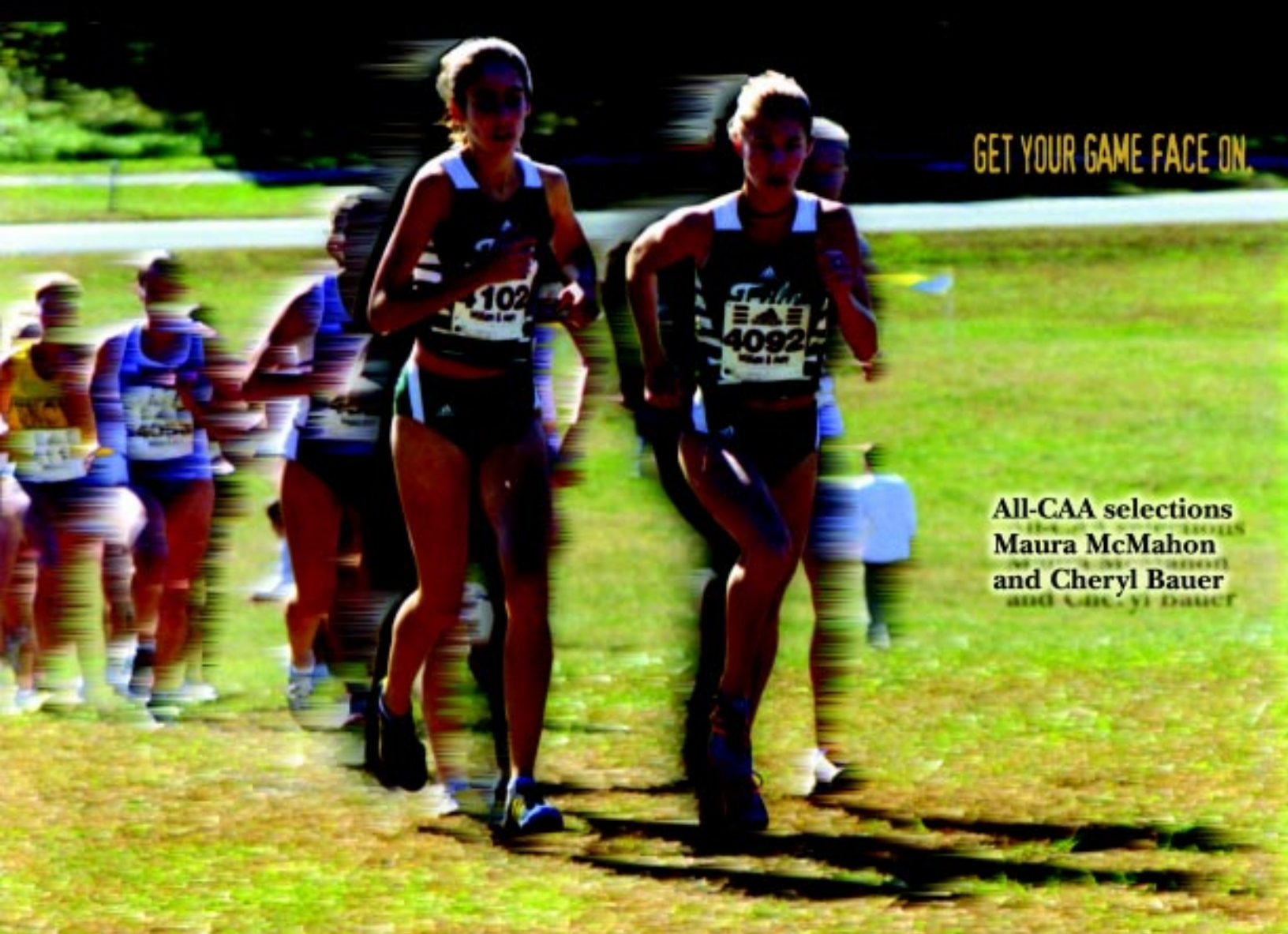


# WILLIAM AND MARY 2002 Cross Country



GET YOUR GAME FACE ON.

All-CAA selections  
Maura McMahon  
and Cheryl Bauer  
and Cheryl Bauer

**Ahead of the Pack**



*(From left:) All-conference runners Lara Toscani and Jackie Kosakowski*

## 2002 William and Mary Women's Cross Country Roster

<u>Name</u>	<u>Year</u>	<u>Hometown</u>	<u>High School</u>
Allred, Jessica	Freshman	Portland, OR	Jesuit
Bauer, Cheryl *	Senior	Rockaway, NJ	Morris Hills
Cutright, Loren	Freshman	Montpelier, VA	Louisa County
Dick, Crystal	Sophomore	Waynesboro, PA	Waynesboro Area
Feiling, Casey	Freshman	Midlothian, VA	Midlothian
Guelig, Tara *	Senior	Wellsboro, PA	Wellsboro Area
Halm, Emily	Junior	Massillon, OH	Massillon-Jackson
Henderson, Ali	Junior	Parkville, MO	Upper St. Clair (PA)
Heron, Lauren	Freshman	Manlius, NY	Fayetteville-Manlius
Holaday, Meredith	Sophomore	Westfield, IN	Westfield
Kosakowski, Jackie	Sophomore	Sauquoit, NY	Sauquoit Valley
Loyer, Ruth	Sophomore	Red Lion, PA	Red Lion
Masterson, Erin	Sophomore	Annapolis, MD	Annapolis
McGough, Kristin	Junior	Mickleton, NJ	Ursuline Academy (DE)
McMahon, Maura	Junior	Westfield, NJ	Westfield
Menard, Katrina	Junior	Annandale, VA	J.E.B. Stuart
Pulliam, Karen	Freshman	North Potomac, MD	Quince Orchard
Roessler, Sarah	Sophomore	Chesapeake, VA	Indian River
Saylor, Drew	Sophomore	Sterling, VA	St. Andrews
Shiring, Kristyn	Freshman	Stafford, VA	North Stafford
Toscani, Lara	Junior	Berwyn, PA	Conestoga
Velarde, Becca	Sophomore	Albuquerque, NM	Eldorado
Wells, Sarah	Sophomore	The Woodlands, TX	The Woodlands
Young, Amanda	Sophomore	Dallas, PA	Wyoming Seminary

\* - denotes team captain for 2002 season

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**To the Media:** This booklet is primarily intended to assist our recruiting efforts. Nevertheless, we hope you will find it useful. Updated information will be available throughout the season on the W&M athletics web site, [www.TribeAthletics.com](http://www.TribeAthletics.com). Photos and information on feature stories will be provided whenever possible. If you are interested in covering a W&M cross country event or writing a feature story on a member of the program, please contact cross country SID Laura Bodine in the sports information office at (757) 221-3344.

**On the Cover:** All-conference runners Cheryl Bauer and Maura McMahon. Cover designed by Mario Machi with assistance from Mark Garhart. Cover photo by Richard Sabel.

**Credits:** The 2002 William and Mary Women's Cross Country Media Guide was prepared by the sports information office. Writing, layout and design by sports information operations assistant Mario Machi. Editing by the sports information staff, along with Pat Van Rossum and Randy Hawthorne. Photos by Richard Sabel, Randy Hawthorne and Bob Keroack. Printing by Colonial Printing of Richmond, VA.

## Cross Country Quick Facts

**Location:** Williamsburg, VA

**Founded:** 1693

**Enrollment:** 5,560

**Nickname:** Tribe

**School Colors:** Green, Gold and Silver

**Affiliation:** NCAA Division I

**Conference:** Colonial Athletic Association

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

**Athletics Director:**

Terry Driscoll (Boston College, 1969)

**Associate Athletics Director:**

Barbara Blosser (Ohio State, 1975)

**Cross Country SID:**

Laura Bodine - (757) 221-3344

[labodi@wm.edu](mailto:labodi@wm.edu)

**Sports Information Fax:** (757) 221-3412

**Web site:** [www.TribeAthletics.com](http://www.TribeAthletics.com)

**Mailing Address:** P.O. Box 399,

Williamsburg, VA 23187-0399

**Director of Track & Field:**

Dan Stimson - [dgstim@wm.edu](mailto:dgstim@wm.edu)

(Ohio, 1971)

**Head Women's Cross Country Coach:**

Pat Van Rossum - [rpvanx@wm.edu](mailto:rpvanx@wm.edu)

(Wisconsin-LaCrosse, 1979)

**Cross Country Office Phone:** (757) 221-3396

**Cross Country Office Fax:** (757) 221-2989





# COACHING STAFF



Women's Cross Country Coach  
Pat Van Rossum

In 16 years as the head women's cross country and track coach at the College, Pat Van Rossum has led the two teams to unprecedented success. Van Rossum's cross country squads have had four top-20 finishes in the NCAA Championships since 1990, with the best being a 10th-place showing. Tribe runners consistently finish among the top six squads in the NCAA's Southeast Region, known as the strongest and deepest in the country.

