

LADY MONARCH LACROSSE



2008

# LACROSSE



2008 Lacrosse Seniors

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**CREDITS:**

The 2008 Old Dominion University Women's Lacrosse Brochure is a publication of the Old Dominion University Athletic Public Relations Office. **Written by:** Robert Silsbee, Assistant Sports Information Director. **Layout and Design by:** Chrisie Henn, Assistant Director of Athletic Publications & Creative Services. **Special Assistance by:** Debbie White, Senior Associate Athletic Director and Tina Price, Director of Athletic Publications & Creative Services. **Photography:** Rick Voight. RSVP Media. **Printing:** Jones Printing of Chesapeake, Virginia.

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# MEDIA INFORMATION

The Old Dominion University Sports Information Office welcomes all coverage of the women's lacrosse program and its student-athletes. Statistics, photos, or story ideas can always be obtained from Sports Information Director Carol Hudson, Jr. or from Assistant Sports Information Director / Women's Lacrosse contact Robert Silsbee.

To assist you in your coverage of Old Dominion women's lacrosse, here are a few brief points to keep in mind:

## Interviews:

Head Coach Sue Stahl will be available for interviews immediately following all home games, after a ten minute cool down period. Player interviews are asked to be set up through the sports information office. Coach Stahl is available during the week for interviews before and after practice and on game days after competition. Please contact the sports information office at (757) 683-3372 for more information.

## Photographers

Only working photographers will be allowed on the playing field during games. Credentials must be secured at least 24 hours in advance of games. Photographers will be asked to wear a press photo pass at all times when shooting.

## Colonial Athletic Association

Women's Lacrosse statistics for CAA schools are compiled throughout the fall at the conference office in Richmond, Va. and can be obtained through the office's website at [www.caasports.com](http://www.caasports.com).

## Press Box Facilities

A fully enclosed press box high above the turf at Foreman Field serves a maximum of 32 media members at all home games. Three radio booths and a print media area are available for use. Old Dominion University's Sports Information Office will furnish a complete NCAA box immediately following the conclusion of all home games upon request.

## Radio Broadcast Lines

Visiting teams wishing to broadcast games from the Foreman Field are asked to contact the sports information office at least two weeks prior to the game. The stadium is located at Bluestone and 49th. All radio lines must be secured through the Verizon office in Norfolk, by calling (757) 667-5000.

More information on all Old Dominion athletic teams is available through our web site on the internet at:



# Lady Monarch Women's Lacrosse Quick Facts

## GENERAL INFORMATION

Name of School:.....Old Dominion University  
 City, Zip:.....Norfolk, VA 23529-0201  
 Founded:.....1930  
 .....(as the Norfolk Division of the College of William & Mary)  
 Enrollment:.....22,287  
 Nickname:.....Lady Monarchs  
 School Colors:.....Slate Blue, Sky Blue, & Silver  
 Home Field:.....Foreman Field (Astroturf)  
 Capacity:.....20,000  
 Affiliation:.....NCAA Division I  
 Conference:.....Colonial Athletic Association  
 President:.....Dr. Roseann Runte (SUNY New Paltz '68)  
 Athletic Director:.....Dr. Jim Jarrett (SIU-Carbondale '59)

## SPORTS INFORMATION

Sports Information Director:.....Carol Hudson  
 Assistant Director (WLAX Contact):.....Rob Silsbee  
 Assistant Director:.....Kimberly Zivkovich  
 Associate Director:.....Jamar Ross  
 SID Fax:.....(757) 683-3119  
 Silsbee Office Phone:.....757.683.3374  
 Silsbee Cell Phone:.....757.291.9453  
 Silsbee Email:.....rsilsbee@odu.eduODU  
 Website:.....www.odusports.com  
 SID Address:.....Athletic Admin. Bldg. Rm. 124  
 .....Norfolk, VA 23529

## COACHING STAFF:

Head Coach.....Sue Stahl (Ursinus '66)  
 Career Record:.....120-147/17 seasons  
 Record at ODU:.....120-147/17 seasons  
 Assistant Coach.....Heather Holt (Old Dominion '95)  
 Office Phone.....(757) 683-4541

## TEAM OUTLOOK:

2007 Record:.....7-8  
 2007 Conference Record:.....4-3  
 Letterwinners Returning/Lost:.....19/6  
 Newcomers:.....7

## KEY RETURNING PLAYERS:

Name:	Pos:	Cl:	G:	A:	Pts:	GB:	CT:
Kelly Kimener	A	Sr.	25	8	33	18	11
Jessica Noone	A	Jr.	20	8	28	30	15
Ashley Kellogg	MF	So.	18	2	20	8	4
Kaelyn Schival	A	Sr.	5	0	5	3	0

# MEDIA INFORMATION

## Media Outlets

### Print Media

**The Virginian Pilot**  
Sports Desk  
150 W. Brambleton Avenue  
Norfolk, VA 23510  
757-446-2366  
FAX: 757-533-9004

**Newport News Daily Press**  
Sports Desk  
7505 Warwick Blvd.  
Newport News, VA 23607  
757-247-4639  
FAX: 757-247-9420

**Richmond Times-Dispatch**  
Sports Desk  
P.O. Box 85333  
Richmond, VA 23293  
804-649-6554  
FAX: 804-775-8085

**The Mace and Crown**  
Sports Editor  
Webb University Center  
Norfolk, VA 23529  
757-683-3456

### Television

**WTKR TV-3 (CBS)**  
720 Boush Street  
Norfolk, VA 23510  
757-446-1352  
FAX: 757-446-1376

**WAVY TV-10 (NBC)**  
Bruce Rader, Sports Director  
300 Wavy Street  
Portsmouth, VA 23704  
757-396-6181  
FAX: 757-397-8279

**WVEC TV-13 (ABC)**  
Scott Cash, Sports Director  
613 Woodis Avenue  
Norfolk, VA 23510  
757-628-6215  
FAX: 757-628-5855

### Radio

**ESPN Radio 1310 AM**  
Tony Mercurio, Sports Director  
5589 Greenwich Road  
Virginia Beach, VA 23462  
757-671-1000  
FAX: 757-671-1313

**WODU AM 1630**  
Sports Director  
Webb University Center  
Norfolk, VA 23529  
757-683-3441

**The Game 102.1 FM / 1490 AM**  
John Castleberry, Dir.  
545 S. Birdneck Road  
Virginia Beach, VA 23451  
757-747-1021  
Fax: 757-437-3194

### National Media

**USA Today**  
Sports Department  
1000 Wilson Blvd.  
Arlington, VA 22223  
703-276-3400, ext. 3721  
FAX: 703-276-5527

**Washington Post**  
Sports Department  
1150 15th Street NW  
Washington, DC 20071  
202-334-7350  
FAX: 202-334-7685

### Wire Services

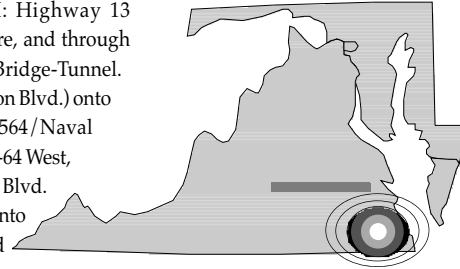
**Associated Press**  
Sports Editor  
700 East Main Street  
Suite 1380  
Richmond, VA 23219  
804-649-6646  
FAX: 804-643-6223

### Conference

**Colonial Athletic Association**  
Rob Washburn  
8625 Patterson Avenue  
Richmond, VA 23229-6349  
804-754-1616  
FAX: 804-754-1830

## Getting to Old Dominion

**FROM THE NORTH:** Highway 13 down the Eastern Shore, and through the Chesapeake Bay Bridge-Tunnel. Follow 13 (Northampton Blvd.) onto I-64 West. Take the I-564/Naval Base exit (exit 276) off I-64 West, and take the Terminal Blvd. exit off I-564. Turn left onto Hampton Blvd. Proceed approx. 4 miles and turn right onto 49th Street.



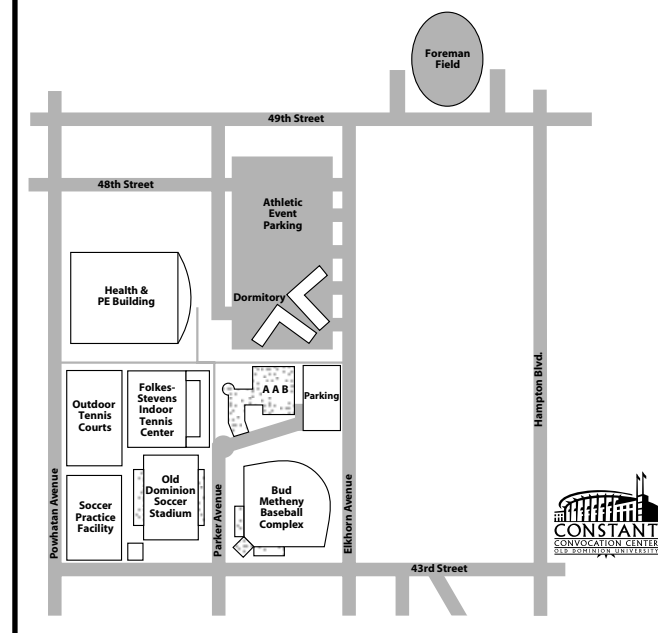
**FROM THE SOUTH:** I-95 North to U.S. 58 (Emporia, Va.) OR I-85 North to U.S. 58 East (South Hill, Va.). Follow U.S. 58 East to Norfolk, to Hampton Blvd. Turn left onto 49th Street.

**FROM THE WEST:** I-64 East through the Hampton Roads Bridge-Tunnel. Take the I-564/Naval Base exit (exit 276) off I-64 East, and then take the Terminal Blvd. exit off I-564. Approximately 2 miles, turn left onto Hampton Blvd. Approximately 4 miles, turn right onto 49th Street.

## Finding Your Way To FOREMAN FIELD

Directions to Foreman Field: Proceed west off Hampton Blvd. onto 49th Street (this will be a right hand turn if coming from I-564/Terminal Blvd.; a left hand turn if coming from downtown Norfolk). Turn right onto Bluestone Avenue; the stadium entrance will be the second parking lot on the right. Bus parking is available inside the stadium gates with prior notice.

Teams requiring additional information are asked to contact Greg Smith, Asst. A.D. for Event Management, at (757) 683-5924.



The Lady Monarchs enjoy fan support both from the university and Hampton Roads community at Foreman Field.



# Sue Stahl

EIGHTEENTH SEASON ● 120-148 OVERALL



**W**omen's Lacrosse Coach of the Century, International Federation of Women's Lacrosse Association Coach of the Year, head coach of the U.S. national team, inductee of the United States, Virginia and Pennsylvania Lacrosse Halls of Fame...Sue Stahl, one of the greatest names in women's lacrosse, is also the head coach of the Old Dominion Lady Monarch women's lacrosse team.

Beginning her 18th season at the helm of the Lady Monarch program, Stahl remains one of the most respected and admired coaches in her sport. Under her leadership and guidance, Old Dominion has been a perennial contender, has ranked as high as 8th in the country, and faced some of the best competition in collegiate lacrosse. Never shying away from a competitive schedule, Stahl's teams continually play one of the top schedules in the country that will include national runner-up Virginia this season, and the always strong CAA conference schedule.

Since coming to Old Dominion in 1991, Stahl has registered over 100 career wins and captured the 1995 CAA Tournament Title as well as the 2003 CAA Regular Season Title. Six of her athletes have been named Brine/IWLCA All-Americans, 28 players named to an All-CAA

team, and ten have become members of the All-South Region Team. In 1993 she coached the CAA Player of the Year, Barb DiArcangelo, and mentored the 2001 CAA Rookie of the Year and ODU's all-time leading scorer in 2004 graduate Suzanne Wosczyzna. During her tenure she has won CAA Coach of the Year honors four times, most recently in 2007 as the Lady Monarchs reached the playoffs for the first time in four seasons with a 7-8 overall record and a 4-3 CAA mark."

Not only has Stahl brought much recognition and talent to Old Dominion and the world of collegiate women's lacrosse, but she has also brought a winning tradition to lacrosse on a national level. Stahl spent 16 years as the coach of the United States National Team bringing home an unprecedented four World Cup Championships in five appearances.

Prior to joining the Lady Monarchs, Stahl won two USWLA National Championships as the head coach of the Philadelphia Women's Lacrosse team. She also served as a basketball coach at Haverford College in Pennsylvania during that period.

Stahl's coaching expertise is not just limited to the world of lacrosse. She has compiled an extensive coaching resume, which began at her

During her career in athletics, Sue Stahl has coached three different sports, for seven different organizations, at levels ranging from high school to the U.S. National Team.

alma mater where she coached lacrosse and basketball for a decade ending in 1981. She later became the assistant lacrosse coach at Temple University, a post she held for eight seasons. From 1983-90, Stahl helped the Owls reach the NCAA Championship semifinals seven times, advancing to the finals four times and winning the National Championship in both 1984 and 1988. Holding the position of defensive coordinator, Stahl was an innovator in the use of zone defenses in women's lacrosse.

Stahl was recognized on the All-Century Women's Lacrosse team in 1999, perhaps the biggest honor anyone could receive, but it is just one of many coaching distinctions that she has earned throughout her career. Four times, in 1995, 2002, 2003 and 2007, Stahl was named the CAA Coach of the Year and in 1997 she was awarded the International Federation of Women's Lacrosse Association Coach of the Year honor. Already a member of the Pennsylvania Lacrosse Hall of Fame, in 1999 she was inducted into both the United States and Virginia Lacrosse Halls of Fame. Additionally she has named to the Delco Sports Hall of Fame and received the Diane Geppi-Aikens Award from the IWLCA for lifetime achievement and commitment to the sport and the Nancy Chance Award by U.S. Lacrosse in 2005.

Not only has Stahl left her mark on the coaching world, but her name continually surfaces as one of the nation's top competitors. She remains at the top of lacrosse and field hockey history having served as a member of both the United States lacrosse (1956-67) and field hockey (1964-67) national teams. While a member of the U.S. field hockey team, Stahl toured Jamaica in 1965 and 1967, and played in numerous countries including England, France, and Germany. During her collegiate playing days, Stahl was one of Ursinus College's top athletes.

A four-sport athlete in lacrosse, field hockey, basketball, and softball, she was inducted into the Bears' Hall of Fame in 1985. Stahl also played field hockey and lacrosse for the Philadelphia College Association (a USWLA regional affiliation) from 1962-67.

Stahl has been active on numerous national committees throughout her career including the Intercollegiate Women's Lacrosse Coaches Association (IWLCA) and the United States Women's Lacrosse Association (USWLA). Stahl also has served on the US Lacrosse Board of Directors and the Women's Division Boards of Directors. For over 12 years she has also served as a clinician for NCAA sponsored Youth Education Through Sport (YES) Clinics throughout the country. In addition to her responsibilities as a professional within the lacrosse world, Stahl has been associated with a number of official organizations in other areas of sport, including the Philadelphia Field Hockey Board of Officials, the United States Field Hockey Association, and the Women's Collegiate Basketball Association.

Stahl and her husband Gray reside in Norfolk. They have two sons, Steve and Kyle, as well as two grandchildren.

# Sue Stahl's LEDGER



## COACHING CAREER

**Head Coach:** Lacrosse, Field Hockey and Basketball, Lansdowne-Aldan High School (1966-67)

**Assistant Lacrosse Coach:** Ursinus College (1971-1981) responsible for the varsity defense and junior varsity team

**Head Basketball Coach:** Ursinus College (1973-81)

**Assistant Lacrosse Coach:** Temple University (1983-1990) responsible for varsity defense, the junior varsity team, recruiting and scouting

**Head Basketball Coach:** Haverford College (1988-90)

**Head Coach:** United States National Lacrosse Team (1988-2005) While head coach of the U.S. Team, she has guided the team to unprecedented four World Cup Lacrosse Championship titles in 1989, 1993, 1997 and 2001 and runner-up in 2005. In 1992, she coached the U.S. Team during an official USWLA tour of Australia with contests held in Perth, Adelaide, Sydney and Melbourne. The U.S. Team went 9-3 on the trip, including wins in all four test matches against the Australian National Team. In 1996, she coached the U.S. team on a 2-1/2 week tour of England, Scotland, and Wales, guiding the squad to a perfect 7-0 record. In 1997, she led the U. S. team to a 6-1 record, defeating Australia for the gold medal at the World Cup in Japan. In 2000, the team toured Australia compiling an 11-1 record, beating England once and Australia three times in test matches.

**Head Coach:** Old Dominion University (1990-present). The 1994 squad was ranked eighth in the nation and climbed as high as sixth in the nation with two All-Americans. The 1995 squad were CAA champion. She was named CAA Coach of the Year in 1995, 2002, 2003, & 2007.

## PERSONAL

**Hometown:** Drexel Hill, PA

**Alma Mater:** Ursinus College, 1966, B.S. degrees in health & physical education and elementary & secondary education. Stahl and her husband Gray have two sons, Steve and Kyle and two grandsons.

## Year-by-Year with Sue Stahl

YEAR	OVERALL RECORD	CONF RECORD	GF	GA	HIGHEST RANKING/ POST-SEASON
1991	2-11	N/A*	71	159	
1992	6-11	2-3	91	137	
1993	8-6	6-0	138	141	8th
1994	9-8	6-3	170	161	8th
1995	10-7	5-2	175	152	8th / CAA Champions
1996	8-7	4-2	144	144	
1997	7-10	3-3	131	170	
1998	5-10	2-4	109	151	14th
1999	6-9	3-3	111	136	12th
2000	5-11	2-4	143	189	11th
2001	9-7	3-3	154	148	14th
2002	13-5	6-2	209	163	13th/CAA Runner-Up
2003	12-4	7-0	186	170	19th/CAA Runner-Up
2004	5-11	1-6	165	211	
2005	3-12	0-7	107	171	
2006	5-10	2-5	142	209	
2007	7-8	4-3	138	154	CAA Semi-Finalist
Totals	120-147	54-50			

\* The Lady Monarchs played in the South Atlantic Conference through the 1992 season, when Old Dominion joined the Colonial Athletic Association in all sports.



# ASSISTANT COACH



Heather  
**HOLT**

Assistant Coach  
Tenth Season at Old Dominion  
Old Dominion '95

**H**eather Holt returns for her tenth season as assistant coach under head coach Sue Stahl.

No stranger to Foreman Field, Holt was as a member of the 1995 Colonial Athletic Association championship team and a four-year letterwinner in goal for the Lady Monarchs. She is actively responsible for recruitment of student-athletes, team travel, oversees conditioning and strength and conditioning.

Holt, whose career with the Lady Monarchs spanned from 1992-1995, was named a Second Team All-CAA selection during her senior campaign in 1995.

Holt played in 43 career games for Old Dominion, collecting 386 saves for a .599 save percentage and to date ranks fifth on Old Dominion's all-time goaltending leader board. Over her playing career, Holt earned spots on the Virginia Women's Lacrosse Association's (VWLA) Virginia II Regional Select Team and the United States Women's Lacrosse Association's (USWLA) South III National Team.

Prior to her current post, Holt served as assistant coach at nationally-ranked William & Mary, and was a high school lacrosse coach at South Lakes High School in Fairfax, Virginia and Foxcroft in Middleburg, Virginia. Additionally she has been a camp coach and clinician at several lacrosse camps around the region including the Director of Lacrosse at Mersead Camp in Massachusetts.

A native of Bryn Mawr, Pennsylvania, Holt and her husband, David, reside in Norfolk along with their two sons, Jackson and Parker and dog Arthur.



Kristin  
**HULTIN**

Athletic Trainer  
First Season at Old Dominion  
California University of PA '07

Kristin is in her first year with the Old Dominion University athletic training program. She will be working with baseball and women's lacrosse this year. A graduate of California University of Pennsylvania. Kristin is a native of Chambersburg, PA. Born on January 19, 1983, Kristin is the daughter of Ralph and Brenda Hultin. She has one brother, Matt, and one sister, Becca.



## ATHLETIC DEPARTMENT SUPPORT STAFF



**Deb Polca**  
Associate Athletic Director



**Debbie White**  
Senior Assoc. Athletic Director/Marketing & Public Relations



**Greg Smith**  
Asst. Athletic Director/  
Game Management



**Marty Bradley**  
Head Athletic Trainer



**Paul Helsel**  
Strength & Conditioning Coach



**Scott Lowery**  
Business Office  
& Ticket Manager



**Chuck Gray**  
Director of Marketing and Corporate Sponsorships



**Carol Hudson, Jr**  
Sports Information Director



**Jamar Ross**  
Assoc. Sports Information Director



**Kimberly Zivkovich**  
Asst. Sports Info. Director/  
Lacrosse Contact



**Rob Silsbee**  
Asst. Sports Information Director



**Tina Price**  
Dir. of Athletic Publications  
& Creative Services



**Chrisie Henn**  
Asst. Dir. of Athletic Publications  
& Creative Services

# 2008 OUTLOOK

## Lady Monarch Lacrosse: On The Rise

The Lady Monarchs returned to the postseason a year ago for the first time since 2003 in a season that ranked third among the nation's best turnarounds, according to Lax.com. In 2008, ODU will work to continue to improve under 2007 CAA Coach of the Year Sue Stahl for a return trip to the CAATournament. Returning 19 letterwinners and six starters has the Lady Monarchs pointed in the right direction as the team will face another tough schedule this season.

Old Dominion lost significant offensive production from All-CAA honorees Caroline Jacobs and Katie Veneziale, the top two scorers from a year ago. Despite the losses though, the team is still deep up front and does return its next three high-scorers in Kelly Kimener, Jessica Noone and Ashley Kellogg. The trio poured in 63 goals and 18 assists last year and will be the go-to scorers for the Lady Monarchs this year.

