

2005  
WOMEN'S LACROSSE



# OLD DOMINION UNIVERSITY

# LACROSSE



## ATHLETIC ADMINISTRATION

Athletic Director Dr. Jim Jarrett .....	25
Athletic Staff Phone Numbers .....	25
President Dr. Roseann Runte .....	25

## COACHING STAFF

Head Coach Sue Stahl .....	2-3
Stahl's Year-by-Year Record .....	3
Assistant Coach Heather Holt .....	4

## 2004 IN REVIEW

Colonial Athletic Association Standings .....	18
2004 Statistics .....	14
2004 Wrap-Up .....	13

## OLD DOMINION UNIVERSITY

This is Old Dominion University .....	26-27
Quick Facts .....	1
Support Staff .....	4
Athletic Facilities .....	28-29
Academic Support .....	32

## OPPONENTS

Opponent Information .....	15-17
Colonial Athletic Association .....	18

## PLAYER INFORMATION

Honored Lady Monarchs .....	22-23
Lady Monarchs Player Bios .....	7-12
Letterwinners .....	24
Outlook .....	5
Records .....	21
Rosters .....	6
Year-by-Year Records .....	19-20
This is Hampton Roads .....	30-31
Team Picture .....	Inside Front Cover
2005 Camp AD .....	Inside Back Cover
2005 Schedule .....	Back Cover

## 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

## 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
Zivkovich Home Phone: .....	(757) 417-0211
Zivkovich Email: .....	czivkovi@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.

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

# Sue Stahl

FIFTHTEENTH SEASON ■ 105-117 OVERALL



*During her career in athlet-*

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

Beginning her 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 Woscyna. 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 a 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.

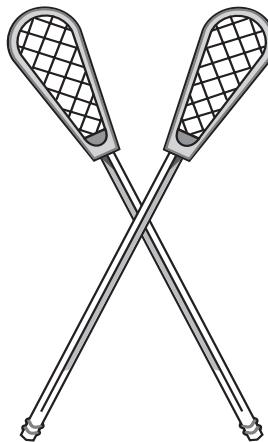
Stahl was recognized on the All-Century Women's Lacrosse team in 1999, perhaps the biggest honor anyone could receive, but it is just one of many coaching distinctions that she has earned throughout her career. Three times, in 1995 and 2003, Stahl was named the CAA Coach of the Year and in 1997 she was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



3

### 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	CONF	RECORD	GF	GA	HIGHEST RANKING/ POST-SEASON
	RECORD	RECORD				
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



**H**eather 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



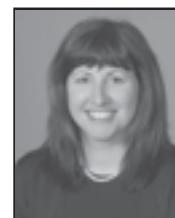
**Scott Lowery**  
Business Office & Ticket Manager



**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

**S**tahl, 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 Woscyna, 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 Woscyna 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 to 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 Woscyna. Woscyna 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 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 as 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 Woscyna

#### SOPHOMORES (7)

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



# Meet the Lady Monarchs

## 2005 Old Dominion University Numerical Lacrosse Roster



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

### LADY MONARCHS BY CLASS

Freshmen .....	5
Sophomores .....	7
Juniors .....	6
Seniors .....	3

**Head Coach:**  
Sue Stahl (Ursinus '66)

**Assistant Coach:**  
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 Woscyna

## Lady Monarch Hometowns



### Maryland

Colleen Carver  
Michelle Gannon

Danielle Haley  
Caroline Jacobs

Sigrid Paulus  
Ashley Stanwick

Krista Townsend  
Sara Larson

### Michigan

Jacqueline Brown  
Sarah Lautenbach

Kaelyn Schival  
Katie Veneziale

Sarah Woscyna

### Virginia

Cassandra Conner  
Nicole Depaz

Valerie Gooch  
Kelly Kimener

Erica Peterson  
Melody Shotwell

Kristen Traux  
Tameka Davis

### Washington, D.C.

Washington, D.C.

Sylvan Lake, MI

Huntington, NY

West Chester, PA

Horsham, PA

Downington, PA

Phoenixville, PA

# 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
<b>TOTALS:</b>	37/23	0	0	0	0



## Valerie GOOCH 7

■ Senior ■ Defense ■ 5'11  
■ Charlottesville, VA  
■ Western Albemarle 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
<b>TOTALS:</b>	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 10<sup>th</sup> 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
<b>TOTALS:</b>	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  
 ■ Huntington, NY  
 ■ Huntington 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
<b>TOTALS:</b>	20/1	0	0	0	0



## 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
<b>TOTALS:</b>	10/0	0	1	1	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 17<sup>th</sup>-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 seasons...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
<b>TOTALS:</b>	16/0	1	0	1	2



Tameka Davis



Sarah Woszyna

# Meet the Lady Monarchs



**Sarah** **2**  
**WOSZCZYNA**

■ 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 Woszcyna's Career Numbers

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

*Michelle Gannon*



*Krista Townsend*



**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
<b>TOTALS</b>	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
<b>TOTALS:</b>	15/4	0	0	0	0

# Meet the Lady Monarchs



## Nicholle DEPAZ

# 26

- 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 HALEY

# 17

- 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.



