

WOMEN'S OTTAWA FLAG FOOTBALL GAME NOTES



Media Contact: Katie Tooley, Director of Sports Information, 1001 S. Cedar, Ottawa, Kan. 66067

OTTAWA (12-2)

Rankings	NAIA: NR
Last Game	W, 34-7 vs. Kansas Wesleyan (4/23/22)
Streak	W7
Head Coach	Liz Sowers
Career Collegiate Record	26-3
Years as College Head Coach	2
Record at OU	26-3
Years at OU	2
Record vs. Florida Memorial	0-0

NAIA NATIONAL CHAMPIONS



2021



VS.



Florida Memorial (1-10)

Rankings	NAIA: NR
Last Game	L, 25-0 vs. St. Thomas (4/20/22)
Streak	L7
Head Coach	Jonathan Alvarez
Career Collegiate Record	1-12
Years as College Head Coach	2
Record at FMU	1-12
Years at FMU	2
Record vs. Ottawa University	0-0

Date: May 12, 2022

Event: NAIA National Invitational Tournament

Time: 11am (cst)

Location: Mercedes-Benz Stadium - Field 1 | Atlanta, Ga.

QUICKS FACTS

First Year of Football:	2021
Number of Seasons Playing Football:	2
All-Time Overall Record	26-3
Home Games	9-0
In Overtime	0-0
When Scoring 35+ Points	18-0
When Allowing 10 Points or Less	19-0
Vs. KCAC Teams	20-0
In Conference Play	14-0
Vs. Ranked Teams	0-0
Home	0-0
Away	0-0
Neutral	0-0
All-Time Games Played	29
NAIA National Invitational Championships	1
NAIA National Invitational Appearances	2
KCAC Championships	2
KCAC Tournament Championships	2
All-KCAC Honors	27

- OU is on a seven game winning streak after defeating Midland University 34-6 and Kansas Wesleyan University 34-7 in the KCAC Tournament on April 23 at AdventHealth Field to capture its second straight KCAC Invitational Championship. In those two game, Ottawa had 541 yards of offense, 172 rushing and 369 yards passing. OU outscored its opponents 68-13.
- In the win over Midland, the Braves had 91 yards rushing and 170 yards passing. The OU defense held the Warriors to 229 yards of offense, 81 yards rushing and 148 yards passing, and a 3.8 yards per play average. Madysen Carrera rushed for 85 yards and threw for 170 yards and five touchdowns. Jazlyn Camacho led OU with five receptions for 76 yards and three touchdowns. Jennifer Anthony and Abby Brown led Ottawa with seven tackles apiece. Brown had an interception and two pass break ups. Anthony had four pass break ups. Alyssa Gillespie tallied three pass break ups and five tackles.
- Ottawa finished the championship game against Kansas Wesleyan with 280 yards of offense, 81 yards rushing and 199 yards passing. The OU defense held the Coyotes to 31 yards on the ground, 153 through the air, and an average of 4.1 yards per play. Madysen Carrera led Ottawa with 86 yards rushing and three touchdowns. She threw for 166 yards and two touchdowns. In the championship game, Briana Bido had six tackles and Hannah Serquina finished with five. Abby Brown led OU with two pass break ups.
- The Braves are outscoring opponents 36.9 to 10.4. The OU offense is averaging 299.6 yards per game while the defense is holding opponents to 192.1 yards per game.
- Through 14 games, Ottawa has rushed for 845 yards and thrown for 3,350. Opponents have rushed for 413 yards and thrown for 2,277. Ottawa's defense has only allowed 17 touchdowns through the air and five on the ground.
- Madysen Carrera leads OU in rushing with 685 yards on 93 attempts, an average of 7.4 yards per carry and 52.7 rushing yards per game. She has scored 16 rushing touchdowns. Carrera is 263-for-368 through the air for 2,724 yards and 42 touchdowns. She is averaging 209.5 passing yards per game and completing 71 percent of her passes.
- Clara Beaudoin leads Ottawa in receptions with 64. Alyssa Linkous is OU's leader in receiving yards with 774. Jazlyn Camacho and Alyssa Linkous lead the Braves with 12 touchdown receptions apiece.
- On the defensive side of the ball, Abby Brown leads Ottawa with 70 tackles. She has two sacks, four interceptions, and 16 pass break ups. Hannah Serquina is second on the team in tackles with 50. She has 15 for loss, 11 sacks, and five pass break ups. Alyssa Gillespie is right behind her with 47 tackles. She has 11 tackles for loss, six sacks, one interception, and seven pass break ups.