Kimener, a senior, could push her way into the Top 10 All-Time in ODU goal scoring this season as she has been among the team leaders throughout her career. She has started all 34 games played in her career and has tallied 62 career goals and 13 career assists. Noone, a junior from Manassas, Virginia, will help Kimener up top as well as playing in the midfield. Noone, who moved into a starting role last year, had 20 goals a year ago and also grabbed 30 groundballs while also starting all 15 games in the season. Kellogg, a freshman standout named to the CAA All-Rookie team, scored 18 goals and added two assists as she started all 15 games for the Lady Monarchs. The roles for all three will increase dramatically this season, as they will be asked to become premiere scorers.

Returning starter on attack senior Kaelyn Schival will also be an impact player on offense, as she scored five goals a year ago. Fellow senior Sigrig Paulus should have an opportunity to make an impact with more playing time this season, as she has been a quality reserve for the Lady Monarchs throughout her career. Also vying for time on the field and impact on the offense will be sophomores Nicole McMahon and Jessica Capra as well as newcomers Clara Flanagan, Tracy Reed and Taylor Ketcham.

In the midfield, ODU will be very young but eager to build upon last year's success. With the graduation of Veneziale, ODU lost one of the nation's best on the draw. Kellogg is a returning starter and Noone will slide back at times for Coach Stahl, but the Lady Monarchs will ask for solid help from younger players to fill in the rest of the midfield. Junior Brittany Washko played in seven games a year ago as a reserve and will have an opportunity to see more playing time as will sophomores Katherine Bruno and Jessica Capra, both of whom played in three games in 2007.

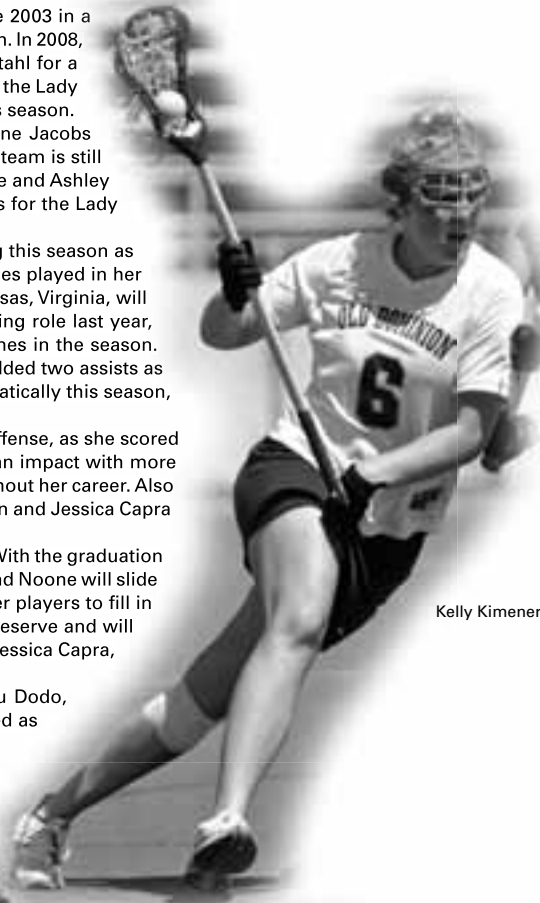
Newcomers to the midfield include former ODU Women's Soccer standout Saratu Dodo, playing in her first year of collegiate lacrosse. She will be joined by a trio of rookies listed as potential midfielders: Flanagan, Ketcham, and Brienna Faust.

ODU should be strong on defense, returning starter Lindsey Belle, as well top reserve Erica Erb. The pair of juniors were key to a defense in 2007 that allowed the lowest goals against average since 2002. Belle, the veteran of the backfield, started all 15 games and picked up 24 ground balls, caused 13 turnovers and grabbed 12 draw controls. Erb played in all but one game and added four groundballs, two draw controls and four caused turnovers. The line-up for ODU's defense is deep as it includes reservists like senior Erica Peterson and juniors Jordan McKeon and Hannah Barber, who can be expected to provide quality minutes for Old Dominion.

Between the pipes, ODU will lean on senior Sara Larson, the starting netminder who took over at goal last year as a junior. Larson played all but 30:20 in goal last season, when freshman D'Ana Goodfellow stepped in before being sidelined with an injury. The pair is joined on the roster by rookie Sarah Geary for the most depth at GK that ODU has seen in some time. Larson was the final line of defense that held six ODU opponents to single digit scoring in 2007 and allowed 55 fewer goals than the year before. She stopped 148 shots on goal, the most since Michelle Gannon in 2003 and the second highest total in 10 years. Goodfellow saw action in two games gaining some experience from a year ago and was her teams MVP in high school; Geary was a High School All-American and will provide Old Dominion with more options.

After facing seven nationally ranked teams a year ago, including three among the top ten in the nation, ODU continues to face top-tier competition. They're slated to face eight teams that are at least receiving votes in the national polls. The schedule this year includes 2007 national runner-up Virginia, NCAA quarterfinalist North Carolina, BIG EAST semi-finalist Rutgers, and CAA Champion Hofstra. The CAA continues to improve as four conference foes are receiving votes in the national top twenty.

For the first time in four seasons, the Lady Monarchs will be trying to reach the playoffs for a consecutive season. After her fourth Coach of the Year honor, Stahl will push for success from the veteran leadership on both ends of the field while continuing to draw out the potential from her younger players.



Kelly Kimener



Jessica Noone

### THE LADY MONARCHS BY CLASS

#### Seniors (5):

- #0 Sara Larson
- #6 Kelly Kimener
- #8 Erica Peterson
- #18 Sigrig Paulus
- #21 Kaelyn Schival

#### Juniors (6):

- #1 Jessica Noone
- #5 Brittany Washko
- #7 Erica Erb
- #11 Jordan McKeon
- #16 Lindsey Belle
- #25 Hannah Barber

#### Sophomores (9):

- #4 Nicole McMahon
- #10 Katherine Bruno
- #13 Ashley Kellogg
- #15 Saratu Dodo
- #27 D'Ana Goodfellow
- #28 Jessica Capra

#### Freshman (5):

- #9 Tracy Reed
- #12 Clara Flanagan
- #17 Brittany Burns
- #19 Brienna Faust
- #23 Taylor Ketcham
- #32 Sarah Geary

# MEET THE LADY MONARCHS

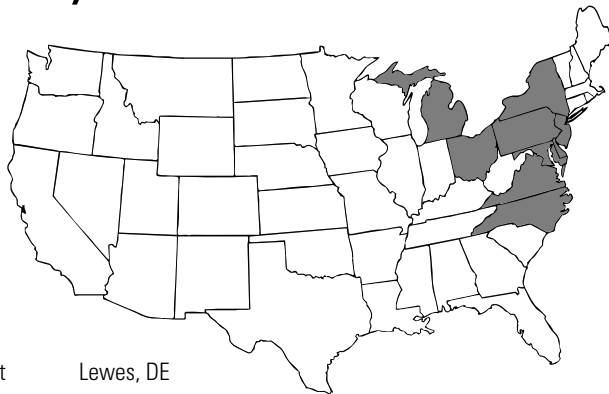
## 2008 Old Dominion University Numerical Lacrosse Roster

No.	Name	Pos.	Cl.	Ht.	Hometown / High School
0	Sara Larson	GK	Sr.	5-6	Sylvan Lake, MI / Mercy
1	Jessica Noone	A/MF	Jr.	5-3	Manassas, VA / Stonewall Jackson
4	Nicole McMahon	A	So.	5-5	Commack, NY / Commack
5	Brittany Washko	MF/D	Jr.	5-0	Dunkirk, MD / Southern
6	Kelly Kimener	A	Sr.	5-9	Oakton, VA/ Oakton
7	Erica Erb	D	Jr.	5-4	Boyertown, PA / Boyertown
8	Erica Peterson	D	Sr.	5-4	VA Beach, VA / Maury
9	Tracy Reed	A	Fr.	5-4	Crumpton, MD / Queen Anne's County
10	Katherine Bruno	MF	So.	5-4	Setauket, NY / Ward Melville
11	Jordan McKeon	D	Jr.	5-7	Street, MD / North Harford
12	Clara Flanagan	A/MF	Fr.	5-3	Sterling, VA / Potomac Falls
13	Ashley Kellogg	MF/A	So.	5-3	Downingtown, PA / Downingtown West
15	Saratu Dodo	MF	So.	5-9	Cleveland Heights, OH / Cleveland Heights
16	Lindsey Belle	D	Jr.	5-8	Baldwinsville, NY / Baker
17	Brittany Burns	D	Fr.	5-9	Roanoke, VA / Patrick Henry
18	Sigrid Paulus	A	Sr.	5-5	Forest Hill, MD / Western
19	Brienna Faust	MF/A	Fr.	5-2	Lewes, DE / Cape Henlopen
21	Kaelyn Schival	A	Sr.	5-6	Horsham, PA / Hatboro-Horsham
23	Taylor Ketcham	A/MF	Fr.	5-6	Hampstead, NC / Topsail
25	Hannah Barber	D	Jr.	5-5	Arnold, MD / Broadneck
27	D'Ana Goodfellow	GK	So.	5-4	Hauppauge, NY / Hauppauge
28	Jessica Capra	A/MF	So.	5-8	New Providence, NJ / New Providence
32	Sarah Geary	GK	Fr.	5-6	Springfield, PA / Springfield

**Head Coach:** Sue Stahl (Ursinus '66)  
**Assistant Coach:** Heather Holt (Old Dominion '95)



## Lady Monarch Hometowns



## 2008 Alphabetical Roster

25	Hannah Barber
16	Lindsey Belle
10	Katherine Bruno
17	Brittany Burns
28	Jessica Capra
15	Saratu Dodo
7	Erica Erb
19	Brienna Faust
12	Clara Flanagan
32	Sarah Geary
27	D'Ana Goodfellow
13	Ashley Kellogg
23	Taylor Ketcham
6	Kelly Kimener
0	Sara Larson
11	Jordan McKeon
4	Nicole McMahon
1	Jessica Noone
18	Sigrid Paulus
8	Erica Peterson
9	Tracy Reed
21	Kaelyn Schival
5	Brittany Washko

**Delaware:**  
Brienna Faust Lewes, DE

**Maryland:**  
Hannah Barber Arnold, MD  
Jordan McKeon Street, MD  
Sigrid Paulus Forest Hill, MD  
Tracy Reed Crumpton, MD  
Brittany Washko Dunkirk, MD

**Michigan:**  
Sara Larson Sylvan Lake, MI

**New Jersey:**  
Jessica Capra New Providence, NJ

**New York:**  
Lindsey Belle Baldwinsville, NY  
Katherine Bruno Setauket, NY  
D'Ana Goodfellow Hauppauge, NY  
Nicole McMahon Commack, NY

**North Carolina:**  
Taylor Ketcham Hampstead, NC

**Ohio:**  
Saratu Dodo Cleveland Heights, OH

**Pennsylvania:**  
Erica Erb Boyertown, PA  
Sarah Geary Springfield, PA  
Ashley Kellogg Downingtown, PA  
Kaelyn Schival Horsham, PA

**Virginia:**  
Brittany Burns Roanoke, VA  
Clara Flanagan Sterling, VA  
Kelly Kimener Oakton, VA  
Jessica Noone Manassas, VA  
Erica Peterson VA Beach, VA

# MEET THE LADY MONARCHS



**Kelly Kimener** **6**

Senior                      Attack                      5'9"  
Oakton, VA                      Oakton

**2007:** Started all 15 games for the second consecutive season... Second on the team in goals with 25 and third in scoring with 33 points... Tied for third on the team with eight assists... Won 27 draws, good for second on the team... Scored a career-high six points against American (3/4) on career-high five goals and one assist... Notched gamewinning goal at UMBC (3/11)... Picked up 18 groundballs... Scooped season-high three groundballs against #5 Virginia and at Towson (4/13)... Had season-high five draw controls at #9 James Madison... Caused career-high 11 turnovers... **2006:** Started all 15 games... Second on the team in scoring behind Caroline Jacobs... Recorded 34 points from 29 goals and five assists... Performed seven hat tricks... Netted a career-high four goals in the regular season finale at #13 William & Mary (4/26)... Had two-assist games against Rutgers (3/28) and Delaware (4/2)... Scooped up 14 groundballs including a season-high two in contests at George Mason (4/9), Drexel (4/14), and William & Mary (4/26)... Won 18 draws to tie for third on the team... Won a season-high five at George Mason (3/9)... Caused five turnovers including a season-high three in the season opener at American (3/4)... **2005:** Started four games before injury cut her season short... Recorded eight goals, five groundballs, three draws, and two caused turnovers in the first four games of the season... Registered three goals against #7 Maryland (3/2) in the season opener and two against UMBC (3/12) and Richmond (3/16)... Collected four groundballs and two draws in the win over the Retrievers (3/12)... **Prior To Old Dominion:** A two-sport athlete at Oakton High School in Vienna, Virginia... A four-year varsity letterwinner in lacrosse... Named All-American, First Team All-Met, and First Team All-Journal... Earned First Team All-Region honors throughout her career... Member of the All-District Tournament Team and All-Region Tournament Team... Two-time captain and "Most Valuable Player"... Also played four seasons of field hockey... Earned First And Second Team All-District and Second Team All-Region... Earned the "Scholar-Athlete Award" and "MVP" as a senior... **Personal:** Born November 14, 1986... Full name is Kelly Lynn Kimener... Daughter of John and Carol Kimener... Has four brothers, PJ, Mark, Tim, and Terry, and a sister, Ashley... Majoring in sports management.

## Kelly Kimener's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	15-15	25	8	33	65	18	27	11
2006	15-15	29	5	34	77	14	18	5
2005	4-4	8	0	8	17	12	3	1
<b>Totals:</b>	<b>34-34</b>	<b>62</b>	<b>13</b>	<b>75</b>	<b>159</b>	<b>44</b>	<b>48</b>	<b>17</b>

Kelly Kimener



**Sara Larson** **0**

Senior                      Goalkeeper                      5'6"  
Sylvan Lake, MI                      Mercy

**2007:** Started all 15 games and played 880:47 between the pipes... Ranked 18th in the nation and 2nd in the CAA with a .502 save percentage with 148 stops... Posted the 23rd best goals against average in the nation at 10.01... Played all 60 minutes and stopped eight shots against Hofstra (5/4) in ODU's first CAA Tournament game since 2003... Finished fourth on the team in groundballs with 29 including a career-high seven at Towson (4/13)... Saved 10 or more shots on goal in eight games this season, including a career-high 17 saves against #5 Virginia (4/4)... **2006:** Appeared in nine games as a reserve goalkeeper behind senior Michelle Gannon... Played 147:48 in net collecting 15 saves... Stopped a season-high three shots at American (4/4), at #5 Virginia (4/6), and at Drexel (4/14)... Played a career-high 33:10 minutes against CAA rival James Madison (4/7)... Also registered a season-high two groundballs against the Dukes... Caused turnovers against American (3/4) and George Mason (4/9)... **2005:** Appeared in eight games as back-up to starting goalkeeper, junior Michelle Gannon... Saw 140:47 minutes of game action... Made 14 saves including a career-high five at Rutgers (4/28)... Also played a season-high 36:14 against the Scarlet Knights... Recorded three saves against Richmond (3/16) and George Mason (4/1)... Collected two groundballs... **Prior To Old Dominion:** A four-sport athlete at Mercy High School in Farmington Hill, Michigan... Played three varsity seasons of lacrosse as a goalkeeper... A three-time All-State award winner... Captain of her team... Earned "Coaches," "Sportsmanship," and "Most Valuable Player" honors... Helped her team to the state championship as a senior and the state finals as a sophomore... A three-year letterwinner in volleyball... Was named team captain and earned the "Coaches" award... Also earned the "Coaches" award in basketball... Played one season of ice hockey... Senior Class President... Kairos leader... **Personal:** Born December 16, 1985... Full name is Sara Elizabeth Hope Larson... Daughter of J.H. and Kim Larson... Has one brother Erik (25), along with cousins, Timary (25), David (21), and Joey (15)... Majoring in English with a minor in political science.

## Sara Larson's Career Numbers

	GP/GS	Min	GA	GAA	Saves	Sv %
2007	15-15	880:47	147	10.01	148	.502
2006	9-0	147:48	41	16.64	15	.268
2005	8-0	140:47	21	8.95	14	.400
<b>Totals:</b>	<b>32-15</b>	<b>1169:22</b>	<b>209</b>	<b>10.72</b>	<b>177</b>	<b>.459</b>



Sara Larson



# MEET THE LADY MONARCHS



**Sigrid Paulus** **18**

Senior      Attack      5'5"  
 Forest Hill, MD      Western

**2007:** Made 10 appearances for the second consecutive year... Won two draws on the season... Took two shots including one on-goal against American (3/4)... **2006:** Made 10 appearances... Netted a goal at Drexel (4/14)... Collected three groundballs including a season-high two against the Dragons... Won three draw controls, including a season-high two at Hofstra (4/16)... **2005:** Made six appearances her first season... Recorded a shot against Delaware (3/15)... **Prior to Old Dominion:** A two-sport athlete at Western High School in Baltimore, Maryland... Named a "High School Player To Watch" in the Baltimore Sun in 2004... Was the scoring leader in the City League tallying 44 goals as a senior... Was also a captain of her high school squad... Also played soccer and was a two-time captain... Was named an All-Star Conference award winner as a junior... Lead the team in scoring as a senior... Helped her team to the county championship, scoring the game-winning goal in the championship game... An honor roll student... **Personal:** Born February 7, 1986... Full name is Sigrid Lauren Paulus... Daughter of Robert Paulus and Debra Nasdor... Has a brother, Patrick (28)... Majoring in communications with a minor in dance.

## Sigrid Paulus's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	10-0	0	0	0	2	0	2	0
2006	10-0	1	0	1	2	3	3	0
2005	6-0	0	0	0	1	0	0	0
<b>Totals:</b>	<b>26-0</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>5</b>	<b>3</b>	<b>5</b>	<b>0</b>



**Erica Peterson** **8**

Senior      Defense      5'4"  
 Virginia Beach, VA      Maury

**2007:** Played in nine contests for the Lady Monarchs as a reserve on defense... Played against three teams ranked in the top ten: #1 North Carolina (3/14), #5 Virginia (4/4) and #9 James Madison... **2006:** Appeared in 13 games making three starts... Was a member of the starting line-up at #5 Virginia (4/6), #18 James Madison (4/7), and at George Mason (4/9)... Collected seven groundballs including a season-high two against the Patriots... Won one draw against the Cavaliers... Also posted a caused turnovers at Drexel (4/14)... **2005:** Appeared in two games in her first season with Old Dominion... **Prior To Old Dominion:** A two-sport athlete at nearby Maury High School in Norfolk, Virginia... A four-year letterwinner in lacrosse... Earned "Defensive Player of the Year" and was named the team's captain... Also played four years of field hockey... Captained her team to the state semi-finals her senior season... Earned the "Coaches' Award"... Also a four-year letterwinner in field hockey... Graduated with honors... A distinguished honor roll student in math... **Personal:** Born September 10, 1985... Full name is Erica Richelle Peterson... Daughter of Connie McClanahan... Has two brothers, Van (4) and Jack (1)... Majoring in International Studies with a minor in business management.

## Erica Peterson's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	9-0	0	0	0	0	0	0	0
2006	13-3	0	0	0	0	7	1	1
2005	2-0	0	0	0	0	0	0	0
<b>Totals:</b>	<b>24-3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>7</b>	<b>1</b>	<b>1</b>



**Kaelyn Schival** **21**

Senior      Attack      5'6"  
 Horsham, PA      Hatboro-Horsham

**2007:** Started all 15 games for the Lady Monarchs... Scored five goals on the season... Notched the gamewinner against Drexel (4/6)... Grabbed three groundballs including a season-high two against Hofstra (4/8)... Won four draws on the season including a season-high two against Hofstra in the CAA Tournament (5/4)... Had an .857 shots on-goal percentage... **2006:** Appeared in 10 games... Scored a goal against #5 Virginia (4/6)... Registered draw controls against #6 North Carolina (4/17) and at Drexel (4/14)... Scooped up groundballs against UMBC (3/11) and at #4 Maryland (3/18)... Caused a season-high two turnovers against UMBC... **2005:** Appeared in 12 contests in her first season... Recorded one goal and one assist for a total of two points... Had her first collegiate goal at James Madison (4/4)... Collected her first career assist in a victory over American (4/5)... Scooped up two ground balls... **Prior To Old Dominion:** A two-sport athlete at Hatboro-Horsham in Horsham, Pennsylvania... Four-year letterwinner in lacrosse helping her team its best record in school history her senior campaign... Led her team her junior season with 72 points and her senior season with 77 points... Also set a school record for assists in a season with 50 as a senior... Captained her team as a senior... First Team All-League as a junior and senior... Also the team's "Most Valuable Player" and "Best Offensive Player" as a junior and senior... Earned "Most Improved" as a sophomore... Also played two seasons of basketball... An honor roll student throughout high school... **Personal:** Born May 1, 1986... Daughter of John and Kathleen Schival... Has two brothers, Joshua (28) and Jared (26)... Majoring in marketing.

## Kaelyn Schival's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	15-15	5	0	5	14	3	4	8
2006	10-0	1	0	1	5	2	2	2
2005	12-0	1	1	2	5	2	0	0
<b>Totals:</b>	<b>37-15</b>	<b>7</b>	<b>1</b>	<b>8</b>	<b>24</b>	<b>7</b>	<b>6</b>	<b>10</b>



Sigrid Paulus

# MEET THE LADY MONARCHS



**Hannah Barber** **25**

Junior Defense 5'5"  
Arnold, Maryland Broadneck

**2007:** Made five appearances... Took the field on defense against American (3/4), at #1 UNC (3/14), at #18 Rutgers (3/26), at #6 James Madison (4/19), and against William & Mary (4/25)... **2006:** Made three appearances... Took the field against #4 Maryland (3/18), at George Mason (4/9), and at Drexel (4/14)... **Prior to Old Dominion:** A four-year women's lacrosse letterwinner at Broadneck High School... Three-time state champion, two-time county champion, and regional champion... Named "Most Aggressive Player" and given the "Heart Award"... Also a three-year member of the track team for the three-time county champions... Also played goalkeeper for soccer for a season... **Personal:** Born June, 25, 1987... Daughter of Greg and Amy Barber... Has one sister, Jillian (25), and one brother, Ryan (18)... Majoring in sports management.

