



Junior
Midfielder
Betsy Heidel

2016
Rhode Island College
Women's Lacrosse

The 2016 Rhode Island College Women's Lacrosse Team



Front Row (left to right): Julia Eaton, Toni Montanaro, Allison Smedberg, Erin Durigan, Gabrielle Demers, Katherine Gould, Alison Nolan, Alasondra Apici.

Back Row (left to right): Head Coach Crystal Labossiere, Betsy Heidel, Jessica Trautman, Tess Bradley, Adrianna Costa, Taylor Theriault, Megan Cummins, Sloan Kinney, Assistant Coach Nicky Drolet.

The 2016 Rhode Island College Women's Lacrosse Roster

#	Name	Year	Position	Hgt.	Hometown/High School
2	Toni Montanaro	Sophomore	Defense	5-0	Cranston, R.I./Cranston West
3	Erin Durigan	Sophomore	Attack	4-11	Cranston, R.I./Cranston West
4	Jessica Trautman	Junior	Midfield	5-6	Narragansett, R.I./Narragansett
5	Tess Bradley	Freshman	Attack	5-7	Tiverton, R.I./Tiverton
7	Allison Smedberg	Sophomore	Attack/Mid.	5-3	Cranston, R.I./Cranston West
9	Alison Nolan	Freshman	Attack	5-4	Topsham, Maine/Mt. Ararat
10	Samantha Gauthier	Sophomore	Defense	5-3	East Providence, R.I./East Providence
11	Sloan Kinney	Freshman	Defense	5-5	Warwick, R.I./Veterans
12	Betsy Heidel	Junior	Midfield	5-10	Warwick, R.I./Pilgrim
13	Gabrielle Demers	Freshman	Attack	4-11	Warwick, R.I./Pilgrim
14	Taylor Theriault	Sophomore	Defense	5-3	Lincoln, R.I./Lincoln
21	Megan Cummins	Freshman	Defense	5-7	Lincoln, R.I./Lincoln
23	Katherine Gould	Freshman	Defense	5-2	Harrisville, R.I./Burrillville
25	Meaghan Mullaly	Junior	Defense	5-7	Millville, Mass./Blackstone-Millville
30	Alasondra Apici	Sophomore	Defense	5-6	Providence, R.I./Classical
32	Julia Eaton	Freshman	Goalkeeper	5-7	Cumberland, R.I./Cumberland

Head Coach: Crystal Labossiere

Assistant Coach: Nicky Drolet

Meet the Head Coach

Head Coach Crystal Labossiere



Crystal Labossiere enters her fourth season as the head women's lacrosse coach at Rhode Island College.

Under her guidance in 2014, the women's lacrosse team fell one victory short of the program record for wins with a 7-8 overall record and a 1-5 mark in the Little East. The Anchorwomen lost to Plymouth State in first round action of the 2014 LEC Tournament. RIC wrapped up the 2013 season with an improved 5-9 record for the year under Labossiere's guidance.

Labossiere spent three seasons as the head women's soccer coach from 2012-14 and spent six seasons as an assistant with both programs.

The Johnston, Rhode Island native is no stranger to Rhode Island College women's lacrosse fans, wrapping up a four-year career as an Anchorwoman in 2006.

During her career, she played in 56 games, starting 54 of them. She had 68 goals and 12 assists for 80 career points. Labossiere compiled 196 shots, 176 ground balls, 59 draw controls and 41 caused turnovers in her career. She is among RIC's all-time leaders in shots, goals, assists, points, ground balls, draw controls and caused turnovers.

As a senior in 2006, she played in 13 games, starting all of them. She had 11 goals and seven assists for 18 points. She compiled 39 shots, 54 ground balls, 23 draw controls and 16 caused turnovers.

As a junior in 2005, Labossiere played in 15 games, starting 13 of them. She had 22 goals and one assist for 23 points. Labossiere also compiled 40 ground balls, 20 draw controls and five caused turnovers.

As a sophomore in 2004, she was named Second Team All-Little East. Labossiere played 15 games, starting all of them. She had 32 goals and two assists for 34 points. Labossiere compiled 59 ground balls, 12 draw controls and 14 caused turnovers.

