

Quick Facts / Media Information

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Men's Cross Country Quick Facts

William and Mary

Location: Williamsburg, Virginia

Founded: 1693

Enrollment: 5,700

Nickname: Tribe

Colors: Green, Gold and Silver

Conference: Colonial Athletic Association

President: Gene R. Nichol (Oklahoma State, 1973)

Director of Athletics: Terry Driscoll (Boston College, 1969)

Course: Eastern State Hospital

Athletics Department Phone: (757) 221-3340

Mailing Address: PO Box 399, Williamsburg, VA 23187

Street Address: One Campus Dr., Williamsburg, VA 23185

Sports Information

Director: Pete Clawson (Pittsburgh, 1990)

Associate Director: Dan Wakely (William and Mary, 1998)

Assistant Director: Chris Poore (Georgia Southern, 1999)

Intern/Contact: Jacob Skipper (William and Mary, 2005)

Office Phone: (757) 221-3344

Cell Phone: (757) 561-3176

E-Mail Address: jskipper@wm.edu

Assistant to the Director: Mark Hoskins (JMU, 2003)

Phone: (757) 221-3344

Fax: (757) 221-3412

Website: www.TribeAthletics.com

Coaching Staff

Director of Track & Field: Dan Stimson (Ohio, 1971)

20th Year

Office Phone: (757) 221-3397

E-Mail Address: dgstim@wm.edu

Head Coach: Alex Gibby (William and Mary, 1997)

Third Year

Office Phone: (757) 221-3398

E-Mail Address: amgibb@wm.edu

Assistant Coaches:

Ed Moran (William and Mary, 2003)

Adam Orstot (William and Mary, 2004)

William and Mary Men's Cross Country Schedule

Day	Date	Opponent	Distance	Location
Fri.	Sep. 2	COLONIAL INVITATIONAL	6,400 meters	WILLIAMSBURG
Sat.	Sep. 10	Lou Onesty Invitational	8,000 meters	Charlottesville, VA
Sat.	Sep. 24	Great American XC Festival	8,000 meters	Cary, NC
Fri.	Sep. 30	Notre Dame Invitational	8,000 meters	South Bend, IN
Sat.	Oct. 15	Pre-NCAA Invitational	8,000 meters	Terre Haute, IN
Sat.	Oct. 15	TRIBE OPEN	8,000 meters	WILLIAMSBURG
Sat.	Oct. 29	CAA Championships	8,000 meters	Wilmington, NC
Sat.	Nov. 5	UVA Open	8,000 meters	Charlottesville, VA
Sat.	Nov. 12	NCAA Southeast Regional	10,000 meters	Greenville, NC
Sat.	Nov. 19	IC4A Championships	8,000 meters	New York, NY
Mon.	Nov. 21	NCAA Championships	10,000 meters	Terre Haute, IN

Home races in **BOLD CAPS**.

Please check the official William and Mary website: www.TribeAthletics.com, for the most up-to-date schedule.

Media Information

The William and Mary sports information office is always interested in assisting members of the media in their coverage of Tribe cross country. Updated information, including statistics and releases, can be found on the internet at www.TribeAthletics.com. Publicity and media information for William and Mary Cross Country are coordinated by sports information intern **Jacob Skipper**.

Photographs, feature ideas and results are always available from the William and Mary sports information office. Requests for further information should be directed to Jacob Skipper at (757) 221-3344 or by e-mail at jskipper@wm.edu.

Directions to William and Mary

From the North/West: Take I-64 East to Lightfoot Exit 234 (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until Monticello Avenue exit. Exit at Monticello Avenue, and bear left on exit ramp. At bottom of ramp, turn left at light onto Monticello (pass under 199). Go straight through first stoplight (at Ironbound Road). After the light, continue straight for about half a mile and take the first right onto Compton Drive (before light at hospital and shopping centers) There may not be a street sign! The road is heavily wooded on both sides. Continue on Compton Drive and turn right at the first stop sign onto Brooks Road. William and Mary Hall will be on your left.

From the South/East: Take I-64 West to Exit 242A (Route 199 West). Follow 199 to fourth light. At the fourth light, take a right onto Jamestown Road. Follow Jamestown Road 1.1 miles (past Lake Matoaka on left), then take a left onto Campus Drive. Take a left at the next stop sign and continue to follow Campus Drive while bearing right until you reach William and Mary Hall up the hill on your left.

Directions to Eastern State

From the North/West: Take I-64 East to Lightfoot Exit 234 (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until the Longhill Road exit. Exit at Longhill Road. At the top of the exit ramp, take a left at the light onto Longhill Road. Continue straight through the next stoplight. At the next stoplight, take a right into Eastern State Hospital. Take a right at the first stop sign. Follow road for approximately two blocks until it crosses with another road. General parking is immediately to the right of this intersection. For teams and event staff, take a left at the intersection and a right at the next road. Follow to team parking at lot at end of road.

From the South/East: Take I-64 West to Exit 242A (Route 199 West). Follow 199 through five stoplights. After the fifth light, take the next exit, Monticello Avenue. Bear right on the exit ramp and merge onto Monticello Avenue. At the next stoplight, take a left onto Ironbound Road. At the next stoplight, take a left into Eastern State Hospital. Take a right at the first stop sign. Follow road for approximately two blocks until it crosses with another road. General parking is immediately to the right of this intersection. For teams and event staff, take a left at the intersection and a right at the next road. Follow to team parking at lot at end of road.

Credits

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Coaching Staff

Head Coach ALEX GIBBY



Former Tribe distance ace Alex Gibby returned to William and Mary in 2003 to assume the head coaching position for men's cross country and track and field and has continued the tradition of championship excellence at the College. He led both the Tribe cross country and track and field squads to repeat as Colonial Athletic Association

Champions in 2003-04. His athletes captured nine individual conference crowns and recorded the College's fifth consecutive cross country championship in 2004, tying the program record set between 1993-97. The 2005 cross country squad claimed the top four and six of the top-10 positions at the CAAs, bettering his initial campaign's haul as eight runners grabbed All-CAA honors. Gibby's charges followed that effort by turning in four all-region performances and a second-place finish at the NCAA Southeast Regional, gaining W&M's eighth-straight selection to the NCAA Championship. Freshman Christo Landry earned the first cross country All-America honor for a Tribe newcomer in 30 years, as freshmen continue to excel under Gibby's tutelage. In a display of the tremendous depth Gibby has assembled at the College, the weekend of the NCAA Championship the Tribe's second team captured runner-up honors at the IC4A Championship with four runners netting All-East acclaim. For his accomplishments, Gibby repeated as the CAA Coach of the Year, leading a Tribe sweep in the postseason awards for the fourth-straight year as Jeff Hedley claimed Athlete of the Year and Landry captured Rookie of the Year honors. Another of Gibby's distance aces, Pat Comstock, was named the CAA Scholar-Athlete of the Year.

On the track, Gibby's runners also distinguished themselves in the past two seasons. For the second-consecutive year, Gibby qualified at least one of his student/athletes to the NCAA Outdoor 5,000m race as Ed Moran and Landry both raced their way into the field. It was also the second time in three seasons the Tribe had qualified two athletes for the 5,000m field. Moran flourished in his first track season under Gibby's direction. The four-time All-American capped his senior campaign by taking his first CAA and IC4A titles on the track by winning the 5,000m at both meets. Under Gibby, Moran improved nearly a half-minute in his specialty event, posting a personal record (13:25.87) that was just .49 seconds off of 11-time All-American Matt Lane's school 5,000m standard. Moran also made significant strides in the 3,000m, clocking a meet record 8:06.13 at the Duke Invitational. Landry carried his success from cross country onto the track as well as he posted a true freshman record of 14:01.62 in the 5,000m. Gibby saw the 9:00 mark broken by a Tribe athlete in the 3,000m steeplechase for the first time in 14 years, as Sean Anastasia-Murphy ran to a NCAA Regional-qualifying 8:59.26 at the IC4As for All-East honors, one of 14 designations earned by Gibby's athletes. Gibby once again delivered a strong showing in the distance events at CAAs, where 27 of 33 athletes scored points, and 60 percent (24 of 40) of the scoring positions in the distance events were occupied by Tribe athletes. In addition to Moran's title in the 5,000m, Adam Otstot led a sweep of the top five and six of the top eight positions in the 3,000m steeplechase, and Pat Comstock won the 10,000m, besting the meet record by more than four seconds. Runner-up Steve Hoogland also beat the previous meet record as the College took six of the top eight positions, including a sweep of the top three.

Gibby has quickly earned a reputation for turning freshmen into immediate champions and national-level performers. Landry highlighted the 2004-05 crop, as he earned All-America, All-Southeast and All-CAA honors in cross country, racing as the Tribe's No. 1 harrier at the Southeast Regional and NCAA Championship. Landry continued to impress after qualifying for the World Junior Cross Country Championships, where he went on to finish as the third-highest American. On the track, Landry found immediate success in qualifying for the NCAA outdoor 5,000m and set a Tribe freshman record (14:01.62) in the distance. Classmate Dave Mock also blossomed under Gibby's tutelage, just missing a qualification to the Junior Worlds but receiving an invitation to the inaugural North America, Central America, and Caribbean (NACAC) Championship. Competing against runners from across the Western Hemisphere, Mock blew apart the field and won by more than seven seconds as he led an American sweep of the top six positions. Mock also earned All-East honors at the IC4A Cross Country Championship and qualified for the IC4A outdoor 5,000m. Fellow rookie Ian Fitzgerald

also developed into an integral part of the Tribe, running on the varsity the entire 2004 season, qualifying for IC4As in the 5,000m both indoors and outdoors. Two seasons ago, Keith Bechtol turned in a tremendous freshman campaign, winning the CAA 5,000m and IC4A 10,000m titles and ending the year as the fastest American junior in the 10,000m with a Tribe freshman record of 29:58.13. Bechtol, runner up in the distance at Junior Nationals, earned a qualification to the World Junior Championships where he was the highest-finishing American in the 10,000m.

Gibby came to the College from Stephen F. Austin State University, where he was the head men's and women's cross country coach and an assistant track coach for three seasons. At SFA, he brought the Lumberjack cross country squads to unprecedented levels of success. Under his guidance, the men's team won its first Southland Conference Championship in 2001, then repeated the feat in 2002. Gibby also led the women's cross country squad to its first SLC Championship since 1990 in the same season. He mentored the conference's individual champion for both the men and women, the first sweep in conference history of all four titles, to earn men's and women's cross country coach of the year honors from the SLC. Working with the SFA middle distance and distance runners as an assistant track coach, Gibby saw 18 school records established in six events and helped the women's team capture the 2003 SLC Outdoor Championship.

While at SFA, Gibby had success developing high school athletes into championship runners. Two prime examples are Nathan Flores and Ana Rodriguez. Flores became one of the most dominant runners in the SLC, winning the 2002 Outdoor Track and 2002 Cross Country Athlete of the Year awards. Winner of the 5,000, 10,000m and steeplechase at the 2002 SLC Outdoor Championships, where he was the meet's high scorer, Flores is also the SLC and school record holder in the 10,000m, with a sterling 29:27.29 at the Mt. SAC Relays. Gibby led Rodriguez to the NCAA Outdoor Track and Field Championships in the 5,000m, the first distance runner in SFA history to compete at the NCAAs. A seven-time all-conference runner, Rodriguez racked up five SLC titles.

As an assistant for the Tribe from 1997-2000, Gibby helped the cross country team place ninth and 13th (twice) at the NCAA Championship. During his first stint at W&M, Gibby had the opportunity to work with Matt Lane, an 11-time All-American and a fourth-place finisher at the 2000 and 2004 Olympic trials in the 5,000m, and Anders Christiansen, a three-time All-American and the 1997 NCAA runner-up in the 800m. Gibby also coaches former W&M distance standout Kathy Newberry, a finalist in the 5,000m and 10,000m at the 2004 U. S. Olympic Trials. Ranked 10th nationally in the 10,000m to end 2004, Newberry qualified for the U.S. Cross Country national team and finished 25th, the second-highest American, at the 2004 World Championships. In 2005, Newberry again qualified for the world team, finishing 38th.

Running for the Tribe from 1992 to 1997, Gibby was a four-time All-CAA honoree,

CAA champion in the 5,000m and IC4A qualifier in the 5,000m and 10,000m. Also an NCAA provisional qualifier and All-East performer in the 10,000m, Gibby was a member of two NCAA-qualifying cross country squads (1994 and 1995). Gibby lives in Williamsburg and was married in the summer of 2005 to Kathy Newberry, the head women's cross country coach at the College.

Gibby By The Numbers

- 34 Individual Conference Champions**
- 30 All-East Athletes**
- 12 All-Region Athletes**
- 7 Conference Titles**
- 6 Athletes of the Year**
- 5 Coach of the Year Honors**
- 5 USA National Team Participants**
- 4 Scholar-Athletes of the Year**
- 4 NCAA Qualifiers**
- 2 All-Americans**

Coaching Staff

Director of Track and Field

DAN STIMSON



In his 20th year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track.

The men's and women's cross country teams have combined to capture 19 of the last 26 CAA crowns, and have garnered numerous CAA Athlete and Rookie of the

Year awards. The 2004-05 season was another banner year for the squads, as Stimson's teams took three of four CAA titles (men's cross country, women's cross country, women's track and field): the fifth consecutive conference title for both the men's cross country and women's track and field squads. Punctuating the season was the eighth-straight NCAA team qualification for men's cross country and two All-America honors for the men's programs, as Ed Moran was named All-America in the 5,000m at the NCAA Outdoor Championships, and freshman Christo Landry earned the honor at the NCAA Cross Country Championships. The success of Stimson's programs has produced 53 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, pole vaulters and multi-eventers, has mentored many W&M athletes to national prominence in his tenure. Due to the absence of the javelin or the hammer throw at the high school level in Virginia and other nearby states, Stimson has earned a reputation for his ability to develop young talent.