## Hannah Barber's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	5-0	0	0	0	0	0	0	0
2006	4-0	0	0	0	0	0	0	0
<b>Totals:</b>	<b>8-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>



**Erica Erb** **7**

Junior Defense 5'4"  
Boyertown, PA Boyertown

**2007:** Was a key reserve for the ODU defense, playing in 14 games for the Lady Monarchs... Tallied four groundballs and four caused turnovers on the season... Also won two draws... Caused two turnovers at UMBC (3/11)... **2006:** Appeared in seven games... Recorded two groundballs on the season... Groundballs came against George Mason (4/9) and at Hofstra (4/16)... Registered two draws... Won a draw at George Mason and at Drexel (4/14)... Caused a turnover against the Pride (4/16)... **Prior to Old Dominion:** Four-year varsity letterwinner in women's lacrosse at Boyertown High School... An Honorable Mention All-American... Most Valuable Player and Player of the Year in the league... First Team Defense... Also named team captain... Second Team All-PAC-10 Midfielder as a junior... Second Team All-PAC-10 Defense during her sophomore season... Four-year letterwinner in basketball... Co-captain her senior season... Named Honorable Mention All-Area as a freshman... Also played four years of field hockey... First Team All-League as a senior, Second Team as a junior, and Honorable Mention All-Area as a freshman... Named Co-MVP... **Personal:** Born October 15, 1986... Daughter of Jeff and Lori Erb... Has one brother, Matt (18)... Majoring in political science.

## Erica Erb's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	14-0	0	0	0	0	4	2	4
2006	7-0	0	0	0	0	2	2	1
<b>Totals:</b>	<b>21-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>6</b>	<b>4</b>	<b>5</b>



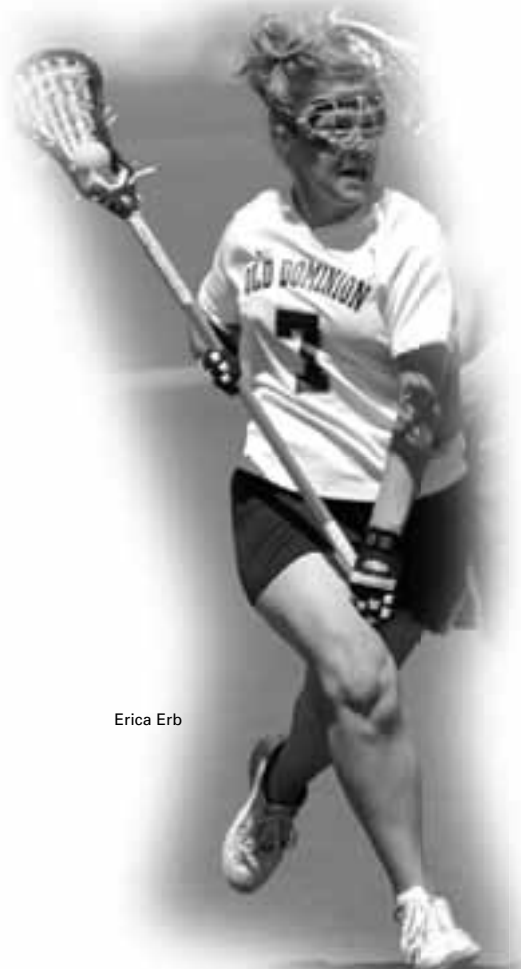
**Lindsey Belle** **16**

Junior Defense 5'8"  
Baldwinsville, NY Baker

**2007:** Second Team All-CAA Defender... Started all 15 games for the second straight season on defense... Grabbed 24 groundballs, ranking fourth on the team... Picked up season-high four groundballs against #5 UVA & at #20 Delaware... Caused 13 turnovers, fifth on the team, and won 12 draws... **2006:** Started all 15 games as a freshman on defense... Recorded an assist against #6 North Carolina (4/12)... Collected 23 groundballs to rank fifth on the team... Registered a season-high five against #18 James Madison (4/7)... Won eight draws including a season-high four against the Dukes... Caused 12 turnovers to tie for second on the team... Posted four caused turnovers in a win over UMBC (3/11)... **Prior to Old Dominion:** Three-year varsity member of the women's lacrosse team at Baker High School... Named Goulds Pumps Defensive Player of the Year... Named First Team All-League during her junior and senior seasons... Was named Second Team All-League as a sophomore... Member of the Cnyelc Club Team... Named First Team All-Galaxy... **Personal:** Born August 31, 1987... Daughter of Cheryl and Robert Belle... Has one brother, Colin (26), and a sister, Lauren (23)... Majoring in English education.

## Lindsay Belle's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	15-15	0	0	0	0	24	12	13
2006	13-13	0	1	1	0	23	7	12
<b>Totals:</b>	<b>28-28</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>0</b>	<b>47</b>	<b>19</b>	<b>25</b>



Erica Erb



# MEET THE LADY MONARCHS



Jordan **11**  
McKeon

Junior Defense 5'7"  
Street, MD North Harford

**2007:** Appeared in six games for the Lady Monarchs on defense. . . Won one draw at #20 Richmond (3/29). . . Played in three conference games including against #9 James Madison (4/19). . . **2006:** Made 11 appearances. . . Scooped up eight groundballs including a season-high three at Virginia (4/6). . . Won one draw against Richmond (3/15). . . Caused four turnovers including a season-high two at Drexel (4/14) and at Hofstra (4/15). . . **Prior to Old Dominion:** A four-year women's lacrosse letterwinner at North Harford High School. . . Named "Player to Watch" by the Baltimore Sun during her senior season. . . First Team All-County as a junior and senior. . . Also a four-year letterwinner in soccer. . . **Personal:** Born August 20, 1987. . . Daughter of Meredith and Steven. . . Has one sister, Kelsey (18). . . Majoring in physical education.

## Jordan McKeon's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	6-0	0	0	0	0	0	1	0
2006	11-0	0	0	0	0	8	1	4
<b>Totals:</b>	<b>17-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>2</b>	<b>4</b>



Brittany **5**  
Washko

Junior Midfield 5'0"  
Dunkirk, MD Southern

**2007:** Appeared in seven games for the Lady Monarchs. . . Scooped four ground balls, including a season-high two at #9 James Madison (4/19). . . Won a draw control at #9 James Madison (4/19). . . **2006:** Made seven appearances. . . Recorded two draw controls. . . Won a draw at #4 Maryland (3/18) and at Drexel (4/14). . . **Prior to Old Dominion:** A four-year varsity letterwinner at Southern High School. . . First Team All-County Defense as a senior. . . Named Second Team All-County Midfielder both her junior campaign. . . An honorable mention All-County selection as a sophomore. . . Also a member of the Chesapeake Club lacrosse team. . . Named Second Team All-Galaxy. . . Additionally participated in basketball and cheerleading. . . **Personal:** Born January 9, 1987. . . is the only child of Bruce and Denise Washko. . . Majoring in dental hygiene.

## Brittany Washko's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	7-0	0	0	0	0	4	1	0
2006	7-0	0	0	0	0	0	2	0
<b>Totals:</b>	<b>14-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>3</b>	<b>0</b>



Jessica **1**  
Noone

Junior Attack/Midfield 5'3"  
Manassas, VA Stonewall Jackson

**2007:** Started all 15 games for the Lady Monarchs. . . Tied for third on the team in goals with 20 and assists with eight. . . Fourth on the team in scoring with 28 points. . . Had at least one goal in all but three contests. . . Also among top three on the team in draw controls, groundballs and caused turnovers. . . Tied a career-high with four goals at #20 Richmond (3/29). . . Scooped career-high five groundballs against Hofstra (4/8). . . **2006:** Named to the CAA All-Rookie Team. . . Appeared in 14 games. . . Scored 17 goals along with three assists for 20 points. . . Recorded 14 groundballs including a season-high three in the regular season finale at #15 William & Mary (4/26). . . Won six draws with a season-high two recorded at #5 Virginia (4/6). . . Caused three turnovers. . . Caused turnovers came against Rutgers (4/28), #18 James Madison (4/7), and at Hofstra (4/16). . . **Prior to Old Dominion:** Four-year letterwinner in women's lacrosse at Stonewall Jackson High School. . . Was the first female in Prince William County to participate of the 2004 and 2005 national tournament. . . First Team All-County and First Team All-Region. . . Was also named Honorable Mention All-Metropolitan. . . Played four seasons of basketball. . . **Personal:** Born October 10, 1986. . . Daughter of JoAnne and Stephen Noone. . . Has two sisters, Kimberly (24) and Allison (27), and one brother, Stephen (6). . . Major is undecided.

## Jessica Noone's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	15-15	20	8	28	57	30	21	15
2006	14-0	16	3	19	37	14	6	3
<b>Totals:</b>	<b>29-15</b>	<b>36</b>	<b>11</b>	<b>47</b>	<b>94</b>	<b>44</b>	<b>27</b>	<b>18</b>



Katherine **10**  
Bruno

Sophomore Midfield 5'4"  
Setauket, NY Ward Melville

**2007:** Appeared in three games for the Lady Monarchs. . . Registered a caused turnover at Richmond (3/29). . . Also played against American (3/4) and at #1 UNC (3/14). . . **Prior to Old Dominion:** A three-sport athlete at Ward Melville High School. . . Lettered in lacrosse for three seasons. . . A two-time all-tournament team selection. . . Earned all-county and honorable mention all-county during her career. . . Also played two years of field hockey. . . A two-time all-tournament team pick. . . Also a member of the winter track team as a sprinter. . . High Honor Roll member for four years. . . Academic All-American. . . National Honor Society member. . . **Personal:** Born January 10, 1988. . . Daughter of Robert and Kathleen Bruno. . . Has one sister, Jenna (16). . . Majoring in psychology.

## Katherine Bruno's Career Stats:

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	3-0	0	0	0	0	0	0	1
<b>Totals:</b>	<b>3-0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>

# MEET THE LADY MONARCHS



Jessica **28**  
Capra

Sophomore      Attack/Midfield      5'8"  
New Providence, NJ      New Providence

**2007:** Appeared in three games for the Lady Monarchs...Registered one assist against #18 Rutgers (3/26)...Controlled one draw, against American (3/4)...Also played at #1 UNC...**Prior to Old Dominion:** A four-year varsity letterwinner of the women's lacrosse team at New Providence High School...Was the team's leading scorer...Earned "MVP" honors along with the "Coaches Award"...Was chosen to play in the Senior All-Star Game and scored three goals to help lead her team to victory in the game...Also played three season with Leading Edge, a club lacrosse team...Was also her club's leading scorer...**Personal:** Born May 18, 1988...Daughter of Douglas Capra and Sherry Zabel...Has three brothers, Douglas (17), Robert (10), and Michael (8), and two sisters, Katie (12) and Cara (7)...major is undecided.

## Jessica Capra's Career Stats:

	GP/GS	G	A	Pts	Shots	GB	DC	CT
2007	3-0	0	1	1	0	0	1	0
Totals:	3-0	0	1	1	0	0	1	0



Saratu **15**  
Dodo

Sophomore      Midfield      5'9"  
Cleveland Heights, OH      Cleveland Heights

**2007:** Played in 17 games on defense for the 2007 ODU Women's Soccer team...Posted an assist in first game of the season against Loyola College (Md.)...**2006:** Did not play lacrosse...Played 19 games on defense for the 2006 ODU Women's Soccer team...**Prior to Old Dominion:** Helped lead Cleveland Heights to the 2006 Ohio State girl's lacrosse Championships...The team was a runner-up in 2005...National Honors Society recipient...**Personal:** Born November 20, 1987...Daughter of Idris and Virginia Dodo...Has two brothers, Mohammed (21) and Hamza (15)...Majoring in Exercise Science.



# MEET THE LADY MONARCHS



**D'Ana 44**  
**Goodfellow**

Sophomore Goalkeeper 5'4"  
Hauppauge, NY Hauppague

2007: Played in two contests for the Lady Monarchs...Made three saves in 30:20 between the pipes...Collected one groundball on the season...Groundball came against #20 Richmond (3/29)...Also played against #1 UNC (3/14)...**Prior to Old Dominion:** Four-sport varsity letterwinner at Hauppauge High School...Registered 499 career saves in net for the women's lacrosse team...Named team's MVP...All-league and all-county selection...Named to the all-tournament team...Was a goalkeeper for the women's soccer team...Also played basketball and swam the backstroke and 100 meter freestyle...National Honor Society and Spanish Honor Society member...High Honor Roll member...**Personal:** Born February 3, 1988...Daughter of Jerome and Ana Goodfellow...Has three sisters, Victoria (16), Jeri Lynn (15), and Catherine (11)...Majoring in psychology.

## D'Ana Goodfellow's Career Stats:

	GP/GS	Min	GA	GAA	Saves	Sv%
2007	2-0	30:20	7	13.85	3	.300
Totals:	2-0	30:20	7	13.85	3	.300



**Nicole 4**  
**McMahon**

Sophomore Attack 5'5"  
Commack, NY Commack

2007: Dean's list student at ODU...Key reserve for the Lady Monarchs, playing in 12 games...Scored two goals on just four shots...Found the net against Drexel (4/6) and against William & Mary (4/25)...Collected one groundball at Towson (4/13)...Caused a turnover at Temple (3/24)...**Prior to Old Dominion:** Four-sport varsity athlete at Commack High School...A four-year letterwinner in women's lacrosse...Three-time all-county player...Two-time Galaxy Award winner...Two-time Suffolk County Newsday Player To Watch...Team MVP as a junior...Served as team captain...Recorded 75 goals and 30 assists as a senior...Played club lacrosse with the Yellow Jackets...Also a member of the soccer, cross country, and basketball teams...Team captain and "Coaches Award" winner in basketball...High Honors student...Received recognition for achievement in Spanish and science...**Personal:** Born May 15, 1988...Daughter of Rich and Christine McMahon...Has one brother, Shaun (12)...Majoring in physical education.

## Nicole McMahon's Career Numbers

	GP/GS	G	A	Pts.	Shots	GB	DC	CT
2007	12-0	2	0	2	4	1	0	1
Totals:	12-0	2	0	2	4	1	0	1



**Ashley 13**  
**Kellogg**

Sophomore Midfield/Attack 5'3"  
Downingtown, PA Downingtown West

2007: Started all 15 games for the Lady Monarchs...Named to All-CAA Rookie team...Tied for second in the CAA in game-winning goals, including the gamewinner against George Mason to send the Lady Monarchs back to the CAA Tournament for first time since 2003...Fifth on the team in goals (18) and points (20)...Second on the team in goals in CAA action (12)...Had season-high four goals on six shots against William & Mary (4/25)...**Prior to Old Dominion:** A two-sport varsity athlete at Downingtown West High School...Honorable Mention All-American in women's lacrosse...All-Chesmont Team...All-area team...Also a member of the field hockey team...Defender for the 2006 Chesmont Champions...An Academic All-American...National Honor Society member...**Personal:** Born February 15, 1988...Daughter of John and Deena Kellogg...Has one sister, Casey (16)...Majoring in physical education.

## Ashley Kellogg's Career Numbers

	GP/GS	G	A	Pts	Shots	GB	DC	CT
2007	15-15	18	2	20	42	8	8	4
Totals:	15-15	18	2	20	42	8	8	4



Ashley Kellogg

# MEET THE LADY MONARCHS



**Brittany** **17**  
**Burns**

Freshman Defense 5'9"  
Roanoke, VA Patrick Henry

**Prior to Old Dominion:** Played two years of varsity lacrosse at Patrick Henry High School at midfield... First Team All-District, Second Team All-Region and Team Captain in 2007... Honorable Mention All-District in 2006... Also a four-year varsity cross country runner, three-year varsity basketball player and two year track athlete... AP Scholar and Dean's List student in high school... **Personal:** Born July 31, 1989... Full name is Brittany Margaret Burns... Daughter of Mike and Lisa Burns... Has one sister, Kristen (21), and one brother, R.J. (15)... Goes by the nickname "Britt"... Favorite sports personality is John Elway... Majoring in Communications.



**Sarah** **32**  
**Geary**

Freshman Goalkeeper 5'6"  
Springfield, PA Springfield

**Prior to Old Dominion:** Three-sport athlete at Springfield High School... Played four years of lacrosse as goalkeeper... First Team All-American her senior year... First Team All-Delco and First Team All-Central for three years... All-Southeastern junior and senior year... District Champions three years including undefeated 21-0 campaign her senior year... Also played four years of field hockey and was named MVP her senior year... First Team All-Delco and First Team All-Central junior and senior year... Captain and MVP freshman year on basketball team... **Personal:** Born November 4, 1988... Daughter of Stephen and Judy Geary... Has one sister, Lauren (21)... Volunteers as a special needs teacher at summer camp... Majoring in Elementary Education/Special Education.



**Brienna** **19**  
**Faust**

Freshman Midfield/Attack 5'2"  
Lewes, DE Cape Henlopen

**Prior to Old Dominion:** Four-year varsity lacrosse player at Cape Henlopen High School at midfield/attack... Two-time First Team All-State... Voted MVP and Most Dedicated Player both junior and senior year... Holds single season and career scoring records at Cape Henlopen... Also a two-year varsity field hockey player as a forward... First Team All-Conference and Most Improved Player Award... Honors Society all four years... **Personal:** Born June 19, 1989... Full name is Brienna Leigh Faust... Daughter of Michael Faust and Terri Green... Has two brothers, Alec (14) and Dylan (7), and one sister, Sydney Green (5)... Favorite sports personality is Reggie Bush... Person in history most like to meet is John F. Kennedy... Favorite book is "The Notebook"... Undecided in major.



**Taylor** **23**  
**Ketcham**

Freshman Attack/Midfield 5'6"  
Hampstead, NC Topsail

**Prior to Old Dominion:** Played three years of basketball and four years of lacrosse at Topsail High School... Academic All-American three years... MVP and Captain of the offense all four seasons... North Carolina Player of the Year... Leading scorer in North Carolina for two seasons... All-Conference all four years... First Team All-State... Member of the Lower Atlantic National Tournament Team twice... National Honor Society Member... **Personal:** Born October 17, 1988... Full name is Taylor Spurlock Ketcham... Daughter of Bruce and Jan Ketcham... Has one brother, Clarke Rowe (33)... Goes by the nickname "Tay"... Favorite sports personality is Kelly Slater... Person in history she'd most like to meet is Jimi Hendrix... Majoring in English with a concentration in Education.



**Clara** **12**  
**Flanagan**

Freshman Attack/Midfield 5'3"  
Sterling, VA Potomac Falls

**Prior to Old Dominion:** Played three years of lacrosse and four years of volleyball at Potomac Falls high school... First Team All-District, Second Team All-Region and MVP twice... Two-Time Team Captain... Member of Virginia Commonwealth Tournament Team... Washington Post All-Extra Team... Captain of volleyball team as well as being an All-Tournament setter/libero... **Personal:** Born October 7, 1988... Full name is Clara Louise Flanagan... Daughter of Tom and Wanda Flanagan... Has one brother, Chad (23)... Great Grandfather, Steamer Flanagan, played on the Pittsburgh Pirates with Hall of Famers Honus Wagner and Fred Clarke... Favorite sports personality is Misty May... Majoring in Exercise Science.



**Tracy** **9**  
**Reed**

Freshman Attack 5'4"  
Easton, MD Queen Anne's County

**Prior to Old Dominion:** Two-sport athlete at Queen Anne's County High School in Maryland... Three-time offensive player of the year and twice team captain... First Team All-Midshore... All-Galaxy (CC Lax)... Leading scorer junior and senior seasons while leading team to A-AA East Regional Championship and to the state semi's in 2007... 210 career goals... Also played varsity soccer for three years... Class President and Honor Roll student... **Personal:** Born May 12, 1989... Full name is Tracy Lynn Reed... Daughter of Linda Reed... Has one brother, Mark (27), and one sister, Megan (18)... Dreams of vacationing in Greece... Wore the same socks at every home game in high school as a superstition... Favorite book is "My Sister's Keeper"... Majoring in Communications.



# 2007 REVIEW

## Lady Monarch Lacrosse: Youthful Roster Brings Hope For the Future

Colonial Athletic Association (CAA) Coach of the Year Sue Stahl and her Lady Monarchs put together the third best turn around season in the nation according to Lax.Com's power rankings in 2007 as Old Dominion returned to the CAA Tournament for the first time in four years.

The team finished with a 7-8 overall mark, the best record for the Lady Monarchs in four seasons. Additionally, the Lady Monarchs qualified for the CAA Tournament as the number four seed, making their first post-season appearance since 2003.

The seven wins marked the most wins since 2003 against a schedule filled with top competition. Six of the eight losses came at the hands of ranked teams, three against the nation's top ten, two were in overtime, and six were by only one goal, including both games against eventual conference champion Hofstra.

Leading the way for the Lady Monarchs was senior midfielder Caroline Jacobs. A Second Team All-South Region, Second Team All-CAA selection and Second Team All-State recipient, Jacobs finished the year ranked 16th nationally in caused turnovers and 24th in ground balls per game. Among CAA peers, she ranked fourth in groundballs per game and third in caused turnovers, while leading the Lady Monarchs in total points (44), goals (32), groundballs (42) and caused turnovers (28). Jacobs was also second in assists (12) and third on the team in draw controls (21). During her senior campaign, Jacobs scored in all but two games and was a multiple scorer in eight contests including a career-high eight points and career-tying six goals in a victory over William & Mary. In 2007 Jacobs was one of 56 active Division I women's student-athletes to score 100 career goals or more, one of 36 active Division I student-athletes to make 50 or more career assists, and one of 40 active Division I women's lacrosse players to tally 150 or more career points.