As a freshman in 2003, she played in 13 games, starting all of them. She had three goals and two assists for five points, 23 ground balls, six caused turnovers and four draw controls. As a goaltender, she played in nine games, starting eight of them. She had 89 saves, a save percentage of .500 and a 12.14 goals-against average.

In addition to her work with the Anchorwomen, she has extensive soccer experience, serving as a Soccer Saves Kids consultant. Labossiere has also worked at RIC's summer soccer camps and has been a volunteer for the Johnston (RI) Recreation Department youth soccer programs. She has also played in the Providence school district.

She is currently coaching the New England United 9th grade girls' lacrosse team.

She graduated from Rhode Island College in December, 2006 with a bachelor's degree in elementary education with a concentration in special education.

In addition to her duties at RIC, Labossiere is currently a first grade teacher in the Providence Diocese. She and her husband, Kyle, along with their children Olyvia (5) and Carsyn (3), reside in Smithfield, Rhode Island.



Meet the Assistant Coach

Assistant Coach Nicky Drolet



Nicky Drolet begins her first season as the assistant women's lacrosse coach at Rhode Island College. She assists Head Coach Crystal Labossiere with all phases of the RIC women's lacrosse program including, recruiting, scouting, administering practice and game coaching.

The Somersworth, N.H. native wrapped her four-year career as an Anchorwoman in 2012 having played in 53 games, starting 48 of them. She finished with 156 goals and 30 assists for 186 career points, while also tallying 53 ground balls, 67 draw controls and 12 caused turnovers. At the time of her graduation, Drolet ranked second all-time in goals, shots (342) and points, while ranking fourth in both assists and free-position shots (42) and sixth in draw controls.

As a senior in 2012, Drolet was named Second Team All-Little East. She played in 13 games, starting all of them. Drolet led the team with 55 goals to go along with 13 assists, which ranked second the squad, for a team-leading 68 points. Her 55 goals and 68 points both ranked third all-time for a single season in program history. She also tallied 13 ground balls, 20 draw controls and two caused turnovers. Drolet tallied season-highs of eight goals, 10 points and five ground balls in a 19-11 win over UMass Dartmouth on April 25, while her season-high of five assists came against Salve Regina on March 29. She also recorded a season-high six draw controls against Simmons on April 21.

As a junior in 2011, Drolet played in 14 games for the Anchorwomen, starting 12 of them. She scored 42 goals and posted nine assists for 51 points. She also tallied 10 ground balls, 24 draw controls and four caused turnovers. Drolet was the primary offensive weapon for the Anchorwomen, leading the team in goals, points, shots and shots on goal (75). She scored a season-high six goals against Eastern Connecticut on April 23. That game's point total matched a



three-goal, three-assist effort on Opening Day, March 19, at Emmanuel for Drolet's season-high of six points. She also scooped up a season-best seven draw controls and forced two turnovers at Southern Maine on April 19.

As a sophomore in 2010, Drolet was named Second Team All-Little East. She played in 13 games, starting all of them. Drolet had 43 goals and seven assists for 50 points to go along with 24 ground balls, 18 draw controls and four caused turnovers. She led the team in goals, assists, and points. Drolet netted the game-winning goals in the Anchorwomen's wins over Lasell on March 18 and SUNY Maritime on April 8. She had five goals, two assists and six ground balls in the season-opening win over the Lasers. She was named the Little East Conference Offensive Player of the Week once.

As a freshman in 2009, Drolet played in 13 games, starting 10 of them. She had 16 goals and one assist for 17 points to go along with six ground balls, five draw controls and two caused turnovers.

She graduated from Rhode Island College in 2014 with a bachelor's degree in nursing. Drolet is currently a nurse at Rhode Island Hospital.

She resides in Riverside, R.I.



