

Quick Facts / Media Information

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Women's Cross Country Quick Facts

William and Mary

Location: Williamsburg, Virginia
Founded: 1693
Enrollment: 5,700
Nickname: Tribe
Colors: Green, Gold and Silver
Conference: Colonial Athletic Association
President: Gene R. Nichol (Oklahoma State, 1973)
Director of Athletics: Terry Driscoll (Boston College, 1969)
Course: Eastern State Hospital
Athletics Department Phone: (757) 221-3340
Mailing Address: PO Box 399, Williamsburg, VA 23187
Street Address: One Campus Dr., Williamsburg, VA 23185

Sports Information

Director: Pete Clawson (Pittsburgh, 1990)
Associate Director: Dan Wakely (William and Mary, 1998)
Assistant Director: Chris Poore (Georgia Southern, 1999)
Intern/Contact: Jacob Skipper (William and Mary, 2005)
Office Phone: (757) 221-3344
Cell Phone: (757) 561-3176
E-Mail Address: jskip@wm.edu
Assistant to the Director: Mark Hoskins (JMU, 2003)
Phone: (757) 221-3344
Fax: (757) 221-3412
Website: www.TribeAthletics.com

Coaching Staff

Director of Track & Field: Dan Stimson (Ohio, 1971)
20th Year
Office Phone: (757) 221-3397
E-Mail Address: dgstim@wm.edu
Head Coach: Kathy Newberry (William and Mary, 2000)
First Year
Office Phone: (757) 221-3396
E-Mail Address: kjnewb@wm.edu
Assistant Coaches:
 Bobby Wilson (Virginia Commonwealth, 2002)
 Ed Moran (William and Mary, 2003)
 Adam Otstot (William and Mary, 2004)

William and Mary Women's Cross Country Schedule

Day	Date	Opponent	Distance	Location
Fri.	Sep. 2	COLONIAL INVITATIONAL	4,800 meters	WILLIAMSBURG
Sat.	Sep. 10	Lou Onesty Invitational	6,000 meters	Charlottesville, VA
Sat.	Sep. 24	Great American XC Festival	6,000 meters	Cary, NC
Sat.	Oct. 15	Pre-NCAA Invitational	6,000 meters	Terre Haute, IN
Sat.	Oct. 15	TRIBE OPEN	6,000 meters	WILLIAMSBURG
Sat.	Oct. 29	CAA Championships	6,000 meters	Wilmington, NC
Sat.	Nov. 5	Virginia Open	6,000 meters	Charlottesville, VA
Sat.	Nov. 12	NCAA Southeast Regional	6,000 meters	Greenville, NC
Sat.	Nov. 19	ECAC Championships	6,000 meters	New York, NY
Mon.	Nov. 21	NCAA Championships	6,000 meters	Terre Haute, IN

Home races in **BOLD CAPS**.

Please check the official William and Mary website: www.TribeAthletics.com, for the most up-to-date schedule.

Media Information

The William and Mary sports information office is always interested in assisting members of the media in their coverage of Tribe cross country. Updated information, including statistics and releases, can be found on the internet at www.TribeAthletics.com. Publicity and media information for William and Mary cross country are coordinated by sports information intern **Jacob Skipper**.

Photographs, feature ideas and results are always available from the William and Mary sports information office. Requests for further information should be directed to Jacob Skipper at (757) 221-3344 or by e-mail at jskip@wm.edu.

Directions to William and Mary

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.

Directions to Eastern State

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 the Longhill Road exit. Exit at Longhill Road. At the top of the exit ramp, take a left at the light onto Longhill Road. Continue straight through the next stoplight. At the next stoplight, take a right into Eastern State Hospital. Take a right at the first stop sign. Follow road for approximately two blocks until it crosses with another road. General parking is immediately to the right of this intersection. For teams and event staff, take a left at the intersection and a right at the next road. Follow to team parking at lot at end of road.

From the South/East: Take I-64 West to Exit 242A (Route 199 West). Follow 199 through five stoplights. After the fifth light, take the next exit, Monticello Avenue. Bear right on the exit ramp and merge onto Monticello Avenue. At the next stoplight, take a left onto Ironbound Road. At the next stoplight, take a left into Eastern State Hospital. Take a right at the first stop sign. Follow road for approximately two blocks until it crosses with another road. General parking is immediately to the right of this intersection. For teams and event staff, take a left at the intersection and a right at the next road. Follow to team parking at lot at end of road.

Credits

The 2005 William and Mary women's cross country media guide is a publication of the William and Mary sports information office. Layout, design and writing by sports information intern Jacob Skipper and Paul Ring. Editing by the sports information office. Photography by Pete Clawson, Chris Poore, and Bob Keroack. Printing by Colonial Printing of Richmond, Virginia.

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Coaching Staff

Head Coach

KATHY NEWBERRY



Former Tribe standout Kathy Newberry returns to lead her alma mater as she has assumed the role of head coach for both the women's track and field and cross country programs. Newberry took over the reigns of the program after serving as a volunteer assistant coach to the Tribe's men's cross country and track programs the previous

two years. She was named head coach in March of 2005, and her first season on the track showed no drop-off in the tradition of excellence that W&M has built over the past decade and a half.

After edging George Mason by one point for the 2004 Colonial Athletic Association title, the women's track and field team under Newberry's guidance won the 2005 CAA Championship, the Tribe's fifth consecutive, by 55 points, including individual titles in the 1,500m, 4x400m relay, shot put, and the heptathlon. Junior Meghan Bishop had an outstanding season under Newberry, racing to her second consecutive 1,500m title and NCAA Regional qualification at the conference meet. She followed that up with a personal record in the preliminaries of the event at the ECAC Championships, but missed All-East honors when she was knocked to the track in the finals. Senior Kristyn Shiring won the 10,000m at the prestigious Raleigh Relays in 2005, running under the standards for the ECAC and provisionally qualifying for the NCAA meet with a time of 34:46.60. She also qualified for ECACs and the NCAA Regionals in the 5,000m, claiming runner-up honors at CAAs and competing at the Penn Relays. During the indoor season, she hit the NCAA Provisional mark in the 5,000m by obliterating her personal record by 41 seconds at the ECAC Indoor Championships, an effort that earned her All-East honors. Also in the 10,000m, graduate Becca Velarde and sophomore Christy Dannenberg both earned all-conference honors and qualified for ECACs, peaking to finish with personal records of 36:42.49 for Velarde, just missing All-East honors, and 36:57.43 for Dannenberg. Junior Julia Cathcart earned all-conference acclaim in the 5,000m, finishing third behind Shiring, and raced at ECACs as well after leading the team in the 2004 cross country season.

Two other distance athletes enjoyed new heights under Newberry, one at the beginning of her career and the other capping off an outstanding four years. Freshman Kaitlin Hurley scored for the Tribe at CAAs in the 5,000m, and the next weekend ran a personal record 17:26.70 at the Penn Relays to qualify for ECACs. Senior Jackie Kosakowski finished second at the CAA cross country championships

and earned All-East and all-region honors. She followed a runner-up performance at CAAs in the 3,000m steeplechase with a personal best time to win her heat at the Penn Relays and qualify for ECACs and the

Newberry By The Numbers

- 5 Individual Conference Champions**
- 8 All-East Athletes**
- 1 Scholar-Athlete of the Year**
- 1 Conference Title**

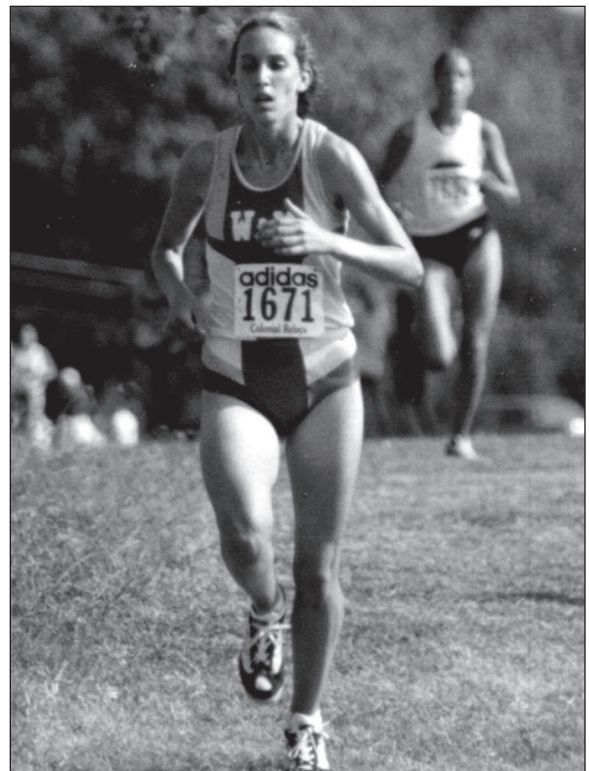
NCAA Regional. At ECACs, she lopped another 15 seconds off of her personal best to win the steeplechase in a tightly contested race, the second time in three years a Tribe runner has won the event (Ali Henderson in 2003). Kosakowski finished her career in the NCAA East Regional, where she placed 28th against a deep field. In all, Newberry's inaugural season yielded four CAA champions, one ECAC champion, 20 all-conference citations, three indoor and five outdoor All-East nods, four NCAA Provisional marks, eight bids to the indoor ECAC meet, 20 bids to the outdoor ECAC meet, and five NCAA Regional berths.