Fellow classmate and midfielder Katie Venezia joined Jacobs as an all-conference honoree. The Second Team All-CAA and CAA All-Tournament Team selection started all 15 games in midfield and ranked 26th nationally in draw controls. Venezia led the Lady Monarchs in assists (14) and draw controls (41) and was second on the team in goals (20), points (34), groundballs (31) and caused turnovers (17). Registering at least one point in all but one contest, she posted hat tricks against UMBC and then-top ranked North Carolina and captured a career-high eight draw controls vs. William & Mary.

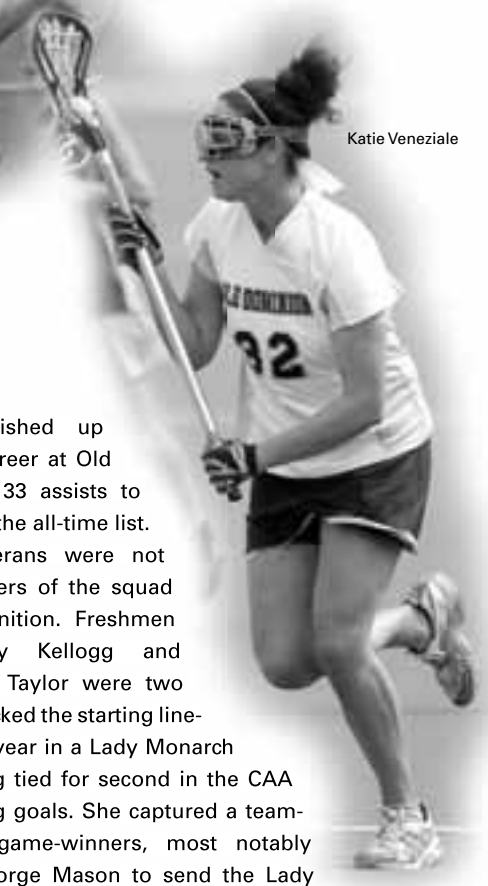
Jacobs and Venezia also placed their name into the ODU record books. Jacobs tied for fourth on the ODU all-time points leaders list (163) and also concluded her career at seventh in goals (108) and second in assists (55). Venezia,

meanwhile, finished up her four-year career at Old Dominion with 33 assists to place eighth on the all-time list.

The veterans were not the only members of the squad receiving recognition. Freshmen attacker Ashley Kellogg and defender Jillian Taylor were two rookies who cracked the starting line-up in their first year in a Lady Monarch uniform. Kellogg tied for second in the CAA in game-winning goals. She captured a team-leading three game-winners, most notably one against George Mason to send the Lady Monarchs back to the CAA Tournament for the first time since 2003. Taylor joined veterans Kristen Truax and Lindsey Belle as a member of the Lady Monarch defense, which helped hold six ODU opponents to single-digit scoring and 55 fewer goals than the previous season.



Caroline Jacobs



Katie Venezia



# 2007 REVIEW

## WOMEN'S LACROSSE STATISTICS

Overall Record 7-8 / 4-3

The Automated ScoreBook For Lacrosse  
 Old Dominion Overall Individual Statistics (as of May 04, 2007)  
 All games

Overall: 7-8-0 Conf: 4-3-0 Home: 4-2-0 Away: 3-6-0 Neut: 0-0-0

## Name	GP-GS	SHOTS							GOALS						Fouls
		G	A	Pts	Sh	Shot%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	
23 Jacobs, Caroline	15-15	32	12	44	77	.416	59	.766	2	12-21	42	21	39	28	62
32 Veneziale, Katie	15-15	20	14	34	50	.400	33	.660	0	5-9	31	41	32	17	33
6 Kimener, Kelly	15-15	25	8	33	65	.385	50	.769	1	8-16	18	27	30	11	26
1 Noone, Jessica	15-15	20	8	28	57	.351	37	.649	0	2-5	30	21	42	15	21
13 Kellogg, Ashley	15-15	18	2	20	42	.429	30	.714	3	1-2	8	8	16	4	5
9 Stanwick, Ashley	15-15	15	3	18	54	.278	37	.685	0	0-8	4	2	18	2	7
21 Schival, Kaelyn	15-15	5	0	5	14	.357	12	.857	1	0-0	3	4	8	0	2
4 McMahon, Nicole	12-0	2	0	2	4	.500	3	.750	0	0-0	1	0	10	1	3
24 Beck, Alana	4-0	1	0	1	1	1.000	1	1.000	0	0-0	1	0	2	0	1
28 Capra, Jessica	3-0	0	1	1	0	.000	0	.000	0	0-0	0	1	0	0	0
18 Paulus, Sigrid	10-0	0	0	0	2	.000	1	.500	0	0-1	0	2	0	0	0
17 Haley, Danielle	15-15	0	0	0	1	.000	1	1.000	0	0-0	15	2	15	8	13
44 Goodfellow, D'Ana	2-0	0	0	0	0	.000	0	.000	0	0-0	1	0	0	0	0
25 Barber, Hannah	5-0	0	0	0	0	.000	0	.000	0	0-0	0	0	0	0	2
22 Truax, Kristen	15-15	0	0	0	0	.000	0	.000	0	0-0	13	9	13	14	17
20 Rudderow, Karen	2-0	0	0	0	0	.000	0	.000	0	0-0	0	0	1	0	0
16 Belle, Lindsey	15-15	0	0	0	0	.000	0	.000	0	0-0	24	12	15	13	31
14 Duggins, Jacquelyn	3-0	0	0	0	0	.000	0	.000	0	0-0	0	1	1	0	0
12 Taylor, Jillian	15-14	0	0	0	0	.000	0	.000	0	0-0	10	1	6	2	13
11 McKeon, Jodran	6-0	0	0	0	0	.000	0	.000	0	0-0	0	1	0	0	1
10 Burno, Katherine	3-0	0	0	0	0	.000	0	.000	0	0-0	0	0	0	1	1
8 Peterson, Erica	9-0	0	0	0	0	.000	0	.000	0	0-0	0	0	2	0	1
7 Erb, Erica	14-0	0	0	0	0	.000	0	.000	0	0-0	4	2	6	4	3
5 Washko, Brittany	7-0	0	0	0	0	.000	0	.000	0	0-0	4	1	0	0	7
2 Brown, Jackie	3-1	0	0	0	0	.000	0	.000	0	0-0	1	0	0	0	0
0 Larson, Sara	15-15	0	0	0	0	.000	0	.000	0	0-0	29	0	12	4	5
Total.....	15	138	48	186	367	.376	264	.719	7	28-62	239	156	275	124	290
Opponents.....	15	154	59	213	406	.379	278	.685	8	29-70	253	168	270	129	261

## Name	GP-GS	GOAL AVERAGE			SAVES			RECORD			Shots Faced
		Minutes	GA	GAAvg	Saves	Pct	W	L	T		
0 Larson, Sara	15-15	880:47	147	10.01	148	.502	7	6	0	361	
44 Goodfellow, D'Ana	2-0	30:20	7	13.85	3	.300	0	0	0	14	
Total.....	15	912:37	154	10.12	151	.495	7	6	0	375	
Opponents.....	15	912:37	138	9.07	139	.502	6	7	0	351	

GOALS BY PERIOD	1st	2nd	3rd	4th	Total
Old Dominion.....	76	62	0	0	138
Opponents.....	75	77	1	1	154

SHOTS BY PERIOD	1st	2nd	3rd	4th	Total
Old Dominion.....	196	167	4	0	367
Opponents.....	186	216	3	1	406

SHOTS ON GOAL BY PRD	1st	2nd	3rd	4th	Total
Old Dominion.....	149	127	1	0	277
Opponents.....	136	166	2	1	305

SAVES BY PERIOD	1st	2nd	3rd	4th	Total
Old Dominion.....	61	89	1	0	151
Opponents.....	73	65	1	0	139

ATTENDANCE SUMMARY	ODU	OPP
Total.....	1529	1402
Dates/Avg Per Date.....	6/255	9/156
Neutral Site #/Avg.....	0/0	

CLEARs: Old Dominion 125-176 .710, Opponents 133-174 .764.



# 2008 OPPONENTS

## Eagle Schedule

February  
16.....@ Ohio State  
20.....@ Drexel  
23.....@ Davidson

March  
1.....Old Dominion  
4.....@ Towson  
8.....@ Bucknell  
11.....@ Longwood  
16.....Lehigh  
22.....Lafayette  
26.....George Mason  
29.....@ Stony Brook

April  
1.....@ Navy  
5.....@ Virginia Tech  
9.....@ Richmond  
13.....@ Holy Cross  
19.....Colgate

## AMERICAN

Location:.....Washington, D.C. **March 1**  
Founded:.....1893 **Washington, D.C.**  
Enrollment:.....5,866  
Nickname:.....Eagles  
Colors:.....AU Red, White & Blue  
Conference:.....Patriot League  
Home Field:.....Jacobs Field  
President (Interim):.....Dr. Neil Kerwin  
Director of Athletics:.....Keith Gill

Head Coach:.....Katie Woods (Drew '01)  
School Record / Years:.....9-9 (500) (2nd season)  
Career Record / Years:.....9-9 (500) (2nd season)  
Assistant Coach:.....Katie Leland (New Hampshire '06)

2007 Overall Record:.....9-9  
2007 Conference Record:.....3-2/3rd  
Letterwinners Returning / Lost:.....16/1  
Starters Returning / Lost:.....11/1

WLax SID:.....April Raynovich  
SID Phone:.....(202) 885-3032  
SID Fax:.....(202) 885-3033  
SID E-mail:.....TBD@american.edu



[www.aueagles.com](http://www.aueagles.com)

## Cavalier Schedule

February  
20.....@ Virginia Tech  
27.....@ Richmond

March  
1.....Syracuse  
4.....@ Maryland  
7.....@ Penn State  
12.....@ William and Mary  
16.....North Carolina  
22.....@ Princeton  
26.....James Madison  
29.....@ Duke

April  
2.....Old Dominion  
5.....@ Boston College  
9.....@ Georgetown  
13.....Johns Hopkins  
16.....George Mason


## VIRGINIA

Location:.....Charlottesville, VA **April 2**  
Founded:.....1819 **Charlottesville, VA**  
Enrollment:.....20,399  
Nickname:.....Cavaliers  
Colors:.....Navy and Orange  
Conference:.....Atlantic Coast Conference  
Home Field:.....U-Hall Turf Field/Klockner Stadium  
President:.....John T. Casteen III  
Director of Athletics:.....Craig Littlepage

Head Coach:.....Julie Myers (13th Year)  
School Record / Years:.....188-56 (12 years)  
Career Record / Years:.....188-56 (12 years)  
Assistant Coach:.....Colleen Shearer, Heather Dow & Amy Appelt

2007 Overall Record:.....19-4  
2007 Conference Record:.....3-2  
Letterwinners Returning / Lost:.....19/4  
Starters Returning / Lost:.....8/4

WLax SID:.....Amanda McClure  
SID Phone:.....(434) 982-5977  
SID Fax:.....(434) 982-5525  
SID E-mail:.....asm2c@virginia.edu



[www.virginiasports.com](http://www.virginiasports.com)

## Hawk Schedule

February  
18.....Lehigh  
23.....@ Lafayette  
27.....Wagner

March  
3.....@ Old Dominion  
7.....Louisville  
12.....Villanova  
20.....@ Temple  
22.....@ George Mason  
26.....@ Drexel  
30.....St. Bonaventure

April  
2.....@ Rutgers  
6.....La Salle  
11.....Massachusetts  
13.....@ Duquesne  
18.....George Washington  
20.....@ Richmond


## SAINT JOSEPH'S

Location:.....Philadelphia, Pa. 19131 **March 3**  
Founded:.....1851 **Norfolk, VA**  
Enrollment:.....4,150  
Nickname:.....Hawks  
School Colors:.....Crimson and Gray  
Home Field:.....Finnesey Field  
Affiliation:.....NCAA Division I  
Conference:.....Atlantic 10  
President:.....Timothy R. Lannon, S.J.

Head Coach:.....Denise Roessler (Old Dominion '95)  
Record at SJU:.....47-86 (9 years)  
Career Record:.....52-95 (10 years)  
Assistant Coach:.....Melissa Hieber (SJU '02) - 5th Year

2007 Record:.....7-9  
2007 Conference Record:.....2-5 Atlantic 10  
Letterwinners Returning / Lost:.....22/6

WLax SID:.....Jeremy S. Fallis  
SID Phone:.....(610) 660-2601  
SID Fax:.....(610) 660-1724  
SID E-mail:.....jeremyfallis@sju.edu



[www.sjuhawks.com](http://www.sjuhawks.com)

## Patriot Schedule

February  
23.....Johns Hopkins  
27.....@ Georgetown

March  
1.....Virginia Tech  
5.....George Washington  
13.....@ Iona  
15.....@ Boston University  
22.....Saint Joseph's  
26.....@ American

April  
4.....Old Dominion  
6.....@ William & Mary  
11.....@ Towson  
13.....@ Delaware  
16.....@ Virginia  
18.....Drexel  
20.....Hofstra  
26.....@ James Madison


## GEORGE MASON

Location:.....Fairfax, VA **April 4**  
Enrollment:.....29,728 **Fairfax, VA**  
Nickname:.....Patriots  
Colors:.....Green & Gold  
Conference:.....CAA  
President:.....Dr. Alan G. Merten  
Athletic Director:.....Tom O'Connor  
Home Field:.....George Mason Stadium

Head Coach:.....Amy Bokker  
School Record / Years:.....68-79 (Ninth year)  
Career Record / Years:.....76-87 (10th year)  
Assistant Coach:.....Liz Schaffner  
Assistant Coach:.....Brooke McKenzie

2007 Record:.....7-9, 3-4 CAA  
Letterwinners Returning / Lost:.....14/9  
Starters Returning / Lost:.....9/3

WLax SID:.....Jason Risley  
SID Phone:.....(703) 993-3246  
SID Fax:.....(703) 993-3259  
SID E-mail:.....jrisley@gmu.edu



[www.gomason.com](http://www.gomason.com)

## Retriever Schedule

February  
17.....Hofstra  
22.....Vanderbilt  
26.....Loyola  
29.....@ Binghamton

March  
4.....Vermont  
8.....@ Old Dominion  
10.....@ Delaware  
15.....@ Towson  
22.....@ New Hampshire  
26.....Albany  
30.....UC Berkeley

April  
2.....@ Stony Brook  
5.....Howard  
9.....Johns Hopkins  
13.....Yale  
18.....Boston University


## UMBC

Location:.....Baltimore, MD **March 8**  
Enrollment:.....12,041 **Norfolk, VA**  
Nickname:.....Retrievers  
School Colors:.....Black and Gold  
Conference:.....America East  
Home Field:.....UMBC Stadium  
President:.....Dr. Freeman Hrabowski  
Director of Athletics:.....Dr. Charles Brown

Head Coach:.....Courtney Connor (Third Year)  
School Record / Years:.....17-17 (2nd season)  
Career Record / Years:.....62-48 (Six Years)  
Assistant Coach:.....Quinn Carney (First Year)  
Assistant Coach:.....Kelly Berger (First Year)

2007 Record (AEC Finish):.....7-10/2-4 (T-5th)  
Letterwinners Returning / Lost:.....20/10  
Starters Returning / Lost:.....8/4

WLax SID:.....Jessica Bernheim  
SID Phone:.....410-455-2639  
SID Fax:.....410-455-3934  
SID E-mail:.....jbernheim@umbc.edu



[www.umbcretrievers.com](http://www.umbcretrievers.com)

## Duke Schedule

February  
28.....@ Dartmouth

March  
1.....@ Yale  
5.....Longwood  
8.....@ Maryland  
12.....Virginia Tech  
15.....Richmond  
19.....@ Princeton  
26.....@ Virginia  
29.....Stanford

April  
4.....William & Mary  
6.....@ Old Dominion  
11.....@ Delaware  
13.....@ Towson  
18.....Hofstra  
20.....Drexel  
26.....George Mason

## JAMES MADISON

Location:.....Harrisonburg, VA **April 6**  
Enrollment:.....16,900 **Norfolk, VA**  
Nickname:.....Dukes  
Colors:.....Purple and Gold  
Conference:.....CAA  
President:.....Dr. Linwood H. Rose  
Athletic Director:.....Jeffrey Bourne  
Home Field:.....JMU Lacrosse Complex

Head Coach:.....Shelley Klaes-Bawcombe (James Madison '97)  
School Record / Years:.....13-5 (1 year)  
Career Record / Years:.....50-35 (5 years)  
Assistant Coach:.....Jessica Wilk (Maryland '90)  
Assistant Coach:.....Lindsay Lewis (Boston University '06)

2007 Record:.....13-5  
2007 Conference Record:.....5-2 (2nd)  
Starters Returning / Lost:.....8/4  
Letterwinners Returning / Lost:.....22/5

WLax SID:.....Milla Sue Wisecarver  
SID Phone:.....540-568-6154  
SID Fax:.....540-568-3703  
SID E-mail:.....wisecams@jmu.edu



[www.jmusports.com](http://www.jmusports.com)

## Scarlet Knight Schedule

February  
24.....Northwestern  
28.....@ Delaware

March  
2.....Cornell  
5.....@ Princeton  
8.....@ Loyola (Md.)  
14.....Louisville  
19.....@ Hofstra  
22.....@ Georgetown  
24.....@ Old Dominion  
28.....vs. Denver (@ Maryland)

April  
6.....St. Joseph's  
9.....@ Connecticut  
12.....Mornmouth  
16.....Temple  
20.....Notre Dame

## RUTGERS

Location:.....New Brunswick, NJ **March 24**  
Enrollment:.....33,500 **Norfolk, VA**  
Founded:.....1766  
Nickname:.....Scarlet Knights  
Colors:.....Red and Black  
Conference:.....BIG EAST  
President:.....Dr. Richard L. McCormick  
Athletic Director:.....Robert E. Mulcahy III  
Home Field:.....Yurcak Field (5,000), RU Turf Field (2,000)

Head Coach:.....Laura Brand (Rutgers '99)  
School Record / Years:.....54-43 (6 seasons)  
Career Record / Years:.....44-36 (5 seasons)  
Assistant Coach:.....Cristina Curiale (Rutgers '04)  
Assistant Coach:.....Kristen Wong (William & Mary '07)

2007 Record:.....12-5  
2007 Conference Record:.....3-2/3rd  
Letterwinners Returning / Lost:.....18/5  
Starters Returning / Lost:.....7/4

WLax SID:.....Trevor Rutledge-Leverenz  
SID Phone:.....732-445-4200  
SID Fax:.....732-445-3063  
SID E-mail:.....tr@scarletknights.com



[www.scarletknights.com](http://www.scarletknights.com)

## Pride Schedule

February  
17.....@ UMBC  
23.....New Hampshire  
26.....Northwestern

March  
7.....@ Cornell  
9.....@ Syracuse  
15.....Brown  
19.....Rutgers  
25.....Notre Dame  
30.....@ Drexel

April  
4.....@ Towson  
6.....Delaware  
11.....Old Dominion  
13.....William & Mary  
18.....@ James Madison  
20.....@ George Mason  
22.....@ Stony Brook

## HOFSTRA

Location:.....Hempstead, NY **April 11**  
Enrollment:.....12,700 **Hempstead, NY**  
Nickname:.....Pride  
Colors:.....Gold, White and Blue  
Conference:.....CAA  
President:.....Stuart Rabinowitz  
Athletic Director:.....Jack Hayes  
Home Field:.....James M. Shuart Stadium

Head Coach:.....Abby Morgan (UConn '01)  
School Record / Years:.....12/7 (one year)  
Career Record / Years:.....12/7 (one year)  
Assistant Coach:.....Danielle Piercy (Old Dominion '03)  
Assistant Coach:.....Jessica O'Connell (Towson '05)

2007 Record:.....12-7  
2007 Conference Record:.....6-1 CAA  
Letterwinners Returning / Lost:.....22/9  
Starters Returning / Lost:.....7/5


WLax SID:.....Stephen Gorchov  
SID Phone:.....516-463-4933  
SID Fax:.....516-463-5274  
SID E-mail:.....Stephen.A.Gorchov@hofstra.edu



[www.hofstra.edu/athletics.com](http://www.hofstra.edu/athletics.com)

# 2008 OPPONENTS

Dragon Schedule	<b>DREXEL</b>	
February	Location: Philadelphia, PA	<b>April 13</b>
16 @ Virginia Tech	Enrollment: 19,885	<b>Philadelphia, PA</b>
20 @ American	Nickname: Dragons	
24 Penn	Colors: Navy Blue and Gold	
27 @ Villanova	Conference: CAA	
March	President: Dr. Constantine N. Papadakis	
2 George Washington	Athletic Director: Dr. Eric Zillmer	
5 La Salle	Home Field: Vidas Field	
12 @ Lehigh	Head Coach: Anna Marie Vesco	
15 @ Wagner	School Record / Years: 54-30 (5 seasons)	
26 Saint Joseph's	Career Record / Years: 136-94 (14 seasons)	
30 Hofstra	Assistant Coach: Jenn Cook	
April	Assistant Coach: Gabby Joffie	
1 @ Bucknell	2007 Record: 12-5	
4 @ Delaware	2007 Conference Record: 3-4	
6 Towson	Letterwinners Returning / Lost: 19/4	
11 William & Mary	Starters Returning / Lost: 7/3	
13 Old Dominion		
18 @ George Mason	Wlax SID: John Tomsich	
20 @ James Madison	SID Phone: (215) 895-2084	
	SID Fax: (215) 895-2038	
	SID E-mail: jdt39@drexel.edu	
		
