

WILLIAM AND MARY

WOMEN'S

CROSS COUNTRY

- 2002 CAA RUNNER-UP
- 23RD-PLACE FINISH:
2002 NCAA CHAMPIONSHIP

The College of William and Mary

Location: Williamsburg, Virginia

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

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

Enrollment: 5,560

Nickname: Tribe

School Colors: Green, Gold and Silver

Affiliation: NCAA Division I

Conference: Colonial Athletic Association

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

Athletics Director: Terry Driscoll (Boston College, 1969)

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

THE TRADITION CONTINUES

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Directions to W&M

To the College:

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

To Eastern State (home cross country course):

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

W&M Women's Cross Country

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

Head Coach: Pat Van Rossum (Wisconsin-LaCrosse, 1979)

Van Rossum's Phone: (757) 221-3396

Van Rossum's E-mail: rpvanx@wm.edu

2002 NCAA Finish: 23rd

2002 CAA Finish: Second

W&M Sports Information

Cross Country Contact: Paul Ring

E-mail: pjring@wm.edu

Phone: (757) 221-3344

Fax: (757) 221-3412

Web site: www.TribeAthletics.com

Media/Credits

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

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



Head Coach PAT VAN ROSSUM

In 17 years as the head women's cross country and track and field coach at the College, Pat Van Rossum has set a standard of tradition and consistency which has led the two teams to unprecedented success. Van Rossum coached his track team to its third-straight CAA Championship in 2003 and the Tribe

finished fourth, its best finish ever, at the elite ECAC Outdoor Championship. Van Rossum's cross country squads have had five top-25 finishes in the NCAA Championships since 1990, most recently finishing 23rd in 2002 and a best of 10th in 1998. Tribe runners consistently finish among the top six squads in the NCAA's Southeast Region, known as the strongest and deepest in the country.

Van Rossum also emphasizes the student-athlete and sets the tone for academic as well as athletic excellence. This past year his track and field team boasted the 15th highest cumulative GPA out of all Division I programs. Rising senior and two-time All American Ali Henderson was honored as the inaugural women's cross country CAA Scholar-Athlete of the Year and she also earned all-state academic honors. In addition, she and Anne Larmore (2003) both received all-district academic citations. Van Rossum's athletes also garnered five Academic All-American awards.

For his work, Van Rossum has won numerous coaching honors. After being named Colonial Athletic Association Women's Track Coach of the Year in 2003, Van Rossum has now accrued 12 coaching honors from the CAA (eight for cross country and four for track). The Society of the Alumni has also honored Van Rossum, naming him the William and Mary Coach of the Year in 1999. As W&M employs one of the best coaching staffs in the country, Van Rossum considers this his biggest honor.

The tradition of cross country excellence, in part because of Van Rossum's leadership, is well known and respected at W&M. Additionally, Van Rossum's track team accomplished a nearly unprecedented feat this past spring, as his outdoor track squad scored in every event at the conference championship. One of Van Rossum's goals is to develop a complete, event-by-event, track and field team and he and the Tribe coaching staff are proud of their success in this area.



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. It was at UT where Van Rossum first met and worked with W&M Director of Track and Field Dan Stimson. Before coming to W&M, the Appleton, Wisconsin native served as assistant women's track coach at the University of Northern Iowa and was the head girls' coach at South High School in Waukesha, Wisconsin, where he led his team to a Milwaukee Suburban Conference championship. Van Rossum holds a bachelor's degree in health education and physical education from the University of Wisconsin-La Crosse and a master's degree in kinesiology, with an emphasis in science physiology, from the University of Tennessee.

Van Rossum's Runners

What typifies Van Rossum's runners is the significant improvement they make under his tutelage. His program does not simply bring in accomplished high school athletes; his athletes get better. They improve to get to the levels they achieve.

This past season was, in many ways, the most successful season for the Tribe. The cross country team overcame setbacks to two top-five runners to place 23rd at the NCAAs. Van Rossum guided the track and field team to its third-straight CAA title with seven individual conference champions. Nine athletes qualified for the outdoor NCAA Regionals, while the Tribe racked up 15 qualifications for the outdoor ECACs, showing the great depth and total team concept W&M emphasizes. Tribe athletes set five school records in the outdoor season, in addition to one in the indoor season. For the indoor season, the Tribe earned 13 ECAC qualifications, two NCAA provisional times, and one NCAA automatic qualification. The latter was secured by Ali Henderson in the 5,000m, who went on to earn All-America honors by placing eighth, adding to her

previous All-America status earned in 2002 cross country. In outdoor track, Henderson was joined at the NCAAs by Cheryl Bauer (2003). The two, along with Cassidy Harris and Charlotte LaRoche, earned Academic All-American honors.

Graduates Janice Brown (1993) and Marcie Homan (1995) 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 1994 (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 careers. Another great success story was W&M alum Sonja Friend-Uhl (1993), who qualified for the 2000 Olympic Trials in the 1,500m with a time of 4:13.96. She continues to be an elite runner. More recently, Emily Furia (2001) 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. Each of these runners were modest high school runners; their significant improvement came at William and Mary under Van Rossum's guidance. Both athlete and coach are very proud of the accomplishments of Tribe runners.

