



at Clemson	Sunday, August 31, 2025	7:00 PM
Clemson, S.C.	Historic Riggs Field	ACC Network Extra

@appstatesports  
@AppStateWSoccer

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**APP STATE** (3-1-0, 0-0-0 Sun Belt)  
**Location:** Boone, N.C. **Nickname:** Mountaineers  
**Head Coach:** Aimee Haywood (4th Season - Ohio Dominican, 2010)

VS



**CLEMSON** (1-1-2, 0-0-0 ACC)  
**Location:** Clemson, S.C. **Nickname:** Tigers  
**Head Coach:** Eddie Radwanski (15th season - UNC Greensboro, 1997)

## 2025 SCHEDULE

### AUGUST (3-1)

Aug. 14	at Western Carolina	W, 3-2
Aug. 17	vs Miami	W, 1-0
Aug. 21	vs Davidson	W, 2-0
Aug. 24	at William & Mary	L, 2-0
<b>Aug. 31</b>	<b>at Clemson</b>	<b>7:00 PM</b>

### SEPTEMBER

Sept. 4	vs East Carolina	4:00 PM
Sept. 7	at Longwood	1:00 PM
Sept. 13	at Old Dominion*	6:00 PM
Sept. 18	at Georgia State*	7:00 PM
Sept. 21	vs Louisiana*	1:00 PM
Sept. 26	vs South Alabama*	6:00 PM

### OCTOBER

Oct. 2	at Coastal Carolina*	7:00 PM
Oct. 5	vs James Madison*	6:00 PM
Oct. 11	at ULM*	8:00 PM ET
Oct. 19	vs Marshall*	1:00 PM
Oct. 24	at Southern Miss*	4:00 PM ET
Oct. 29	vs Georgia Southern*	6:00 PM

### NOVEMBER

Nov 3 - 9	Sun Belt Championship	Foley, Ala.
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\* Sun Belt Conference game

## SUN BELT STANDINGS

TEAM	POINTS	CONF REC	OVERALL REC
<b>EAST DIVISION</b>			
Marshall	0	0-0-0	4-0-0
Old Dominion	0	0-0-0	2-0-1
<b>App State</b>	<b>0</b>	<b>0-0-0</b>	<b>3-1-0</b>
Georgia State	0	0-0-0	3-1-0
James Madison	0	0-0-0	3-1-1
Georgia Southern	0	0-0-0	2-2-0
Coastal Carolina	0	0-0-0	1-2-0
<b>WEST DIVISION</b>			
Louisiana	0	0-0-0	3-1-0
South Alabama	0	0-0-0	3-1-0
Texas State	0	0-0-0	3-1-1
Troy	0	0-0-0	3-2-0
ULM	0	0-0-0	3-2-0
Arkansas State	0	0-0-0	1-1-2
Southern Miss.	0	0-0-0	0-4-0

## WHAT'S INSIDE

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## PROBABLE STARTERS

Pos.	No.	Name	Yr.
GK	1	Anna Claire Jacobi	R-Fr.
D	3	Sydney Snowden	So.
D	13	Morgan Chapman	Fr.
D	14	Aleesia Ambrosio	Sr.
D	23	Maddie Williams	Fr.
M	8	Shannon Studer	Sr.
M	11	Kyli Switalski	R-So.
M	17	Walker Bristow	So.
M	18	Olivia Simon	Jr.
F	4	Izzi Wood	Gr.
F/M	10	Ellie Garrison	So.

## KEY RESERVES

Pos.	No.	Name	Yr.
D	5	Hayden Petrick	R-So.
M	7	Libby Bermingham	Fr.
D	12	Makayla Mulholland	R-So.
M	15	Millie Paton	Fr.
F	16	Reagan Sturgill	Sr.
D	19	Lucy Harrington	Fr.
M	20	Reagan Hamilton	So.
M	21	Ella Hoover	R-So.
M	25	Morgan Stallings	Fr.
M	26	Marley Kahle	Jr.
F	27	Kaytan Kroboth	Jr.

## STORYLINES

**OPENING KICK:** Following a week off, App State Soccer is back in action on Sunday as the team travels to Clemson to face the Tigers, looking for its second ACC win of the season. Kickoff is set for 7 p.m. and the game will be broadcast on the ACC Network Extra.

**SCOUTING THE MOUNTAINEERS:** App State is 3-1 on the season, following its first setback of the year, a 2-0 loss at William and Mary last Sunday. Prior to that, the team started the season 3-0, matching the 1999 team for the best start in program history. During that stretch, the Mountaineers posted wins over two-time reigning conference champion Western Carolina, the program's first ACC win over Miami, and handing Davidson its first loss of the season. Ellie Garrison has led the team with four goals through the first four games, including a brace in the season opener against the Catamounts. Kyli Switalski has added a pair of goals, highlighted by an olimpico goal on Aug. 21 against Davidson, where she curled the ball into the net off a corner kick. Defensively, App State has notched two shutouts this season and two of its four goals allowed have come off opponent penalty kicks. The Mountaineers went 7-7-5 overall and 4-3-3 in Sun Belt play a season ago, securing back-to-back seasons of seven or more wins for the first time since 2015-2016 and back-to-back winning seasons in Sun Belt play for the first time since 2014-2015 (its first two years in the conference).

**SCOUTING THE TIGERS:** Clemson enters the matchup with a 1-1-2 record following a scoreless draw against No. 12 South Carolina on Thursday. That result followed a 4-0 loss to 15th-ranked Virginia Tech, and a win over Ohio and a draw against Ohio State. Juju Harris leads the Tigers' attack with a goal and an assist this season, while Neely Kerr has added a pair of helpers. Goalkeeper Addy Holgorsen has played every minute of every match in net and is tied for third in the ACC with two shutouts, while defender Mackenzie Duff has also yet to come off the field this year. The Tigers went 6-8-3 overall and 2-7-1 in ACC play last season. They were picked ninth out of 17 teams in the league in 2025.

**SERIES HISTORY:** App State and Clemson are meeting for the fifth time in program history. The Tigers lead the series 4-0-0, most recently winning 3-0 over the Mountaineers in 2022.

**LET'S PARTY LIKE IT'S 1999:** App State's 3-0 start matched its best start in program history, joining the 1999 team as the only other team to accomplish that feat. App State's win over Miami marked the program's second power conference win and first against an ACC opponent.

**ELITE ELLIE:** Sophomore attacker Ellie Garrison was named the Sun Belt Offensive Player of the Week on Aug. 19, following three goals – including two game-winners – in the opening week of play. Garrison added to that total with a fourth minute goal on Aug. 21 against Davidson in which she went between the legs of the Wildcats goalkeeper. Garrison leads the Sun Belt and ranks tied for second in the nation with three game-winning goals this season. She is tied for second in the league in goals (4), tied for third in points (8), tied for sixth in shots on...

goal (8) and tied for seventh in overall shots (11). Garrison scored a penalty kick goal in the first half and a game-winner with 1:09 to play in regulation in a 3-2 win over Western Carolina on Aug. 14 for her second career brace. Aug. 17 against Miami, Garrison scored the game's lone goal on a penalty kick with 11 minutes to play.

A second team All-Sun Belt selection as a true freshman in 2024, Garrison enters her sophomore season on her way towards another breakout campaign. The Trinity, N.C. native played and started all 19 games in her first season in Boone, registering four goals and five assists. Her combined 13 points were the most by an App State freshman in the Sun Belt era. Garrison was named an All-Southeast Region selection following the season and was ranked as the 49th-best freshman in the country by Top Drawer Soccer. Garrison has already garnered significant attention this season, earning Preseason All-Sun Belt honors, being named a national Midfielder to Watch by United Soccer Coaches and being selected to the Top Drawer Soccer Women's Team of the Week for the first week of the season.

**INCREDIBLE IZZI:** Graduate student Izzi Wood returns for her final season of eligibility in 2025 and leads the team with two assists through three games this season. The sixth-year standout has played 74 matches across four seasons, while missing the 2021 campaign due to injury. Wood is coming off a career-high 11 goals in 2024, which matched the single-season program record. She enters the 2025 campaign with 26 career tallies, five away from setting the App State career goals record, currently held by Casey Cleary (2005-08). Last season Wood led the Sun Belt in shots (80) and shots on goal (41) while ranking third in the conference in goals scored (11) and in points (23). She also finished the season tied for third in the league in game-winning goals (3). Wood has been named All-Sun Belt and All-Southeast Region each of the past two seasons and was picked to the Sun Belt preseason all-conference team this season for the second straight year. Wood's assist against Davidson on Thursday gave her 60 career points which moved her into fourth place all-time. She also ranks second all-time with 230 shots.

**KICKIN' IT WITH KYLI:** Redshirt sophomore Kyli Switalski has scored two goals through the first four games of the season, equaling her career high. The High Point, N.C. native scored the team's first goal of the season, in the 10th minute at Western Carolina. She then scored an incredible "olímpico" goal where she bent a corner kick into the back of the net against Davidson on Aug. 21. Switalski scored two goals and added three assists last season after sitting out her true freshman year while recovering from injury.

**SQUEEKY CLEAN:** Redshirt freshman Anna Claire Jacobi recorded back-to-back shutouts in wins over Miami and Davidson to tie her for the conference lead. Jacobi also ranks tied for the league-lead in saves (17), is fifth in save percentage (.810) and tied for sixth in goals-against average (1.00). In four seasons under head coach Aimee Haywood, App State has recorded 20 shutouts, highlighted by eight in 2023.

