



VIRGINIA WOMEN'S LACROSSE

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



@UVAWomensLax



#16 NAVY MIDSHIPMEN (0-0)

GAME 1
VIRGINIA VS NAVY
LOWER TURF FIELD
FEBRUARY 6, 2026, 4 PM



#10 VIRGINIA CAVALIERS (0-0)

HEAD COACH

Cindy Timchal (19th season)
Career Record (at Navy): 593-167 (257-81)

HEAD COACH

Sonia LaMonica (3rd season)
Career Record (at Virginia): 174-112 (27-12)

SERIES AT A GLANCE

All-Time Series: 6-2, UVA | Last meeting: 14-12, Navy | First meeting: 2015
Last UVA win: 2/8/2020 | Last Navy Win: 2/26/25 | Streak: Navy, W1

2025 STATISTICAL LEADERS

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

- The Cavaliers start the season as a consensus Top 10 team, ranked No. 7 by USA Lacrosse, No. 8 by Inside Lacrosse and No. 10 by the IWLCA. They have been selected to finish fourth in the Preseason ACC Coaches Poll
- Head coach **Sonia LaMonica** is entering 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
- Virginia returns its top four goal scorers from last season and six of its top seven
- Junior **Kate Galica** is ranked the No. 5 player heading into the season by Inside Lacrosse. Galica was a consensus All-American last year, earning first-team honors from the IWLCA and Nike Lacrosse. The ACC Midfielder of the Year was among 25 nominees for the 2025 Tewaaraton Award, as well as earning All-ACC First Team honors, setting both the Virginia single-game (17) and single-season (179) records in draw controls. She led 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
- Junior attackers **Madison Alaimo** (37) and **Jenna DiNardo** (50) were also named to the Top 50 players by Inside Lacrosse with
- Galica, Alaimo and DiNardo all were named Preseason All-Americans by USA Lacrosse Magazine with Galica named to the first team, Alaimo to the second, and DiNardo to the third
- Alaimo was an IWLCA Third-Team All-American last season, leading the team in points (80) while ranking 8th nationally in assists per game (3.05)
- DiNardo was an IWLCA second-team All-Region honoree last year and was also named to the All-ACC second team. She led the team in goals (53), ranking in the top 10 in the conference in both goals per game (2.79) and points per game (3.89)
- The Cavalier offense also returns **Addi Foster**. Foster was third on the team in both goals (41) and points (57) ranked third in the ACC with a .577 shot percentage.
- Veteran goalkeeper **Mel Josephson** returns for her senior season. Josephson has started 39 games for the Cavaliers over the last two seasons
- UVA also added goalkeeper **Elyse Finnelle** as a grad transfer from Florida. Finnelle was the 2025 Big 12 Goalkeeper of the Year and 2024 AAC Goalkeeper of the Year. She was an 2024 Inside Lacrosse All-American Third Team her junior season with the Gators

2026 SCHEDULE/RESULTS

Overall: 0-0 | ACC: 0-0
Home: 0-0 | Away: 0-0 | Neutral: 0-0

DATE	OPPONENT	TIME
Fri. Feb. 6	#16 NAVY	4 pm
Weds. Feb. 11	RICHMOND	4 pm
Sat. Feb. 14	at #7 Maryland	12 pm
Weds. Feb 18	at Liberty	4 pm
Sun. Feb. 22	at #25 Notre Dame*	4 pm
Sat. Feb. 28	#5 STANFORD*	12 pm
Weds. Mar. 4	at Pitt*	2 pm
Sun. Mar. 8	at Florida State*	12 pm
Weds. Mar. 11	#6 PRINCETON	5 pm
Sat. Mar. 14	#12 CLEMSON*	4 pm
Sat. Mar. 21	#13 SYRACUSE *+	2 pm
Weds. March 24	#19 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

Melissa Dudek
Director of Communications for Olympic Sports

Email: mdudek@virginia.edu
Cell: 434-962-0579

Web: virginiasports.com

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

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

2025 USA LACROSSE ALL-AMERICANS

- In the first All-America honors to be announced this season, **Kate Galica** was named to the second team
- **Madison Alaimo** was named an honorable mention

2025 ALL-ACC

- Attacker **Madison Alaimo** and midfielder **Kate Galica** were named to the First Team
- Attacker **Jenna DiNardo** was named to the Second Team
- This is the first time any have been named to the All-ACC team. All three were named to the 2024 All-ACC Freshman Team with Galica voted the ACC Freshman of the Year
- The conference 'of the year' awards will be announced at a later date
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NCAA I WOMEN'S LACROSSE POLLS - PRESEASON

IWLCA COACHES POLL

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

INSIDE LACROSSE

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

USA Lacrosse Magazine

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

2025 VIRGINIA WEEK-BY-WEEK			
Week	IWLCA	IL	USA
Preseason	n/a	9	5
Feb. 10	8	9	5
Feb. 17	7	7	5
Feb. 24	11	10	9
March 3	14	14	13
March 10	15	15	16
March 17	12	14	12
March 24	11	11	9
March 31	9	10	9
April 7	11	10	8
April 14	9	7	6
April 21	8	7	5
April 28	8	8	5
May 5	7	8	6

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 293-straight polls.
- Of those 293 polls, the Cavaliers have been ranked among the top-10 in the nation on 249 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.	2025 2+	2025 3+	Career 2+	Career 3+
#4 Jenna DiNardo	16	12	27	18
#5 Kate Galica	14	12	20	16
#15 Addi Foster	14	9	14	9
#16 Madison Alaimo	5	3	8	4
#7 Payton Sfreddo	3	1	3	1
#23 Alex Reilly	3		3	
#43 Gabby LaVerghetta	3		3	
#33 Katie Campel	2		2	
#2 Jayden Piraino	1	1	1	1
#40 Devon Gogerty			1	

MULTIPLE ASSIST GAMES

Name, Pos.	2025 2+	2025 3+	Career 2+	Career 3+
#16 Madison Alaimo	13	11	21	13
#4 Jenna DiNardo	7	3	9	3
#15 Addi Foster	3	1	3	1
#5 Kate Galica	1		1	
#7 Payton Sfreddo	1		1	

CONSECUTIVE GAMES WITH A GOAL

Name	Streak	Goals During Streak	Streak Started
#4 Jenna DiNardo	12	33	March 15, 2025
#15 Addi Foster	8	21	April 3, 2025
#5 Kate Galica	1	3	May 11, 2025
#25 Corey White	1	1	May 11, 2025

CONSECUTIVE GAMES WITH A POINT

Name, Pos.	Streak	G-A-P During Streak	Streak Started
#15 Addi Foster	19	41-16-57	Feb. 7, 2025
#4 Jenna DiNardo	12	33-18-51	March 15, 2025
#5 Kate Galica	1	3-1-4	May 11, 2025
#25 Corey White	1	1-0-1	May 11, 2025

COMPARISONS

SHOT STATISTICS

	UVA	DUKE
Goals-Shot attempts	253-556	235-512
Goals scored per game	14.06	13.06
Shot pct.	.455	.459
Shots on goal-Attempts	419-556	383-512
SOG pct.	.754	.748
Shots/Game	30.9	28.4
Assists	121	131
Free position Made-Att	49-108	35-89
Free position pct.	.454	.393

GOAL BREAKDOWN

Total Goals	253	235
Free-position	49	35
Unassisted	132	104
Overtime	0	0

SAVES

	139	
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OPPONENT GOALS

	201	191
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GROUND BALLS

	257	242
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DRAW CONTROLS

	296	268
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TURNOVERS

	223	246
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CAUSED TURNOVERS

	155	160
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CLEARs

	267-293	297-335
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Clear Pct.

