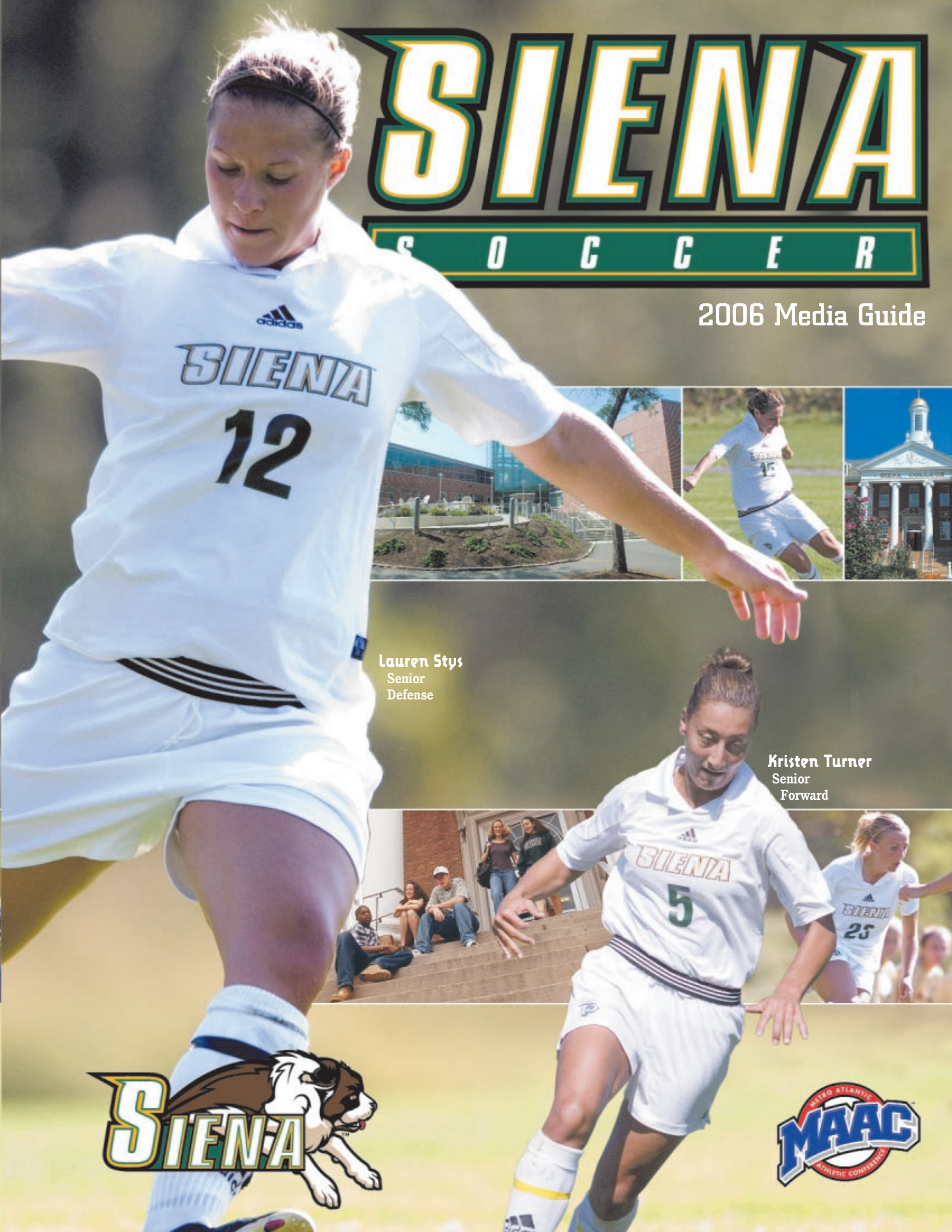


SIENA

S O C C E R

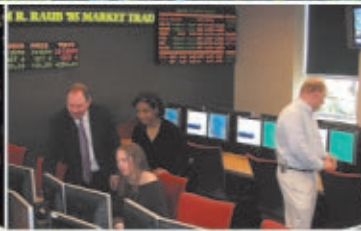
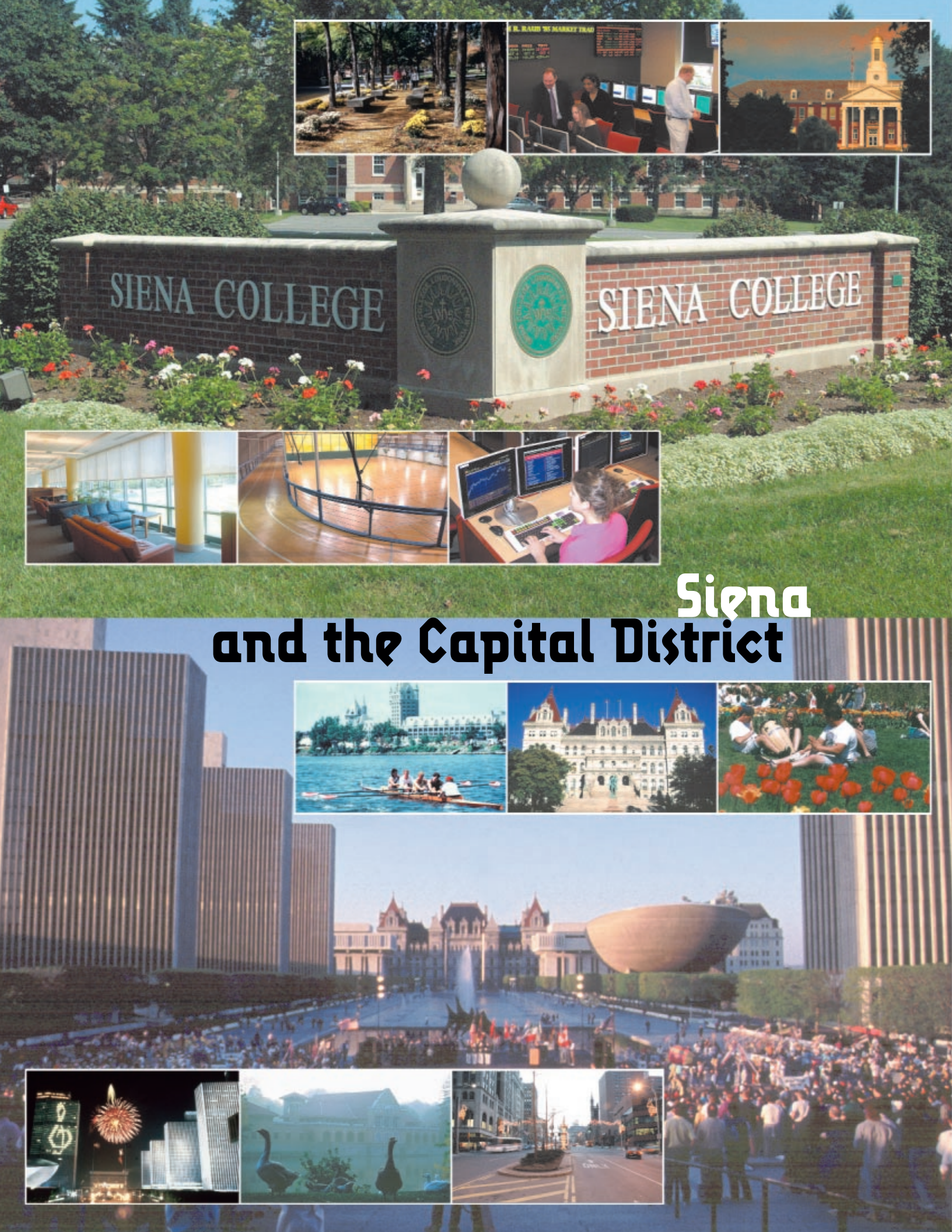
2006 Media Guide



Lauren Stys
Senior
Defense

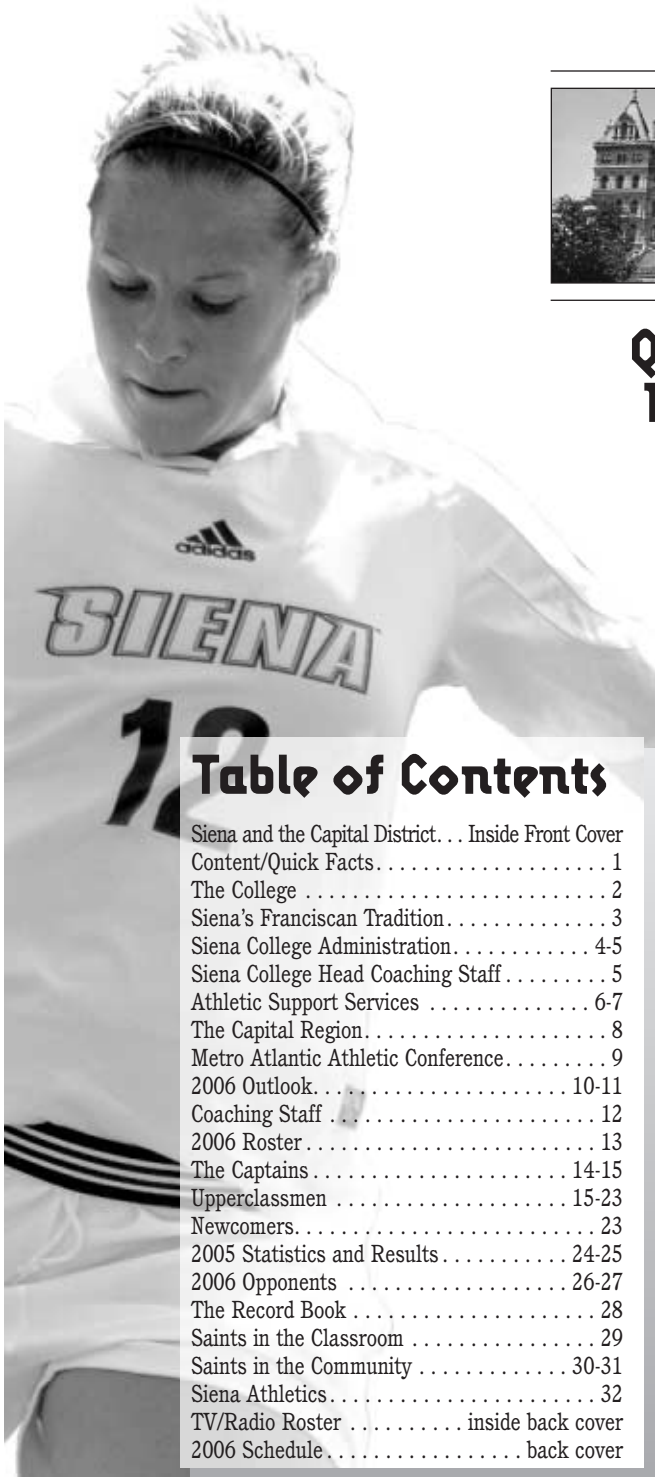
Kristen Turner
Senior
Forward





Siena and the Capital District





Quick Facts

Location Loudonville, N.Y.
 Enrollment 2,900
 Founded 1937
 Nickname Saints
 Colors Green and Gold
 Facility/Capacity Siena Field/500
 Conference Metro Atlantic Athletic
 President Fr. Kevin E. Mackin, O.F.M.
 Director of Athletics John D'Argenio
 Associate Athletic Director Joyce Eggleston
 Assistant Athletic Director Dennis Bates
 Assistant Athletic Director Kim Moutz
 Corporate Sales Manager Scott Knapp
 Athletic Marketing Manager Camelia Trahan
 Administrative Secretary Megan Gilligan
 Coaches' Secretary Sybille Cowan
 Department Phone (518) 783-2551
 Athletic Phone (518) 783-2450
 Athletic Fax (518) 783-2992

Table of Contents

Siena and the Capital District . . Inside Front Cover
 Content/Quick Facts 1
 The College 2
 Siena's Franciscan Tradition 3
 Siena College Administration 4-5
 Siena College Head Coaching Staff 5
 Athletic Support Services 6-7
 The Capital Region 8
 Metro Atlantic Athletic Conference 9
 2006 Outlook 10-11
 Coaching Staff 12
 2006 Roster 13
 The Captains 14-15
 Upperclassmen 15-23
 Newcomers 23
 2005 Statistics and Results 24-25
 2006 Opponents 26-27
 The Record Book 28
 Saints in the Classroom 29
 Saints in the Community 30-31
 Siena Athletics 32
 TV/Radio Roster inside back cover
 2006 Schedule back cover

Team Information

2005 Record 10-8-1
 Conference Record 6-2-1 (3rd)
 Starters Returning/Lost 10/1
 Letterwinners Returning/Lost 19/4

Soccer Information

Head Coach Steve Karbowski
 Career Record 51-64-10 (8th season)
 Record at Siena 51-64-10 (8th season)
 Assistant Coaches Noel Cox, Miles Joseph
 Office Phone (518) 782-6826
 Email skarbowski@siena.edu

Sports Information

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 Email jrich@siena.edu
 Asst. SID/Women's Soccer Contact Stephen Dombroski
 Phone (518) 783-2377
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 Fax (518) 783-2992

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Jason Rich '98
Sports Information Director



Stephen Dombroski '04
*Assistant Sports Information Director/
 Soccer Contact*



Joe Burek
Sports Information Graduate Assistant

The 2006 Siena College Women's Soccer Media Guide is published by the Siena College Sports Information Office. It was prepared by graduate assistant Joe Burek and edited by sports information director, Jason Rich with assistance from Steve Karbowski. It may be purchased for \$6 in the Marcelle Athletic Complex, or by mail for \$8. To do so, please send a check or money order to: Siena College Sports Information Office, 515 Loudon Road, Loudonville, N.Y. 12211-1462. Make check payable to Siena College Athletics.

Design by: Jan Jarvis, Willow Graphics.

Printing by: Walter Snyder Printer, Inc., Troy, N.Y.

Photography by: Stockton Photo, Inc.

Albany and Capital District photos courtesy of Albany County Convention and Visitors Bureau, Inc.

For more information about the Siena College women's soccer program, please contact the Siena College Soccer Office, 515 Loudon Road, Loudonville, N.Y. 12211-1462

Phone: (518) 782-6826 or (877) GO-SIENA (toll free)
 Email: skarbowski@siena.edu

This is Siena

Siena College is a community of 2,900 men and women offering degrees in Liberal Arts, Business, and Science. Founded in 1937, Siena is a coeducational, independent, liberal arts college with a Franciscan and Catholic tradition. Student-focused professors are at the heart of a supportive learning community that prepares students for careers, an active role in their community, and for the real world.



An independent Board of Trustees governs the College. An active Board of Associate Trustees serves to strengthen the relationship between the campus and the surrounding community.

Recognizing that its students come from varied racial, ethnic and cultural backgrounds, Siena College supports the creation of a multi-cultured environment for all of its students. The internal growth and development of Siena has been continuous. In response to the changing needs of the times, the Siena curriculum allows flexibility and individual choice for all undergraduates.

The Secret of Siena's Success

What keeps Siena College among "America's Best?" Since its founding, Siena has been a community where care and concern for the intellectual, personal and social growth of all students is paramount.

The overwhelming sense of community spirit at Siena grabs your attention the moment you arrive on campus. It is a place where your friends are your neighbors, your professors are your friends, and just about everyone calls you by your name. The one on one interaction in the classroom and personal attention to each individual is why students call Siena "home."

Academics

Siena believes that a liberal arts education provides our graduates with the necessary skills to succeed. Students can choose among 26 majors in liberal arts, science and business. All majors require coursework in English, history, philosophy, religious studies, fine arts, the social sciences and natural science as part of Siena's core curriculum.

Siena also offers more than a dozen cooperative and special programs to suit a variety of professional interests. The Siena/Albany Medical College Program features a medical education with a distinct ethical dimension, the first of its kind in America. Certificate programs are also available in theatre, peace and international studies, foreign languages, and business. All certificate programs offer students a concentration

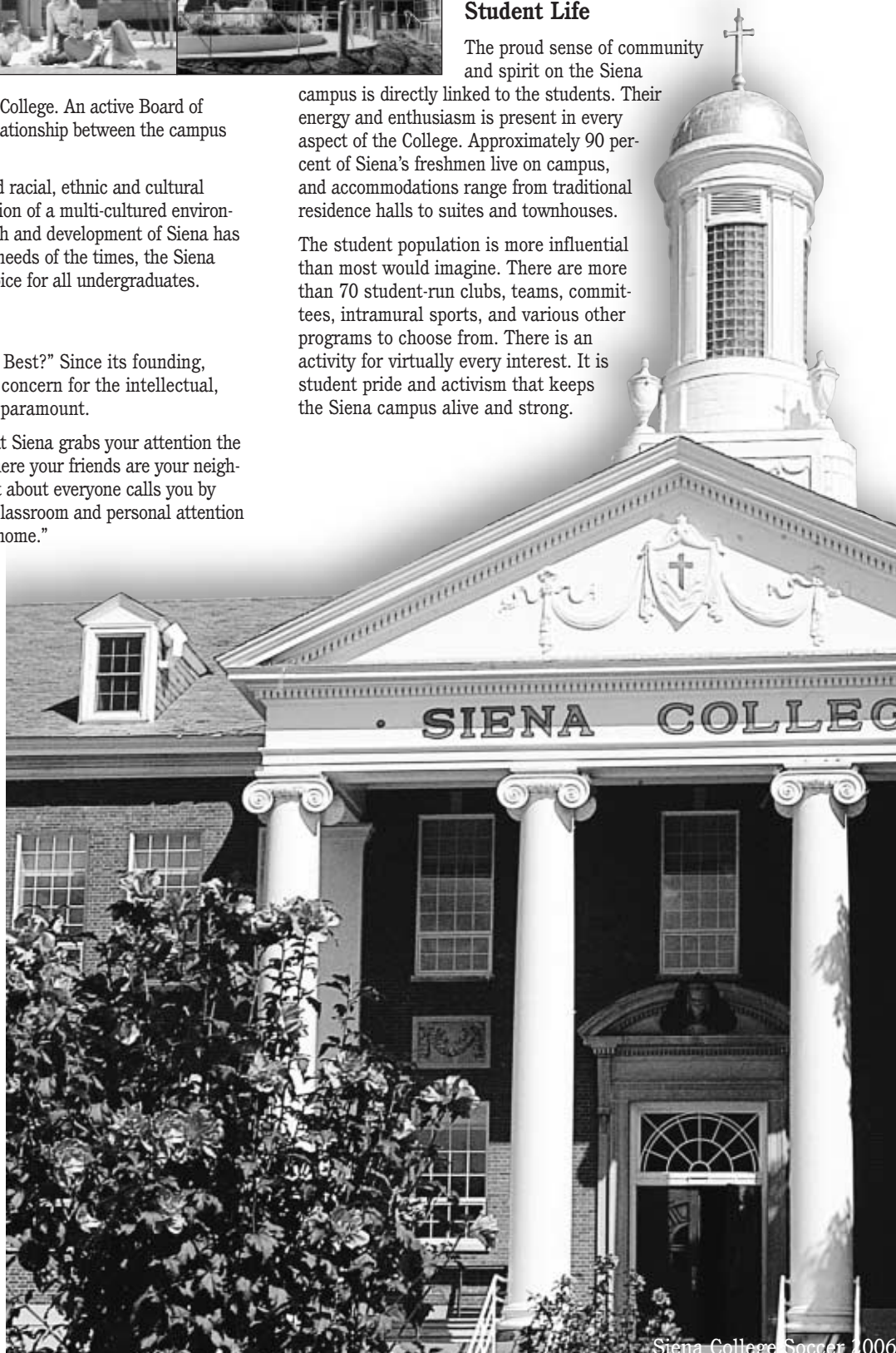
of experience that enhances their majors and increases their career options. Other popular choices include Study Abroad, the Siena in London program, the Washington Semester, an MBA program with Clarkson University, and several cooperative engineering programs.

