



2007 MEDIA GUIDE

GENERAL INFORMATION

QUICK FACTS

Location	Utica, NY
Founded	1946
Enrollment	3,000
Nickname	Pioneers
Colors	Orange and Blue
Stadium	Charles A. Gaetano Stadium
Surface	Field Turf
Capacity	1,200
Affiliation	NCAA Division III and ECAC
Conference	Empire 8
President	Dr. Todd Hutton
Athletic Director	Jim Spartano

CONTACT INFORMATION

SPORTS INFORMATION DIRECTOR

Gil Burgmaster

E-mail	gburgma@utica.edu
SID Office Phone	(315) 792-3772
SID Fax	(315) 792-3818
Press Box Phone	(315) 223-2395
SID Mailing Address	Athletic Department 1600 Burrstone Rd. Utica, NY 13502
Athletics Web site	www.ucpioneers.com
Athletic Department Phone	(315) 792-3051

ATHLETIC TRAINING

Head Trainer	Dan Sheffer
Phone	(315) 792-5298
E-Mail	dsheffer@utica.edu

COACHING STAFF

Head Coach	Tarah Christenson (Central Michigan University '01)
Record at Utica:	First Year, 0-0
Field Hockey Office Phone:	(315) 792-3776
Best Time to Reach Phone:	9:00 a.m. – 4:00 p.m.
E-Mail:	tchristenson@utica.edu

ASSISTANT COACH

Assistant Coach	Laura Glaza (Central Michigan University '06)
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2006 RESULTS

Opponent	Result	Score
Scranton +	W	3-0
St. Lawrence +	W	3-2
Hamilton	W	4-1
Ithaca *	L	1-2
Skidmore	L	1-3
Rochester	L	1-4
Union	W	4-1
Nazareth *	W	5-1
Oswego State	W	2-1
Elmira *	W	5-3
Geneseo State	W	1-0
RPI	L	2-3
Oneonta State	L	1-3
Brockport State	L	1-2
Hartwick *	W	3-2
Washington and Jefferson *	W	4-2
Stevens Institute *	L	1-2

*Empire 8 Conference

+St. Lawrence University Tournament

HEAD COACH TARAH CHRISTENSON



Tarah Christenson is entering her first season as head coach of the Utica College field hockey program, after spending the past three seasons as UC's assistant coach.

From 2000-2003 Christenson played at Division I Central Michigan University and graduated with a bachelor of applied arts degree in May 2004. She was a co-captain for the 2003 season, during which she was recognized as a NFHCA Division I North/South Senior All-Star selection, a West-Region Second Team selection, and a Mid-American Conference First Team and All-Tournament Team honoree.

Christenson has coached the Futures Program and instructed at the Syracuse University Field Hockey Camp, the Merestead Sports Camps, and the Utica College Field Hockey Camp. She earned a master of science in education degree from Utica College in May 2007.

An Ontario, Canada native, Christenson resides in Utica with her husband, Steve Christenson, head men's soccer coach at Utica College.

ROSTER

#	NAME	POS.	YR.	HT.	H.S./HOMETOWN
2	Laurie Calvasina	F	SR	5-3	Vestal/Apalachin
3	Alex Carletta	M/F	FR	5-1	Rome Free Academy/Rome
4	Meghan Zaklukiewicz	D/M	SR	5-5	Little Falls/Little Falls
5	Shannon Moats	D	SO	5-1	VVS/Vernon
6	Katelyn Klievoneit	F	FR	5-5	Holland Patent/ Holland Patent
7	Katie Kutas	F	JR	5-0	New York Mills/New York Mills
9	Elizabeth Knudsen	M	SO	5-7	Rome Free Academy/Rome
10	Ariana Torres	D/M	FR	4-11	Long Branch/Long Branch, NJ
11	Kim Martin	D/M	FR	5-4	Holland Patent/Prospect
12	Angel Donaghue	M/F	SO	5-1	Walter Panas/Cortlandt Manor
13	Tiffany Bichrest	M/F	FR	5-3	Hebron/Harpswell, ME
14	Jessica Confrancesco	D	FR	5-1	The Gunnery/Hamden, CT
15	Lindsey Jester	M	FR	5-3	Holland Patent/Holland Patent
16	Jessica Benedict	D	SR	5-4	Walton/Walton
17	Theresa Staring	M/F	SO	5-5	Little Falls/Little Falls
19	Charla Benscoter	F	FR	5-3	Whitney Point/Castle Creek
21	Erin Murphy	M/F	FR	5-4	Mt. Markham/West Winfield
22	Nikki Avila	F	SO	5-3	Walton/Walton
23	Lucy Papia	D	FR	5-6	Williamsville North/Williamsville
25	Tikvah Heide	F	FR	5-3	Gloversville/Gloversville
26	Hayley Coon	M	FR	5-2	Camden/Taberg
33	Margaret Wright	GK	JR	5-0	Missisquoi Valley/Franklin, VT
99	Amanda McDonnell	GK	JR	5-7	Portsmouth Abby/Sagamore Beach, MA