	.911	.887
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SHOT CLOCK VIOLATIONS

	13	8
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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. Brittany Kalkstein (2007-10)	287
4. Kate Galica (2024-25)	276
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)	85
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	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
Career		174-112			
Virginia Record		27-12 (11-7)			
*Season canceled due to COVID-19 Pandemic					



**2025 Virginia Women's Lacrosse
Virginia Combined Team Statistics
All games (as of May 28, 2025)**



RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	12-7	6-3	5-3	1-1
CONFERENCE	5-4	4-1	1-3	0-0
NON-CONFERENCE	7-3	2-2	4-0	1-1

Date	Opponent		Score	Att.
02/07/202	LIBERTY	w	20-5	501
Feb 15	at #17 Princeton	w	13-11	356
* Feb 22	#14 STANFORD	L	7-13	703
Feb 26	#19 NAVY	L	12-14	417
* Mar 01	at California	w	20-9	250
Mar 05	at Richmond	w	14-9	167
* Mar 08	at #2 North Carolina	L	8-20	2088
* Mar 15	#13 DUKE	w	16-11	805
Mar 19	at #14 James Madison	w	14-11	209
* Mar 22	PITTSBURGH	w	16-12	545
* Mar 29	at #8 Syracuse	L	12-13	2736
Apr 02	at VCU	w	14-5	293
* Apr 05	LOUISVILLE	w	17-3	532
Apr 09	vs #9 Maryland	w	13-9	1100
* Apr 12	at #2 Boston College	L	11-24	1013
* Apr 16	VIRGINIA TECH	w	19-9	678
Apr 22	vs #2 Boston College	L	7-17	0
May 09	LIU	w	20-6	714
May 11	#15 DUKE	L	9-17	616

TEAM STATISTICS	VA	OPP
SHOT STATISTICS		
Goals-Shot attempts	262-575	218-483
Goals scored per game	13.79	11.47
Shot pct.	.456	.451
Shots on goal-Attempts	434-575	369-483
SOG pct.	.755	.764
Shots/Game	30.3	25.4
Assists	123	124
Free position Made-Att	51-112	43-116
Free position pct.	.455	.371
GOAL BREAKDOWN		
Total Goals	262	218
Free-position	51	43
Unassisted	139	94
Overtime	0	0
Goals scored average	13.80	11.48
GROUND BALLS		
	271	284
DRAW CONTROLS		
	307	233
TURNOVERS		
	236	252
CAUSED TURNOVERS		
	165	136
CLEARs		
	279-309	289-332
Clear Pct.	.903	.870
SHOT CLOCK VIOLATIONS		
	13	9
ATTENDANCE		
Total	5511	7112
Dates/Avg Per Date	9/612	8/889
Neutral Site #/Avg	2/550	

## PLAYER	GP	G	A	Pts	Sh	Gw	GB	DC	Dsv	TO	CT
4 Jenna Dinardo	19	53	21	74	127	4	9	36	0	25	6
5 Kate Galica	19	47	9	56	105	3	18	179	0	32	17
15 Addi Foster	19	41	16	57	71	0	19	0	0	24	6
16 Madison Alaimo	19	22	58	80	55	1	10	2	0	38	11
11 Abby Manalang	19	18	4	22	29	1	29	32	0	8	15
7 Payton Sfreddo	19	14	3	17	37	0	14	19	0	13	9
43 Gabby Laverghett	14	13	1	14	24	0	4	0	0	5	1
21 Kate Miller	7	12	8	20	29	0	10	10	0	12	4
23 Alex Reilly	19	11	0	11	33	2	10	13	0	6	6
33 Katie Campel	8	6	0	6	8	0	1	0	0	2	0
22 Lauren Pederson	12	5	0	5	10	0	2	0	0	2	0
41 Fiona Allen	11	4	3	7	14	0	1	1	0	3	2
2 Jayden Piraino	9	4	0	4	8	0	3	0	0	3	0
42 Livy Laverghetta	8	3	0	3	4	0	0	0	0	3	0
25 Corey White	18	3	0	3	8	1	7	2	0	5	4
40 Devon Gogerty	8	2	0	2	5	0	1	0	0	1	2
17 Finley Barger	7	2	0	2	5	0	2	1	0	1	1
32 Nicole Cruthirds	19	1	0	1	1	0	17	2	0	3	10
44 Breese Burlingame	4	0	0	0	0	0	0	0	0	0	0
19 Wyly Willmott	5	0	0	0	0	0	0	0	0	1	1
36 Lara Kology	19	0	0	0	1	0	19	4	0	5	14
29 Cece Webb	9	0	0	0	0	0	1	0	0	0	2
26 Mel Josephson	19	0	0	0	0	0	20	0	0	5	0
20 Olivia Bruno	19	0	0	0	0	0	12	1	0	7	20
14 Abby Musser	10	0	0	0	0	0	0	0	0	1	2
13 Carly Kennedy	7	0	0	0	0	0	1	0	0	0	0
12 Payton Meister	9	0	0	0	0	0	1	0	0	0	1
10 Maureen Duffy	19	0	0	0	0	0	11	0	0	4	7
9 Sophia Conti	19	0	0	0	0	0	6	0	0	1	6
6 Abby Jansen	12	0	0	0	0	0	17	0	0	0	5
3 Kate Demark	19	0	0	0	0	0	26	5	0	6	13
37 Lily Spyredes	5	0	0	0	1	0	0	0	0	1	0
Total	19	262	123	385	575	12	271	307	0	236	165
Opponents	19	218	124	342	483	7	284	233	0	252	136

## Goalie	GP	Min.	GA	GAAvg	Save	Pct	W-L-T
44 Breese Burlingame	4	27:22	3	6.58	2	.400	0-0-0
6 Abby Jansen	12	238:41	39	9.80	27	.409	2-0-0
26 Mel Josephson	19	872:59	176	12.10	122	.409	10-7-0
Total	19	1139:02	218	11.48	151	.409	12-7-0
Opponents	19	1139:02	262	13.80	172	.396	7-12-0

Goals by Period	1st	2nd	3rd	4th	Total
Virginia	74	73	70	45	262
Opponents	54	58	54	52	218

Saves by Period	1st	2nd	3rd	4th	Total
Virginia	47	50	30	24	151
Opponents	44	48	43	37	172

Shots by Period	1st	2nd	3rd	4th	Total
Virginia	151	156	156	112	575
Opponents	133	137	115	98	483

Shots on Goal	1st	2nd	3rd	4th	Total
Virginia	118	121	113	82	434
Opponents	101	108	84	76	369



