



1987



1988



1990



1991



1992



1993



1994



1996



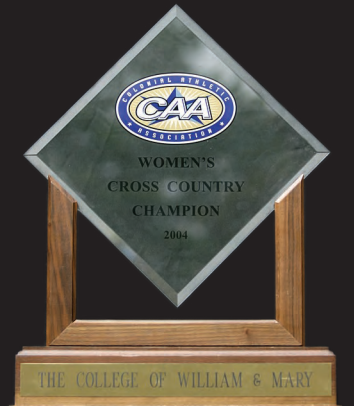
1997



1998



2003



2004



2005



2006

13 CAA CHAMPIONSHIPS
... AND COUNTING

Tribe

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Women's Cross Country Quick Facts

William and Mary

Location: Williamsburg, Virginia
Founded: 1693 (second oldest college in the United States)
Enrollment: 5,700
Nickname: Tribe
Colors: Green, Gold and Silver
Conference: Colonial Athletic Association
President: Gene R. Nichol (Oklahoma State, 1973)
Chancellor: Sandra Day O'Connor (Stanford, 1950)
Director of Athletics: Terry Driscoll (Boston College, 1969)
Sr. Exec. Assoc. AD/SWA: Barb Blosser (Ohio State, 1975)
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 Department

Asst. AD for Media Relations: Pete Clawson (Pittsburgh, 1990)
Associate Director: Kris Sears (Indiana, 2004)
Associate Director: Rob Turner (Tennessee, 2003)
Assistant to the Director: Mark Hoskins (JMU, 2003)
Intern/Contact: Jacob Skipper (William and Mary, 2005)
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Cell Phone: (757) 561-3176
E-Mail Address: jcskip@wm.edu
Phone: (757) 221-3344
Fax: (757) 221-3412
Website: www.TribeAthletics.com

Coaching Staff

Director of Track & Field: Dan Stimson (Ohio, 1971)
21st Year
Office Phone: (757) 221-3397
E-Mail Address: dgstim@wm.edu
Head Coach: Kathy Newberry (William and Mary, 2000)
Second Year
Office Phone: (757) 221-3396
E-Mail Address: kjnewb@wm.edu
Assistant Coaches:
 Ed Moran (William and Mary, 2003)
 Adam Otstot (William and Mary, 2004)

William and Mary Women's Cross Country Schedule

Day	Date	Event	Location
Sat.	Sept. 9	Lou Onesty Invitational	Charlottesville, VA
Sat.	Sept. 16	James Madison Open	Harrisonburg, VA
Sat.	Sept. 30	COLONIAL INTERREGIONAL	WILLIAMSBURG
Sat.	Oct. 14	Brooks Pre-National Invitational	Terre Haute, IN
Sat.	Oct. 14	TRIBE OPEN	WILLIAMSBURG
Fri.	Oct. 27	Colonial Athletic Association Championships	Newark, DE
Sat.	Nov. 4	MASSEY CANCER CENTER "RUN FOR THE CURE"	WILLIAMSBURG
Sat.	Nov. 4	Cavalier Open	Charlottesville, VA
Sat.	Nov. 11	NCAA Southeast Regional	Louisville, KY
Sat.	Nov. 18	2nd Annual ECAC Championships	Bronx, NY
Mon.	Nov. 20	NCAA Championships	Terre Haute, IN

Home races in **BOLD CAPS**.

Please check 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 jcskip@wm.edu.

Credits

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Cover Credits

Covers designed by Mollie and Bob McClure of Shot in the Dark Studio, Richmond, Virginia.

Directions to William and Mary

From the North/West: Take I-64 East to Lightfoot Exit 234A (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until the 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 two stoplights, and 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 234A (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). Stay on 199 West until the Monticello Avenue exit. Exit at Monticello Avenue, and bear right on the exit ramp and merge onto Monticello Avenue. At the second stoplight, take a left onto Ironbound Road. At the second stoplight on Ironbound Road, 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.

2006 Women's Cross Country



Name	Class	Height	Hometown	High School
Emily Anderson	2010	5-7	Golf, Illinois	Glenbrook South
Emily Arena	2009	5-4	Manassas, Virginia	Osborn Park
Meghan Bishop	2007	5-4	Blue Bell, Pennsylvania	Gwynedd Mercy Academy
Abby Booker	2008	5-7	Haddonfield, New Jersey	Haddonfield Memorial
Anna Brousell	2010	5-2	Wilmington, Delaware	Brandywine
Ariel Burbey	2010	5-6	Blacksburg, Virginia	Blacksburg
Meghan Burns	2010	5-1	Coopersburg, Pennsylvania	Allentown Central Catholic
Kayley Byrne	2010	5-8	Oak Hill, Virginia	Oakton
Julia Cathcart	2007	5-2	Starkville, Mississippi	Starkville
Ellen Childress	2009	5-3	Arlington, Virginia	Washington-Lee
Ashley Davies	2010	5-5	Whitehouse Station, New Jersey	Hunterdon Central Regional
Katie Endres	2009	5-6	Sterling, Virginia	Potomac Falls
Sallie Ford	2010	5-6	Lynchburg, Virginia	E.C. Glass
Emily Gousen	2008	5-6	Arlington, Virginia	Washington-Lee
Kaitlin Hurley	2008	5-7	Portland, Oregon	Jesuit
Katie Keally	2009	5-6	Virginia Beach, Virginia	Ocean Lakes
Kelly McElroy	2010	5-6	Wyomissing, Pennsylvania	Holy Name
Lynn Morelli	2009	5-7	Philadelphia, Pennsylvania	St. Basil
Keely Murphy	2010	5-2	Owings, Maryland	Northern
Rachel Ohm	2010	5-7	West Coxsackie, New York	Academy of the Holy Names
Karin Ohman	2009	5-5	Arlington, Virginia	Washington-Lee
Anna Parker	2007	5-11	Charlotte, North Carolina	Myers Park
Erin Prillaman	2008	5-4	Midlothian, Virginia	Midlothian
Emily Schroeder	2009	5-4	Midlothian, Virginia	James River
Kristyn Shiring	2007	5-6	Stafford, Virginia	North Stafford
Kallie Sims	2010	5-7	Arlington, Virginia	Washington-Lee
Kelsey Snowden	2009	5-5	Fairfax Station, Virginia	Lake Braddock
Morgan Stumb	2010	5-8	Boulder, Colorado	Fairview
Julie Taylor	2008	5-6	Wilmington, Delaware	Ursuline Academy
Rebecca Ward	2009	5-6	Midlothian, Virginia	James River
Kate Willever	2007	5-6	Pennington, New Jersey	Hopewell Valley Central

Head Coach: Kathy Newberry (William and Mary, 2000), Second Year

Assistant Coach: Ed Moran (William and Mary, 2003), Second Year

Assistant Coach: Adam Otstot (William and Mary, 2004), Second Year

NCAA Veterans

Meghan Bishop - 2005
 Abby Booker - 2005
 Julia Cathcart - 2005
 Kaitlin Hurley - 2005
 Erin Prillaman - 2005
 Kristyn Shiring - 2002
 Julie Taylor - 2005

Regional Veterans

Meghan Bishop - 2003, 2004, 2005
 Julia Cathcart - 2003, 2004, 2005
 Kaitlin Hurley - 2005
 Erin Prillaman - 2005
 Kristyn Shiring - 2002, 2003, 2004
 Kelsey Snowden - 2005
 Julie Taylor - 2005

Pronunciation Guide

Anna Brousell - BREW-sell
 Ariel Burbey - BUR-bee
 Kayley Byrne - BURN
 Katie Endres - IN-dress
 Emily Gousen - GOOSE-in
 Rachel Ohm - OH-m
 Karin Ohman - OH-man
 Kristyn Shiring - SHY-ring
 Morgan Stumb - Like stumble
 Adam Otstot - AUGHT-staught



Head Coach Kathy Newberry

Former Tribe standout Kathy Newberry assumed the role of head coach for both the women's track and field and cross country programs in March 2005 after serving the previous two years as a volunteer assistant coach to the Tribe's men's cross country and track programs. Showing no drop-off in the tradition of excellence built over the past decade and a half, Newberry has already directed the program to three Colonial Athletic Association titles and earned herself CAA Coach of the Year awards for cross country and track in 2005-06.

In Newberry's first season at the helm of the cross country program, her athletes far out-stripped the expectations of most observers, culminating in an upset of 24th-ranked North Carolina for fifth at the Southeast Region Championships, gaining the team its first at-large berth to the NCAA championship since 2002. Under her tutelage the Tribe recorded four team victories in 11 attempts, including a third consecutive CAA crown. Led by the efforts of juniors Meghan Bishop and Julia Cathcart, who finished one-two for the College in every race they ran, William and Mary's return to the NCAA Championships was a success as the school placed 23rd, and narrowly missed upsetting the Tar Heels again. The duo, who were the CAA Co-Rookies of the Year in 2003, finished 76th and 86th, respectively, and also earned all-conference and all-region honors.

Freshmen played a big role in the success of the harrier's season as well, as three ran in the CAA Championships and one, Kelsey Snowden, also participated at the Southeast Regional. Fellow freshman Emily Schroeder not only counted an appearance at the CAAs in her season's accomplishments, but also earned her first individual collegiate title at the Tribe Open. The team was also a hit in the classroom, earning Academic All-America honors from the women's cross country coaches association (WICCCA) for the seventh consecutive season, and Bishop was honored by the CAA as Scholar-Athlete of the Year and by WICCCA as an Academic All-American.

The spring season also proved to be a smashing success, as the women won their sixth straight CAA crown and sent numerous individuals to the NCAA Regional. Bishop earned All-East honors indoors and outdoors at 3,000m, and set huge personal records in both the 3,000m and 5,000m. She took fourth in the 3,000m indoors at ECACs, qualifying provisionally for the NCAA Championships and ranking fourth all-time at W&M with a time of 9:31.25. Outdoors, she ran a stunning 40 seconds below her previous best in the 5,000m at Stanford, timing 16:18.49 to qualify for the NCAA Regionals. The mark also ranks fourth in the school record books. Kristyn Shiring took second in the CAA 5,000m for the second year in a row, and was also a double All-East honoree at 5,000m, qualifying for the NCAA Regional with her runner-up performance at the outdoor ECACs.

At the CAA Championships, Newberry's athletes won four titles, the 800m, 5,000m, discus, and heptathlon. They also earned second-place showings at 1,500m, 3,000m steeplechase, 10,000m, shot-put, and hammer throw. Senior Lydia Malley had a breakout season, winning the CAA 800m and earning All-East honors individually at 800m and as part of the 4x800m relay team that took second, along with sophomore Allie Lewis and freshmen Schroeder and Rebecca Ward. Cathcart was the CAA 5,000m champion in meet-record time and was named All-East outdoors. At the conclusion of the season, the CAA named Bishop as its Scholar-Athlete of the Year for women's track, giving her an unprecedented third such honor. Also, the coaches voted Newberry as Coach of the Year, giving her the sweep of the year's awards.

In 2005, the team took the conference track championships by storm, winning four titles and garnering 20 All-CAA nods. Senior Jackie Kosakowski was the runner-up in the CAA 3,000m steeplechase and followed up a month later with the ECAC crown in the same event. Bishop won her second 1,500m title at the CAA Championships, and was on pace for All-East honors in the event before she was knocked to the track in the finals. Shiring exploded at the indoor ECAC championships, running 41 seconds below her previous best at

5,000m to qualify provisionally for the NCAA Championships. She also hit the provisional mark outdoors for 10,000m, winning the Raleigh Relays in 34:46.60. In all, Newberry's inaugural season yielded four CAA champions, one ECAC champion, 20 all-conference citations, three indoor and five outdoor All-East nods, four NCAA Provisional marks, eleven bids to the indoor ECAC meet, 26 bids to the outdoor ECAC meet, and five NCAA Regional berths (four individual, one relay).