Still an active competitor at the national level, competing regularly both on the track and in road races, Newberry qualified for the 2004 Olympic Trials finals

in both the 5,000m and 10,000m, finishing 13th and 14th, respectively. She also ended 2004 ranked 10th nationally in the 10,000m. A two-time qualifier for the U.S. National Cross Country Team, Newberry finished 25th at the 2004 World Cross Country Championships as the second-fastest American in the 8,000m race, and ran again at the 2005 Worlds, finishing in 38th as the third-fastest American, after qualifying with a fourth-place finish at the 2005 USA Cross Country Championships. In 2003 she was ranked 17th in the nation in the 5,000m and placed 11th in that distance at the 2003 USATF Championships. Newberry also raced to third in the 2003 USATF Fall Cross Country Championships and also competed at the 2005 USATF Track and Field Championships, in the 5,000m.

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

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

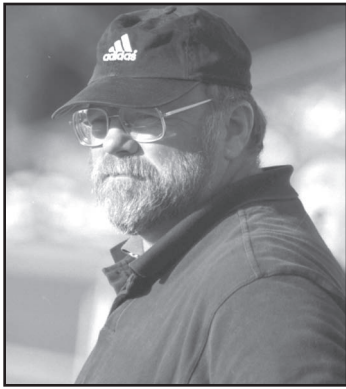


Kathy Newberry was a four-time All-CAA and All-East selection for the Tribe. Newberry is still an active runner and has emerged as one of the nation's elite distance runners.

Coaching Staff

Director of Track and Field

DAN STIMSON



In his 20th 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 19 of the last 26 CAA crowns, and have

garnered numerous CAA Athlete and Rookie of the Year awards. The 2004-05 season was another banner year for the squads, as Stimson's teams took three of four CAA titles (men's cross country, women's cross country, women's track and field): the fifth consecutive conference title for both the men's cross country and women's track and field squads. Punctuating the season was the eighth-straight NCAA team qualification for men's cross country and two All-America honors for the men's programs, as Ed Moran was named All-America in the 5,000m at the NCAA Outdoor Championships, and freshman Christo Landry earned the honor at the NCAA Cross Country Championships. The success of Stimson's programs has produced 53 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-America high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11.25". Wendy Warren, the school record-holder in the javelin (153'6"), was discovered in a physical education class and went on to earn All-East honors and sixth-place at the ECAC Championships. Stimson coached pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school record of 13'1" in her freshman season. He then guided steady improvement throughout her career, culminating in 2004 with her second conference title and double All-East honors. Stimson has had numerous All-East performers in all of the field events.

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

In addition to Parsons' success, the Tribe throwing corps reached new heights in 2004. 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. Harris ended her season with the school record in the weight throw (51'1.75") and Jones ended with the mark in the indoor shot (47'2.25"). Harris captured the CAA title in the shot, where she qualified for NCAA Regionals. Stimson also led rookie Jen Showker to a CAA title and regional bid in the discus.

The same forces combined to make 2005 another record-breaking campaign which included nine all-conference and four All-East performances in the field events. With half of the team's individual CAA crowns coming in the field events, Stimson led the Tribe women to a stunning fifth-straight CAA championship. Jones, after redshirting outdoors in 2004, reclaimed the CAA crown in the shot, which she won in 2002, the fifth consecutive shot championship for a Tribe thrower. Jones led a Tribe sweep of the podium and All-CAA honors in the event as Stimson prodigies Showker and Harris claimed second and third, respectively. Similar dominance

was witnessed in the heptathlon where W&M claimed three of the top four positions as Bonnie Meekins won the title with a then-school record (4,763), ahead of Brenna Blevins in second and 2004 champion Sarah McHale in fourth. Meekins would later raise the bar with a Tribe record 4,876 at ECACs where she and Blevins finished fourth and fifth to claim All-East honors. Stimson would also guide a career season for Liz Hager, who capped a strong outdoor campaign with All-East honors in the javelin to go with All-CAA accolades in the discus. Blevins would qualify for the NCAA Regional in the javelin out of the ECAC heptathlon while Jones shattered the school record in the shot with an NCAA Regional-qualifying 48'6".

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

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

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a 23-year-old local college student. Recently married daughter Krista Crider, 30, graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998.

She recently earned a Ph.D. in the field of genetics and molecular biology at Emory University. Krista is a former W&M record holder in the hammer throw.



Stimson By The Numbers

- 53 All-Americans in indoor and outdoor track and field and cross country**
- 34 CAA Team Titles**
- 24 CAA Athletes of the Year**
- 20 Seasons at William and Mary**
- 3 CAA Coach of the Year Honors (1992 and twice in 1996)**

Coaching Staff



Assistant Coach Bobby Wilson

Bobby Wilson enters his second season as a Tribe assistant, helping with the cross country program for the first time after working primarily with the sprinters, jumpers, and multi-eventers in track. As a pole vaulter at Christopher Newport and Virginia Commonwealth, he won three conference titles in the event, including the CAA crown in 1998. Wilson is the school record holder in both the indoor and outdoor vault at both institutions. While at CNU he also ran on the 3,200m relay which won the conference title, helping CNU win the indoor Mason-Dixon Championship in 1996.

Wilson, who graduated from VCU in 2002 with a B.S. in tourism and minor in information systems, has had great success coaching his athletes to all-conference honors and to school record-breaking performances. Most recently, as the head coach at Highland Springs High School in Virginia, Wilson led national qualifiers in five events (boys 4x400m relay, boys 4x200m relay, girls heptathlon, girls 400m and girls 200m) and coached four district athletes of the meet. As an assistant coach at University of Alabama-Birmingham, he led multiple All-Conference USA athletes and saw two school records broken. Prior to working at UAB, Wilson coached the sprints, hurdles, jumps and throws Oneonta State University where his athletes set 20 school records. Wilson previously served as a volunteer assistant coach at VCU, leading multiple All-CAA performers and the establishment of five school records.

Wilson is a native of Newport News, Virginia where he attended Menchville High School and was a state champion in the indoor pole vault in 1995. A district and regional champion in multiple events, Wilson helped Menchville win two state titles outdoors and also finished eighth in the pole vault at the national indoor meet. Wilson also ran cross country at Menchville for three seasons, qualifying for the state meet every year. He is currently completing a master's in sports administration from VCU.



Assistant Coach Ed Moran

Ed Moran rejoins the William and Mary staff after a spectacular racing career that saw him earn four All-America honors in the 5,000m outdoors (2003, 2005) and in cross country (2000, 2002) for the college. In addition to assisting with both the men's and women's running programs, the 2003 graduate will continue to train and race under the tutelage of head men's coach Alex Gibby.

A professionally-sponsored runner with Nike, Moran raced unsponsored at the 2005 USATF Track and Field Championships shortly after earning his fourth All-America nod. He boasted an impressive debut, running well below his previous personal record in the 5,000m (13:39.70, second-best in school history, set a scant month-and-a-half earlier) to finish in 13:25.87. This time placed him only 49 hundredths of a second shy of the school record,

running as the fastest amateur in the field of 24 runners.

