

UAB WOMEN'S SOCCER

2025 SCHEDULE & RESULTS

8.3	JACKSONVILLE STATE (EXH)	
8.9	SOUTH ALABAMA (EXH)	
8.14	UCF	7 P.M.
8.17	AT ETSU	1 P.M.
8.21	AT OLE MISS	7 P.M.
8.24	ULM	7 P.M.
8.31	SOUTHERN MISS	6 P.M.
9.4	WESTERN KENTUCKY	7 P.M.
9.7	BELMONT	6 P.M.
9.11	RICE	7 P.M.
9.14	SAMFORD	7 P.M.
9.18	AT MEMPHIS	7 P.M.
9.25	UTSA	7 P.M.
10.2	AT CHARLOTTE	7 P.M.
10.9	AT TULSA	7 P.M.
10.12	EAST CAROLINA	1 P.M.
10.19	AT FLORIDA ATLANTIC	1 P.M.
10.23	TEMPLE	7 P.M.
10.26	SOUTH FLORIDA	1 P.M.
10.30	AT NORTH TEXAS	7 P.M.

2025 AMERICAN STANDINGS

TEAM	CONF	OVERALL
MEMPHIS	0-0-0	0-0-0
SOUTH FLORIDA	0-0-0	0-0-0
RICE	0-0-0	0-0-0
EAST CAROLINA	0-0-0	0-0-0
NORTH TEXAS	0-0-0	0-0-0
TULSA	0-0-0	0-0-0
UAB	0-0-0	0-0-0
UTSA	0-0-0	0-0-0
FLORIDA ATLANTIC	0-0-0	0-0-0
CHARLOTTE	0-0-0	0-0-0
TEMPLE	0-0-0	0-0-0

MATCH

1

UAB VS. UCF

THURSDAY, AUGUST 14 | 7 PM CST | ESPN+
BIRMINGHAM, AL | PNC FIELD

LIVE STATS | STATBROADCAST.COM
SERIES RECORD: 3-7-1
LAST RESULT: 9/23/12 - BIRMINGHAM, ALA - L, 0-6



HEAD COACH:	LISA MANN	HEAD COACH:	TIFFANY SAHAYDAK
RECORD:	53-27-14 (7TH YEAR)	RECORD:	174-111-51 (19TH YEAR)
AT UAB:	13-12-10 (3RD YEAR)	AT UCF:	121-61-32 (13TH YEAR)
RECORD VS UCF:	0-0-0	RECORD VS UAB:	0-0-0
RECORD:	0-0-0	RECORD:	0-0-0
CONFERENCE:	0-0-0	CONFERENCE:	0-0-0
HOME:	0-0-0	HOME:	0-0-0
ROAD:	0-0-0	ROAD:	0-0-0
NEUTRAL:	0-0-0	NEUTRAL:	0-0-0
LAST 5:	0-0-0	LAST 5:	0-0-0
STREAK:	-	STREAK:	-
NCAA RPI:	-	NCAA RPI:	-
UNITED SOCCER RANK:	-	UNITED SOCCER RANK:	-
GOALS	0	GOALS	0
GOALS PER GAME	0.00	GOALS PER GAME	0
SHOTS	0	SHOTS	0
SHOTS PER GAME	0.0	SHOTS PER GAME	0
SHOTS PERCENTAGE	.000	SHOTS PERCENTAGE	0
SHOTS ON GOAL	0	SHOTS ON GOAL	0
SHOTS ON GOAL PERCENTAGE	.000	SHOTS ON GOAL PERCENTAGE	0
YELLOW CARDS	0	YELLOW CARDS	0
RED CARDS	0	RED CARDS	0
ASSISTS	0	ASSISTS	0
SAVES	0	SAVES	0
FOULS	0	FOULS	0
CORNER KICKS	0	CORNER KICKS	0
PENALTY KICKS	0-0	PENALTY KICKS	0-0

GENERAL

Location..... Birmingham, Ala.
 Founded 1969
 Enrollment..... 22,563
 President..... Dr. Ray Watts
 Athletics Director..... Mark Ingram
 Faculty Athletics Representative..... Dr. Frank Messina
 Sport Administrator Brad Hardekopf
 Nickname..... Blazers
 School Colors..... Green (PMS 3425) & Old Gold (PMS 617)
 Home Facility (Capacity) PNC Field (6,500)
 Affiliation NCAA Division I
 Conference American Conference

