



VIRGINIA WOMEN'S LACROSSE

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



@UVAWomensLax



GAME 3
VIRGINIA AT MARYLAND
SECU STADIUM, COLLEGE PARK, MD
FEBRUARY 14, 2026, 12 PM



MARYLAND TERRAPINS (1-0)

#12 VIRGINIA CAVALIERS (0-2)

HEAD COACH

Cathy Reese (8th season)
Career Record (at Maryland): 377-82 (347-53)

HEAD COACH

Sonia LaMonica (3rd season)
Career Record (at Virginia): 174-114 (27-14)

SERIES AT A GLANCE

All-Time Series: Maryland, 45-18 | Last meeting: Virginia win, 13-9 | First meeting: 1978
Last UVA win: 4/9/25 | Last Maryland Win: 2/18/22 | Streak: Virginia W 1, Maryland W 16-of-18

2025 STATISTICAL LEADERS (last season)

GOALS

#4 Jenna DiNardo
53 Goals (2.78 per game)

ASSISTS

#16 Madison Alaimo
58 Assists (3.22 per game)

POINTS

#16 Madison Alaimo
80 Points (4.44 per game)

GROUND BALLS

#11 Abby Manalang
29 Ground Balls

CAUSED TURNOVERS

#20 Olivia Bruno
20 Caused Turnovers

DRAW CONTROLS

#5 Kate Galica
179 Draw Controls (9.42 per game)

GOALKEEPING

#26 Mel Josephson
10-7, 12.10 GAAvg, .409 Save Percentage

CAVALIER NOTES

- Virginia returns its top four goal scorers from last season and six of its top seven. The Cavaliers also return their leader in the draw circle and their assist leader from last year
- Junior **Kate Galica**, the 2025 ACC Midfielder of the Year and consensus All-American, set both the Virginia single-game (17) and single-season (179) records in draw controls last season, leading the ACC with 9.42 draw controls per game
- Galica helped the Cavaliers lead the ACC in draw controls last season (16.21 per game) and were second in draw control percentage, winning 57.0 percent of their draws
- With her 12 draw controls this season, Galica has moved up to third on UVA's career draw control list. She is 13 shy of moving into a tie for second with Maggie Jackson (2016-19)
- Junior **Madison Alaimo** led the team in points last season (80, 4.21 per game) while ranking top 10 nationally in assists (58, 3.05 per game)
- Alaimo leads the team in points this season with eight (1 goal, 7 assists)
- Both Galica and Alaimo are on the preseason watch list for the Tewaaraton Award
- Junior attacker **Addi Foster** had a streak of 19-consecutive games with a point snapped against Navy. Foster had either a goal or an assist in every single game last season, scoring 41 goals with 16 assists (57 points) during that streak. She bounced back from her scoreless game against Navy by scoring four goals with an assist against Richmond
- Freshman midfielder **Cady Flaherty** is the first of the newcomers to make a mark this season. Flaherty scored two goals in the season-opener against Navy and one in Wednesday's game against Richmond
- Sophomore attacker **Gabby LaVerghetta** has scored two goals in each of the last two games, her first two career starts
- Head coach **Sonia LaMonica** has started her third season with the Cavaliers, leading UVA to being named a No. 5 national seed in each of the last two NCAA Championships. LaMonica's squad went 12-7 last season, advancing to the second round of the NCAA tournament
- In the last meeting between former ACC rivals Virginia and Maryland, UVA snapped a string of 15 straight losses against the Terrapins in the head-to-head series. The Cavaliers' 13-9 victory last season was their first win against Maryland since April 27, 2008. Last year's game was played at Yeardley Love Field at Notre Dame Prep in Towson, Maryland
- Virginia's last victory at Maryland was a 14-9 win on March 7, 2006 and is looking for its fifth-ever win in College Park