2025 Virginia Women's Lacrosse Virginia Overall Individual Statistics All games (as of May 27, 2025)



Overall: 12-7 Conf: 5-4 Home: 6-3 Away: 5-3 Neut: 1-1

##	Player	gp-gs	g	a	pts	sh	sh%	sog	sog%	gw	fpg-fps	gb	dc	dsv	t/o	ct	foul
4	Jenna Dinardo	19-19	53	21	74	127	.417	104	.819	4	14-27	9	36	0	25	6	6
5	Kate Galica	19-19	47	9	56	105	.448	76	.724	3	13-29	18	179	0	32	17	22
15	Addi Foster	19-19	41	16	57	71	.577	58	.817	0	5-9	19	0	0	24	6	4
16	Madison Alaimo	19-19	22	58	80	55	.400	38	.691	1	4-7	10	2	0	38	11	10
11	Abby Manalang	19-19	18	4	22	29	.621	25	.862	1	4-6	29	32	0	8	15	10
7	Payton Sfreddo	19-12	14	3	17	37	.378	29	.784	0	1-8	14	19	0	13	9	8
43	Gabby Laverghetta	14-0	13	1	14	24	.542	16	.667	0	2-4	4	0	0	5	1	0
21	Kate Miller	7-7	12	8	20	29	.414	18	.621	0	1-1	10	10	0	12	4	3
23	Alex Reilly	19-0	11	0	11	33	.333	20	.606	2	2-9	10	13	0	6	6	15
33	Katie Campel	8-0	6	0	6	8	.750	6	.750	0	0-1	1	0	0	2	0	0
22	Lauren Pederson	12-0	5	0	5	10	.500	9	.900	0	1-2	2	0	0	2	0	0
41	Fiona Allen	11-0	4	3	7	14	.286	8	.571	0	2-5	1	1	0	3	2	1
2	Jayden Piraino	9-0	4	0	4	8	.500	6	.750	0	-	3	0	0	3	0	0
25	Corey White	18-0	3	0	3	8	.375	6	.750	1	1-3	7	2	0	5	4	10
42	Livy Laverghetta	8-0	3	0	3	4	.750	3	.750	0	1-1	0	0	0	3	0	1
40	Devon Gogerty	8-0	2	0	2	5	.400	4	.800	0	-	1	0	0	1	2	2
17	Finley Barger	7-0	2	0	2	5	.400	4	.800	0	-	2	1	0	1	1	0
32	Nicole Cruthirds	19-19	1	0	1	1	1.000	1	1.000	0	-	17	2	0	3	10	16
13	Carly Kennedy	7-0	0	0	0	0	.000	0	.000	0	-	1	0	0	0	0	0
44	Breese Burlingame	4-0	0	0	0	0	.000	0	.000	0	-	0	0	0	0	0	0
37	Lily Spyredes	5-0	0	0	0	1	.000	1	1.000	0	-	0	0	0	1	0	0
26	Mel Josephson	19-19	0	0	0	0	.000	0	.000	0	-	20	0	0	5	0	2
12	Payton Meister	9-0	0	0	0	0	.000	0	.000	0	-	1	0	0	0	1	1
19	Wylly Willmott	5-0	0	0	0	0	.000	0	.000	0	-	0	0	0	1	1	1
14	Abby Musser	10-0	0	0	0	0	.000	0	.000	0	-	0	0	0	1	2	2
29	Cece Webb	9-0	0	0	0	0	.000	0	.000	0	-	1	0	0	0	2	2
6	Abby Jansen	12-0	0	0	0	0	.000	0	.000	0	-	17	0	0	0	5	0
9	Sophia Conti	19-0	0	0	0	0	.000	0	.000	0	-	6	0	0	1	6	5
10	Maureen Duffy	19-19	0	0	0	0	.000	0	.000	0	-	11	0	0	4	7	20
3	Kate Demark	19-19	0	0	0	0	.000	0	.000	0	-	26	5	0	6	13	24
36	Lara Kology	19-19	0	0	0	1	.000	1	1.000	0	-	19	4	0	5	14	31
20	Olivia Bruno	19-19	0	0	0	0	.000	0	.000	0	-	12	1	0	7	20	31
Total		19	262	123	385	575	.456	434	.755	12	51-112	271	307	0	236	165	234
Opponents		19	218	124	342	483	.451	366	.758	7	43-116	284	233	0	252	136	285

##	Goalie	gp-gs	min	ga	gaavg	saves	pct	w	l	t	shots faced
44	Breese Burlingame	4-0	27:22	3	6.58	2	.400	0	0	0	5
6	Abby Jansen	12-0	238:41	39	9.80	27	.409	2	0	0	92
26	Mel Josephson	19-19	872:59	176	12.10	119	.403	10	7	0	387
Total		19	1139:02	218	11.48	148	.404	12	7	0	484
Opponents		19	1139:02	262	13.80	172	.396	7	12	0	576

Goals by Period	1st	2nd	3rd	4th	Total
Virginia	74	73	70	45	262
Opponents	54	58	54	52	218

Saves by Period	1st	2nd	3rd	4th	Total
Virginia	46	48	30	24	148
Opponents	44	48	43	37	172

Shots by Period	1st	2nd	3rd	4th	Total
Virginia	151	156	156	112	575
Opponents	133	137	115	98	483

Attendance Summary	VA	Opponent
Total	5511	7112
Dates/Avg Per Date	9/612	8/889
Neutral Site #/Avg	2/550	

Shots on Goal	1st	2nd	3rd	4th	Total
Virginia	118	121	113	82	434
Opponents	100	106	84	76	366

CLEARs: Virginia -- 279-309 .903, Opponents -- 289-332 .870.



2025 Virginia Women's Lacrosse Virginia Team Game-by-Game All games (as of May 27, 2025)



TEAM STATISTICS

Date	Opponent	Score	G	A	Pts	Sh	Sog	GW	fpg-fps	GB	DC	TO	CT	Fo
02/07/2025	LIBERTY	20-5	20	10	30	39	35	1	2-5	23	12	13	18	12
Feb 15, 2025	Princeton	13-11	13	4	17	32	25	1	2-5	10	20	9	4	7
Feb 22, 2025	STANFORD	7-13	7	4	11	14	12	0	2-4	19	9	21	11	13
Feb 26, 2025	NAVY	12-14	12	5	17	31	22	0	5-9	12	15	11	10	11
Mar 01, 2025	California	20-9	20	14	34	35	29	1	3-6	8	20	9	8	12
Mar 05, 2025	Richmond	14-9	14	4	18	35	24	1	3-8	13	15	6	6	14
Mar 08, 2025	North Carolina	8-20	8	3	11	32	20	0	2-7	12	19	15	4	19
Mar 15, 2025	DUKE	16-11	16	12	28	32	25	1	2-4	13	19	10	10	15
Mar 19, 2025	James Madison	14-11	14	6	20	28	25	1	4-7	16	18	15	4	9
Mar 22, 2025	PITTSBURGH	16-12	16	10	26	33	26	1	2-5	18	18	12	10	7
Mar 29, 2025	Syracuse	12-13	12	5	17	33	20	0	1-5	15	16	11	6	14
Apr 02, 2025	VCU	14-5	14	7	21	26	19	1	4-9	18	16	19	17	14
Apr 05, 2025	LOUISVILLE	17-3	17	8	25	38	29	1	3-5	19	14	10	12	8
Apr 09, 2025	Maryland	13-9	13	3	16	29	20	1	2-7	17	11	11	8	13
Apr 12, 2025	Boston College	11-24	11	6	17	20	16	0	1-4	9	13	14	5	16
Apr 16, 2025	VIRGINIA TECH	19-9	19	7	26	29	24	1	6-8	9	21	10	5	14
Apr 22, 2025	Boston College	7-17	7	1	8	31	21	0	3-5	13	17	17	9	11
May 09, 2025	LIU	20-6	20	12	32	39	27	1	2-5	13	23	10	8	7
May 11, 2025	DUKE	9-17	9	2	11	19	15	0	2-4	14	11	13	10	18
		262-218	262	123	385	575	434	12	51-112	271	307	236	165	234
Opponent			218	124	342	483	366	7	43-116	284	233	252	136	285

