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2004

William and Mary Women's Cross Country Media Guide

*** 2004 CAA Champion ***
*** 11-Time CAA Champion ***

Directions to W&M

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

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

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 (William and Mary, 1966)
Athletics Director: Terry Driscoll (Boston College, 1969)
Associate Athletics Director: Barbara Blosser (Ohio State, 1975)

W&M Women's Cross Country

Director of Track & Field: Dan Stimson (Ohio, 1971)
19th Year
Phone: (757) 221-3397
E-mail: dgstim@wm.edu
Head Coach: Pat Van Rossum (Wisconsin-LaCrosse, 1979)
19th Year
Phone: (757) 221-3396
Email: rpvanx@wm.edu
Assistant Coach: Emil Davis (William and Mary, 1985)
Assistant Coach: Matt Shelton (Tennessee, 1994)

W&M Sports Information

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On the Cover: Front: Jackie Kosakowski; Inside Front, Top Left: Kristyn Shiring

To The Media:

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.

Coaching Staff



Head Coach PAT VAN ROSSUM

Entering his 19th year 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 exceeded his own lofty standards this past season,

reclaiming the CAA Cross Country Championship with a record score (18 points) and leading his track team to a fourth-straight conference

title. Van Rossum's cross country squads have had five top-25 finishes in the NCAA Championships since 1990, most recently finishing 23rd in 2002. His program's best effort came in 1998 when the Tribe claimed 10th place in the elite field. The 2003 campaign saw the College finish fifth, its best result since 1998, at the NCAA Southeast Regional, regarded as the strongest and deepest in the country. For the first time in its storied history, the Tribe swept all three CAA postseason awards, with 2004 graduate Ali Henderson claiming Athlete of the Year, Van Rossum earning Coach of the Year, and returning sophomores Meghan Bishop and Julia Cathcart earning Co-Rookie of the Year honors.

Van Rossum also emphasizes the student-athlete and sets the tone for academic excellence as well. Henderson was tabbed as an Academic All-American and earned the CAA Scholar Athlete of the Year Award in cross country for the second-consecutive season while the squad earned Academic All-American team honors for the fifth-straight year.

For his work, Van Rossum has won numerous coaching honors. After being named Colonial Athletic Association Coach of the Year in both cross country and track, Van Rossum has now accrued 14 coaching honors from the conference (nine for cross country and five 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 highest honor.

W&M's tradition of cross country excellence, in part because of Van Rossum's leadership, is well known and respected nationally. 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. In 2003 the team pulled off the unprecedented feat of scoring points in every event at the CAA Championship and backed up that effort this season by scoring in 18 of 21 events in its successful title defense.

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. Countless of Van Rossum's runners are able to hold 5,000m paces which are faster than their high school 1,600m bests. He attributes this success to consistent and common-sense training.

Most recently, Ali Henderson, who came to W&M with a high school track best of 5:12 (1,600m) and as an over 19:00 cross country runner, developed into a three-time All-American. Under Van Rossum's guidance, she progressed to run 16:09.65 (5:10 pace) and nearly broke the 20:00-6,000m mark in cross country. Teaching Henderson to run the steeplechase, Van Rossum truly guided her to become one of the most versatile national-level runners in the collegiate ranks.

The 2003-04 season was another banner season for both squads. W&M dominated the CAA Cross Country Championship with a record score of 18 points and eight all-conference runners. On the track, Van Rossum led the team to its fourth-consecutive CAA title on the strength of six individual champions and 16 all-conference performances. He led his athletes to 14 All-East honors between the indoor and outdoor seasons while witnessing six school records broken. Six of his athletes broke the NCAA Regional standard in the outdoor season while he saw two NCAA Provisional marks hit indoors.

Past graduates Janice Brown (1993) and Marcie Homan (1995) were the first to bring Van Rossum's coaching talents national recognition, as each earned five All-America honors. 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.



Director of Track and Field DAN STIMSON



In his 19th year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track.

The men's and women's cross country teams have combined to capture 17 of the last 24 CAA crowns and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2003-04 season was another banner year for both squads, as Stimson's teams swept all four CAA titles (men's cross country, women's cross country, men's track and field, women's track and field): the fourth consecutive conference title for both the men's cross country and women's track and field squads. Punctuating the season was the seventh-straight NCAA team qualification for men's cross country and a second-consecutive All-America honor for Ali Henderson at the NCAA Cross Country Championships. The success of Stimson's program has garnered 51 All-Americans and one Olympian.

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

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

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

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

style, winning the 2004 CAA title in the shot and hammer and breaking the NCAA Regional mark in both events.

In addition to Parsons's success, 2004 saw the Tribe throwing corps reach new heights. On the men's side, Andy Smith won the javelin at CAAs for a third-straight season in addition to earning All-East honors and qualifying for NCAA Regionals while junior Aaron Mitchell broke the Regional shot standard. On the women's side, Cassidy Harris and Ayanna Jones each traded record breaking throws in both the weight throw and indoor shot before Harris ended up setting the school record in the weight throw (51'1.75") and Jones ended with the Tribe mark in the indoor shot (47'2.25"). Harris also captured the CAA title in the shot, where she qualified for NCAA Regionals. Stimson also led rookie Jen Showker to a CAA title in the discus and a Regional bid.

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

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

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a 22-year-old local college student. Recently married daughter Krista Crider, 29, 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

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

Coaching Staff/Schedule



Assistant Coach Emil Davis

Former Tribe multi-eventer and runner Emil Davis has spent the past four seasons mentoring athletes at his alma mater. Davis is primarily responsible for the sprinters, jumpers and hurdlers for both the

College's track teams, but does also work with the middle distance runners. Coach Van Rossum credits Davis with being the driving force behind the women's track and field team's success through the consistency he provides.

Prior to joining W&M, Davis had previously been the Bruton High School (Williamsburg) girls' track and field coach for 12 seasons and also teaches biology at the school. In his time with Bruton, his teams accumulated an impressive 82 victories, including two state championships (1996 and 1997), state runner-up (1998), and numerous invitational victories. Several of Davis' athletes have gone on to become standout multi-eventers in college.

Davis, a 1985 graduate of the College, earned All-East honors his senior year at W&M, placing second in the pentathlon at the indoor IC4A Championships. He still holds the Tribe record in that event (3,840). He is number two on the all-time lists in both the 200m (21.17) and the decathlon (6,819) and was a member of three record-setting relay teams. Still an active competitor, Davis recently set a U. S. age-group record in the double decathlon while competing at USA Double Decathlon Championship at Liberty University in May 2003. Davis scored 11,178 points over the two-day, twenty-event competition to establish the record mark in the Masters Age 40-44 group.