**HAYWOOD AT THE HELM:** In her fourth season, head coach Aimee Haywood has posted the best winning percentage of any coach in program history. Despite being picked to finish 13th out of 14 teams in the 2022 preseason poll, Haywood guided her team to a seventh-place finish in her first season. In 2023, despite being picked to finish eighth, the Mountaineers finished in third place, their best conference finish in program history. Haywood has helped the Mountaineers to back-to-back winning seasons in Sun Belt play for the first time since 2014-15. Haywood helped the Mountaineers to a scoreless draw at NC State last season and recorded the program's first power conference victory since 2016 with their win over Miami on Aug. 17.

**FINDING TWINE:** The App State offense has increased its scoring output in each of the past two seasons, scoring 27 goals (1.42 goals per game) in 2024, their best output since scoring 31 goals (1.55 goals per game) in 2016. App State returns each of its top five goal scorers (Izzi Wood, Ellie Garrison, Kyli Switalski, Shannon Studer and Olivia Simon) from a season ago. So far in 2025 the Mountaineers are averaging 1.5 goals per game.

**PROTECTING THE VALLEY:** In Aimee Haywood's three seasons at the helm, the Mountaineers have been stout at home, compiling a record of 16-5-6 (.704), and outscoring their opponents 44-23 at The Valley over that span. The Mountaineers posted a program-best 13-match unbeaten streak from Oct. 14, 2022, through Aug. 29, 2024.

**FRESH FACES:** App State has added 10 newcomers (all freshmen) into the fold in 2025. Four of those players are international, coming from England, Scotland and Sweden. Maddie Williams (Birmingham, England) was an early enrollee and participated in spring competition and has played all but two minutes through the first four matches of the season. Freshmen Lucy

Harrington (Miami) and Morgan Chapman (William & Mary) have also earned starts for App State. Redshirt freshman Anna Claire Jacobi has posted two shutouts in her first four career starts in net. Of the 17 returners, nine saw at least one start in 2024.

**UP NEXT:** App State will return to action on Thursday, Sept. 4 when the team hosts ECU for Senior Day at The Valley. First touch has been moved up to 4 p.m. and the pregame ceremony will take place at approximately 3:30 p.m. The contest will be broadcast on ESPN+.

**RECORD WATCH**

**Career Goals**

- |    |                          |                   |
|----|--------------------------|-------------------|
| 1. | 30 Casey Cleary.....     | 2005-2008         |
| 2. | 27 Jane Cline.....       | 2013-2016         |
| 3. | <b>26 Izzi Wood.....</b> | <b>2020-pres.</b> |

**Career Points**

- |    |                          |                   |
|----|--------------------------|-------------------|
| 1. | 71 Casey Cleary.....     | 2005-2008         |
| 2. | 62 Jennifer Rudy.....    | 2001-2004         |
| 3. | 61 Whitney Southard..... | 2002-2005         |
| 4. | <b>60 Izzi Wood.....</b> | <b>2020-pres.</b> |

**Career Shots**

- |    |                           |                   |
|----|---------------------------|-------------------|
| 1. | 239 Whitney Southard..... | 2002-2005         |
| 2. | <b>230 Izzi Wood.....</b> | <b>2020-pres.</b> |

**Career Assists**

- |     |                           |           |
|-----|---------------------------|-----------|
| 1.  | 17 Dana Murphy.....       | 2003-2006 |
| 2.  | 14 Julia Holz.....        | 2011-2014 |
|     | 14 Jane Cline .....       | 2013-2016 |
| 4.  | 13 Whitney Southard.....  | 2002-2005 |
|     | 13 Merlin Beckwith.....   | 2012-2015 |
| 6.  | 12 Jaclyn Hoffman.....    | 2004-2007 |
|     | 12 Jennifer Rudy.....     | 2001-2004 |
|     | 12 Caroline Lowe.....     | 2006-2009 |
|     | 12 Stephanie Barbosa..... | 2021-2024 |
| 10. | 11 Kristin Brown .....    | 2016-2019 |
|     | 11 Casey Cleary.....      | 2005-2008 |
| 12. | 10 Sydney Hill.....       | 2009-2011 |
|     | 10 Sarah Widderich.....   | 2021-2024 |
| 14. | 9 Katie Hand.....         | 1996-1999 |
|     | 9 Alana Parrett.....      | 2000-2003 |

**8 Shannon Studer .....**2022-present

**Career Matches Played**

- |     |                            |           |
|-----|----------------------------|-----------|
| 1.  | 91 Kerry Eagleston.....    | 2019-2023 |
| 2.  | 86 Mumu Guisasola.....     | 2020-2024 |
| 3.  | 79 Jennifer Rudy.....      | 2001-2004 |
| 4.  | 78 Kelly Flanders.....     | 2014-2017 |
| 5.  | 76 Ashton Robinson.....    | 1996-1999 |
|     | 76 Whitney Southard.....   | 2002-2005 |
|     | 76 Leigh Morrow.....       | 2006-2009 |
|     | 76 Paige Morrow.....       | 2006-2009 |
|     | 76 Nicole Steyl .....      | 2011-2014 |
| 10. | 75 Allison Osbourne.....   | 1995-1998 |
|     | 75 Shelley Brooks .....    | 1997-2000 |
|     | 75 Charlotte Grainger..... | 1998-2001 |
|     | 75 Dana Murphy.....        | 2003-2006 |
|     | 75 Julia Holz.....         | 2011-2014 |
|     | 75 Jane Cline.....         | 2013-2016 |
|     | 75 Stephanie Barbosa.....  | 2021-2024 |

**74 Izzi Wood .....**2020-2025

**APP STATE STARTING LINEUPS BY GAME**

OPPONENT	GK	D	D	D	D	M	M	M	M	M/F	F
Western Carolina	Jacobi	Mulholland	Snowden	Williams	Ambrosio	Switalski	Simon	Studer	Bristow	Garrison	Wood
Miami	Jacobi	Harrington	Snowden	Williams	Ambrosio	Switalski	Simon	Studer	Bristow	Garrison	Wood
Davidson	Jacobi	Mulholland	Snowden	Williams	Ambrosio	Switalski	Simon	Studer	Bristow	Garrison	Wood
William & Mary	Jacobi	Chapman	Snowden	Williams	Ambrosio	Switalski	Simon	Studer	Bristow	Garrison	Wood
Clemson											
East Carolina											
Longwood											
Old Dominion											
Georgia State											
Louisiana											
South Alabama											
Coastal Carolina											
James Madison											
ULM											
Marshall											
Southern Miss											
Georgia Southern											

**2025 Sun Belt Conference Women's Soccer Preseason Awards**

Preseason Offensive Player of the Year - Ginny Lackey, James Madison (So., F, Manchester, England)

Preseason Midfielder of the Year - Victoria Meza, Texas State (Jr., M, San Salvador, El Salvador)

Preseason Defensive Player of the Year - Ashlynn Kulha, Old Dominion (Jr., D, Holly Springs, N.C.)

Preseason Goalkeeper of the Year - Sofia DeCerb, James Madison (R-So., GK, Greensburg, Pa.)

**Preseason All-Sun Belt Team**

F – Ginny Lackey, James Madison (So., Manchester, England)

F – Aaliyah Faddoul, Georgia State (Jr., Ontario, Canada)

**F – Izzi Wood, App State (Gr., Hickory, N.C.)**

**M – Ellie Garrison, App State (So., Trinity, N.C.)**

M – Victoria Meza, Texas State (Jr., San Salvador, El Salvador)

M – Jamie Swartz, James Madison (Sr., Palmyra, Pa.)

D – Eefje Botjer, Coastal Carolina (So., Schifffdorf, Germany)

D – Kennley Bradley, Texas State (Gr., Ogden, Utah)

D – Ashlynn Kulha, Old Dominion (Jr., Holly Springs, N.C.)

D – Jordan Yang, James Madison (Sr., Clifton, Va.)

GK – Sofia DeCerb, James Madison (R-So., Greensburg, Pa.)