TEAM PER-GAME

Games played: 19

Shots per game: 30.26; Goals per game: 13.79

Assists per game: 6.47; Points per game: 20.26

Shot pct: .456; SOG pct: .755

Faceoff W-L pct: .000; Clear pct: 0.903

Date	Opponent	Score	Minutes	GA	GAAvg	Saves	Save%	W	L	T	Faced
02/07/2025	LIBERTY	20-5	60:00	5	5.00	8	.615	1	0	0	13
Feb 15, 2025	Princeton	13-11	59:05	11	8.06	9	.450	1	0	0	30
Feb 22, 2025	STANFORD	7-13	60:00	13	9.72	7	.350	0	1	0	27
Feb 26, 2025	NAVY	12-14	60:00	14	10.79	5	.263	0	1	0	24
Mar 01, 2025	California	20-9	60:00	9	10.43	3	.250	1	0	0	15
Mar 05, 2025	Richmond	14-9	59:57	9	10.19	7	.438	1	0	0	18
Mar 08, 2025	North Carolina	8-20	60:00	20	11.60	13	.394	0	1	0	39
Mar 15, 2025	DUKE	16-11	60:00	11	11.52	8	.421	1	0	0	23
Mar 19, 2025	James Madison	14-11	60:00	11	11.46	13	.542	1	0	0	27
Mar 22, 2025	PITTSBURGH	16-12	60:00	12	11.52	4	.250	1	0	0	23
Mar 29, 2025	Syracuse	12-13	60:00	13	11.65	8	.381	0	1	0	30
Apr 02, 2025	VCU	14-5	60:00	5	11.10	7	.583	1	0	0	20
Apr 05, 2025	LOUISVILLE	17-3	60:00	3	10.47	5	.625	1	0	0	14
Apr 09, 2025	Maryland	13-9	60:00	9	10.37	12	.571	1	0	0	28
Apr 12, 2025	Boston College	11-24	60:00	24	11.28	7	.226	0	1	0	42
Apr 16, 2025	VIRGINIA TECH	19-9	60:00	9	11.14	8	.471	1	0	0	25
Apr 22, 2025	Boston College	7-17	60:00	17	11.48	11	.393	0	1	0	36
May 09, 2025	LIU	20-6	60:00	6	11.18	4	.400	1	0	0	17
May 11, 2025	DUKE	9-17	60:00	17	11.48	9	.346	0	1	0	33
		262-218	1139:02	218	11.48	148	.404	12	7	0	484
Opponent			1139:02	262	11.48	172	.396	7	12	0	576



2025 Virginia Women's Lacrosse
Virginia Game-by-Game Goals-Assists-Points
All games (as of May 11, 2025)



Opponent	Date	Score	2	3	4	5	6	7	9	10	11	12	13
			PIRAINO,JA	DEMARK,KAT	DINARDO,JE	GALICA,KAT	JANSEN,ABB	SFREDDO,PA	CONTI,SOPH	DUFFY,MAUR	MANALANG,A	MEISTER,PA	KENNEDY,CA
LIBERTY	02/07/20	20-5 W	3-0-3	0-0-0	4-1-5	1-0-1	0-0-0	0-0-0	0-0-0	0-0-0	3-0-3	0-0-0	0-0-0
at PRI	Feb 15	13-11 W	0-0-0	0-0-0	3-0-3	3-1-4	DNP	0-0-0	0-0-0	0-0-0	0-0-0	DNP	DNP
STAN	Feb 22	7-13 L	0-0-0	0-0-0	2-0-2	0-0-0	DNP	0-0-0	0-0-0	0-0-0	1-1-2	DNP	0-0-0
NAVY	Feb 26	12-14 L	DNP	0-0-0	4-2-6	4-0-4	0-0-0	0-0-0	0-0-0	0-0-0	2-0-2	DNP	DNP
at CAL	Mar 01	20-9 W	0-0-0	0-0-0	4-0-4	2-1-3	0-0-0	2-0-2	0-0-0	0-0-0	1-1-2	0-0-0	DNP
at RICH	Mar 05	14-9 W	DNP	0-0-0	3-0-3	0-0-0	DNP	1-0-1	0-0-0	0-0-0	2-0-2	DNP	DNP
at UNC	Mar 08	8-20 L	1-0-1	0-0-0	0-0-0	2-0-2	DNP	1-0-1	0-0-0	0-0-0	0-0-0	DNP	DNP
DU	Mar 15	16-11 W	DNP	0-0-0	4-4-8	4-1-5	0-0-0	0-0-0	0-0-0	0-0-0	4-1-5	DNP	DNP
at JMU	Mar 19	14-11 W	DNP	0-0-0	1-3-4	3-1-4	0-0-0	3-0-3	0-0-0	0-0-0	0-0-0	DNP	DNP
UP	Mar 22	16-12 W	DNP	0-0-0	3-2-5	1-0-1	0-0-0	2-0-2	0-0-0	0-0-0	1-0-1	DNP	DNP
at SU	Mar 29	12-13 L	DNP	0-0-0	3-0-3	3-0-3	DNP	1-0-1	0-0-0	0-0-0	2-0-2	0-0-0	DNP
at VCU	Apr 02	14-5 W	0-0-0	0-0-0	1-2-3	4-2-6	0-0-0	1-1-2	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0
LOU	Apr 05	17-3 W	0-0-0	0-0-0	3-2-5	4-0-4	0-0-0	0-2-2	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0
vs UMD	Apr 09	13-9 W	DNP	0-0-0	4-0-4	3-1-4	DNP	0-0-0	0-0-0	0-0-0	1-0-1	DNP	DNP
at BC	Apr 12	11-24 L	DNP	0-0-0	2-1-3	3-1-4	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0	DNP
VT	Apr 16	19-9 W	0-0-0	0-0-0	3-1-4	3-0-3	0-0-0	2-0-2	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0
vs BC	Apr 22	7-17 L	DNP	0-0-0	2-0-2	0-0-0	DNP	0-0-0	0-0-0	0-0-0	0-0-0	DNP	DNP
LIU	May 09	20-6 W	0-0-0	0-0-0	4-2-6	4-0-4	0-0-0	1-0-1	0-0-0	0-0-0	1-1-2	0-0-0	0-0-0
DU	May 11	9-17 L	DNP	0-0-0	3-1-4	3-1-4	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0