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 Track and Field Coach of the Year	1999
CAA Track and Field Coach of the Year	2001
CAA Track and Field Coach of the Year	2002
CAA Track and Field Coach of the Year	2003

Director of Track and Field DAN STIMSON

In his 18th year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track. The 2002-2003 season was perhaps Stimson's finest, as his team captured three CAA Championships: Men's Cross Country, Men's Track and Field and Women's Track and Field. For the outstanding success of his programs, the William and Mary Society of the Alumni selected Stimson the 2003 Coach of the Year, the College's highest honor for head coaches.

The men's and the women's cross country teams have captured 13 of the last 20 CAA crowns, and have garnered numerous CAA Athlete and Rookie of the Year awards. The men's team has finished among the nation's top-16 teams for the last six seasons, including its second-highest finish ever in 1999 (ninth). The women's cross country team finished 23rd in the NCAA Championships in 2002 and had its best finish (10th) in 1998. One athlete from both the men's and women's squads was honored as an All-American by virtue of a performance at the NCAA Championships in 2002.

The women's track and field team pulled off an unprecedented feat in 1999, dethroning nine-time CAA champion George Mason. The championship was the first

CAA title for the women, a feat the program duplicated in 2001, 2002 and 2003. Meanwhile, the men's track and field team captured the 2003 CAA crown, dethroning powerhouse UNCW with a record setting score. The success of Stimson's program has garnered 50 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, pole vaulters and multi-eventers, has mentored many W&M athletes to national prominence in his tenure. On the women's side, Stimson coached All-American high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11". Wendy Warren, the Tribe record-holder in the javelin (153'6"), was discovered in a physical education class and went on to earn All-East honors and sixth-place at the ECAC Championships. Stimson coached freshman pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school-record of 13'1" in the pole vault. She is also the CAA meet record holder in the event. Stimson has had numerous All-East performers through-

out all the field events.

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 21-year-old local college student. Recently married daughter Krista Crider, 28, graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She recently earned a Ph.D. in the field of genetics and molecular biology at Emory University. Krista is a former W&M record holder in the hammer throw.



Stimson By The Numbers

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

A MESSAGE FROM ATHLETICS DIRECTOR TERRY DRISCOLL

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

The College of William and Mary and its athletics department are committed to the continuation of our stellar women's cross country and track programs. We feel that Coach Van Rossum has established a program that is on the vanguard of what intercollegiate athletics should be. Coach Van Rossum has crafted an elite program which excels at both the athletic challenges of competitive conferences like the CAA and NCAA Southeast Region and at the rigorous academic standards the College maintains. The cross country team's success at the NCAA Championship combined with the track team's recent recognition as boasting the 15th highest GPA in the nation, along with five Academic All-Americans among both squads, underscore the philosophy which has guided Coach Van Rossum's program.

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



2003 Outlook

After an impressive showing in 2002, the 2003 William and Mary women's cross country team appears to have the ability to top the accomplishments of last season. Although the Tribe lost two solid seniors to graduation, the returning athletes showed vast improvement in the track seasons. Additionally, the squad will be supplemented with talented freshmen, expected to help W&M rise in the national rankings.

"We have the nucleus to be very good," observed head coach **Pat Van Rossum**. "We can surpass what we did last year at the NCAAs, plus we have a goal to win the conference."

Leading the way for the Tribe are senior tri-captains **Ali Henderson**, **Maura McMahon** and **Lara Toscani**. The trio brings the squad a wealth of experience competing at the national level. Henderson, a two-time All-American, was the Tribe's number one runner each time she competed last year. Leading the Tribe to a 23rd-place finish at the NCAA Championship, Henderson crossed the finish line in 38th place, earning All-America honors. Additionally, Henderson earned all-region honors, finishing eighth at the NCAA Southeast Regional meet. She displayed the uncanny ability to improve each time she stepped up to compete, as witnessed by her incredible 2003 season which saw her earn All-America honors in the indoor 5,000m and set the school record in the 10,000m and 3,000m steeplechase.

McMahon has been a mainstay in the Tribe's cross country program in each of the last three years. An All-Southeast and all-conference performer, she placed 23rd at the regional championships and third at the CAA Championship. McMahon placed 80th at the NCAA Championship as the second W&M runner to cross the finish line. On the track, she has achieved NCAA qualifying times and has been an ECAC runner-up in the 10,000m.

Toscani, a two-time all-conference honoree, achieved three top-15 finishes last season, including a fifth-place showing at the Colonial Invitational and 13th place at the CAA Championship. Toscani's competitive nature and experience racing at demanding meets will position her as one of the team's leaders in the 2003 season.

Emily Halm, **Katrina Menard** and **Kristin McGough** all enter the 2003 season with senior eligibility in cross country and will help add depth to the squad. Halm, the 2000 CAA Rookie of the Year and former all-region honoree, won the Tribe's dual meet against Navy to open the 2002 season before suffering a season-ending injury. Menard, who redshirted the last cross country season, ran in the top-nine for the Tribe in each race of the 2001 campaign. After a solid 2003 track season, which included the CAA title in the 10,000m and an ECAC qualification, she has laid the groundwork for her finest season. Only competing once in 2002 due to an injury, McGough's leadership and work ethic will help the team in practice and meets. She will look to be a solid contributor with injury-free training.

