

COLLEGE — FIELD HOCKEY

HOBART AND WILLIAM SMITH COLLEGES

CORA NAGLE

Mid-Field/Defense

Senior

Cora Nagle is one of the toughest humans I have ever had the pleasure to coach. She spent all summer in the weight room and on the field, working on her strength and speed. Her growth in the weight room, on the field, and as a leader has been notable. Notable in that this past season she achieved the honors of being an NFHCA All-American. Cora has helped lead her team to 2x Liberty League Champions, 2x NCAA Sweet 16 appearances, and started all 22 games this season. Cora is known in the weight room for her grit and can often be seen increasing weight on all of her lifts. In fact she has raised the bar in our weight room by adding weight to her chin-ups which empowered other women to work towards this accomplishment. ~Brittany Krivicich

LIMESTONE UNIVERSITY

ZOE BERGMANN

Midfield

Sophomore

Zoe was one of the first athletes I noticed take initiative when I began working with Limestone strength and conditioning. She never misses a weight session, and always makes up the ones she can't attend. She leads by example as well as verbally encouraging her teammates. Whether it's strength training or conditioning, Zoe pushes herself and her teammates to go as hard as possible. She understands what hard work will do for the team, making her an invaluable asset Limestone's Field Hockey program and strength program. ~Austin Black

MOUNT HOLYOKE COLLEGE

AMANDA THIBODEAU

Senior

Amanda has been an exceptional student-athlete. They have bought into our strength and conditioning program and consistently shows up each day ready to work. They have met every challenge with grit and determination. They have been a leader in our weight room for their team and I can always look to them as another coach.

~Jay Mendoza

TRINITY COLLEGE

OLIVIA MCMICHAEL

GK

Senior

She has done everything asked plus more for 4 years.

~Bill DeLongis

WASHINGTON AND LEE UNIVERSITY

JENNY LERNER

Defense

Senior

A leader by example and doing the small things right consistently. 2x First Team All-ODAC selection earned the 2022 Defensive MVP team award and is a six-time W&L Scholar-Athlete and two-time President's List honoree. On the field this season; started all 18 contests for W&L and anchored the unit that allowed just 17 goals (0.94 GPG) and 119 shots (6.6 SPG) for a 0.143 opponent shooting percentage of those 17 goals allowed, only seven of those were in conference play. ~Aron Gibson