

WILLIAM AND MARY MEN'S CROSS COUNTRY

- 2002 CAA CHAMPIONS
 - 2002 IC4A RUNNER-UP
 - 14TH-PLACE FINISH:
2002 NCAA CHAMPIONSHIPS
 - 10-TIME CAA CHAMPIONS
- THE LEGEND CONTINUES...**

The College of William and Mary

Location: Williamsburg, Virginia

Mailing Address: P.O. Box 399, Williamsburg, VA 23187

Founded: 1693 (second-oldest college in U.S.)

Enrollment: 5,560

Nickname: Tribe

School Colors: Green, Gold and Silver

Affiliation: NCAA Division I

Conference: Colonial Athletic Association

President: Timothy J. Sullivan (W&M, 1966)

Athletics Director: Terry Driscoll (Boston College, 1969)

Associate Athletics Director: Barbara Blosser (Ohio State, 1975)

W&M Men's Cross Country

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

Head Coach: Alex Gibby (W&M, 1997)

Gibby's Phone: (757) 221-3398

Gibby's E-mail: amgibb@wm.edu

Assistant Coach: Brian Cunningham (W&M, 1998)

2002 NCAA Finish: 14th

2002 IC4A Finish: Second

2002 CAA Finish: First

W&M Sports Information

Cross Country Contact: Paul Ring

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Web site: www.TribeAthletics.com

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Directions to W&M

To the College:

Take I-64 to Exit 234 (Route 199 East). Stay on 199 East until exiting at the Monticello Ave. exit. Bear left on exit ramp and at bottom of ramp turn left at light onto Monticello. Go straight through first stoplight (at Ironbound Rd.). After the light, continue straight for about half a mile and take the first right onto Compton Dr. (before light at hospital and shopping centers). There may not be a street sign! Continue on Compton Dr. and turn right at the first stop sign onto Brooks Rd. William and Mary Hall will be on your left; the coaches' offices are on the second floor (rooms 230 and 231).

To Eastern State (home cross country course):

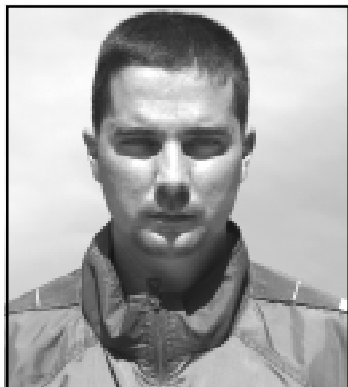
Take I-64 to Exit 234 (Route 199 East). Stay on 199 East until exiting at the Longhill Rd. exit. At the top of the exit ramp, take a left at the light onto Longhill Rd. Continue straight through another stoplight, then bear to the right as Longhill Road becomes Longhill Connector Rd. At the next light, 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.

Media/Credits

This booklet is primarily intended to assist our recruiting efforts. Nonetheless, we hope you will find it useful. Updated information is available by accessing the W&M Athletics web site at www.TribeAthletics.com. We are always happy to provide you with information for feature stories and often we can supply photographs. Please contact Paul Ring in the sports information office for more information.

Credits: This media guide is a publication of the W&M sports information office. Writing, layout and editing by Laura Bodine and Paul Ring. Additional editorial work by Pete Clawson, Mario Machi, Chris Poore and Dan Wakely. Photography by Pete Clawson, Randy Hawthorne, Bob Keroack and Scott Kirk. Cover layout and design by Paul Ring.

Coaching Staff



Head Coach ALEX GIBBY

Former Tribe distance ace and assistant coach Alex Gibby returned to William and Mary in 2003 to assume the head coaching position for men's cross country and track and field. Gibby, a Tribe assistant from 1997-2000, takes control of a cross country program

which has won 10 of the last 13 CAA titles and has qualified for six straight NCAA Championships.

Gibby comes to the College from Division I 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. In 2002 Gibby also led the women's cross country squad to its first SLC Championship since 1990. Gibby also mentored the conference's individual champion for both the men and women, the first sweep in conference history of all four titles. For his outstanding efforts, Gibby was honored as both the men's and women's cross country coach of the year by the SLC.

Working with the SFA middle distance and distance runners as an assistant track coach, Gibby saw his teams improve greatly. Under his leadership, 18 school records were established in six events (men's 800m, 5,000m and 10,000m and 3,000m steeplechase and women's 5,000m and 3,000m steeplechase) and the women's team captured the 2003 SLC Outdoor Track and Field Championship. In three years, Gibby coached 38 all-conference and four all-region athletes who combined for 18 individual SLC championships.

During his tenure 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 under Gibby's tutelage, 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. Flores won the 5,000m at the 2003 SLC Indoor Championships and was the SLC individual champion in cross country in 2002. He also set school records in the 5,000m and steeplechase.

Gibby led Rodriguez to the NCAA Outdoor Track and Field Championships, where she finished 21st in the 5,000m run. Rodriguez was the first distance runner in SFA history to compete at the NCAAs. A seven time all-conference runner, Rodriguez racked up five SLC titles, including the 2003 outdoor 5,000m and 10,000m, the 2003 indoor 3,000m and 5,000m, and the 2002 cross country individual title. Rodriguez was tabbed at the SLC Athlete of the Year in cross country in 2002 for her win and was also the track team's MVP in 2003.

As an assistant for the Tribe for three seasons, Gibby helped the cross country team place ninth and 13th (twice) at the NCAA Championships. During his first stint at W&M Gibby had the opportunity to work with Matt Lane, an eleven-time All-American and a fourth-place finisher at the 2000 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, who ranked 17th in the nation in the 5,000m in 2003. Newberry went on to finish 12th at the 2003 USAT&F outdoor Track and Field National Championship.

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 is a native of McLean, Virginia.

A MESSAGE FROM ATHLETICS DIRECTOR TERRY DRISCOLL



"In the athletic world, William and Mary is well recognized for a rare combination of two attributes: its academic strength in the classroom and its competitive strength on the fields and in the gyms. I consider it a privilege to be associated with such an institution and to add my efforts to enhance its mission.

"The College of William and Mary and its athletic department are committed to the continuation of our stellar men's cross country and track programs. We feel that coach Alex Gibby can successfully continue a program that is on the vanguard of what intercollegiate athletics should be. The elite program excels at both the athletic challenges of competitive conferences like the CAA and NCAA Southeast Region and the rigorous academic standards the College maintains. The cross country team's success at the NCAA Championships combined with its recognition as an All-Academic Team by the United States Cross Country Coaches Association underscore the philosophy which characterizes the men's cross country and track and field programs.

