



## HEATHER HENSON

Head Coach ..... Seventh Season



Now entering her seventh season at East Tennessee State University as the head coach of the women's soccer program, Heather Henson has led the Bucs to the Southern Conference tournament twice in 2002 and 2003 and looks to lead the Buccaneers to their first Atlantic Sun Conference tournament in 2005.

When Henson arrived at ETSU in 1999, she took over the development of a young program only in its third season and has advanced the Buccaneers in their level of play every year. The Buccaneers' most recent accomplishment under Henson's lead includes the program's first double-digit win season with 2004's 12-6-0 finish overall which tied the team for fourth place in the conference, the program's highest conference finish in its history.

The Bucs had a disappointing 5-8-4 last season, but were in every game as ETSU played six overtime contests and lost six games by only one goal. Rising senior Erin Ashton was named second-team all-conference and earned the prestigious Coca-Cola Community All-American Award from the National Association of Collegiate Athletic Directors (NACDA) this past spring.

Coach Henson was recognized as having one of the most improved Division I women's soccer teams for the 2003 season by *Soccer Buzz*, a nationally recognized source for collegiate soccer information. Henson and the Bucs broke many of the records they had set in 2002 including best overall and conference records, lowest goals-against average in the season allowing a mere 19 goals, and most goals in a season tallying 38.

Henson's teams have also achieved success academically, winning the National Soccer Coaches Association of America Team Academic Award for four consecutive seasons. The ETSU team GPA has been over 3.0 in all of her six seasons and over half of the Bucs earned Buccaneer Honor Roll accolades last season.

Henson arrived in Johnson City after a four-year stint from 1995-98 as head coach of High Point University's soccer program. While at High Point, Henson led the team to back-to-back CVAC tournament championship appearances, in her first two seasons and reached the championship game each year. She also helped the team move from NAIA competition to NCAA Division II and finally to NCAA Division I. In

**THE HENSON FILE**

**Education:** UNC Greensboro, 1994  
**Playing Career:** UNC Greensboro (1990-94)

**Coaching Career:**

Year	School	Record	Level
1995	High Point University	12-6-2	D II
1996	High Point University	10-9-0	D II
1997	High Point University	3-12-2	D I*
1998	High Point University	5-12-1	D I
1999	East Tennessee State	3-11-2	D I
2000	East Tennessee State	6-12-0	D I
2001	East Tennessee State	3-13-1	D I
2002	East Tennessee State	6-11-1	D I
2003	East Tennessee State	12-6-0	D I
2004	East Tennessee State	5-8-4	D I
Nine Years		65-100-13	

\*Transition year to Division I

addition to her coaching duties at High Point, Henson served as the Athletic Department's Senior Women's Administrator from 1997-99. Prior to becoming the head coach at High Point, Henson served as an assistant coach for the Panthers men's and women's teams from 1994-95.

In addition to her collegiate coaching career, Henson has been active in coaching organizations including the National Soccer Coaches Association and the United States Soccer Federation and holds her NSCAA Advanced National Diploma and a USSF 'B' license.

In the USSF, Henson is a member of the Tennessee State Staff as a coach and teaches state-level coaching courses and has staffed the 'D' license course. She has also served as a head coach for the Tennessee Olympic Development Program (ODP) since the fall of 1999. Henson also serves as head coach of the North Carolina Olympic Development Program from 1996-99. She was an assistant coach for the N.C. ODP from 1994-95.

The ODP's goal is to identify and develop the skills of state team players through training and competition. From state teams, players will compete for one of four regional teams with aspirations for the U.S. National Team. Henson is currently working with the ODP's Under-16 squad but has coached the Under-14 team and the Under-13 team.

Before transitioning into her coaching career, Henson played 10 years of club soccer in her hometown of Dallas, Texas, and played six years for the North Texas ODP. She attended UNC-Greensboro where she was a four-year starter. In her four seasons, the Spartans were ranked No. 1 in the Division II poll in the fall of 1990 and were ranked as high as No. 17 in the Division I poll. She graduated in 1994 with a degree in psychology.

The former Heather Puckett, Henson is married to Chris Henson, ETSU's Assistant Director of the Pirate Club and assistant coach. The couple lives in Johnson City, Tenn.



HEAD COACH HEATHER HENSON



# EAST TENNESSEE STATE 2005 Buccaneer Women's Soccer

**Q: What does this year's team need to do to improve on last year?**

**A:** We have several areas that we plan to improve upon in this coming year. We hope to become more creative in the attacking third of the field. I think we need to do a better job on capitalizing on opportunities, while trying to create more at the same time. I think having a core group that has played together for years is going to make a big difference. This summer most of the ladies in that core group were at ETSU. This has given them all summer to play and train together. We are returning a player who suffered an injury last season and she is ready to get back on the competitive field. We also have some players coming in that I feel will complement our current team and be able to step in to give us elements in our game that we lacked last year, such as winning air balls.