In his six-year collegiate career, Moran racked up three all-conference and All-Southeast honors (never finishing worse than third), and was twice conference champion and Athlete of the Year in cross country. On the track, he earned multiple all-conference nods, was named the 2003 CAA Male Athlete of the Year and was the 2005 IC4A and CAA champion in the 5,000m. The Dayton, New Jersey native received his bachelor's degree in May of 2003, double-majoring in finance and government, and received a Masters in public policy in 2005 from the College.



Assistant Coach Adam Otstot

Adam Otstot joins Gibby and Moran to complete the sweep of graduates on the Tribe staff. He will also assist both the men's and women's cross country programs. Otstot, a 2004 grad, had a successful career in Williamsburg, earning three straight all-conference honors both on the trails as well as on the track, running the 3,000m steeplechase. His senior campaign put a magnificent cap on his college experience. In cross country he earned all-conference honors and placed 25th at the IC4A championship to earn All-East recognition and help the team to a runner-up showing. In track, he won the steeplechase at the conference championship and competed at both the IC4A championship and the NCAA East Regional in the event.

The 2003 cross country Scholar-Athlete of the Year in the CAA, Otstot also competed twice for the College at the NCAA cross country championships. A native of Richmond, Virginia, Otstot graduated from Mills Godwin in

2000, and earned his bachelor's degree from W&M in 2004, majoring in kinesiology. He is currently working towards a Masters in Education Administration.

Roster

Alphabetical Roster

Name	Class	Hometown	High School
Emily Arena	Fr.	Manassas, VA	Osborn Park
Taylor Barr	So.	Asheville, NC	Carolina Day
Meghan Bishop	Jr.	Blue Bell, PA	Gwynedd-Mercy Academy
Meghan Bohren	So.	Basking Ridge, NJ	Ridge
Abby Booker	So.	Haddonfield, NJ	Haddonfield Memorial
Julia Cathcart	Jr.	Starkville, MS	Starkville
Ellen Childress	So.	Arlington, VA	Washington-Lee
Loren Cutright	Sr.	Montpelier, VA	Louisa County
Christy Dannenberg	Jr.	Reston, VA	Anglo-America School (Moscow)
GINNA ELLIS	Fr.	Virginia Beach, VA	Norfolk Academy
Katie Endres	So.	Sterling, VA	Potomac Falls
Emily Gousen	So.	Arlington, VA	Washington-Lee
Lauren Heron	Sr.	Manlius, NY	Fayetteville-Manlius
Kaitlin Hurley	So.	Portland, OR	Jesuit
Katherine Keally	Fr.	Virginia Beach, VA	Ocean Lakes
Shelley Knewstep	Sr.	Madison, VA	Madison County
Allie Lewis	So.	Roanoke, VA	Hidden Valley
Amy Maier	Jr.	Morristown, NJ	Morristown
Lydia Malley	Sr.	Arlington, VA	Washington-Lee
Lynn Morelli	Fr.	Philadelphia, PA	St. Basil
Karin Ohman	Fr.	Arlington, VA	Washington-Lee
Anna Parker	Jr.	Charlotte, NC	Myers Park
Melle Patrick	Jr.	Manama, Bahrain	Bahrain School
Erin Prillaman	So.	Midlothian, VA	Midlothian
Karen Pulliam	Sr.	North Potomac, MD	Quince Orchard
Pam Rosato	So.	Harvard, MA	The Bromfield School
Emily Schroeder	Fr.	Midlothian, VA	James River
Kristyn Shiring	Sr.	Stafford, VA	North Stafford
Kelsey Snowden	Fr.	Fairfax Station, VA	Lake Braddock
Julie Taylor	So.	Wilmington, DE	Ursuline Academy
Rebecca Ward	Fr.	Midlothian, VA	James River
Kate Willever	Jr.	Pennington, NJ	Hopewell Valley Central
Tracy Williams	Sr.	Oak Hill, VA	Chantilly

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

Assistant Coach: Bobby Wilson (Virginia Commonwealth, 2002), Second Year

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

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

Did You Know?

The Tribe coaching staff has run on a total of seven CAA cross country championship teams. Head coach **Kathy Newberry** (1996, 1997, 1998), assistant **Ed Moran** (2000, 2002, 2003) and assistant **Adam Otstot** (2002, 2003, 2004) all earned multiple all-conference honors for their efforts.

Breakdown by Location

Bahrain (1)
Melle Patrick..... Manama

Delaware (1)
Julie Taylor..... Wilmington

Maryland (1)
Karen Pulliam..... North Potomac

Massachusetts (1)
Pam Rosato.....Harvard

Mississippi (1)
Julia Cathcart Starkville

New Jersey (4)
Meghan Bohren Basking Ridge
Abby Booker.....Haddonfield
Amy MaierMorristown
Kate Willever..... Pennington

New York (1)
Lauren Heron Manlius

North Carolina (2)
Taylor BarrAsheville
Anna Parker Charlotte

Oregon (1)
Kaitlin Hurley.....Portland

Pennsylvania (2)
Meghan BishopBlue Bell
Lynn Morelli.....Philadelphia

Virginia (18)
Emily Arena.....Manassas
Ellen ChildressArlington
Loren CutrightMontpelier
Christy Dannenberg Reston
GINNA ELLIS Virginia Beach
Katie Endres..... Sterling
Emily GousenArlington
Katherine Keally Virginia Beach
Shelley Knewstep Madison
Allie Lewis Roanoke
Lydia Malley.....Arlington
Karin OhmanArlington
Erin PrillamanMidlothian
Emily SchroederMidlothian
Kristyn ShiringStafford
Kelsey Snowden..... Fairfax Station
Rebecca WardMidlothian
Tracy Williams Oak Hill

2005 Outlook

After claiming its second-straight Colonial Athletic Association championship by a record-low margin of a single point, the William and Mary women's cross country team enters 2005 with a new coach, a strong core of proven regional competitors, and a plethora of underclassmen to help shoot the gaps and return the Tribe to the NCAA Championships.

First-year head coach **Kathy Newberry** will look to five runners to lead the team on the trails: senior **Kristyn Shiring**, juniors **Julia Cathcart** and **Meghan Bishop**, redshirt sophomore **Christy Dannenberg**, and sophomore **Kaitlin Hurley**. Shiring had a breakout spring, gaining NCAA Provisional marks in the outdoor 10,000m and indoor 5,000m. She qualified for the NCAA Regional meet in the outdoor 5,000m with a personal record performance at the Stanford Cardinal Invitational (16:36.93). Shiring ran in the scoring five for most of the 2004 cross country season, including the CAA, Southeast Regional, and ECAC meets. Cathcart, the 2003 co-Rookie of the Year, ran number one in every race last year with the exception of the CAA Championships, where she finished number two on the team. As a returning all-conference, all-region, and All-East performer, she enters the season as one of the top runners on the east coast and has the potential to challenge for top individual honors in virtually



Kaitlin Hurley (l) and **Karen Pulliam** race at the Colonial Invitational.

Did You Know?

William and Mary has had 14 women earn All-CAA honors three times, with six of them being named all-conference all four years they competed. Three upperclassmen - Shiring, Cathcart, and Bishop - have a chance to join the three-time club, and Cathcart and Bishop could make it to the four-time mark.

every outing. Bishop, who shared the 2003 rookie of the Year honor, figures to be right on the heels of her classmate always pushing harder and further. Bishop, a two-time CAA champion on the track, just missed placing in the top 25 at the regional meet, and will be looking to break that mark and put the Tribe into the national championships.

Dannenberg is a consistent performer who figures to be in the scoring five in each race, as is Hurley, who is young but talented. The pair will look to build on strong performances on the track. Hurley won her debut in the indoor 3,000m at Christopher Newport's Indoor Classic and later qualified for the 5,000m at outdoor ECACs by running a 17:26.70 at the Penn Relays. Dannenberg qualified for the ECAC 10,000m race at the Raleigh Relays, timing a 37:27.41. At the ECAC meet, she ran a personal record 36:57.43 for 12th place.

A large contingent of veteran runners figure to give the team tremendous depth behind the front five. **Karen Pulliam** and **Lauren Heron** will both compete for varsity spots, while fellow seniors **Loren Cutright**, **Tracy Williams**, and **Shelley Knewstep** will all look to contribute.