"It is a pleasure to be associated with the caliber of scholar-athletes that are the mainstay of our cross country and track programs."



Director of Track and Field DAN STIMSON

In his 18th 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 the women's cross country teams have captured 13 of the last 20 CAA crowns, and

have garnered numerous CAA Athlete and Rookie of the Year awards. The men's team has finished among the nation's top-16 teams for the last six seasons, including its second-highest finish ever in 1999, at ninth. The women's cross country team received an at-large bid to the NCAA Championships in 2002 for the first time since 1998 and the fourth time in the history of the program. One athlete from both the men's and women's squads were honored as All-Americans by virtue of their performances at the NCAA Championships.

The women's track and field team pulled off an unprecedented feat in 1999, dethroning nine-time CAA champion George Mason. The championship was the first CAA title for the women, a feat the program duplicated in 2001, 2002 and 2003. Meanwhile, the men's track and field team captured the 2003 CAA crown, dethroning powerhouse UNCW with a record-setting score. The success of Stimson's program has garnered 50 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 work 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-American 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 freshman pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school-record of 13'1" in the pole vault. She is also the CAA meet record holder in the event. Stimson has had numerous All-East performers in all of the field events.

A current example of Stimson's coaching ability can be seen in junior 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 then 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 two all-conference selections by finishing second in both the shot and the hammer at the CAA Championships. Parsons also qualified for the IC4A Championships yet again in the weight throw and hammer and also earned a berth to the NCAA Southeast Regional in the hammer.

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, VA 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 21-year-old local college student. Recently married daughter Krista Crider, 28, 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

- 50 All-Americans in indoor and outdoor track and field and cross country
- 27 CAA Titles
- 19 CAA Athletes of the Year
- 17 Seasons at William and Mary
- 2 CAA Coach of the Year Honors (1992 and 1996)

Coaching Staff/2002 Results



Assistant Coach

BRIAN CUNNINGHAM

Brian Cunningham returns to his alma mater to begin his first year as an assistant coach for the Tribe's cross country and track programs.

Cunningham comes to the College after serving as an assistant coach for cross country and track at Lake Braddock High School in Burke, Virginia in 2003 and also from 1998 through 1999.

During his two tenures, he helped the girls cross country team capture the state championship in addition to winning numerous regional titles in both cross country and track and field. Cunningham guided the girls 4x800m relay team to an eighth-place finish at the prestigious Penn Relays, earning All-America honors. Cunningham also saw his girls DMR team place sixth at the Indoor National Scholastics. The girls team was ranked 22nd in the nation by *American Track and Field* magazine.

Previously, as the head coach for cross country and track and field at the private all-girls Winsor School in Boston, Massachusetts, Cunningham directed the creation of a cross country program. Cunningham produced results early, as his team won the conference championship and also took the individual title in its first season. Cunningham was honored as the 2001 Eastern Independent League Coach of the Year in cross country for his success. In three years, Cunningham molded 10 all-region athletes during his time at Winsor, leading four to individual New England titles.

While coaching at Winsor, Cunningham also worked for three years with the John Hancock Elite Athletes for the Boston Marathon. Additionally, through the FILA Boston Training Camp, he accompanied Kenyan athletes to different road races around the country, acting as their manager.

As a middle distance and distance competitor for the Tribe, Cunningham was an IC4A qualifier and conference scorer. Cunningham graduated from William and Mary in 1998 with a B. S. in kinesiology. The Centreville, Virginia, native has also worked as a marketing representative for the Brooks Shoe Company.

2002 REVIEW

2002 was another banner year for the Tribe as the team returned to the NCAA Championships for the sixth consecutive year. The College three-peated as CAA Champions in addition to notching runner-up finishes at the NCAA Southeast Regional and IC4A Championships, showing exceptional depth. At the NCAA Championships, the Tribe ran to a 14th-place finish and had one athlete earn an All-America honor (Ed Moran).

The Tribe kicked off its campaign with a strong showing in the UVA Lou Onesty Invitational, where eight Tribe runners finished in the top-20, powering the squad to a second-place showing. Leading the way was Moran who captured third place. The team also took the remaining positions in the top-five as John O'Connor and Jacob Frey came home fourth and fifth, respectively. The team parlayed its momentum into a win at the Paul Short Invitational. Moran again showed the way with his fourth-place finish, while O'Connor and Frey finished closely behind in fifth and seventh place, respectively. Matt Keally completed the race in just under 25 minutes, to give the freshman 12th place in his first collegiate race.

The win set the Tribe up for a great NCAA Preview Invitational. Entering the contest ranked 18th in the nation, the Tribe competed in the White race and ran to a 12th place showing. Moran turned in his best time of the young season to pace the team with 14th place, while O'Connor came home 40th and Frey placed 61st. Also scoring for the team were West Garrett and Keally.

The Tribe entered the CAA Championships as two-time defending champions and primed to three-peat. On the strength of seven all-conference performances, the squad once again proved its preeminence in the conference, as it ran to its eighth title in the last 10 years. Moran continued his stellar season by winning the race and being named the CAA Top Cross Country Male Athlete. Moran just nipped fellow senior O'Connor for the honor, as O'Connor took second. Frey placed fourth, followed by Charlie Hurt (eighth), Garrett (ninth), Michael Kealing (10th) and Adam Otstot (12th), all of whom earned All-CAA honors. Brendan Gaffney (14th) just missed all conference honors, while Trevor Cable (16th) and Tyler Kirk (19th) put together great runs to

place in the top-20. Jason Schoener (21st) and Patrick Comstock (31st) also had solid efforts.

Rolling after capturing the CAA title, the Tribe once again displayed its tremendous depth as it captured the Cavalier Open. With some of the squad's top runners resting, Kirk led the team with his third-place showing, while Brian Doherty finished in sixth.

On the strength of five all-region performances, the Tribe took second at the NCAA Southeast Regionals to earn a trip to the NCAA Championships for the sixth consecutive year. Moran led the Tribe, missing the victory by only four tenths of a second, as runner-up. O'Connor ran to a 15th-place result while Frey ended up 20th. Keally showed an impressive 24th, while Hurt followed right behind in 25th and Garrett just missed All-Southeast honors in 27th.

At the IC4A Championships, held on the same weekend as the NCAA Championships, the Tribe asserted its depth once again as the team took second at the 17-team event. Gaffney led the squad with his ninth place result, capturing All-East honors. Kirk ended the race in 27th place, while Jeff Hedley placed 33rd and Doherty finished 38th.