His coaching credits include W&M hammer throw record-holder Mike Howell, who only started with the hammer in his rookie season at W&M, and progressed through the ranks until his senior year, when he posted the eighth-best mark by an American collegian (206'1"). Decathlon record-holder Todd Doughty (7,240 points) benefited from his time with Stimson as well, working his way from a walk-on to one of the top 20 decathletes in the country over the course of his career at W&M.

On the women's side, Stimson coached All-America high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11.25". Wendy Warren, the school record-holder in the javelin (153'6"), was discovered in a physical education class and went on to earn All-East honors and sixth-place at the ECAC Championships. Stimson coached pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school record of 13'1" in her freshman season. He then guided steady improvement throughout her career, culminating in 2004 with her second conference title and double All-East honors. Stimson has had numerous All-East performers in all of the field events.

A recent example of Stimson's coaching ability can be seen in 2004 graduate Chris Parsons. As a freshman, Parsons made a powerful debut, winning CAA titles in both the shot put and the javelin, enabling him to be selected for the United States Junior National Team. He followed up his impressive freshman season with a sophomore campaign that featured top CAA finishes in the discus (fourth), javelin (third), hammer (second) and a second straight first-place showing in the shot put. Parsons went on to garner All-East honors in the hammer at the IC4A meet. In 2003 Parsons was named CAA Scholar-Athlete of the year, after earning a pair of all-conference honors by finishing second in both the shot and the hammer at the CAA Championships. Parsons capped his career in style, winning the 2004 CAA title in the shot and hammer and breaking the NCAA Regional mark in both events.

In addition to Parsons' success, the Tribe throwing corps reached new heights in 2004. On the men's side, Andy Smith won the javelin at CAAs for a third straight season in addition to earning All-East honors and qualifying for NCAA Regionals, while junior Aaron Mitchell broke the regional shot standard. On the women's side, Cassidy Harris and Ayanna Jones each traded record-breaking throws in both the weight throw and indoor shot. Harris ended her season with the school record in the weight throw (51'1.75") and Jones ended with the mark in the indoor shot (47'2.25"). Harris

captured the CAA title in the shot, where she qualified for NCAA Regionals. Stimson also led rookie Jen Showker to a CAA title and regional bid in the discus.

The same forces combined to make 2005 another record-breaking campaign which included nine all-conference and four All-East performances in the field events. With half of the team's individual CAA crowns coming in the field events, Stimson led the Tribe women to a stunning fifth-straight CAA championship. Jones, after redshirting outdoors in 2004, reclaimed the CAA crown in the shot, which she won in 2002, the fifth consecutive shot championship for a Tribe thrower. Jones led a Tribe sweep of the podium and All-CAA honors in the event as Stimson prodigies Showker and Harris claimed second and third, respectively. Similar dominance was witnessed in the heptathlon where W&M claimed three of the top four positions as Bonnie Meekins won the title with a then-school record (4,763), ahead of Brenna Blevins in second and 2004 champion Sarah McHale in fourth. Meekins would later raise the bar with a Tribe record 4,876 at ECACs where she and Blevins finished fourth and fifth to claim

All-East honors. Stimson would also guide a career season for Liz Hager, who capped a strong outdoor campaign with All-East honors in the javelin to go with All-CAA accolades in the discus. Blevins would qualify for the NCAA Regional in the javelin out of the ECAC heptathlon while Jones shattered the school record in the shot with an NCAA Regional-qualifying 48'6".

Stimson came to William and Mary from a perennial national powerhouse, the University of Tennessee, where he helped Volunteer athletes finish in the nation's top 10 on seven occasions and collect 12 Southeastern Conference titles. His coaching career started at Tennessee as a graduate assistant, helping the Vols win the 1972 NCAA cross country championship. From Knoxville, he moved to J.E.B. Stuart High School in Falls Church, Virginia for one year, then on to Miami University (Ohio) for nine years.

A native of Falconer, New York, Stimson graduated with honors from Ohio University in 1971 and holds a master's degree from Miami (Ohio). As an undergraduate, he was the All-Ohio and Central Collegiate shot put champion, as well as a two-time MAC shot put champion. He concluded his athletic career by competing in both the NCAA and AAU national championships in the shot put.

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a 23-year-old local college student. Recently married daughter Krista Crider, 30, graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She recently earned a Ph.D. in the field of genetics and molecular biology at Emory University. Krista is a former W&M record holder in the hammer throw.



Stimson By The Numbers

- 53 All-Americans in indoor and outdoor track and field and cross country**
- 34 CAA Titles**
- 24 CAA Athletes of the Year**
- 20 Seasons at William and Mary**
- 3 CAA Coach of the Year Honors (1992 and twice in 1996)**

Coaching Staff



Assistant Coach Ed Moran

Ed Moran rejoins the William and Mary staff after a spectacular racing career that saw him earn four All-America honors in the 5,000m outdoors (2003, 2005) and in cross country (2000, 2002) for the college. In addition to assisting with both the men's and women's running programs, the 2003 graduate will continue to train and race under the tutelage of head men's coach Alex Gibby.

A professionally-sponsored runner with Nike, Moran raced unsponsored at the 2005 USATF Track and Field Championships shortly after earning his fourth All-America nod. He boasted an impressive debut, running well below his previous personal record in the 5,000m (13:39.70, second-best in school history, set a scant month-and-a-half earlier) to finish in 13:25.87. This time placed him only 49 hundredths of a second shy of the school record,

running as the fastest amateur in the field of 24 runners.

In his six-year collegiate career, Moran racked up three all-conference and All-Southeast honors (never finishing worse than third), and was twice conference champion and Athlete of the Year in cross country. On the track, he earned multiple all-conference nods, was named the 2003 CAA Male Athlete of the Year and was the 2005 IC4A and CAA champion in the 5,000m. The Dayton, New Jersey native received his bachelor's degree in May of 2003, double-majoring in finance and government, and received a Masters in public policy in 2005 from the College.



Assistant Coach Adam Otstot

Adam Otstot joins Gibby and Moran to complete the sweep of graduates on the Tribe staff. He will also assist both the men's and women's cross country programs. Otstot, a 2004 grad, had a successful career in Williamsburg, earning three straight all-conference honors both on the trails as well as on the track, running the 3,000m steeplechase. His senior campaign put a magnificent cap on his college experience. In cross country he earned all-conference honors and placed 25th at the IC4A championship to earn All-East recognition and help the team to a runner-up showing. In track, he won the steeplechase at the conference championship and competed at both the IC4A championship and the NCAA East Regional in the event.

The 2003 cross country Scholar-Athlete of the Year in the CAA, Otstot also competed twice for the College at the NCAA cross country championships. A native of Richmond, Virginia, Otstot graduated from Mills Godwin in 2000, and earned his bachelor's degree from W&M in 2004, majoring in kinesiology. He is currently working towards a Masters in Education Administration.



Roster

Alphabetical Roster

Name	Class (Eligibility)	Hometown	High School
Sean Anastasia-Murphy	Sr. (Jr.)	Gloucester, MA	Gloucester
Anthony Arena	Jr. (So.)	Manassas, VA	Osborn Park
Keith Bechtol	Jr.	Alexandria, VA	Thomas Jefferson
Jared Campbell	So.	Franklin, IN	Franklin Community
Brad Clark	Fr.	Burke, VA	Lake Braddock
Rob Dennis	So.	Little Silver, NJ	Red Bank Regional
Mike Dominguez	Sr.	Herndon, VA	Herndon
Ollie Ehlinger	So. (Fr.)	Arden, NC	TC Roberson
Ian Fitzgerald	So.	Glenshaw, PA	North Hills
Daniel Gordon	Fr.	Herndon, VA	Herndon
David Groff	So. (Fr.)	Centreville, VA	Westfield
Jeff Hedley	Sr.	Virginia Beach, VA	Kempsville
Steve Hoogland	Jr. (So.)	Springfield, VA	Lake Braddock
David Hryvniak	Jr. (So.)	Spencerport, NY	Aquinas Institute
Ryan Jones	So. (Fr.)	Harrisburg, PA	Central Dauphin
Christopher Katillie	Fr.	Sterling, VA	Thomas Jefferson
Matt Keally	Sr.	Virginia Beach, VA	Ocean Lakes
Graham Kearney	Sr. (Jr.)	Richmond, VA	Douglas Freeman
Spencer Kirk	Jr. (So.)	River Forest, IL	Oak Park-River Forest
Christo Landry	So.	Falls Church, VA	Thomas Jefferson
Karl Lang	So.	Oak Hill, VA	Oakton
Colin Leak	Fr.	Chadds Ford, PA	Unionville
Daniel MacKay	So.	Whitinsville, MA	Whitinsville Christian
Andrew Midland	Fr.	Virginia Beach, VA	Ocean Lakes
Harry Miller	Fr.	Portland, OR	Catlin Gabel
Dave Mock	So.	Johnstown, PA	Westmont-Hilltop
David Murphy	Jr.	Warwick, RI	Bishop Hendricken
Dan Nally	Jr.	Warrenton, VA	Liberty
Anthony Nowatarski	Fr.	Stafford, VA	Colonial Forge
Joel Parker	Jr. (So.)	Portsmouth, VA	Churchland
Kyle Pawlaczyk	Sr.	Orchard Park, NY	Hamburg
James Picard	Jr. (So.)	Midlothian, VA	James River
Andrew Press	So. (Fr.)	Knoxville, TN	Webb School
Cabell Rosanelli	Fr.	Richmond, VA	Douglas Freeman
Zachary Rubin	Fr.	Westmoreland, NH	Keene
Jason Schoener	Sr.	Grand Blanc, MI	Grand Blanc
Charles Swartz	Fr.	Manassas, VA	Osborn Park
Adam Tenerowicz	Jr.	Blackstone, MA	Blackstone-Mill Rver
Steve Waite	So. (Fr.)	Little Silver, NJ	Red Bank Regional
Matt Warco	Jr. (So.)	McMurray, PA	Peters Township
Bryce Wilk	So. (Fr.)	Millbrook, NY	Millbrook
Matt Wolak	Sr. (Jr.)	Richmond, VA	Mills Godwin

Head Coach: Alex Gibby (William and Mary, 1997), Third Year
Assistant Coach: Ed Moran (William and Mary, 2003), First Year
Assistant Coach: Adam Otstot (William and Mary, 2004), First Year

Breakdown by Location

Indiana (1)	Jared CampbellFranklin
Illinois (1)	Spencer Kirk River Forest
Massachusetts (3)	Sean Anastasia-Murphy Gloucester Daniel MacKay Whitinsville Adam Tenerowicz Blackstone
Michigan (1)	Jason Schoener Grand Blanc
New Hampshire (1)	Zachary Rubin Westmoreland
New Jersey (2)	Rob Dennis Little Silver Steve Waite Little Silver
New York (3)	David Hryvniak Spencerport Kyle Pawlaczyk Orchard Park Bryce Wilk Millbrook
North Carolina (1)	Ollie Ehlinger Arden
Oregon (1)	Harry Miller Portland
Pennsylvania (5)	Ian Fitzgerald Glenshaw Ryan Jones Harrisburg Colin Leak Chadds Ford Dave Mock Johnstown Matt Warco McMurray
Rhode Island (1)	David Murphy Warwick
Tennessee (1)	Andrew Press Knoxville
Virginia (21)	Anthony Arena Manassas Keith Bechtol Alexandria Brad Clark Burke Mike Dominguez Herndon Daniel Gordon Herndon David Groff Centreville Jeff Hedley Virginia Beach Steve Hoogland Springfield Christopher Katillie Sterling Matt Keally Virginia Beach Graham Kearney Richmond Christo Landry Falls Church Karl Lang Oak Hill Andrew Midland Virginia Beach Dan Nally Warrenton Anthony Nowatarski Stafford Joel Parker Portsmouth James Picard Midlothian Cabell Rosanelli Richmond Charles Swartz Manassas Matt Wolak Richmond

2004 Review

After head coach Alex Gibby quickly found success in 2003, his first season that included the Tribe's 11th CAA Championship and the College's seventh-straight qualification to the NCAA Championship, he witnessed even greater accomplishments in his second year. Gibby returned his team to the NCAA Championship for the eighth consecutive season, this time via an automatic berth after a runner-up finish at the NCAA Southeast Regional. In a season of continued excellence, Gibby's athletes amassed four All-Southeast, four All-East and eight all-conference honors to go with two team victories, including W&M's fifth consecutive CAA Championship. His athletes excelled on the national and world stage as well.

He oversaw the team's first freshman All-American since 1970, as Christo Landry raced to 38th place at the NCAA Championship to capture the honor. In addition to his All-America achievement, Landry led the American team at the World Cross Country Championships, after an impressive fourth at Junior Nationals, while fellow rookie Dave Mock won the inaugural junior North America, Central America and Caribbean Championship.

Gibby primed his team to break from the box early, and despite splitting squads, the Green and Gold powered its way to some impressive performances in the young season. At the first scored meet of the season, Virginia's Lou Onesty Invitational, the College placed five runners in the top 15 for the team win, outpacing Ohio State, Virginia and Virginia Tech. Jeff Hedley led the team in

fourth place for CAA Runner of the Week honors, while freshman Ian Fitzgerald impressed in his collegiate debut by taking eighth. Adam Tenerowicz sparked at the Paul Short Invitational the following week, making a statement by finishing 10th among the top runners in the nation (earning CAA Runner of the Week honors in the process) to lead W&M to an eighth-place showing in the elite 36-team field. The College continued to roll by capturing third place in the Great American Race of Champions, placing two runners in the top-20 and four in the top-30 of the field. With third place, the Tribe beat out two key Southeast Regional rivals (Duke and Virginia) at the meet and finished only 25 points shy of then-No. 8 N.C. State which took second. Hedley again led the squad in 14th, while Keith Bechtol claimed 19th in an impressive season debut for Runner of the Week honors. Bechtol earned his second Runner of the Week award for his team-leading 26th-place finish at the NCAA Pre-Nationals as the College placed 18th in the Blue Race.