<a href="http://www.drexeldragons.com">www.drexeldragons.com</a>		

Tribe Schedule	<b>WILLIAM &amp; MARY</b>	
February	Location: Williamsburg, Virginia	<b>April 24</b>
17 Binghamton	Founded: 1693	<b>Williamsburg, VA</b>
20 @ Longwood	Enrollment: 5,500	
24 Duke	Nickname: Tribe	
27 @ Virginia Tech	Colors: Green, Gold and Silver	
March	Conference: CAA	
2 @ Richmond	President: Gene R. Nichol	
9 @ Penn State	Director of Athletics: Terry Driscoll	
12 Virginia	Facility (Cap./Surface): Albert-Daly Field (1,000/Natural Grass)	
19 @ Georgetown	Head Coach: Christine Halfpenny (Virginia Tech, 1999)	
25 Stanford	W&M Record: 3-13 (Second Season)	
28 California	Career Record: Same	
April	Assistant Coach: Allison Evans (W&M, 2003)	
4 @ James Madison	Assistant Coach: Meg Huether (Duke, 2006)	
6 George Mason	2007 Record: 3-13 (.188)	
11 @ Drexel	2007 CAA Record / Finish: 1-6 (.143)/Eighth Place	
13 @ Hofstra	Players Returning / Lost: 16/8	
18 Towson	Starters Returning / Lost: 6/6	
20 Delaware	All-time Record: 304-206-11 (.594)	
24 Old Dominion	Wlax SID: Pete Clawson	
	SID Phone: (757)221-3344	
	SID E-mail: mjhosk@wm.edu	
		
<a href="http://www.tribeathletics.com">www.tribeathletics.com</a>		

Tar Heel Schedule	<b>NORTH CAROLINA</b>	
February	Location: Chapel Hill, NC	<b>April 16</b>
15 Loyola (MD)	Enrollment: 27,700	<b>Norfolk, VA</b>
17 Denver	Nickname: Tar Heels	
23 Albany (N.Y.)	Colors: Carolina Blue (PMS 278) & white	
28 Brown	Conference: Atlantic Coast	
March	Associate Director: Matt Bowers	
1 Penn	Home Field: Fetzer Field	
8 Vanderbilt	Head Coach: Jenny Levy (Virginia '92)	
11 @ Oregon	School Record / Year: same	
16 @ Virginia	Career Record / Years: 148-67 (12 seasons)	
22 Duke	Assistant Coach: Phil Barnes	
26 Virginia Tech	Assistant Coach: Katy O'Mara	
29 @ Boston College	2007 Record: 16-5	
April	2007 Conference Record: 3-2 ACC	
4 Ohio State	Letterwinners Returning / Lost: 19/11	
6 Penn State	Starters Returning / Lost: 7/5	
12 Maryland	Wlax SID: Matt Bowers	
16 @ Old Dominion	SID Phone: (919) 962-2123	
20 @ Northwestern	SID Fax: (919) 962-0612	
	SID E-mail: mattbowers@unc.edu	
		
<a href="http://www.tarheelblue.com">www.tarheelblue.com</a>		

Blue Hen Schedule	<b>DELAWARE</b>	
February	Location: Newark, Delaware	<b>April 18</b>
28 Rutgers	Founded: 1743	<b>Norfolk, VA</b>
March	Enrollment: 16,000	
5 @ Loyola (Md.)	Nickname: Fightin' Blue Hens	
8 St. Bonaventure	Colors: Royal Blue and Gold	
10 UMBC	Conference: CAA	
13 @ Notre Dame	Home Field: Fred P. Rullo Stadium	
18 @ Temple	President (Interim): Dr. Patrick T. Harker	
23 @ Virginia Tech	Director of Athletics: Edgar Johnson	
28 Penn State	Head Coach: Kim Ciarrocca	
30 @ Towson	School Record / Years: 24-26	
April	Career Record / Years: 161/119	
4 Drexel	Assistant Coaches: Liz Martin, Reid Watson, Kristin Hopson	
6 Hofstra	2007 Overall Record: 11-6	
11 James Madison	Letterwinners Returning / Lost: 16/0	
13 George Mason	Starters Returning / Lost: 12/0	
18 @ Old Dominion	Wlax SID: Kenny Riedel	
20 @ William & Mary	SID Phone: (302) 831-2186	
25 @ Villanova	SID Fax: (302) 831-8653	
	SID E-mail: bluecat@udel.edu	
		
<a href="http://www.udel.edu/sportsinfo.com">www.udel.edu/sportsinfo.com</a>		

Tiger Schedule	<b>TOWSON</b>	
February	Location: Towson, Maryland	<b>April 20</b>
23 Mount St. Mary's	Enrollment: 18,011	<b>Norfolk, VA</b>
March	Nickname: Tigers	
1 @ Loyola (MD)	Colors: Gold, White and Black	
4 @ American	Conference: CAA	
8 George Washington	Associate Director: Mike Hermann	
12 @ Johns Hopkins	Home Field: Johnny Unitas Stadium	
15 UMBC	Head Coach: Missy Dothery (Maryland '97)	
19 @ Syracuse	Record at Towson: 40-29	
22 @ Richmond	Career Record: same	
26 @ Maryland	Assistant Coaches: Sonia LaMonica, Katie Doolittle	
30 Delaware	2007 Record: 6-9	
April	2007 Conference Record: 3-4 CAA	
4 Hofstra	Letterwinners Returning / Lost: 20/4	
6 @ Drexel	Starters Returning / Lost: 10/2	
11 George Mason	Wlax SID: Eric Rhew	
13 James Madison	SID Phone: (410)704-6258	
18 @ William & Mary	SID Fax: (410)704-3861	
20 @ Old Dominion	SID E-mail: erhew@unc.edu	
		
<a href="http://www.towsontigers.com">www.towsontigers.com</a>		

## Why Monarchs?

Many people have wondered how the Old Dominion University athletic teams came to be officially known as the Monarchs.

For many years, the athletic teams of the Norfolk Division of the College of William & Mary (as Old Dominion was formerly called) were known as the Braves. This was a derivation of the William & Mary nickname of Indians. As Old Dominion achieved its own four-year status and saw its enrollment surpass that of its Williamsburg neighbor, it was no longer suitable or acceptable to have its teams called the Braves.

The name Monarchs evokes much of the early history of the Commonwealth of Virginia and of Old Dominion's mother institution, the College of William and Mary. The nickname "Old Dominion" was first coined to the Virginia colony by King Charles II after Virginia's loyalty to the crown during the English Civil War. Furthermore, William III and Mary II, whose patronage helped found the College of William and Mary in Virginia in 1693, ruled England at the invitation of Parliament as "joint monarchs."

The Monarch used by Old Dominion is a royal crown on a lion's head, representing an historic past and a strong future.

Old Dominion adopted its current family of logos in April of 2002.



# LADY MONARCH REACHOUT

*Continuing the Old Dominion University Athletic Department tradition of reaching into the community, the Lady Monarch lacrosse team is one of the most active groups on campus.*



*The Old Dominion women's lacrosse team took part in the annual Susan G. Komen Race For The Cure held at the Virginia Beach oceanfront. The Susan G. Komen Breast Cancer Foundation is the world's largest funder of community-based breast cancer screening, treatment programs, and health education. The Lady Monarchs took part in the annual 5K event to help raise money to eradicate breast cancer as a life-threatening disease.*



*The women's lacrosse team were also featured speakers at National Women and Girls in Sport Day. Keynote speaker Sue Stahl and members of the Lady Monarch squad spoke to many of the Hampton Roads area youth about how sport has transcended into their everyday lives, the important qualities to have as a student-athlete, and the importance of education.*



*Head coach Sue Stahl, assistant coach Heather Holt and three of the Lady Monarchs took part in the groundbreaking for the Powhatan Sports Complex last summer. The state-of-the-art facility houses the women's lacrosse team starting the summer of 2008 and will be the new home field for ODU starting in the spring of 2009. Included in the new building are offices, locker rooms, athletic training and strength facilities, as well as the latest technology for game day operations.*



*The Lady Monarchs are also active clinicians in the Hampton Roads area teaching the game of lacrosse to the youth of the area. The Old Dominion lacrosse team is featured here at nearby St. Patrick's instructing the children on the fundamentals of the game.*



# THE COLONIAL ATHLETIC ASSOCIATION



Coming off another record-setting season, the Colonial Athletic Association continues to enhance its reputation as one of the nation's top collegiate conferences.

With a geographic footprint stretching from Boston to Atlanta, the CAA encompasses five of the nation's nine largest metropolitan areas. The conference has produced 16 national team champions in five different sports, 33 individual national champions, 12 national players of the year, 11 national coaches of the year and 12 Honda Award winners. Even more impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 21 NCAA post-graduate scholars. In 2006-07, the CAA had six ESPN the Magazine Academic All-Americans and more than 1,600 of our 4,000 student-athletes received the Commissioner's Academic Award after posting at least a 3.2 grade point average while lettering in a varsity sport.

The landscape of the conference stretches along the majority of the East Coast, and includes six of the nation's top 25 media markets - New York (1), Philadelphia (4), Boston (5), Washington, D.C. (8), Atlanta (9) and Baltimore (23). The number of television homes in the CAA market exceeds 19 million.

The CAA now sponsors 22 sports with the addition of a 12-team football league in 2007. Male athletes compete for championships in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling. Female athletes battle for conference titles in basketball, cross country, field hockey, golf, lacrosse, soccer, softball, swimming & diving, tennis, track & field and volleyball. In 2006-07, a league-record 29 teams earned NCAA Tournament berths.

The conference has made its presence known nationally in men's basketball with four teams advancing to post-season play for the past three years. Conference champion VCU pulled the most noted upset of the NCAA first round last season with its 79-77 victory over Duke and Old Dominion became the second CAA team in as many years to receive an NCAA at-large bid. Hofstra returned to the NIT for the third straight season and Drexel made its fourth NIT appearance in the last five years. In 2006, George Mason became the first mid-major program since 1979 to reach the Final Four, knocking off powerhouses Michigan State, North Carolina, Wichita State and Connecticut along the way. The Patriots were ranked No. 8 in the final ESPN/USA Today Top 25 poll, which was the highest ever for a CAA team.

In women's basketball, the CAA had three teams earn NCAA Tournament berths for the first time and four squads advanced to post-season play for the second straight year. Perennial power Old Dominion, which has captured three national championships (1979, 1980, 1985) and was national runner-up in 1997, captured its 16<sup>th</sup> consecutive conference title. James Madison returned to the NCAA Tournament for the first time since 1996 and Delaware made its second-ever trip to the NCAA's. Hofstra completed its most successful season in school history by advancing to the quarterfinals of the WNIT.

The conference also excels in many other sports. Delaware became the first CAA team to reach the Final Four of the NCAA Men's Lacrosse Championship in 2007. A league-record four men's soccer teams earned NCAA berths in 2006, with Towson and Old Dominion advancing to the round of 16. A league-high four teams also represented the conference in the NCAA Men's Tennis Championship. William & Mary reached the round of 16 in women's tennis and the Tribe tandem of Megan Moulton-Levy and Katarina Zoricic was ranked No. 1 in the nation and reached the finals of the NCAA Doubles Championship. CAA squads have won 10 field hockey national titles since the championship began in 1981, which is the most of any Division I conference. Hofstra finished seventh overall at the NCAA Wrestling Championship and William & Mary finished eighth nationally in men's cross country. In baseball, the league had 17 players chosen in the 2007 Major League Baseball draft. There were 37 CAA student-athletes who received All-America honors.

CAA member institutions are committed to excellence in the classroom. The Colonial Academic Alliance was created in 2002 by the league's presidents with a goal of expanding their partnership to all aspects of university life outside of intercollegiate athletics. Among the programs already established are an undergraduate research conference, coordination of study abroad programs and granting visiting academic status to student-athletes traveling to an away contest so that they have access to libraries, academic resource centers and computer labs.

In 2002, two faculty members from CAA institutions were awarded academia's most coveted distinction - the Nobel Prize. John B. Fenn, a research professor in the Department of Chemistry at Virginia Commonwealth University, received the Nobel Prize for chemistry, and Vernon Smith, a professor of economics and law at George Mason University, shared the Nobel Prize in economic sciences.

Commissioner Thomas E. Yeager has guided the CAA since its inception. The conference traces its roots back to 1983 when three of its current members- George Mason University, James Madison University, and the College of William and Mary - were aligned with East Carolina University, the United States Naval Academy and the University of Richmond as a basketball league (ECAC South). During the next two years, the league added 11 sports, acquired two new members (the University of North Carolina at Wilmington and American University) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985.

Charter members George Mason, James Madison, UNC Wilmington and William and Mary were joined by Old Dominion University in 1991 and by Virginia Commonwealth University in 1995. The conference added the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.

From all-star athletes to Nobel Prize winning faculty, the CAA takes great pride in producing performers who stand out both on the playing field and in the classroom.

## 2007 in Review

### 2007 FINAL CAA STANDINGS

Team	Conference Record	Overall Record
Hofstra	6-1 .857	12-7 .632
James Madison	5-2 .714	13-5 .722
Delaware	5-2 .714	11-6 .647
Old Dominion	4-3 .571	7-8 .467
Drexel	3-4 .429	12-5 .706
Towson	3-4 .429	6-9 .400
George Mason	1-6 .143	6-10 .375
William & Mary	1-6 .143	3-13 .188

### 2007 CAA SCORING STATS

Player	GP	G	A	Pts.	Avg.
1. Kelly, Kerry (Drexel)	17	43	33	76	4.47
2. Berger, Kelly (JMU)	18	48	24	72	4.00
Fratzke, Hillary (Towson)	15	48	12	60	4.00
4. Hoesch, Emily (Drexel)	17	49	18	67	3.94
5. Wagner, Annie (JMU)	18	59	3	62	3.44
6. Flego, Nicole (Delaware)	17	36	22	58	3.41
7. McCrudden, Casey (Delaware)	15	33	13	46	3.07
8. Fuchs, Natasha (JMU)	18	24	31	55	3.06
9. King, Laura (GMU)	16	37	11	48	3.00
10. Muth, Katie (Delaware)	17	37	13	50	2.94

### 2007 CAA GOALTENDING STATS

Player	G	Min.	GA	GAA
1. LaBella, Lauren (Drexel)	17	833:07	102	7.35
2. Cerveny, Jessica (Delaware)	17	941:44	155	9.88
3. Osteen, Maisie (Hofstra)	19	1007:04	168	10.01
4. Larson, Sara (ODU)	15	880:47	147	10.01
5. Longobucco, Sara (GMU)	16	860:46	148	10.32
6. Wetzel, Kelly (JMU)	18	1083:53	188	10.41
7. Beckstead, Sara (W&M)	16	977:06	185	11.36
8. Corry, Mandy (Towson)	15	913:36	173	11.36

### PAST CAA CHAMPIONS

1992	College of William and Mary
1993	Loyola College
1994	Loyola College
1995	Old Dominion University
1996	Loyola College
1997	Loyola College
1998	Loyola College
1999	James Madison
2000	Loyola College
2001	Loyola College
2002	Loyola College
2003	James Madison
2004	James Madison
2005	Towson
2006	James Madison
2007	Hofstra



# YEAR-BY-YEAR RESULTS

## 1980 (7-4)

St. Mary's.....W, 24-0  
James Madison .....L, 6-20  
Lynchburg .....W, 14-6  
Bridgewater.....W, 9-3  
Virginia .....W, 13-11  
William & Mary.....W, 10-9  
Mary Washington.....W, 12-11  
Salisbury State .....L, 9-14  
Richmond .....W, 14-3  
William & Mary\* .....L, 6-20  
James Madison\* .....L, 10-15

\* VALAW Tournament

Coach: Mikki Flowers

## 1980 (4-5)

James Madison .....L, 3-5  
Virginia .....L, 4-6  
Lynchburg .....W, 9-3  
William & Mary .....L, 2-8  
Richmond .....W, 10-4  
Mary Washington.....W, 7-1  
Salisbury State .....W, 7-1  
James Madison \* .....L, 5-8  
Virginia \* .....L, 3-6

\* VALAW Tournament

Coach: Beth Anders

## 1982 (3-5)

William & Mary .....L, 4-11  
James Madison .....L, 9-12  
Virginia .....L, 6-10  
Salisbury State .....W, 17-1  
William & Mary .....L, 3-8  
Richmond .....W, 10-4  
Maryland .....L, 4-7  
Rutgers .....W, 11-7

Coach: Beth Anders

## 1983 (0-11)

Richmond .....L, 7-10  
James Madison .....L, 3-13  
Massachusetts .....L, 2-9  
William & Mary .....L, 2-9  
Virginia .....L, 2-4  
Lafayette .....L, 4-10  
Virginia .....L, 3-12  
James Madison .....L, 4-5  
Maryland .....L, 3-13  
Trenton .....L, 5-10  
Rutgers .....L, 9-10

Coach: Carla Hesler

## 1984 (2-9)

Northwestern.....L, 2-7  
James Madison .....L, 2-6  
Virginia .....L, 8-9  
William & Mary .....W, 9-5  
Loyola .....L, 4-8  
Temple .....L, 2-9  
Richmond .....L, 4-8  
Salisbury State .....W, 7-1  
Virginia \* .....L, 5-6  
James Madison \* .....L, 1-3  
Maryland .....L, 3-16

\* State Tournament

Coach: Marcia Karwas

## 1985 (2-10)

Boston College.....W, 8-6  
Colgate.....W, 6-4  
Northwestern.....L, 7-12  
James Madison .....L, 2-17

Virginia .....L, 5-20  
William & Mary .....L, 8-14  
Loyola .....L, 9-20  
Rutgers .....L, 6-7  
Temple .....L, 1-22  
Richmond .....L, 7-18  
William & Mary \* .....L, 5-9  
Richmond \* .....L, 7-10

\* South Atlantic Tournament

Coach: Marcia Karwas

## 1986 (4-9)

Colgate .....W, 7-5  
James Madison .....L, 4-9  
Virginia .....L, 5-9  
William & Mary .....L, 4-11  
Loyola .....L, 5-10  
Ursinus .....L, 4-12  
Rutgers .....L, 4-6  
Richmond .....W, 10-9  
Maryland .....L, 4-11  
William & Mary \* .....W, 6-5  
James Madison \* .....L, 4-6  
Salisbury State .....W, 14-6  
Lehigh .....L, 5-12

\* South Atlantic Tournament

Coach: Melissa Magee

## 1987 (7-8)

Colgate .....L, 7-8  
Vermont .....W, 4-3  
Lynchburg .....W, 11-3  
Virginia .....L, 4-10  
Loyola .....L, 5-11  
William & Mary .....L, 3-10  
Rutgers .....W, 9-8  
Ursinus .....L, 6-7  
Richmond .....W, 15-11  
James Madison .....L, 5-6  
Maryland .....L, 5-10  
Richmond \* .....W, 13-9  
William & Mary \* .....W, 3-2  
Loyola \* .....L, 7-8  
Salisbury State .....W, 14-6

\* South Atlantic Tournament

Coach: Melissa Magee

## 1988 (5-7)

Vermont .....W, 10-6  
Boston College .....W, 12-3  
Northwestern .....W, 11-6  
Virginia .....L, 1-6  
Loyola .....L, 1-9  
Ursinus .....W, 10-5  
UMBC .....W, 12-6  
William & Mary .....L, 6-9  
Richmond .....L, 10-11  
James Madison .....L, 5-8  
Maryland .....L, 5-13  
Loyola \* .....L, 7-10

\* South Atlantic Tournament

Coach: Beth Anders

## 1989 (5-7)

Princeton.....L, 2-5  
New Hampshire.....L, 6-11  
UMBC .....W, 13-8  
Virginia .....L, 1-13  
James Madison .....W, 8-7  
William & Mary .....L, 3-12  
Ursinus .....W, 9-7  
Rutgers .....W, 11-3  
Loyola .....L, 2-7  
Richmond .....W, 7-4  
Maryland .....L, 6-8  
Richmond \* .....L, 4-11

\* South Atlantic Tournament

Coach: Beth Anders

## 1990 (5-8)

Georgetown.....W, 8-4  
Lafayette .....L, 6-13  
Northwestern .....L, 11-12  
Dartmouth.....W, 4-3  
Colgate .....W, 6-5  
Virginia .....L, 3-7  
James Madison .....L, 5-6  
William & Mary .....L, 6-7  
Loyola .....L, 5-13  
UMBC .....W, 9-5  
Maryland .....L, 2-16  
Richmond .....W, 13-8  
Richmond\* .....L, 10-12

\* South Atlantic Tournament

Coach: Beth Anders

## 1991 (2-11)

Maryland .....L, 3-18  
Virginia .....L, 4-14  
Boston College.....L, 7-10  
Bucknell .....W, 15-7  
William & Mary .....L, 6-15  
UMBC .....W, 9-4  
Richmond .....L, 6-9  
James Madison .....L, 3-11  
Lafayette .....L, 1-20  
Lehigh .....L, 3-12  
West Chester .....L, 4-13  
Loyola .....L, 6-18  
Richmond \* .....L, 4-8

\* South Atlantic Tournament

Coach: Sue Stahl

## 1992 (6-11/2-3 CAA)

Lafayette .....L, 5-6  
Virginia .....L, 1-14  
Lehigh .....W, 9-4  
Dartmouth .....L, 3-11  
William & Mary .....L, 2-12  
Richmond .....W, 12-1  
West Chester .....W, 10-9  
Maryland .....L, 2-13  
James Madison .....L, 2-5  
Temple .....L, 5-6  
Loyola .....L, 7-8  
American .....W, 10-3  
Richmond\* .....W, 5-4  
Loyola \* .....L, 5-16  
James Madison \* .....L, 3-5  
Boston College .....W, 5-4  
Harvard .....L, 5-16