Opponent	Date	Score	14	15	16	17	19	20	21	22	23	25	26
			MUSSER,ABB	FOSTER,ADD	ALAIMO,MAD	BARGER,FIN	WILLMOTT,W	BRUNO,OLIV	MILLER,KAT	PEDERSON,L	REILLY,ALE	WHITE,CORE	JOSEPHSON,
LIBERTY	02/07/20	20-5 W	0-0-0	2-4-6	1-3-4	0-0-0	DNP	0-0-0	3-2-5	2-0-2	1-0-1	0-0-0	0-0-0
at PRI	Feb 15	13-11 W	DNP	3-0-3	1-3-4	DNP	DNP	0-0-0	3-0-3	0-0-0	0-0-0	DNP	0-0-0
STAN	Feb 22	7-13 L	0-0-0	1-0-1	1-2-3	DNP	DNP	0-0-0	1-1-2	1-0-1	0-0-0	0-0-0	0-0-0
NAVY	Feb 26	12-14 L	DNP	0-1-1	1-1-2	DNP	DNP	0-0-0	1-1-2	0-0-0	0-0-0	0-0-0	0-0-0
at CAL	Mar 01	20-9 W	0-0-0	3-2-5	1-6-7	1-0-1	0-0-0	0-0-0	2-3-5	2-0-2	1-0-1	0-0-0	0-0-0
at RICH	Mar 05	14-9 W	DNP	1-0-1	3-3-6	DNP	DNP	0-0-0	2-1-3	0-0-0	2-0-2	0-0-0	0-0-0
at UNC	Mar 08	8-20 L	DNP	1-1-2	3-1-4	DNP	DNP	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0	0-0-0
DU	Mar 15	16-11 W	DNP	3-0-3	0-6-6	DNP	DNP	0-0-0	DNP	DNP	0-0-0	0-0-0	0-0-0
at JMU	Mar 19	14-11 W	DNP	3-2-5	0-0-0	DNP	DNP	0-0-0	DNP	DNP	2-0-2	0-0-0	0-0-0
UP	Mar 22	16-12 W	DNP	3-1-4	3-6-9	0-0-0	DNP	0-0-0	DNP	DNP	1-0-1	1-0-1	0-0-0
at SU	Mar 29	12-13 L	DNP	0-1-1	0-3-3	DNP	DNP	0-0-0	DNP	DNP	1-0-1	0-0-0	0-0-0
at VCU	Apr 02	14-5 W	0-0-0	3-0-3	1-2-3	0-0-0	0-0-0	0-0-0	DNP	0-0-0	2-0-2	0-0-0	0-0-0
LOU	Apr 05	17-3 W	0-0-0	3-1-4	1-3-4	0-0-0	0-0-0	0-0-0	DNP	0-0-0	1-0-1	0-0-0	0-0-0
vs UMD	Apr 09	13-9 W	0-0-0	3-1-4	2-1-3	DNP	DNP	0-0-0	DNP	DNP	0-0-0	0-0-0	0-0-0
at BC	Apr 12	11-24 L	0-0-0	2-1-3	1-3-4	DNP	DNP	0-0-0	DNP	DNP	0-0-0	0-0-0	0-0-0
VT	Apr 16	19-9 W	0-0-0	4-0-4	0-6-6	1-0-1	0-0-0	0-0-0	DNP	0-0-0	0-0-0	1-0-1	0-0-0
vs BC	Apr 22	7-17 L	DNP	1-1-2	1-0-1	DNP	DNP	0-0-0	DNP	DNP	0-0-0	0-0-0	0-0-0
LIU	May 09	20-6 W	0-0-0	3-0-3	2-9-11	0-0-0	0-0-0	0-0-0	DNP	0-0-0	0-0-0	0-0-0	0-0-0
DU	May 11	9-17 L	0-0-0	2-0-2	0-0-0	DNP	DNP	0-0-0	DNP	0-0-0	0-0-0	1-0-1	0-0-0



**2025 Virginia Women's Lacrosse
Virginia Category Leaders
All games (as of May 27, 2025)**



##	Points	GP	G	A	Pts	Shots
16	Madison Alaimo	19	22	58	80	55
4	Jenna Dinardo	19	53	21	74	127
15	Addi Foster	19	41	16	57	71
5	Kate Galica	19	47	9	56	105
11	Abby Manalang	19	18	4	22	29

##	Goals	GP	G	A	Pts	Shots
4	Jenna Dinardo	19	53	21	74	127
5	Kate Galica	19	47	9	56	105
15	Addi Foster	19	41	16	57	71
16	Madison Alaimo	19	22	58	80	55
11	Abby Manalang	19	18	4	22	29

##	Assists	GP	G	A	Pts	Shots
16	Madison Alaimo	19	22	58	80	55
4	Jenna Dinardo	19	53	21	74	127
15	Addi Foster	19	41	16	57	71
5	Kate Galica	19	47	9	56	105
21	Kate Miller	7	12	8	20	29

##	Ground Balls	GP	No.
11	Abby Manalang	19	29
3	Kate Demark	19	26
26	Mel Josephson	19	20
15	Addi Foster	19	19
36	Lara Kology	19	19

##	Draw Controls	GP	No.
5	Kate Galica	19	179
4	Jenna Dinardo	19	36
11	Abby Manalang	19	32
7	Payton Sfreddo	19	19
23	Alex Reilly	19	13

##	Game-winning Goals	GP	No.
4	Jenna Dinardo	19	4
5	Kate Galica	19	3
23	Alex Reilly	19	2
16	Madison Alaimo	19	1
11	Abby Manalang	19	1

##	Free-position Goals	GP	No.
4	Jenna Dinardo	19	14
5	Kate Galica	19	13
15	Addi Foster	19	5
11	Abby Manalang	19	4
16	Madison Alaimo	19	4

##	Shots	GP	G	A	Shots	Shot%
4	Jenna Dinardo	19	53	21	127	.417
5	Kate Galica	19	47	9	105	.448
15	Addi Foster	19	41	16	71	.577
16	Madison Alaimo	19	22	58	55	.400
7	Payton Sfreddo	19	14	3	37	.378

##	Shot Pct.	GP	G	A	Shots	Shot%
32	Nicole Cruthirds	19	1	0	1	1.000
33	Katie Campel	8	6	0	8	.750
42	Livy Laverghetta	8	3	0	4	.750
11	Abby Manalang	19	18	4	29	.621
15	Addi Foster	19	41	16	71	.577

##	Shots on Goal	GP	G	A	Shots	SOG	SOG%
4	Jenna Dinardo	19	53	21	127	104	.819
5	Kate Galica	19	47	9	105	76	.724
15	Addi Foster	19	41	16	71	58	.817
16	Madison Alaimo	19	22	58	55	38	.691
7	Payton Sfreddo	19	14	3	37	29	.784

##	Shots on Goal Pct.	GP	G	A	Shots	SOG	SOG%
37	Lily Spyredes	5	0	0	1	1	1.000
32	Nicole Cruthirds	19	1	0	1	1	1.000
36	Lara Kology	19	0	0	1	1	1.000
22	Lauren Pederson	12	5	0	10	9	.900
11	Abby Manalang	19	18	4	29	25	.862

##	Caused Turnovers	GP	No.
20	Olivia Bruno	19	20
5	Kate Galica	19	17
11	Abby Manalang	19	15
36	Lara Kology	19	14
3	Kate Demark	19	13



2025 Virginia Lacrosse Individual Career History



Madison Alaimo

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	20	17	27	44	35	.486	25	.714	2	24	1	0	28	11
2025	19	22	58	80	55	.400	38	.691	1	10	2	0	38	11
TOTAL	39	39	85	124	90	.433	63	.700	3	34	3	0	66	22

SINGLE-GAME HIGHS [all-time ranking]:

Points: 11 [3rd], LIU, May 09, 2025

Goals: 4, vs Cornell, 02/25/24; vs Cornell, Feb 25, 2024

Assists: 9 [1st], LIU, May 09, 2025

Shots: 5, 6 times

Ground balls: 5, Princeton, 02/17/24; Princeton, Feb 17, 2024

Draw controls: 1, Duke, Mar 15, 2025; at Syracuse, Mar 29, 2025; LIU, May 10, 2024

Man-up goals: 1 [t-9th], 7 times

Free-position goals: 1, 7 times

Caused turnovers: 3, at VCU, Apr 02, 2025

Fiona Allen

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	11	4	3	7	14	.286	8	.571	0	1	1	0	3	2
TOTAL	11	4	3	7	14	.286	8	.571	0	1	1	0	3	2

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, at California, Mar 01, 2025; at Syracuse, Mar 29, 2025

Goals: 1, 4 times

Assists: 1, at California, Mar 01, 2025; at North Carolina, Mar 08, 2025; at Syracuse, Mar 29, 2025