vs. Cottey	vs. Midland	at Saint Mary	vs. Kansas Wesleyan (N)	vs. Warner (N)	vs. Thomas (N)	at Webber International	vs. Saint Mary	vs. Midland	at Kansas Wesleyan	vs. Kansas Wesleyan	at Cottey
Feb. 20	Feb. 26	March 3	March 4	March 15	March 16	March 16	March 23	March 26	March 26	April 8	April 13
W, 60-0	W, 41-12	W, 33-7	W, 39-6	W, 45-21	L, 7-19	L, 0-31	W, 41-12	W, 41-0	41-6	W, 45-19	W, 55-0
										Senior Night	

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- Florida Memorial University is 1-10 in 2022 and on a seven game losing streak. The Lions last win came on Feb. 18 against Midland University, 9-0. FMU ended its regular season with a 7-6 loss to Thomas University (Ga.) on April 14 and lost 25-0 to St. Thomas University (Fla.) 25-0 on April 20.
- Ottawa had 15 players earn All-KCAC honors, two KCAC Players of the Year, and Liz Sowers was named KCAC Coach of the Year for the second straight season. Three Braves also earned All-KCAC honors in two difference positions. Madysen Carrera was named Co-KCAC Player of the Year for the second straight season and earned Second Team All-KCAC at quarterback. Abby Brown was named KCAC Defensive Player of the Year, for the second time, and earned First Team All-KCAC honors at linebacker. Alyssa Linkous, Clara Beaudoin, Jazlyn Camacho, and Addison Orsborn were named First Team All-KCAC Offense. Hannah Serquina, Alyssa Gillespie, Nina GraveDePeralta, and Hailee McKay earned First Team All-KCAC honors at defense.
- Addison Orsborn was named Second Team All-KCAC at running back. Briana Bido and Jennifer Anthony earned Second Team All-KCAC honors at defense. Jazlyn Camacho was named Second Team punt specialist. Bailey Hodgins and Courtney Wille were Honorable Mention All-KCAC selections. Alyssa Gillespie was Honorable Mention at rusher and Faron Malouff earned Honorable Mention honors at defensive back.

Quick Facts

General Information
 Name of School Ottawa University
 City/Zip Ottawa, Kan./66067
 Founded 1865
 Enrollment 780
 Nickname Braves
 School Colors Black and Gold
 Stadium AdventHealth Field
 Capacity 3,000
 Affiliation NAIA
 Conference KCAC
 Chancellor Dr. William M. (Bill) Tsutsui
 President Dr. Reggies Wenyika
 Athletics Director Arabie Conner
 Athletic Dept. Phone 785-248-2601

Sports Information
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Team Information
 Head Coach Liz Sowers
 Alma Mater Oakland University
 Record at School 26-3
 Overall Coaching Record 26-3
 Assistant Coach Katie Sowers, Katlyn Hughes
 Athletic Trainer Jennifer Raybern
 Overall record last year 14-1
 Home 3-0
 Away 3-0
 Neutral 8-1
 Conference record/finish 6-0/1st
 Final ranking last year (poll) NA

Media Information
 Local Newspaper Ottawa Herald
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2022 Ottawa Women's Flag Football Numerical Roster

No.	Name	Pos.	Ht.	Yr.	Hometown/Previous School
00	Hope Humes	RB	5-2	So.	Las Vegas, Nev./Sunrise Mountain
1	Clara Beaudoin	QB/WR	5-4	Jr.	Montreal, Canada/University of Montreal
2	Bailey Hodgins	WR/DB	5-7	Fr.	Canton, Ga./Sequoyah
3	Alyssa Linkous	C/WR	5-4	So.	Owings, Md./Northern
4	Hailee McKay	WR/DB	5-6	So.	Henderson, Nev./Green Valley
5	Alyssa Gillespie	DB/WR	5-4	Jr.	Howard, Kan./West Elk
7	Addison Orsborn	WR/LB	5-5	Fr.	Round Rock, Texas/Meridian World School
8	Anna GraveDePeralta	WR/DB	5-5	So.	Las Vegas, Nev./Green Valley
9	Abby Brown	DB	5-5	So.	Rantoul, Kan./Central Heights
11	Hannah Serquina	LB	4-11	So.	Las Vegas, Nev./Green Valley
13	Tiffany Cuevas	LB/WR	5-3	So.	Tampa, Fla./Riverview
14	Jennifer Anthony	DB/WR	5-5	Sr.	Pea Ridge, Ark./Pea Ridge
15	Jazlyn Camacho	WR/LB	5-9	So.	Las Vegas, Nev./Green Valley
16	Kimberly Ibarra	DB	5-4	So.	Las Vegas, Nev./Las Vegas
17	Courtney Wille	DB/WR	5-7	So.	Warrensburg, Mo./Warrensburg
18	Kylee Santana	DB	5-7	Fr.	Canton, Ga./Sequoyah
19	Sidney Rood	QB	5-6	So.	Las Vegas, Nev./Green Valley
21	Madysen Carrera	QB/WR	5-6	So.	Riverview, Fla./Riverview
23	Faron Malouff	WR/DB	5-5	Fr.	Riverview, Fla./Riverview
24	Briana Bido	DB/WR	5-4	So.	Riverview, Fla./Riverview
26	Mandolyn Scalisi	WR	5-3	So.	Las Vegas, Nev./Green Valley
27	Cienna Curtis	DB	5-7	So.	Henderson, Nev./Green Valley
28	Dakota Darby	RB/DB	5-4	Fr.	North Pole, Alaska/North Pole
30	Randrea Gamble	WR/DB	5-6	So.	Miramar, Fla./Everglades
34	Hayden Oaks	RB	5-5	Fr.	Vernal, Utah/Uintah