With experience competing at the NCAA Championship, a solid

group of veterans will look to continue to improve. Junior **Jackie Kosakowski**, an all-conference honoree, was the fourth W&M runner to cross the finish line at NCAAs. The third Tribe runner at the NCAA Southeast Regional meet, Kosakowski placed 42nd in the region. In track, she has earned All-East accolades and achieved NCAA Regional qualification standards, showing her talent and competitive nature.

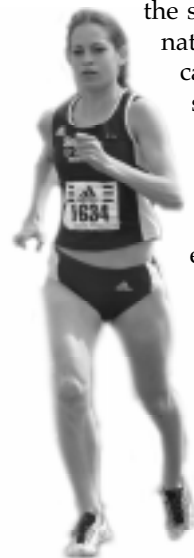
Sophomores **Lauren Heron** and **Kristyn Shiring** had impressive rookie campaigns. Shiring was the third Tribe finisher at the NCAA Championship, was the 65th finisher at the NCAA Southeast Regional meet and earned all-conference honors in her first conference championship. Also earning all-conference honors at the CAA Championships, Heron finished 85th at the NCAA Southeast Regional. Competing in her first cross country season, Heron's experience competing at NCAAs, along with her NCAA Regional track experience, is expected to help her improve in years to come.

The junior class returns several experienced runners. **Meredith Holaday**, **Ruth Loyer**, **Erin Masterson**, **Sarah Roessler**, **Drew Saylor**, **Becca Velarde** and **Sarah Wells** are expected to move into leadership roles and rely upon their experience to lead to further improvements. Masterson finished 15th at the CAA Championship and was the second Tribe finisher in the Colonial Invitational. She has also been a strong middle distance track runner for the Tribe. Roessler and Saylor showed solid improvement last year, as both placed in the conference during the outdoor track season and look to bring that experience to cross country. Holaday and Loyer have great potential and have strong middle distance achievements, which they hope to convert to cross country. Velarde competed at the conference championship last year and shows signs of great potential. Wells brings strong high school accolades to the table and looks to return to that form.

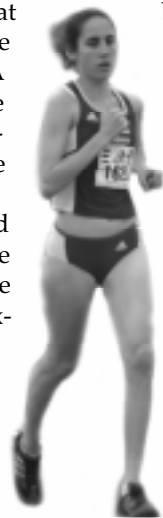
With an important year of experience, the Tribe sophomore runners will look for even greater contributions. **Jessica Allred**, **Loren Cutright**, **Karen Pulliam** and **Shelly Knewstep** had impressive showings in their rookie cross country campaigns. Allred finished 20th in both the Colonial Invitational and the Tribe Open and notched a 15th-place finish in the Navy Invitational. Cutright achieved a 25th-place finish at the Colonial Invitational. Pulliam finished 26th at the CAA Championship as the Tribe's 10th runner while Knewstep placed 31st at the Navy dual meet.

A talented incoming freshmen class, which boasts All-American and state champion accolades, will boost the Tribe's efforts. **Meghan Bishop**, **Julia Cathcart**, **Christy Dannenberg**, **Amy Maier**, **Heather Stevenson**, **Kate Willever**, and **Jessica Wolfe** will aim to make an immediate impact for the Tribe.

With an impressive incoming rookie class, the Tribe will count on its experienced upperclassmen to direct the talented group to compete at a national-caliber level. "Our goal is to return to the NCAAs, and with the team we have assembled, we have all the pieces to do that," Van Rossum concluded.



Ali Henderson



Maura McMahon



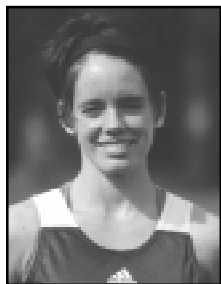
Jackie Kosakowski

Athlete Profiles

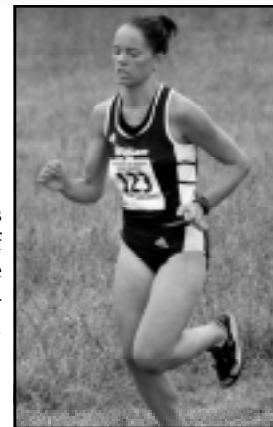
Emily Halm

Senior

Massillon, OH • Jackson



Cross Country: 2002: Sidelined by injury after placing 10th at UVA Invitational as the Tribe's fourth runner ... Finished first at Tribe's dual meet vs. Navy. **2001:** Redshirted. **2000:** 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: 2003:** Redshirted. **2001:** Earned all-conference honors in the 5,000m, narrowly missing ECAC qualifying time.