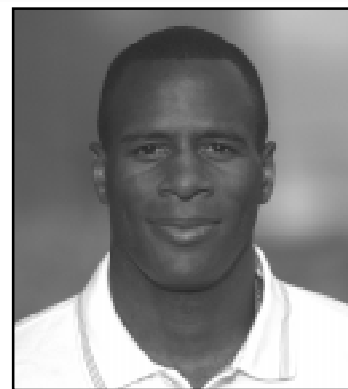
Assistant Coach Matt Shelton

Former three-time All-American Matt Shelton enters his second year as an assistant coach for both the men's and women's track programs. Shelton works primarily with the sprinters, jumpers and multi-eventers but does travel with the women's cross country team and assists in other logistical support, including filming and record-keeping.

Coming to the College with a diverse background in both coaching and conditioning, Shelton most recently operated Shelton's Speed-Strength-Enhancement in Pittsburgh, PA, where he had the opportunity to coach a 2000 Olympic 400m sprinter and 2003 Indoor World runner-up. He also trained some of the region's top high-school sprinters and jumpers, including one state champion and runner-up. Additionally, Shelton developed cardiovascular and weight training programs for high school and college football athletes.

Previously, Shelton was an assistant track and field coach and physical education instructor at Duke from 1999 until 2001. Charged with leading the sprinters and multi-eventers of both the men's and women's team, he saw 30 school records fall under his tutelage. Shelton also spent three years at Southeastern Louisiana University, where he was a strength and conditioning coach in addition to an assistant for the track program working with sprinters, field-eventers and multi-eventers.

A 1994 graduate of the University of Tennessee with a B.A. in economics and a minor in sports management and health education, Shelton ran for four seasons with the Vols, earning three All-American honors, all in the decathlon. Setting the NCAA and Olympic trials decathlon 400m record (47.08), and the same mark in the SEC (47.44), Shelton was an integral part of the Vols' 1991 NCAA Championship squad. A five-time member of the Visa Gold Decathlon program, where he trained with world class athletes Dan O'Brien and Dave Johnson, Shelton was also a wide receiver with the Oakland Raiders for two years.



2004 Schedule

Day	Date	Event	Distance	Location
FRI.	SEPT. 10	COLONIAL INVITATIONAL	5,000m	WILLIAMSBURG
Sat.	Sept. 18	UVA Lou Onesty Invitational	5,000m	Charlottesville, VA
Sat.	Sept. 25	Lehigh Paul Short Invitational	6,000m	Bethlehem, PA
Fri.	Oct. 1	Notre Dame Invitational	5,000m	South Bend, IN
Sat.	Oct. 2	W&M High School Invitational		Williamsburg
Sat.	Oct. 16	Penn State National Invitational	6,000m	State College, PA
		TRIBE OPEN	6,000m	WILLIAMSBURG
Sat.	Oct. 30	CAA Championship	6,000m	New Market, VA
Sat.	Nov. 13	NCAA Southeast Regional	6,000m	Greenville, NC
Sat.	Nov. 20	ECAC Championships	6,000m	New York, NY
Mon.	Nov. 22	NCAA Championship	6,000m	Terre Haute, IN

Home Events in **BOLD CAPS**

Head coach Pat Van Rossum orchestrated a successful season, reclaiming the CAA Championship and leading the squad to its best finish since 1998 at the NCAA Southeast Regional. With Ali Henderson representing the squad at the NCAA Championship, where she earned her third All-America honor, it was a record-breaking season on several levels.

The squad started the season with a strong runner-up finish at Virginia's Lou Onesty Invitational where Ali Henderson raced to the overall victory by clocking a 17:38, 21 seconds ahead of second place. Maura McMahon, the next highest Tribe harrier, claimed 10th while Julia Cathcart impressed in her collegiate debut by racing to 11th. Meghan Bishop (16th) and Kristyn Shiring (17th) also scored solid finishes for the team. With five runners in the top-20, W&M, ranked 25th heading into the meet, bested No. 20 Virginia for runner-up honors and made a strong run at team winner No. 16 Duke. Henderson was honored as the CAA Runner of the Week for her victory.

The Tribe next competed at the Great American Festival, which occurred in the wake of Hurricane Isabelle. With the College officially closed and students sent home, the squad could not practice and much of its gear was inaccessible. Despite these hardships, the Green and Gold turned in a gritty performance. Henderson paced the team with her seventh-place showing while Emily Halm, racing for the first time in over a year in her comeback back from injury, impressed with a solid 17th place effort. Cathcart continued her strong rookie campaign by claiming 30th as the Tribe's third runner.

The College faced a challenging Pre-Nationals where its two top runners, Henderson and Halm, did not finish the race. Nevertheless the squad, paced by Kristyn Shiring, still managed to place 18th in the elite field of the Purple Race. Shiring clocked a 21:38 for 59th place, while McMahon, Cathcart and Bishop all followed closely behind with solid efforts. On the same weekend, another group of Tribe harriers competed at its own Tribe Open in Williamsburg and took runner-up honors, once again displaying the depth of the team. Lara Toscani led all Tribe runners with her fourth-place performance, just ahead of Ruth Loyer who claimed fifth. Erin Masterson (11th), Karen Pulliam (13th) and Amy Maier (14th) rounded out the Tribe's top-five.

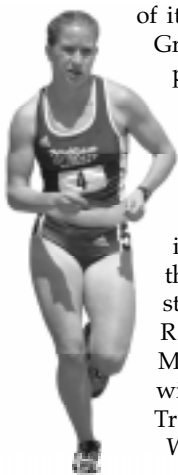
The stage was set for the CAA Championship where the Tribe captured its 11th CAA Championship in dominating fashion. By snaring four of the top-five positions, and seven of the top 10, the Tribe raced to a record score of 18 points, besting the old mark of 22 points set in 2001. W&M easily covered the field, dethroning defending champion James Madison by 36 points. Henderson, named Performer of the Meet, won the race with a strong time of 20:14, 38 seconds clear of runner-up Halm. In a display of the squad's great depth, Julia Cathcart (fourth), Jackie Kosakowski (fifth), Maura McMahon (sixth) and Meghan Bishop (seventh) all finished within six seconds of each other. Katrina Menard and Kristin McGough finished 10th and 12th, respectively, completing the pack of Tribe harriers earning all-conference honors which were

awarded to the top-12 finishers. All of the Tribe's runners claimed top-20 finishes, solidifying W&M as the CAA's premier program top-to-bottom. Loyer (13th) and Toscani (14th) just missed All-CAA accolades while Lauren Heron (16th) and Masterson (17th) capped an extraordinary day for the Green and Gold.

