

2005 WOMEN'S LACROSSE



OLD DOMINION UNIVERSITY

LACROSSE



ATHLETIC ADMINISTRATION

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OLD DOMINION UNIVERSITY

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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:	21,000
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 Assoc.
President:	Dr. Roseann Runte (SUNY New Paltz '68)
Athletic Director:	Dr. Jim Jarrett (SIU-Carbondale '59)
Office Phone:	(757) 683-3369
Athletic Dept. Phone:	(757) 683-3375
Athletic Ticket Office:	(757) 683-4444

SPORTS INFORMATION:

Sports Information Dir.:	Carol Hudson
Assist. Dir. (WLAX Contact): ...	Kimberly Zivkovich
Graduate Assistant:	Bobby Parks
SID Office Phone:	(757) 683-3372
SID Fax:	(757) 683-3119
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Zivkovich Email:	kzivkovi@odu.edu
ODU Website:	www.odusports.com
SID Address:	Athletic Admin. Bldg. Rm. 124 Norfolk, VA 23529

COACHING STAFF:

Head Coach:	Sue Stahl (Ursinus '66)
Career Record:	105-117/14 seasons
Record at ODU:	105-117/14 seasons
Assistant Coach:	Heather Holt (Old Dominion '95)
Office Phone:	757-683-4541

TEAM INFORMATION:

2004 Record:	5-11
2004 Conference Record:	1-6/8th
Starters Retuning/Lost:	7/5

Top Returning Players:

Name:	Pos:	Cl:	G:	A:	Pts:	GB:	CT:
Melody Shotwell	A	Sr.	26	5	31	10	9
Caroline Jacobs	MF	So.	16	7	23	21	7
Ashley Stanwick	MF	So.	14	2	16	15	4
Katie Veneziale	MF	So.	5	2	7	19	8

INTERVIEWS

Head Coach Sue Stahl will be available for interviews immediately following all home games. 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. Please contact Kimberly Zivkovich in the sports information office at 757-683-3372 for more information or to set up an interview.

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 the CAA schools are compiled throughout the spring at the conference office in Richmond, Va. For up-to-date information, call Rob Washburn at 804-754-1616. You can also get up-to-date information from the conference's web site located at <http://www.caasports.com>

PRESS BOX FACILITIES

A fully enclosed press box is located in the west stands of Foreman Field and serves a maximum of 32 media members. Three radio booths and a print media area are available for use.

RADIO BROADCAST LINES

Visiting teams wishing to broadcast games from 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 telephone office in Norfolk, by calling 757-667-5000.

CREDITS:

The 2005 Old Dominion University Lacrosse Guide is a publication of the Old Dominion University Athletic Public Relations Office. Designed and Edited by: Tina Price, Director of Athletic Publications and Justin Holt, Athletics Publications Assistant. Written by: Kimberly Zivkovich, Assistant Sports Information Director. Special Assistance from: Debbie Byrne, Associate Athletic Director. Photography by: the Old Dominion Athletic Public Relations Office, Rick Voight (RSVP Media), Mark Barnes, Tom Barwick and Steve Chinnis. Printing: Letton Gooch Printers, Norfolk, VA. On the cover: Cassandra Conner, Valerie Gooch, and Melody Shotwell

HEAD COACH ■ OLD DOMINION UNIVERSITY ■ US NATIONAL TEAM HEAD COACH

Sue Stahl

FIFTEENTH SEASON ■ 105-117 OVERALL



During her career in athlet-

Women'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 15th 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 facing powerhouses such as Maryland and Virginia, 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, 25 players named to an All-CAA team, and nine 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 twice, most recently in 2003 as the Lady Monarchs went 12-4 with a perfect 7-0 conference slate and a 19th national ranking.

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. Beginning her 16th season as the coach of the United States National Team, Stahl and the team will be going for an unprecedented fifth World Cup Title. Stahl has brought home the IFWLA World Cup every time she has been on the sidelines, most recently with 14-8 victory over

ics, Sue Stahl has coached

three different sports, for

seven different organiza-

tions, at levels ranging from

high school to the U.S.

National Team.

Australia in 2001, making her the first coach to win four world titles.

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 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.

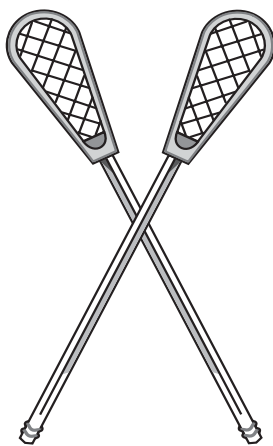
Stahl was recognized on the All-Century Women's Lacrosse team in 1999, perhaps the biggest honor anyone could receive, but it is just one of many coaching distinctions that she has earned throughout her career. Three times, in 1995 and 2003, Stahl was named the CAA Coach of the Year and in 1997 she was 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.

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 serves 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-present); While head coach of the U.S. Team, she has guided the team to unprecedented back-to-back-to-back World Cup Lacrosse Championship titles in 1989, 1993, 1997 and 2001. 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 and 2002 and 2003.

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	
Totals	105-117	48-35			

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

Heather **HOLT**

SEVENTH SEASON ■ Old Dominion '95



Heather Holt returns for her seventh season as assistant coach under head coach Sue Stahl. No stranger to Foreman Field, Walden 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, practice planning, and supervision of academic affairs.

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, in the past directed the Collegiate Lacrosse Camp in Richmond, 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.

A native of Bryn Mawr, Pennsylvania, Holt and her husband, David, reside in Norfolk along with their dog Arthur and son, Jackson, born in July of 2004.

Assistant Coach



ATHLETIC DEPARTMENT SUPPORT STAFF



DEB POLCA
Senior Associate Athletic
Director



DEBBIE BYRNE
Assoc. Athletic Director /
Marketing & Public
Relations



GREG SMITH
Asst. Athletic Director /
Game Management



MARTY BRADLEY
Head Athletic Trainer



ANDY ZUCKER
Strength & Conditioning
Coach



Chuck Gray
Director of Marketing and
Corporate Sponsorships



Scott Lowery
Business Office
& Ticket Manager



CAROL HUDSON, JR
Sports Information Director



KIMBERLY ZIVKOVICH
Asst. Sports Info. Director /
Lacrosse Contact



TINA PRICE
Director of
Athletic Publications

2005 Outlook

Lady Monarch Lacrosse: Making Their Move

Stahl, one of the most decorated women's lacrosse coaches in history, begins her 15th year at the helm of the Old Dominion program looking to return the Lady Monarch back into the spotlight.

Although the Lady Monarchs graduated five student-athletes from last year's squad, among them all-time leading scorer and three-time All-American Suzanne Wosczyzna, Stahl has a number of veterans, underclassmen, and rookies to help Old Dominion rise in the Colonial Athletic Association (CAA) and national standings.

Three seniors will be looked up for guidance and leadership on this year's team in Valerie Gooch, Cassandra Conner, and Melody Shotwell. Gooch and Conner will anchor the Old Dominion defense while Shotwell returns as the Lady Monarchs' top offensive threat on the field.

Senior attacker Melody Shotwell has consistently been among the CAA's and Old Dominion's top scorers. Last year, despite missing the end of the season four games early with her second knee injury, Shotwell accumulated 26 goals and five assists, ranking 10th in the CAA in points per game and third on the Lady Monarch in the point column behind former Lady Monarch Wosczyzna and Janine Rodriguez. Shotwell is poised to move up on the all-time leaders list, having cracked the top 10 in goals scored last season.

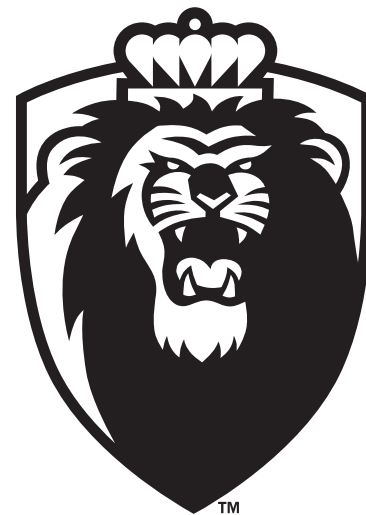
Gooch and Conner will be vital in helping bolster the Lady Monarch defense. Last season, Old Dominion gave up 211 goals, a number that these two Lady Monarchs will need reduce in the upcoming season. However, Gooch and Conner both know what it takes to keep the opposition away from the net as they helped hold 18 opponents to single digit scoring over the last three years. Gooch finished last year third in groundballs, while Conner was fourth in the caused turnover category.

Also aiding the ODU defense will be junior Sarah Wosczyzna. Wosczyzna cracked the starting line-up as a freshman and appeared in all 16 games last season as a sophomore. She will be looking to add to her defensive statistics after registering 17 groundballs and six caused turnovers in 2004.

With a year under their belts, several of last year's rookies should have a significant impact on the success of this year's team. Two newcomers, Caroline Jacobs and Katie Veneziale, made immediate impacts in the midfield. Both took on the challenges of starting



Caroline Jacobs



Melody Shotwell



positions in their first year in a Lady Monarch uniform and put their names on top of several statistical categories. Jacobs was the leader on the in team in groundballs with 50 while Veneziale took on the role of draw control specialist and led the squad with a second-best 35 controlled. Additionally, Jacobs will return at the team's second leading scorer after registering 16 goals and passing off seven assists.

Another of last year's rookie should help the fired power on the offense along with Shotwell. Ashley Stanwick appeared in every game and enters 2005 as the Lady Monarchs' third returning scorers after netting 14 goals and collecting two assists in her first collegiate season.

In goal, Michelle Gannon suits up for her third season having played all but six minutes over the course of the last two seasons. Gannon's numbers last year included 142 saves and a 13.08 goals against average.

The schedule as is tradition incorporates a tough non-conference slate along with the always tough CAA calendar. National powerhouses Maryland, Virginia, and North Carolina grace the non-conference portion of the schedule along with UMBC, American, Richmond, Temple, and Rutgers, teams that are capable of being ranked throughout this season. Two-time defending CAA Tournament champion, James Madison, will be one of six preseason ranked teams that Old Dominion will face during the conference season.

THE LADY MONARCHS BY CLASS

SENIORS (3)

#13 Cassandra Conner
#7 Valerie Gooch
#1 Melody Shotwell

JUNIORS (6)

#2 Jacqueline Brown
#12 Tameka Davis
#44 Michelle Gannon
#19 Sarah Lautenbach
#21 Krista Townsend
#4 Sarah Wosczyzna

SOPHOMORES (7)

#5 Colleen Carver
#9 Ashley Stanwick
#26 Nicholle Depaz
#17 Danielle Haley
#23 Caroline Jacobs
#32 Katie Veneziale
#33 Kristen Truax

FRESHMEN (5)

#18 Sigrid Paulus
#0 Sara Larson
#3 Kaelyn Schival
#8 Erica Peterson
#6 Kelly Kimener



Meet the Lady Monarchs

2005 Old Dominion University Numerical Lacrosse Roster



No.	Name	Pos.	Cl.	Ht.	Hometown/ High School
0	Sara Larson	GK	Fr.	5-6	Sylvan Lake, Mich./Mercy
1	Melody Shotwell	MF	Sr.	5-8	Fairfax Station, VA/Lake Braddock
2	Jacqueline Brown	D	Jr.	5-7	Huntington, NY/Huntington
3	Kaelyn Schival	A	Fr.	5-6	Horsham, Pa./Hatboro-Horsham
4	Sarah Wosczyzna	MF	Jr.	5-9	Phoenixville, PA/Phoenixville
5	Colleen Carver	A	So.	5-3	Catonsville, MD/Seton Keough
6	Kelly Kimener	A	Fr.	5-9	Oakton, VA/Oakton
7	Valerie Gooch	D	Sr.	5-11	Charlottesville, VA/Western Albemarle
8	Erica Peterson	D	Fr.	5-4	Va. Beach, Va./Maury
9	Ashley Stanwick	A	So.	5-7	Aquasco, MD/St. Mary's
12	Tameka Davis	MF	Jr.	5-7	Washington D.C./Woodrow Wilson
13	Cassandra Conner	D	Sr.	5-9	Crozet, VA/Western Albemarle
17	Danielle Haley	MF	So.	6-0	Jarrettsville, MD/North Harford
18	Sigrid Paulus	A	Fr.	5-5	Forest Hill, Md./Western
19	Sarah Lautenbach	MF	Jr.	5-8	West Chester, PA/Unionville
21	Krista Townsend	MF	Jr.	5-11	Baldwin, MD/St. Paul's
23	Caroline Jacobs	MF	So.	5-5	Gaithersburg, MD/Gaithersburg
26	Nicholle DePaz	M/D	So.	5-5	Falls Church, VA/George C. Marshall
32	Katie Veneziale	MF	So.	5-10	Downingtown, PA/Downingtown
33	Kristen Truax	A/M	So.	5-11	Lexington, VA/Rockbridge County
44	Michelle Gannon	GK	Jr.	5-3	Delmar, MD/Wicomico

LADY MONARCHS BY CLASS

Freshmen 5
Sophomores 7
Juniors 6
Seniors 3

Head Coach:

Assistant Coach:

Sue Stahl (Ursinus '66)

Heather Holt (Old Dominion '95)

2005 Alphabetical Roster

2	Jacqueline Brown
5	Colleen Carver
13	Cassandra Conner
12	Tameka Davis
26	Nicholle Depaz
44	Michelle Gannon
7	Valerie Gooch
17	Danielle Haley
23	Caroline Jacobs
6	Kelly Kimener
0	Sara Larson
19	Sarah Lautenbach
18	Sigrid Paulus
8	Erica Peterson
3	Kaelyn Schival
1	Melody Shotwell
9	Ashley Stanwick
21	Krista Townsend
33	Kristen Truax
32	Katie Veneziale
4	Sarah Wosczyzna

Lady Monarch Hometowns



Maryland

Colleen Carver
Michelle Gannon
Danielle Haley
Caroline Jacobs
Sigrid Paulus
Ashley Stanwick
Krista Townsend

Michigan

Sara Larson
Jacqueline Brown
Pennsylvania
Sarah Lautenbach
Kaelyn Schival
Katie Veneziale
Sarah Wosczyzna

Catonsville, MD
Deltar, MD
Jarrettsville, MD
Gaithersburg, MD
Forest Hill, MD
Aquasco, MD
Baldwin, MD

Sylvan Lake, MI

Huntington, NY

West Chester, PA
Horsham, PA
Downingtown, PA
Phoenixville, PA

Virginia

Cassandra Conner
Nicole Depaz
Valerie Gooch
Kelly Kimener
Erica Peterson
Melody Shotwell
Kristen Traux

Washington, D.C.