**2025 Sun Belt Conference Women's Soccer Preseason Coaches Poll**

1. James Madison (9) – 189

2. Texas State (3) – 178

3. Old Dominion (1) – 169

4. South Alabama – 145

5. Coastal Carolina – 117

6. Georgia State – 115

7. ULM – 114

8. App State – 102

9. Georgia Southern – 84

10. Marshall (1) – 68

11. Louisiana – 6

12. Southern Miss – 52

13. Arkansas State – 40

14. Troy – 33

Parentheses indicate first-place votes

# APP STATE SOCCER

## 2025 ROSTER

### NUMERICAL ROSTER

No.	Name	Pos.	Ht.	Yr.	Hometown/Club Team (Previous College)
00	Molly Coles	GK	5'10	R-So.	Charlotte, N.C. / Charlotte Soccer Academy (Cincinnati)
0	Hanna Skogsfors	GK	5'7	Fr.	Täby, Sweden / IF Brommapojkarna
1	Anna Claire Jacobi	GK	5'9	R-Fr.	Milton, Ga. / Concorde Fire
3	Sydney Snowden	D	5'9	So.	Chandler, Ariz. / Utah Royals
4	Izzi Wood	F	5'7	Gr.	Hickory, N.C. / Charlotte Soccer Academy
5	Hayden Petrick	D	5'6	R-So.	Saint John's, Fla. / (Kentucky)
6	Avery Pegram	M	5'6	Fr.	Blythewood, S.C. / South Carolina United
7	Libby Birmingham	F/M	5'6	Fr.	Warrington, England / Liverpool FC
8	Shannon Studer	D/M	5'6	Sr.	Waxhaw, N.C. / Charlotte Soccer Academy
10	Ellie Garrison	F	5'8	So.	Trinity, N.C. / NC Fusion
11	Kyli Switalksi	F	5'6	R-So.	High Point, N.C. / NC Fusion
12	Makayla Mulholland	D	5'6	R-So.	Pittsburgh, Pa. / Pittsburgh Riverhounds
13	Morgan Chapman	D	5'4	Fr.	Raleigh, N.C./North Carolina Courage
14	Aleesia Ambrosio	D	5'3	Sr.	Jamestown, N.C. / North Carolina Fusion
15	Millie Paton	D	5'5	Fr.	Wemyss Bay, Scotland / Rangers FC
16	Reagan Sturgill	M	5'7	Sr.	Brooklyn Heights, Ohio / Internationals Soccer Club
17	Walker Bristow	M	5'4	So.	Richmond, Va. / Richmond United
18	Olivia Simon	M	5'6	Jr.	Waxhaw, N.C. / Charlotte Independence
19	Lucy Harrington	D	5'6	Fr.	Mechanicsville, Va./Richmond United
20	Reagan Hamilton	M	6'0	So.	Franklin, Tenn. / Tennessee Soccer Club
21	Ella Hoover	M	5'9	R-So.	Granville, Ohio / Ohio Premier
23	Maddie Williams	D	5'8	Fr.	Birmingham, England / Aston Villa
25	Morgan Stallings	M	5'7	Fr.	Summerfield, N.C./North Carolina Fusion
26	Marley Kahle	M	5'4	Jr.	Crestwood, Ky. / Racing Louisville FC
27	Kaytan Kroboth	M/F	5'6	Jr.	Raleigh, N.C. / NC Courage
28	Natalie Bowman	M	5'5	Fr.	Trinity, N.C./Charlotte Soccer Academy
32	Brooklyn Jones	D	5'9	Fr.	Queen Creek, Ariz./Utah Royals

### COACHING STAFF

Head Coach: Aimee Haywood (Fourth season - Ohio Dominican, 2010)

Associate Head Coach: Mark Catterall (Fourth season - Bangor, 2006)

Assistant Coach: Mikayla Krzeczowski (Fourth season - South Carolina, 2019)

Athletic Trainer: Hannah Deatherage

Strength & Conditioning Coach: Keane Hamilton

Director of Soccer Operations: Austin Sarns

### PRONUNCIATION GUIDE

Appalachian	app-uh-LATCH-in
0 Hanna Skogsfors	SKOOGS-fosh
1 Anna Claire Jacobi	JUH-kobe
6 Avery Pegram	peg-RUM
8 Shannon Studer	STOO-der
11 Kyli Switalksi	KY-lee swih-TALL-ski
14 Aleesia Ambrosio	uh-LEE-see-uh
15 Millie Paton	PAY-ton
16 Reagan Sturgill	REE-gan stur-JILL
17 Walker Bristow	BRIS-toe
20 Reagan Hamilton	RAY-gan
26 Marley Kahle	KAY-lee
27 Kaytan Kroboth	CROW-bawth
Aimee Haywood (Head Coach)	like Amy
Mark Catterall (Associate)	CAT-er-all
Mikayla Krzeczowski (Assistant)	kruh-ZOW-ski



## APP STATE COACHING STAFF



## AIMEE HAYWOOD

HEAD COACH  
FOURTH SEASON  
92-54-24 OVERALL  
25-23-12 AT APP STATE

Aimee Haywood was tabbed as the fifth head coach in App State women's soccer program history when she was hired by Director of Athletics Doug Gillin in December 2021.

Through three seasons, Haywood boasts the best winning percentage of any coach in program history.

In 2024, the Mountaineers posted their second consecutive seven-win season, doing so for the first time since the 2015 and 2016 campaigns. The team also recorded a winning record in Sun Belt play for the second straight year, doing so in back-to-back seasons for the first time since 2014 and 2015. Along the way, Haywood's team posted a six-match unbeaten streak, the program's longest unbeaten streak since 2012. Graduate student Izzi Wood was named first team all-conference, while freshman Ellie Garrison earned second team honors. It marked the first time since 2014 that the Mountaineers had multiple players earn postseason accolades. The duo also earned All-Region recognition. App State saw a significant uptick in scoring in 2024, averaging 1.42 goals-per-game, the best mark since 2016.

In her second season, Haywood led her team to third place in the Sun Belt, the best finish in program history. App State also finished the season with a program record eight clean sheets, four of them being consecutive, tying the program record. App State finished 75th in RPI, their best ranking since 2015, and third in the state of North Carolina, behind UNC and Duke. Haywood led forward Izzi Wood to be named 2nd Team All-Conference, the Mountaineers first all-conference player since 2018.

In her first season, Haywood guided the Mountaineers to a 6-9-4 record, including 5-5 in the Sun Belt, more than doubling the Mountaineers conference win total from 2021. Picked to finish 13th in a 14-team conference entering the season, App State earned the seven-seed in the Sun Belt tournament, including a win over reigning C-USA conference champion Old Dominion. The Mountaineers started the season 1-0-3, marking the first time since 2007 that the Mountaineers were unbeaten through four matches. App State finished the season with six clean sheets.

Haywood arrived at App State from Queens University of Charlotte, where she spent the previous two seasons as head coach.

Most recently, Haywood helped Queens to the second round of the NCAA Division II Championships. The Royals finished with a 16-5-1 overall record and were a No. 3 seed in the Southeast Region of the 28-team national tournament.

Including a 7-2-1 record in the abbreviated 2021 spring season, her overall mark as the Royals' head coach was 23-7-2.

Haywood coached at her alma mater, Ohio Dominican University, for seven seasons prior to arriving in North Carolina, including the final three as head coach. She compiled a 45-26-7 overall record at the helm of the Panthers' program. In her second season as head coach in 2017, the Panthers set a program record for wins with 16 and earned their first NCAA tournament win in program history.

During her first season in 2016, Haywood led Ohio Dominican to a fourth-place GLIAC regular season finish and advanced the team to the GLIAC Tournament semifinals.

In addition, Haywood served as the assistant coach at Denison University in 2013.

She has coached two NCAA tournament teams and three conference championship teams while earning nine conference tournament bids.

Haywood graduated from Ohio Dominican University with a bachelor's degree in sport management. In addition, she holds an MBA from there with a concentration in leadership.

As a student-athlete, Haywood was a two-time captain who earned a pair of all-conference awards, as well as academic honors. As a goalkeeper, she graduated as the school record holder for most shutouts in a season, games played in a season and games played in a career as a goalkeeper.



## MARK CATTERALL

ASSOCIATE HEAD COACH  
FOURTH SEASON

Mark Catterall joined head coach Aimee Haywood's first App State women's soccer staff in January 2022.

In 2024 the Mountaineers posted their second consecutive seven-win season for the first time since 2015 and 2016. Catterall helped lead the Mountaineers to four clean sheets on the campaign, while the offense scored 1.42 goals-per-game, the best mark for the program since 2016.

In the 2023 season, Catterall aided the Mountaineers to only allowing 16 goals throughout the season, the fewest goals allowed in program history. App State finished the season with a program-record eight shutouts in a season, four of which were consecutive. The Mountaineers finished with a 9-6-3 record, putting the Mountaineers over .500 for the first time since 2016.

In 2022, Catterall helped the Mountaineers to a 5-5 record in Sun Belt play, more than doubling their win total from 2021. Working primarily with the defenders, Catterall helped the back line in holding opponents to 1.21 goals-per-game, including six clean sheets.

He arrived in Boone after spending the previous five seasons on staff at Queens University (Charlotte, N.C.), helping the team achieve a 56-23-7 overall record and five straight winning seasons. After serving as an assistant coach his first four years, he was promoted to associate head coach prior to the 2021 season.

In 2017, the Royals made their first appearance at the NCAA Championships in 10 years and won their first NCAA tournament game in school history. When Haywood arrived in 2020, they helped Queens to a 7-2-1 record in an abbreviated season and then led the squad to another NCAA tournament to highlight their strong season last fall.

Catterall spent three years as an assistant coach for the St. Edwards University (Austin, Texas) women's soccer team in 2013, 2015 and 2016. While on staff he helped the program to an overall record of 47-7-7, winning two Heartland Conference Championships and making three trips to the NCAA Tournament, including an Elite Eight appearance in 2013.

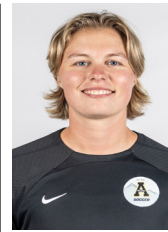
Catterall was also on the St. Edwards men's soccer staff in 2016, a team that posted a record of 18-3-1 while winning the Heartland Championship and reaching the Sweet 16 of the NCAA Tournament. The staff was also recognized as the 2016 NSCAA Southwest Region Staff of the year.

Catterall was on the women's soccer staff at the University of Bridgeport (Conn.) in 2014, helping the Purple Knights to a record of 14-5-2 and an NCAA Tournament appearance.

During his time at both St. Edwards and Bridgeport, Catterall coached multiple all-conference, all-region and all-American athletes.

In addition to his collegiate coaching, Catterall has served as a staff coach for the Charlotte Soccer Academy and was the Senior Program and College Placement Director for SA United Soccer Club. During his tenure, more than 90 SA United players were recruited to play at the collegiate level.

