

Caroline McGovern: Attacker of the Week

for games September 21-27, 2015



Caroline McGovern had a stellar week: the junior from Council Rock South High School led her team to a 2-1 week against strong opponents and topped the [Phila-Area Stat Leaders](#) for points (48) and goals (21) among all 2000+ players from 111 Phila-area high schools teams. On top of that, McGovern made her college commitment to Boston College, a Division I program currently ranked #11 in the nation. McGovern is our Attacker of the Week.

“Last week was a huge week for Caroline,” noted Head Coach Lisa Belz. “On Monday, 9/21 she scored 2 goals in the game

against rival CR North. Her second goal was scored on a corner with no time left on the clock in the 2nd half to tie the game and took us into overtime. On Thursday 9/24, she scored both goals in our 2-3 loss to Unionville (defending District One Champs) and on Friday 9/25, she scored the game winning goal in our 2-1 victory over Pennsbury. Caroline's drive, determination and ability to perform under pressure was evident this week. Scoring on a corner with no time left on the clock to tie the game against CR North was extraordinary.”

McGovern, a junior captain, is well on her way to beating her own school record for most goals scored in a season, set by her last year as a sophomore, at 23 goals. Her offensive prowess has propelled CR South to an undefeated Suburban One National Conference record of 6-0 and an overall record of 7-2. As a sophomore, she was named 1st Team All-State and 1st Team All-League. Caroline is currently a member of the US Field Hockey's U-17 National Indoor Team. She plays for Princeton Field Hockey Club.

“Caroline has outstanding speed, agility, ball control, intensity, drive and determination,” continued Belz. “She devotes much of her time out of season to perfecting her skills and in addition, often offers a helping hand to her teammates who are also looking to improve specific skills. Caroline has been playing field hockey since she was 5 years old and cheering on her two older sisters Caitlyn (played at Germantown Academy and Boston College) and Kiera (played at CR South and currently plays at Catholic University). Caroline is an excellent leader, has great work ethic and is a positive role model for our underclassmen.”

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Laura Shelton: Defender of the Week

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Perkiomen Valley left midfielder, Laura Shelton is our Defender of the Week. The senior – committed to the University of Pennsylvania – had a standout week, helping the Vikings win 3 of 4 games in a 5-day period. The team’s defensive unit held their four opponents to 6 goals with Shelton as “the heart and soul of the team,” Coach Erik Enters noted.

“Laura played all but 15 minutes as our left midfielder. She was great at shutting down the right side of the other team’s attack in all four games, transitioned the ball very effectively

to the attack, was a strong leader on and off the field, and as the inserter on our corners was in charge of running the plays,” noted Enters.

The Vikings’ games last week include wins against: Upper Perkiomen (3-1) where Shelton scored and assisted; Pottstown (7-0) where Shelton scored and assisted again; and Pope John Paul II (5-2) where Shelton fired two assists. The team dropped to Neshaminy (Team of the Week), 0-3. PV stands at 8-3. Shelton has notched 6 goals and 11 assists to date – ranking her in a 4-way tie for second place in [Phila-area Stat Leaders](#), among all Phila-area high school players (with 10 assists as of 9/27).

Shelton’s field hockey accolades are extensive and are highlighted as follows: Varsity team MVP sophomore and junior years; 2014 PAC-10 Conference Champions (undefeated); All-State Second Team; PAC-10 All-Conference Second Team; Mercury All-Area Second Team. Shelton is also a member of the WC Eagles Field Hockey Club.

“Laura leads by example; she’s always the first one to the field at practice or games. She’s very knowledgeable and makes the younger players around her better; she has been a particularly good influence on our new freshmen.”

