



VIRGINIA WOMEN'S LACROSSE

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



@UVAWomensLax



GAME 2 VIRGINIA VS NAVY LOWER TURF FIELD FEBRUARY 11, 2026, 4 PM



RICHMOND SPIDERS (0-1)

#12 VIRGINIA CAVALIERS (0-0)

HEAD COACH

Anne Harrington (5th season)
Career Record (at Richmond): 55-23 (55-23)

HEAD COACH

Sonia LaMonica (3rd season)
Career Record (at Virginia): 174-113 (27-13)

SERIES AT A GLANCE

All-Time Series: 43-5-1 UVA | Last meeting: 3/5/25 | First meeting: 1976
Last UVA win: 14-9, 3/5/2025 | Last Richmond Win: 16-15 (OT) 3/15/2023 | Streak: UVA W2

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

- This will be the Cavaliers' second-straight game played at their practice field. UVA's first home game in Klockner Stadium will now be the Feb. 28 against Stanford. This will also be the men's opener as Klockner as that date is a men's and women's doubleheader
- Freshman midfielder **Cady Flaherty** scored two goals in her collegiate debut against Navy. Fellow first-year Megan Rocklein also made her collegiate debut on Friday
- Five Cavaliers made their first career starts against Navy: junior defender **Alexandra Schneider**, sophomore midfielders **Alex Reilly** and **Sophia Conti**, sophomore defender **Abby Musser** and sophomore attack **Gabby LaVerghetta**
- Junior attacker **Madison Alaimo** had four assists against Navy, the seventh time in her career she had four or more assists in a game
- Her 4.0 assists per game was the fourth-highest in the NCAA opening weekend. Last season, Alaimo. She ranked third in the ACC and 8th in the nation last season with a 3.05 assists per game average
- Alaimo comes into the season ranked seventh in program history for career assists
- Junior midfielder **Kate Galica**, the 2025 ACC Midfielder of the Year, scored two goals with six draw controls in the season-opener. Galica has 282 career draw controls, five shy of moving into a tie for third place in the UVA record book. Brittany Kalkstein (2007-10) currently ranks third with 287
- 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
- Junior attacker **Jenna DiNardo** now has the longest active scoring and points streaks on the team. She has scored a goal in each of the last 13 games, going back to March 15 of last season
- Senior goalkeeper **Mel Josephson** logged seven saves in the first half against Navy. Florida grad transfer **Elyse Finnelle** played the second half in goal, making her Cavalier debut. Finnelle appeared in 54 games for the Gators in her three seasons. Josephson
- Virginia has won 17 of the last 19 match-ups against the Spiders. Richmond's two victories have come in the last five meetings, a pair of overtime victories, one in Charlottesville in 2020 (13-12) and one in Richmond in 2023 (16-15)

2026 SCHEDULE/RESULTS

Overall: 0-1 | ACC: 0-0
Home: 0-1 | Away: 0-0 | Neutral: 0-0

DATE	OPPONENT	TIME
Fri. Feb. 6	#16 NAVY	L, 12-10
Weds. Feb. 11	RICHMOND	4 pm
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

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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-Bel-field
- 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

NCAA I WOMEN'S LACROSSE POLLS

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

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 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			27	18
#5 Kate Galica	1		21	16
#15 Addi Foster			14	9
#16 Madison Alaimo			8	4
#7 Payton Sfreddo			3	1
#23 Alex Reilly			3	
#43 Gabby LaVerghetta	1		4	
#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	1	1	22	14
#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	13	34	March 15, 2025
#5 Kate Galica	2	5	May 11, 2025
#6 Cady Flaherty	1	2	Feb. 6, 2026
#43 Gabby LaVerghetta	1	2	Feb. 6, 2026
#7 Payton Sfreddo	1	1	Feb. 6, 2026
#23 Alex Reilly	1	1	Feb. 6, 2026
#42 Livy LaVerghetta	1	1	Feb. 6, 2026