Head Coach: Liz Sowers, 2nd Season
Assistant Coaches: Katie Sowers and Katlyn Hughes

KCAC Standings

School	KCAC	%	Overall	%	GB	Home	Away	Neutral	Streak
Ottawa University	8-0	1.00	12-2	.857	--	4-0	3-1	5-1	Won 7
Kansas Wesleyan University	7-2	.778	9-7	.563	1.5	4-1	3-2	2-4	Lost 1
Midland University	3-6	.333	4-10	.286	5.5	1-2	2-5	1-3	Lost 1
University of Saint Mary	3-6	.333	3-8	.273	5.5	1-3	2-3	0-2	Lost 2
Cotley College	0-9	.000	1-10	.091	9.5	0-4	1-5	0-1	Lost 5

**Games through May 11*



2022 KCAC Women's Flag Football All-Conference Selections

First Team Offense

Brianna Hernandez-Silva (KWU)Quarterback
 Kendra Velasquez-Munro (KWU)Running back
 Angel Roman (KWU)..... Receiver
 Alyssa Linkous (OU)..... Receiver
 Clara Beaudoin (OU)..... Receiver
 Caroline Simpson (USM)..... Receiver
 Jazlyn Camacho (OU)..... Receiver
 Addison Orsborn (OU)..... Screen Blocker
 Maea Ploetz (USM)..... Center

First Team Defense

Hannah Serquina (OU).....Rusher
 Casey Thompson (MU).....Linebacker
 Abby Brown (OU).....Linebacker
 Lexi Marquez (KWU).....Linebacker
 Alyssa Gillespie (OU).....Linebacker
 Angel Roman (KWU).....Defensive Back
 Jerrica Johnson (USM).....Defensive Back
 Nine GraveDePeralta (OU).....Defensive Back
 Hailee McKay (OU).....Defensive Back

First Team Utility and Punt Team Specialist

Mikaela Nunez (MU).....Utility
 Christella JeanJuste (CC).....Punt Specialist

Second Team Offense

Madysen Carrera (OU).....Quarterback
 Addison Orsborn (OU).....Running back
 Ja'Daa Wilson (KWU)..... Receiver
 Alyssa Hollis (CC)..... Receiver
 Jerrica Johnson (USM)..... Receiver
 Mikaela Nunez (MU)..... Receiver
 Taylor Jordan (CC)..... Screen Blocker
 Kaylen Dawsoh (KWU)..... Center

Second Team Defense

Ashaih Smith (USM).....Rusher
 Cydnee Redd (MU).....Rusher
 Alexandra Mansur (KWU).....Linebacker
 Kenzie Murdoch (CC).....Linebacker
 Briana Bido (OU).....Linebacker
 Brianna Hernandez-Silva (KWU).....Defensive Back
 Caroline Simpson (USM).....Defensive Back
 Jennifer Anthony (OU).....Defensive Back
 Ja'Daa Wilson (KWU).....Defensive Back

Second Team Utility and Punt Team Specialist

Jerrica Johnson (USM).....Utility
 Maea Ploetz (USM).....Punt Specialist
 Jazlyn Camacho (OU).....Punt Specialist

Honorable Mention Offense

Shian Galbreath (USM).....Quarterback
 Sade Ervin (MU).....Running Back
 Marisa Rubino (KWU)..... Receiver
 Angelina Cruz (CC)..... Receiver
 Ashlyn Tuss (USM)..... Receiver
 Allison Mauffair (MU)..... Receiver
 Bailey Hodgins (OU)..... Receiver
 Cui Waialae (KWU)..... Receiver
 Daniella Goodridge (CC)..... Receiver
 Alexis Jimenez (KWU)..... Screen Blocker
 Elle Campbell (USM)..... Screen Blocker
 Courtney Wille (OU)..... Center
 Cassandra Chavez (MU)..... Center