Two weeks later, at the NCAA Southeast Regional, the Tribe captured its best finish in five years (fifth) on the strength of five top-50 performances. Henderson, racing to all-region honors with her seventh-place effort, qualified individually for the NCAA Championship by finishing among the top-four not on a qualifying team. Halm just missed all-region honors with her 31st-place finish while Bishop impressed by racing to 38th. McMahon (43rd) and Kosakowski (48th) rounded out the Tribe's top five.

Henderson went on to the NCAA Championship where she captured her second-straight All-America honors in cross country. Battling frigid and windy conditions that combined to make the air temperature feel like eight degrees, Henderson braved the elements to race to 30th position, her best finish at the Championship. Running a tactical race, Henderson worked her way from the 70s all the way into the 20s at the final split before backing off her pace over the last leg to ensure a finish.

Overall, the 2003 season was one in which much was learned, experience was gained, and much adversity was overcome. Coach Van Rossum is excited for the fresh start he believes the 2004 season will



Julia Cathcart

Season Highlights

CAA Team Champion

Record Score of 18 Points

Individual Champions

Ali Henderson CAA Championship
Lou Onesty Invitational

All-American (1)

Ali Henderson (30th)

All-Region (1)

Ali Henderson (seventh)

All-CAA (8)

Ali Henderson (first)

Emily Halm (second)

Julia Cathcart (fourth)

Jackie Kosakowski (fifth)

Maura McMahon (sixth)

Meghan Bishop (seventh)

Katrina Menard (10th)

Kristin McGough (12th)

CAA Performer of the Meet

Ali Henderson

CAA Athlete of the Year

Ali Henderson

CAA Rookies of the Year

Meghan Bishop

Julia Cathcart

CAA Coach of the Year

Pat Van Rossum

CAA Scholar-Athlete of the Year

Ali Henderson

CAA Runner of the Week (1)

Ali Henderson (Week of 9/16/03)

COSIDA Academic All-District Second Team

Ali Henderson

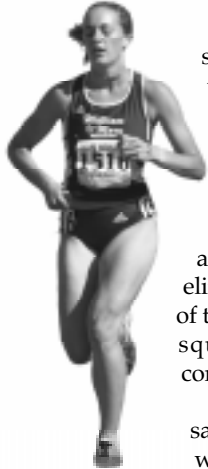
WICCCA Academic All-American (1)

Ali Henderson

2003 Results

Date	Event	Distance	Result
Sept. 13	Lou Onesty Invitational	5,000m	2nd
Sept. 26	Great American Festival	5,000m	5th
Oct. 18	NCAA Pre-Nationals (Purple Race)	6,000m	18th
Oct. 18	Tribe Open	6,000m	2nd
Nov. 1	CAA Championship	6,000m	1st
Nov. 15	NCAA Southeast Regional	6,000m	5th

Active athletes in bold



Jackie Kosakowski

After reclaiming the CAA crown with a record score of 18 points in 2003, William and Mary enters the 2004 campaign aiming to repeat its efforts and return a young but talented team to the NCAA Championship. Despite heavy turnover due to graduation, the squad is primed to achieve these goals. Although youthful, the team's runners aren't short on championship caliber experience and have already proven they belong among the elite ranks of competitors. With reigning CAA Coach of the Year **Pat Van Rossum** at the helm guiding the squad, William and Mary seems assured of continuing its tradition of excellence.

"I'm very excited about this team," Van Rossum said. "Although we might not have a lot of seniors with high-level cross country experience, this team isn't short on talent or experience. I think our runners bring a wealth of success and ability which we can build our team around."

Five impact runners, led by senior **Jackie Kosakowski**, will front the team.

Kosakowski returns for her senior season off a third-straight all-conference year. The former CAA Rookie of the Year will be one of the team's lead runners, but it is off the grass where her experience will be most important. Challenged with leading a young squad, Kosakowski has committed to stepping up her role and is dedicated to improving her already high level of performance.

Junior **Kristyn Shiring** is expected to slot beside Kosakowski as one of the team's top performers. Shiring impressed her freshman season as the team's third runner at the NCAA Championship, but battled through injury most of her sophomore season. After leading the Tribe at Pre-Nationals last year, she looks to return to her all-conference form of two years ago and provide veteran leadership and experience to the squad.

Two sophomores who made an immediate impact as freshmen aim to continue their rapid improvement since joining Van Rossum's program. CAA Co-Rookies of the Year **Meghan Bishop** and **Julia Cathcart** made powerful debuts, helping the Tribe to a record score at the CAA Championship. Cathcart, who was the Tribe's top rookie at the CAA Championship with a strong fourth-place effort, made great strides during the track season, cutting more than a minute off her

time in the 5,000m before ending up with an NCAA Regional qualification. Meghan Bishop, whose prep experience favored the middle distances, aims to continue her successful transition to distance running. Bishop impressed as the Tribe's third runner at the NCAA Southeast Regional and made greater strides during the track season as an All-East performer, CAA Champion and NCAA Regional qualifier.

Also slated to fill a leading role for the Tribe is sophomore **Heather Stevenson**, who redshirted last cross country season. Like Bishop, Stevenson came into the program with more experience in middle distance running but her strength has been shown to be the longer distances. An all-conference



Erin Masterson

performer in the steeplechase, Van Rossum expects Stevenson to step up nicely in cross country.

Complementing this front five will be a number of seasoned veterans with years of experience. Junior **Karen Pulliam** is a strong runner who specializes in the steeplechase during the track season, where she missed ECAC qualification by just a few seconds. A tough competitor, Pulliam has learned how to condition herself properly to be durable throughout the entire season.

A trio of middle distance aces will aim to contribute during the cross country season, led by senior **Erin Masterson**. One of the few seniors on the squad, Masterson will be a source of veteran leadership for the team, bringing a wealth of ECAC track relay experience. With consistent training, she should make an impact in her senior season. **Lauren Heron**, a junior, will also challenge to break into the team's top

runners. A former CAA Champion in the 1,500m, Heron has competed for the squad at the NCAA Championship and looks to recapture the form of her stellar freshman campaign. Fellow junior **Loren Cutright** anticipates a breakout season and is ready to consistently be one of the team's top-seven runners. Junior **Ruth Loyer** just missed All-CAA accolades by claiming 13th in 2003, and is a threat to attain the honor this season.

Two potential stars will also vie for spots on the travel squad. Sophomore **Amy Maier** made the travel squad several times during her freshman campaign, showing potential as the team's seventh runner at Great American. Senior **Becca Velarde** will lean on her veteran skills to help the team. During the track season, Velarde stepped up from the middle distance ranks to run the 10,000m at CAAs, just missing scoring, and aims to transfer that ability to cross country.