Ali Henderson

Senior

Parkville, MO • Upper St. Clair (PA)



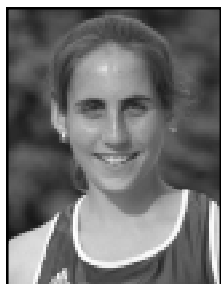
Cross Country: 2003: Tri-captain. **2002:** All-American after placing 38th at the NCAA Championship ... Eighth at NCAA Southeast Regional, earning all-region honors ... Runner-up at the CAA Championship, securing all-conference honors ... 10th in the Blue Race at the NCAA Preview Invitational ... Runner-up at the Penn State Invitational and third at the UVA Invitational ... Academic All-American ... CAA Scholar-Athlete of the Year. **2001:** Overcame an early season bout with anemia for a strong season ... Returned to run No. 4 for the Tribe at the NCAA Regionals and No. 5 at the CAA Championship ... Finished 11th at CAA meet, earning all-conference honors. **Track: 2003:** Indoor All-American in 5,000m with eighth-place finish at NAAs ... Placed 12th in 10,000m at outdoor NAAs ... All-East in indoor and outdoor track with wins in 3,000m and 3,000m SC at ECACs ... Performer of the Meet at CAA Championships ... CAA title in 5,000m and 3,000m SC ... Wins in the 3,000m at GMU and 5,000m at UNC during indoor season ... Part of 4x1500m team that won Colonial Relays ... Set school record in 10,000m (34:25.77) and 3,000m SC (10:23.76) ... Academic All-American.



Maura McMahon

Senior

Westfield, NJ • Westfield



Cross Country: 2003: Tri-captain. **2002:** Placed 80th as the Tribe's second runner in the NCAA Championship ... Turned in All-Southeast Region performance at the regional championship, finishing 23rd ... Also earned all-conference honors after finishing third at the CAA Championship ... Ran the 47th-best time in the Blue Race at the NCAA Preview Invitational ... Finished 34th at the Great American Invitational ... Crossed the finish line fifth at the UVA Invitational ... Finished 28th at the Penn State Invitational. **2001:** All-conference honoree with her seventh-place finish at CAA Championship ... Placed 28th at the NCAA Regionals. **Track: 2003:** All-East in outdoor season with fifth in the 10,000m at ECACs ... All-conference with third in the 5,000m at CAAs ... Part of 4x1500m that won Colonial Relays ... Won 1,500m at VCU Ram Invite.



Katrina Menard

Senior

Annandale, VA • J. E. B. Stuart



Cross Country: 2002: Redshirted. **2001:** Ran in the top nine for the Tribe in each race, running No. 5 in the Tribe's first home meet. **Track: 2003:** Major breakthrough during track season with ECAC qualifier in the 10,000m ... Won CAA title in 10,000m, earning all-conference honors ... Garnered three wins in indoor season, at CNU and GMU in the 3,000m and at CNU in the 5,000m.



Athlete Profiles



Lara Toscani

Senior

Berwyn, PA • Conestoga

Cross Country: 2003: Tri-captain **2002:** Narrowly missed all-conference honors after finishing 13th at the conference championships ... Finished 11th in the Tribe Open and fifth in the Colonial Invitational. **2001:** Earned all-conference honors with an eighth-place finish at the CAA Championship. **2000:** Named All-CAA as a freshman, finishing 12th at the conference meet ... **Track: 2003:** Part of All-East 4x800m team that placed eighth at outdoor ECACs ... All-conference in 1,500m with second place at CAAs ... Part of DMR team that qualified for indoor ECACs ... Won 1,500m at Tribe Open and CNU Classic.



Jackie Kosakowski

Junior

Sauquoit, NY • Sauquoit Valley

Cross Country: 2002: Tribe's fourth runner at NCAA Championship ... Placed 42nd at NCAA Southeast Regional ... All-CAA after her ninth-place finish at the conference championship meet ... Finished 104th in the Blue Race at the NCAA Preview Invitational and 77th at the Great American Invitational ... Finished 28th and 24th at the Penn State Invitational and UVA Invitational, respectively ... Opened the season with a fourth-place finish in the W&M and Navy dual meet. **2001:** 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: 2003:** Finished ninth in 3,000m SC at ECACs ... All-East with sixth place in the 5,000m at indoor ECACs ... All-conference in 3,000m SC with third at CAAs ... Won 3,000m SC at Colonial Relays and 2,000m SC at Tribe Open.



Erin Masterson

Junior

Annapolis, MD • Annapolis

Cross Country: 2002: Placed 15th at the CAA Championship, running the 6,000m course in 23:07 ... Finished ninth in the Colonial Invitational ... Achieved a 40th-place finish in the UVA Invitational and a 59th-place finish in the Penn State Invitational ... Crossed the finish line in 119th in the open race of the NCAA Preview Invitational. **2001:** Ran in the top-12 at the Tribe's two home meets ... **Track: 2003:** Runner-up in 1,500m at Tribe Open and 800m at CNU Invite. ... Part of runner-up 4x800m relay team at GMU ... Pair of fourths in the mile at the Navy Quad and GMU.



Becca Velarde

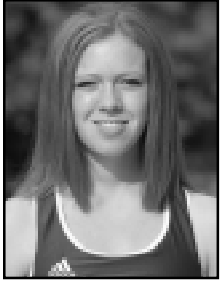
Junior

Albuquerque, NM • Eldorado

Cross country: 2002: Placed 19th in the Colonial Invitational ... Placed 59th and 79th in the UVA Invitational and the Penn State Invitational, respectively ... Placed 20th in the Navy dual meet and 29th in the Tribe Open. **2001:** Missed much of year due to hip surgery. **Track: 2003:** Earned three top-10 finishes, including fourth place in the 5,000m at CNU.