Siena's liberal arts education prepares every student for entry into professions or to graduate school. Each year Siena graduates more than 700 students who are eagerly accepted by leading corporations, the public sector and into America's most prestigious graduate programs.

Student Life

The proud sense of community and spirit on the Siena campus is directly linked to the students. Their energy and enthusiasm is present in every aspect of the College. Approximately 90 percent of Siena's freshmen live on campus, and accommodations range from traditional residence halls to suites and townhouses.

The student population is more influential than most would imagine. There are more than 70 student-run clubs, teams, committees, intramural sports, and various other programs to choose from. There is an activity for virtually every interest. It is student pride and activism that keeps the Siena campus alive and strong.



Understanding Siena's Franciscan Tradition

The Catholic, Franciscan tradition is Siena's founding tradition, and this tradition remains alive at Siena where it engages students, faculty, staff, administrators of diverse backgrounds.

Franciscan education is affective learning. It occurs in the personal interactions of faculty, students, and student affairs staff; it prepares students to address real issues in our contemporary world, and to raise critical questions. Siena has adopted a multicultural plan to foster its Franciscan commitment to being a community which reflects and appreciates the ethnic and cultural richness of the college community.

The Franciscan tradition plays out in the two crucial areas of college life.

First, Siena's Franciscan identity requires us to be a student-centered community. It requires faculty, staff, and administrators to respect each student, to work with students attentively, to communicate a sense of enjoyment at being part of this college. Students work together in programs which range from peer tutoring in the college to volunteering in the larger community. The emphasis on volunteering means that not only does Campus Ministry run an extensive volunteer program, but student organizations carry out volunteer programs as part of being chartered by the College.

Many colleges say they are student-centered, but Siena's Catholic, Franciscan vision of human life is essentially communal. It knows that life is lived in, with, and for, other human beings. At the same time, it respects the irreplaceable dignity of the individual and the individual's freedom of conscience. This communal and respectful experience begins within the college community and is carried out into the larger society.

Second, the Franciscan tradition provides resources which contribute to our academic excellence. Saint Francis called himself simple and unlearned, but he had a profound and coherent understanding of human identity, social life, and the physical world. This understanding began with careful attention to the real experience

of being human, living in a community, being situated in a particular place, but then he put this experience in the context of a tradition. He could also listen to and learn from people formed by other traditions.



Siena's Franciscan tradition guides Siena in creating a curriculum which stimulates individual intellectual growth and civic responsibility, connecting knowledge and action.

The Franciscan tradition also focuses us on pedagogical strategies which are both critical and interactive. It is the reason we limit our class sizes, it is the reason we emphasize the relationship between faculty and students.

At Siena, education is understood as a transformative experience: personal interaction, introduction into the traditions of human social life, and assuming responsibility.



Siena College *The Facts*

Enrollment: Approximately 2,900 undergraduates: 53% women, 47% men.

Student-Faculty Ratio: 14:1

Class sizes range from 15-35

Location: Suburban, 155-acre campus two miles north of Albany, less than three hours from New York City and Boston.

Majors

B.A.: American Studies, Classics, Creative Arts, Economics, English, Environmental Studies, French, History, Mathematics, Philosophy, Political Science, Psychology, Religious Studies, Social Work, Sociology, Spanish

B.S.: Biology, Chemistry, Computer Science, Economics, Finance, Marketing & Management, Physics

B.B.A: Accounting

Computers

All Siena students have free Internet and e-mail access; students have 24-hour access to campus-wide computer system; Siena maintains specialized computer labs for Arts, Science, and Business students. Student-Computer Ratio: 12:1.

Student Life

80 percent of students live on campus in residence halls, suites or townhouses. More than 60 organizations, including Karate Club, Ski Club, Big Brothers/Big Sisters, Multicultural Center, Model UN, Stage Three, Students Events Board, and 88.3 FM-WVCR.

Marcelle Athletic Complex ("The MAC") features exercise equipment, swimming pool, racquet and squash courts, aerobics, an elevated, banked running track and basketball courts.

18 NCAA Division I sports (7 for men, 11 for women); 20 intramural and club activities.

Costs

\$28,260 (tuition, room and board and fees in 2005-2006)

Approximately 85 percent of Siena students receive financial aid.





Fr. Kevin E. Mackin, O.F.M. - President

Fr. Kevin E. Mackin, O.F.M., is beginning his 11th year as the ninth president of Siena College.

A member of the Franciscans of Holy Name Province from New York City, he has held several executive positions with the friars, including member of the Board of Directors, education chairman, director of Development and Public Relations, and director of St. Anthony's Guild.

Fr. Mackin was ordained a priest in 1964. He first served at Siena College from 1970-82 as assistant and associate professor of religious studies, as chair of the department for two years, and as leader of the Franciscan community. In 1982, he was appointed president-rector of Christ the King Seminary, a graduate theological school in East Aurora, N.Y. During his tenure there, he chaired the Seminary Department of the National Catholic Educational Association, Washington, D.C.

He has studied and lectured on a variety of topics, including the Bible, Jesus and the Gospels, Christian theology, and contemporary Catholic and Protestant thought. His writings include the book "In Search of the Authentic Christian Tradition." He also hosts the "News & Views" radio program, aired in New York's Capital Region at 88.3 FM, and heard worldwide on the Internet at wvcr.com

Fr. Mackin earned a bachelor's degree at St. Bonaventure University, a master's degree in history from Siena College, and four degrees from the Catholic University of America, including a doctorate in sacred theology. He extended his education at the Instituto Mexicano Norteamericano in Mexico City, Laval University in Quebec City, Georgetown University, the Indiana University Center of Philanthropy, the Institute of Charitable Giving and the Harvard Institutes of Higher Education, among other institutions.

During Fr. Mackin's tenure as president, Siena College has reached unprecedented growth in its offerings. The Siena campus has several recent state-of-the-art additions, including the Standish Library, the Sarazen Student Union, the Key Auditorium and the Morrell Science Center. The College has substantially increased technology; a crown jewel is the Hickey Financial Technology Center. Siena has a college-wide honors program, and features 25 major fields of study, including biochemistry, creative arts, and computational science. Other news-maker programs include nanotechnology courses, globalization studies, Center for the Study of Government and Politics, broadcast studies, and a cutting-edge program in atmospheric and space studies.

Taking advantage of these and other Siena College offerings is a healthy enrollment of 3,000 full-time students.

Fr. Mackin has served on various national, diocesan, Franciscan and educational committees, including reaccreditation teams and papal visitation teams in the United States. He is a commissioner of the Middle States Commission on Higher Education, the organization that accredits more than 500 colleges and universities. He also serves on the board of directors of the Association of Catholic Colleges and Universities, an organization of over 200 institutions.

He chairs the Association of Franciscan Colleges and Universities, and the Metro Atlantic Athletic Conference Council of Presidents, and belongs to the Association of Governing Boards of Colleges & Universities. In the State of New York, he is a former trustee of the Commission on Independent Colleges and Universities, which counts Siena College as an active member.

Fr. Mackin is also active on the board of directors of the Albany-Colonie Chamber of Commerce, and the advisory board for KeyBank National Association's Capital Region district. He shepherds Siena's membership in the Center for Economic Growth, and other associations. He is also affiliated with the Catholic Theological Society of America, the Association of Fund Raising Professionals, and the International Who's Who of Professionals.



Fr. James Toal, O.F.M. - Vice President

Fr. James Toal, O.F.M. enters his 10th year at Siena as vice president/office of the president, after serving as president of Quincy University in Quincy, Ill. for 14 years.

As vice president, Fr. Toal is responsible for assisting Fr. Mackin with college operational matters, coordinating special projects of the college, as well as overseeing Siena's department of athletics. Under his leadership, the College has made an increased commitment to athletics each of the past six years.

While at Quincy, Fr. Toal's leadership was integral in the acquisition of major funding from the Ameritech Foundation, the initiation of graduate programs in business administration and education, and the renovations and additions to the school's North and Main Campuses. The grant money received from the Ameritech Foundation enabled Quincy to create the Ameritech Center for Communications, enhancing the University's integrated writing program.

Previously, Fr. Toal served as executive vice president at St. Bonaventure University from 1976-83, and was active on several committees, chairing the University Finance Committee, the Long-Range Planning Team and the Athletic Advisory Committee.

A native of New York, N.Y., Fr. Toal received a bachelor's degree in English from St. Francis College in Brooklyn in 1956. He proceeded to earn his master's in English from St. John's in 1966 and a Ph.D. in college administration and supervision from Fordham University in 1976. Fr. Toal was ordained to the Franciscan priesthood in 1975.



John D'Argenio - Director of Athletics

John D'Argenio was appointed director of athletics on April 21, 1993, after serving as the acting director of athletics for the 1992-93 academic year. Since the appointment, many new initiatives have been set forth and much progress has been made in the athletic department.

The department's first academic advising office was created and a full-time advisor was hired to work with all of Siena's student-athletes. The academic office has been responsible for implementing a tutoring program, developing educational programming and producing a student-athlete population whose combined grade-point average is higher than that of the general student body. In recent years, Siena's student-athlete graduation rate has ranked among the best in the country. In the NCAA's inaugural graduation success rate announced in 2006, Siena student athletes finished 5th among all Division I schools.

As part of the college's efforts to address gender equity, the women's sports programs have expanded immensely in the past 10 years. With the addition of golf, women's swimming and diving, women's water polo and the elevation of lacrosse from club to varsity status, Siena now sponsors 11 Division I women's sports.

In 1996 D'Argenio was instrumental in negotiating Siena's agreement with the County of Albany and Pepsi Arena to move all of the College's men's home basketball games to the downtown facility. The move to the state-of-the-art downtown Albany facility culminated in Siena and the Arena signing a five-year contract and most recently a four-year extension. Since the move, both the men's and women's basketball programs have seen their attendances soar to the top-80 nationally. Since the move to the Arena, Siena has also made major strides in the marketing of its programs. An active corporate partnership program has emerged on the heels of the 1996 decision that includes over 45 local and national businesses.

Athletic Development has increased over the past eight years as well. Saints Alive!, the department's athletic development organization, was initiated in 1998 to formalize and bring structure to the department's fundraising efforts and its membership

Siena College Head Coaching Staff

has grown each year since. Over a quarter of a million dollars is raised annually and distributed directly to services that benefit the College's student-athletes.

Siena teams have enjoyed conference-wide as well as regional and national success. In 2005-2006, a record four programs captured MAAC Championships. Siena's women's tennis, volleyball and men's golf teams advanced to the NCAA Tournament last year. The Saints' basketball programs have enjoyed postseason success under D'Argenio's supervision as well. In 1994 the men's basketball team made a memorable run through the National Invitation Tournament, ending with a trip to Madison Square Garden to play in that Tournament's final round. The Saints made their third NCAA Tournament appearance in 2002, marching off with an opening round victory. The women's basketball team has captured seven regular-season Metro Atlantic Athletic Conference titles and, in 2001, advanced to its first NCAA Tournament in Nashville, Tenn. The Saints have played in three postseason WNIT's as well, advancing as far as the round of 16 in 1998. Siena has registered five MAAC volleyball championships and four MAAC baseball titles during D'Argenio's tenure. The women's soccer program has consistently finished in the upper echelon of the MAAC after posting the nation's eighth most improved season in 2001. All totaled the Saints have won 20 MAAC championships under D'Argenio's direction.

Siena's athletic facilities have been dramatically enhanced in the last 12 years. In 2004 the Callanan Field House was expanded. The expansion features four team rooms as well as the Turchi Theater, a 32-seat room equipped with the latest in digital editing and presentation equipment. All of Siena's outdoor facilities have seen improvements as well and plans are in the works for a multipurpose outdoor field with bleacher seating and a press box.

In 1995, D'Argenio served as Tournament Director for the NCAA Men's Basketball Championship first and second rounds at the then-Knickerbocker Arena. He again assumed those duties in March of 2003, as Siena served as the host institution for the men's basketball East (Albany) Regional at Pepsi Arena after co-hosting the NCAA wrestling National Championships in March of 2002. The Saints have hosted numerous NIT and Women's NIT games as well, including a remarkable six in 2003.

Prior to his appointment to director of athletics, D'Argenio served as Siena's sports information director from 1985-1992.

D'Argenio currently serves on the NCAA Division I Baseball committee and is a member of the MAAC marketing and finance committees. He serves on the Albany County Convention and Visitors Bureau as well.

D'Argenio earned a bachelor of arts degree from the University of Dayton in 1982 and a master's of science degree from North Dakota State University in 1985. He is a native of Rome, N.Y.



Tony Rossi
Baseball



Fran McCaffery
Men's Basketball



Jim Bowles
Men's and Women's Cross Country



Tom Wronowski
Men's Golf



Brian Brecht
Men's Lacrosse



Charlie Curto '79
Men's Soccer



Jim Serbalik
Men's Tennis



Gina Castelli
Women's Basketball



Lynda Lareau
Field Hockey



Dave Wronowski
Women's Golf



Jake McHerron
Women's Lacrosse



Steve Karbowski '93
Women's Soccer



Joyce Eggleston
Associate Athletic Director/Compliance



Kimberly Moutz
Assistant Athletic Director - Development



Dennis Bates
Assistant Athletic Director - Business Operations



Timothy O'Brien
Women's Tennis



Garvey Pierre
Volleyball



Rob Swingle
Water Polo



Greg Brown
Swimming/Diving



Scott Knapp '01
Corporate Sales Manager



Camelia Trahan
Athletic Marketing Manager

Ellen Howe - Life Skills Coordinator
Brian Brecht - Operations Assistant
Jake McHerron - Facility Assistant
Lynda Lareau - Facilities Assistant
Greg Dashnaw - Head Athletic Trainer
Matt Phelps '02 - Strength and Conditioning
Rob Swingle - Aquatics Coordinator
Jeffrey Ellis - Intramural Coordinator



Deanna Parks
Softball



Sybille Cowan
Coaches' Secretary



Megan Gilligan
Administrative Secretary



Athletic Academic Support Program

Nearly 15% of Siena students participate on one or more of Siena's varsity intercollegiate athletic teams. As members of the Metro Atlantic Athletic Conference, Siena student-athletes reap the benefits of both worlds – the opportunity to engage in a challenging and stimulating academic environment, along with the chance to develop their athletic potential as members of competitive NCAA Division I teams. The support services provided to student-athletes are designed to offer assistance and resources, in addition to encouragement and guidance as they strive to maintain balance and achieve excellence in their academic and athletic careers. Services include monitoring academic and degree progress, supervision of study hall, coordination of enrichment and educational programming, as well as interaction with academic advisors and faculty within the various Liberal Arts, Science and Business colleges.

Saints Supporting Saints – Academic Tutoring Service

The latest resource implemented to academic support services for student-athletes, Saints Supporting Saints is a program designed to provide student-athletes with immediate assistance in their attempt to gain control of their academic success. Student-athletes who excel at certain subjects are utilized as tutors, helping fellow Saints achieve their academic goals. The program is funded by the athletic department. Tutors are available for all three schools (Arts, Business and Science) of study at Siena.

Athletic Study Center

In the fall of 2004, the Siena athletic department introduced a new Study Center located on the second floor of the Marcelle Athletic Complex. Complete with several desktop computers, and internet hookups for laptops, the Study Center is the perfect location to for student-athletes to complete their out-of-class education. Incoming freshmen and at-risk student-athletes are required to attend study hall throughout the academic year as described in the Siena Student-Athlete Handbook.



On-Campus Resources

The state-of-the-art J. Spencer & Patricia Standish Library opened in 1999 and exceeds all the resources expected from an institution of higher education. Students are also encouraged to take advantage of The Writing Center at Siena College, which exists to provide free, one-on-one tutoring to all members of the Siena College Community, working with writers from all levels of experience, ability, and expertise. The Siena Career Center is also an excellent resource dedicated to teaching the career development process to students through innovative and quality career services.



The J. Spencer & Patricia Standish Library

Student Services and Personal Development

The S.A.IN.T.S. Program: Supporting Athletes IN Their Success Life Skills

Developed by the Siena College athletic department, the S.A.IN.T.S. program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. These efforts are supported with programs and services in personal development and community service.

Personal Development

Fostering the development of personal growth is paramount to the S.A.IN.T.S. program. During the course of the academic year, several support programs are offered for student-athletes providing opportunities to focus on personal growth issues such as values classification, goal setting, fiscal planning, nutrition, decision-making and personal responsibility. Programming focuses on helping student-athletes develop a healthy lifestyle while at Siena College as well as habits that will benefit them for life.



Ellen Howe
S.A.IN.T.S./Champs Life Skills Coordinator

S.A.A.C.

The Student-Athlete Advisory Committee (S.A.A.C.) is a student-athlete organization focused on creating programs and events that provide goodwill across all of Siena's 18 sport teams. The group takes part in several volunteer programs in the neighboring community. Also, S.A.A.C. is instrumental in voicing the student-athletes concerns for Siena College athletics and for their respective teams. S.A.A.C. is comprised of a representative from each sports team, and an alternate from each team. The members of this organization have proven to be effective leaders and role models for their team, and are the voices for Siena Athletics.



Meg Helf and Kara Sefcik
Women's Soccer S.A.A.C. Representatives

The S.A.IN.T.S. Cup

The S.A.IN.T.S. Cup is a competition created to encourage participation in the Champs/Life Skills Program at Siena College. It gives student-athletes the opportunity to gain experience and earn points in the five main NCAA Champs/Life Skills components (academic excellence, career development, personal development, community service, and athletic excellence). The focus of the program is to develop the individual as a role model, team member, and community leader.



Each team is awarded points for participation in the S.A.IN.T.S. Cup Program. All academic and athletic excellence points are automatically tallied at the end of each semester. Points are also awarded in the areas of community service, personal and career development.

Two men's and women's sports teams with the highest point total at the end of each academic year will be announced as the winners. The winning teams hold on to the S.A.IN.T.S. Cup for a year, and are awarded \$500. The money is then added to the team's budget and is used at the coaches' and players' discretion.