CONSECUTIVE GAMES WITH A POINT

Name, Pos.	Streak	G-A-P During Streak	Streak Started
#4 Jenna DiNardo	13	34-18-52	March 15, 2025
#5 Kate Galica	2	5-1-6	May 11, 2025
#43 Gabby LaVerghetta	1	2-1-3	Feb. 6, 2026
#6 Cady Flaherty	1	2-0-2	Feb. 6, 2026
#7 Payton Sfreddo	1	1-0-1	Feb. 6, 2026
#23 Alex Reilly	1	1-0-1	Feb. 6, 2026
#42 Livy LaVerghetta	1	1-0-1	Feb. 6, 2026
#41 Fiona Allen	1	0-1-1	Feb. 6, 2026

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)	282
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)	89
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
2026	Virginia	0-1	0-0		
Career		174-113			
Virginia Record		27-13 (11-7)			
*Season canceled due to COVID-19 Pandemic					

Virginia Combined Team Statistics (as of Feb 08, 2026)

All games

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

DATE	OPPONENT	SCORE	ATT.
02/06/2026	Navy	L, 12-10	0
TEAM STATISTICS		VIRGINIA	OPP
SHOT STATISTICS			
Goals-Shot attempts		10-21	12-33
Goals scored per game		10.00	12.00
Shot pct.		.476	.364
Shots on goal-Attempts		16-21	21-33
SOG pct.		.762	.636
Shots/Game		21.0	33.0
Assists		6	8
Free position made-Att		1-2	1-4
Free position pct.		.500	.250
GOAL BREAKDOWN			
Total Goals		10	12
Free-position		1	1
Unassisted		4	4
Overtime		0	0
GROUND BALLS		16	15
DRAW CONTROLS		7	16
TURNOVERS		12	13
CAUSED TURNOVERS		11	9
CLEARs		15-17	18-21
Clear Pct.		.882	.857
PENALTIES			
Red Cards		0	0
Yellow Cards		3	3
Green Cards		5	0
Total		0	0
Minutes		11:00	6:00
ATTENDANCE			
Total		0	-
Dates/Avg per date		1/0	0/0
Neutral Site #/Avg		0/0	-

##	PLAYER	GP	G	A	PTS	SH	GB	DC	TO	CT
16	Madison Alaimo	1	0	4	4	3	0	0	4	0
41	Fiona Allen	1	0	1	1	0	0	0	0	0
17	Finley Barger	1	0	0	0	0	0	0	0	0
9	Sophia Conti	1	0	0	0	0	3	0	1	0
3	Kate Demark	1	0	0	0	0	2	0	0	2
4	Jenna Dinardo	1	1	0	1	4	1	0	3	2
34	Elyse Finnelle	1	0	0	0	0	3	0	0	0
6	Cady Flaherty	1	2	0	2	2	0	0	0	0
15	Addi Foster	1	0	0	0	1	0	0	1	0
5	Kate Galica	1	2	0	2	3	1	6	1	3
26	Mel Josephson	1	0	0	0	0	2	0	0	0
36	Lara Kology	1	0	0	0	0	0	0	1	1
43	Gabby Laverghetta	1	2	1	3	3	1	0	0	0
42	Livy Laverghetta	1	1	0	1	1	0	0	0	0
14	Abby Musser	1	0	0	0	0	0	0	0	0
23	Alex Reilly	1	1	0	1	3	1	0	0	1
11	Megan Rocklein	1	0	0	0	0	1	0	1	0
8	Alexandra Schneider	1	0	0	0	0	0	0	0	2
7	Payton Sfreddo	1	1	0	1	1	1	1	0	0
25	Corey White	1	0	0	0	0	0	0	0	0
Totals		1	10	6	16	21	16	7	12	11
Opponents		1	12	8	20	33	15	16	13	9