The team capped off a great season by finishing 14th at the NCAA Championships. Moran ended his brilliant year by capturing his second All-America honor with his 30th-place finish. O'Connor ran to an 82nd place finish while Keally capped his rookie campaign with a 113th place result. Also contributing to the Tribe's great score were Frey, Hurt, Otstot and Garrett, all of whom put together solid efforts.

2002 RESULTS

DATE	EVENT	RESULT
Sept. 14	UVA Lou Onesty Invitational	2nd of 11 teams
Sept. 21	Colonial XC Invitational	Unattached Runners
Sept. 27	Paul Short Invitational	1st of 23 teams
Oct. 19	NCAA Preview Invitational	12th of 36 teams
Oct. 19	Tribe Open	No Team Scoring
Nov. 2	CAA XC Championships	1st of 8 teams
Nov. 9	UVA Cavalier Open	1st of 4 teams
Nov. 16	NCAA Southeast Regionals	2nd of 25 teams
Nov. 23	IC4A XC Championships	2nd of 17 teams
Nov. 25	NCAA Championships	14th of 31 teams

2003 Preview

In 2002, the William and Mary men's cross country squad once again proved its pedigree as one of the nation's elite programs. The Tribe finished 14th at the NCAA Championships, first in the Colonial Athletic Association Championships and second at both the NCAA Southeast Regional and the Intercollegiate Amateur Athletic Association of America (IC4A) Championships. The College swept the 2002 CAA men's cross country awards, earning Athlete of the Year and Rookie of the Year honors. With one All-America, seven all-conference, five all-region, and two All-East honorees, the team is well prepared for another successful year.

On a team where strong performances are expected, the combination of proven distance runners, up-and-coming superstars and talented newcomers is anticipated to take the 2003 cross country team to new levels. The Tribe appears ready to take on the challenge and, once again, compete amongst the nation's elite programs.

With the departure of standout head coach Andrew Gerard, the program's legacy has been left in the capable hands of W&M alumnus **Alex Gibby**. "My expectation is that we can continue to build upon the level of success this team has experienced in the past," the new head coach said. "More immediately, we can take the foundation of last season and assert ourselves at an even higher level, with our ultimate goal being a top-10 finish at the NCAAs."

Gibby's training style focuses workouts so that athletes are peaking for the championship season. This philosophy fits hand-in-hand with the standard the program has set as year after year, conference title after conference title, William and Mary asserts itself as one of the elite programs in the country. This year should be no different.

The Tribe returns five runners with experience competing in the NCAA Championships. Graduate student **Ed Moran**, senior **Adam Otstot**, juniors **Charlie Hurt** and **Matthew Maline** and sophomore **Matt Keally** are expected to be the team's anchors.

Moran compiled a bevy of accolades in his 2002 season. The CAA Athlete of the Year, Moran scored his second All-America honor in cross country by finishing 30th at the NCAA Championships, leading the team to 14th place. Moran was also the runner-up at the NCAA Southeast Regional meet. During the track season, Moran captured another All-America honor by finishing fifth in the 5,000m at the NCAA Outdoor Championships and was also named the CAA Male Athlete of the Year in track. Maline, who redshirted the 2002 season, was the CAA's 2001

Rookie of the Year. He placed third at the 2001 conference championships, earning all-conference honors, and finished among the top freshmen at the NCAA Southeast Regional, placing 40th. On the track, he broke a 24-year-old freshman school record in the 3,000m. Following in Maline's footsteps, Keally was awarded the conference's 2002 Rookie of the Year honor. An up-and-coming national-caliber athlete, he was the top freshman finisher at the NCAA Southeast Region Championships, where he placed 24th, earning all-region honors. He then went on to place 113th at the NCAA Championships as the Tribe's third finisher. In his freshman campaign on the track, Keally broke the indoor freshman school record in the 5,000m, shaving nearly 30 seconds off of the mark and narrowly missing the NCAA provisional qualifying time. For his performance Keally was named the CAA Rookie of the Year in track. Hurt, also an all-region honoree, placed 25th in the regional championships and achieved an eighth-

place finish at the conference championships, earning All-CAA honors. Otstot was the Tribe's sixth runner at the NCAA Championships and earned all-conference honors after finishing in the top-12 at the CAA Championships.

Redshirt junior **Brendan Gaffney** looks to show improvement and contribute this cross country season. A solid runner, Gaffney earned All-East honors after placing ninth at the IC4A Championships as the Tribe's top finisher. Barely missing all-conference honors, he placed 14th at the CAA Championships.

An experienced class of juniors seems poised to raise their level of performance and carry the team to new heights. Along with Hurt and Maline, the junior class has the experience to do so. **Trevor Cable** placed 16th at the CAA Championships

and was the sixth runner for the Tribe at the IC4As. **Patrick Comstock** finished in the top-35 in four races in 2002,

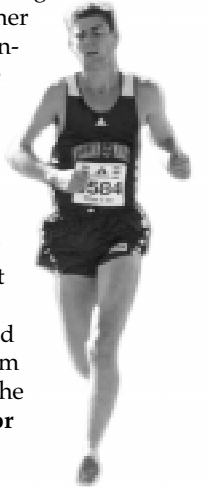
while **Jesse Contario** was a contributor in the Tribe's second-place finish at the IC4A Championships. **Jeff Hedley** was the Tribe's fourth runner at the IC4A Championships, finishing 33rd at the meet. He also crossed the finish line in ninth at both the Cavalier Open and the Lou Onesty Invitational. **Paul Costello** and **Kyle Pawlaczyk** both redshirted the 2002 season and will look to continue to improve and contribute in 2003. Costello finished 10th at the Lou Onesty Invitational in 2001, while Pawlaczyk competed for the Tribe at both the CAA and IC4A Championships two years ago.

Back for the 2003 season, the sophomore class looks to build upon a successful freshman campaign. Keally will lead the sophomore class with his national-level experience, while three sophomores have experience competing in regional-level competition. **Brian Doherty** was the fifth Tribe runner to cross the finish line at the IC4A Championships, placing 38th. He also finished sixth at the Cavalier Open and 13th at the Tribe Open. **Mike Dominguez** saw limited action in 2002, competing in only the first two meets of the year with a top finish of 36th in the Paul Short Open Race. **Jason Schoener**, who had a great track season, competed at both the CAA and IC4A cross country championships his freshman year. **Billy Bylund**, who did not compete as a freshman, will look to improve and contend for the Tribe.