2026 SCHEDULE/RESULTS

Overall: 0-2 | ACC: 0-0
Home: 0-2 | Away: 0-0 | 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	12 pm
Weds. Feb 18	at Liberty	4 pm
Sun. Feb. 22	at #16 Notre Dame*	4 pm
Sat. Feb. 28	#4 STANFORD*	12 pm
Weds. Mar. 4	at Pitt*	2 pm
Sun. Mar. 8	at Florida State*	12 pm
Weds. Mar. 11	#7 PRINCETON	5 pm
Sat. Mar. 14	#9 CLEMSON*	4 pm
Sat. Mar. 21	#13 SYRACUSE *+	2 pm
Weds. March 24	#21 JAMES MADISON	6 pm
Sat. Mar. 28	at Louisville*	12 pm
Fri. Apr. 3	#1 NORTH CAROLINA*	6 pm
Sat. Apr. 11	#3 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

MEDIA CONTACT

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MARYLAND CONNECTIONS

- Both Virginia head coach **Sonia LaMonica** and assistant coach **Michael LaMonica** are former Terrapin lacrosse players
- Sonia (then) Judd played from 2000-03, helping thew as a three-year starter for the Terrapins. She earned first team All-America honors and was a candidate for the Tewaaraton 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.
- Michael LaMonica was a four-year starter at midfield from 1999 to 2002. He earned All-Atlantic Coast Conference (ACC) honors as a junior and finished his career with 68 goals and 14 assists. He also had 90 career ground balls and five game winning goals
- This is the seventh time time that the LaMonicas will coach against their Alma Mater (1-5 record)
- Assistant Coach Shanna Brady is also a Maryland alum (2015). She won two national championships as a student-athlete for the Terps, playing in Championship Weekend each of her four years. As a defender, she finished with 75 ground balls, 46 caused turnovers and 30 draw controls in the 92 games in which she played

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

NCAA I WOMEN'S LACROSSE POLLS

IWLCA COACHES POLL

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

INSIDE LACROSSE

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

USA Lacrosse Magazine

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

2026 VIRGINIA WEEK-BY-WEEK			
Week	IWLCA	IL	USA
Preseason	10	8	7
Feb. 9	12	15	12
Feb. 16			
Feb. 23			
March 2			
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 294-straight polls.
- Of those 294 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. 19 on April 23, 2013. Virginia has only spent five weeks ranked outside the top-15.

MULTIPLE GOAL GAMES

Name, Pos.	2026 2+	2026 3+	Career 2+	Career 3+
#4 Jenna DiNardo	1	1	28	19
#5 Kate Galica	1		21	16
#15 Addi Foster	1	1	15	10
#16 Madison Alaimo			8	4
#7 Payton Sfreddo			3	1
#23 Alex Reilly			3	
#43 Gabby LaVerghetta	2		5	
#33 Katie Campel			2	
#2 Jayden Piraino			1	1
#40 Devon Gogerty			1	
#6 Cady Flaherty	1		1	

MULTIPLE ASSIST GAMES

Name, Pos.	2026 2+	2026 3+	Career 2+	Career 3+
#16 Madison Alaimo	2	2	23	15
#4 Jenna DiNardo			9	3
#15 Addi Foster			3	1
#5 Kate Galica			1	
#7 Payton Sfreddo			1	

CONSECUTIVE GAMES WITH A GOAL

Name	Streak	Goals During Streak	Streak Started
#4 Jenna DiNardo	14	37	March 15, 2025
#6 Cady Flaherty	2	3	Feb. 6, 2026
#43 Gabby LaVerghetta	2	4	Feb. 6, 2026
#15 Addi Foster	1	4	Feb. 11, 2026
#16 Madison Alaimo	1	1	Feb. 11, 2026

CONSECUTIVE GAMES WITH A POINT

Name, Pos.	Streak	G-A-P During Streak	Streak Started
#4 Jenna DiNardo	14	37-19-56	March 15, 2025
#5 Kate Galica	3	5-2-7	May 11, 2025
#43 Gabby LaVerghetta	2	4-1-5	Feb. 6, 2026
#6 Cady Flaherty	2	3-0-3	Feb. 6, 2026
#16 Madison Alaimo	2	7-1-8	Feb. 6, 2026
#15 Addi Foster	1	4-1-5	Feb. 11, 2026

COMPARISONS

SHOT STATISTICS

	UVA	UMD
Goals-Shot attempts	21-49	9-19
Goals scored per game	10.5	9.0
Shot pct.	.429	.474
Shots on goal-Attempts	37-49	11-19
SOG pct.	.755	.895
Shots/Game	24.5	19.0
Assists	12	4
Free position Made-Att	5-7	3-7
Free position pct.	.714	.429