Tameka Davis

Crozet, VA
Falls Church, VA
Charlottesville, VA
Oakton, VA
Virginia Beach, VA
Fairfax Station, VA
Lexington, VA

Washington, D.C.

Meet the Lady Monarchs



Cassandra CONNER 13

■ Senior ■ Defense ■ 5'9
■ Crozet, Virginia
■ Western Albemarle HS

2004: Appeared in all 16 games, making 15 starts. Third on the team in caused turnovers with 10. Had two caused turnovers versus CAA rivals #7 James Madison (4/4) and Delaware (4/16) as well as Rutgers (4/27). Scooped up eight groundballs. Collected a season-high two in games against #7 James Madison (4/4) and Towson (4/18). Also registered two draw controls. **2003:** Made 15 appearances her sophomore season including eight starts on the defensive end...When not in the starting line-up, was one of the top Lady Monarchs off the bench...Helped the Lady Monarch defense hold four opponents to single digit scoring...Collected five groundballs and recorded five draw controls...Also caused one turnover... **2002:** Appeared in six games during her rookie season...Recorded a draw control.... **High School:** A three sport athlete at Western Albemarle High School...A two-time captain of her lacrosse team...Earned the Hustle Award as well as the Coaches' Award...Also a four-year member of the field hockey team...Awarded All-State honors in field hockey...Was a two-year captain and earned Defensive MVP honors...Also played one year of volleyball... **Personal:** Born March 16, 1983...Full name is Cassandra Jean Conner...Daughter of Marshall and Susan Conner...Has one brother, Kristopher (25), and two sisters Amanda (11) and Wesley (10)...Majoring in exercise science.

Cassandra Conner's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2002	6/0	0	0	0	0
2003	15/8	0	0	0	0
2004	16/15	0	0	0	0
TOTALS :	37/23	0	0	0	0



Valerie GOOCH 7

■ Senior ■ Defense ■ 5'11
■ Charlottesville, VA
■ Western Albermarle HS

2004: Appeared in and started all 16 games. Fourth on the team in groundballs collecting 24. Scooped up a career-high five groundballs at Hofstra (4/9). Caused seven turnovers including two at CAA rival Drexel (4/11). Registered six draw controls. Named to the IWLCA All-Academic squad. **2003:** Moved up to the starting defensive unit in her sophomore campaign...Was a mainstay in the backfield which helped hold four opponents to single digit scoring...Scooped up 10 groundballs...Also caused five turnovers...Collected three draw controls... **2002:** Appeared in seven games for the Lady Monarchs... **High School:** A two-time All-Central Virginia Lacrosse Team selection at Western Albemarle High School...Co-captained the squad her senior year...Received the United State Marine Corps Distinguished Athlete Award...Earned the President's Education Award for Outstanding Academic Excellence... **Personal:** Born March 5, 1983...Full name is Valerie Gayle Gooch...Daughter of Richard and Marlene Gooch...Has one brother Mat (27)...Donna Doyle Scholarship award winner...Majoring in business administration.

Valerie Gooch's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2002	7/0	0	0	0	0
2003	16/16	0	0	0	0
2004	16/16	0	0	0	0
TOTALS :	39/32	0	0	0	0



Melody SHOTWELL 1

■ Senior ■ Midfield ■ 5'8
■ Fairfax Station, VA
■ Lake Braddock HS

2004: Appeared in 12 games, making 11 starts before missing the final four games of the year with her second ACL injury/ Second on the team in goals (26) and points (57). Ranked 10th in the CAA in goals per game (2.17). Scored six goals in victory over UMBC (3/13) and Lafayette (3/28), one off her career-high. Also scored multiple goals in five other contests. Recorded a season-high seven points with six goal and assist in a 17-4 win over Lafayette (3/28). Registered a season-high two assists in season opening win over American (3/6) as well as Hofstra (4/9). Caused four turnovers in the season opener at American (3/6). Finished the season with nine caused turnovers. Also amassed 10 groundballs and 10 draw controls. **2003:** Moved to the starting line-up after serving as the top Lady Monarch off the bench the previous season...Led the Lady Monarchs in goals (43)...Was second on the team in points with 52...Seventh in the CAA with 3.25 points per game...Ranked fourth in the conference in goals per game (2.69)...Led the team in scoring against #20 Richmond (3/12), Boston University (3/29), and Delaware (4/13)...Scored game-winners against #20 Richmond, Hofstra (4/6), and Delaware...Tied for second for most goals in a game in 2003 among Division I women's lacrosse players with seven goals against #20 Richmond...Tallied four or more goals in a game on five occasions...Also scored five goals in a 16-11 season opening victory over American (3/1)...Sixth on the squad with 24 groundballs...Ranked second on the team in draw controls with 24, second only to former teammate Marlaine Smith who ranked second nationally... **2002:** The top Lady Monarch off the bench...Appeared in all 18 contests...Collected 10 points on seven goals and three assists...Recorded her first collegiate goal against CAA rival Hofstra (3/16)...Also recorded a season-high two goals against the Pride...Tallied two game-winning goals, Lafayette (3/24) and Drexel (4/12)...Tied for sixth on the team with 11 draw controls...Also recorded six groundballs and three caused turnovers... **High School:** A four sport athlete for Lake Braddock High School...Was a lacrosse standout helping her team to two District Championships...A two-time All-American nominee...Captained her team in her junior and senior seasons...A three-time MVP honoree...The leading scorer in her district during her senior campaign...Also played basketball, field hockey, and ran track...Her track team captured district, regional, and state championships...Her field hockey team were three time district winners and state runner-ups... **Personal:** Born October 23, 1982...Full name is Melody Elizabeth Shotwell...Daughter of Bill and Pat Shotwell...Has three brothers Chris (30), Matt (24), and Mike (20) and a sister Cinnamon (25)...Great Uncle is the late John Phillips of the 1960's group the Mamas and the Papas...Majoring in occupational technical studies with an emphasis in fashion along with a minor in marketing.

Melody Shotwell's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2002	18/0	7	3	10	18
2003	16/16	43	9	52	91
2004	12/11	26	5	31	57
TOTALS :	46/27	76	17	93	166



The Lady Monarch Seniors: Cassandra Connor, Valerie Gooch, Melody Shotwell



Meet the Lady Monarchs



Jacqueline BROWN 2

■ Junior ■ Defense ■ 5'7
■ Hunington, NY
■ Hunington HS

2004: Appeared in 15 games making her first career start at Drexel (4/11). Collected 10 groundballs including a career-high four at CAA rival George Mason (4/2) Also scooped up three against #7 North Carolina (4/13). Registered five caused turnovers including two in a 17-4 victory against Lafayette (3/28). **2003:** Appeared in five games her freshman season...Collected five groundballs...**High School:** A three-sport athlete at Huntington High School...A four-year member of the lacrosse team...Received All-County and All-Tournament captain awards...Also played soccer for three years and winter track for two years...**Personal:** Born March 11, 1984...Daughter of Timothy and Terri Brown...Has two sisters Catherine (23) and Amanda (21)...Majoring in sports management.

Jacqueline Brown's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2003	5/0	0	0	0	0
2004	15/1	0	0	0	0
TOTALS :	20/1	0	0	0	0



Tameka DAVIS 12

■ Junior ■ Midfield ■ 5'7
■ Washington D.C.
■ Woodrow Wilson HS

2004: Appeared in 10 games. Scored her first collegiate goal in a 13-2 victory over #17 William & Mary. Had groundballs against #7 North Carolina (4/13) and Delaware (4/16). Also had a caused turnover against the seventh-ranked Tar Heels. Recorded three draw controls including two against the 17th-ranked Tribe. **2003:** Appeared in six contests in her freshman season...Recorded one shot on goal...Also registered one draw control and one groundball.... **High School:** A two-sport athlete at Woodrow Wilson High School...A four-year member of the lacrosse team...Co-captained her lacrosse team for two season...Led the team in assists her senior campaign...Also played basketball for three years...Earned the Hustle Award and the Most Improved Award...Academic honors include Who's Who Among American High School Students, Honor Roll, and National Honor Roll... **Personal:** Born March 29, 1984...Full name is Tameka Nicole Davis...Daughter of Ronald and Bonita Davis...Has three brothers Laton (25), Marcus (15), Herkem (11), Keron (9), and Malik (1) and a sister, Lynae ...Majoring in nuclear medicine/psychology.

Tameka Davis's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2003	6/0	0	0	0	0
2004	10/0	1	0	1	2
TOTALS:	16/0	1	0	1	2



Sarah LAUTENBACH 19

■ Junior ■ Midfield ■ 5'8
■ West Chester, PA
■ Unionville HS

2004: Made 10 appearance in her first season with the Lady Monarchs. Recorded her first career assist in a 17-4 victory over Lafayette (3/28). Also recorded a groundball against the Leopards. Had a draw control versus CAA opponent Delaware (4/16). **Prior to Old Dominion:** A transfer from Sacred Heart University in Connecticut...Was a member of the lacrosse and women's ice hockey teams...Played in three lacrosse games for the Pioneers recording two caused turnovers...Played in 18 varsity ice hockey games registering one goal and two assists... **High School:** A three-sport athlete at Unionville High School. Played four seasons at midfield in lacrosse...Played both boys' and AA ice hockey...Served as assistant captain...Also was a defender in one season of soccer... **Personal:** Born December 29, 1983...Full name is Sarah Michelle Lautenbach...Daughter of Chris and JoAnne Lautenbach...Has one brother, Charlie (18)...Majoring in criminal justice.

Sarah Lautenbach's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2004	10/0	0	1	1	0
TOTALS:	10/0	0	1	1	0



Tameka Davis



Sarah Wosczyzna

Meet the Lady Monarchs



Sarah **2** WOSCZYNA

■ Junior ■ Midfield ■ 5'9
■ Phoenixville, PA
■ Phoenixville HS

2004: Appeared in 15 games making her first career start at Drexel (4/11). Collected 10 groundballs including a career-high four at CAA rival George Mason (4/2) Also scooped up three against #7 North Carolina (4/13). Registered five caused turnovers including two in a 17-4 victory against Lafayette (3/28). **2003:** Appeared in five games her freshman season...Collected five groundballs...**High School:** A three-sport athlete at Huntington High School...A four-year member of the lacrosse team...Received All-County and All-Tournament captain awards...Also played soccer for three years and winter track for two years...**Personal:** Born March 11, 1984...Daughter of Timothy and Terri Brown...Has two sisters Catherine (23) and Amanda (21)...Majoring in sports management.

Sarah Wosczyzna's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2003	5/0	0	0	0	0
2004	15/1	0	0	0	0
TOTALS :	20/1	0	0	0	0

Michelle Gannon



Michelle **44** GANNON

■ Junior ■ Goalkeeper ■ 5'3
■ Delmar, MD
■ Wicomico HS

2004: Starting goalkeeper in all 16 games having started every game of her career. Played all 954 minutes as a sophomore. Recorded 142 saves including 14 against #7 Maryland (3/19). Registered double digit saves in seven games. Helped hold four opponents to single digit scoring. Collected 43 groundballs including a career-high nine in an upset victory over #17 William & Mary (4/21). Ranked third on the squad in the category. Also posted 13 caused turnovers. **2003:** Was Old Dominion's starting goalkeeper in all 16 contests...Played all 960 minutes of action...Tied for the most minutes played by a CAA netminder in 2003...Posted 160 saves, the most by any Old Dominion goalkeeper since 1997...Recorded a .485 save percentage and a 10.63 goals against average...Kept four opponents to single digit scoring...Tied for fourth on the team in groundballs with 26...**High School:** A five-sport athlete at Wicomico High School...A four-year member of the lacrosse team...Received First Team All Bayside and Second Team Mason Dixon honors...A two-year member of the indoor lacrosse team...Earned the Sportsmanship award...Also played basketball, soccer, and indoor soccer...Academic honors include the Honor Roll, High Academic Honors, Minds in Motion, and Solid Citizen...**Personal:** Born August 23, 1984...Full name is Michelle Christine Gannon...Daughter of Lisa Gannon...Has one sister Nicole (22)...Majoring in criminal justice.