For his work, Van Rossum has won numerous coaching awards. After being named Colonial Athletic Association Women's Track Coach of the Year in 2002, Van Rossum has now won 11 coaching honors from the CAA (eight for cross country and three for track). The Society of the Alumni also honored Van Rossum, naming him the William and Mary Coach of the Year in 1999.

In 1999, W&M won its first CAA track and field championship, becoming the first team to dethrone perennial national powerhouse George Mason University. The Tribe scored in 17 of the 20 events, showing great depth. In 2001 and 2002, the Tribe again captured the CAA crown, showing depth comparable to its first championship performance.

Van Rossum has been involved in the administrative side of track and cross country as well. He served a two-year stint as the Region II cross country representative to the NCAA. He was also a member of the nine-person committee which successfully wrote a proposal to allow nine additional teams to qualify for the NCAA Cross Country Championships. Currently, Van Rossum is active in the national cross country rankings committee.

Van Rossum also has experience with the nationally-respected University of Tennessee men's track program, having worked as a graduate assistant under 1988 Olympic Coach Stan Huntsman. Before coming to W&M, the Appleton, WI native served as assistant women's track coach at the University of Northern Iowa and coached at South High School in Waukesha, WI, where he led his team to a Milwaukee Suburban Conference championship. Van Rossum holds a bachelor's degree from the University of Wisconsin-La Crosse and a master's degree from the University of Tennessee.

## Van Rossum's Coaching Honors

CAA Cross Country Coach of the Year	1987
CAA Cross Country Coach of the Year	1988
CAA Cross Country Coach of the Year	1990
CAA Cross Country Coach of the Year	1991
CAA Cross Country Coach of the Year	1992
CAA Cross Country Coach of the Year	1993
CAA Cross Country Coach of the Year	1996
CAA Cross Country Coach of the Year	1998
CAA Women's Track Coach of the Year	1999
CAA Women's Track Coach of the Year	2001
CAA Women's Track Coach of the Year	2002

## Van Rossum's Runners

Truth be told, what typifies Van Rossum's runners is the significant improvement they undergo under his tutelage. His program does not just simply bring in accomplished high school runners; his athletes get better. They improve to get to the levels they achieve.

This past season was, in many ways, the most successful track season for Tribe distance runners ever. Four NCAA provisional qualifying marks were met, while three athletes virtually rewrote the Tribe's top times list. Ali Henderson established two school records (3,000m steeplechase – 10:29.83 and 10,000m – 34:25.77). Henderson finished fourth in the steeplechase at the ECAC meet, earning All-East honors. Also earning All-East honors were Cheryl Bauer, who placed second in the indoor 3,000m and fourth in the outdoor 5,000m and Maura McMahon, who placed second in the outdoor 10,000m. All of these runners are candidates for both All-America and Academic All-America honors this season. In addition, eight women achieved personal records last season, showing the great depth and total team concept W&M emphasizes.

Graduates Janice Brown ('93) and Marcie Homan ('95) brought Van Rossum's coaching talents national recognition, as each earned five All-America certificates. Homan recorded the fastest collegiate 5,000m in the country when she won the Penn Relays in '94 (16:04.63), and Brown subsequently became the first W&M woman to compete at the U.S. Olympic trials (1992). For a two-year period, each was among the most consistent collegiate runners in the nation. Once these women qualified for their first NCAA Championship, they made it to each successive championship the remainder of their career. Another great success story was W&M alum Sonja Friend-Uhl, who qualified for the 2000 Olympic trials in the 1,500m with a time of 4:13.96.

Most recently, Emily Furia kicked off the new decade with two All-American honors in the 1,500m. In 2000 she finished 11th in the nation in her first NCAA appearance, and in 2001, even though she was tripped from behind and knocked down to the track, she managed to place ninth.

With the optimism and potential this year's Tribe cross country squad has already shown, it is only a matter of time before more Tribe runners make their marks on the national scene after going through four years with Pat Van Rossum.

## COACHING STAFF



Director of Track and Field  
Dan Stimson

In his 17<sup>th</sup> 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.

Since Stimson began his stint with the Tribe's track and field programs, the men's and women's cross country teams have captured numerous CAA championships, as well as garnering various CAA Athlete and Rookie of the Year awards.

Stimson's teams have met with great success on the track, as well. The women's track and field team pulled off an unprecedented feat in 1999, dethroning nine-time CAA champion George Mason. The championship was the first CAA title for the women, a feat the program duplicated in 2001 and 2002. The success of Stimson's program has garnered 46 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, pole vaulters and multi-eventers, has mentored many W&M athletes to national prominence in his tenure. Due

to the absence of the javelin or the hammer throw at the high school level in Virginia and other nearby states, Stimson has earned a reputation for his ability to develop young talent.

On the women's side, Stimson coached All-American high jumper Lisa Rayner to an 11<sup>th</sup>-place finish at the 1994 NCAA Championships and a school-record mark of 5'11". 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 also coached freshman pole vaulter Charlotte LaRoche to 2nd in the ECAC Championships and a school-record vault of 13'1". She is also the CAA meet record holder in the event.

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 (Ohio) for nine years.

A native of Falconer, New York, Stimson is a 1971 graduate of Ohio University and holds a master's degree from Miami (Ohio). As an undergraduate, he was the All-Ohio and Central Collegiate shot put champion. He also competed in both the NCAA and AAU national championships in the shot put.

Dan and his wife Rosemary have two children. Their daughter, Krista Crider, 28, was recently married and is a Ph.D. candidate on a fellowship at Emory University after earning a bachelor's and master's degree from W&M, where she was a member of the track squad and former record holder in the hammer throw. Their son, Clare, is a 20-year old college student.

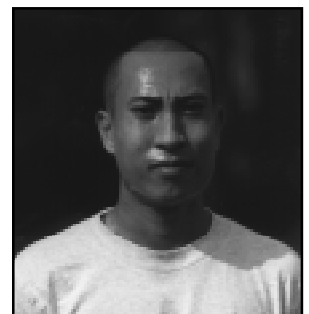
### Assistant Coaches



Marsha Parker



Emil Davis



Viet Do



# 2001 YEAR IN REVIEW

## 2001 William and Mary Cross Country Results

<u>Date</u>	<u>Event</u>	<u>Result</u>
9/8/01	UVA Cavalier Invitational	1st
9/22/01	William and Mary Invitational	4th
9/29/01	Colonial Invitational	5th
10/05/01	Notre Dame Invitational	3rd
10/13/01	Penn State Invitational	3rd
10/27/01	CAA Championships	2nd
11/10/01	NCAA Southeast Regional	6th

As the 2001 William and Mary women's cross country squad prepared for its season, many questions surrounded the team. With the loss of top runners Emily Furia and Adrienne Parker to graduation, W&M had to hope that the mix of returning veterans and highly-touted newcomers would come through to lead the team to its perennial position as a CAA championship contender and a force to be reckoned with in the NCAA Southeast Region. At the end of the year, head coach Pat Van Rossum's squad completed a season marked with major improvements and breakthroughs by capturing second place in the conference meet and with a sixth-place showing in the NCAA regional competition.

The first test for William and Mary came at the season's first meet at the University of Virginia. Veterans Cheryl Bauer and Maura McMahan led the way for the Tribe, as they would most of the year, but it was the squad's consistency that was most impressive. Bauer and McMahan finished second and fourth, respectively, with newcomer Jackie Kosakowski finishing third, giving the Tribe three of the top four finishers at the meet, as W&M took the team title.

