

Behrend Lions

# Women's Water Polo 2009



PENNSTATE



Erie The Behrend  
College

CELEBRATING

60  
YEARS  
1948-2008



[behrend.psu.edu](http://behrend.psu.edu)

# Behrend Lions Women's Water Polo

## 2009 Season Preview

The Penn State Behrend women's water polo team enters the 2009 season with high hopes and many new faces eager to face a challenging schedule of competition. Head coach Joe Tristan returns for his sixth season at the helm of the Behrend Lions water polo program. Joining coach Tristan are three returning players from last year's squad who will look to lead the newcomers to success in 2009.

Two juniors will be expected to lead a young squad this spring that features no seniors and only one sophomore. Starting goalie Jenna Zeyfang (Erie, PA/Erie First Academy) returns for her third season with the Behrend Lions. She will serve as co-captain and looks to anchor the defense between the pipes. Zeyfang has climbed among the program's all-time leaders in the record book as she enters 2009 fifth in career saves with 117 stops and fifth in career save percentage (.325). The other junior on the squad is Danielle Wilson (Pittsburgh, PA/Plum) who competed in 12 games a season ago and recorded one goal, two assists, and four steals. The third returner is sophomore Danielli Palski (Souderton, PA/Souderton). Palski burst onto the scene last season competing in all 18 games for the blue and white while tallying 12 goals, 12 assists, and 22 steals and will serve as the other co-captain on this season's team.

The 2009 women's water polo team will also welcome nine newcomers to the Junker Center pool. Looking to make a splash in their first season with Behrend water polo program will be Rachel Anderson (Imperial, PA/West Allegheny), Julie Cook (Warren, PA/Warren), Kendall Duffy (Vernon Hills, IL/Vernon Hills), Kylie Forsythe (Bethel Park, PA/Bethel Park), Kim Giles (North East, PA/North East), Jenny LaFuria (North East, PA/North East), Anne Lawrence (State College, PA/State College), Hilary MacManus (Beaver Falls, PA/Blackhawk), and Jillian Sebrosky (Bethel Park, PA/Bethel Park).

Coach Tristan looks ahead to the 2009 season and is eager to compete against some of the best teams in the country. The season begins on March 7 at the CWPA Tournament hosted by the University of Michigan. The blue and white are scheduled to play three games in two days, beginning with a contest against regional rival Grove City. The Behrend Lions will also test themselves that weekend against Division I powers Michigan and Indiana. The blue and white will play four home games in the Junker Center pool over three days (March 27-29) facing Utica, Chatham, Mercyhurst, and Gannon. The squad will also participate in the highly competitive Midwest Invitational hosted by Carthage College April 4-5. Behrend women's water polo will also be shooting for strong showings on April 18-19 at the CWPA Western Division Championships at Indiana, and April 25-27 at the Eastern Division Championships at Harvard University.

The Penn State Behrend Lions enter the season with an exciting influx of young, talented players with strong potential to improve as the season moves along. Coach Tristan said, "I am very excited about our team for the 2009 season. Our schedule should help our program move forward and we will look to improve upon our finish from last season."

**Quick Facts****Address**

Penn State Erie,  
The Behrend College  
Junker Center  
5103 Station Road  
Erie, PA 16563-0400