Michelle Gannon's Career Numbers

YEAR	GP/GS	MIN	SVS	GA	SV%	GAA
2003	16/16	960	160	170	.485	10.63
2004	16/13	954:06	142	208	.406	13.08
TOTALS	32/29	1914:06	302	378	.444	11.75



Krista **21** TOWNSEND

■ Junior ■ Midfield ■ 5'11
■ Baldwin, MD
■ St. Paul's HS

2004: Appeared in five games as a sophomore. Had a groundball in the season opening victory at American (3/6). 2003: One of the top Lady Monarchs off the bench...Appeared in 10 contests, making four starts...Collected four groundballs...Also added two draw controls and a caused turnover...**High School:** A three-sport athlete at St. Paul's School for Girls... Played lacrosse and volleyball for two years...Also played soccer for four years...Was named team's MVP and a three-time All Star...**Personal:** Born December 13, 1984...Full name is Krista Ann Townsend...Daughter of Phil and Anne Townsend...Has one brother Andy (21)...Majoring in business management.

Krista Townsend's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2003	10/4	0	0	0	0
2004	5/0	0	0	0	0
TOTALS:	15/4	0	0	0	0



Krista Townsend

Meet the Lady Monarchs



Nicholle 26 DEPAZ

■ Sophomore ■ Mid/Def ■ 5'5
■ Falls Church, VA
■ George C. Marshall HS

2004: Redshirted...**High School:** A two-sport athlete at George C. Marshall High School...Earned two varsity letters in lacrosse...Served as captain...Named Ultimate Lacrosse Player of the Year...Also ran two years of track...A four-year member of the cheerleading squad...Served as captain and named Most Spirited...Named VHSL/Marshall High School Female Athlete of the Year...Earned two tri-athlete awards...Won several scholarships including Cox Communications and Hispanic Heritage Youth Award...A National Honor Society member...

Personal: Born February 26, 1985...Full name is Nicholle Christina Depaz...Granddaughter of Bertha Silva Depaz...Has one sister, Michelle (18)...Majoring in finance.



Danielle 17 HALEY

■ Sophomore ■ Midfield ■ 6'0
■ Jarrettsville, MD
■ North Harford HS

2004: Appeared in seven games in her first season with the Lady Monarchs. Recorded a groundball against #7 James Madison (4/4). **High School:** A two-sport athlete at North Harford High School...Voted MVP twice by her teammates... Also served as team captain...Earned Second Team All-County honors in 2003...Played on the North East Maryland Select club team...A three-year letterwinner in field hockey...Served as team captain...Named First Team All-County...Named to the Senior All-Star Game... **Personal:** Born November 4, 1985...Full name is Danielle Nicole Haley...Daughter of Mark and Donna Haley...Has two brothers, Brian (17) and Eric (17), and a sister Marleah (15)...Majoring business management and minoring in jewelry design.

Danielle Haley's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2004	7/0	0	0	0	0
TOTALS:	7/0	0	0	0	0



Colleen 5 CARVER

■ Sophomore ■ Attack ■ 5'3
■ Catonsville, MD
■ Seton Keough HS

2004: Made 13 appearances in her first season with Old Dominion. Tallied three goals, including her first career, against CAA rival Delaware (4/16). Also recorded a goal against Towson (4/18). Registered four draw controls and a groundball. **High School:** A two-sport athlete at Seton Keough High School...A four-year letterwinner in lacrosse... Served as co-captain...Active in recreational lacrosse programs...Played four years of soccer at midfield...Earned "Unsung Hero" honors...Also earned Bronze and Silver Honors... **Personal:** Born February 21, 1985...Full name is Colleen Mairead Carver...Daughter of William and Cheryl Carver...Has one brother, Chris (29), and six sisters, Mandy (27), Bridget (24), Maureen (22), Megan (18), Cathleen (16), and Tess (13)...Major is undecided.

Colleen Carver's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2004	13/0	3	0	3	7
TOTALS:	13/0	3	0	3	7



Caroline 23 JACOBS

■ Sophomore ■ Midfield ■ 5'5
■ Gaithersburg, MD
■ Gaithersburg HS

2004: Appeared and started all 16 games in her first season. Totaled 16 goals, seven assists, and 23 points. Third on the squad in goals scored, third in assists, and fourth in points. Led the team in groundballs with 50. Second in the CAA in the category averaging 3.12 per game. Had the game-winning goal against in 19-11 victory over UMBC (3/13). Scored multiple goals in victories over UMBC (3/13/) and Lafayette (3/28) as well as #7 North Carolina (4/13). Had a season-high five groundballs, six draw controls, and four caused turnovers against CAA rival George Mason (4/3). Also had a season-high four caused turnovers in a win over Lafayette (3/28). Ranked third on team in draw controls with 31. Caused 24 turnovers to lead ODU in the category. **High School:** A four-sport athlete at Gaithersburg High School...A four-year letterwinner in lacrosse...A three-time MVP award winner...Named First Team All-Gazette and First Team All-Journal...Played four years of basketball earning MVP honors...Earned Honorable Mention All-County in cross country...Also played field hockey...Was a cheerleader for two years earning Most Energetic...An Honor Roll student. **Personal:** Born March 29, 1985...Full name is Caroline Jeanne Jacobs...Daughter of James and Margaret Jacobs...Has two brothers, twin John (19) and Brian (22)...Majoring in business.

Caroline Jacobs's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2004	16/16	16	7	23	39
TOTALS:	16/16	16	7	23	39

Meet the Lady Monarchs



Ashley 9 STANWICK

■ Sophomore ■ Attack, 5'7
■ Aquasco, MD
■ St. Mary's HS

2004: Appeared in all 16 games, making five starts. Had her first career start against Temple (3/26). Registered 14 goals, two assists, and 16 points. Was the Lady Monarchs fifth leading scorer. Had a season-high four goals versus Temple (3/26). Also had multiple scoring games in the season-opening win at American (3/6) and against CAA rivals Hofstra (4/9) and Drexel (4/11). Had 15 groundballs including a season-high three against Temple (3/26) and Lafayette (3/28). Had seven draw controls and four caused turnovers. **2003:** Redshirted due to knee injury... **High School:** A two-sport athlete at St. Mary's High School...A four-year member of the lacrosse team...Received the Offensive Player of the Year award...Voted the player to watch by the Baltimore Sun newspaper...Also named "Athlete of the Week" by the Baltimore Sun...Captained her high school squad in her senior season...Also played field hockey four years...Earned First Team All County, Second Team All County, and "Unsung Hero" awards...Participated in the Maryland All Star game... **Personal:** Born February 28, 1984...Full name is Ashley Kristen Stanwick...Daughter of Covington and Monique Stanwick...Has one brother Garrett (18), who plays lacrosse at Johns Hopkins University...Majoring in occupational technical studies with an emphasis on fashion along with a minor in marketing.

Ashley Stanwick's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2004	13/0	3	0	3	7
TOTALS:	13/0	3	0	3	7



Ashley Stanwick



Katie Veneziaie



Kristen 33 TRUAX

■ Sophomore ■ Attack/Mid ■ 5'11
■ Lexington, VA
■ Rockbridge County HS

2004: Made 14 appearances in her first season with the Lady Monarchs. Recorded her first career goal and assist against #7 James Madison (4/4). Had a season-high two groundball and two draw controls against #7 North Carolina (4/13). Totaled five groundballs and four draw controls. **High School:** A two-sport athlete at Rockbridge County High School...A four-year varsity letterwinner...A U.S.A. South Selection...Helped her team to three regional championships and two state championship games...Named Second Team All-District her senior season and Honorable Mention All-District as a junior...Led her team in goals her senior campaign...Ran one year of track...Also played two seasons of basketball...Holds the unofficial record for most points in a game... **Personal:** Born June 28, 1985...Full name is Kristen Nicole Truax...Daughter of Jess and Anne Truax...Has one brother, Jesse (17), and one sister, Heather (12)...Majoring in biology.



Kristen Truax's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2004	14/0	1	1	2	5
TOTALS:	14/0	1	1	2	5



Katie 32 VENEZIALE

■ Sophomore ■ Mid/Def ■ 5'10
■ Downingtown, PA

2004: Appeared in and started all 16 games in her rookie season. Tallied five goals including a season-high two in a 17-4 victory over Lafayette (3/28). Recorded assists against #6 Virginia (4/7) and an upset win over #17 William & Mary (4/21). Served as ODU's draw control specialist and ranked second on the team in the category with 35. Collected a season-high six draw controls in season opening victory over American (3/6). Also had four draws against Lafayette (3/28) and three against five other schools. Sixth on the team in groundballs with 19. Scooped up a season-high three groundballs at George Mason (4/2) and at Rutgers (4/27). **High School:** A two-sport athlete at Downingtown High School...A four-year letterwinner in lacrosse...Named All-Area and All-League in 2001, 2002, and 2003...Was also a three-year member of the varsity basketball team...Was an All-League selection at forward... **Personal:** Born April 28, 1985...Full name is Kathryn Anne Veneziaie...Daughter of George and Betty Veneziaie...Has two sisters, Laura (18) and Kristen (12)...Majoring in physical education.

Katie Veneziaie's Career Numbers

YEAR	GP/GS	G	A	PTS	SHOTS
2003	15/9	0	0	0	0
2004	16/16	0	0	0	0

Lady Monarch Newcomers



Kelly **6**
KIMENER

■ Freshman ■ Attack ■ 5'9"
■ Oakton, VA
■ Oakton HS

High School: 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 (25), Mark (23), Tim (22), and Terry (20), and a sister, Ashley (14). Major is undecided.



Sara **0**
LARSON

■ Freshman ■ Goalkeeper ■ 5'6"
■ Sylvan Lake, Mich.
■ Mercy, HS

High School: 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 (21). Lives with her aunt and uncle, Tom and Marcia Worthy and cousins, Timothy (21), David (19), and Joey (13)...Plans to major in English.



Erica **8**
PETERSON

■ Freshman ■ Defense ■ 5'4"
■ Virginia Beach, VA
■ Maury HS

High School: 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 one brother, Van (1)...Plans to major in international studies.



Sigrid **18**
PAULUS

■ Freshman ■ Attack ■ 5'3"
■ Forest Hill, MD
■ Western HS

2003: High School: 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 (23)...Plans to major in communications with a focus in public relations.



Kaelyn **3**
SCHIVAL

■ Freshman ■ Attack ■ 5'6"
■ Horsham, PA
■ Hatboro-Horsham HS

High School: 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...Full name is Kaelyn Anne Schival...Daughter of John and Kathleen Schival...Has two brothers, Joshua (26) and Jared (24)...Major is undecided.

2004 in Review

The Old Dominion women's lacrosse team finished its season with a 5-11 overall mark and 1-6 record in Colonial Athletic Association competition in 2004. Among the Lady Monarch victories included American, UMBC, Lafayette, along with year-ending wins over #17 William & Mary along with Rutgers, who was fresh off an upset victory over Notre Dame.

Senior midfielder Suzanne Wosczyzna wrapped up a stellar career and became one of the most decorated women's lacrosse student-athletes in Old Dominion history. The only Lady Monarch to earn All-American status three times in a career and the only CAA women's lacrosse player to earn First Team All-CAA for every year of eligibility, Wosczyzna concluded her career as the Lady Monarchs' all-time leader in points (325), goals (206), and assists (119). In 2004, she led the team in scoring with 57 goals, 28 assists, and 85 points in 16 games while on the national level ranked third in points per game (5.2), seventh in goals per game (3.33), and seventh (1.87) in assists per game. The senior midfielder earned at least one point in every contest including 12 multiple scoring efforts and was among the leaders on her squad in groundballs (44), draw controls (42), and caused turnovers (23).

In addition to Wosczyzna, senior Janine Rodriguez and Kelly Jefferys were among 24 student-athletes that were selected to represent the "south" roster at the prestigious North/South Senior All-Star game. Rodriguez was Old Dominion's second leading scorer registering goals in 13 of ODU's 16 contests. The attacker from Davidsonville, MD had nine multiple scoring games including a season-high three goals in wins versus Lafayette and William & Mary and a season-high five points (2 goals, 3 assists) against Towson. Rodriguez had the highest shooting



Suzanne Wosczyzna (above) and Kelly Jefferys (right)

percentage on the team (.490) and was fifth on squad in groundballs (21). Jefferys was the Lady Monarch defender assigned the task of defending some of the nation's top scorers. She helped limit then nation's leading scorer, UVA's Amy Applet, to just three goals and also held American, Lafayette, and Hofstra to single digit scoring. Defensively she also caused eight turnovers and scooped up 14 groundballs.