## Colleen CARVER

# 5

- 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
<b>TOTALS:</b>	13/0	3	0	3	7

### Danielle Haley's Career Numbers

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



## Caroline JACOBS

# 23

- 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-Gazzette 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
<b>TOTALS:</b>	16/16	16	7	23	39

# Meet the Lady Monarchs



## Ashley **9** STANWICK

- Sophomore ■ Attack, 5'
- 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
<b>TOTALS:</b>	<b>13/0</b>	<b>3</b>	<b>0</b>	<b>3</b>	<b>7</b>



Ashley Stanwick



Katie Veneziale



## 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 groundballs 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
<b>TOTALS:</b>	<b>14/0</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>5</b>



## 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 Veneziale...Daughter of George and Betty Veneziale...Has two sisters, Laura (18) and Kristen (12)...Majoring in physical education.

### Katie Veneziale's Career Numbers

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

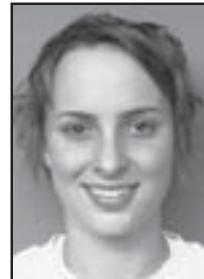
## Lady Monarch Newcomers



### 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 **O** 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 McClanan... Has one brother, Van (1)...Plans to major in international studies.



### Sigris **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 Sigris 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

**T**he 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 Woscyna 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, Woscyna 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 Woscyna, 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 Woscyna (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 IWLCA 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						
		G	A	Pts	Sh	Shot%	GW	FPG-FPS	GB	DC	T/O	CT	Fouls
15 Woszczyna, 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 Woszczyna, 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

SHOTS BY PERIOD 1st 2nd Total

Old Dominion Univ... 172 199 - 371  
Opponents..... 227 211 - 438

SHOTS ON GOAL BY PRD 1st 2nd Total

Old Dominion Univ... 145 170 - 315  
Opponents..... 185 169 - 354

SAVES BY PERIOD 1st 2nd Total

Old Dominion Univ... 74 69 - 143  
Opponents..... 67 83 - 150

ATTENDANCE SUMMARY

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



# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.owlsports.com)

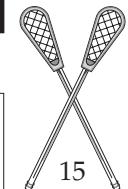
Coach: Shelly Klaes-Bawcombe (James Madison '97)  
 Career Record: 25-24/3 seasons  
 Record at School: 25-24/3 seasons  
 2004 Team Record: 8-8  
 2004 Conference Record 3-4  
 SID: Stephen Gorchov  
 Email: athsrg@hofstra.edu  
 Phone: 516-463-4922  
 Fax: 516-463-5033

## HOFSTRA

April 8, Norfolk VA



[www.hofstra.edu/athletics](http://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](http://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](http://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](http://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](http://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@unca.unc.edu  
Phone: 919-962-2123  
Fax: 919-962-0612

**NORTH CAROLINA**  
April 23, Chapel Hill, NC



[www.tarheelblue.com](http://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."

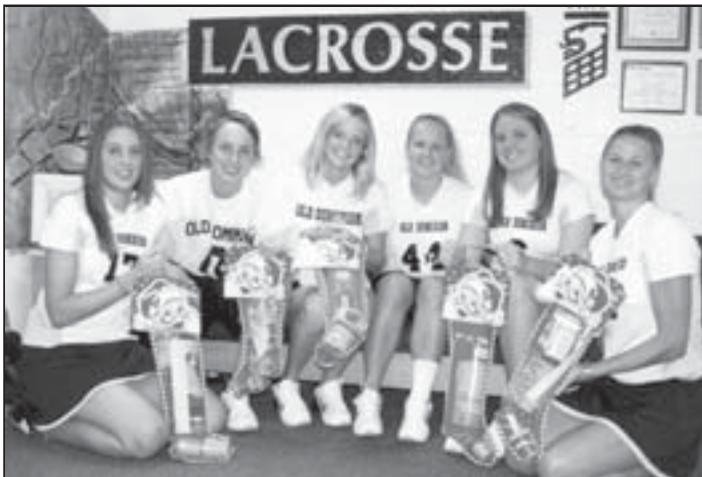
The Monarch used by Old Dominion is a royal crown on a lion's head, representing an historic past and a strong future.