Still an active competitor at the national level, competing regularly both on the track and in road races, Newberry qualified for the 2004 Olympic Trials finals in both the 5,000m and 10,000m, finishing 13th and 14th, respectively. She also ended 2004 ranked 10th nationally in the 10,000m. A two-time qualifier for the U.S. National Cross Country Team, Newberry finished 25th at the 2004 World Cross Country Championships as the second-fastest American in the 8,000m race. She again competed at the 2005 Worlds, finishing in 38th as the third-fastest American, after qualifying with a fourth-place finish at the 2005 USA Cross Country Championships. In 2003, she was ranked 17th in the nation in the 5,000m and placed 11th in that distance at the 2003 USAT&F Championships. Newberry also raced to third in the 2003 USAT&F Fall Cross Country Championships and also competed at the 2005 USAT&F Track and Field Championships in the 5,000m.

An ace for the Tribe from 1996 to 2000, Newberry claimed two CAA titles (3,000m and 5,000m) and earned multiple All-East designations. She was All-CAA and all-region in cross country every season and was the top finisher on the 1998 Tribe cross country squad that finished a best-ever 10th at the NCAA Championships, just missing All-America honors in 43rd place. She still holds the College records in the indoor distance medley relay (11:39.85) and outdoor 4x1,500m relay (18:08.88). She also boasts the Tribe's fourth-fastest 1,500m time (4:28.37), fifth-fastest 3,000m time (9:38.13) and ninth-fastest 5,000m time (16:49.29). In her postcollegiate career she has dropped her times further, running 15:45.32 for 5,000m and 32:45.78 for 10,000m.

She has previous coaching experience at Stephen F. Austin State University where she served as a volunteer assistant, helping the Lumberjacks sweep the conference titles in both men's and women's cross country and mentoring several conference titlists and a national qualifier. A resident of Williamsburg, Newberry was married in the summer of 2005 to the Tribe's head men's coach, Alex Gibby.



2006 Women's Cross Country

Newberry By The Numbers

- 10 Individual Conference Champions**
- 20 All-East Athletes**
- 4 All-Region Athletes**
- 3 Scholar-Athletes of the Year**
- 3 Conference Titles**
- 2 CAA Coach of the Year Honors**
- 1 Academic All-American**



Director of Track and Field Dan Stimson



In his 21st 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, and has served as an exemplary model for what collegiate athletics should be all about.

The men's and women's programs have combined for 13 Colonial Athletic Association titles out of 16 possible since the 2002-03 school year, and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2005-06 season was another banner year for the squads, as Stimson's program took three

of four CAA titles (men's cross country, women's cross country, women's track and field): the sixth consecutive conference title for both the men's cross country and women's track and field squads. Punctuating the season was the ninth-straight NCAA team qualification for men's cross country, an achievement only five other schools can claim. To date, Stimson's programs have produced 53 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, jumpers, 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.

Stimson's expertise coupled with the superb work ethics of his athletes made 2005 another record-breaking campaign, including 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. Ayanna 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 Jen Showker and Cassidy 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 score of 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 Ayanna Jones shattered the school record in the shot with an NCAA Regional-qualifying 48'6".

As good as 2005 was, the 2006 Tribe track and field corps has to be counted as one of the best in school history. Senior javelin thrower Andy Smith battled elbow injuries all year, but won 75 percent of his appearances, including his fourth CAA Championship on a rain-soaked April morning. Smith joins Tyler Steel (1997-2000 hammer) as the only Tribe athletes to earn four CAA titles in a single event. Brenna Blevins went undefeated in the heptathlon in three tries, picking up the CAA and ECAC titles. Her first performance of the season, at the Florida State Relays, made Blevins the first heptathlete in school history to clear 5,000 points, and she re-set her own school record at ECACs, scoring 5,229 points, only 14 points shy of being invited to the NCAA Championships. Meekins also cleared 5,000 points at the ECAC meet, taking third with 5,110 points

to qualify provisionally for the NCAA Championships. Both heptathletes also set numerous personal records in individual events, but the margin of the page is too small to list them all. Junior Jen Showker set personal records in the discus with 144 feet at George Mason and in the shot by taking second at the CAA Championships with a put of 44' 11.75". Showker also won the conference crown in the discus for the second time. In the CAA hammer throw, Liz Hager capped her career in heroic fashion. Cleared to throw only an hour before the event started because of a back injury, Hager threw 151' 9" with her only attempt, good for second place and the third-best throw in school history. Freshman Abby Lemon took her lead from Hager, setting a personal record with each of her six throws, finishing with a throw of 149' 2" to take third place in her first conference championships.

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**
- 37 CAA Team Titles**
- 25 CAA Athletes of the Year**
- 21 Seasons at William and Mary**
- 3 CAA Coach of the Year Honors (1992 and twice in 1996)**





Ed Moran

Ed Moran joined the William and Mary staff last year 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 USAT&F 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 2006, he took sixth at the USAT&F's, earning a spot on Team USA and travelling to Europe to compete internationally.

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 Master's in public policy in 2005 from the College.



Adam Otstot

Adam Otstot is in his second year of coaching at his alma mater, assisting 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. Last spring he earned his Master's in education with a concentration in elementary administration.

2006 Women's Cross Country

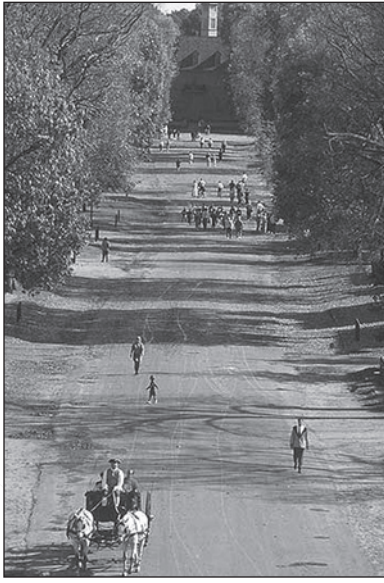
2005 Season Results

ATHLETES	Lou Onesty	Maymont Festival	Great American	Tribe Open	Pre-Nat'l Invite	CAA Champs	Cavalier Open	Southeast Regional	ECAC Champs	NCAA Champs
Loren Cutright	19:52 (50)	21:36 (17)		23:55 (18)			20:04 (15)			
Lauren Heron	19:49 (45)			24:14 (20)			19:58 (13)			
Shelley Knewstep	21:49 (81)			26:00 (41)			22:18 (22)			
Lydia Malley	19:21 (30)		18:53 (56)		23:48 (91^)		19:23 (7)		19:02 (41)	
Karen Pulliam	18:55 (20)		18:56 (58)		22:39 (31^)	22:54 (18)		21:49 (51)		21:52 (178)
Tracy Williams	18:37 (12)		19:19 (72)		22:21 (115)	22:13 (10)				
Meghan Bishop	18:11 (4)		17:57 (22)		21:13 (26)	21:27 (4)		20:41 (12)		20:55 (76)
Julia Cathcart			17:59 (23)		21:19 (33)	21:35 (5)		21:04 (21)		21:01 (86)
Christy Dannenberg	19:06 (24)		19:27 (77)	23:01 (9)						
Amy Maier	19:51 (47)								20:14 (11#)	
Anna Parker	19:48 (44)		19:30 (42*)	22:47 (3)		23:15 (21)			19:30 (60)	
Kate Willever	20:12 (58)			24:38 (27)			21:26 (20)			
Abby Booker	19:31 (36)		19:16 (31*)	23:24 (15)			19:10 (4)			23:19 (246)
Emily Gousen		20:28 (2)		23:16 (13)			19:16 (6)		19:00 (39)	
Kaitlin Hurley	18:36 (11)		18:20 (35)		21:53 (78)	22:30 (12)		21:46 (49)		21:49 (173)
Allie Lewis	19:02 (23)		18:47 (50)		22:57 (167)	22:40 (16)			19:21 (54)	
Erin Prillaman	18:51 (18)		18:51 (53)		22:34 (138)	21:58 (7)		21:44 (48)		21:47 (165)
Pam Rosato				24:29 (25)			21:16 (19)			
Julie Taylor	19:11 (27)		18:41 (15*)		22:02 (93)	22:10 (9)		21:47 (50)		21:58 (190)
Emily Arena	20:15 (59)	20:34 (4)					19:39 (11)		20:27 (78)	
Meghan Bohren				25:02 (30)						
Ellen Childress	19:43 (41)		19:23 (37*)	22:56 (6)			19:38 (10)		19:55 (68)	
Gianna Ellis	20:26 (64)									
Katie Endres		21:01 (8)		23:20 (14)			20:21 (17)			
Katie Keally	20:03 (54)	20:33 (3)		23:51 (17)			20:51 (18)			
Sabrina Moran				25:28 (34)						
Karin Ohman	19:42 (40)		19:48 (52*)	23:10 (11)						
Emily Schroeder	19:27 (35)		19:19 (34*)	22:42 (1)		23:10 (20)	19:36 (9)			
Kelsey Snowden	18:52 (19)		19:04 (66)		23:05 (56^)	22:40 (15)		22:53 (105)		
Rebecca Ward	19:44 (42)		19:24 (39*)	22:45 (2)		23:41 (31)			19:18 (52)	
TEAM FINISH	2nd of 8	1st of 12	5th of 12	1st of 5	12th of 34	1st of 10	No Score	5th of 28	10th of 12	23rd of 31
	62 points	34 points	153 points	18 points	345 points	35 points		180 points	241 points	530 points

Numbers in parentheses indicate finish in race. * - indicates Great American Seeded Race. ^ - indicates Pre-National Open Race. # - indicates ECAC Coaches Race.



Williamsburg has long been a destination for running enthusiasts, as it boasts a rich and varied natural landscape, and a history of preserving green spaces rather than urbanization.



Duke of Gloucester Street

The most famous running route in Williamsburg is also one of the oldest - Duke of Gloucester Street. Originally a small Indian trail and later horse path for the residents of Middle Plantation, it was enlarged in 1699 by the colony government to function as the main thoroughfare of the new capital, Williamsburg. Measuring one mile from Capitol building to the front steps of the Wren Building at William and Mary, "DOG" street offers a quick, simple run through the heart of the Colonial City.

The College itself offers several opportunities for the adventurous athletes. A run around the edges of the campus along Richmond and Jamestown Roads and Campus Drive covers almost three miles on brick-paved sidewalks. Or, explore the maze of walkways, roads, and paths that wind through the campus itself. The campus is situated on three hills and the interceding ravines, providing a unique and stimulating workout.

Scheduled to be completed in the fall of 2006 is a brand-new Olympic level track. Located inside of Zable Stadium at Cary Field, the new track has been built to exceed the standards of the IAAF, track and fields world-wide governing body. EDPM rubber serves as the surface of the eight-lane, 400 meter oval, and the complex also has three long jump/triple jump pits, two pole vault runways, two high jump pits, and a water trap for the steeplechase.

On the western edge of campus is Lake Matoaka and the College Woods. Originally swampland, Matoaka was dammed in the first half of the 18th century to create one of the oldest

man-made lakes in the New World. Surrounding the lake is 600 hectares of mostly undeveloped forest, including a 150 hectare preserve that is protected in perpetuity. The recreation Department at the College maintains trails around the lake and in the forest, which are open to use by runners, hikers, bicyclists, and the occasional botany class.

The Colonial Parkway is one of the most scenic thoroughfares in America. Protected by law from commercial traffic and with a top speed limit of 25 mph, the Parkway also provides an ideal running route. It stretches for 23 miles, connecting the historical sites of Jamestown (first permanent English colony), Williamsburg, and Yorktown (site of the final battle of the Revolutionary War), following the York River for much of its length.