Honorable Mention Defense

Kendra Velasquez-Munro (KWU)Linebacker
 Alexis Jimenez (KWU).....Linebacker
 Kendra Velasquez-Munro (KWU)Rusher
 Alyssa Gillespie (OU).....Rusher
 Ashlyn Tuss (USM).....Defensive Back
 Cheyenne Durand (MU).....Defensive Back
 Faron Malouff (OU).....Defensive Back
 Daniella Goodridge (CC).....Defensive Back

Honorable Mention Utility and Punt Team Specialist

Brianna Hernandez-Silva (KWU)Utility
 Angel Roman (KWU).....Utility
 Nadiya Simpson (MU).....Utility
 Daire Stelljes (USM).....Utility
 Courtney Dinkel (KWU).....Punt Team Specialist

KCAC Coach of the Year Liz Sowers (OU)
 KCAC Player of the Year Madysen Carrera (OU)
 KCAC Player of the Year Brianna Hernandez-Silva (KWU)
 KCAC Offensive of the Year..Brianna Hernandez-Silva (KWU)
 KCAC Defensive Player of the Year Abby Brown (OU)

KCAC Offensive and Defensive Players of the Week

- Week 1 (Feb. 22): Addison Orsborn, Ottawa (Offensive) | Abby Brown, Ottawa (Defensive)
- Week 2 (March 1): Brianna Hernandez-Silva, KWU (Offensive) | Ja'Daa Wilson, Kansas Wesleyan (Defensive)
- Week 3 (March 7): Madysen Carrera, Ottawa (Offensive) | Hannah Serquina, Ottawa (Defensive)
- Week 4 (March 21): Brianna Hernandez-Silva, KWU (Offensive) | Angel Roman, Kansas Wesleyan (Defensive)
- Week 5 (March 28): Madysen Carrera, Ottawa (Offensive) | Angel Roman, Kansas Wesleyan (Defensive)
- Week 6 (April 4): Brianna Hernandez-Silva, KWU (Offensive) | Alexandra Mansur, Kansas Wesleyan (Defensive)
- Week 7 (April 11): Madysen Carrera, Ottawa (Offensive) | Abby Brown, Ottawa (Defensive)
- Week 8 (April 18): Jazlyn Camacho, Ottawa (Offensive) | Alyssa Gillespie, Ottawa (Defensive)



Team Comparison Game-By-Game

Opponent	Score	First Down	Rushing		Attempts	Passing			Total Offense		Return Yards	Penalty Yards	Turn Overs
			Number	Yards		Comp	Int	Yards	Plays	Yards			
Cotley College	60 / 0	9 / 5	13 / 19	82 / 34	20 / 25	16 / 9	0 / 2	171 / 45	33 / 44	253 / 79	84 / 52	10 / 30	0 / 2
Midland University	41 / 12	9 / 11	16 / 11	101 / 11	29 / 43	19 / 17	2 / 2	213 / 174	45 / 54	314 / 185	30 / 18	45 / 40	2 / 2
University of Saint Mary	33 / 7	13 / 12	11 / 14	141 / 53	26 / 35	17 / 14	0 / 1	203 / 203	37 / 49	344 / 256	38 / -52	19 / 24	0 / 1
Kansas Wesleyan Uni.	39 / 6	10 / 2	5 / 7	18 / 8	37 / 15	23 / 7	0 / 2	253 / 48	42 / 22	271 / 56	31 / 20	20 / 0	0 / 2
Warner University	45 / 21	9 / 8	8 / 1	46 / -9	30 / 33	26 / 20	0 / 2	316 / 162	38 / 34	362 / 153	15 / 0	20 / 0	0 / 2
Thomas University	7 / 19	0 / 0	8 / 8	35 / 9	44 / 32	31 / 23	1 / 0	201 / 196	52 / 40	236 / 205	0 / 28	0 / 0	1 / 0
Webber Int'l	0 / 31	0 / 0	2 / 3	5 / 29	42 / 36	25 / 26	2 / 1	176 / 290	44 / 39	181 / 319	0 / 30	0 / 0	2 / 1
University of Saint Mary	41 / 12	16 / 16	10 / 11	83 / -5	35 / 45	21 / 24	1 / 2	277 / 291	45 / 56	360 / 286	6 / 0	10 / 30	1 / 2
Midland University	41 / 0	8 / 11	4 / 13	-13 / 0	35 / 47	19 / 21	0 / 4	220 / 193	39 / 60	207 / 193	178 / 8	42 / 40	0 / 4
Kansas Wesleyan Uni.	41 / 6	15 / 8	13 / 19	97 / 60	41 / 23	30 / 9	0 / 3	255 / 108	54 / 42	352 / 168	18 / 0	39 / 36	0 / 3
Kansas Wesleyan Uni.	45 / 19	16 / 15	9 / 22	75 / 120	39 / 30	30 / 16	1 / 1	341 / 159	48 / 52	416 / 279	0 / 21	30 / 20	1 / 1
Cotley College	55 / 0	11 / 7	2 / 8	3 / -9	32 / 29	27 / 17	0 / 1	355 / 107	34 / 37	358 / 98	46 / 0	0 / 10	0 / 1
Midland University	34 / 6	8 / 10	10 / 18	91 / 81	22 / 43	17 / 22	2 / 1	170 / 148	32 / 61	261 / 229	20 / 8	35 / 31	2 / 1
Kansas Wesleyan Uni.	34 / 7	14 / 10	12 / 11	81 / 31	26 / 34	16 / 22	0 / 0	199 / 153	38 / 45	280 / 184	3 / 10	22 / 45	0 / 0
Totals	516 / 146	138 / 115	123 / 165	845 / 413	458 / 470	317 / 247	9 / 22	3350 / 2277	581 / 635	4195 / 2690	469 / 143	292 / 306	9 / 22

