



VIRGINIA WOMEN'S LACROSSE

3 NATIONAL CHAMPIONSHIPS | 28 CONSECUTIVE NCAA CHAMPIONSHIP APPEARANCES
5 ACC TITLES | 130 ALL-AMERICANS



@UVAWomensLax



GAME 8
#20 VIRGINIA AT FLORIDA STATE
SEMINOLE LACROSSE COMPLEX
MARCH 8, 2026, 12 PM



FLORIDA STATE SEMINOLES (2-6, 0-4 ACC)

#20 VIRGINIA CAVALIERS (3-4, 2-1 ACC)

HEAD COACH

Sara Tisdale (1st season)
Career Record (at FSU): 116-92 (2-6)

HEAD COACH

Sonia LaMonica (3rd season)
Career Record (at Virginia): 177-116 (30-16)

SERIES AT A GLANCE

All-Time Series: First Meeting

2026 STATISTICAL LEADERS

GOALS

#4 Jenna DiNardo

13 Goals (1.85 per game)

ASSISTS

#16 Madison Alaimo

17 Assists (2.42 per game)

POINTS

#16 Madison Alaimo

29 Points (4.14 per game)

GROUND BALLS

#5 Kate Galica

16 Ground Balls

CAUSED TURNOVERS

#3 Kate Demark

13 Caused Turnovers

DRAW CONTROLS

#5 Kate Galica

52 Draw Controls (7.42 per game)

GOALKEEPING

#34 Elyse Finnelle

3-2, 10.60 GAAvg, .398 Save Percentage

CAVALIER NOTES

- Junior midfielder **Kate Galica** won 11 draw controls against Stanford, her second doubles-digit draw game of the season. She had 11 games with double-digit draws last season
- Galica is now 5 draws of becoming UVA's career draws control leader. She needs 4 draws to tie Aubrey Williams (2021-23) for the program record (332) and 5 to break the record. She already owns the program records for draws in a game (17) and draws in a single season (179)
- Galica ranks third in the ACC and 22nd in the nation in draws per game (7.43)
- Galica also leads the team in ground balls (16) and is second in caused turnovers (10)
- Junior attacker **Madison Alaimo** is third in the ACC in assists per game (2.43)
- Junior attacker Jenna DiNardo had her third hat trick of the season on Wednesday at Pitt. DiNardo scored three goals with an assist. It was also her third four-point game of the season
- Grad student goalkeeper **Elyse Finnelle** made 10 saves on Wednesday at Pitt, eight of those coming in the first half. It was the 10th time in her career she logged double-digit saves, but her first time as a Cavalier
- Sophomore midfielder **Alex Reilly** has 11 draw controls this season. She had 13 through all of last season
- Freshman **Raleigh Foster** has four goals this season, two of which have been game-winners
- The Cavaliers rank fifth in the nation in clear percentage (.957, 110-of-155), the top mark in the ACC
- UVA is third in the ACC in free position efficiency (.528, 19-of-36)
- This will be the first-ever meeting between Virginia and Florida State
- **SCHEDULE NOTE:** The Friday, April 3 game against UNC has been moved up to a 4 pm start

2026 SCHEDULE/RESULTS

Overall: 3-4 | ACC: 2-1
Home: 0-3 | Away: 2-2 | Neutral: 0-0

DATE	OPPONENT	TIME
Fri. Feb. 6	#16 NAVY	L, 12-10
Weds. Feb. 11	RICHMOND	L, 12-11
Sat. Feb. 14	at #6 Maryland	L, 17-9
Weds. Feb 18	at Liberty	W, 17-8
Sun. Feb. 22	at #5 Notre Dame*	W, 9-7
Sat. Feb. 28	#2 STANFORD*	L, 16-8
Weds. Mar. 4	at #21 Pitt*	W, 10-7
Sun. Mar. 8	at Florida State*	12 pm
Weds. Mar. 11	#18 PRINCETON	5 pm
Sat. Mar. 14	#11 CLEMSON*	4 pm
Sat. Mar. 21	#15 SYRACUSE *+	2 pm
Weds. March 24	JAMES MADISON	6 pm
Sat. Mar. 28	at Louisville*	12 pm
Fri. Apr. 3	#1 NORTH CAROLINA*	4 pm
Sat. Apr. 11	#10 BOSTON COLLEGE*	1 pm
Thur. Apr. 16	at Virginia Tech*	6 pm

ACC TOURNAMENT

Wed. April 22	Quarterfinals [^]	TBD
Fri. April 24	Semifinals [^]	TBD
Sun. April 26	ACC Championship [^]	TBD

NCAA TOURNAMENT

Fri. May 8	First Round	TBD
Sun. May 10	Second Round	TBD
Thurs. May 14	Quarterfinals	TBD
Fri. May 22	Final Four&	TBD
Sun. May 24	NCAA Championship&	TBD

Home games in BOLD CAPS

+ Scott Stadium

* ACC matches

[^] Charlotte, N.C.

& Chicago, Ill.

NCAA CHAMPIONSHIP HISTORY

National Championships

1991 • 1993 • 2004

Semifinal Appearances

1986 • 1987 • 1991 • 1992 • 1993 • 1994 • 1996

1998 • 1999 • 2003 • 2004 • 2005 • 2007 • 2014

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50th ANNIVERSARY SEASON

- The Cavaliers will be celebrating the 50th Anniversary of its first ever game as a varsity team at the University of Virginia
- UVA hosted William & Mary on March 19, 1976 in its first-ever contest, falling against the Tribe 10-7
- The 50th Anniversary will be celebrated with festivities in and around the March 21 game against Syracuse that is being played at Scott Stadium

CAVALIER CAPTAINS

- Senior defenders **Lara Kology** and **Nicole Cruthirds** are this year's captains

PRESEASON PLAYER ACCOLADES

- Junior midfielder **Kate Galica** has been named a preseason First Team All-American by both USA Lacrosse Magazine and Inside Lacrosse. She is also ranked as No. 5 in the 50 Players to Watch by Inside Lacrosse. She earned preseason All-ACC recognition as both a midfielder and draw specialist
- Junior attackers **Madison Alaimo** and **Jenna DiNardo** were also both ranked in the 50 Players to Watch by Inside Lacrosse at No. 37 and No. 50, respectively.
- Alaimo was named a Second Team Preseason All-American by USA Lacrosse and was also voted to the preseason All-ACC team at attack
- DiNardo was named at Third Team Preseason All-American
- Alaimo and Galica are on the Preseason Watch List for the Tewaaraton Award

SISTER ACT

- The Cavaliers have two sets of sisters on the team
- Twins **Livy and Gabby LaVerghetta** are beginning their second seasons with the team. Gabby is on attack with Livy in the midfield
- Freshman **Raleigh Foster** joins her sister, junior **Addi Foster**, on attack this season for the Cavaliers

LOCAL FLAVOR

- The Cavaliers have five players with Charlottesville ties on the team this season
- Sisters **Addi and Raleigh Foster** are from Charlottesville, graduating from St. Anne's-Belfield
- Freshman **Blair Fox** is originally from Malvern, Pa., but she attended and graduated from St. Anne's-Belfield
- Freshman midfielder Delaney Poindexter is from Charlottesville, graduating from The Covenant School
- Sophomore defender **Juliana Murphy** is from Charlottesville, graduating from Western Albemarle