Junior attacker Melody Shotwell continued to perform well before having her season ended four games early with an injury. The Lady Monarchs' third leading scorer with 26 goals and five assists for 31 points ranked 10th in the CAA in points per game. Shotwell registered seven points in 17-4 victory over Lafayette (6 goals, 1 assist) including the game-winner and had six points on career-high six-goal outing against UMBC.

Three newcomers made immediate impacts in the midfield in their first season with the Lady Monarchs. Caroline Jacobs and Katie Veneziale were both members of the starting line-up with Jacobs a leader on the in team in groundballs with a team-high 50 and Veneziale taking responsibilities on the



draw control with a squad second-best 35 won. Ashley Stanwick, a midfielder returning from knee injury, appeared in every game and made five starts to go along with 14 goals and two assists.

Seniors Molly Coane, Erin Lindsey, and Kelly Kanara each wrapped up their four-year careers in 2004. Coane and Lindsey finished the year sixth and seventh on the team in scoring respectively, while Kanara made a career-high 11 appearances as a top reserve.

Off the field, four Lady Monarchs were honored with IWLCAC Academic Honor Roll honors. Jefferys won her second straight nod to the national academic team after graduating in May with a 3.6 in nursing. Tara Hayes, Valerie Gooch, and Amber Bazzarre each earned recognition on the team as well having earned cumulative grade point averages over 3.5.



2004 in Review

WOMEN'S LACROSSE STATISTICS

Overall Record 5-11/ 1-6

Overall: 5-11-0 Conf: 1-6-0 Home: 2-6-0 Away: 3-5-0 Neut: 0-0-0



## Name	GP-GS	-----SHOTS-----					----GOALS----					CT	Fouls
		G	A	Pts	Sh	Shot%	GW	FPG-FPS	GB	DC	T/O		
15 Wosczyzna, Suzanne	16-16	57	28	85	123	.463	2	19-26	44	42	60	23	28
1 Shotwell, Melody	12-11	26	5	31	57	.456	1	2-7	10	10	20	9	8
3 Rodriguez, Janine	16-16	24	14	38	49	.490	0	0-5	21	4	26	7	11
23 Jacobs, Caroline	16-16	16	7	23	39	.410	1	1-4	50	31	20	24	31
9 Stanwick, Ashley	16-5	14	2	16	31	.452	1	1-2	15	7	10	4	3
27 Coane, Molly	16-16	9	5	14	21	.429	0	0-1	13	14	10	1	9
22 Lindsey, Erin	16-15	5	1	6	11	.455	0	0-0	8	1	7	2	5
32 Veneziale, Katie	16-16	5	2	7	16	.312	0	0-4	19	35	13	8	37
5 Carver, Colleen	13-0	3	0	3	7	.429	0	0-0	1	4	4	0	4
18 Kanara, Kelly	11-1	3	0	3	7	.429	0	1-1	3	0	2	0	1
12 Davis, Tameka	10-0	1	0	1	2	.500	0	0-0	2	3	0	1	4
10 Colonna, Lisa	6-0	1	0	1	3	.333	0	1-1	0	0	0	1	0
33 Truax, Kristen	14-0	1	1	2	5	.200	0	0-0	5	4	0	0	2
8 Jefferys, Kelly	16-16	0	0	0	0	.000	0	0-0	14	4	9	8	16
44 Gannon, Michelle	16-16	0	0	0	0	.000	0	0-0	43	1	17	13	4
0 Sims, Jessica	2-0	0	0	0	0	.000	0	0-0	0	0	0	0	0
31 Frank, Jeannine	4-0	0	0	0	0	.000	0	0-0	0	0	3	0	0
13 Conner, Cassandra	16-15	0	0	0	0	.000	0	0-0	8	2	7	10	11
2 Brown, Jacqueline	15-1	0	0	0	0	.000	0	0-0	10	2	3	5	2
6 Tamburello, Annie	4-0	0	0	0	0	.000	0	0-0	0	0	0	0	1
17 Haley, Danielle	7-0	0	0	0	0	.000	0	0-0	1	0	1	0	0
19 Lautenbach, Sarah	10-0	0	1	1	0	.000	0	0-0	1	1	1	0	0
20 Tunney, Jayme	4-0	0	0	0	0	.000	0	0-0	0	0	1	0	1
21 Townsend, Krista	5-0	0	0	0	0	.000	0	0-0	1	0	0	0	1
30 Bazzare, Amber	1-0	0	0	0	0	.000	0	0-0	0	0	0	0	0
14 Conklin, Katie	3-0	0	1	1	0	.000	0	0-0	0	0	0	1	0
28 Gavin, Michelle	1-0	0	0	0	0	.000	0	0-0	0	0	0	0	0
7 Gooch, Valerie	16-16	0	0	0	0	.000	0	0-0	24	6	5	7	4
4 Wosczyzna, Sarah	16-16	0	0	0	0	.000	0	0-0	17	6	7	6	15
26 Harris, Nicolle	1-0	0	0	0	0	.000	0	0-0	0	0	0	0	0
Total.....	16	165	67	232	371	.445	5	25-51	310	177	226	130	199
Opponents.....	16	211	82	293	440	.480	9	24-42	312	204	218	136	250

## Name	GP-GS	---GOAL AVERAGE---			---SAVES---		---RECORD---		
		Minutes	GA	GAAvg	Saves	Pct	W	L	T
44 Gannon, Michelle	16-13	954:06	208	13.08	142	.406	5	10	0
0 Sims, Jessica	2-0	2:21	1	25.53	0	.000	0	0	0
31 Frank, Jeannine	1-0	3:33	2	33.80	1	.333	0	0	0
Total.....	16	960:00	211	13.19	143	.404	5	10	0
Opponents.....	16	958:37	165	10.33	150	.476	10	5	0

GOALS BY PERIOD	1st	2nd	Total
Old Dominion Univ...	78	87	- 165
Opponents.....	111	100	- 211

SAVES BY PERIOD	1st	2nd	Total
Old Dominion Univ...	74	69	- 143
Opponents.....	67	83	- 150

SHOTS BY PERIOD	1st	2nd	Total
Old Dominion Univ...	172	199	- 371
Opponents.....	227	211	- 438

ATTENDANCE SUMMARY	ODU	OPP
Total.....	600	1399
Dates/Avg Per Date.....	8/75	8/175
Neutral Site #/Avg.....	0/0	

SHOTS ON GOAL BY PRD	1st	2nd	Total
Old Dominion Univ...	145	170	- 315
Opponents.....	185	169	- 354



The Opposition

Coach: Cindy Timchal (West Chester '76)
Career Record: 236-31/14 seasons
Record at School: 312/71/23 seasons
2004 Team Record: 15-5
2004 Conference Record: 1-2
SID: Adam Zundell
Email: azundell@umd.edu
Phone: 301-314-7066
Fax: 301-314-9094

MARYLAND

March 2, Norfolk, VA



www.umterps.com

Coach: Laura Brand (Rutgers '99)
Career Record: 29-19/3 seasons
Record at School: 19-12/2 seasons
2004 Team Record: 7-8
2004 Conference Record: 3-3
SID: Doug Drabik
Email: ddrabik@scarletknights.com
Phone: 732-445-4200
Fax: 732-445-3063

RUTGERS

March 28, Piscataway, NJ



www.scarletknights.com

Coach: Ashley Flanigan
Career Record: 8-9/1 season
Record at School: 8-9/1 season
2004 Team Record: 8-9
2004 Conference Record: 5-1
SID: Anthony Wilson
Email: adubs@american.edu
Phone: 202-885-3030
Fax: 202-885-8499

AMERICAN

March 5, Norfolk, VA



www.aueagles.com

Coach: Amy Umbach (William & Mary '95)
Career Record: 62-68/8 seasons
Record at School: 54-60/7 seasons
2004 Team Record: 7-10
2004 Conference Record: 4-3
SID: Carlton White
Email: cwhite3@gmu.edu
Phone: 703-993-3263
Fax: 703-993-3259

GEORGE MASON

April 1, Norfolk, VA



www.masonsports.com

Coach: Monica Yeakel (Loyola '94)
Career Record: 73-63/8 seasons
Record at School: 73-63/8 seasons
2004 Team Record: 5-11
2004 Conference Record: 4-2
SID: Roxanne Reyes
Email: mreyes1@umbc.edu
Phone: 410-455-1530
Fax: 410-455-3994

UMBC

March 12, Baltimore, MD



www.umbcretrievers.com

Coach: Kellie Young (Mount Holyoke '93)
Career Record: 28-10/2 seasons
Record at School: 28-10/2 seasons
2004 Team Record: 16-4
2004 Conference Record: 7-0
SID: Milla Sue Wisecarver
Email: wisecams@jmu.edu
Phone: 540-568-6154
Fax: 540-568-3703

JAMES MADISON

April 3, Harrisonburg, VA



www.jmusports.com

Coach: Sue Murphy (Massachusetts '90)
Career Record: 84-70/10 seasons
Record at School: 29-22/3 seasons
2004 Team Record: 7-9
2004 Conference Record 3-4
SID: Lynn Busby
Email: nbusby@richmond.edu
Phone: 804-287-6312
Fax: 804-289-8820

RICHMOND

March 16, Richmond, VA



www.richmondspiders.com

Coach: Julie Myers (Virginia '90)
Career Record: 116-35/8 seasons
Record at School: 116-35/8 seasons
2004 Team Record: 19-3
2004 Conference Record: 2-1
SID: Chip Rodgers
Email: chipr@virginia.edu
Phone: 434-982-5977
Fax: 434-982-5525

VIRGINIA

April 6, Norfolk, VA



www.virginiasports.com

Coach: Jen Ulehla (Maryland '91)
Career Record: 97-63/9 seasons
Record at School: 1st season
2004 Team Record: 11-7
2004 Conference Record: 6-1
SID: Amy Cierco
Email: acicero@temple.edu
Phone: 215-204-3850
Fax: 215-204-7499

TEMPLE

March 26, Philadelphia, PA



www.owlsports.com

Coach: Shelly Klaes-Bawcombe (James Madison '97)
Career Record: 25-24/3 seasons
Record at School: 25-24/3 seasons
2004 Team Record: 8-8
2004 Conference Record 3-4
SID: Stephen Gorchov
Email: athszg@hofstra.edu
Phone: 516-463-4922
Fax: 516-463-5033

HOFSTRA

April 8, Norfolk VA



www.hofstra.edu/athletics



The Opposition

Coach: Anna Marie Vesco (Penn State '88)
 Career Record: 100-79/11 seasons
 Record at School: 18-15/2 seasons
 2004 Team Record: 10-7
 2004 Conference Record: 1-6
 SID: Chrissy Sheehan
 Email: cms43@drexel.edu
 Phone: 215-895-1570
 Fax: 215-895-2038

DREXEL
 April 10, Norfolk, VA



www.drexeldragons.com



Coach: Kim Ciarrocca (Temple '88)
 Career Record: 157-93/14 seasons
 Record at School: 1st season
 2004 Team Record: 5-10
 2004 Conference Record: 2-5
 SID: Megan O'Brien
 Email: mobrien@udel.edu
 Phone: 302-831-2186
 Fax: 302-831-8653

DELAWARE
 April 15, Newark, DE



www.udel.edu/sportsinfo

Coach: Missy Holmes
 Career Record: 14-4/1 season
 Record at School: 14-4/1 season
 2004 Team Record: 14-4
 2004 Conference Record: 6-1
 SID: Megan Bradshaw
 Email: mbradshaw@towson.edu
 Phone: 410-704-2232
 Fax: 410-704-3861

TOWSON
 April 17, Towson, MD



www.towsontigers.com

Coach: Tara Brown (Virginia '93)
 Career Record: 34-48/6 seasons
 Record at School: 34-48/6 seasons
 2004 Team Record: 10-8
 2004 Conference Record: 4-3
 SID: Mark Hoskins
 Email: mjhosk@wm.edu
 Phone: 757-221-3344
 Fax: 757-221-3412

W&M

April 20, Norfolk, VA



www.tribeathletics.com

Coach: Jenny Levy (Virginia '92)
 Career Record: 105-50/9 seasons
 Record at School: 105-50/9 seasons
 2004 Team Record: 9-7
 2004 Conference Record: 0-3
 SID: Matt Bowers
 Email: mbowers@uncaa.unc.edu
 Phone: 919-962-2123
 Fax: 919-962-0612

NORTH CAROLINA

April 23, Chapel Hill, NC



www.tarheelblue.com

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."

