

The Full 90

The Official Newsletter of the Grove City College
 Women's Soccer Team



Save the date:

Alumnae Game
 8:30 a.m. Oct. 9
 Soccer Field

Be there.

Women's soccer alumnae, pictured, shared good-natured competition against varsity in 2009.

2010 Women's Soccer Schedule

Sept. 3	Pitt-Johnstown	Home	4:30 p.m.	Oct. 2	Washington & Jefferson*	Away	TBA
Sept. 4	Oberlin	Home	1 p.m.	Oct. 6	Westminster*	Home	2 p.m.
Sept. 10	John Carroll	Away	noon	Oct. 8	Geneva	Home	2 p.m.
Sept. 11	Case Western	Neutral	11 a.m.	Oct. 9	Alumnae Game	Home	8:30 a.m.
Sept. 15	Allegheny	Home	4:30 p.m.	Oct. 12	Thiel*	Home	4 p.m.
Sept. 18	Baldwin-Wallace	Away	4:30 p.m.	Oct. 16	Bethany*	Home	noon
Sept. 21	Penn State Behrend	Home	4 p.m.	Oct. 20	Waynesburg*	Away	TBA
Sept. 23	Mount Union	Away	TBA	Oct. 22	Saint Vincent*	Away	3 p.m.
Sept. 28	Carnegie Mellon	Away	7:30 p.m.	Oct. 26	Chatham*	Home	3 p.m.
Sept. 30	Penn State New Kensington	Away	2 p.m.	Oct. 30	Thomas More*	Home	2:30 p.m.

* PAC game

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The Full 90

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*The Full 90 is the official newsletter
 of the Grove City College
 Women's Soccer Team.*



The team celebrates a goal against Washington & Jefferson Sept. 25. The 2010 squad hopes to capitalize on the past season's success.

Squad notches stellar season

After graduating the program's largest senior class, including six starters, last year, the 2009 season could have been a rebuilding year.

Yet, battling through a difficult out-of-conference schedule and a conference schedule filled with away games, the 2009 squad united both on and off the field to become a competitive and dynamic team. The hard work paid off, resulting in an undefeated conference record, a trip to the PAC championship and a berth into the ECAC tournament.

The season started out strong with the team winning the Grove City-Westminster Classic for the fourth consecutive year. The opener against Daemen was a thriller with the Wolverines being down 2-0 and 3-2, but ultimately winning 4-3 after goals from two seniors and two freshmen.

The out-of-conference schedule proved to be a testing ground for the team.

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2010 South Africa World Cup

Players, coaches prep for mission trip

The Grove City women's soccer team is not only united by soccer, but also, and more importantly, by a higher calling to serve the Lord.

The team embraces a "Code of Conduct" that guides its actions on the field to be a witness for Christ during competition.

This Code of Conduct was first adopted after some members of the team went on a mission trip in 2007 to South Africa with the organization Ambassadors in Sport (AIS).

It was a remarkable experience for those players, seeing the need for Christ in hurt-

ing people and having the amazing opportunity soccer presents to share His love.

This summer, nine athletes and three coaches will again have the chance to serve Christ through soccer in South Africa.

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Captains' Corner

with 2009 captains Elise Bender, Michelle Peck & Courtney Sicher

It was really special to be the captains of this team.

This was one of the tightest teams we've been a part of these past four years. All of the girls were close friends, and we shared a lot of time together both on and off the field. The camaraderie that we built outside of practice really helped us to be successful on the field.

One of the coolest things that happened this season was that we started to worship together before games. Our first worship time started spontaneously during a rain delay before our first PAC game,

when we were waiting for the storm to pass in the storage shed. We had 30 minutes to use however we wanted and unanimously the team chose to use that down time sing praise songs.

It was such a blessing to worship with teammates and keep our focus on the Lord. This group of girls is extremely hardworking and committed to the team. The relationships we've built during the last season will last a lifetime. It was an honor to be able to lead them this season.



From left, Elise Bender, Michelle Peck and Courtney Sicher.

2009 team earns accolades on and off field

The Grove City women's 2009 soccer squad was recognized both as a team and as individuals for athletic, academic and sportsmanship accomplishments.

Grove City earned both of the PAC's highest honors: Coach of the Year and Player of the Year. Coach Melissa Lamie was honored for guiding the Wolverines to an undefeated record in conference play. Under her leadership, the team earned the top seed in the PAC tournament and a berth into the ECAC championship tournament. Senior Michelle Peck received Player of the Year honors. She led the team with 10 goals and 24 points and started all 21 games this season.