OVERVIEW

Tarah Christenson has big shoes to fill entering her first season as the head coach of the Utica College women's field hockey program. The Pioneers are fresh off a 10-7 season, during which they earned a share of the Empire 8 Conference title for the first time in program-history. A conference championship is impressive, but it is a far cry from 2005, when the team earned the college's first-ever NCAA Tournament berth.



"One of our biggest strengths is that our upperclassmen have been part of some very successful teams here at UC," says Christenson, who spent the previous two seasons as the assistant coach of the field hockey program. "On the other hand, one of

our biggest weaknesses is inconsistency and not approaching each game with the same mentality."

The Pioneers return 12 letter-winners from last year's squad, including Empire 8 Conference Player of the Year **Katie Kutas**. Kutas, who earned E8 Rookie of the Year honors as a freshman, enters her third season with the Pioneers and is expected to be one of the top goal scorers in the conference again this season.

Last season Kutas ranked 12th nationally in goals-per-game on her way to earning all-conference first team status and National Field Hockey Coaches Association (NFCA) North Atlantic First Team honors. She led all E8 scorers last season with 40 points on a league-high 18 goals and four assists. Kutas came one assist short of tying the college's single-season scoring record held by **Danielle Fiore**, who tallied 41 points (18 goals, five assists) in 2004. Kutas tallied a season-high eight points on four goals in the Pioneers 5-1 win over Nazareth on September 24, 2006.

Six other starters return from last year's team with hopes of making it back to postseason play after being snubbed from the ECAC Tournament in 2007. These starters include **Meghan Zaklukiewicz, Theresa Staring,**

Laurie Calvasina, and Jessica Benedict. Also back are goalies **Margaret Wright** and **Amanda McDonnell.**

Senior classmates Zaklukiewicz, Benedict, and Calvasina can see the light at the end of their collegiate field hockey careers and are expected to lead the Pioneers. Zaklukiewicz, a midfielder and two-time E8 All-Conference selection, tallied nine points on three goals and three assists last season. She recorded a career-high two goals in the Pioneers 4-1 win over visiting Hamilton College on September 6, 2006.

Benedict, who returns to the squad after playing in only nine games last season, brings a wealth of experience to the defensive end. She will be expected to fill a void left by graduated senior and three-time All-Conference selection **Jennifer King.**

Calvasina is likely to have a breakout season after tallying three goals and one assist in 2006. In three years with the Pioneers, she has collected 24 points on 10 goals and four assists.

"I'm counting on our three seniors to really set the bar high for our nice crop of entering freshmen," says Christenson.



The Pioneers are bringing in 11 first-year players, three of whom have potential to see immediate playing time. High school teammates **Lindsey Jester** and **Kim Martin** showed excellent chemistry and hope to push the veterans for playing time this fall, as will highly-touted **Erin Murphy**.

Sophomores **Elizabeth Knudsen**, **Shannon Moats**, **Sarah Gross**, and **Nikki Avila**, and medical red-shirt freshman **Katelyn Klievoneit** are expected to assume expanded roles. Knudsen and Klievoneit both have great goal scoring potential, while Moats will likely be a starter on the defensive end.

Wright and McDonnell, who split time in goal last season, will again see the majority of the time in the cage. Wright recorded a 7-1 record in nine games played, while McDonnell went 3-5, while seeing action against the team's most difficult opponents.

"I like the fact that we have two solid goalies who can compete for playing time; it gives us options," says Christenson. "But this season I would really like to see either Maggie or



Amanda step up and become our everyday starting goalie."

A savvy group of veterans and a talented incoming class have the Pioneers in-line to contend with anyone in the conference. Christenson learned from last season that an inconsistent approach to each game can lead to disappointment in the end.

"The theme for the upcoming season has to be 'get the job done,'" says Christenson. "If we plan on playing into November we are going to need consistent play from everyone on the team both in practice and on game day."



PLAYER SHOWCASE



4 Meghan Zaklukiewicz

M Sr. 5-5 Little Falls/Little Falls

2006: A two-time Empire 8 All-Conference selection...appeared in 17 contests while collecting nine points on three goals, one game-winner, and three assists.

