in history to go unbeaten during the regular season. OSU was 6-0-2 in conference play to claim its second regular-season Big 12 title and in doing so became the first Big 12 team since Texas A&M in 2002 to complete the league schedule without a loss.

BACK IN THE SADDLE

OSU returns seven players who started at least 10 games during the 2015 season. Of the 16 returning letterwinners, 14 are field players, and that group combined for 24 of the Cowgirls' 36 goals a year ago, as well as 18 of its 23 assists.

PRESEASON PROGNOSTICATIONS

In preseason voting by the league's head coaches, OSU was picked to finish fifth in the Big 12 Conference standings behind four-time defending league champion West Virginia, Texas Tech, Oklahoma and Baylor. A pair of Cowgirls — forward Courtney Dike and defender Natalie Calhoun — were named to the Preseason All-Big 12 team.

HOME SWEET HOME

The Cowgirls are 1-0-0 on their home field in 2016. OSU is 71-11-9 (.830) at the Cowgirl Soccer Complex since 2008 and is 129-35-16 (.761) all time on its current home turf.

DYNAMIC DUO

Natalie Calhoun and Courtney Dike are already in rare company and could join an elite list in 2016. Both Cowgirls have earned All-Big 12 Second Team honors three times, making them two of only seven OSU players to be named all-conference three times in a career. Only two Cowgirls — Yolanda Odenyo and AD Franch — have achieved All-Big 12 status four times

R-E-S-P-E-C-T

Prior to the season, *TopDrawerSoccer.com* released its list of the Top 100 players in women's college soccer, a list that ranks sophomores, juniors and seniors. A pair of Cowgirls made the list as Courtney Dike was ranked No. 73 while Natalie Calhoun checked in at No. 82.

MILESTONE FOR CARMICHAEL

Oklahoma State head coach Colin Carmichael recorded career win No. 150 on Sept. 18, 2015, against Arizona State. Now in his 12th season as the Cowgirls' head coach, Carmichael has been on the OSU coaching staff since the program's inception in 1996.

NEW FACES

Twelve newcomers joined the OSU roster in 2016, and the group includes 10 freshmen, a sophomore transfer and a iunior college transfer.

Eight different newcomers — six freshmen, two transfers — have started at least one game, while all told, 10 newcomers have made their OSU debuts in 2016.

SHE SHOOTS, SHE SCORES

Courtney Dike quickly established herself as a prolific scorer at the collegiate level as a freshman in 2013, and she has continued that scoring production throughout her career for the Cowgirls.

The forward from Edmond, Okla., ranked second in the Big 12 in 2013 with 13 goals and 30 points and earned All-Big 12 Second Team and All-Newcomer Team honors. Her 13 goals tied for the fourth most in a single season in OSU history, three shy of Yolanda Odenyo's record 16, while her 30 points was the eighth highest single-season total all time.

Dike recorded three two-goal performances — vs. Vanderbilt, Oklahoma and Missouri State — which marked the most multi-goal games by a Cowgirl since 2010, and of her 58 shots, 30 of those (52 percent) were on goal. She was named the Big 12 Offensive Player and Newcomer of the Week on two occasions in 2013.

In 2014, Dike recorded three goals, two of them game winners, and three assists in 19 games. As a juninor, she ranked in the top six in the Big 12 in goals (5), assists (7) and points (17), and her three goals and seven assists this season are tied for second in the conference.

QUICK KICKS

OSU had a different starting lineup in each of its first four games ... six different Cowgirls have scored goals this season, while six different players have also notched assists ... of OSU's 73 shots this season, 36 have been on goal (.493) ... Michela Ongaro and Dani Greenlee have combined for 18 saves on the season, and OSU is tied for the Big 12 lead with 19 saves (one team).