Completing the squad will be a number of solid runners aiming to step up to contribute. Included in this category are sophomore **Christy Dannenberg** and senior **Sarah Roessler**. Both are former scorers in the 10,000m at CAAs and have shown great potential. **Jessica Allred**, a CAA scorer in the steeplechase, and sophomore **Kate Willever**, who redshirted both cross country and track last year, could also step up and contribute. Also aiming to improve and make an impact are senior **Meredith Holaday**, junior **Shelley Knewstep** and sophomore **Jessica Wolfe**.

As always, a strong freshman class will look to contribute and several rookies could make an immediate impact. **Katie Endres**, **Erin Prillaman** and **Julie Taylor** have succeeded at an all-state level in both track and cross country. **Taylor Barr**, **Abby Booker**, **Ellen Childress**, **Kaitlin Hurley** and **Kaylan Kemink** have specialized in the longer distances in high school while **Meghan Bohren**, **Emily Gousen**, **Allie Lewis** and **Pam Rosato** are seasoned in the middle distances and look to step up and compete in cross country.

With a strong mix of experienced veterans and proven underclassmen, this hungry William and Mary squad is ready to defend its conference title, gain even more valuable experience and make another run at the NCAA Championship.



Kristyn Shiring



Lauren Heron



Karen Pulliam



Meghan Bishop



2004 Cross Country Roster

<u>Athlete</u>	<u>Class</u>	<u>Hometown</u>	<u>High School</u>
Jessica Allred	JR	Portland, OR	Jesuit
Taylor Barr	FR	Asheville, NC	Carolina Day
Meghan Bishop	SO	Blue Bell, PA	Gwynedd-Mercy Academy
Meghan Bohren	FR	Basking Ridge, NJ	Ridge
Abby Booker	FR	Haddonfield, NJ	Haddonfield Memorial
Julia Cathcart	SO	Starkville, MS	Starkville
Ellen Childress	FR	Arlington, VA	Washington-Lee
Loren Cutright	JR	Montpelier, VA	Louisa County
Christy Dannenberg	SO	Reston, VA	Anglo-America School (Moscow)
Katie Endres	FR	Sterling, VA	Potomac Falls
Emily Gousen	FR	Arlington, VA	Washington-Lee
Lauren Heron	JR	Manlius, NY	Fayetteville-Manlius
Meredith Holaday	SR	Westfield, IN	Westfield
Kaitlin Hurley	FR	Portland, OR	Jesuit
Kaylan Kemink	FR	Poughkeepsie, NY	Arlington
Shelley Knewstep	JR	Madison, VA	Madison County
Jackie Kosakowski	SR	Sauquoit, NY	Sauquoit Valley
Allie Lewis	FR	Roanoke, VA	Hidden Valley
Ruth Loyer	SR	Red Lion, PA	Red Lion
Amy Maier	SO	Morristown, NJ	Morristown
Erin Masterson	SR	Annapolis, MD	Annapolis
Erin Prillaman	FR	Midlothian, VA	Midlothian
Karen Pulliam	JR	North Potomac, MD	Quince Orchard
Sarah Roessler	SR	Chesapeake, VA	Indian River
Pam Rosato	FR	Harvard, MA	The Bromfield School
Kristyn Shiring	JR	Stafford, VA	North Stafford
Heather Stevenson	SO	East Lyme, CT	East Lyme
Julie Taylor	FR	Wilmington, DE	Ursuline Academy
Becca Velarde	SR	Albuquerque, NM	Eldorado
Sarah Wells	SR	The Woodlands, TX	The Woodlands
Kate Willever	SO	Pennington, NJ	Hopewell Valley Central
Jessica Wolfe	SO	Arlington, VA	Bishop Ireton

Athlete Profiles



Meghan Bishop

SO

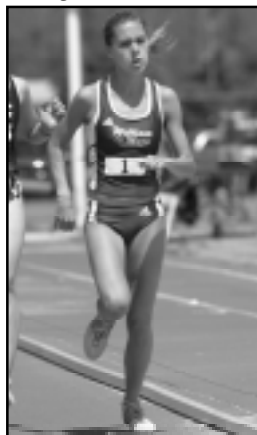
Blue Bell, PA

Gwynedd-Mercy Academy

Coach Van Rossum Says: *Meghan's consistency earned her accolades in her freshman year. She was very strong in XC, indoor and outdoor, and continued to improve all year, until undetected*

mononucleosis diminished her performances at the end of the outdoor season. Meghan's competitiveness will lead her to great things this year and I can't wait for her to start her second year.

Cross Country: 2003: Impressive inaugural season in which she earned CAA Co-Rookie of the Year honors ... Raced to all-conference honors at CAA Championship with seventh-place effort ...



Third Tribe runner at the NCAA Southeast Regional, placing 38th in impressive debut ... Solid effort in her first collegiate race to place 26th at the Lou Onesty Invite, the fourth Tribe runner. **Track:** CAA Champion in the 1,500m ... All-East in the mile, racing to fifth at ECACs ... Also All-CAA as runner-up in the 800m ... Only American freshman to race in the 1,500m at the NCAA East Regionals.

W&M PRs

800m - 2:16.07
1,000m - 2:56.84i
1,500m - 4:31.98
Mile - 4:52.87i
3,000m - 9:51.24i



Julia Cathcart

SO

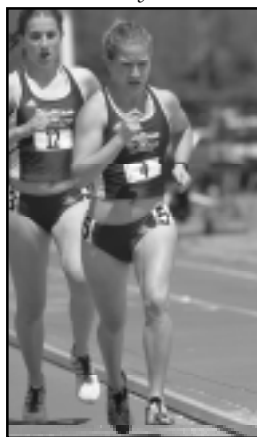
Starkville, MS

Starkville

Coach Van Rossum Says: *Julia is a very tough racer and trainer. She has an ability to raise her level in big meets. As she learns more about competing at this level, she is going to be great.*

She gained great experience as a freshman which will take her to great accomplishments in the future.

Cross Country: 2003: Powerful debut saw her claim CAA Co-Rookie of the Year ... Raced to fourth at the CAA Championship as the top freshman, earning all-conference accolades ... Ran at the NCAA Southeast Regional, placing 75th ... Third



Tribe runner at Great American ROC, placing 30th ... 11th at the Lou Onesty Invite as the team's third runner in her first collegiate start ... Also the squad's third runner at Pre-Nationals, finishing 80th in the Purple Race. **Track:** Broke NCAA Regional standard in the 5,000m in a 10th-place finish at outdoor ECACs ... Double all-conference honoree, claiming second in the 5,000m and third in the 1,500m ... All-East as part of the Tribe's DMR team that placed eighth at indoor ECACs ... CAA Athlete of the Week ... Won the 3,000m at GMU's Patriot Games and the 1,500m at the VCU Quad Meet in her impressive freshman season.