REMEMBERING ZOE PONGO

- In December, head coach Sonia LaMonica announced the signing of a very special recruit to the team, Zoe Pongo. Zoe was a midfielder on a club team in Calgary, Alberta, Canada, and a normal high-school senior at All Saints High School up until July 2025 when she was diagnosed with stage 4 rhabdomyosarcoma, a soft tissue cancer that had metastasized in her bones.
- [Check out Zoe's full story here](#)
- She passed away on December 17 surrounded by her family

2025 ACC MIDFIELDER OF THE YEAR

- **Kate Galica** was named the 2025 ACC Midfielder of the Year. Galica is the first Cavalier to earn a positional player of the year conference accolade since the ACC split the previous Player of the Year award into separate honors. In 2012, the conference started awarding Offensive and Defensive Player of the Year. In 2017, the ACC began voting for the Attacker of the Year, Midfielder of the Year and Defender of the Year. In 2024, a fourth award, the Goalkeeper of the Year, was added.
- Peggy Boutilier (1998) and Amy Appelt (2004) both earned the ACC Player of the Year award when it was the sole award

NCAA I WOMEN'S LACROSSE POLLS

IWLCA COACHES POLL

1. North Carolina
2. Stanford
3. Maryland
4. Northwestern
5. Navy
6. Notre Dame
7. Florida
8. Michigan
9. Johns Hopkins
10. Boston College
11. Clemson
12. Yale
13. Stony Brook
14. Colorado
15. Syracuse
16. Loyola
17. Penn State
18. Princeton
19. Denver
20. Virginia
21. Pittsburgh
22. Duke
23. Army
24. Georgetown
25. Pennsylvania

INSIDE LACROSSE

1. North Carolina
2. Stanford
3. Maryland
4. Northwestern
5. Navy,
6. Yale
7. Notre Dame
8. Florida
9. Boston College
10. Stony Brook
11. Michigan
12. Colorado
13. Johns Hopkins
14. Syracuse
15. Clemson
16. Loyola
17. Penn State
18. Georgetown
19. Denver
20. Princeton
21. Virginia
22. Pitt
23. Army
24. Duke
25. Cornell

USA Lacrosse Magazine

1. North Carolina
2. Stanford
3. Maryland
4. Northwestern
5. Navy
6. Yale
7. Notre Dame
8. Stony Brook
9. Colorado
10. Michigan
11. Florida
12. Penn State
13. Boston College
14. Johns Hopkins
15. Clemson
16. Georgetown
17. Syracuse
18. Denver
19. Temple
20. Loyola

2026 VIRGINIA WEEK-BY-WEEK

Week	IWLCA	IL	USA
Preseason	10	8	7
Feb. 9	12	15	12
Feb. 16	24	NR	RV
Feb. 23	21	18	RV
March 2	20	21	RV
March 9			
March 16			
March 23			
March 30			
April 6			
April 13			
April 20			
April 27			
May 4			

2026 ACC PRESEASON POLL

No.	Team	Points
1.	North Carolina	169
2.	Boston College	153
3.	Stanford	143
4.	VIRGINIA	118
5.	Clemson	111
6.	Duke	107
7.	Syracuse	104
8.	Notre Dame	80
9.	Virginia Tech	63
10.	Pitt	50
11.	Louisville	36
12.	Florida State	27
13.	California	22

Syracuse wins the tiebreaker and earns the No.

UVA IN THE IWLCA RANKINGS

- Virginia is one of five programs in the NCAA to be ranked at least once in every year of the IWLCA Coaches Poll. The poll was created in 1988, with Dartmouth, Maryland, Penn State and Princeton joining Virginia as the only programs to be nationally ranked every year.
- Of those five programs, Virginia is the only program to be ranked in every week of the IWLCA coaches poll, a span of 295-straight polls.
- Of those 296 polls, the Cavaliers have been ranked among the top-10 in the nation on 250 occasions, the second-most among all NCAA programs.
- The Cavaliers have spent 15 weeks ranked No. 1, including the entire 1993 season
- Virginia debuted at No. 7 in the inaugural coaches poll on March 19, 1988. While the Cavaliers have climbed to a No. 1 ranking, the farthest they have ever fallen was to No. 24 on Feb. 16, 2026. Virginia has only spent eight weeks ranked outside the top-15.

MULTIPLE GOAL GAMES

Name, Pos.	2026 2+	2026 3+	Career 2+	Career 3+
#4 Jenna DiNardo	3	3	30	21
#5 Kate Galica	3	1	23	17
#15 Addi Foster	4	2	18	11
#16 Madison Alaimo	3	2	11	6
#43 Gabby LaVerghetta	3		6	
#7 Payton Sfreddo			3	1
#23 Alex Reilly			3	
#33 Katie Campel			2	
#2 Jayden Piraino	1		2	1
#40 Devon Gogerty			1	
#6 Cady Flaherty	2		2	
#10 Raleigh Foster	1		1	

MULTIPLE ASSIST GAMES

Name, Pos.	2026 2+	2026 3+	Career 2+	Career 3+
#16 Madison Alaimo	5	4	26	17
#4 Jenna DiNardo			9	3
#5 Kate Galica	3		4	
#15 Addi Foster			3	1
#11 Megan Rocklein	1		1	
#7 Payton Sfreddo			1	

CONSECUTIVE GAMES WITH A GOAL

Name	Streak	Goals During Streak	Streak Started
#4 Jenna DiNardo	19	44	March 15, 2025
#15 Addi Foster	5	12	Feb. 11, 2026
#16 Madison Alaimo	6	12	Feb. 11, 2026
#5 Kate Galica	4	7	Feb. 18, 2026
#43 Gabby LaVerghetta	1	2	March 4, 2026
#10 Raleigh Foster	1	1	March 4, 2026
#41 Fiona Allen	1	1	March 4, 2026

CONSECUTIVE GAMES WITH A POINT

Name, Pos.	Streak	G-A-P During Streak	Streak Started
#4 Jenna DiNardo	19	46-22-68	March 15, 2025
#16 Madison Alaimo	7	18-11-29	Feb. 6, 2026
#15 Addi Foster	5	12-2-14	Feb. 11, 2026
#5 Kate Galica	4	7-6-13	Feb. 18, 2026
#7 Payton Sfreddo	2	1-1-2	Feb. 28, 2026
#43 Gabby LaVerghetta	2	2-1-3	Feb. 28, 2026
#10 Raleigh Foster	1	1-0-1	March 4, 2026
#41 Fiona Allen	1	1-0-1	March 4, 2026