With the depth exhibited by the sterling performance of the split squads, the Tribe anticipated a fifth consecutive CAA Championship and won the crown in dominating fashion. Equaling the College's streak of five crowns from 1993-97, the Green and Gold swept the top four positions and totaled just 18 points, one shy of W&M's own record, with eight runners earning All-CAA honors (awarded to the top 12 finishers). Leading the College and capturing the individual crown was Matt

Keally, who clocked a 25:16.6 for 8,000m to claim the fourth-straight individual title won by a Tribe harrier. Following right behind Keally was Landry, who made a statement in his first CAA Championship, notching runner-up honors in only the second race of his collegiate career. Hedley turned in his customary strong performance in third, while Pat Comstock continued to make strides, scoring his second career all-conference citation in fourth. Sean Anastasia-Murphy claimed eighth as the team's fifth runner, while Anthony Arena raced to 10th as the redshirt freshman took a big step in his career, running with decorated seniors Charlie Hurt (11th) and Adam Otstot (12th), who rounded out the Tribe's all-conference honorees. Fitzgerald, who was running fifth and in line to give the Tribe minimum points (15) had he crossed the line in that position, was advised by Gibby to drop out of the race to avoid heat exhaustion, and three top runners (Tenerowicz, Bechtol, and Schoener) were held out of the race; otherwise, it would have been an even more forceful showing for the Green and Gold.

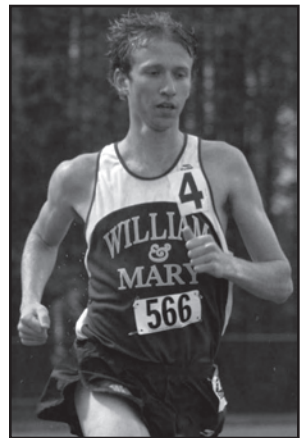
After settling for an at-large bid in 2003, Gibby's squad did not want to wait on the bubble in 2004 and took care of business at the Southeast Regional, but it was not without

2004 Results		
Date	Event	Result
Sept. 10	Colonial Invitational	No team scoring
Sept. 18	Lou Onesty Invitational	1st
Sept. 25	Paul Short Invitational	8th
Oct. 1	Great American Festival	3rd (Race of Champions)
Oct. 16	NCAA Pre-Nationals	18th
Oct. 16	Tribe Open	No team scoring
Oct. 30	CAA Championship	1st
Nov. 6	Cavalier Open	No team scoring
Nov. 13	NCAA Southeast Regional	2nd
Nov. 20	IC4A Championship	2nd
Nov. 22	NCAA Championship	Not Classified

drama. With Bechtol battling an asthma attack and falling in the order, the College found itself around fourth place with only 2,000m to go. In a determined performance, the Tribe harriers stepped up and found the strength to close, racing ahead of Clemson to claim second place and the final automatic berth to the NCAA Championship. Landry and Hedley, who raced to seventh and 11th, respectively, turned in a tremendous effort over the last 500 meters to move ahead of numerous runners and punch the Tribe's ticket to the NCAA Championship. The duo, by finishing in the top 25, claimed All-Southeast honors for their performances, the first such honor for Landry and second career accolade for Hedley. Tenerowicz and Keally also raced to all-region acclaim, finishing 24th and 25th, respectively, with Tenerowicz earning the honor in his first regional appearance and Keally netting the third-straight All-Southeast accolade of his career. Jason Schoener turned in a solid performance to complete the scoring five in 33rd.

With so many decorated harriers, and a return to the friendly layout of Terre Haute, Indiana, it seemed the Tribe was primed to better its 14th-place performance from 2002, the last time the meet was held in Terre Haute. However, for the second consecutive season (with four-time All-American Ed Moran breaking his foot prior to the 2003 NCAA Championship), Gibby's team was snakebit at Nationals, as four of his eight runners succumbed to food poisoning the night before the race. Bechtol, Comstock, Fitzgerald and Keally were all afflicted and although both Comstock and Fitzgerald soldiered to the starting line to at least answer the gun, neither could complete the 10,000m. The illness left W&M with only four finishers and no team score, thus not placing at the Championships, but the meet was not entirely without success. Landry made history as the Tribe's first freshman All-American in over 30 years, while Tenerowicz again showcased national-level potential with an impressive 93rd-place performance in his NCAA debut. Hedley, who claimed a solid 111th, and Schoener in 188th both competed in their second NCAA Championship and gained added experience.

Two days earlier, the Tribe once again proved its depth by capturing runner-up honors at the IC4A Championship with its top runners at NCAAs. Anastasia-Murphy impressed by racing to fifth to lead four Tribe runners netting All-East honors, including Dave Mock, David Murphy and Hurt.



Adam Tenerowicz

Season Highlights

Team Victories

CAA Championship (18 points / 7 Teams)

Lou Onesty Invite (46 points / 12 Teams)

Individual Champions

Matt Keally CAA Championship

Dave Mock NACAC Championship

All-America

Christo Landry (38th)

All-Region (4)

Christo Landry (Seventh)

Jeff Hedley (11th)

Adam Tenerowicz (24th)

Matt Keally (25th)

All-East (4)

Sean Anastasia-Murphy (Fifth)

Dave Mock (17th)

David Murphy (18th)

Charlie Hurt (25th)

All-CAA (8)

Matt Keally (First)

Christo Landry (Second)

Jeff Hedley (Third)

Pat Comstock (Fourth)

Sean Anastasia-Murphy (Eighth)

Anthony Arena (10th)

Charlie Hurt (11th)

Adam Otstot (12th)

CAA Performer of the Meet

Matt Keally

CAA Athlete of the Year

Jeff Hedley

CAA Rookie of the Year

Christo Landry

CAA Coach of the Year

Alex Gibby

CAA Scholar-Athlete of the Year

Pat Comstock

CAA Runner of the Week (3)

Jeff Hedley (Week of 9/21)

Adam Tenerowicz (Week of 9/28)

Keith Bechtol (Weeks of 10/05 and 10/19)

USATF Junior Nationals (2)

Christo Landry (Fourth)

Dave Mock (Eighth)

IAAF Junior Worlds

Christo Landry (46th)

Active athletes in bold

2005 Outlook

Entering the 2005 season, third-year head coach **Alex Gibby** expects to continue the Tribe's streak of five CAA Championships and eight consecutive appearances at the NCAA Championship. W&M will also look to extend its streak of sweeping the conference postseason awards, now four years long. In 2004, senior **Jeff Hedley** claimed Athlete of the Year, sophomore All-American **Christo Landry** was named Rookie of the Year, despite racing in only three events in a Tribe uniform, graduated harrier **Pat Comstock** won the Scholar-Athlete award, and Gibby won his second consecutive Coach of the Year award.

Gibby expects a pack of six runners to push each other every meet for the top spot, led by Landry, and including Hedley, senior 2004 CAA Champion **Matt Keally**, juniors **Keith Bechtol** and **Adam Tenerowicz**, and sophomore **Ian Fitzgerald**. In his rookie season, Landry competed in only three meets as an attached runner for the Tribe, but made the most of them. He finished as runner-up at the CAA meet to teammate Keally and was the top W&M finisher at the Southeast Regional, claiming All-Southeast honors by finishing seventh. He was named All-American at the NCAA Championship, the first freshman from the College since 1970 to earn that honor, placing 38th overall. Hedley looks to continue his remarkable consistency from last year's cross country campaign, where he claimed all-conference and All-Southeast honors in addition to being named Athlete of the Year in the CAA, and competed at the NCAA Championships. During the regular season, he ran first on the team twice, when the Tribe won the Lou Onesty Invitational and was named CAA Runner of the Week after finishing fourth, and also when the Tribe claimed third against a deep field of nationally ranked opponents at the Great America Festival. Hedley was also an NCAA qualifier in the 5,000m on the track in 2004.

Keally came on strong at the end of last year, punctuated by winning the CAA Championship, and will look to continue that success this year as he aims to build upon his 25th-place finish at the Southeast Regional. The 2002 Rookie of the Year also claimed his third-straight All-Southeast honor by finishing 25th. Bechtol is another runner who has improved every year in a Tribe uniform, and he will look to continue that trend after solving a vocal-cord dysfunction that caused him to drop in placing at the Southeast regional after leading the Tribe for most of the race. The No. 1 runner for the Tribe at the Pre-Nationals meet, Bechtol recorded a huge personal record in the 10,000m on the track, running 29:25.02 at Stanford's Cardinal Relays, and was also honored as a Goldwater Scholar, 2005 CAA track and field Scholar-Athlete of the Year, Academic All-District selection, and twice named CAA Runner of the Week.

A proven national competitor, Tenerowicz earned All-Southeast honors by finishing 24th at the regional meet, and was named Runner of the Week for leading the Tribe in tenth place at the Paul Short Invitational during the season. He also gave an impressive showing at the National Championships, placing in the top 100. Fitzgerald is expected to make great strides this season after contributing well in his freshman campaign, racing in the top 100 at the Pre-Nationals and running in 130th at the National Championships before being forced from the race due to sickness. Senior **Jason Schoener** exhibited consistent im-

provement during the cross country season, racing as the Tribe's fifth runner at the Southeast Regional, and finishing as the number four runner at Nationals. A competitor for the Tribe in the last two NCAA championships, he redshirted the track season, competing unattached at several events, including winning the 10,000m Olympic Developmental race at the prestigious Penn Relays.

Expected to contend for spots on the varsity is a strong mix of upper and underclassmen, who make this year's Tribe team the strongest and deepest in recent memory. Senior **Sean Anastasia-Murphy** will look to break onto the NCAA squad at the end of the season after leading W&M to a second-place finish at last year's IC4A championships, claiming his second All-East honor with a fifth-place finish. All-conference in 2004, finishing eighth, he has perhaps the broadest range on the team after a track season that saw him earn multiple IC4A qualifications and run the first sub-nine-minute steeplechase for the Tribe since 1992, earning All-East honors and qualifying for the NCAA Regional.

Sophomore **Dave Mock** had a big winter and spring, earning All-East honors at the IC4A Cross Country championships, and claiming eighth at the USA Cross Country Championships in February. Selected to the USA team for the inaugural North America, Central America, and Caribbean (NACAC) Championships, Mock powered past a strong field of competitors to win the individual title by seven seconds and lead a USA sweep of the top six positions.

Redshirt sophomore **Anthony Arena** broke out at the CAA Championships last year, claiming 10th for all-conference honors, and followed that with a runner-up performance in the steeplechase at the CAA track championships, which qualified him for the IC4A meet. He has made huge strides both in practice and on race day and will look to continue and translate those steps into a scoring position this fall. Redshirt sophomore **Steve Hoogland** will also look to impress after providing depth to the team last fall and claiming All-East and All-conference honors in the 10,000m during the spring, timing 30:08.10 at the IC4A meet.

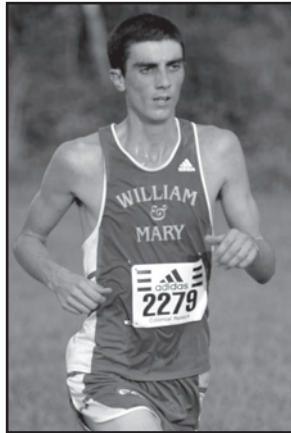
Also expected to compete for a top spot is junior **David Murphy**, the 2003 CAA Rookie of the Year. Murphy claimed All-East honors with an 18th place finish at the 2004 IC4A Championships after just missing his second all-conference nod by finishing 13th (one spot shy) at the 2004 CAA Championships. Senior **Kyle Pawlaczyk** will aim to continue his improvement from last season, which was his best and most complete season after a career plagued by injuries, and he competed at the IC4A outdoor meet in the 10,000m with a personal record after qualifying for the meet with an all-conference performance at CAAs. Sophomores **Jared Campbell** and **Rob Dennis**, CAA scorers on the track, will provide depth as they continue to mature. Campbell is a tremendous worker and earned valuable experience last year as a member of the Tribe's IC4A squad. Campbell was an IC4A qualifier on the track in the 10,000m as a freshman. Dennis competed in and

won the coaches race at the IC4As and followed that with a solid freshman track season, including scoring for the Tribe at the conference meet in the 3,000m steeplechase.

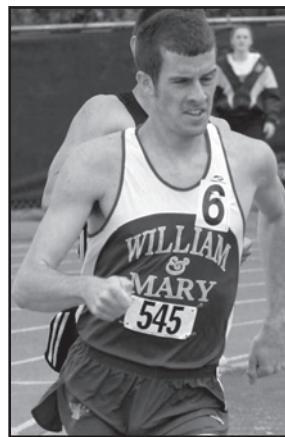
Underpinning the top ranks of harriers is a stable of strong competitors. Junior **Dan Nally** fashioned several strong performances last year, racing as the Tribe's fourth scorer in the win at the Lou Onesty Invitational and claiming runner-up honors at the Cavalier Open before competing as part of the IC4A squad. Classmate **David Hryvniak** will provide depth to the lineup after competing in several races last season, as will senior **Mike Dominguez**, who scored for the Tribe at the 2003 IC4A championships and is a former All-CAA performer in track. After sitting out last cross country season, redshirt freshman **David Groff** earned All-East honors as part of the College's 4x800 relay in track and will look to make an impact this season after being named an all-south runner at the 2003 Footlocker south region championships in high school. Junior **James Picard** will look to continue improving in his second season as a Tribe harrier after transferring from Hampton. Sophomore **Karl Lang** took runner-up honors in the IC4A coaches race behind teammate Dennis, and **Bryce Wilk** scored at CAAs in the steeplechase after competing unattached in the 2004 cross country season. Several more freshmen competed unattached last season and look forward to their first season wearing the green and gold, including **Ollie Ehlinger**, **Steve Waite**, **Andrew Press**, and **Ryan Jones**.