The College's main competition and practice course is at Dunbar Farms, on the grounds of Eastern State Hospital. An infinite variety of routes can be laid out on the grounds, featuring hills, wooded loops, and manicured grass plains. The College hosts several meets each year at Eastern State, and will again host the Colonial High School Invitational for the 48th year. One of the most prestigious high school meets on the East Coast, the Colonial Invitational regularly brings over 70 teams of both men and women to Williamsburg.

Also in the area are several parks featuring close to 200 miles of established trails. Newport News Park is the largest municipal park east of the Mississippi, a short 20 minute drive from downtown Williamsburg. Also within a half-hour drive, York River State Park has 25 miles of trails along the York River. In Williamsburg itself, Freedom Park sprawls over 689 acres of woodlands, and Waller Mill Park has more than 30 miles of trails in its 2,700 acre preserve.



The Colonial Parkway



In her first year as head coach Kathy Newberry experienced great success as she led the Tribe's return to competing at the national level. W&M captured three team titles including its third straight Colonial Athletic Association championship and received an at-large bid to the NCAA Championships. Six Tribe harriers garnered All-CAA honors and two earned all-region citations.

The Green and Gold's season began at Virginia's Lou Onesty Invitational in Charlottesville. Meghan Bishop finished fourth and led the Tribe to a runner-up finish behind the host Cavaliers. Two weeks later, the team split for the first of three times in the season, travelling to two different races on the same weekend. On Friday, September 23, W&M ran to victory at the Maymont Cross Country Festival behind taking three of the top four finishes. Emily Gousen ran 20:28 for runner-up honors, and was followed in quick succession by freshmen Katie Keally (third, 20:33) and Emily Arena (fourth, 20:34). Redshirt freshman Katie Endres also placed in the top 10, finishing eighth in her first attached race for the College.

The next day, W&M headed to the Great American Cross Country Festival in Cary, North Carolina, to face off with a dozen of the best teams in the region. Competing in two races, the Tribe gave a hint of what fans could expect later in the season. In the day's premiere race, the Nike Race of Champions, the College finished fifth behind three top-25 teams including top-ranked Duke and perennial national contender Brigham Young. Bishop placed 22nd and teammate Julia Cathcart finished two seconds behind in 23rd place in her first race of the season. In the seeded race, which featured mostly the second-teams of schools in the top race, the Tribe acquitted itself well, taking sixth out of 15 teams. Julie Taylor led the team, taking 15th place in 18:41.

of teams from around Virginia and the neighbouring states. Freshman Emily Schroeder won the race as the Green and Gold swept the top-three places.

W&M went to the CAA Championships ready to defend its title and to extend its streak of consecutive titles to three. With strong performances from Bishop and Cathcart, who finished fourth and fifth respectively, the Tribe captured the conference title as six women garnered All-CAA honors. Erin Prillaman crossed the line in seventh and teammates Taylor and Tracy Williams followed in ninth and 10th. Kaitlin Hurley took 12th and the last all-conference honor as the Green and Gold placed seven runners in the top 15 to win by 11 points over runner-up James Madison.



Kaitlin Hurley

After capturing the CAA title, the Tribe looked primed to run strongly at the Southeast Regional and chase a bid to the NCAA Championships. As she had done all season, Bishop led her teammates to the finish as she placed 12th and earned her first all-region honor. Cathcart followed in 21st and garnered her second all-region citation. A solid pack of Tribe harriers finished next as Prillaman, Hurley, Taylor and Karen Pulliam took 48th, 49th, 50th, and 51st, respectively. Freshman Kelsey Snowden rounded out the top seven for the College.

Behind the all-region efforts of Bishop and Cathcart, W&M captured fifth place and upset No. 24 North Carolina. Because of its fifth-place finish, the Tribe waited three days to learn its NCAA Championships fate. The wait was well worth it as the Green and Gold earned one of 13 at-large bids to the NCAA Championships.

Two days prior to the NCAAs, the College competed at the Eastern College Athletic Conference Championships where Gousen took 39th to lead the Tribe to a 10th place finish. The result was promising in that it provided a direct comparison of the future squads for several top teams, including Duke, which placed ninth only a few points ahead of the College.

Making its first trip to the NCAA Championships meet since 2002, the College prepared to show the nation it belonged. Bishop finished 76th overall and first for the Tribe for the final time of the 2005 campaign. Cathcart came in next for the Green and Gold while W&M's four-pack of Prillaman, Hurley, Pulliam and Taylor finished within 11 seconds of each other. Sophomore Abby Booker completed the Tribe's top seven. The Green and Gold's effort rocketed them to the 23rd position, only ten points shy of beating North Carolina for the second time in a week, and a defeat of state rival Virginia.

2006 Women's Cross Country

2005 Season Stats

Team Victories (3)

- Maymont Festival (34 points/ 12 teams)
- Tribe Open (18 points/ 5 teams)
- CAA Championships (35 points/ 10 teams)

Individual Champions (1)

Emily Schroeder Tribe Open

All-Region (2)

Meghan Bishop (12th)
Julia Cathcart (21st)

All-CAA (6)

Meghan Bishop (Fourth)
Julia Cathcart (Fifth)
Erin Prillaman (Seventh)
Julie Taylor (Ninth)
Tracy Williams (10th)
Kaitlin Hurley (12th)

CAA Scholar-Athlete of the Year
Meghan Bishop

WICCCA Academic All-America
Meghan Bishop

CAA Coach of the Year
Kathy Newberry

Following the Great American, the Tribe ventured to the site of the NCAA Championships, Terre Haute, Indiana, to compete against a host of ranked teams at the Pre-National Invitational. The Green and Gold captured 12th place and finished first among all teams not ranked in the top 30, including ahead of the teams ranked 31st and 32nd. Again Bishop crossed the finish line first for W&M in 26th place. That, same day the College hosted the Tribe Open and claimed its second team victory of the season against a field



The 2005 W&M cross country team was, without a doubt, one of the top surprises on the national scene. Under the tutelage of first-year head coach **Kathy Newberry**, the team won three events including its third consecutive Colonial Athletic Association title. At the Southeast Regional, the Tribe upset 24th-ranked North Carolina for fifth place to earn its first trip to the NCAA Championships since 2002. At the national meet, the team came within 10 points of beating the Tar Heels again, finishing 23rd. This season projects to be even better, with 10 of the top 12 runners from last season returning, along with new recruits and athletes coming off of redshirts.

The lead trio for the team will all be seniors this year, and have already established themselves as some of the best runners to come through the College since the 1990s. **Meghan Bishop** led the team in every race last season, including finishing 76th at the NCAA Championships. During the track season, she moved into the top four in school history in both the 3,000m run and the 5,000m run. She will look to use those performances to position herself for national recognition in 2006. She will also lead the team in the classroom, after she earned Academic All-American honors in cross country from the Women's Intercollegiate Cross Country Coaches Association (WICCCA) and won Scholar-Athlete of the Year awards from the CAA for both cross country and track and field.

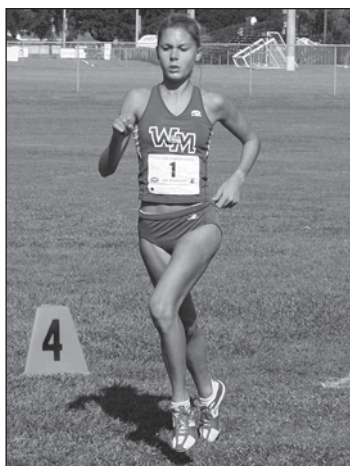


Julia Cathcart

men's history to earn four All-CAA accolades in cross country.

Kristyn Shiring redshirted last fall, but came back in the spring to earn All-East honors in the 5,000m indoors and outdoors, qualifying for the NCAA Regional. Having solved injury problems, Shiring looks to cap her career with her best season, including a return trip to the NCAA Championships after finishing third on the team as a freshman.

Anna Parker and **Kate Willever** are the other seniors on this year's squad. Parker had her best finish last year in the Tribe's win at its own open, taking third in 22:47. She ran at the CAA



Meghan Bishop

last fall. She'll be making a return after redshirting last spring, and will be counted on to come back at the same high level. **Erin Prillaman** and **Julie Taylor** earned all-conference honors after placing in the top 10 at the CAA meet last year and also ran in the top 50 at the regional meet. At the NCAAs, Prillaman was third for the team, and Taylor crossed the line in the sixth position. **Abby Booker** finished fourth at the Cavalier Open and was promoted to the top squad after the regional, coming on to finish seventh for the team at the national championships. On the track, she took fifth in the 10,000m at the CAA Championships, her first time running that distance.



Kristyn Shiring

The final, but by no means least member of the class is **Emily Gousen**. Gousen led the Tribe in the win at the Maymont Festival by placing second, and was 39th at the ECAC Championships to lead the team, running under 19 minutes on the five kilometer course. On the track, she was the runner-up in the 10,000m at the CAA Championships, qualifying for the ECAC Championships in her first race at the distance. She just missed All-East honors at ECACs, taking tenth in 37:09.34.

The sophomore class will be counted on this year to provide the solid backbone of the team. **Ellen Childress** had a pair of top-10 finishes in the fall after redshirting her entire freshman year, and ran at the ECAC Championships for the Tribe. On the track, Childress won her first race at 3,000m, and qualified for the ECAC 5,000m outdoors after placing sixth at the CAA meet. **Katie Endres** also redshirted her freshman year, and returned last fall, taking eighth at the Maymont Festival and 14th at the Tribe Open.

Emily Schroeder was the only Tribe harrier to win a race last fall, capturing the Tribe Open title in 22:42. One of three



freshmen at the CAA Championships for the Green and Gold, Schroeder really broke out on the track, taking fifth in the 1,500m at the CAA meet and earning All-East honors as part of the second-place 4x800m relay at the outdoor ECAC Championships. **Rebecca Ward** was with Schroeder the whole way, finishing second at the Tribe Open and appearing at the CAA and ECAC Championships in cross country. On the track, she also earned All-East accolades on the 4x800m relay, and took 12th in the CAA 800m.



Julie Taylor

Kelsey Snowden just missed all-conference honors in cross country, finishing 15th at the CAA Championships. She was also part of the team at the Southeast Regional, finishing as the team's seventh runner and helping to ensure W&M's two-point victory over North Carolina. **Lynn Morelli** redshirted the fall, but came on during the track season to win two races indoors (at one mile and 3,000m), and scored for the Tribe in the CAA 5,000m. She qualified for the ECAC Championships after running 17:21.78 at the Raleigh Relays.

Emily Arena took fourth at the Maymont Festival, and ran at the ECAC Championships. On the track, she became the tenth woman from W&M to ever contest the 3,000m steeplechase, setting a personal record of 11:26.90 and taking seventh at the CAA Championships. **Katie Keally** and **Karin Ohman** both contested three races last fall, and will look to challenge for a chance to run at the conference meet this year.

The twelve members of the class of 2010 enter with impressive credentials, and one or more might find their way onto the travel squad for the postseason championships as they become adjusted to the physical and academic rigors of collegiate athletics. **Ariel Burbey** won three state relay titles and was the 1,000m Virginia AA state champ in 2006, in addition to earning All-America honors indoors at the Nike Nationals as part of her school's 4xMile relay. She also competed at Nike's Outdoor Nationals, anchoring a 4x800m relay and competing individually in the 800m championship, running a career-best 2:13.19.



Erin Prillaman

She enters with Blacksburg High record times of 2:58.83 for 1,000m and 5:06.53 for 1,600m. **Kayley Byrne** also enters with All-American credentials, anchoring Oakton's 4x800m relay to a sixth-place finish at the Nike Nationals in 2005, scant weeks after the same team won the Virginia AAA state championship. She just missed earning a second All-America nod this year, as her 4xMile took eighth. Byrne

was named to the *Washington Post* All-Met first team her junior and senior years, and also picked up Runner of the Year honors from *The Washington Examiner* after winning her district and region titles in cross country as a senior.