Complementing these veterans is a talented incoming class which will provide further depth. With numerous state and regional champions, the rookie crop includes **Thomas Antenucci**, **Anthony Arena**, **Keith Bechtol**, **Ben Beiter**, **Steve Hoogland**, **David Hryvniak**, **Spencer Kirk**, **David Murphy**, **Daniel Nally**, **Joel Parker**, **Jonna Reinhardt**, **Adam Tenerowicz** and **Timothy Zeckser**.

"We've got a very good team. Being fronted by a three-time All-American is a nice position to be in, and we have a solid group of upperclassmen who are positioned to do well. This is probably our deepest freshman class ever; they can make an immediate impact," Gibby concluded.

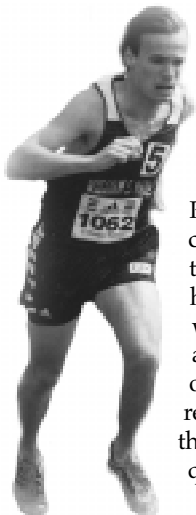
Returning numerous runners with national and regional level experience and introducing a promising group of newcomers, the 2003 W&M men's cross country squad looks to continue the tradition of success at the national level. With a pedigreed team, the goals of capturing the CAA crown and improving on its success at the NCAA Championship are within reach.



MATTHEW MALINE

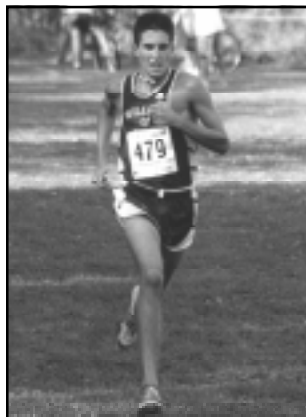


ED MORAN



ADAM OTSTOT

Athlete Profiles



Ed Moran

Graduate Student
Dayton, NJ • Notre Dame

THREE-TIME ALL-AMERICAN

The three-time All-American headlines the squad both on the course and in the locker room. A thorough approach to training has left him prepared for an ambitious 2003 campaign.

Cross Country: 2002: Earned All-America honors after placing 30th at the NCAA Championships, leading the team to a 14th-place finish ... CAA Athlete of the Year ... Named CAA Top Male Athlete after finishing first at conference championships, earning all-conference honors ... Runner-up at the NCAA Southeast Regional meet (29:50.7), earning all-region honors ... Finished 14th in the White race at the NCAA Preview Invitational. **2001:** Redshirted. **2000:** Earned his first All-America honor with a 32nd-place finish at the NCAA Cross Country Championships ... Placed third at the NCAA Regionals, earning All-Southeast Region honors ... All-CAA honors. **Track: 2003:** All-American with fifth (13:54.46) in the 5,000m at the NCAA Outdoor Championships ... CAA Male Athlete of the Year ... NCAA Regional and indoor and outdoor IC4A qualifier ... All-East with second in the 5,000m at outdoor IC4As ... Won the 5,000m at the Colonial Relays ... Set new PRs in the 1,500m (3:52.06), 3,000m (8:10.81) and 5,000m (13:54.46).



Brendan Gaffney

Senior
Western Springs, IL • Lyons Township

Expected to be one of the team's leaders this fall. The academic senior but redshirt junior will look to translate his ninth-place finish at the IC4As into a team run at the NCAAs.

Cross Country: 2002: Placed ninth in the IC4A Championships, earning All-East honors ... Barely missed all-conference honors after placing 14th at the CAA Championships, running his fastest 8,000m race of the season (25:32) ... Placed fifth and 70th in the open races of the Paul Short Invitational and the NCAA Preview Invitational, respectively ... Opened the season with a 32nd-place finish at the Lou Onesty Invitational. **2001:** Helped the Tribe to a win in the Cavalier Open, placing 29th overall. **Track: 2003:** IC4A qualifier in the 10,000m ... Runner up in the 3,000m at the GMU Collegiate Open and the 10,000m at the VCU Ram Invite ... Six top-10 finishes.



Adam Otstot

Senior
Richmond, VA • Mills Godwin

A key member of 2002's NCAA squad, Otstot aims to start the schedule off strong and build on last year's success late in the season.

Cross Country: 2002: Overcame early season injury to turn in a great season ... Competed for the Tribe at the NCAA Championships ... Finished 12th at the conference championships, earning All-CAA honors ... Finished fifth in the Tribe Open. **2001:** Finished sixth overall and led the team to victory at the Lou Onesty Invitational at the University of Virginia ... Helped Tribe to third-place showing at IC4A Championships. **Track: 2003:** Won the 2,000m SC at the Tribe Open ... Ran a PR of 15:03.15 to win the 5,000m at the CNU Lid-Lifter ... Ran a PR of 9:26.45 in fourth-place finish in the 3,000m SC at the JMU Invitational ... Five top-five finishes.



Trevor Cable

Junior
Frewsburg, NY • Frewsburg Central

A talented and versatile athlete, Cable can contribute to the team in a variety of track distances and will look to apply that to the fall campaign. A good summer of training has left him in position to do so.

Cross Country: 2002: Helped the team to a second-place finish at IC4As as the sixth Tribe runner, finishing 46th overall in a time of 26:19 on the 8,000m course ... Placed 16th at the CAA Championships ... Finished fourth in the open race at the Paul Short Invitational ... Also competed in the open race at the NCAA Preview Invitational and the Lou Onesty Invitational, crossing the finish line in 57th and 20th, respectively. **2001:** Impressive first year at W&M, evidenced by 14th-place finish at CAA Championships ... Was an alternate for the NCAA Championships ... Solid run at the W&M Invite, coming in eighth-place in the 8K run ... Third-place overall, and second among Tribe runners, in a time of 25:41.20 at the Lou Onesty Invitational. **Track: 2003:** Best finish of third at GMU Collegiate Open in the 3,000m.



Patrick Comstock

Junior
Portsmouth, VA • Churchland

An aggressive trainer and competitor, Comstock has the potential to make a mark in the conference and regional ranks. An impressive 14:49 in the 5,000m as a freshman speaks to his potential.