Opponent	3rd Down		4th Down		Time of Possession	TOP Margin	Avg Yds/Rush	Avg Yds/Pass	Avg Yds/Play	Punting	
	Made	Attempts	Made	Attempts						Number	Avg
Cotley College	3 / 2	5 / 11	2 / 1	2 / 5	13:57 / 34:03	-20:06	6.3 / 1.8	8.6 / 1.8	7.7 / 1.8	0 / 4	0.0 / 24.3
Midland University	5 / 2	9 / 11	0 / 2	2 / 7	19:20 / 28:40	-9:20	6.3 / 1.0	7.3 / 4.0	7.0 / 3.4	1 / 3	47.0 / 23.0
University of Saint Mary	0 / 3	3 / 11	1 / 2	3 / 3	17:02 / 30:58	-13:56	12.8 / 3.8	7.8 / 5.8	9.3 / 5.2	0 / 3	0.0 / 29.3
Kansas Wesleyan Uni.	4 / 1	10 / 5	2 / 0	3 / 1	59:59 / 00:02	59:57	3.6 / 1.1	6.8 / 3.2	6.5 / 2.5	2 / 3	39.0 / 31.3
Warner University	4 / 3	7 / 5	2 / 0	2 / 1	47:59 / 24:00	23:59	5.8 / -9.0	10.5 / 4.9	9.5 / 4.5	1 / 1	27.0 / 37.0
Thomas University	0 / 0	0 / 0	0 / 0	0 / 0	00:00 / 00:00	00:00	4.4 / 1.1	4.6 / 6.1	4.5 / 5.1	0 / 0	0.0 / 0.0
Webber Int'l	0 / 0	0 / 0	0 / 0	0 / 0	00:00 / 00:00	00:00	2.5 / 9.7	4.2 / 8.1	4.1 / 8.2	0 / 0	0.0 / 0.0
University of Saint Mary	3 / 4	5 / 10	1 / 2	2 / 5	18:41 / 29:19	-10:38	8.3 / -0.5	7.9 / 6.5	8.0 / 5.1	0 / 0	0.0 / 0.0
Midland University	2 / 3	9 / 13	1 / 1	4 / 6	20:30 / 25:30	-5:00	-3.3 / 0.0	6.3 / 4.1	5.3 / 3.2	3 / 4	40.3 / 33.0
Kansas Wesleyan Uni.	7 / 3	12 / 10	2 / 0	4 / 2	24:00 / 22:00	02:00	7.5 / 3.2	6.2 / 4.7	6.5 / 4.0	0 / 3	0.0 / 24.7
Kansas Wesleyan Uni.	2 / 2	7 / 10	3 / 2	4 / 6	23:58 / 24:02	00:04	8.3 / 5.5	8.7 / 5.3	8.7 / 5.4	0 / 1	0.0 / 31.0
Cotley College	4 / 1	5 / 8	1 / 0	1 / 2	23:33 / 32:33	-9:00	1.5 / -1.1	11.1 / 3.7	10.5 / 2.6	0 / 5	0.0 / 29.6
Midland University	1 / 3	2 / 14	0 / 4	1 / 10	14:39 / 33:21	-18:42	9.1 / 4.5	7.7 / 3.4	8.2 / 3.8	0 / 0	0.0 / 0.0
Kansas Wesleyan Uni.	3 / 3	6 / 10	0 / 0	2 / 1	20:08 / 27:52	-7:44	6.8 / 2.8	7.7 / 4.5	7.4 / 4.1	1 / 5	40.0 / 24.8
Totals	38 / 30	80 / 118	15 / 14	30 / 49	303:46 / 312:20	-8:34	6.9 / 2.5	7.3 / 4.8	7.2 / 4.2	8 / 32	39.1 / 27.9