HISTORY

First Season..... 1996
 All-Time Record..... 238-254-59
 All-Time American Conference Record..... 6-5-8
 NCAA Tournament Appearances/Last..... 2/2006

COACHING STAFF

Head Coach Lisa Mann (3rd season)
 Alma Mater Martin Methodist (2000)
 Record at UAB..... 13-12-10
 Overall Record..... 53-27-14
 Associate Coach..... Mark Hiller (3rd season)
 Alma Mater Ashford (2014)
 Assistant Coach..... Lucas Costa (2nd season)
 Alma Mater Shorter (2020)

TEAM INFORMATION

Players Returning/Lost..... 16/14
 Newcomers 11
 Breakdown by Class (Sr./Jr./So./Fr.) 6/12/3/6
 Breakdown by State/Province/Country
 Alabama (2) Sierra, Mills
 Arkansas (1) Sommer
 Australia (1) Burns
 Canada (1) Parsons
 England (2) Leath, Wilson
 Florida (2) Aiken, Lucero
 Georgia (7) Lewis, Berryman, Graeser, Kluth, Metts, Stewart, Osborne
 Germany (1) Zimmer
 Illinois (1) Rochester
 Israel (1) Sirota
 Louisiana (1) Roberts
 Maryland (1) Bolinger
 New York (1) Judon
 North Carolina (2) Elliott, Tart
 Oklahoma (1) Keeling

Sweden (1)..... Larsson
 Texas (1)..... Murphy

SOCIAL MEDIA

UAB Women's Soccer Twitter @UAB_WSOC
 UAB Women's Soccer Instagram..... UAB_WSOC
 UAB Athletics Twitter @UAB_Athletics
 UAB Athletics Facebook..... UAB.Blazers
 UAB Athletics You Tube UABathletics
 UAB Athletics Instagram uab_athletics

ATHLETICS COMMUNICATIONS

Women's Soccer Contact..... Olivia Hooten
 Email oshooten@uab.edu
 Office Phone 205-934-0722
 Cell Phone 901-834-1278
 Mailing Address 617 13th Street South
 Birmingham, AL 35294
 Website..... www.UABSports.com

WE ARE UAB

The University of Alabama at Birmingham (UAB) has been an autonomous member of the University of Alabama system since 1969 and has had an intercollegiate athletic program since 1977.

Please note that there are only two correct versions of our name: **UAB** and **The University of Alabama at Birmingham.**

WE ARE NOT:

Alabama-Birmingham
 Ala.-Birmingham
 Ala.-Birm.
 UA-Birmingham
 U.A.B.

UAB OPENS 2025 SEASON VS UCF

UAB women's soccer will open the 2025 season on Thursday night against UCF. Kickoff is set for 7 p.m. CT.

SERIES HISTORY

UCF leads the all-time series 7-3-1. Last the Blazers faced the Knights was September 23, 2012, in Birmingham, Alabama. UCF won the match 6-0.

COMMON OPPONENTS

The Knights have two common opponents with the Blazers in Florida Atlantic and South Florida. UCF faces the Owls on August 17 and the Bulls on August 21. UAB will face FAU on October 19 and South Florida on October 26.

LAST TIME OUT FOR THE BLAZERS

The Blazers played two exhibition matches this preseason against Jacksonville State and South Alabama.

SCOUTING THE KNIGHTS

UCF had a 3-6-6 overall record last season. The Knights have six starters from last year's squad as well as 13 letterwinners. UCF has 12 newcomers, with eight transfers and four freshmen.

NEW FACES

UAB brought in 11 new players for the 2025 season from the prep levels (6) and via the transfer portal (5).

FAMILIAR FACES

The Blazers return 16 players from last season with six being starters.