S.A.IN.T.S. Cup Champions

2005-2006 Men's Lacrosse and Women's Soccer

2004-2005 Men's Lacrosse and Women's Softball

2003-2004 Men's Soccer and Women's Soccer

Sports Medicine

Under the direction of head athletic trainer Greg Dashnaw, entering his 22nd year at Siena, the sports medicine office is responsible for the prevention, treatment and rehabilitation of injuries to Siena's athletes. Over the past two decades, Dashnaw has had a tremendous impact on the development and general health of Siena's student athletes. The sports medicine office also works with the athletes on nutritional counseling and stress management, promoting the physical and psychological well being of student-athletes.



Greg Dashnaw
Head Athletic Trainer

Student-athletes have access to some of the most modern treatment available in the Siena training room. The treatment area includes eight treatment tables with various modalities including electric stimulation and ultrasound as well as an additional taping platform. Siena's athletes also have access to three full-body whirlpools for hydrotherapy, two ice machines, two full-size hydrocollators for hot packs, and combination cold/intermittent compression units. The sports medicine office also utilizes numerous rehabilitation devices, including aquatic therapy through the use of the onsite pool to ensure student-athletes safe and quick recovery to pre-injury (if not better) levels.



Dr. Joseph Marotta '80

The athletic training staff works under the direct supervision of a team of physicians. Included among the team, Orthopedic Surgeon Dr. Joseph Marotta, a former lacrosse player and 1980 graduate of Siena, and General Practitioner Dr. Vincent Luvera make regular visits to campus and cover several events during the course of the athletic season.



Strength and Conditioning

The Siena College strength and conditioning program is designed to physically prepare athletes for competition at the Division I level. Preaching safety, efficiency, and intensity, the program is designed to allow athletes to push themselves to the limit, testing their physical capacity, and mental resolve to be a MAAC champion. The means to this end are encompassed through strength training sessions, in addition to work on flexibility, speed and agility, low-level plyometrics, and sport-specific conditioning. While the program does produce athletes who are bigger, stronger, and faster, the number one priority is to train athletes in all of the aforementioned areas of strength and conditioning, so that they are less likely to become injured during competition.

At Siena, athletes are taught that "more" work is not better, but rather "hard" work is better. In the weight room, athletes are taught to train to muscular fatigue on each set that they perform; due to this intensive style, the athletes are always able to complete a strength training session in 45 minutes to 1 hour, while working out anywhere from 2-4 times per week. Since injury prevention is a top concern, the athletes are never asked to perform exercises that could jeopardize their safety, and are always asked to lift "under control." Strength and Conditioning Coach Matt Phelps is always on hand to supervise team lifts, and to ensure that the athletes are making the most out of their time in the weight room by always asking them to "get stronger today."



Matt Phelps '02
Strength and Conditioning Coach

In the world of collegiate athletics, championships are earned, and this process begins with the off-season strength and conditioning workouts. Through safe, intense, and efficient training methods, the athletes of Siena College are doing everything in their power to achieve this ultimate badge of honor; winning a MAAC championship.



The Capital Region

Albany...and Beyond

Pick the ideal location for a city. Make it a port on a seagoing river, and root it in history almost a century older than the United States itself. Let it be a seat of government, but situate it among three of the most beautiful mountain ranges in the country. For the adventurous spirit, position it equidistant from New York, Boston, and Montreal, and you have the Capital Region—one of the most dynamic capital areas in the nation.

Albany's prime location, stable economy and quality of living are luring an increasingly diverse population to the Capital Region. From large corporations to seedling businesses and flourishing arts organizations, the region provides the goods and services to sustain each.

The 152-acre Siena College campus is located in the suburban community of Loudonville, just two miles north of the New York State capital. Nearly one million people live and work in the Capital Region, and more than 50,000 students live and learn in the region's 14 colleges and universities.

If it is entertainment one seeks, you need not look far. The picturesque town of Saratoga Springs is located only 20 minutes north, and is home to the Saratoga Performing Arts Center, an amphitheatre which draws famous acts for anyone's taste. In the summer, the serene town transforms into the mecca of thoroughbred racing, drawing over half a million fans to view its exciting races annually.

The Pepsi Arena, located in downtown Albany, hosts some of the country's top entertainment acts, and doubles as the home of the area's premiere sporting events as well. The Albany River Rats of the International Hockey League, the Albany Conquest of the Arena2 Football League and the Siena men's basketball team all play home games in the arena.



Outdoor fun takes students skiing on some of the best trails in the Northeast, hiking in the Adirondacks, or boating on the Hudson or Mohawk Rivers.

It's that simple. This is a place of entertainment and excitement, of history and beauty. From daydream to fact, the Capital Region is fulfilling the highest expectations of a diverse and growing community.



The MAAC

With 10 institutions strongly bound by the sound principles of quality and integrity in academics and excellence in athletics, the Metro Atlantic Athletic Conference enters its 26th year of competition during the 2006-2007 academic year.

The MAAC was founded in 1980 by six charter members: the U.S. Military Academy, Fairfield University, Fordham University, Iona College, Manhattan College and Saint Peter's College. Competition followed one year later in the fall of 1981 with members competing in the sports of men's cross country and men's soccer. On January 2, 1982, Army traveled to Iona for the first MAAC men's basketball game and the MAAC story had begun.

Today, Conference members include: Canisius College, Fairfield University, Iona College, Loyola College (Md.), Manhattan College, Marist College, Niagara University, Rider University, Saint Peter's College, and Siena College. In addition, associate members Duquesne University and LaSalle University compete in football. Le Moyne College competes in baseball and women's lacrosse, while Mount St. Mary's College, Providence College, Saint Joseph's University, Virginia Military Institute and Wagner College compete in men's lacrosse. St. Francis (N.Y.) College, Villanova University and Wagner College are all associate members of the MAAC Women's Water Polo League. The MAAC will support 25 sports and conduct 24 championships during the 2006-2007 academic year.

The 2007 MAAC Basketball Championships move to the Arena at Harbor Yard in Bridgeport, Connecticut, with Albany's Pepsi Arena preparing to host the 2008 championship. By having an excellent working relationship with these working facilities, the MAAC has been able to attract a number of NCAA Championship events. In 1995, the MAAC and Siena hosted the highly successful First and Second Rounds of the Division I Men's Basketball Championship. In 2000, the MAAC, along with Canisius and Niagara, again received rave reviews as they hosted the First and Second Rounds of the NCAA Division I Men's Basketball Championship at the HSBC Arena in Buffalo, NY. The MAAC, Rider and Siena co-hosted the 2002 NCAA Division I Wrestling Championships at the Pepsi Arena. The MAAC and Siena successfully hosted the 2003 NCAA Division I Men's Basketball Championship East Regional at the Pepsi Arena. Additionally, the MAAC, Canisius and Niagara served as hosts for the 2003 Division I Men's Ice Hockey Championship, also at the HSBC Arena. In 2004, the MAAC, Canisius and Niagara once again successfully hosted the NCAA Division I Men's Basketball Championship First and Second Rounds at the HSBC Arena. All three parties will host that event again in 2007 and 2010. The MAAC and Rider University will co-host the 2009 NCAA Division I Women's Basketball Championship Regional as well 2010 NCAA Division I Women's Basketball Championship First and Second Rounds at the Sovereign Bank Arena in Trenton, New Jersey after recording the third highest attendance figure for the women's championship with the First and Second Rounds last season.

MAAC Associate Sports

In January of 1993, the conference announced the formation of the MAAC Football League, which began play in September 1993. The league consists of the three football-playing MAAC schools—Iona, Marist and Saint Peter's—and two associate members Duquesne and La Salle. The MAAC Football League keeps costs to a minimum through a series of innovative conference rules involving travel squad size, length of the practice season, and a limited number of full-time coaches. Most importantly, however, there are no athletic scholarships, just need-based financial aid.

In June of 1995, the MAAC continued to develop opportunities for student-athletes as the conference announced the formation of the MAAC Men's and Women's Lacrosse Leagues. The men's league began competition in the spring of 1996, while the women's league commenced in the spring of 1997. The men's league consists of four MAAC schools—Canisius, Manhattan, Marist, and Siena—and five associate members—Mount St. Mary's, Providence, Saint Joseph's, Virginia Military Institute and Wagner. The women's league consists of MAAC institutions Canisius, Fairfield, Manhattan, Marist, Niagara and Siena, plus Le Moyne.

In 2002, the MAAC added the MAAC Women's Water Polo League, making it the 25th sport that the conference sponsors. The league is made up of three MAAC schools—Iona, Marist and Siena—as well as three associate members, St. Francis (NY), Villanova and Wagner.

Academics and Athletics

The MAAC prides itself on the accomplishments of its student-athletes in the classroom, as well as on the field. Mary Beth Riley, a 1991 graduate of Canisius, was the first recipient of the NCAA Woman of the Year Award. In the fall of 1998, Erin Whalen, a member of the Iona women's rowing team, was awarded one of the nation's 32 Rhodes Scholarships for academic achievement and civic leadership. Jose Vargas, a Loyola student, was also awarded a Rhodes Scholarship in 1999.

First-class facilities are the rule with MAAC schools, as teams regularly play in top-notch arenas, such as Madison Square Garden, the Continental Airlines Arena, HSBC Arena, Pepsi Arena, the Arena at Harbor Yard and Sovereign Bank Arena. The other MAAC championships boast their share of outstanding locales as well, such as Dutchess Stadium in Fishkill, N.Y., home of the baseball championship, and the fabled Van Cortlandt Park in the Bronx,

where the cross country championships are contested. This year, the

MAAC will take its Volleyball Championship as well as Men's and Women's Golf Championships to Orlando, Florida,

where it will conduct its post-season championships

at Disney's Wide World of Sports Complex. In 2007, the MAAC Men's Soccer Championship will be at Walt Disney World.

In the past several years, several of the MAAC schools have also enjoyed success in NCAA Tournaments. MAAC schools have made a total of 69 NIT appearances and 37 NCAA appearances.

Combined with recent bracket expansion in several sports, the MAAC pos-

sesses 11 automatic bids in men's and women's basketball, baseball, softball, men's and women's soccer,

volleyball, men's golf, men's and women's tennis, and men's lacrosse. In 2003, the Iona College men's cross country

team finished fourth—just one point out of third place—at the

NCAA Division I Cross Country Championships. Canisius softball, Manhattan track, Manhattan and Marist baseball and Loyola soccer and lacrosse have also flourished on the national stage.

The MAAC has also been a leader in the forefront of technology, expanding the notoriety of the league into cyberspace. In 2001, the league retained Host Communications, Inc. to sponsor the MAAC web page. Launched in November 1999, www.maacsports.com has been a great success, providing fans with up-to-date contest results, fan polls and an online merchandise store.

The MAAC President for the 2006-2007 academic year is Rev. Joseph L. Levesque, C.M., the President of Niagara University. The Vice-President is Rev. Brian F. Linnane, S.J., the President of Loyola College. Eugene Doris, Director of Athletics at Fairfield University, will chair the Committee on Athletic Administration, and Traci Murphy, Associate Athletics Director/Senior Woman Administrator at Canisius College will serve as Vice Chair.



2006 Season Outlook

After setting and equaling a program record with back-to-back 10-win seasons, head coach Steve Karbowski and the Saints are poised to challenge for their initial MAAC Championship. Siena welcomes back 19 letterwinners and all but one starter from last year's team, which placed third in the MAAC.

"With eight seniors and eight juniors on this year's roster we are prepared to take a step forward," Karbowski said. "If we get the leadership and production I expect from our upperclassmen, we have a realistic chance at competing for the MAAC Championship."

Leading the way will be tri-captains **Megan Helf**, **Lauren Stys** and **Amy Loughridge**.

"Each of these players has demonstrated strong leadership qualities during their time at Siena," Karbowski said. "They have a team-first attitude and lead by example on and off the field."

In addition to leadership, Karbowski would like to see even more offensive production than the 42 goals the team scored in 2005.



"Our possession and scoring chances were much improved overall last season, but we need to do a better job of finishing," Karbowski said. "Defensively, we should be a solid group anchored by two experienced goalkeepers."

Forwards

The Saints return two of their top three goal scorers from last season. 2005 Second-Team All-MAAC pick **Kristen Turner** (nine goals, four assists) and junior **Susie Blaisdell** (five goals, three assists). Turner has led the Saints in scoring in each of her three seasons and figures to be in a similar position this fall.

"Kristen has great talent and pace and is much improved in finishing her opportunities," Karbowski added. "She should have a great season and once again compete for All-Conference accolades."

Blaisdell played alongside Turner for the majority of the 2005 season, complementing her nicely. She has improved her game dramatically in her first two seasons with the program.

"Susie is becoming a complete forward," Karbowski said. "She can play with her back to the goal, finish with both feet, and possesses the work rate and knowledge of runs to free herself."

The news is not all good, as the team will have to pick up the scoring lost due to the graduation of Alicia Lackey, who scored nine goals and dished out two assists in 2005.

"Alicia had a knack for putting herself in the right spot and finishing her chances," Karbowski said. "We have several options up front to replace her, and hopefully someone will distinguish themselves."

Karbowski alludes to Helf, senior **Sarah Hopkins**, sophomore **Stephanie DiMari** and freshman **Christina Macera**.

Helf, a tri-captain, remained closely involved with the team despite missing the 2005 season with a knee injury. Her dynamic style of play will be a welcome addition again in 2006. Helf played in 18 games, starting nine times in 2004 and finishing tied for second with six points (two goals, two assists).

"Megan's maturity and leadership has earned her respect from teammates and coaches," Karbowski said.

Hopkins played in 17 games last season registering one goal and one assist.

"Sarah can strike the ball with either foot and is great off the dribble," Karbowski said. "She has the ability to free herself up or set up her teammates."

DiMari played outside midfield as a rookie before suffering a season-ending injury after 10 games. She is an attack-minded athlete who loves to go forward.

"Stephanie showed well in the spring and will have an opportunity to crack the rotation," Karbowski said.

Macera promises to be another exciting offensive player after a decorated high school career. She brings great pace and skills to the forward spot and will earn increased minutes as she becomes adjusted to the game. She is versatile enough to play midfield, but is best suited at forward.

Midfield

The midfield was the most improved part of the team a year ago, increasing its scoring output from five goals to 13.

"We put a major emphasis on improving the offensive production from the midfield last season," Karbowski said. "Great strides were made in this area, but we feel there is even more room for improvement with our entire midfield returning."

The center midfield will be controlled by senior **Erinn Flaherty**, juniors **Kara Sefcik** and **Loughridge** along with newcomer **Alyssa Thayer**.

"Erinn, Amy, and Kara did a great job possessing the ball and decision making last season," Karbowski said. "They all have center mid skills, but each brings a her own unique style."

Flaherty is very efficient with her touches and is a great passer. Loughridge is a great ball-winner with an exceptional work rate, and Sefcik brings a toughness in the air and is more offensive minded.

Thayer has a combination of all these skills and could evolve into the best goal scorer of the bunch.

"Alyssa strikes the ball very well and will be deadly coming forward out of the midfield on free kicks," Karbowski said.

The outside midfield returns senior **Erin Morine** and junior **Chelsea Maguire**. The duo combined for five goals and eight assists last season.

Morine is a steady performer with an immaculate touch on the ball and a great feel for the game. Maguire has the most speed on the team and worked diligently at improving her one-on-one ability in the spring.

Juniors **Tara Ross** and **Katie Mulligan** and freshman **Arielle Brazer** will compete for playing time and add depth to the outside.

Ross is a hard worker who is poised to make an impact this year after transitioning from defense last season. Mulligan is a consistent force with an upbeat attitude. Brazer is a very technical and skillful player who will fit in well with Karbowski's system.

"The midfield will again be the key to our success with improved possession," Karbowski said. "We will count on this group to create scoring chances and have the mentality to move forward and score goals."

Defense

The defense figures to be strong despite the graduation of First-Team All-MAAC selection Corry Silon. Karbowski will use the preseason to solidify some roles and answer questions.

"The defenders as a whole are a talented group, so ability is not a concern," Karbowski said. "The lineup may not be as clear as in previous years, as I expect a healthy competition for several spots."

Katie Goodwin's starting role seems secure on the left side. Goodwin returns for her junior season after receiving MAAC All-Rookie and MAAC Second-Team honors during her first two seasons.

"Katie is a relentless defender who has greatly improved her distribution," Karbowski said.

Brandie Petrie, Madeline Rickard, Jen Smith, Lauren Stys, Shana Brady and **Alyssa Thayer** will compete for the other three open positions. Rickard and Stys saw significant playing time, gaining valuable experience last season.

"Maddy reads the game very well and is always in the right spot to make the play," Karbowski said. "Lauren is a tough defender who is difficult to get behind."

Petrie had an injury-plagued junior season, but with a healthy return, will compete for a starting role as a reliable center back. Petrie appeared in 15 games as a freshman in a variety of defensive roles and was a regular starter as a sophomore.

"Shana is an extremely intelligent player who is great with the ball at her feet," Karbowski said. "She had a great spring season and played significant minutes in the central role vacated by Corry (Silon)."

Thayer is another player who could see action as a defensive midfielder.

Goalkeepers

Carey Winkler and **Patti Carroll** gained valuable experience last season sharing the duties between the pipes. Considering neither player had significant playing time at the college level, both did a remarkable job.

Carroll showed the best in preseason works, earning the starting job in a 2-1 opening-day victory at regional power Colgate; she was honored as the MAAC Rookie of the Week for her role in the victory.



"Patti was the most consistent keeper last season and her confidence and comfort level should have her positioned for an even better sophomore campaign," Karbowski said.

Winkler got the call for the final four games of the season and posted an impressive 1.17 goals against average in nine games played.

"Carey finished last season strong and if she can pick up where she left off the starting position could be hers," Karbowski said.

Each keeper brings different strengths to the positions, but combined they team up to form one of the strongest goalkeeping tandems in the league.

"Both keepers will have a great opportunity to play this season," Karbowski said. "They will provide a competitive atmosphere in training sessions."

Schedule

Following a pair of mid-August scrimmages, Siena begins play August 25 at home against Stony Brook. Two days later, the Saints take on Rhode Island in Kingston.

September begins with non-league games against Holy Cross (away, September 1) and cross-town rival Albany (at Clifton Commons, September 8).

Hartford, Vermont, New Jersey Tech and Navy round out the non-conference docket, which is completed before MAAC play commences with a home match against 2005 MAAC Champion, Fairfield, on September 29.

"We're excited to get things started," Karbowski said. "We have a challenging non-conference schedule that will have us well-prepared for the nine MAAC games. The goal is to be playing our best soccer by the time conference play starts, so we can secure a spot in the Tournament, and compete for a Championship."

Siena Women's Soccer Coaching Staff

Steve Karbowski '93 – Head Coach



Steve Karbowski enters his eighth season as head coach of the women's soccer team at Siena. In his tenure, the Siena women's soccer program has taken off. Last year, the Saints posted their third-straight winning season and their fourth in five years. The team had a record of 10-8-1 in 2005, which matched their highest win total of 10 from the 2004 season. During the 2004 season, the Saints' 7-1-1 conference mark was their best during Karbowski's tenure and was good for a second seed in the MAAC Tournament.