COWGIRL SOCCER BY THE NUMBERS

- 169: OSU soccer has had 169 Academic All-Big 12 Conference selections
- 155: Number of wins for OSU in its first 11 seasons under head coach Colin Carmichael
- 74: OSU's school-record for goals in a season, which came in 2008 and ranked third nationally
- **44:** The Cowgirls have had 44 All-Big 12 performers in the program's history
- **38:** Career shutouts for former Cowgirl goalie AD Franch, an OSU record
- 22: The OSU record for wins in a season, set in 2011
- **21:** The 2016 season marks the 21st in the program's history
- 18: The Cowgirls recorded a schoolrecord and NCAA-best 18 shutouts in 2011
- 9: NCAA Tournament appearances by OSU: 2003, 2006, 2007, 2008, 2009, 2010, 2011, 2013, 2014
- 5: Big 12 championships for the Cowgirls
 - '03, '09 & '10 tournament
 - '08 & '11 regular season
- 4: AD Franch earned All-Big 12 First Team honors four times, one of only seven players in league history to do so
- **3.22:** OSU's goals per game average in 2008, which led the nation
- 3: OSU has had three players earn All-America honors - Yolanda Odenyo, AD Franch & Melinda Mercado
- 2: Number of times Melinda Mercado was named Big 12 Defensive Player of the Year (2010 & 2011)
- 2: Cowgirls have been semifinalists for the MAC Hermann Trophy -Yolanda Odenyo (2008) and AD Franch (2010 & 2011)
- .690: The Cowgirls' winning percentage under head coach Colin Carmichael entering the 2016 season

CLIMBING THE CHARTS

Courtney Dike has three goals in 2016 and is now tied for eighth on OSU's career goals list with 24. She needs four goals to move into the top five, while the all-time record is 35 and held by a pair of Cowgirls — Yolanda Odenyo and Jolene Schweitzer

Dike also ranks 10th on OSU's all-time charts with 15 career assists and 63 points, and with two more shots, she'll enter the Cowgirls' top 10 all time in that category as well.

Junior goalie Michela Ongaro is also among OSU's all-time statistical leaders in the net. The Wisconsin native and former walk-on is fourth on the Cowgirls' career charts with a 1.02 goals against average, and she is sixth in both career shutouts (9) and saves (132).

THE BIGGEST STAGE

Courtney Dike is one of a select few collegiate players who can boast of having played in a Women's World Cup.

Dike earned a pair of caps for Nigeria at the 2015 FIFA Women's World Cup in Canada. Her first came as a reserve in a match against Australia, and in the Super Falcons' final tourney game, Dike was in the starting lineup against the eventual champion United States. She played 50 minutes against the U.S. before subbing out early in the second half.

Dike concluded her first trip to the Women's World Cup playing 56 minutes and recording one shot. Nigeria finished 0-2-1 at the tourney and failed to advance out of Group D.

The experience was historic as Dike became the first OSU player to participate in a World Cup and also the first-ever Oklahoman to compete in a Women's World Cup.

In 2014, Dike was a member of the Nigeria U-20 Women's National Team at the FIFA U-20 Women's World Cup. That trip proved highly successful, though it meant OSU was without its top scorer for the first two games of 2014.

During that tourney, Dike helped the Falconets into the U-20 World Cup final, where they dropped a 1-0 decision to Germany. A starter at forward throughout most of the tourney, Dike recorded a pair of goals in six games. In pool play against South Korea, she scored the fastest goal in FIFA Women's World Cup history as she found the back of the net just 18 seconds into the match, and she scored a goal 64 seconds into the semifinal match against North Korea to help Nigeria advance to the final.

Dike's parents, Vincent and Jacinta, are natives of Nigeria, and her older brother, Bright, is on the country's men's national team.

HER DEFENSE NEVER RESTS

Natalie Calhoun has been an anchor at defender since arriving on campus in 2013. The center back has played in all 66 of OSU's games during her career and been a starter in 65 of those, and she has ranked either first or second in minutes played among field players each of her first three seasons. The lone game she in which she was not in the starting lineup was the season opener her freshman season.

A three-time All-Big 12 Second Team performer, Calhoun has played a part in 20 shutouts during her career.

BIG 12'S BEST

After recording a pair of goals on opening weekend, Courtney Dike was named the first Big 12 Conference Offensive Player of the Week for the 2016 season.

In Friday's season opener against Georgia, Dike's goal in the 62nd minute gave OSU its first lead of the contest, and on Sunday against Mercer, she scored just 72 seconds into the match to help the Cowgirls record their first win of the season. Dike finished the weekend with six shots, three of those on goal, in 158 minutes of action.

This marks the fifth time in Dike's career she has been recognized with a Big 12 weekly award.

BIG 12'S BEST, PT. II

Julia Lenhardt made it back-to-back weeks for OSU to earn a Big 12 weekly award when she was named the Big 12 Freshman of the Week for week two.

Lenhardt recorded OSU's first two goals to lead the Cowgirls to a 4-1 win over Oral Roberts. In notching the first two scores of her collegiate career, the midfielder also became the first OSU freshman to score multiple goals in a game since Courtney Dike in 2013.