Returners:

No. 2 Njeri Lewis

No. 3 Graycen Elliott

No. 4 Brielle Rochester

No. 5 Abbey Burns

No. 6 Maisie Wilson

No. 8 Mia Leath

No. 9 Lola Sommer

No. 10 Avery Berryman

No. 13 Lauren Lucero

No. 14 Caitlin Keeling

No. 15 Jette Zimmer

No. 17 Ava Mills

No. 18 Abby Graeser

No. 20 Louise Larsson

No. 23 Maia Sirota

No. 28 Sydney Bolinger

WE'RE ALL FROM SOMEWHERE

UAB women's soccer has student-athletes from 11 states and six different countries (Australia, Canada, England, Germany, Israel and Sweden). Georgia is the most well-represented state with seven Blazers while England is the most well-represented country outside of the U.S. with two players.

RETURNING PRODUCTION

UAB's top three goal scorers from last season have all returned for the 2025 season in Abbey Burns (7), Jette Zimmer (4) and Sydney Bolinger (2). Other players that are returning that each had one goal are Maia Sirota, Mia Leath, Lola Sommer and Abby Graeser.

THE AMERICAN WATCHLIST

Burns, Zimmer and Louise Larsson were all selected to the American Conference Preseason Watchlist. After last season's efforts on the pitch, Burns earned a spot on the All-AAC First Team, Zimmer was selected to the All-AAC Second Team and Larsson earned All-AAC Freshman Team for her defensive efforts.



2024-25 UAB Women's Soccer
Combined Statistics
All games

Date	Opponent	Score	Att.
08/15/2024	ETSU	W 1-0	180
08/18/2024	at Louisville	L 1-3	286
08/22/2024	at Samford	T 3-3	214
09/01/2024	at Coastal Carolina	L 0-1	276
09/05/2024	Ole Miss	W 1-0	168
09/08/2024	at Southern Miss.	W 1-0	225
* 09/12/2024	at UTSA	W 2-1	1112
* 09/19/2024	Memphis	T 0-0	143
* 09/26/2024	at Rice	L 1-2	474
* 09/29/2024	Fla. Atlantic	W 1-0	117
* 10/03/2024	at South Fla.	L 0-4	481
* 10/10/2024	Charlotte	T 0-0	194
* 10/20/2024	at East Carolina	T 2-2	266
* 10/24/2024	Tulsa	W 1-0	143
* 10/27/2024	at Temple	W 2-1	203
* 10/31/2024	North Texas	T 2-2	123
11/04/2024	vs Rice	L 0-2	157

Team statistics

	UAB	OPP
SHOT STATISTICS		
Goals-Shot attempts	18-135	21-223
Goals scored per game	1.06	1.24
Shot pct.	.133	.094
Shots on goal-Attempts	68-135	99-223
SOG pct.	.504	.444
Shots/Game	7.9	13.1
Assists	12	27
GOAL BREAKDOWN		
Total Goals	18	21
Penalty	3	2
Unassisted	-	-
Overtime	0	0
Goals scored average	1.06	1.24
CORNER KICKS	60	79
PENALTY KICKS	3-3	2-2
OFFSIDES	30	51
PENALTIES		
Fouls	144	177
Yellow cards	12	18
Red cards	0	1
ATTENDANCE		
Total	1068	3537
Dates/Avg Per Date	7/153	9/393
Neutral Site #/Avg	1/157	-

Record	Overall	Home	Away	Neutral
All Games	7-5-5	4-0-3	3-4-2	0-1-0
Conference	4-2-4	2-0-3	2-2-1	0-0-0
Non-Conference	3-3-1	2-0-0	1-2-1	0-1-0