In 2002, Karbowski led the Saints to their second-straight MAAC Tournament appearance with a 5-3-1 conference record. For his efforts, he was named MAAC Coach of the Year for the second year in a row. In 2001, Karbowski guided the Saints to a 10-8 record, which was the eighth best improvement in the nation from the previous year's 4-12-2 mark. He has also coached in the Clifton Park premier program for the past 10 years.

During the 2005-06 season, Karbowski coached a 14 and under girls team. Karbowski was an assistant coach to Charlie Curto and the Siena men's soccer team from 1993-1998 before his appointment as head coach of the women's team. In 1998, Karbowski was a key part in the success that the men's team enjoyed when the Saints went 11-6-1 and placed fifth in the MAAC with a 5-4 mark.

A 1993 Siena graduate, Karbowski was a First-Team All-MAAC performer at midfield for the Saints in 1992. Unfortunately for Curto and the Saints, that was the only year he played for the Green and Gold. His first three years were spent at the University at Buffalo before he transferred to Siena for his fourth and final season.

Following his graduation from Siena, Karbowski played four seasons with the Capital District Alleycats of the United States Inter-Regional Soccer League. He is also a two-time Empire State Games gold medalist as a member of the Adirondack Region Open team, and was an assistant coach for the team in 1997.

A local product from Clifton Park, Karbowski played two years of varsity soccer at Shenendehowa High School and was a starter on a team that finished the 1988 season ranked number one in the country by *USA Today*.

Karbowski resides in Latham, NY.

The Steve Karbowski File

Personal:

Full Name: Steve Karbowski

Born: October 28, 1971

Birthplace: Albany, N.Y.

Career Coaching Record:

Named Siena College Head Coach in January 1999

Year	Overall	Conference	Year	Overall	Conference
1999	3-11-2	3-5-1	2003	9-7-1	5-3-1
2000	4-12-2	2-5-2	2004	10-8-1	7-1-1
2001	10-8	6-3	2005	10-8-1	6-2-1
2002	5-10-3	5-3-1	Total	41-56-9	34-22-7

Playing Experience:

SUNY at Buffalo 1989-1991

Siena College 1992

Albany Alleycats-USISL 1995-1998

Empire State Games 1989-1998 (2-time Gold Medalist)

Education: Siena College 1993

Membership: NSCAA

Miles Joseph – Assistant Coach



Miles Joseph enters his fourth season as an assistant coach with the Siena women's soccer program.

A 1992 Shenendehowa High School graduate who captured two high school National Championships and three State Championships, Joseph returned to the Capital Region after spending several years in Texas.

A member of the Under-18 National Team throughout high school, Joseph attended Clemson University from 1992-1995 where he was a two-time All-American. During that time he played for the Under-20 World Cup Team (1993) and participated

in the 1993 World University games. Joseph was selected to the 1996 Olympic Team during his senior year at Clemson and, following the 1996 Olympic games, he immediately entered a six-year professional soccer career, playing for several teams including the NY/NJ Metrostars, Columbus Crew, Loan AC Milan and most recently the Dallas Burn.

Joseph has obtained his United States Soccer Federation "B" License and has coached many camps and clinics across the country. He now has his own soccer academy called Players Soccer Academy. While in Texas he was the U14 Girls Coach for the Hawk Soccer Club in Lewisville and the U18 Girls Coach for the Genesis Soccer Club in Garland.

Presently, Joseph works at Anaconda Sports as the Vice President of Product Development and National Sales for the soccer division. He resides in Clifton Park, N.Y., with his wife Lee Ann and their son, Noah.

Noel Cox – Assistant Coach



Head women's soccer coach Steve Karbowski announced the appointment of Noel Cox '05 to the position of assistant coach effective immediately. Cox served as Siena's goalie from 2001-2004, earning MAAC Goalkeeper of the Year accolades in 2002.

"Noel brings a great knowledge of the goalkeeper position and a competitive training mentality to the program," Karbowski said. "She also has a passion for and familiarity with Siena College that will allow her to be a great motivator for the team and a strong recruiter."

Cox will assist in all aspects of the program including practice preparation, player evaluation and recruiting. She will primarily be involved in the training and development of the goalkeepers.

Cox recorded 264 career saves in her four years with the Saints, posting a goals against average under 1.0 in three of her four years. In addition to her Goalkeeper of the Year award in 2002, Cox was named MAAC co-Defensive Player of the Year as a senior in 2004. That season she helped the Saints to a program-best 7-1-1 league mark and a #2 seed in the MAAC Tournament.

Cox had 19 career shutouts and a .813 career save percentage.

2006 Siena College Women's Soccer Roster

Alphabetical

NO	NAME	Class	POS	HT	Hometown/High School
4	Susie Blaisdell	JR	F	5-7	Exeter, N.H./Exeter
21	Shana Brady	SO	B	5-4	Brick, N.J./Brick Memorial
18	Arielle Brazer	FR	M/F	5-2	Rockaway, N.J./Morris Knolls
00	Patti Carroll	SO	GK	5-7	Middle Grove, N.Y./Galway
1	Stephanie DiMari	SO	M	5-5	Hicksville, N.Y./Our Lady of Mercy
20	Erinn Flaherty	SR	M	5-4	Clifton Park, N.Y./Shenendehowa
15	Katie Goodwin	JR	B	5-4	Valley Stream, N.Y./Valley Stream
16	Meg Helf	SR	M/F	5-4	Mahopac, N.Y./Mahopac
13	Sarah Hopkins	SR	M/F	5-7	Ballston Lake, N.Y./Shenendehowa
8	Amy Loughridge	JR	M	5-6	Guilderland, N.Y./Guilderland
3	Christina Macera	FR	M/F	5-4	Cazenovia, N.Y./Chittenango
23	Chelsea Maguire	JR	M	5-4	Ballston Lake, N.Y./Shenendehowa
14	Erin Morine	SR	M	5-3	Saratoga Springs, N.Y./Saratoga
7	Katie Mulligan	JR	M	5-4	Staten Island, N.Y./Notre Dame
22	Brandie Petrie	SR	B	5-7	Gansevoort, N.Y./Saratoga
2	Madeline Rickard	JR	M	5-5	Otisville, N.Y./John S. Burke
9	Tara Ross	JR	B	5-7	Ballston Lake, N.Y./Shenendehowa
10	Kara Sefcik	JR	M	5-5	Poughkeepsie, N.Y./Arlington
11	Jen Smith	RS-SR	B	5-4	Clifton Park, N.Y./Holy Names
12	Lauren Stys	SR	B	5-6	Hooksett, N.H./Manchester Central
19	Alyssa Thayer	FR	M	5-5	Hooksett, N.H./Manchester West
5	Kristen Turner	SR	F	5-6	Wappingers Falls, N.Y./John Jay
0	Carey Winkler	SR	GK	5-9	Sand Lake, N.Y./Averill Park

Numerical

NO	NAME	Class	POS	HT	Hometown/High School
00	Patti Carroll	SO	GK	5-7	Middle Grove, N.Y./Galway
0	Carey Winkler	SR	GK	5-9	Sand Lake, N.Y./Averill Park
1	Stephanie DiMari	SO	M	5-5	Hicksville, N.Y./Our Lady of Mercy
2	Madeline Rickard	JR	M	5-5	Otisville, N.Y./John S. Burke
3	Christina Macera	FR	M/F	5-4	Cazenovia, N.Y./Chittenango
4	Susie Blaisdell	JR	F	5-7	Exeter, N.H./Exeter
5	Kristen Turner	SR	F	5-6	Wappingers Falls, N.Y./John Jay
7	Katie Mulligan	JR	M	5-4	Staten Island, N.Y./Notre Dame
8	Amy Loughridge	JR	M	5-6	Guilderland, N.Y./Guilderland
9	Tara Ross	JR	B	5-7	Ballston Lake, N.Y./Shenendehowa
10	Kara Sefcik	JR	M	5-5	Poughkeepsie, N.Y./Arlington
11	Jen Smith	RS-SR	B	5-4	Clifton Park, N.Y./Holy Names
12	Lauren Stys	SR	B	5-6	Hooksett, N.H./Manchester Central
13	Sarah Hopkins	SR	M/F	5-7	Ballston Lake, N.Y./Shenendehowa
14	Erin Morine	SR	M	5-3	Saratoga Springs, N.Y./Saratoga
15	Katie Goodwin	JR	B	5-4	Valley Stream, N.Y./Valley Stream
16	Meg Helf	SR	M/F	5-4	Mahopac, N.Y./Mahopac
18	Arielle Brazer	FR	M/F	5-2	Rockaway, N.J./Morris Knolls
19	Alyssa Thayer	FR	M	5-5	Hooksett, N.H./Manchester West
20	Erinn Flaherty	SR	M	5-4	Clifton Park, N.Y./Shenendehowa
21	Shana Brady	SO	B	5-4	Brick, N.J./Brick Memorial
22	Brandie Petrie	SR	B	5-7	Gansevoort, N.Y./Saratoga
23	Chelsea Maguire	JR	M	5-4	Ballston Lake, N.Y./Shenendehowa

Coaching Staff

Steve Karbowski - Head Coach

Miles Joseph - Assistant Coach

Noel Cox - Assistant Coach



Captains



Lauren Stys

Senior • 5-6
Midfield/Defense
Hooksett, N.H./Manchester Central

#12

General: A strong, hard-tackling defender... Technically improved.

2005: Started 17 of 18 games played...Tallied one assist.

2004: Started eight of 16 games played...Scored one goal.

2003: Started four of 16 games played.

Before Siena: Lettered two years of varsity soccer and two years of varsity basketball at Manchester Central.

Personal: Born August 23, 1985...The daughter of Edward and Susan Stys... A psychology and education major...Has an older brother, Ryan, who attends the University of Hartford and a younger brother, Michael.

Karbowski on Stys: "Lauren has become a very consistent defender and has gained valuable experience during her three seasons. She will be asked to provide stability among the backs as well as leadership on and off the field."



Stys Stats

Year	GP	Goals	Assists	GWG	Points
2005	18	0	1	0	1
2004	16	1	0	1	2
2003	16	0	1	0	1
Totals	50	1	2	1	4



Megan Helf

Senior • 5-4
Midfield/Forward
Mahopac, N.Y./Mahopac

#16

General: A dynamic offensive player who has worked hard in the off-season rehabbing an injured knee.

2005: Did not appear due to injured knee.

2004: Started nine of 18 games...Second on team with six points...Scored two goals and tallied two assists.

2003: Started 12 of 15 games played.

Before Siena: Lettered four years of varsity soccer at Mahopac...Named All-Section MVP her junior year...Named All-Section her sophomore, junior and senior years.

Personal: Born April 24, 1985...The daughter of George and Mary Helf...A psychology major...Has an older brother, Casey, who attends Virginia Wesleyan ...Has a younger sister, Jessica.

Karbowski on Helf: "Megan will be making her return this year after missing the 2005 season with an injury. She has worked extremely hard to get healthy and will be 100 percent for the start of the season. Megan is great off the dribble with her ability to run at defenders and has the speed to get behind."



Helf Stats

Year	GP	Goals	Assists	GWG	Points
2005	-----DNP-----				
2004	18	2	2	1	6
2003	15	1	1	0	3
Totals	33	3	3	1	9

Captains



Amy Loughridge

Junior • 5-6
Midfield
Guilderland, N.Y./Guilderland



General: Strong, fit central midfielder with a great work ethic.

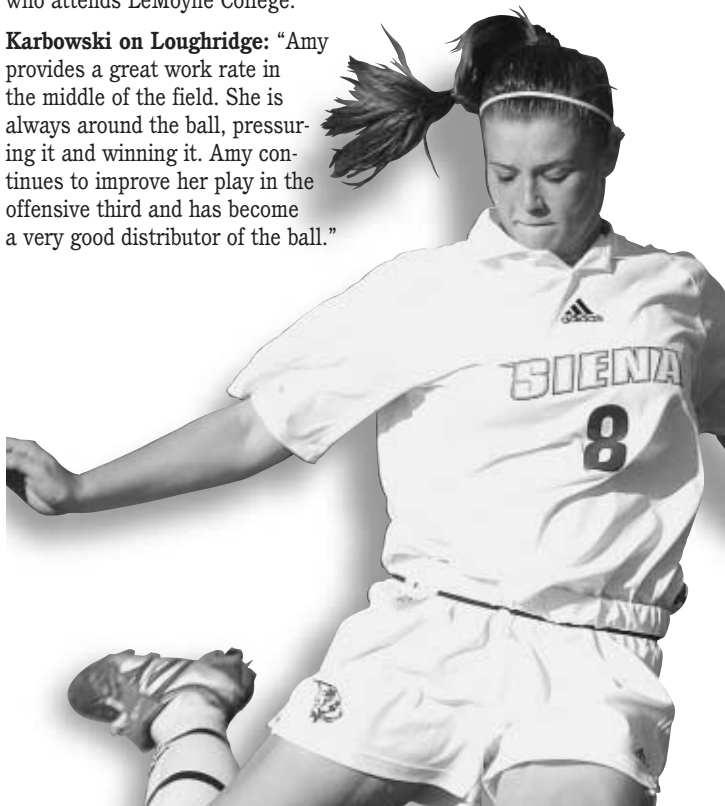
2005: Second-Team All-MAAC selection...MAAC All-Academic Team selection...Started in 18 of 19 games played...Accumulated two goals and five assists...Scored one game-winning goal.

2004: Named Second-Team All-MAAC...Selected to the MAAC All-Rookie Team...Started 16 of 19 games played...Scored one goal and added four assists.

Before Siena: Lettered four years of varsity soccer, five years of varsity track and three years of cross-country skiing at Guilderland ...Captain of soccer and track teams...Named MVP in soccer three out of four years played...Selected as a Suburban Council First-Team All-Star...Named Third-Team All-State... Selected Guilderland High School's Female Athlete of the Year...Played five years in Olympic Development Program...Played for Empire State Soccer team for five years...Was a Big Apple All-Star...Qualified for State Championships in track... Named to the Cross-Country State Team.

Personal: Born August 4, 1986...The daughter of Dennis and Ronnie Loughridge...An accounting and business major...Has an older sister, Katie, who attends LeMoyne College.

Karbowski on Loughridge: "Amy provides a great work rate in the middle of the field. She is always around the ball, pressuring it and winning it. Amy continues to improve her play in the offensive third and has become a very good distributor of the ball."



Loughridge Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	2	5	1	9
2004	19	1	4	1	6
Totals	38	3	9	2	15

Seniors



Kristen Turner

Senior • 5-6
Forward
Wappingers Falls, N.Y./John Jay



General: A top forward in the MAAC with great speed...An explosive player with a great pace.

2005: Second-Team All-MAAC selection...Started in all 18 games played...Led the team in goals and points with nine and 22, respectively...Tallied four assists...Scored one game-winning goal.

2004: First-Team All-MAAC selection...Named Offensive Player of the Week (11/1)...Started 18 of 19 games played...Led the team with nine goals and 22 points...Tallied a team-high four game-winning goals.

2003: Ranked nationally with 11 assists per game...Finished second on the team with 20 points...Ranked first in the MAAC in assists per game, second in total assists, third in game-winning goals, fourth in shots per game, seventh in total points, seventh in goals per game and 10th in total goals...Started 11 of 13 games played...Named Rookie of the Week (9/15, 9/22 and 11/3)... Scored three game-winning goals.

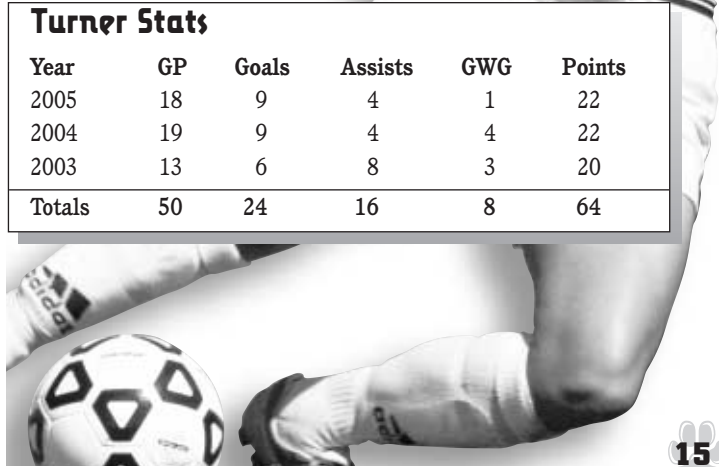
Before Siena: Lettered three years of varsity soccer and three years of varsity field hockey at John Jay...Member of soccer team at John Jay that was two-time Section Champions...John Jay was ranked sixth in the nation in 2003...Named Poughkeepsie Journal Player of the Year in 2002...Named All-Section and All-League her junior and senior years...In 2002, she was a member of John Jay's Field Hockey team that won the State Championships.

Personal: Born July 6, 1984...The daughter of Paul and Dona Turner...A marketing and management major.



Turner Stats

Year	GP	Goals	Assists	GWG	Points
2005	18	9	4	1	22
2004	19	9	4	4	22
2003	13	6	8	3	20
Totals	50	24	16	8	64





Erin Morine

Senior • 5-3
Midfield
Saratoga Springs, N.Y./Saratoga

#14

General: Has a great technical ability and understanding for the game...A good possession player... Named to the MAAC All-Academic Team two years running.

2005: MAAC All-Academic Team selection...Started in all 19 games played...Tallied two goals and one assist...Scored one game-winning goal.

2004: MAAC All-Academic Team selection...Started 18 of 19 games played... Scored one goal and added one assist.

2003: Played nine games...Registered her first career start against Rider (10/5).

Before Siena: Lettered four years of varsity soccer and one year of varsity lacrosse at Saratoga...Recipient of the Secondary Student Leadership Award ...Named Suburban Council Honorable Mention...Was a two-year recipient of the Physical Education Award.

Personal: Born June 5, 1985...The daughter of Michael and Christine Morine...A biology major...Has an older brother, Christopher, who attends SUNY Potsdam.

Karbowski on Morine: "Erin has developed into a very consistent player while earning a starting role her last two seasons. She has a tremendous touch on the ball and is a great link towards keeping possessions."



Morine Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	2	1	1	5
2004	19	1	1	0	3
2003	9	0	0	0	0
Totals	47	3	2	1	8



Erinn Flaherty

Senior • 5-4
Midfield
Clifton Park, N.Y./Shenendehowa

#20

General: A technically sound, controlling midfielder.

2005: Started in all 19 games played...Scored three goals and registered two assists.

2004 (Saint John's): Started 19 of 20 games played ...Recorded four assists.

2003 (Saint John's): Named 2003-2004 BIG EAST Academic All-Star... Started 13 of 19 games played...Took two shots and scored her first collegiate goal at Virginia Tech (9/26)...Credited with an assist on a game-winning goal against Hartford (10/4)...Tied her season high of two shots against Hartford and Central Connecticut (10/26).

Before Siena: Lettered four years of both varsity soccer and varsity cross-country skiing, including two years of varsity lacrosse at Shenendehowa... High School All-American.

Personal: Born December 6, 1984...The daughter of James and Aline Flaherty ...A mathematics major...Has an older sister, Colleen, who attended Cornell University.