Sophomore **Allie Lewis** had a solid campaign last year, traveling to most of the meets and finishing in the top 30 at CAAs, after finishing as the second Tribe runner at the Lou Onesty Invitational. She and junior **Kate Willever**, will both strive to contribute and place in the scoring five this season.

Rounding out the upperclassmen is a trio of juniors. **Amy Maier** made the travel squad several times as a freshman, including finishing as the Tribe's seventh runner at the Great American Festival. **Melle Patrick**, who finished first among Tribe runners and fourth overall at the open race of the Penn State Invitational, and **Anna Parker**, a middle distance specialist, will also look to continue their progression and earn spots on the travel squads.

Complementing the upperclassmen is a

strong group of sophomores. **Taylor Barr**, a multiple-time state champion in high school, finished 17th at the CAA Championships, and made the travel squad on multiple occasions, as did **Abby Booker** and **Ellen Childress**. **Meghan Bohren**, **Katie Endres**, **Emily Gousen**, **Erin Prillaman**, **Pam Rosato**, and **Julie Taylor** will all be looking to make their mark after a year adjusting to collegiate competition.



Redshirt-sophomore **Christy Dannenberg**

The 2005 freshman class may end up as one of the most impressive to enter the College, as it certainly comes in with impressive credentials and promise. **Lynn Morelli** helped her team win the 2004 Pennsylvania AA championship and was named first team all-state. **Emily Arena** helps lead off a pack of women who read like a "Who's-Who" of the Virginia State Championships, including **Karin Ohman**, **Kelsey Snowden**, and **Emily Schroeder**. Snowden claimed sixth at the 2004 AAA state championships, the same place **GINNA ELLIS** claimed at the Virginia Independent Schools championship for Norfolk Academy. **Rebecca Ward** claimed third at the AAA outdoor track and field meet in the mile, while **Katherine Keally** led her team at their regional cross country meet, finishing eighth.

With a bevy of experienced runners and a highly-touted recruiting class, 2005 looks to be another banner year for the Tribe, with a 13th CAA title and return to the NCAA Championships as very reachable goals.

2004 Review

The 2004 season was another solid effort in the annals of Tribe cross country, as the women defended their Colonial Athletic Association crown and raced to high finishes at the Regional and ECAC meets. The 2003 CAA co-Rookie of the Year, Julia Cathcart, led the way by capturing all-conference, all-region, and All-East honors in her second season wearing the Green and Gold.

The season began with a dominating performance at the Tribe's own Colonial Invitational which saw the squad split into two teams and claim a perfect one-two finish against teams from four other universities. Cathcart took the top spot in 16:39 to lead the "Tribe" squad to a five-point victory over the "W&M" squad, followed by Jackie Kosakowski (Tribe), Kristyn Shiring (W&M), and Meghan Bishop (W&M) to complete a sweep of the top four spots. Several Tribe freshmen were also among the front runners, as Kaitlin Hurley, Taylor Barr, and Erin Prillaman all finished in the top sixteen. For her efforts, Cathcart was named CAA Co-Runner of the Week.

Next up was the Lou Onesty Invitational at Virginia, where several young athletes gained valuable experience as the top runners rested. Barr, Prillaman, and classmate Allie Lewis joined with several sophomores and juniors to record a solid fifth-place finish on a course that was dramatically slowed by rain. The full squad traveled to Lehigh for the Paul Short Invitational the next weekend, and Cathcart again led the charge. Powered by her fifth-place individual showing, Cathcart led the team to a fourth-place finish in a field of nationally ranked teams. Bishop, who shared 2003 co-Rookie of the Year with Cathcart, followed in 19th, Kosakowski in 22nd, and Shiring in 33rd. Karen Pulliam was the fifth scorer, and Lauren Heron and Hurley rounded out the contingent. In the open race, Becca Velarde had a breakthrough performance to finish as the second collegian (fifth overall). Cathcart was again named CAA Co-Runner of the Week for her efforts, and the team earned its first national ranking of the season, debuting at No. 24.

One of the Tribe's most impressive performances came in the next race, the highly competitive Notre Dame Invitational. The squad competed in the 24-team Blue Race, along with eight other ranked teams including No. 1 Stanford and No. 4 Notre Dame and placed four runners in the top 50 to claim sixth. This performance placed W&M ahead of higher-ranked teams from UCLA and Butler. Cathcart and Bishop both crossed the line in 17:30, with Cathcart just barely edging her teammate for 29th. Kosakowski came in a few seconds later in 43rd, with Shiring right behind in 49th. W&M moved up in the next poll to 22nd, and Bishop was named CAA Co-Runner of the Week, marking the third overall and second consecutive week that a Tribe runner had claimed the honor.

2004 Results

Date	Event	Result
Sept. 10	Colonial Invitational	1st
Sept. 18	Lou Onesty Invitational	5th
Sept. 25	Paul Short Invitational	4th
Oct. 1	Notre Dame Invitational	6th
Oct. 16	Penn State Invitational	7th
Oct. 16	Tribe Open	No team scoring
Oct. 30	CAA Championship	1st
Nov. 13	NCAA Southeast Regional	6th
Nov. 20	ECAC Championship	4th

In the final regular season event, W&M's main contingent traveled to State College, Pennsylvania for Penn State's National Invitational. Competing in a field that included two top five programs, William and Mary battled to a seventh-place finish, led once again by Cathcart, who turned in a 21:33 for 23rd place. Kosakowski, Bishop, Pulliam, and Velarde rounded out the scoring five. In the open race, Melle Patrick and Erin Masterson placed fourth and fifth, respectively, to lead a sizeable group of runners looking for more race experience.

At the CAA Championships, the College once again made history en route to winning its 12th title. While the 2003 squad set the standard for excellence by posting the meet's all-time low score (18), W&M's 2004 edition claimed a space in the record book for smallest margin of victory by claiming a one-point win over JMU (36-37). Kosakowski ran a great race to finish in second and earn herself All-CAA honors, while Cathcart and Bishop finished in fifth and sixth, respectively, to keep the Tribe's hope alive. Shiring and Pulliam stepped up their pace to claim All-CAA honors in 11th and 12th, to round out the scoring five. With one JMU runner still

needing to score, Velarde crossed the line in 13th, ensuring at least a share of the championship, and Hurley stepped up in a huge way to give W&M the undivided crown, out-sprinting JMU's fifth finisher to claim 14th by a second-and-a-half.

Two weeks later, the Tribe women took aim at their sixth NCAA Championships berth, but were left wanting more after finishing sixth in the perennially deep Southeast Regional. Finishing behind five ACC rivals, including four ranked in the top 25, W&M was led once again by Cathcart, who finished 20th, and Kosakowski, who claimed 23rd. By finishing in the top 25, both women earned the first all-region recognitions of their careers. Also competing in the scoring five were Bishop (33rd), Shiring (35th), and Pulliam (79th). The season drew to a close at the 20th Annual ECAC Championships with a fourth-place showing among many of the top programs from the Northeast and Mid-Atlantic. Cathcart's sixth-place finish led four All-East finishers for the Tribe. She was followed by classmate Bishop in 13th, Kosakowski in 22nd, and Shiring in 23rd.

Season Highlights

- Team Victories**
 CAA Championship (36 points / 8 Teams)
 Colonial Invitational (32 points / 6 Teams)
- Individual Champions**
Julia Cathcart Colonial Invitational
- All-Region (2)**
Julia Cathcart (20th)
 Jackie Kosakowski (23rd)
- All-East (4)**
Julia Cathcart (sixth)
Meghan Bishop (13th)
 Jackie Kosakowski (22nd)
Kristyn Shiring (23rd)
- All-CAA (5)**
 Jackie Kosakowski (second)
Julia Cathcart (fifth)
Meghan Bishop (sixth)
Kristyn Shiring (11th)
Karen Pulliam (12th)
- CAA Runner of the Week (2)**
Julia Cathcart (Weeks of 9/14 and 9/28)
Meghan Bishop (Week of 10/05)
- Active athletes in **bold**

Athlete Profiles



Loren Cutright Senior Montpelier, Virginia Louisa County

2004: Claimed 12th in the open race at the Penn State National Invitational.

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 in 2004, racing to ninth in the 1,500m ... Consistently improved over the course of the year, setting six personal records throughout the season.