Cross Country: 2002: Finished 31st at the conference championship meet, running 25:41 ... Second Tribe runner in the open race of the NCAA Preview Invitational, placing 48th overall ... Placed 12th in the open race at the Paul Short Invitational ... Placed 29th at the Lou Onesty Invitational. **2001:** IC4A contributor, as the Tribe finished third in the meet ... Time of 26:49.8 good enough for seventh among Tribe runners at the W&M Invite ... Seventh overall, and sixth among W&M competitors, with a time of 26:22.60 at the Lou Onesty Invitational. **Track: 2003:** Competed only twice with a best of 10th in the 5,000m at the CNU Winter Frolic.



Jesse Contario

Junior
Newark, NY • Newark

Looks to build on a solid track season to improve over last year's performances in only second year of collegiate cross country

Cross Country: 2002: Top finish of 12th came at the Cavalier Open ... Placed 82nd at the IC4A Championships ... Placed 24th at the Paul Short Invitational, running season-best time of 26:32 ... Finished 48th at the Lou Onesty Invitational. **2001:** Redshirted season. **Track: 2003:** Ran to two top-tens, including a fifth in the 2,000m SC at the Tribe Open.



Jeff Hedley

Junior
Virginia Beach, VA • Kempsville

Expected to make a large impact on varsity this fall entering the season healthy.

Cross Country: 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 ... Ran 25:12 at the Lou Onesty Invitational as the Tribe's fourth runner ... Finished 45th at the Paul Short Invitational. **2001:** Ran unattached twice, finishing 17th at the Colonial Invite and 50th at the W&M Invite. **Track: 2003:** All-conference with a third in the 1,500m at the CAAs with a PR of 3:51.55 ... IC4A qualifier in the 3,000m and outdoor 1,500m ... Won the 3,000m at the CNU Lid-Lifter ... Five top-five finishes.

Athlete Profiles



Charlie Hurt

Junior

Charlottesville, VA • Western Albemarle

Desire and work ethic made Hurt a surprise contributor at the NCAAs last season. Continued his breakthrough on the track in 2003 and aims to build on that momentum this fall.

Cross Country: 2002: Fifth runner for the Tribe at the NCAA Cross Country Championships, helping the team to a 14th-place finish ... All-Southeast Region honoree after crossing the finish line in 25th place at the NCAA Regional meet ... Finished eighth at CAAs, earning all-conference honors ... Finished 29th in the open race at the NCAA Preview Invitational and sixth in the open race of the Paul Short Invitational ... Achieved a 17th-place finish at the Lou Onesty Invitational. **2001:** Competed in the IC4A Championships, and as the third Tribe runner to cross the line, helped the team to a third-place finish. **Track: 2003:** IC4A qualifier in the 10,000m ... Runner up in the 5,000 at the CNU Lid-Lifter ... Scored for the team with a fifth in the 5,000m at the CAAs by running a PR of 14:59.28 ... Four top-five finishes.



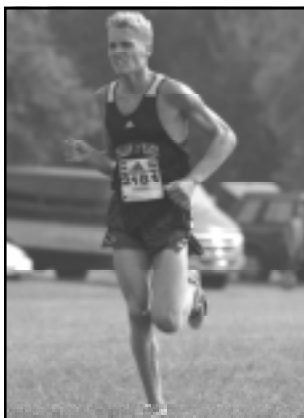
Matthew Maline

Junior

Herndon, VA • Oakton

The 2001 CAA Rookie of the Year is back in the lineup after redshirting 2002. His combination of talent and work ethic will make him a key piece of the Tribe's campaign at the 2003 NCAA Regionals.

Cross Country: 2002: Redshirted season. **2001:** All-conference selection who was top-finishing freshman at CAA Championships, placing third overall with a time of 24:39.9 ... Named CAA Rookie of the Year ... Finished first among CAA freshmen at NCAA Southeast Regional, placing 40th overall ... Helped the Tribe to a 10th-place finish in the NCAA Championships. **Track: 2003:** Won the 1,500m at the CNU Invite ... Four top-five finishes ... Holds PRs of 3:54.73 in the 1,500m and 8:16.97 in the 3,000m, the latter of which is a freshman school record.



Kyle Pawlaczyk

Junior

Orchard Park, NY • Hamburg

Returns from a redshirt season aiming to contribute to squad after competing at both the CAAs and IC4As in 2001.

Cross Country: 2002: Redshirted season. **2001:** Competed at the CAA Championships as well as the IC4A meet ... Came across the finish line in 21st-place overall as the team won the William and Mary Invitational ... Helped team to a dominant win in the National Invite at Penn State, placing 17th overall. **Track: 2003:** Competed only twice with a best of 11th in the 3,000m at the CNU Classic.



Brian Doherty

Sophomore

Roanoke, VA • Roanoke Catholic

A pleasant surprise last spring in the 10,000m at the CAAs, the conference scorer aims to turn his track success into results on the grass.

Cross Country: 2002: The Tribe's fifth runner at IC4As and 38th runner overall after crossing the finish line in 26:11 ... Placed sixth in the Cavalier Open and 13th in the Tribe Open ... Ran 26:15 in his first collegiate cross country race, finishing 33rd at the Lou Onesty Invitational ... Was the 17th finisher in the open race of the Paul Short Invitational. **Track 2003:** CAA scorer in the 10,000m with a PR of 31:40.82, placing fifth ... Runner-up in the 3,000m at the Tribe open ... Had six top-10 finishes ... Also set PRs of 4:06.22 (1,500m), 8:46.88 (3,000m) and 15:10.75 (5,000m).



Mike Dominguez

Sophomore
Herndon, VA • Herndon

After an impressive freshman debut in the 3,000m SC at the conference championships, Dominguez looks to build from a solid track campaign and earn a spot on the varsity squad.

Cross Country: 2002: Competed twice for the Tribe ... Best finish was 36th in the open race at the Paul Short Invitational, running a time of 26:44 ... Also competed at the Lou Onesty Invitational, placing 54th. **Track: 2003:** Runner-up in the 2,000m SC at the Tribe Open ... Scored for the Tribe at the CAAs, where his fourth place in the 3,000m SC just missed all-conference honors ... Four top-five finishes ... Ran a PR of 9:35.15 in the 3,000m SC at the JMU Invite ... Also set PRs of 4:08.53 (1,500m) and 8:52.92 (3,000m).



Matt Keally

Sophomore
Virginia Beach, VA • Ocean Lakes

The 2003 CAA Rookie of the Year in both cross country and track, the all-region honoree is primed to make a run for national recognition.