Anna Brousell was Delaware's state cross country champion for the past three years. She was also a two-time state champ in the two mile and a state champ in the mile as a sophomore. She enters with prep bests of 4:57 in the mile and 10:57 in the two mile. **Ashley Davies** was a three-time all-conference honoree in New Jersey, earning the NJSIAA Scholar-Athlete award as a senior. She also earned Academic All-America honors from the National Scholastic Indoor

Championships Committee, and comes to W&M with times of 2:24 for 800m and 5:20 for 1,600m.

Sallie Ford made trips to every state meet (cross country, indoor track, outdoor track) in her four years at E.C. Glass, earning the school's Female Athlete of the Year award as a senior. She has run 11:21.66 for 3,200m and 5:08.50 for 1,600m. **Rachel Ohm** led her school to the 2006 New York Class A state championship, and was named to the Section All-Star team for cross country her last three years. On the track, Ohm won the 3,000m race in her section and league all four years of high school, with a best time of 10:32. **Keely Murphy** won five Maryland state championships in the mile (three indoor, two outdoor), and has hit 5:02.5 at that distance and 2:16.5 in the 800m.

Emily Anderson comes the College from Illinois, where she was an all-conference performer in both track and cross country all four years and earned all-state honors in the 800m in 2004 and 2005. She owns school records of 58.8 seconds in the 400m and 2:12.53 in the 800m. **Kelly McElroy** earned track MVP awards in 2005 and 2006 for Holy Name, and brings four school records to W&M, including 2:17.5 in the 800m and 11:52 in the 3,200m.



Abby Booker

Meghan Burns comes to Williamsburg from the rich running traditions of Pennsylvania, and the district mile champ enters with prep bests of 5:03.29 for 1,600m and 18:54 for 5K (cross country). **Kallie Sims** ran for Washington-Lee in Arlington, taking second in the district last cross country season and earning multiple all-district honors on the track. **Morgan Stumb** was the state champ last fall at the Colorado 5A (highest level) cross country championships, helping Fairview to the team championship.

2006 Women's Cross Country





MEGHAN
Bishop
Class of 2007
Blue Bell, PA
Gwynedd Mercy
Academy

2005-06

Cross Country: Led the Tribe in every race ... 26th at the Pre-National Invitational in 21:13 ... All-conference with fourth-place finish at CAAs ... All-region by finishing 12th at the Southeast Regional ... 76th at the NCAA Championships, running 20:55 ... Named CAA Scholar-Athlete of the Year ... Named Academic All-American by WICCCA. **Track:** All-East indoors and outdoors in the 3,000m ... Took fourth indoors in a time of 9:31.25, provisionally qualifying for the NCAA Championships ... Time ranks her fourth all-time at W&M ... Took second in the 3,000m outdoors at ECACs ... Ran 16:18.49 in the 5,000m at Stanford, over forty seconds below her previous best ... Performance moved her into fourth place in the school record books, and qualified her for the NCAA Regional ... Her time also ranked her 33rd nationally and 12th in the region ... Finished second in the 1,500m at the CAA Championships ... CAA Scholar-Athlete of the Year in track for the second consecutive year and third time overall ... First athlete to win three Scholar-Athlete of the Year awards from the CAA.

2004-05

Cross Country: All-East, finishing 13th at the ECAC Championships ... All-CAA after finishing sixth at the conference meet ... 33rd in the Southeast Regional ... CAA Runner of the Week after finishing 30th at the Notre Dame Invitational. **Track:** CAA Champion in the 1,500m run ... Ran a personal-best 4:29.09 in the preliminaries of the ECAC Championships for the 1,500m ... Was on pace to finish in the top eight and earn All-East honors, but was knocked to the track in the finals and finished 10th ... CAA Scholar-Athlete of the Year.

2003-04

Cross Country: CAA Co-Rookie of the Year ... Seventh-place at the CAA Championships to earn all-conference honors ... 38th in the Southeast Regional. **Track:** All-East indoors by finishing fifth in the mile at the ECACs ... CAA Champion in the 1,500m ... Also all-conference in the 800m, finishing second ... Only American freshman in the 1,500m race at the NCAA East Regional.

At Gwynedd Mercy

District One and Bicentennial League Champion in cross country with a best time of 18:40 ... Finished second in the 1,600m and third in the 800m at the Pennsylvania state championships ... Prep bests of 4:58.10 in the 1,600m, 2:14.90 in the 800m, and 10:53.5 in the 3,200m.

Personal

Daughter of William and Mary Ellen Bishop ... Born March 18, 1985 in Blue Bell, Pennsylvania ... Member of the Sports Medicine Club ... Future goals include medical school and specializing in sports medicine ... Majoring in biology with a minor in history.

Bishop's Personal Bests

800m - 2:16.07	1,000m - 2:56.84i	1,500m - 4:29.09
Mile - 4:52.87i	3,000m - 9:31.25i	5,000m - 16:18.49

2005-06

Cross Country: 33rd at the Pre-National Invitational ... Fifth at the CAA Championship for all-conference honors ... All-Southeast after finishing 21st at the Region Championship ... 86th at the NCAA Championship, running 21:01. **Track:** Won the 5,000m at the Liberty Kick-Off in 16:43.43, provisionally qualifying for the NCAA meet ... CAA Champion at 5,000m, running a meet-record 16:50.19 to qualify for the ECACs and the NCAA Regional ... All-East outdoors in the 5,000m after placing sixth ... Also placed fourth in the 1,500m at the CAA Championships.

2004-05

Cross Country: 20th at the Southeast Regional for all-region honors ... All-CAA with fifth-place showing at the conference championships ... All-East after finishing sixth at the ECAC Championships ... Fifth at the Paul Short Invitational. **Track:** Fifth in the indoors 5,000m at the ECAC Championships, earning All-East honors and breaking the NCAA provisional



JULIA
Cathcart
Class of 2007
Starkville, MS
Starkville

mark ... Third in the 5,000m at the CAA Championships ... Outdoor ECAC qualifier in the 5,000m and 10,000m.

2003-04

Cross Country: CAA Co-Rookie of the Year ... Fourth at the CAA Championships ... 75th at the Southeast Regional ... 80th at the Pre-National Invitational. **Track:** Earned all-conference accolades in both the 5,000m and 1,500m by finishing second and third, respectively ... Qualified for the NCAA East Regional in the 5,000m after finishing 10th in the ECAC Championships ... All-East indoors as part of the Tribe's eighth-place distance medley relay.

At Starkville

Foot Locker Finalist after finishing seventh at the Southeast Regional ... Three-time Mississippi state champion in cross country ... Seventh in the mile and eighth in the two-mile at the adidas National High School Championships ... Has run 4:54.71 for the mile and 10:51.07 for the two-mile.

Personal

Daughter of Dr. Tom Cathcart and Dr. Karen Koch ... Born June 20, 1984 in Laurel, Maryland ... Member of the Kappa Delta sorority ... Member of the Spanish House ... Future goal is to be a nurse practitioner ... Double-majoring in kinesiology and Hispanic studies.

Cathcart's Personal Bests

1,500m - 4:38.71	3,000m - 9:54.98i	5,000m - 16:38.49i
10,000m - 35:16.69		



ANNA
Parker

Class of 2007
Charlotte, NC
Myers Park

2005-06

Cross Country: 21st at the CAA Championships ... 60th at the ECAC Championships ... Third at the Tribe Open. **Track:** Fifth in the mile at Christopher Newport ... Ran 17:46.94 in the 5,000m at the Raleigh Relays ... 11th in the 5,000m at CAAs.

2004-05

Cross Country: Did not compete. **Track:** Ran her personal best in the 1,500m at the George Mason Invitational, timing 4:59.36.

2003-04

Cross Country: Did not compete. **Track:** Ran 2:33.61 in the 800m race at the UVA Invitational.

Personal

Daughter of Bruce and Laura Parker ... Born April 1, 1985 in Memphis, Tennessee ... Member of the Kappa Alpha Theta sorority ... Majoring in kinesiology.

Parker's Personal Bests

800m - 2:32.82i	1,500m - 4:57.96
3,000m - 10:44.05i	5,000m - 17:46.94





KRISTYN
Shiring

Class of 2007
Stafford, VA
North Stafford

2005-06

Cross Country: Redshirted ... Competed once unattached ... Finished second at the Cavalier Open in 18:02.16. **Track:** All-East indoors and outdoors in the 5,000m ... Took fourth at the indoors ECACs, provisionally qualifying for the NCAA Championships with a time of 16:44.33 ... Runner-up at the outdoor ECACs, qualifying for the Regional in 16:45.20 ... Also took second in the 5,000m at the CAA Championships ... Won the 3,000m indoors at George Mason's Collegiate Open.

2004-05

Cross Country: All-East after finishing 23rd at the ECAC Championships ... All-conference with 11th-place finish at the CAA championship ... 35th at the Southeast Regional. **Track:** Had a break-out season, earning NCAA Regional berths and a provisional qualifying time for the national championships ... Won the Raleigh Relays 10,000m with a time of 34:46.60, clear of the NCAA provisional mark ... ECAC qualifier in both the 5,000m and 10,000m, but raced in neither ... Second in the 5,000m at the CAA Championships,

running below the NCAA regional standard ... All-East indoors in the 5,000m, obliterating her previous personal best by 41 seconds to post an NCAA provisional time.

2003-04

Cross Country: Top Tribe finisher at the Pre-National Invitational, finishing 59th ... 55th in the Southeast Regional. **Track:** Redshirted.

2002-03

Cross Country: Third Tribe finisher at the NCAA Championships ... 65th at the Southeast Regional ... All-CAA after finishing 11th at the conference championships ... Finished second in her first collegiate cross country meet against Navy. **Track:** Scored in the 5,000m at the CAA Championships, breaking the 18-minute barrier for the second time in her freshman season.

At North Stafford

Ran 4:55.67 in the 1,500m at the 2001 USAT&F Junior Nationals ... Took sixth in the 3,000m at the same meet, running 10:20.62 ... Ninth at the Virginia AAA cross country championships as a junior ... Fifth in the state as a senior ... Earned four all-state honors in the 3,200m (indoors and outdoors combined), with a high finish of second outdoors in 2001.

Personal

Daughter of Mark and Debra Shiring ... Born February 9, 1984 in Dale City, Virginia ... Favorite sporting event to attend is ice hockey ... Future goals include becoming an elementary school PE teacher ... Majoring in kinesiology with a minor in sociology.

Shiring's Personal Bests

3,000m - 9:41.93 5,000m - 16:36.93 10,000m - 34:46.60



KATE
Willever

Class of 2007
Pennington, NJ
Hopewell Valley
Central

2005-06

Cross Country: 20th in the Cavalier Open ... 27th in the Tribe Open. **Track:** Anchored the 4x800m relay that took 11th at the Penn Relays and qualified for the ECACs ... Ran the third leg of the 4x800m relay in the preliminary round of the ECACs, helping the team qualify for the finals where they would finish second ... Took second in the 3,000m steeplechase at the Fred Hardy Invitational, running below her previous best ... Again set a personal record in the steeplechase at the CAA Championships, taking fourth in a time of 11:16.54 ... Set new personal best in the 1,500m by more than three seconds, running 4:51.16 at the VCU Ram Invitational ... Indoors, finished third in the 3,000m run at Christopher Newport.

2004-05

Cross Country: Ran in the Colonial Invitational. **Track:** Fifth in the 3K steeplechase at the CAA championship, running a personal-best 11:27.75.

2003-04

Cross Country: Redshirted. **Track:** Redshirted.