Middle distance aces from the track will look to contribute as well, led by senior **Matt Wolak**, a former CAA 800m champion and member of the All-East 4x800 relay team in track, and junior **Matt Warco**, who had a huge breakthrough on the track, running 3:48.51 for the 1,500m and 1:51.96 in the 800m. Senior **Graham Kearney**, a former CAA scorer and indoor IC4A qualifier in the 4x800 and distance medley relays, will look to make an impact in uniform after competing unattached last season, finishing fourth at the Cavalier Open, while junior **Joel Parker**, also a former CAA scorer and distance medley relay indoor IC4A qualifier, will try and build on his three top 20 finishes from last season. Rounding out the returning competitors for William and Mary is junior **Spencer Kirk**.

Several incoming freshmen will be looking to fill the large shoes left by the class of 2008, led by the quartet of **Zachary Rubin**, **Colin Leak**, **Andrew Midland**, and **Harry Miller**. Rubin was the New Hampshire and New England Champion in the 800m and was undefeated in the 800m and 1,600m events his senior year. Leak was all-state at Unionville High School in Pennsylvania and finished sixth in the 3,000m race at the Penn Relays with a time of 8:36.91. Midland was the Virginia AAA state champion in the indoor 3,200m, running 9:22.28. Miller was the Oregon state champ in the 1,500m and runner-up in the 800m and ran top times of 3:57.94 and 1:54.52, respectively, after claiming third at the state cross country championships. Other newcomers to Williamsburg are **Brad Clark**, **Daniel Gordon**, **Christopher Katillie**, **Daniel MacKay** (a transfer from D-III National Champions Calvin College), **Anthony Nowatarski**, **Cabell Rosanelli**, and **Charles Swartz**, all of whom bring a proven record of success at the conference, regional, and state levels.



Sean Anastasia-Murphy



Ian Fitzgerald

Athlete Profiles



Sean Anastasia-Murphy

Sr. • Gloucester, MA • Gloucester

Cross Country: 2004: All-East as Tribe's No. 1 runner at the IC4A Championship, claiming fifth place ... All-CAA after racing to eighth at the CAA Championship ... Ran No. 1 for the squad at the Tribe Open, finishing third overall ... Also claimed fifth at the Colonial Invitational as W&M's second runner ... Fourth Tribe runner at the Paul Short Invitational (51st overall). **2003:** Redshirted. **2002:** Impressive rookie season capped with All-East honors at the IC4A Championship, where he finished 17th as the

Tribe's second runner ... Campaign included three top-ten finishes: fifth at the Cavalier Open, seventh at the Tribe Open and eighth in the open race at the Paul Short Invitational ... Debuted with a 41st at the Lou Onesty Invitational. **Track: 2004:** Fastest Tribe steeplechaser in the past decade, breaking 9:00 (8:59.26) in an All-East, sixth-place performance at outdoor IC4As, qualifying for the NCAA East Regional in the process ... All-East as member of the Tribe's seventh-place distance medley relay team at indoor IC4As ... Ran on Tribe's 4x800m relay during prelims at outdoor IC4As, seeding the team fourth for the finals ... IC4A qualifier in the outdoor 5,000m (14:37.42).

Personal Records

1,500m - 3:54.67	1,600m - 4:07.8r	Mile - 4:14.50
3,000m - 8:30.48i	3K Steeple - 8:59.26	5,000m - 14:37.42



Mike Dominguez

Sr. • Herndon, VA • Herndon

Cross Country: 2004: Second Tribe finisher in the Paul Short open race, finishing 19th overall. **2003:** Was among the top five Tribe runners at the IC4A Championship, finishing 65th overall ... Raced to three top-50 finishes at the Lou Onesty invitational (35th), the George Washington Invitational (31st) and the Tribe Open (48th). **2002:** Competed twice for the Tribe ... Best finish was 36th in the open race at the Paul Short Invitational. **Track:** Former runner-up in the 3,000m steeplechase at CAAs for all-conference honors.

Personal Records

3,000m - 8:52.92i	3K steeple - 9:35.15
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Jeff Hedley

Sr. • Virginia Beach, VA • Kempsville

Cross Country: 2004: CAA Athlete of the Year ... Earned second All-Southeast honor of his career by racing to 11th at NCAA Regional ... Claimed third at the CAA Championship for all-conference accolades ... Raced at the NCAA Championship as Tribe's third runner (111th overall) ... Ran No. 1 for W&M in its win at the Lou Onesty Invitational, earning CAA Runner of the Week honors ... Also ran No. 1 at Great American in 15th place overall. **2003:** Ran to all-region honors by finishing 23rd at the NCAA Southeast Regional as the Tribe's third runner just two weeks after missing the CAA Championship with an injury ... Third Tribe runner at NCAA Championship ... Second Tribe runner at Pre-Nationals, taking 43rd in the Gold Race by clocking a season-best 8,000m time of 24:28.9 ... Grabbed eighth place at George Washington, powering the Tribe to victory. **2002:** Overcame anemia to put together some solid runs ... Was the fourth finisher for the Tribe in its second-place showing at the IC4A Championships ... Placed ninth in both the Cavalier Open and the Lou Onesty Invitational. **2001:** Redshirted. **Track:** Former automatic qualifier for the NCAA Outdoor Championship in the 5,000m after claiming third at the 2004 NCAA East Regional with a 14:12.25, leading most of the last mile ... All-East in the mile in 2005 after a third place performance, clocking a PR of 4:05.80 in prelims ... Redshirted the outdoor 2005 season but in an unattached performances clocked a PR of 13:59.59 for 5,000m (breaking the NCAA Regional barrier) and timed a PR of 29:38.58

for 10,000m (breaking the NCAA Provisional standard) ... Former All-CAA honoree in the 1,500m and 3,000m steeplechase.

for 10,000m (breaking the NCAA Provisional standard) ... Former All-CAA honoree in the 1,500m and 3,000m steeplechase.

Personal Records

1,500m - 3:51.55	Mile - 4:05.80i	3,000m - 8:21.60i
5,000m - 13:59.59	10,000m - 29:38.58	



Matt Keally

Sr. • Virginia Beach, VA • Ocean Lakes

Cross Country: 2004: CAA Champion, leading a Tribe sweep of the top four finishers ... Earned third career all-region honor by racing to 25th at the NCAA Southeast Regional as Tribe's fourth harrier ... Made the team's NCAA Championship squad but did not start due to illness ... Helped Tribe take a strong third place in the Great American Race of Champions by finishing 24th overall as the squad's third runner. **2003:** Earned second career all-region honors by running to 16th at the Southeast Regional as the Tribe's second runner ... Fourth Tribe runner at NCAA Championship ... All-conference honoree after

capturing third place at the CAA Championship ... Opened the season with a fourth place at the Tribe Open ... USCCCA All-Academic Selection. **2002:** CAA Rookie of the Year ... 113th at the NCAA Championship as the Tribe's third runner ... All-region honors with 24th-place finish at the NCAA Southeast Regional ... 20th at the USATF Cross Country Trials ... 121st at the NCAA Preview Invitational ... Claimed 12th in first collegiate meet, the Paul Short Invitational. **Track:** 2004 CAA 10,000m Champion ... Former All-East honoree in the indoor 5,000m and 10,000m ... Redshirted the 2005 season but did qualify for the IC4A indoor 5,000m in lone appearance ... 2003 CAA Rookie of the Year.

Personal Records

3,000m - 8:24.71i	5,000m - 14:17.87i	10,000m - 30:14.64
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Graham Kearney

Sr. • Richmond, VA • Douglas Freeman

Cross Country: 2004: Posted three strong finishes as an unattached competitor ... Claimed fourth at the Cavalier Open and raced to sixth at the Tribe Open ... Also finished 12th at the Colonial Invitational. **2003:** First season of collegiate running saw him race three times as an unattached competitor ... Best finish of 34th came at the Tribe Open. **Track:** CAA scorer in the 800m and 1,500m ... Strong relay competitor who has run on IC4A-qualifying 4x800m and DMR squads.

Personal Records

800m - 1:54.54	1,500m - 3:57.19
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Kyle Pawlaczyk

Sr. • Orchard Park, NY • Hamburg

Cross Country: 2004: Breakthrough season saw him claim sixth at the Colonial Invitational as team's third runner ... Also squad's third harrier at the Cavalier Open, claiming 12th ... Placed 16th at the Colonial Invitational. **2003:** Did not compete. **Track:** Earned first career IC4A qualification by clocking a 30:51.94 in the 10,000m at the CAA Championship ... That PR earned his third-place and all-conference honors in the event ... Won the 3,000m at the CNU Winter Frolic with a PR of 8:43.78 in an unattached performance ... Also set 5,000m PR of 14:50.84 in first injury-free season.

Personal Records

3,000m - 8:43.78i	5,000m - 14:50.84	10,000m - 30:51.94
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Athlete Profiles



Jason Schoener

Sr. • Grand Blanc, MI • Grand Blanc

Cross Country: 2004: Second Tribe runner at Pre-Nationals, claiming 84th overall ... Ran as team's fourth runner at the NCAA Championship, finishing 188th ... Claimed 33rd at the NCAA Southeast Regional as squad's fifth harrier ... Fifth Tribe runner at Great American (37th overall), helping the team place a strong third. **2003:** All-conference honoree after capturing fourth place at the CAA Championship ... Second Tribe runner at the NCAA Championship ... Team's fifth runner in his first Southeast Regional, finishing 34th ... Ran to ninth place at George Washington, helping the Tribe take a close win over Georgetown ... Opened the season with a solid 13th-place effort at the Lou Onesty Invitational ... Competed for the squad at Pre-Nationals, finishing 131st in the Gold Race. **2002:** All-East with his fourth at the IC4A Championship ... Finished 21st in his first CAA Championship ... Claimed sixth at the Tribe Open ... 19th in the Cavalier Open and 18th in the open race of the Paul Short Invitational. **Track:** Redshirted the outdoor 2005 season, but won the Penn Relays Olympic Development race (29:55.91), under the IC4A standard ... Qualified for the IC4A indoor 3,000m and 5,000m in 2005 ... Double All-East honoree in 2004, earning honors in the indoor 5,000m (eighth) and outdoor 10,000m (seventh) ... Former All-CAA honoree in the 5,000m.

Personal Records

3,000m - 8:28.76i 5,000m - 14:25.27i 10,000m - 29:55.91



Matt Wolak

Sr. • Richmond, VA • Mills Godwin

Cross Country: 2004: Did not compete. **2003:** First year of collegiate competition ... Contested four races as an unattached runner, finishing in the top 50 on each occasion ... Best finish of 11th came at the Cavalier Open. **Track: 2005:** Scored for the Tribe at CAAs, placing eighth in the 800m ... Also part of the sixth-place 4x400m relay ... All-East as part of the 4x800 relay that took fourth at the IC4A Championships. **2004:** CAA Champion in the 800m in a gun to wire victory ... All-East as anchor of the Tribe's seventh-place 4x800m relay at outdoor IC4As ... NCAA Regional qualifier in the 800m ... Leg of the

Tribe's CAA scoring fifth-place 4x400m relay ... Indoor IC4A competitor, racing on the College's 4x800m relay ... Ran leg of the team's indoor IC4A-qualifying distance medley and 4x800m relay squads ... Strong season saw him set PRs in the 1,500m (3:56.24) and mile (4:15.84).

Personal Records

800m - 1:52.28 1,500m - 3:56.24 Mile - 4:15.84i



Anthony Arena

Jr. • Manassas, VA • Osbourn Park

Cross Country: 2004: Impressed by racing to 10th at the CAA Championship, netting all-conference honors as Tribe's sixth runner ... Also ran sixth for the squad in its runner-up showing at the IC4A Championship, placing 32nd ... Led the team in the open race at the Paul Short Invitational, claiming seventh ... Second W&M runner at the Tribe Open, finishing fourth overall. **2003:** Red-shirted, but competed as an unattached runner several times ... Best finish (20th) came at the Cavalier Open ... Also claimed 32nd at the Tribe Open. **Track:** Earned second career All-CAA honors in the 3,000m steeplechase

in 2005, capturing runner-up honors in the event with an IC4A-qualifying 9:14.16 ... Also qualified for the IC4A outdoor 5,000m in 2005, timing a PR 14:36.41 ... All-conference in the steeplechase as a rookie.

Personal Records

3,000m - 8:36.44i 3K steeple - 9:14.16 5,000m - 14:36.41



Keith Bechtol

Jr. • Alexandria, VA • Thomas Jefferson

Cross Country: 2004: Twice named CAA Runner of the Week ... Led the Tribe at the NCAA Pre-Nationals, impressing in 26th overall ... Also impressed with a 19th-place performance in the Great American Race of Champions, as the squad's second harrier ... Ran on the Tribe's NCAA Southeast Regional squad, but was limited by an asthma attack during the race ... Also made the team's NCAA Championship squad but did not start due to illness ... Selected as a prestigious Goldwater Scholar and also earned COSIDA/ESPN *The Magazine* academic all-district first team honors. **2003:** First runner for the Tribe at the IC4A Championship, claiming 26th, just one spot shy of All-East honors ... Squad's seventh runner at Pre-Nationals ... 17th at the CAA Championship ... 18th in the team's win at George Washington. **Track:** NCAA Provisional qualifier in 2005, clocking a PR of 29:25.02 ... Qualified for both the indoor and outdoor IC4A 5,000m in 2005, just missing All-East honors in the outdoor race by racing to ninth ... 2005 CAA Scholar-Athlete of the Year ... 2004 CAA Rookie of the Year ... Qualified for the World Junior Championships in the 10,000m in 2004 after capturing second in the distance at the USATF Junior Nationals ... Finished as the highest American (19th) in the 10,000m at World Juniors ... 2004 IC4A Champion in the 10,000m with a 29:58.13, the fastest 10,000m time run by any U.S. junior during the season ... 2004 CAA Champion in the 5,000m ... Claimed 10th in the 5,000m at the 2004 NCAA East Regional, clocking a personal record of 14:34.08.