Personal Records

Mile - 5:03.25i 3,000m - 10:36.82i



Shelley Knewstep Senior Madison, Virginia Madison County

2004: Competed in the open race at the Penn State Invitational.

2003: Ran at the Lou Onesty Invitational and the Tribe Open.

Track: Knocked 11 seconds off her personal record in the 1,500m from the start of the 2004 season, clocking a 5:07.39 at Liberty ... Freshman season highlighted by a best of 5:18.19 in the indoor 1,500m.

Personal Records

800m - 2:47.90 1,500m - 5:07.39



Lydia Malley Senior Arlington, Virginia Washington-Lee

2004: Ran unattached at the Tribe Open.

Track: Member of the 2005 CAA Championship 4x400 relay ... Ran the second leg of the relay at the ECAC Outdoor championship, placing 12th ... Ran anchor on the winning team in the 4x800 relay indoors at the Christopher Newport Classic ... Bested previous personal record in the 800m by four seconds at Richmond's Fred Hardy Invitational... Competed for the Tribe at the 2004 CAA Championships, finishing 12th in the 800m ... Ran leg of the runner-up DMR at 2003 Colonial Relays ... Raced in the DMR at indoor ECACs in 2003, taking 14th-place ... Won the 800m at the CNU Lid-Lifter ... Part of winning DMR at Navy and 4x800m relay at CNU Winter Frolic.

Personal Records

400m - 1:02.22 800m - 2:15.13 1,500m - 4:51.02



Lauren Heron Senior Manlius, New York Fayetteville-Manlius

2004: Raced to sixth at the Colonial Invitational as split squad's third runner ... Fifth runner for the Tribe at the Notre Dame Invitational.

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 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 in 2004.

Personal Records

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



Karen Pulliam Senior North Potomac, Maryland Quince Orchard

2004: Earned All-CAA honors in 2004 as a key contributor to the Tribe's CAA Championship, finishing in 12th place as the team's fifth runner to seal a one-point win for W&M ... Also Tribe's fifth runner at the ECAC Championship, finishing 42nd ... Team's fifth runner in her debut at the NCAA Southeast Regional ... Raced to seventh at the 2004 Colonial Invitational as split squad's third runner.

Athlete Profiles

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 Navy dual meet ... Finished 56th at the Penn State Invitational.

Track: All-CAA in the steeplechase in 2005 ... CAA scorer (fourth) in the 2004 3,000m steeplechase, narrowly missing an ECAC qualification and all-conference selection.

Personal Records

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



Kristyn Shiring

Senior
Stafford, Virginia
North Stafford

2004: All-East in 2004 after claiming 23rd at the ECAC Championship ... Earned second career All-CAA honors in 2004 by racing to 11th at the conference championship ... Had a solid run at the 2004 NCAA Southeast Regional, racing to 35th as Tribe's fourth runner ... Led her split squad at the Colonial Invitational, claiming third overall.

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: All-East indoors in the 5,000m, besting her previous personal record by 41 seconds ... won the Raleigh Relays 10,000m with an NCAA provisional time outdoors ... ECAC qualifier in both the 5,000m and 10,000m outdoors, but raced in neither ... All-CAA with a runner-up finish in the 5,000m ... NCAA Regional qualifier in the 5,000m ... Red-shirted the 2004 season ... CAA scorer in the 5,000m in 2003, breaking 18:00 for the second time in her freshman season.

Personal Records

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



Tracy Williams

Senior
Oak Hill, Virginia
Chantilly

2004: Finished 16th at the CAA Championship, the eighth Tribe runner to cross the line ... 74th at the ECAC meet, sixth on the team ... Competed in the open race of Lehigh's Paul Short Invitational, finishing 12th ... Top W&M finisher at the Lou Onesty Invite (25th).

Track: Competed sparingly ... Finished fifth (37:58.09) in the 10,000m at the CAA Championship, scoring for the team in her first race at the distance ... Competed twice in the 5,000m outdoors, setting her personal record of 18:24.88 at the Duke Invitational.

Personal Records

5,000m - 18:24.88 10,000m - 37:58.09



Meghan Bishop
Junior
Blue Bell, Pennsylvania
Gwynedd-Mercy Academy

2004: Raced to All-East honors in her sophomore season, claiming 13th at the ECAC Championship ... Also earned All-CAA honors in 2004, finishing sixth at the conference championship ... CAA Runner of the Week for 30th-place performance at the Notre Dame

Invitational ... Also placed a solid 33rd at the 2004 NCAA Southeast Regional, improving five positions from her finish in 2003.

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: Two-time CAA Champion in the 1,500m ... Set her personal record in the 1,500 in the prelims of the 2005 ECAC meet ... Was on track for All-East honors before being knocked to the track in the finals ... All-East in the mile, racing to fifth at the 2004 ECACs ... Also All-CAA as runner-up in the 2004 800m ... Only American freshman to race in the 1,500m at the 2004 NCAA East Regional.

Personal Records

800m - 2:16.07 1,000m - 2:56.84i 1,500m - 4:29.09
Mile - 4:52.87i 3,000m - 9:51.24i 5,000m - 17:08.94i

i - indoor performance
r - relay split

Athlete Profiles



Julia Cathcart
Junior
Starkville, Mississippi
Starkville

2004: Turned in a brilliant sophomore season by earning All-Southeast, All-East and All-CAA honors ... Raced to 20th at the NCAA Southeast Regional for first career all-region honors ... Strong championship runner who claimed fifth at the CAA Championship and

sixth at the ECAC Championship ... Also dazzled with a fifth at the elite Paul Short Invitational, placing among the top runners in the nation ... Won the Colonial Invitational to open 2004 ... Named CAA Runner of the Week twice during 2004 ... Ran No. 1 for W&M on six occasions.

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 Race of Champions, 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 provisional indoor standard in the 5,000m at the 2005 ECAC meet ... Placed fifth for All-East honors by breaking her personal record by 13 seconds ... All-conference in the 5,000m, placing third ... Was an ECAC outdoor qualifier in both the 10,000m and 5,000m ... Broke NCAA Regional standard in the 5,000m in a 10th-place finish at 2004 outdoor ECACs ... Double all-conference honoree in 2004, 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 George Mason's Patriot Games and the 1,500m at the VCU Quad Meet in her impressive freshman season.

Personal Records

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



Christy Dannenberg
Junior
Reston, Virginia
Anglo-America School (Moscow)

2004: Tribe's fourth runner at Virginia's Lou Onesty Invitational ... Raced to a solid 12th in the open race at the Penn State National Invitational.

Track: All-CAA with a third-place finish in the 10,000m at the 2005 CAA Championships ... Claimed seventh in the 10,000m at the 2004 CAA Championship, scoring for the team in her debut in the distance.

Personal Records

3,000m - 10:45.22i 5,000m - 17:49.02 10,000m - 36:57.43



Amy Maier
Junior
Morristown, New Jersey
Morristown

2004: Competed in two races ... Best finish was 12th at the Colonial Invitational.

2003: Competed in three races.

Track: Eighth at CAAs in the 10,000m, scoring points for the Tribe ... Set personal record in the 5,000m at the Duke Invitational, running 18:25.64 ... Third in the 5,000m at the GMU Invitational.

Personal Records

5,000m - 18:25.64 10,000m - 38:27.19



Anna Parker
Junior
Charlotte, North Carolina
Myers Park

2004: Did not compete.

Track: Contributes in the middle-distances ... Hit personal record of 4:59.36 in the 1,500m at the George Mason Invitational ... Set personal record in the 800m (2:33.61) at the

2004 UVA Invitational.

Personal Records

800m - 2:33.61 1,500m - 4:59.36



Melle Patrick
Junior
Manama, Bahrain
The Bahrain School

2004: Ran at the Colonial Invitational ... Competed in the open races of the Paul Short and Penn State Invitationals.

Track: Scored in the 5,000m race at CAAs, placing eighth.

Personal Records

3,000m - 10:29.92 5,000m - 17:55.63

Athlete Profiles



Kate Willever
Junior
Pennington, New Jersey
Hopewell Valley Central

2004: Ran at the Colonial Invitational.

2003: Redshirted.

Track: Fifth at CAAs in the 3,000m steeplechase with a personal record 11:27.75.