GOAL BREAKDOWN

Total Goals	21	9
Free-position	5	3
Unassisted	9	5
Overtime	0	0

SAVES

	13	16
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OPPONENT GOALS

	24	5
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GROUND BALLS

	31	11
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DRAW CONTROLS

	20	8
--	----	---

TURNOVERS

	22	14
--	----	----

CAUSED TURNOVERS

	18	1
--	----	---

CLEARs

	29-32	21-24
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Clear percentage

	.714	.875
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RE-WRITING THE RECORD BOOK

Draw Controls - Career

1. Aubrey Williams(2021-23)	332
2. Maggie Jackson (2016-19)	301
3. Kate Galica (2024-25)	288
4. Brittany Kalkstein (2007-10).....	287
5. Courtney Swan (2012-15)	272

Assists- Career

1. Morgan Schwab (2021-24)	159
2. Lindsay Sheehan (1984-86)	129
3. Amy Appelt (2002-05)	115
4. Maggie Jackson (2016-19).....	108
5. Ashley McCulloch (2006-09).....	105
6. Lauren Aumiller (2000-03).....	103
7. Madison Alaimo (2025-pres)	92
8. Casey Bocklet (2013-15).....	83

Draw Controls - Single Season

1. Kate Galica (2025)	179
2. Aubrey Williams (2022)	149
3. Aubrey Williams (2023)	143
4. Brittany Kalkstein (2010).....	97
Maggie Jackson (2018).....	97
Kate Galica (2024)	97

Draw Controls - Single Game

1. Kate Galica (4/16/25 vs VT).....	17
2. Aubrey Williams (2/27/22 vs. Stanford)	15
Aubrey Williams (4/5/23 at VCU)	15
Kate Galica (3/1/25 at Cal)	15
5. Aubrey Williams (3/9/22 vs. Richmond)	14
6. Aubrey Williams (2/18/23 at Princeton).....	13
7. Aubrey Williams (3/20/22 vs. JMU).....	12
Kate Galica (4x).....	12

Assists - Single Season

1. Lindsay Sheehan (1986).....	66
2. Morgan Schwab (2024)	61
3. Madison Alaimo (2025)	58
4. Morgan Schwab (2023)	49
5. Lindsay Sheehan (1985).....	43
6. 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 Tewaaratron 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	0-2	0-0		
Career		174-114			
Virginia Record		27-14 (11-7)			
*Season canceled due to COVID-19 Pandemic					

Virginia

Team Stats

GAMES	GOALS	ASSISTS	GOALS-PER GAME	SHOTS-PER GAME	SHOT %
2	21	12	10.50	24.50	42.9

SCHEDULE SUMMARY			STATISTICS CATEGORY	OVERALL	CONF
Overall (Pct.)		0-2 (.000)	Games	2	-
Conference (Pct.)		0-0 (.000)	Goals	21	-
Streak		Lost 2	Assists	12	-
Home		0-2	Goals-per game	10.50	0.00
Away		0-0	Shots	49	-
Neutral		0-0	Shots-per game	24.50	-
RECENT GAMES			Shooting percentage	42.9	0.0
Feb 6	Navy	L, 12-10	Shots on goal	37	-
Feb 11	Richmond	L, 12-11	Shots on goal percentage	75.5	0.0
			Free position goals-shots	5-7	0-0
			Free position percentage	71.4	0.0
			Ground balls	31	-
			Draw controls	20	-
			Draw controls per game	10.00	-
			Turnovers	22	0
			Caused turnovers	18	-
			Clears	29-32	0-0
			Goals against	24	-
			Goals-against average	12.00	-
			Saves	13	-
			Save percentage	35.1	0.0
			Home Attendance	0	-
			Home Attendance average	0	-