W&M PRs

1,500m - 4:38.71
3,000m - 10:14.10i
5,000m - 16:51.17



Loren Cutright

JR

Montpelier, VA

Louisa County

Coach Van Rossum Says: *Loren had a run of PR's during track season which is going to continue for her. She has learned to control her vocal cord dysfunction (which we thought*

was asthma) and I believe she is going to have a break out year.

Cross Country: 2003: Ran twice during the season, with a best of 65th at the Lou Onesty Invite. **2002:** Was the ninth runner to finish for W&M in the Tribe Open ... Placed 26th in the Colonial Invite and 35th in the dual meet with Navy ... Finished 74th in the UVA Invitational. **Track:** Just missed scoring at CAAs, racing to ninth in the 1,500m ... Consistently improved over the course of the year, setting six personal records throughout the season.



Lauren Heron

JR

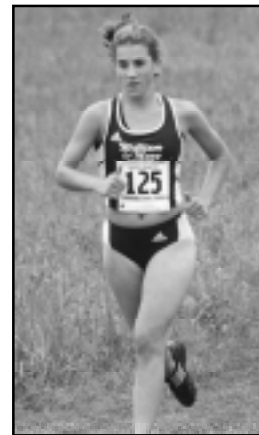
Manlius, NY

Fayetteville-Manlius

Coach Van Rossum Says: *Lauren has had some very bright moments in track, but also has competed for us at the NAAs in XC. Naggng injuries have kept her from logging more training, but I know that if she can become consistent in her workouts she has*

the talent to achieve big things.

Cross Country: 2003: Claimed 16th at the CAA Championship ... Also competed for the team in the Race of Champions at Great American, finishing 74th. **2002:** Gained valuable experience competing 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 Championship ... 97th in the open race at the NCAA Preview meet ... Placed 33rd at the UVA Invitational ... Finished eighth in

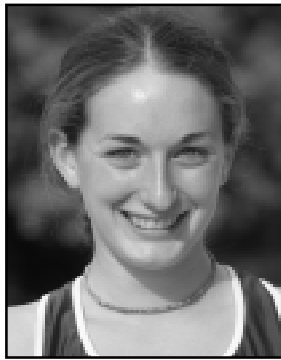


W&M PRs

800m - 2:18.52
1,000m - 2:59.89i
1,500m - 4:31.87
Mile - 5:03.25i

her first cross country competition in the dual meet against Navy. **Track:** 2003 CAA Champion in the 1,500m ... All-East as a leg of the Tribe's eighth-place DMR at indoor ECACs.

i = indoor performance



Jackie Kosakowski

SR

Sauquoit, NY

Sauquoit Valley

Coach Van Rossum Says: Jackie has a passion for running. She is very strong and versatile, with her ability to run the steeplechase, and is committed to have a senior season to remember. She has competed in the NCAA Championship for us and that experience will serve her well. Our team will need a positive leader this year

and I believe Jackie has to potential to be that leader.

Cross Country: 2003: All-conference performer, placing fifth at the CAA Championship ... Finished 48th at the Southeast Regional as team's fifth runner ... Fourth Tribe harrier in the Great American Race of Champions, placing 41st. **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



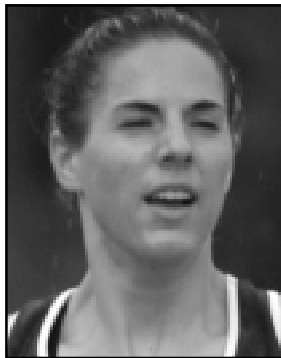
W&M PRs

1,500m - 4:45.45
3,000m - 10:03.50
3K steeple - 10:57.18
5,000m - 17:16.64i

Great American Invitational. **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:** Former All-East performer in the indoor 5,000m ... Captured all-conference honors in the steeplechase in 2004 ... Consistent ECAC qualifier in the steeplechase.



Ruth Loyer

SR

Red Lion, PA

Red Lion

Coach Van Rossum Says: Ruth has been up and down for us, but at times has been a very solid part of our top five. She has the talent to be a strong factor on our team. With consistent training and overcoming

some injuries, I will be interested to watch her accomplishments this year.

Cross Country: 2003: Progressed slowly but steadily throughout the season ... Improvement led to an impressive 13th place at CAA Championship, one spot shy of all-conference honors ... Second Tribe runner at Tribe open, claiming fifth overall.



W&M PRs

1,000m - 3:00.41
3,000m - 10:26.17i

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 runner for the Tribe in the first two meets of the fall. **Track:** Former ECAC competitor, running for the Tribe's 4x800m relay as a freshman.



Erin Masterson

SR

Annapolis, MD

Annapolis

Coach Van Rossum Says: Erin's experience and maturity is a very positive addition to our team. In a usually quiet way, she is a great leader for us. Her talent is very versatile and I

believe her consistent training is going to lead her to a strong senior season.

Cross Country: 2003: Raced to 11th at the Tribe Open as the squad's third runner ... Also took 17th at the CAA Championship ... Finished 26th at the Lou Onesty Invite ... Ran in the Race

W&M PRs
800m - 2:15.19
1,000m - 3:02.40
1,500m - 4:40.29

of Champions at Great American, placing 85th.

2002: Placed 15th at the CAA Championship in solid outing ... 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. **2001:** Ran in the top-12 at the Tribe's two home meets. **Track:** Multiple-time CAA scorer, including a sixth in the 1,500m in 2004 ... Raced for the team in the 4x800m relay at 2004 indoor ECACs, the second time in her career she has competed in the event at ECACs.



Karen Pulliam

JR

North Potomac, MD

Quince Orchard

Coach Van Rossum Says: Karen had a breakout sophomore year, after she overcame a few nagging injuries and was able to train consistently. She nearly qualified for the ECACs in the steeplechase, which

shows her strength and versatility. I am very excited for her junior year, which she is very committed to.

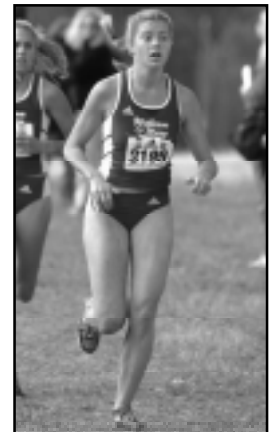
Cross Country: 2003: Claimed 13th at the Tribe Open as team's fourth runner ... Finished 27th at the Lou Onesty Invite ... Competed for the squad in the Great American Race of Champions, placing 79th. **2002:** Placed 26th in the CAA Championship as a rookie ... Finished 15th in the Open race at the Great American Invitational ... Finished 37th at the Lou Onesty Invitational ... Was the 10th finisher in the

W&M PRs
3,000m - 10:29.95i
3K steeple - 11:06.21
5,000m - 18:12.94i

Navy dual meet ...

