



ECAC Women's West Weekly Release

November 24, 2009 Release #4

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PLAYER OF THE WEEK

Katie Stack-RIT

Junior, Forward, Batavia, N.Y./Rochester Edge

Stack tallied four goals and added an assist, as RIT swept a pair of games from SUNY Potsdam this weekend. On Friday, Stack tallied a goal and an assist in a 6-2 win. The following afternoon, Stack recorded her first collegiate hat-trick, all in the first 33 minutes, leading the Tigers to a 17-1 win. Stack now has five goals in four games this season.



GOALIE OF THE WEEK

Mandy Mackrell-Plattsburgh State

Junior, Cleveland, Ohio/Ohio Flames

Backstopped the Cardinals to a pair of one-goal victories against the nation's No. 2-ranked team Elmira, compiling a 2.48 goals-against average and 44 saves. She had a career-high 26 saves in a 3-2 win Saturday, including several from point-blank range in the third period when Plattsburgh was outshot 15-6 and desperate to tie the game. It marks her first-ever victories over Elmira.



ROOKIE OF THE WEEK

Meghan McMahon-Utica College

Forward, Gardner, Mass./St. Marks (Mass.)

McMahon netted one goal and added one assist in a 1-0-1 weekend for the Pioneers. She tallied an assist on the Pioneers' game-winner in overtime on Saturday and also added her third goal of the season on Sunday.



Honor Roll

Megan DiJulio-Plattsburgh State

Junior, Forward, Slave Lake, Alberta/Warner Warriors Hockey School

Scored two goals to lead the Cardinals to a 4-3 come-from-behind, overtime victory against Elmira on Sunday. She had nine shots on the weekend. She leads the team with four goals and has a second-team-leading four points this season.

Kim Schlattman-RIT

Freshman, Forward, Stratford, Ontario/Cambridge Fury

Schlattman recorded five assists in two RIT wins against SUNY Potsdam over the weekend. She dished out two helpers in Friday's 6-2 win, then tallied three assists in Saturday's 17-1 victory. She now has seven points (2-5-7) in four games this season.

Caitlin Metcalf-Elmira

Freshman, Calgary, Alberta/Edge School for Athletes, JWHL

She recorded her first goal of her collegiate career in Saturday's game against Plattsburgh. She also picked up her third assist of the season in Sunday's game against Plattsburgh.

Kristin Maton-Plattsburgh State

Freshman, Defense, Oakville, Ontario/Hamilton Jr. Hawks U-19

Assisted on the game-winning goal to beat Elmira in overtime, 4-3, on Sunday. She also had two shots in the game. She has two assists on the season.



Buffalo State

After suffering heartbreaking 3-2 loss on Saturday, Buffalo State came up empty on Sunday as host Oswego completed the weekend sweep with a 3-0 victory. Alyssa Koniar was in the nets for both games, stopping 57 of 63 shots faced. The Bengals will look to regroup over the Thanksgiving break before returning to action at No. 6-ranked Middlebury in non-conference action on Dec. 5.



Chatham University

The Cougars continued with Eastern College Athletic Conference (ECAC) play this weekend as they traveled to New York to take on Utica College. Both games were forced into overtime, with Utica earning the first victory and the second ending in a stalemate. In the overtime loss on Saturday, Kelsey LaHue and Leah McNaughton scored the two goals for the team, while sophomores Sara Forbes, Alex Moffatt, and Sydney Williams registered the three goals in Sunday's match-up. Senior goalkeeper Brenn Scott anchored the Cougars in goal in both contests. Chatham will be in action again next Sunday, November 29th, as they travel to Michigan for a non-conference match-up against Adrian College. Puck drop is scheduled for 3 pm.



Utica College

Utica College (3-4-1, 1-2-1) went 1-0-1 in ECAC Women's West Conference play against Chatham this weekend. Junior forward Meagan Sudik netted the game-winner just under two minutes into the overtime period as the Pioneers defeated the Cougars 3-2 in the first of a two game weekend set on Saturday. Freshman Meghan MacMahon and Becky Heim assisted on the game-winner. The Pioneers return to action Tuesday night when they host Neumann in conference play at 7 p.m. Follow the game live online (video/stats) at www.ucpioneers.com.



Elmira College

Elmira lost two close games to No. 4 Plattsburgh State. They lost 3-2 on Saturday, and then lost a tough overtime battle 4-3 on Sunday.



Cortland State

The Red Dragons dropped a pair of non-conference games at Trinity over the weekend. On Friday, freshman goalie Sarah Sitcov made 28 saves in a 2-0 setback. On Saturday, sophomore Danielle Scharf scored on the power play, freshman Cara Latchum netted her first career goal on the power play, Sitcov made five saves in the opening period and sophomore Katie Double stopped 17 shots over the final two periods in a 4-2 loss. Sophomore Maggie Giamo leads the Red Dragons in scoring with seven points on three goals and four assists. Sitcov has a 2-2 record with a .925 save percentage and a 1.86 GAA, while Double is 1-3 with a .916 save percentage and a 2.20 GAA. Cortland has allowed just four power-play goals in 47 chances (8.5 percent) this season. The Red Dragons return to action on Dec. 5 and 6 when they host Utica in a pair of ECAC West games.