Athlete Profiles



Jessica Allred

Sophomore
Portland, OR • Jesuit

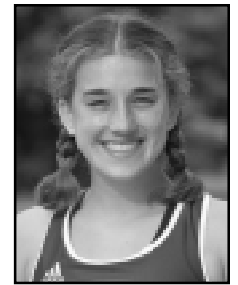
Cross country: 2002: Opened collegiate career with a 15th-place finish in the dual meet with Navy ... Placed 84th in the Penn State Invitational and 91st in the UVA Invitational ... Ran 20:26 in the 5k Colonial Invitational to place 20th ... Also finished 20th in the Tribe Open. **Track: 2003:** Won the 3,000m at the CNU Winter Invite ... Finished seventh in the 3,000m SC at CAAs.



Lauren Heron

Sophomore
Manlius, NY • Fayetteville-Manlius

Cross Country: 2002: Competed at the NCAA Championship as the Tribe's seventh runner ... Earned All-CAA honors with her 12th-place finish at the conference championships ... Finished 85th at the NCAA Southeast Regional Championships ... 97th in the open race at the NCAA Preview meet ... Placed 33rd at the UVA Invitational ... Finished eighth in her first cross country competition in the dual meet against Navy. **Track: 2003:** Won CAA title in 1,500m ... Qualified for NCAA Regionals and ECACs in 1,500m.



Karen Pulliam

Sophomore
North Potomac, MD • Quince Orchard

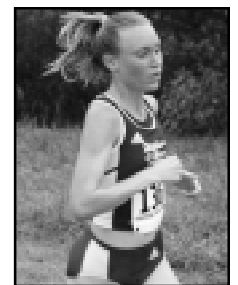
Cross country: 2002: Placed 26th in the CAA Championship as a rookie ... Finished 15th in the "B" race at the Great American Invitational ... Ran 19:11 in the UVA Invitational, finishing 37th ... Was the 10th finisher in the Navy dual meet ... Finished 56th at the Penn State Invitational. **Track: 2003:** Six top-10 finishes, including a pair of thirds in the 2,000m SC at the Tribe Open and the 3,000m at the Navy Quad.



Kristyn Shiring

Sophomore
Stafford, VA • North Stafford

Cross Country: 2002: Third Tribe runner at the NCAA Championship, helping the squad to a 23rd-place finish ... Finished 65th at the NCAA Southeast Regional meet ... All-conference honoree after her 11th-place finish at CAAs ... 89th at the Great American Invitational ... Finished 33rd and 25th at the Penn State Invitational and the UVA Invitational, respectively ... Finished second in her first collegiate cross country meet, the dual meet against Navy. **Track: 2003:** Won the 5,000m at the Navy Quad ... Had five top-10 finishes, including a seventh in the 5,000m at CAAs.



Athlete Profiles



Loren Cutright

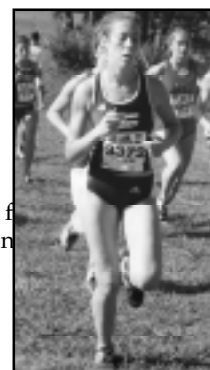
Sophomore
Montpelier, VA • Louisa County

Cross country: 2002: Was the ninth runner to finish for W&M in the Tribe Open ... Placed 74th in the UVA Invitational ... Placed 26th in the Colonial Invite and 35th in the dual meet with Navy. **Track: 2003:** Five top-10 finishes, including runner-up in the 1,500m at CNU.

Meredith Holaday

Junior
Westfield, IN • Westfield

Cross Country: 2002: Placed 16th in the W&M and Navy dual meet ... Placed 49th at the UVA Invitational ... Crossed the finish line at the Colonial Invitational and 22nd in the Tribe Open, running 23:06 on the 6k course ... Also ran in the Penn State Invitational ... place. **Track: 2003:** Redshirted.



Shelly Knewstep

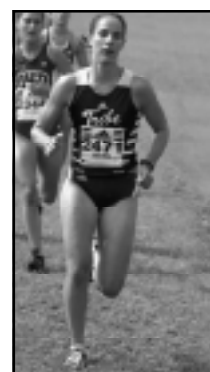
Sophomore
Madison, VA • Madison County

Cross Country: 2002: Finished 31st at the Navy dual meet ... Finished 36th at the Colonial Invite ... Ran to 84th at both the UVA Invitational and Tribe Open ... Also competed at the Penn State Invitational. **Track: 2003:** Ran only four races in the indoor season, but garnered two top-10s... Best indoor finish was a fourth in the 1,500m at the CNU Lid-Lifter ... Competed only three times in the outdoor season, including a best result of 10th at the Tribe Open in the 1,500m.

Ruth Loyer

Junior
Red Lion, PA • Red Lion

Cross Country: 2002: Competed in the first three meets of the season ... Placed 22nd in the Navy dual meet ... Finished 40th at the UVA Invitational ... Placed 29th at the Colonial Invitational. **2001:** Ran as the number five and six for the Tribe in the first two meets of the fall. **Track: 2003:** Finished fifth in 1,500m at CNU Invite.