OKSTATE.COM OSUATHLETICS

MEDIA INFORMATION

- Coach Carmichael is available for interviews Tuesday mornings in his office (on the west side of Gallagher-Iba Arena alongside Heritage Hall) at 10:00.
- Availability to student-athletes is limited to post-practice on Wednesday. Those wanting interviews should arrive at the field by 5:15. It would be helpful to let me know by Wednesday morning what players you would like to talk to by emailing me at wade.mcwhorter@okstate.edu.
- Those who cover the team are also welcome to utilize the Coach Carmichael Radio Show on Tuesday from 7-7:30 p.m. (airs on KGFY 105.5 FM in Stillwater) or any of the sound bites from video on *okstate.com* or Orange Power Studios via the OSU Athletics YouTube page.



COWGIRL PLAYER NOTES

3 Kirsten Siragusa, D, Fr.

Has played in all four games this season ... earned first-career start vs. ORU (8/28) ... member of U.S. U-18 National Team in 2014 & 2015.

4 Dani Greenlee, GK, Fr.

Came off bench to make collegiate debut at Mercer (8/21) and played final 16:30 of shutout ... recorded first-career save in 25 minutes in goal vs. ORU (8/28) ... played 30 minutes in preseason exhibition shutout vs. Texas A&M and recorded a save.

5 Natalie Calhoun, D, Sr.

Has started 65 consecutive games ... earned All-Big 12 Second Team honors in each of her first three seasons to become one of only seven players in OSU history to achieve allconference status at least three times in a career ... 2016 Preseason All-Big 12 ... started all 20 games in 2016 and was second on team among field players in minutes played (1,743) ... one of only two Cowgirls to start all 21 games in 2014 ... led team in minutes played among field players with 1,870 ... named to the Sun Devil Classic All-Tournament Team ... recorded first-career assist in 1-1 tie at #9 Texas Tech ... as a freshman started last 20 games and played in all 21 ... earned first start of career at Vanderbilt ... recorded first-career goal vs. OU ... named to the Big 12 Championship All-Tournament Team.

6 Anna Beffer, MF, Jr.

Starter in all four games ... recorded assist vs. ORU (8/28) ... played in all 20 games in 2015 with 16 starts ... scored game-winning goal vs. Arizona State and also had assist in match ... notched assist against Georgia ... started 15 games as freshman ... missed six matches with ankle injury ... had assist on game's only goal vs. Memphis ... recorded first-career goal in 82nd minute vs. Tulsa ... goal was game winner in 2-1 victory ... had goal and assist in 2-0 win over Dayton ... named Big 12 Newcomer of the Week on 9/30.

8 Julia Lenhardt, MF, Fr.

Starter in all four games this season ... scored first two goals of career vs. ORU (8/28) ... became first OSU freshman since 2013 to record multiple goals in a game ... named Big 12 Freshman of the Week on 8/30 ... member of U.S. U-19 National Team in fall of 2015.

9 Jaci Jones, MF, Fr.

Has played in three games ... came off the bench in season opener at Georgia (8/19) and recorded OSU's first goal of the season ... made first-career start at Mercer (8/21).

10 Elise Hawn, D, Fr.

Played in all four games with two starts ... started season opener at Georgia (8/19).

11 Niki McKnight, F, Jr.

Recorded goal and assist in win over Mercer (8/21) ... missed first 13 games of 2015 following offseason hip surgery ... played in seven games, coming off the bench in each, and was OSU's second-leading scorer in Big 12 play ... saw first action of season vs. Drake (10/7) ... had assist vs. ORU ... netted first two goals of career in back-to-back games against #2 West Virginia and Kansas ... played in 19 games with 18 starts as a redshirt freshman in 2014 ... starter in first 13 games ... spent majority of time at defender but also spent time as an attacking midfielder and forward ... missed 2013 season with knee injury.

14 Marlo Zoller, F, So.

Started all four games this season ... leads Cowgirls with 13 shots, seven of those on goal ... recorded assist on OSU's first goal at Mercer (8/21) ... also had assist vs. ORU (8/28) ... named to 2015 Big 12 All-Freshman Team ... played in all 20 games in 2015, starting 19 ... netted first-collegiate goal vs. Georgia ... also scored at #5 Florida ... first-career assist came at #19 UCF ... recorded two goals vs. ORU ... racked up 72 goals and 30 assists during her high school career.

16 Tori Ruszkowski, MF, Jr.

Has played in all four games with one start, that coming at Oklahoma (8/26) ... saw action in 11 games as sophomore and emerged as starter late in season, with eight starts on the year ... played in three games with one start in 2014.

