

Team of the WEEK: Central Bucks West

for games October 12 – 18, 2015



Central Bucks West is our Team of the Week. The Bucks stand undefeated at 18-0 with just one game remaining today, October 21, versus CB South. What made the week especially sweet for CB West: they captured the Suburban One National League title for the first time in 16 years.

“We’ve had a good team for a few years now, and this year it finally all came together,” shared Head Coach, Courtney Lepping. “It had a lot to do with the team chemistry as well as how hard these girls have worked in the offseason. The difference this year was that our core is a year older and

more experienced, and they have played together and understand each other.”

The “core,” no doubt, includes junior Bryn Boylan who has recorded 25 goals and 65 points this season, ranking her sixth in both categories among all Phila-area players. Junior Cadera Smith and sophomore Taylor Mason have also given the Bucks a powerful offensive presence; the team has scored an average of 4.56 goals per game. The Bucks defense – allowing an average of only .88 goals per game – has certainly been a crucial part of the team’s undefeated record.

But it’s the team bond and senior leadership that Lepping notes as the paramount reasons for the team’s achievements. “The keys to our success this year have been our seniors and team chemistry. From the very beginning they’ve worked really hard to get everyone on the same page and keep everyone on the same page. As a team they genuinely enjoy being around each other and playing together which shows in our games.”

Goal-setting has been a part of the team’s plan -- initially being to win the league, then to finish undefeated, and now to focus on post-season play, one game at a time. Ultimately, Lepping adds that winning the State Championship is a program goal that the players have bought into for a while; the desire is to be that next team to hang a banner in our gym is a milestone within reach. “Our program always wants to be known for putting in the work that it takes to succeed.”

As for the feeling of winning the league title, Lepping notes: “The kids are so proud of what they’ve accomplished this year. We’ve talked a lot about the historic significance behind the things we’re doing, and they get it. They know that what they are a part of is special, and they want to continue that on into playoffs. They have worked very hard and faced some tough challenges to get that #3 ranking.” (PIAA District One AAA Rankings as of 10/18/15)

The Central Bucks West roster includes: Anna Hall (Ursinus College commit), Emily Halderson (Fairfield University commit), Bryn Boylan, Cadera Smith (Richmond University commit), Danielle Dundas, Taylor Mason, Mikayla Darrows, Ryan Murray, Rachel Loux, Ariana Wexler, Casey Reichwein, Olivia Fitzgerald, Macella Molenari, Courtney Westover, Kaci Murray, Eva Altadonna, Lucy Varner, Chloe Miller Russo. Lepping is assisted by JV Coach, Debi Mason; Assistant Coaches Becca Chylack and Kim Rombola; and Freshman Coach Haley Donohoe.

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Attacker of the Week: **Kendall Kreider** (La Salle University)

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La Salle University Field Hockey forward, Kendall Kreider had a spectacular weekend and has earned Philafieldhockey.com's Attacker of the Week. The sophomore forward scored three goals, including two game-winners, in a pair of La Salle victories. The wins were critical in keeping the Explorers' Atlantic-10 playoff changes alive.

In La Salle's 3-1 win over A-10 opponent Saint Joseph University on October 16, Kreider notched two. Two days later, she hit the backboard versus Towson. Both

games were played at La Salle's DeVincent home field. For her stellar performance, Kreider earned A10 Co-Player of the Week.

The Explorers – now 7-7 – have won the last 3 games and have allowed an average of only 1.79 goals per game. Kreider, a Pennsylvania product who attended Palmyra Area High School, is tied for second on the team in goals and assists and leads the team in game-winners.

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Defender of the Week: **Frankie O'Brien** (Plymouth-Whitemarsh HS)

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Junior midfielder Frankie O'Brien, from Plymouth-Whitemarsh High School, is our Defender of the Week. The Colonials wrapped up the season with a record of 15-2 overall and 13-2 in the Suburban One American League; they captured the league title for the third consecutive year. According to Marianne Paparone, PW Head Coach, it was O'Brien who was the defensive anchor in the team's 3-0 week, and throughout the season.

"Frankie was instrumental in all of our wins last week. We only allowed 2 goals and really limited our

opponents scoring opportunities, with fewer than 5 shots on goals in each game," shared Paparone. "She also takes most of our self-starts in our defensive end and really does a good job initiating the transition to attack."

O'Brien and the Colonials' defense rank in the [Phila-area Top-10](#) in Average Goals Allowed – permitting only .94 goals per game (as of October 18, 2015).

"Frankie has great hand-eye coordination and is able to intercept and stop a lot of passes and shots in the defensive 25. She is also physically strong and tough so she gives us a bit of a presence on defense," added Paparone. "She typically marks the other team's best scorer/attacker so she is crucial to our defensive effort."

In addition to her defensive prowess, O'Brien brings other qualities to the team, Paparone says. "Frankie has a great passion for the game and that has rubbed off on her teammates. She always plays with great intensity at both ends of the field and is one of our vocal leaders. Frankie has also had a major impact at the offensive end and has been our leading scorer this season."

In the attacking end, O'Brien is a deadly force; she ranks in the Phila-area's Top-20 for goals (20), assists (12) and points (52).

Last season, O'Brien earned All-League First Team honors and was named to the All-State Second Team. She is committed to play Division I field hockey at Hofstra University beginning fall 2017.

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Student-Athlete of the Week: **Riley Dolan** (Monsignor Bonner & Archbishop

Prendergast)

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Junior Riley Dolan of Monsignor Bonner & Archbishop Prendergast High School is our Student-Athlete of the Week. Dolan is a two-time All-Catholic League and All-Delco honoree and serves as team captain this season. As a middie, she has been a force for the Friars attack, defense, and in transition and has dished out 26 assists to date, ranking her #2 among all Phila-area players. Dolan is also tied at #7 in area point leaders with 60 (17g, 26a). She is a University of Delaware commit.

Dolan's strengths don't stop on the field; she is ranked #2 in her junior class and carries an overall 98.1

average. Her academic load includes Advanced Placement (AP) American History and English as well as Honors Pre-Calculus /Trigonometry, Honors Physics, Honors Theology III, and Honors Spanish III. She has earned awards for "Highest Average" in numerous classes throughout her high school academic career.

At Monsignor Bonner & Archbishop Prendergast, Dolan is a Student Ambassador; a member of the Student Council, National Honor Society, and Community Service Corps; a two-year member of the Mathletes team which competes against area high school teams; and part of the HI-Q team, the oldest academic quiz competition amongst high school students. She also spends free time tutoring other students and teaching Irish Dance to local young women with developmental disabilities.

"As a leader on the team, Riley's role is to use her strong technical and tactical skills to be a true team player on both sides of the ball," shared her Coach, Joanne Dolan. "She plays with such confidence and brings the play of her teammates to the next level. Riley's work ethic is superb and she proves herself over and over again especially when we play high quality teams."

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