Cross Country: 2002: CAA Rookie of the Year ... 113th at the NCAA Championships as the Tribe's third runner ... All-region honors with 24th-place finish at the NCAA Southeast Regional ... 20th at the USAT&F Cross Country Trials ... 121st at the NCAA Preview Invitational ... First collegiate cross country meet was the Paul Short Invitational, where he finished 12th. **Track: 2003:** CAA Rookie of the Year ... NCAA Regional qualifier in the 5,000 ... All-East in indoor season with a fifth in the 5,000m at IC4As ... IC4A qualifier in both the indoor and outdoor 5,000m ... All-conference as runner-up in the 5,000m at CAAs ... Set freshman school record in both the indoor (14:17.87) and outdoor (14:22.08) 5,000m ... Won the 5,000m at the CNU Winter Frolic.

Jason Schoener

Sophomore
Grand Blanc, MI • Grand Blanc

Breakthrough came in the 2003 track season where he qualified for the USAT&F Junior Nationals. A large reserve of talent and a high tolerance for work has positioned Schoener to make an impact at the conference and regional level.

Cross Country: 2002: 54th at IC4A Championships as a rookie ... 21st at the CAA Championships ... Sixth-fastest runner in the Tribe Open (25:37) ... 19th in the Cavalier Open and 18th in the open race of the Paul Short Invitational. **Track: 2003:** Won the 3,000m at CNU Classic ... Just missed All-CAA designation with a fourth place, PR (14:57.02) run in the 5,000m at the conference championships ... Finished ninth in the 10,000m at USAT&F Junior Championships ... Ran a PR of 4:01.68 as runner-up in the 1,500m at CNU Invite ... Also finished second in the 3,000m at the JMU Invite ... Six top-five finishes ... Also set PRs of 8:30.99 (3,000m) and 30:37.66 (10,000m)

Billy Bylund

Sophomore
Great Falls, VA • Langley

Former all-state performer in high school aims to run for the team in his sophomore season after adjusting to the collegiate level his freshman year.

Cross Country: 2002: Did not compete. **Track: 2003:** Did not compete.

Paul Costello

Junior
Springfield, VA • Paul VI

Looks to return from a redshirt season to contribute to the team.

Cross Country: 2002: Redshirted season. **2001:** Best finish of 10th came at the Lou Onesty Invitational ... Placed 24th at the Cavalier Open ... Finished 34th at W&M Invite. **Track: 2003:** Competed only once with a 13th place in the 3,000m at the CNU Classic.



TRIBE FRESHMEN

Thomas Antenucci

Abingdon, VA • Abingdon

State Champion indoor 3,200m ... Four-time all-state medallist (one cross country, three track) ... Eight-time all-region medallist (three cross country, five track) ... Nine-time all-district selection (three cross country, six track) ... PRs include 4:35 (1,600m), 9:45 (3,200m), 16:09 (5,000m) and 33:49 (10,000m).

Anthony Arena

Manassas, VA • Osbourn Park

All-state cross country Virginia AAA 2002 ... Led high school team to first state cross country meet showing in over 10 years ... PR of 4:28.00 (1,600m).

Keith Bechtol

Alexandria, VA • Thomas Jefferson

2003 indoor state champion in the 3,200m ... Three-time state finalist in the outdoor 3,200m ... Team captain of Thomas Jefferson's state champion cross country team ... PRs include 4:24.15 (1,600m) and 9:13.55 (3,200m).

Ben Beiter

Vienna, VA • Oakton

State finalist in cross country and the 3,200m ... PRs include 4:22 (1,600m) and 9:35 (3,200m).

Steve Hoogland

Springfield, VA • Lake Braddock

All-state performances in cross country and indoor and outdoor track during 2002-03 season ... Sixth at the Class AAA State Cross Country Championships ... Captured third place in the 3,200m indoor track AAA championships ... Winner of the 3,200m outdoor AAA championship ... PRs include 4:20.73 (1,600m) and 9:18.25 (3,200m).

David Hryvniak

Spencerport, NY • Aquinas Institute

11-time section five cross country champion ... Three-time all state and all-section five first team selection in cross country ... Eighth place in New York State Cross Country Championships ... Qualifier and top-20 finisher at National Nike Indoor Classic two-mile race ... PRs include 4:25 (1,600m), 9:26 (3,200m) and 15:25 (5,000m).

Spencer Kirk

River Forest, IL • Oak Park-River Forest

Two-time state qualifier in cross country ... Twice all-conference in cross country ... All-state in 4x800m relay ... Twice state qualifier in track ... Six conference event titles in track ... 12 all-conference performances in indoor track ... 11 all-conference honors in outdoor track ... MVP in 2003 outdoor track season ... PRs include 50.4 (400m), 1:56.4 (800m), 4:17.7 (1,600m) and 9:51 (3,200m).

David Murphy

Warwick, RI • Bishop Hendricken

Five-time state champion in cross country and track and field ... 2002 New England Indoor Champion in the 3,200m ... PRs include 4:00 (1,500m), 4:15.08 (mile) and 8:40 (3,000m).

Daniel Nally

Wrentham, VA • Liberty

All-state AA cross country in 2002 (10th) ... Two-time all-state (2002, 2003) in AA track in the 3,200m (sixth) ... PR's include 4:26.35 (1,600m), 9:33.00 (3,200m) and 16:06.00 (5,000m).

Joel Parker

Portsmouth, VA • Churchland

Finished 17th at Virginia AAA cross country championships ... Virginia state runner-up in the 1,600m ... Two-time state finalist in the 1,600m ... PRs include 1:59.94 (800m) and 4:19.84 (1,600m).

Jonna Reinhardt

Williamsburg, VA • Jamestown

Eastern Region AA cross country champion in 2002 ... Placed fifth at the AA State Cross Country Championships in 2002 ... Five-time all-state honoree ... Regional champion in cross country (2002), indoor 1,600m and 3,200m (2002) and indoor 1,600m (2003) ... PRs include 4:25.67 (1,600m) and 9:36.62 (3,200m).

Adam Tenerowicz

Blackstone, MA • Blackstone-Mill River

2002 runner-up at the Massachusetts State Division II Cross Country Championships ... Four-time all-state selection in cross country ... Two-time district champion ... PRs include 4:20 (1,600m) and 9:26 (3,200m).

Timothy Zeckser

Boulder, CO • Fairview

Boulder Camera first team all-region track and field ... Top team finisher (eighth overall) for two-time 5A state cross country champions ... Has PR of 9:40.38 (3,200m) at altitude, which converts to 9:22 at sea level.