##	GOALIE	GP	MIN	GA	GA AVG	SAVES	PCT	W-L-T
34	Elyse Finnelle	1	30:00	6	12.00	2	.250	0-0-0
26	Mel Josephson	1	30:00	6	12.00	7	.538	0-1-0
Totals		1	60:00	12	12.00	9	.429	0-0-0
Opponents		1	60:00	10	10.00	6	.375	0-0-0

GOALS BY PERIOD		1	2	3	4	OT	TOTAL
Virginia		3	0	3	4	0	10
Opponents		2	4	3	3	0	12

SAVES BY PERIOD		1	2	3	4	OT	TOTAL
Virginia		6	1	1	1	0	9
Opponents		1	3	2	0	0	6

SHOTS BY PERIOD		1	2	3	4	OT	TOTAL
Virginia		7	3	5	6	0	21
Opponents		13	7	7	6	0	33

SHOTS ON GOAL		1	2	3	4	OT	TOTAL
Virginia		4	3	4	3	0	14
Opponents		8	5	3	4	0	20



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.

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
30	Delaney Poindexter	Fr.	Midfield	5-5	Charlottesville, Va./The Covenant School
32	Nicole Cruthirds	Sr.	Defense	5-4	Alexandria, Va./St. Stephen's and St. Agnes School
33	Katie Campel	Sr.	Attack	5-10	Greenland, N.H./Bishop Guertin High
34	Elyse Finnelle	Gr.	Goalkeeper	5-8	Deale, Md./Florida
35	Addie Schaeffer	Fr.	Midfield	5-6	Webster, N.Y./Webster Thomas High
36	Lara Kology	Sr.	Defense	5-6	Chatham, N.J./Chatham High
37	Lily Spyredes	Sr.	Attack	5-8	Boca Raton, Fla./Pine Crest School
40	Devon Gogerty	Sr.	Midfield	5-5	Mendham, NJ./Oak Knoll School
41	Fiona Allen	So.	Attack	5-5	Hinsdale, Ill./Saint Ignatius College Prep
42	Livy LaVerghetta	So.	Midfield	5-0	Baltimore, Md./Garrison Forest
43	Gabby LaVerghetta	So.	Attack	5-4	Baltimore, Md./Garrison Forest
55	Serena Reiter	Fr.	Goalkeeper	5-5	Highlands Ranch, Colo./ThunderRidge

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

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

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

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

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

BREAKDOWN BY...		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-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
		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.



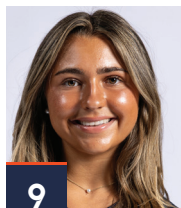
6
CADY FLAHERTY
Fr. | Midfield
Massapequa, N.Y.



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.



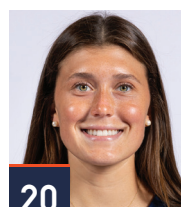
16
MADISON ALAIMO
Jr. | Attack
Wantagh, N.Y.



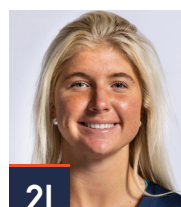
17
FINLEY BARGER
Sr. | Midfield
Fallston, Md.



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.



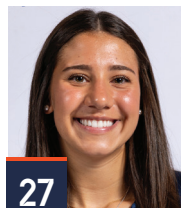
23
ALEX REILLY
So. | Midfield
Fort Washington, Pa.



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



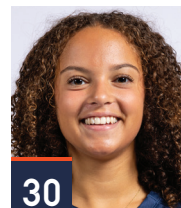
26
MEL JOSEPHSON
Sr. | Goalkeeper
Sea Bright, N.J.



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



28
JULIANA MURPHY
So. | Defense
Charlottesville, Va.



30
DELANEY POINDEXTER
Fr. | Midfield
Charlottesville, Va.



32
NICOLE CRUTHIRDS
Sr. | Defense
Alexandria, Va.



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



34
ELYSE FINNELLE
Gr. | Goalkeeper
Deale, Md.



35
ADDIE SCHAEFFER
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.