17 Courtney Dike, F, Sr.

One of only seven players in OSU history to achieve all-conference status at least three times in a career as she was named to the All-Big 12 Second Team in each of her first three seasons ... also a two-time NSCAA All-Central Region Third-Team selection (2014 & 2015) ... a 2016 Preseason All-Big 12 Selection ... ranks eighth all time at OSU with 24 career goals and and is 10th in assists (15) and points (63) ... has recorded goals in three of OSU's four games this season, including scoring just 72 seconds in against Mercer (8/21) ... named the Big 12 Offensive Player of the Week on 8/23 ... in 2015, led team in assists (7) and points (17) and was second in goals (5), all of which also ranked in top 10 in Big 12 ... had two goals against Drake, marking fourth multi-goal game of career ... had goal and assist vs. #5 Florida ... also had goals vs. Georgia and Washington State ... had two assists vs. #18 Arizona State ... earned two caps at the 2015 FIFA Women's World Cup as a member of Nigeria ... first-career cap came against Australia as a reserve and second came when she started against the United States ... missed OSU's first two games of 2014 playing with the Nigerian national team in the Under-20 Women's World Cup in Canada, where she led team to final and runner-up finish ... tied for team lead with three assists in 2014 ... earned a spot on the Sun Devil Classic All-Tournament Team ... scored game's only goal in 1-0 win over Memphis ... earned a spot on the OSU Invitational All-Tournament Team ... recorded assist in win vs. Dayton ... had assist against #16 Kansas ... netted OSU goal in 1-1 tie at #9 Texas Tech ... scored game-winning goal vs. Texas with 1:33 left in match ... named to the All-Big 12 Second Team and All-Newcomer Team in 2013 ... as a freshman ranked second in Big 12 with 13 goals and 30 points ... 13 goals tied for fourth most in a single season in OSU history ... three multi-goal games were most by a Cowgirl since 2010 ... recorded two goals vs. Vanderbilt, OU and Missouri State ... had gamewinning goals in OSU's Big 12 Championship wins over Texas and #7 Texas Tech and was named to all-tournament team ... named Big 12 Offensive Player and Newcomer of the Week on Sept. 3 and Oct. 22.

18 Charmé Morgan, D, Fr.

Has played in all four games this season with a pair of starts ... made first-career start in season opener at Georgia (8/19).

19 Laurene Tresfield, D, Jr.

Appeared in two games this season and was in starting lineup vs. Mercer (8/21) ... played in 17 games last season, starting 10 ... recorded goal and assist vs. #18 Arizona State ... scored goal vs. #14 Texas Tech ... played in 20 games with 13 starts in first collegiate season ... started OSU's first five games at defensive midfielder ... notched first-career goal 63 seconds into Dayton match ... native of France who played for French U-17 National Team.

20 Lana Duke, MF, So.

Played in 17 games as a redshirt freshman in 2015, starting nine ... scored first-career goal vs. ORU ... redshirted the 2014 season.

21 Michela Ongaro, GK, Jr.

Ranks in career top 10 at OSU in shutouts (9), saves (132) and GAA (1.02) ... ranks second in the Big 12 this season with 17 saves ... had five saves in season opener at Georgia (8/19) ... played first 73:30 in shutout at Mercer (8/21) ... racked up seven saves vs. Oklahoma (8/26) ... started all 20 games in goal in 2015 ... recorded five shutouts vs. Mercer, Gonzaga, Texas, Iowa State and Kansas ... played the majority of minutes in OSU's three other shutouts (Georgia, Drake and Oral Roberts) ... notched seven saves vs. #5 Florida ... missed the 2014 season with knee injury ... was named to the 2013 Big 12 All-Newcomer Team and ranked third in the league in save pct. (.833) and goals against average (0.73) to go along with four shutouts ... had a career-high eight saves in win over Texas in opening round of 2013 Big 12 Championship.

22 Coumba Sow, MF, Jr.

Starter in OSU's first two games this season but suffered torn ACL in practice and will miss rest of season ... joined OSU after two standout seasons at Monroe Community College where she was a two-time first-team All-American ... recorded 28 goals and 30 assists in 34 games at MCC ... competed for the Swiss U-19 National Team.

23 Haley Woodard, F, So.

Has played in all four games this season, starting the last two ... second on team with 12 shots, seven of those on goal ... recorded assist on OSU's first goal of season at Georgia (8/19) ... scored first goal of season vs. ORU (8/28) ... played in 19 games with three starts as a freshman in 2015 ... 13 of 24 shots were on goal ... recorded first collegiate goal in season opener vs. Mercer ... collected assist vs. #5 Florida ... netted game-winning goal vs. Gonzaga ... also has goal vs. ORU ... three-sport standout in high school in soccer, basketball and track & field ... recorded 44 goals and 23 assists as prep.