Originally from Bolton, England, Catterall earned a master's degree in applied sport and exercise psychology and a bachelor's degree in sport science, both from Bangor University in Wales (U.K.). During his playing career at Bangor, Catterall reached two Welsh University National Cup Finals.



## MIKAYLA KRZECZOWSKI

ASSISTANT COACH  
(GOALKEEPERS)  
FOURTH SEASON

One of the top goalkeepers in NCAA Division I history, Mikayla Krzczowski joined head coach Aimee Haywood's first App State women's soccer staff in January 2022.

In 2024 the Mountaineers posted their second consecutive seven-win season for the first time since 2015 and 2016. Krzczowski helped lead the Mountaineers to four clean sheets on the campaign, while the offense scored 1.42 goals-per-game, the best mark for the program since 2016.

In her second season, Krzczowski aided the Mountaineers to a 9-6-3 record, the most overall wins since 2018. Working mostly with the goalkeepers, App State posted a program-record eight shutouts, and graduated Kerry Eagleston finished her career as the active leader in goalie minutes played and saves at the end of the 2023 regular season.

In her first season, Krzczowski helped the Mountaineers to a 5-5 record in the Sun Belt, more than doubling the Mountaineers conference win total from 2021. Working primarily with the goalkeepers, App State posted six shutouts, as senior Kerry Eagleston moved into third place in program history with 18 career shutouts and 349 career saves.

She began her coaching career on Haywood's Queens University (Charlotte, N.C.) staff in 2021. Working with the goalkeepers, she helped mentor a Royals defense that allowed just 12 goals in 22 matches on their way to a second-round berth in the NCAA Division II Championships.

As a four-year starter in goal for South Carolina, Krzczowski finished her 89-match career with 50 clean sheets, the third-most in NCAA women's soccer history and the most in SEC history. Her career goals-against average was an SEC-record 0.45, the eighth-best in NCAA women's soccer history.

In addition to being named a 2019 All-American by the United Soccer Coaches and ESPNW, Krzczowski was named the first SEC Goalkeeper of the Year in 2019 and was named All-SEC four times in her Gamecocks career, including three first-team honors.

She helped South Carolina win SEC regular-season championships in 2016 and 2017 and an SEC tournament championship in 2019.

She earned a bachelor's degree in visual communications from South Carolina and was named a Scholar All-American in 2019.

After her collegiate career, Krzczowski played professionally during the 2021 season with FC Jumonji Ventus in Tokyo, Japan. In addition to coaching at Queens, she has also served as a youth soccer coach with the Charlotte Soccer Academy following her time in Japan.

00	MOLLY COLES	GK
<b>Year:</b> Redshirt Sophomore <b>Height:</b> 5'11 <b>Hometown:</b> Charlotte, N.C. <b>High School:</b> Charlotte Christian <b>Club:</b> Charlotte Soccer Academy		
<b>Season-Highs</b> <b>Saves:</b> <b>Goals allowed:</b> <b>Shots faced:</b> <b>Shutout total:</b> <b>Minutes:</b>		
<b>Career-Highs</b> <b>Saves:</b> <b>Goals allowed:</b> <b>Shots faced:</b> <b>Shutout total:</b> <b>Minutes:</b>		

0	HANNA SKOGSFORS	GK
<b>Year:</b> Freshman <b>Height:</b> 5'7 <b>Hometown:</b> Taby, Sweden <b>High School:</b> <b>Club:</b> IF Brommapojkarna		
<b>Season-Highs</b> <b>Saves:</b> <b>Goals allowed:</b> <b>Shots faced:</b> <b>Shutout total:</b> <b>Minutes:</b>		
<b>Career-Highs</b> <b>Saves:</b> <b>Goals allowed:</b> <b>Shots faced:</b> <b>Shutout total:</b> <b>Minutes:</b>		

1	ANNA CLAIRE JACOBI	GK
<b>Year:</b> Redshirt Freshman <b>Height:</b> 5'9 <b>Hometown:</b> Milton, Ga. <b>High School:</b> Cambridge HS <b>Club:</b> Concorde Fire		
<b>Season-Highs</b> <b>Saves:</b> 7, 8/14/25 at WCAR <b>Goals allowed:</b> 2(x2), 8/24/25 at W&M <b>Shots faced:</b> 16 (x2), 8/17/25 vs MIA <b>Shutout total:</b> 2 <b>Minutes:</b> 90 (x4), 8/24/25 at W&M		
<b>Career-Highs</b> <b>Saves:</b> 7, 8/14/25 at WCAR <b>Goals allowed:</b> 2(x2), 8/24/25 at W&M <b>Shots faced:</b> 16 (x2), 8/17/25 vs MIA <b>Shutout total:</b> 2 <b>Minutes:</b> 90 (x4), 8/24/25 at W&M		

	Overall	Home	Away
Overall	3-1-0	2-0-0	1-1-0
Non-conference	3-1-0	2-0-0	1-1-0
Sun Belt	0-0-0	0-0-0	0-0-0
Scoring First	3-0-0	2-0-0	1-0-0
Opponent Scores First	0-1-0	0-0-0	0-1-0
Leading at the Half	2-0-0	1-0-0	1-0-0
Trailing at the Half	0-0-0	0-0-0	0-0-0
Tied at the Half	1-1-0	1-0-0	0-1-0
Out-shooting opp.	0-0-0	0-0-0	0-0-0
Out-shot by opp.	3-1-0	2-0-0	1-1-0
Shots even	0-0-0	0-0-0	0-0-0
Day game	1-1-0	1-0-0	0-1-0
Night game	2-0-0	1-0-0	1-0-0
In shutouts	2-1-0	2-0-0	0-1-0
In 1 goal games	1-0-0	0-0-0	1-0-0
In 2 goal games	0-0-0	0-0-0	0-0-0
In 3+ goal games	0-0-0	0-0-0	0-0-0
Scoring no goals	0-1-0	0-0-0	0-1-0
Scoring 1 goal	1-0-0	1-0-0	0-0-0
Scoring 2 goals	1-0-0	1-0-0	0-0-0
Scoring 3+ goals	1-0-0	0-0-0	1-0-0
Conceding no goals	2-0-0	2-0-0	0-0-0
Conceding 1 goal	0-0-0	0-0-0	0-0-0
Conceding 2 goals	1-1-0	0-0-0	1-1-0
Conceding 3+ goals	0-0-0	0-0-0	0-0-0
On natural grass	1-1-0	0-0-0	1-1-0
On artificial turf	2-0-0	2-0-0	0-0-0

THE LAST TIME...	
Scoring 4+ goals in a match	TEAM 10/24/24 at Troy (4-1)
Conceding 4+ goals in a match	9/8/24 at Davidson (1-4)
Scoreless draw	1, 8/15/24 at NC State
Won a match when trailing	10/8/23 vs Marshall (5-1)
Lost a match when leading	9/5/24 vs Radford (2-4)
Largest margin of victory 2025	2, 8/21/25 vs Davidson
Largest margin of defeat 2025	2, 8/24/25 at William & Mary
Longest streak without loss	6, 9/12 - 10/13 (3-0-3)
Longest streak without win	4, 10/5 - 10/17 (0-1-3)
15+ shots in a match	20, 10/24/24 at Troy
Opp. 15+ shots in a match	16, 8/17/25 vs Miami
10+ shots on goal in a match	12, 10/24/23 at Troy
Opp. 10+ shots on goal in a match	13, 10/17/24 at JMU
10+ corner kicks in a match	10, 8/22/24 vs Wofford
opp. 10+ corner kicks in a match	11, 8/17/25 vs Miami
10+ saves in a match	10 (Wommack, team), 10/17/24 at JMU
opp. 10+ saves in a match	12 (Leal), 9/18/22 vs ULM
Shut out opponent	8/21/25 vs Davidson (2-0)
Shut out by opponent	8/24/25 at William & Mary (0-2)
Goals	TEAM HIGHS
Shots	3, 8/14 at WCAR
Shots on goal	13, 8/14 at WCAR
Corner Kicks	7, 8/21 vs DAV
Fouls	6, 8/21 vs DAV
	11, 8/14 at WCAR
	TEAM LOWS
	0, 8/24 at W&M
	5, 8/17 vs MIA
	2, 8/17 vs MIA
	2(x2), 8/17 vs MIA
	5, 8/17 vs MIA
Two-goal game	INDIVIDUAL
Three-goal game	Ellie Garrison, 8/14/25 at W. Carolina
Multi-assist game	Olivia Simon (3), 10/8/23 vs Marshall
10+ save game	Ellie Garrison (2), 9/5/24 vs Radford
5+ shot game	13, Kerry Eagleston, 9/4/22 at CLEM
	7, Izzi Wood, 10/24/24 at Troy
Most minutes played (field player)	110, multiple, 11/1/23 vs James Madison
Set-piece goal	Switalski (corner kick) - 8/21/25 vs Davidson

3

SYDNEY SNOWDEN

D

**Year:** Sophomore  
**Height:** 5'9  
**Hometown:** Chandler, Ariz.  
**High School:** Perry HS  
**Club:** Utah Royals

**Season-Highs**  
**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90 (x2), 8/17/25 vs MIA

**Career-Highs**  
**Goals:**  
**Assists:** 1, 9/26/24 at UL  
**Points:** 1, 9/26/24 at UL  
**Shots:** 1(x2), 10/10/24 vs CCU  
**Shots on goal:**  
**Minutes:** 90 (x10), 8/17/25 vs MIA

**2025 Notes:**  
- Has played all but three minutes this season

**Career Notes:**  
**2024:** Played and started 13 matches...Missed six matches due to injury...Played all 90 minutes in eight matches...Registered her first career assist in a 1-0 win over Louisiana on Sept. 26... Finished the season with two shots.