Sophomore
Attacker
Allison Smedberg



2016 Women's Lacrosse Schedule

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
March 12	COAST GUARD	1 p.m.
March 15	at Daniel Webster	4 p.m.
March 17	MITCHELL	4 p.m.
March 19	at Elms	5:30 p.m.
March 23	at Wheelock	7 p.m.
March 26	BECKER	1 p.m.
March 31	at Salve Regina	7 p.m.
April 2	at Keene State *	1 p.m.
April 5	WORCESTER STATE	6 p.m.
April 9	PLYMOUTH STATE *	1 p.m.
April 16	WESTERN CONNECTICUT *	1 p.m.
April 19	at UMass Dartmouth *	7 p.m.
April 26	EASTERN CONNECTICUT *	6 p.m.
April 30	at Southern Maine *	1 p.m.
May 3	Little East Tournament First Round	TBA
May 6	Little East Tournament Semifinals	TBA
May 8	Little East Tournament Finals	TBA

Home games in bold

* Little East Conference game

Final 2015 Women's Lacrosse Statistics

0-13 Overall Record; 0-6 (Seventh Place) in the Little East

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	0-13	0-3	0-8	0-2
CONFERENCE	0-6	0-2	0-4	0-0
NON-CONFERENCE	0-7	0-1	0-4	0-2

Date	Opponent	Score	Att.
Mar 09	vs Sweet Briar	L 7-18	50
Mar 11	vs Washington College	L 0-17	50
Mar 14	at Coast Guard	L 3-15	51
Mar 17	at Becker	L 9-15	91
Mar 30	at Johnson & Wales	L 11-27	83
* Apr 01	at Eastern Connecticut	L 10-21	50
* Apr 03	WESTERN CONNECTICUT	L 4-27	127
Apr 09	at Worcester State	L 4-21	35
* Apr 11	at Keene State	L 5-16	100
* Apr 14	at Southern Maine	L 7-20	50
* Apr 21	at UMass Dartmouth	L 13-22	100
Apr 23	COLBY-SAWYER	L 6-13	225
* Apr 25	PLYMOUTH STATE	L 6-21	225

TEAM STATISTICS

	RICWL	OPP
SHOT STATISTICS		
Goals-Shot attempts	85-177	253-469
Goals scored per game	6.54	19.46
Shot pct.	.480	.539
Shots on goal-Attempts	131-177	391-469
SOG pct.	.740	.834
Shots/Game	13.6	36.1
Assists	38	112
Free position Made-Att	8-22	48-90
Free position pct.	.364	.533
GOAL BREAKDOWN		
Total Goals	85	253
Free-position	8	48
Unassisted	47	141
Overtime	0	0
Goals scored average	6.58	19.60
GROUND BALLS	225	350
DRAW CONTROLS	135	225
TURNOVERS	326	210
CAUSED TURNOVERS	45	110
ATTENDANCE		
Total	577	560
Dates/Avg Per Date	3/192	8/70
Neutral Site #/Avg	2/50	

## PLAYER	GP	G	A	Pts	Sh	Gw	GB	DC	TO	CT
23 Jessica Ricci	13	33	12	45	70	0	12	10	38	2
24 Danielle Landon	13	30	13	43	53	0	20	48	35	8
12 Betsy Heidel	11	12	6	18	25	0	13	33	47	2
3 Erin Durigan	13	3	3	6	7	0	15	5	29	3
7 Allison Smedberg	13	4	1	5	6	0	25	15	38	4
4 Jessica Trautman	7	3	1	4	10	0	2	6	13	1
22 Molly Colannino	11	0	1	1	5	0	4	2	18	0
21 Destiney Martin	5	0	1	1	0	0	0	0	0	0
2 Toni Montanaro	13	0	0	0	1	0	30	8	25	7
30 Alasondra Apici	13	0	0	0	0	0	36	0	9	5
20 Catherine Bruno	9	0	0	0	0	0	0	0	2	0
19 Samantha Gauthie	4	0	0	0	0	0	1	0	0	1
18 Sara Stone	13	0	0	0	0	0	29	4	38	7
16 Ashley Hurd	11	0	0	0	0	0	6	0	6	0
15 Julianna Mollo	11	0	0	0	0	0	16	2	10	4
6 Taylor Theriault	10	0	0	0	0	0	16	2	15	1
Total	13	85	38	123	177	0	225	135	326	45
Opponents	13	253	112	365	469	13	350	225	210	110