\* CAA Tournament at Old Dominion

Coach: Sue Stahl

## 1993 (8-6/6-0 CAA)

*Colonial Athletic Association  
Regular Season Champions*

Penn State .....L, 9-11  
Virginia .....L, 5-8  
Lehigh .....W, 11-9  
William & Mary .....W, 7-6  
Richmond .....W, 14-7  
Delaware .....W, 12-11  
Temple .....L, 7-10  
Harvard .....L, 8-15  
James Madison .....W, 10-8  
Loyola .....W, 11-9  
Maryland .....L, 6-20  
American .....W, 16-3  
James Madison \* .....W, 11-8  
Loyola \* .....L, 11-16

\* CAA Tournament at Richmond

Coach: Sue Stahl

## 1994 (9-8/5-2 CAA)

George Mason.....W, 17-3  
at #1 Virginia.....L, 8-11  
Lafayette.....W, 13-8  
#3 Dartmouth .....L, 10-14  
Richmond .....W, 12-11  
#6 Delaware .....W, 11-10  
UMBC .....W, 13-7  
#5 Harvard .....L, 8-13  
#11 James Madison .....W, 11-8  
at #1 Maryland .....L, 6-16  
at #3 Loyola.....L, 9-12  
at American .....W, 14-6  
#15 Temple .....W, 7-2  
at #6 William&Mary .....L, 2-12  
Richmond \* .....W, 15-10  
William & Mary \* .....L, 6-8 OT  
at #9 Penn State .....L, 8-10

\* CAA Tournament at Loyola

Coach: Sue Stahl

## 1995 (10-7/5-2 CAA)

*Colonial Athletic Association  
Champions*

#5 Penn State.....W, 7-6  
#3 Virginia .....L, 6-14  
U.S. Nat'l Team § .....L, 4-11  
#4 Dartmouth .....L, 6-10  
at Richmond .....W, 12-7  
at #10 Delaware.....W, 13-12  
at #13 Temple .....L, 10-16  
at #4 James Madison.....L, 9-13  
#2 Maryland.....L, 2-16  
#6 Loyola .....W, 9-8  
at #15 UMBC.....W, 11-3  
at Lafayette .....L, 10-12  
#6 William & Mary .....L, 10-13  
at American .....W, 22-0  
at George Mason .....W, 16-4  
vs. #15 Richmond \* .....W, 17-8  
vs. #6 William & Mary \* .....W, 6-3  
vs. #13 Delaware \* .....W, 9-7 of

\*CAA Tournament at James Madison

Coach: Sue Stahl

## 1996 (8-7/4-2 CAA)

at #4 Virginia.....L, 1-9  
#2 Loyola.....L, 6-9  
Richmond .....W, 11-7  
#10 Delaware .....L, 8-9  
#4 James Madison.....W, 10-9 (ot)  
at #1 Maryland .....L, 4-19  
vs. #3 Penn State.....L, 4-14  
at Virginia Tech1 .....W, 6-8  
#12 Temple .....W, 15-14  
UMBC .....W, 12-2  
at William & Mary.....L, 4-9  
American .....W, 20-3  
George Mason.....W, 11-10  
vs. George Mason\* .....W, 12-6  
vs. #11Will&Mary\* .....L, 10-16

\* CAA Tournament at American

Coach: Sue Stahl

## 1997 (7-10/3-3 CAA)

#4 Penn State.....L, 3-8  
#2 Virginia .....L, 4-12  
at UMBC .....W, 10-4  
at Richmond.....W, 12-8  
George Mason.....W, 8-7  
at #9 Temple .....L, 3-15  
at #4 James Madison .....L, 8-9  
#1 Maryland.....L, 1-17  
American .....W, 17-8  
Virginia Tech .....W, 16-6  
#6 William & Mary .....L, 0-11  
at #2 Loyola.....L, 8-13  
at Delaware .....L, 4-9

vs. George Mason\*7-5.....W  
vs. #2 Loyola\*6-17.....L  
at Boston University8-4.....W  
at #10 Brown9-15.....L

\* CAA Tournament at American

Coach: Sue Stahl

## 1998 (5-10/2-4 CAA)

at #3 Virginia.....L, 1-13  
Delaware .....W, 8-7(ot)  
Richmond .....W, 10-8  
#2 Temple .....L, 1-9  
Brown.....W, 9-8  
#9 James Madison .....L, 4-12  
at #6 Maryland .....L, 1-18  
at #8 Penn State .....L, 7-11  
at George Mason .....L, 9-11  
at American .....W, 16-8  
at #8 William&Mary .....L, 6-9  
at #5 Loyola .....L, 5-6  
UMBC .....W, 15-7  
George Mason\* .....L, 10-14  
Rutgers.....L, 7-10

\* CAA Tournament at Richmond

Coach: Sue Stahl

## 1999 (6-9/3-3 CAA)

#3 Virginia.....L, 3-4  
at #9 Loyola.....L, 3-14  
at Richmond.....W, 12-7  
#12 William & Mary .....L, 5-10  
at #12 Rutgers .....W, 6-5  
#20 George Mason .....W, 9-8  
at #19 Temple .....W, 7-4  
#13 Boston Univ .....W, 6-5  
at #7 JMU .....L, 2-15  
#1 Maryland.....L, 9-16  
#17 George Mason\* .....L, 4-5  
American \* .....W, 18-9  
vs. #13 Delaware .....L, 7-10  
at UMBC .....L, 9-11  
#7 Penn State.....L, 7-10

\* CAA Tournament at Richmond

Coach: Sue Stahl

## 2000 (5-11/2-4 CAA)

#4 Virginia.....L, 6-15  
#14 Delaware .....L, 9-14  
Richmond\* .....W, 10-9  
Rutgers .....W, 9-8  
#19 Temple .....L, 5-10  
#3 James Madison .....L, 7-12  
at #1 Maryland .....L, 4-21  
at American .....W, 16-7  
UMBC .....W, 13-12  
#8 Loyola .....L, 6-14  
at #20 William & Mary.....L, 12-12  
at #13 George Mason .....L, 10-14  
at #11 Boston Univ .....L, 6-10  
at New Hampshire.....W, 8-5  
vs. William & Mary\* .....L, 9-10  
at #16 Penn State .....L, 13-15

\* CAA Tournament at Richmond

Coach: Sue Stahl

## 2001 (9-7/3-3 CAA)

#8 Virginia.....W, 9-14  
at #13 Delaware .....L, 11-6  
Pennsylvania.....W, 7-3  
at #5 James Madison.....L, 6-9  
at Temple .....W, 10-8  
#20 George Mason . W, 14-13 (2ot)  
#1 Maryland.....L, 8-13  
American\* .....W, 15-7  
at Richmond\* .....W, 12-9  
at #2 Loyola\* .....L, 7-10  
at UMBC .....W, 17-8  
#10 William &Mary\* .....L, 8-12

# YEAR-BY-YEAR RESULTS

#7 Boston University .....W, 8-5  
 #13 Penn state .....L, 8-9  
 vs. #14 George Mason \* .....W, 9-8  
 vs. #2 Loyola \* .....L, 5-14

\* CAA Tournament at Virginia Commonwealth

Coach: Sue Stahl

## 2002 (13-5/5-2 CAA)

at American .....W, 13-4  
 at #8 Virginia .....L, 4-16  
 Delaware \* .....W, 14-10  
 UMBC .....W, 12-6  
 #13 James Madison .....L, 8-9  
 Hofstra .....W, 16-8  
 Temple .....W, 9-8  
 George Mason .....W, 9-8  
 at #7 Maryland .....L, 9-17  
 Lafayette .....W, 17-6  
 Richmond .....W, 16-7  
 #3 Loyola (MD) .....L, 4-10  
 at William & Mary .....W, 12-6  
 at #20 Boston Univ. ....W, 13-9  
 at Drexel .....W, 13-4  
 at Towson \* .....W, 15-7  
 vs. #11 James Madison \* .....W, 17-13  
 vs. #5 Loyola (MD) .....L, 5-12

\* CAA Tournament at Virginia Commonwealth

Coach: Sue Stahl

## 2003 (12-4/7-0 CAA)

Colonial Athletic Association  
 Regular Season Champions

American .....W, 16-11  
 #8 Virginia .....L, 5-17  
 at UMBC .....W, 13-10  
 at #20 Richmond .....W, 12-10  
 George Mason .....W, 8-6  
 #10 James Madison .....W, 13-12  
 #2 Maryland .....L, 5-16  
 William & Mary .....W, 15-12  
 vs. Boston Univ. ....L, 12-14  
 at Temple .....W, 11-5  
 at Hofstra .....W, 12-10  
 Drexel .....W, 5-7  
 Delaware .....W, 12-11  
 at Towson .....W, 14-8  
 vs. Hofstra \* .....W, 14-10  
 vs. #8 James Madison \* .....L, 9-11

\* CAA Tournament at Old Dominion

Coach: Sue Stahl

## 2005 (5-11/1-6 CAA)

at American .....W, 15-8  
 UMBC .....W, 19-11  
 Richmond .....L, 6-15  
 at #7 Maryland .....L, 7-18  
 Temple .....L, 10-12  
 Lafayette .....W, 17-4  
 at George Mason .....L, 9-13  
 #7 James Madison .....L, 8-19  
 at #6 Virginia .....L, 6-17  
 at Hofstra .....L, 7-8  
 at Drexel .....L, 7-18  
 #7 North Carolina .....L, 7-11  
 Delaware .....L, 10-18  
 Towson .....L, 15-19  
 at #17 William & Mary .....W, 13-12  
 at Rutgers .....W, 9-8

Coach: Sue Stahl

## 2005 (3-12/0-7 CAA)

#7 Maryland .....L, 6-13  
 American .....W, 9-8  
 UMBC .....W, 16-7  
 at Richmond .....L, 7-13  
 at Temple .....L, 12-13 (2OT)  
 at Rutgers .....W, 9-8  
 George Mason .....L, 4-8  
 #5 Virginia .....L, 1-20  
 #10 Hofstra .....L, 8-9 (2OT)  
 Drexel .....L, 7-12  
 at Delaware .....L, 3-15  
 at #18 Towson .....L, 5-10  
 #20 William & Mary .....L, 10-12  
 at #9 North Carolina .....L, 7-8

Coach: Sue Stahl

## 2006 (5-10/2-5 CAA)

at American .....W, 14-12  
 UMBC .....W, 11-7  
 #10 Richmond .....L, 10-22  
 at #7 Maryland .....L, 7-19  
 Temple .....L, 5-6  
 Rutgers .....W, 12-11  
 Towson .....W, 13-12  
 Delaware .....W, 10-8  
 at #5 Virginia .....L, 8-15  
 #18 James Madison .....L, 8-14  
 at George Mason .....L, 11-23  
 #6 North Carolina .....L, 6-14  
 at Drexel .....L, 7-16  
 at Hofstra .....L, 7-15  
 at #15 William & Mary .....L, 13-15

Coach: Sue Stahl

## 2007 (7-8/4-3 CAA)

American .....W, 14-6  
 at UMBC .....W, 11-10  
 at #1 North Carolina .....L, 4-18  
 at Temple .....W, 10-7  
 at #18 Rutgers .....L, 8-11  
 at #20 Richmond .....L, 10-17  
 #5 Virginia .....L, 7-10  
 Drexel .....W, 14-12  
 Hofstra .....L, 6-7  
 at Towson University .....W, 9-8  
 at #20 Delaware .....L, 6-7  
 at #6 James Madison .....L, 7-14  
 George Mason .....W, 8-7  
 William & Mary .....W, 15-10

Coach: Sue Stahl

## COACHING RECORDS

Mikki Flowers	7-4	(1980)
Beth Anders	22-32	(1981-82, 88-90)
Carla Hesler	0-11	(1983)
Marcia Karwas	4-19	(1984-85)
Melissa Magee	11-17	(1986-87)
Sue Stahl	120-147	(1991-present)

## LADY MONARCHS VS. OPPONENTS

OPPONENT	RECORD	1st		LAST	
		MTG.	SCORE	MTG.	SCORE
American	16-0	1992	10-3	2007	14-6
Boston College	2-1	1985	8-6	1992	5-4
Boston University	4-1-1	1997	15-6	2003	12-14
Bridgewater	1-0	1980	9-3	1980	9-3
Brown	1-1-1	1997	9-15	1998	9-8
Bucknell	1-0	1991	15-7	1991	17-7
Colgate	3-1	1985	6-4	1990	6-5
Dartmouth	1-3	1990	4-3	1995	6-10
Delaware*	9-7	1993	12-11	2007	6-7
Drexel*	3-3	2002	13-4	2007	14-12
George Mason*	12-7	1994	17-3	2007	8-7
Georgetown	1-0	1990	8-4	1990	8-4
Harvard	0-3	1992	5-16	1994	13-8
Hofstra*	3-5	2002	16-8	2007	9-10
James Madison*	7-30	1980	10-15	2007	7-14
Lafayette	3-5	1983	4-10	2004	17-4
Lehigh	2-2	1986	5-12	1993	11-9
Loyola (Md.)	2-22	1984	4-8	2002	5-12
Lynchburg	3-0	1980	14-6	1987	11-3
Mary Washington	2-0	1980	12-11	1981	7-1
Maryland	0-24	1982	4-7	2006	7-19
UMBC	17-1	1988	12-6	2006	11-7
Massachusetts	0-1	1983	2-9	1983	2-9
New Hampshire	1-1	1989	6-11	2000	8-5
Northwestern	1-3	1984	2-7	1990	11-12
North Carolina	0-4	2004	7-11	2007	4-18
Penn State	1-8	1993	9-11	2001	8-9
Pennsylvania	1-0	2001	7-3	2001	7-3
Princeton	0-1	1989	2-5	1989	2-5
Richmond	22-12	1980	14-3	2007	10-17
Rutgers	8-5	1982	11-7	2007	8-11
Salisbury State	5-1	1980	9-14	1987	14-6
St. Mary's	1-0	1980	24-0	1980	24-0
Temple	7-11	1984	2-9	2007	10-7
Towson*	4-2	2002	15-7	2007	9-8
Trenton	0-1	1983	5-10	1983	5-10
U. S. National Team	0-1	1995	4-11	1995	4-11
Ursinus	2-2	1986	6-7	1989	9-7
Vermont	2-0	1987	4-3	1988	10-6
Virginia	1-29	1980	13-11	2007	7-10
Virginia Tech	2-0	1996	16-8	1997	16-6
West Chester	1-1	1991	4-13	1992	10-9
William & Mary*	10-27	1980	20-6	2007	15-10

\* indicates Colonial Athletic Association Opponents



# ALL TIME STATISTICS

## POINTS LEADERS

Name:	G:	A:	Pts:
1. Suzanne Wosczyzna (2001-2004)	206	119	325
2. Anne Windover (1993-1996)	165	39	204
3. Cathy Large (1985-1988)	177	22	199
4. Danielle Hensil (2000-2003)	124	39	163
5. Caroline Jacobs (2004-2007)	98	55	153
6. Jennifer Heister (1999-2002)	115	23	138
7. Carly Brown (1995-1998)	105	28	133
8. Melody Shotwell (2002-2006)	98	26	124
9. Amy Duerr (1992-1995)	94	29	123
Ericka Davidheiser (1992-1995)	79	40	119
10. Janine Rodriguez (2001-2004)	72	37	109

## GOALS LEADERS

Name:	Goals:
1. Suzanne Wosczyzna (2001-2004)	206
2. Cathy Large (1985-1988)	177
3. Anne Windover (1993-1996)	165
4. Danielle Hensil (2000-2003)	124
5. Jennifer Heister (1999-2002)	115
6. Carly Brown (1995-1998)	105
7. Melody Shotwell (2002-2006)	98
Caroline Jacobs (2004-2007)	98
8. Amy Duerr (1992-1995)	94
9. Kailynne Ross (1996-1999)	86
10. Ericka Davidheiser (1992-1995)	79

## ASSIST LEADERS

Name:	Assists:
1. Suzanne Wosczyzna (2001-2004)	119
2. Caroline Jacobs (2004-2007)	55
3. Dana Kuchta (1993-1996)	50
4. Ericka Davidheiser (1992-1995)	40
5. Anne Windover (1993-1996)	39
6. Danielle Hensil (2000-2003)	39
7. Janine Rodriguez (2001-2004)	37
8. Katie Venezia (2004-2007)	33
9. Amy Duerr (1992-1995)	29
10. Carly Brown (1995-1998)	28

## SAVE PERCENTAGE LEADERS

Name:	Save %:
1. Kim Barnes (1980-1983)	.737
2. Lenore Tornetta (1984-1987)	.682
3. Margie Kelly (1983-1986)	.673
4. Mandy Stewart (1980-1983)	.630
5. Heather Walden (1992-1995)	.599
6. Barb DiArcangelo (1992-1993)	.590
7. Angie Stead (1995-1998)	.547
8. Mary Lib Delong (1986-1989)	.500
9. Shelly Behrens (1985-1988)	.486
10. Laurie Koller (1998-2001)	.476

## GOALS AGAINST AVERAGE LEADERS

Name:	GAA:
1. Mary Lib Delong (1986-1989)	4.00
2. Kim Barnes (1980-1983)	6.61
3. Lenore Tornetta (1984-1987)	7.09
4. Heather Walden (1992-1995)	7.16
5. Barb DiArcangelo (1992-1993)	7.74
6. Angie Stead (1995-1998)	8.47
7. Shelly Behrens (1985-1988)	8.71
8. Laurie Koller (1998-2001)	8.75
8. Margie Kelly (1983-1986)	8.75
10. Mandy Stewart (1980-1983)	10.18

## SEASONAL LEADERS

### Goal Leaders

2007	Caroline Jacobs	32	1994	Anne Windover	66
2006	Caroline Jacobs	33	1993	Anne Windover	54
2005	Ashley Stanwick	32	1992	Ericka Davidheiser	28
2004	Suzanne Wosczyzna	57	1991	Rachel Edlich	25
2003	Suzanne Wosczyzna	45	1990	Carolyn Sarr	22
2002	Suzanne Wosczyzna	56	1989	Jill Fisher	27
2001	Suzanne Wosczyzna	48	1988	Cathy Large	54
2000	Jen Heister	27	1987	Cathy Large	67
1999	Kailynne Ross	42	1986	Cathy Large	38
1998	Carly Brown	32	1985	Cathy Large	25
1997	Carly Brown	44	1984	Maureen Aikens	18
1996	Anne Windover	38	1983	Dawn Hill	18
1995	Anne Windover	30	1982	Mary Beth Holder	16
1994	Anne Windover	50	1981	Janice Gentile	16
1993	Anne Windover	47	1980	Helen Hagan	52
1992	Ericka Davidheiser	27			
1991	Rachel Edlich	24			
1990	Carolyn Sarr	20			
1989	Jill Fisher	26			
1988	Cathy Large	47			
1987	Cathy Large	67			
1986	Cathy Large	38			
1985	Cathy Large	25			
1984	Maureen Van Kuren	16			
1983	Dawn Hill	13			
1982	Mary Beth Holder	16			
1981	Janace Gentile	12			
1980	Mary Beth Holder	12			
	Helen Hagan	52			

### Shot Leaders

2007	Caroline Jacobs	77	1994	Anne Windover	92
2006	Kelly Kimener	77	1993	Anne Windover	91
2005	Ashley Stanwick	76	1992	Amy Cordes	54
2004	Suzanne Wosczyzna	123	1991	Rachel Edlich	77
2003	Melody Shotwell	91	1990	Carolyn Sarr	52
2002	Suzanne Wosczyzna	96	1989	Jill Fisher	57
2001	Jen Heister	97	1988	Cathy Large	113
2000	Jen Heister	89	1987	Cathy Large	134
1999	Kailynne Ross	72	1986	Cathy Large	93
1998	Carly Brown	119	1985	Cathy Large	87
1997	Carly Brown	89	1984	Maureen Aikens	42
1996	Anne Windover	72	1983	Dawn Hill	38
1995	Amy Duerr	72	1982	M.B. Holder	43
1994	Anne Windover	92	1981	Helen Hagan	63
1993	Anne Windover	91	1980	Helen Hagan	99
1992	Amy Cordes	54			
1991	Rachel Edlich	77			
1990	Carolyn Sarr	52			
1989	Jill Fisher	57			
1988	Cathy Large	113			
1987	Cathy Large	134			
1986	Cathy Large	93			
1985	Cathy Large	87			
1984	Maureen Aikens	42			
1983	Dawn Hill	38			
1982	M.B. Holder	43			
1981	Helen Hagan	63			
1980	Helen Hagan	99			

### Saves Leaders

2007	Sara Larson	148	1994	Heather Walden	192
2006	Michelle Gannon	115	1993	Barb DiArcangelo	192
2005	Michelle Gannon	116	1992	Barb DiArcangelo	154
2004	Michelle Gannon	142	1991	Stephanie Lima	102
2003	Michelle Gannon	160	1990	Laura Knorr	89
2002	Beth O'Leary	144	1989	Carol Asimos	81
2001	Laurie Koller	139	1988	Shelly Behrens	89
2000	Laurie Koller	143	1987	Shelly Behrens	133
1999	Laurie Koller	134	1986	Shelly Behrens	95
1998	Angie Stead	140	1985	Shelly Behrens	45
1997	Angie Stead	245	1984	Lenore Tornetta	167
1996	Angie Stead	171	1983	Kim Barnes	181
1995	Heather Walden	163	1982	Kim Barnes	157
1994	Heather Walden	192	1981	Kim Barnes	87
1993	Barb DiArcangelo	192	1980	Mandy Stewart	191
1992	Barb DiArcangelo	154			
1991	Stephanie Lima	102			
1990	Laura Knorr	89			
1989	Carol Asimos	81			
1988	Shelly Behrens	89			
1987	Shelly Behrens	133			
1986	Shelly Behrens	95			
1985	Shelly Behrens	45			
1984	Lenore Tornetta	167			
1983	Kim Barnes	181			
1982	Kim Barnes	157			
1981	Kim Barnes	87			
1980	Mandy Stewart	191			

### Point Leaders

2007	Caroline Jacobs	44	1994	Anne Windover	44
2006	Caroline Jacobs	51	1993	Anne Windover	44
2005	Caroline Jacobs	45	1992	Anne Windover	44
2004	Suzanne Wosczyzna	85	1991	Anne Windover	44
2003	Suzanne Wosczyzna	77	1990	Anne Windover	44
2002	Suzanne Wosczyzna	103	1989	Anne Windover	44
2001	Suzanne Wosczyzna	60	1988	Anne Windover	44
2000	Wisniewski/Heister	30	1987	Anne Windover	44
1999	Kailynne Ross	51	1986	Anne Windover	44
1998	Carly Brown	40	1985	Anne Windover	44
1997	Carly Brown	51	1984	Anne Windover	44
1996	Anne Windover	44	1983	Anne Windover	44
1995	Anne Windover	44	1982	Anne Windover	44

# HONORED LADY MONARCHS



Ashley Stanwick (above) and Katie Veneziale were both named to the IWLCA Academic Honor Roll in 2006. Stanwick completed the season with a 3.2 gpa in occupational technical studies with a minor in marketing. Veneziale posted a 3.2 grade point average in psychology with a minor in biology.