24 Claire Gantzer, D, Fr.

Has played in all four games this season, starting the last three ... made first-career start at Mercer (8/21) ... left-footer has taken eight of OSU's 24 corner kicks.

28 Christina Jean-Charles, D, Sr.

Played in all four games with three starts ... started all 20 games in her first season at OSÜ in 2015 and led team in minutes played (1,790) ... tied for eighth in Big 12 with four assists ... recorded first-career assist vs. Georgia ... also had assists against #5 Florida, #18 Arizona State and #14 Texas Tech ... took 51 of OSU's 122 corner kicks and recorded first-career goal on corner kick vs. Gonzaga ... joined Cowgirls after two JUCO seasons at Monroe College in New York City ... started 33 career games for Mustangs ... was NJCAA First-Team All-American as sophomore and led team to NJCAA Division I national title.

29 Rachel VanFossen, MF, So.

Appeared in three games, earning first-career start vs. ORU (8/28) ... came off bench to make OSU debut at Mercer (8/21) ... transfer from Arkansas who played in 14 games with five starts as a freshman in 2015 ... recorded first-career goal vs. #10 South Carolina.

33 Holley Brehmer, F, Jr.

Has come off the bench in all four games this season ... has notched assists vs. Georgia (8/19) and ORU (8/28) and recorded a goal at Mercer (8/21) ... came off the bench in 15 games a year ago ... of her three goals, two were game-winners ... collected pair of goals vs. Georgia ... recorded first-career goal in season opener vs. Mercer ... played in nine games as freshman, coming off bench in each ... made collegiate debut at Arizona State and recorded two shots on goal.

88 Bri Woodall, MF, Fr.

Came off bench to make collegiate debut vs. ORU (8/28) ... recorded assist in preseason exhibition match vs. Texas A&M ... competed for Mexico U-17 National Team.



COWGIRL CAREER STATISTICS

					Be	ffer, Anı	na				
Season	GP-GS	G	Α	Pts	Shot	Shot%	SOG	SOG%	GW	PK-Att	
2014 2015	15-15 20-16	3 2	2 2	8 6	25 35	.120 .057	12 16	.480 .457	1 1	0-0 1-2	
2016	4-4	0	1	1	10	.000	1	.100	Ō	0-0	
TOTAL	39-35	5	5	15	70	.071	29	.414	2	1-2	
					Brel	nmer, H	olly				
Season	GP-GS	G	<u>A</u>			Shot%			GW		
2014 2015	9-0 15-0	0 3	0	0 6	2 7	.000 .429	2 5	1.000 .714	0 2	0-0 0-0	
2016	4-0	1	2	4	6	.167	4	.667	0	0-0	
TOTAL	28-0	4	2	10	15	.267	11	.733	2	0-0	
					Brig	ght, Abb	еу				
Season	GP-GS	G	Α			Shot%			GW	PK-Att	
2014 2015	9-0 13-2	0 0	0	0	0 1	.000	0 1	.000 1.000	0	0-0 0-0	
2016	2-0	0	0	0	0	.000	0	.000	0	0-0	
TOTAL	24-2	0	0	0	1	.000	1	1.000	0	0-0	
					Calh	oun, Na	talie				
Season	GP-GS	G	<u>A</u>			Shot%			GW	PK-Att	
2013 2014	22-21 21-21	1 0	0 1	2 1	9 8	.111	4 3	.444 .375	0	0-0 0-0	
2015	20-20	0	0	0	7	.000	3	.429	0	0-0	
2016 TOTAL	4-4 67-66	0 1	0 1	0 3	1 25	.000 .040	1 11	1.000 .440	0	0-0 0-0	
					Dike	e, Court	ney				
Season	GP-GS	G	A	Pts	Shot	Shot%	SOG	SOG%	GW	PK-Att	
2013	22-21	13	4	30	58	.224	30	.517	3	1-1	
2014 2015	19-19 19-19	3 5	3 7	9 17	49 53	.061 .094	21 21	.429 .396	2 1	0-0 0-0	
2016 TOTAL	4-4 64-63	3 24	1 15	7 63	12 172	.250 .140	7 79	.583 .459	1 7	0-0 1-1	
TOTAL	04-03	24	13 —			ıke, Lan		.439	,	1-1	
C	CD CC	•	_	D4-		·		5050/	CW	DI/ A++	
Season 2015	GP-GS 17-9	<u>G</u> 1	A 0	<u>Pts</u>	<u>Snot</u> 3	.333	3 3	1.000	<u> </u>	PK-Att 0-0	
2016 TOTAL	1-0 18-9	0 1	0	0 2	0	.000 .333	0	.000	0	0-0 0-0	
TOTAL	10-9	1	U	2	3	.333	3	1.000	U	0-0	
				Н	ierho	lzer, As	hton				
Season	GP-GS	G	Α			Shot%			GW		
2015 TOTAL	3-0 3-0	0 0	0 0	0 0	0 0	.000 .000	0 0	.000 .000	0 0	0-0 0-0	
Season	GP-GS	Minu	tes	GA	GAAve	a Sav	res Sa	ve%	w	L T	Sho
2015	3-0	53	:47	0	0.00)	3 1	.000	0	0 0	0.3
TOTAL	3-0	53	:47	0	0.00)	3 1	.000	0	0 0	0.3
					How	ard, Kat	tie				
Season	GP-GS	G	Α			Shot%			GW	PK-Att	
2015 TOTAL	2-0 2-0	0	0	0	0	.000 .000	0	.000 .000	0	0-0 0-0	
	_ ~	-				harles, (•	- ·	
Sanca-	CD CS	•	_			-		5000	CW	DIV A++	
Season 2015	GP-GS 20-20	_G	A 4	<u>Pts</u> 6	<u>5not</u> 9	Shot% .111	2 2	.222	<u> </u>	PK-Att 0-0	
2016 TOTAL	4-3 24-23	0 1	0 4	0 6	0 9	.000 .111	0 2	.000 .222	0	0-0 0-0	
IOIAL	27-23	1	4	U	9	.111	_		U	0-0	