At Hopewell Valley

Finished in the top five at the New Jersey Track Meet of Champions twice ... Took eighth in the 2,000m steeplechase at the adidas National High School Championships in 2003, running 7:08.89 ... Has run 2:16.7 for 800m and 5:05.11 for 1,600m.

Personal

Daughter of Richard and Nancy Willever ... Born December 25, 1984 in Princeton, New Jersey ... Member of the Finance Academy ... Enjoys reading, music, and needle-pointing ... Majoring in finance with a concentration in accounting.

Willever's Personal Bests

1,500m - 4:51.16 3K Steeple - 11:16.54



ABBY
Booker

Class of 2008
Haddonfield, NJ
Haddonfield
Memorial

2005-06

Cross Country: Was the team's seventh finisher at the NCAA Championships ... Fourth at the Cavalier Open ... 15th at the Tribe Open. **Track:** Fifth in the 10,000m at the CAA Championships in her first race at that distance ... Set personal record in the 5,000m indoors, running 18:01.57 for runner-up honors at George Mason's Collegiate Open ... Won the Patriot Invitational 5,000m (outdoors) ... Set personal record in the 3,000m indoors at North Carolina.

2004-05

Cross Country: Ran attached at the Lou Onesty Invitational and unattached at the Tribe Open. **Track:** Scored for the team at CAAs, placing sixth in the 3,000m steeplechase as a freshman in 11:35.33 ... Ran the 3,000m race at the Duke Invitational in 10:40.41, 38 seconds better than her previous best.

At Haddonfield

Multiple-time all-state performer in cross country and the distance events ... First-Team All-South Jersey in cross country as a senior ... Impressed with runner-up showings in the 1,600m and 3,200m at county championships in returning from a stress fracture during her senior season ... Prep bests include 5:14 (1,600m) and 11:30 (3,200m).

Personal

Daughter of Paul and Marsha Booker ... Born July 15, 1986 in Voorhees, New Jersey ... Most prized possession is the Bible her grandfather carried during World War II ... Part of the Opera Workshop ... Future goals include going to medical school ... Majoring in biology with a minor in music.

Booker's Personal Bests

3,000m - 10:19.73i 3K Steeple - 11:35.33 5,000m - 18:01.57i

2006 Women's Cross Country





EMILY
Gousen

Class of 2008
Arlington, VA
Washington-Lee

2005-06

Cross Country: Second at the Maymont Festival, leading the Tribe to victory ... First Tribe finisher at the ECAC Championships. **Track:** Runner-up in the 10,000m at the CAA Championships in her debut at that distance ... Just missed earning All-East honors after running 37:09.34 for tenth place.

2004-05

Cross Country: Ran unattached at the Tribe Open, finishing eighth. **Track:** Second in the mile at the CNU Lidlifter in her first collegiate race.

At Washington-Lee

District champion in the indoor 500m and 1,000m as a senior ... Regional runner-up in the indoor 1,000m in 2004 ... Clocked personal best of 3:02.35 to claim seventh in the 1,000m at the AAA indoor state meet ... Set school record in the indoor 1,000m (3:02.35), indoor 4x800m relay (9:39.29), indoor distance medley relay (12:31.09), outdoor 4x800m relay (9:37.26), outdoor distance medley relay (12:54.94) and outdoor 4x1,600m relay (22:29.24).

Personal

Daughter of Sam and Sarah Gousen ... Born May 25, 1986 in Arlington, Virginia ... Member of the Student-Athlete Advisory Committee and residence hall council ... Enjoys hiking, biking, and environmental studies ... Majoring in environmental studies.

Gousen's Personal Bests

1,500m - 4:57.47
Mile - 5:20.83i
10,000m - 37:09.34



KAITLIN
Hurley

Class of 2008
Portland, OR
Jesuit

2005-06

Cross Country: All-CAA with 12th-place finish at the conference championships ... 49th at the Southeast Regional ... Fourth Tribe finisher at the NCAA Championships ... 78th at the Pre-National Invitational. **Track:** Redshirted, appearing in only one race indoors ... Set personal record in the 5,000m in only appearance, running 17:20.50 at the Liberty Kick-Off in December.

2004-05

Cross Country: 14th at CAAs, assuring the Tribe of victory by finishing ahead of James Madison's fifth runner ... Ran at ECACs and four other races. **Track:** Fourth in the 5,000m at the CAA Championships ... Ran 17:26.70 in the developmental 5,000m at the Penn Relays.

At Jesuit

First-team all-metro selection in cross country and the 1,500m and second-team all-metro in the 3,000m ... Member of state champion cross country team in 2002 and 2003 ... Finished 17th of 320 runners at the 2003

Stanford Cross Country Invitational ... Prep bests include 4:54 for 1,500m and 2:24 for 800m ... Raced to sixth in the 3,200m at the 2004 Pasco Invite.

Personal

Daughter of Jim and Mary Hurley ... Born March 24, 1986 in Springfield, Missouri ... Most important pre-race habit is to have a perfectly aerodynamic ponytail (that's where her power comes from) ... Came to W&M because it was the only place she didn't miss the West coast ... Majoring in history with a minor in Hispanic studies.

Hurley's Personal Bests

3,000m - 10:17.72 5,000m - 17:20.50i



ERIN
Prillaman

Class of 2008
Midlothian, VA
Midlothian

2005-06

Cross Country: All-CAA with seventh-place showing at the conference meet ... 48th at the Southeast Regional ... Third Tribe finisher at the NCAA Championships. **Track:** Redshirted.

2004-05

Cross Country: Raced in four meets. **Track:** 13th in the 1,500m at CAAs ... Ran the 3,000m at the Penn Relays in 10:20.39.

At Midlothian

Three-time regional champion (twice in the 800m and once in the 1,000m) ... Two-time district champion in the 800m ... Six-time all-state selection with honors in the 800m, 4x800m relay and cross country ... Competed at nationals in the 4x800m relay ... Numerous all-region and all-district selections ... Finished third in the 4x800m relay at states as a junior and claimed eighth in the 800m at the state meet that season ... Broke course record at cross country districts as a senior ... Claimed seventh at the state cross country meet as a senior ... Has run 2:18 for 800m and 3:05 for 1,000m.

Personal

Daughter of Walter and Patricia Prillaman ... Born April 5, 1985 in Richmond, Virginia ... Cousin, Amy, attended W&M ... Enjoys reading and swimming ... Future goals include either physical therapy or occupational therapy ... Majoring in kinesiology.

Prillaman's Personal Bests

1,500m - 4:45.33 3,000m - 10:20.39 5,000m - 18:01.73



JULIE
Taylor

Class of 2008
Wilmington, DE
Ursuline Academy

2005-06

Cross Country: Ninth at the CAA Championships for all-conference honors ... 50th at the Southeast Regional ... Sixth Tribe finisher at the NCAA Championships. **Track:** Competed sparingly ... Set personal record in the 5,000m at the Raleigh Relays ... Fourth in the mile indoors at George Mason's Collegiate Open, timing 5:26.20.

2004-05

Cross Country: Ran unattached at the Tribe Open. **Track:** Competed at the indoor ECACs as part of the distance medley relay.

At Ursuline

Won four state titles in 2003, including the 800m, 1,600m, 1,600m relay and 3,200m relay ... Also a runner-up at divisional cross country meet ... First-team all-state selection in cross country in 2003 after a second-team citation in 2002 ... Has run 2:16 for 800m and 5:10 for 1,600m.

Personal

Daughter of James and Eileen Taylor ... Born April 16, 1986 in Wilmington, Delaware ... Wanted to be a teacher when she was growing up ... Enjoys reading, running, and shopping ... Double-majoring in kinesiology and psychology.

Taylor's Personal Bests

800m - 2:20.66 Mile - 5:26.20i 5,000m - 17:56.68





EMILY
Arena

Class of 2009
Manassas, VA
Osborn Park

2005-06

Cross Country: Competed at the ECAC Championships, running 20:27 ... Fourth at the Maymont Festival ... 11th at the Cavalier Open. **Track:** Set personal record in the 3,000m running 10:49.13 for eighth at the Vince Brown Invitational ... Jumped into the school's top-ten list for all-time steeplechase performers after running 11:26.90 for seventh place at the CAA Championships ... Currently ranks sixth in school history in that event ... Won the steeplechase at the Patriot Invitational two weeks later.

At Osborn Park

Earned two all-state citations in the 3,200m race as a senior ... Was third indoors and fourth outdoors at the Virginia AAA championship meets ... Holds five school records, in the 1,500m, 1,600m, 3,000m, 3,200m, and 3K cross country ... Secretary of the Osborn Park National Honor Society chapter ... Member of the French Honor Society ... Was selected for the Lipscomb Award for character out of 550 students in her class.

Personal

Daughter of Paul and Nancy Arena ... Born May 11, 1987 in Fairfax, Virginia ... Brother, Anthony, is a junior on the track team at W&M ... Father ran and mother swam at Niagara University ... Craziest ambitions include hiking through the Amazon rainforest ... Plans to major in biology.

Arena's Personal Bests

3,000m - 10:49.13i 3K Steeple - 11:26.90



ELLEN
Childress

Class of 2009
Arlington, VA
Washington-Lee

2005-06

Cross Country: Sixth at the Tribe Open ... 10th at the Cavalier Open ... 68th at the ECAC Championships. **Track:** Won her first collegiate event, the Patriot Games 3,000m run ... Qualified for the ECACs outdoors after running 17:18.93 in the 5,000m at Raleigh Relays ... Sixth in the 5,000m at the CAA Championships.

2004-05

Cross Country: Ran unattached at the Tribe Open. **Track:** Redshirted.

At Washington-Lee

Four-time district champion, with two titles in the 1,600m and two in the 3,200m ... Two-time MVP in cross country ... Outdoor track MVP as a senior ... Claimed sixth at states in the 4x800m as a senior ... District runner-up in cross country in 2003 ... Prep bests include 5:12.04 for 1,600m and 11:17 for 3,200m ... Athletic honor roll selection every season since fall 2002.

Personal

Daughter of Ed and Nancy Childress ... Born June 25, 1986 in Charlottesville, Virginia ... Aunt, Susan, and great uncle, Glen, both attended W&M ... Aspired to be a marine biologist growing up ... Undecided on her major.

Childress' Personal Bests

1,500m - 4:54.23
3,000m - 10:22.08i
5,000m - 17:18.93



KATIE
Endres

Class of 2009
Sterling, VA
Potomac Falls

2005-06

Cross Country: Eighth at the Maymont Festival ... 14th at the Tribe Open ... 17th at the Cavalier Open. **Track:** Did not compete.

2004-05

Cross Country: Ran at the Lou Onesty Invitational. **Track:** Redshirted.

At Potomac Falls

Two-time Virginia state champion in the 4x800m relay ... Regional champion in the 1,600m (2001) ... Six-time district champion (twice in each the 800m and 1,600m and once in the mile and 3,200m) ... All-state selection in the 1,600m after fourth at states ... County champion in the mile and 800m in 2001 ... Three-time district champion and 2000 regional champion in cross country ... Four-time all-state, all-region, all-district and all-met honoree in cross country ... Virginia state cross country runner-up in 2000 ... Wendy's Heisman state finalist ... Holds five school records ... Has run 5:08 for 1,600m.

Personal

Daughter of Stephen and Janet Endres ... Born September 9, 1986 in Arlington, Virginia ... Father played football at Montana State ... Enjoys swimming, basketball, and soccer ... Craziest ambition is to become President ... Majoring in kinesiology.



KATIE
Keally

Class of 2009
Virginia Beach, VA
Ocean Lakes

2005-06

Cross Country: Third at the Maymont Festival ... 17th at the Tribe Open and 18th at the Cavalier Open. **Track:** Ran the 3,000m three times ... Best time was 11:07.85 at Christopher Newport.