COMPARISONS

	UVA	FSU
SHOT STATISTICS		
Goals-Shot attempts	74-180	67-168
Goals scored per game	10.57	8.38
Shot pct.	.411	.399
Shots on goal-Attempts	144-180	134-168
SOG pct.	.800	.798
Shots/Game	25.7	21.0
Assists	40	20
Free position Made-Att	19-36	15-31
Free position pct.	.528	.484
GOAL BREAKDOWN		
Total Goals	74	67
Free-position	19	15
Unassisted	34	47
Overtime	0	0
SAVES	51	52
OPPONENT GOALS	79	105
GROUND BALLS	97	110
DRAW CONTROLS	85	66
TURNOVERS	88	103
CAUSED TURNOVERS	54	61
CLEARs	110-114	122-138
Clear percentage	.965	.884

RE-WRITING THE RECORD BOOK

Draw Controls - Career

- Aubrey Williams(2021-23) 332
- Kate Galica (2024-25) 328**
- Maggie Jackson (2016-19) 301
- Brittany Kalkstein (2007-10)..... 287
- Courtney Swan (2012-15) 272

Assists- Career

- Morgan Schwab (2021-24) 159
- Lindsay Sheehan (1984-86) 129
- Amy Appelt (2002-05) 115
- Maggie Jackson (2016-19) 108
- Ashley McCulloch (2006-09) 105
- Lauren Aumiller (2000-03) 103
- Madison Alaimo (2025-pres) 102**
- Casey Bocklet (2013-15) 83

Draw Controls - Single Season

- Kate Galica (2025) 179**
- Aubrey Williams (2022) 149
- Aubrey Williams (2023) 143
- Brittany Kalkstein (2010)..... 97
- Maggie Jackson (2018)..... 97
- Kate Galica (2024) 97**

Draw Controls - Single Game

- Kate Galica (4/16/25 vs VT)..... 17**
- Aubrey Williams (2/27/22 vs. Stanford) 15
- Aubrey Williams (4/5/23 at VCU) 15
- Kate Galica (3/1/25 at Cal) 15**
- Aubrey Williams (3/9/22 vs. Richmond) 14
- Aubrey Williams (2/18/23 at Princeton)..... 13
- Kate Galica (2/18/26 at Liberty)..... 13**

Assists - Single Season

- Lindsay Sheehan (1986)..... 66
- Morgan Schwab (2024) 61
- Madison Alaimo (2025) 58**
- Morgan Schwab (2023) 49
- Lindsay Sheehan (1985)..... 43
- Amy Appelt (2005)..... 38

HEAD COACH SONIA LAMONICA



6 Conference Coach of the Year Awards (5x CAA, 1x ACC)
8 NCAA Tournament Appearances (2 at UVA)
4 CAA titles

Sonia LaMonica was named as the head coach of the Virginia Cavaliers on July 5, 2023, after serving as the head women's lacrosse coach at Towson for 13 seasons and one season at Mt. Saint Mary's.

LaMonica enters her third season in charge of the Cavalier program in 2026 owning an all-time coaching record of 174-112.

She started her tenure with the Cavaliers by being named the ACC Co-Coach of the Year in her first season, winning nine of her first 10 games of the season—Virginia's best start to a campaign since the 2007 national runner-up season. The Cavaliers would go on to stockpile some of the

best wins of any team in the country including a road victory over No. 4 Notre Dame, and emphatic dispatching of No. 7 James Madison at home, and a thrilling overtime win over No. 3 Boston College on senior day.

Virginia went 6-3 in ACC play matching a single season program-high for wins in conference play while taking down the likes of Boston College for the first time in eight seasons. The pair of wins over opponents ranked in the top-four marked the first time Virginia accomplished such a feat in nine seasons. The Cavaliers would eventually avenge their regular-season loss to North Carolina with a 13-12 victory in the ACC quarterfinals—their first win over UNC since the 2014 season. UVA reached the ACC Semifinal before falling to Syracuse.

The Cavaliers earned the fifth overall seed in the NCAA Women's Lacrosse Championship, its highest since the 2008 season when Virginia was seeded fourth. The Cavaliers earned the right to host the first two rounds of the tournament for the first time since the 2019 season. The first round featured a 21-6 dispatching of LIU in which Virginia set a program record for most goals scored in an NCAA tournament game. The Cavaliers fell to No. 10 Florida in the second round of the championship.

LaMonica was named ACC Co-Coach of the Year, sharing the honor with former collegiate teammate Acacia Walker-Weinstein of Boston College. Five Cavaliers were named to the All-ACC teams while three were named to the All-Freshman team including ACC freshman of the Year Kate Galica.

LaMonica picked up right where she left off in 2025, once again guiding her team to a 5-seed in the NCAA Tournament and home-hosting rights. Her young squad, led by mainly sophomores, played well beyond their years with Galica being voted the ACC Midfielder of the Year, the first player in program history to earn the honor. The team advanced to the second round of the NCAA Championship, finishing with a 12-7 record.

Prior to coming to Charlottesville, LaMonica led Towson to seven NCAA Tournament appearances and four Colonial Athletic Association (CAA) Tournament Championships, being named the CAA Coach of the Year five times.

Towson finished first or second in the CAA in 10 of her 14 seasons at the helm and made nine CAA tournament championship game appearances, including six-straight. LaMonica has coached six players to All-America honors and has had numerous All-CAA and All-Region honorees.

LaMonica consistently challenged her teams with tough schedules against top-ranked opponents. Towson finished .500 or better in 12 of the 14 seasons she oversaw the program, with one of the two being cut short due to the pandemic.

A native of Darlington, South Australia, LaMonica was named the 10th head coach in the history of the Towson women's lacrosse program after the 2010 season. She returned to lead the Tigers after a one-year stint as the head coach at Mount St. Mary's.

As the Mountaineers' head coach, LaMonica led Mount St. Mary's to an 8-9 record in 2010 and a berth in the Northeast Conference (NEC) semifinals. She coached five players who earned All-NEC honors.

Prior to becoming the Mountaineers' head coach, LaMonica spent two seasons as a member of Missy Doherty's staff at Towson and helped the Tigers win a pair of Colonial Athletic Association (CAA) championships.

Before joining the Tigers' staff, LaMonica was an assistant coach at the University of Denver, helping the Pioneers to a 15-5 record during the 2006 season. She coached the Mountain Pacific Sports Federation (MPSF) Player and Rookie of the Year along with three all-conference selections and the program's first IWFLCA All-West/Midwest region honoree.

LaMonica also served as head coach of the Women's Professional Lacrosse League's (WPLL) Baltimore Brave. LaMonica led the Brave to the league championship in 2019 and guided the team to the title game in the inaugural season a year earlier.

In addition to her success as a coach, LaMonica is a member of the Australian National Team. She helped Australia win the gold medal at the 2005 World Cup Championship and a silver medal at the 2009 World Cup Championship. In the summer of 2013, LaMonica played a key role in helping Australia earn a bronze medal at the World Cup Championship in Canada.

Named to the 2005 IFWLA All-World Team, she was also a member of the U-19 Australian National Team that won the silver medal at the 1999 World Championships and was also the recipient of the U21 South Australian Sportswoman of the Year award.

A 2003 graduate of Maryland, LaMonica was a three-year starter for the Terrapins. She earned first team All-America honors and was a candidate for the Tewaaron Trophy during her senior season after leading Maryland to the Atlantic Coast Conference (ACC) championship. A team captain during her senior season, she was a member of three ACC championship teams and helped the Terrapins win the 2000 and 2001 NCAA titles.