Personal Records

1,500m – 4:56.41 3K Steeple – 11:27.75



Taylor Barr
Sophomore
Asheville, North Carolina
Carolina Day

2004: Finished 17th in her first conference championship ... Made appearances in three other races during the year ... Top 30 at the Lou Onesty Invitational.

Track: Broke the 18-minute barrier in the 5,000m at the Duke Invitational, running 17:59.26 ... Claimed fourth in the 3,000m (indoors) at Christopher Newport's Lid-lifter meet.

Personal Records

3,000m – 10:53.86i 5,000m – 17:59.26



Meghan Bohren
Sophomore
Basking Ridge, New Jersey
Ridge

2004: Did not compete.

Track: Ran indoors only ... First leg of 4x800m team that won at the Christopher Newport Captains' Classic.

Personal Records

1,000m – 3:21.04i

i - indoor performance
h - hand-timed performance
c - converted (from hand-time)
r - relay split



Abby Booker
Sophomore
Haddonfield, New Jersey
Haddonfield Memorial

2004: Ran at Lou Onesty ... Competed unattached at the Tribe Open.

Track: Sixth at CAAs in the 3,000m steeplechase with a personal record 11:35.33 ... Bested her personal record in the 3,000m by 38 seconds running outdoors at the Duke Invitational.

Personal Records

3,000m – 10:40.41 3K Steeple – 11:35.33 5,000m – 18:28.06



Ellen Childress
Sophomore
Arlington, Virginia
Washington-Lee

2004: Ran unattached at the Tribe Open.



Katie Endres
Sophomore
Sterling, Virginia
Potomac Falls

2004: Ran at the Lou Onesty Invitational.



Emily Gousen
Sophomore
Arlington, Virginia
Washington-Lee

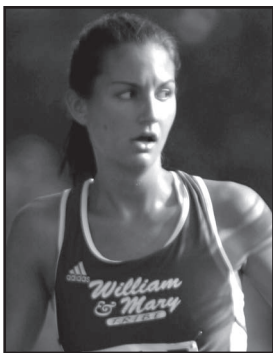
2004: Ran at Lou Onesty ... Competed unattached at the Tribe Open, finishing eighth.

Track: Second at Christopher Newport's Lid-lifter in the mile ... Dropped personal record in the 1,500m by 18 seconds at Ram Invite.

Personal Records

1,500m – 4:57.47 Mile – 5:20.83i 3,000m – 11:03.91

Athlete Profiles



Kaitlin Hurley
Sophomore
Portland, Oregon
Jesuit

2004: Clinched the Tribe's one-point win at the CAA championship, placing 14th to beat out James Madison's fifth runner ... Member of ECAC squad as a freshman ... Ran at four other races.

Track: Scored in fourth-place at conference championship in the 5,000m ... Set personal record in the 5,000m in the Olympic Developmental race at the Penn Relays, placing 16th with a 17:26.70.

Personal Records

3,000m - 10:17.72 5,000m - 17:26.70



Pam Rosato
Sophomore
Harvard, Massachusetts
The Bromfield School

2004: Competed unattached at the Tribe Open.



Julie Taylor
Sophomore
Wilmington, Delaware
Ursuline Academy

2004: Ran at Lou Onesty ... Competed unattached at the Tribe Open.

Track: Competed at the indoor ECAC meet as part of the distance medley relay team ... Personal record in the 1,500m came at the Fred Hardy Invitational (4:56.73) ... Placed third at the George Mason Open Invitational in the 800m.

Personal Records

800m - 2:21.68 1,500m - 4:56.73



Allie Lewis
Sophomore
Roanoke, Virginia
Hidden Valley

2004: Ran at Lou Onesty, and in the open races of the Paul Short and Penn State Invitationals.

Track: Claimed fourth in the 1,500m race at CAAs ... Best time in the 1,500 came at the Duke Invitational, where she clocked 4:39.38 ... Won the 1,000m at the Virginia Tech Challenge ... Part of 4x800 relay team that won at the Christopher Newport Captains' Classic ... Ran at the outdoor ECAC meet in the qualifying round of the 4x400 relay.

Personal Records

1,000m - 2:59.53i 1,500m - 4:39.38



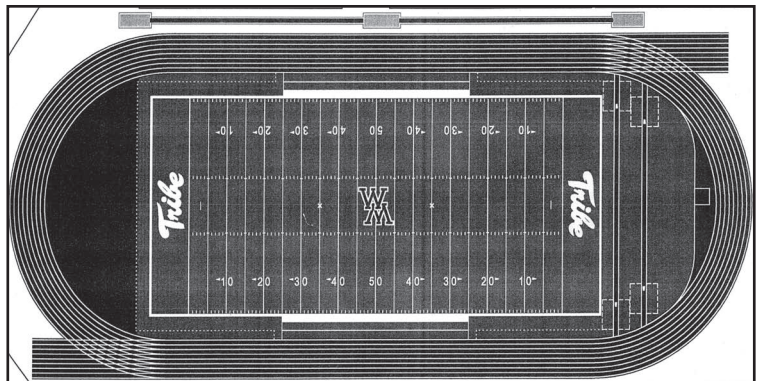
Erin Prillaman
Sophomore
Midlothian, Virginia
Midlothian

2004: Raced at four events.

Track: 13th at CAAs in the 1,500m ... Ran the 3,000m at the Penn Relays, finishing in 10:20.39.

Personal Records

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



Construction began in the summer of 2005 on a brand-new track and field complex in Zable Stadium. No mere resurfacing, the entire track base was taken up and the ground re-filled and re-sloped, and a new drainage system emplaced. The new surface is EDPM rubber, widely regarded as the premiere surface in the world. Other improvements include the addition of another pole vault runway, triple-jump/long-jump runway and pit, expansion of the high-jump platform to accommodate two jumps at one time, and the steeplechase pit moved from the north end to the south end of the stadium. The new surfaces and jumping areas meet or exceed the world-class standards set out by the International Association of Athletics Federations (IAAF), the governing body for track and field world-wide, so that if any American or world records are set at W&M, they will be accepted without question. The rebuild is on schedule to be completed by late spring, 2006, with the renowned Colonial Relays being held again in 2007 after a three year hiatus.

Freshmen

Emily Arena

Freshman

Manassas, Virginia

Osborn Park

Prep: Qualified for Virginia AAA state cross country championship ... Ran very well on the track, both indoors and outdoors, claiming third in the 3,200m run at the indoor state meet and fourth at that distance at the outdoor state meet.

Personal Records

1,600m – 5:10.29 3,200m – 11:07.24

Ginna Ellis

Freshman

Virginia Beach, Virginia

Norfolk Academy

Prep: Sixth-place finisher at the Virginia Independent Schools state cross country championship (large schools division) ... Claimed second in the 3,200m run and third in the 1,600m run at the VIS track and field championships,

Personal Records

1,600m – 5:16.54h 3,200m – 11:09.04h

Katherine Keally

Freshman

Virginia Beach, Virginia

Ocean Lakes

Prep: Earned all-state honors, placing sixth at the AAA indoor meet in the 3,200m run.

Personal Records

1,600m – 5:22.75i 3,200m – 11:20.64i

Lynn Morelli

Freshman

Philadelphia, Pennsylvania

St. Basil

Prep: Helped team to win the PIAA 2A state championship ... First team all-state for cross country ... Won state title in the indoor 3,000m, timing 10:04.41.

Personal Records

1,600m – 5:04.73 3,200m – 10:57.76

Karin Ohman

Freshman

Arlington, Virginia

Washington-Lee

Prep: 12th-place at the Virginia AAA outdoor state meet in the 3,200m run ... Placed 20th indoors at the same distance.

Personal Records

1,600m – 5:22.77ic 3,200m – 11:27.48

Emily Schroeder

Freshman

Midlothian, Virginia

James River

Prep: Finished 29th at the Virginia AAA state championship in cross country ... At the outdoor state meet, finished ninth in the 1,600m run and 17th in the 800m run.

Personal Records

800m – 2:21.62 1,600m – 5:11.34

Kelsey Snowden

Freshman

Fairfax Station, Virginia

Lake Braddock

Prep: Sixth-place finisher at the Virginia AAA state cross country championship ... Team won the team championship ... Also sixth in the 1,600m at the indoor state meet ... Seventh in the 1,600m run at the outdoor state meet.