**HS:** The furthest-traveled member of the 2024 freshmen class, Snowden earned All-District and All-Region honors as a three-year varsity starter on her high school team. She also helped her club team earn a spot in the play-offs. Off the field, Snowden was an honor roll student and was in the President of her school's Athletic Council, in addition to serving as the captain of her team.

5

HAYDEN PETRICK

D

**Year:** Redshirt Sophomore  
**Height:** 5'6  
**Hometown:** St. John's, Fla.  
**High School:** Creekside HS  
**Prev School:** Kentucky

**Season-Highs**  
**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 10, 8/14/25 at WCAR

**Career-Highs**  
**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90(x2), 10/10/24 vs CCU

**2025 Notes:**  
**Career Notes:**  
**2024:** Played in ten games including three starts... Made collegiate debut against Wofford, Aug. 22...Made first career start Oct. 4 vs Georgia State, playing all 90 minutes and doing so against against Coastal Carolina Oct. 10.

**2023 (Kentucky):** Redshirted the 2023 season

**High School:** Named an All-State selection in 2023 in addition to earning All-Area honors... Chosen as an All-State honorable mention the previous year when she helped Creekside High School to a State Championship...Played club for Florida Elite where she served as a team captain...Invited to US Club Soccer's National ID Camp in 2018 and 2019.

4

IZZI WOOD

F

**Year:** Graduate Student  
**Height:** 5'7  
**Hometown:** Hickory, N.C.  
**High School:** Hickory HS  
**Club:** Charlotte Soccer Academy

**Season-Highs**  
**Goals:**  
**Assists:** 1(x2), 8/21/25 vs DAV  
**Points:** 1(x2), 8/21/25 vs DAV  
**Shots:** 3(x2), 8/24/25 at W&M  
**Shots on goal:** 1, 8/24/25 at W&M  
**Minutes:** 85, 8/24/25 at W&M

**Career-Highs**  
**Goals:** 2 (x4), 10/20/24 vs ASU  
**Assists:** 1 (x8), 8/21/25 vs DAC  
**Points:** 4(x4), 10/20/24 vs ASU  
**Shots:** 9, 9/5/24 vs RAD  
**Shots on goal:** 5, 10/24/24 at TROY  
**Minutes:** 90(x2), 11/4/24 vs TXST

CAREER ACCOLADES  
2025: Preseason All-Sun Belt  
2024: First Team All-Sun Belt  
2024 Third Team All-Southeast Region  
2024 Preseason All-Sun Belt  
2023 Second Team All-Sun Belt  
2023 Second Team All-Southeast Region  
3rd in career goals (26)  
3rd in career shots (226)  
T-4th in career points (59)  
T-1st in single-season goals (11 - 2024)  
2nd in single-season shots (80 - 2024)  
3rd in single-season shots (79 - 2023)  
T-3rd in single-season points (23 - 2024)

**2025 Notes:**  
- two assists in first four games

**Career Notes:**  
**2024:** Named First Team All-Sun Belt, becoming the first player to earn First Team honors since 2018 and joining Jane Cline (2015, 2016) as the only players in program history to earn multiple All-Sun Belt Honors...Named Third Team All-Southeast Region...Played and started all 19 matches on the season...Scored a career-high 11 goals including three braces on the season - Sept. 5 at Radford, Oct. 10 vs Coastal Carolina and Oct. 20 vs Arkansas State...Led the Sun Belt in shots (80) and shots on goal (41) while ranking third in the conference in goals (11), points (23) and finished tied for third in game-winning goals (3). Also became the second player in program history to earn Preseason All-Sun Belt honors.

**2023:** 2nd Team All-SBC...Played and started all 18 matches...Finished with a career-high seven goals, four assists and 18 points...Led SBC with 79 shots and 34 shots on target...4.39 shots/gm ranked 10th in the nation...Ranks ninth all-time with 143 career shots and 15 career goals.

**2022:** Played 19 matches (18 starts)...scored a team-high six goals and 12 points, while tallying 52 shots and 24 on target, ranking 6th and 7th in SBC...Tallied two-goal game vs Radford, Sept 15

**2021:** Missed the season due to injury

**2020:** Played in 14 matches, starting nine...finished the season with two goals and five points... Scored game-tying goal vs ULM (10/25) in Sun Belt Tournament

**HS:** Played soccer, basketball, and football at Hickory HS...2019 Conference Player of the Year, scoring 53 goals which ranked among the top-10 in the nation...Golden Boot Award winner and Player of the Year at Charlotte Soccer Academy

7

LIBBY BERMINGHAM

D

**Year:** Freshman  
**Height:** 5'6  
**Hometown:** Warrington, England  
**High School:** Universal School (Ind.)  
**Club:** Liverpool FC

**Season-Highs**  
**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 14, 8/21/25 vs DAV

**Career-Highs**  
**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 14, 8/21/25 vs DAV

**2025 Notes:**  
- Made collegiate debut 8/14 at WCAR

**Career Notes:**

8

SHANNON STUDER

M

**Year:** Senior  
**Height:** 5'8  
**Hometown:** Waxhaw, N.C.  
**High School:** Central Academy of Technology and Arts  
**Club:** Charlotte Soccer Aca.

**Season-Highs**  
**Goals:**  
**Assists:** 1, 8/14/25 at WCAR  
**Points:** 1, 8/14/25 at WCAR  
**Shots:** 3, 8/21/25 vs DAV  
**Shots on goal:** 1, 8/21/25 vs DAV  
**Minutes:** 88, 8/17/25 vs MIA

**Career-Highs**  
**Goals:** 1(x6), 8/25/24 vs CLT  
**Assists:** 1 (x8), 8/14/25 at WCAR  
**Points:** 3, 8/22/24 vs WOF  
**Shots:** 4, 10/6/22 vs Ga. State  
**Shots on goal:** 2 (x4), 10/8/23 vs MARSH  
**Minutes:** 110 (x3), 11/1/23 vs JMU

**2025 Notes:**  
- Assisted on first goal of season 8/14 at WCAR

**Career Notes:**  
**2024:** Limited to 15 games played and 11 starts due to injury...Tallied career-high three-point effort with a goal and an assist against Wofford, Aug. 22...Scored again the following match against Charlotte, Aug. 25...Assisted on a goal at Marshall on Oct. 13

**2023:** Played and started in all 18 games...Played at least 90 minutes in 14 matches including each of the final 10 games of the year...Scored her lone goal of the year against Marshall on Oct. 5, when she also added two assists for a career-high four points.

**2022:** Among the top freshmen in the SBC, scoring three goals and adding two assists...Posted game-winning goals against ULM (9/18) and CCU (9/22), while adding a goal in the SBC Tournament against Marshall (10/31). Played all 90 minutes in ten matches, including a season-high 110 minutes in an overtime contest

**HS:** Attended Central Academy of Technology and Arts...Played one year of varsity soccer (as a junior), scoring 39 goals and dishing out 17 assists en route to being named the conference player of the year...competing with Charlotte Soccer Academy, and received four invites to the US Soccer Youth National Team Identification Center...Also played four years of varsity basketball.



10

ELLIE GARRISON

M/F

**Year:** Sophomore  
**Height:** 5'8  
**Hometown:** Trinity, N.C.  
**High School:** Wheatmore HS  
**Club:** North Carolina Fusion

**Season-Highs**

**Goals:** 2, 8/14/25 at WCAR  
**Assists:**  
**Points:** 4, 8/14/25 at WCAR  
**Shots:** 3(x3), 8/24/25 at W&M  
**Shots on goal:** 3, 8/24/25 at W&M  
**Minutes:** 87, 8/17/25 vs MIA

**Career-Highs**

**Goals:** 2(x2), 8/14/25 at WCAR  
**Assists:** 2, 9/5/24 vs RAD  
**Points:** 4(x2), 8/14/25 at WCAR  
**Shots:** 9, 9/5/24 vs RAD  
**Shots on goal:** 3(x2), 8/24/25 at W&M  
**Minutes:** 90(x4), 11/4/24 vs TXST

**2025 Notes:**  
 - National Soccer Coaches Midfielder to Watch  
 - Preason All-Sun Belt

- GWG with 1:09 to play 8/14 at WCAR to complete second career brace  
 - GWG on PK in 79th min to def. MIA 1-0 8/17  
 - 4 goals through first three games

**Career Notes:**

**2024:** Named Second Team All-Sun Belt Conference...Played and started all 19 games...Scored four goals and five assists, totaling 13 points, the most by an App State freshman in the Sun Belt era...Finished the season with 50 shots and 22 shots on target...Scored her first point with an assist against Charlotte Aug. 25...Scored her first two collegiate goals vs Longwood Aug. 29 and was subsequently named the Sun Belt Offensive Player of the Week Sept. 3...Tallied two assists against Radford, Sept. 5...Tallied a three-point match with a goal and an assist at FGCU Sept. 12...Ranked 6th in the Sun Belt in shots...

**HS:** One of the top goal-scorers in North Carolina soccer history, Garrison joins the Mountaineers after winning the North Carolina Golden Boot Award following a sensational 2023 spring season. She set the state record by scoring 96 goals on the season for Wheatmore High School, after finishing third in state history by scoring 77 goals in 2022. She was named to the All-State team following both years. While playing at the club level for the North Carolina Fusion, she led the team to the USYS State Championship, and helped her squad qualify for the National Playoffs each of the last two years.