## ACADEMIC ALL-AMERICANS

Ericka Davidheiser.....	1994, 1995
Jenn Karr.....	1995
Takiyah Gettys.....	1997, 1998
Garly Browns.....	1998
Brooke Thomas.....	2001, 2002
Dana Wisnieski.....	2001
Kailynne Ross.....	1999
Amy Wade.....	1999
Kendra Finger.....	2002
Jennifer Heister.....	2002
Danielle Hensil.....	2003
Marlaine Smith.....	2003
Kelly Jefferies.....	2003, 2004
Tara Hayes.....	2004
Valerie Gooch.....	2004, 2005
Katie Veneziale.....	2006
Ashley Stanwick.....	2006

## ALL-AMERICANS



Ericka Davidheiser  
Brine/IWLCA  
First Team, 1994  
First Team, 1995



Anne Windover  
Brine/IWLCA  
Honorable Mention, 1993  
Second Team, 1994



Barb DiArcangelo  
Brine/IWLCA  
Honorable Mention, 1993  
Second Team, 1994



Karen Davis  
Brine/IWLCA  
Honorable Mention, 1992



Cathy Large  
Brine/IWLCA  
Second Team, 1988



Carly Brown  
USWLA  
Honorable Mention, 1997



Suzanne Wosczyzna  
Brine/IWLCA/USL  
Second Team, 2002  
Third Team, 2003  
Third Team, 2004



Suzanne Wosczyzna became the first Lady Monarch to earn three All-America titles. Wosczyzna concluded her career in 2004 as Old Dominion's all-time leader in points, goals, and assists.

# HONORED LADY MONARCHS

## CAA PLAYER OF THE YEAR

1993 Barb DiArcangelo

## CAA COACH OF THE YEAR

1995 Sue Stahl  
 2002 Sue Stahl  
 2003 Sue Stahl  
 2007 Sue Stahl

## LADY MONARCH MVP

1981 Mary Beth Holder  
 1982 Janice Gentile  
 1983 Cindy Wallace  
 1984 Cheryl Van Kuren  
 1985 Maureen Aikens  
 1986 Cathy Large  
 1987 Cathy Large  
 1988 Cathy Large  
 1989 Jill Fisher  
 1990 Lisa Doran  
 1991 Rachel Edlich  
 1992 Amy Cordes  
 1993 Barb DiArcangelo  
 1994 Ericka Davidheiser  
 1995 Ericka Davidheiser  
 1996 Anne Windover  
 1997 Meagan Petrie  
 1998 Carly Brown  
 1999 Sue Wolfgang  
 2000 Pam Seebald  
 2001 Dana Wisniewski  
 2002 Suzanne Wosczyzna  
 2003 Suzanne Wosczyzna  
 2004 Suzanne Wosczyzna  
 2005 Caroline Jacobs  
 2006 Sarah Wosczyzna  
 2007 Caroline Jacobs

## CAA-All Rookie Team

2006 Jessica Noone  
 2007 Ashley Kellogg  
 2007 Jillian Taylor



Members of the 1995 Colonial Athletic Association Championship Team.

## ALL-COLONIAL ATHLETIC ASSOCIATION

Lindsey Belle.....2007 (2)  
 Carly Brown.....1997 (1), 1998 (1)  
 Ericka Davidheiser.....1992 (1)  
 Karen Davis.....1992 (1)  
 Jen Deckelman.....1992 (2), 1993 (1)  
 Barb DiArcangelo.....1992 (2), 1992 (1)  
 Amy Duerr.....1994 (1), 1995 (2)  
 Ericka Davidheiser.....1993 (2), 1994 (1), 1995 (1)  
 Kendra Finger.....2001 (2), 2002 (2)  
 Takiyah Gettys.....1996 (1), 1997 (2), 1998 (1)  
 Lori Hansford.....1995 (2)  
 Danielle Hensil.....2003 (1)  
 Stacia Hepburn.....1997 (2)  
 Caroline Jacobs.....2005 (1), 2006 (1), 2007 (2)  
 Dana Kuchta.....1996 (2)  
 Pam Moyer.....1995 (1)  
 Kailynne Ross.....1998 (2), 1999 (1)  
 Pam Seebald.....2000 (2)  
 Melody Shotwell.....2002 (2)  
 Marlaine Smith.....2002 (2)  
 Angie Stead.....1997 (1)  
 Brooke Thomas.....2001 (2), 2002 (2)  
 Katie Veneziale.....2007 (2)  
 Amy Wade.....1999 (2)  
 Heather Walden.....1995 (2)  
 Anne Windover.....1993 (1), 1994 (1), 1996 (2)  
 Dana Wisniewski.....2000 (1), 2001 (1)  
 Sue Wolfgang.....1999 (2)  
 Suzanne Wosczyzna.....2001 (1), 2002 (1), 2003 (1), 2004 (1)  
 Carrie Wightman.....1996 (2)

## ACADEMIC ALL-CAA

1995	Ericka Davidheiser Jenn Karr	2000	Jenna Bajus Kendra Finger Shannon Harty Jennifer Heister Danielle Hensil Laurie Koller Marlaine Smith Brooke Thomas Amy Wade Dana Wisniewski	2003	Danielle Hensil Kelly Jefferys Marlaine Smith
1997	Katie Adler Jenna Bajus Alison Brown Carly Brown Takiyah Gettys Kailynne Ross Tara Tibbott Amy Wade	2001	Kim Calkin Kendra Finger Shannon Harty Jennifer Heister Danielle Hensil Kelly Jeffreys Kelly Kanara Laurie Koller Marlaine Smith Brooke Thomas Dana Wisniewski	2004	Valerie Gooch Kelly Karana Melody Shotwell Ashley Stanwick
1998	Katie Adler Jenna Bajus Carly Brown Takiyah Gettys Kristen Kapusta Kailynne Ross Pam Seebald Heather Simon Amy Wade Dana Wisniewski	2006	Sara Larson Erica Peterson Ashley Stanwick Katie Veneziale Hannah Barber Karen Rudderow Lindsey Belle Brittany Washko	2005	Colleen Carver Valerie Gooch Sara Larson Erica Peterson Ashley Stanwick Krista Townsend
1999	Jenna Bajus Kendra Brown Laura Foerster Shannon Harty Katie Heaney Sarah Mendick Kailynne Ross Pam Seebald Jennifer Shaw Amy Wade Dana Wisniewski	2002	Kendra Finger Valerie Gooch Jennifer Heister Kelly Jeffreys Kelly Kanara Regan Miller Beth O'Leary Marlaine Smith Annie Tamburello Brooke Thomas	2007	Lindsey Belle Katherine Bruno Jacquelyn Duggins Ashley Kellogg Sara Larson Nicole McMahon Erica Peterson Karen Rudderow Ashley Stanwick Jillian Taylor Kathryn Veneziale Brittany Washko

# HONORED LADY MONARCHS

## IWLCA ALL-SOUTH REGION

Shelly Behrens.....	1987 (1), 1988 (1)
Carly Brown.....	1997 (2)
Ericka Davidheiser.....	1992 (2), 1993 (2), 1994 (1), 1995 (1)
Karen Davis.....	1991 (1), 1992 (1)
Jen Deckelman.....	1991 (1), 1992 (2), 1993 (2)
Barb DiArcangelo.....	1992 (HM), 1993 (HM)
Lisa Doran.....	1990 (1)
Rachael Edlich.....	1990 (2), 1991 (2)
Jill Fisher.....	1988 (HM), 1989 (1)
Takiyah Gettys.....	1998 (2)
Jackie Grady.....	1986 (1), 1987 (1)
Caoline Jacobs.....	2005 (2), 2006 (1), 2007 (2)
Cathy Large.....	1985 (1), 1986 (1), 1987 (1)
Pam Moyer.....	1994 (2), 1995 (2)
Pam Neiss.....	1990 (2)
Carolyn Sarr.....	1990 (1)
Suzanne Wosczyzna.....	2002 (1), 2003 (2), 2004 (2)
Anne Windover.....	1993 (1), 1994 (1), 1995 (2), 1996 (2)

## REGIONAL SELECT TEAMS

1991	Karen Davis.....	VWLA (Virginia I)
1991	Jen Deckelman.....	VWLA (Virginia II)
	Amy Cordes.....	VWLA (Virginia II)
	Amy Clement.....	VWLA (Virginia III)
1992	Karen Davis.....	VWLA (Virginia I)
	Ericka Davidheiser.....	VWLA (Virginia I)
	Jen Deckelman.....	VWLA (Virginia II)
	Barb DiArcangelo.....	VWLA (Virginia I)
1993	Ericka Davidheiser.....	VWLA (Virginia I)
	Jen Deckelman.....	VWLA (Virginia II)
	Barb DiArcangelo.....	VWLA (Virginia I)
1994	Ericka Davidheiser.....	VWLA (Virginia I)
	Jen Deckelman.....	VWLA (Virginia III)
	Barb DiArcangelo.....	VWLA (Virginia I)
1995	Barb DiArcangelo.....	VWLA (Virginia I)
	Pam Moyer.....	VWLA (Virginia I)
	Ericka Davidheiser.....	VWLA (Virginia I)
	Jenn Karr.....	VWLA (Virginia I)
	Jen Deckelman.....	VWLA (Virginia II)
	Heather Walden.....	VWLA (Virginia II)
	Takiyah Gettys.....	VWLA (Virginia II)
1996	Amy Duerr.....	VWLA (Virginia I)
	Takiyah Gettys.....	VWLA (Virginia I)
	Heather Walden.....	Washington D.C. (I)

## VIL ALL-TOURNAMENT

1984 Lenore Tornetta, Adele Mears

## USWLA NATIONAL TOURNAMENT

1992	Karen Davis.....	(South III)
	Ericka Davidheiser.....	(South II)
	Jen Deckelman.....	(South IV)
	Barb DiArcangelo.....	(South III)
1993	Ericka Davidheiser.....	(South I)
	Jen Deckelman.....	(South II)
	Barb DiArcangelo.....	(South III)
1994	Ericka Davidheiser.....	(South I)
	Jen Deckelman.....	(South III)
	Barb DiArcangelo.....	(South II)
1995	Ericka Davidheiser.....	(South I)
	Jen Deckelman.....	(South II)
	Barb DiArcangelo.....	(South II)
	Pam Moyer.....	(South III)
	Jenn Karr.....	(South III)
	Heather Walden.....	(South III)
1996	Pam Moyer.....	(Philadelphia II)
	Takiyah Gettys.....	(South I)
	Jenn Karr.....	(South II)
	Heather Walden.....	(South III)
	Ericka Davidheiser.....	(USA)
	Amy Duerr.....	(South II)
1998	Heather Walden.....	
1999	Sara Swart.....	
	Kailynne Ross.....	
	Sue Wolfgang.....	
2002	Kailynne Ross.....	VWLA (Virginia II)
	Laura Foerster.....	VWLA (Virginia II)
	Sara Swart.....	VWLA (Virginia II)
	Sue Wolfgang.....	VWLA (Virginia III)
2001	Laura Foerster.....	VWLA (Virginia III)
2002	Laura Foerster.....	VWLA (Virginia III)

## NCAA POSTGRADUATE SCHOLARSHIP

1998 Takiyah Gettys (Ethnic Minority Award)

## US DEVELOPMENTAL SQUAD

1998	Takiyah Gettys
2003	Suzanne Wosczyzna

## U.S. NATIONAL TEAM

Ericka Davidheiser  
Barb DiArcangelo



# ALL-TIME LETTERWINNERS



- A -  
Aikens, Maureen 1983-86  
Amatulli, Lori 1986-88  
Asimos, Carol 1989  
Adler, Katie 1997-00

- B -  
Bajus, Jenna 1997-00  
Bano, Cindy 1991  
**Barber, Hannah 2007-**  
Barker, Debra 1980-81  
Barnes, Kim 1980-83  
Baumgartner, Amy 1993-96  
Beck, Alana 2007  
Behrens, Shelly 1985-88  
**Belle, Lindsey 2007-**  
Bellomo, Karyn 1991  
Billger, Nancy 1991-94  
Borelli, Dina 1990  
Bosworth, Martha 1991-92  
Bracalente, Diane 1983-85  
Brandon, Margaret 1989-90  
Brinsfield, Judy 1980-82  
Brown, Alison 1994-97  
Brown, Jacqueline 2003-07  
Brown, Carly 1995-98  
**Bruno, Katherine 2007-**

- C -  
Caddick, Cathy 1993-94  
Calkin, Kim 1999-03  
Carver, Colleen 2004-05  
**Capra, Jessica 2007-**  
Catania, Lauren 1995-98  
Chamberlain, Celli 1985-88  
Claude, Carolyn 1983  
Cleary, Patti 1984-87  
Clement, Amy 1991-93  
Coane, Molly 2001-04  
Colonna, Lisa 2003-04  
Connor, Cassandra 2002-05  
Coppola, Wendy 1988  
Cordes, Amy 1989-92  
Corwin, Deena 2000-02  
Craig, Heidi 1985-88  
Crews, Nathalie 1999-01  
Currie, Lynn 1985-87  
Cutler, Joyce 1986

- D -  
Davidheiser, Ericka 1992-95  
Davis, Tameka 2003-06  
Davis, Karen 1989-92  
Deckelman, Jen 1990-93  
DeLong, Mary Lib 1986-89  
DePaz, Nicole 2005  
DiArcangelo, Barb 1992-93  
Dobbins, Bridget 2006  
Doran, Lisa 1987-90  
Dougherty, Dort 1980-81  
Duerr, Amy 1992-95  
Duggins, Jacquelyn 2007

- E -  
Edlich, Rachael 1988-91  
Eddo, Juliana 2003  
**Erb, Erica 2006-**  
Evans, Jackie 1987

- F -  
Farell, Amy 1985-87  
Farrand, Amy 1986-88  
Finger, Kendra 1999-02  
Fisher, Jill 1986-89

Foerster, Laura 1996-99  
Fosina, Kathy 1989-92  
Froehlich, Monika 1987-89  
Funston, Meredith 1995

- G -  
Gannon, Michelle 2003-06  
Gentile, Janice 1981-83  
Gettys, Takiyah 1995-98  
Gooch, Valerie 2002-05  
**Goodfellow, D'Ana 2007-**  
Goodrich, Susan 1994-97  
Grady, Jackie 1984-87  
Greenawalt, Bridget 1995-98  
Gulden, Wendy 1986-89

- H -  
Hagan, Brittany 2006  
Hagen, Helen 1980-81  
Haley, Danielle 2004-07  
Halpin, Patricia 1980-83  
Hansford, Lori 1992-95  
Harty, Shannon 1998-01  
Havens, Peggi 1980-82  
Hayes, Terry 1980-83  
Heaney, Katie 1997-00  
Heister, Jennifer 1999-02  
Hensil, Danielle 2000-03  
Hepburn, Stacia 1994-97  
Herber, Carol Ann 1988-89  
Herbert, Karen 1989  
Hill, Dawn 1983-86  
Hightower, Yogi 1981-84  
Hoines, Kim 1989  
Hoinsky, Lynn 1987-90  
Holder, Mary Beth 1980-82

- J -  
Jacobs, Caroline 2004-07  
James, Carolyn 1990  
James, Kelli 1989-90  
Jefferys, Kelly 2001-04

- K -  
Kaish, Tanya 1983-86  
Kanara, Kelly 2001-04  
Kapusta, Kristen 1998  
Karr, Jenn 1992-95  
**Kellogg, Ashley 2007-**  
Kelly, Margaret 1983-86  
Kennedy, Jessica 1992  
**Kimener, Kelly 2005-**  
Knorr, Laura 1990  
Koller, Laurie 1998-01  
Kuchta, Dana 1993-96

- L -  
LaBruno, Lisa 1986-89  
Lalekos, Amy 1995  
Large, Cathy 1985-88  
**Larson, Sara 2005-**  
Lanham, Sharon 1986-89  
Lautenbach, Sarah 2004-06  
Leopold, Karla 1993-94  
Lima, Stephanie 1991  
Lindsey, Erin 2000-04  
Lucas, Kate 1989-90

- M -  
McAnlitttle, Barb 1983-86  
McCargo, Nori 1986-89  
McDuffee, Helen 1995-96  
**McKeon, Jordan 2006-**  
**McMahon, Nicole 2007-**



*Melody Shotwell graduated in 2006 finishing her career ranked seventh all-time at ODU in points and goals.*

Magee, Susan 1981-84  
Mahoney, Mary 1990  
Marquez, Roxi 2006  
Mears, Adele 1983-84  
Michelle, Denise 1986-89  
Miller, Regan 2001-02  
Mindick, Sarah 1996  
Morgan, Christy 1982-85  
Moyer, Pam 1992-95  
Muller, Liz 1983-86

- N -  
Nagowski, Alicia 1997-98  
Neiss, Pam 1989-90  
Nichols, Lauren 1997  
Nicholsen, Gretta 1980-82  
**Noone, Jessica 2006-**

- O -  
O'Connell, Denise 1983-86  
O'Leary, Beth 2001-02

- P -  
Palmieri, Cathy 1985-88  
Padley, Kim 1988-91  
**Paulus, Sigrid 2005-**  
Peregrim, Rachel 2003  
Perella, Carla 1991-93  
**Peterson, Erica 2005-**  
Petrie, Meagan 1993,96-7  
Pfeuffer, Nancy 1984-87  
Plantoniotis, Georgia 1983-86  
Powers, JoAnne 1985-87  
Pulliams, Donyelle 1994-97

- R -  
Randazzo, Cecilia 1998-99  
Reese, Jen 1994-97  
Reeve, Jill 1989-90  
Renninger, Leigh 1992-93  
Reinhagen, Julie 1983-85  
Richmond, Geri 1980-83  
Ritchie, Carla 1998-99  
Ritchie, Rebecca 1994-95  
Roberts, Linda 1985-87  
Rodio, Donna 1984-87  
Rodriguez, Janine 2001-04  
Rogers, Heidi 1980-81  
Rogers, Kelly 1991  
Ross, Kailynne 1996-99  
Rudderow, Karen 2006-07

- S -  
Sarr, Carolyn 1989-90  
**Schival, Kaelyn 2005-**

Seebald, Pam 1997-00  
Shaw, Jennifer 1999-02  
Shotwell, Melody 2002-06  
Shepherd, Jen 1989-90  
Simon, Heather 1998  
Smith, Marlaime 2000-03  
Smith, Robin 1989-90  
Smoot, Stephanie 1999-02  
Soares, Judy 1986-87  
Spedden, Stacy 1987-90  
Stanwick, Ashley 2004-07  
Stead, Angie 1995-98  
Steltman, Stelly 1983  
Stewart, Mandy 1980-83  
Suarez, Tiffany 2000-01  
Sutherland, Amy 1991-93  
Szatkowski, Denise 1992-95

- T -  
Tamburello, Annie 2002-04  
Taylor, Jillian 2007  
Thomas, Brooke 1999-02  
Tibbott, Tara 1994,96,97  
Tornetta, Lenore 1984-87  
Townsend, Krista 2003-06  
Truax, Kristen 2004-07  
Trussell, Jen 1991  
Turner, Debbie 1983-84  
Tweed, Lorna 1997-98

- V -  
Van Kuren, Cheryl 1983-86  
Veneziale, Katie 2004-07

- W -  
Wade, Amy 1997-00  
Walden, Heather 1992-95  
Wallace, Cindy 1982-85  
Walsh, Jennifer 1983-86  
**Washko, Brittany 2006-**  
Wightman, Carrie 1993-96  
Windover, Anne 1993-96  
Williams, Brenda 1983-86  
Williams, Michelle 1982  
Wisniewski, Dana 1998-01  
Wolfgang, Sue 1996-99  
Wood, Tracy 1989-92  
Wosczyzna, Sarah 2002-06  
Wosczyzna, Suzanne 2000-04

- Y -  
Yost, Margie 1982

- Z -  
Zylka, Michelle 1986-89

**ATHLETIC DEPT. DIRECTORY**  
(757 Area Code)

President:	
Dr. Roseann Runte .....	683-3159
Athletic Director:	
Dr. Jim Jarrett .....	683-3369
Senior Associate Athletic Director:	
Debbie H. White .....	683-3359
Associate Athletic Director:	
Deb Polca .....	683-3358
Associate Athletic Director:	
Bruce Stewart.....	683-3369
Associate A.D./Finance:	
Mark Brown.....	683-3569
Assistant A.D./Event Management:	
Greg Smith .....	683-6026
Assistant A.D./Compliance/Student-Athlete Welfare:	
Jeff Wilson .....	683-5474
Sports Information Director:	
Carol R. Hudson, Jr.....	683-3372
Assoc. Sports Information Director:	
Jamar Ross.....	683-3372
Asst. Sports Information Director:	
Kimberly Zivkovich .....	683-3372
Asst. Sports Information Director:	
Rob Silsbee .....	683-3372
Director of Athletic Publications/Creative Services:	
Tina Price.....	683-3372
Asst. Dir. of Athletic Publications/Creative Services:	
Chrisie Henn.....	683-3372
Asst. Athletic Business Manager	
Scott Lowery .....	683-4444
Athletic Camp Director:	
Chris Crouch.....	683-4358
Dir. of Sales & Corp. Sponsorships:	
Chuck Gray .....	683-3372
Asst. Dir. of Sales & Corp. Sponsorships:	
TBA .....	683-3372
Dir. of Game Atmosphere & Student Att.:	
David Weisser.....	683-3372
Life Skills Director/Academic Advisor:	
April Brecht.....	683-3709
Academic Advisor:	
Devon Uiterwyk .....	683-3715
Equipment Room Manager:	
Andrea Allen.....	683-3371
Head Athletic Trainer:	
Marty Bradley.....	683-3383
Asst. Athletic Trainer:	
Scott Johnson .....	683-3397
Asst. Athletic Trainer:	
Brynn Schuckman .....	683-5444
Athletic Faculty Representative:	
Dr. Janis Sanchez-Hucles .....	683-4995
Baseball Coach:	
Jerry Meyers .....	683-4360
Men's Basketball Coach:	
Blaine Taylor .....	683-3362
Women's Basketball Coach:	
Wendy Larry .....	683-3401
Field Hockey Coach:	
Beth Anders.....	683-3785
Football Coach:	
Bobby Wilder.....	683-6150
Men's Golf Coach:	
Dr. Murray Rudisill .....	683-3300
Women's Golf Coach:	
Pat Kotten .....	683-4553
Lacrosse Coach (W):	
Sue Stahl .....	683-4541
Women's Rowing Coach:	
Heather Weisel .....	683-3372
Sailing Coach (M&W):	
Mitch Brindley .....	683-3387
Men's Soccer Coach:	
Alan Dawson .....	683-4360
Women's Soccer Coach:	
Joe Pereira.....	683-5343
Swimming Coach (M&W):	
Carol Withus .....	683-5752
Tennis Coach (M&W):	
Darryl Cummings.....	683-5312
Wrestling Coach:	
Steve Martin .....	683-5311
Strength & Conditioning Coach:	
Paul Helsel .....	683-5313

# OLD DOMINION ADMINISTRATION

## Dr. Roseann Runte UNIVERSITY PRESIDENT



**D**r. Roseann Runte became the seventh president of Old Dominion University in the summer of 2001. She has more than 20 years' experience as a professor and senior administrator. Her publications include books, articles and chapters on topics ranging from economic and cultural development to creative writing.

