

## Lammando Earns NorPac Player of Week Honors

Written by Megan Samassa  
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Appalachian State's Casey Lammando earned NorPac East Offensive Player of the Week for the first time this season for her play in the last two matches, the league announced Monday.

Lammando started both games for the Mountaineers this week, as they were defeated by Davidson, 4-0 in a road match on Tuesday, Oct. 2, before falling to Longwood in an offensive battle, 5-4 on Sunday, Oct. 7.

The Hummelstown, Pa. native notched her first career hat trick as she scored three goals and added an assist against the Lancers on Sunday afternoon, tallying a season-high seven points. The senior defender currently leads Appalachian with five goals and four assists for 14 points on the season. Appalachian State will be back in action when they travel to Oxford, Ohio on Friday, Oct. 12 for a match against Miami. The match is slated for 5:30 p.m.

**Photo Courtesy: Casey Lammando, ASU Athletics**