Shots: 3, Louisville, Apr 05, 2025; at Syracuse, Mar 29, 2025

Ground balls: 1, Louisville, Apr 05, 2025

Draw controls: 1, Virginia Tech, Apr 16, 2025

Free-position goals: 1, at Syracuse, Mar 29, 2025; LIU, May 09, 2025

Caused turnovers: 1, Louisville, Apr 05, 2025; at California, Mar 01, 2025

Finley Barger

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	4	1	0	1	4	.250	2	.500	0	0	0	0	0	0
2025	7	2	0	2	5	.400	4	.800	0	2	1	0	1	1
TOTAL	11	3	0	3	9	.333	6	.667	0	2	1	0	1	1

SINGLE-GAME HIGHS [all-time ranking]:

Points: 1, Virginia Tech, Apr 16, 2025; at California, Mar 01, 2025; LIU, May 10, 2024

Goals: 1, Virginia Tech, Apr 16, 2025; at California, Mar 01, 2025; LIU, May 10, 2024

Shots: 2, VCU, Apr 03, 2024; Louisville, Apr 05, 2025

Ground balls: 1, Louisville, Apr 05, 2025; Pittsburgh, Mar 22, 2025

Draw controls: 1, Louisville, Apr 05, 2025

Man-up goals: 1 [t-9th], at California, Mar 01, 2025

Caused turnovers: 1, at VCU, Apr 02, 2025

Olivia Bruno

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2023	3	0	0	0	-	-	-	-	0	0	0	0	0	0
2024	20	0	0	0	-	-	-	-	0	5	0	0	3	18
2025	19	0	0	0	-	-	-	-	0	12	1	0	7	20
TOTAL	42	0	0	0	-	-	-	-	0	17	1	0	10	38

SINGLE-GAME HIGHS [all-time ranking]:

Ground balls: 2, 4 times

Draw controls: 1, at VCU, Apr 02, 2025

Caused turnovers: 4 [t-9th], Boston College, Apr 13, 2024



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Breese Burlingame

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	4	0	0	0	-	-	-	-	0	0	0	0	0	0
TOTAL	4	0	0	0	-	-	-	-	0	0	0	0	0	0

Goalie	GP	Minutes	GA	GAAvg	Saves	Save%	W	L	T	Sho
2025	4	27:22	3	6.58	2	.400	0	0	0	0
TOTAL	4	27:22	3	6.58	2	.400	0	0	0	0

SINGLE-GAME HIGHS [all-time ranking]:

Saves: 1, at VCU, Apr 02, 2025; at California, Mar 01, 2025

Katie Campel

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	8	6	0	6	8	.750	6	.750	0	1	0	0	2	0
TOTAL	8	6	0	6	8	.750	6	.750	0	1	0	0	2	0

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, Louisville, Apr 05, 2025; LIU, May 09, 2025

Goals: 2, Louisville, Apr 05, 2025; LIU, May 09, 2025

Shots: 3, LIU, May 09, 2025

Ground balls: 1, vs Boston College, Apr 22, 2025

Sophia Conti

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	19	0	0	0	-	-	-	-	0	6	0	0	1	6
TOTAL	19	0	0	0	-	-	-	-	0	6	0	0	1	6

SINGLE-GAME HIGHS [all-time ranking]:

Ground balls: 1, 6 times

Caused turnovers: 2, Louisville, Apr 05, 2025



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Nicole Cruthirds

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2023	18	0	0	0	-	-	-	-	0	9	3	0	1	4
2024	20	0	1	1	-	-	-	-	0	20	1	0	5	5
2025	19	1	0	1	1	1.000	1	1.000	0	17	2	0	3	10
TOTAL	57	1	1	2	1	1.000	1	1.000	0	46	6	0	9	19

SINGLE-GAME HIGHS [all-time ranking]:

Points: 1, at Clemson, 03/02/24; vs Boston College, Apr 22, 2025; at Clemson, Mar 2, 2024

Goals: 1, vs Boston College, Apr 22, 2025

Assists: 1, at Clemson, 03/02/24; at Clemson, Mar 2, 2024

Shots: 1, vs Boston College, Apr 22, 2025

Ground balls: 3, 4 times

Draw controls: 1, 7 times

Caused turnovers: 2, 4 times

Kate Demark

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	20	0	0	0	-	-	-	-	0	29	0	0	6	17
2025	19	0	0	0	-	-	-	-	0	26	5	0	6	13
TOTAL	39	0	0	0	-	-	-	-	0	55	5	0	12	30

SINGLE-GAME HIGHS [all-time ranking]:

Ground balls: 4, 4 times

Draw controls: 3, at Princeton, Feb 15, 2025

Caused turnovers: 2, 9 times

Jenna Dinardo

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	20	39	11	50	74	.527	60	.811	3	6	0	0	23	2
2025	19	53	21	74	127	.417	104	.819	4	9	36	0	25	6
TOTAL	39	92	32	124	201	.458	164	.816	7	15	36	0	48	8

SINGLE-GAME HIGHS [all-time ranking]:

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 [t-4th], Liberty, 02/07/2025

Ground balls: 2, Stanford, Feb 22, 2025

Draw controls: 7, LIU, May 09, 2025

Man-up goals: 2 [t-1st], Stanford, Feb 22, 2025

Free-position goals: 3 [t-1st], Louisville, Apr 05, 2025; Virginia Tech, Apr 16, 2025

Caused turnovers: 3, Stanford, Feb 22, 2025

Maureen Duffy

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2022	12	3	0	3	3	1.000	3	1.000	0	1	1	0	2	1
2023	16	3	5	8	9	.333	8	.889	0	3	0	0	4	0
2024	18	0	0	0	-	-	-	-	0	6	0	0	2	4
2025	19	0	0	0	-	-	-	-	0	11	0	0	4	7
TOTAL	65	6	5	11	12	.500	11	.917	0	21	1	0	12	12

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, VCU, Apr 06, 2022; Duke, Apr 08, 2023; vs UC Davis, Feb 12, 2023

Goals: 2, VCU, Apr 06, 2022

Assists: 2, Duke, Apr 08, 2023

Shots: 2, at VCU, Apr 05, 2023; VCU, Apr 06, 2022; vs UC Davis, Feb 12, 2023

Ground balls: 2, 4 times

Draw controls: 1, VCU, Apr 06, 2022

Free-position goals: 1, ELON, Mar 05, 2023



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Addi Foster

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	16	3	5	8	14	.214	9	.643	0	9	3	0	5	5
2025	19	41	16	57	71	.577	58	.817	0	19	0	0	24	6
TOTAL	35	44	21	65	85	.518	67	.788	0	28	3	0	29	11

SINGLE-GAME HIGHS [all-time ranking]:

Points: 6, Liberty, 02/07/2025

Goals: 4, 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

Man-up goals: 1 [t-9th], 8 times

Man-down goals: 1 [t-1st], Louisville, Apr 05, 2025

Free-position goals: 1, 6 times

Caused turnovers: 2, Liberty, 02/07/2025; vs North Carolina, Apr 23, 2024; vs North Carolina, Apr 24, 2024

Kate Galica

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	20	21	4	25	47	.447	31	.660	0	27	97	0	20	14
2025	19	47	9	56	105	.448	76	.724	3	18	179	0	32	17
TOTAL	39	68	13	81	152	.447	107	.704	3	45	276	0	52	31

SINGLE-GAME HIGHS [all-time ranking]:

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: 4, Pittsburgh, 03/16/24; Pittsburgh, Mar 16, 2024