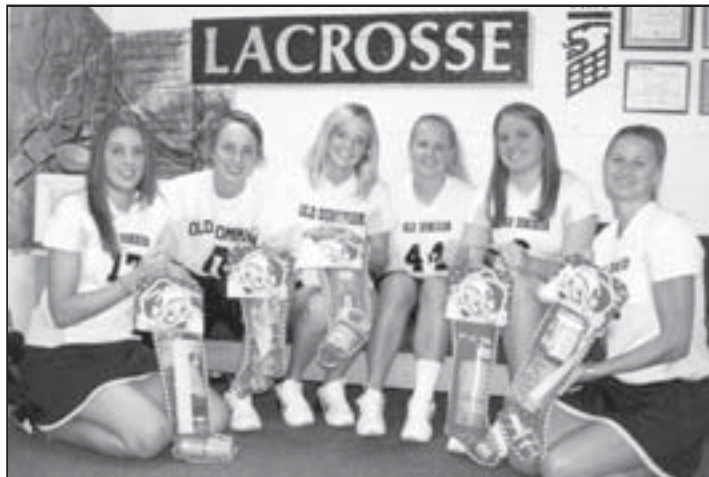
The Monarch used by Old Dominion is a royal crown on a lion's head, representing an historic past and a strong future.

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



Lady Monarch Lacrosse 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, along with members of the SAMs (Student-Athlete Mentor) program brightened the holidays for those who are less fortunate. The Lady Monarch helped collect donated items such as books, clothing, and toys to the children of the Hampton Roads area who normally go without such things during the year.



Members of the Old Dominion women's lacrosse team were just a few of the over 600 people who ran one mile around campus during the "Run For Freedom" a six-day, 24 hour event that raised money to benefit the families of fallen service members in the War on Terror.



For the third consecutive year, the Lady Monarchs will host a clinic in conjunction with the Hampton Roads Chapter of U.S. Lacrosse following its annual scholarship match. Members of the Lady Monarch lacrosse team will instruct children throughout the area in the fundamentals of the game. This year's clinic will follow Old Dominion's match-up with CAA rival Drexel on April 10th. The game begins at 1:00 p.m. will the five dollar admission to benefit the Intercollegiate Foundation for Lacrosse Scholarships.



COLONIAL ATHLETIC ASSOCIATION



8625 Patterson Avenue Richmond, VA 23229-6349
Phone: (804) 754-1616

CAA member websites

Delaware	www.udel.edu/sportsinfo
Drexel	www.drexel.edu/sports
George Mason	www.gmusports.com
Hofstra	www.hofstra.edu/athletics
James Madison	www.jmu.edu
UNC Wilmington	www.uncwil.edu/athletics
Old Dominion	www.odusports.com
Towson	www.towson.edu/athletics
VA Commonwealth	www.vcu.edu/vcurams
William & Mary	www.tribeathletics.com

Boasting a roster of 10 (soon to be 12) well-respected academic institutions, the CAA has established itself as one of the nation's top collegiate conferences. On the playing field, the league has produced 16 national team champions in five different sports, 33 individual national champions, 11 national coaches of the year, 11 national players of the year and 12 Honda Award winners. The CAA has consistently ranked among the top 15 in the Sears Directors Cup standings and has been the nation's top-ranked Division I non-football conference in recent years.

Even more impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 16 NCAA post-graduate scholars. Last year, the CAA had eight CoSIDA Academic All-Americans, including five who were selected to the first team. Over 1,200 CAA student-athletes posted at least a 3.2 grade point average while lettering in a varsity sport and received the CAA Commissioner's Academic Award in 2003-04.

With a geographic footprint that currently stretches from the shadow of the Statue of Liberty to the beaches of North Carolina, the landscape of the conference includes four of the nation's top 25 media markets - New York (1), Philadelphia (4), Washington, D.C. (8) and Baltimore (24). That reach will expand even wider in 2006 with the addition of Georgia State University in Atlanta and Northeastern University in Boston, giving the CAA a presence in five of the nation's nine largest metropolitan areas. The CAA conducts championships in 21 sports. Male athletes compete for championships in baseball, basketball, cross country, 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 men's basketball, the CAA has earned a reputation as a "giant killer" in the NCAA Tournament. Since 1981, CAA schools have posted 12 wins over higher-seeded teams. Last year, seven of the league's 10 teams were among the top 140 in the RPI and four were ranked in the top 100. In women's basketball, the CAA ranked ninth among the nation's 31 conferences in 2003-04. Perennial power Old Dominion has captured three national championships (1979, 1980, 1985) and reached the title game again in 1997.

The conference has also excelled in many other sports. CAA squads have won 10 field hockey national titles since the championship began in 1981, which is not only more than any other conference but represents nearly half of all titles won. In baseball, at least two CAA teams have earned NCAA Tournament berths for seven consecutive seasons. The CAA is annually ranked among the nation's top 10 conferences in men's and women's soccer, and has traditionally sent multiple teams to the NCAA Tournament. The conference finished the 2003-04 campaign with teams ranked among the top 25 nationally in cross country, field

hockey, men's soccer, wrestling, softball, men's and women's tennis and men's and women's lacrosse.

CAA member institutions are also 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.

Under the direction of Commissioner Thomas E. Yeager, who has guided the CAA since its inception, the league currently includes 10 members and will expand to 12 in 2006. Core members George Mason University, James Madison University, the University of North Carolina at Wilmington, Old Dominion University, Virginia Commonwealth University and the College of William & Mary were joined by the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University will become members of the conference in July, 2006.

The CAA traces its roots back to 1983 when three of its current members - George Mason, James Madison, and 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 (UNC Wilmington and American University) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985. By the fall of 1986, the league gained automatic bids to NCAA Championships in men's basketball, soccer, baseball and women's basketball and formed an officials' bureau. Old Dominion became a member of the CAA in 1991-92 and Virginia Commonwealth University joined the conference prior to the 1995-96 season.

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.

2004 in Review

2004 FINAL CAA STANDINGS

Team	Conf. Record	Overall Record
James Madison	7-0	15-3
Towson	6-1	14-4
William & Mary	4-3	10-8
George Mason	4-3	7-10
Hofstra	3-4	8-8
Delaware	2-5	6-10
Drexel	1-6	10-7
Old Dominion	1-6	5-11

2004 CAA SCORING STATS

Player	GP	G	A	Pts.	Avg.
1. Gail Decker (JMU)	17	72	30	102	6.00
2. Suzanne Wosczyzna (ODU)	16	57	28	85	5.31
3. Becky Trumbo (TOW)	18	45	19	64	3.56
4. Morgan Watkins (W&M)	18	38	19	57	3.17
5. Kerry Kelly (DREX)	17	31	20	51	3.00
6. Shannon Witzel (TOW)	18	44	9	53	2.94
7. Colleen Rocks (DREX)	17	37	13	50	2.94
8. Kimberly Hillier (HOF)	16	27	20	47	2.94
9. Amy Middleton (TOW)	18	41	11	52	2.89
10. Jessica Brownridge (JMU)	18	40	11	51	2.83

2004 CAA GOALTENDING STATS

Player	G	Min.	GA	GAA	Saves	Save %
1. Altig, Amy (JMU)	18	690:07	97	8.43	92	.487
2. Lisa Papa (HOF)	16	931:50	141	9.08	153	.520
3. Meg Dentler (GMU)	17	1025:59	169	9.88	224	.570
4. Maggie Koch (DREX)	17	914:38	156	10.23	197	.558
5. Jessica O'Connell (TOW)	18	968:07	174	10.78	178	.506
6. Patrice Hughes (UD)	15	795:25	147	11.09	117	.443
7. Debby Petracca (W&M)	16	972:53	193	11.90	151	.439
8. Michelle Gannon (ODU)	16	954:06	208	13.08	142	.406

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

Year-by Year Results

CUMULATIVE COACHING RECORDS

Mikki Flowers	7-4	(1980)	Marcia Karwas	4-19	(1984-85)
Beth Anders	22-32	(1981-82, 88-90)	Melissa Magee	11-17	(1986-87)
Carla Hesler	0-11	(1983)	Sue Stahl	105-117	(1991-present)

1980 (7-4)	
Coach: Mikki Flowers	
24-0	W St. Mary's
6-20	L James Madison
14-6	W Lynchburg
9-3	W Bridgewater
13-11	W Virginia
10-9	W William & Mary
12-11	W Mary Washington
9-14	L Salisbury State
14-3	W Richmond
6-20	L William & Mary*
10-15	L James Madison*
* VAAIW TOURNAMENT	

1981 (4-5)	
Coach: Beth Anders	
3-5	L James Madison
4-6	L Virginia
9-3	W Lynchburg
2-8	L William & Mary
10-4	W Richmond
7-1	W Mary Washington
7-1	W Salisbury State
5-8	L James Madison *
3-6	L Virginia *
* VAAIW TOURNAMENT	

1982 (3-5)	
Coach: Beth Anders	
4-11	L William & Mary
9-12	L James Madison
6-10	L Virginia
17-1	W Salisbury State
3-8	L William & Mary
10-4	W Richmond
4-7	L Maryland
11-7	W Rutgers

1983 (0-11)	
Coach: Carla Hesler	
7-10	L Richmond
3-13	L James Madison
2-9	L Massachusetts
2-9	L William & Mary
2-4	L Virginia
4-10	L Lafayette
3-12	L Virginia
4-5	L James Madison
3-13	L Maryland
5-10	L Trenton
9-10	L Rutgers

1984 (2-9)	
Coach: Marcia Karwas	
2-7	L Northwestern
2-6	L James Madison
8-9	L Virginia
9-5	W William & Mary
4-8	L Loyola
2-9	L Temple
4-8	L Richmond
7-1	W Salisbury State
5-6	L Virginia *
1-3	L James Madison *
3-16	L Maryland
* STATE TOURNAMENT	

1985 (2-10)	
Coach: Marcia Karwas	
8-6	W Boston College
6-4	W Colgate
7-12	L Northwestern
2-17	L James Madison
5-20	L Virginia
8-14	L William & Mary
9-20	L Loyola
6-7	L Rutgers
1-22	L Temple
7-18	L Richmond
5-9	L William & Mary *
7-10	L Richmond *
* South Atlantic Conf. Tournament	

1986 (4-9)	
Coach: Melissa Magee	
7-5	W Colgate
4-9	L James Madison
5-9	L Virginia
4-11	L William & Mary
5-10	L Loyola
4-12	L Ursinus
4-6	L Rutgers
10-9	W Richmond
4-11	L Maryland
6-5	W William & Mary *
4-6	L James Madison *
14-6	W Salisbury State
5-12	L Lehigh
* South Atlantic Tournament	

1987 (7-8)	
Coach: Melissa Magee	
7-8	L Colgate
4-3	L Vermont
11-3	W Lynchburg
4-10	L Virginia
5-11	L Loyola
3-10	L William & Mary
9-8	W Rutgers
6-7	L Ursinus
15-11	W Richmond
5-6	L James Madison
5-10	L Maryland

13-9	W Richmond *
3-2	W William & Mary *
7-8	L Loyola *
14-6	W Salisbury State
* South Atlantic Tournament	

1988 (5-7)	
Coach: Beth Anders	
10-6	W Vermont
12-3	W Boston College
11-6	W Northwestern
1-6	L Virginia
6-9	L Loyola
10-5	W Ursinus
12-6	W UMBC
6-9	L William & Mary
10-11	L Richmond
5-8	L James Madison
5-13	L Maryland
7-10	L Loyola *
* South Atlantic Tournament	

1989 (5-7)	
Coach: Beth Anders	
2-5	L Princeton
6-11	L New Hampshire
13-8	W UMBC
1-13	L Virginia
8-7	W James Madison
3-12	L William & Mary
9-7	W Ursinus
11-3	W Rutgers
2-7	L Loyola
7-4	W Richmond
6-8	L Maryland
4-11	L Richmond *
* South Atlantic Tournament	

1990 (5-8)	
Coach: Beth Anders	
8-4	W Georgetown
6-13	L Lafayette
11-12	L Northwestern
4-3	W Dartmouth
6-5	W Colgate
3-7	L Virginia
5-6	L James Madison
6-7	L William & Mary
5-13	L Loyola
9-5	W UMBC
2-16	L Maryland
13-8	W Richmond
10-12	L Richmond*
* South Atlantic Tournament	

1991 (2-11)	
Coach: Sue Stahl	
3-18	L Maryland
4-14	L Virginia
7-10	L Boston College
15-7	W Bucknell
6-15	L William & Mary
9-4	W UMBC
6-9	L Richmond
3-11	L James Madison
1-20	L Lafayette
3-12	L Lehigh
4-13	L West Chester
6-18	L Loyola
4-8	L Richmond *
* South Atlantic Tournament	

1992 (6-11 / 2-3 CAA)	
Coach: Sue Stahl	
5-6	L Lafayette
1-14	L Virginia
9-4	W Lehigh
3-11	L Dartmouth
2-12	L William & Mary
12-1	W Richmond
10-9	W West Chester
2-13	L Maryland
2-5	L James Madison
5-6	L Temple
7-8	L Loyola
10-3	W American
5-4	W Richmond*
5-16	L Loyola *
3-5	L James Madison *
5-4	W Boston College
5-16	L Harvard
* CAA Tournament at Old Dominion	