LaMonica scored 111 goals in her college career, including 49 goals as a senior, along with 55 assists. Formerly Sonia Judd, LaMonica is married to former Maryland men's lacrosse standout Michael LaMonica. The couple resides in Crozet, Va., with their sons, Luca and Bodhi and daughter, Marley, with Michael serving as an assistant coach for the Cavaliers.

LAMONICA CAREER COACHING RECORD

Year	Team	Overall	Conf.	Conf. Finish	NCAA Tournament
2010	Mt. Saint Mary's	8-9	6-3	Semifinal	-
2011	Towson	11-7	6-1	Final	-
2012	Towson	16-4	7-0	Champions	First Round
2013	Towson	10-9	6-1	Champions	First Round
2014	Towson	11-8	4-1	Champions	First Round
2015	Towson	9-9	3-3	Final	-
2016	Towson	16-4	5-1	Champions	Second Round
2017	Towson	12-7	4-2	Final	First Round
2018	Towson	16-5	5-1	Final	Second Round
2019	Towson	7-10	5-1	Semifinal	-
2020*	Towson	2-4*	*	*	*
2021	Towson	9-9	0-4	Semifinal	First Round
2022	Towson	9-8	5-1	Final	-
2023	Towson	11-7	5-2	Final	-
2024	Virginia	15-5	6-3	Semifinal	Second Round
2025	Virginia	12-7	5-4	Quarterfinal	Second Round
2026	Virginia	3-4	2-1		

Career **177-116**

Virginia Record **30-16 (13-8 ACC)**

*Season canceled due to COVID-19 Pandemic

2026 SEASON STATS

All games

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	3-4	0-3	3-1	0-0
CONFERENCE	2-1	0-1	2-0	0-0
NON-CONFERENCE	1-3	0-2	1-1	0-0

DATE	OPPONENT	SCORE	ATT.
02/06/2026	Navy	L, 12-10	0
02/11/2026	Richmond	L, 12-11	0
02/14/2026	at Maryland	L, 17-9	1,478
02/18/2026	at Liberty	W, 17-8	205
* 02/22/2026	at Notre Dame	W, 9-7	327
* 02/28/2026	Stanford	L, 16-8	662
* 03/04/2026	at Pittsburgh	W, 10-7	179

TEAM STATISTICS	VIRGINIA	OPP
SHOT STATISTICS		
Goals-Shot attempts	74-180	79-173
Goals scored per game	10.57	11.29
Shot pct.	.411	.457
Shots on goal-Attempts	144-180	130-173
SOG pct.	.800	.751
Shots/Game	25.7	24.7
Assists	40	51
Free position made-Att	19-36	16-35
Free position pct.	.528	.457
GOAL BREAKDOWN		
Total Goals	74	79
Free-position	19	16
Unassisted	34	28
Overtime	0	0
GROUND BALLS		
Draw Controls	85	80
TURNOVERS		
Turnovers	88	92
CAUSED TURNOVERS		
Caused Turnovers	54	62
CLEARs		
Clear Pct.	110-114	112-126
Clear Pct.	.965	.889
PENALTIES		
Red Cards	0	0
Yellow Cards	8	14
Green Cards	33	24
Total	0	0
Minutes	49:00	52:00
ATTENDANCE		
Total	662	2,189
Dates/Avg per date	3/221	4/547
Neutral Site #/Avg	0/0	-

##	PLAYER	GP	G	A	PTS	SH	GB	DC	TO	CT
16	Madison Alaimo	7	12	17	29	21	4	0	20	2
41	Fiona Allen	5	2	1	3	5	0	0	1	0
17	Finley Barger	1	0	0	0	0	0	0	0	0
33	Katie Campel	1	1	0	1	1	0	0	0	0
9	Sophia Conti	7	0	0	0	0	10	0	2	5
3	Kate Demark	7	0	0	0	0	6	0	0	13
4	Jenna Dinardo	7	13	4	17	43	6	14	14	2
34	Elyse Finnelle	7	0	0	0	0	14	0	0	1
6	Cady Flaherty	7	6	1	7	12	5	1	2	3
15	Addi Foster	6	12	2	14	27	2	0	5	0
10	Raleigh Foster	4	4	0	4	8	0	0	0	0
5	Kate Galica	7	9	7	16	30	16	52	15	10
27	A Giannakopoulos	1	0	0	0	0	0	0	1	0
40	Devon Gogerty	2	0	0	0	1	0	0	0	0
26	Mel Josephson	3	0	0	0	0	3	0	0	0
13	Carly Kennedy	5	0	0	0	0	4	1	1	3
36	Lara Kology	7	0	0	0	1	8	1	4	1
43	Gabby Laverghetta	7	7	3	10	11	4	0	4	0
42	Livy Laverghetta	7	3	1	4	6	3	1	2	0
14	Abby Musser	6	0	0	0	0	2	0	1	1
2	Jayden Piraino	3	2	0	2	4	1	0	3	0
30	Delaney Poindexter	1	0	0	0	0	0	0	0	0
23	Alex Reilly	7	1	0	1	5	2	11	4	2
11	Megan Rocklein	5	0	3	3	2	1	0	3	0
8	Alexandra Schneider	7	0	0	0	1	3	0	0	9
7	Payton Streddo	7	2	1	3	2	3	1	1	1
22	Allie Trukenbrod	1	0	0	0	0	0	0	0	0
25	Corey White	6	0	0	0	0	0	1	0	0
Totals		7	74	40	114	180	97	85	88	54
Opponents		7	79	51	130	173	94	80	92	62

##	GOALIE	GP	MIN	GA	GA AVG	SAVES	PCT	W-L-T
34	Elyse Finnelle	7	350:49	62	10.60	41	.398	3-2-0
26	Mel Josephson	3	68:28	17	14.90	10	.370	0-2-0
Totals		7	419:17	79	11.31	51	.392	0-0-0
Opponents		7	419:17	74	10.59	70	.486	0-0-0

GOALS BY PERIOD	1	2	3	4	OT	TOTAL
Virginia	15	22	18	19	0	74
Opponents	20	24	20	15	0	79

SAVES BY PERIOD	1	2	3	4	OT	TOTAL
Virginia	15	16	10	10	0	51
Opponents	13	26	13	18	0	70

SHOTS BY PERIOD	1	2	3	4	OT	TOTAL
Virginia	41	53	37	49	0	180
Opponents	53	49	39	32	0	173

SHOTS ON GOAL	1	2	3	4	OT	TOTAL
Virginia	24	38	25	24	0	111
Opponents	30	29	22	21	0	102

Virginia

Team Stats

GAMES	GOALS	ASSISTS	GOALS-PER GAME	SHOTS-PER GAME	SHOT %
7	74	40	10.57	25.71	41.1

SCHEDULE SUMMARY		
Overall (Pct.)		3-4 (.429)
Conference (Pct.)		2-1 (.667)
Streak		Won 1
Home		0-3
Away		3-1
Neutral		0-0
RECENT GAMES		
Feb 11	Richmond	L, 12-11
Feb 14	at Maryland	L, 17-9
Feb 18	at Liberty	W, 17-8
Feb 22	at Notre Dame	W, 9-7
Feb 28	Stanford	L, 16-8
Mar 4	at Pittsburgh	W, 10-7