Note: Game totals are displayed in the format TEAM/OPPONENT for each category

Ottawa Inside Opponent Red Zone

Date	Opponent	Times Scored	Times In Rz	%	Total Pts	TDs	Rush TDs	Pass TDs	FGs Made	FGA	Failed To score inside the RZ				Game	
												Downs	Int	Fumb	Half	
Feb 20, 2022	COTLEY COLLEGE	8	9	88.9	48	8	4	4	0	0	0	0	0	1	0	
Feb 26, 2022	MIDLAND UNIVERSITY	4	7	57.1	24	4	1	3	0	0	1	1	0	1	0	
Mar 03, 2022	at University of Saint Mary	4	5	80.0	24	4	0	4	0	0	1	0	0	0	0	
Mar 04, 2022	KANSAS WESLEYAN UNI.	4	4	100.0	24	4	1	3	0	0	0	0	0	0	0	
Mar 15, 2022	at Warner University	5	5	100.0	30	5	1	4	0	0	0	0	0	0	0	
Mar 23, 2022	UNIVERSITY OF SAINT MARY	5	5	100.0	30	5	4	1	0	0	0	0	0	0	0	
Apr 08, 2022	KANSAS WESLEYAN UNI.	5	5	100.0	30	5	1	4	0	0	0	0	0	0	0	
Apr 13, 2022	at Cotley College	5	5	100.0	30	5	0	5	0	0	0	0	0	0	0	
Apr 23, 2022	MIDLAND UNIVERSITY	4	5	80.0	24	4	0	4	0	0	0	1	0	0	0	
Apr 23, 2022	KANSAS WESLEYAN UNI.	3	5	60.0	18	3	3	0	0	0	2	0	0	0	0	
TOTALS		47	55	85.5	282	47	15	32	0	0	4	2	0	2	0	

Opponents Inside Ottawa Red Zone

Date	Opponent	Times Scored	Times In Rz	%	Total Pts	TDs	Rush TDs	Pass TDs	FGs Made	FGA	Failed To score inside the RZ				Game	
												Downs	Int	Fumb	Half	
Feb 26, 2022	MIDLAND UNIVERSITY	1	2	50.0	6	1	1	0	0	0	1	0	0	0	0	
Mar 03, 2022	at University of Saint Mary	1	3	33.3	6	1	1	0	0	0	1	0	0	0	1	
Mar 04, 2022	KANSAS WESLEYAN UNI.	1	1	100.0	6	1	0	1	0	0	0	0	0	0	0	
Mar 15, 2022	at Warner University	3	3	100.0	18	3	0	3	0	0	0	0	0	0	0	
Mar 23, 2022	UNIVERSITY OF SAINT MARY	1	4	25.0	6	1	0	1	0	0	2	1	0	0	0	
Apr 08, 2022	KANSAS WESLEYAN UNI.	1	1	100.0	6	1	1	0	0	0	0	0	0	0	0	
Apr 23, 2022	MIDLAND UNIVERSITY	1	2	50.0	6	1	0	1	0	0	1	0	0	0	0	
Apr 23, 2022	KANSAS WESLEYAN UNI.	1	2	50.0	6	1	0	1	0	0	0	0	0	0	1	
TOTALS		10	18	55.6	60	10	3	7	0	0	5	1	0	0	2	



2022 KCAC Schedule & Results

February

16	Midland University at Keiser University	KU, 41-0
18	Midland University at St. Thomas University	STU, 40-0
	Midland University vs. Florida Memorial University	FMU, 9-0
20	Cottey College at Ottawa University	OU, 60-0
26	Midland University at Ottawa University	OU, 41-12
27	Cottey College at Kansas Wesleyan University	KWU, 63-0

March

3	Ottawa University at University of Saint Mary	OU, 33-7
4	Kansas Wesleyan University at Cottey College	KWU, 19-7
	Kansas Wesleyan University vs. Ottawa University	OU, 39-6
11	Kansas Wesleyan University at Warner University	WU, 32-13
12	Kansas Wesleyan University vs. Thomas University	TU, 26-6
	Kansas Wesleyan University at Webber International University	WIU, 26-7
15	Ottawa University vs. Warner University	OU, 45-21
16	Thomas University vs. Ottawa University	TU, 19-7
	Ottawa University at Webber International University	WIU, 31-0
17	Midland University at University of Saint Mary	MU, 38-25
18	Kansas Wesleyan University at University of Saint Mary	KWU, 34-12
23	University of Saint Mary at Ottawa University	OU, 41-12
26	Midland University at Kansas Wesleyan University	KWU, 35-0
	Midland University vs. Ottawa University	OU, 41-0
	Ottawa University at Kansas Wesleyan University	OU, 41-6
31	Midland University at University of Saint Mary	USM, 26-19

