

ASU Field Hockey Lands Two on All-NorPac Team

Written by Megan Samassa
Thursday, 01 November 2012 08:46

Appalachian State University field hockey had two players named to the 2012 NorPac East all-conference team, the league announced Wednesday night. Casey Lammando rounded out her senior

campaign starting all 18 matches in the 2012 season with a team leading 16 points. The Hummelstown, Pa. native notched five goals and six assists, including a hat trick against NorPac foe Longwood that earned her NorPac East Offensive Player of the Week honors. The senior defender recorded a .750 shots on goal percentage for the season and scored one game-winner against Penn in overtime early in the season. Lammando found the back of the net three times in conference play and dished out three assists for nine points in eight matches. Fellow senior Lesley Thomas who played in all 18 matches, starting 17 of them for the Black and Gold, joins Lammando on the all-conference team. The Harare, Zimbabwe native capped off her senior season for Appalachian with two goals and one assist for five points. The forward started all but one match this season, putting eight of her 13 shots on goal for a .615 shots on goal percentage and netted one goal in conference play. Junior forward Emily Knapp earned NorPac all-academic honors for the 2012 season with a team leading 3.72 grade point average. Knapp started all 18 matches for the Apps this season dishing out three assists. Sophomore Dana Wetmore received the Julie Nagel Extraordinary Teammate award for her performance in the 2012 season. Wetmore started all 18 matches for Appalachian, scoring a team leading 6 goals and finished second with 14 points. The Bethlehem, Pa. native recorded two goals and two assists in NorPac play this season for the Mountaineers.

2012 NorPac East All-Conference Team

Stacey de Grandhomme, MF, Longwood

Annie Evans, MF, Davidson

Natalie Barr, MF, Liberty

Finely Amato, F, Davidson

Casey Lammando, D, Appalachian State

Jessica Diaz, F, Longwood

Christina Verhulst, MF, Longwood

Abbey Basom, F, Liberty

Alayna Versage, D, Radford

Leslie Thomas, F, Appalachian State

Sarah Fisher, GK, Davidson

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East Player of the Year

Stacey de Grandhomme, MF, Longwood

East Offensive Player of the Year

Natalie Barr, MF, Liberty

East Defensive Player of the Year

Sarah Fisher, GK, Davidson

Rookie of the Year

Sarah Gipe, Liberty

Co-Coach of the Year

Jodi Murphy, Liberty

Tara Danielson, Stanford

All-Academic Team

Hope Burke, Jr., Stanford

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Brit Donaldson, Sr., Davidson

Helen Doolittle, So., Liberty

Emily Knapp, Jr., Appalachian State

Emily Mecke, Sr., UC Davis

Jordan O'Reilly, Jr., California

Caitlin Smith, Jr., Longwood

Emily Trudeau, Sr., Pacific

Alayna Versage, Jr., Radford

Sheryl Johnson Academic Excellence Award

Emily Trudeau, Sr., Pacific

Julie Nagel Extraordinary Teammate

Dana Wetmore, Appalachian State