Kristin McGough

Senior
Mickleton, NJ • Ursuline Academy (DE)

Cross Country: 2002: Battled injury for majority of season ... Only competition was 68th place finish in the Lou Onesty Invitational. **2001:** Sideline from competition by injuries. **2000:** Competed twice, with a 30th-place finish at the Lou Onesty Invitational and 94th at the Tribe Interregional. **Track: 2003:** Did not compete due to injury.

Sarah Roessler

Junior
Chesapeake, VA • Indian River

Cross Country: 2002: Finished 41st in the Tribe Open, running the 6,000m race in 24:05 ... Placed 128th at the Penn State Invitational ... Opened the season with a 19th-place finish in the Navy dual meet ... Placed 21st in the Colonial Invitational and 40th in the UVA Invitational. **2001:** Gained valuable experience racing in four meets as a freshman ... **Track: 2003:** Finished fourth in 10,000m at CAAs, just missing all-conference honors.



Athlete Profiles

Drew Saylor

Junior
Sterling, VA • St. Andrews

Cross Country: 2002: Placed 14th and 21st in the Colonial Invitational and Navy dual meet, respectively ... Placed 32nd in the Tribe Open ... Was the 63rd runner to finish in the UVA Invitational. **Track: 2003:** Five top-10 finishes, including a seventh in the 10,000m at the CAAs and a sixth in the 3,000m at CNU.



Sarah Wells

Junior
The Woodlands, TX • The Woodlands

Cross Country: 2002: Ran 24:03 in her 91st-place finish at the Penn State Invitational ... Began the season with a 14th-place finish in the Navy dual meet ... Ran 20:24 in the 5,000m Colonial Invitational, finishing 18th ... Placed 76th at the UVA Invitational. **2001:** Ran in the Tribe's top 11 ... Gained valuable experience racing in the CAA Championship. **Track: 2003:** Ran limited competition, including an eighth-place finish in the 5,000m at the Navy Quad meet.

TRIBE FRESHMEN

Meghan Bishop

Blue Bell, PA • Gwynedd-Mercy Academy

District One and Bicentennial League Cross Country Champion with a best time of 18:40 ... Finished second in the 1,600m (4:58.10) and third in the 800m (2:14.90) at the Pennsylvania State Championships, also has PR of 10:53.5 (3,200m).

Julia Cathcart

Starkville, MS • Starkville

Foot Locker Cross Country finalist after seventh-place Southeast Regional performance ... Three-time Mississippi state champion in cross country ... Finished seventh in the mile (4:54.71) and eighth in the two-mile (10:51.07) at the Adidas National High School Championships.

Christy Dannenberg

Reston, VA • Anglo-American School, Moscow

10th in Virginia AA Cross Country Championship ... Foot Locker South Regional Freshman Champion ... Virginia AA track champion in 3,200m

Amy Maier

Morristown, NJ • Morristown

Two-time first team All-Group IV, all-conference, and all-county ... Two-time top-10 at Meet of Champions.

Heather Stevenson

East Lyme, CT • East Lyme

Will run first cross country season for W&M after playing on high school soccer team ... Multiple time all-state performer with PRs of 2:17.3 (800m), 3:03.0 (1,000m) and 5:06.89 (1,600m)

Kate Willever

Pennington, NJ • Hopewell Valley Central

Two-time top-five in track Meet of Champions ... Finished eighth in the 2,000m SC at the Adidas 2003 National High School Championships with PR of 7:08.89 ... Also ran 2:16.7 (800m) and 5:05.11 (1,600m).



Jessica Wolfe

Arlington, VA • Bishop Ireton

Virginia State Catholic Champion in cross country, 1,600m (5:16.01) and 3,200m (11:27.74) ... Scholar Athlete Milk Moustache of the Year award winner.





2002 Review

With only two seniors on the 2002 William and May cross country team, outside observers might have considered the season lost to rebuilding, but instead head coach Pat Van Rossum guided his team to a highly successful campaign and laid a solid foundation for success in 2003. Two juniors emerged as elite runners and leaders of the team, while several underclassmen, thrust with the responsibility of running for the team score in competitive meets, rose to the challenge and matured quickly. Indeed, 2002 saw the Tribe nearly clinch its 11th CAA title, but more importantly, witnessed the team return to the NCAA Cross Country Championships and place 23rd.

The Tribe kicked off the season by hosting Navy in a dual meet. Junior Emily Halm blazed the path for Tribe as it took the win, but the other top finishers for the Tribe revealed the youth movement underway on the team. Freshman Kristyn Shiring was runner-up, while 2001 CAA Cross Country Rookie of the Year Jackie Kosakowski, a sophomore, came home fourth. Two more freshman runners graced the top-10, with Lauren Heron seventh and Karen Pulliam 10th.

Using the win against Navy to build momentum entering a tough schedule of nationally-ranked opponents, the Tribe snared second at its next meet, the UVA Lou Onesty Invitational. Juniors Ali Henderson (third) and Maura McMahon (fifth) would lead the way for the squad, which placed five runners in the top-25. Senior Cheryl Bauer ran to seventh while Halm took 10th. Kosakowski and Shiring would also run well and finished 24th and 25th, respectively. The showing put the Tribe into the top-25 rankings, at 13th, for the first time in the season, and the team was perennially ranked throughout the remainder of the year. The Tribe would also take second at its own Colonial Cross Country Invitational, where junior Lara Toscani was the team's top runner in fifth place.