1993 (8-6 / 6-0 CAA)	
Coach: Sue Stahl	
9-11	L Penn State
5-8	L Virginia
11-9	W Lehigh
7-6	W William & Mary
14-7	W Richmond
12-11	W Delaware
7-10	L Temple
8-15	L Harvard
10-8	W James Madison
11-9	W Loyola
6-20	L Maryland
16-3	W American
11-8	W James Madison *
11-16	L Loyola *
* CAA Tournament at Richmond	

1994 (9-8 / 5-2 CAA)	
Coach: Sue Stahl	
17-3	W George Mason
8-11	L at #1 Virginia
13-8	W Lafayette
10-14	L #3 Dartmouth
12-11	W Richmond
11-10	W #6 Delaware
13-7	W UMBC
8-13	L #5 Harvard
11-8	W #11 James Madison
6-16	L at #1 Maryland
9-12	L at #3 Loyola
14-6	W at American
7-2	W #15 Temple
2-12	L ... at #6 William&Mary
15-10	W Richmond *
6-8 OT	L William & Mary *
8-10	L at #9 Penn State
* CAA Tournament at Loyola	

1995 (10-7 / 5-2 CAA)	
Coach: Sue Stahl	
<i>Colonial Athletic Association Champions</i>	
7-6	W #5 Penn State
6-14	L #3 Virginia
4-11	L U.S. Nat'l Team §
6-10	L #4 Dartmouth
12-7	W at Richmond
13-12	W at #10 Delaware
10-16	L at #13 Temple
9-13	L ... at #4 James Madison
2-16	L #2 Maryland
9-8	W #6 Loyola
11-3	W at #15 UMBC
10-12	L at Lafayette
10-13	L #6 William & Mary
22-0	W at American
16-4	W at George Mason
17-8	W vs. #15 Richmond *
6-3	W vs. #6 William&Mary *
9-7 ot	W vs. #13 Delaware *
*CAA Tournament at James Madison	

1996 (8-7 / 4-2 CAA)	
Coach: Sue Stahl	
1-9	L at #4 Virginia
6-9	L #2 Loyola
11-7	W Richmond
8-9	L #10 Delaware
10-9	W (ot) #4 James Madison
4-19	L at #1 Maryland
4-14	L vs. #3 Penn State
16-8	W at Virginia Tech
15-14	W #12 Temple
12-2	W UMBC
4-9	L at William & Mary
20-3	W American
11-10	W George Mason
12-6	W vs. George Mason*
10-16	L vs. #11Will&Mary*
* CAA Tournament at American	

1997 (7-10 / 3-3 CAA)	
Coach: Sue Stahl	
3-8	L #4 Penn State
4-12	L #2 Virginia
10-4	W .. at MD Baltimore Co.
12-8	W at Richmond
8-7	W George Mason
3-15	W at #9 Temple
8-9	L ... at #4 James Madison
1-17	L #1 Maryland
17-8	W American
16-6	W Virginia Tech
0-11	L #6 William & Mary
8-13	W at #2 Loyola
4-9	L at Delaware
7-5	W vs. George Mason*
6-17	L vs. #2 Loyola*
8-4	W ... at Boston University
9-15	L at #10 Brown
* CAA Tournament at American	

1998 (5-10 / 2-4 CAA)	
Coach: Sue Stahl	
1-13	L at #3 Virginia
8-7(ot)	W Delaware
10-8	W Richmond
1-9	W #2 Temple
9-8	W Brown
4-12	L #9 James Madison
1-18	L at #6 Maryland
7-11	L at #8 Penn State
9-11	L at George Mason
16-8	W at American
6-9	W at #8 William&Mary
5-6	L at #5 Loyola
15-7	W UMBC
10-14	L George Mason*
7-10	L Rutgers
* CAA Tournament at Richmond	

1999 (6-9/3-3 CAA)	
Coach: Sue Stahl	
3-4	L #3 Virginia
3-14	L at #9 Loyola
12-7	W at Richmond
5-10	L #12 William & Mary
6-5	W at #12 Rutgers
9-8	W #20 George Mason
7-4	W at #19 Temple
6-5	W #13 Boston Univ.
2-15	L at #7 JMU
9-16	L #1 Maryland

4-5	L #17 George Mason*
18-9	W American*
7-10	L vs. #13 Delaware
9-11	L at UMBC
7-10	L #7 Penn State
*CAA Tournament at Richmond	

2000 (5-11/2-4 CAA)	
Coach: Sue Stahl	
6-15	L #4 Virginia
9-14	L #14 Delaware
10-9	W Richmond*
9-8	W Rutgers
5-10	L #19 Temple
7-12	L #3 James Madison
4-21	L at #1 Maryland
16-7	W at American
13-12	W UMBC
6-14	L #8 Loyola
12-12	L at #20William & Mary
10-14	L at #13 George Mason
6-10	L at #11 Boston Univ.
8-5	W at New Hampshire
9-10	L vs. William & Mary*
13-15	L at #16 Penn State
*CAA Tournament at Richmond	

2001 (9-7/3-3 CAA)	
Coach: Sue Stahl	
9-14	L #8 Virginia
11-6	W at #13 Delaware
7-3	W Pennsylvania
6-9	L at #5 James Madison
10-8	W at Temple
14-13 (2ot)	W #20 George Mason
8-13	L #1 Maryland*
15-7	W American*
12-9	W at Richmond*
7-10	L at #2 Loyola*
17-8	W at UMBC
8-12	L #10 William & Mary*
8-5	W #7 Boston University
8-9	L #13 Penn State
9-8	W vs. #14 George Mason*
5-14	L vs. #2 Loyola*
*CAA Tournament at Va. Commonwealth	

2002 (13-5/5-2 CAA)	
Coach: Sue Stahl	
13-4	W at American
4-16	L at #8 Virginia
14-10	W Delaware *
12-6	W UMBC
8-9	L #13 James Madison
16-8	W Hofstra
9-8	W Temple
12-11	W George Mason
9-17	L at #7 Maryland
17-6	W Lafayette
16-7	W Richmond
4-10	L #3 Loyola (MD)
12-6	W at William & Mary
13-9	W at #20 Boston Univ.
13-4	W at Drexel
15-7	W at Towson *
17-13	W vs. #11 James Madison*
5-12	L vs. #5 Loyola (MD)
* CAA Tournament at Va. Commonwealth	

2003 (12-4/7-0 CAA)	
Coach: Sue Stahl	
16-11	W American
5-17	L #8 Virginia
13-10	W at UMBC
12-10	W at #20 Richmond
8-6	W George Mason
13-12	W #10 James Madison
5-16	L #2 Maryland
15-12	W William & Mary
12-14	L vs. Boston Univ.
11-5	W at Temple
12-10	W at Hofstra
15-7	W Drexel
12-11	W Delaware
14-8	W at Towson
14-10	W vs. Hofstra *
9-11	L vs. #8 James Madison *
* CAA Tournament at Old Dominion	

2004 (5-11/1-6 CAA)	
Coach: Sue Stahl	
15-8	W at American
19-11	W UMBC
6-15	L Richmond
7-18	L at #7 Maryland
10-12	L Temple
17-4	W Lafayette
9-13	L at George Mason
8-19	L #7 James Madison
6-17	L at #6 Virginia
7-8	L at Hofstra
7-11	L at Drexel
10-18	L #7 North Carolina
15-19	L Delaware
13-12	W ... at #17 William & Mary
9-8	W at Rutgers



Vs.Opponents

MediaList



OPPONENT	RECORD	1st MTG.	SCORE	LAST MTG.	SCORE
American	13-0	1992	10-3	2004	15-8
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*	8-5	1993	12-11	2004	10-18
Drexel*	2-1	2002	13-4	2004	7-18
George Mason*	11-5	1994	17-3	2004	9-13
Georgetown	1-0	1990	8-4	1990	8-4
Harvard	0-3	1992	5-16	1994	13-8
Hofstra*	3-1	2002	16-8	2004	7-8
James Madison*	7-27	1980	10-15	2004	8-19
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	0-22	1982	4-7	2004	7-18
UMBC	15-1	1988	12-6	2004	19-11
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
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	22-10	1980	14-3	2004	6-15
Rutgers	6-4	1982	11-7	2004	9-8
Salisbury State	5-1	1980	9-14	1987	14-6
St. Mary's	1-0	1980	24-0	1980	24-0
Temple	6-9	1984	2-9	2004	10-12
Towson*	2-1	2002	15-7	2004	15-19
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	1-26	1980	13-11	2003	5-17
Virginia Tech	2-0	1996	16-8	1997	16-6
West Chester	1-1	1991	4-13	1992	10-9
William & Mary*	9-25	1980	20-6	2004	13-12

* indicates Colonial Athletic Association Opponents

PRINT MEDIA

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

Newport News Daily Press
7505 Warwick Boulevard
Newport News, VA 23607
757-247-4630
FAX: 757-247-9420

The Richmond Times-Dispatch
PO Box 85333
Richmond, VA 23293
804-649-6554
FAX: 804-775-8085

USA Today
1000 Wilson Boulevard
Arlington, Va. 22223
703-276-3400x3761
FAX: 703-276-5527

The Washington Post
Sports Department
1150 15th St., NW
Washington, D.C. 20071
202-334-7350
FAX: 202-334-7685

The Washington Times
Sports Department
3600 New York Ave., NE
Washington, D.C. 20022
202-636-3269
FAX: 202-269-3419

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

Philadelphia Inquirer
Mel Greenberg
400 North Broad Street
Philadelphia, PA 19130
215-854-5725 (Office)
FAX: 215-854-5722

RADIO

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

WODU AM 640
Sports Director
Webb University
Norfolk, VA 23529
757-683-3441

TELEVISION

WTKR TV-3 (CBS)
Ted Alexander, Sports Director
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
757-393-4676
FAX: 757-396-6181

WVEC TV-13 (ABC)
Scott Cash, Sports Director
613 Woodis Avenue
Norfolk, VA 23510
757-628-6217
FAX: 757-628-6215

WVBT TV-43 (FOX)
300 Wavy Street
Portsmouth, VA 23704
757-393-4676
FAX: 757-396-6181

COMCAST Sports Network
7700 Wisconsin
Bethesda, Md. 20814
301-718-3200 / 3306
FAX: 301-718-3311

CONFERENCE

Colonial Athletic Association
Rob Washburn
Assistant Commissioner
8625 Patterson Ave.
Richmond, VA 23229-6349
804-754-1616
FAX: 804-754-1830

WIRE SERVICES

Associated Press
Hank Kurz, Sports Desk
700 E. Main Street, Suite 1380
Richmond, VA 23219
804-643-6646
Inside Virginia
800-552-9935
FAX: 804-643-6223

INTERNET PROVIDER

Official College Sports Network (OCSN)
2035 Corte Del Nogal Suite 200
Carlsbad, Ca
Phone: 760-431-8221

Lady MonarchRecords

POINTS LEADERS

	<u>Name:</u>	<u>G:</u>	<u>A:</u>	<u>Pts:</u>
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.	Jennifer Heister (1999-2002)	115	23	138
6.	Carly Brown (1995-1998)	105	28	133
7.	Amy Duerr (1992-1995)	94	29	123
8.	Ericka Davidheiser (1992-1995)	79	40	119
9.	Janine Rodriguez (2001-2004)	72	37	109
10.	Kailynne Ross (1996-1999)	86	22	108

GOALS LEADERS

	<u>Name:</u>	<u>Goals:</u>
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.	Amy Duerr (1992-1995)	94
8.	Kailynne Ross (1996-1999)	86
9.	Ericka Davidheiser (1992-1995)	79
10.	Melody Shotwell (2002-present)	76

ASSIST LEADERS

	<u>Name:</u>	<u>Assists:</u>
1.	Suzanne Wosczyzna (2001-2004)	119
2.	Dana Kuchta (1993-1996)	50
3.	Ericka Davidheiser (1992-1995)	40
4.	Anne Windover (1993-1996)	39
5.	Danielle Hensil (2000-2003)	39
6.	Janine Rodriguez (2001-2004)	37
7.	Amy Duerr (1992-1995)	29
8.	Carly Brown (1995-1998)	28
9.	Jennifer Hesiter (1999-2002)	23
10t.	Cathy Large (1985-1988)	22
10t.	Kailynne Ross (1996-1999)	22

SAVE PERCENTAGE LEADERS

	<u>Name:</u>	<u>Save %:</u>
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

	<u>Name:</u>	<u>GAA:</u>
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
8t.	Laurie Koller (1998-2001)	8.75
8t.	Margie Kelly (1983-1986)	8.75
10.	Mandy Stewart (1980-1983)	10.18

SEASONAL LEADERS

Goal Leaders

2003	Suzanne Wosczyzna	45
2002	Suzanne Wosczyzna	56
2001	Suzanne Wosczyzna	48
2000	Jen Heister	27
1999	Kailynne Ross	42
1998	Carly Brown	32
1997	Carly Brown	44
1996	Anne Windover	38
1995	Anne Windover	30
1994	Anne Windover	50
1993	Anne Windover	47
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
	Mary Beth Holder	12
1980	Helen Hagan	52

