You're a defender. Describe your on-the-field role, please.
As a central defender, my main role is to defend, which in the simplest terms involves preventing the other team from scoring and gaining chances either through making tackles, clearances or interceptions. Also I have a major role in building our attacks by completing entry passes into our midfielders and forwards as well as keeping possession after winning the ball in defense, as well as a major organizational and leadership role in keeping the team organized defensively as well as keeping focus mentally.

In 55 games over three years, the defense has 26 shutouts and held 14 other teams to one goal. What's the reason for that success?
I think our defensive success really comes from the team collectively buying in to defending as a unit and really working hard to be stingy in affording other teams chances and defending like our lives depended on it. I think our success is really built upon all 11 guys pressing and defending together from the defense up to our forwards.

If a casual fan wanted to watch you play, what would the key be to tell if you are playing well?
I mean obviously if the other team isn’t getting chances to score I would be doing my job defensively but also making key clearances, tackles, blocks, and interceptions to prevent scoring chances as well as connecting my entry passes and keeping possession when we have the ball.

What made you a defender?
Well I wasn’t always a defender – for my first three years I played center-midfield primarily. I still have played center-back before – I started all four years of high-school there – and I think my experience playing center-midfield was really beneficial as I have the knack for reading the game well and playing in the back allows me to see a lot of the ball and make key passes in our buildup play.

As a senior, you will help some of the younger players adjust to college. Who were some of the players who helped you make that adjustment when you were a freshman?
When I was a freshman we had a huge junior class of 12 guys that really took all of us under their wing and made us feel at home and helped us adjust to the college lifestyle.

Which goals have you set for yourself this year – both on and off the field?
I want to just give everything I have and perform to the best of my ability to help the team win another UAA championship and make a run in the NCAA tournament. Any personal goals I have are secondary to that. Off the field, I just want to keep up my academic standards and embrace my leadership role and help some of the younger guys out in any way that I can.

Your brother, Ben, played here from 2000-2003. Did you watch any of his games at UR?
I was a lot younger then but I made it up to a pretty good number of games. I was really fortunate to watch him play and have him as a role model in my athletic endeavors.

Was it an easy decision to attend Rochester?
My decision to attend Rochester was actually surprisingly easy. I know for a lot of people choosing a school can be extremely stressful but I think within an hour of being on my visit here my senior year I knew this was where I wanted to go to school and play soccer.

You are majoring in Biochemistry. Which courses have you taken that have been really interesting?
I’ve really enjoyed them Molecular Biology and Genomics course I took this Spring as well as my introductory Biochemistry course. I am taking Advanced Biochemistry this fall which seems like I will really enjoy as well.

Have you worked closely with any professors?
I haven’t really worked closely with any professors but I am planning on doing research at the medical center this fall so hopefully something will come of that!

Can you talk about the internship you did this summer at Johns Hopkins? What sort of work did you do?
I worked at the Lieber Institute of Brain Development in the drug discovery lab where I was a research assistant. In the lab I used molecular biology and biochemistry lab techniques such as enzyme purification and assay development on potential drug targets for the treatment of schizophrenia.

Where do you hope Biochemistry will take you in the future?
My end goal is to pursue an MD/PhD in biochemistry or molecular biology with an interest in clinical research.

Where do you hope to be at this time next year?
Next year I will hopefully be working, doing research in a lab as a gain experience before applying to MD/PhD programs.