COWGIRL CAREER STATISTICS

					McDo	ugal, Mo	organ				
Season	GP-GS	G	Α			Shot%	_	506%	GW	PK-Att	
2015	13-0	1	0	2	5	.200	2	.400	0	0-0	
2016 TOTAL	1-0 14-0	0 1	0	0 2	0 5	.000 .200	0 2	.000 .400	0	0-0 0-0	
TOTAL	14 0	1	_					.+00	U	0 0	
					МсК	inight, N	liki				
Season	GP-GS	G	A	Pts		Shot%	SOG	SOG%	GW	PK-Att	
2014 2015	19-18 7-0	0 2	0 1	0 5	5 3	.000 .667	1 2	.200 .667	0	0-0 0-0	
2016 TOTAL	4-1 30-19	1 3	1 2	3	4 12	.250	3 6	.750 .500	0	0-0 0-0	
TOTAL	30-19	3	2	0	12	.230	U	.300	U	0-0	
					Onga	ro, Micl	nela				
Season	GP-GS	G	Α	Pts	Shot	Shot%	SOG	SOG%	GW	PK-Att	
2013	14-0	0	1	1	0	.000	0	.000	0	0-0	
2015 2016	20-2 4-0	0 0	0	0	0	.000 .000	0	.000 .000	0	0-0 0-0	
TOTAL	38-2	Ö	1	1	Ö	.000	Ö	.000	Ö	0-0	
Season	GP-GS	Minu	tes	GA	GAAv	g Sa	ves Sa	ave%	w	L T	Sho
2013	14-14	1314	_	12	0.8	_	52	.812	6	5 3	- 4
2015 2016	20-20 4-4	1803 338		24 3	1.2 0.8		63 17	.724 .850	9 2	9 2 1 1	5.3 0.1
TOTAL	38-38	3456		39	1.0		132	.772	17	15 6	9.4
					Riv	ers, All	ie				
Season	GP-GS	G	Α	Pts	Shot	Shot%	SOG	SOG%	GW	PK-Att	
2014	18-8	0	1	1	7	.000	1	.143	0	0-0	
2016 TOTAL	1-0 19-8	0 0	0 1	0 1	0 7	.000	0 1	.000 .143	0	0-0 0-0	
TOTAL	13 0	Ü	-	_	-		_	.113	o	0 0	
						kowski,					
<u>Season</u> 2014	GP-GS 3-1	G 0	A 0	Pts 0	Shot 1	.000	SOG 1	SOG% 1.000	GW 0	PK-Att 0-0	
2015	11-8	0	Ö	0	6	.000	2	.333	0	0-0	
2016	4-1 18-10	0 0	0	0	1 8	.000	0	.000 .375	0	0-0 0-0	
TOTAL	10-10	U	0				_	.3/3	U	0-0	
					Tresfi	eld, Lau	rene				
Season	GP-GS	G	Α			Shot%			GW		
2014 2015	20-13 17-10	1 2	0 1	2 5	11 8	.091 .250	5 4	.455 .500	1 0	0-0 0-0	
2016	2-1	0	0	0	0	.000	0	.000	0	0-0	
TOTAL	39-24	3	1	7	19	.158	9	.474	1	0-0	
					Woo	dard, Ha	aley				
Season	GP-GS	G	Α	Pts	Shot	Shot%	SOG	SOG%	GW	PK-Att	
2015	19-3	3	1	7	24	.125	13	.542	1	0-0	
2016 TOTAL	4-2 23-5	1 4	1 2	3 10	12 36	.083 .111	7 20	.583 .556	0 1	0-0 0-0	
						ler, Mar				-	
	60 66	_				·		60.634		DI	
Season 2015	GP-GS 20-19	<u>G</u> 4	A	10	<u>Shot</u> 48	.083	SOG 21	SOG% .438	GW 0	PK-Att 0-0	
2016	4-4	0	2	2	13	.000	7	.538	0	0-0	
TOTAL	24-23	4	4	12	61	.066	28	.459	0	0-0	