**Web Address**

behrend.psu.edu

**Telephone**

814-898-6000

**Founded**

1948

**Enrollment**

4,600

**Chancellor**

Dr. Jack Burke

**SportsLine**

814-898-6163, press 1

**Arena**

Junker Center

**Capacity**

1,600

**Nickname**

Behrend Lions

**Colors**

Blue and White

**Affiliation**

NCAA Division III

**Conferences**

CWPA and ECAC

**Director of Athletics**

Brian Streeter 814-898-6379

**Athletics Trainers**

Jeff Webster 814-898-6340

Angela Meserole 814-898-7227

Deana Brink 814-898-6017

**Sports Information**

Paul Benim 814-898-6322

prb3@psu.edu fax: 814-898-7570

Phil Pisano 814-898-6235

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**Head Coach**

Joe Tristan 814-898-7147

jpt12@psu.edu

**Alma Mater**

Eastern Michigan University, 2000

Eastern Michigan University, 1998

**Team Information**

Overall Record Last Year 1-17

Starters Returning/Lost 3/4

First Year of Water Polo 2000

**Media Information****College Newspaper**

*Behrend Beacon* 814-898-6488

fax: 814-898-6019

**Newspaper**

*Erie Times-News* 814-870-1700

fax: 814-870-1808

**Television**

WICU-TV 12 814-454-5201

fax: 814-454-3753

WJET-TV 24 814-868-2424

fax: 814-864-1704

WSEE-TV 35 814-454-3500

fax: 814-459-3500



# Behrend Lions Women's Water Polo

## Coaching Profile



Joe Tristan

### Head Coach Joe Tristan

Joe Tristan enters his sixth season as the head men's and women's water polo coach at Behrend, and is committed to athletic and academic success for the program and his expectations will continue to climb.

Over the past four seasons, coach Tristan has landed eleven players on the Division III Eastern Championship All-Tournament Team. He has also guided two players to the Division III All-America Team. Anthony Spoto was named to the honorable mention All-America team in 2004 and to the second team in 2007, while Leandro Azevedo was selected as honorable mention in 2006. Tristan was also able to take Spoto to the USA Senior Men's National 'A' Team Tryouts in Southern California. Under Tristan's direction, Cara Ludwig was named to the 2005 CWPA Western Division All-Conference Team, as she became Behrend's first water polo player to receive the honor. In 2007, five women's water polo players were named to the Association of Collegiate Water Polo Coaches All-Academic team. Coach Tristan is a member of USA Water Polo where he is currently a Level 3 coach. He is also a member of the American Water Polo Coaches Association.

Tristan joined the Behrend Lions after leading the women's club water polo program at Eastern Michigan University. At EMU he coached a pair of all-conference players and directed the team to earn all-academic honors. Tristan played water polo for Eastern Michigan in 1995-96. In 2000, Tristan competed and finished twenty-second in the U.S. Olympic swimming trials in the 200 meter freestyle. From 1998-2000 Tristan was ranked in the FINA Top 20 and the top 100 in the World in the 200 meter and 100 meter freestyle events. He currently is EMU's record holder in the 800 freestyle relay. Tristan was a vital part of a pair of EMU Mid-American Conference Swimming and Diving Championship teams.

Tristan also serves as the assistant men's and women's swimming coach and as an instructor in the health and physical education department.

### Assistant Coach Anthony Spoto

Anthony Spoto joins the women's water polo program after an outstanding career for the men's water polo team from 2004-2007. Spoto was a two-time All-America selection during his playing days, first in 2004 as an honorable mention and again in 2007 as a member of the second team. He is the career leader in goals scored for the men's water polo team at Behrend, ranking first with 247 career goals. Spoto also ranks first all-time in shooting percentage, and was nationally ranked in goals scored in each of his four seasons. Spoto also competed on the men's swimming team where he was named the rookie of the year his freshman year. Spoto graduated in 2008 with a degree in electrical engineering from Behrend and is now working toward an MBA.



Anthony Spoto

# Behrend Lions Women's Water Polo Player Profiles

## **Danielle Wilson** **Junior Driver #18**

Returns for third season with blue and white ... passionate competitor with a tremendous work ethic ... natural leader who strives to make her teammates better ... also a member of Behrend swim team ... majoring in psychology.

**Hometown: Pittsburgh, PA**  
**High School: Plum**



Danielle Wilson

## **Jenna Zeyfang** **Junior Goalie #1**

Co-captain of Behrend Lions for 2009 ... returns for third season after two years as the starting goalie ... maintains a good work ethic and has shown the ability to improve ... majoring in international business and marketing.

**Hometown: Erie, PA**  
**High School: Erie First Academy**



Jenna Zeyfang

## **Danielle Palski** **Sophomore Driver #5**

Named team captain for 2009 season ... highest returning goal scorer on this year's team ... selected as team's Rookie of the Year a season ago ... tallied 12 goals, 12 assists, and 22 steals in 2008 ... majoring in mechanical engineering.