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. with 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	<a href="http://www.udel.edu/sportsinfo">www.udel.edu/sportsinfo</a>
Drexel	<a href="http://www.drexel.edu/sports">www.drexel.edu/sports</a>
George Mason	<a href="http://www.gmusports.com">www.gmusports.com</a>
Hofstra	<a href="http://www.hofstra.edu/athletics">www.hofstra.edu/athletics</a>
James Madison	<a href="http://www.jmu.edu">www.jmu.edu</a>
UNC Wilmington	<a href="http://www.uncwil.edu/athletics">www.uncwil.edu/athletics</a>
Old Dominion	<a href="http://www.odusports.com">www.odusports.com</a>
Towson	<a href="http://www.towson.edu/athletics">www.towson.edu/athletics</a>
VA Commonwealth	<a href="http://www.vcu.edu/vcurams">www.vcu.edu/vcurams</a>
William & Mary	<a href="http://www.tribeathletics.com">www.tribeathletics.com</a>

**B**oasting 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 of 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 Woszczyna (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. Kelly Riley (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

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*

\* VAIAW 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*

\* VAIAW 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	W ..... 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

\* 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	L ..... 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*

\* CAA Tournament at American

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

\* 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

## CUMULATIVE COACHING RECORDS

Mikki Flowers	7-4	(1980)
Beth Anders	22-32	(1981-82, 88-90)
Carla Hesler	0-11	(1983)

Marcia Karwas	4-19	(1984-85)
Melissa Magee	11-17	(1986-87)
Sue Stahl	105-117	(1991-present)

1994 (9-8 / 5-2 CAA)	4-5	L ..... #17 George Mason*
Coach: Sue Stahl	18-9	W ..... American*
17-3	L ..... #1 Virginia	
8-11	L ..... 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	

1995 (10-7 / 5-2 CAA)	4-6	L ..... #13 Delaware
Coach: Sue Stahl	19-10	W ..... #14 Virginia
6-16	L ..... #13 Loyola	
11-11	W ..... #12 William & Mary	
9-10	W ..... #13 George Mason	
13-12	W ..... #14 James Madison	
10-13	W ..... #15 Temple	
12-11	W ..... #16 Loyola	
13-10	W ..... #17 UMBC	
8-9	L ..... #18 Hofstra	
14-8	W ..... #19 Temple	
12-11	W ..... #20 George Mason	
19-17	W ..... #21 Maryland	
17-16	W ..... #22 Lafayette	
16-7	W ..... #23 Pennsylvania	
8-5	W ..... #24 James Madison	
9-8	W ..... #25 Rutgers	
5-14	W ..... #26 Loyola*	

1996 (8-7 / 4-2 CAA)	9-14	L ..... #27 Virginia




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# Vs. Opponents

# MediaList



OPPONENT	RECORD	1st		LAST	
		MTG.	SCORE	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 Monarch Records

## POINTS LEADERS

	<b>Name:</b>	<b>G:</b>	<b>A:</b>	<b>Pts:</b>
1.	Suzanne Woscyna (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

	<b>Name:</b>	<b>Goals:</b>
1.	Suzanne Woscyna (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.	<b>Melody Shotwell (2002-present)</b>	<b>76</b>

## ASSIST LEADERS

	<b>Name:</b>	<b>Assists:</b>
1.	Suzanne Woscyna (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

	<b>Name:</b>	<b>Save %:</b>
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