## Goalie	GP	Min.	GA	GAAvg	Save	Pct	W-L-T
19 Samantha Gauthie	2	27:39	6	13.02	1	.143	0-0-0
30 Alasondra Apici	13	746:57	247	19.84	136	.355	0-13-0
Total	13	774:36	253	19.60	138	.353	0-13-0
Opponents	13	774:36	85	6.58	46	.351	13-0-0

Goals by Period	1st	2nd	Total
Rhode Island College	33	52	85
Opponents	172	81	253

Saves by Period	1st	2nd	Total
Rhode Island College	81	57	138
Opponents	24	22	46

Shots by Period	1st	2nd	Total
Rhode Island College	81	96	177
Opponents	299	170	469

Shots on Goal	1st	2nd	Total
Rhode Island College	57	74	131
Opponents	253	138	391



Meet the Team

#30 Alasondra Apici

Defense, 5-6, Sophomore
Providence, R.I./Classical



Freshman Year (2015): Played in 13 games, starting all of them, as a goalie... logged 746:57 minutes between the pipes, posting a 19.84 goals against average... registered 136 saves, posted a .355 save percentage and grabbed 36 ground balls... made a season-high 20 saves against Colby-Sawyer on Apr. 23...grabbed a season-best five ground balls at Keene State on Apr. 11.

High School: Three-time First Team All-Division selection in lacrosse while at Classical High School...2014 graduate...lettered in field hockey, basketball and lacrosse.

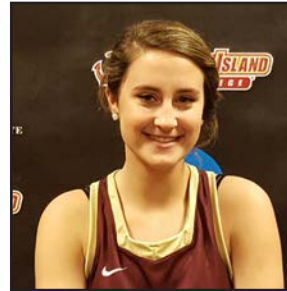
Personal: Born December 16, 1995...early childhood education major.

Alasondra Apici's Career Statistics

Year	GP/GS	Minutes	Goals	Saves	GAA	Save %	W-L
2015	13/13	746:57	247	136	19.84	.355	0-13
Totals	13/13	746:57	247	136	19.84	.3555	0-13

#5 Tess Bradley

Attack, 5-7, Freshman
Tiverton, R.I./Tiverton



High School: Lettered in lacrosse while at Tiverton High School ...2015 graduate.

Personal: Born August 27, 1997... biology major.



#21 Megan Cummins

Defense, 5-7, Freshman
Lincoln, R.I./Lincoln



High School: Lettered in lacrosse while at Lincoln High School ...2014 graduate.

Personal: Born November 4, 1995... communications major.



#13 Gabrielle Demers

Attack, 4-11, Freshman
Warwick, R.I./Pilgrim



High School: 2014 graduate of Pilgrim High School.

Personal: Born April 20, 1996...social work major.





Junior
Midfielder
Jessica Trautman

Meet the Team

#3 Erin Durigan

Attack, 4-11, Sophomore
Cranston, R.I./Cranston West



Freshman Year (2015): Played in 13 games, starting all of them. She recorded three goals, three assists, six points, seven shots, 15 ground balls, five draw controls and caused three turnovers for the year...recorded her first collegiate goal, and added two assists, against Eastern Connecticut on Apr. 1...grabbed a season-best three ground balls in the season-opener vs. Sweet Briar on Mar. 9...registered her first collegiate point, an assist, against Johnson & Wales on Mar. 30.

High School: Lettered in lacrosse three years while at Cranston High School West...2014 graduate...elected a team captain during her senior season.

Personal: Born January 31, 1996...communications major.

Erin Durigan's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2015	13/13	7	3	3	6
Totals	13/13	7	3	3	6

#32 Julia Eaton

Goalkeeper, 5-7, Freshman
Cumberland, R.I./Cumberland



High School: Named team MVP during junior season while at Cumberland High School ...2015 graduate.

Personal: Born March 20, 1996...elementary education major...transfer from the University of Charleston.