**Hometown: Souderton, PA**  
**High School: Souderton Area**



Danielle Palski

## **Julie Cook** **Freshman Driver #2**

First-year performer for Coach Tristan ... outstanding work ethic ... also competes for Behrend swim team ... placed among the top high school swimmers in District 10 ... majoring in biology.

**Hometown: Warren, PA**  
**High School: Warren**



Julie Cook

## **Kendell Duffy** **Freshman Driver #7**

Should be a great asset to Behrend water polo team ... Defensive Player of the Year for high school team ... has great potential and an excellent work ethic ... also competed in track for Cougars ... majoring in business.

**Hometown: Vernon Hills, IL**  
**High School: Vernon Hills**



Kendell Duffy

## **Jenny LaFuria** **Freshman Driver #13**

Participating with water polo for the first time ... previously competed with Behrend swim team ... possesses tremendous endurance in water ... should push for playing time in 2009 ... majoring in communications.

**Hometown: North East, PA**  
**High School: North East**



Jenny LaFuria

# Behrend Lions Women's Water Polo Player Profiles



Anne Lawrence

**Anne Lawrence**  
**Freshman Driver #14**

**Hometown: State College, PA**  
**High School: State College**

First-year performer for blue and white ... should compete for playing time quickly ... has ability to be a dangerous attacker in games for Behrend Lions ... also a member of Behrend swim team ... majoring in education.



Hilary MacManus

**Hilary MacManus**  
**Freshman Driver #11**

**Hometown: Beaver Falls, PA**  
**High School: Blackhawk**

Joins Behrend Lions as a player ready to perform at collegiate level ... has the potential to be a tremendous asset for blue and white ... also competes for Behrend swim team ... WPIAL qualifying swimmer in high school ... majoring in business.

**Rachel Anderson**  
**Freshman Driver #20**

**Hometown: Imperial, PA**  
**High School: West Allegheny**

First year performer for Coach Tristan ... competed in swimming and tennis at West Allegheny ... high school honor roll member ... majoring in education.

**Kylie Forsythe**  
**Freshman Driver #3**

**Hometown: Bethel Park, PA**  
**High School: Bethel Park**

First year player for Coach Tristan ... member of large freshman class for Behrend Lions water polo program in 2009 ... major is undecided.

**Kim Giles**  
**Freshman Driver #6**

**Hometown: North East, PA**  
**High School: North East**

First-year performer for blue and white ... expected to make immediate impact ... also competes on Behrend swim team ... high school national honor society member ... major is undecided.

**Jillian Sebrosky**  
**Freshman Driver #21**

**Hometown: Bethel Park, PA**  
**High School: Bethel Park**

First-year player for Coach Tristan ... WPIAL individual and team champion swimmer in high school ... graduated high school with honors ... majoring in finance.

# Behrend Lions Women's Water Polo

## Career Leaders

### Goals

1. Cara Ludwig	125	2004-05, 2007
2. Christine Williams	93	2002-2003
3. Sarah McGarvey	69	2001-2004
4. Brittany Yost	69	2004-2007
5. Amanda Wiest	35	2005-2008
6. Alexis Puhala	40	2004-2007
7. Hollie Stash	33	2001-2003
8. Lindsay Spiegel	30	2001
Alex Taylor	30	2006, 2008
10. Kaitlin Rinn	26	2006-2008

### Assists

1. Samantha Cibula	57	2003-2005
2. Brittany Yost	50	2004-2007
3. Alexis Puhala	38	2004-2007
4. Tara Braden	36	2002-2004
5. Sarah McGarvey	33	2001-2004
6. Amanda Wiest	33	2005-2008
7. Cara Ludwig	28	2004-05, 2007
8. Amanda Brown	24	2001-2003
9. Lauren Packer	23	2001-2003
10. Hollie Stash	18	2001-2003