On its home course, W&M continued to show improvement. At the William and Mary Invitational, the four runners who catapulted the team to the win in the season opener were again setting the pace, as they finished with a 32-second split to lead the Tribe. But it was the performance of two young runners that caught the attention of Van Rossum, as sophomore Katrina Menard and freshman Ruth Loyer raced together as pack runners, showing the potential to continue to contribute to the team's success as the season went along.

The following week, at the Colonial Invitational, Van Rossum broke from the norm, holding out several runners and instructing some of the other first-team runners to only race 3,000m of the 5,000m race. The emergence of sophomore Lara Toscani gave the Tribe another frontrunner in addition to those who had already established themselves earlier in the season.

A strong showing at the Notre Dame Invitational proved that W&M had a squad capable of surprising some people. Facing strong competition from across the nation, the Tribe finished third out of 17 teams in the field. Leading the way were Bauer and McMahan, who placed 11th and 12th overall, both breaking 18:00. The squad's top-five runners all broke the 18:30 mark.

Faced with adversity, the Tribe responded at the National Invitational at Penn State. Bauer was forced to miss the meet because of a sore shin, spurring McMahan to move up to the top spot. The top five that day were all freshmen and sophomores, including Toscani and Kosakowski. Not only did they cope with the responsibility of replacing the team's top runner, but the squad rallied together for a third-place finish, gaining momentum as they headed into the CAA Championships.

Heading into the conference championships as underdogs, the challenge that Van Rossum laid out to his squad was to put themselves in position to win at the halfway point, which they did, staying in contention until the end. The Tribe finished in second place, a mere six points out of the win. Six runners, including Bauer, McMahan, Toscani, Kosakowski and Ali Henderson, punctuated their improvements throughout the season by earning all-conference honors. Henderson, the newcomer to W&M's elite pack, progressed quietly throughout the season after an early battle with anemia and finally broke through with an 11th-place finish at the CAA Championships.

The Tribe came back two weeks later to once again attempt to surprise by qualifying for the NCAA Championships. The effort was there, but the Tribe fell just short, running a 32-second split to place sixth in the 30-team NCAA Southeast Regional, with Bauer and McMahan narrowly missing Academic All-America honors.

The experience and success of last year's team can only provide hope for the future of William and Mary women's cross country. With runners like Emily Halm and Tara Guelig, who both redshirted last season, returning for the 2002 campaign, the Tribe looks to use last year's showing as a stepping stone to bigger and better things. As the history of W&M's program shows, the Tribe cannot be counted out. The 2001 season was just another example of that. 2002 looks even better ...

The William and Mary women's cross country team looks to build on a strong 2001 campaign as it attempts to get back to the top of the Colonial Athletic Association standings and compete in the NCAA Championships in 2002.

With the nucleus of last year's team returning, led by three runners who achieved NCAA qualifying track times, the Tribe's outlook for this year is promising. When you add in the return of two runners who did not compete last fall, plus an incoming freshman class full of potential, it is easy to see why the College is excited about the season.

"We've never had the potential going into a cross country season like we have right now," Tribe women's cross country coach Pat Van Rossum said.

Leading the way for W&M are senior **Cheryl Bauer** and juniors **Ali Henderson** and **Maura McMahon**.

The three runners, all of who were all-conference selections last year, will be counted on to lead the Tribe in 2002.

Bauer, the team's captain, finished third at the conference meet and was the Tribe's top runner at all but one competition last year. She also added national-level track times to her resume last spring.

Henderson, meanwhile, battled back from a bout with anemia to finish the cross country season on a high note, placing 11th at the CAA meet. She then proceeded to

build on her cross country success with an excellent track season, setting two school records.

McMahon, on the other hand, was one of the leaders of last year's squad in just her second season. She finished as either the No. 1 or No. 2 runner for the Tribe in each of her last five meets in 2001. In the spring, she added a second place ECAC performance to her credentials.

Rounding out the Tribe's upper-classmen depth is **Lara Toscani**, who ran No. 2 or 3 for W&M in all her races last year. She earned all-conference accolades in each of her first two seasons and looks for another strong showing in her junior campaign.

# Tribe

W&M also returns last year's CAA Rookie of the Year, **Jackie Kosakowski**. As a true freshman, Kosakowski started the season on fire, running No. 2 for W&M in the first two meets of the year on her way to All-CAA honors.

When looking for other possible contributors this year, remember the names of **Emily Halm** and **Tara Guelig**.

Halm has perhaps more potential than any other runner on the squad. After a freshman season that saw her miss the NCAA cham-

pionships by just four seconds, Halm sat out last season as a medical redshirt. But if she runs to her potential, there is no doubt that she's a national-level runner.

Guelig, who missed the 2001 cross country season because she was studying abroad in Costa Rica, is an assistant captain who had a very solid and consistent performance for the Tribe in 2000.

Other runners who gained valuable experience last year and can be expected to contribute to this year's squad include junior **Katrina Menard**, and sophomores **Ruth Loyer**, **Sarah Wells**, **Erin Masterson** and **Sarah Roessler**.

In addition to the returnees, the incoming freshmen class should yield some strong performances in 2002. Freshmen **Jessica Allred**, **Lauren Heron**, **Karen Pulliam** and **Kristyn Shiring** all look to contribute immediately to the Tribe's run for a conference title.

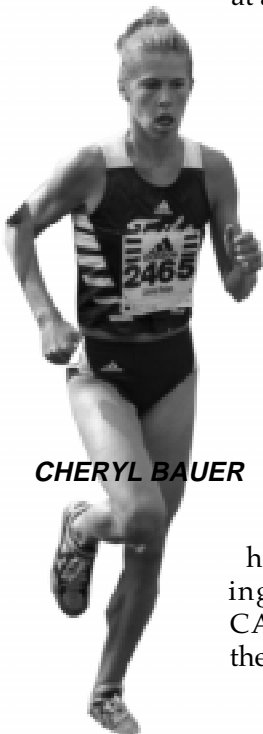
After a 2001 campaign that saw the Tribe finish second in the conference and sixth out of 30 teams in the NCAA Southeast Region, Van Rossum is very optimistic about this year's team.

"On the women's side, the Southeast is the toughest and deepest region in the country," Van Rossum said.

"We're looking to build on last year's showing, and we're confident we can move up on that."

With the lineup that is assembled, there's reason to believe that William and Mary will fulfill the 2002 goal of a conference championship and an NCAA appearance.

"This is a very elite and unique team," Van Rossum said. "The potential is limitless."



**CHERYL BAUER**

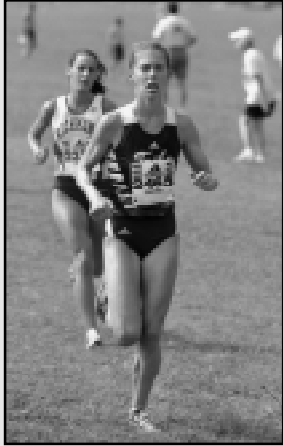


**MAURA McMAHON**



**ALI HENDERSON**

## MEET THE TRIBE - RETURNEES



### CHERYL BAUER

SENIOR  
ROCKAWAY, NJ  
MORRIS HILLS HS

**Cross Country:** Team captain for the cross country squad ... Overcame injuries in her sophomore season to come through with a standout junior year ... Top runner for the Tribe in all but one meet ... All-conference honoree after third place finish at CAA Championships ... Raced to a 17:55 mark at the Notre Dame In-

vitational ... Also earned all-conference honors in cross country after her freshman year ... Candidate for Academic All-America honors ... **Track:** NCAA provisional qualifier in both indoor (3K) and outdoor (5K) track ... All-conference honors in 1,500m in 2002 ... All-East honors in both indoor and outdoor track ... Along with teammate Ali Henderson, named as a winner of the Randy and Shelby Hawthorne Most Outstanding Trackwoman Award in 2002.