The Tribe faced its first true test at the Great American Cross Country Invitational against a competitive field of 26 teams, 14 of which were nationally-ranked. The Tribe ran to a solid ninth place result with Henderson's 16th-place effort pacing the squad. Henderson, having a breakout season for the Tribe, again led the way with her runner-up finish at the Penn State Invitational, which powered the Tribe to a solid fourth-place finish.

That set the stage for the Tribe's performance at the NCAA Preview Invitational, where the squad competed in the 38-team

Blue Race. Henderson ran her best time of the season, shaving nearly 30 seconds off her previous best, to grab a 10th place finish. With McMahon (47th) and Bauer (53rd) also placing well, the Tribe secured ninth place at the meet. Those not competing at the NCAA Preview remained in Williamsburg to battle at the Tribe Open, where W&M took second. Toscani, in 11th, was again the team's high finisher.

At the CAA Championships the team aimed to give coach Van Rossum his eleventh CAA title, but despite six all-conference performances, the Tribe came up just short, as Bauer was held out of the race. Henderson and McMahon, however, again provided a powerful one-two punch for the Tribe as the duo finished second and third, respectively, to notch All-CAA acclaim. Senior Tara Guelig ran to seventh, while Kosakowski made it into the top-10 with her ninth place results as both earned all-conference honors. Also receiving All-CAA designations were Shiring (11th) and Heron (12th).

The strong showing at the CAAs primed the team for the NCAA Southeast Regionals, where the squad's sixth-place result positioned it for an at-large berth to the NCAA Championships. Henderson, who placed eighth, and McMahon, 23rd, both ran personal records when it mattered and received all-region honors for their outstanding races. Kosakowski was again solid in her 42nd place finish while Bauer placed 51st. Guelig and the two rookies, Shiring and Heron, also ran for the team.

Earning one of 13 at-large bids based on its NCAA Regional finish and nationally-ranked schedule, the Tribe competed at the NCAA Championships for the first time since 1998. With none of the Tribe runners having any experience in the national championship, the meet was a true test for the squad, but the team proved it could meet the challenge by posting an impressive 23rd-place finish. Henderson, capping off an outstanding season, ran to All-America status with her 38th-place finish. McMahon would crack the top 100 with her 80th-place finish while Shiring, Kosakowski, Guelig, Bauer and Heron also competed for the team.

The experience of competing, and succeeding, at the NCAA Championships will be an invaluable asset to the team for the upcoming season. The past year provided an opportunity for the team to improve and mature while still attaining its typical elite level of success.

2002 RESULTS

<u>DATE</u>	<u>EVENT</u>	<u>RESULT</u>
9/6/02	vs. NAVY	Win
9/14/02	UVA Lou Onesty Invitational	2nd of 11 teams
9/21/02	COLONIAL XC INVITATIONAL	2nd of 6 teams
9/27/02	Great American XC Invitational	9th of 26 teams
10/12/02	Penn State Invitational	4th of 25 teams
10/19/02	NCAA Preview Invitational	9th of 38 teams
10/19/02	TRIBE OPEN	2nd of 12 teams
11/2/02	CAA XC Championships	2nd of 8 teams
11/16/02	NCAA Southeast Regional Championships	6th of 26 teams
11/25/02	NCAA Championships	23rd of 31 teams

Home Meets in **BOLD CAPS**

**"Exercise and recreation ... are as necessary as reading;
I will say rather more necessary, because health is worth more than learning.**

**A strong body makes the mind strong."
—Thomas Jefferson, W&M Class of 1764**

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

Athletic Excellence

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

William and Mary fields Division I teams for both men and women in basketball, cross country, golf, gymnastics, soccer, swimming and diving, tennis, and indoor and outdoor track and field.

There are also field hockey, lacrosse and volleyball squads for women of the College, while there are two additional sports (baseball and football) for men.

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

Academic Success

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

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



William and Mary - A College of Champions

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

CAA Championships (70)
Baseball (1) 2001

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

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

Men's Golf (1) 1985

Women's Lacrosse (1) 1992

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

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

Men's Tennis (2) 1988, 1990

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

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

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

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

Atlantic 10 Football Championships (2)
1996, 2001

ECAC Championships (6)

Men's Gymnastics (2) 1992, 1994

Women's Gymnastics (4) 1999, 2001, 2002, 2003

Southern Conference Championships (48)

Men's Cross Country (15) 1955, 1956, 1957, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Football (4) 1942, 1947, 1966, 1970

Men's Soccer (1) 1976

Men's Indoor Track and Field (11) 1957, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Men's Outdoor Track and Field (12) 1957, 1958, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Wrestling (5) 1968, 1969, 1970, 1971, 1977

W&M Honor Roll

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
Ali Henderson	2002	Cross Country
Ali Henderson	2003	Indoor 5,000m



Ali Mann

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 best six team scores in the meet's history.