Karbowski on Flaherty: "Erinn reads the game very well and can dictate the flow of the game with her ability to keep possession and change the point of attack. She is an unselfish player who sets up her teammates well. If she is more willing to shoot, she has the ability to be a goal scorer as well."



Flaherty Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	3	2	0	8
(Saint John's)					
2004	19	1	1	0	3
2003	19	1	1	0	3
Totals	57	5	4	0	14

Seniors



Sarah Hopkins

Senior • 5-7
Midfield/Forward
Ballston Lake, N.Y./Shenendehowa

#13

General: A creative and crafty forward...Skillful on offense.

2005: Played in 17 games...Scored one game-winning goal and tallied one assist.

2004: Started 15 of 19 games played...Tied a team high of four assists.

2003 (Fordham): Named to Atlantic 10 All-Rookie Team...Led the Fordham offensive attack with a team-high nine goals and 21 points...Earned Atlantic 10 Rookie of the Week honors twice...Holds Fordham school records for both goals and points scored by a freshman...Started 14 of 20 games played...Led the team with four game-winning goals.

Before Siena: Lettered four years of varsity soccer, three years of varsity basketball and one year of varsity lacrosse at Shenendehowa...Named New York State Player of the Year as a junior.

Personal: Born December 19, 1984...The daughter of Kim and Margaret Hopkins...An economics and marketing major...Has an older sister, Shana, who attended Maryland University.

Karbowski on Hopkins: "Sarah is a very technical offensive-minded player. She has a great ability to free herself up for a shot or set up a teammate off the dribble. Sarah has the potential to create a goal anytime she is on the field."



Hopkins Stats

Year	GP	Goals	Assists	GWG	Points
2005	17	1	1	1	3
2004	19	0	4	0	4
Fordham					
2003	20	10	3	4	23
Totals	56	11	8	5	30



Brandie Petrie

Senior • 5-7
Defense
Gansevoort, N.Y./Saratoga

#22

General: A consistent and reliable central midfielder.

2005: MAAC All-Academic Team selection...Started five of seven games played.

2004: Started all 18 games played.

2003: Started seven of 10 games played.

Before Siena: Lettered five years of varsity soccer at Saratoga...Team captain her senior year...Named First Team Suburban Council that same year...Selected to the *Saratogian* Dream Team First Team...Named Team MVP her junior year...Named Second-Team Suburban Council.

Personal: Born March 4, 1985...The daughter of James and Bernie Petrie...A sociology major.

Karbowski on Petrie: "Brandie reads the game very well from the back. She always seems to get the job done both defensively and starting the attack. A more physical and vocal presence will allow her to make great contributions for her senior year."



Petrie Stats

Year	GP	Goals	Assists	GWG	Points
2005	7	0	0	0	0
2004	18	0	0	0	0
2003	10	0	1	0	1
Totals	35	0	1	0	1



Seniors



Carey Winkler

Senior • 5-9
Goalkeeper
Sand Lake, N.Y./Averill Park



General: Named as the starting goalkeeper for the conclusion of the 2005 season...Has developed into a presence at goal.

2005: Started five of nine games played...Allowed eight goals...Registered a GAA of 1.17...Finished second on the team with 31 saves.

2004: Appeared in two games.

2003: Appeared in one game.

Before Siena: Lettered four years of varsity soccer, one year of varsity basketball, three years of varsity track and two years of varsity lacrosse at Averill Park...Named Team MVP in soccer her junior and senior years... Team captain her senior year...Named Section II Honorable Mention her junior year...Was a Section II All-Star her senior year...Team captain in lacrosse her senior year.

Personal: Born April 19, 1985...The daughter of David and Wenda Winkler...A business major...Has an older sister, Bayly, who attends SUNY New Paltz and an older sister, Laney, who also attends Siena College.

Karbowski on Winkler: "Carey had her best season in 2005. She has continued to improve each year and increased her confidence at the end of last season. If she can pick up where she left off, she will have a great opportunity to earn the starting role."

Winkler Stats

Year	GP	Saves	GA	SO	GAA	Min.
2005	9	31	8	1	1.17	616:41
2004	2	2	2	0	3.32	54:21
2003	2	0	0	0	0	32:53
Totals	13	33	10	1	1.28	703:15



Jen Smith

RS-Senior • 5-4
Defense
Clifton Park, N.Y./Holy Names



General: A tough, consistent defender...Transfer from Canisius.

2005: Did not appear...Sat out due to NCAA transfer regulations.

2004 (Canisius): Started 14 of 15 games played.

2003 (Canisius): Tied a team-high two goals and four points...Scored first collegiate goal in the 21st minute of a 1-1 tie with Citadel (9/14)...Scored team's lone goal in a 3-1 loss to IPFW (10/3)...Started 15 of 16 games played...Recorded five shots on goal.

Before Siena: A three-time MVP at Holy Names...Led team in goals and assists as a senior...Selected Section II Class B Player of the Year...Selected to the New York State All-Star squad...Was a three-time All-Colonial Council selection...Played five seasons with both the Clifton Park premier team and the Eastern New York Olympic Development Program.

Personal: Born February 26, 1985...The daughter of Kevin and Christi Smith...An education major...Has an older brother, Kevin, who plays baseball at Canisius College.

Karbowski on Smith: "Jen had an inspiring spring season after sitting out for one year. She brings a great competitive attitude combined with the speed and timing of a top defender. Jen will make an impact in the lineup this season."

Smith Stats

Year	GP	Goals	Assists	GWG	Points
2005	-----DNP-----				
2004	15	0	0	0	0
2003	16	2	0	0	4
Totals	32	2	0	0	4

2006 Seniors





Susie Blaisdell

Junior • 5-7

Forward

Exeter, N.H./Exeter



General: Possesses a great work ethic and is good around the goal...A technically sound player.

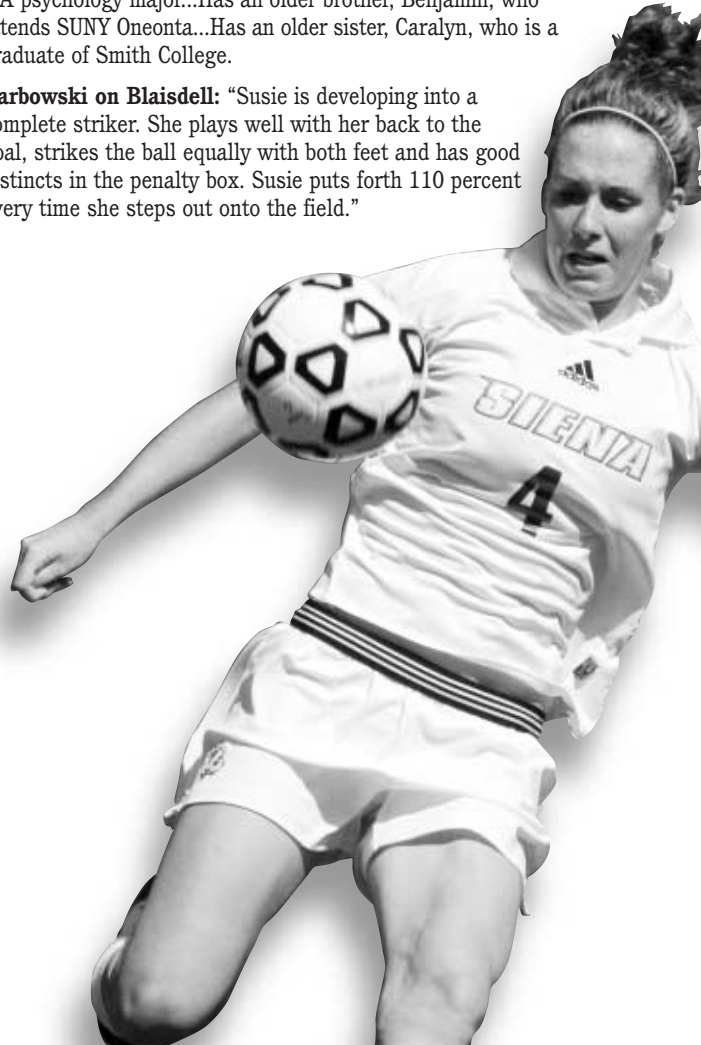
2005: MAAC All-Academic Team selection...Started 16 of 19 games played...Finished second on the team with five goals...Scored two game-winning goals...Tallied three assists.

2004: Played in 19 games...Scored three goals...Finished season with six points.

Before Siena: Lettered three years of varsity soccer, three years of varsity basketball and three years of varsity softball at Exeter...Named All-State in both soccer and softball...Was a Class L Basketball Team Finalist...Selected to the Lion's Twin State Soccer Cup New Hampshire Team.

Personal: Born April 4, 1986...The daughter of Stephen and Judith Blaisdell...A psychology major...Has an older brother, Benjamin, who attends SUNY Oneonta...Has an older sister, Caralyn, who is a graduate of Smith College.

Karbowski on Blaisdell: "Susie is developing into a complete striker. She plays well with her back to the goal, strikes the ball equally with both feet and has good instincts in the penalty box. Susie puts forth 110 percent every time she steps out onto the field."



Blaisdell Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	5	3	2	13
2004	19	3	0	1	6
Totals	38	8	3	3	19



Kara Sefcik

Junior • 5-5

Midfield

Poughkeepsie, N.Y./Arlington



General: A technically consistent midfielder who is good in the air.

2005: MAAC All-Academic Team selection...Played 19 games...Tallied a goal and an assist...Finished the season with three points.

2004: Started two of 19 games played...Scored one goal and registered two assists.

Before Siena: Lettered four years of varsity soccer, three years of varsity volleyball and three years of varsity basketball at Arlington...Team captain her junior year...Garnered All-League Honors and All-Section Honors her freshman, sophomore and junior years...Named to the *Poughkeepsie Journal* First Team her freshman, sophomore and junior years...Played six years in the Olympic Development Program...Played for the New York State Champion, Albertson Elite in 2003.

Personal: Born July 30, 1986...The daughter of Matthew and Donna Sefcik...A history education major...Has an older brother, Matthew, who attends Union College.

Karbowski on Sefcik: "Kara has played in every game during her two seasons and the move to the central midfield suits her overall game in a better fashion. She distributes the ball well and is a good possession player. Her defense and ball-winning ability have improved and she will again play an important role in the midfield."



Sefcik Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	1	1	0	3
2004	19	1	2	1	4
Totals	38	2	3	1	7

Seniors



Tara Ross

Junior • 5-7
Midfield
Ballston Lake, N.Y./Shenendehowa



General: An extremely focused player with a great commitment to the team.

2005: Played in 14 games...Scored two goals on six shots.

2004: Started three of 12 games played.

Before Siena: Lettered three years of varsity soccer and six years of varsity track at Shenendehowa...Was a Scholar-Athlete.

Personal: Born January 16, 1986...The daughter of David and Kathleen Ross...A business major...Has an older brother, Ed, who is a graduate of SUNY Plattsburgh and an older brother, Joel, who is a graduate of SUNY Potsdam...Has a sister, Kaitlyn, who attends Syracuse University.

Karbowski on Ross: "Tara made a nice transition from defender to outside midfielder in mid-season. Her work ethic and effort on the field allowed her to get a couple goals last season. She worked extremely hard in the spring to learn the midfield position and she will make a bigger impact this year."



Ross Stats

Year	GP	Goals	Assists	GWG	Points
2005	14	2	0	0	4
2004	12	0	0	0	0
Totals	26	2	0	0	4

Juniors



Katie Goodwin

Junior • 5-4
Defense
Valley Stream, N.Y./Valley Stream



General: A strong left-sided defender...An intense competitor.

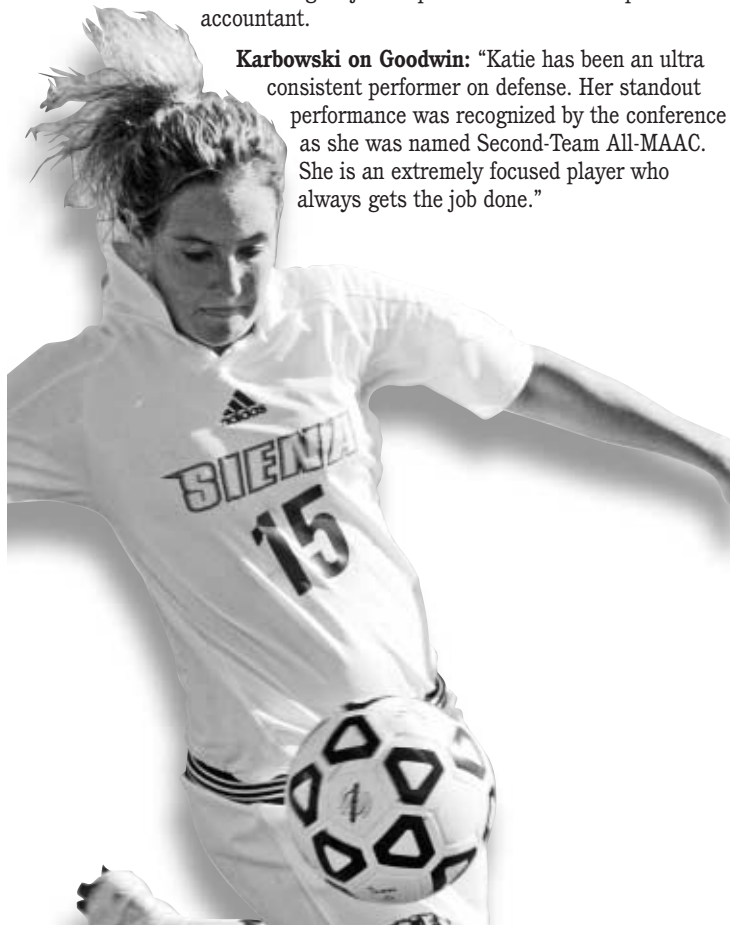
2005: Named Second-Team All-MAAC...MAAC All-Academic Team selection...Started in all 19 games...Scored one game-winning goal...Tallied two assists.

2004: Selected to the MAAC All-Rookie Team... Started 15 of 19 games played.

Before Siena: Lettered four years of varsity soccer and three years of spring and winter track at Valley Stream Central...Named All-County in soccer her junior year...Named All-Class her freshman and senior years...Was a Scholar Athlete throughout the four years of her high school athletic career...Named All-Conference in track her sophomore year...Featured in the publication, "Who's Who in High School Sports"...Competed in the Empire State Games her junior and senior years.

Personal: Born May 20, 1986...The daughter of William and Christine Goodwin...An accounting major...Aspires to be a certified public accountant.

Karbowski on Goodwin: "Katie has been an ultra consistent performer on defense. Her standout performance was recognized by the conference as she was named Second-Team All-MAAC. She is an extremely focused player who always gets the job done."



Goodwin Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	1	2	1	4
2004	19	0	0	0	0
Totals	38	1	2	1	4



Madeline Rickard

Junior • 5-5
Midfield
Otisville, N.Y./John S. Burke Catholic



General: A consistent and intelligent defender...Is versatile with her skills.

2005: MAAC All-Academic Team selection... Started 14 of 19 games played.

2004: Played in 13 games.

Before Siena: Lettered three years of varsity soccer, two years of varsity basketball and one year of varsity track at John S. Burke Catholic...Was a Scholar Athlete...Won the Coach's Award in soccer...Named MVP in basketball and track...Selected Athlete of the Year her senior season.

Personal: Born August 28, 1986...The daughter of Peter and Sally Rickard...An undeclared science major...Has an older sister, Sara, who attended SUNY Albany.

Karbowski on Rickard: "Madeline has improved her play during her two seasons. She is a very reliable player and earned a starting role for most of the 2005 season. Madeline reads the game very well and always seems to be in the right spot defensively."



Katie Mulligan

Junior • 5-4
Midfield
Staten Island, N.Y./Notre Dame Academy



General: A skillful midfielder who plays with intensity.

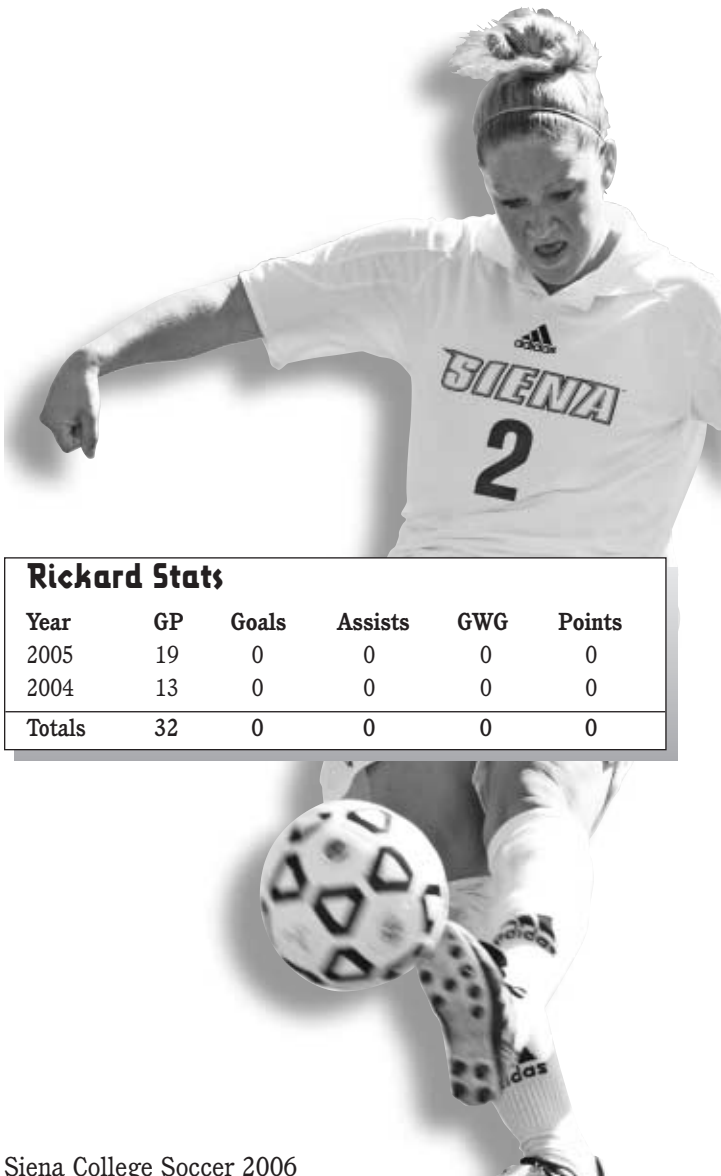
2005: Started three of 16 games played...Registered one assist.

2004: Played in nine games...Recorded one assist.

Before Siena: Lettered four years of varsity soccer, two years of varsity basketball and one year of varsity track at Notre Dame Academy...Was the recipient of the Senior Sportsmanship Award...Named Team MVP in soccer her senior year...Was a Staten Island Advance All-Star that same year.

Personal: Born July 14, 1986...The son of Edward and Nancy Mulligan...An education major...Has an older sister, Jessica, who is a graduate of Loyola College and an older sister, Lauren, who played soccer at Siena College.