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	2	2	1	7	8	1-1	1	0	6	0	7	14.3	5	71.4	0	0	0	2	0	
41	Fiona Allen	So	A	2	0	0	1	1	0-0	0	0	0	0	1	0.0	0	0.0	0	0	0	0	0	
9	Sophia Conti	So	M	2	2	0	0	0	0-0	5	0	1	0	0	-	0	-	1	0	0	0	0	
3	Kate Demark	Jr	D	2	2	0	0	0	0-0	2	0	0	3	0	-	0	-	3	0	0	0	0	
4	Jenna Dinardo	Jr	A	2	2	4	1	5	1-3	1	6	3	2	10	40.0	8	80.0	3	1	0	1	0	
34	Elyse Finnelle	Sr	GK	2	0	0	0	0	0-0	4	0	0	0	0	-	0	-	0	0	0	0	0	
6	Cady Flaherty	Fr	M	2	0	3	0	3	2-2	0	0	0	0	3	100.0	3	100.0	0	0	0	2	0	
15	Addi Foster	Jr	A	2	2	4	1	5	1-1	0	0	2	0	9	44.4	8	88.9	0	1	0	0	0	
5	Kate Galica	Jr	M	2	2	2	1	3	0-0	6	12	5	6	6	33.3	4	66.7	3	0	0	2	0	
26	Mel Josephson	Sr	GK	2	2	0	0	0	0-0	3	0	0	0	0	-	0	-	0	0	0	0	0	
36	Lara Kology	Sr	D	2	2	0	0	0	0-0	1	1	1	1	0	-	0	-	2	1	0	0	0	
43	Gabby Laverghetta	So	A	2	2	4	1	5	0-0	2	0	0	0	6	66.7	4	66.7	2	0	0	3	0	
42	Livy Laverghetta	So	M	2	0	1	0	1	0-0	0	0	1	0	1	100.0	1	100.0	1	0	0	0	0	
14	Abby Musser	So	D	2	2	0	0	0	0-0	0	0	1	1	0	-	0	-	0	1	0	0	0	
23	Alex Reilly	So	M	2	2	1	0	1	0-0	2	0	0	2	5	20.0	3	60.0	2	1	0	1	0	
11	Megan Rocklein	Fr	M	1	0	0	0	0	0-0	1	0	1	0	0	-	0	-	0	0	0	0	0	
8	Alexandra Schneider	Jr	D	2	2	0	0	0	0-0	0	0	0	3	0	-	0	-	3	0	0	0	0	
7	Payton Sfreddo	So	M	2	0	1	0	1	0-0	3	1	1	0	1	100.0	1	100.0	0	0	0	0	0	
Totals				2	2	21	12	33	5-7	31	20	22	18	49	42.9	37	75.5	20	5	0	11	0	
Opponent				2	2	24	17	41	3-8	28	28	27	14	57	42.1	37	64.9	16	4	0	4	0	
GOALKEEPERS																							
NO.	NAME	YR	POS	GP	GS	MIN			GA	GAA	SV	SV%	WIN	LOSS	TIE	WIN %							
34	Elyse Finnelle	Sr	GK	2	0	60:00			9	9.00	4	30.8	0	0	0	0.0							
26	Mel Josephson	Sr	GK	2	2	60:00			15	15.00	9	37.5	0	2	0	0.0							
Totals				2	2	120:00			24	12.00	13	35.1	0	0	0	-							
Opponent				2	2	120:00			21	10.50	16	43.2	0	0	0	-							

CRO (First Last) | CRO (Last, First)

2026 Stats
Virginia High/Low Analysis (as of Feb 11, 2026)
All games

Virginia INDIVIDUAL GAME HIGHS

Points	5	Foster, Addi vs. Richmond (02/11/2026)
	4	Dinardo, Jenna vs. Richmond (02/11/2026)
Goals	4	Foster, Addi vs. Richmond (02/11/2026)
	3	Dinardo, Jenna vs. Richmond (02/11/2026)
Assists	4	Alaimo, Madison vs. Navy (02/06/2026)
	3	Alaimo, Madison vs. Richmond (02/11/2026)
Shots	8	Foster, Addi vs. Richmond (02/11/2026)
	6	Dinardo, Jenna vs. Richmond (02/11/2026)
Shots on goal	7	Foster, Addi vs. Richmond (02/11/2026)
	4	Dinardo, Jenna vs. Navy (02/06/2026)
Saves	7	Josephson, Mel vs. Navy (02/06/2026)
	2	Josephson, Mel vs. Richmond (02/11/2026)
Ground Balls	5	Galica, Kate vs. Richmond (02/11/2026)
	3	Conti, Sophia vs. Navy (02/06/2026)
Draw Controls	6	Dinardo, Jenna vs. Richmond (02/11/2026)
	6	Galica, Kate vs. Navy (02/06/2026)
Caused Turnover	3	Galica, Kate vs. Navy (02/06/2026)
	3	Galica, Kate vs. Richmond (02/11/2026)