**Q: Describe your off-season training.**

**A:** Our off-season training is based largely on the technical aspects of the game, especially early on. Most of our ladies will volunteer for



the NCAA optional training sessions. This is a great way to break the game down to the purest form of technical ability. Also in this stage we begin our weightlifting with our strength coach. Here our focus is to get stronger and more explosive. And of course we are also getting back to our team conditioning. Once our spring training season officially begins we

move into larger groups. We like to focus on 3v3 to 5v5 situations. This begins our true team tactics, and beginning to implement new attacking or defending ideas as well as refocus on ideas from the fall we want to improve. Once we complete this stage we move to our full team training. Here is where we put it all to-



gether. At this stage we are training 11v11 game situations, from new systems of play or mastering our attacking third patterns. This is also that time of the year where we play our five playing dates that are allowed by the NCAA. This is a great time for us to play outside competition and work on the new ideas from the spring season. We always see so much improvement in our ladies individually and in our team play.

**Q: What do you envision for ETSU Soccer in the future?**

**A:** I see great things on the verge of happening for ETSU soccer. With the university's plan for the future, soccer will play a major role. I have seen how far our program has come in the last eight years due to hard work from many people, but I think the future is much brighter. The university master plan calls for the new soccer stadium and two new practice fields to be built on campus by fall of 2006. This is just a piece of what is in the future for ETSU Soccer.

I feel that anyone can look at the program and see that we are growing every year

and I do not see any reason we can't expect that to continue. Athletically, I expect the team to win the air game, and become more dynamic in the attacking third of the field. As we become more mature as a team, the mental side of the game is to focus on the solid 90 minutes from every player each game. Academically, the team has had a GPA of a 3.0 or higher with multiple ladies a year on the Buccaneer Honor Roll, Southern Conference Honor Roll, Dean's List and seniors graduating with the highest GPA in their academic department. In the community we have worked over 20 hours of community service a year. The ladies understand the importance of giving back to the community and how it will strengthen the grass roots of soccer.

ETSU is entering its first year with the Atlantic Sun Conference. We are excited with this move for a range of reasons. ETSU soccer will become a championship competitive team. We will begin to expand our conference and non-conference games and travel. We will continue to out-work our opponents and enjoy more of the fruits of our labors. This new step for ETSU Athletics in our move to the Atlantic Sun and in 'Winning ... the Right Way' along with resources and facility plans will continue to push ETSU Soccer in this region and Tennessee to the forefront. I am proud to be a part of the current ETSU Soccer program and very excited about its future.





# ANDY STOOTS

**Assistant Coach ..... Second Season**

Stoots joined the Buccaneers in 2004 and now enters his second year as the assistant coach of the women's soccer program at ETSU. Stoots assists head coach Heather Henson in all facets of running the program with a focus on goalkeeper training.

Prior to ETSU, Stoots served as an assistant coach for the Troy State women's soccer program, helping them improve to a 9-9-0 finish from a 4-14-1 record the previous year. As the team's goalkeeping coach, Stoots helped guide Troy State's goalkeepers to their lowest goals-against average in the program's history. He also assisted the team to improve academically with his implementation of an academic success plan that contributed to 12 players with over a 3.0 GPA. Stoots' duties also included recruiting and planning travel.

In 2002, Stoots served as an assistant coach for the men's and women's soccer programs at Milligan College. While there he helped lead the Lady Buffs to a berth in the Region XII Finals and guided their goalkeeper to All-America honors.

From 2002-2003, Stoots was the head director of goalkeepers and a staff coach in the Tri-Cities Force Soccer Club. During that time, he also served as a staff goalkeeper coach for Tennessee's Olympic Development Program. Stoots holds an NSCAA Advanced National Coaching Diploma and has taught the goalkeeping section of the USSF 'D' coaching course.

In addition to his coaching experience, Stoots played as a goalkeeper at Milligan for four seasons, serving as team captain his junior and senior seasons. He helped lead the team to a 15-7 record in 2001, setting a school record for wins. Stoots also holds individual honors at Milligan for record shutouts, career goals against average, and wins.

A native of Bristol, Tenn., Stoots graduated in 2002 from Milligan College with a degree in Human Performance and Exercise Science. Stoots and his wife, the former Tiffany Sample, reside in Johnson City, Tenn.

### THE STOOTS FILE

Education: Milligan College, 2002  
 Playing Career: Milligan College (1998-2002)

Coaching Career:

Year	School
2002	Milligan College Assistant Coach
2003	Troy State Assistant Coach
2004-05	ETSU Assistant Coach

## ETSU WOMEN'S SOCCER SUPPORT STAFF



**ASSISTANT COACH**  
**CHRIS HENSON**



**ATHLETIC TRAINER**  
**BRIAN JOHNSTON**



**EQUIPMENT MANAGER**  
**ROGER HAMMONS**

