



2006 ETSU BUCCANEER WOMEN'S SOCCER

HEATHER HENSON

Head CoachEighth Season



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

The Bucs had an 8-11-1 record in their first year in the A-Sun. The Bucs were in every game as ETSU played two overtime contests and lost six games by only one goal. Former Bucs Erin Ashton and Meghan Morris were named to the all-conference second-team and each garnered player of the week awards. Ashton was also named to the All-District, National Academic teams, the NSCAA Scholar Athlete All-Region team, Atlantic Sun Female Athlete of the Year, and was awarded an NCAA Post-graduate Scholarship.

In 2005, the Bucs broke several team records scoring 39 goals and recording 101 points. The Bucs also shattered the record for shots in a season tallying 293, 47 more than the previous record set in 2003.

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. The Bucs were also able to cut their goal differential by 50 percent and increase the number of games they scored in by 50 percent.

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 2003'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.

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 seven 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 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.

Henson serves as a member of the Tennessee Soccer Staff and has instructed in the USSF 'D' coaching course. Henson also served 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., with their daughter Callie.



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
2005	East Tennessee State	8-11-1	D I
11 Years		73-111-14	

*Transition year to Division I





2006 ETSU 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 or playing in the W or WPSL leagues. This has

given them all summer to play and train together at a high level. 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 will be able to step in and add to our team.

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 nine 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 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 a solid 90 minutes from every player each game.

Academically, the team has had a GPA of 3.0 or higher with multiple ladies a year on the Buccaneer Honor Roll, A-Sun 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 second year with the Atlantic Sun Conference. We are excited about this season for a range of reasons. ETSU soccer will continue to 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 move to the Atlantic Sun and in becoming 'Your team...Our team' 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.

Q: How do you describe your coaching philosophy and style?

A: Family is the key word when it comes to my coaching style. I try to run a family oriented atmosphere that will allow the ladies the space that they need to grow as people, but not without supervision. Our ladies hear

words like consequences, trust, communication, hardwork, and details. I will push every member of this team to be the best player she can be, while making this team the most successful it can be on the field and off the field.

As for my coaching philosophy, it is simply teach the game. Our game is one that the chess match may end up between the coaches; the game is played between the lines. It is our job to give them the knowledge and prepare them to win, but once the game starts, if they are waiting for us to tell them when to pass then we are in trouble.

I preach defense and possession. I like my teams to be organized and to have the ability to knock the ball around.



O&A WITH COACH HENSON





2006 ETSU BUCCANEER WOMEN'S SOCCER



ANDY STOOTS

Assistant Coach **Third Season**

Stoots joined the Buccaneers in 2004 and now enters his third 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.



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	ETSU Assistant Coach
2005	ETSU Assistant Coach

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 career 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.

BUCCANEER COACHING STAFF

ETSU WOMEN'S SOCCER SUPPORT STAFF



ASSISTANT COACH
CHRIS HENSON



ATHLETIC TRAINER
BRIAN JOHNSTON



EQUIPMENT MANAGER
ROGER HAMMONS



STRENGTH & CONDITIONING
LEE MORROW



SPORTS INFORMATION
MICHAEL WHITE