At Ocean Lakes

All-state in the indoor 3,200m, placing sixth at the Virginia Group AAA championship.

Personal

Daughter of Patrick and Maryann Keally ... Born May 5, 1987 in Virginia Beach, Virginia ... Brother, Matt, is a senior on the W&M track team ... Undecided on a major.

Keally's Personal Bests

3,000m - 11:07.85i

2006 Women's Cross Country





LYNN
Morelli

Class of 2009
Philadelphia, PA
St. Basil

31, 1987 in Montgomery County, Pennsylvania ... Favorite snack is Reese's Pieces ... Plans to major in business.

Morelli's Personal Bests

1,500m - 4:49.76 3,000m - 10:09.03i 5,000m - 17:21.78



KARIN
Ohman

Class of 2009
Arlington, VA
Washington-Lee

2005-06

Cross Country: Redshirted, competing once unattached ... Captured eighth at the Cavalier Open, running 19:33.14. **Track:** Qualified for the ECAC 5,000m outdoors after running 17:21.78 at Raleigh Relays ... Fifth in the 5,000m at CAAs ... Also ran in the 1,500m at CAAs ... Won her first two events of the season, taking the mile at Christopher Newport and the 3,000m at North Carolina.

At St. Basil

Two-time All-American as a member of the Distance Medley and 4xMile relays at the Nike indoor championships ... PIAA state champion in the indoor 3,000m, running 10:04.41 ... Multiple all-state, all-district, and all-league citations ... First-team all-state in cross country ... Helped team win the PIAA 2A state cross country championships as a senior ... Member of the Spanish, Business, and Chemistry clubs.

Personal

Daughter of Frank and Mary Morelli ... Born August

Personal

Daughter of James and Janice Schroeder ... Born June 25, 1986 in Richmond, Virginia ... Enjoys shopping, talking to friends, and relaxing ... Undecided as to her major.

Schroeder's Personal Bests

800m - 2:19.43 1,000m - 3:02.29i 1,500m - 4:42.35



KELSEY
Snowden

Class of 2009
Fairfax Station, VA
Lake Braddock

2005-06

Cross Country: Just missed all-conference honors as a freshman, finishing 15th at the CAA Championships ... Helped the Tribe upset No. 24 North Carolina in the Southeast Regional. **Track:** Ran 5:20.22 in the mile at Christopher Newport ... Took fourth in the 3,000m at George Mason's Collegiate Open, running 10:39.62 ... Redshirted outdoors.

At Lake Braddock

Sixth at the AAA state championship cross country meet, leading Lake Braddock to the team title ... All-state indoors with a sixth-place finish in the 1,600m ... Also all-state in the 1,600m outdoors, finishing seventh ... Member of two All-American relay teams ... 4x800m team was second at the National Scholastic indoor championship and Distance Medley Relay was fourth ... Two-time Northern Region champion in the indoor 1,000m ... Secretary of the Student Government Association in 2004-05.

Personal

Daughter of Bill and Diane Snowden ... Born August 6, 1986 in Walnut Creek, California ... Enjoys running, shopping, and animals ... Plans to major in business.

Snowden's Personal Bests

Mile - 5:20.22i 3,000m - 10:39.62i



EMILY
Schroeder

Class of 2009
Midlothian, VA
James River

2005-06

Cross Country: 11th at the Tribe Open ... Also competed in the Lou Onesty Invitational and the seeded race at the Great American Festival. **Track:** Fifth in the 3,000m run at Christopher Newport, timing 10:57.39.

At Washington-Lee

12th in the outdoor 3,200m at the AAA state meet ... 20th indoors at the same distance ... In addition to running, was a four-year member of the field hockey team and captain in 2004.

Personal

Daughter of Earl and Marjorie Ohman ... Born June 4, 1987 in Arlington, Virginia ... Enjoys baking and reading ... Plans to major in biology.

Ohman's Personal Bests

1,500m - 5:11.88 3,000m - 10:57.39i



REBECCA
Ward

Class of 2009
Midlothian, VA
James River

2005-06

Cross Country: Second in the Tribe Open with a time of 22:44.06 ... 31st at the CAA Championships ... 52nd at the ECAC Championships as a freshman. **Track:** All-East as a member of the 4x800m relay that took second at the outdoor ECAC Championships ... Ran the lead-off leg in both the preliminaries and the finals ... Competed in the 800m at the CAA Championships ... Ran 4:54.46 in the 1,500m at Duke ... Runner-up in the mile at Christopher Newport.

At James River

Finished 30th at the Virginia AAA state cross country championship ... Won the Central Region title as a junior ... All-state in 2005 by finishing third in the 1,600m at the AAA outdoor championship ... 12th in the 800m at the state meet as well ... Member of the National Honor Society and the Beta Club.

Personal

Daughter of Patrick and Cheryl Ward ... Born September 24, 1987 in Richmond, Virginia ... Craziest ambition is to get an A at W&M ... Came to William and Mary because she thought the team was really cool ... Undecided as to her major.

Ward's Personal Bests

800m - 2:18.21 1,500m - 4:54.46 Mile - 5:13.10i





Lynn Morelli



Kelsey Snowden



Emily Schroeder (l) and Rebecca Ward, pre-race.

2006 Women's Cross Country

EMILY
Anderson

Class of 2010
Golf, IL
Glenbrook South

At Glenbrook

Third in the state at 800m as a sophomore ... Also earned all-state honors in the 800m as a junior, taking sixth ... All-conference in track and cross country all four years ... Qualified for the state cross country championships in 2003 and 2005 ... MVP of cross country and track her last three years ... Member of the choir and junior class board.

Personal

Daughter of Kenneth and Mary Anderson ... Born February 14, 1988 in Detroit, Michigan ... As a freshman at Glenbrook, wanted to quit track for the badminton team ... Plans to major in kinesiology.

Anderson's Prep Bests

400m - 58.8 800m - 2:12.53

ANNA
Brousell

Class of 2010
Wilmington, DE
Brandywine

At Brandywine

Three-time state champion in cross country ... Also made first-team all-state as a freshman ... State champion in the two-mile as a freshman and junior ... State champion in the mile outdoors as a sophomore.

Personal

Daughter of Richard and Connie Brousell ... Born June 14, 1988 in Wilmington, Delaware ... Enjoys baking, camping, and cultural anthropology ... Planning to major in biology.

Brousell's Prep Bests

Mile - 4:57 3,200m - 10:53.19

ARIEL
Burbey

Class of 2010
Blacksburg, VA
Blacksburg

At Blacksburg

All-American in the 4xMile relay at Nike Indoor Nationals ... Also competed at the Nike Outdoor Nationals in the 800m and the 4x800m relay ... District Runner of the Year in cross country and indoor track as a senior ... Won the Virginia AA 1,000m title indoors ... Also has three state relay titles ... Team Captain and Most Valuable Athlete as a senior.

Personal

Daughter of Tom and Ingrid Burbey ... Born May 11, 1988 in Reno, Nevada ... Enjoys reading, dacing, and watching movies ... Thinks the bagels in the Caf are awesome ... Undecided as to her major.

Burbey's Prep Bests

800m - 2:13.19 1,000m - 2:58.83i 1,600m - 5:06.53

MEGHAN
Burns

Class of 2010
Coopersburg, PA
Allentown
Central Catholic

At Allentown Catholic

Three-time conference all-star in cross country ... Also earned all-star status three times in track ... District champ at 1,600m in 2006 ... Was on the newspaper and yearbook staffs ... Key member of the school's interpretive dance program and school musical.

Personal

Daughter of Frank and Tracy Burns ... Born November 2, 1988 in Allentown, Pennsylvania ... Enjoys shopping, watching movies, and reading ... Wanted to be a marine biologist growing up ... Undecided as to her major.

Burns' Prep Bests

800m - 2:18 1,600m - 5:03.29 3,200m - 11:20



KAYLEY
Byrne

Class of 2010
Oak Hill, VA
Oakton

Personal

Daughter of Bill and Carol Byrne ... Born February 26, 1988 in Washington, DC ... Favorite athlete is Clinton Portis ... Enjoys reading Nicholas Sparks, going to the beach, and fishing ... Plans to major in business.

Byrne's Prep Bests

800m - 2:17 1,000m - 3:01 Mile - 5:07

ASHLEY
Davies

Class of 2010
Whitehouse Station, NJ
Hunterdon
Central Regional

At Hunterdon

NSIC Academic All-American as a senior ... NJSIAA Scholar-Athlete ... Second-team all-Group IV in cross country ... Second-team all-area by the *Courier News* ... Section runner-up as a junior.

Personal

Daughter of Wellington and Lynn Davies ... Born July 22, 1988 in New York, New York ... Came to William and Mary because thinking about the women on the team as her future friends made her smile ... Plans to major in economics.

Davies' Prep Bests

800m - 2:24 1,600m - 5:20 3,000m - 10:34

SALLIE
Ford

Class of 2010
Lynchburg, VA
E.C. Glass

At E.C. Glass

Went to all three state meets every year of high school ... E.C. Glass' top runner in all three sports during her four years ... Member of the National Honor Society, History Honors Club, and Math Honors Club ... Co-President of the Latin Club ... AP Scholar with Honors ... Earned *Cum Laude* distinction on the National Latin Exam.

Personal

Daughter of Garry and Sue Ford ... Born September 3, 1987 in Lynchburg, Virginia ... Plays the violin and piano ... Enjoys reading and playing soccer with her dog ... Undecided as to her major.

Ford's Prep Bests

800m - 2:23.28 1,600m - 5:08.50 3,200m - 11:21.66

KELLY
McElroy

Class of 2010
Wyomissing, PA
Holy Name

At Holy Name

Track MVP in 2005 and 2006 ... Set school records in the 400m, 800m, 1,600m, and 3,200m ... Also was a midfielder on Holy Name's field hockey team for four years ... Named Most Ideal Athlete in 2006 ... Member of the National Honor Society ... Student Ambassador.

Personal

Daughter of Brian and Catherine McElroy ... Born March 10, 1988 ... Father ran track at Villanova from 1970-74 ... Sister, Michaela, is a senior at W&M ... Fondest sports thrill was winning districts for the first time ... Enjoys cooking, reading, and running ... Plans to major in biology.

McElroy's Prep Bests

400m - 1:01 800m - 2:17.5 1,600m - 5:21

KEELY
Murphy

Class of 2010
Owings, MD
Northern

At Northern

Five-time Maryland state champion at 1,600m, three indoor and two outdoor ... Also earned five runner-up honors at 800m and 1,600m ... Named conference MVP in track as a junior and senior and in cross country as a senior ... Member of the National Honor Society.

Personal

Daughter of Martin and Vickie Murphy ... Born March 20, 1988 in Niskayuna, New York ... Brother, Ryan, is a runner at Virginia ... Enjoys shopping and listening to music ... Plans to major in accounting.

Murphy's Prep Bests

800m - 2:16.5 1,600m - 5:02.5

RACHEL
Ohm

Class of 2010
West Coxsackie, NY
Academy of the
Holy Names

At Holy Names

Led her team to the New York Class A cross country state championship as a senior ... Three-time Section II all-star in cross country ... Named MVP of the cross country team three years in a row ... Won the 3,000m outdoors at both the section and league meets all four years ... National Merit Scholar ... Secretary of Holy Names' National Honor Society chapter.

Personal

Daughter of Stephen Ohm and Barbara Bucki-Ohm ... Born May 11, 1988 in Albany, New York ... Enjoys scrapbooking, horseback riding, and piano playing ... Most embarrassing moment was falling out of the boat when rowing ... Came to W&M because it's warmer in Virginia than in New York ... Plans to major in biology.