STATISTICS CATEGORY	OVERALL	CONF
Games	7	3
Goals	74	27
Assists	40	15
Goals-per game	10.57	9.00
Shots	180	70
Shots-per game	25.71	23.33
Shooting percentage	41.1	38.6
Shots on goal	144	52
Shots on goal percentage	80.0	74.3
Free position goals-shots	19-36	6-14
Free position percentage	52.8	42.9
Ground balls	97	34
Draw controls	85	39
Draw controls per game	12.14	13.00
Turnovers	88	45
Caused turnovers	54	18
Clears	110-114	52-53
Goals against	79	30
Goals-against average	11.31	10.04
Saves	51	24
Save percentage	39.2	44.4
Home Attendance	662	662
Home Attendance average	221	662

Player Stats

FIELD PLAYERS																						
NO.	NAME	YR	POS	GP	GS	G	A	PTS	FPG-FPS	GB	DC	TO	CT	SH	SH%	SOG	SOG%	FO	YC	RC	GC	PEN
16	Madison Alaimo	Jr	A	7	7	12	17	29	5-6	4	0	20	2	21	57.1	19	90.5	1	0	0	3	0
41	Fiona Allen	So	A	5	0	2	1	3	1-2	0	0	1	0	5	40.0	3	60.0	0	0	0	0	0
33	Katie Campel	Sr	A	1	0	1	0	1	0-0	0	0	0	0	1	100.0	1	100.0	0	0	0	0	0
9	Sophia Conti	So	M	7	7	0	0	0	0-0	10	0	2	5	0	-	0	-	3	0	0	1	0
3	Kate Demark	Jr	D	7	7	0	0	0	0-0	6	0	0	13	0	-	0	-	11	0	0	2	0
4	Jenna Dinardo	Jr	A	7	7	13	4	17	4-12	6	14	14	2	43	30.2	37	86.0	5	1	0	4	0
34	Elyse Finnelle	Sr	GK	7	5	0	0	0	0-0	14	0	0	1	0	-	0	-	0	0	0	0	0
6	Cady Flaherty	Fr	M	7	4	6	1	7	3-3	5	1	2	3	12	50.0	9	75.0	2	0	0	4	0
15	Addi Foster	Jr	A	6	6	12	2	14	3-3	2	0	5	0	27	44.4	22	81.5	0	1	0	1	0
10	Raleigh Foster	Fr	A	4	0	4	0	4	0-0	0	0	0	0	8	50.0	7	87.5	0	0	0	0	0
5	Kate Galica	Jr	M	7	7	9	7	16	1-5	16	52	15	10	30	30.0	21	70.0	7	0	0	3	0
27	A Giannakopoulos	Fr	D	1	0	0	0	0	0-0	0	0	1	0	0	-	0	-	0	0	0	0	0
40	Devon Gogerty	Sr	M	2	0	0	0	0	0-1	0	0	0	0	1	0.0	1	100.0	0	0	0	0	0
26	Mel Josephson	Sr	GK	3	2	0	0	0	0-0	3	0	0	0	0	-	0	-	0	0	0	0	0
13	Carly Kennedy	So	M	5	4	0	0	0	0-0	4	1	1	3	0	-	0	-	2	0	0	1	0
36	Lara Kology	Sr	D	7	7	0	0	0	0-0	8	1	4	1	1	0.0	1	100.0	6	1	0	4	0
43	Gabby Laverghetta	So	A	7	4	7	3	10	0-0	4	0	4	0	11	63.6	9	81.8	4	1	0	3	0
42	Livy Laverghetta	So	M	7	0	3	1	4	0-1	3	1	2	0	6	50.0	6	100.0	1	0	0	0	0
14	Abby Musser	So	D	6	3	0	0	0	0-0	2	0	1	1	0	-	0	-	1	1	0	1	0
2	Jayden Piraino	So	A	3	0	2	0	2	1-2	1	0	3	0	4	50.0	2	50.0	2	0	0	1	0
23	Alex Reilly	So	M	7	7	1	0	1	0-0	2	11	4	2	5	20.0	3	60.0	11	2	0	3	0
11	Megan Rocklein	Fr	M	5	0	0	3	3	0-0	1	0	3	0	2	0.0	0	0.0	0	0	0	1	0
8	Alexandra Schneider	Jr	D	7	7	0	0	0	0-0	3	0	0	9	1	0.0	1	100.0	13	1	0	0	0
7	Payton Sfreddo	So	M	7	0	2	1	3	1-1	3	1	1	1	2	100.0	2	100.0	1	0	0	1	0
25	Corey White	Jr	M	6	0	0	0	0	0-0	0	1	0	0	0	-	0	-	0	0	0	0	0
Totals				7	7	74	40	114	19-36	97	85	88	54	180	41.1	144	80.0	70	8	0	33	0
Opponent				7	7	79	51	130	16-35	94	80	92	62	173	45.7	130	75.1	69	14	0	24	0
GOALKEEPERS																						
NO.	NAME	YR	POS	GP	GS	MIN	GA	GAA	SV	SV%	WIN	LOSS	TIE	WIN %								
34	Elyse Finnelle	Sr	GK	7	5	350:49	62	10.60	41	39.8	3	2	0	60.0								
26	Mel Josephson	Sr	GK	3	2	68:28	17	14.90	10	37.0	0	2	0	0.0								
Totals				7	7	419:17	79	11.31	51	39.2	0	0	0	-								

2026 Stats
Virginia High/Low Analysis (as of Mar 04, 2026)
All games

Virginia INDIVIDUAL GAME HIGHS

Points	7	Alaimo, Madison at Liberty (02/18/2026)
	5	Galica, Kate at Notre Dame (02/22/2026)
Goals	4	Foster, Addi vs. Richmond (02/11/2026)
	4	Alaimo, Madison at Liberty (02/18/2026)
Assists	4	Alaimo, Madison vs. Navy (02/06/2026)
	3	Alaimo, Madison vs. Richmond (02/11/2026)
Shots	9	Dinardo, Jenna at Pittsburgh (03/04/2026)
	8	Dinardo, Jenna at Maryland (02/14/2026)
Shots on goal	8	Dinardo, Jenna at Maryland (02/14/2026)
	8	Dinardo, Jenna at Pittsburgh (03/04/2026)
Saves	10	Finnelle, Elyse at Pittsburgh (03/04/2026)
	8	Finnelle, Elyse at Maryland (02/14/2026)
Ground Balls	5	Galica, Kate vs. Richmond (02/11/2026)
	4	Galica, Kate at Maryland (02/14/2026)
Draw Controls	13	Galica, Kate at Liberty (02/18/2026)
	11	Galica, Kate vs. Stanford (02/28/2026)
Caused Turnover	3	Demark, Kate at Maryland (02/14/2026)
	3	Demark, Kate at Notre Dame (02/22/2026)