*Coach Van Rossum: "Cheryl's junior season was incredible. She had the patience and fortitude to take four months and re-learn a running technique, which has kept her injury-free. She is an awesome competitor and usually believes she can't be beaten. She's usually right. I love coaching Cheryl."*



### EMILY HALM

JUNIOR  
MASSILLON, OH  
JACKSON HS

**Cross Country:** Will be looked upon for major contributions after redshirting last season ... As a freshman, was one of the top young women's runners in the nation ... CAA Rookie of the Year and all-conference selection as a freshman ... Missed qualifying for the NCAA Championship by just four seconds with a ninth-place

showing at the NCAA Southeast Regional meet ... **Track:** As a freshman, placed in the 5,000m event at the 2001 CAA Championships, earning All-CAA honors.

*Coach Van Rossum: "Halmer' has a great gift: She's incredibly talented. Her freshman year accomplishment of becoming all-region reinforces her abilities and sets the stage for a potentially great future. If Emily stays healthy, she and her team will go a long way."*



### TARA GUELIG

SENIOR  
WELLSBORO, PA  
WELLSBORO AREA HS

**Cross Country:** Returns to the squad after studying abroad in Costa Rica last fall ... Assistant captain for the upcoming season ... As a sophomore in 2000, was a very consistent and solid performer ... Looks to improve on what has already been a strong career ... **Track:** Ran the 5,000m event in 17:53 at the CAA Cham-

pionships, good for fourth place and all-conference honors ... Had a strong performance in the UNC Fast Times Invitational, running the 5,000m in 18 minutes.

*Coach Van Rossum: "Tara is a great addition to our team. She always brings a positive attitude. She's an incredibly hard worker. I was happy to see her elected as an assistant captain for this year. I'm confident she'll have a great senior season."*



### ALI HENDERSON

JUNIOR  
PARKVILLE, MO  
UPPER ST. CLAIR HS (PA)

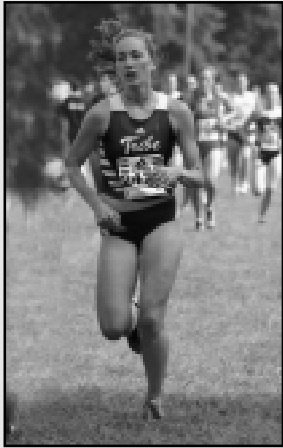
**Cross Country:** Overcame an early season bout with anemia for a strong cross country season and an outstanding year on the track ... Returned to run No. 4 for the Tribe at the NCAA Regionals and No. 5 at the CAA Championships ... Finished 11<sup>th</sup> at CAA meet, earning all-conference honors ... **Track:** Had a su-

per sophomore season in which she broke the previous school record in both the 3,000m steeplechase and the 10,000m ... NCAA provisional qualifier in the 3,000m steeplechase and the 10,000m outdoor ... Captured All-CAA honors in the steeplechase in 2002 ... All-East in indoor and outdoor track in 2002 ... Along with teammate Cheryl Bauer, winner of the Randy and Shelby Hawthorne Most Outstanding Trackwoman Award in 2002.

*Coach Van Rossum: "Ali's determination is admirable. She overcame anemia last fall to become one of the best, most versatile distance runners in the nation. Watching Ali achieve national qualifying times and set two school records this year was one of the most remarkable running feats I've ever seen. A harder working athlete does not exist."*



## MEET THE TRIBE - RETURNEES



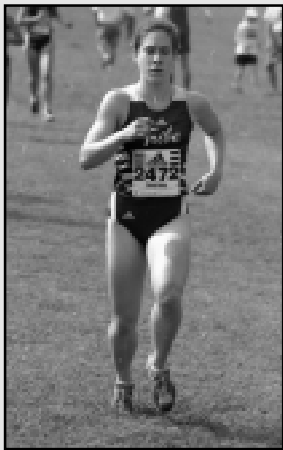
### JACKIE KOSAKOWSKI

SOPHOMORE  
SAUQUOIT, NY  
SAUQUOIT VALLEY HS

**Cross Country:** Ran very well early in the season ... Was W&M's No. 2 runner in the first two meets of the year and was consistently in the team's top five ... Earned CAA Rookie of the Year honors, as well as all-conference honors,

for her ninth place finish at the CAA Championships ... **Track:** Focused on the steeplechase her freshman year where she was an all-conference performer, finishing third at the conference meet ... Moved to No. 2 in the W&M record books in the steeplechase.

*Coach Van Rossum: "Jackie has great desire. When she puts it all together this year, she'll be very successful. Last year she really spurred our team forward when she came in and ran No. 2 for us in her first two meets as a freshman. Jackie plays a big role for us this year. I know she'll come through."*



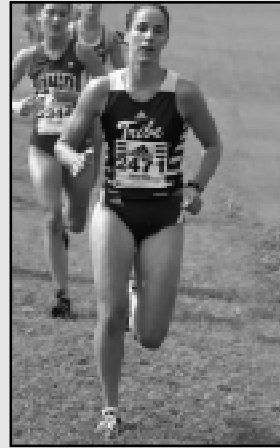
### ERIN MASTERSON

SOPHOMORE  
ANNAPOLIS, MD  
ANNAPOLIS HS

**Cross Country:** Strong middle distance runner whose solid work ethic will help her make the transition to cross country ... Ran in the top-12 for the Tribe at the two home meets last fall ... **Track:** Qualified for the ECAC Championships as a member of the 4x800 relay team ... High school marks

include a time of 5:06 in the 1,600m ... Won the Maryland 3A State Championship in the 1,600m, along with a runner-up showing in the 800m.

*Coach Van Rossum: "Erin contributed for us at many levels last year, including contributing to our 4x800 team qualifying for Easterns. She's committed her summer by training more than ever in order to make a major contribution to our team's efforts. I'm confident her hard work and work ethic will lead her to success."*



### RUTH LOYER

SOPHOMORE  
RED LION, PA  
RED LION HS

**Cross Country:** Ran Nos. 5 and 6 for the Tribe in the first two meets of the fall, both of which were 5K races ... Gained valuable experience last fall, but needs to make a better transition to the 6K events this year ... **Track:** Member of the 4x800 relay squad that qualified for the ECAC Champi-

onships ... Came in with strong credentials, including times of 4:58 in the 1,600m, good enough for second place in the state championship, and 2:13 in the 800m in high school.

*Coach Van Rossum: "Ruth is a very disciplined and hard-working athlete. She laid the groundwork to step up and be a tough cross country runner. She showed signs of her talent when she ran No. 5 for us in her first meet last year. I believe its just an indication of what's to come."*



### MAURA MCMAHON

JUNIOR  
WESTFIELD, NJ  
WESTFIELD HS

**Cross Country:** Worked very hard and opened a lot of eyes with a huge improvement last fall ... Great runner who ran in the second spot most of the year for the Tribe ... All-conference honoree with her seventh-place finish at CAA Championships ... Candidate for Academic All-

America honors ... Placed 28<sup>th</sup> at the NCAA Regionals ... **Track:** NCAA provisional qualifier in 10,000m ... Ran second-fastest 10,000m time in Tribe history, breaking the previous school record in the process ... Turned in solid performance in 5,000m at CAA Championships to earn all-conference honors in 2002 ... All-East honoree in the outdoor 10,000m last year ... Placed third in the 10K at the 2001 CAA Outdoor Track and Field Championship.

*Coach Van Rossum: "Maura is a measure of consistency and progression. She improves virtually every race. Maura makes it fun for me to coach, and for that trait, I admire her. Watching Maura compete for an ECAC Championship this past year was very moving and memorable."*



## MEET THE TRIBE - RETURNEES



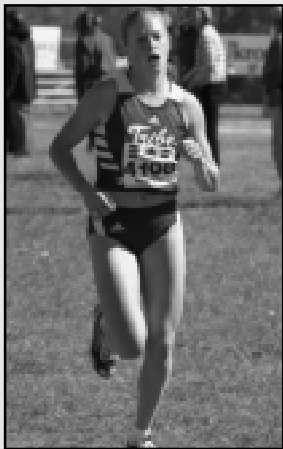
### KATRINA MENARD

JUNIOR  
ANNANDALE, VA  
J.E.B. STUART HS

**Cross Country:** Solid runner who appears ready to break through to the next level ... Ran in the top nine for the Tribe in each race last fall, running No. 5 in the Tribe's first home meet ... **Track:** All-conference performer by virtue of a second-place finish in the 10,000m event at the CAA Outdoor Track Championships ... Also All-CAA as a freshman in the 10,000m.