2005: Started all 17 games...Named Empire 8 All-Conference Second Team...Netted one goal and added four assists for six points.

Personal: A transfer from Monmouth University...The daughter of Carolyn and Richard Zaklukiewicz, Meghan is a mathematics/special education major.



2 Laurie Calvasina

F Sr. 5-3 Vestal/Apalachin

2006: Played in all 17 games...Collected seven points...Netted three goals and added one assist...Scored one game-winner.

2005: Played in 15 games...scored four goals and assisted on three others...Totaled 11 points.

2004: Tallied six points on three goals...Netted two game winners.

Personal: The daughter of Ann and Michael Calvasina, Laurie is a management major.



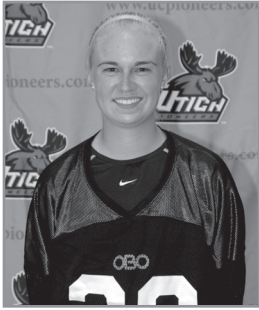
7 Katie Kutas

F Jr. 5-0 New York Mills/New York Mills

2006: Named Empire 8 Player of the Year...Empire 8 All-Conference First Team... NYWCAA First Team... NFHCA All-Region... Collected 40 points with 18 goals, seven of which were game-winning goals, and four assists...Started all 17 contests.

2005: Named Empire 8 Conference Rookie of the Year...Collected 24 points on a team-best 12 goals while participating in all 17 contests...Collected a team-high four game-winning goals

Personal: The daughter of Cindy and Kevin Kutas, Katie is a management major.



33 Maggie Wright

GK Jr. 5-0 Missisquoi Valley/Franklin, VT

2006: Played nine games while starting seven... Posted a record of 7-1...Made 35 saves and posted a 1.92 goals-against average.

Personal: The daughter of Veronica and Alan Wright, Margaret is a health studies- occupational therapy major.



99 Amanda McDonnell

GK Jr. 5-7 Portsmouth Abby/Sagamore Beach, MA

2006: Played in 10 games...Posted a 3-5 overall record in net... Stopped a team-high 48 shots and recorded a 2.60 goals-against average...Allowed 19 goals.

2005: Played in four contests...Made 17 saves and tallied one shutout.

Personal: Also a member of the UC women's ice hockey team... The daughter of Cathleen and Joseph McDonnell, Amanda is a biology major.

ASSISTANT COACH LAURA GLAZA

Laura Glaza enters her first season as assistant coach of the Utica College women's field hockey program. She comes to UC after spending the spring of 2007 as the modified field hockey coach at Pittsford Sutherland High School in Rochester, NY. She also coached the junior varsity women's basketball team at East Rochester High School this past season.

Glaza played defense for four seasons on the Division I Central Michigan University (CMU) field hockey team. As a senior she guided the Chippewas to a Mid-American Conference (MAC) Championship, and she was named to the MAC All-Tournament Team. CMU advanced to a NCAA Tournament play-in game at No. 17-ranked Boston University on November 8, but fell 5-3. The loss ended CMU's season at 11-12, 5-5 in the MAC.

Glaza was a 2002 graduate of East Rochester High School in East Rochester, NY. She played five years of varsity field hockey and four years of basketball and lacrosse for the Bombers. She was named All-County and All-State in field hockey.

She is currently a member of the National Field Hockey Coaches Association and resides in Utica, NY.





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2007 Schedule

Date	Opponent	Location	Time
9/01	Neumann +	Away	12:00 p.m.
9/02	St. Lawrence +	Away	1:30 p.m.
9/05	Hamilton	Away	7:00 p.m.
9/12	Skidmore	Away	4:00 p.m.
9/14	Rochester	Home	1:00 p.m.
9/16	Ithaca *	Home	1:00 p.m.
9/19	Union	Home	4:00 p.m.
9/23	Stevens Institute *	Away	1:00 p.m.
9/26	Oswego State	Home	4:00 p.m.
10/03	Geneseo State	Away	5:00 p.m.
10/06	Elmira *	Away	1:00 p.m.
10/10	RPI	Away	4:00 p.m.
10/13	Washington and Jefferson *	Home	12:00 p.m.
10/19	Oneonta State	Home	4:00 p.m.
10/21	Brockport State	Home	1:00 p.m.
10/24	Hartwick *	Away	4:00 p.m.
10/28	Nazareth *	Home	11:00 a.m.

* Empire 8 Conference Game

+ St. Lawrence University Tournament