# Player	GP	G	A	PTS	SH	SH%	SOG	SOG%	GWG	PK-ATT
5 Burns, Abbey	16	7	2	16	19	.368	10	.526	2	3-3
15 Zimmer, Jette	15	4	0	8	22	.182	14	.636	0	0-0
28 Bolinger, Sydney	15	2	1	5	4	.500	3	.750	1	0-0
23 Sirota, Maia	16	1	2	4	7	.143	2	.286	0	0-0
12 Clark, Maiya	15	1	1	3	15	.067	6	.400	1	0-0
11 Leath, Mia	16	1	0	2	8	.125	5	.625	1	0-0
9 Sommer, Lola	11	1	0	2	4	.250	3	.750	1	0-0
18 Graeser, Abby	11	1	0	2	3	.333	2	.667	1	0-0
10 Berryman, Avery	16	0	2	2	19	.000	8	.421	0	0-0
8 Page, Kendall	17	0	2	2	5	.000	2	.400	0	0-0
20 Larson, Louise	17	0	1	1	2	.000	0	.000	0	0-0
1 Toth, Anika	17	0	1	1	1	.000	1	1.000	0	0-0
13 Lucero, Lauren	14	0	0	0	10	.000	3	.300	0	0-0
4 Rochester, Brielle	17	0	0	0	8	.000	5	.625	0	0-0
22 White, Georgia	9	0	0	0	3	.000	2	.667	0	0-0
19 Hall, Amanda	7	0	0	0	2	.000	2	1.000	0	0-0
14 Keeling, Caitlin	15	0	0	0	2	.000	0	.000	0	0-0
16 Geier, Ada	3	0	0	0	1	.000	0	.000	0	0-0
2 Lewis, Njeri	9	0	0	0	0	.000	0	.000	0	0-0
6 Wilson, Maisie	5	0	0	0	0	.000	0	.000	0	0-0
24 White, Sydney	3	0	0	0	0	.000	0	.000	0	0-0
17 Mills, Ava	2	0	0	0	0	.000	0	.000	0	0-0
30 Drexel, Anna	1	0	0	0	0	.000	0	.000	0	0-0
Total	17	18	12	48	135	.133	68	.504	-	3-3
Opponents	17	21	27	69	223	.094	99	.444	-	2-2

#	Goalie	GP	MIN.	GA	GA AVG	SAVES	PCT	W-L-T	SHO/CBO
1	Toth, Anika	17	1530:00	21	1.24	76	.784	7-5-5	7/0
TM	TEAM	-	00:00	0	0.00	2	1.000	0-0-0	0/0
Total		17	1530:00	21	1.24	78	.788	7-5-5	7
Opponents		17	1530:00	18	1.06	50	.735	5-7-5	5

Goals by Periods

Team	1st	2nd	OT1	OT2	TOTAL
UAB	5	13	0	0	18
Opponents	9	12	0	0	21

Shots by Periods

Team	1st	2nd	OT1	OT2	TOTAL
UAB	56	79	0	0	135
Opponents	95	128	0	0	223

Saves by Periods

Team	1st	2nd	OT1	OT2	TOTAL
UAB	42	36	0	0	78
Opponents	23	27	0	0	50

Corners by Periods

Team	1st	2nd	OT1	OT2	TOTAL
UAB	30	30	0	0	60
Opponents	38	41	0	0	79

Fouls by Periods

Team	1st	2nd	OT1	OT2	TOTAL
UAB	73	71	0	0	144
Opponents	83	94	0	0	177



2024-25 UAB Women's Soccer
Category Leaders
All games

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as of May 27, 2025

##	Points	GP	G	A	Pts	Shots
5	Burns, Abbey	16	7	2	16	19
15	Zimmer, Jette	15	4	0	8	22
28	Bolinger, Sydney	15	2	1	5	4
23	Sirota, Maia	16	1	2	4	7
12	Clark, Maiya	15	1	1	3	15
9	Sommer, Lola	11	1	0	2	4
18	Graeser, Abby	11	1	0	2	3
11	Leath, Mia	16	1	0	2	8

##	Shots	GP	G	A	Shots	Shot%
15	Zimmer, Jette	15	4	0	22	.182
5	Burns, Abbey	16	7	2	19	.368
10	Berryman, Avery	16	0	2	19	.000
12	Clark, Maiya	15	1	1	15	.067
13	Lucero, Lauren	14	0	0	10	.000
4	Rochester, Brielle	17	0	0	8	.000
11	Leath, Mia	16	1	0	8	.125
23	Sirota, Maia	16	1	2	7	.143
8	Page, Kendall	17	0	2	5	.000
9	Sommer, Lola	11	1	0	4	.250
28	Bolinger, Sydney	15	2	1	4	.500

