



WilkesWomensSoccer



WilkesWSoccer



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CORE VALUES



FITNESS

We are tireless.
"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match." - Mia Hamm



AMBITION

We have high aspirations and we persist.
"Ambition is the path to success, persistence is the vehicle you arrive in." - Bill Bradley



EFFORT

We do our best in everything we do.
"Effort only fully releases its award after a person refuses to quit." - Napoleon Hill



INTEGRITY

We adhere to ethical and professional standards of behavior.
"Integrity is doing the right thing for the right reasons, even when no one is watching" - Mia Hamm



TEAMWORK

We strive to build our relationships and reach our goals through combined effort.
"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion." - Mia Hamm

MAXIMUM POTENTIAL THROUGH COMMITMENT AND TEAMWORK

John Sumoski enters his 15th year as the head coach of the womens' soccer program at Wilkes University. The program's all-time winningest coach, he's led the Lady Colonels to a 137-113-29 record in his first fourteen seasons, including twelve trips to the Freedom Conference tournament.

A former head coach at NAIA Carlow College, and assistant at Carnegie Mellon University, and Central Michigan University, the New Jersey Native has over 20 years of experience coaching at the college level. He has a Youth National and 'A' License through the USSF as well as an Advanced National Diploma through the NSCAA. John has spent over 10 years as well with Coerver Coaching, a world renowned skills teaching method.

Sumoski is a former collegiate player at the University of Pittsburgh at Johnstown. A former 2 time Mid-Atlantic All-Region selection, he still holds the schools career and season scoring records.



THE WOMEN'S SOCCER FACTS

- Team GPA 3.29 (Fall 2015)
- Team GPA 3.5 (Spring 2015)
- 13 NSCAA Team Academic Awards
- Over 70 MAC Honor Roll Students
- 3 Academic All-Americans
- 12 MAC Freedom Appearances in 14 years
- 3 Conference Final Appearances
- 3 ECAC South Atlantic Tournament Appearances
- 3 Conference Rookies of the Year
- 1 Conference Player of the Year
- 13 Mid-Atlantic All-Region Selections
- Over 55 All-Conference Selections
- 3 MAC Freedom Coach of the Year

COACHING STAFF

Jordan Downs, Graduate Assistant Coach
Elizabeth Pauly, Goal Keeper Coach
Kirsten Smith, Assistant Coach

Wilkes University Women's Soccer
c/o John Sumoski, Head Coach
84 West South St.
Wilkes-Barre, PA 18766

O - 570.408.4017
John.Sumoski@Wilkes.edu
WWW.GOWILKESU.COM

MAJORS, MINORS AND PRE-PROFESSIONAL PROGRAMS

Current number of Women's Soccer Players are indicated in parenthesis after each major.

Air & Space Studies*
(Air Force ROTC)

Accounting (3)

Applied and Engineering
Sciences

Art*

Biochemistry

Biology (2)

Chemistry

**Communication
Studies** (2)

Computer Engineering*

Computer Information
Systems

Computer Science

Creative Writing*

Criminology

Dance*

Earth and

Environmental Science

Economics*

Education (4)

Special Ed Certification (3)

Electrical Engineering

Engineering Management

English

Entrepreneurship

Environmental Engineering

Finance (1)

Geology*

History

Individualized

Studies

Integrative Media

International Studies (1)

Leadership*

Management

Marketing (3)

Mathematics

Mechanical Engineering

Medical Lab Science

Music*

Musical Theatre (1)

Neuroscience

Nursing (5)

Pharmacy (3)

Philosophy

Physics

Policy Studies*

Political Science (1)

Psychology (6)

Public Administration

Sociology

Spanish

Sports Management

Statistics*

Theatre Arts

Undeclared (1)

Women's and Gender Studies*

Workplace Writing*

PRE-PROFESSIONAL
PROGRAMS:

Pre-dentistry

Pre-law

Pre-MBA

Pre-medical (allopathic
and osteopathic) (1)

Pre-occupational therapy

Pre-optometry

Pre-physical therapy (2)

Pre-physician assistant

Pre-podiatry

Pre-veterinary

ROTC (Army and Air Force)

*Available only as a minor



QUICK FACTS

- Wilkes was ranked 25th in the nation for Economic Value by *The Economist*.
- 97% Job Placement Rate
- 90% Matriculation Rate to medical school or law school
- \$50 Million invested in campus construction and academic program expansion in the last 3 years.
- 4 Years of guaranteed housing and freshmen can have cars on campus.
- More than 96% of full-time undergraduate students receive some form of financial aid. More than 98% of freshmen receive aid.
- Our average class sizes are freshmen classes, 24 students; upper-level classes, 16 students; graduate classes, 9 students.
- 90% of our faculty have earned their Ph.D. or highest degree; We have a 15:1 student:faculty ratio.

CURRENT ACADEMIC SCHOLARSHIPS

- \$11,000 - Rank within top 35% of class OR top 50% paired with 1350 SAT
- \$13,000 - 1500 SAT or rank within top 20% of class
- \$15,000 - 1650 SAT or rank within the top 10% of class
- \$17,000 - 1800 SAT or rank within the top 5% of class
- Other grants may be awarded by Wilkes University, the state of Pennsylvania and/or the federal government based on financial need.