April

1	University of Saint Mary at Kansas Wesleyan University	KWU, 27-13
5	University of Saint Mary at Midland University	USM, 20-14
	Kansas Wesleyan University at Midland University	KWU, 34-12
	University of Saint Mary at Kansas Wesleyan University	KWU, 21-20
8	Kansas Wesleyan University at Ottawa University	OU, 45-19
9	Cottey College at Midland University	MU, 60-0
11	University of Saint Mary at Cottey College	USM, 52-0
13	Ottawa University at Cottey College	W, 55-0
19	Cottey College at Midland University	MU, 32-6
23	Cottey College vs. Midland University	MU, 45-6
	Ottawa University vs. Midland	OU, 34-6
	University of Saint Mary vs. Kansas Wesleyan University	KWU, 24-21
	Ottawa University vs. Kansas Wesleyan University	OU, 34-7

May

12	Ottawa University vs. Florida Memorial University	11am (cst)
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2022 Ottawa Team Statistics

TEAM STATISTICS	OU	OPP
SCORING	516	146
--Points Per Game	36.9	10.4
FIRST DOWNS	138	115
--Rushing	25	27
--Passing	102	75
--Penalty	11	13
NET RUSHING YARDAGE	845	413
--Yards Gained Rushing	945	655
--Yards Lost Rushing	100	242
--Rushing Attempts	123	165
--Average Per Rush	6.9	2.5
--Average Per Game	60.4	29.5
--TDs Rushing	20	5
NET PASSING YARDAGE	3350	2277
--Att/Comp/Int	458/317/9	470/247/22
--Average Per Pass	7.3	4.8
--Average Per Catch	10.6	9.2
--Average Per Game	239.3	162.6
--TDs Passing	54	17
TOTAL NET OFFENSE	4195	2690
--Total Plays	581	635
--Average Per Play	7.2	4.2
--Average Per Game	299.6	192.1
KICK RETURNS: NUMBER/YARDS	24/0	70/0
PUNTS RETURNS: NUMBER/YARDS	23/215	5/51
INTS RETURNS: NUMBER/YARDS	22/254	9/92
KICK RETURN AVERAGE	0.0	0.0
PUNT RETURN AVERAGE	9.3	10.2
INT RETURN AVERAGE	11.5	10.2
FUMBLES/LOST	1/0	6/0
PUNTS/YARDS	8/313	32/894
--Average Per Punt	39.1	27.9
--Net Punt Average	32.8	21.2
KICKOFFS/YARDS	85/2695	27/852
--Average Per Kick	31.7	31.6
--Touchback	0	0
PENALTIES/YARDS	38/292	37/306
--Average Per Game	20.9	21.9
TIME OF POSSESSION/GAME	21:41	22:18
3RD DOWN CONVERSIONS	38/80	30/118
--3rd Down Pct.	47.5%	25.4%
4RD DOWN CONVERSIONS	15/30	14/49
--4th Down Pct.	50.0%	28.6%
SACKS BY/YARDS	20/114	8/47
TOUCHDOWNS SCORED	77	23
FIELD GOALS/ATTEMPTS	0/0	0/0
PAT/ATTEMPTS	51/73	6/12
ATTENDANCE	0	105

SCORE BY QUARTERS	1st	2nd	3rd	4th	Total
Ottawa University	160	134	81	141	516
Opponents	12	32	51	51	146



LIZ SOWERS

Coach Sowers is in her second season as head coach of the OU women's flag football program.

In just her first season at the helm, Sowers led the Braves to the 2021 NAIA Flag Football National Championship. Ottawa finished with an overall record of 14-1 and a KCAC record of 6-0. The Braves had 15 All-KCAC

performers, the KCAC Player of the Year, the KCAC Offensive Player of the Year and the KCAC Defensive Player of the Year. Ottawa captured the KCAC regular season championship, the KCAC Tournament Championship and Sowers was named KCAC Coach of the Year.

Coach Sowers Record at OU

Year	W	L	Pct	League Finish/Postseason
2022	12	2	.857	KCAC Champoins
2021	14	1	.933	KCAC Champion/NAIA Invitational Champions
Totals	26	3	.896	

Sowers' Career Win-Loss Breakdown

Career Overall.....	26-3
Overall @ OU.....	26-3
At Home.....	9-0
On Road.....	7-1
Neutral	10-2
Conference Games.....	14-0
Conference Regular Season Titles	2
Conference Post Season Tournament Championships	2
NAIA National Championships	1

Sowers is one of the most highly regarded women's flag and tackle football players in the country. She played for the West Michigan Mayhem, the Kansas City Titans, and the Kansas City Tribe. Sowers currently plays quarterback for the Kansas City Glory in the WNFC. She was a First Team All-American receiver for the Titans from 2010 to 2013 and 2015 to 2017. As a member of the Tribe, Sowers led the nation (more than 70 teams) with 987 receiving yards and 20 touchdowns.