Ohm's Prep Bests

800m - 2:22 1,500m - 4:49 3,000m - 10:32

KALLIE
Sims

Class of 2010
Arlington, VA
Washington-Lee

At Washington-Lee

Runner-up at the district cross country championships as a senior ... Multiple all-district honors in track and cross country ... MVP of the cross country team in 2004.

Personal

Daughter of James and Benta Sims ... Born December 7, 1987 in Washington, DC ... Enjoys painting, making jewelry, and reading ... Favorite sporting event to attend is a D.C. United soccer match ... Inspired by other people's success stories ... Undecided as to her major.

Sims' Prep Bests

800m - 2:24 Mile - 5:13

MORGAN
Stumb

Class of 2010
Boulder, CO
Fairview

At Fairview

Steadily moved up the standings at the Colorado 5A cross country championships, going from fourth as a freshman to state champion as a senior ... Part of the state champion 4x800m relay team as a junior ... All-state as a senior as part of the eighth-place 4x800m relay ... Took 11th in the 1,600m at the state meet ... President of the Fairview Future Business Leaders of America chapter.

Personal

Daughter of Thomas and Martha Stumb ... Born November 23, 1987 in Sydney, Australia ... Uncle, Andrew Stumb, is a W&M graduate ... Growing up, wanted to be a bus driver ... Is an experienced cliff-diver ... Plans to major in marketing.

Stumb's Prep Bests

800m - 2:19 1,600m - 5:19



Team Accomplishments

NCAA Appearances (6)

YEAR	PLACE
1990	20th
1992	16th
1996	17th
1998	10th
2002	23rd
2005	23rd

CAA Championships (13)

1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003, 2004, 2005

WICCCA Team Academic All-America Honors (10)

1994, 1996, 1997, 1999, 2000, 2001, 2002, 2003, 2004, 2005

Player Awards

All-Americans

1991	Janice Brown
1992	Janice Brown
1993	Marcie Homan
1994	Marcie Homan
2002	Ali Henderson
2003	Ali Henderson

Academic All-Americans

1990	Cathy Stanmeyer
1992	Janice Brown
1996	Becky Flowers
1997	Becky Flowers
	Aryn Fahey
1998	Becky Flowers
	Emily Furia
2000	Emily Furia
2001	Emily Furia
2002	Ali Henderson
2003	Ali Henderson
2005	Meghan Bishop

Phi Beta Kappa

1990	Cathy Stanmeyer
1997	Cybelles McFadden
1998	Becky Flowers
2005	Becca Velarde

W&M Athletics Hall of Fame

2004	Janice Brown Martin '93
2006	Marcie Homan Heil '95

All-Southeast Region

2000	Emily Furia
	Emily Halm
2002	Ali Henderson
	Maura McMahon
2003	Ali Henderson
2004	Julia Cathcart
	Jackie Kosakowski
2005	Meghan Bishop
	Julia Cathcart

CAA Champion

1990	Cathy Stanmeyer
1992	Janice Brown
1993	Marcie Homan



The Tribe squad that took 10th at the 1998 NCAA Championship: (L to R) **Amy Lynn Stempfloski, Amanda Buell, Emily Furia, Dana Pascarella, Kathy Newberry, Ali Mann and Candi Major**

1994	Marcie Homan
2000	Emily Furia
2003	Ali Henderson

CAA Athlete of the Year

1990	Cathy Stanmeyer
1992	Janice Brown
1993	Marcie Homan
1994	Marcie Homan
2000	Emily Furia
2003	Ali Henderson

CAA Rookie of the Year

1997	Emily Furia
2000	Emily Halm
2001	Jeannie Addison
	Jackie Kosakowski
2003	Meghan Bishop
	Julia Cathcart

All-Conference

1984	Maureen Hinnebusch
1985	Sue Haynie
1986	Sue Haynie
	Katie McCullough
	Eleanor Carroll
1987	Janice Voorhies
	Sue Haynie
	Stephanie Finelli
	Kristi LaCourse
	Katie McCullough
	Debbie Fordyce
1988	Katie McCullough
	Cathy Stanmeyer
	Janice Voorhies
	Karen Laslo
	Amy Devereaux
	Eleanor Carroll
1989	Cathy Stanmeyer
	Janice Brown
	Katie McCullough
	Kristi LaCourse
	Stephanie Finelli
1990	Cathy Stanmeyer
	Janice Brown
	Megan Holden
	Silica Johnson
	Andrea Lengi
	Karen Laslo
1991	Janice Brown
	Sonja Friend

	Karen Laslo
	Silica Johnson
	Marcie Homan
	Maggie Silver
1992	Janice Brown
	Marcie Homan
	Sonja Friend
	Andrea Lengi
	Heather Haines
	Allison Abbott
1993	Marcie Homan
	Cybelles McFadden
	Barb Fallon
	Heather Haines
	Silica Johnson
	Maggie Silver
	Allison Abbott
1994	Marcie Homan
	Barb Fallon
	Cybelles McFadden
	Allison Abbott
1995	Claire Torchia
1996	Kathy Newberry
	Laurie Sturgell
	Becky Flowers
	Julia Davidson
	Cybelles McFadden
	Claire Torchia
	Tressa Breindel
1997	Kathy Newberry
	Aryn Fahey
	Tressa Breindel
	Emily Furia
	Dana Pascarella
	Jackie Kerr
1998	Kathy Newberry
	Emily Furia
	Dana Pascarella
	Ali Mann
	Candi Major
	Amanda Buell
1999	Emily Furia
	Kathy Newberry
	Ali Mann
	Cheryl Bauer
2000	Emily Furia
	Emily Halm
	Adrienne Parker
	Lara Toscani
2001	Cheryl Bauer
	Maura McMahon

2002

Lara Toscani
Jackie Kosakowski
Ali Henderson
Jeannie Addison
Ali Henderson
Maura McMahon
Tara Guelig
Jackie Kosakowski
Kristyn Shiring

2003

Lauren Heron
Ali Henderson
Emily Halm
Julia Cathcart

2004

Jackie Kosakowski
Maura McMahon
Meghan Bishop
Katrina Menard
Kristin McGough
Jackie Kosakowski
Julia Cathcart

2005

Meghan Bishop
Julia Cathcart
Erin Prillaman
Julie Taylor
Tracy Williams
Kaitlin Hurley

CAA Scholar-Athlete of the Year

2002	Ali Henderson
2003	Ali Henderson
2005	Meghan Bishop



Emily Furia '00

Coach Awards

CAA Coach of the Year

1987	Pat Van Rossum
1988	Pat Van Rossum
1990	Pat Van Rossum
1991	Pat Van Rossum
1992	Pat Van Rossum
1993	Pat Van Rossum
1996	Pat Van Rossum
1998	Pat Van Rossum
2003	Pat Van Rossum
2005	Kathy Newberry





The All-American Award

Janice Brown '93
5-Time All-American
Academic All-American

of the
Division I
Track & Field Coaches' Association



Marcie Homan '95
5-Time All-American

having achieved the performance of
track and field athletes throughout the United States
newly recognized



Ali Henderson '03
3-Time All-American
3-Time Academic All-American

All-American Track and Field Team

2006 Women's Cross Country





Gene R. Nichol
President

Gene Nichol became the College of William and Mary's 26th president on July 1, 2005. A scholar of constitutional and civil rights law, Nichol taught at the William and Mary School of Law from 1985 to 1988 and has served as dean at both the University of North Carolina at Chapel Hill School of Law

and the law school at the University of Colorado. While at William and Mary, Nichol was the Cutler Professor of Law and director of the Institute of Bill of Rights Law. He has also taught at Oxford, Exeter, and the law school of West Virginia University.

Nichol is the co-author of the text *Federal Courts* and has published articles on civil liberties and federal judicial power in a wide variety of journals, including the *Harvard Law Review*, *Yale Law Review*, and the *University of Chicago Law Review*. He contributed articles on civil rights and public law litigation to the *Encyclopedia of the American Constitution*, and one on the civil rights movement to the *Oxford Companion to the United States Supreme Court*. Over the course of his career, Nichol has testified on constitutional matters before committees of the U.S. Congress and

various state legislatures. In 2003, he won the American Bar Association's Edward R. Finch Award for delivering the nation's best Law Day Address. He was elected to membership in the American Law Institute and the American Bar Foundation Fellows.

Nichol attended Oklahoma State University, where he received a degree in philosophy and played quarterback on the varsity football team. In 1976, he graduated from the University of Texas Law School, where he was named to the Order of the Coif.

He is married to Glenn George, and they have three daughters: Jesse, Jenny, and Soren. George, a scholar of labor law and civil procedure, received her bachelor's degree from the University of North Carolina and graduated cum laude from Harvard Law School.



Sandra Day O'Connor
Chancellor

Sandra Day O'Connor, who in July of 2005 announced her intention to retire as Associate Justice of the United States Supreme Court, was named twenty-third Chancellor of the College by the College of William and Mary Board of Visitors on October 4, 2005. Justice O'Connor succeeds Dr. Henry A. Kissinger, former United States Secretary of State, who was appointed in 2000.

The post of Chancellor has been an important one since the College was chartered in 1693 by King William III and Queen Mary

II of Great Britain. Until 1776, the Chancellor was an English subject—usually the Archbishop of Canterbury or the Bishop of London—who served as the College's advocate to the crown, while a colonial president oversaw the day-to-day activities of the Williamsburg campus. Following the Revolutionary War, George Washington was appointed as the first American chancellor; later President John Tyler held the post.

"Through her remarkable combination of wisdom, courage, judgment, and skill, Justice O'Connor has become one of the most influential and effective jurists in American history," said President Gene R. Nichol. "I am thrilled that she is willing to share her ability and rich experience with William and Mary students. As a former constitutional lawyer, I am also honored to welcome one of my heroes to the College community."

The first woman to serve on the United States Supreme Court, Justice O'Connor was born in El Paso, Texas, on March 26, 1930. She earned a B.A. in economics (magna cum laude) from Stanford University,

and went on to receive an LL.B. from Stanford Law School, where she graduated third in her class. Her classmate, the late Chief Justice William H. Rehnquist, graduated first in the class.

She served as Deputy County Attorney of San Mateo County, California, from 1952 to 1953, and as a civilian attorney for the Quartermaster Market Center, Frankfurt, Germany, from 1954 to 1957. From 1958 to 1960, she practiced law in Maryvale, Arizona, and served as Assistant Attorney General of Arizona from 1965 to 1969. She was appointed to the Arizona State Senate in 1969, and was subsequently reelected to two two-year terms.

In 1975, she was elected Judge of the Maricopa County Superior Court and served until 1979, when she was appointed to the Arizona Court of Appeals.

President Ronald Reagan nominated her as an Associate Justice of the Supreme Court, and she took her seat September 25, 1981. She is married to John Jay O'Connor III, and the couple has three sons: Scott, Brian and Jay.

2006-07 Board of Visitors

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2006-07 Student Representatives

Ryan M. Scofield
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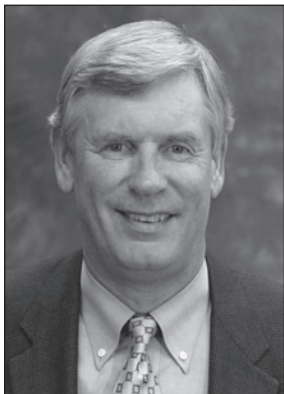
2006-07 Faculty Representatives

Colleen S. Kennedy
College of William and Mary

LeAnn Binger
Richard Bland College

2006 Women's Cross Country





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 11th 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 and refurbished 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, former 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."



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 associate athletic director in April of 2004. Blosser started her career at William and Mary as the head

Since Driscoll took over as athletics director, he has overseen the construction of more than \$16 million in new facilities, including Plumeri Park (baseball), Albert-Daly Field (soccer, lacrosse) and the Busch Courts (tennis). That figure will continue to increase significantly in the future, as Driscoll announced plans last year to build the \$11 million Jimmie Laycock Football Complex at Zable Stadium.