Finished 56th at the Penn State Invitational.

Track: CAA scorer (fourth) in the 3,000m steeplechase, narrowly missing an ECAC qualification and all-conference selection.



Athlete Profiles



Kristyn Shiring

JR
Stafford, VA
North Stafford

Coach Van Rossum Says: *Kristyn had a couple great XC seasons for us, racing at the NCAA Championship and running No. 1 for us. Unfortunately a couple injuries diminished her track seasons. She*

is training well over the summer and, with a base of consistent training, has the talent to be a top level runner.

Cross Country: 2003: First Tribe runner at Pre-Nationals, placing 59th in the Purple Race ...

Sixth Tribe finisher at NCAA Southeast Regional, placing 55th ... Raced to 17th at the Lou Onesty Invite as squad's fifth runner.

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: Redshirted the 2004 season ... CAA scorer in the 5,000m in 2003, breaking 18:00 for the second time in her freshman season.



W&M PRs
3,000m - 10:15.61i
5,000m - 17:42.69i



Heather Stevenson

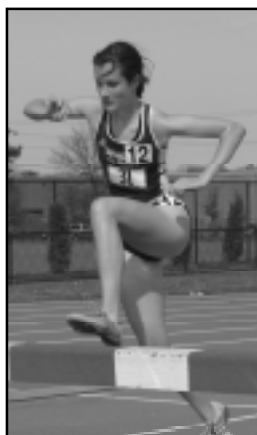
SO
East Lyme, CT
East Lyme

Coach Van Rossum Says: *After redshirting her freshman XC season, Heather had an awesome track season. Her versatility is very valuable to us, as evidenced by her ability to run great relay legs for us, as*

well as the steeplechase. I am very excited about what Heather is going to accomplish as she develops.

Cross Country: 2003: Redshirted. **Track:** All-East as member of Tribe's eighth-place DMR team at indoor ECACs ... All-conference as runner-up in the steeplechase at CAAs ...

Competed in the steeplechase at outdoor ECACs as a true freshman ... Also won the steeplechase at the GMU Patriot Open Invitational.



W&M PRs
1,500m - 4:44.29
Mile - 5:06.77i
3,000m - 10:14.10i
3K steeple - 10:59.59



Becca Velarde

SR
Albuquerque, NM
Eldorado

Coach Van Rossum Says: *Becca enters her senior year with a lot of experience under her belt. She has been a consistent member of our team, is willing to log solid mileage and with*

her renewed motivation she will have a great season.

Cross Country: 2003: Raced to 24th at the Tribe Open ... Fifth Tribe runner at Great American Open Race, placing 46th ... Also placed 37th at the Lou Onesty Invite. **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: Stepped up to the 10,000m at CAAs in 2004, just missing scoring by finishing ninth ... Runner-up in the 5,000m at the CNU Classic.



(R to L) Kristyn Shiring, Lauren Heron and Jackie Kosakowski compete for the Tribe at the 2002 NCAA Championship

Tribe

Runners to Watch



Jessica Allred

JR
Portland, OR
Jesuit

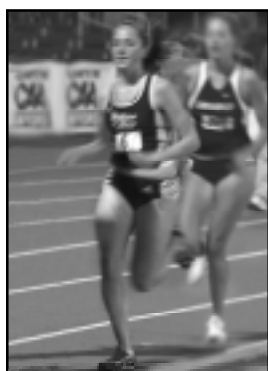
Coach Van Rossum Says: Jessica has a lot of untapped talent, which means a lot of potential. She shined in winning a 3,000m at CNU indoors, and loves cross country. She can be a great surprise addition for us.



Amy Maier

SO
Morristown, NJ
Morristown

Coach Van Rossum Says: Amy is a very hard working and driven young woman. That work ethic will take her to great success this year. She ran our team's seventh fastest time at Great American last fall, and that talent will mold a great future for her.



Christy Dannenberg

SO
Reston, VA
Anglo-American School
(Moscow)

Coach Van Rossum Says: After redshirting her freshman XC season, Christy finally got injury-free last year and was able to train consistently. She placed at conference in the 10,000m and PR'd a couple of times. She certainly has the talent to make our conference XC team.



Sarah Roessler

SR
Chesapeake, VA
Indian River

Coach Van Rossum Says: Sarah has the drive to be very good. She placed fourth in our conference track 10,000m and has the potential to put that talent toward this XC season.



Meredith Holaday

SR
Westfield, IN
Westfield

Coach Van Rossum Says: Meredith brings a lot of maturity to our team. She will be a great leader for us off the course, and her love for XC can lead her to a contributing role.



Kate Willever

SO
Pennington, NJ
Hopewell Valley Central

Coach Van Rossum Says: Kate redshirted all of last season. Coming out of high school she showed great talent in the 800m and the steeplechase, which is great versatility and will lead her to be a major factor for us.



Shelley Knewstep

JR
Madison, VA
Madison County

Coach Van Rossum Says: Shelley adds so much to our team. She keeps things fun and inspires her teammates. She had a huge PR in the 1,500m last track season, which was one of the most exciting races I've seen in a while.



Jessica Wolfe

SO
Arlington, VA
Bishop Ireton

Coach Van Rossum Says: Jessica only competed twice for us in XC as a frosh and redshirted all of track. As she develops and becomes more consistent with her training, she will look to become a solid contributor for us.



Taylor Barr

Asheville, NC
Carolina Day

Coach Van Rossum Says: Taylor's talent is untapped and she is a very good competitor. She has been a multiple-time NC State Champion, in the 800m, 3,200m, and XC, showing great range. Her best time to date is 11:19 (3,200m).

Kaitlin Hurley

Portland, OR
Jesuit

Coach Van Rossum Says: Kait is a great competitor with great determination. Her XC team has won two OR state championships, with her PR being 18:43. She placed 17th (of over 300) at the Stanford Invitational. Her best track time is 10:25 (3,000m)

Meghan Bohren

Basking Ridge, NJ
Ridge

Coach Van Rossum Says: Meghan is a very versatile runner, with great potential as a XC runner. Her :60 split, along with her 5:15 for 1,600m and being named her conference's Outstanding Performer is an indication of her great potential.

Kaylan Kemink

Poughkeepsie, NY
Arlington

Coach Van Rossum Says: Kaylan will most likely redshirt this year as she comes off some injury issues. Her talent is immense, having run 11:09 (3,200m), 10:30 (3,000m), and qualifying for the AOC national championships.

Abby Booker

Haddonfield, NJ
Haddonfield Memorial

Coach Van Rossum Says: Abby is an experienced and talented runner who will be a solid contributor of us. She has been a multiple-time all-state performer and First-Team All-South Jersey. Her best time to date is 5:14 (1,600m).