*“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 1764*

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 2002-03 season was one of the best in W&M history, as the Tribe had a school-record 10 teams compete in the NCAA Tournament. Four teams won conference championships, while six teams ended the season nationally ranked in the top-25. Each year the goal of the athletics department is to finish in the top-100 nationally in the NACDA Directors' Cup standings and this season W&M far exceeded that standard, ending the 2002-03 campaign ranked 58th. It marked the eighth time in the last 10 years that the Tribe finished in the top-four in Virginia and first or second in the Colonial Athletic Association.

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.

Overall, the College has proven dominant in the CAA, leading the league with 70 conference titles, 21 more than the next closest school. In recent years, it has become typical for W&M to win at least five conference championships and send seven or more teams to the NCAA Tournament each season.

Academic Success

The Tribe's athletic accomplishments do not come at the expense of its students' academic responsibilities. In the 2002-03 season, W&M student-athletes, who make up close to 10% of the entire student body, compiled a 3.03 grade point average.

In 2002-03 the CAA began a Scholar-Athlete of the Year award for each of the league's 21 sports. Not surprisingly, W&M set the pace with five athletes winning the honor—Tara Flint (women's soccer), Ali Henderson (women's cross country), Adam Hess (men's basketball), Chris Parsons (men's track and field) and Ann Schnell (women's golf)—more than any other school.

William and Mary - A College of Champions

NCAA Championships (2)
Men's Tennis (2) 1947, 1948

CAA Championships (70)
Baseball (1) 2001

Men's Cross Country (10) 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002

Women's Cross Country (10) 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998

Men's Golf (1) 1985

Women's Lacrosse (1) 1992

Men's Soccer (6) 1983, 1987, 1995, 1996, 1999, 2000

Women's Soccer (8) 1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001

Men's Tennis (2) 1988, 1990

Women's Tennis (16) 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002

Men's Track and Field (3) 1992, 1993, 2003

Women's Track and Field (4) 1999, 2001, 2002, 2003

Volleyball (8) 1985, 1986, 1987, 1988, 1989, 1990, 1991, 2001

Atlantic 10 Football Championships (2)
1996, 2001

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

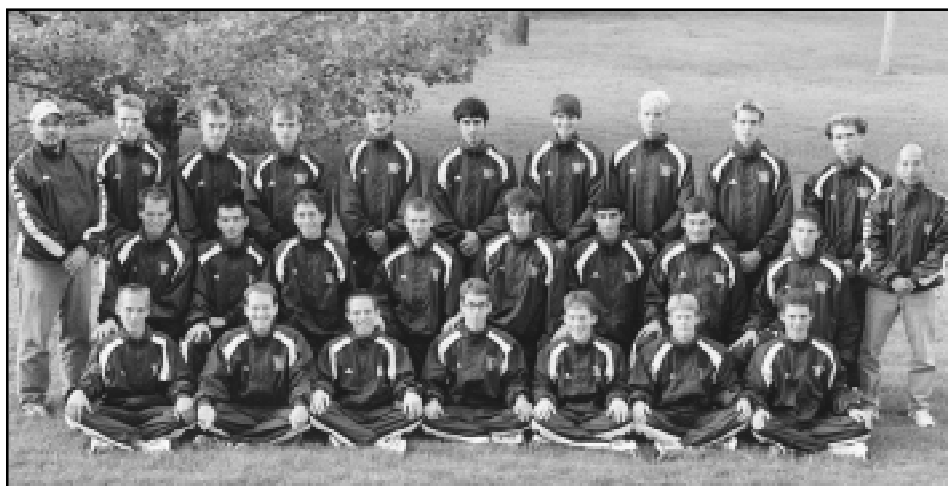
Football (4) 1942, 1947, 1966, 1970

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



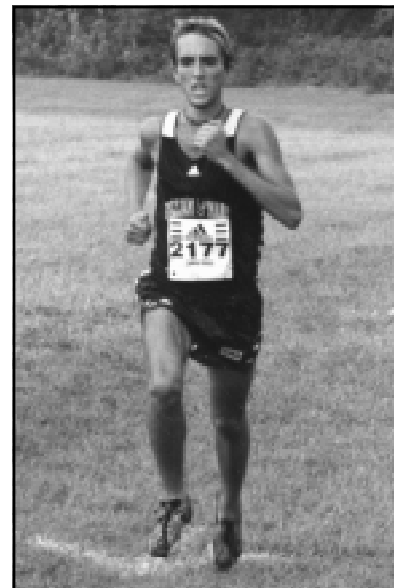
William and Mary 2002 Cross Country

One All-American, Five All-Region, and Seven All-Conference Runners

W&M Honor Roll

CAA Men's Cross Country Championships Results

Year	Team Champion	Points	Individual Title	Coach of the Year
1985	Navy	36	Ken Halla, W&M	Al Cantello, Navy
1986	Navy	36	Abdi Bile, GMU	Al Cantello, Navy
1987	Navy	39	Pete Weilenmann, JMU	Al Cantello, Navy
1988	Navy	34	Pete Weilenmann, JMU	Roy Chernock, W&M
1989	Navy	26	Pete Weilenmann, JMU	Al Cantello, Navy
1990	William and Mary	19	Paul Vandegrift, W&M	Walt Drenth, W&M
1991	William and Mary	22	Kevin Krause, W&M	Walt Drenth, W&M
1992	James Madison	26	Brian Hyde, W&M	Pat Henner, JMU
1993	William and Mary	27	Steve Swift, W&M	Walt Drenth, W&M
1994	William and Mary	18	Brian Hyde, W&M	Walt Drenth, W&M
1995	William and Mary	24	Ibrahim Aden, GMU	Walt Drenth, W&M
1996	William and Mary	26	Julius Achon, GMU	Dan Stimson, W&M
1997	William and Mary	24	Julius Achon, GMU	Andrew Gerard, W&M
1998	James Madison	29	Matt Lane, W&M	Pat Henner, JMU
1999	James Madison	28	Matt Lane, W&M	Andrew Gerard, W&M
2000	William and Mary	23	Mike Fox, JMU	Andrew Gerard, W&M
2001	William and Mary	17	Sean Graham, W&M	Andrew Gerard, W&M
2002	William and Mary	24	Ed Moran, W&M	Andrew Gerard, W&M



*All-American Sean Graham,
2001 CAA XC Athlete of the Year*

Top W&M Individual Finishers at NCAAs

Place	Athlete	Year
5th	Matt Lane	1999
7th	Howell Michael	1968
11th	Matt Lane	1998
16th	Jimmy Johnson	1965
16th	Matt Lane	1997
18th	Ken Halla	1985
19th	Bill Louv	1973
20th	Paul Vandegrift	1990
25th	Ron Martin	1970
27th	Bob DeTombe	1956
30th	Howell Michael	1968
30th	Ed Moran	2002
32nd	Ken Halla	1984
32nd	Ed Moran	2000
33rd	Steve Swift	1991