#10 Samantha Gauthier

Defense, 5-3, Sophomore
East Providence, R.I./East Providence



Freshman Year (2015): Played in two games as a goalkeeper, while also appearing in two games, making one start, in the field...a goalie, she played 27:39 minutes, recorded one save and a .143 save percentage...caused one turnover and grabbed one ground ball on the season.

High School: Lettered in lacrosse while at East Providence High School...2014 graduate.

Personal: Born April 2, 1996...nursing major.

Samantha Gauthier's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2015	04/01	0	0	0	0
Totals	04/01	0	0	0	0

#23 Katherine Gould

Defense, 5-2, Freshman
Harrisville, R.I./Burrillville



High School: 2015 graduate of Burrillville High School.

Personal: Born May 23, 1997...elementary education major...special education minor.



Meet the Team

#12 Betsy Heidel

Midfield, 5-10, Junior
Warwick, R.I./Pilgrim



Sophomore Year (2015): Played in 11 games, starting all of them...scored 12 goals and added six assists for 18 points...grabbed 13 ground balls, notched 33 draw controls and caused two turnovers...scored three goals and added one assist for four points against Johnson & Wales on Mar. 30...registered a season-best seven draw controls twice on the year.

Freshman Year (2014): Played in 15 games, starting 14 of them...finished the year with 12 goals and seven assists for 19 points to go along with 15 ground balls, nine draw controls and two caused turnovers...posted a season-high three goals against UMass Dartmouth on April 23 and recorded a season-high two assists against Johnson & Wales on March 20...registered a season-high three draw controls against Framingham State on March 25 and gathered a season-high three ground balls on two occasions.

High School: Two-time All-Division selection while at Pilgrim High School...2013 graduate...served as team captain and was named the squad's MVP.

Personal: Born March 20, 1995...physical education/health major.

Betsy Heidel's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2014	15/14	41	12	7	19
2015	11/11	25	12	6	18
Totals	26/25	66	24	13	37

#2 Toni Montanaro

Defense, 5-0, Sophomore
Cranston, R.I./Cranston West



Freshman Year (2015): Played in 13 games, starting all of them. She recorded 30 ground balls, eight draw controls, seven caused turnovers and registered one shot...recorded six ground balls on two separate occasions...caused four turnovers against Colby-Sawyer on Apr. 23.

High School: Lettered in lacrosse while at Cranston High School West...2014 graduate.

Personal: Born July 6, 1996...undecided about a major.

Toni Montanaro's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2015	13/13	1	0	0	0
Totals	13/13	1	0	0	0

#11 Sloan Kinney

Defense, 5-5, Freshman
Warwick, R.I./Veterans



High School: Was an All-City and All-Division selection while at Warwick Veterans High School...2015 graduate...earned the Coach's Award and was named Rookie of the Year.

Personal: Born April 28, 1997...nursing major.



#25 Meaghan Mullaly

Defense, 5-7, Junior
Millville, Mass./Blackstone-Millville



High School: Earned varsity letters in basketball and softball while at Blackstone-Millville Regional High School...2012 graduate...won the Dual Valley Conference championship in softball during senior season.

Personal: Born April 27, 1994...justice studies and sociology major.



Meet the Team

#9 Alison Nolan

Attack, 5-4, Freshman
Topsham, Maine/Mt. Ararat



High School: Four-year letterwinner and an All-Academic selection while at Mt. Ararat High School...2015 graduate...earned the Coach's Award as senior.

Personal: Born April 27, 1994...justice studies and sociology major.



#7 Allison Smedberg

Attack/Midfield, 5-3, Sophomore
Cranston, R.I./Cranston West



Freshman Year (2015): Played in 13 games, starting all of them...recorded four goals and one assist for five points with 25 ground balls, 15 draw controls and four caused turnovers...recorded two goals and one assist against UMass Dartmouth on Apr. 21...corralled a season-best four ground balls against Becker on Mar. 17.

High School: Lettered in lacrosse, hockey and soccer for four years while at Cranston High School West...2012 graduate...participated in Coaches Select All-Star game during her senior season...named lacrosse captain during senior year...Named Second Team All-Division in hockey.