### Steals

1. Brittany Yost	246	2004-2007
2. Christine Williams	168	2002-2003
3. Tara Braden	157	2002-2004
4. Samantha Cibula	114	2003-2005
5. Lauren Packer	101	2001-2003
6. Amanda Wiest	100	2005-2008
7. Hollie Stash	85	2001-2003
8. Amanda Brown	78	2001-2003
9. Sarah McGarvey	76	2001-2004
Alexis Puhala	76	2004-2007

### Drawn Ejections

1. Brittany Yost	85	2004-2007
2. Christine Williams	67	2002-2003
Cara Ludwig	67	2004-05, 2007
4. Sarah McGarvey	33	2001-2004
5. Alex Taylor	30	2006, 2008
6. Samantha Cibula	28	2003-2005
7. Amanda Wiest	27	2005-2008
8. Cassie Harris	21	2001
9. Mary Good	16	2001
10. Alexis Puhala	15	2004-2007
Kaitlin Rinn	15	2006-2008

### Saves

1. Lauren Packer	560	2001-03
2. Colleen Applebaugh	189	2004-2006
3. Tara Braden	155	2002-2004
4. Missy Pilewski	135	2005-2006
5. Jenna Zeyfang	117	2007-present

# Welcome to Penn State Behrend

**P**enn State Erie, The Behrend College, offers more than 4,600 students the learning opportunities and resources of a major research university in a student-centered environment. The college offers thirty-four bachelor's, six associate, four pre-professional, and two graduate programs with twenty-two minors in four schools—the Sam and Irene Black School of Business, the School of Engineering, the School of Humanities and Social Sciences, and the School of Science—plus a nursing program.

Penn State Behrend is ranked among the top public colleges and universities in Pennsylvania by *U.S. News & World Report* on a number of important measures, including student-to-faculty ratio, SAT scores, first-year student retention rate, and graduation rate. More than 75 percent of our students who go on to graduate with Penn State degrees complete their degrees at the college. According to recent student surveys, ninety-six percent of those graduating seniors would recommend Penn State Behrend to friends considering college.

Our 725-acre campus features more than 50 buildings and is recognized as an arboretum through membership in the American Public Gardens Association. More than 1,650 students live in on-campus residence halls, suites, and apartments in buildings all named for commanders and ships that took part in the Battle of Lake Erie in the War of 1812.

Campus life is enriched by more than 110 clubs and organizations. The athletic program features twenty-one NCAA Division III varsity teams—ten for men and eleven for women—as well as intramural and club sports, and student fitness activities.

As part of a land-grant institution, Penn State Behrend is uniquely positioned to advance the economic, social, and intellectual welfare of northwestern Pennsylvania through research and outreach. Annually, the college funds nearly \$250,000 in undergraduate research opportunities. Outreach efforts include more than two dozen centers, programs, and initiatives for business and industry, area school students, and the community.



# Penn State Behrend Athletic Facilities

## Behrend Fields

The college's soccer teams compete on the Behrend Fields, located northwest of the baseball and softball complex and across the bridge over Trout Run.

The complex comprises four multi-purpose athletic fields and a putting green. The facility was created in 1988, thanks to a pacesetting gift of \$1.4 million from an anonymous donor. The fields are also used for intramurals and course instruction. They accommodate a variety of play configurations, including flag football and softball.

Other outdoor facilities on campus include lighted tennis courts and sand volleyball courts.



## Junker Center

The growth of athletics at Penn State Behrend has led to the development of new indoor facilities. The \$10.2 million Junker Center, which opened in the spring of 2001, comprises 72,800 square feet, including outstanding volleyball and basketball facilities.



The center features three all-purpose courts and a gymnasium seating 1,600, an eight-lane swimming pool, three-lane running track, jumping pits, aerobics room, locker rooms, offices, and a variety of exercise equipment. The fully equipped Jageman Fitness Room provides a variety of exercise equipment for students, faculty, and staff.

## Baseball and Softball Complex

Penn State Behrend's baseball and softball complex, located adjacent to the main campus entrance, ranks as one of the region's best facilities.



Each field features a built-in irrigation system, seventy-foot in-ground dugouts, batting cages, bullpens, scoreboards, a full warning track, permanent fences, a concession stand, and scorekeepers' stations.