Personal Records

3,000m - 8:39.35i 5,000m - 14:19.31 10,000m - 29:25.02



Steve Hoogland

Jr. • Springfield, VA • Lake Braddock

Cross Country: 2004: Fifth Tribe runner in the team's win at the Lou Onesty Invitational, finishing 14th overall ... Also claimed fifth at the Tribe Open as squad's third harrier ... Raced to 16th at the CAA Championship. **2003:** Red-shirted, but competed as an unattached runner on three occasions ... Impressed with a fourth-place performance at the Cavalier Open ... Also ran a strong race in his eighth-place effort at the Tribe Open ... Claimed 27th in his collegiate debut at the George Washington Invitational. **Track:** All-East in the 10,000m, claiming fifth at IC4As with a PR 30:08.10 ... Runner-up in the CAA 10,000m for the second consecutive season in 2005, claiming all-conference honors by running below the meet record with a 30:46.89.

Personal Records

3,000m - 8:55.32 5,000m - 14:55.67 10,000m - 30:08.10



Athlete Profiles



David Hryvniak

Jr. • Spencerport, NY • Aquinas Institute

Cross Country: 2004: Raced in-uniform on four occasions, with a best of 20th at the Tribe Open. 2003: Red-shirted, but competed as an unattached runner twice ... Finished 37th in both races, the Lou Onesty Invitational and George Washington Invitational. **Track:** Competed in his first collegiate season in 2005 after redshirting in 2004 ... Made the CAA roster, finishing 11th in the 10,000m (32:50.75) and also set bests of 8:59.59 for 3,000m and 4:11.75 for 1,500m.

Personal Records

1,500m - 4:11.75 3,000m - 8:59.59i 5,000m - 15:01.61
10,000m - 32:50.75



Spencer Kirk

Jr. • River Forest, IL • Oak Park-River Forest

Cross Country: 2004: Ran unattached at the Tribe Open. 2003: Redshirted. **Track:** 2005: Just missed All-CAA in the steeplechase, finishing fourth ... Won the event in the GMU Invitational with a PR 9:25.55. 2004: Raced twice in the 1,500m, at the CNU Lid-Lifter and the JMU Invite.

Personal Records

800m - 1:57.17 1,500m - 4:03.22
3K Steeple - 9:25.55



David Murphy

Jr. • Warwick, RI • Bishop Hendricken

Cross Country: 2004: All-East honoree after claiming 18th at the IC4A Championship, helping the Tribe capture runner-up honors in the event ... Ran second for W&M at the Paul Short Invitational, finishing 24th overall ... Claimed 13th at the CAA Championship, one spot shy of all-conference honors ... Also made the team's Pre-National squad, as the seventh runner in the Blue Race. 2003: CAA Rookie of the Year ... Top freshman at the CAA Championship, claiming seventh and all-conference honors ... Solid debut in the NCAA Southeast Regional, finishing sixth among freshmen for 40th over-

all ... Competed for the Tribe at the NCAA Championship ... Led the squad at the Tribe Open, capturing third ... Turned in two other solid finishes: 33rd in his collegiate debut at the Lou Onesty Invitational and 34th at the George Washington Invitational. **Track:** Red-shirted in 2005 ... CAA scorer in the 1,500m in 2004, claiming sixth ... Qualified for 2004 Junior Nationals in the 5,000m ... Narrowly missed an IC4A qualification in the outdoor 5,000m as a rookie.

Personal Records

1,500m - 3:55.73 Mile - 4:21.45 3,000m - 8:26.5 5,000m - 14:41.15



Dan Nally

Jr. • Warrenton, VA • Liberty

Cross Country: 2004: Fourth Tribe harrier in the team's win at the Lou Onesty Invitational, racing to 13th overall ... Runner-up in the Cavalier Open (and first attached competitor to cross the line), leading W&M's contingent at the race ... Claimed 10th at the Tribe Open ... Competed in the Great American Race of Champions as W&M's eighth runner (83rd overall) ... Also raced for the Green and Gold at the IC4A Championship. 2003: Made the travel squad to compete four times for the team ... Best finish (25th) came at the Tribe Open ... Also claimed 26th in the Tribe's win at George Washington and 27th at the Lou Onesty Invitational ... Raced to 34th in his first CAA Championship. **Track:** Scored for the second consecutive season in the CAA 10,000m, claiming eighth with a PR of 32:00.49.

Personal Records

5,000m - 15:19.20 10,000m - 32:00.49



Joel Parker

Jr. • Portsmouth, VA • Churchland

Cross Country: 2004: Ran unattached at the Colonial Invitational ... Also unattached at the Tribe Open, placing 11th. 2003: Redshirted, but competed twice as an unattached runner ... Finished 49th at the George Washington Invitational and 52nd at the Lou Onesty Invitational. **Track:** 2005: Competed at several distances throughout the season, including the steeplechase at the CAA Championships. 2004: Solid middle distance and distance competitor who scored (eighth) for the Tribe in the 1,500m at the CAAs ... Ran on the College's indoor IC4A-qualifying distance medley relay at George Mason

... Logged a great deal of time in each the 800m, 1,000m, 1,500m and mile, showing his versatility.

Personal Records

1,500m - 4:02.98 Mile - 4:21.28i 3,000m - 8:30.54



James Picard

Jr. • Midlothian, VA • James River

Transferred from Hampton prior to 2004-05 season. **Cross Country:** 2004: Ran unattached at the Colonial Invitational and Tribe Open ... Placed 13th and ninth, respectively. **Track:** 2005: Competed twice in the 1,500m. **Hampton:** Had a strong debut at the indoor MEAC Championships, scoring with a fifth in the mile and placing seventh in the 5,000m ... Scored at the outdoor MEACs with a sixth-place effort in the 5,000m ... Raced as Hampton's No. 3 runner at the MEAC cross country championship, finishing 21st overall ... Set PRs of 3:58.59 in the 1,500m and 4:16.94 in the mile during his rookie campaign.

Personal Records

1,500m - 3:58.59 Mile - 4:16.94i 5,000m - 14:57.18

Athlete Profiles



Adam Tenerowicz

Jr. • Blackstone, MA • Blackstone-Mill River

Cross Country: 2004: Earned first career all-region honors by racing to 24th at the NCAA Southeast Regional ... Third Tribe runner at the Regional meet, helping W&M qualify for its eighth consecutive NCAA Championship by clinching runner-up team honors ... Second Tribe runner in his NCAA Championship debut, impressing by finishing 93rd ... Broke out as an elite performer at the Paul Short Invitational, impressing with a 10th place effort to pace the squad ... Earned CAA Runner of the Week honors for his Paul Short performance ... Ran fifth for the Green and Gold in the Blue Race at Pre-Nationals

(115th overall). **2003:** Sixth overall and the third Tribe runner at George Washington, helping the No. 18 Tribe defeat No. 13 Georgetown ... Fourth W&M runner in Pre-Nationals Gold Race ... Took ninth at the Lou Onesty Invitational in first collegiate meet ... Claimed 15th at CAA Championship ... Also ran at the IC4A Championship as squad's third runner. **Track:** Qualified for the IC4A 5,000m and 10,000m during the outdoor season ... CAA scorer in the 5,000m in 2005, claiming fifth with a PR of 14:41.19, nearly half a minute better than his best from his rookie campaign ... Shattered his 10,000m PR by 32 seconds by clocking a 30:07.04 in a sixth-place performance at Raleigh Relays.

Personal Records

5,000m - 14:41.19 10,000m - 30:07.04



Matt Warco

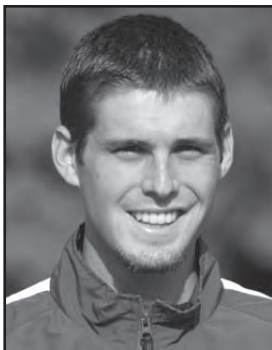
Jr. • McMurray, PA • Peters Township

Cross Country: 2004: Ran unattached at the Colonial Invitational, placing fourth ... Also unattached at the Tribe open, placing 13th. **2003:** Redshirted, but competed unattached in the Tribe Open ... Marking his first cross country race ever, he raced to a solid debut with a respectable 26:50 for 8,000m (27th). **Track: 2005:** All-East as part of the fourth-place 4x800 relay ... All-East indoors in the 1,000m, placing fifth ... Scored in the 800m at the CAA Championships, finishing fifth ... Also placed sixth in the 1,500m. **2004:** All-East honoree as member of the College's seventh-place 4x800m relay at outdoor

IC4As ... Scored at CAAs as leg of the Tribe's fifth-place 4x400m relay ... Competed at indoor IC4As on the Tribe's distance medley relay ... Also part of the team's indoor IC4A-qualifying 4x800m at Virginia Tech and distance medley relay at George Mason ... Was in position to make a charge in the 800m at CAAs until he was knocked down ... Won twice in the 800m (GMU Patriot Games and VCU Ram Invitational) and once in the 1,000m (GMU Open).

Personal Records

800m - 1:51.96 1,000m - 2:26.15i 1,500m - 3:48.51
3,000m - 8:29h



Jared Campbell

So. • Franklin, IN • Franklin Community

Cross Country: 2004: Raced to fifth in the open race at the Great America Festival ... Seventh Tribe harrier in team's win at the Lou Onesty Invitational ... Also W&M's seventh runner in squad's runner-up showing at the IC4A Championship ... Claimed ninth at the Cavalier Open and 15th in the Tribe Open. **Track:** Qualified for the IC4A 10,000m with a PR of 31:12.19 ... Claimed fifth in the CAA 10,000m with that PR, scoring for the team ... Finished six seconds shy of an IC4A mark in his 5,000m debut, timing a 14:49.90 in a third-place effort at the Fred Hardy Invitational.

Personal Records

3,000m - 8:48.23i 3K steeple - 9:48.59 5,000m - 14:49.90
10,000m - 31:12.19



Rob Dennis

So. • Little Silver, NJ • Red Bank Regional

Cross Country: 2004: Won the Coaches Race at the IC4A Championship ... Claimed eighth at the Colonial Invitational. **Track:** Scored for the Tribe in the 3,000m steeplechase at CAAs, claiming fifth (9:32.62).

Personal Records

1,500m - 4:04.58 3K steeple - 9:32.62



Ollie Ehlinger

So. • Arden, NC • TC Roberson

Cross Country: 2004: Redshirted, but raced on three occasions as an unattached competitor. **Track:** Redshirted indoors and debuted outdoors, seeing limited action in the 1,500m and 5,000m.



Ian Fitzgerald

So. • Glenshaw, PA • North Hills

Cross Country: 2004: Sparkled in his debut by racing to an impressive eighth at the Lou Onesty Invitational, leading W&M to the team victory as the second Tribe harrier to cross the line ... Continued to make an impact as a rookie, running No. 4 for the Tribe in its third-place finish at Great American, claiming a solid 29th in the Race of Champions ... Further impressed by again running No. 4 for the team in the Pre-Nationals Blue Race, finishing 97th ... Was in sight of a top-five finish at his first CAA Championship before strategically dropping from the race late with slight exhaustion with W&M's

team victory already clinched ... Started for the Tribe at the NCAA Championship despite illness, but did not finish the race ... Alternate to the Tribe's NCAA Southeast Regional squad. **Track:** Qualified for both the indoor and outdoor IC4A 5,000m ... Timed a PR of 14:27.98 for outdoor IC4A bid at the Penn Relays ... Scored at the CAAs in the 1,500m, claiming seventh with a PR of 3:53.03.

Personal Records

800m - 1:56.72 1,500m - 3:53.03 5,000m - 14:27.98



David Groff

So. • Centreville, VA • Westfield

Cross Country: 2004: Redshirted. **Track:** All-East as member of the Tribe's outdoor 4x800m relay squad that claimed fourth at outdoor IC4As with a season-fast 7:29.95 ... Teamed in the 4x800m at Penn Relays to qualify for IC4As in 7:43.24 ... Scored at CAAs as part of the Tribe's sixth-place 4x400m relay ... Just missed scoring in the CAA 800m, finishing ninth in 1:55.40.

Personal Records

800m - 1:53.2r 1,500m - 3:57.89

Athlete Profiles



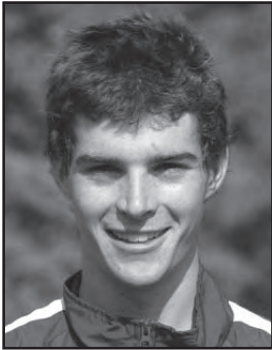
Ryan Jones

So. • Harrisburg, PA • Central Dauphin

Cross Country: 2004: Redshirted. **Track:** Redshirted, competing once in the indoor 800m at CNU, timing a 1:59.38 ... Ran once outdoors in the 800m at George Mason.

Personal Record

800m - 1:55.97



Christo Landry

So. • Falls Church, VA • Thomas Jefferson

Cross Country: 2004: Dazzling freshman campaign capped by All-America honors as the rookie finished 38th at the NCAA Championship to lead the Tribe ... CAA Rookie of the Year ... Qualified for the IAAF World Junior Championships thanks to a fourth-place effort at the USA Cross Country Championships ... Finished as the third-highest American at the Junior Worlds, in 46th ... Also ran No. 1 for the squad at the NCAA Southeast Regional, claiming all-region honors with a seventh-place performance ... Raced to runner-up honors at the CAA Championship in a strong showing, claiming all-conference honors in his first in-uniform race ... Debuted as an unattached runner at the Tribe Open, racing to an impressive second place. **Track:** Equally impressive rookie track campaign highlighted by at-large qualification to the NCAA Outdoor Championship in the 5,000m, where he finished 12th in his heat (18th overall) at 14:08.76 ... Earned at-large selection to the 5,000m at the NCAA Outdoor Championships after a ninth-place 14:05.15 at the NCAA East Regional ... Was seeded into the East Regional with his Tribe freshman record time of 14:01.62, set at the Cardinal Invitational ... Runner-up in the 5,000m at CAAs for all-conference accolades ... Also scored at CAAs in the 1,500, clocking a 3:51.52 for fourth ... IC4A qualifier in both the indoor and outdoor 5,000m and the outdoor 1,500m but did not compete at either event ... Won his track debut in the indoor 5,000m at the CNU Lid-Lifter, qualifying for IC4As in his first collegiate race (14:26.28).

