How did you get involved with field hockey as a sport?
I started playing field hockey in middle school. Originally I was going to play soccer because I didn’t want to wear a skirt and my dad grew up playing soccer, but I went along with what my friends were doing and ended up loving it.

Did you play in any outside tournaments when you were at Putnam Valley High School?
I started off by playing in summer and winter leagues with my school team but I wanted to play more so I joined USA field hockey’s Futures program. I also played in a lot of tournaments with my club team, Hudson Valley. Between all of that I was able to play year round.

At UR, you are described as a ‘defensive midfielder’. What is your primary responsibility?
My primary responsibility is to connect everyone on the field and help transition the ball. Playing in the center allows you to work with basically everyone. It’s a cool position because you’re not strictly a defender so you get to move up the field and support more of the play in the attacking circle, but by being a little further back, you direct everyone else ahead of you.

Coach Andreatta says you take the women’s soccer team’s fitness test for fun, while many of the soccer players don’t like the test. What makes it fun for you?
Oh it’s definitely not fun but I enjoy the challenge. Soccer is similar to field hockey in that you’re constantly changing your speed and get moments of rest before you’re sprinting again but soccer requires greater endurance to play for longer and on a bigger field so I wanted to try it just to challenge myself and see where I was at. The running over the summer isn’t to pass some fitness test, but because I want to be effective on the field for an entire game so I figured why not try and pass this test that’s notoriously difficult.

You assisted on the game-winning goal against Salisbury University in the NCAA Sweet 16 last year. Can you tell us what happened?
With less than a minute left and with so much on the line, there was a lot of pressure. I knew we had one shot and that was it. The corner we were supposed to run was one we’ve scored on so many times - the ball would come to me, I’d draw the defenders, and then I’d pass to (Michelle) Relin for a one time shot. But when I got the ball, I didn’t feel any pressure on me so I didn’t know what to do. I started carrying it in and found a split and saw white jerseys by the left post so I passed it that way. Thank goodness Callie (Fisher) was there to tip it in because I just went in with no plan. It’s easily my favorite moment to replay in my head.

You’re a senior now and you will be helping the freshmen to adjust to college. Which upperclass members helped you to make the adjustment to college? What did they do for you?
I immediately felt welcomed by the upperclassmen when I came to Rochester. That’s probably the best part about playing a sport - you have immediate friends who share your passion for the sport and you have older friends who know the ins and outs at the school. The grades above have always been there to help guide me so it’ll be weird to be the oldest this time around.

Your major is Chemical Engineering. What led you to choose that?
I knew I wanted to go into engineering because I love math and science but didn’t want to be a doctor since I couldn’t do blood and needles. I didn’t know what kind but I went with chemical engineering because I really enjoyed chemistry in high school. Looking back now I have no regrets.

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What are some of the most interesting courses you have taken?
I really enjoyed organic chemistry. I liked the puzzle aspect of it and trying to work both forwards and backwards and then piece it together to find an answer. Most of my chem E classes have that same aspect where there are so many ways to go about a problem and is very puzzle like.

Are there any professors whom you’ve really enjoyed as teachers?
Professor Goodman, who was my organic chemistry professor is someone I’ve always been able to reach out to for help and advice. His lectures were always engaging and he was upfront and real with you.

You were a teaching assistant for Organic Chemistry as a sophomore. What was that like?
It was intimidating at times because you forget how smart the students at this school are but definitely a great experience. I learned a lot about myself as a leader and got to share something I found interesting and was passionate about with other students.

Academically, what’s next for you?
Currently, I hope to start working following graduation in the pharmaceutical industry. I interned at Merck this summer and have really enjoyed it. It’s neat to know you have a hand in bettering/saving someone’s life even without being a doctor. I definitely want to go back and get a masters degree in the future but I want to figure out exactly what I want to get a masters in by working and figuring out my niche.

And lastly, if someone came to a match and they had never seen field hockey before, how could they tell if you are playing well?
You can definitely tell from the atmosphere - how the parents and fans are reacting, how the team is standing, and even my own facial expressions. If things are going well, you’d see my mouthguard smile.

HOMETOWN: Putnam Valley, NY  MAJOR: Chemical Engineering