Personal Records

800m – 2:14.84 1,600m – 5:05.21

Rebecca Ward

Freshman

Midlothian, Virginia

James River

Prep: Finished 30th at the Virginia AAA state cross country championship ... Won the Central Region meet as a junior ... Finished third in the 1,600m at the AAA outdoor state meet ... 12th-place at the same meet in the 800m run.

Personal Records

800m – 2:17.40 1,600m – 5:03.53

i - indoor performance
h - hand-timed performance
c - converted (from hand-time)
r - relay split

Honors and Achievements

Team Accomplishments

NCAA Appearances (5)

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

CAA Championships (12)

YEAR	POINTS
1987	30
1988	29
1990	27
1991	25
1992	24
1993	24
1994	41
1996	31
1997	37
1998	29
2003	18
2004	36

USCCA Team Academic All-American Honors (9)

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

Player Awards

Cross Country All-America

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



Janice Brown '93

Five-time All-American

Four-time All-CAA

Outdoor Distance All-America

Year	Athlete	Event
1992	Janice Brown	5,000m
1993	Janice Brown	5,000m
	Marcie Homan	5,000m
1994	Marcie Homan	5,000m
2000	Emily Furia	1,500m
2001	Emily Furia	1,500m

Indoor Distance All-America

Year	Athlete	Event
1992	Janice Brown	5,000m
1994	Marcie Homan	5,000m
2003	Ali Henderson	5,000m

COSIDA Academic All-American

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

CAA Champion

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



Marcie Homan '95

Five-time All-American

Two-time CAA Champion

CAA Athlete of the Year

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

CAA Rookie of the Year

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

All-Conference

1984	Maureen Hinnebusch
1985	Sue Haynie
1986	Sue Haynie
	Katie McCullough

1987	Eleanor Carroll
	Janice Voorhies
	Sue Haynie
	Stephanie Finelli
	Kristi LaCourse
	Katie McCullough
	Debbie Fordyce
1988	Katie McCullough
	Cathy Stanmeyer
	Janice Voorhies
	Karen Laslo
	Amy Devereaux
	Eleanor Carroll
1989	Cathy Stanmeyer
	Janice Brown
	Katie McCullough
	Kristi LaCourse
	Stephanie Finelli
1990	Cathy Stanmeyer
	Janice Brown
	Megan Holden
	Silica Johnson
	Andrea Lengi
	Karen Laslo
1991	Janice Brown
	Sonja Friend
	Karen Laslo
	Silica Johnson
	Marcie Homan
	Maggie Silver
1992	Janice Brown
	Marcie Homan
	Sonja Friend
	Andrea Lengi
	Heather Haines
	Allison Abbott
1993	Marcie Homan
	Cybelle McFadden
	Barb Fallon
	Heather Haines
	Silica Johnson
	Maggie Silver
	Allison Abbott
1994	Marcie Homan
	Barb Fallon
	Cybelle McFadden
	Allison Abbott
1995	Claire Torchia
1996	Kathy Newberry
	Laurie Sturgell
	Becky Flowers
	Julia Davidson
	Cybelle McFadden
	Claire Torchia
	Tressa Breindel
1997	Kathy Newberry
	Aryn Fahey
	Tressa Breindel
	Emily Furia
	Dana Pascarella
	Jackie Kerr
1998	Kathy Newberry
	Emily Furia
	Dana Pascarella
	Ali Mann
	Candi Major
	Amanda Buell
1999	Emily Furia
	Kathy Newberry
	Ali Mann



Emily Furia '01

Two-time All-American

Three-time Academic All-American

2000	Cheryl Bauer
	Emily Furia
	Emily Halm
	Adrienne Parker
	Lara Toscani
2001	Cheryl Bauer
	Maura McMahan
	Lara Toscani
	Jackie Kosakowski
	Ali Henderson
	Jeannie Addison
2002	Ali Henderson
	Maura McMahan
	Tara Guelig
	Jackie Kosakowski
	Kristyn Shiring
	Lauren Heron
2003	Ali Henderson
	Emily Halm
	Julia Cathcart
	Jackie Kosakowski
	Maura McMahan
	Meghan Bishop
	Katrina Menard
	Kristin McGough
2004	Jackie Kosakowski
	Julia Cathcart
	Meghan Bishop
	Kristyn Shiring
	Karen Pulliam

CAA Scholar-Athlete of the Year

2002	Ali Henderson
2003	Ali Henderson

Coach Awards

CAA Coach of the Year

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

W&M Record Book / All-Conference Standouts

800 Meters

Ali Mann	2:07.8r	2000
Becky Patten	2:08.38	1996
Amy Morris	2:08.93	1998
Emily Furia	2:09.39	2001
Kelly O'Connor	2:09.63	1998
Sonja Friend	2:09.89	1992
Adriene Parker	2:12.94	2000
Lydia Malley	2:15.13	2005
Katie Andres	2:15.41	2005
Meghan Bishop	2:16.07	2004

3,000 Meter Steeplechase

Ali Henderson	10:23.76	2003
Jackie Kosakowski	10:34.05	2005
Heather Stevenson	10:59.59	2004
Karen Pulliam	11:06.21	2004
Kate Willever	11:27.75	2005
Jessica Allred	11:33.37	2003
Abby Booker	11:35.33	2005
Korin Miller	11:44.68	2001

William and Mary has had 51 runners earn all-conference honors. Six earned the distinction four times in their careers, including Coach Kathy Newberry. The other five are pictured on this page and the preceding one, along with several of the most distinguished three-time honorees.



Katie McCullough '90
Four-time All-CAA



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**



Jackie Kosakowski '05
Four-time All-CAA
2001 CAA Rookie of the Year



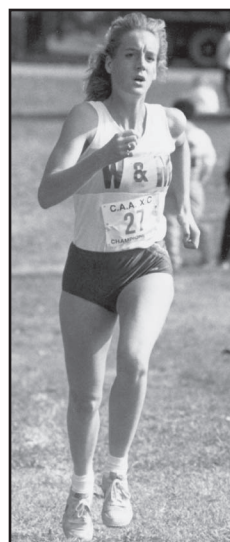
Ali Henderson '04
Three-time All-American
Two-time CAA Champion

1,500 Meters

Emily Furia	4:18.44	2001
Ali Mann	4:23.23	2000
Marcie Homan	4:25.61	1994
Kathy Newberry	4:28.37	1997
Meghan Bishop	4:29.09	2005
Kristi LaCourse	4:30.01	1989
Amy Morris	4:30.07	1998
Lauren Heron	4:31.87	2003
Emily Halm	4:34.54	2004
Jackie Kosakowski	4:38.53	2005

5,000 Meters

Marcie Homan	16:04.63	1994
Janice Brown	16:08.02i	1992
Ali Henderson	16:09.65i	2003
Cheryl Bauer	16:19.54	2003
Katie McCullough	16:36.15	1990
Kristyn Shiring	16:36.93	2005
Julia Cathcart	16:38.49i	2005
Jackie Kosakowski	16:39.29i	2005
Kathy Newberry	16:49.29	1999
Maura McMahan	17:01.25	2002



Cathy Stanmeyer '91
Three-time All-CAA
1990 CAA Champion



Maura McMahan '04
Three-time All-CAA

Mile

Emily Furia	4:41.06	2001
Marcie Homan	4:47.19i	1994
Ali Henderson	4:52.83i	2003
Meghan Bishop	4:52.87i	2004
Susan Haynie	4:53.09i	1988
Sonja Friend	4:53.46i	1992
Ali Mann	4:53.60i	1999
Emily Halm	4:56.88i	2004
Cheryl Bauer	4:59.06i	2002
Adrienne Parker	5:03.32i	2001

10,000 Meters

Ali Henderson	33:55.23	2003
Maura McMahan	34:43.71	2002
Laurie Sturgell	34:45.02	1997
Kristyn Shiring	34:46.60	2005
Julia Cathcart	35:16.69	2005
Dana Pascarella	36:17.10	1999
Becca Velarde	36:42.49	2005
Christy Dannenberg	36:57.43	2005
Katrina Menard	36:58.65	2003
Cathy Stanmeyer	37:10.4	1992

r - relay split

i - indoor performance

Current Athletes in **BOLD**

3,000 Meters

Janice Brown	9:18.25	1992
Marcie Homan	9:18.47	1994
Ali Henderson	9:23.20i	2003
Cheryl Bauer	9:33.69i	2002
Kathy Newberry	9:38.13	1997
Kristyn Shiring	9:41.93	2005
Aryn Fahey	9:43.81	1998
Maura McMahan	9:51.05	2002
Meghan Bishop	9:51.24i	2004
Emily Halm	9:54.48i	2004

W&M Four-Time All-CAA

Katie McCullough	(1986-1989)
Janice Brown	(1989-1992)
Marcie Homan	(1991-1994)
Kathy Newberry	(1996-1999)
Emily Furia	(1997-2000)
Jackie Kosakowski	(2001-2004)

Athletic Administration



Terry Driscoll **Director of Athletics**

With an extensive resumé that includes four years as a student-athlete, a professional playing career and numerous jobs in the athletic business world, Edward C. "Terry" Driscoll is entering his 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 42 occurring in 1997. In addition, W&M had captured 81 CAA Championships coming into the 2005-06 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, 30, a 1997 graduate of Holy Cross and Leslie, 26, a 2001 graduate of William and Mary.