Coach Van Rossum: "Katrina's first two years at W&M have been solidly successful, but have only scratched the surface of what she's capable of. It's awesome that she's placed in the 10,000 in the conference in each of her first two years. She's worked very diligently and I'm confident that this will be her year to shine."

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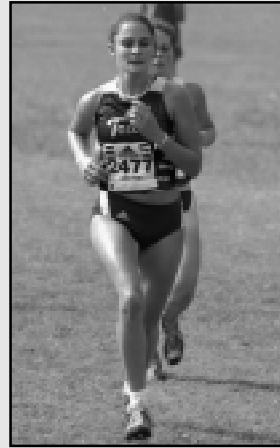
### LARA TOSCANI

JUNIOR  
BERWYN, PA  
CONESTOGA HS

**Cross Country:** One of the toughest runners on the team ... Finds a way to get the job done in each event ... Trained through the first three meets last year before opening at Notre Dame as the squad's No. 3 runner ... Made the successful transition to the 6K races, earning all-conference honors with an eighth-place finish at the CAA Championship ... Also named All-CAA as a freshman, finishing 12<sup>th</sup> at the conference meet ... **Track:** Fought through a nagging injury to earn all-conference honors in the 1,500m at the CAA Championships.

Coach Van Rossum: "Lara is simply one of the toughest athletes I've ever known. She shows up on race days like nobody else. Based on her healthy and consistent training this summer, anything she accomplishes will not surprise me. And I know I will be pleasantly surprised."

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### SARAH ROESSLER

SOPHOMORE  
CHESAPEAKE, VA  
INDIAN RIVER HS

**Cross Country:** Up-and-coming runner who is ready for a big breakthrough ... Gained valuable experience racing in four meets as a freshman ... **Track:** Had personal records in four of five straight track races last year ... Placed fourth in 10,000m at conference meet to earn all-conference honors.

Coach Van Rossum: "It was fun watching Sarah get on a roll last year and have a string of PRs. She definitely showed that she has the ability to run at a high level."



### SARAH WELLS

SOPHOMORE  
THE WOODLANDS, TX  
THE WOODLANDS HS

**Cross Country:** Extremely talented runner who consistently ran in the Tribe's top 11 last year ... Gained valuable experience racing in the CAA Championships as a freshman ... **Track:** Contracted mononucleosis last spring but brings great track times to the table ... High school marks include a time of 5:07 in the 1,600m and 10:12 in the 3,000m.

Coach Van Rossum: "Sarah is very talented and just needs to believe that her potential can be manifested on the course. She showed signs of really breaking through in her freshman year. If you need to start with something, talent is a good thing, and Sarah has that."

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# Tribe

## MEET THE TRIBE - RETURNEES

### KRISTIN MCGOUGH

JUNIOR  
MICKLETON, NJ  
URSULINE ACADEMY (DE)

Shows great promise if injury-free training can become the norm ... Great member of the team by virtue of her hard work ethic and never-ending desire to succeed ... As a high schooler, ran 10:56 in the 3,200m to win the state championship ... Won two Delaware state cross country championships, running as fast as 18:15 ... Also ran 5:07 for 1,600m.



*Kristin McGough returns for her junior season to help W&M in its quest to regain the CAA title.*

### MEREDITH HOLADAY

SOPHOMORE  
WESTFIELD, IN  
WESTFIELD HS

Middle distance up-and-comer, who with consistent summer training shows the potential to contribute in cross country ... All-county and all-section honoree in 800m in high school.

### DREW SAYLOR

SOPHOMORE  
STERLING, VA  
ST. ANDREWS HS

Gained valuable experience as a freshman and looks to become a contributor as a sophomore ... Third-place finisher in the Independent State League of Virginia's cross country championship meet.

### BECCA VELARDE

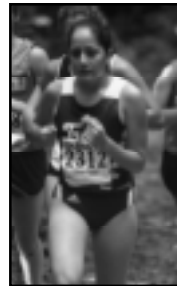
SOPHOMORE  
ALBUQUERQUE, NM  
ELDORADO HS

Missed much of last year due to hip surgery ... Had a great high school career, placing seventh in New Mexico state cross country championships, along with second in both the city and district championships.

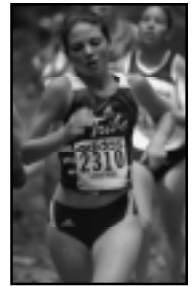
### AMANDA YOUNG

SOPHOMORE  
DALLAS, PA  
WYOMING SEMINARY HS

Novice runner whose high school did not have a track team ... Has a solid work ethic, which gives her a chance to contribute to the Tribe's efforts this year.



*Becca Velarde (left) and Drew Saylor will provide depth to the Tribe's lineup as they gain more experience this fall.*



## MEET THE TRIBE - NEWCOMERS

### JESSICA ALLRED

FRESHMAN  
PORTLAND, OR  
JESUIT HS

Welcome addition to the Tribe who is loaded with potential ... Was tripped up at states, however, her prior week's 3,000m time of 10:27 would have placed her fifth ... Two-time second team all-state.

### LOREN CUTRIGHT

FRESHMAN  
MONTPELIER, VA  
LOUISA COUNTY HS

Middle distance runner full of potential ... Looks to find the success of early in her career, where she consistently ran times in the low-19:00 range.

### CASEY FEILING

FRESHMAN  
MIDLOTHIAN, VA  
MIDLOTHIAN HS

A 'part-time' middle distance runner who has been an elite soccer player during track season ... Looks to make the transition to full-time running and shows much potential, having run 3:07 in the 1,000m, 2:22 in the 800m and 1:23 for 500m.

### LAUREN HERON

FRESHMAN  
MANLIUS, NY  
FAYETTEVILLE-MANLIUS HS

An elite middle distance runner ... State champ in the 1,500m in 4:38.73 ... Runner-up in mile run at National Indoor Championships ... Has played high-level soccer (not participating in cross country), but ran 10:21 in one of her few 3,000m races and looks to be an immediate contributor for the Tribe.

### KAREN PULLIAM

FRESHMAN  
NORTH POTOMAC, MD  
QUINCE ORCHARD HS

Extremely talented distance runner who looks to bounce back from a condition that required heel surgery ... As a junior, placed 11th in Penn Relays in 3,000m ... Won the title at W&M's high school cross country meet ... Resume includes state titles in 1,600m (5:06), 3,200m (10:17) and cross country.

### KRISTYN SHIRING

FRESHMAN  
STAFFORD, VA  
NORTH STAFFORD HS

Has had an awesome career including a second-place showing in Class AAA 3,200m event (10:59) ... Finished 2001 season undefeated in 1,600m with a personal record of 5:03 ... Has great potential and endurance to move up to 5,000m and collegiate cross country.



# W&M RECORD BOOK

## MILE

1. Emily Furia	4:41.06	2001
2. Marcie Homan	4:47.19	1994
3. Sue Haynie	4:53.09i	1988
4. Sonja Friend	4:53.46i	1992
5. Ali Mann	4:53.60i	1999
6. Cheryl Bauer	5:01.92i	2002
7. Ali Henderson	5:03.21i	2002
8. Adrienne Parker	5:03.32i	2001
9. Lara Toscani	5:07.08	2001



*Emily Furia*



*Janice Brown*



## 800 METERS

1. Becky Patten	2:08.38	1996
2. Amy Morris	2:08.93	1998
3. Emily Furia	2:09.39	2001
4. Kelly O'Connor	2:09.63	1998
5. Sonja Friend	2:09.89	1992
Ali Mann	2:07.8*	2000

\* - denotes relay split time

## 1,500 METERS

1. Emily Furia	4:18.44	2001
2. Ali Mann	4:23.23	2000
3. Marcie Homan	4:25.61	1994
4. Kathy Newberry	4:28.37	1997
5. Kristi LaCourse	4:30.01	1989
6. Amy Morris	4:30.07	1998
<b>Cheryl Bauer</b>	<b>4:35.64*</b>	<b>2002</b>

\* - denotes top time by active team member

## 3,000 METERS

1. Janice Brown	9:18.25	1992
2. Marcie Homan	9:18.47	1994
3. <b>Cheryl Bauer</b>	<b>9:33.92</b>	<b>2002</b>
4. Kathy Newberry	9:38.13	1997
5. Aryn Fahey	9:43.81	1998
6. Maura McMahan	9:51.05	2002