Sowers was a member of the 2016, 2018, and 2021 USA's Women's Flag Football team. She was also a member of the Sevens Rugby team in 2014, and the Women's Tackle Football team in 2013 and 2017. The USA Women's Tackle Football Team earned a gold medal in the IFAF World Championships. Sowers was also named head coach of USA Football's 2022 17U Flag National Team.

Sowers was a selected participant at the NFL's Women's Careers in Football Forum in Orlando, Fla., in January 2018. She oversaw team operations and was a player liaison for the women's soccer club, FC Kansas City, in 2017. From March 2015 to May 2016, Sowers was a Heads-Up Football Assistant Master Trainer for USA Football. She was named to USA Football's 2021 High Performance Committee and Athlete & Coach Advisory Subcommittee.

While working for USA Football, she helped conduct player safety coach clinics, assisted in NFL Play60 camps during the 2015 and 2016 drafts in Chicago, helped with numerous Chiefs camps and clinics, and the women's mini-camp and girl scouts takeover camps.

Sowers earned a Master of Arts degree in Higher Education with an emphasis in Sports Administration at the University of Missouri-Kansas City in May 2013. She was a graduate assistant with the Kansas City women's basketball program, where she handled film exchange and equipment, while also serving as the team's graphic designer for marketing and recruiting purposes.

Sowers played four years of college basketball, spending her first two seasons at Hesston College in Hesston, Kan. She earned an associates degree in liberal arts in May 2006, and was named a NJCAA All-American. Sowers set an HC school record for points in a single game (45), points in a season (606) and points in a career (1,100). She played her final two years at NCAA Division I Oakland University in Rochester, Mich. Sowers helped the Golden Grizzlies to a pair of league championships. She also excelled in the classroom and was named Summit League Academic All-Conference in 2008.





KATIE SOWERS

Coach Sowers is in her second season as an assistant coach with the Ottawa University women's flag football program. She is OU's Flag Football Operations and is the Defensive Coordinator for the Braves.

Sowers joined her sister in the spring of 2021, helping build OU's first women's flag football program and capture the 2021 NAIA National Championship. She continues to break down barriers, while now encouraging, supporting and helping to create more opportunities for women to pursue their passion and competitive goals in the sport of football.

Sower was part of the coaching staff of the NFL's Kansas City Chiefs through the Bill Walsh Diversity Fellowship. It is a program that aims "to use NFL clubs' training camps, offseason workout programs and minicamps" to give coaches more experience and help them gain full-time employment.

Before coming to Ottawa, Sowers was an offensive assistant coach with the San Francisco 49ers of the National Football League from 2017 to 2021. She made history becoming the first female coach on an NFL staff to coach in a Super Bowl. Prior to her time with the 49ers, Sowers was a wide receivers coaching intern with the NFL's Atlanta Falcons.

Sowers played football in the Women's Football Alliance for the West Michigan Mayhem and her hometown team, the Kansas City Titans. Sowers and her sister, head women's flag football coach Liz Sowers, played together in 2009 for the West Michigan Mayhem. Sowers led the team with four interceptions, one INT returned for a touchdown, and was fourth on the team in tackles with 30.

She played again with her sister in 2013 for the Kansas City Titans, helping them to the playoffs with a record of 6-2. Sowers had 19 receptions for 314 yards and seven touchdowns. She was the second leading rusher on the team with 424 yards on 25 carries and two touchdowns. Sowers led the team in sacks and interceptions.

Sowers was also selected to play on the USA Women's National Football team in 2013. That team won the IFAF World Championship defeating Team Canada, 64-0.

Sowers spent two years at Hesston College where she was a two year letterman on the women's basketball team. She transferred to Goshen College graduating with a degree in physical education. Sowers was a member of the GC basketball, soccer, and track teams. She holds the school record in the javelin and competed in that event twice at the NAIA Track and Field National Championships

Sowers earned her masters degree from the University of Central Missouri in Kinesiology in 2012.



KATLYN HUGHES

Coach Hughes is in her first season as a graduate assistant with the Ottawa University women's flag football program.

Hughes was a four year letterwinner on the OU women's basketball team. She played in 114 games, averaging 5.5 points and 1.8 rebounds per game. Hughes shot 34.6 percent from the floor, 29.4 percent from behind the 3-pt line, and 79.1 percent from the free throw line.

Hughes graduated with from OU with her degree in human services.