Draw controls: 17 [1st], Virginia Tech, Apr 16, 2025

Man-up goals: 2 [t-1st], Louisville, Apr 05, 2025

Man-down goals: 1 [t-1st], LIU, May 09, 2025

Free-position goals: 2 [t-7th], at VCU, Apr 02, 2025; NAVY, Feb 26, 2025

Caused turnovers: 3, Richmond, 03/06/24; Richmond, Mar 6, 2024

Devon Gogerty

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	6	2	1	3	7	.286	4	.571	0	1	1	0	1	0
2025	8	2	0	2	5	.400	4	.800	0	1	0	0	1	2
TOTAL	14	4	1	5	12	.333	8	.667	0	2	1	0	2	2

SINGLE-GAME HIGHS [all-time ranking]:

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

Man-up goals: 1 [t-9th], Richmond, 03/06/24; Richmond, Mar 6, 2024

Caused turnovers: 1, Liberty, 02/07/2025; at VCU, Apr 02, 2025



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Abby Jansen

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2022	9	0	0	0	-	-	-	-	0	1	0	0	0	0
2023	14	0	0	0	1	.000	-	-	0	12	0	0	3	4
2024	6	0	0	0	-	-	-	-	0	1	0	0	0	0
2025	12	0	0	0	-	-	-	-	0	17	0	0	0	5
TOTAL	41	0	0	0	1	.000	-	-	0	31	0	0	3	9

Goalie	GP	Minutes	GA	GAAvg	Saves	Save%	W	L	T	Sho
2022	9	91:43	20	13.08	12	.375	0	0	0	0
2023	14	534:34	121	13.58	67	.356	4	3	0	0
2024	6	43:52	7	9.57	5	.417	0	0	0	0
2025	12	238:41	39	9.80	27	.409	2	0	0	0
TOTAL	41	908:50	187	12.35	111	.372	6	3	0	0

SINGLE-GAME HIGHS [all-time ranking]:

Saves: 9, at VCU, Apr 05, 2023

Ground balls: 4, Duke, Apr 08, 2023; Duke, Mar 15, 2025

Draw controls: 1, at VCU, Apr 02, 2025

Caused turnovers: 2, Duke, Apr 08, 2023; at Boston College, Apr 12, 2025; Duke, Mar 15, 2025

Mel Josephson

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	20	0	0	0	-	-	-	-	0	19	1	0	7	2
2025	19	0	0	0	-	-	-	-	0	20	0	0	5	0
TOTAL	39	0	0	0	-	-	-	-	0	39	1	0	12	2

Goalie	GP	Minutes	GA	GAAvg	Saves	Save%	W	L	T	Sho
2024	20	1140:04	200	10.53	161	.446	15	5	0	0
2025	19	872:59	176	12.10	122	.409	10	7	0	0
TOTAL	39	2013:03	376	11.21	283	.429	25	12	0	0

SINGLE-GAME HIGHS [all-time ranking]:

Saves: 13 [9th], 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

Carly Kennedy

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	7	0	0	0	-	-	-	-	0	1	0	0	0	0
TOTAL	7	0	0	0	-	-	-	-	0	1	0	0	0	0

SINGLE-GAME HIGHS [all-time ranking]:

Ground balls: 1, at VCU, Apr 02, 2025



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Morgan Koeneke

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2022	1	0	0	0	-	-	-	-	0	0	0	0	0	1
2024	5	0	0	0	-	-	-	-	0	0	0	0	2	0
TOTAL	6	0	0	0	-	-	-	-	0	0	0	0	2	1

SINGLE-GAME HIGHS [all-time ranking]:

Caused turnovers: 1, VCU, Apr 06, 2022

Lara Kology

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	19	0	0	0	1	.000	1	1.000	0	19	4	0	5	14
TOTAL	19	0	0	0	1	.000	1	1.000	0	19	4	0	5	14

SINGLE-GAME HIGHS [all-time ranking]:

Shots: 1, Louisville, Apr 05, 2025

Ground balls: 3, vs Boston College, Apr 22, 2025

Draw controls: 1, 4 times

Caused turnovers: 4 [t-9th], Duke, May 11, 2025

Gabby Laverghetta

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	14	13	1	14	24	.542	16	.667	0	4	0	0	5	1
TOTAL	14	13	1	14	24	.542	16	.667	0	4	0	0	5	1

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, 5 times

Goals: 2, 4 times

Assists: 1, Pittsburgh, Mar 22, 2025

Shots: 4, Pittsburgh, Mar 22, 2025; LIU, May 09, 2025

Ground balls: 2, Pittsburgh, Mar 22, 2025

Man-up goals: 1 [t-9th], at VCU, Apr 02, 2025; at Boston College, Apr 12, 2025; at James Madison, Mar 19, 2025

Free-position goals: 1, at VCU, Apr 02, 2025; Pittsburgh, Mar 22, 2025

Caused turnovers: 1, Duke, Mar 15, 2025

Livy Laverghetta

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	8	3	0	3	4	.750	3	.750	0	0	0	0	3	0
TOTAL	8	3	0	3	4	.750	3	.750	0	0	0	0	3	0

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, Virginia Tech, Apr 16, 2025

Goals: 2, Virginia Tech, Apr 16, 2025

Shots: 3, Virginia Tech, Apr 16, 2025

Man-up goals: 1 [t-9th], Virginia Tech, Apr 16, 2025

Free-position goals: 1, Virginia Tech, Apr 16, 2025



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Abby Manalang

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2022	17	0	2	2	9	.000	1	.111	0	5	15	0	4	2
2023	18	5	1	6	14	.357	9	.643	0	9	18	0	5	5
2024	15	3	1	4	5	.600	5	1.000	0	3	1	0	2	4
2025	19	18	4	22	29	.621	25	.862	1	29	32	0	8	15
TOTAL	69	26	8	34	57	.456	40	.702	1	46	66	0	19	26

SINGLE-GAME HIGHS [all-time ranking]:

Points: 5, Duke, Mar 15, 2025

Goals: 4, Duke, Mar 15, 2025

Assists: 1, 8 times

Shots: 5, NAVY, Feb 26, 2025; Duke, Mar 15, 2025

Ground balls: 4, vs Maryland, Apr 09, 2025

Draw controls: 5, Notre Dame, Mar 25, 2023

Man-up goals: 2 [t-1st], NAVY, Feb 26, 2025

Free-position goals: 1, 6 times

Caused turnovers: 3, NAVY, Feb 26, 2025; at California, Mar 01, 2025

Evie McMahan

SINGLE-GAME HIGHS [all-time ranking]:

Payton Meister

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2022	6	0	0	0	-	-	-	-	0	1	0	0	1	2
2023	2	0	0	0	-	-	-	-	0	1	0	0	0	0
2024	5	0	0	0	-	-	-	-	0	0	0	0	0	0
2025	9	0	0	0	-	-	-	-	0	1	0	0	0	1
TOTAL	22	0	0	0	-	-	-	-	0	3	0	0	1	3

SINGLE-GAME HIGHS [all-time ranking]:

Ground balls: 1, at VCU, Apr 02, 2025; at VCU, Apr 05, 2023; Richmond, Mar 09, 2022

Caused turnovers: 1, at California, Mar 01, 2025; Richmond, Mar 09, 2022; PITT, Mar 18, 2022

Kate Miller

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2022	20	27	8	35	58	.466	42	.724	0	9	0	0	15	1
2023	18	17	26	43	38	.447	30	.789	1	14	1	0	20	8
2024	20	28	22	50	68	.412	52	.765	1	16	43	0	32	10
2025	7	12	8	20	29	.414	18	.621	0	10	10	0	12	4
TOTAL	65	84	64	148	193	.435	142	.736	2	49	54	0	79	23