13

MORGAN CHAPMAN

D

**Year:** Freshman  
**Height:** 5'4  
**Hometown:** Raleigh, N.C.  
**High School:** Wakefield HS  
**Club:** North Carolina Courage

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90, 8/24/25 at W&M

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90, 8/24/25 at W&M

**2025 Notes:**  
 - made collegiate debut 8/14 at WCAR  
 - Earned first start and played all 90 minutes 8/24 at William & Mary

**Career Notes:**

**HS:** Played club for North Carolina Courage, helping the team reach the ECNL National playoffs each of the last three seasons, including a No. 19 national ranking and round of 16 finish in 2024...Also played two seasons on the Wakefield High School soccer team. In the classroom, she was a member of the National Honor Society and Key Club as well as an honor roll member and all-conference academic selection.

11

KYLIE SWITALSKI

F

**Year:** Redshirt Sophomore  
**Height:** 5'6  
**Hometown:** High Point, N.C.  
**High School:** Ragsdale HS  
**Club:** NC Fusion

**Season-Highs**

**Goals:** 1(x2), 8/21/25 vs DAV  
**Assists:**  
**Points:** 2(x2), 8/21/25 vs DAV  
**Shots:** 4, 8/14/25 at WCAR  
**Shots on goal:** 2(x2), 8/21/25 vs DAV  
**Minutes:** 83, 8/24/25 at W&M

**Goals:** 1(x4), 8/21/25 vs DAV  
**Assists:** 1(x3), 10/24/24 at TROY  
**Points:** 2(x4), 8/21/25 vs DAV  
**Shots:** 4, 8/14/25 at WCAR  
**Shots on goal:** 2(x2), 8/21/25 vs DAV  
**Minutes:** 83, 8/24/25 at W&M

**2025 Notes:**  
 - scored team's first goal of season 8/14 at WCAR  
 - scored Olimpico goal vs Davidson 8//21

**Career Notes:**

**2024:** Played in all 19 games...Made her collegiate debut at NC State Aug. 15...Registered her first career assist Aug. 22 vs Wofford...Scored her first career goal Oct. 4 vs Georgia State in a game played in Charlotte...Finished the season with two goals and three assists, totaling seven points.

**2023:** Did not play, redshirted

**HS:** An All-State selection at Ragsdale High School, Switalski scored 37 goals in 17 games her junior campaign. She also played club for the North Carolina Fusion for head coach Elijah Denton. Switalski won the golden boot Award when she scored six goals in the Triad Cup.

14

ALEESIA AMBROSIO

D

**Year:** Senior  
**Height:** 5'4  
**Hometown:** Jamestown, N.C.  
**High School:** Ragsdale  
**Club:** North Carolina Fusion

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90(x2), 8/24/25 at W&M

**Career-Highs**

**Goals:**  
**Assists:** 1(x2), 9/5/24 vs RAD  
**Points:** 1, 9/3/23 vs FGCU  
**Shots:** 1(x2), 10/13/24 at MAR  
**Shots on goal:**  
**Minutes:** 90(x6), 8/24/25 at W&M

**2025 Notes:**

**Career Notes:**

**2024:** Appeared in 13 games, including ten starts...Earned her first career start against Wofford on Aug. 22...Played all 90 minutes in four matches...Recorded an assist on a free kick against Radford Sept. 5.

**2023:** Appeared in seven games...Made her collegiate debut against George Mason on Aug. 20...Recorded her first career assist in a 3-0 win over FGCU on Sept. 3

**2022:** Did not see playing time her freshman season

**HS/Personal:** Attended Ragsdale HS...Majoring in Criminology

12

MAKAYLA MULHOLLAND

D

**Year:** Redshirt Sophomore  
**Height:** 5'6  
**Hometown:** Pittsburg, Pa.  
**High School:** Fox Chapel Area HS  
**Club:** Pittsburgh Riverhounds

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 51, 8/17/25 vs MIA

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 51, 8/17/25 MIA

**2025 Notes:**  
 - made first career start 8/14 at WCAR

**Career Notes:**

**2024:** Sat out the season due to injury

**2023:** made collegiate debut Oct. 8 vs Marshall

**HS:** standout defender for the Pittsburg Riverhounds Club and played for Fox Chapel Area High school where she has three-times garnered All-Section recognition and has been named All-Conference all four seasons...Before joining the Riverhounds she was the Arsenal FC of Pittsburgh Player of the Year in 2020.

15

MILLIE PATON

D

**Year:** Freshman  
**Height:** 5'5  
**Hometown:** Wemyss Bay, Scotland  
**High School:** Clydeview Academy  
**Club:** Rangers FC

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 19, 8/21/25 vs DAV

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 19, 8/21/25 vs DAV

**2025 Notes:**  
 - made collegiate debut 8/14 at WCAR

**Career Notes:**

Prior to App State: Competed for Rangers FC and attending Clydeview Academy. Paton was a part of the U18 National Performance League winners in Scotland and played for the Scottish Youth National Team. She also won the U16 Scottish Cup.



16

REAGAN STURGILL

M/F

**Year:** Senior  
**Height:** 5'7  
**Hometown:** Brooklyn Heights, Ohio  
**High School:** Cuyahoga Heights  
**Club:** International Soccer Club

2024 Notes:

**Career Notes:**

**2024:** Appeared in 18 games on the season... Finished the year with two shots and one shot on target... Played a season-high 35 minutes at No. 13 Auburn on Sept. 1.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:** 1(x3), 8/24/25 at W&M  
**Shots on goal:** 1, 8/21/25 vs DAV  
**Minutes:** 39, 8/24/25 at W&M

**2023:** Appeared in ten games on the season, making her college debut in the season-opener against Wake Forest on Aug. 17... Scored her first goal and registered her first assist on Sept 3. against FGCU.

**2022:** did not see playing time as a freshman

**Career-Highs**

**Goals:** 1, 9/3/23 vs FGCU  
**Assists:** 1, 9/3/23 vs FGCU  
**Points:** 3, 9/3/23 vs FGCU  
**Shots:** 2, 8/24/23 at UTM  
**Shots on goal:** 1 (x3), 10/20/24 vs ASU  
**Minutes:** 40, 9/3/23 vs FGCU

**HS:** Attended Cuyahoga Heights High School where she finished her career with 91 goals and 35 assists... Was a four-time All-District and was also named first team All-Conference all four years, and a three-time All-Ohio Selection

19

LUCY HARRINGTON

D

**Year:** Freshman  
**Height:** 5'6  
**Hometown:** Mechanicsville, Va.  
**High School:** Hanover HS  
**Club:** Richmond United

2025 Notes:

- made collegiate debut 8/14 at WCAR  
 - First collegiate start came 8/17 vs MIA

**Career Notes:**

**HS:** As a member of Richmond United, Harrington enjoyed a decorated career at the club level. She was named a second-team ECNL Mid-Atlantic Conference selection and helped her club to the ECNL playoffs at the U15 level and the ECNL Champions League at the U17 level. While playing at Hanover High School, Harrington twice earned all-state honors and was selected to the Central Virginia All-Star game. She also received all-metro and all-region honors.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 54, 8/14/25 at WCAR

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 54, 8/14/25 at WCAR

17

WALKER BRISTOW

M

**Year:** Sophomore  
**Height:** 5'4  
**Hometown:** Richmond, Va.  
**High School:** Douglas S. Freeman HS  
**Club:** Richmond United

2025 Notes:

- made first career start 8/14 at WCAR

**Career Notes:**

**2024:** Played in 17 matches as a true freshman, making her collegiate debut at NC State on Aug. 15... Played a season-high 49 minutes Aug. 29 vs Longwood... Scored her first career goal Oct. 24 at Troy in the 90th minute of play... Finished the season with 14 shots and six shots on target.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:** 2, 8/14/25 at WCAR  
**Shots on goal:** 1, 8/14/25 at WCAR  
**Minutes:** 75, 8/14/25 at WCAR

**HS:** Competed for Richmond United, where she led her team to a third-place finish at 2021 ECNL National Tournament, and an elite eight appearance in 2022. She also competed for Douglas S. Freeman High School, where she paced her team with 23 goals and 12 assists last spring, on her way to earning All-State, All-Metro, and First Team All-Region honors... Bristow's older sister, Carter, competed on the swim team at Virginia, while her dad, John, was a member of the tennis team at North Carolina.

**Career-Highs**

**Goals:** 1, 10/24/24 at TROY  
**Assists:**  
**Points:** 2, 10/24/24 at TROY  
**Shots:** 3, 8/22/24 vs WOF  
**Shots on goal:** 2, 10/24/24 at TROY  
**Minutes:** 75, 8/14/25 at WCAR

20

REAGAN HAMILTON

M

**Year:** Sophomore  
**Height:** 6'0  
**Hometown:** Franklin, Tenn.  
**High School:** Page HS  
**Club:** Tennessee Soccer Club

2025 Notes:

**Career Notes:**

**2024:** Played in eight games as a true freshman... Made her collegiate debut Aug. 22 vs Wofford, playing a season-high 20 minutes.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 3, 8/14/25 at WCAR

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 20, 8/22/24 vs WOF

**HS:** She began her high school career by being named the conference rookie of the year in 2020, and followed that up by earning first team All-District honors in 2021 and 2022. Hamilton also played club soccer for the Tennessee Soccer Club, leading her team to nationals this past season, in addition to participating in the Southern Region Olympic Development Program. In the classroom, Hamilton is a four-year honor roll student and a member of the National Honor Society.