Oswego State

Oswego State picked up a key home series sweep by posting 3-2 and 3-0 wins over Buffalo State to improve to 4-3-0 overall. The wins also moved the Lakers into a tie for third place in the ECAC West standings with six points and a record of 3-3. Junior goaltender Emi Williams fueled the win in game one as she made 35 saves, while sophomore Jillian Bergeron netted the game-winning goal at 18:14 in the third period. In game two, senior forward Kendra Lemire provided an offensive spark for Oswego State with two second-period goals en route to the 3-0 victory for the first Laker shutout of the season. The Lakers, who are now 4-3-0 overall and 3-3-0 in ECAC West play, return to action on December 4-5 with a series at non-conference Sacred Heart.



Plattsburgh State

No. 4 Plattsburgh State swept second ranked and defending ECAC-West champion Elmira at home, 3-2 on Saturday and 4-3 in overtime on Sunday, breaking a 13-13-3 tie in the rivals' all-time series. The Cardinals are 12-3-1 all-time at home against the Soaring Eagles. Sophomore defenseman Erika Shaubel, sophomore forward Mackenzie Lee and senior forward Kayla McDougall scored their first goals of the season on Saturday, a 3-2 win. Junior forward Brittany Meade had her first goal of the season to tie Sunday's game 3-3, and junior forward Steph Moon won it just 1:03 into overtime. Senior forward Stephanie Moberg had two assists to give her 95 points in her career. Plattsburgh is 9-0 all-time in home openers, including a 7-0 mark under Coach Kevin Houle. Sunday signaled the first time that Plattsburgh had won a game in overtime since Feb. 20, 2007 at Middlebury, 5-4. Elmira and Plattsburgh are tied 2-2-3 in overtime games.



SUNY Potsdam

Potsdam was swept in two games by RIT.



Rochester Institute of Tech.

RIT, ranked seventh nationally, scored 17 goals for the first time since Jan. 23, 2002 in a 17-1 win over SUNY Potsdam on Saturday. All 18 skaters recorded at least one point. Katie Stack recorded her first career hat-trick, while freshmen Arianne Yokoyama, Danielle Read, and Kristina Moss scored their first collegiate goals in the win. RIT outshot the Bears 78-7, including 30-0 in the third period. On Friday, the Tigers won 6-2. 2009 All-American Sarah Dagg has 11 points (3-8-11) in four games this season. RIT has 12 players averaging a point per game this season. Freshman goaltender Carley King picked up her first collegiate win on Friday, stopping 11 shots in the 6-2 win. RIT out-shot Potsdam 142-20 in the two games this weekend. The Tigers are on fire with the power-play, having gone 6-for-14 on Saturday. The Tigers are 14-for-36 (.389) on the power-play this season.



Neumann University

The ninth ranked Knights of Neumann University had a bye week this past week. The Knights will be back in action on Tuesday when they travel to Utica College.



ECAC Women's West League Standings

	Pts.	ECAC West				Overall			
		GP	Record	Win%	GF- GA	GP	Record	Win%	GF- GA
1. Plattsburgh	8	4	4-0-0	1.00	15- 7	4	4-0-0	1.00	15- 7
2. RIT	7	4	3-0-1	.875	31-10	4	3-0-1	.875	31-10
3. Elmira	6	5	3-2-0	.600	17- 9	5	3-2-0	.600	17- 9
Oswego	6	6	3-3-0	.500	13-13	7	4-3-0	.571	19-14
5. Neumann	5	4	2-1-1	.625	14-12	6	4-1-1	.750	22-15
6. Cortland	4	4	2-2-0	.500	11- 6	8	3-5-0	.375	18-16
Buffalo State	4	5	2-3-0	.400	8-13	7	2-5-0	.286	11-23
8. Utica	3	4	1-2-1	.375	8-14	8	3-4-1	.438	18-24
9. Potsdam	2	4	1-3-0	.250	7-26	7	3-4-0	.429	17-35
10. Chatham	1	6	0-5-1	.083	7-21	6	0-5-1	.083	7-21

LAST WEEK

November 20

RIT 6, Potsdam State 2
Trinity (Conn.) 2, Cortland State 0

November 21

RIT 17, Potsdam State 1
Oswego State 3, Buffalo State 2
Trinity (Conn.) 4, Cortland State 2
Utica 3, Chatham 2 (OT)
Plattsburgh State 3, Elmira 2

November 22

Chatham 3, Utica 3
Oswego State 3, Buffalo State 0
Plattsburgh State 4, Elmira 3 (OT)

THIS WEEK

November 24

Neumann at Utica, 7:00 p.m.
Plattsburgh State at Potsdam State, 7:00 p.m.
Elmira at Hamilton, 7:00 p.m.

November 28

Elmira at Manhattanville, 7:00 p.m.

November 29

Chatham at Adrian, 3:00 p.m.
Elmira at Manhattanville, 7:00 p.m.

USCHO.com Division III Women's Poll Minneapolis, Minn./November 23, 2009

Team (First Place)	Record	Pts	Last Week
1 Amherst (13)	2-0-0	146	1
2 Plattsburgh (1)	4-0-0	135	4
3 Elmira	3-2-0	102	2
3 Middlebury	2-0-0	102	6
5 Gustavus Adolphus (1)	2-1-1	80	3
6 Wis.-River Falls	4-1-1	76	5
7 RIT	3-0-1	68	7
8 Norwich	7-0-0	36	8
9 Wis.-Superior	3-3-1	25	NR
10 Lake Forest	7-0-1	24	10

Others Receiving Votes: Neumann 19, St. Thomas 8,
Manhattanville 3, Wis.-Stevens Point 1