Karbowski on Mulligan: "Katie's improved play has earned her more time in her second season. She continues to work hard day in and day out, which makes her a very coachable player. Katie is a player we can count on to provide valuable minutes from the outside midfield."



Rickard Stats

Year	GP	Goals	Assists	GWG	Points
2005	19	0	0	0	0
2004	13	0	0	0	0
Totals	32	0	0	0	0



Mulligan Stats

Year	GP	Goals	Assists	GWG	Points
2005	16	0	1	0	1
2004	9	0	1	0	1
Totals	25	0	2	0	2

Juniors



Chelsea Maguire

Junior • 5-5
Midfield
Ballston Lake, N.Y./Shenendehowa

#23

General: A dynamic and speedy attacking defender ...Transferred to Siena from West Virginia University in 2004.

2005: MAAC All-Academic Team selection... Started 14 of 18 games played...Led the team with seven assists...Scored three goals...Accumulated 13 points.

Before Siena: Lettered three years of varsity soccer and four years of varsity track and field at Shenendehowa.

Personal: Born January 30, 1986...The daughter of Michael and Janice Maguire ...A marketing and management major.

Karbowski on Maguire: "Chelsea has worked very hard on her game during the past year, especially on her one-on-one ability. She has become a more confident player to go along with her talent and speed. Chelsea may emerge as one of the top offensive players in the MAAC."



Maguire Stats

Year	GP	Goals	Assists	GWG	Points
2005	18	3	7	0	13
Totals	18	3	7	0	13



Sophomores



Shana Brady

Sophomore • 5-4
Defense
Brick, N.J./Brick Memorial

#21

General: An extremely consistent and technical defender.

2005: Played in 15 games.

Before Siena: Lettered four years of both varsity soccer and varsity basketball at Brick Memorial... Named Offensive Player of the Year in basketball

her freshman year...Named Team MVP her junior year...Named "Mid of the Year" in soccer as a junior...Named Team MVP in soccer her senior year... Named First-Team All-Conference, All-County and All-Shore that same year ...Named Second-Team All-State.

Personal: Born October 21, 1986...The daughter of Mark and Patty Brady... An undecided major...Has an older sister, Kelly, who attended Lafayette College and an older sister, Tierney, who attends Rutgers University.

Karbowski on Brady: "Shana contributed in 15 games last season. She is a possession player with very good technical ability who distributes well and makes good decisions. Shana had an excellent spring season and will have a great opportunity to earn a starting spot."



Brady Stats

Year	GP	Goals	Assists	GWG	Points
2005	15	0	0	0	0
Totals	15	0	0	0	0

Sophomores



Stephanie DiMari

Sophomore • 5-5
Midfield
Hicksville, N.Y./Our Lady of Mercy

#1

General: Is great on the attack...A player who is good one-on-one.

2005: Played in 10 games...Took eight shots.

Before Siena: Lettered four years of both varsity soccer and varsity lacrosse at Our Lady of Mercy... Was a two-time All-League CHSAA selection in

soccer...Was a three-time All-League CHSAA selection in lacrosse...Shattered and established a new school record with 43 career goals in soccer...Bestowed with the Sister Patricia Hartigan Award for dedication to numerous sports.

Personal: Born September 18, 1987...The daughter of Anthony and Rita DiMari...Has an older brother, Anthony, who graduated from the College of the Holy Cross...Has an older sister, Kristina, who attends Providence College.

Karbowski on DiMari: "Stephanie's season was cut short with an injury in her first year. She did show some signs of being an impact player on the offensive end of the field. Stephanie has great pace and has the desire to run at the defense. She will likely play some outside midfield as well as striker."

DiMari Stats

Year	GP	Goals	Assists	GWG	Points
2005	10	0	0	0	0
Totals	10	0	0	0	0



Patti Carroll

Sophomore • 5-7
Goalkeeper
Middle Grove, N.Y./Galway

#00

General: A technically solid goalkeeper...Experienced between the posts.

2005: Started in 11 of 13 games played.

Before Siena: Lettered four years of varsity soccer, two years of varsity track and field and one year of varsity basketball at Galway...Was a First-Team

League All-Star her senior year...Named to the All-Section II Class C Team... Named Section II Class C Co-Keeper of the Year.

Personal: Born October 7, 1987...The daughter of James and Marjorie Carroll...A biology major.

Karbowski on Carroll: "Patti enjoyed a great freshman year, earning Rookie of the Week honors, as well as being named to the MAAC All-Rookie Team. Patti is deceptively quick and has the ability to make the big save at any point during the game. She is very good with her feet and with a continued progression to her second season, Patti will have the opportunity to be a starter."

Carroll Stats

Year	GP	Saves	GA	SO	GAA	Min.
2005	13	53	20	0	1.84	977:14
Totals	13	53	20	0	1.84	977:14

Freshmen



Alyssa Thayer

Freshman • 5-5
Midfield
Hooksett, N.H./Manchester West

#19

General: A talented central midfielder with a great shot.

Before Siena: Lettered four years of both varsity soccer and varsity basketball at Manchester West...Broke Manchester West's scoring record in soccer for both career and single-season goals with 95...Was an All-American her senior year...Named All-New England her junior year...Named All-State throughout her four-year high school career...During her high school career, she was on the Manchester West squad that captured three State Championships...Manchester West was ranked fourth in the nation...Named *Union Leader* Player of the Year...Named New Hampshire Athlete of the Month...A 1,000-point scorer in basketball...All-State in basketball.

Personal: Born May 27, 1988...The daughter of James and Lena Thayer...A sports management major...Has an older sister, Anna, who attended Southern New Hampshire University and New Hampshire Institute of Technology.

Karbowski on Thayer: "Alyssa is a strong, tough player with the ability to play anywhere from center back to forward. She distributes the ball well with short passing and has the skill and vision to strike a long ball. With a quick adjustment to the Division 1 collegiate level, she will make a major impact."



Christina Macera

Freshman • 5-4
Midfield/Forward
Cazenovia, N.Y./Chittenango

#3

General: Tenacious, attacking player...Good off the dribble.

Before Siena: Lettered four years of varsity soccer, five years of varsity basketball and three years of varsity track at Chittenango...Named Female Athlete of the Year her senior year...Named Most Outstanding Player in soccer as a senior... Named Team MVP in basketball as a senior...Was the team's leading scorer in soccer and basketball that year...Was the 200-Meter Sectional Winner in track as a senior...That year, Chittenango won the Sectional Championship... Named Most Outstanding Sprinter that year.

Personal: Born May 21, 1988...The daughter of Mark and Marisa Macera... A biology major.

Karbowski on Macera: "Christina brings a great offensive presence to the team. She has a good pace, is explosive with the ball and will put herself in the right place to score some goals. Christina has a strong work ethic and will make an impact as she adjusts to collegiate level soccer."



Arielle Brazer

Freshman • 5-3
Midfield/Forward
Rockaway, N.J./Morris Knolls

#18

General: A technically sound, crafty midfielder.

Before Siena: Lettered four years of varsity soccer at Morris Knolls...Led senior class in goals, assists and game-winning goals...Team captain of club team, "North Rockland Lady Storm"...Led NRLS in assists two years in a row...Played soccer in England and Holland.

Personal: Born November 16, 1988...The daughter of Leonard Brazer...A psychology major...Has an older sister Jessica, who graduated from Rutgers University and who is currently attending Montclair State University.

Karbowski on Brazer: "Arielle has a great touch on the ball and possesses all the midfield skills necessary of a Division I player. She has the ability to play in the middle or on the outside and is a possession-minded player. Her technical ability will help her quickly adapt to the speed of play in college."



2005 Results and Statistics

2005 Results

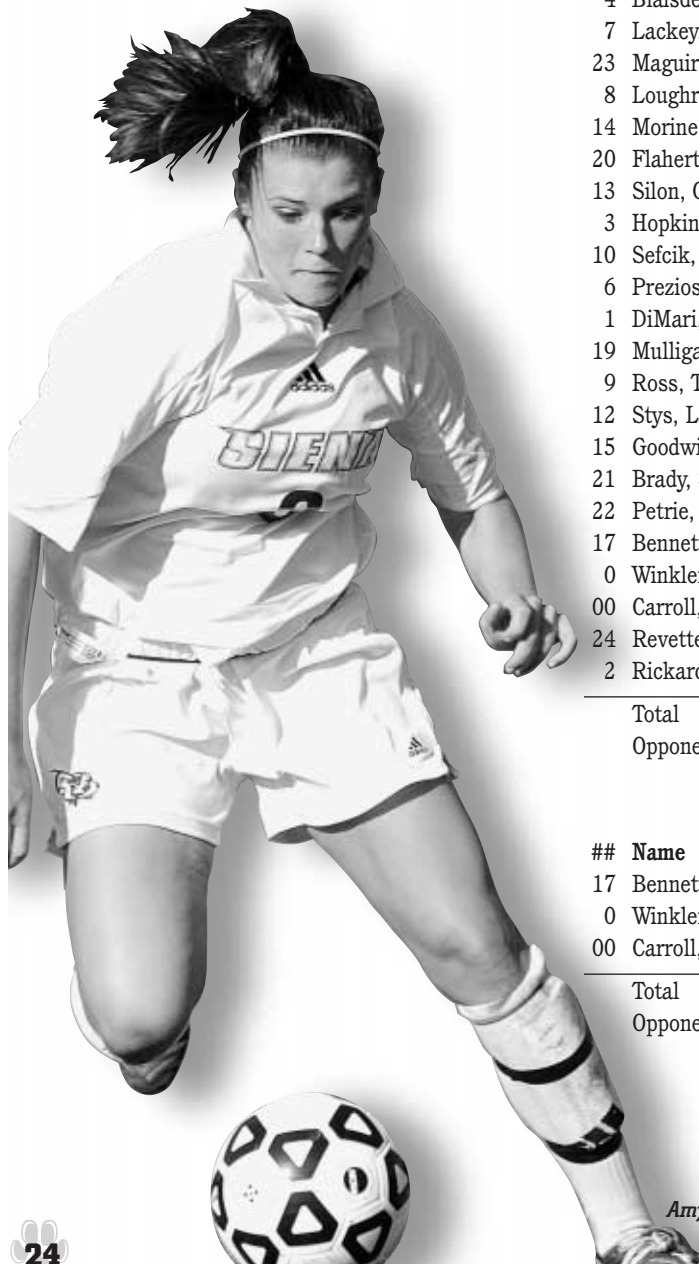
Overall 10-8-1 MAAC 6-2-1
Home: 5-3-0 Away: 4-3-1 Neut: 1-2-0

8/28	Colgate	Hamilton, N.Y.	W, 2-1	9/30	Rider	Lawrenceville, N.J.	W, 3-2
9/3	Holy Cross	Loudonville, N.Y.	L, 3-2 (OT)	10/2	Loyola (Md)	Baltimore, Md.	L, 3-1
9/5	Albany	Colonie High School	L, 2-0	10/5	Vermont	Loudonville, N.Y.	L, 2-1
9/7	Hartford	West Hartford, Conn.	W, 2-1 (2 OT)	10/7	Niagara	Loudonville, N.Y.	L, 3-1
9/9/	Stony Brook	Stony Brook, N.Y.	L, 2-0	10/9	Canisius	Loudonville, N.Y.	W, 4-2
9/16	Governor's Cup - Howard	Albany, N.Y.	W, 8-0	10/15	Marist	Loudonville, N.Y.	W, 1-0
9/18	Governor's Cup - Navy	Albany, N.Y.	L, 2-0	10/21	Iona	New Rochelle, N.Y.	W, 2-1 (OT)
9/21	St. Bonaventure	Loudonville, N.Y.	W, 5-1	10/23	Fairfield	Fairfield, Conn.	T, 1-1
9/23	Saint Peter's	Loudonville, N.Y.	W, 7-0	10/28	MAAC Tourn.- Marist	Lake Buena Vista, Fla.	L, 2-0
9/25	Manhattan	Loudonville, N.Y.	W, 2-1				

Statistics

##	Name	GP-GS	G	A	Pts	SHOTS					GW	PK-ATT
						Sh	Shot%	SOG	SOG%			
5	Turner, Kristen	18-18	9	4	22	61	.148	35	.574	1	0-0	
4	Blaisdell, Susie	19-16	5	3	13	32	.156	18	.562	2	0-0	
7	Lackey, Alicia	17-6	9	2	20	27	.333	18	.667	2	0-0	
23	Maguire, Chelsea	18-14	3	7	13	27	.111	15	.556	0	0-0	
8	Loughridge, Amy	19-18	2	5	9	26	.077	8	.308	1	1-1	
14	Morine, Erin	19-19	2	1	5	24	.083	9	.375	1	0-0	
20	Flaherty, Erinn	19-19	3	2	8	22	.136	14	.636	0	0-0	
13	Silon, Corry	19-19	0	3	3	20	.000	9	.450	0	0-1	
3	Hopkins, Sarah	17-0	1	1	3	18	.056	7	.389	1	0-0	
10	Sefcik, Kara	19-1	1	1	3	14	.071	7	.500	0	0-0	
6	Preziosi, Courtney	8-0	4	0	8	9	.444	6	.667	1	2-2	
1	DiMari, Stephanie	10-0	0	0	0	8	.000	4	.500	0	0-0	
19	Mulligan, Katie	16-3	0	1	1	7	.000	1	.143	0	0-0	
9	Ross, Tara	14-0	2	0	4	6	.333	3	.500	0	0-0	
12	Stys, Lauren	18-17	0	1	1	5	.000	2	.400	0	0-0	
15	Goodwin, Katie	19-19	1	2	4	3	.333	2	.667	1	0-0	
21	Brady, Shana	15-1	0	0	0	0	.000	0	.000	0	0-0	
22	Petrie, Brandie	7-5	0	0	0	0	.000	0	.000	0	0-0	
17	Bennett, Natalie	2-1	0	0	0	0	.000	0	.000	0	0-0	
0	Winkler, Carey	9-5	0	0	0	0	.000	0	.000	0	0-0	
00	Carroll, Patti	13-11	0	0	0	0	.000	0	.000	0	0-0	
24	Revette, Anna	5-1	0	0	0	0	.000	0	.000	0	0-0	
2	Rickard, Madeline	19-14	0	0	0	0	.000	0	.000	0	0-0	
Total		19	42	33	117	309	.136	158	.511	10	3-4	
Opponents		19	29	18	76	233	.124	114	.489	7	0-0	

##	Name	GP-GS	Goal Average		Saves		Record				
			Minutes	GA	Avg	Saves	Pct	W	L	T	Sho
17	Bennett, Natalie	2-1	120:00	1	0.75	11	.917	1	0	0	0
0	Winkler, Carey	9-5	616:41	8	1.17	31	.795	1	1	1	1
00	Carroll, Patti	13-11	977:14	20	1.84	53	.726	7	6	0	0
Total		19	1713:55	29	1.52	96	.768	9	7	1	3
Opponents		19	1713:55	42	2.21	130	.756	7	10	1	4



Amy Loughridge

2005 Results and Statistics



Corry Silon

Team Statistics

	Siena	Opponent
SHOT STATISTICS		
Goals-Shot attempts	42-309	29-233
Goals scored average	2.21	1.52
Shot pct	.136	.124
Shots on goal-Attempts	158-309	114-233
SOG pct	.511	.489
Shots/Game	16.3	12.3
Assists	33	18
CORNER KICKS	82	64
PENALTY KICKS	3-4	0-0
PENALTIES		
Fouls	212	235
Yellow cards	4	8
Red cards	1	1
ATTENDANCE		
Total	1889	1767
Dates/Avg Per Date	8/236	7/252
Neutral Site #/Avg	4/45	

Statistics by Period

GOALS BY PERIOD	1st	2nd	OT	OT2	Total
Siena	20	20	1	1	42
Opponents	12	16	1	0	29
SHOTS BY PERIOD					
Siena	149	148	8	4	309
Opponents	107	116	8	2	233
SAVES BY PERIOD					
Siena	50	41	4	1	96
Opponents	63	62	3	2	130
CORNER KICKS BY PERIOD					
Siena	41	45	4	1	91
Opponents	41	48	2	1	92
FOULS BY PERIOD					
Siena	88	119	5	0	212
Opponents	103	125	4	3	235



2006 Opponents

Stony Brook, August 25 Loudonville, N.Y.

Location: Stony Brook, N.Y.
Founded: 1967
Enrollment: 21, 685
Nickname: Seawolves
Colors: Red, Blue and Grey
President: Dr. Shirley Strum Kenny
Athletics Director: Jim Fiore
Affiliation: NCAA Division 1
Conference: America East
Home Field: Kenneth P. LaVale Stadium
Head Coach: Sue Ryan
Record at Stony Brook: 152-202-31
Career Record: Same
Assistant Coaches: Steve Welham
Yeung Chung
Office Phone: (631) 632-7216



Team Information

2005 Overall Record: 5-12-1
Conference Record/Finish: 2-6-0
Starters Returning/Lost: 6/5
Letterwinners Returning/Lost: 13/5

Sports Information

Women's Soccer Contact: Brian Magoffin
Office Phone: (631) 632-6328
Office Fax: (631) 632-8841
E-Mail: Brian.Magoffin@stonybrook.edu
Website: www.goseawolves.com

Rhode Island, August 27 Kingston, R.I.

Location: Kingston, R.I.
Founded: 1892
Enrollment: 15, 095
Nickname: Rams
Colors: Keaney Blue, Dark Blue and White
President: Dr. Robert Carothers
Athletics Director: Tom McElroy
Affiliation: NCAA Division 1
Conference: Atlantic 10
Home Field: URI Soccer Complex
Head Coach: Zac Shaw
Record at Rhode Island/Seasons: 11-6-2/Two
Career Record: Same
Assistant Coach: Emily Shaw
Office Phone: (401) 874-5233



Team Information

2005 Overall Record: 11-6-2
Conference Record/Finish: 6-1-1/Second
Starters Returning/Lost: 4/7
Letterwinners Returning/Lost: 11/11

Sports Information

Women's Soccer Contact: Jodi Pontbriand
Office Phone: (401) 874-5356
Office Fax: (401) 854-5354
E-Mail: jpontbriand@uri.edu
Athletics Website: www.gorhody.com

Holy Cross, September 1 Worcester, Mass.

Location: Worcester, Mass.
Founded: 1843
Enrollment: 2,718
Nickname: Crusaders
Colors: Royal Purple
President: Rev. Michael C. McFarland, S.J.
Athletics Director: Richard M. Regan, Jr.
Affiliation: NCAA Division 1
Conference: Patriot League
Home Field: Linda Johnson Smith Stadium
Head Coach: Deb Flaherty
Record at Holy Cross/Seasons: 6-28/Two
Career Record: 37-48-7/Five
Assistant Coach: Kelly Parent
Office Phone: (508) 793-3624



Team Information

2005 Overall Record: 3-15
Conference Record/Finish: 1-6/Seventh
Starters Returning/Lost: 10/1
Letterwinners Returning/Lost: 20/2

Sports Information

Women's Soccer Contact: Jim Wrobel
Office Phone: (508) 793-2583
Office Fax: (508) 793-2309
E-Mail: jwrobel@holycross.edu
Athletics Website: www.goholycross.com

Albany, September 8 Clifton Park, N.Y.