Virginia GAME HIGHS

Points	25		at Liberty (02/18/2026)
	17		Richmond (02/11/2026)
Goals	17		at Liberty (02/18/2026)
	11		Richmond (02/11/2026)
Assists	8		at Liberty (02/18/2026)
	6		Navy (02/06/2026)
Shots	37		at Liberty (02/18/2026)
	28		Richmond (02/11/2026)
Shot percent	.476	(10 - 21)	Navy (02/06/2026)
	.459	(17 - 37)	at Liberty (02/18/2026)
Shots on goal	33		at Liberty (02/18/2026)
	22		at Maryland (02/14/2026)
On goal percent	.917	(22 - 24)	at Maryland (02/14/2026)
	.892	(33 - 37)	at Liberty (02/18/2026)
Saves	10		at Pittsburgh (03/04/2026)
	9		Navy (02/06/2026)
Ground Balls	19		at Liberty (02/18/2026)
	16		Navy (02/06/2026)
Turnovers	16		at Pittsburgh (03/04/2026)
	15		Stanford (02/28/2026)
Caused turnovers	11		Navy (02/06/2026)
	10		at Maryland (02/14/2026)

Virginia GAME LOWS

Points	12		Stanford (02/28/2026)
	14		at Maryland (02/14/2026)
Goals	8		Stanford (02/28/2026)
	9		at Maryland (02/14/2026)
Assists	4		Stanford (02/28/2026)
	5		at Maryland (02/14/2026)
Shots	19		Stanford (02/28/2026)
	21		Navy (02/06/2026)
Shot percent	.346	(9 - 26)	at Notre Dame (02/22/2026)
	.375	(9 - 24)	at Maryland (02/14/2026)
Shots on goal	13		Stanford (02/28/2026)
	16		Navy (02/06/2026)
On goal percent	.684	(13 - 19)	Stanford (02/28/2026)
	.750	(21 - 28)	Richmond (02/11/2026)
Saves	4		Richmond (02/11/2026)
	6		at Liberty (02/18/2026)
Ground Balls	10		at Pittsburgh (03/04/2026)
	11		Stanford (02/28/2026)
Turnovers	10		Richmond (02/11/2026)
	10		at Liberty (02/18/2026)
Caused turnovers	4		Stanford (02/28/2026)
	5		at Pittsburgh (03/04/2026)

2026 Stats
Virginia Game-by-Game Goals-Assists-Points (as of Mar 04, 2026)
All games

OPPONENT	DATE	SCORE		# 2 - PIRAINO, JAYDEN	# 3 - DEMARK, KATE	# 4 - DINARDO, JENNA	# 5 - GALICA, KATE	# 6 - FLAHERTY, CADY	# 7 - SFREDDO, PAYTON
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	2 - 0 - 2	2 - 0 - 2	1 - 0 - 1
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	3 - 1 - 4	0 - 1 - 1	1 - 0 - 1	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	3 - 1 - 4	0 - 0 - 0	0 - 1 - 1	0 - 0 - 0
at Liberty	Feb 18	17-8	W	2 - 0 - 2	0 - 0 - 0	1 - 0 - 1	1 - 2 - 3	1 - 0 - 1	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	3 - 2 - 5	0 - 0 - 0	0 - 0 - 0
Stanford	Feb 28	16-8	L	0 - 0 - 0	0 - 0 - 0	1 - 1 - 2	1 - 0 - 1	2 - 0 - 2	1 - 0 - 1
at Pittsburgh	Mar 04	10-7	W	0 - 0 - 0	0 - 0 - 0	3 - 1 - 4	2 - 2 - 4	0 - 0 - 0	0 - 1 - 1

OPPONENT	DATE	SCORE		# 8 - SCHNEIDER, ALEXANDRA	# 9 - CONTI, SOPHIA	# 10 - FOSTER, RALEIGH	# 11 - ROCKLEIN, MEGAN	# 13 - KENNEDY, CARLY	# 14 - MUSSER, ABBY
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Liberty	Feb 18	17-8	W	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 2 - 2	0 - 0 - 0	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	2 - 0 - 2	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Stanford	Feb 28	16-8	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 1 - 1	0 - 0 - 0	0 - 0 - 0
at Pittsburgh	Mar 04	10-7	W	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 15 - FOSTER, ADDI	# 16 - ALAIMO, MADISON	# 17 - BARGER, FINLEY	# 22 - TRUKENBROD, ALLIE	# 23 - REILLY, ALEX	# 25 - WHITE, COREY
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 4 - 4	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 0 - 0
Richmond	Feb 11	12-11	L	4 - 1 - 5	1 - 3 - 4	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Maryland	Feb 14	17-9	L	2 - 0 - 2	3 - 2 - 5	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Liberty	Feb 18	17-8	W	3 - 0 - 3	4 - 3 - 7	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	1 - 1 - 2	2 - 3 - 5	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Stanford	Feb 28	16-8	L	2 - 0 - 2	1 - 1 - 2	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 26 - JOSEPHSON, MEL	# 27 - GIANNAKOPOULOS, A	# 30 - POINDEXTER, DELANEY	# 33 - CAMPTEL, KATIE	# 34 - FINNELLE, ELYSE	# 36 - KOLOGY, LARA
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Liberty	Feb 18	17-8	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 0 - 0	0 - 0 - 0
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Stanford	Feb 28	16-8	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
at Pittsburgh	Mar 04	10-7	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 40 - GOGERTY, DEVON	# 41 - ALLEN, FIONA	# 42 - LAVERGHETTA, LIVY	# 43 - LAVERGHETTA, GABBY
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 1 - 1	1 - 0 - 1	2 - 1 - 3
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	2 - 0 - 2
at Maryland	Feb 14	17-9	L	0 - 0 - 0	0 - 0 - 0	1 - 0 - 1	0 - 1 - 1
at Liberty	Feb 18	17-8	W	0 - 0 - 0	1 - 0 - 1	1 - 1 - 2	1 - 0 - 1
at Notre Dame	Feb 22	9-7	W	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Stanford	Feb 28	16-8	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 1 - 1
at Pittsburgh	Mar 04	10-7	W	0 - 0 - 0	1 - 0 - 1	0 - 0 - 0	2 - 0 - 2

CAREER HIGHS

MADISON ALAIMO

Points: 11, LIU, May 09, 2025
Goals: 4, multiple last at Liberty 2/18/26
Assists: 9, LIU, May 09, 2025
Shots: 5, 6 times
Ground balls: 5, Princeton, 02/17/24; Princeton, Feb 17, 2024
Draw controls: 1
Caused turnovers: 3, at VCU, Apr 02, 2025

JENNA DINARDO

Points: 8, Duke, Mar 15, 2025
Goals: 5, James Madison, 03/20/24; James Madison, Mar 20, 2024
Assists: 4, Duke, Mar 15, 2025
Shots: 11, Liberty, 02/07/2025
Ground balls: 2, Stanford, Feb 22, 2025
Draw controls: 7, LIU, May 09, 2025
Caused turnovers: 3, Stanford, Feb 22, 2025