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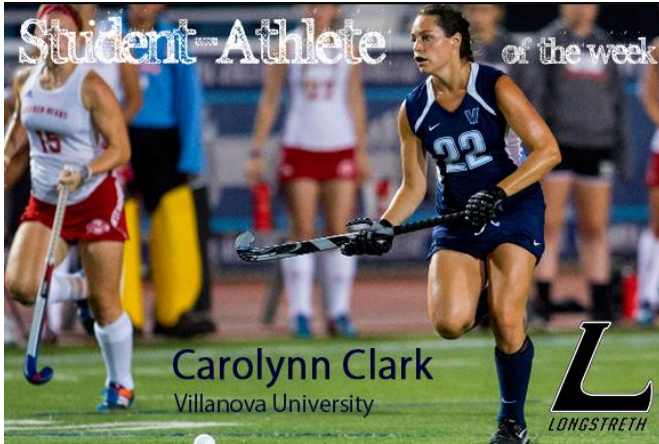


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Carolynn Clark: Student-Athlete of the Week

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Villanova University senior defender, Carolynn Clark is our Student-Athlete of the Week. Clark's athletic and academic accomplishments are exemplary, as well as her service to others.

"Carolynn is our current starting left back and has consistently been the strength in our back field," said Villanova Head Coach Joanie Milhous. "She has been as starting defender the last two seasons (2015 and 2014) after suffering a season-ending injury in 2013. Carolynn's determination and commitment to her position has made her a force to be reckoned with on the left

side. She is mentally tough and continues to rise to every challenge that we throw at her."

Clark was instrumental in the Wildcats 2-0 week with wins over Siena and Towson; the defense held the opponents to 1 goal. She has recorded 6 assists on the season.

Milhous also noted that Carolyn is a shining example of what it means to be a student-athlete, adding that "she works very hard in the classroom and continues to be a great representative of Villanova Athletics and our Field Hockey program."

Clark is a Psychology major with a minor in Business; she carries a 3.86 GPA. Last year, Clark was selected to participate in the prestigious Summer Business Institute run by the Villanova Business School. She was named to the National Field Hockey Association's National Academic Squad for achieving a cumulative GPA of 3.3 or higher in 2014, 2013 and 2012.

In addition to her athletic and academic prowess, Clark is also a four-year participant in the St. Thomas of Villanova Day of Service and a member of the Student-Athlete Leadership Institute. This September, she volunteered her time to assist at a local church with cleaning out a basement to organize items for migrants who are in need. More so, as a volunteer for the Special Olympics, Clark has assisted with scorekeeping and cheering on the athletes. Clark has also been involved in numerous volunteer works as a member of the Alpha Phi Sorority.

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Neshaminy High School: Team of the WEEK

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Neshaminy High School is on a roll: the team – now 10-0 – has allowed an average of .38 goals per game this season ([1st of 111 Phila-area high schools](#)) and scored an average of 5.25 goals per game (9th). Head Coach Caitlin Koczynski, in her fifth year, attributes the Redskins success to teamwork.

“We have been successful thus far this season due to the players working as a team. Every game has been a complete team effort,” noted Koczynski.

Neshaminy has some heavyweight talent with five players committed to Division I programs, but it is also deep with all players contributing. Only one player, Christen Pennington, ranks in the area’s Top 10 stat leaders with 10 assists – a testament to the efforts of all players.

Committed athletes include: Amanda Blum – Quinnipiac, Marlena Koellner – Sacred Heart, Maria Palmieri – Drexel, Christen Pennington – Villanova, and Mia Sexton – Temple University.

Last year, the team finished 14-6 and dropped in the second round of Districts to Unionville. This year, several other coaches have noted Neshaminy’s fire and post-season readiness. But for the Warriors, the team’s focus remains on teamwork and their upcoming league games. “We come from a very strong league so the second round of league games as well as our last non-league game against CB West are noteworthy.”

A team tradition, dating back before Koczynski played at Neshaminy (Class of 2006), is a team wall with each block painted by a player. The Redskin players, standing with the wall (unpainted side), include: Amanda Blum, Marlena Koellner, Mia Sexton, Lauren Duckenfield, Maria Palmieri, Taylor Benton, Gianna Arena, Christen Pennington, Elena Donato, Emily Alexis, Abigail Bedesem, Emily Curran, Elayna Curtain, Abigail Geisler, and Haille Sheppard. Assistant coaches are Jamie Adams and Lisa Pennington.

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