Personal Records

1,500m - 3:51.52 3,000m - 8:06.71 5,000m - 14:01.62



Karl Lang

So. • Oak Hill, VA • Oakton

Cross Country: 2004: Raced to runner-up honors in the Coaches Race at the IC4A Championship ... Finished 11th in his collegiate debut at the Colonial Invitational. **Track:** Had a solid collegiate debut by timing an 8:50.03 in the indoor 3,000m at CNU ... Expanded into the 1,500m, 5,000m and steeplechase outdoors.

Personal Records

3,000m - 8:50.03i 5,000m - 15:07.15
3K steeple - 10:01.41



Dave Mock

So. • Johnstown, PA • Westmont-Hilltop

Cross Country: 2004: Inaugural NACAC Champion for the junior 6,000m race, winning by seven seconds to lead the U. S. team to the overall victory ... Raced to All-East honors by finishing 17th at the IC4A Championship, helping W&M claim runner-up honor as the team's second runner ... Qualified for the NACAC Championship by claiming eighth at the USA Junior National Cross Country Championship where he finished two spots shy of qualifying for the World Junior Championship ... Timed a 25:10.33 to run fifth for the Tribe at the Paul

Short Invitational ... Also turned in a solid 17th in his first CAA Championship ... Debuted as the runner-up at the Colonial Invitational ... Claimed eight at the Tribe Open. **Track:** Won the 3,000m at the CNU Indoor Classic in an unattached performance, debuting with a strong 8:34.79, five seconds off an IC4A qualification ... Clocked a 3:57.52 in the 1,500m at the VCU Ram Invite ... Also ran at the Duke Invitational and Raleigh Relays.

Personal Records

1,500m - 3:57.52 3,000m - 8:34.79i 5,000m - 14:33.93



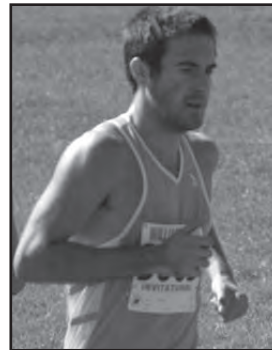
Andrew Press

So. • Knoxville, TN • Webb School

Cross Country: 2004: Redshirted, but ran unattached twice with strong showings of seventh at the Colonial Invite and eighth at the Tribe Open. **Track:** Just missed scoring in the CAA 3,000m steeplechase, finishing ninth in 9:44.90 ... Redshirted indoors.

Personal Records

1,500m - 4:11.55 3K steeple - 9:44.80
5,000m - 15:17.80



Steve Waite

So. • Little Silver, NJ • Red Bank Regional

Cross Country: 2004: Redshirted, but ran unattached at three meets. **Track:** Redshirted indoors and concentrated on the 1,500m outdoors.

Personal Records

1,500m - 4:02.86 5,000m - 15:39.56



Bryce Wilk

So. • Millbrook, NY • Millbrook

Cross Country: 2004: Redshirted, but ran unattached on three occasions with a best of 16th at the Colonial Invitational. **Track:** Scored in the 3,000m steeplechase at CAAs with an eighth-place performance ... Won his debut in the event at the VCU Ram Invite, timing a PR 9:25.83.

Personal Records

1,500m - 4:11.07 3,000m - 8:55.98i
3K steeple - 9:25.83 5,000m - 15:20.01



Newcomers

Brad Clark

Fr. • Burke, VA • Lake Braddock

Prep: The Patriot District champion in cross country (15:13) ... Has also run 9:30.14 for 3,200m on the track.

Daniel Gordon

Fr. • Herndon, VA • Herndon

Prep: Member of the indoor and outdoor state champion 4x800m relay ... Has run 1:57 for 800m (relay split), 4:21.08 for 1,600m, and 9:35.00 for 3,200m.

Christopher Katillie

Fr. • Sterling, VA • Thomas Jefferson

Prep: Member of the AAA Boys' team state champion in cross country ... Placed third in the Concorde District in cross country (15:20) ... Placed seventh in the State at 1,000m (2:33.62) during the indoor season and ran 1:58.42 for 800m, 4:23.04 for 1,600m, and 9:42.16 for 3,200m during the outdoor season.

Colin Leak

Fr. • Chadds Ford, PA • Unionville

Prep: A Pennsylvania AAA all-state honoree in cross country ... Also earned all-state honors during the indoor season at 3,000m ... Ran 4:18 for 1,600m and 8:36.91 for 3,000m during the outdoor campaign.

Daniel MacKay

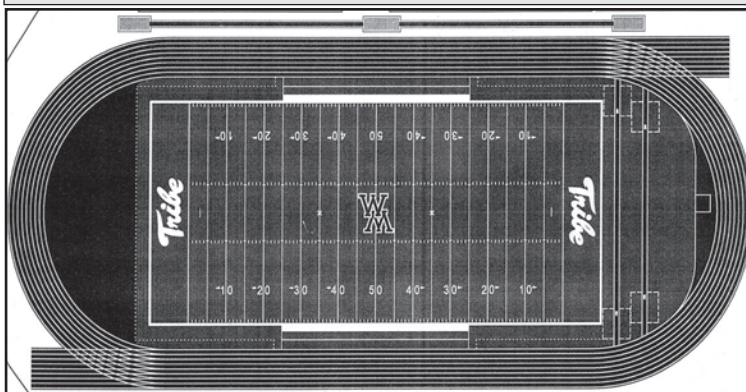
So. • Whitinsville, MA • Whitinsville Christian

Prep: A transfer from Calvin College (MI) ... Part of the D-III national cross country champions, MacKay has run 31:09 for 10,000m on the track.

Andrew Midland

Fr. • Virginia Beach, VA • Ocean Lakes

Prep: Won the Virginia AAA indoor state championship at 3,200m (9:22.28) with a huge closing lap ... A three time State qualifier in cross country.



Construction began in the summer of 2005 on a brand-new track and field complex in Zable Stadium. No mere resurfacing, the entire track base was taken up and the ground re-filled and re-sloped, and a new drainage system emplaced. The new surface is EDPM rubber, widely regarded as the premiere surface in the world. Other improvements include the addition of another pole vault runway, triple-jump/long-jump runway and pit, expansion of the high-jump platform to accommodate two jumps at one time, and the steeplechase pit moved from the north end to the south end of the stadium. The new surfaces and jumping areas meet or exceed the world-class standards set out by the International Association of Athletics Federations (IAAF), the governing body for track and field worldwide, so that if any American or world records are set at W&M, they will be accepted without question. The rebuild is on schedule to be completed by late spring, 2006, with the renowned Colonial Relays being held again in 2007 after a three year hiatus.

Harry Miller

Fr. • Portland, OR • Catlin Gabel

Prep: Placed third at the 2A Oregon state cross country championships ... On the track, Miller won the 1,500m and placed second at 800m at his state championships ... Has run 3:57.94 for 1,500m and 1:54.52 for 800m.

Anthony Nowatarski

Fr. • Stafford, VA • Colonial Forge

Prep: A state qualifier in cross country ... Won the Northwest Regional at 3,200m ... Has run 1:59.94 for 800m, 4:25.06 for 1,600m, and 9:35.6 for 3,200m.

Cabell Rosanelli

Fr. • Richmond, VA • Douglas Freeman

Prep: Earned all-state honors at the Virginia AAA state meet (11th) helping his team to a runner-up finish ... Placed 7th at the indoor state meet ... Has run 4:23.08 for 1,600m.

Zachary Rubin

Fr. • Westmoreland, NH • Keene

Prep: The New Hampshire and New England champion at 800m ... Ended the outdoor season undefeated at 800m and 1,600m ... Has run 1:55.21 for 800m.

Charles Swartz

Fr. • Manassas, VA • Osbourn Park

Prep: The runner-up in the Northwest Region in cross country ... Placed fourth in the Virginia AAA outdoor state championship at 600m ... Has run 1:59.42 for 800m, 4:21.98 for 1,600m, and 9:44.01 for 3,200m.



In Memory of Kelly Watt

Kelly Hansen Watt, an incoming freshman cross country recruit at the College, passed away on July 30, 2005, after suffering heat stroke while running on July 26th. Watt graduated from Albemarle High School in 2005, where he was

a multiple-time all-district and all-region runner, in addition to being named the 2004 Central Virginia Runner of the Year by the *Daily Progress* newspaper. He wrote for several periodicals and websites, and was also a member of the National Honor Society, National German Honor Society, and Beta Club.

A resident of Charlottesville, Virginia, Watt is the son of Paul K. and Paige Pattishall Watt and the brother of Morgan Watt. He was born on November 2, 1986.

National Excellence

Team Accomplishments

NCAA Appearances (20)

YEAR	PLACE
1963	17th
1964	20th
1966	18th
1968	15th
1970	10th
1971	17th
1972	11th
1973	4th
1975	23rd
1990	15th
1994	18th
1995	17th
1997	9th
1998	13th
1999	13th
2000	10th
2001	16th
2002	14th
2003	31st
2004	Not Classified

Southern Conference Championships (15)

YEAR	POINTS
1955	40
1956	34
1957	33
1963	41
1964	46
1966	21
1967	30
1968	29
1969	21
1970	23
1971	19
1972	15
1973	15
1974	15
1975	17

CAA Championships (12)

YEAR	POINTS
1990	19
1991	22
1993	27
1994	18
1995	24
1996	26
1997	24
2000	23
2001	17
2002	24
2003	20
2004	18

NCAA Regional Championships (7)

YEAR	POINTS
1966	--
1967	--
1970	--
1971	--
1973	--
1990	82
2000	49

USCCCA Team Academic All-America Honors (7)

1997, 1998, 2000, 2001, 2002, 2003, 2004

Player Awards

Cross Country All-America

Year	Athlete	Rank
1969	Hal Michael	7th
1970	Ron Martin	25th
1973	Bill Louv	19th
1975	Mac Collins	40th
1984	Ken Halla	32nd
1985	Ken Halla	18th
1990	Paul Vandegrift	20th
1991	Steve Swift	33rd
1997	Matt Lane	16th
1998	Matt Lane	11th
1999	Matt Lane	5th
2000	Ed Moran	32nd
2002	Ed Moran	30th
2004	Christo Landry	38th

Outdoor Distance All-America

Year	Athlete	Event
1968	Terry Donnelly	Steeple
1969	Juris Luzins	880 yds
1970	Hal Michael	Mile
1974	Ron Martin	3-Mile
1985	Ken Halla	10,000m
1986	Ken Halla	10,000m
1988	Hiram Cuevas	1,500m
1989	Paul Vandegrift	1,500m
1990	Paul Vandegrift	1,500m
1991	Jeff Hough	10,000m
	Paul Vandegrift	1,500m
1992	Jeff Hough	10,000m
	Paul Vandegrift	1,500m
1994	Steve Swift	10,000m
1995	Brian Hyde	1,500m
1997	Anders Christiansen	800m
1998	Matt Lane	5,000m
1999	Matt Lane	5,000m
	Anders Christiansen	800m
2000	Matt Lane	5,000m
2001	Matt Lane	5,000m
2003	Ed Moran	5,000m
	Sean Graham	5,000m
2005	Ed Moran	5,000m

Indoor Distance All-America

Year	Athlete	Event
1969	Juris Luzins	1,000 yds
1970	Hal Michael	Mile
1974	Reggie Clark	880 yds
1975	Reggie Clark	880 yds
	Distance Medley Relay	
	Frank Courtney, Bill Becker, Mac Collins, Reggie Clark	
1988	4x800m Relay	
	Rob Campbell, Hiram Cuevas, Dave Ryan, Paul Vandegrift	
1989	Paul Vandegrift	Mile
1994	Brian Hyde	3,000m
1995	Brian Hyde	Mile
1998	Matt Lane	3,000m
1999	Matt Lane	5,000m
	Anders Christiansen	800m
2000	Matt Lane	5,000m
2001	Matt Lane	5,000m

Top 30 NCAA Finishes

Not All-America

Place	Athlete	Year
16th	Jim Johnson	1965
27th	Bob DeTombe	1956
30th	Hal Michael	1968

COSIDA Academic All-America

1997	Matt Lane
	Kimble Woodworth
1998	Matt Lane
	Geoff Williamson
1999	Matt Lane
	Gene Manner
2000	Gene Manner
2003	Josh Watson
	West Garrett

NCAA Regional Athlete of the Year

1997	Matt Lane
1999	Matt Lane
2001	Sean Graham

U.S. Olympic Team

1996	Brian Hyde	1,500m
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1996 U.S. Olympian
Brian Hyde

U.S. Junior National Team

2001	Matthew Maline
2005	Christo Landry

NACAC Champion

2005	Dave Mock
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Southern Conference Champion

1957	Bob DeTombe
1958	Bob DeTombe
1963	Jim Johnson
1964	Jim Johnson
1965	Jim Johnson
1966	Terry Donnelly
1967	Terry Donnelly
1968	George Davis
1969	Hal Michael
1970	Ron Martin
1971	Ron Martin
1972	Bill Louv
1973	Ron Martin
1974	Reggie Clark
1975	Mac Collins
	Chris Tulou
1976	Mike Ellington