Assist Leaders

2003	Suzanne Wosczyzna	32
2002	Suzanne Wosczyzna	47
2001	Suzanne Wosczyzna	12
2000	Pam Seebald	10
1999	Sue Wolfgang	10
1998	Carly Brown	8
1997	Alison Brown	8
1996	Carly Brown	11
1995	Ericka Davidheiser	21
	Dana Kuchta	21
1994	Anne Windover	16
	Amy Duerr	16
1993	Amy Clement	8
1992	Amy Cordes	10
1991	Amy Cordes	8
1990	Lisa Doran	4
1989	Pam Neiss	4
1988	Cathy Large	7
1987	Jill Fisher	7
	Patty Cleary	7
1986	Maureen Aikens	5
1985	Joanne Powers	6
1984	Denise O'Connell	4
1983	Dawn Hill	5
1982	Christy Morgan	5
1981	Janice Gentile	4
1980	Mary Beth Holder	6
1979	Heidi Rogers	6

Point Leaders

2003	Suzanne Wosczyzna	77
2002	Suzanne Wosczyzna	103
2001	Suzanne Wosczyzna	60
2000	Wisniewski/Heister	30
1999	Kailynne Ross	51
1998	Carly Brown	40
1997	Carly Brown	51
1996	Anne Windover	44
1995	Anne Windover	44
1994	Anne Windover	66
1993	Anne Windover	54
1992	Ericka Davidheiser	28
1991	Rachel Edlich	25
1990	Carolyn Sarr	22
1989	Jill Fisher	27
1988	Cathy Large	54
1987	Cathy Large	67
1986	Cathy Large	38
1985	Cathy Large	25
1984	Maureen Aikens	18
1983	Dawn Hill	18
1982	Mary Beth Holder	16
1981	Janice Gentile	16
1980	Helen Hagan	52

Shot Leaders

2003	Melody Shotwell	91
2002	Suzanne Wosczyzna	96
2001	Jen Heister	97
2000	Jen Heister	89
1999	Kailynne Ross	72
1998	Carly Brown	119
1997	Carly Brown	89
1996	Anne Windover	72
1995	Amy Duerr	72
1994	Anne Windover	92
1993	Anne Windover	91
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

2003	Michelle Gannon	160
2002	Beth O'Leary	144
2001	Laurie Koller	139
2000	Laurie Koller	143
1999	Laurie Koller	134
1998	Angie Stead	140
1997	Angie Stead	245
1996	Angie Stead	171
1995	Heather Walden	163
1994	Heather Walden	192
1993	Barb DiArcangelo	192
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 Toreneta	167
1983	Kim Barnes	181
1982	Kim Barnes	157
1981	Kim Barnes	87
1980	Mandy Stewart	191



Honored Lady Monarchs



ALL-SOUTH ATLANTIC

1985	Cathy Large	1st Team
1986	Cathy Large	1st Team
	Jackie Grady	1st Team
1987	Cathy Large	1st Team
	Jackie Grady	1st Team
	Shelly Behrens	1st Team
1988	Cathy Large	1st Team
	Shelly Behrens	1st Team
	Jill Fisher	Honorable Mention
1989	Jill Fisher	1st Team
1990	Lisa Doran	1st Team
	Carolyn Sarr	1st Team
	Rachael Edlich	2st Team
	Pam Neiss	2st Team
1991	Karen Davis	1st Team
	Jen Deckelman	1st Team
	Rachael Edlich	2nd Team

ALL-SOUTH REGION

1992	Karen Davis	1st Team
	Ericka Davidheiser	2nd Team
	Jen Deckelman	2nd Team
	Barb DiArcangelo	Honorable Mention
1993	Barb DiArcangelo	Honorable Mention
	Anne Windover	1st Team
	Jen Deckelman	2st Team
	Ericka Davidheiser	2nd Team
1994	Ericka Davidheiser	1st Team
	Anne Windover	1st Team
	Pam Moyer	2nd Team
1995	Ericka Davidheiser	1st Team
	Pam Moyer	2nd Team
	Anne Windover	2nd Team
1996	Anne Windover	2nd Team
1997	Carly Brown	2nd Team
1998	Takiyah Gettys	2nd Team
2002	Suzanne Wosczyzna	1st Team
2003	Suzanne Wosczyzna	2nd Team
2004	Suzanne Wosczyzna	2nd Team

LADY MONARCH MVP

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

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)

ALL-CAA

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

ACADEMIC ALL-CAA

1995	Ericka Davidheiser		Sarah Mendick		Brooke Thomas
	Jenn Karr		Kailynne Ross		Dana Wisniewski
1997	Katie Adler		Pam Seebald	2002	Kendra Finger
	Jenna Bajus		Jennifer Shaw		Valerie Gooch
	Alison Brown		Amy Wade		Jennifer Heister
	Carly Brown		Dana Wisniewski		Kelly Jeffreys
	Takiyah Gettys	2000	Jenna Bajus		Kelly Kanara
	Kailynne Ross		Kendra Finger		Regan Miller
	Tara Tibbott		Shannon Hart		Beth O'Leary
	Amy Wade		Jennifer Heister		Marlaine Smith
1998	Katie Adler		Danielle Hensil		Annie Tamburello
	Jenna Bajus		Laurie Koller		Brooke Thomas
	Carly Brown		Marlaine Smith	2003	Danielle Hensil
	Takiyah Gettys		Brooke Thomas		Kelly Jefferys
	Kristen Kapusta		Amy Wade		Marlaine Smith
	Kailynne Ross		Dana Wisniewski		
	Pam Seebald	2001	Kim Calkin		
	Heather Simon		Kendra Finger		
	Amy Wade		Shannon Hart		
	Dana Wisniewski		Jennifer Heister		
1999	Jenna Bajus		Danielle Hensil		
	Kendra Brown		Kelly Jeffreys		
	Laura Foerster		Kelly Kanara		
	Shannon Hart		Laurie Koller		
	Katie Heaney		Marlaine Smith		

CAA PLAYER OF THE YEAR

1993	Barb DiArcangelo
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CAA ROOKIE OF THE YEAR

2001	Suzanne Wosczyzna
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CAA COACH OF THE YEAR

1995, 2002, 2003	Sue Stahl
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VIL ALL-TOURNAMENT

1984	Lenore Tornetta
	Adele Mears

USWLA NATIONAL TOURNAMENT

1992	Karen Davis (South III)	1995	Ericka Davidheiser (South I)
	Ericka Davidheiser (South II)		Jen Deckelman (South II)
	Jen Deckelman (South IV)		Barb DiArcangelo (South II)
	Barb DiArcangelo (South III)		Pam Moyer (South III)
1993	Ericka Davidheiser (South I)		Jenn Karr (South III)
	Jen Deckelman (South II)		Heather Walden (South III)
	Barb DiArcangelo (South III)	1996	Pam Moyer (Philadelphia II)
1994	Ericka Davidheiser (South I)		Takiyah Gettys (South I)
	Jen Deckelman (South III)		Jenn Karr (South II)
	Barb DiArcangelo (South II)		Heather Walden (South III)
			Ericka Davidheiser (USA)
			Amy Duerr (South II)
		1998	Heather Walden

NCAA POSTGRADUATE SCHOLARSHIP

1998	Takiyah Gettys (Ethnic Minority Award)
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US DEVELOPMENTAL SQUAD

1998	Takiyah Gettys	2003	Suzanne Wosczyzna
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US NATIONAL TEAM

Ericka Davidheiser
Barb DiArcangelo

Honored Lady Monarchs

REGIONAL COACH OF THE YEAR

1993 Sue Stahl South Region

ODU FEMALE ATHLETE OF THE YEAR

1986 Cathy Large
1995 Ericka Davidheiser
2000 Katie Adler
(Jack Wilkins/James Howard Scholar Athlete)

ATHLETIC HALL OF FAME INDUCTEES

The following women have been inducted into the Old Dominion University Athletic Hall of Fame, with their accomplishments in lacrosse among the criteria for their selection:

Name	Year Inducted	Sports
Donna Doyle	1980	Basketball, Field hockey, Lacrosse
Yogi Hightower	1989	Field hockey, Lacrosse
Christy Morgan	1990	Field hockey, Lacrosse
Diane Bracalente	1991	Field hockey, Lacrosse
Cheryl Van Kuren	1991	Field hockey, Lacrosse
Dawn Hill	1992	Field hockey, Lacrosse
Cathy Large	1993	Field hockey, Lacrosse
Jill Fisher	1994	Field hockey, Lacrosse
Jackie Grady-Gerzabek	1996	Field hockey, Lacrosse
Ericka Davidheiser	2003	Lacrosse

NATIONAL ACADEMIC SQUAD

Ericka Davidheiser	1994, 1995
Jenn Karr	1995
Takiyah Gettys	1997, 1998
Carly 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



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



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

Lady Monarch History & Tradition

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
Barker, Debra	1980-81
Barnes, Kim	1980-83
Baumgartner, Amy	1993-96
Behrens, Shelly	1985-88
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-
Brown, Carly	1995-98

- C -

Caddick, Cathy	1993-94
Calkin, Kim	1999-2003
Carver, Colleen	2004-
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-
Coppola, Wendy	1988
Cordes, Amy	1989-92
Corwin, Deena	2000-2002
Craig, Heidi	1985-88
Crews, Nathalie	1999-2001
Currie, Lynn	1985-87
Cutler, Joyce	1986

- D -

Davidheiser, Ericka	1992-95
Davis, Tameka	2003-
Davis, Karen	1989-92
Deckelman, Jen	1990-93
DeLong, Mary Lib	1986-89
DiArcangelo, Barb	1992-93
Doran, Lisa	1987-90
Doughtery, Dort	1980-81
Duerr, Amy	1992-95

- E -

Edlich, Rachael	1988-91
Eddo, Juliana	2003
Evans, Jackie	1987

- F -

Farell, Amy	1985-87
Farrand, Amy	1986-88
Finger, Kendra	1999-2002
Fisher, Jill	1986-89
Foerster, Laura	1996-99
Fosina, Kathy	1989-92
Froehlich, Monika	1987-89
Funston, Meredith	1995

- G -

Gannon, Michelle	2003-
Gentile, Janice	1981-83
Gettys, Takiyah	1995-98
Gooch, Valerie	2002-
Goodrich, Susan	1994-97
Grady, Jackie	1984-87
Greenawalt, Bridget	1995-98
Gulden, Wendy	1986-89

- H -

Hagen, Helen	1980-81
Haley, Danielle	2004-
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	1999-2002
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-
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
Kelly, Margaret	1983-86
Kennedy, Jessica	1992
Knorr, Laura	1990
Koller, Laurie	1998-01
Kuchta, Dana	1993-96

- L -

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

- M -

McAnlittle, Barb	1983-86
McCargo, Nori	1986-89
McDuffee, Helen	1995-96
Magee, Susan	1981-84
Mahoney, Mary	1990
Mears, Adele	1983-84
Michelle, Denise	1986-89
Miller, Regan	2001-2002
Mindick, Sarah	1996
Morgan, Christy	1982-85



Janine Rodriguez was one of five Lady Monarchs to graduate last season. She finished her career ninth in scoring and sixth in assists.

Moyer, Pam	1992-95
Muller, Liz	1983-86

- N -

Nagowski, Alicia	1997-98
Neiss, Pam	1989-90
Nichols, Lauren	1997
Nicholsen, Gretta	1980-82

- O -

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

- P -

Palmieri, Cathy	1985-88
Padley, Kim	1988-91
Peregrin, Rachel	2003
Perella, Carla	1991-93
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

- S -

Sarr, Carolyn	1989-90
Seebald, Pam	1997-00
Shaw, Jennifer	1999-2002
Shotwell, Melody	2002-
Shepherd, Jen	1989-90
Simon, Heather	1998

Smith, Marlaine	2000-03
Smith, Robin	1989-90
Smoot, Stephanie	1999-02
Soares, Judy	1986-87
Spedden, Stacy	1987-90
Stanwick, Ashley	2004-
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
Thomas, Brooke	1999-2002
Tibbott, Tara	1994,96,97
Tornetta, Lenore	1984-87
Townsend, Krista	2003-
Truax, Kristen	2004-
Trussell, Jen	1991
Turner, Debbie	1983-84
Tweed, Lorna	1997-98

- V -

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

- W -

Wade, Amy	1997-2000
Walden, Heather	1992-95
Wallace, Cindy	1982-85
Walsh, Jennifer	1983-86
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-
Wosczyzna, Suzanne	2000-04

- Y -

Yost, Margie	1982
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- Z -

Zylka, Michelle	1986-89
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Old Dominion University Administration

Dr. Roseann Runte

UNIVERSITY PRESIDENT



Dr. Roseann Runte became the seventh president of Old Dominion University in the summer of 2001. Runte, who has 21 years of experience as a professor and academic administrator, became only the third woman to head a four-year college or university in Virginia.