SINGLE-GAME HIGHS [all-time ranking]:

Points: 6, ELON, Mar 05, 2023

Goals: 5, LIU, May 10, 2024

Assists: 4, Syracuse, 03/23/24; Syracuse, Mar 23, 2024

Shots: 8, at Richmond, Mar 05, 2025

Ground balls: 6, Liberty, 02/07/2025

Draw controls: 6, VCU, Apr 03, 2024

Man-up goals: 2 [t-1st], LIU, May 10, 2024

Free-position goals: 1, 10 times

Caused turnovers: 2, 5 times



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Juliana Murphy

SINGLE-GAME HIGHS [all-time ranking]:

Abby Musser

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	10	0	0	0	-	-	-	-	0	0	0	0	1	2
TOTAL	10	0	0	0	-	-	-	-	0	0	0	0	1	2

SINGLE-GAME HIGHS [all-time ranking]:

Caused turnovers: 1, at VCU, Apr 02, 2025; vs Maryland, Apr 09, 2025

Lauren Pederson

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2023	1	0	0	0	-	-	-	-	0	0	0	0	0	0
2024	9	0	0	0	-	-	-	-	0	0	0	0	0	0
2025	12	5	0	5	10	.500	9	.900	0	2	0	0	2	0
TOTAL	22	5	0	5	10	.500	9	.900	0	2	0	0	2	0

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, Liberty, 02/07/2025; at California, Mar 01, 2025

Goals: 2, Liberty, 02/07/2025; at California, Mar 01, 2025

Shots: 3, at California, Mar 01, 2025

Ground balls: 2, Liberty, 02/07/2025

Free-position goals: 1, at California, Mar 01, 2025

Jayden Piraino

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	9	4	0	4	8	.500	6	.750	0	3	0	0	3	0
TOTAL	9	4	0	4	8	.500	6	.750	0	3	0	0	3	0

SINGLE-GAME HIGHS [all-time ranking]:

Points: 3, Liberty, 02/07/2025

Goals: 3, Liberty, 02/07/2025

Shots: 4, Liberty, 02/07/2025

Ground balls: 1, at Princeton, Feb 15, 2025; at California, Mar 01, 2025; LIU, May 09, 2025



2025 Virginia Lacrosse Individual Career History



Alex Reilly

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	19	11	0	11	33	.333	20	.606	2	10	13	0	6	6
TOTAL	19	11	0	11	33	.333	20	.606	2	10	13	0	6	6

SINGLE-GAME HIGHS [all-time ranking]:

Points: 2, at VCU, Apr 02, 2025; at Richmond, Mar 05, 2025; at James Madison, Mar 19, 2025

Goals: 2, at VCU, Apr 02, 2025; at Richmond, Mar 05, 2025; at James Madison, Mar 19, 2025

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

Free-position goals: 1, at Richmond, Mar 05, 2025; at James Madison, Mar 19, 2025

Caused turnovers: 2, Liberty, 02/07/2025

Alexandra Schneider

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	11	0	0	0	-	-	-	-	0	0	1	0	1	0
TOTAL	11	0	0	0	-	-	-	-	0	0	1	0	1	0

SINGLE-GAME HIGHS [all-time ranking]:

Draw controls: 1, Pittsburgh, 03/16/24; Pittsburgh, Mar 16, 2024

Payton Sfreddo

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	19	14	3	17	37	.378	29	.784	0	14	19	0	13	9
TOTAL	19	14	3	17	37	.378	29	.784	0	14	19	0	13	9

SINGLE-GAME HIGHS [all-time ranking]:

Points: 3, at James Madison, Mar 19, 2025

Goals: 3, at James Madison, Mar 19, 2025

Assists: 2, Louisville, Apr 05, 2025

Shots: 4, 4 times

Ground balls: 7, at James Madison, Mar 19, 2025

Draw controls: 7, vs Boston College, Apr 22, 2025

Free-position goals: 1, at James Madison, Mar 19, 2025

Caused turnovers: 2, Pittsburgh, Mar 22, 2025

Lily Spyredes

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	4	0	0	0	-	-	-	-	0	0	0	0	0	0
2025	5	0	0	0	1	.000	1	1.000	0	0	0	0	1	0
TOTAL	9	0	0	0	1	.000	1	1.000	0	0	0	0	1	0

SINGLE-GAME HIGHS [all-time ranking]:

Shots: 1, Virginia Tech, Apr 16, 2025

Cece Webb

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2025	9	0	0	0	-	-	-	-	0	1	0	0	0	2
TOTAL	9	0	0	0	-	-	-	-	0	1	0	0	0	2

SINGLE-GAME HIGHS [all-time ranking]:

Ground balls: 1, Pittsburgh, Mar 22, 2025

Caused turnovers: 1, Liberty, 02/07/2025; at VCU, Apr 02, 2025

Corey White

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	5	0	0	0	2	.000	2	1.000	0	1	0	0	1	0
2025	18	3	0	3	8	.375	6	.750	1	7	2	0	5	4
TOTAL	23	3	0	3	10	.300	8	.800	1	8	2	0	6	4

SINGLE-GAME HIGHS [all-time ranking]:

Points: 1, Virginia Tech, Apr 16, 2025; Pittsburgh, Mar 22, 2025; Duke, May 11, 2025

Goals: 1, Virginia Tech, Apr 16, 2025; Pittsburgh, Mar 22, 2025; Duke, May 11, 2025

Shots: 2, NAVY, Feb 26, 2025; Pittsburgh, Mar 22, 2025

Ground balls: 1, 9 times

Draw controls: 2, LIU, May 09, 2025

Free-position goals: 1, Virginia Tech, Apr 16, 2025

Caused turnovers: 1, 4 times

Wylly Willmott

Season	GP	G	A	Pts	Shots	Shot%	SOG	SOG%	GW	GB	DC	Dsv	TO	CT
2024	4	0	0	0	-	-	-	-	0	0	0	0	0	0
2025	5	0	0	0	-	-	-	-	0	0	0	0	1	1
TOTAL	9	0	0	0	-	-	-	-	0	0	0	0	1	1

SINGLE-GAME HIGHS [all-time ranking]:

Caused turnovers: 1, LIU, May 09, 2025

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	Wylly 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
29	Cece Webb	Jr.	Defense	5-10	Summit, N.J./Summit High
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 Wylly 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-ger
		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
		Wylly	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.



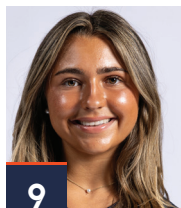
7

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.



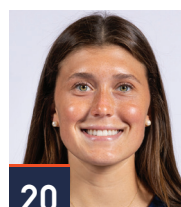
17

FINLEY BARGER
Sr. | Midfield
Fallston, Md.



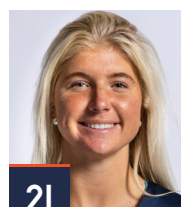
19

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.



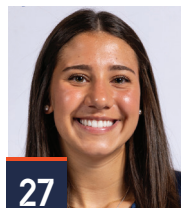
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COREY WHITE
Jr. | Midfield
Chevy Chase, Md.



26

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



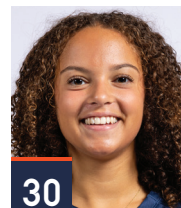
27

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.



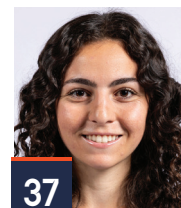
35

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.