##	Goals	GP	G	A	Pts	Shots
5	Burns, Abbey	16	7	2	16	19
15	Zimmer, Jette	15	4	0	8	22
28	Bolinger, Sydney	15	2	1	5	4
9	Sommer, Lola	11	1	0	2	4
12	Clark, Maiya	15	1	1	3	15
18	Graeser, Abby	11	1	0	2	3
23	Sirota, Maia	16	1	2	4	7
11	Leath, Mia	16	1	0	2	8

##	Shots On Goal	GP	G	A	Shots	Sog	Sog%
15	Zimmer, Jette	15	4	0	22	14	.636
5	Burns, Abbey	16	7	2	19	10	.526
10	Berryman, Avery	16	0	2	19	8	.421
12	Clark, Maiya	15	1	1	15	6	.400
4	Rochester, Brielle	17	0	0	8	5	.625
11	Leath, Mia	16	1	0	8	5	.625
9	Sommer, Lola	11	1	0	4	3	.750
28	Bolinger, Sydney	15	2	1	4	3	.750
13	Lucero, Lauren	14	0	0	10	3	.300
22	White, Georgia	9	0	0	3	2	.667
8	Page, Kendall	17	0	2	5	2	.400
18	Graeser, Abby	11	1	0	3	2	.667
23	Sirota, Maia	16	1	2	7	2	.286
19	Hall, Amanda	7	0	0	2	2	1.000

##	Assists	GP	G	A	Pts	Shots
8	Page, Kendall	17	0	2	2	5
5	Burns, Abbey	16	7	2	16	19
23	Sirota, Maia	16	1	2	4	7
10	Berryman, Avery	16	0	2	2	19
1	Toth, Anika	17	0	1	1	1
28	Bolinger, Sydney	15	2	1	5	4
12	Clark, Maiya	15	1	1	3	15
20	Larson, Louise	17	0	1	1	2

2025 UAB Women's Soccer Roster

#	NAME	YR.	POS.	HT.	HOMETOWN / HIGH SCHOOL / TRANSFER
0	Yesenia Aiken	Jr.	GK	5-7	Wesley Chapel, Fla. / Wiregrass Ranch HS / Alabama A&M
00	Emerson Roberts	Sr.	GK	5-4	Shreveport, La. / C.E. Byrd HS / ULM
1	Leah Parsons	Jr.	GK	5-8	Calgary, Alberta / Burnaby Central Secondary / Oregon
2	Njeri Lewis	Jr.	D	5-6	Alpharetta, Ga. / Alpharetta
3	Graycen Elliott	Gr.	D	5-7	Durham, N.C. / Beechwood Academy
4	Brielle Rochester	Sr.	M	5-6	Libertyville, Ill. / Libertyville
5	Abbey Burns	Sr.	M	5-5	Adelaide, South Australia / Marryatville
6	Maisie Wilson	So.	D	5-10	Stevenage, England / The John Henry Newman School
8	Mia Leath	So.	M	5-5	Liverpool, England / Fowler Education Football Academy
9	Lola Sommer	Jr.	F	5-8	Bentonville, Ark. / Bentonville / Kentucky
10	Avery Berryman	Jr.	F	5-4	Cumming, Ga. / Forsyth Central
11	Rebecca Sierra	Fr.	M	5-3	Springville, Ala. / Springville HS
13	Lauren Lucero	Jr.	F	5-8	Ponte Vedra, Fla. / Nease
14	Caitlin Keeling	Jr.	M	5-6	Tulsa, Okla. / Jenks
15	Jette Zimmer	Sr.	F	5-10	Beidenfleth, Germany / Links der Weser Bremen / CSU-B
16	Jillian Kluth	Fr.	M	5-8	Marietta, Ga. / Lassiter
17	Ava Mills	Jr.	D	5-6	Tuscaloosa, Ala. / Tuscaloosa Academy
18	Abby Graeser	Jr.	D	5-10	Hoschton, Ga. / Mill Creek
20	Louise Larsson	So.	D	5-10	Stockholm, Sweden / Stockholm Idrotts Gymnasium
21	Ava Metts	Fr.	F	5-4	Newnan, Ga. / Northgate HS
22	Lailah Stewart	Jr.	F	5-4	Smyrna, Ga. / Campbell HS
23	Maia Sirota	Jr.	D	5-7	Raanana, Israel / Ostrovsky / Creighton
24	Kourtney Osborne	Fr.	D	5-6	Atlanta, Ga. / Chamblee HS
27	Shevaun Judon	Gr.	M	5-9	LaGrangeville, N.Y. / Arlington HS / Liberty
28	Sydney Bolinger	Jr.	M	5-10	Linthicum Heights, Md. / North County / Kentucky
29	Macie Murphy	Fr.	GK	5-6	Frisco, Texas / Lone Star HS
32	Kelsey Tart	Fr.	D	5-10	Roseboro, N.C. / Fayetteville HS