# Behrend Lions Women's Water Polo

## 2008 Results

Date	Opponent	Score	Record
February 23	Siena @ Gannon _____	L 6-16 _____	0-1
March 1	Villanova @ Siena Invitational _____	L 5-10 _____	0-2
March 2	Carthage @ Siena Invitational _____	L 3-16 _____	0-3
March 3	Utica @ Siena Invitational _____	W 11-6 _____	1-3
March 8	<b>Mercyhurst</b> _____	<b>L 3-17</b> _____	<b>1-4</b>
March 9	<b>Washington &amp; Jefferson</b> _____	<b>L 8-12</b> _____	<b>1-5</b>
March 9	<b>University of Michigan</b> _____	<b>L 3-17</b> _____	<b>1-6</b>
March 25	@ Slippery Rock _____	L 6-11 _____	1-7
March 28	Wheaton @ Wheaton Invitational _____	L 8-16 _____	1-8
March 28	Colorado College @ Wheaton Invitational _____	L 5-16 _____	1-9
March 28	Grove City @ Wheaton Invitational _____	L 3-9 _____	1-10
March 29	Washington & Jefferson @ Wheaton Invitational _____	L 2-16 _____	1-11
March 29	Carthage @ Wheaton Invitational _____	L 6-16 _____	1-12
April 5	<b>Indiana</b> _____	<b>L 3-17</b> _____	<b>1-13</b>
April 5	@ Gannon _____	L 8-18 _____	1-14
April 18	Michigan @ Western Division Championships _____	L 4-23 _____	1-15
April 19	Grove City @ Western Division Championships _____	L 4-12 _____	1-16
April 20	Slippery Rock @ Western Division Championships _____	L 7-15 _____	1-17

Home Games in **Bold**

# Behrend Lions Women's Water Polo

## 2009 Roster

No.	Name	Pos.	Yr.	Hometown/High School
1	Jenna Zeyfang	G	Jr.	Erie, PA/Erie First Academy
2	Julie Cook	D	Fr.	Warren, PA/Warren
3	Kylie Forsythe	D	Fr.	Bethel Park, PA/Bethel Park
5	Danielle Palski	D	So.	Souderton, PA/Souderton
6	Kim Giles	D	Fr.	North East, PA/North East
7	Kendell Duffy	D	Fr.	Vernon Hills, IL/Vernon Hills
11	Hilary MacManus	D	Fr.	Beaver Falls, PA/Blackhawk
13	Jenny LaFuria	D	Fr.	North East, PA/North East
14	Anne Lawrence	D	Fr.	State College, PA/State College
18	Danielle Wilson	D	Jr.	Pittsburgh, PA/Plum
20	Rachel Anderson	D	Fr.	Imperial, PA/West Allegheny
21	Jillian Sebrosky	D	Fr.	Bethel Park, PA/Bethel Park



# Behrend Lions Women's Water Polo

## 2009 Schedule

<b>Date</b>	<b>Opponent</b>	<b>Time</b>
March 7	Grove City @ CWPA Tournament @ Michigan _____	12:00 p.m.
March 7	Michigan @ CWPA Tournament @ Michigan _____	7:30 p.m.
March 8	Indiana @ CWPA Tournament @ Michigan _____	10:00 a.m.
March 21	@ Chatham (Club Exhibition) _____	4:00 p.m.
March 22	@ Washington & Jefferson _____	10:00 a.m.
March 27	<b>Utica</b> _____	<b>8:00 p.m.</b>
March 28	<b>Chatham</b> _____	<b>12:00 p.m.</b>
March 29	<b>Mercyhurst</b> _____	<b>9:00 a.m.</b>
March 29	<b>Gannon</b> _____	<b>12:00 p.m.</b>
April 4-5	@ Midwest Invitational @ Carthage _____	TBA
April 18-19	@ CWPA Western Division Championships @ Indiana _____	TBA
April 25-27	@ Eastern Championships @ Harvard _____	TBA
May 2-4	Division III National Championships @ TBA _____	TBA

Home games in **BOLD**

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