Personal: Born July 7, 1994...nursing major...transfer from the University of Rhode Island.

Allison Smedberg's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2015	13/13	6	4	1	5
Totals	13/13	6	4	1	5

#14 Taylor Theriault

Defense, 5-3, Sophomore
Lincoln, R.I./Lincoln



Freshman Year (2015): Played in 10 games, starting all of them...registered 16 ground balls, two draw controls and one caused turnover...recorded a season-best three ground balls against Sweet Briar on Mar. 9.

High School: Lettered in soccer and lacrosse while at Lincoln High School...2014 graduate.

Personal: Born June 14, 1996...undecided about a major...also plays for RIC's women's soccer team.

Taylor Theriault's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2015	10/10	0	0	0	0
Totals	10/10	0	0	0	0

#4 Jessica Trautman

Midfield, 5-6, Junior
Narragansett, R.I./Narragansett



Sophomore Year (2015): Played in seven games, starting six of them...recorded three goals and one assist for four points...grabbed two ground balls, registered six draw controls and caused one turnover...scored two goals against UMass Dartmouth on Apr. 21...notched one assist against Colby-Sawyer on Apr. 23.

High School: Two-time First Team All-Division selection while at Narragansett High School...2013 graduate...member of the 2013 R.I. State Championship Team.

Personal: Born September 18, 1994...double majoring in physical education/health and coaching...also competes for RIC's women's cross county and indoor track & field teams.

Jessica Trautman's Career Statistics

Year	GP/GS	Shots	Goals	Assists	Points
2015	07/06	10	3	1	4
Totals	07/06	10	3	1	4

All-Time Rhode Island College Women's Lacrosse Records

Team Records

Most Wins in a Season:	8	2005
Most Goals Scored in a Season:	177	2005
Fewest Goals Allowed in a Season:	145	2004, 2002
Most Assists in a Season:	71	2014
Most Points in a Season:	239	2012, '05
Fewest Points Allowed in a Season:	169	2003
Most Players Scoring a Point:	14	2004

Individual Records

<u>CATEGORY</u>	<u>NAME</u>	<u>RECORD</u>	<u>YEARS</u>
Most Shots:	Caitlin Gavin	671	2004-07
Most Free Position Shots:	Caitlin Gavin	135	2004-07
Most Goals:	Caitlin Gavin	279	2004-07
Most Assists:	Caitlin Gavin	45	2004-07
Most Points:	Caitlin Gavin	324	2004-07
Most Ground Balls:	Caitlin Gavin	339	2004-07
Most Draw Controls:	Caitlin Gavin	292	2004-07
Most Caused Turnovers:	Caitlin Gavin	107	2004-07

Goalkeeper Records

<u>CATEGORY</u>	<u>NAME</u>	<u>RECORD</u>	<u>YEARS</u>
Most Minutes Played:	Taryn Carbone	3,404:18	2011-14
Most Saves:	Taryn Carbone	627	2011-14
Highest Save Percentage:	Micaela Morris	.472	2004-05
Lowest Goals-Against Average:	Micaela Morris	9.93	2004-05

Single Season Records

Individual Records

<u>CATEGORY</u>	<u>NAME</u>	<u>RECORD</u>	<u>YEAR</u>
Most Shots:	Caitlin Gavin	220	2006
Most Free Position Shots:	Caitlin Gavin	56	2006
Most Goals:	Caitlin Gavin	97	2006
Most Assists:	Sydney Culbertson	22	2008
Most Points:	Caitlin Gavin	107	2006
Most Ground Balls:	Caitlin Gavin	101	2006
Most Draw Controls:	Caitlin Gavin	94	2005
Most Caused Turnovers:	Libby Lazar	35	2010

Goalkeeper Records

<u>CATEGORY</u>	<u>NAME</u>	<u>RECORD</u>	<u>YEAR</u>
Most Minutes Played:	Sydney Culbertson	960:00	2006
Most Saves:	Sydney Culbertson	205	2006
Highest Save Percentage:	Micaela Morris	.502	2004
Lowest Goals-Against Average:	Micaela Morris	9.70	2004