## 3,000 METER STEEPLECHASE

1. Ali Henderson	10:29.83	2002
2. Jackie Kosakowski	11:10.78	2002
3. Korin Miller	11:44.68	2001

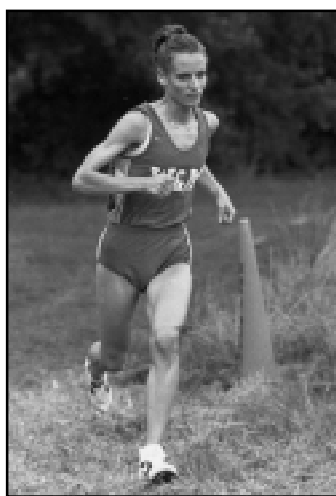
## 10,000 METERS

1. Ali Henderson	34:25.77	2002
2. Maura McMahan	34:43.71	2002
3. Laurie Sturgell	34:45.02	1997
4. Dana Pascarella	36:17.10	1999
5. Cathy Stanmeyer	37:10.4	1992
6. Andrea Lengi	37:43.0	1991

Active athletes in bold  
i = indoor performance

## 5,000 METERS

1. Marcie Homan	16:04.63	1994
2. Janice Brown	16:08.02i	1992
3. Katie McCullough	16:36.15	1990
4. <b>Cheryl Bauer</b>	<b>16:37.60</b>	<b>2002</b>
5. Kathy Newberry	16:49.29	1999
6. Ali Henderson	16:53.25	2002
7. Maura McMahan	17:01.25	2002



*Marcie Homan*

## 6,000 METERS XC AT HOME COURSE

1. Emily Furia	21:13.9	2000
2. <b>Cheryl Bauer</b>	<b>21:25.5</b>	<b>2001</b>
3. Emily Halm	21:41.5	2000
4. Maura McMahan	21:44.6	2001
5. Lara Toscani	21:50.8	2001
6. Jackie Kosakowski	21:52.4	2001
7. Ali Henderson	22:01.5	2001

# W&M HONOR ROLL

# TRADITION

10 CAA TEAM CHAMPIONSHIPS      12 NCAA ALL-AMERICANS  
 NINE ACADEMIC ALL-AMERICANS  
 EIGHT COACH OF THE YEAR AWARDS FOR PAT VAN ROSSUM  
 FIVE CAA ATHLETES OF THE YEAR

## NCAA ALL-AMERICANS

Janice Brown	1991	Cross Country
Janice Brown	1992	Indoor 5,000m
Janice Brown	1992	Outdoor 5,000m
Janice Brown	1992	Cross Country
Janice Brown	1993	Outdoor 5,000m
Marcie Homan	1993	Outdoor 5,000m
Marcie Homan	1993	Cross Country
Marcie Homan	1994	Indoor 5,000m
Marcie Homan	1994	Outdoor 5,000m
Marcie Homan	1994	Cross Country
Emily Furia	2000	Outdoor 1,500m
Emily Furia	2001	Outdoor 1,500m



*Becky Flowers*

## ALL-TIME BEST

### CAA CHAMPIONSHIP SCORES

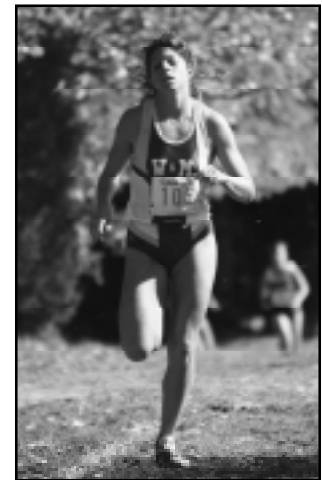
The Tribe has been either first or second in the CAA Championships in all but one year since 1985. In fact, W&M has posted four of the top five team scores in the meet's history.

1. William and Mary - 1992	24
William and Mary - 1993	24
3. William and Mary - 1991	25
George Mason - 1986	25
5. William and Mary - 1990	27

## CAA ATHLETES OF THE YEAR

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

# Tribe



*Aryn Fahey*

## ACADEMIC ALL-AMERICANS

Cathy Stanmeyer	1990
Janice Brown	1992
Becky Flowers	1996, 1997, 1998
Aryn Fahey	1997
Emily Furia	1998
Emily Furia	2000, 2001

## TEAM ACADEMIC HONORS

The William and Mary women's cross country squads from 1994, 1996, 1997, 1999, 2000 and 2001 were named United States Collegiate Cross Country Coaches Association Academic All-American teams by virtue of an overall team GPA over 3.0

## CAA COACH OF THE YEAR

Tribe head coach Pat Van Rossum has been honored as the CAA's top cross country coach eight times (1987, 1988, 1990, 1991, 1992, 1993, 1996 and 1998)

## CAA CHAMPIONSHIPS

William and Mary's women's cross country squad captured the conference championship in the following years: 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997 and 1998.

## CAA ROOKIE OF THE YEAR

Emily Furia	1997
Emily Halm	2000
Jackie Kosakowski	2001

SUCCESS AS STUDENT-ATHLETES

BEING POSITIVE AND HAVING FUN

CHALLENGING YOURSELF AND BEATING THE ODDS

BUILDING TEAM UNITY AND SPIRIT

PREPARING FOR THE REAL WORLD





# W&M AT A GLANCE

For more than 300 years, the College of 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 chartered February 8, 1693, by King William III and Queen Mary II of England to bring education to a growing number of British colonists and Christianity to the Native Americans. Today, William and Mary is a public, four-year, co-educational residential university, with a nationally recognized liberal arts program. Although it has retained the college name in its title, William and Mary is now a modern university.

Many of America's early leaders were educated at William and Mary, including U.S. Presidents Thomas Jefferson, James Monroe and John Tyler, and renowned U.S. Chief Justice John Marshall. George Washington served as the college's first American chancellor from 1788 until his death in 1799.

William and Mary students founded Phi Beta Kappa, the premier academic honor society in America, in 1776. The College was the first to offer elective courses and to use the honor code system of conduct. The first chair of law in America was established at William and Mary in 1779. In addition, the College awarded the first law degree in 1793.

The College's historic campus includes the Sir Christopher Wren Building (1695), the oldest college building in the nation where classes are still conducted. This and other 18th-century structures of William and Mary were restored to their original appearance through grants from philanthropist John D. Rockefeller during the restoration of Colonial Williamsburg in the late 1920s.

Although polls, rankings and guidebooks cannot fully capture the character of any educational institution, they do provide useful indications of the quality that students can expect. For years, the academic excellence of the College of William and Mary has been widely recognized by the growing raft of magazines and guidebooks that annually rank American colleges and universities. From *U.S. News and World Report* to *The Princeton Review*, William and Mary and its programs are listed among the nation's strongest.



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*News and World Report* to *The*

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## U. S. News and World Report (2002)

- W&M ranked sixth among all public universities
- W&M ranked 33rd among national schools that offer the best value
- W&M ranked 30th overall among the nation's best universities
- W&M ranked 17th in graduation rates for national universities

## Fiske Guide to Colleges (2002)

- W&M given the highest rating of academics - five stars
- W&M designated a "Best Buy" because of its combination of quality and cost
- A junior reported to *Fiske* of the professors: "We are being led and constantly motivated by passionate people."
- "The William and Mary formula of blending the old and the new has been working for more than 300 years, and it's only getting better with age."

## Princeton Review: Best 331 Colleges (2002)

- W&M is "a small public university with a big reputation ... one of the best and most competitive public schools in the nation."
- W&M "admission is ultra-competitive", comparable to such institutions of higher education as Yale, Stanford, Duke, Georgetown and Harvard.
- W&M offers an "excellent location and a down-to-earth attitude ... Its students are certainly aware of this traditional liberal arts college's strengths and express them with intelligence and ease: 'William and Mary is an undiscovered gem', writes one student."

