

Student-Athlete of the Week: **Sarah Braza** (Central Bucks East)

for games October 5 - 11 2015



Sarah Braza, from Central Bucks East High School, is our Student-Athlete of the Week. The senior midfielder is a key contributor to the Patriots – now 11-3 in the powerful Suburban One Continental League -- both as a player and a leader. Braza was named captain three of her four years with the high school program as Freshman Captain, JV Captain her junior year, and Varsity Captain in 2015.

Braza's leadership doesn't stop on the field; she serves as Co-President of CB East's Key Club, President of the Heifer International at East, Leader for the school's Fellowship of Christian Athletes chapter for two years, and Student

Council representative. Braza was also selected to attend the one-week Neidig Leadership Camp, sponsored by the Doylestown Rotary Club.

On the field, Braza is the first player off the bench in the midfield, noted Michelle Finegan, CB East Head Coach. "She is versatile and feisty. Sarah sparks the team when she goes into the game and is very supportive as well as a positive role model on the team. She contributes and plays about half of the games and is able to play in many positions allowing the coaches flexibility."

In the classroom, Braza carries a perfect 4.0 GPA and has completed eight AP classes throughout high school. She is a member of the National Honor Society and Spanish National Honor Society; has served as a Buckingham Township Civic Association Board Member since 2014; is involved with the Community Garden and Farmer's Market as a Key Club volunteer; and is active in numerous other organizations at East including the Leukemia and Lymphoma Society Club and Relay for Life.

"Sarah is a natural leader who demonstrates leadership qualities in everything she does. She has the ability to speak as a captain to many teammates and help them out when needed, and her approach is always positive and encouraging. Sarah sets a great example; she has a very strong work ethic with a never-give-up attitude."

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Team of the WEEK: University of Pennsylvania

for games October 5-11, 2015



The University of Pennsylvania field hockey team's 2015 honors to date are vast. For starters, the squad boasts a 9-1 record dropping only their first game of the season and last week, garnered a #17 RPI rank among all Division I field hockey programs nationwide. It was the first time that Penn broke into the Top 20 under fifth-year Head Coach, Colleen Fink. Also last week, the Quakers posted a decisive 5-0 win over Lafayette and 3-2 overtime victory versus Dartmouth.

This season, Penn has held their opponents to an average of 1.9 goals per game and scored 3.8 goals on average – ranking them in the Top-Five in both categories among all Phila-area colleges. Moreso, Penn players/team rank in the Top-10 in seven of nine statistical categories, ([Click](#) to view all PhilaFH Stat Leaders). Alexa Hoover, sophomore forward, has provided the offensive punch for the Quakers and ranks #2 in goals scored among all D1 players.

Numbers and honors aside, Penn's team has a chemistry that is undeniable and a disciplined approach that has fueled their fiery season.

"The keys to success this 2015 season have been playing together, playing Penn hockey, and being disciplined in every aspect on and off the field," shared Fink. "Our goal is to play a high tempo style and set the tone early in games. We have prided ourselves in defining our defensive mentality and our offensive positioning. Our team is holding each other accountable and defining the team goals on their own through meetings and their work ethic during practice, which is what every coach loves to see."

Some of Penn's toughest competition is yet to come including defending Ivy League Champion, #16 Princeton but the past week's success – and wins throughout the season – are not tainting the Quaker's focus from taking it game by game.

"Every Ivy League game is a game to mark down -- Columbia in NYC, Yale, Brown, and Princeton. However, with that being said we have gone into every game this year with the same goals and mindset in place. Every game is an important game for this program and we go out the same way everyday and every game; we have our style, our game plan, and our strengths at the forefront of our minds. If we play Penn field hockey, we feel confident against any team."

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Attacker of the Week: **Anna Lehman** (Council Rock North)

for games October 5-11, 2015



Council Rock North's junior midfielder, Anna Lehman is our Attacker of the Week. A multi-sport athlete who will take her lacrosse talents to Lehigh University in 2017, Lehman is also a stellar field hockey player who, last year, led the Suburban One League in goals. After a slow start offensively this season, Lehman was on fire again last week, scoring nine goals in three contests, on a 2-1 week.

"Anna sparked our team this week by scoring at will in the two games that we needed to stay competitive in the league," shared Head Coach Heather Whalin.

Prior to last week, Lehman had been playing center-mid this season. But when the coaching staff moved her back to left forward, where she excelled last year, it was a whole new ballgame.

"Anna plays the left post better than any player I have ever seen in my 17 year field hockey career as a coach," added Whalin. "She has a knack finding the goal."

In addition to her skill set, Whalin calls Anna a "competitor and an athlete...She is a tough player and will not stop until she finds the goal. She is a natural leader and is looked up to by her teammates and other players in the area."

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Defender of the Week: **Megan Senkeleski** (Gwynedd Mercy University)

for games October 5 - 11, 2015



Gwynedd Mercy University's senior defender and co-captain, Megan Senkeleski is our Defender of the Week. Senkeleski was the heart of the Griffin's defensive unit that forged a 2-0 week and held their league opponents to zero goals.

On October 6, the Griffins topped Neumann University 4-0 and allowed only 4 shots and 2 corners. Four days later, the team blanked Immaculata 7-0 and held them to one shot and three corners. Senkeleski also notched the game-winner versus Immaculata.

The wins were two in a string of three CSAC Conference wins. Gwynedd Mercy's defensive, anchored by Senkeleski, has held their opponents to 2.09 goals per game this season.

Head Coach, Laura-Ann Lane noted the importance of Senkeleski's maturity and confidence moving into conference play and her role in assuring that the team was mentally and physically prepared for the CSAC play.

"Megan is a very smart defender, and that showed through this week," said Head Coach Laura-Ann Lane. "Our philosophy is numbers up, team defense and Megan understands that and helps the younger players see what we are trying to accomplish. Her confidence in the backfield has grown tremendously this season. She is a patient player and is big on our restarts as well. Megan sees the open spaces and gets the ball where it needs to be with a pass or steps up herself to create a lane or a corner when we are below our 25. As a captain, we are asking a lot of Megan this season and she continues to step up and put the team, and the team goals, first."

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