Location: Albany, N.Y.
Founded: 1844
Enrollment: 11,423
Nickname: Great Danes
Colors: Purple and Gold
President: Dr. Kermit L. Hall
Athletics Director: Lee McElroy
Affiliation: NCAA Division 1
Conference: America East
Home Field: Varsity Field
Head Coach: Mary Francis Monroe
Record at Albany/Seasons: First Season
Career Record: Same
Assistant Coach: Rob Parker
Office Phone: (518) 591-8653



Team Information

2005 Overall Record: 1-18
Conference Record/Finish: 0-8/Ninth
Starters Returning/Lost: 8/3
Letterwinners Returning/Lost: 18/3

Sports Information

Women's Soccer Contact: Hoffman Wolff
Office Phone: (518) 442-4511
Office Fax: (518) 442-3139
E-Mail: hwolff@uamail.albany.edu
Athletics Website: www.albany.edu/sports

Hartford, September 10 Loudonville, N.Y.

Location: West Hartford, Conn.
Founded: 1877
Enrollment: 4,657
Nickname: Hawks
Colors: Scarlet and White
President: Walter Harrison
Athletics Director: Pat Meiser-McKnett
Affiliation: NCAA Division 1
Conference: America East
Home Field: Al Marzook Field
Head Coach: John Natale
Record at Hartford/Seasons: 9-25-3/Third
Career Record: Same
Assistant Coach: Margaret Tietjen
Office Phone: (860) 768-4676



Team Information

2005 Overall Record: 4-13-1
Conference Record/Finish: 2-5-1/Seventh
Starters Returning/Lost: 8/3
Letterwinners Returning/Lost: 14/8

Sports Information

Women's Soccer Contact: David Longolucco
Office Phone: (860) 768-4620
Office Fax: (860) 768-4068
E-Mail: longolucco@hartford.edu
Website: www.hartfordhawks.com

Vermont, September 12 Burlington, Vt.

Location: Burlington, Vt.
Founded: 1791
Enrollment: 8,100
Nickname: Catamounts
Colors: Green and Gold
President: Dr. Daniel Mark Fogel
Athletics Director: Dr. Robert Corran
Affiliation: NCAA Division 1
Conference: America East
Home Field: Centennial Field
Head Coach: Kerry Dzikzkaniec
Record at Vermont/Seasons: 17-18-2/Two
Career Record: Same
Assistant Coaches: James Franklin
Stephanie Mead
Office Phone: (802) 656-7740



Team Information

2005 Overall Record: 8-9-1
Conference Record/Finish: 4-3-1/Fourth
Starters Returning/Lost: 7/4
Letterwinners Returning/Lost: 13/9

Sports Information

Women's Soccer Contact: Lisa Champagne
Office Phone: (802) 656-1818
Office Fax: (802) 656-8328
E-Mail: lisa.champagne@uvm.edu
Athletics Website: www.uvmathletics.com

New Jersey Institute of Technology, September 15 Albany, N.Y.

Location: Newark, N.J.
Founded: 1881
Enrollment: 5,366
Nickname: Highlanders
Colors: Red and White
President: Dr. Robert A. Altenkirch
Athletics Director: Lenny Kaplan
Affiliation: NCAA Division 1
Conference: United Soccer
Home Field: Lubetkin Field
Head Coach: Alyssa Radu
Record at NJIT/Seasons: 13-16-4/Two
Career Record: Same
Assistant Coaches: Kevin Leacock
Office Phone: (802) 656-7740



Team Information

2005 Overall Record: 8-6-3
Conference Record/Finish: 7-2-2/Third
Starters Returning/Lost: 10/1
Letterwinners Returning/Lost: 14/2

Sports Information

Women's Soccer Contact: Stephanie Pillari
Office Phone: (973) 596-8324
Office Fax: (973) 596-8440
E-Mail: pillari@njit.edu
Website: www.njithighlanders.com

Navy, September 24 Annapolis, Md.

Location: Annapolis, Md.
Founded: 1845
Enrollment: 4,000
Nickname: Midshipmen or Mids
Colors: Navy, Blue and Gold
Superintendent: Vice Adm.
Rodney Rempt, USN
Athletics Director: Chet Gladchuck
Affiliation: NCAA Division 1
Conference: Patriot League
Home Field: Glenn Warner Soccer Facility
Head Coach: Carin Gabarra
Record at Navy/Seasons: 151-82-17/13
Career Record/Seasons: 157-92-17/14
Assistant Coach: Rob Blanck
Office Phone: (410) 293-5562



Team Information

2005 Overall Record: 10-8-2
Conference Record/Finish: 2-5-0/Sixth
Starters Returning/Lost: 7/4
Letterwinners Returning/Lost: 12/6

Sports Information

Women's Soccer Contact: Stacie Michaud
Office Phone: (410) 293-8773
Office Fax: (410) 293-8954
E-Mail: michaud@usna.edu
Athletics Website: www.navysports.com

Fairfield, September 29 Loudonville, N.Y.

Location: Fairfield, Conn.
Founded: 1942
Enrollment: 3,300
Nickname: Stags
Colors: Cardinal Red
President: Rev. Jefferey von Arx, S.J.
Athletics Director: Eugene P. Doris
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Lessing Field
Head Coach: Jim O'Brien
Record at Fairfield/Seasons: 10-7-3/1
Career Record/Seasons: 115-63-11/10
Assistant Coach: Laura Duncan
Office Phone: (203) 254-4000 ext. 2940



Team Information

2005 Overall Record: 10-7-1
Conference Record/Finish: 4-3-2/Fifth
Starters Returning/Lost: 9/2
Letterwinners Returning/Lost: 13/8

Sports Information

Women's Soccer Contact: Chris O'Connor
Office Phone: (203) 254-4000 ext. 2878
Office Fax: (203) 254-4117
E-Mail: coconnor@mail.fairfield.edu
Athletics Website: www.fairfieldstags.com

Iona, October 1 Loudonville, N.Y.

Location: New Rochelle, N.Y.
Founded: 1940
Enrollment: 2,980
Nickname: Gaels
Colors: Maroon and Gold
President: Br. James A. Liguori
Athletics Director: Patrick Lyons
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Mazzella Field
Head Coach: Eric Teepe
Record at Iona/Seasons: First Season
Career Record/Seasons: Same
Assistant Coaches: Susan Scheer
Danielle Lewis
Office Phone: (914) 633-2131



Team Information

2005 Overall Record: 10-8-1
Conference Record/Finish: 6-3-0/4th
Starters Returning/Lost: 10/2
Letterwinners Returning/Lost: 20/4

Sports Information

Women's Soccer Contact: Dan Kuberka
Office Phone: (914) 633-2310
Office Fax: (914) 633-2072
E-Mail: dkuberka@iona.edu
Athletics Website: www.iona.edu/gaels

Manhattan, October 6 Riverdale, N.Y.

Location: Riverdale, N.Y.
Founded: 1853
Enrollment: 3,400
Nickname: Jaspers
Colors: Kelly Green and White
President: Bro. Thomas Scanlan, FSC
Athletics Director: Robert Byrnes
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Gaelic Park
Head Coach: Sean Driscoll
Record at Manhattan/Seasons: 6-12-2/1
Career Record/Seasons: Same
Assistant Coach: Todd Plourde
Office Phone: (718) 862-7843



Team Information

2005 Overall Record: 6-12-1
Conference Record/Finish: 1-7-1/9th
Starters Returning/Lost: 8/3
Letterwinners Returning/Lost: 17/11

Sports Information

Women's Soccer Contact: Kyle Mack
Office Phone: (718) 862-7728
Office Fax: (718) 862-8020
E-Mail: kyle.mack@manhattan.edu
Athletics Website: www.gojaspers.com

Saint Peter's, October 8 Jersey City, N.J.

Location: Jersey City, N.J.
Founded: 1872
Enrollment: 3,282
Nickname: Peahens
Colors: Blue and White
President: James N. Loughran, SJ
Athletics Director: William Stein
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Joseph J. Jaroschak Field
Head Coach: Shawn Tarquinio
Record at Saint Peter's/Seasons: 1-8-0/1
Career Record/Seasons: Same
Assistant Coaches: Allison Valenti,
Jim Volpi
Office Phone: (201) 915-9108



Team Information

2005 Overall Record: 2-16-0
Conference Record/Finish: 1-8-0/10th
Starters Returning/Lost: 9/2
Letterwinners Returning/Lost: 13/3

Sports Information

Women's Soccer Contact: Dan Drutz
Office Phone: (201) 915-9101
Office Fax: (201) 915-9102
E-Mail: ddrutz@spc.edu
Athletics Website: www.spc.edu/athletics

Assistant Coaches: Peye Garcia,
Christy Ganc
Office Phone: (410) 617-5146

Team Information

2005 Overall Record: 15-5-0
Conference Record/Finish: 9-0-0/1st
Starters Returning/Lost: 8/4
Letterwinners Returning/Lost: 13/8

Sports Information

Women's Soccer Contact: Sara Day
Office Phone: (410) 617-2777 ext.2718
Office Fax: (410) 617-5029
E-Mail: sday@loyola.edu
Website: www.loyolagreyhounds.com

Rider, October 15 Loudonville, N.Y.

Location: Lawrenceville, N.J.
Founded: 1865
Enrollment: 5,504
Nickname: Broncs
Colors: Cranberry and White
President: Dr. Mordechai Rozanski
Athletics Director: Curt Blake
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Rider Campus Field
Head Coach: Kevin Long
Record at Rider/Seasons: 26-29-6/3
Career Record/Seasons: Same
Assistant Coaches: Keith Richardson,
Kristy Rose-Dougherty
Office Phone: (609) 896-5359



Team Information

2005 Overall Record: 3-15-2
Conference Record/Finish: 1-7-1/8th
Starters Returning/Lost: 8-3
Letterwinners Returning/Lost: 12-7

Sports Information

Women's Soccer Contact: Bud Focht
Office Phone: (609) 896-5138
Office Fax: (609) 896-0341
E-Mail: focht@rider.edu
Athletics Website: www.gobroncs.com

Canisius, October 20 Buffalo, N.Y.

Location: Buffalo, N.Y.
Founded: 1870
Enrollment: 3,440
Nickname: Golden Griffins
Colors: Blue and Gold
President: Rev. Vincent M. Cooke, S.J.
Athletics Director: Robert Byrnes
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Demske Sports Complex
Head Coach: Meagan Dougherty
Record at Canisius/Seasons: 16-65-3
Career Record/Seasons: Same
Assistant Coaches: Stacy Gough,
Nicole Olszewski
Office Phone: (716) 888-2899



Team Information

2005 Overall Record: 6-12-0
Conference Record/Finish: 3-6-0/7th
Starters Returning/Lost: 8-3
Letterwinners Returning/Lost: 15-6

Sports Information

Women's Soccer Contact: Dan Drutz
Office Phone: (201) 915-9101
Office Fax: (201) 915-9102
E-Mail: ddrutz@spc.edu
Athletics Website: www.spc.edu/athletics

Niagara, October 22 Lewiston, N.Y.

Location: Lewiston, N.Y.
Founded: 1856
Enrollment: 3,446
Nickname: Purple Eagles
Colors: Purple and White
President: Rev. Joseph Levesque, CM
Athletics Director: Mike Hermann
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Niagara Field
Head Coach: Peter Veltri
Record at Niagara/Seasons: 68-59-8/7th
Career Record/Seasons: 80-78-12/8th
Assistant Coach: Alexandra Sahlen
Office Phone: (716) 888-2899



Team Information

2005 Overall Record: 16-3-2
Conference Record/Finish: 8-1-0/2nd
Starters Returning/Lost: 8-3
Letterwinners Returning/Lost: 13-6

Sports Information

Women's Soccer Contact: Brian Ormiston
Office Phone: (716) 286-8586
Office Fax: (716) 286-8582
E-Mail: bjo@niagara.edu
Athletics Website: www.purpleeagles.com

Marist, October 27 Poughkeepsie, N.Y.

Location: Poughkeepsie, N.Y.
Founded: 1929
Enrollment: 4,000
Nickname: Red Foxes
Colors: Red and White
President: Dr. Dennis J. Murray
Athletics Director: Tim Murray
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Leonindoff Field
Head Coach: Elizabeth Roper
Record at Marist/Seasons: 5-12-2/2
Career Record/Seasons: 24-78-4
Assistant Coach: Sarah Dwyer-Schick
Office Phone: (845) 575-3699 ext. 2697



Team Information

2005 Overall Record: 5-12-2
Conference Record/Finish: 3-5-1/Sixth
Starters Returning/Lost: 8-2
Letterwinners Returning/Lost: 15-4

Sports Information

Women's Soccer Contact: Mike Doughty
Office Phone: (845) 575-3699 ext. 6047
Office Fax: (845) 471-0466
E-Mail: michael.doughty1@marist.edu
Athletics Website: www.goredfoxes.com

Loyola, October 13 Loudonville, N.Y.

Location: Baltimore, Md.
Founded: 1852
Enrollment: 3,200
Nickname: Greyhounds
Colors: Green and Grey
President: Rev. Harold E. Ridley, S.J.
Athletics Director: Joseph Boylan
Affiliation: NCAA Division 1
Conference: Metro Atlantic Athletic
Home Field: Diane Geppi-Aikens Field
Head Coach: John Byford
Record at Loyola/Seasons: 15-5-0/1
Career Record/Seasons: 28-26-1/3



Assistant Coaches: Peye Garcia,
Christy Ganc
Office Phone: (410) 617-5146

Team Information

2005 Overall Record: 15-5-0
Conference Record/Finish: 9-0-0/1st
Starters Returning/Lost: 8/4
Letterwinners Returning/Lost: 13/8

Sports Information

Women's Soccer Contact: Sara Day
Office Phone: (410) 617-2777 ext.2718
Office Fax: (410) 617-5029
E-Mail: sday@loyola.edu
Website: www.loyolagreyhounds.com

Record Book

Siena College Women's Soccer Head Coaching Record

Head Coach	Years	Record	Career Record	MAAC
Charlie Curto	1980-83	18-32-2	18-32-2	N/C
Capt. Jack Marriott	1984-85	6-17-1	6-17-1	N/C
John Matthews	1986-89	23-35-1	23-35-1	N/C
Dan Carpenter	1990-98	56-93-10	56-93-10	24-33-4
Steve Karbowski	1999- Present	41-56-9	41-56-9	28-20-6
Total	25 Years	144-233-23	144-233-23	115-101-18

N/C – No Conference

The Saints have made 5 MAAC Championship appearances since they joined the MAAC in 1991

PLAYER OF THE WEEK HONORS

YEAR	PLAYER	HONOR	DATE
1992	None		
1993	Valerie Kujan	Player of the Week	Oct. 11
1994	None		
1995	Val Brunner	Player of the Week	Oct. 9
1996	Susan Martinika	Player of the Week	Sept. 23
	Maria Theodorou	Player of the Week	Sept. 30
1997	None		
1998	None		
1999	None		
2000	Lindsay McSharry	Player of the Week	Sept. 11
2001	Noel Cox	Rookie of the Week	Oct. 8
2002	Noel Cox	Player of the Week	Nov. 4
2003	Noel Cox	Defensive Player of the Week	Sept. 15 and Oct.13
	Kristen Turner	Rookie of the Week	Sept. 15 & 22 and Nov. 11
	Erin DeMatteo	Offensive Player of the Week	November 3
2004	Kristen Turner	Offensive Player of the Week	Nov. 1
	Noel Cox	Defensive Player of the Week	Nov. 1

Year-by-Year Coaching History

Year	Record	MAAC Record	Coach	Landmark/Milestone
1980	6-6	N/C	Charlie Curto	
1981	6-7	N/C	Charlie Curto	
1982	5-9-1	N/C	Charlie Curto	
1983	2-10-1	N/C	Charlie Curto	
1984	3-9	N/C	Capt. Jack Marriott	
1985	3-8-1	N/C	Capt. Jack Marriott	
1986	7-7-1	N/C	John Matthews	
1987	6-11	N/C	John Matthews	
1988	8-7	N/C	John Matthews	First winning season in program history.
1989	4-10	N/C	Dan Carpenter	
1990	6-9	N/C	Dan Carpenter	
1991	7-7-1	2-2-1	Dan Carpenter	Joined the MAAC.
1992	3-12-1	1-6	Dan Carpenter	
1993	6-10-2	4-4-1	Dan Carpenter	Lost 2-1 to Loyola in 1st round of MAAC Tour.
1994	5-9-1	3-4	Dan Carpenter	
1995	10-7-1	4-3	Dan Carpenter	First winning season since 1988; lost to tournament champ Loyola in 1st round.
1996	7-9-1	3-4	Dan Carpenter	Beat top seed Saint Peter's, 2-0, in 1st round of MAAC Tour.
1997	6-10-2	4-4-1	Dan Carpenter	Lost to eventual champion Fairfield, 4-0 in 1st round of MAAC Tour.
1998	6-10-1	3-5-1	Dan Carpenter	
1999	3-11-2	3-5-1	Steve Karbowski	
2000	4-12-2	2-5-2	Steve Karbowski	
2001	10-8	6-3	Steve Karbowski	Best school record.
2002	5-10-3	5-3-1	Steve Karbowski	Lost to MAAC Champ Loyola, 2-1 in MAAC Play
v2003	9-7-1	5-3-1	Steve Karbowski	
2004	10-8-1	7-1-1	Steve Karbowski	Equal school record for wins, best MAAC record



Kristen Turner

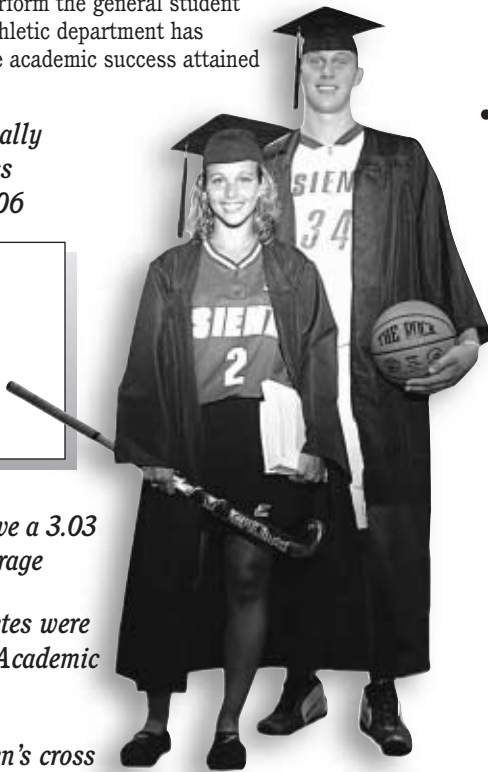
Saints in the Classroom

Siena's student-athletes have a history of success on the courts and playing fields, but an even prouder tradition of excellence in the classroom. Siena's student-athletes regularly outperform the general student body, and in recent years, the athletic department has received national acclaim for the academic success attained by its student-athletes.