## Did You Know That:



- William and Mary ranks first among American public universities in terms of commitment to undergraduate teaching, according to *U.S. News and World Report*. It is also the highest ranked small public university in the country.
- William and Mary is one of only eight U.S. institutions of higher education designated a "Public Ivy." A Public Ivy is a state-assisted institution, which offers a superior education at a cost far below that of Ivy League schools.
- A recent study shows that only William and Mary and Stanford University reported student-athlete SAT scores of at least 1,000 in eight categories based on gender and sport.
- More than 90 percent of all undergraduate courses are taught by full-time faculty.
- W&M's 12-1 student-faculty ratio is among the lowest of national public universities.
- The Campus is located approximately 150 miles south of Washington, D.C., midway between Norfolk and Richmond, Virginia.
- There are 7,560 students enrolled in the College (5,560 are undergraduates) who populate a 1,200 acres scenic campus setting that includes picturesque Lake Matoaka and the College Woods.



# WILLIAM AND MARY ATHLETICS

**Over the last 300 years, William and Mary has developed a sterling national reputation for its academic standard of success. And for the last century, the Tribe athletics program has been working just as diligently to maintain its position as one of the top athletics departments in the nation ...**

When the College's stringent academic standards are taken into consideration, the accomplishments of W&M's athletic programs are even more amazing. Over 500 student-athletes participate in 23 intercollegiate sports, and last year, those teams won over 57 percent of their competitions en route to a combined record of 205-154-2.

The 2001-02 athletic year was a typically strong one for the Tribe. Five Colonial Athletic Association titles, one East Coast Athletic Conference championship, a share of the Atlantic 10 football crown and a first place showing at the USA Collegiate Gymnastics meet are examples of William and Mary's strong season.

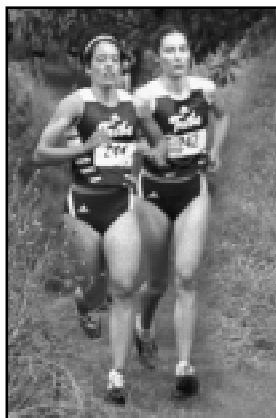
The women's tennis team captured its 16<sup>th</sup> CAA Championship, while the women's soccer squad qualified for the NCAA Tournament for the 10th straight season. Perennial powerhouses like the cross country and track and field squads didn't disappoint, either, challenging for conference titles yet again in 2001.

The success isn't limited to just those programs. The volleyball and men's gymnastics teams earned their first berths in NCAA postseason action, while the men's golf team earned a bid to the NCAA East Regional, showing that improvement is occurring across the board.

Since the merger of the men's and women's athletics departments in 1986, William and Mary has seen more than its fair share of success on and off the field. With graduates of the program running major corporations or running down the opposition in a National Football League game, a degree from W&M has proven to be a stepping-stone to a successful future.

## WILLIAM AND MARY ATHLETICS MISSION STATEMENT:

"To provide academically qualified student-athletes with the best qualitative and quantitative athletic experience within the



**Emily Halm and Emily Furia**

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

Continuity is emphasized in the W&M athletics department. As the shaded box below shows, William and Mary has a history of stability with its head coaches. The current head coaches at W&M have been with the program for an average of 12.5 years. This retention rate leads to better performances on the field and a better overall experience for the student-athlete.

From the administration to the training staff to the coaches, the Tribe sports family is committed to providing each student-athlete at the College with the best possible experience, both academically and athletically, for his or her collegiate career.

Nine W&M head coaches have been in their current positions for 15 or more years: Al Albert - men's soccer (31 years), Cliff Gauthier - men's gymnastics (29 years),

**Tribe**

## WILLIAM AND MARY ATHLETICS BY THE NUMBERS

- 225 – Combined years of coaching experience with the Tribe by all current head coaches
- 205 – Wins by W&M teams in 2001-02
- 134 – Conference, state or regional championships won by W&M teams since 1983-84
- 130 – Athletes named to all-conference squads (CAA, ECAC, Atlantic 10) in 2000-01
- 110 – Academic All-Americans in the last 21 seasons
- 65 – Number of NCAA appearances by William and Mary teams since 1987-88
- 40 – Percent of William and Mary's Rhodes Scholars who have been athletes
- 7 – Tribe sports teams that qualified for NCAA postseason action in 2001-02
- 6 – Coach of the Year awards won by Tribe coaches in 2001-02
- 5 – William and Mary athletes who have earned their sport's National Player of the Year award since 1995
- 2 – Tribe squads that earned their first NCAA tournament appearances in 2001-02 (volleyball, men's gymnastics)
- 1 – The College's rank among all CAA schools in terms of number of conference titles captured, as W&M's count of 67 championships cannot be matched.



hockey (15 years), John Sauer - strength and conditioning (15 years)

Debbie Hill - volleyball (25 years), Jimmyle Laycock - football (22 years),

Dan Stimson - director of track and field (16 years), Pat Van Ross - women's cross country (16 years), John Daly - women's soccer (15 years), Peel Hawthorne - field



# ATHLETICS ADMINISTRATION

## Athletics Director Terry Driscoll



With a strong personal commitment to the concept of the scholar-athlete and to competitive success, Edward C. "Terry" Driscoll, Jr. enters his seventh year as athletics director at the College.

"In the athletic world, William and Mary is well recognized for a rare combination of two attributes: its academic strength in the classroom and its competitive strength on the field," said

Driscoll. "I look forward to the challenge of continuing the tradition of academic and athletic achievement."

A basketball All-America selection and an Academic All-America honoree in his days at Boston College, Driscoll is an exemplary leader. Since his collegiate days, Driscoll has filled a variety of executive posts in the sporting goods industry, as well as completing an 11-year stint as a player in the National Basketball Association and as a player and coach in an Italian professional basketball league.

Driscoll has supervised the marketing of athletic products in national and international markets, enhanced the television exposure of a variety of NCAA events (including the Final Four basketball tournament) and organized and directed such internationally recognized events as the World Cup soccer games in Boston and the women's World Volleyball Grand Prix in Hawaii.

The athletic program Driscoll directs fields a total of 23 men's and women's teams which boast strong records in NCAA, Colonial Athletic Association and Atlantic 10 competition. Last year, W&M posted a .571 overall winning percentage with five teams finishing in the nation's top-25 polls. Tribe athletes also earned seven All-America certificates and 16 national academic citations during the year.

Driscoll, who graduated with a Bachelor of Science degree in biology from Boston College in 1969, began his post-graduate career as a first-round draft pick of the Detroit Pistons. Before joining the Pistons, however, Driscoll opted for a year of professional basketball in Italy where he fulfilled his dream of living abroad and learning a second language. He rejoined the Pistons in 1970 and played with the Bullets and Bucks before returning to Italy in the fall of 1975, where he was named Outstanding Foreign Player of the Year. He played three years before an injury forced his retirement in 1978. He then coached his former team to two Italian League Championships before returning to the United States.

Driscoll began his post-playing career as an athletic sales promotion agent in 1980 and quickly moved up the ladder. With the purchase of Bike Athletic by Kazmaier Associates in 1986, KSG Inc. was formed with the objective of becoming the first national sales agency in the sporting goods industry. Driscoll was named president of KSG Inc. in 1987 and expanded the agency from 24 to 50 states by 1989. With the domestic sales agency in place, Driscoll expanded to international marketing and sales from 1989-93.

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. Also in 1993-94, Driscoll assisted with the 1994 World Cup Organizing Committee as Venue Executive Director, and his Boston venue was cited for its operational success. In September of 1994, 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, 27, a 1997 graduate of Holy Cross, and Leslie, 23, a 2001 graduate of William and Mary.

## Associate Athletics Director Barbara Blosser



Barbara Blosser comes into her 11th year as the College's Associate Athletic Director. Blosser came to William and Mary as head women's basketball coach in 1978 and guided the Tribe to a VAIAW 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 VAIAW runner-up. She was also at the helm during the 1984-85 season when Wil-

liam 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 Athletic 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 now serves as the person primarily responsible for administering the day to day operations of the department.

From October 1992 to June 1993 and August 1995 to July 1996, Blosser also served as acting athletics director in an interim capacity. For her efforts, she was named the first recipient of the John Randolph Inspiration Award. Blosser has served on various committee's such as the NCAA Strategic Planning Committee and the Colonial Athletic Association Competition and Women's Basketball Committees.