18

OLIVIA SIMON

M

**Year:** Junior  
**Height:** 5'6  
**Hometown:** Waxhaw, N.C.  
**High School:** Cuthbertson HS  
**Club:** Charlotte Independence

2025 Notes:

**Career Notes:**

**2024:** Played and started in all 19 games... Finished the season with 20 shots and six shots on goal... Scored goals against Wofford, Aug. 22 and at Davidson Sept. 8... Tallied an assist against Coastal Carolina Oct. 10... Moved from midfield to defense for the last quarter of the season due to injuries on the back line.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:** 2(x2), 8/24/25 at W&M  
**Shots on goal:** 1(x2), 8/24/25 at W&M  
**Minutes:** 83, 8/17/25 vs MIA

**2023:** Played in 18 games, earning 17 starts... Tallied four goals and one assist... First career goal came against Marshall on Oct. 8 as part of a second-half hat-trick against the Thundering Herd... One of 12 freshmen in the country to record a hat-trick and the first App State player to record a three-goal match since 2014.

**Career-Highs**

**Goals:** 3, 10/8/23 vs MARSH  
**Assists:** 1(x2), 10/10/24 vs CCU  
**Points:** 6, 10/8/23 vs MARSH  
**Shots:** 3 (x6), 9/5/24 vs RAD  
**Shots on goal:** 3 (x2), 10/13/23 at ODU  
**Minutes:** 90 (x7), 11/4/24 vs TXST

**HS:** Captain of her club team, Charlotte Independence... at Cuthbertson High School she was named the conference and region Player of the Year, in addition to garnering All-State recognition as a junior. She has tallied 14 goals and 12 assists in her high school career... also played basketball for Charlotte Independence

21

ELLA HOOVER

M

**Year:** Redshirt Sophomore  
**Height:** 5'9  
**Hometown:** Granville, Ohio  
**High School:** Granville HS  
**Club:** Ohio Premier

2025 Notes:

**Career Notes:**

**2024:** As a redshirt freshman, played in 14 games and made six starts, totaling 701 minutes... Finished the season with two shots... Made her collegiate debut Aug. 22 vs Wofford... Played all 90 minutes in each of the final three games of the season.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 24, 8/14/25 at WCAR

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:** 1(x2), 9/22/24 at GSO  
**Shots on goal:**  
**Minutes:** 90(x3), 11/4/24 vs TXST

**2023:** Did not see any playing time

**HS:** Named an All-American her junior season at Granville High School. She has also garnered All-State and Player of the Year recognitions in soccer, captaining her squad. Hoover was a three-sport athlete, also competing for Granville in basketball and lacrosse.

23

MADDIE WILLIAMS

D

**Year:** Freshman  
**Height:** 5'8  
**Hometown:** Birmingham, England  
**High School:**  
**Club:** Aston Villa

**2025 Notes:**  
 - Started in collegiate debut 8/14 at WCAR, playing 90 minutes  
 - Has played all but two minutes this season

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90 (x3), 8/24/25 at W&M

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 90 (x3), 8/24/25 at W&M

**Career Notes:**

- Early enrollee...competed in spring matches

27

KAYTAN KROBOTH

M/F

**Year:** Junior  
**Height:** 5'6  
**Hometown:** Raleigh, N.C.  
**High School:** Sanderson HS  
**Club:** NC Courage

**2025 Notes:****Career Notes:**

**2024:** Played in 18 of 19 games on the season, including five starts...Made her first career start Aug. 15 at NC State...Tallied a career-high three-point game against Wofford on Aug. 22, scoring her first career goal and first career assist.

**2023:** Appeared in 17 of 18 games of the season...Made her first collegiate appearance on Aug. 20 against George Mason...Registered first career assist against South Alabama on Oct. 5.

**HS:** Played at Sanderson high school in addition to playing her club soccer for the North Carolina Courage, where she was named the NCNL player to watch...Kroboth is set to graduate with a 4.3 GPA and Summa Cum Laude honors. In addition to her studies in the classroom, she spent much of her downtime during COVID at the beach, where she studied for, and received, her boating license.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 35, 8/21/25 vs DAV

**Career-Highs**

**Goals:** 1, 8/22/24 vs WOF  
**Assists:** 1(x2), 8/22/24 vs WOF  
**Points:** 3, 8/22/24 vs WOF  
**Shots:** 4, 8/22/24 vs WOF  
**Shots on goal:** 2 (x2), 10/26/23 at GSU  
**Minutes:** 59, 8/15/24 at NCST

25

MORGAN STALLINGS

M

**Year:** Freshman  
**Height:** 5'7  
**Hometown:** Summerfield, N.C.  
**High School:** Northwest Guilford HS  
**Club:** North Carolina Fusion

**2025 Notes:****Career Notes:**

**HS:** Two-time Metro 4A Player of the Year at Northwest Guilford High School, while earning two all-state selections, two all-region selections, and three all-conference selections through her first three high school seasons. She also played club soccer for the North Carolina Fusion, leading the squad to the round of 16 at the ECNL national playoffs and winning a USYS championship...Majoring in data science with a focus in sports analytics...Was a competitive swimmer since the age of 5.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**

28

NATALIE BOWMAN

M

**Year:** Freshman  
**Height:** 5'5  
**Hometown:** Trinity, N.C.  
**High School:** Wheatmore HS  
**Club:** Charlotte Soccer Academy

**2025 Notes:****Career Notes:**

**HS:** A 2A state champion at Wheatmore High School in 2022, Bowman was twice named the team MVP, in addition to earning conference defensive player of the year honors. Bowman also played club soccer for the Charlotte Soccer Academy, where she was named first-team ECNL, helping her team to the national playoffs three years in a row. Additionally, Bowman was a member of the Thomasville Heat, which won the 3v3 National Championship at Disney's Wide World of Sports in 2014. Bowman intends to major in sports medicine with the goal of working in orthopedics following her soccer career.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**

26

MARLEY KAHLE

F

**Year:** Junior  
**Height:** 5'4  
**Hometown:** Crestwood, KY  
**High School:** South Oldham HS  
**Club:** Racing Louisville FC

**2025 Notes:****Career Notes:**

**2024:** Appeared in one game, playing nine minutes against Wofford, Aug. 22.

**2023:** Appeared in six games...Made her collegiate debut versus George Mason on Aug. 20...Played a season-high 23 minutes against UT Martin on Aug. 24.

**HS:** standout high school player at South Oldham, where she scored 30 goals and added 18 assists this fall in her senior campaign, culminating with a state championship. It capped a 63-goal career for the forward, who along the way earned All-State recognition, in addition to being named to the Fall 2022 South All-Region Team by United Soccer Coaches.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:** 23, 8/24/23 at UTM

32

BROOKLYN JONES

D

**Year:** Freshman  
**Height:** 5'9  
**Hometown:** Queen Creek, Ariz.  
**High School:** Casteel HS  
**Club:** Utah Royals

**2025 Notes:****Career Notes:**

**HS:** A two-time captain of the Casteel High School soccer team, Jones was named a first-team all-region defender. She also plays club soccer for the Utah Royals. Before becoming a soccer standout, she competed in gymnastics for five years.

**Season-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**

**Career-Highs**

**Goals:**  
**Assists:**  
**Points:**  
**Shots:**  
**Shots on goal:**  
**Minutes:**



**2025-26 App State Women's Soccer  
Combined Statistics  
All games**

Page 1/1  
as of Aug 25, 2025

Date	Opponent		Score	Att.
08/14/2025	at Western Caro.	W	3-2	381
08/17/2025	Miami (FL)	W	1-0	562
08/21/2025	Davidson	W	2-0	231
08/24/2025	at William & Mary	L	0-2	304

**Team statistics**

	APP	OPP
<b>SHOT STATISTICS</b>		
Goals-Shot attempts	6-40	4-59
Goals scored per game	1.5	1
Shot pct.	.150	.068
Shots on goal-Attempts	19-40	21-59
SOG pct.	.475	.356
Shots/Game	10	14.8
Assists	3	1
<b>GOAL BREAKDOWN</b>		
Total Goals	6	4
Penalty	2	1
Unassisted	-	-
Overtime	0	0
Goals scored average	1.5	1
CORNER KICKS	13	29
PENALTY KICKS	2-2	1-2
OFFSIDES	3	20
<b>PENALTIES</b>		
Fouls	30	45
Yellow cards	6	3
Red cards	0	0
<b>ATTENDANCE</b>		
Total	793	685
Dates/Avg Per Date	2/397	2/343
Neutral Site #/Avg	0/0	-

Record	Overall	Home	Away	Neutral
All Games	3-1-0	2-0-0	1-1-0	0-0-0
Conference	0-0-0	0-0-0	0-0-0	0-0-0
Non-Conference	3-1-0	2-0-0	1-1-0	0-0-0