Head Coach: Lisa Mann (Third Season)

Associate Head Coach: Mark Hiller (Third Season)

Assistant Coach: Lucas Costa (Second Season)



0
Yesenia Aiken
Jr. | 5-7 | GK
Wesley Chapel, Fla.



00
Emerson Roberts
Sr. | 5-4 | GK
Shreveport, La.



1
Leah Parsons
Jr. | 5-8 | GK
Calgary, Alberta



2
Njeri Lewis
Jr. | 5-6 | D
Alpharetta, Ga.



3
Graycen Elliott
Gr. | 5-7 | D
Durham, N.C.



4
Brielle Rochester
Sr. | 5-6 | M
Libertyville, Ill.



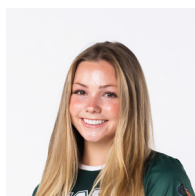
5
Abbey Burns
Sr. | 5-5 | M
Adelaide, Australia



6
Maisie Wilson
So. | 5-10 | D
Stevenage, England



8
Mia Leath
So. | 5-5 | M
Liverpool, England



9
Lola Sommer
Jr. | 5-8 | F
Bentonville, Ark.



10
Avery Berryman
Jr. | 5-4 | F
Cumming, Ga.



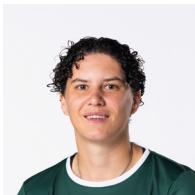
11
Rebecca Sierra
Fr. | 5-3 | M
Springville, Ala.



13
Lauren Lucero
Jr. | 5-8 | F
Ponte Vedra, Fla.



14
Caitlin Keeling
Jr. | 5-6 | M
Tulsa, Okla.



15
Jette Zimmer
Sr. | 5-10 | F
Beidenfleth, Germany



16
Jillian Kluth
Fr. | 5-8 | M
Marietta, Ga.



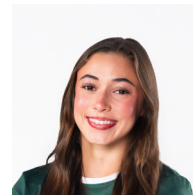
17
Ava Mills
Jr. | 5-6 | D
Tuscaloosa, Ala.



18
Abby Graeser
Jr. | 5-10 | D
Hoschton, Ga.



20
Louise Larsson
So. | 5-10 | D
Stockholm, Sweden



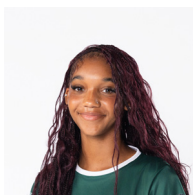
21
Ava Metts
Fr. | 5-4 | F
Newnan, Ga.



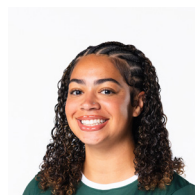
22
Lailah Stewart
Jr. | 5-4 | F
Smyrna, Ga.



23
Maia Sirota
Jr. | 5-7 | D
Raanana, Israel



24
Kourtney Osborne
Fr. | 5-6 | D.
Atlanta, Ga.



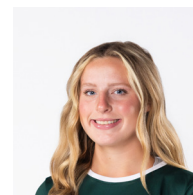
27
Shevaun Judon
Gr. | 5-9 | M
LaGrangeville, N.Y.



28
Sydney Bolinger
Jr. | 5-10 | M
Linthicum Heights,
Md.



29
Macie Murphy
Fr. | 5-6 | GK
Frisco, Texas



32
Kelsey Tart
Fr. | 5-10 | D
Roseboro, N.C.



Lisa Mann
Head Coach
3rd Season



Mark Hiller
Associate Head Coach
3rd Season



Lucas Costa
Assistant Coach
2nd Season