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 '78 team took the OAISW Small College title.

A former three-sport standout at Ohio State, Blosser graduated Cum Laude in 1975 with a bachelor of science degree in 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 at Greensboro, in 1978. In 1993 she was selected as a member of the first class of women inducted to the Ohio State University Athletic Hall of Fame.

# SUPPORT STAFF

## Goals

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

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

## Compliance and Academic Support

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

All entering students are assigned a faculty academic advisor through the Academic Advising Office, directed by Dr. Randolph Coleman. Students remain with this advisor until they declare a major at which time they select a faculty advisor in their field of concentration. The Academic Advising Office provides support and guidance to students as they plan their academic progress to graduation.

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

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

assist students to make positive and informed decisions.

## Strength, Speed and Conditioning

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

## Sports Psychology

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



## Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of a team physician, six fulltime certified athletic trainers, graduate and undergraduate student trainers and medical specialists from the local community. The College is also in the process of evaluating and pursuing CAAHEP accreditation of its entry-level athletic training education program. The team physician has overall responsibility for supervision of the sports medicine program.

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



# FACILITIES

William and Mary boasts some of the finest athletic arenas in the nation, from its newest venue, Busch Tennis Courts, 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.

Below are a few of the highlights of the athletic facilities that the College has to offer:



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



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

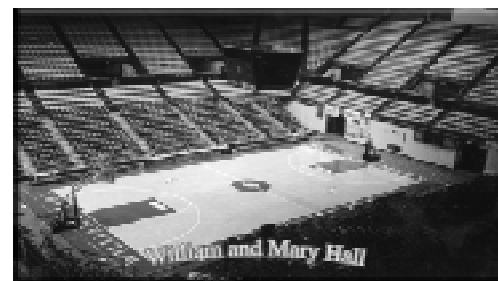
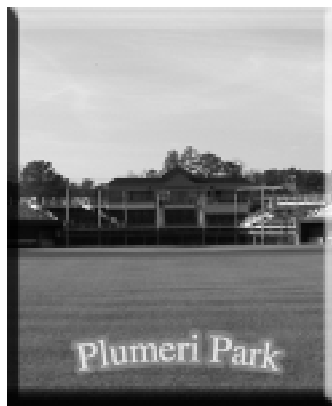


- \* Home of the Tribe's soccer, lacrosse and field hockey teams
- \* Made possible by a generous grant from the Anheuser-Busch Corporation
- \* Playing surface is a unique combination of a poured pad with an Astroturf playing surface
- \* Seats over 2,200
- \* State-of-the-art computerized lighting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



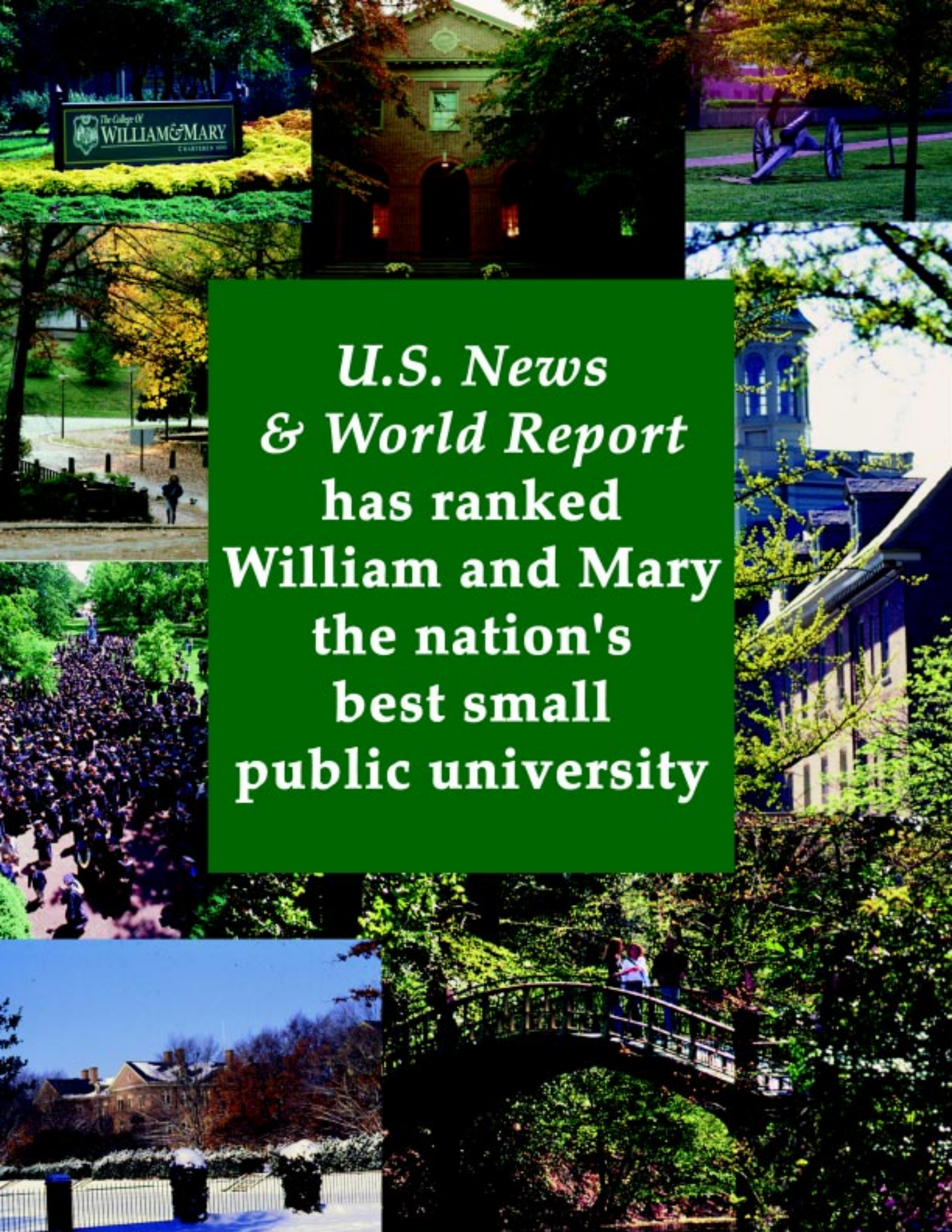
- \* Home of the Tribe's tennis teams for the outdoor season
- \* The College's newest venue, completed in September, 2001
- \* Eight individual hard court surfaces
- \* Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- \* Stadium seating for approximately 500
- \* State-of-the-art lighting system to accommodate night matches

- \* Home of Tribe baseball-made possible by a generous grant from Joe Plumeri
- \* Seating for over 1,000
- \* Indoor and outdoor batting cages
- \* Fully lighted for night games
- \* Locker room, box seats and concessions



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





*U.S. News  
& World Report*  
has ranked  
**William and Mary**  
the nation's  
best small  
public university





# 2002 William and Mary Women's Cross Country Schedule

Date	Meet	Location	Distance
SEPT. 6	NAVY	WILLIAMSBURG, VA	4,000m
Sept. 14	UVA Cavalier Cross Country Invitational	Charlottesville, VA	5,000m
SEPT. 21	COLONIAL CROSS COUNTRY INVITATIONAL	WILLIAMSBURG, VA	5,000m
Sept. 27	Great American Cross Country Invitational	Charlotte, NC	5,000m
OCT. 5	W&M HIGH SCHOOL CROSS COUNTRY INVITATIONAL	WILLIAMSBURG, VA	
Oct. 12	Penn State Invitational	State College, PA	6,000m
Oct. 19	NCAA Preview Invitational	Terre Haute, IN	6,000m
OCT. 19	TRIBE OPEN	WILLIAMSBURG, VA	6,000m
Nov. 2	CAA Cross Country Championships	Manassas, VA	6,000m
Nov. 16	NCAA Southeast Regional Championships	Greenville, NC	6,000m
Nov. 23	ECAC Cross Country Championships	New York, NY	5,000m
Nov. 25	NCAA Championships	Terre Haute, IN	6,000m

HOME MEETS IN ALL CAPS



2001 Tribe Cross Country - Six all-conference runners,  
CAA Rookie of the Year, Sixth-place finish in NCAA Southeast Regional