CAA Champion

1985	Ken Halla
1990	Paul Vandegrift
1991	Kevin Krause

1992	Brian Hyde
1993	Steve Swift
1994	Brian Hyde
1998	Matt Lane
1999	Matt Lane
2001	Sean Graham
2002	Ed Moran
2003	Ed Moran
2004	Matt Keally

CAA Athlete of the Year

1990	Paul Vandegrift
1991	Steve Swift
1992	Brian Hyde
1993	Steve Swift
1994	Brian Hyde
1997	Matt Lane
1998	Matt Lane
1999	Matt Lane
2001	Sean Graham
2002	Ed Moran
2003	Ed Moran
2004	Jeff Hedley

CAA Rookie of the Year

1993	Rey Mendez
1994	Mike Brown
1996	Matt Lane
2001	Matthew Maline
2002	Matt Keally
2003	David Murphy
2004	Christo Landry

Southern Conference All-Conference

1955	Bob DeTombe
	John Curry
	Dave Youngblade
1956	Bob DeTombe
	Dave Youngblade
	Gilbert McNair
1957	Bob DeTombe
	David Campana
	Bob Bassett
1958	Bob DeTombe
1959	Bob Bassett
1961	Bob Lawson
1963	Jim Johnson
	Bob Lawson
1964	Jim Johnson
	Joe Philpott
1965	Jim Johnson
	Terry Donnelly
	Ned Hopkins
1966	Terry Donnelly
	George Davis
	Chop Jordan
	Richard Widell
	Juris Luzins
1967	Terry Donnelly
	George Davis
	Chop Jordan
1968	George Davis
	Chop Jordan
	Hal Michael
	Juris Luzins
1969	Hal Michael
	Randy Fields
	Ted Wood
	Wayne McBride

Conference Eminence

1970 Randy Fields
Jay Gsell
Ron Martin
Hal Michael
Steve Snyder

1971 Tim Cook
Jay Gsell
Bill Louv
Ron Martin
Steve Snyder

1972 Bill Louv
Mac Collins
John Greenplate
Reggie Clark
Steve Snyder
Brendan Gallagher
Gene Schultz

1973 Ron Martin
Tim Cook
Bill Louv
John Greenplate
Reggie Clark
Mac Collins
Brendan Gallagher

1974 Reggie Clark
John Greenplate
Tim Cook
George Baquis
Chris Tulou
Steve Nobles
Gene Schultz
Jon Lott

1975 Chris Tulou
Mac Collins
Steve Nobles
Mike Ellington
Jon Michael
Kevin Ellis
Mike Gilleran

1976 Mike Ellington
Kevin Cropp
Jim Shields

CAA All-Conference
1983 Ken Halla
John Kellogg
1984 Dan Usher
1985 Ken Halla
Hiram Cuevas

1986 Brendan McCarthy
Brendan McCarthy
Andrew Horrocks

1987 Andy Jacob
Dave Ryan

1988 Hiram Cuevas
Paul Vandegrift

1989 Paul Vandegrift
Hiram Cuevas
Kevin Krause
Vince Hancock

1990 Paul Vandegrift
Steve Swift
Douglas Bergmann
Kevin Krause
Jeff Hough
Chris Layton
Andy Wilson

1991 Kevin Krause
Steve Swift
Brian Hyde
Chris Layton
Scott Miller
Jay Saunders
Brian Hyde
Pat Rodrigues
Scott Miller
Pete Breckenridge

1992 Steve Swift
Brian Hyde
Pat Rodrigues
Scott Miller
Pete Breckenridge

1993 Steve Swift
Brian Hyde
Pat Rodrigues
Scott Miller
Rey Mendez
Brian Eigel

1994 Brian Hyde
Brian Eigel
Greg Dobrasz
Mike Brown
Howard Townsend
Matt Wilkens
Bryan Dunn
Eric ter Weele
Rey Mendez
Mike Brown
Howard Townsend
Jason Dunn
Brian Eigel
Pat Rodrigues
Greg Dobrasz

1995

1996 Rey Mendez
Mike Brown
Matt Lane
Bryan Dunn
Howard Townsend
Alex Gibby

1997 Matt Lane
Howard Townsend
Mike Brown
Kimble Woodworth
Tom Ryan

1998 Matt Lane
Geoff Williamson
Gene Manner

1999 Matt Lane
Gene Manner
Eric Bonnette
Dean Fields
Todd Swenson

2000 Todd Swenson
Ed Moran
Gene Manner
Ben Jenkins
Jacob Frey
Dean Fields
Eric Bonnette
Mike Hoglund
Tyler Kirk

2001 Sean Graham
Ben Jenkins
Matthew Maline
John O'Connor
Craig Carey
Dan Sweeney
Jacob Frey
Tyler Kirk
Michael Keeling

2002 Ed Moran
John O'Connor
Jacob Frey
Charlie Hurt
West Garrett
Michael Keeling
Adam Otstot
Ed Moran

2003 Ed Moran
Matt Keally
Jason Schoener
Adam Otstot
David Murphy

Charlie Hurt
Pat Comstock

2004 **Matt Keally**
Christo Landry
Jeff Hedley
Pat Comstock
Sean Anastasia-Murphy
Anthony Arena
Charlie Hurt
Adam Otstot

CAA Scholar-Athlete of the Year
2003 Adam Otstot
2004 Pat Comstock

Southern Conference
75th Anniversary Team
Hal Michael

Coach Awards
Southern Conference
Coach of the Year
1975 John Randolph

CAA Coach of the Year
1988 Roy Chernock
1990 Walt Drenth
1991 Walt Drenth
1993 Walt Drenth
1994 Walt Drenth
1995 Walt Drenth
1996 Dan Stimson
1997 Andrew Gerard
1999 Andrew Gerard
2000 Andrew Gerard
2001 Andrew Gerard
2002 Andrew Gerard
2003 Alex Gibby
2004 Alex Gibby

Region Coach of the Year
1990 Walt Drenth
1995 Walt Drenth
2000 Andrew Gerard

W&M competed in the Southern Conference until 1976, and the Colonial Athletic Association (CAA) since 1983.

Cross Country

CAA Athlete of the Year - 1997, 1998, 1999
NCAA Regional Champion - 1997, 1999
NCAA All-American - 1997, 1998, 1999

Indoor Track

NCAA All-American - 1998 (3,000m), 1999 (5,000m),
2000 (5,000m), 2001 (5,000m)

Outdoor Track

CAA Champion - 1998 (5,000m), 1999 (5,000m),
2000 (1,500m), 2001 (1,500m, 5,000m)
NCAA All-American - 1998 (5,000m), 1999 (5,000m),
2000 (5,000m), 2001 (5,000m)
CAA Track Athlete of the Year - 2000, 2001
Eastern T&F Athlete of the Year - 2000, 2001
NCAA Male Track Athlete of the Year - 2001



Matt Lane - Class of 2001
The Most Decorated Runner
in Tribe History

Top Collegiate Times

1,500m - 3:42.55
3,000m - 7:48.02
5,000m - 13:25.38 *
10,000m - 28:28.97

* - 10th-fastest collegiate time ever and fourth-fastest American collegiate time ever

William and Mary Awards

Bruce Davidson Student-Athlete Award - 2001
Randy and Shelby Hawthorne Outstanding Trackman Award - 2000, 2001
Tribe Club Athlete of the Year - 2001

U. S. Olympic Trials

2000 5,000m - 4th
2004 5,000m - 4th

Athletic Administration



Terry Driscoll
Director of Athletics

With an extensive resumé that includes four years as a student-athlete, a professional playing career and numerous jobs in the athletic business world, Edward C. "Terry" Driscoll is entering his eighth year as the athletics director at the College of William and Mary.

Driscoll's tenure has seen a wealth of improvements across the board in the W&M athletics department, from new facilities to increased fundraising for the Tribe. In addition, the Tribe has reached all-time highs in the annual Director's Cup rankings that summarize excellence in all sports.

Upon the death of legendary Tribe athletics director John Randolph, W&M president Timothy J. Sullivan chose Driscoll to be the new leader of the department, saying "Terry brings outstanding management and leadership skills to the position."

Since Driscoll took over as athletics director, he has overseen the construction of more than \$6 million in facilities, including the new Plumeri Park (baseball), Albert-Daly Field (soccer, lacrosse) and the Busch Courts (tennis). Driscoll has also increased the annual fundraising totals for non-capital projects from \$1.36 million in 1995 to around \$2.7 million currently. He also has served on numerous conference and NCAA committees, including a stint as president of the Atlantic 10 Football Conference.

The Tribe has also had outstanding success across the board since Driscoll came to Williamsburg. In 2002-03, W&M had a school-record 10 teams compete in the NCAA Tournament. Four teams won conference titles, while six were in the top 25 at the end of their respective seasons. One of the department's goals each year is to finish in the top 100 in the annual Director's Cup rankings, and that has happened in all but one of the years that Driscoll has been the AD, with a high ranking of 42 occurring in 1997. In addition, W&M had captured 81 CAA Championships coming into the 2005-06 school year, by far the highest total among all conference schools.

Driscoll's leadership skills were developed in his collegiate years. As a student-athlete at Boston College, Driscoll captained the basketball team to the National Invitation Tournament championship game as a senior, and was named the tournament MVP. In addition to being named an All-American, his success in the classroom with a major in biology garnered him an Academic All-America honor.

After graduating from BC, he was the fourth pick of the NBA Draft, selected by the Detroit Pistons, just three picks after the Milwaukee Bucks chose UCLA's Lew Alcindor, later to be known as

Kareem Abdul-Jabbar. Driscoll chose to play a year in Italy first, but then returned to the U.S. to play for the Pistons, Washington Bullets and Milwaukee Bucks before going back to Italy as a player and coach until 1980.

Driscoll then entered the corporate world in 1980, working for Kazmaier Associates, Inc., an international sporting goods sales and sports marketing firm. After Kazmaier purchased Bike Athletic in 1986, KSG Inc. was formed with the objective of becoming the first, and only, national sales agency in the sporting goods industry. By 1987, Driscoll was president of the company and had expanded the agency to all 50 states just two years later. In early 1990, Driscoll's contribution to a marketing research project for the NCAA was the initial step moving him from product marketing and sales to sports marketing and management. The result of the project was a joint venture between Kazmaier Associates and Host Communication - with Driscoll being named managing director and chief operating officer of NCAA International.

In 1993, Driscoll diversified his experience in the athletic world by working as the executive director of the 1994 World Cup site in Boston. In September of that year, Driscoll was again enlisted to launch a new business, Eagle International Group, an event management and services company. As vice president, Driscoll worked with Hawaii Pacific Sports as well as organizing the Women's World Volleyball Grand Prix, a five-week competition in Honolulu.

Driscoll resides in Williamsburg with his wife, Susan. The couple has two children - Keith, 30, a 1997 graduate of Holy Cross and Leslie, 26, a 2001 graduate of William and Mary.



Barbara Blosser
Senior Executive Associate AD

After serving 12 years as the College's associate athletics director, Barbara Blosser was promoted to her current position of senior executive associate athletic director in April of 2004. Blosser started her career at William and Mary as the head women's basketball coach in 1978 and guided the Tribe

to a VAIW crown in her first season with a school-record 16 wins (16-13). Her 1980 Tribe team (11-14) placed third, while the 1981 squad (16-16) was VAIW runner-up. She was also at the helm during the 1984-85 season when William and Mary made the jump to NCAA Division I. Overall, she finished her coaching career with 115 wins, 84 of which came at William and Mary.

When the College's men's and women's athletic programs merged in May of 1986, she moved to administration, first serving as the Assistant to the Associate Athletics Director. Over the past 16 years, her administrative responsibilities at W&M have included the monitoring of financial aid matters, coordinating the scheduling of athletic facilities, supervision of coaches and staff and, currently, serving as the person primarily responsible for administering the day-to-day operations of the department.

From October 1992 to June 1993 and August 1995 to July 1996, Blosser also served as acting athletics director in an interim capacity. For her efforts, she was named the first recipient of the John Randolph Inspiration Award. Blosser has served on

various committees such as the NCAA Strategic Planning Committee and the Colonial Athletic Association Competition Committee.