2026 Stats
Virginia Game-by-Game Goals-Assists-Points (as of Feb 11, 2026)
All games

OPPONENT	DATE	SCORE		# 3 - DEMARK, KATE	# 4 - DINARDO, JENNA	# 5 - GALICA, KATE	# 6 - FLAHERTY, CADY	# 7 - SFREDDO, PAYTON	# 8 - SCHNEIDER, ALEXANDRA
Navy	Feb 06	12-10	L	0 - 0 - 0	1 - 0 - 1	2 - 0 - 2	2 - 0 - 2	1 - 0 - 1	0 - 0 - 0
Richmond	Feb 11	12-11	L	0 - 0 - 0	3 - 1 - 4	0 - 1 - 1	1 - 0 - 1	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 9 - CONTI, SOPHIA	# 11 - ROCKLEIN, MEGAN	# 14 - MUSSER, ABBY	# 15 - FOSTER, ADDI	# 16 - ALAIMO, MADISON	# 17 - BARGER, FINLEY
Navy	Feb 06	12-10	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 4 - 4	0 - 0 - 0
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	4 - 1 - 5	1 - 3 - 4	0 - 0 - 0

OPPONENT	DATE	SCORE		# 23 - REILLY, ALEX	# 25 - WHITE, COREY	# 26 - JOSEPHSON, MEL	# 34 - FINNELLE, ELYSE	# 36 - KOLOGY, LARA	# 41 - ALLEN, FIONA
Navy	Feb 06	12-10	L	1 - 0 - 1	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 1 - 1
Richmond	Feb 11	12-11	L	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0

OPPONENT	DATE	SCORE		# 42 - LAVERGHETTA, LIVY			# 43 - LAVERGHETTA, GABBY		
Navy	Feb 06	12-10	L			1 - 0 - 1			2 - 1 - 3
Richmond	Feb 11	12-11	L			0 - 0 - 0			2 - 0 - 2

CAREER HIGHS

MADISON ALAIMO

Points: 11, LIU, May 09, 2025
Goals: 4, vs Cornell, 02/25/24; vs Cornell, Feb 25, 2024
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 [1st], 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: Shanna Brady (Maryland '15), 1st season

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

BREAKDOWN BY...		ALPHABETICAL	
CLASS			
Freshman	10	12 Annabell Adams	Attack
Sophomore	10	16 Madison Alaimo	Attack
Junior	7	41 Fiona Allen	Attack
Senior	9	17 Finley Barger	Midfield
Grad/Fifth	1	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
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		
		PRONUNCIATIONS	
		Alaimo	uh-LIE-mo
		Barger	BAR-jer
		Cruthirds	Crew-thirds
		Raleigh Foster	RAY-lee
		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.



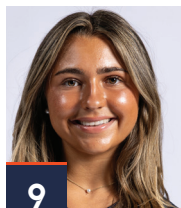
7

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.



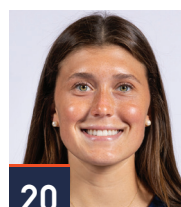
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FINLEY BARGER
Sr. | Midfield
Fallston, Md.



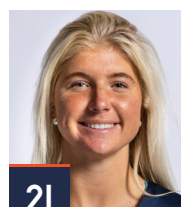
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WYLLY WILLMOTT
Sr. | Defense
Memphis, Tenn.



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.



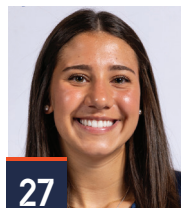
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COREY WHITE
Jr. | Midfield
Chevy Chase, Md.



26

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



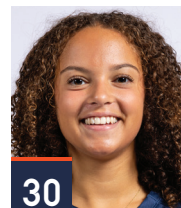
27

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.



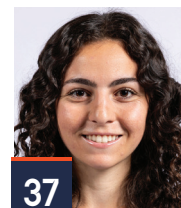
35

ADDIE SCHAEFFER
Fr. | 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.