Runte previously served as president of Victoria University in Toronto, principal of Glendon College (York University), president of l'Université Sainte-Anne in Nova Scotia and assistant dean of arts and science at Dalhousie University.

She is an associate to the Council of the Royal College of Physicians and Surgeons of Canada, a board member of the National Bank of Canada and a member of the executive committee of the Club of Rome.

Runte has served as president of the Canadian Commission for UNESCO for two terms, as president of the Humanities Federation of Canada, as a member of the advisory board of the National Library, as founding president of ACFAS-Toronto, as a board member for the Art Gallery of Nova Scotia and of the board of Associated Medical Services, as chair of the board of the Foundation for International Training, and as vice chair of the board of the Gardiner Museum of Ceramic Art.

The author of five volumes of creative writing, she has edited nine books and has written more than 100 articles and book chapters on topics ranging from literature and education to economic and cultural development.

Runte has a Ph.D. in French from the University of Kansas and has received honorary degrees from Acadia University, Memorial University and the universities of Timisoara and Arad in Romania. She received the prix François Coppée from the Académie française as well as the Palmes Académiques and the Order of Merit from the French government, the Order of Canada, the Queen Elizabeth Jubilee medal, and is a Fellow of the Royal Society of Canada and of the World Academy of Arts and Sciences.

Dr. Jim Jarrett

ATHLETIC DIRECTOR



When 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 33rd year as athletic director in 2003, 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. He committed early on to a philosophy of "selective excellence," whereby the department "selected" its competitive sports and committed itself financially, academically and competitively to the sports it felt the University could best excel.

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 2,500-seat Bud Metheny Baseball Complex in 1983, the Sailing Center in 1981, the Outdoor Tennis Complex which has been expanded to 15 lighted courts and a championship court with seating for 1,000-plus, the 4,000-seat ODU Soccer Stadium in 1990, renovations to Foreman Field, which included Astro-Turf and new locker room facilities, and the planning and construction of the 8,500 seat Constant Convocation Center.

For all his efforts, Jarrett's has been honored many times by national and local groups. Most recently, Jarrett was named the 2003 Southeast Regional Athletic Director of the Year by NACDA. Other awards he has 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.



TM

This is Old Dominion



Above, the Lion Statue sits behind the University's Webb student Center, Left.

Old Dominion University opened its doors 74 years ago in an abandoned public school building with 206 students as the Norfolk Division of the College of William and Mary, and became an independent institution in 1962. Today, the University enrolls more than 20,000 students, including approximately 6,500 graduate students. Its 188-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 66 bachelor's degrees, 67 master's degrees, two education specialist degrees and 24 doctoral 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 food court, video arcade, lounge areas and other shops to serve the student body.

Old Dominion is one of Virginia's leading Ph.D. research institutions. The total value of its research activity is about \$50 million annually. 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 Bank of America Entrepreneurial Center, Technology Applications Center and Military Career Transition Program. 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 270 modern apartment units for students. Plans call for the addition of a hotel and parking garage, a variety of restaurants, a shopping center with a large grocery store and research facilities.

In the classroom, Old Dominion students continue to earn high marks. Former student-athlete and 1996 graduate Samantha Salvia became the University's first Rhodes Scholar. An international leader in delivering interactive instructional television, the University operates TELETECHNET, a distance learning system that offers students an opportunity to earn one of 17 baccalaureate or eight master's degrees without leaving their area of residence. Since its inception in 1992, TELETECHNET has exceeded growth projections and is the largest televised, interactive distance learning program of its kind in the United States.

Old Dominion is also 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.

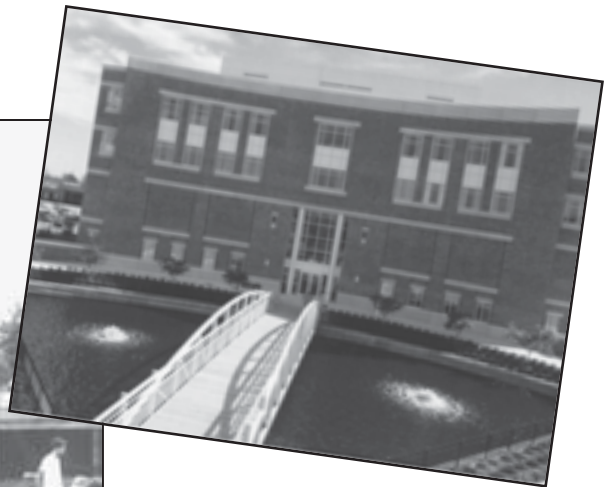
The University also contributes to the cultural life of Hampton Roads by presenting music and dance concerts, art exhibits, and annual literary and film and video festivals. In addition, the President's Lecture Series brings a variety of nationally known speakers to campus each year.

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

University



Above, Rollins Hall houses the admissions, registrar, and financial aid offices. Right, the Gornto TELETECHNET Building. Below, the boardwalk and gazebo on the Elizabeth River, adjacent to the Sailing Center and behind Whitehurst Hall dorm, is the site of many campus events and sailing regattas.



Athletic

The Old Dominion University athletic facilities are becoming some of the best in the nation

From its spacious locker rooms, state-of-the-art training facilities, strength training room and beautiful practice gymnasium, the Intercollegiate Athletics Building provides the basketball programs with a first-class facility.

Beginning with the basketball offices and locker room complex, players and coaches enjoy the spacious confines of the coaches offices, theatre-style team rooms utilized for video viewing, team meetings and study hall, a team lounge that provides a safe haven for visiting with teammates in a relaxed atmosphere or watching television. Adjacent to the team lounge is a spacious player locker room, with large built-in lockers for individual players that provide space for everything from shoes to hairdryers. Shower and bathroom facilities are located next to the locker room.

The training room ranks as one of the top facilities in the nation, providing 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 one jacuzzi, provides Old Dominion athletes the opportunity to rehabilitate through exercise in the water. The room also includes nine training tables, a Kinkom rehabilitation machine and a traction table.

Adjacent to the training room is 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 full-time supervision of a strength training coach.

The Intercollegiate Athletics Building also houses the administrative staff including the athletic director, associate and assistant athletic directors, the offices of sports information, athletic marketing and promotions, and ticket office, which is conveniently located off the lobby for easy access.

Other building features include an outdoor patio for receptions, a conference room, and men's and women's locker rooms for recreational use, located at the rear of the building with easy access to the recreational fields.

The Intercollegiate Athletics Building is centrally located in the middle of the athletic quadrant of the campus that includes the 4,000-seat Soccer Stadium, the 2,500-seat Bud Metheny Baseball Complex, the Tennis Complex that includes 15 courts, the Old Dominion University Fieldhouse that is home to the soccer, wrestling and swimming teams, and Foreman Field, home to field hockey and lacrosse. The new 8,500 seat Ted Constant Convocation Center, which houses the University's basketball programs, opened in the Fall of 2002.



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The strength training room, supervised by Strength and Conditioning Coach Andy Zucker, features the latest in nautilus and free weight equipment.



Above, the Intercollegiate Athletics Building serves as the home for the administrative and support offices of the Athletic Department. Right, The Constant Convocation Center.



Facilities



Above, the athletic quad of the Old Dominion campus, as seen from the air. Clockwise from lower left: the Old Dominion Fieldhouse, the Intercollegiate Athletics Bldg., Bud Metheny Baseball Complex, the Old Dominion Soccer Stadium, and the tennis complex.

FOREMAN FIELD - "Home of the Lady Monarchs"

Designed 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 lacrosse and field hockey programs.

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 21,000-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.

Lacrosse was played at Foreman Field for the first time in 1980, when the field was shared with men's soccer and field hockey. Currently, lacrosse and field hockey are the only varsity sports to compete at



Foreman Field.

The women's lacrosse locker room is located under the west 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 Sue

Stahl and Assistant Coach Heather Holt 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



Above, a view of the downtown Norfolk skyline. Below, the Norfolk waterfront is the site of many festivals.

Norfolk 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 was recently ranked the number one region 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, top minor league team in the New York Mets 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, and Nauticus, one of the nation's premier maritime museums and learning centers, all make Norfolk an exciting location for



and Hampton Roads



Above, Nauticus, the National Maritime Museum and new home for the US Battleship Wisconsin, is a popular destination for visitors. Far right, an aerial view of the Virginia Beach oceanfront. Near upper right, MacArthur Memorial in Norfolk is the resting place of Gen. Douglas MacArthur, and contains many of the general's personal awards and belongings. Near lower right, the Virginia Zoo is located in Norfolk. Far lower right, the sand castle competition is the highlight of the annual Neptune festival in Virginia Beach. Bottom of the page, the Virginia Beach pier.



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, the recently opened addition to the Virginia Marine Science Museum, and new Virginia Beach Amphitheatre.

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 north 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.

PHOTOS PROVIDED BY NORFOLK CONVENTION & VISITORS BUREAU AND THE VIRGINIA BEACH CONVENTION AND VISITORS DEVELOPMENT OFFICE.



ACADEMIC Support

The 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 Tianna Scott, the academic advisor for student-athletes, and April Brecht, the Life Skills Program director. Their offices are located in Webb Center, within convenient access to all the student-athletes.

Among the programs available to all student-athletes:

SUPERVISED STUDY SESSIONS

Supervised study sessions are required for all freshmen and transfer student-athletes, and organized according to the needs of the individual for upperclassmen. Study sessions meet in a variety of locations across campus, for a minimum of two hours per night, three nights 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 three times per week
- ◆ Tutoring program by request and/or referral
- ◆ Computer room with specialized programs (Writing Tutor, Grammar Tools, Quatro, Word Perfect, etc.)
- ◆ Study Group sessions
- ◆ ELS 101 (University Orientation) class
- ◆ Academic progress/attendance reports during each semester
- ◆ Rising Stars monthly Life Skills newsletter articles
- ◆ Complementary campus programs (Instant study skills)
- ◆ Retention groups, probation groups, assessment instruments
- ◆ Intervention - illness, injuries, etc. reported to faculty

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

The Personal Development Commitment

- ◆ Educational programming for new students and teams: Understanding Values, Appreciating Diversity, Personal Health (Sexual Responsibility, Alcohol Choices, Stress Management), Interper-



sonal Communication and Media Relations, Social Development, and Fiscal Responsibility.

- ◆ Networking and appropriate campus program promotion
- ◆ Rising Stars newsletter - includes study skills, motivational and inspirational items, plus a calendar of coming events
- ◆ SAMs Program - Student-Athlete Mentor Peer Advising Program

The Service Commitment

- ◆ Monarch ReachOut service project referrals and contacts
- ◆ Campus/community service through SAMs and class credit

The Career Development Commitment

- ◆ Networking and referral are provided in cooperation with our career management center
- ◆ Educational programming and career
- ◆ ELS 121 (Career Planning) class
- ◆ Interview, cover letter, and resume techniques

SAM - STUDENT ATHLETE MENTORS

The Student-Athlete Mentor (SAM) is a peer advising program. SAMs are nominated and elected by their peers. The goal is for each athletic team to have at least one SAM. A SAM on the team can help provide leadership, help teammates with problems, provide support for freshmen, answer questions, and refer teammates to University support services. SAMs are elected on a yearly basis and any upperclassmen may be chosen by their peers to serve as a SAM. All SAMs participate in a training program following elections.

Athletic Directory (757 AREA CODE)

President:	
Dr. Roseann Runte	683-3159
Athletic Director:	
Dr. Jim Jarrett	683-3369
Senior Associate Athletic Director:	
Deb Polca	683-3358
Associate Athletic Director:	
Debbie H. Byrne	683-3359
Assistant A.D./Finance:	
Mark Brown	683-3569
Assistant A.D./Event Management:	
Greg Smith	683-6026
Compliance Coordinator:	
Jeff Wilson	683-5474
Sports Information Director:	
Carol R. Hudson, Jr.	683-3372
Asst. Sports Information Director:	
Kimberly Zivkovich	683-3372
Director of Athletic Publications:	
Tina Price	683-3372
Business Manager	
Scott Lowery	683-4444
Athletic Camp Director:	
Mindi Seidel-Adler	683-4358
Dir. of Sales & Corp. Sponsorships:	
Chuck Gray	683-3372
Dir. of Game Atmosphere & Student Att.:	
David Weissner	683-3372
Academic Counselor:	
Tianna Scott	683-3699
Asst. Academic Advisor:	
April Brecht	683-3709
Equipment Room Manager:	
Andrea Allen	683-3371
Head Athletic Trainer:	
Marty Bradley	683-3383
Asst. Athletic Trainer:	
Scott Johnson	683-3397
Asst. Athletic Trainer:	
Tina Lathrop	683-5444
Director of Recreational Sports:	
Dr. Kevin Marbury	683-3384
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
Golf Coach:	
Dr. Murray Rudisill	683-3300
Women's Golf Coach:	
Pat Kotten	683-4553
Lacrosse Coach (W):	
Sue Stahl	683-4541
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:	
Andy Zucker	683-5313