#	Player	GP	G	A	PTS	SH	SH%	SOG	SOG%	GWG	PK-ATT
10	Garrison, Ellie	4	4	0	8	11	.364	8	.727	3	2-2
11	Switalski, Kyli	4	2	0	4	6	.333	4	.667	0	0-0
4	Wood, Izzi	4	0	2	2	7	.000	1	.143	0	0-0
8	Studer, Shannon	4	0	1	1	3	.000	1	.333	0	0-0
18	Simon, Olivia	4	0	0	0	4	.000	2	.500	0	0-0
16	Sturgill, Reagan	4	0	0	0	3	.000	1	.333	0	0-0
17	Bristow, Walker	4	0	0	0	3	.000	1	.333	0	0-0
15	Paton, Millie	2	0	0	0	2	.000	0	.000	0	0-0
20	Hamilton, Reagan	2	0	0	0	1	.000	1	1.000	0	0-0
27	Kroboth, Kaytan	4	0	0	0	0	.000	0	.000	0	0-0
21	Hoover, Ella	4	0	0	0	0	.000	0	.000	0	0-0
1	Jacobi, Anna Claire	4	0	0	0	0	.000	0	.000	0	0-0
3	Snowden, Sydney	4	0	0	0	0	.000	0	.000	0	0-0
13	Chapman, Morgan	4	0	0	0	0	.000	0	.000	0	0-0
19	Harrington, Lucy	4	0	0	0	0	.000	0	.000	0	0-0
6	Pegram, Avery	1	0	0	0	0	.000	0	.000	0	0-0
23	Williams, Maddie	4	0	0	0	0	.000	0	.000	0	0-0
5	Petrick, Hayden	1	0	0	0	0	.000	0	.000	0	0-0
12	Mulholland, Makayla	3	0	0	0	0	.000	0	.000	0	0-0
7	Birmingham, Libby	3	0	0	0	0	.000	0	.000	0	0-0
14	Ambrosio, Aleesia	4	0	0	0	0	.000	0	.000	0	0-0
<b>Total</b>		<b>4</b>	<b>6</b>	<b>3</b>	<b>15</b>	<b>40</b>	<b>.150</b>	<b>19</b>	<b>.475</b>	<b>-</b>	<b>2-2</b>
<b>Opponents</b>		<b>4</b>	<b>4</b>	<b>1</b>	<b>9</b>	<b>59</b>	<b>.068</b>	<b>21</b>	<b>.356</b>	<b>-</b>	<b>1-2</b>

##	Goalie	GP	MIN.	GA	GA AVG	SAVES	PCT	W-L-T	SHO/CBO
1	Jacobi, Anna Claire	4	360:00	4	1.00	17	.810	3-1-0	2/0
TM	TEAM	-	00:00	0	0.00	0	.000	0-0-0	0/0
<b>Total</b>		<b>4</b>	<b>360:00</b>	<b>4</b>	<b>1.00</b>	<b>17</b>	<b>.810</b>	<b>3-1-0</b>	<b>2</b>
<b>Opponents</b>		<b>4</b>	<b>360:00</b>	<b>6</b>	<b>1.50</b>	<b>13</b>	<b>.684</b>	<b>1-3-0</b>	<b>1</b>

**Goals by Periods**

Team	1st	2nd	OT1	OT2	TOTAL
APP	3	3	0	0	6
Opponents	0	4	0	0	4

**Shots by Periods**

Team	1st	2nd	OT1	OT2	TOTAL
APP	14	26	0	0	40
Opponents	29	30	0	0	59

**Saves by Periods**

Team	1st	2nd	OT1	OT2	TOTAL
APP	8	9	0	0	17
Opponents	4	9	0	0	13

**Corners by Periods**

Team	1st	2nd	OT1	OT2	TOTAL
APP	6	7	0	0	13
Opponents	18	11	0	0	29

**Fouls by Periods**

Team	1st	2nd	OT1	OT2	TOTAL
APP	18	12	0	0	30
Opponents	20	25	0	0	45

Game 1   August 14, 2025   Cullowhee, N.C.   Catamount Athletic Complex								
	1	2	F	SH	SOG	SV	CK	FLS
App State	2	1	3	13	5	7	2	11
Western Carolina	0	2	2	16	9	2	9	14

APP Goals: Kyli Switalski (Izzi Wood, Shannon Studer) - 10' , Ellie Garrison (penalty kick) - 39' , Ellie Garrison - 89'

WCU Goals: Milla Syska (penalty kick) - 50' , Leanne Trudel (penalty kick) - 74'

APP RECORD: 1-0

NOTES: App State's first win at Western Carolina in program history...Izzi Wood's assist gives her 59 career points, tied for fourth all-time. Ellie Garrison's second career brace.

Game 2   August 17, 2025   Boone, N.C.   Ted Mackorell Soccer Complex								
	1	2	F	SH	SOG	SV	CK	FLS
Miami (FL)	0	0	0	16	6	1	11	15
App State	0	1	1	5	2	6	2	5

APP Goals: Ellie Garrison (penalty kick) - 79'

MIA Goals:

APP RECORD: 2-0

NOTES: First win against a Power Conference opponent since 2016...First ever victory against an ACC program...first 2-0 start since 2016.

Game 3   August 21, 2025   Boone, N.C.   Ted Mackorell Soccer Complex								
	1	2	F	SH	SOG	SV	CK	FLS
Davidson	0	0	0	14	1	5	7	8
App State	1	1	2	12	7	1	6	6

APP Goals: Ellie Garrison (Izzi Wood) - 4' , Kyli Switalski (corner kick) - 63'

DAV Goals:

APP RECORD: 3-0

NOTES: 3-0 start matches 1999 team for best in program history...Ellie Garrison has scored four goals through three games...Izzi Wood's assist gives her 60 career points, moving her into fourth place all-time...Kyli Switalski's goal was an Olimpico.

Game 4   August 24, 2025   Williamsburg, Va.   Martin Family Stadium								
	1	2	F	SH	SOG	SV	CK	FLS
App State	0	0	0	10	5	3	3	8
William & Mary	0	2	2	13	5	5	2	10

APP Goals:

W&M Goals: Ivey Crain (Molly Widderich) - 54' , Lindsay Wilson - 76'

APP RECORD: 3-1

NOTES: Izzi Wood recorded three shots to give her 230 in her career and move her into second place on the career shots list.

Game 5   August 31, 2025   Clemson, S.C.   Historic Riggs Field								
	1	2	F	SH	SOG	SV	CK	FLS
App State								
Clemson								

APP Goals:

CLEM Goals:

APP RECORD:

NOTES:

Game 6   September 4, 2025   Boone, N.C.   Ted Mackorell Soccer Complex								
	1	2	F	SH	SOG	SV	CK	FLS
East Carolina								
App State								

APP Goals:

ECU Goals:

APP RECORD:

NOTES:

Game 7   September 7, 2025   Farmville, Va.   Longwood Athletics Complex								
	1	2	F	SH	SOG	SV	CK	FLS
App State								
Longwood								

APP Goals:

LONG Goals:

APP RECORD:

NOTES:

Game 8   September 13, 2025   Norfolk, Va.   ODU Soccer Complex								
	1	2	F	SH	SOG	SV	CK	FLS
App State								
Old Dominion								

APP Goals:

ODU Goals:

APP RECORD:

NOTES:



Game 9 | September 18, 2025 | Atlanta, Ga. | GSU Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
App State							
Georgia State							

APP Goals:

GSU Goals:

APP RECORD:

NOTES:

Game 10 | September 21, 2025 | Boone, N.C. | Ted Mackorell Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
Louisiana							
App State							

APP Goals:

UL Goals:

APP RECORD:

NOTES:

Game 11 | September 26, 2025 | Boone, N.C. | Ted Mackorell Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
South Alabama							
App State							

APP Goals:

USA Goals:

APP RECORD:

NOTES:

Game 12 | October 2, 2025 | Conway, S.C. | CCU Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
App State							
Coastal Carolina							

APP Goals:

CCU Goals:

APP RECORD:

NOTES:

Game 13 | October 2, 2025 | Boone, N.C. | Ted Mackorell Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
James Madison							
App State							

APP Goals:

JMU Goals:

APP RECORD:

NOTES:

Game 14 | October 5, 2025 | Monroe, La. | Brown Stadium

1	2	F	SH	SOG	SV	CK	FLS
App State							
ULM							

APP Goals:

ULM Goals:

APP RECORD:

NOTES:

Game 15 | October 19, 2025 | Boone, N.C. | Ted Mackorell Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
Marshall							
App State							

APP Goals:

MAR Goals:

APP RECORD:

NOTES:

Game 16 | October 24, 2025 | Hattiesburg, Miss. | USM Track & Field, Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
App State							
Southern Miss							

APP Goals:

USM Goals:

APP RECORD:

NOTES:

Game 17 | October 29, 2025 | Boone, N.C. | Ted Mackorell Soccer Complex

1	2	F	SH	SOG	SV	CK	FLS
Georgia Southern							
App State							

APP Goals:

GS Goals:

APP RECORD:

NOTES:

# TV/RADIO ROSTER



00 - Molly Coles



0 - Hanna Skogsfors



1 - Anna Claire Jacobi



3 - Sydney Snowden



4 - Izzi Wood



5 - Hayden Petrick



6 - Avery Pegram



7 - Libby Bermingham



8 - Shannon Studer



10 - Ellie Garrison



11 - Kyli Switalski



12 - Makayla Mulholland



13 - Morgan Chapman



14 - Aleesia Ambrosio



15 - Millie Paton



16 - Reagan Sturgill



17 - Walker Bristow



18 - Olivia Simon



19 - Lucy Harrington



20 - Reagan Sturgill



21 - Ella Hoover



23 - Maddie Williams



25 - Morgan Stallings



26 - Marley Kahle



27 - Kaytan Kroboth



28 - Natalie Bowman



32 - Brooklyn Jones



HC - Aimee Haywood



ASC - Mark Catterall



AST - Mikayla Krzeczowski



DOSO - Austin Sarns