- *Siena tied for fifth nationally with a Graduation Success Rate of 97% in 2005-2006*

- | |
|-------------------|
| 1. Radford 100% |
| 2. Navy 99% |
| 3. Notre Dame 98% |
| 3. Valparaiso 98% |
| 5. Siena 97% |

- *Siena's student-athletes have a 3.03 cumulative grade point average*
- *A record 83 student-athletes were named to conference All-Academic Teams in 2005-2006*
- *Both the men's and women's cross country programs were recognized as National All-Academic Teams with Distinction*
- *The National Field Hockey Coaches Association recognized the Siena Field Hockey team as one of 55 National Academic Teams*



- *Men's Lacrosse senior Matt Walsh was named an All-American Scholar, becoming the first lacrosse player in school history to earn the honor*

- *11 of Siena's 18 Division I programs posted a team GPA of 3.0 or higher in 2005-2006*

- Women's Cross Country – 3.42
- Volleyball – 3.32
- Women's Basketball – 3.23
 - Women's Golf – 3.27
- Men's Cross Country – 3.20
- Men's Tennis – 3.19
- Field Hockey – 3.19
- Women's Soccer – 3.18
- Women's Lacrosse – 3.15
- Women's Tennis – 3.10
- Softball – 3.00



In 2002, USA Today presented Siena College with a plaque in recognition of overall excellence in academic achievement. The department ranked ninth among all Division I schools in national graduation rates that year, one of two appearances in the top-15 in the last five years.

Siena student-athletes reap the benefits of both worlds—the opportunity to engage in a challenging and stimulating academic environment, combined with the chance to develop their athletic potential as members of competitive NCAA Division I teams. The support services provided to the student-athletes are designed to offer assistance and resources, in addition to encouragement and guidance. Services include monitoring academic and degree progress, supervision of study hall, coordination of enrichment and educational programming, as well as interaction with academic advisors and faculty within the various Liberal Arts, Science and Business colleges.

- *The Intercollegiate Women's Lacrosse Coaches Association acknowledged the Siena women's lacrosse team as one of 38 IWLCA Honor Squads*

- *Volleyball player Liz Hubbard was named an ESPN the Magazine Academic All-District First-Team selection. Hubbard was also named MAAC Woman of the Year and MAAC Humanitarian of the Year*



Liz Hubbard spent the summer of 2005 in Kenya performing an internship as part of Siena's nationally renowned Albany-Med program.



Saints in the Community



For the fifth straight year, the Siena women's basketball team donated a portion of the ticket sales to the Capital Region Action Against Breast Cancer (CRAAB). At this year's game against Iona, several area breast cancer survivors were honored before the game. Above: Laura Menty escorts a survivor during pregame introductions.

One of the main objectives of the Siena Athletic Department has always been to remain actively involved in the Capital Region community. Siena's student-athletes and coaches make numerous appearances in local classrooms and hospitals and volunteer hundreds of hours to help out many organizations. Additionally, the athletic department has donated thousands of dollars in game tickets, sports camps scholarships and sporting apparel and memorabilia to local charities.

From soup kitchens to elementary schools, Siena invests its special resources each year to enrich the Capital Region community.

Partnership with Ronald McDonald House Charities

In 2005-2006, Siena athletics embarked on an active partnership with the Ronald McDonald House Charities in the Capital Region. Throughout the school year, all of Siena's athletic teams were involved in visiting either the Ronald McDonald House in Albany or the Ronald McDonald Family Room at the Albany Medical Center.

Student-athletes and coaches help lift the spirits of the sick children and their families by preparing meals at the House, assisting in spring cleanup efforts or simply signing autographs and playing games with the patients in the Family Room.

By creating, finding and supporting programs that directly improve the health and well-being of children, Ronald McDonald House Charities (RMHC) is working to better the lives of children and their families around the world.



FIDELIS CARE™

Adopt-A-School Program

The newly redesigned Adopt-A-School program is a community initiative intended to motivate area elementary students through interaction with Siena's student-athletes. Members of Siena's athletic teams interact with designated schools throughout the year. In addition to providing guidance and leadership to area youths, Siena's student athletes learn first hand the value of volunteering in the community. The elementary students can find that learning is fun as teachers incorporate Siena Athletics into class lesson plans (i.e. using statistics for math assignments, or writing the players for English).

Siena's current Adopted Schools are:

- Albany Public School #18
- St. Gregory's School for Boys
- Schenectady Middle School
- Acadia (Shenedehowa) Elementary School
- St. Pius



Left: Members of the men's basketball team visit with children at the Ronald McDonald family room in the Albany Medical Center. Center: Head women's soccer coach Steve Karbowski lends a hand at the annual Ronald McDonald House spring cleaning in Albany. Right: The women's tennis team was one of several sports programs to spend an afternoon preparing a meal for the families at the Ronald McDonald House in Albany.

St. Casmir's Wednesdays

Siena Athletics began a partnership with St. Casmir's elementary school in 2001, providing an athletic facility for the Arbor Hill School which does not have a gym. Over the years, the program has flourished. Each Wednesday during the school year, students from St. Casmir visit the Marcelle Athletic Complex to play various recreational activities with Siena student-athletes.

The youngsters are coached by Siena's student-athletes in various athletic skills. Athletic Academic Advisor Sue Horst has overseen the implementation of the program for Siena. "Siena student-athletes have earned the reputation of balancing and achieving both academic and athletic success," Horst remarked. "Bringing the students of St. Casmir School to Siena gives them the rewarding experience of learning from and looking up to their role models right here on campus, and gives our students a chance to be involved in the community."

Siena's Amtrak Lil' Saints Program

Amtrak Lil' Saints is a fun and exciting club for fans 14 or younger who wish to support Siena Athletics throughout the season. Membership includes:

- A welcome letter from a student-athlete on favorite sports team
- Photo membership ID card w/ lanyard
- Club t-shirt
- Monthly issue of Lil' Saints Newsletter
- Birthday card from the Saints
- Radio Disney Fun Zone at select basketball games
- Free admission to eight (8) basketball games: four (4) men's and four (4) women's games
- Free admission to ALL volleyball, soccer, softball, baseball, lacrosse, water polo, swimming and diving, tennis and field hockey games
- Special Celebration Day in honor of the National Student Athlete Day at the ARC with all 18 varsity sports teams
- End of the year Rootbeer Float Party with Siena student-athletes
- Chances to win prizes and much more!



Members of Siena's softball and baseball teams volunteer with the St. Casmir's Wednesdays Program.

Other Saints in the Community Activities Include, But Are Not Limited To:

- National Student-Athlete Day
- Partnership with CRAAB through Breast Cancer Awareness Week
- National Girls and Women in Sports Day
- Albany's 15-Love Foundation
- MAAC Gives Back Program
- NCAA YES Clinics
- Special Olympics
- New Day Art



Left: The Siena volleyball team spends a spring afternoon helping out with Albany's Kids in the Kitchen program. Right: Women's basketball players help unload and stack merchandise donated at a men's/women's doubleheader at the Northeast Regional Food Bank. The goods helped restock the Food Bank after the busy holiday season.

Siena Athletics

They started out as the Golden Warriors. That proved too long for headlines, so soon, Siena became the Indians. In March of 1989, they became the Saints.

There was a time, not long ago, when the majority of Siena's student athletes hailed from homes in the Capital Region, and jumping in a van and traveling to Saratoga, Troy, Schenectady and Albany could meet athletic teams' scheduling requirements.

In 1976, however, Siena's athletics program was elevated to NCAA Division I status. With that move, the College committed itself to upgrading its program and making all teams competitive.

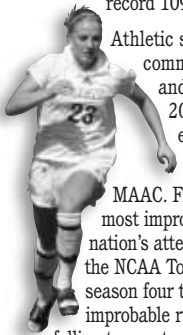
After stops in the ECAC Metro and North Atlantic Conference, Siena moved to the Metro Atlantic Athletic Conference (MAAC) in 1990, where it has made its mark.

Since its move to full Division I status, Siena Athletics has continued to grow. Four years ago, the program added women's water polo, giving it seven men's programs and 11 on the women's side.

The Program

Siena sponsors 18 sports at the NCAA Division I level. Seventeen teams compete in the MAAC, with field hockey playing in the Northeast Conference.

The Saints pride themselves on excellence on and off the field. Siena's student-athletes regularly graduate at rates higher than the general student population. Siena tied for fifth nationally in the inaugural Graduation Success Rate (GSR) this past year. According to the report, Siena's student-athletes achieved a 97% GSR. The Saints' women's lacrosse, men's cross country, women's cross country, field hockey and water polo teams were all named National Academic Squads by their respective coaches' associations in 2005-2006. Additionally, a record 109 student-athletes were placed on the MAAC honor roll.



Athletic success has continued to improve as well thanks to a continued commitment from the College to enhance athletic aid, full-time coaching, and facilities. A record four teams won conference championships in 2005-2006, with women's volleyball, men's golf and women's tennis earning bids to the NCAA Tournament.

The men's basketball team has carried the torch for Siena in the MAAC. First-year head coach Fran McCaffery guided the Saints to the fifth most improved finish in all of Division I in 2005-2006. In 2002, Siena caught the nation's attention with an improbable leap into college basketball's biggest stage – the NCAA Tournament, highlighting a span in which the team advanced to the post-season four times in five years (1999-2003). The Green and Gold continued its improbable run with an opening round victory over Alcorn State on ESPN before falling to eventual national champion Maryland before 20,000 fans at the MCI Center in Washington. It was the team's third trip to the "Big Dance" (1989, 1999). In 2003, Siena made its fifth postseason NIT appearance. The Saints have enjoyed great success in the NIT, advancing as far as the semifinals round at Madison Square Garden in 1994.

The Siena women's basketball team has captured seven regular-season MAAC titles in the last 15 years. Under the direction of Gina Castelli, the program has grown into one of the top in the region. In 2000-2001, the team earned its first MAAC Tournament championship and initial NCAA berth. The Saints played in the postseason WNIT in 1999, 2002 and 2003.

The volleyball team has one of the richest histories for success, qualifying for 12 conference championships in the last 14 years. In 2005, the Saints shocked the MAAC by capturing their fifth conference title despite being picked ninth in the preseason coaches' poll. The team won four straight MAAC titles from 1993-96 and reached the 1995 NCAA Tournament. In April of 2003, Garvey Pierre took over as the program's first full-time coach as the Saints look to make the leap to the next level.

The women's golf team has also achieved breakthrough success, capturing its sixth straight MAAC Championship at Disney's Wide World of Sports Complex in the spring of 2006. Not to be outdone, the men's golf team broke through with its second MAAC title this spring after back-to-back runner-up performances. Senior Bryan Bigley is the two-time Albany Times Union Siena Male Student-Athlete of the Year. Bigley won the MAAC Individual Championship in 2005 and finished second this past year. He has advanced to the US Open sectional qualifier the past two summers as well.

The Siena baseball team has won four MAAC Championships since 1995 and advanced to the 1999 NCAA Tournament. Head Coach Tony Rossi, entering his 38th year, was named MAAC Coach of the Year for the sixth time in 2005 after guiding an overachieving Siena team back to the conference championships. Pitcher John Lannan became the 20th player in program history to be drafted when he was selected in the 11th round of the First-Year Player's draft in June of 2005 by the Washington Nationals.

The men's and women's soccer programs have experienced recent success and growth as well. Women's Head Coach Steve Karbowski was recognized as the Northeast Region's Co-Coach of the Year after orchestrating the nation's eighth best turnaround in 2001. He has been named MAAC

Coach of the Year twice in his eight seasons as head coach, and last year led the Saints to a program-record 10 victories for the second consecutive season. Men's Head Coach Charlie Curto, in his 23rd season at the helm, guided the Saints back to the MAAC Tournament in 2004, narrowly missing out on a regular-season title.



In 2005, MAAC Coach of the Year, Jake McHerron, guided the upstart Siena women's lacrosse team to the MAAC Championship game for the first time in program history. McHerron and the Saints have high expectations once again this spring. Rob Swingle, now in his third season at Siena, has added life to Siena's newest sport, women's water polo. Swingle was named MAAC Coach of the Year in 2005, and welcomes in his second recruiting class this fall with an aim toward reaching the MAAC Tournament for the first time.

In the fall of 2003, the field hockey team advanced to the NEC Tournament behind head coach Lynda Lareau, who will again try to turn that trick this fall.

The men's lacrosse program appears on the verge of taking off. In July of 2004 Brian Brecht took over as the program's first full-time head coach, raising the expectations for the growing program. Brecht was named MAAC Co-Coach of the Year in 2005 and the Saints have improved their MAAC finish in each of his first two seasons.

Siena's softball and women's swimming and diving programs will be under the direction of new coaches in 2006-2007 as both programs look to ascend the MAAC ladder. Veteran men's tennis coach Jim Serbalik and head cross country coach Jim Bowles welcome in a talented crop of recruits to join their progressing programs. The women's tennis team will have an excellent chance to repeat its conference championship in the spring. Sophomore Sarah Mayer set a program record with 22 singles victories as a freshman. She was the first Siena athlete in any sport to be named MAAC Rookie of the Year, MAAC Player of the Year and MAAC Tournament MVP.

Facilities

Most Siena teams make their homes on-campus, playing on the seven grass fields located behind the Marcelle Athletic Complex (MAC). This year the department will break ground on a multiple-purpose, outdoor athletic facility which will serve as a venue for Siena lacrosse, field hockey and soccer.

Inside the Marcelle Athletic Complex, Siena student-athletes have all the amenities to ensure their abilities to compete at the Division I level. Many student-athletes enjoyed the benefits of a state-of-the-art expansion to the field house. The expansion, dedicated in July of 2004, features four "team rooms," as well as the Turchi Theater for film review and scouting. The men's and women's basketball locker rooms were also restructured as part of the project.

The women's basketball and volleyball teams play their home contests at the 4,000-seat Alumni Recreation Center (ARC), which received a cosmetic facelift this past summer.

Siena's men's basketball team makes its home at the Pepsi Arena in downtown Albany. The Pepsi Arena (to be renamed the Times Union Center on January 1, 2007) is a regionally acclaimed 14,750-seat facility. Since its full-time move to the Pepsi Arena prior to the 1996-97 season, both the men's and women's basketball team's attendances have soared into the top-100 in the country.

Academic Support

Siena prides itself in its student-athletes' success academically. A full-time academic advisor is on hand to provide assistance for student-athletes, helping in class scheduling and tutorial services. In 2002, an assistant advisor was hired to assist with the NCAA's Champs Life Skills initiative – known as S.A.IN.T.S. (Supporting Athletes in Their Success) at Siena.

The department's major undertaking in the summer of 2004 was the construction of a new study hall facility for the exclusive use of student athletes. The study lounge is located on the second floor of the MAC and includes all the amenities and technological resources needed to assure the continued academic success for Siena's student-athletes.

In addition, the technologically advanced J. Standish library, which opened in 2000, drop to the baseball field and is a short walk from any point on campus.

Spencer and Patricia serves as a scenic back-



Siena Women's Soccer TV/Radio Roster



#00

Patti Carroll
Sophomore • 5-7
Goalkeeper
Middle Grove, N.Y./Galway



#0

Carey Winkler
Senior • 5-9
Goalkeeper
Sand Lake, N.Y./Averill Park



#1

Stephanie DiMari
Sophomore • 5-5
Midfield
Hicksville, N.Y./
Our Lady of Mercy



#2

Madeline Rickard
Junior • 5-5
Midfield
Otisville, N.Y./John S. Burke



#3

Christina Macera
Freshman • 5-4
Midfield/Forward
Cazenovia, N.Y./Chittenango



#4

Susie Blaisdell
Junior • 5-7
Forward
Exeter, N.H./Exeter



#5

Kristen Turner
Senior • 5-6
Forward
Wappingers Falls, N.Y./
John Jay



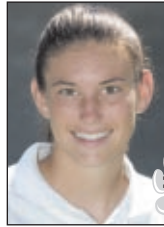
#7

Katie Mulligan
Junior • 5-4
Midfield
Staten Island, N.Y./
Notre Dame



#8

Amy Loughridge
Junior • 5-6
Midfield
Guilderland, N.Y./Guilderland



#9

Tara Ross
Junior • 5-7
Defense
Ballston Lake, N.Y./
Shenendehowa



#10

Kara Sefcik
Junior • 5-5
Midfield
Poughkeepsie, N.Y./Arlington



#11

Jen Smith
Red-Shirt Senior • 5-4
Defense
Clifton Park, N.Y./Holy Names



#12

Lauren Stys
Senior • 5-6
Defense
Hooksett, N.H./
Manchester Central



#13

Sarah Hopkins
Senior • 5-7
Midfield/Forward
Ballston Lake, N.Y./
Shenendehowa



#14

Erin Morine
Senior • 5-3
Midfield
Saratoga Springs, N.Y./
Saratoga



#15

Katie Goodwin
Junior • 5-4
Defense
Valley Stream, N.Y./
Valley Stream



#16

Meg Helf
Senior • 5-4
Midfield/Forward
Mahopac, N.Y./Mahopac



#18

Arielle Brazer
Freshman • 5-2
Midfield
Rockaway, N.J./Morris Knolls



#19

Alyssa Thayer
Freshman • 5-5
Midfield
Hooksett, N.H./
Manchester West



#20

Erinn Flaherty
Senior • 5-4
Midfield
Clifton Park, N.Y./
Shenendehowa



#21

Shana Brady
Sophomore • 5-4
Defense
Brick, N.J./Brick Memorial



#22

Brandie Petrie
Senior • 5-7
Defense
Gansevoort, N.Y./Saratoga



#23

Chelsea Maguire
Junior • 5-4
Midfield
Ballston Lake, N.Y./Shenendehowa





Katie Mulligan
Junior
Midfield

2006 Schedule

August

25	Stony Brook	Loudonville, N.Y.	1 p.m.
27	Rhode Island	Kingston, R.I.	1 p.m.

September

1	Holy Cross	Worcester, Mass.	7 p.m.
8	Albany	Clifton Park, N.Y. (Clifton Commons)	7 p.m.
10	Hartford	Loudonville, N.Y.	1 p.m.
12	Vermont	Burlington, Vt.	3 p.m.
15	NJIT	Albany, N.Y.	4 p.m.
24	Navy	Annapolis, Md.	1 p.m.
29	Fairfield*	Loudonville, N.Y.	4 p.m.

October

1	Iona*	Loudonville, N.Y.	1 p.m.
6	Manhattan*	Riverdale, N.Y.	3 p.m.
8	Saint Peter's*	Jersey City, N.J.	1 p.m.
13	Loyola*	Loudonville, N.Y.	3 p.m.
15	Rider*	Loudonville, N.Y.	1 p.m.
20	Canisius*	Buffalo, N.Y.	7 p.m.
22	Niagara*	Lewiston, N.Y.	noon
27	Marist*	Poughkeepsie, N.Y.	7 p.m.

*MAAC Contest
Home games in bold



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