CADY FLAHERTY

Points: 2 Navy, Feb. 6, 2026
Goals: 2, Navy, Feb. 6, 2026
Assists: 1, Navy, Feb. 6, 2026
Shots: 2, Navy, Feb. 6, 2026

ADDI FOSTER

Points: 6, Liberty, 02/07/2025
Goals: 4, Richmond, Feb. 11, 2026, Virginia Tech, Apr 16, 2025
Assists: 4, Liberty, 02/07/2025
Shots: 6, at James Madison, Mar 19, 2025; LIU, May 09, 2025
Ground balls: 5, Pittsburgh, Mar 22, 2025
Draw controls: 1, 4 times
Caused turnovers: 2, multiple

KATE GALICA

Points: 6, at VCU, Apr 02, 2025
Goals: 4, 5 times
Assists: 2, at VCU, Apr 02, 2025
Shots: 9, Duke, Mar 15, 2025; at Syracuse, Mar 29, 2025
Ground balls: 5, Richmond Feb. 11, 2026
Draw controls: 17, Virginia Tech, Apr 16, 2025
Caused turnovers: 3, multiple

DEVON GOGERTY

Points: 2, Richmond, 03/06/24; Richmond, Mar 6, 2024
Goals: 2, Richmond, 03/06/24; Richmond, Mar 6, 2024
Assists: 1, Pittsburgh, 03/16/24; Pittsburgh, Mar 16, 2024
Shots: 3, Richmond, 03/06/24; Richmond, Mar 6, 2024
Ground balls: 1, Pittsburgh, 03/16/24; vs Boston College, Apr 22, 2025; Pittsburgh, Mar 16, 2024
Draw controls: 1, Pittsburgh, 03/16/24; Pittsburgh, Mar 16, 2024
Caused turnovers: 1, Liberty, 02/07/2025; at VCU, Apr 02, 2025

GABBY LAVERGHETTA

Points: 3, Navy, Feb. 6, 2026
Goals: 2, multiple
Assists: 1, several
Shots: 4, Pittsburgh, Mar 22, 2025; LIU, May 09, 2025
Ground balls: 2, Pittsburgh, Mar 22, 2025
Caused turnovers: 1, Duke, Mar 15, 2025

LIVY LAVERGHETTA

Points: 2, Virginia Tech, Apr 16, 2025
Goals: 2, Virginia Tech, Apr 16, 2025
Shots: 3, Virginia Tech, Apr 16, 2025

ALEX REILLY

Points: 2, multiple
Goals: 2, multiple
Shots: 5, at North Carolina, Mar 08, 2025
Ground balls: 2, vs Boston College, Apr 22, 2025; LIU, May 09, 2025
Draw controls: 4, vs Maryland, Apr 09, 2025
Caused turnovers: 2, Liberty, 02/07/2025

PAYTON SFREDDO

Points: 3, at James Madison, Mar 19, 2025
Goals: 3, at James Madison, Mar 19, 2025
Assists: 2, Louisville, Apr 05, 2025
Shots: 4, multiple
Ground balls: 7, at James Madison, Mar 19, 2025
Draw controls: 7, vs Boston College, Apr 22, 2025
Caused turnovers: 2, Pittsburgh, Mar 22, 2025

COREY WHITE

Points: 1, multiple
Goals: 1, multiple
Shots: 2, NAVY, Feb 26, 2025; Pittsburgh, Mar 22, 2025
Ground balls: 1, 9 times
Draw controls: 2, LIU, May 09, 2025
Caused turnovers: 1, 4 times

GOALKEEPERS

ELYSE FINNELLE

Saves: 14, vs North Carolina, May 10, 2024
Ground balls: 4, twice
Caused turnovers: 2, vs Colgate, March 14, 2023

MEL JOSEPHSON

Saves: 13, at North Carolina, Mar 08, 2025
Ground balls: 7, Stanford, Feb 22, 2025
Draw controls: 1, Boston College, Apr 13, 2024
Caused turnovers: 1, 5 times

2026 ROSTER/BREAKDOWN

No.	Name	Cl.	Pos.	Ht.	Hometown/High School/Previous School
2	Jayden Piraino	So.	Attack	5-6	Dix Hills, N.Y./Half Hollow Hills East
3	Kate Demark	Jr.	Defense	5-6	Darien, Conn./Darien High
4	Jenna Dinardo	Jr.	Attack	5-5	Corning, N.Y./Corning Painted Post High
5	Kate Galica	Jr.	Midfield	5-8	Wayne, Pa./Conestoga High
6	Cady Flaherty	Fr.	Midfield	5-7	Massapequa, N.Y./Sacred Heart Academy
7	Payton Sfreddo	So.	Midfield	5-11	Rye, N.Y., Sacred Heart Greenwich (Conn.)
8	Alexandra Schneider	Jr.	Defense	5-8	Manhasset, N.Y./Manhasset High
9	Sophia Conti	So.	Midfield	5-7	Babylon, N.Y./Babylon Junior Senior High
10	Raleigh Foster	Fr.	Attack	5-8	Charlottesville, Va./St. Anne's-Belfield
11	Megan Rocklein	Fr.	Midfield	5-4	Lake Forest, Ill./Lake Forest High
12	Annabell Adams	Fr.	Attack	5-6	Darien, Conn./Darien High
13	Carly Kennedy	So.	Midfield	5-3	Denver, Co./Regis Jesuit
14	Abby Musser	So.	Defense	5-6	Alexandria, Va./St. Stephens & St. Agnes
15	Addi Foster	Jr.	Attack	5-9	Charlottesville, Va./St. Anne's Belfield School
16	Madison Alaimo	Jr.	Attack	5-7	Wantagh, N.Y./Wantagh High
17	Finley Barger	Sr.	Midfield	5-8	Fallston, Md./Notre Dame Preparatory School
19	Wyly Willmott	Sr.	Defense	5-8	Memphis, Tenn./Oregon Episcopal/Hutchison School
20	Olivia Bruno	Sr.	Defense	5-9	Victor, N.Y./Victor
21	Blair Fox	Fr.	Midfield	5-7	Malvern, Pa./St. Anne's-Belfield (Va.)
22	Allie Trukenbrod	Fr.	Defense	5-6	Wilmette, Ill./New Trier High
23	Alex Reilly	So.	Midfield	5-6	Fort Washington, Pa./Springside Chestnut Hill Academy
25	Corey White	Jr.	Midfield	5-8	Chevy Chase, Md./Stone Ridge School of the Sacred Heart
26	Mel Josephson	Sr.	Goalkeeper	5-6	Sea Bright, N.J./The Lawrenceville School
27	Alexia Giannakopoulos	Fr.	Defense	5-3	Manhasset, N.Y./Manhasset Secondary School
28	Juliana Murphy	So.	Defense	5-8	Charlottesville, Va./Western Albemarle
30	Delaney Poindexter	Fr.	Midfield	5-5	Charlottesville, Va./The Covenant School
32	Nicole Cruthirds	Sr.	Defense	5-4	Alexandria, Va./St. Stephen's and St. Agnes School
33	Katie Campel	Sr.	Attack	5-10	Greenland, N.H./Bishop Guertin High
34	Elyse Finnelle	Gr.	Goalkeeper	5-8	Deale, Md./Florida
35	Addie Schaeffer	Fr.	Midfield	5-6	Webster, N.Y./Webster Thomas High
36	Lara Kology	Sr.	Defense	5-6	Chatham, N.J./Chatham High
37	Lily Spyredes	Sr.	Attack	5-8	Boca Raton, Fla./Pine Crest School
40	Devon Gogerty	Sr.	Midfield	5-5	Mendham, NJ./Oak Knoll School
41	Fiona Allen	So.	Attack	5-5	Hinsdale, Ill./Saint Ignatius College Prep
42	Livy LaVerghetta	So.	Midfield	5-0	Baltimore, Md./Garrison Forest
43	Gabby LaVerghetta	So.	Attack	5-4	Baltimore, Md./Garrison Forest
55	Serena Reiter	Fr.	Goalkeeper	5-5	Highlands Ranch, Colo./ThunderRidge

