



LEAGUE PLAY CONTINUES

The Southern Connecticut State University women's lacrosse team is back in action with two road Northeast-10 Conference games this week. The Owls travel to Bentley on Thursday at 4 p.m. before taking on St. Michael's on Friday at 1 p.m.

KARN SUCCESSFULLY SCOOPING THEM UP

Junior Lauren Karn leads the Owls with 28 groundballs this season. Her 15 caused turnovers also pace the club in that department.

TOUGH WAY TO START

The Owls played three of the top seven teams in the nation to open the 2009 season. Including the Rollins game, SCSU took on a top-10 opponent in four of the first five games this season.

MONFREDO STARTS OUT STRONG

Junior Teresa Monfredo, the top returning scorer from a year ago, leads the squad with 15 points (14 goals, one assist) through the first eight games of the year.

CORSO STOPPING THEM COLD

Junior Lisa Corso turned away at least 17 shots in three straight games from March 20-26. She made 17 saves in back-to-back games against St. Anselm and Rollins and followed that up with a 19 save effort against Regis (Colo.). The 19 saves against Regis matched a career-high.

MONFREDO HEATING UP

Junior Teresa Monfredo broke out for a season-high five goals in the game against Southern New Hampshire.

DISHIAN FINDS THE BACK OF THE NET

Freshman Elizabeth Dishian tallied her first two goals as an Owl against St. Anselm.

**2009 Southern Connecticut
State University Women's Lacrosse
Games 9-10**
SCSU (0-8, 0-4 NE-10)
at Bentley (5-6, 3-1 NE-10)
April 9 • Waltham, Mass. • 4 p.m.
SCSU at St. Michael's (2-6, 2-3 NE-10)
April 10 • Colchester, Vt. • 1 p.m.

**2009 Southern Connecticut
State University Women's Lacrosse
Schedule and Results**

Date	Opponent	Time/Result
March 11	at No. 2 Adelphi L, 24-4
March 17	No. 3 C.W. POST L, 23-3
March 19	No. 7 STONEHILL* L, 26-4
March 20	ST. ANSELM* L, 18-8
March 24	at No. 10 Rollins L, 18-3
March 26	vs. Regis (at Rollins) L, 18-5
April 1	at AIC* L, 20-10
April 4	SO. NEW HAMPSHIRE* L, 21-11
April 9	at Bentley* 4 p.m.
April 10	at St. Michael's* 1 p.m.
April 15	ASSUMPTION* 7 p.m.
April 18	FRANKLIN PIERCE* 1 p.m.
April 21	at New Haven* 3:30 p.m.
April 25	at Merrimack* 12 p.m.
April 29-May 3	Northeast-10 Playoffs (at Highest Seed)	

Home games in CAPS played at Jess Dow Field
*denotes Northeast-10 conference game

THE CAPTAINS

Senior Grace Martha and juniors Lauren Karn and Lisa Corso will serve as team captains for the Owls in 2009.

Southern Connecticut State University Athletic Communications
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IN THE NORTHEAST-10 PRESEASON POLL

The Owls were selected eighth in the 2009 Northeast-10 Conference Women's Lacrosse preseason poll.

MARTHA RANKED WITH NATION'S BEST

Senior Grace Martha ranked tops among all Northeast-10 players and was second in the nation in groundballs per game in 2008.

TEE-ING IT UP

Junior Teresa Monfredo increased her scoring production from her rookie year in 2007. Monfredo registered 33 points (31 goals, two assists) in 2008 and ranked second on the team in goals and points.

CORSO REMAINED A CORNERSTONE

Goalie Lisa Corso saw action between the pipes in all 15 games for the Owls in 2008. She has played in every game thus far in her collegiate career and has started all but one of those contests.

SHE SHOT...SHE SCORED

The Owls erupted for a season-high 23 goals in their win over Franklin Pierce on April 5 last season. In fact, SCSU averaged 19.7 goals per game in its victories last season.

EXACTING A LITTLE REVENGE

The April 5 win over Franklin Pierce allowed the Owls to even the season series with the Ravens. However, the victory came in a Northeast-10 Conference game - whereas the 15-10 Ravens win in March was in a non-league tilt.

A NEW LEADER AT THE TOP

Senior Allison Kownacki moved past Cathy Cardini on March 25 atop the school's all-time goal list. Kownacki netted 117 goals as an Owl. Including the two seasons she spent at Merrimack, Kownacki scored 208 goals as a collegiate student-athlete.

MARTHA STOOD ALONE

Senior Grace Martha became the program's all-time groundball leader in the game with Franklin Pierce on March 18. She moved past Cathy Cardini, who had 72 career groundballs. Martha now has 144 career groundballs and led the club with 72 in 2008.

SCORING WITH REGULARITY

The 20-goal output against AIC marked the first time that the Owls had scored at least 18 goals in a game since netting 18 in a win over Assumption on April 24, 2007.

ON DECK

The Owls return to action on April 15 for a home game against Assumption.

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2009 Southern Connecticut State University Women's Lacrosse Roster

No.	Name	Year	Pos.	Hometown/High School
00	Diana DiGangi	So.	GK	Cheshire, Conn./Cheshire
1	Lisa Corso	Jr.	GK	North Bellmore, N.Y./Wellington C. Mepham
2	Erin Sweeney	Jr.	D	West Haven, Conn./Choate Rosemary Hall
4	Grace Martha	Sr.	M	Cheshire, Conn./Cheshire
5	Danielle Tammaro	Jr.	M	Cheshire, Conn./Cheshire
6	KellyAnne McCafferty	Jr.	A	Durham, N.H./Oyster River
7	Nicole Calcaterra	So.	A	Ronkonkoma, N.Y./Connequot
9	Caitlin King	So.	A	West Haven, Conn./West Haven
10	Lauren Karn	Jr.	M	Poughkeepsie, N.Y./Arlington
11	Elaina Heiple	Fr.	M	Cheshire, Conn./Cheshire
13	Jennifer Langlois	Fr.	D	West Haven, Conn./West Haven
14	Samantha Sirico	Jr.	D	Old Saybrook, Conn./Old Saybrook
15	Chantal Ducas	So.	M	Shelton, Conn./St. Joseph's
20	Jessica Kraszewski	So.	A	West Haven, Conn./West Haven
21	Marissa Ryan	Jr.	D	Waterbury, Conn./Sacred Heart
23	Teresa Monfredo	Jr.	A	Shirley, N.Y./William Floyd
24	Lauren Horner	So.	D	North Branford, Conn./North Branford
25	Elizabeth Dishian	Fr.	A	Shelton, Conn./Shelton

Head Coach: Kelley Frassinelli (eighth season)

Assistant Coaches: Lauren Tamborino (second season), Cathy Cardini (second season)

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