She has served on national and international boards, including The National Bank of Canada, the National Library, the Club of Rome, UNESCO and the Royal College of Physicians and Surgeons. She is currently president of the American Council on Education's Commission on International Education, a board member of the Commission on Colleges of the Southern Association of Colleges and Schools and a member of the Executive Advisory Council for SunGard SCT.

Dr. Runte's work has been recognized with many awards and honors, including the Order of Canada, the French Order of Merit, fellowship in the Royal Society and the World Academy of Arts and Science, several honorary degrees and a prize from the French Academy.

## Dr. Jim Jarrett ATHLETIC DIRECTOR



**W**hen Jim Jarrett arrived on the campus of Old Dominion University in the fall of 1967 as a Health and Physical Education professor, he had little idea that his tenure would be counted in decades. During that time span, he has led the program from a well respected NCAA Division II member to a nationally respected Division I power that has captured 25 national championships.

Jarrett began his 37th year as athletic director in 2007, taking over the reigns in 1970 when Bud Metheny stepped down from that position. As one of the youngest athletic directors in the nation at that time, Jarrett quickly began to make a name for himself and ODU. In 1974, Jarrett became the first athletic director in the state of Virginia

to award grant-in-aids to women student-athletes. It was a bold move at the time for a young athletic director and equally young University, but one that paid great dividends. Just five years later, in 1979, the Lady Monarchs won the first of three national championships in women's basketball, and led the nation in attendance.

Under his leadership, the department's athletic venues have tripled and are considered state of the art facilities. They include the construction of the Bud Metheny Baseball Complex, the Sailing Center, the Athletic Administration Building, the ODU Soccer Building the 8,500 seat Constant Convocation Center. Currently, Jarrett is overseeing the construction of the Folkes-Stevens Indoor Tennis Center, the Powhatan Sports Center, Foreman Field renovations and renovations to the Athletic Administration Building. For all his efforts, Jarrett's has been honored many times by national and local groups. Most recently, Jarrett was given Lifetime Achievement awards from NACDA and VaSID. In 2003, he was named the Southeast Regional Athletic Director of the Year by NACDA. Other awards he's received include the Collegiate Director's Award from the Women's Basketball Coaches Association, and the Norfolk Sports Club Man of the Year. He served as a member of the NCAA Women's Basketball Committee and is a past president of the Colonial Athletic Association and the Virginia Sports Hall of Fame.

An avid golfer and tennis player, Jarrett and his wife Sugie reside in Norfolk.



# THIS IS OLD DOMINION



*Rollins Hall houses the University's admissions, financial aid, and other support offices.*

**O**ld Dominion University opened its doors 77 years ago in an abandoned public school building to 206 students. Known at the time as the Norfolk Division of the College of William and Mary, it became an independent, four-year institution in 1962 and attained university status in 1969. Today, Old Dominion enrolls more than 21,000 students, including approximately 6,200 graduate students. Its 185-acre Norfolk campus is the primary hub of activity, along with four additional higher education centers (Virginia Beach Center, Peninsula Center, Tri-Cities Center and Northern Virginia Center). Old Dominion is a versatile university, committed to its students, their education, personal development and overall success.

The University offers 68 bachelor's degrees, 60 master's degrees, 35 doctoral degrees and two educational specialist degrees, and consists of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences and Sciences.

Students who live on campus may choose residence hall or apartment-style living. The attractive Webb University Center provides a bookstore, cafeteria, food court, game room, lounge areas, and other shops and offices to serve the student body.

Old Dominion is one of Virginia's leading Ph.D. research institutions. The University contributes approximately \$600 million a year to the Hampton Roads economy and provides the community with a variety of programs and services, including the Applied Research Center, Virginia Applied Technology and Professional Development Center, Military Career Transition Program, Executive Development Center and the Virginia Modeling, Analysis and Simulation Center. A leader in space-related research, Old Dominion ranks first in the state in funding from NASA for research projects. The University operates one of the largest wind tunnels in the world at NASA's Langley Research Center, and its Oceanography, Nuclear Physics, and

Modeling and Simulation programs are among the best in the nation.

The University Village, a 75-acre development along the east side of Hampton Boulevard, is yet another economic spark for the region. The 8,600-seat Ted Constant Convocation Center, which opened in fall 2002, is the centerpiece of the project. The Village also currently includes 278 modern apartment units for students, a fitness center and a variety of restaurants. Plans call for the addition of a research park, bookstore, hotel and shopping center.

In the classroom, Old Dominion students continue to earn high marks. The University boasts three USA Today Academic All-Americans and a Truman Fellow. ODU's first Rhodes Scholar is former field hockey All-American Samantha Salvia, a 1996 graduate.

Through its distance learning operation, Old Dominion offers nationally ranked programs in the sciences, engineering, arts and letters, health sciences, business and education. Its network includes nearly 50 locations throughout Virginia and as far away as Arizona, Georgia, Washington state, and even U.S. Navy ships and submarines deployed around the globe.

Old Dominion is well known for its international focus in both its curricula and student population. More than 1,100 international students from 100 countries are enrolled at the University.

The University also contributes to the cultural life of Hampton Roads by presenting music and dance concerts, plays, art exhibits, and annual literary and film and video festivals. In addition, the President's Lecture Series brings nationally known speakers to campus each year.

The University is located approximately 200 miles south of Washington, D.C., and is but a short drive to Virginia Beach and the Outer Banks of North Carolina.

# UNIVERSITY



*The Ted Constant Convocation Center is the site of many campus events and is home of the university's men's and women's basketball programs.*



*Koch Hall*



*Old Dominion University campus.*



*Sailing Center*



*The Webb Student Center houses student services, the campus bookstore and many dining options.*



*The Old Dominion University dance team with Big Blue.*



# ATHLETIC FACILITIES

**O**ld Dominion University prides itself on being able to offer the student-athlete the best possible facilities to achieve maximum potential on the field.

The Intercollegiate Athletics Building, which underwent a renovation in 2006, houses both strength training and athletic training facilities which are always at the full disposal of the student-athlete. The expanded building is also the home of the Jacobson Athletic Academic Center.

The athletic training room provides the best in modern rehabilitation equipment for athletic injuries. The seven-foot deep running pool, located in the hydrotherapy room, along with three whirlpools and jacuzzi, provides Old Dominion athletes the opportunity to rehabilitate through exercise in water. The room also includes nine training tables, a Kinkom rehabilitation machine, and a traction table. The athletic training room is under the supervision of Head Athletic Trainer Marty Bradley, M.S., A.T.C., and his two full-time assistants, along with a staff of graduate assistants and student assistants.

The strength training room, built specifically for student-athlete use. The room includes the most up-to-date in nautilus and free weight equipment, all under the supervision of the Head Strength and Conditioning Coach.

The Intercollegiate Athletics Building also houses the administrative staff including the athletic director, the associate and assistant athletic directors, the offices of sports information, marketing, athletic camps, and the ticket office. The Athletic Support Office and Buildings and Grounds offices are also located in the Intercollegiate Athletics Building. The Intercollegiate Athletics Building is located in the middle of the athletic quadrant of the campus that includes the 4,000 seat Old Dominion Soccer Stadium, the 2,500 seat Bud Metheny Baseball Complex, the Folkes-Stevens Indoor Tennis Center, and the Student Recreation Center, which is undergoing major renovation and expansion.

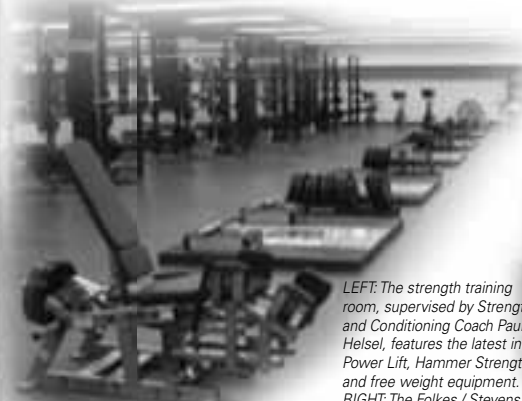
The Old Dominion Sailing Center is located on the Elizabeth River on the western side of the campus and serves as home to the Monarch sailing program. Featuring a 200-foot pier and launch area, the Sailing Center also has storage space for the entire Old Dominion fleet of FJ's, Lasers, 420's, and various support craft, locker rooms, classrooms, workshop, and office space for the sailing coaches.

Foreman Field, located behind Rollins Hall on the northern edge of the campus, is currently home to the field hockey and lacrosse teams. In 2009, the field will be the home field for Monarch football.

On August 2, 2007, the university broke ground on the Powhatan Sports Center. This new facility will house the football, field hockey and lacrosse programs. The Center will include offices, locker rooms, meeting rooms, a weight room, football practice fields and a new stadium for field hockey and lacrosse.



ABOVE: The Athletic Administration Building. RIGHT: The Ted Constant Convocation Center. BELOW: ODU Soccer Complex and the renovation plans for Foreman Field, home of ODU football which kicks off in 2009.

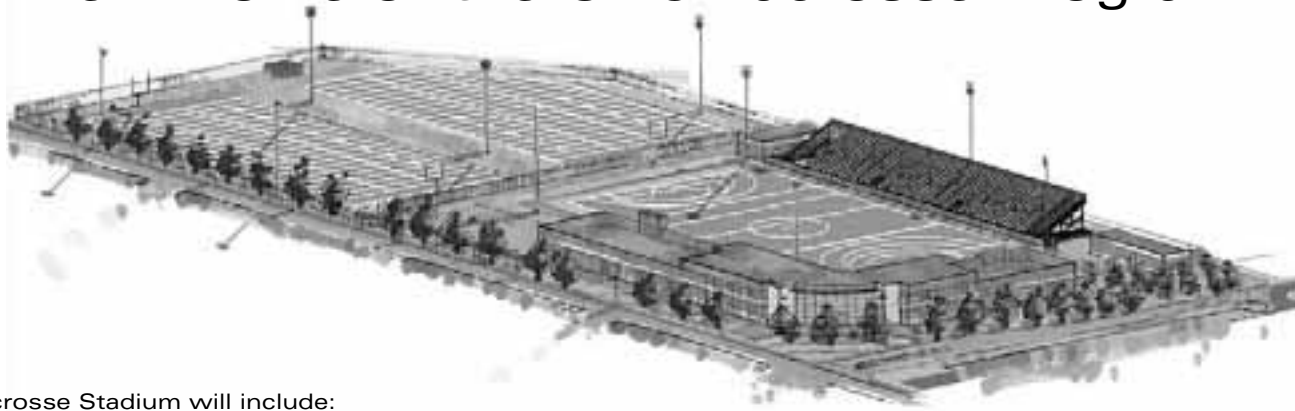


LEFT: The strength training room, supervised by Strength and Conditioning Coach Paul Helsel, features the latest in Power Lift, Hammer Strength, and free weight equipment. RIGHT: The Folkes / Stevens Indoor Tennis Center



# POWHATAN SPORTS COMPLEX

## New Home of the ODU Lacrosse Program



### Lacrosse Stadium will include:

- 1,500 permanent seats, with room for an additional 1,500 temporary / expansion seats,
- "AstroTurf 12," the most preferred playing surface by collegiate and professional players and coaches,
- A "water cannon" watering system,
- The latest in technology for scoreboards, the press box and field lighting,
- Concessions and restrooms,
- Easy access and parking for field hockey games and athletic camps.

Building Square Footage:  
58,000 (GSF)

Expected Completion Date:  
Summer 2008

### Sports Center- A state-of-the-art facility that will include:

- Offices, locker rooms, athletic training and strength training areas,
- Two-story terrazzo entrance lobby, that will include display areas,
- Outdoor second level balcony, suitable for entertaining, overlooking the field hockey stadium,
- Over 6,000 square feet for strength training, that will include the latest in fitness and weight equipment,
- Over 3,000 square foot athletic training facility,
- Video editing / projection suites to assist coaches with player development and game strategy.

## THE LAST SEASON AT FOREMAN FIELD

### "HOME OF THE LADY MONARCHS"

**D**ESIGNED in a Georgian architectural style and constructed entirely of brick that matches nearby Rollins Hall and the walkways of the Williamsburg Lawn, Foreman Field serves as the home of the Lady Monarch Women's Lacrosse program.

Built in 1936 with state and federal funds provided during the Great Depression, Foreman Field was named after Norfolk attorney A.H. Foreman, a member of William and Mary's board of visitors and one of the founders of the Norfolk Division of William and Mary, which later became Old Dominion University. Originally intended as the home of the Norfolk Division football program, it found new life as the home to other college and community sports programs when football was dropped in 1941.

The 20,000-seat stadium was completely renovated in 1981, when AstroTurf replaced the grass playing surface, and new bleachers, locker rooms, press boxes, concession stands, and lights were added at a cost of \$3.2 million.

Field hockey was played at Foreman Field for the first time in 1974, when the field was shared with men's soccer. Currently, field hockey and lacrosse are the only varsity sports to compete at Foreman Field.

The field hockey locker room is located under the east stands of Foreman Field, and provides the Lady Monarchs with a modern and spacious place to prepare for games and practices. Offices for Head Coach Beth Anders and Assistant Coach Sue Myers are also located in the locker room complex.

The locker room features separate lockers for each player, equipment storage, and a team meeting area in the center of the locker room.



# NORFOLK AND



Above: Norfolk skyline. Right: Norfolk has become the perfect mid-Atlantic port for launching cruise vacations to Bermuda, the Bahamas, the Caribbean and Canada / New England.



**N**orfolk serves as the cultural, financial and business hub of the Hampton Roads Metropolitan Area, which comprises the cities of Norfolk, Portsmouth, Virginia Beach, Chesapeake, Suffolk, Hampton, and Newport News. With a combined population of 1.5 million, the Hampton Roads area is the 27th largest Metropolitan Statistical Area in the U.S. and in 1998 was rated the number one city in the south by Money magazine.

Founded in 1682, Norfolk has been a gateway to Virginia for commerce and industry since the early 17th century.

The city is home to the Norfolk Naval Base, the world's largest naval installation and homeport to the U.S. Navy's Atlantic and Mediterranean fleets; the MacArthur Memorial, the final resting place of famed General Douglas MacArthur; The Chrysler Museum, an art museum showcasing the collection of Walter P. Chrysler, son of the auto company founder; and Norfolk Botanical Garden, host to many celebrations including the International Azalea Festival.

Norfolk's 12,000-seat Harbor Park is home to the Norfolk Tides, the top minor league team in the Baltimore Orioles organization.

Waterside marketplace and Town Point Park create a lively waterfront activity center for outdoor concerts, many festivals, and dining with the best sunset views around.

Tall ship cruises, harborside shops, the quaint whistle of the Elizabeth River Ferry, the new Nauticus, one of the nation's premier maritime museums and learning centers, and a climate ranked among the nation's most desirable, all make Norfolk an exciting location for university studies.

Just 20 minutes from downtown Norfolk is the oceanfront resort city of Virginia Beach, with its miles of beaches on the Atlantic Ocean and the Chesapeake Bay.

Hampton is home to NASA's Langley research center as well as Langley Air Force Base, while Newport News is the location of the Newport News Shipbuilding Company, manufacturer of the Nimitz-class aircraft carriers.

Just 45 minutes west of Norfolk is the Jamestown-Williamsburg-Yorktown triangle, where, it can be said, the nation was founded, debated its independence, and then won it on the battlefield.

Also within an easy drive are Richmond, the capital of Virginia and former capital of the Confederacy during the Civil War; the North Carolina Outer Banks, including the Wright Brothers Memorial at Kitty Hawk and the Cape Hatteras National Seashore; and the nation's capital in Washington, D.C.



The Pagoda (a.k.a. Marine Observation Tower) was a gift to the Commonwealth of Virginia from the Provincial Government of Taiwan of the Republic of China in 1989 to celebrate trading ties. The Garden features over 125 species of Asian plantings and the largest Koi pond on the East Coast.

# HAMPTON ROADS



The Virginia Beach ocean front is only minutes from the Old Dominion campus.



The sand castle competition is the highlight of the annual Neptune festival in Virginia Beach.



The totally refurbished Harrison Opera House offers the premiere facility for elegant affairs. Dramatic towers frame the dynamic new façade and enclose elegant staircase to the grand foyer and balcony levels.



MacArthur Memorial in Norfolk is the resting place of Gen. Douglas MacArthur, and contains many of the general's personal awards and belongings.



The Virginia ZOO in Norfolk.



Mermaids on Parade: One of the most distinctive sights around Norfolk is the individually designed mermaids. Fashioned after the city's logo celebrating a New Norfolk, the Mermaids on Parade were conceived as a community campaign to benefit the arts.



Nauticus, the National Maritime Museum, is the home of the US Battleship Wisconsin and is a popular destination for visitors.



Harbor Park is proud to be the home of the Norfolk Tides, the Baltimore Orioles AAA baseball team.



# ACADEMIC SUPPORT

**T**he Old Dominion University Athletic Department offers a wide variety of programs to assist the academic and personal well-being of the student-athlete.

These programs are overseen by April Brecht, life skills program director/academic advisor and Devon Uiterwyk, academic advisor for student-athletes. Their offices are located in the new Marc and Connie Jacobson Athletic Academic Center inside the Athletic Administration Building, with convenient access to all the student-athletes.

Among the programs available to student-athletes:

## **SUPERVISED STUDY SESSIONS**

Supervised study sessions are required for all freshmen, transfer student-athletes, and select upperclassmen. Study sessions are held in the Jacobson Athletic Academic Center. Students can attend day or evening hours for a minimum of six hours per week.

## **"RISING STARS"- THE LIFE SKILLS PROGRAM**

The Life Skills Program provides a comprehensive approach to the overall academic and personal development of student-athletes at Old Dominion University. With the student-athlete welfare in mind, the Athletic Department provides:

### **The Academic Commitment**

- Academic, major choice and career counseling
- Academic advising - class scheduling and eligibility review
- Supervised study sessions
- Tutoring program by request and/or referral
- UNIV 100 (University Orientation) class
- Academic progress/attendance reports during each semester
- Intervention - illness, injuries, etc. reported to faculty
- Laptop checkout for athletic travel

### **The Athletic Commitment**

- Title IX information, coach and support staff standards of conduct, the coach as a teacher, departmental operations and standards, and athletic support program information
- Team-building and conflict resolution intervention /training



*Above, Students attend study hall in the new Jacobson Academic Center. Right, Life Skills Program Director/Academic Advisor April Brecht and Academic Advisor Devon Uiterwyk*



### **The Personal Development Commitment**

- Educational programming for new students and teams  
Understanding Values, Appreciating Diversity, Personal Health (Sexual Responsibility, Alcohol Choices, Stress Management), Interpersonal Communication and Media Relations, Social Development, and Fiscal Responsibility.
- Networking and appropriate campus program promotion

### **The Service Commitment**

- Monarch ReachOut service project referrals and contacts
- CAA Blood Drive

### **The Career Development Commitment**

- Networking and referral are provided in cooperation with our career management center
- Educational programming
- UNIV 120 (Career Planning) class
- Interview, cover letter, and resume techniques.

## **STUDENT ATHLETE ADVISORY COMMITTEE (SAAC)**

The SAAC serves as a voice for student-athletes to address issues common to all teams. The committee allows student-athletes to address concerns with administrators to improve the student-athlete experience.

The CAA selects an athlete from each school in the conference to attend a student-athlete advisory meeting in the spring of each year. The selected college representatives are given the opportunity to discuss issues at the conference level.