Allie Lewis

Roanoke, VA
Hidden Valley

Coach Van Rossum Says: Allie is an extremely versatile runner. She's run 58.38 (400m) and has placed 16th in the state cross country meet, which shows her great potential.

Ellen Childress

Arlington, VA
Washington-Lee

Coach Van Rossum Says: Ellen saved her best for last in high school, which indicates she is an up-and-coming strong runner. She placed seventh in the VA AAA state 3,200m with a PR of 11:17. She has also been a steady District and Regional placer.

Erin Prillaman

Midlothian, VA
Midlothian

Coach Van Rossum Says: Erin is a tough competitor, and her versatility is her strongest asset. She placed seventh in the 2003 VA AAA XC meet, running 18:51. She has been a District and Regional 800m Champion, running 2:18.

Katie Endres

Sterling, VA
Potomac Falls

Coach Van Rossum Says: Katie is loaded with potential to be a great performer for us. She has placed fourth in the VA AA state meet in the 1,600m (5:08) and second in XC.

Pam Rosato

Harvard, MA
The Bromfield School

Coach Van Rossum Says: Pam's experience lies mostly in the middle distances, however her potential is limitless. She is a multiple-time MA state champ and record holder, along with a NIC nationals indoor champ (4x800m). Her best time to date is 3:04 (1,000m).

Emily Gousen

Arlington, VA
Washington-Lee

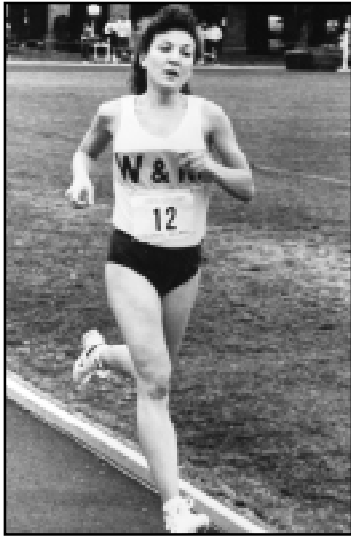
Coach Van Rossum Says: Emily's strength has been in track, however her XC limits are abounding. She has run 3:02 for 1,000m, along with 5:12 for 1,600m. She has been a district champ (1,000m), and seventh in state, which shows her competitiveness.

Julie Taylor

Wilmington, DE
Ursuline Academy

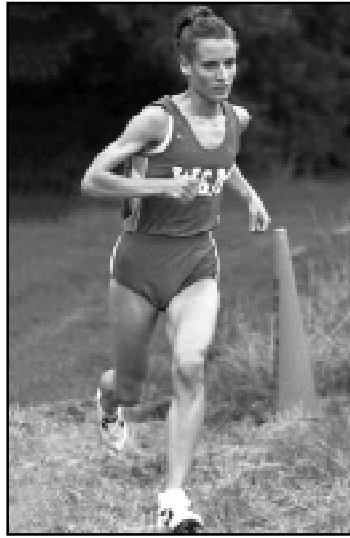
Coach Van Rossum Says: Julie has great versatility and is going to be a great addition for us. She has been a multiple-time DE State Champ in the 800m and 1,600m, with PR's of 2:16 and 5:10. She has been a Div. II XC Runner-Up, which shows her great ability.

Tribe Distance All-Americans



**Janice
Brown**

1991 Cross Country
1992 Indoor 5,000m
1992 Outdoor 5,000m
1992 Cross Country
1993 Outdoor 5,000m



**Marcie
Homan**

1993 Outdoor 5,000m
1993 Cross Country
1994 Indoor 5,000m
1994 Outdoor 5,000m
1994 Cross Country



**Emily
Furia**

2000 Outdoor 1,500m
2001 Outdoor 1,500m



**Ali
Henderson**

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

W&M AT THE NCAA CHAMPIONSHIP	
Year	Finish
1990	20th
1992	16th
1996	17th
1998	10th
2002	23rd



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

TEAM ACADEMIC HONORS
The William and Mary women's cross country squads from 1994, 1996, 1997, 1999, 2000, 2001, 2002 and 2003 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, 2003

Conference Dominance

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
2003	Cross Country
2004	Track and Field



Aryn Fahey

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 five of the best eight team scores in the meet's history.

1. William and Mary - 2003	18
2. James Madison - 2001	22
3. William and Mary - 1993	24
William and Mary - 1992	24
5. James Madison - 2002	25
William and Mary - 1991	25
George Mason - 1986	25
8. William and Mary - 1990	27

CAA Cross Country Individual Champions

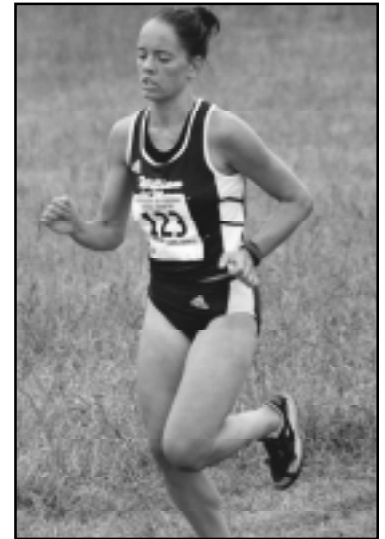
Cathy Stanmeyer	1990
Janice Brown	1992
Marcie Homan	1993, 1994
Emily Furia	2000
Ali Henderson	2003



Cathy Stanmeyer

CAA Cross Country Athletes of the Year

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



Emily Halm

Van Rossum's Coaching Honors

CAA Cross Country Coach of the Year
1987, 1988, 1990, 1991, 1992, 1993, 1996, 1998, 2003

CAA Track & Field Coach of the Year
1999, 2001, 2002, 2003, 2004



Becky Flowers

CAA XC Rookie of the Year

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

CAA XC Scholar-Athlete of the Year

Ali Henderson	2003*, 2004
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**inaugural year for award*

Active athletes in bold

W&M Record Book

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
8. Meghan Bishop	4:31.98	2004



Cheryl Bauer

3,000 METERS

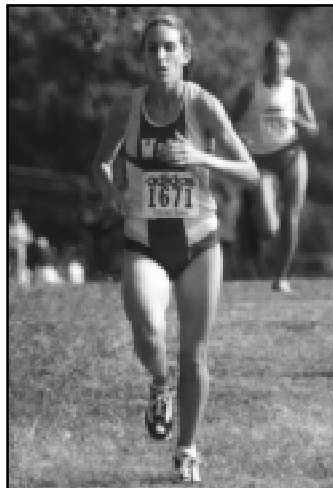
1. Janice Brown	9:18.25	1992
2. Marcie Homan	9:18.47	1994
3. Ali Henderson	9:23.20i	2003
4. Cheryl Bauer	9:33.69i	2003
5. Kathy Newberry	9:38.13	1997
6. Aryn Fahey	9:43.81	1998
7. Maura McMahon	9:51.05	2002
8. Meghan Bishop	9:51.24i	2004