Melissa Lamie

In total, six players earned All-PAC recognition. Peck, junior Emily Ostlund and freshman Grace Rieman received First Team honors. This is Ostlund's third All-PAC honor. She ranked second on the team with 20 points. Rieman made an immediate impact on the team tying Ostlund with 20 points for the season. Seniors Elise Bender and Hannah Yang received Second Team honors. Bender led the team with seven assists and Yang solidified the defense while also scoring four goals.



Michelle Peck '10 was named Presidents' Athletic Conference Player of the Year.

Ostlund and Peck also received regional honors for their outstanding play. Ostlund earned Second Team All-South from the Eastern College Athletic Conference (ECAC). Peck earned Third Team All-Great Lakes Region from the NSCAA.

In addition, the team was recognized for the outstanding sportsmanship shown on the field. For the second year in a row, Grove City received the NSCAA Gold Team Ethics Award of Merit – the highest level of recognition. The Wolverines also were honored within the PAC with the

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The two-week trip includes games against local high-level teams, coaching clinics, prison ministry and a visit to a children's home.

The World Cup presents a great evangelical opportunity. While the team will not be there during the event, they hope to help with AIS and local churches' many preparations.

The team hopes to show Christ's love to those with whom they interact in South Africa, embracing AIS's belief in "hope through football, not hope in football."

If you would like to support this trip financially, please send your donation to Grove City College, 100 Campus Drive, Grove City, PA 16127. Make charitable donations to "Grove City College" with "WSoccerSA2010" in the memo line.

Senior salute: Grads share Grove City soccer memories

The seniors have led the Grove City College women's soccer team. As they wrap up their college careers, some shared their thoughts.

"What are you going to miss most about Grove City soccer?"

Lauren Woodring

"I'm going to miss the dance parties throughout the season, spending time with my teammates and Coach and playing in competitive soccer games."



Lauren Woodring '10

Elise Bender

"I miss playing with people who take their soccer seriously, but who also are filled with so much joy.

I can't remember one practice where the mood was negative, and people didn't want to be there.

I miss being surrounded by pure joy and love for the game, for each other and for God, and I will never ever forget our shed sessions and dance parties!"



Elise Bender '10

Michelle Peck

"I am going to miss playing competitive soccer with some of the most talented, passionate girls I've ever known. Most importantly, I'm going to miss the friendships I have formed. These are my closest friends, because we share a love for soccer and a deep and active faith. Of course, I'm going to miss the dance parties, the bus rides, monkey bread, singing in the shed and beating Westminster!"



Michelle Peck '10

Bethany Preston

"I'm gonna miss the team's energy most. We have such a great bond. We're all really good friends, and we love and support each other so much. That bond translates on the field to a team that gives everything they've got and won't settle for anything less than the best. That's why we've been so successful, and it's something I've never experienced on any other team I've ever played for."



Bethany Preston '10

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During the next five games, the Wolverines went 0-3-2 despite outshooting opponents 96-70. The team knew it was playing well, but just needed to put together the finishing touches.

PAC play started early with a challenging match against rival Washington & Jefferson. The Wolverines jumped on top just 86 seconds into the match and went into halftime with a 2-0 lead. The Presidents fought back to tie the match, but the Wolverines prevailed after scoring off a free kick.

The Wolverines suffered two more losses to out-of-conference foes before settling into the rest of conference games. Despite the losses, the team was playing with confidence and the ladies knew they could handle anything in the PAC.

The team tore through the PAC teams, notching an undefeated conference schedule. Only two goals were allowed in eight conference games. Notably, the Wolverines defeated up-and-



coming Bethany 3-2 in a very physical game.

One of the most crucial games was on the road at Thomas More in Kentucky, which Grove City had not beaten since 2005 and had never beaten on its home turf. The Wolverines ignored history and notched a 2-0 victory.

The win against Chatham clinched home-field advantage for the Wolverines, but that did not diminish the magnitude of the final regular season game at Westminster on Oct. 31. The Wolverines dominated the Halloween



Grace Rieman '13, left, and the Wolverines finished their Presidents' Athletic Conference schedule undefeated.

battle, winning 3-0 and finishing with a 9-0 conference schedule.

Grove City entered the PAC tournament as the No. 1 seed and would face Westminster for the second time in four days. Despite battling the flu, the team fought through it for a decisive win. The 2-0 victory against its rival gave the Wolverines a berth into the championship game against W&J.

The championship game was knotted 0-0 at halftime, with both teams being unable to finish opportunities. The Wolverines

could not capitalize in the second half, and a single W&J goal proved to be the decisive factor.

Grove City ended its season with a 2-1 loss to Penn State Behrend in the ECAC regional quarterfinals. The team ended with an overall record of 11-7-3. The season was highlighted by resiliency and competitiveness in every game. Four starters are graduating this year, but with plenty of experience and talent returning, the 2010 squad will look to capture the elusive PAC championship.