COWGIRLS IN THE RANKINGS

NSCAA (Aug. 30)		Soccer Amer (Aug. 30)	ica	Top Drawer So (Aug. 29)	occer	HERO Sports (Aug. 29)	
	3-0-0 3-0-0 4-0-0 3-0-1 3-1-0 3-1-0 3-1-0 2-1-0 2-1-0 2-1-0 3-0-1 1-1-1 2-2-0 3-0-1 4-0-0 4-0-0 3-1-0 3-1-0		3-0-0 3-0-0 3-0-1 4-0-0 3-1-0 3-1-0 3-0-1 3-0-0 3-1-0 2-1-0 2-1-0 1-1-1 3-1-0 4-0-0 4-0-0 2-0-1 3-1-0	•	3-0-0 3-0-0 4-0-0 3-0-1 3-1-0 1-1-1 3-0-0 3-0-1 3-1-0 3-1-0 4-0-0 4-0-0 1-2-0 3-1-0 2-1-0 3-1-0 2-2-0 4-0-0	_	3-0-0 3-0-0 4-0-0 1-1-1 3-1-0 3-0-1 4-0-0 2-1-0 1-2-0 3-0-1 3-1-0 4-0-0 3-1-0 2-2-0 2-2-0 3-0-1
20. South Florida 21. Auburn	4-0-0 3-1-0	20. Texas A&M 21. Texas Tech	2-2-0 3-0-1	20. Santa Clara 21. UCLA	2-2-0 2-1-0	20. Northwestern 21. Ohio State	3-0-0 4-0-0
24. Northwestern25. Pepperdine	3-0-0 3-1-0	24. Minnesota 25. Santa Clara	4-0-0 2-2-0	24. South Florida 25. Arizona	4-0-0 1-1-1	24. Arizona 25. Long Beach State	1-1-1 2-0-1

Cowgirls Week-By-Week In The National Polls

	NSCAA	Soccer America	HERO Sports	TDS
Preseason	Not Ranked	Not Ranked	37	Not Ranked
Aug. 22/23	Not Ranked	Not Ranked	34	Not Ranked
Aug. 29/30	Not Ranked	Not Ranked	35	Not Ranked

NSCAA Central Region Rankings

(Aug. 30) 1. West Virginia 3-0-1 2. Texas Tech 3-0-1 3. North Texas 4-0-0 4. Oklahoma 2-1-1 5. Baylor 3-1-0 6. Oklahoma State 2-1-1 2-1-1 7. Kansas 8. Florida Atlantic 1-2-1 3-0-0 9. TCU 10. Rice 1-1-0

2016 Big 12 Conference Preseason Poll

(selected by league's head coaches)

	Point
1. West Virginia (8)	64
2. Texas Tech (1)	57
Oklahoma	42
4. Baylor	35
5. Oklahoma State	34
6. Texas	32
7. Kansas	30
8. TCU	22
9. lowa State	8