	<b>Name:</b>	<b>GAA:</b>
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

	<b>Goal Leaders</b>		<b>Shot Leaders</b>
2003	Suzanne Woscyna ..... 45	2003	Melody Shotwell ..... 91
2002	Suzanne Woscyna ..... 56	2002	Suzanne Woscyna ..... 96
2001	Suzanne Woscyna ..... 48	2001	Jen Heister ..... 97
2000	Jen Heister ..... 27	2000	Jen Heister ..... 89
1999	Kailynne Ross ..... 42	1999	Kailynne Ross ..... 72
1998	Carly Brown ..... 32	1998	Carly Brown ..... 119
1997	Carly Brown ..... 44	1997	Carly Brown ..... 89
1996	Anne Windover ..... 38	1996	Anne Windover ..... 72
1995	Anne Windover ..... 30	1995	Amy Duerr ..... 72
1994	Anne Windover ..... 50	1994	Anne Windover ..... 92
1993	Anne Windover ..... 47	1993	Anne Windover ..... 91
1992	Ericka Davidheiser ..... 27	1992	Amy Cordes ..... 54
1991	Rachel Edlich ..... 24	1991	Rachel Edlich ..... 77
1990	Carolyn Sarr ..... 20	1990	Carolyn Sarr ..... 52
1989	Jill Fisher ..... 26	1989	Jill Fisher ..... 57
1988	Cathy Large ..... 47	1988	Cathy Large ..... 113
1987	Cathy Large ..... 67	1987	Cathy Large ..... 134
1986	Cathy Large ..... 38	1986	Cathy Large ..... 93
1985	Cathy Large ..... 25	1985	Cathy Large ..... 87
1984	Maureen Van Kuren ..... 16	1984	Maureen Aikens ..... 42
1983	Dawn Hill ..... 13	1983	Dawn Hill ..... 38
1982	Mary Beth Holder ..... 16	1982	M.B. Holder ..... 43
1981	Janace Gentile ..... 12	1981	Helen Hagan ..... 63
1980	Mary Beth Holder ..... 12	1980	Helen Hagan ..... 99



21

## Assist Leaders

	<b>Assist Leaders</b>		<b>Saves Leaders</b>
2003	Suzanne Woscyna ..... 32	2003	Michelle Gannon ..... 160
2002	Suzanne Woscyna ..... 47	2002	Beth O'Leary ..... 144
2001	Suzanne Woscyna ..... 12	2001	Laurie Koller ..... 139
2000	Pam Seebald ..... 10	2000	Laurie Koller ..... 143
1999	Sue Wolfgang ..... 10	1999	Laurie Koller ..... 134
1998	Carly Brown ..... 8	1998	Angie Stead ..... 140
1997	Alison Brown ..... 8	1997	Angie Stead ..... 245
1996	Carly Brown ..... 11	1996	Angie Stead ..... 171
1995	Ericka Davidheiser ..... 21	1995	Heather Walden ..... 163
1994	Dana Kuchta ..... 21	1994	Heather Walden ..... 192
1993	Anne Windover ..... 16	1993	Barb DiArcangelo ..... 192
1992	Amy Duerr ..... 16	1992	Barb DiArcangelo ..... 154
1991	Amy Clement ..... 8	1991	Stephanie Lima ..... 102
1990	Amy Cordes ..... 10	1990	Laura Knorr ..... 89
1989	Amy Cordes ..... 8	1989	Carol Asimos ..... 81
1988	Lisa Doran ..... 4	1988	Shelly Behrens ..... 89
1987	Pam Neiss ..... 4	1987	Shelly Behrens ..... 133
1986	Cathy Large ..... 7	1986	Shelly Behrens ..... 95
1985	Jill Fisher ..... 7	1985	Shelly Behrens ..... 45
1984	Patty Cleary ..... 7	1984	Lenore Tornetta ..... 167
1983	Maureen Aikens ..... 5	1983	Kim Barnes ..... 181
1982	Joanne Powers ..... 6	1982	Kim Barnes ..... 157
1981	Denise O'Connell ..... 4	1981	Kim Barnes ..... 87
1980	Dawn Hill ..... 5	1980	Mandy Stewart ..... 191

## Point Leaders

	<b>Point Leaders</b>
2003	Suzanne Woscyna ..... 77
2002	Suzanne Woscyna ..... 103
2001	Suzanne Woscyna ..... 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



# HonoredLady 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 Woszczyna	1st Team
2003	Suzanne Woszczyna	2nd Team
2004	Suzanne Woszczyna	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 Woszczyna
1984	Cheryl Van Kuren	1993	Barb DiArcangelo	2003	Suzanne Woszczyna
1985	Maureen Aikens	1994	Ericka Davidheiser	2004	Suzanne Woszczyna
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
	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 Woszczyna	1st Team
	Anne Windover	1st Team		Kendra Finger	2nd Team
1995	Ericka Davidheiser	1st Team	2002	Brooke Thomas	2nd Team
	Pam Moyer	1st Team		Suzanne Woszczyna	1st Team
	Lori Hansford	2nd Team		Kendra Finger	2nd Team
	Amy Duerr	2nd Team	2003	Brooke Thomas	2nd Team
	Heather Walden	2nd Team		Suzanne Woszczyna	1st Team
1996	Takiyah Gettys	1st Team		Danielle Hensil	1st Team
	Anne Windover	2nd Team		Marlaine Smith	2nd Team
	Dana Kuchta	2nd Team		Melody Shotwell	2nd Team
	Carrie Wightman	2nd Team	2004	Suzanne Woszczyna	1st Team
	Carly Brown	1st Team			
	Angie Stead	1st Team			
	Takiyah Gettys	2nd Team			
1997	Stacia Hepburn	2nd Team			