Barbara Blosser **Senior Executive Associate AD**

After serving 12 years as the College's associate athletics director, Barbara Blosser was promoted to her current position of senior 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 VAIW 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 VAIW 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.

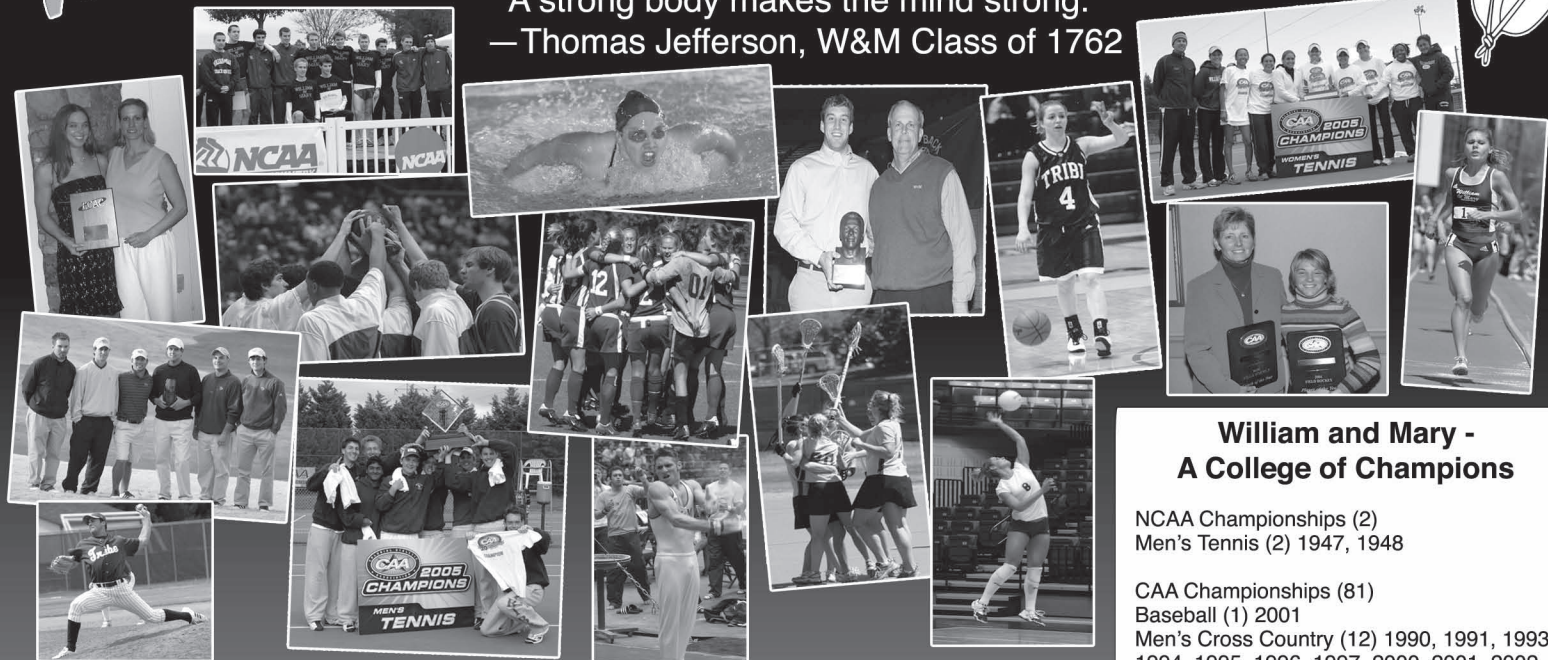
Blosser began her coaching career at the helm of the women's basketball program at Ashland College in Ohio. During two seasons there, she led the Eagles to successive 15-7 and 16-8 ledgers. Her 1977 squad won the AIAW Region V Championship, while her 1978 team took the OASIS Small College title.

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.

WILLIAM AND MARY ATHLETICS

Tribe

"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 2004-05 season was another outstanding year for W&M athletics, as the Tribe added five CAA titles to push its conference-leading total to 81, 30 more than the next closest competitor. Seven teams competed in their respective NCAA Championships, highlighted by the football team's appearance in the I-AA semifinals. It has become typical for W&M to win at least five conference championships and send seven or more teams to the NCAA Championship 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. In 2004-2005, the College finished 76th, and was the highest-ranked team in the CAA and was third among all schools in the state of Virginia, making this the ninth time in the 12-year history of the Directors' Cup that the College has finished both in the top four in the state of Virginia and first or second in the CAA.

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, as W&M has produced 36 Academic All-Americans since 1992.

In the NCAA's inaugural Academic Progress Rate scores for all Division I institutions, William and Mary once again excelled in its mission of fostering true student-athletes. The College boasted the fourth-best APR score (992) among 328 active and provisional institutions, and W&M leads all programs that offer performance-based grants and financial aid to scholar-athletes.

Additionally, W&M had four student-athletes recognized as CAA Scholar-Athletes of the Year in 2004-2005: Pat Comstock (Men's Cross Country), Megan Bishop (Women's Cross Country), Keith Bechtol (Men's Track and Field) and Lena Sherbakov (Women's Tennis).



William and Mary - A College of Champions

- NCAA Championships (2)
Men's Tennis (2) 1947, 1948
- CAA Championships (81)
Baseball (1) 2001
Men's Cross Country (12) 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003, 2004
Women's Cross Country (12) 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003, 2004
Men's Golf (1) 1985
Women's Lacrosse (1) 1992
Men's Soccer (6) 1983, 1987, 1995, 1996, 1999, 2000
Women's Soccer (9) 1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2003
Men's Tennis (3) 1988, 1990, 2005
Women's Tennis (18) 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002, 2004, 2005
Men's Track and Field (4) 1992, 1993, 2003, 2004
Women's Track and Field (6) 1999, 2001, 2002, 2003, 2004, 2005
Volleyball (8) 1985, 1986, 1987, 1988, 1989, 1990, 1991, 2001
- Atlantic 10 Football Championships (3)
1996, 2001, 2004
- 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

ATHLETIC 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.



BUSCH FIELD

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



ALBERT-DALY FIELD

- Home of the Tribe men's and women's soccer and lacrosse teams
- Made possible by a generous grant from Mr. and Mrs. Jim Ukrop
- Natural grass playing surface
- Named after longtime Tribe soccer coaches Al Albert and John Daly



MCCORMACK-NAGELSEN TENNIS CENTER

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



PLUMERI PARK

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

BUSCH COURTS

- Home of the Tribe tennis teams for the outdoor season
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium seating for approximately 500
- State of the art lighting for night matches



ZABLE STADIUM

- Home of the Tribe's football and track and field teams
- Campus landmark since 1935
- Seating for more than 12,000
- Permanent lighting will be installed in time for the 2005 football season
- Brand new state-of-the-art track around the field scheduled for completion in spring 2006
- Joseph Montgomery football practice facility is located adjacent to the stadium



WILLIAM AND MARY HALL

- 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 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.



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.

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 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.

WILLIAM AND MARY AT A GLANCE

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.

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 Wintergreen (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).