1. William and Mary - 1993	24
William and Mary - 1992	24
3. James Madison - 2002	25
William and Mary - 1991	25
George Mason - 1986	25
6. William and Mary - 1990	27



Janice Brown

CAA CHAMPIONSHIPS

1987	Cross Country
1988	Cross Country
1990	Cross Country
1991	Cross Country
1992	Cross Country
1993	Cross Country
1994	Cross Country
1996	Cross Country
1997	Cross Country
1998	Cross Country
1999	Track and Field
2001	Track and Field
2002	Track and Field
2003	Track and Field



Marcie Homan

W&M AT NCAAS

Year	Finish
1990	20th
1992	16th
1996	17th
1998	10th
2002	23rd

CAA CROSS COUNTRY ATHLETES OF THE YEAR

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

TEAM ACADEMIC HONORS

The William and Mary women's cross country squads from 1994, 1996, 1997, 1999, 2000, 2001 and 2002 were named United States Collegiate Cross Country Coaches Association Academic All-American teams by virtue of an overall team GPA above 3.0

CROSS COUNTRY ACADEMIC ALL-AMERICANS

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

CAA SCHOLAR ATHLETE OF THE YEAR

Ali Henderson	2002*
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**Inaugural year for award*

CAA ROOKIE OF THE YEAR

Emily Furia	1997
Emily Halm	2000
Jackie Kosakowski	2001

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) and the CAA's top track and field coach four times (1999, 2001, 2002 and 2003).

W&M Record Book

MILE

1. Emily Furia	4:41.06	2001
2. Marcie Homan	4:47.19i	1994
3. Ali Henderson	4:52.83i	2003
4. Susan Haynie	4:53.09i	1988
5. Sonja Friend	4:53.46i	1992
6. Ali Mann	4:53.60i	1999
7. Cheryl Bauer	4:59.06i	2003
8. Adrienne Parker	5:03.32i	2001
9. Lara Toscani	5:07.08	2001



Emily Furia



Cheryl Bauer

Tribe

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

**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
7. Lauren Heron	4:31.87	2003

3,000 METERS

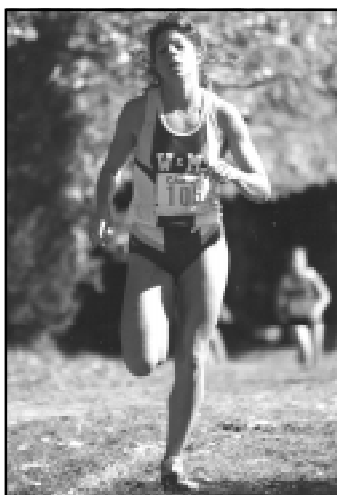
1. Janice Brown	9:18.25	1992
2. Marcie Homan	9:18.47	1994
3. Ali Henderson	9:23.20	2003
4. Cheryl Bauer	9:33.69	2003
5. Kathy Newberry	9:38.13	1997
6. Aryn Fahey	9:43.81	1998
7. Maura McMahan	9:51.05	2002

3,000 METER STEEPLCHASE

1. Ali Henderson	10:23.76	2003
2. Jackie Kosakowski	10:57.18	2003
3. Karen Pulliam	11:14.00	2003
4. Jessica Allred	11:33.37	2003

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. Katrina Menard	36:58.65	2003
6. Cathy Stanmeyer	37:10.4	1992
7. Andrea Lengi	37:43.0	1991



Aryn Fahey

5,000 METERS

1. Marcie Homan	16:04.63	1994
2. Janice Brown	16:08.02i	1992
3. Ali Henderson	16:09.65i	2003
4. Cheryl Bauer	16:19.54	2003
5. Katie McCullough	16:36.15	1990
6. Kathy Newberry	16:49.29	1999
7. Maura McMahan	17:01.25	2002

6,000 METERS XC AT HOME COURSE

1. Emily Furia	21:13.9	2000
2. Cheryl Bauer	21:25.5	2001
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

Active athletes in bold
i = indoor performance

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 major 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, seven full time certified athletic trainers, two graduate assistant athletic trainers and medical specialists from the local community. The team physician has overall responsibility for supervision of the sports medicine program. Tribe athletes have the luxury of rehabilitating and treating injuries in a state-of-the-art athletic training facility.

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



Facilities

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



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



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



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



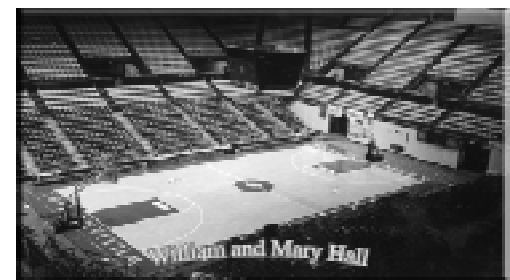
- Home of the Tribe's tennis teams for the outdoor season
- One of the College's newest venue, completed in September, 2001
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium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



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



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



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

W&M At A Glance

The College of William and Mary - The Best Small Public University in the United States

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

The College of William and Mary was founded in 1693 by King William III and Queen Mary II of England. Four Presidents of the United States received their education at the College - George Washington, Thomas Jefferson, James Monroe and John Tyler. The current chancellor of the College is former Secretary of State Henry Kissinger, and he took over the post from former British Prime Minister Margaret Thatcher.

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



The Wren Building (1679) is the oldest one in the United States in which classes are still taught.



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

Did You Know?

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

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

Amusement Parks

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

Sports/Concerts

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

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