## ACADEMIC ALL-CAA

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

## CAA PLAYER OF THE YEAR

1993 Barb DiArcangelo

## CAA ROOKIE OF THE YEAR

2001 Suzanne Woszczyna

## CAA COACH OF THE YEAR

1995, 2002, 2003 Sue Stahl

## VII ALL-TOURNAMENT

1984 Lenore Tornetta

Adele Mears

## USWLA NATIONAL TOURNAMENT

1992	Karen Davis (South III)	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)	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)

## US DEVELOPMENTAL SQUAD

1998 Takiyah Gettys 2003 Suzanne Woszczyna

## 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-Gerzabeck	1996		Field hockey, Lacrosse
Ericka Davidheiser	2003		Lacrosse

## NATIONAL ACADEMIC SQUAD

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



23

## 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 Woszczyna  
Brine/IWLCA/USL  
Second Team, 2002  
Third Team, 2003  
Third Team, 2004



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



24

# 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  
 Dougherty, Dorte 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

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

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

Palmieri, Cathy 1985-88  
 Padley, Kim 1988-91  
 Peregrim, Rachel 2003  
 Perella, Carla 1991-93  
 Petrie, Meagan 1993-96-7  
 Pfeufer, Nancy 1984-87  
 Plantoniotis, Georgia 1983-86  
 Powers, JoAnne 1985-87  
 Pulliams, Donyelle 1994-97

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

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

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

Palmieri, Cathy 1985-88  
 Padley, Kim 1988-91  
 Peregrim, Rachel 2003  
 Perella, Carla 1991-93  
 Petrie, Meagan 1993-96-7  
 Pfeufer, Nancy 1984-87  
 Plantoniotis, Georgia 1983-86  
 Powers, JoAnne 1985-87  
 Pulliams, Donyelle 1994-97

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

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

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

**Wosczyna, Sarah** **2002-**  
 Wosczyna, Suzanne 2000-04

Sarr, Carolyn 1989-90  
 Seebald, Pam 1997-00  
 Shaw, Jennifer 1999-2002

**Shotwell, Melody** **2002-**  
 Shepherd, Jen 1989-90  
 Simon, Heather 1998

Yost, Margie 1982

Zylka, Michelle 1986-89

# Old Dominion UniversityAdministration

## 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 33<sup>rd</sup> 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.



# 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 Gorno 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

**T**he 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.



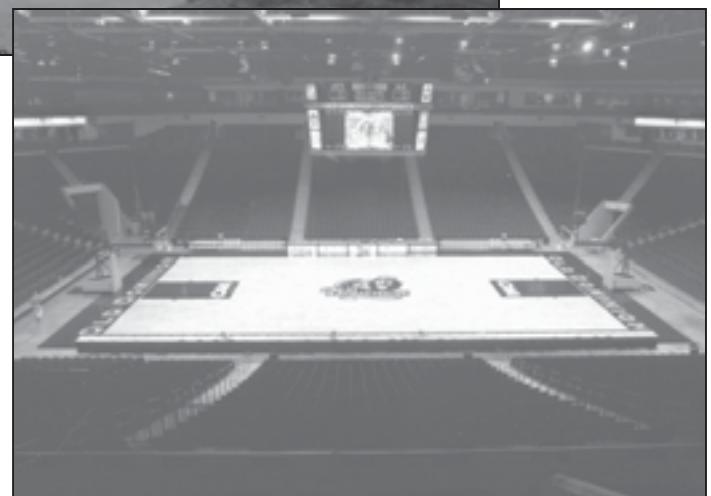
28



*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"

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

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

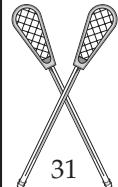
Norfolk's 12,000-seat Harbor Park is home to the Norfolk Tides, top minor league team in the New York Mets organization.

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



# ACADEMIC Support

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

These programs are overseen by 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.



32



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

**The Service Commitment**

- ◆ Educational programming and career
- ◆ ELS 121 (Career Planning) class
- ◆ Interview, cover letter, and resume techniques

**The Career Development Commitment**

- ◆ Networking and referral are provided in cooperation with our career management center

### 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 Weisser ..... 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-Huckles ..... 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