

## Emily Aldridge (Delaware Valley University)

### DEFENDER of the WEEK

for games August 31 – September 6, 2015



Delaware Valley University goalkeeper, Emily Aldridge is our Defender of the Week. Aldridge was the backbone of the Ram's 2-0 week with wins over Neumann University (2-1) and Elmira Collge (3-0). The junior, a second-year starter in the cage, played all 140:00 in the two-game run and recorded a .944 save percentage – at the top of the [PhilaFH College Stat Leaders](#) for the week.

In the two games, the opponents' posted 30 shots. Aldridge recorded 13 saves in the first, narrow 1-0 victory and another 4 in the game-two shutout. Del Val allowed only .5 goals per game, on average, last week with Aldridge in the

goal. She earned MAC Freedom Honors for her performance.

“Emily has worked extremely hard on her footwork in the summer as well as in our practices, said Head Coach, Carol Digirolamo. “We have really been focusing on this since preseason began. We play some tough schools that have really good goal scorers so Emily has continued to put the time and effort into what she needs to be a better goalkeeper.”

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## Becky Gerhart (Quakertown Community HS)

### STUDENT-ATHLETE of the WEEK for games August 31 – September 6, 2015



Quakertown's Becky Gerhart is our Student-Athlete of the Week...and for good reason. Gerhart was instrumental in the team's 2-0 week, where she recorded twelve points – the team's leader -- including 1 goal and 2 assists in the season opener versus PW and a natural hat trick (3 consecutive goals) and two assists against Palisades. As a midfielder, Gerhart was instrumental in transition and in the defensive circle, holding the opponents' to an average of 1.5 goals per game.

"Becky has great vision and is able to distribute the ball effectively to both sides of the field," shared Quakertown

Head Coach, Diane Clune Molinaro. "She knows when to pass or when to go to goal for a score. She is involved in defensive corners as well as attack corners and is a main contributor to the team."

Athletics aside, Gerhart is a true superstar. The high school senior will earn her high school diploma *and* her Associates Degree in Liberal Arts from Bucks County Community this spring; as a homeschooled student, Gerhart began taking classes at BCC since her freshman year and has been a full-time student beginning in the fall 2014. She enters the 2015 school year with a 3.90 GPA at Quakertown and a 3.6 GPA in college.

Gerhart volunteers during the summers with Joni and Friends Disability, this year as a co-leader. She is actively involved with her family's foster children through the Bucks County Children and Youth program. In addition, Gerhart volunteers at Quakertown Pediatric office in the mornings, helping to prepare children for school and on the bus. She is also a member of FSC Hockey Club.

"Becky's positive attitude and willingness to do whatever it takes to win contributed to Quakertown's success in the first two games of the season," Clune Molinaro continued. "She has great energy that she uses to motivate her teammates on the field. Through her leadership the younger players work harder and feed off her enthusiasm."

Gerhart is one of three captains for Quakertown. Last season, she achieved Second Team All- League honors. Gerhart will take her field hockey talents to Temple University next fall.

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## Widener University: Team of the WEEK

for games August 31 – September 6, 2015



Widener University opened its 2015 season with a bang. The Pride recorded a 2-0 week versus Swarthmore (3-2) and Immaculata (8-0) and earned themselves Top-5 rankings in [PhilaFH College Stat Leaders](#) in both Average Goals Scored (5.5) and Average Goals Against (1.00). Led by Head Coach, Larissa Gillespie in her 17<sup>th</sup> season, the team more than tripled their opponents' shots, 53-17 and outperformed on corners, 26-12.

The 2015 season outlook looks promising beyond week 1 with all but one player returning from the 2014 squad; 4-year starter in goal, Maggie Karmeris, a MAC All-Conference Selection. But many players have stepped up including GK Makayla Ninos who recorded a .778 save percentage in two games, and freshman midfielder, Sarah Quintas (Cardinal O'Hara) who earned MAC Commonwealth Defender of the Week honors this week. Six players notched 4 or more points in week one, led by Eliza Newlin who scored two and assisted on two.

"We are very excited for how we've started this season, shared Gillespie. "We found a rhythm starting in the second half of the Swarthmore game and it carried over into our match-up with Immaculata. We strive to continue this level of play for the remainder of the season. The team is continuing to work hard day-in and day-out to help achieve this goal."

The Widener Field Hockey team includes: Meghan McLaughlin, Ruby Liss, Dana Adamson (Central Bucks South), Tejya Johnson, Eliza Newlin, Danielle Sell, Alyssa Buckley (Springfield MontCo), Kelly Rodgers, Kaelei Renzi, Nina Santoni (Spring-Ford), Maddie Price, Laura Giordano, Ashley Aires, Katie Cleary, Megan Gipe, Sarah Quintus (Cardinal O'Hara), Kelly Ramsdale, Kristin Saraceni (Ridley), Kayla Herr, Colleen Riley, Gabrielle Kilpatrick, Brittany Lavin, and Mikayla Ninos. The team is assisted coached by Erica Crell and Melissa McCarthy.

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**Lexie Dixon** (Avon Grove HS)

## ATTACKER of the WEEK

for games August 31 – September 6, 2015



Avon Grove attacker Lexi Dixon had a senior-season opening week to remember. The forward tallied 14 points in just two games, scoring a hat trick in both. Dixon's one of three goals in the season opener versus Lower Merion came on a penalty stroke. In game two versus Garnet Valley, Dixon scored 3 and assisted on two. In both games, Dixon set the pace by notching the first goals. Avon Grove came out on top in both games, 5-1 and 8-1 respectively.

"In both games, Lexie got the goal scoring started for us," shared Head Coach Sandy Leiti, in her 14<sup>th</sup> season at the helm.

"Her persistence, hard work, and desire to succeed are contagious on the field. As a captain and four year Varsity player, Lexie is looked to as a leader and role model from her teammates. She exudes sportsmanship and is an unselfish player that only wants the best for her team.

Dixon is involved in special teams for the Red Devils; she is the primary stroker, a hitter on offensive corners and flyer on defensive corners. She is also a member of Philly Hockey Club and has made a verbal commitment to play at Mary Washington next year.

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