W&M at the NCAA Championships

1963 20th	1994 18th
1966 18th	1995 17th
1968 15th	1997 9th
1970 10th	1998 13th
1971 16th	1999 13th
1972 11th	2000 10th
1973 4th	2001 16th
1975 23rd	2002 14th
1990 15th	

W&M All-Americans Cross Country

2002	Ed Moran	1985	Ken Halla
2000	Ed Moran	1984	Ken Halla
1999	Matt Lane	1975	Mac Collins
1998	Matt Lane	1973	Bill Louv
1997	Matt Lane	1970	Ron Martin
1991	Steve Swift	1969	Howell Michael
1990	Paul Vandegrift		

Indoor Track

2001	Matt Lane	5,000m
2000	Matt Lane	5,000m
1999	Matt Lane	5,000m
1999	Anders Christiansen	800m
1998	Matt Lane	3,000m
1995	Bryan Hyde	Mile
1994	Bryan Hyde	3,000m
1989	Paul Vandegrift	Mile
1988	4x800 relay:	
	Rob Campbell, Hiram Cuevas, Dave Ryan, Paul Vandegrift	
1975	Reggie Clark	880 yds
1975	Distance Medley Relay:	
	Frank Courtney, Bill Becker, Mac Collins, Reggie Clark	
1974	Reggie Clark	880 yds
1970	Howell Michael	Mile
1969	Juris Luzins	1,000 yards

* - Track listing only contains distance runners, not sprints or field events

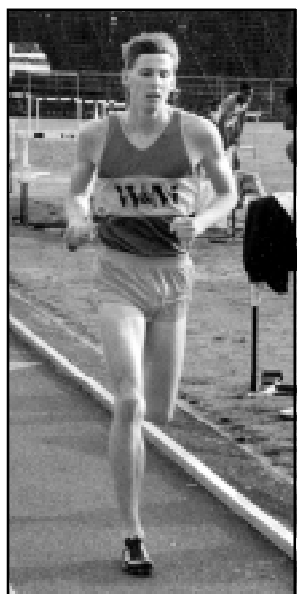
Outdoor Track

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

W&M Honor Roll

CAA Athletes of the Year

2003	Ed Moran	Track
2002	Ed Moran	XC
2001	Sean Graham	XC
2001	Matt Lane	Track
2000	Matt Lane	Track
1999	Matt Lane	XC
1998	Matt Lane	XC
1997	Matt Lane	XC
1997	Anders Christiansen	Track
1994	Brian Hyde	XC
1993	Steve Swift	XC
1992	Brian Hyde	XC
1991	Steve Swift	XC
1990	Paul Vandegrift	XC



Seven-time All-American Paul Vandegrift



Two-time CAA Athlete of the Year Brian Hyde, 1996 Olympian (1,500m).

Academic All-Americans

2000	Gene Manner
1999	Gene Manner
1999	Matt Lane
1998	Matt Lane
1998	Geoff Williamson
1997	Matt Lane
1997	Kimble Woodworth

NCAA Regional Athletes of the Year

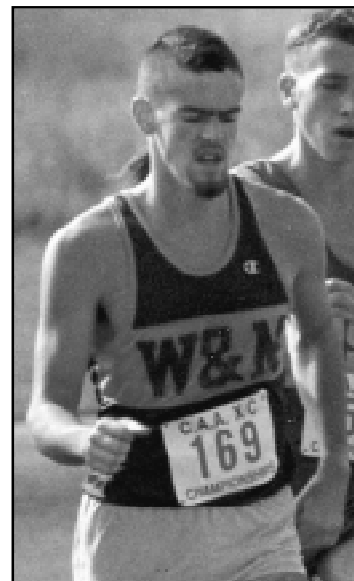
2001	Sean Graham
1999	Matt Lane
1997	Matt Lane

CAA Rookies of the Year

2002	Matt Keally	XC
2001	Matthew Maline	XC
1996	Matt Lane	XC

Team Academic Honors

Last year's Tribe cross country squad was named a United States Collegiate Cross Country Coaches Association Academic All-American team at the conclusion of its season by virtue of an overall team GPA over 3.0. That is the fifth such honor for the W&M cross country squad, as W&M was also selected in 1997, 1998, 2000 and 2001, in addition to 2002's award.



All-American Steve Swift, competitor in the 1999 World Championships (Marathon)

Cross Country

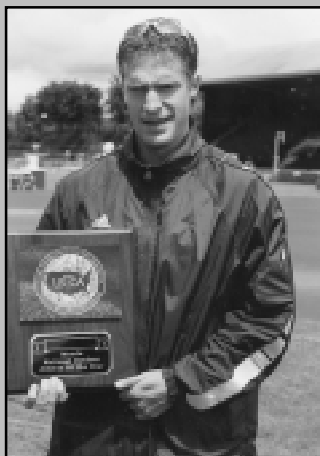
CAA Athlete of the Year - 1997, 1998, 1999
 NCAA Regional Champion - 1997, 1999
 NCAA All-American - 1997, 1998, 1999

Indoor Track

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 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

Tribe

Support Staff

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.



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 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.



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.

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.



- Home of the Tribe's football and track and field teams
- Campus landmark since 1935
- Seating for more than 13,000
- Eight-lane 400 meter track surrounds the field and is home to the prestigious Colonial Relays
- Joseph Montgomery football practice facility is located adjacent to the stadium



- Home to cross country and track practices
- Bermuda grass surface set in one of collegiate athletics' most scenic and unique campus environments
- Multi-purpose field has hosted soccer and lacrosse games



- Home of Tribe baseball-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



- Home of the Tribe's tennis teams for the outdoor season
- One of the College's newest venue, completed in September, 2001
- 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 system to accommodate night matches



- 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 an Astroturf playing surface
- Seats over 2,200
- State-of-the-art computerized lighting system and an elevated press box



- 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 system and scoreboard



- 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 a gymnastics training center
- The concourse and lower levels house administrative and coaching staff offices

W&M At A Glance

The College of William and Mary - 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. The current chancellor of the College is former Secretary of State Henry Kissinger, and he took over the post from former British Prime Minister Margaret Thatcher.

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 Massanutten (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).