3,000 METER STEEPLECHASE

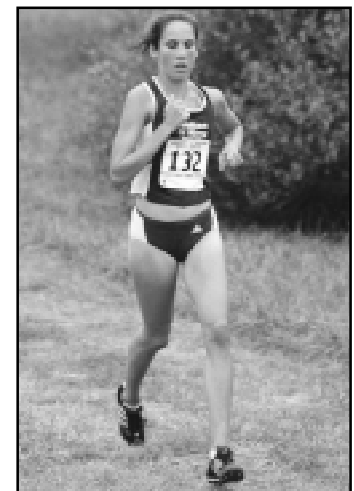
1. Ali Henderson	10:23.76	2003
2. Jackie Kosakowski	10:57.18	2003
3. Heather Stevenson	10:59.59	2004
4. Karen Pulliam	11:06.21	2004
5. Jessica Allred	11:33.37	2003



Ali Mann



Kathy Newberry



Maura McMahon

MILE

1. Emily Furia	4:41.06	2001
2. Marcie Homan	4:47.19i	1994
3. Ali Henderson	4:52.83i	2003
4. Meghan Bishop	4:52.87i	2004
5. Susan Haynie	4:53.09i	1988
6. Sonja Friend	4:53.46i	1992
7. Ali Mann	4:53.60i	1999
8. Emily Halm	4:56.88i	2004
9. Cheryl Bauer	4:59.06i	2003
10. Lauren Heron	5:03.25i	2004

Active athletes in bold
i = indoor performance

T
R
I
B
E

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. Julia Cathcart	16:51.17	2004

10,000 METERS

1. Ali Henderson	33:55.23	2003
2. Maura McMahon	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



Terry Driscoll
Athletics Director

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

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

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

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

The Tribe has also had outstanding success across the board since Driscoll came to Williamsburg. In 2002-03, W&M had a school-record 10 teams compete in the NCAA Tournament. Four teams won conference titles, while six were in the top 25 at the end of their respective seasons. One of the department's goals each year is to finish in the top 100 in the annual Director's Cup rankings, and that has happened in all but one of the years that Driscoll has been the AD, with a high ranking of 42nd occurring in 1997. In addition, W&M had captured 76 CAA

Championships coming into the 2004-05 school year, by far the highest total among all conference schools.

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

After graduating from BC, he was the fourth pick of the NBA Draft, selected by the Detroit Pistons, just three picks after the Milwaukee Bucks chose UCLA's Lew Alcindor, later to be known as Kareem Abdul-Jabbar. Driscoll chose to play a year in Italy first, but then returned to the U.S. to play for the Pistons, Washington Bullets and Milwaukee Bucks before going back to Italy as a player and coach until 1980.

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

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

Driscoll resides in Williamsburg with his wife, Susan. The couple has two children - Keith, 28, a 1997 graduate of Holy Cross and Leslie, 24, a 2001 graduate of William and Mary.



Barb Blosser
Senior Executive Associate Director

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

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

When the College's men's and women's athletic programs merged in May of 1986, she moved to administration, first serving as the Assistant to the Associate Athletics Director. Over the past 16 years, her administrative responsibilities at W&M have included the monitoring of financial aid matters, coordinating the scheduling of athletic facilities,

supervision of coaches and staff and, currently, serving as the person primarily responsible for administering the day-to-day operations of the department.

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

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

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



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

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

Athletic Excellence

The 2003-04 season was one of the best in W&M history, as the Tribe captured six CAA titles to push its total to a dominant 76, 26 more than the next closest competitor. Seven teams competed in their respective NCAA Tournaments, highlighted by Ramon Jackson's national championship on the parallel bars. 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.

Each year the goal of the athletics department is to finish in the top-100 nationally in the NACDA Directors' Cup standings and in recent years W&M has far exceeded that standard. Punctuating this run is the College's 58th-place ranking for the 2002-03 campaign, marking 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.

Academic Success

The Tribe's athletic accomplishments do not come at the expense of its students' academic responsibilities. 83% of all athletes earn a degree while a formidable 36 athletes have been selected Academic All-America since 1992.

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, more than any other school. The College continued to set the standard in 2003-04 with another five athletes claiming the honor: Ali Henderson (women's cross country), Adam Otstot (men's cross country), Adam Hess (men's basketball), Chris Parsons (men's track and field) and Ann Schnell (women's golf).

William and Mary - A College of Champions

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

CAA Championships (76)
Baseball (1) 2001

Men's Cross Country (11) 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003

Women's Cross Country (11) 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003

Men's Golf (1) 1985

Women's Lacrosse (1) 1992

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

Women's Soccer (9) 1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2003

Men's Tennis (2) 1988, 1990

Women's Tennis (17) 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002, 2004

Men's Track and Field (4) 1992, 1993, 2003, 2004

Women's Track and Field (5) 1999, 2001, 2002, 2003, 2004

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



(L to R) Karen Pulliam, 2004 graduate Kristin McGough and Becca Velarde break away from the pack at the 2004 Tribe Open

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 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



- New home of the Tribe men's and women's soccer and lacrosse teams, slated to open in the fall of 2004.
- Made possible by a generous grant from Mr. and Mrs. Jim Ukrop
- Natural grass playing surface
- Named after longtime Tribe soccer coaches Al Albert and John Daly



- 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



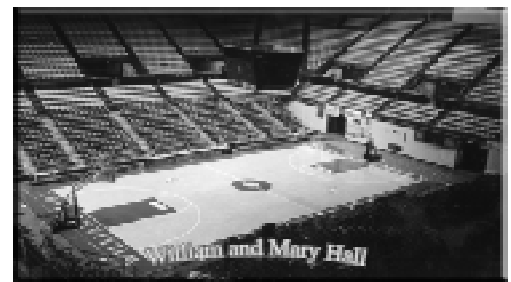
- Home of Tribe baseball-made possible by a generous grant from Joe Plumeri
- Seating for over 1,000
- Indoor and outdoor batting cages
- Lighting for night games
- Locker room, box seats and concessions



- Home of the Tribe's tennis teams for the outdoor season
- One of the College's newest venues, 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 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 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



Student-Athlete Support



Goals

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

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

Compliance and Academic Support

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

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

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

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



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.

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

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

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

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



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



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

Did You Know?

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

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

Amusement Parks

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

Sports/Concerts

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

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