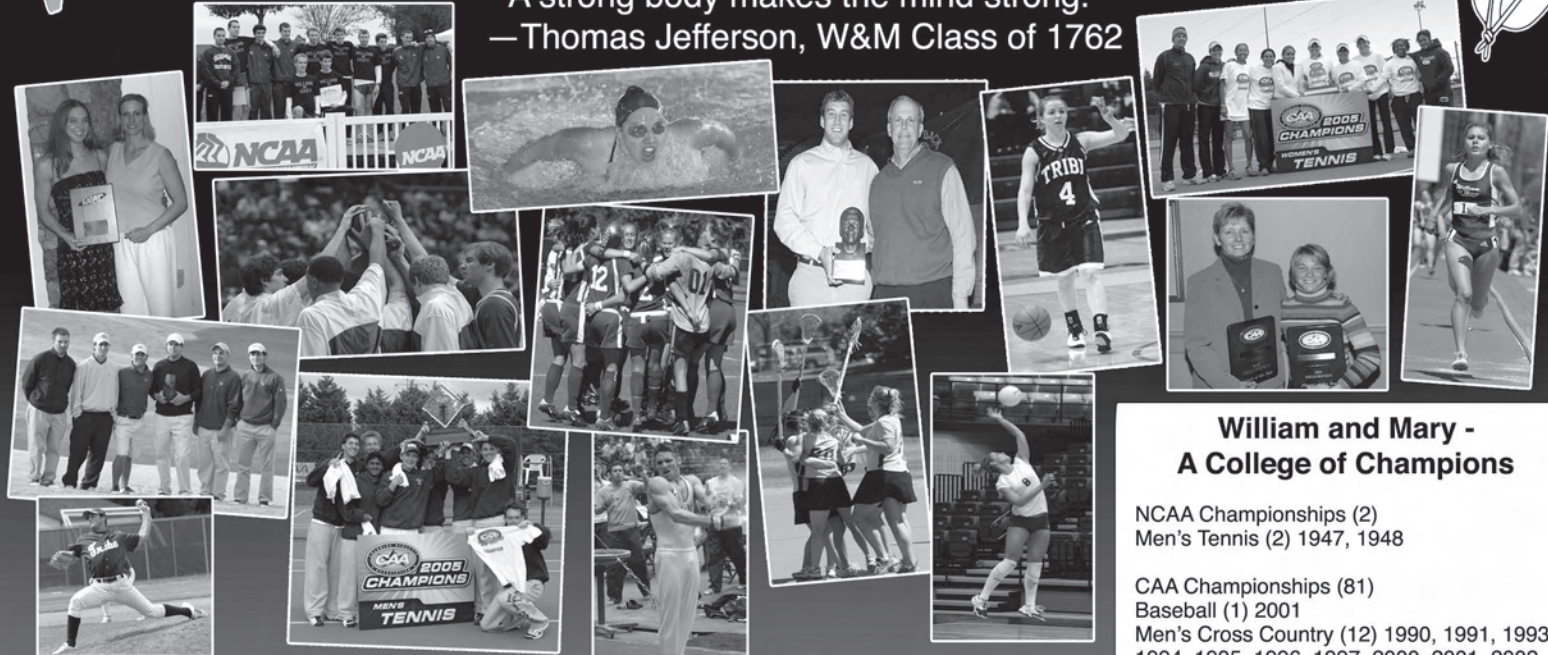
Blosser began her coaching career at the helm of the women's basketball program at Ashland College in Ohio. During two seasons there, she led the Eagles to successive 15-7 and 16-8 ledgers. Her 1977 squad won the AIAW Region V Championship, while her 1978 team took the OASIS Small College title.

A former three-sport standout at Ohio State, Blosser graduated Cum Laude in 1975 with a Bachelor of Science degree in physical education. At OSU, she was selected to both Phi Beta Kappa and Mortar Board. She competed in basketball, field hockey and tennis and captained both the basketball and field hockey squads her senior year. She went on to earn her master's degree from the University of North Carolina Greensboro in 1978. In 1993, she was selected as a member of the first class of women inducted to the Ohio State University Athletic Hall of Fame.

WILLIAM AND MARY ATHLETICS

Tribe

"Exercise and recreation ... are as necessary as reading;
I will say rather more necessary, because health is worth more than learning.
A strong body makes the mind strong."
—Thomas Jefferson, W&M Class of 1762



Few colleges in America can boast of the combination of athletic and academic excellence that is found at the College of William and Mary. Each year, more than 500 Tribe student-athletes, competing on 23 Division I teams, prove that it is possible to simultaneously excel at the highest levels of athletics and academics.

Athletic Excellence

The 2004-05 season was another outstanding year for W&M athletics, as the Tribe added five CAA titles to push its conference-leading total to 81, 30 more than the next closest competitor. Seven teams competed in their respective NCAA Championships, highlighted by the football team's appearance in the I-AA semifinals. It has become typical for W&M to win at least five conference championships and send seven or more teams to the NCAA Championship each season.

Each year the goal of the athletics department is to finish in the top-100 nationally in the NACDA Directors' Cup standings and in recent years W&M has far exceeded that standard. In 2004-2005, the College finished 76th, and was the highest-ranked team in the CAA and was third among all schools in the state of Virginia, making this the ninth time in the 12-year history of the Directors' Cup that the College has finished both in the top four in the state of Virginia and first or second in the CAA.

William and Mary fields Division I teams for both men and women in basketball, cross country, golf, gymnastics, soccer, swimming and diving, tennis, and indoor and outdoor track and field. There are also field hockey, lacrosse and volleyball squads for women of the College, while there are two additional sports (baseball and football) for men.

Academic Success

The Tribe's athletic accomplishments do not come at the expense of its students' academic responsibilities, as W&M has produced 36 Academic All-Americans since 1992.

In the NCAA's inaugural Academic Progress Rate scores for all Division I institutions, William and Mary once again excelled in its mission of fostering true student-athletes. The College boasted the fourth-best APR score (992) among 328 active and provisional institutions, and W&M leads all programs that offer performance-based grants and financial aid to scholar-athletes.

Additionally, W&M had four student-athletes recognized as CAA Scholar-Athletes of the Year in 2004-2005: Pat Comstock (Men's Cross Country), Megan Bishop (Women's Cross Country), Keith Bechtol (Men's Track and Field) and Lena Sherbakov (Women's Tennis).



William and Mary - A College of Champions

- NCAA Championships (2)
Men's Tennis (2) 1947, 1948
- CAA Championships (81)
Baseball (1) 2001
Men's Cross Country (12) 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003, 2004
Women's Cross Country (12) 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003, 2004
Men's Golf (1) 1985
Women's Lacrosse (1) 1992
Men's Soccer (6) 1983, 1987, 1995, 1996, 1999, 2000
Women's Soccer (9) 1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2003
Men's Tennis (3) 1988, 1990, 2005
Women's Tennis (18) 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002, 2004, 2005
Men's Track and Field (4) 1992, 1993, 2003, 2004
Women's Track and Field (6) 1999, 2001, 2002, 2003, 2004, 2005
Volleyball (8) 1985, 1986, 1987, 1988, 1989, 1990, 1991, 2001
- Atlantic 10 Football Championships (3)
1996, 2001, 2004
- ECAC Championships (6)
Men's Gymnastics (2) 1992, 1994
Women's Gymnastics (4) 1999, 2001, 2002, 2003
- Southern Conference Championships (48)
Men's Cross Country (15) 1955, 1956, 1957, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975
Football (4) 1942, 1947, 1966, 1970
Men's Soccer (1) 1976
Men's Indoor Track and Field (11) 1957, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975
Men's Outdoor Track and Field (12) 1957, 1958, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975
Wrestling (5) 1968, 1969, 1970, 1971, 1977

ATHLETIC FACILITIES

The College of William and Mary and its student-athletes take a great deal of pride in the quality of its athletic facilities. Over the last several years, the College has bolstered its lineup of venues to match the success that the Tribe has shown in the athletic arena, which has been unmatched in the Colonial Athletic Association. William and Mary boasts some of the finest athletic arenas in the nation, from its newest venue, Albert-Daly Field, to the oldest, Walter J. Zable Stadium at Cary Field, a campus landmark since 1935. The College is committed to providing the student-athlete the most enjoyable and rewarding atmosphere possible.



BUSCH FIELD

- Home of the Tribe's field hockey team
- Made possible by a generous grant from the Anheuser-Busch Corporation
- Playing surface is a unique combination of a poured pad with AstroTurf playing surface
- Seats over 2,200
- State-of-the-art computerized lighting and an elevated press box



ALBERT-DALY FIELD

- Home of the Tribe men's and women's soccer and lacrosse teams
- Made possible by a generous grant from Mr. and Mrs. Jim Ukrop
- Natural grass playing surface
- Named after longtime Tribe soccer coaches Al Albert and John Daly



MCCORMACK-NAGELSEN TENNIS CENTER

- Home of the Tribe's tennis teams
- Six indoor courts
- Houses the ITA Women's Tennis Hall of Fame
- Mezzanine and stadium seating areas
- Built with a gift from W&M graduate Mark McCormack and his wife Betsy Nagelsen
- State-of-the-art lighting and scoreboard



PLUMERI PARK

- Home of the Tribe baseball program
- Made possible by a generous grant from Joe Plumeri
- Seating for over 1,000
- Indoor and outdoor batting cages
- Lighting for night games
- Locker room, box seats and concessions

BUSCH COURTS

- Home of the Tribe tennis teams for the outdoor season
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium seating for approximately 500
- State of the art lighting for night matches



ZABLE STADIUM

- Home of the Tribe's football and track and field teams
- Campus landmark since 1935
- Seating for more than 12,000
- Permanent lighting will be installed in time for the 2005 football season
- Brand new state-of-the-art track around the field scheduled for completion in spring 2006
- Joseph Montgomery football practice facility is located adjacent to the stadium



WILLIAM AND MARY HALL

- Home of the Tribe's basketball, gymnastics and volleyball teams
- Seats over 8,500
- Three-level building includes 12 locker room areas, a spacious training room, 5,000 square foot weight room and gymnastics training center
- The concourse and lower levels house administrative and coaching staff offices

STUDENT-ATHLETE SUPPORT

Goals

We take pride in the many achievements of William and Mary athletes, both in the classroom and on the playing field. These support services and many others are in place to help each student-athlete achieve their goals. It is our hope that at the completion of their undergraduate career they can reflect upon:

1. An academic experience that prepared them for a successful career.
2. An athletic challenge that brought many rewards.
3. A feeling of loyalty and pride in identifying themselves as a varsity athlete with a degree from The College of William and Mary.

Compliance and Academic Support

As members of the Colonial Athletic Association and NCAA Division I, the College is committed to full compliance with all NCAA and conference regulations. The department has a fulltime Director of Compliance committed to assisting students, staff and coaches through education and monitoring of compliance issues.

All entering students are assigned to a faculty academic advisor assigned by the director of Academic Advising. Students remain with this advisor until their sophomore year at which time they select a faculty advisor in their chosen major.

Within the athletic department, the Academic Support Coordinator is a valuable resource for student-athletes serving in a liaison role with the various student service offices throughout the campus community. The College has offices for Volunteer Services, Career Services, a Writing Resource Center and Oral Communication Studio, to name a few.

The department offers a variety of study, life and career building skills programs, but holds firm to the concept of self-determination—each student must take responsibility for his or her collegiate experience. Our goal is to assure that there is a support system in place to assist students to make positive and informed decisions.



Sports Psychology

The athletic department has on staff a sports psychologist, who holds a Ph.D. in sports psychology. All consultations are confidential and all student-athletes, teams or coaches are welcome regardless of the issues they wish to discuss. Consultation is available for sport psychology education, performance enhancement skills training, strategies for dealing with stress or injury, or for personal issues that may affect performance. The sports psychology consultant is considered a member of the Counseling Center and refers individuals to the Center when appropriate.

Strength, Speed and Conditioning

Tribe athletics is very proud of the Joseph W. Montgomery Strength Training Center, a 5,000 square foot weight training facility. Under the guidance of the Head and Assistant Strength Coach each sport is provided with a program designed to enhance individual strength and flexibility development specific to the skills and movements required for their sport. Individuals are educated on proper lifting techniques and workouts are monitored to assure safety at all times.



Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of a team physician, seven full time certified athletic trainers, two graduate assistant athletic trainers and medical specialists from the local community. The team physician has overall responsibility for supervision of the sports medicine program. Tribe athletes have the luxury of rehabilitating and treating injuries in a state-of-the-art athletic training facility.

The priority for the athletic training staff is to enhance and assure lines of communication and cooperation among its staff, student-athletes, parents, coaches, the Student Health Center and involved medical specialists. Through a team approach to health care the sports medicine program can offer comprehensive health care services to the student-athletes in a caring and cooperative manner.

WILLIAM AND MARY AT A GLANCE

The Best Small Public University in the United States

For more than 300 years, William and Mary has been a symbol of academic distinction in America. Now, in its fourth century, the College is prepared to educate the leaders of the 21st century.

The College of William and Mary was founded in 1693 by King William III and Queen Mary II of England. Four Presidents of the United States received their education at the College - George Washington, Thomas Jefferson, James Monroe and John Tyler.

William and Mary was the first college to institute an honor code of conduct. The premier academic society, Phi Beta Kappa, was founded by William and Mary students in 1776. The Society of the Alumni, founded in 1842, is the sixth oldest alumni group in the nation. Now the College is designated as a "Public Ivy" and ranks 15th among the best regional business schools.



The Wren Building is the oldest one in the United States in which classes are still taught.



Lake Matoaka provides an on-campus field laboratory and recreational activities, and includes an amphitheatre to host concerts.

Did You Know?

- W&M is the best small public university in the nation, according to an analysis by U.S. News and World Report.
- W&M ranked sixth among all public universities in the analysis.
- W&M ranked 30th overall among the nation's best universities.
- The average freshman retention rate is 96 percent.
- The College's student/faculty ratio is 12/1.
- Over 46 percent of the classes at W&M have less than 20 students.
- The maximum enrollment for freshman seminars is 17 students.
- W&M ranked 17th in graduation rates for national universities.
- Over 20,000 internships are posted on the school's web site.
- 10,400 high school students applied for 1,300 spots in the freshman class for the 2003-04 school year.
- More W&M graduates go on to earn doctorates than any other university in the state of Virginia.
- Over 83 percent of freshmen at W&M were in the top 10 percent of their high school graduating class.

In addition to the historic Williamsburg setting of the College, there are many other attractions offered within a reasonable driving distance from campus. W&M is located within three hours of Washington, D.C. Whether you like surfing at Virginia Beach (one hour away) or skiing at Wintergreen (less than three hours away), there is something for everyone in the W&M vicinity.

Amusement Parks

- Busch Gardens (Williamsburg, 10 min.)
- Water Country (Williamsburg, 10 min.)
- Kings Dominion (Ashland, 45 min.)
- Ocean Breeze (Virginia Beach, 60 min.)

Sports/Concerts

- Norfolk Scope (Norfolk, 45 min.)
- Chrysler Hall (Norfolk, 45 min.)
- Harbor Park (Norfolk, 45 min.)
- Verizon Wireless Amphitheatre (Virginia Beach, 60 min.)
- Hampton Coliseum (Hampton, 30 min.)
- Richmond Coliseum (Richmond, 45 min.)
- Richmond International Raceway (Richmond, 45 min.)
- The Diamond (Richmond, 45 min.)

You can watch the sunrise at Virginia Beach (below) or watch your life pass before your eyes on one of the thrilling roller coasters at Busch Gardens (right).

