



Abby Groll
Junior, Lourdes University
Nursing (BSN)

2014 Owens CC Team Captain
2013 and 2014 NJCAA Tournament participant
2013 and 2014 NJCAA Region 12 Champion
NJCAA Academic All-America

Favorite Movie Quote and from what movie - "Hug them, kiss them and tell them that you love them. Don't miss the chances that life is giving you to spend with the people you love. There are no stop, no pause, no fast forwards and no rewinds." Click

If your life story was going to be made into a movie, who would star as you and why? - Leighton Meester because she is a total babe, question should be why not her?

What's your go to snack before a game? – Definitely a banana, don't want to be cramping during the game!

McDonalds Big Mac or Wendy's Baconator? - Oh yuck neither, I'll stick to the Wendy's spicy chicken sandwich.

If you could be an animal, what animal would you be and why? – A dog, specifically my grandparent's little yorkie, they treat it like a little kid, she lives the life... most spoiled dog ever!

Describe your favorite memory from your youth soccer playing days. - SOCCER TOURNAMENTS. If you're a soccer player and don't love tournaments, you got something wrong with you!



Why was it important for you to play soccer in college?

Because I made soccer my life. I've given so much time and dedication to soccer, I felt that I owed it to my parents, family, coaches, myself, and the big man above for blessing me to have the ability to play the game. I'm honored I got to carry out my passion for soccer, I don't know what I'm going to do when it's all over.

What goals do you have for yourself going into your senior year? What are your team's goals for next fall?

I want to be the best I can be, I want to come into preseason already fit. Being a starter all years so far, there is nothing I want more to start every game my senior year. A team goal we have established is to make it farther than last year, defeat our opponents who defeated us last year.



Describe your journey from your freshman collegiate season to being an upcoming senior; what you learned along the way, things you took for granted, would you have changed anything over the course of your collegiate career?

That I can do it. My freshman year I had so much doubt I was going to let everyone down. I thought that being a student- athlete was out of my league. Is it easy? No, but it's possible. I had to learn to manage my time between school, soccer, family, friends, extra-curricular activities and of course Netflix. Looking back now, having to manage my time with my busy schedule has only helped me, it has helped me stay out of trouble, maintain good grades and value my time more. But

as a freshman I didn't think I could manage it, and now I'm learning to balance a more strenuous degree with soccer now. With time it gets better; you learn to adjust to your crazy schedule! During this process the only thing I took for granted was my self-confidence, but it's safe to say I have found it! There is not one thing I would change in my collegiate career, I've had ups and downs but it has only helped me to get where I am today and shaped who I am. My three years has flown by even though at the beginning I swore to my parents it wouldn't... IT WILL. Enjoy every moment because it'll be gone before you know it.

How did being a part of a college soccer team prepare you for the challenges you will face after college?

Being on a team is more than just a "team" it becomes your family. You learn and discover new things about yourself with the challenges you face. You get to know your teammates inside and out. Being on a team has taught me how to work well with others but also independently. I have learned it is okay to step out of your comfort zone, I will always have support, and when things get tough no matter what to never give up. I will use all these things, I have learned from being a part of a team in challenges I may face in the future.



What schools were on your list when you started the college search process and why did you eventually choose your current university?

At first I had a hefty list on schools, then I narrowed it down to where I could see myself fit in at. I found these schools to be Defiance College, Ohio Northern University, Owens Community College and Siena Heights. I eventually chose Owens because it offered the degree I initially wanted to study which was engineering. Owens was also close to home, the financial incentive was incredible, the team was competitive, and the coaches and I just knew the fit was right for me.



Abby, you chose a less traditional route to obtain your degree and continue your athletic career. The route you chose is one that not many of our current club players understand. Tell us about that journey.

I chose to take the Owens route because it had my major which was engineering at the time after freshman year I decided I no longer wanted to pursue that, and I changed my major to nursing. Which worked out because Owens offered nursing as well. I graduated from Owens with an Associate's Degree in Science. Owens was also close to home where I could commute, which worked out well for me; I got home cooked meals and my laundry done 😊. Financially it worked out in the best of my favor. I was offered a full-ride so I graduated from Owens without having to pay any money. There are advantages and disadvantages playing at a community college vs going to a 4 year university. I probably wouldn't have started as a freshman in a University setting and would be challenging an upperclassman for playtime. Going to Owens I started every game, but it was still a challenge to compete for playing time every practice. Starting early and getting play experience as a freshman has helped me adjust to the speed of play and the physicality of college soccer. It is way different than HS soccer!! But, going the Junior College route does complicate things if you are seeking a bachelor's degree and in most cases will delay graduation. Additionally if you wish to play beyond 2 years, you have to restart the recruitment process. Luckily for me, Lourdes started a soccer program and I got recruited to be a part of the 2015 Women's Soccer team. I was very excited to continue my soccer career. Of course academics are just as important too so you have to factor that in. As nursing being my major, I also noticed Lourdes has a great program that was helpful when deciding what school to choose. And now here I am, a current student in the nursing program, and a player on the Lourdes Women's Soccer Team. I have been very blessed during this process and it all has worked out for me. Lastly, I would like to give a HUGE thank you to my parents, because without their help and support through all of this I would not be where I am today they have done a lot for me and I'm forever thankful.

Quote from Jackie Donovan, Head Women's Soccer Coach, Lourdes University

“Abby has been an integral part of our inaugural women’s soccer program here at Lourdes University. She came to our program after spending two successful years at Owens Community College. She made an immediate impact for our program. She brought a high level of play and versatility that was important in our first year. Not only does she bring a high level of execution to training and games but her work rate was fantastic the entire season. Playing primarily as a holding mid for our program, Abby’s ability on the ball and positional awareness were one of her strongest attributes. Not only did she excel on the field but in the classroom as well. A nursing major here at Lourdes, she has an extremely rigorous workload to handle. She has been able to do so maintaining above a 3.0. As she transitions into her senior year, we are excited to see her finish out her college career strong.”