

ASU Men's Soccer Wins Coastal Carolina Tournament

Written by ASU Sports Information
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Junior Ryan Lavigne (San Diego, Calif. / Sycamore) scored his first career goals to lift Appalachian men's soccer (4-2-1) to a 3-0 win over Hartwick (1-3-2) at the Coastal Carolina/adidas Tournament on Sunday. The win marks Appalachian's fourth-straight shutout, tying a program record last accomplished in 2007. In addition, ASU clinched first place in the weekend's tournament, its second tournament championship in as many weeks. Sean Dreybus (Newport News, Va. / Warwick) scored the Mountaineer's first goal just 15 minutes into the contest. Senior Mark Bridges (Morganton, N.C. / East Burke) broke loose down the right side and crossed the pass to Dreybus, who found the left side of the goal for his third goal of the year.

Lavigne, a transfer from Cincinnati, had a breakout day on the field. In the 23rd minute, he found the back of the net off an assist from Stanley Broaden (Wilmington, N.C. / Eugene Ashley) to score his first goal in college play.

Less than four minutes later, Lavigne slipped another past the keeper from distance, this time off a pass from Lee Williams (Liverpool, England / Hillside). Lavigne becomes this season's second ASU newcomer to net his first two career goals in the same day following Sekani Sinclair (Parkland, Fla. / Marjory Stoneman Douglas) in a 3-0 shutout of Catawba earlier this month.

Appalachian held Hartwick to only four shots on the day. Senior Collin Taylor (Morganton, N.C. / Freedom) stopped all three on net to earn his first shutout in two appearances this season; it was his 11th career shutout.

"Anytime you can play two games in a weekend, score four goals and give none away, that's a great weekend," reflects coach Matt Nelson. "Our guys have become a tight group. It's starting to show on the field and we've started putting our chances away."

The tournament-champion Mountaineers placed four players on the all-tournament team, including Harrison Delbridge (Raleigh, N.C. / Needham Broughton), Lee Rutter (Nottingham, England / South Nottingham), Williams and Lavigne. Williams was named tournament Defensive MVP.

The Mountaineers have a break until their next home game, a match against UNC Asheville on Tuesday, Sept. 25. Kickoff is at 7 p.m.

Women's Soccer Outlasts High Point in 3-2 Victory

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Junior Meggie Graham (Marietta, Ga. / Walton) netted the winning goal as Appalachian State women's soccer (4-4-0) outlasted High Point (2-6-1) in a 3-2 game on Sunday.

It took three and a half minutes for Appalachian to get on the scoreboard. Hannah Coad (Alpharetta, Ga. / Blessed Trinity) fired an initial shot that bounced back off the crossbar. Freshman Julia Holz (Marietta, Ga. / Walton) retrieved the rebound and sent the ball home for her third goal of the season.

High Point responded in the 18th minute with a shot that narrowly caught the inside of the goal post to level the score at 1-1.

A few minutes later, Mountaineer Sam McVeigh (Charlotte, N.C. / Charlotte Country Day) served a long pass down the middle and found senior Katy Dodd (Apex, N.C. / Apex), who connected on her second goal of the year.

In the 27th, the Panthers answered back and evaded ASU keeper Amy Kolowsky (Columbia, S.C. / Spring Valley) to even the game at 2-2.

Graham's decisive goal came a few minutes into the second half. Sydney Hill (Alpharetta, Ga. / South Carolina) assisted on her second goal of the year after serving Graham, whose shot was partially deflected but still found the back of the net for the 3-2 lead.

The remainder of the game was tense, but Appalachian pulled out the victory to level its overall record at 4-4-0. ASU outshot the Panthers 9-8 on the day; Kolowsky finished with two saves in goal.

"We did a great job creating chances today," observes coach Sarah Strickland. "We had some creative attacks, worked hard on both sides of the ball and had a great final 15. Katy Dodd's efforts to put the ball away on her goal demonstrated great leadership. Our whole team genuinely played a part in finishing with a .500 non-conference record, and we're looking forward to the SoCon schedule."

Having concluded its non-conference slate, Appalachian now prepares to take on the College of Charleston in its next match on Friday, Sept. 23.

Field Hockey Falls Short to Delaware, 2-1

Appalachian State field hockey came up short in a second-half surge, to fall 2-1 to Delaware on Sunday afternoon at Rullo Stadium.

The Blue Hens connected on their first penalty corner opportunity as Toni Popinko scored her third goal of the season in the 10th minute. The Mountaineers deficit increased to two scores when Delaware's Meredith Bonnell tipped in a 20 yard backhanded shot.

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Freshman Dana Wetmore scored her first collegiate goal in the beginning of the 51st minute to cut the Blue Hens' lead. Appalachian had several chances near the end of the regulation but couldn't put in the game-tying goal in the tough fought 2-1 contest.

Senior Bridgette Street recorded a season-high 10 saves, including seven stops in a scoreless second-half.

The Apps fell to 0-6 as the Blue Hens improved to 4-3 on the season.

The Mountaineers return to action on Friday as they travel to Radford and play their home-opener against Robert Morris at Kidd Brewer Stadium on September 25 at noon.