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 84 CAA Championships coming into the 2006-07 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 Finals 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

women's basketball coach in 1978 and guided the Tribe to a VAAW 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 VAAW 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 act-

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, a 1997 graduate of Holy Cross and Leslie, a 2001 graduate of William and Mary.

ing 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 OASW 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.



Tribe Athletics



William & Mary "A College of Champions"

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

CAA Championships (84)

Baseball (1) 2001
Men's Cross Country (13) 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003, 2004, 2005
Women's Cross Country (13) 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003, 2004, 2005
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, 2006
Volleyball (8) 1985, 1986, 1987, 1988, 1989, 1990, 1991, 2001

Atlantic 10 Football Championships (3)
1996, 2001, 2004

ECAC Championships (7)

Men's Gymnastics (3) 1992, 1994, 2006
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 Success

A charter member of the CAA 1986, W&M has been the CAA's most successful program over the past two decades. The 2005-06 year was another banner season for the College, as it added three more conference titles. The Tribe has now captured 84 total CAA Championships since 1986, over 30 more than the closest rival.

Individually, women's tennis standout Megan Moulton-Levy earned All-America honors after advancing to the "Final Four" of the NCAA Singles Tournament.

Academic Excellence

The Tribe's athletic accomplishments do not come at the expense of its student's academic responsibilities, as W&M ranked fourth, the highest of any scholarship-granting school and of any public university, in the nation among institutions with two or more Division I teams when the NCAA released its inaugural Academic Progress Rate scores in March of 2005.

This year, the NCAA specifically listed 18 W&M athletic squads as recipients of its public recognition award for 2005-06.

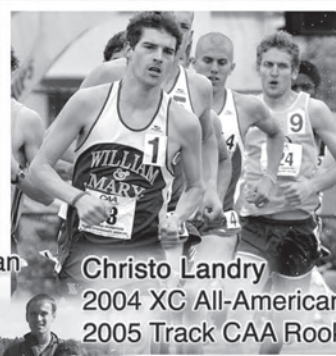
Since 1992, 36 Tribe athletes have been designated Academic All-Americans, including Keith Bechtol, who was a third team selection in the spring, and since 1996, 39 student-athletes have been members of Phi Beta Kappa.

In 2002-03, the CAA created a Scholar-Athlete of the Year Award in each of its 21 sports, and not surprisingly, William and Mary has set the pace with 18.

In addition, four of William and Mary's five Rhodes scholars participated in varsity sports.



Lang Campbell ('05)
2004 Payton Award Winner
Consensus First Team All-American



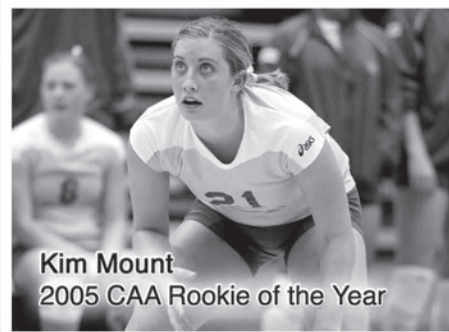
Christo Landry
2004 XC All-American
2005 Track CAA Rookie of the Year



Megan Moulton-Levy
2006 Singles All-American
2005 Doubles All-American



Women's Cross Country
2005 CAA Champions



Kim Mount
2005 CAA Rookie of the Year



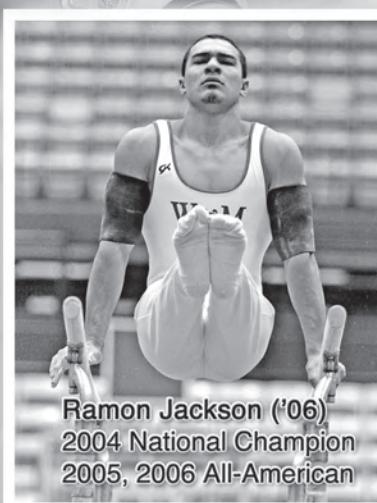
Kyra Kaylor
2006 CAA Player of the Year



Megan Bishop
Three-Time CAA
Scholar-Athlete of the Year



Keith Bechtol ('06)
2006 Academic All-American
Three-Time CAA
Scholar-Athlete of the Year



Ramon Jackson ('06)
2004 National Champion
2005, 2006 All-American



Ian Fitzgerald
2006 CAA XC
Athlete of the Year



Whitney Pezza
2006 CAA Champion
200 Fly, 400 Medley Relay



Anna Davis ('05)
2005 CAA Defensive Player of the Year
All-American
(womensfieldhockey.com)

The College

"At a Glance"

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 sixth among all public universities (U.S. News and World Report).

• W&M Facts •

- 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 31st overall among the nation's best universities.
- W&M ranked 16th in graduation rates, and second among public universities.
- The average freshman retention rate is 94%.
- The 2005 average incoming freshman SAT score was 1344.
- The College's student/faculty ratio is 12/1.
- Over 42% of the classes at W&M have less than 20 students.
- The maximum enrollment for freshman seminars is 15 students.
- Over 20,000 internships are posted on the school's web site.
- 10,610 high school students applied for 1,340 spots in the freshman class for the 2004-05 school year.
- 75% of W&M graduates who apply to medical school are accepted, compared to a national average of 50%.
- 79% of W&M graduates who apply to law school are accepted, compared to a national average of 60%.
- Over 79% of freshmen at W&M were in the top 10% of their high school graduating class.

America's "HOTTEST SMALL STATE UNIVERSITY"

-- Newsweek's Kaplan College Guide

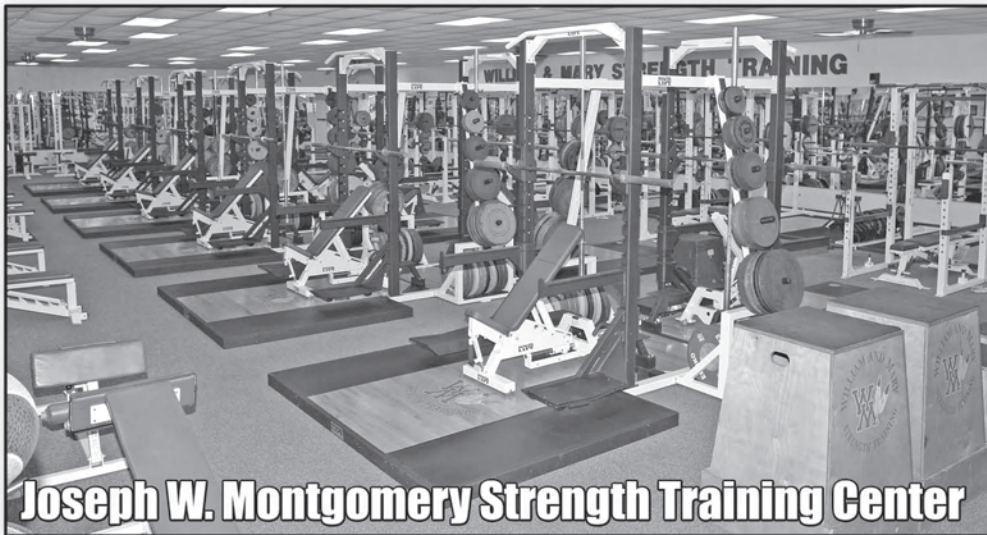


Student-Athlete Support

Athletics Department 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.



Joseph W. Montgomery Strength Training Center



Athletic Training Room

Sports Psychology

Deidre Connelly, Ph.D., is the College's full-time sports psychologist. 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.

Compliance and Academic Support

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

All entering students are assigned to a faculty academic advisor 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.

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.

Speed, Strength 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 Speed, Strength and Conditioning Coach John Sauer, 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 ensure safety at all times.

The weight room was upgraded in the spring of 2006, primarily with new Power Lift and Sorinex equipment. The room now contains 16,000 pounds of free weights, over 7,000 pounds of dumbbells and 6,000 pounds of rubber bumper plates. In addition, it has 24 custom-built Olympic platforms, 18 multipurpose power racks and a fully-equipped plyometric area.

Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of Assistant Athletics Director for Health Services, Steve Cole, 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 ensure lines of communication and cooperation among its staff, student-athletes, parents, coaches, the Student Health Center and involved medical specialists.

Athletics 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.

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 soccer coaches Al Albert and John Daly

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

Busch Turf Field

- Home of the Tribe's field hockey team
- Made possible by a generous grant from Anheuser-Busch, Inc.
- 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

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

Kaplan Arena at William and Mary Hall

- Home of the Tribe's basketball, gymnastics and volleyball teams and the ticket box office
- 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

Zable Stadium

- Home of the Tribe's football and track and field teams
- Campus landmark since 1935
- Seating for more than 12,000
- Field Turf surface was installed in summer of 2006
- Permanent lighting was installed in 2005
- 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



Albert-Daly Field



Busch Courts



Busch Turf Field



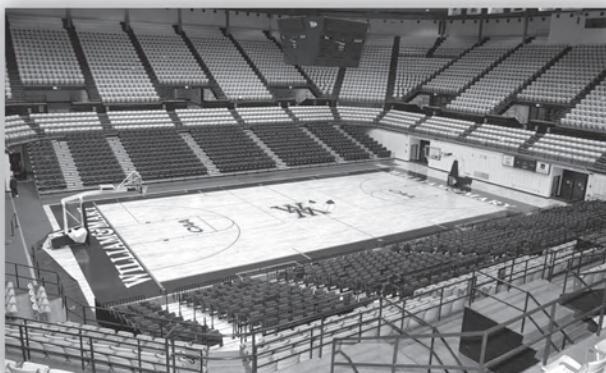
McCormack-Nagelsen Tennis Center



Plumeri Park



Zable Stadium



Kaplan Arena at William and Mary Hall

The College of

The first honorary degree from the College, a Master of Arts, was conferred upon Benjamin Franklin on April 2, 1756.

William & Mary

Four Presidents of the United States benefited from educational programs offered by the College: George Washington, Thomas Jefferson, James Monroe and John Tyler.

Chartered in 1693, the College was founded nearly four decades before Georgia, the last of the original 13 American colonies, was chartered by King George II in 1732.

Facts About "The College"

- W&M was founded in 1693 and is the second-oldest educational institution in the United States.
- W&M was the highest ranked small public university in the country according to U.S. News and World Report.
- W&M ranked 16th in graduation rates for national universities.
- W&M was given the highest rating of academics, five stars, by the Fiske Guide to Colleges.
- W&M has a student/faculty ratio of 12/1.
- More W&M graduates go on to earn doctorates than any other university in Virginia.
- W&M students founded Phi Beta Kappa, the premier academic honor society in American, in 1776.
- In the inaugural NCAA Academic Progress Report, W&M 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.

When the capitol of Virginia was moved from Jamestown to Williamsburg in 1699, the Wren Building served as temporary headquarters of the colonial government from 1700 until 1704.

The Sunken Gardens' design was based on the gardens behind Chelsea Hospital in London, England. During the Revolutionary War, Patrick Henry selected the site as a place for the encampment of militia destined to join Washington's Continental Army in the North and later served as a bivouac area for many soldiers preparing to fight the British at Yorktown.

The "F.H.C." society was formed at the College on November 11, 1750. This was the first student secret society in America and the forerunner of the American fraternity system.

The Crim Dell was a gift from the class of 1964 to preserve the natural beauty of the area and is a memorial to John W.H. Crim, a nationally known attorney who was a benefactor to the College of William and Mary.

Constructed between 1695 and 1699, the Wren Building is the oldest academic building in the United States. The building was originally designed to be the whole college, including a dining hall, dorm rooms and classrooms.



1693



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