Head Coach: Sonia LaMonica (Maryland '03) third season

Assistant Coach: Michael LaMonica (Maryland '02), third season

Assistant Coach: Shanna Brady (Maryland '15), 1st season

Assistant Coach: Shanna Brady (Maryland '15), 1st season

Assistant Coach: Kady Glynn (Loyola '19), 1st season

BREAKDOWN BY...

CLASS

Freshman	10
Sophomore	10
Junior	7
Senior	9
Grad/Fifth	1

STATE

New York	10
Virginia	7
Maryland	5
New Jersey	3
Pennsylvania	3
Illinois	3
Connecticut	2
Colorado	2
Florida	1
New Hampshire	1
Tennessee	1

ALPHABETICAL

12 Annabell Adams	Attack
16 Madison Alaimo	Attack
41 Fiona Allen	Attack
17 Finley Barger	Midfield
20 Olivia Bruno	Defense
33 Katie Campel	Attack
9 Sophia Conti	Midfield
32 Nicole Cruthirds	Defense
3 Kate Demark	Defense
4 Jenna Dinardo	Attack
34 Elyse Finnelle	Goalkeeper
6 Cady Flaherty	Midfield
15 Addi Foster	Attack
10 Raleigh Foster	Attack
21 Blair Fox	Midfield
5 Kate Galica	Midfield
27 Alexia Giannakopoulos	Defense
40 Devon Gogerty	Midfield
26 Mel Josephson	Goalkeeper
13 Carly Kennedy	Midfield
36 Lara Kology	Defense
43 Gabby LaVerghetta	Attack
42 Livy LaVerghetta	Midfield
28 Juliana Murphy	Defense
14 Abby Musser	Defense
2 Jayden Piraino	Attack
30 Delaney Poindexter	Midfield
23 Alex Reilly	Midfield
55 Serena Reiter	Goalkeeper
11 Megan Rocklein	Midfield
35 Addie Schaeffer	Midfield

8 Alexandra Schneider	Defense
7 Payton Sfreddo	Midfield
37 Lily Spyredes	Attack
22 Allie Trukenbrod	Defense
25 Corey White	Midfield
19 Wyly Willmott	Defense

PRONUNCIATIONS

Alaimo	uh-LIE-mo
Barger	BAR-ger
Cruthirds	Crew-thirds
Raleigh Foster	ROLLY
Gogerty	GO-gerty
Lara Kology	LAIR-uh coe-LOE-gee
Piraino	PER-an-OH
Sfreddo	seh-FRED-do
Wyly	WHY-Lee
Sonia	SAWN-yuh
LaMonica	La-MAHN-ih-kah

2026 VIRGINIA WOMEN'S LACROSSE BROADCAST ROSTER



2
JAYDEN PIRAINO
 So. | Attack
 Dix Hills, N.Y.



3
KATE DEMARK
 jr. | Defense
 Darien, Conn.



4
JENNA DINARDO
 Jr. | Attack
 Corning, N.Y.



5
KATE GALICA
 Jr. | Midfield
 Wayne, Pa.



6
CADY FLAHERTY
 Fr. | Midfield
 Massapequa, N.Y.



7
PAYTON SFREDDO
 So. | Midfield
 Rye, N.Y.



8
ALEXANDRA SCHNEIDER
 Jr. | Defense
 Manhasset, N.Y.



9
SOPHIA CONTI
 So. | Midfield
 Babylon, N.Y.



10
RALEIGH FOSTER
 Fr. | Attack
 Charlottesville, Va.



11
MEGAN ROCKLEIN
 Fr. | Midfield
 Lake Forest, Ill.



12
ANNABELL ADAMS
 Fr. | Attack
 Darien, Conn.



13
CARLY KENNEDY
 So. | Midfield
 Denver, Colo.



14
ABBY MUSSER
 So. | Defense
 Alexandria, Va.



15
ADDI FOSTER
 Jr. | Midfield
 Charlottesville, Va.



16
MADISON ALAIMO
 Jr. | Attack
 Wantagh, N.Y.



17
FINLEY BARGER
 Sr. | Midfield
 Fallston, Md.



19
WYLLY WILLMOTT
 Sr. | Defense
 Memphis, Tenn.



20
OLIVIA BRUNO
 Sr. | Defense
 Victor, N.Y.



21
BLAIR FOX
 Fr. | Midfield
 Malvern, Pa.



22
ALLIE TRUKENBROD
 Fr. | Defense
 Wilmette, Ill.



23
ALEX REILLY
 So. | Midfield
 Fort Washington, Pa.



25
COREY WHITE
 Jr. | Midfield
 Chevy Chase, Md.



26
MEL JOSEPHSON
 Sr. | Goalkeeper
 Sea Bright, N.J.



27
ALEXIA GIANNAKOPOULOS
 Sr. | Defense
 Manhasset, N.Y.



28
JULIANA MURPHY
 So. | Defense
 Charlottesville, Va.



30
DELANEY POINDEXTER
 Fr. | Midfield
 Charlottesville, Va.



32
NICOLE CRUTHIRDS
 Sr. | Defense
 Alexandria, Va.



33
KATIE CAMPTEL
 Sr. | Attack
 Greenland, N.H.



34
ELYSE FINNELLE
 Gr. | Goalkeeper
 Deale, Md.



35
ADDIE SCHAEFFER
 Sr. | Midfield
 Webster, N.Y.



36
LARA KOLOGY
 Sr. | Defense
 Chatham, N.J..



37
LILY SPYREDES
 Jr. | Attack
 Boca Raton, Fla.



40
DEVON GOGERTY
 Sr. | Midfield
 Mendham, N.J.



41
FIONA ALLEN
 So. | Attack
 Hinsdale, Ill.



42
LIVY LAVERGHETTA
 So. | Midfield
 Baltimore, Md.



43
GABBY LAVERGHETTA
 So. | Attck
 Baltimore, Md.



55
SERENA REITER
 Fr. | Goalkeeper
 Highlands Ranch, Co.



SONIA LAMONICA
 Head Coach.



MICHAEL LAMONICA
 Assistant Coach



SHANNA BRADY
 Assistant Coach/De-
 fensive Coordinator



KADY GLYNN
 Assistant Coach/
 Goalkeepers.