First-place votes in parentheses



2016 OVERALL STATISTICS

	RECORD:	0\	OVERALL 2-1-1		HOME 1-0		AWAY 1-1-1			NEUTRAL 0-0			
	ALL GAMES												
	CONFERENCE		0-0		0-0				0-0				
	NON-CONFERE	ENCE	2-1-1		1-0		0-0 1-1-1		0-0				
Date	Opponent	Sco	re Att.		Player	an		nto	ch ch0/	200	aaa0/	an.	pk-att
Aug 19	at Georgia	то2 2-2		<u>##</u> 17	Dike, Courtney	<u>gp</u> 4	g a	pts 7			.583	<u>yw</u> 1	0-0
Aug 13 Aug 21	at Mercer	w 3-0		8	Lenhardt, Julia	4	2 0	4			.750	1	0-0
Aug 21 Aug 26	at Oklahoma	L 0-1		33	Brehmer, Holly	4	1 2	4			.667	0	0-0
Aug 28	ORAL ROBERTS	w 4-1		23	Woodard, Haley	4	1 1	3			.583	0	0-0
Aug 20	ONAL NOBLINIS	W -T I	. 755	11	McKnight, Niki	4	1 1	3			.750	0	0-0
TFAM ST	ATISTICS	osu	OPP	9	Jones, Jaci	3	1 0	2			.250	0	0-0
SHOT STATISTICS		050	<u> </u>	14	Zoller, Marlo	4	0 2	2			.538	0	0-0
	hot attempts	9-73	4-49	6	Beffer, Anna	4	0 1	1			.100	0	0-0
	cored per game	2.25	1.00	29	VanFossen, Rachel	3	0 0	0			.000	0	0-0
Shot pct		.123	.082	24	Gantzer, Claire	4	0 0	0			.500	0	0-0
	n goal-Attempts	36-73	23-49	22	Sow, Coumba	2	0 0	0			.500	0	0-0
SOG pct		.493	.469	16	Ruszkowski, Tori	4	0 0	0			.000	0	0-0
Shots/G		18.2	12.2	5	Calhoun, Natalie	4	0 0	0			1.000	0	0-0
CORNER I		24	23	88	Woodall, Bri	1	0 0	0			.000	0	0-0
PENALTY		0-0	0-0	35	McDougal, Morgan	1	0 0	0			.000	0	0-0
PENALTIE		0-0	0-0	28	Jean-Charles, Chris.	4	0 0	0			.000	0	0-0
Yellow c		4	3	21	Ongaro, Michela	4	0 0	0			.000	0	0-0
Red card		0	0	20	Duke, Lana	1	0 0	0			.000	0	0-0
ATTENDA		U	U	19	Tresfield, Laurene	2	0 0	0			.000	0	0-0
	INCE	755	4053		,		0 0	0			.000	0	0-0
Total	vg Per Date	1/755	3/1351	18 12	Morgan, Charme Bright, Abbey	4 2	0 0	0			.000	0	0-0
			3/1331			4	0 0	0			.000	0	0-0
Neutrai	Site #/Avg	0/0		10	Hawn, Elise		0 0	0			.000	0	0-0
				7 4	Rivers, Allie	1	0 0	0			.000	0	0-0
					Greenlee, Dani		0 0	0			.000		
				3_	Siragusa, Kirsten Total	4	9 8	26			.493	2	0-0
					Opponents	4	4 4	12			.469	1	0-0
					Caslia	CD	Min	C 4	CAAve		Dat	\A/ I	т с
				<u>##</u> 21	Goalie Ongaro, Michela	GP 4	Min. 338:07	<u>GA</u> 3			.850	W-L 2-1-	
				4	Greenlee, Dani Total	<u>2</u> 4	41:53 380:00	<u>1</u> 4	2.15 0.95		.500 .826	0-0- 2-1-	
					Opponents	4	380:00	9	2.13		.750	1-2	
				Ga	als by Period	4-4	O4	ОТ.	ота Та	otal			
					lahoma State	1st 4	2nd 5	<u>от</u> 0	<u>от2</u> Тс	9			
				Op	ponents	1	3	0	0	4			
				Sh	ots by Period	1st	2nd	ОТ	от2 То	tal			
					lahoma State	30	40	2	1	73			
				Op	ponents	23	24	0	2	49			
					ves by Period	1st	2nd	ОТ		tal			
					lahoma State	12	6	0	1	19			
				Ор	ponents	9	17	1	0	27			
					rners by Period	1st	2nd	ОТ		<u>tal</u>			
					lahoma State ponents	8 3	15 18	0 0	1 2	24 23			
					uls by Period			07		otal			
					lahoma State	1st 27	2nd 21	<u>от</u> 1	<u>от2 То</u>	49			
						23	21 25	1	1	50			
				υþ	ponents	23	20	I	ı	50			