

2004-05



EXERCISE and RECREATION...

"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*



This is Tribe Women's Gymnastics

- Four ECAC Championships - 1999, 2001, 2002, 2003
- 11 NCAA Regional Participants under Head Coach Mary Lewis
- Mary Lewis 2003 ECAC Coach of the Year
- Multiple all-conference performers
- A great academic institution



WILLIAM AND MARY GYMNASTICS ...

**THE PERFECT BALANCE BETWEEN A GREAT EDUCATION
AND AN OUTSTANDING GYMNASTICS PROGRAM.**

Tribe

William and Mary Women's Gymnastics

TABLE OF CONTENTS

Coaching Staff	3
2005 Outlook	4
Team Captains	6
The Senior Class	7
The Junior Class	8
The Sophomore Class	10
The Freshman Class	13
2004 in Review	14
The Record Book.....	15
W&M Athletics	16
Facilities	17
Student-Athlete Support Services	18
About the College.....	19
2005 Schedule / 2004 Results	20



Senior Co-Captains Rachel Glasmire (left) and Jess Patterson (right).

THE COLLEGE

Location: Williamsburg, Virginia
Founded: 1693
Enrollment: 5,560
Nickname: Tribe
Colors: Green, Gold and Silver
Facility (Capacity): William and Mary Hall (8,600)
Conference: Eastern Collegiate Athletic Conference
President: Timothy J. Sullivan (W&M, 1966)
Athletics Director: Terry Driscoll (Boston College, 1969)
Athletics Department Phone: (757) 221-3400

COACHING STAFF

Head Coach: Mary Lewis (Christopher Newport, 1985)
Lewis' Email: mklewi@wm.edu
Record at W&M: 120-158-2 (10 seasons)
Career Record: 120-176-2 (11 seasons)
Gymnastic's Office Phone: (757) 221-3411

SPORTS INFORMATION

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2005 TRIBE ROSTER

Name	Class	Hometown	Club
Jess Baker	Jr.	Brookville, NY	Infinity
Annie Carroll	Jr.	Virginia Beach, VA	Ocean Tumblers
Christine Carwell	So.	Austin, TX	Capital
Emma Cross	Sr.	Ashland, VA	All-American
Andrea Dochney	So.	Westmont, NJ	Will-Moor
Kristen Gaidish	Jr.	Abington, PA	Airborne
Brittany Gibbs	Jr.	West Chester, PA	AJS Pancott
Rachel Glasmire	Sr.	Center Valley, PA	Parkettes
Janelle Greene	So.	Chantilly, VA	Chantilly Academy
Tricia Long	Fr.	Humble, TX	Juergens
Jaci Lynn	Sr.	Copley, OH	Classics
Kate Magee	Jr.	McLean, VA	GMS Gymnastics
Christina Padilla	So.	Sterling, VA	Gymini
Jess Patterson	Sr.	Westfield, NJ	North Stars
Jess Randall	So.	West Hartford, CT	N.E.G.X
Stevie Waldman	Fr.	Downingtown, PA	AJS Pancott

PRONUNCIATION GUIDE

Andrea Dochney - DOCK-knee Jaci Lynn - JACKIE
 Kristen Gaidish - GAY-dish Christina Padilla - Pa-dee-uh
 Rachel Glasmire - GLASS-meyer

TEAM INFORMATION

2004 Record: 9-20
ECAC Championship Finish: Sixth
Letterwinners Returning/Lost: 14/4
Newcomers:

- Tricia Long - Humble, TX
- Stevie Waldman - Downingtown, PA

TO THE MEDIA

This booklet is primarily intended to assist our recruiting efforts. Nevertheless, we hope you will find it useful. Photos and information on feature stories will be provided whenever possible. If you are interested in covering a gymnastics event or athlete, please contact women's gymnastics SID Mark Hoskins at (757) 221-3344 or by email at mjhosk@wm.edu.

Head Coach Mary Lewis



MARY LEWIS

Christopher Newport, 1985
11th Season

Though the College's streak of three consecutive ECAC titles was snapped last year, Lewis' 10th season leading the Tribe was a successful one, as W&M had two individuals qualify for the NCAA Regional meet for the

third time under Lewis.

Under Lewis' tutelage, 2004 graduate Suzanne Chaves and returning senior Emma Cross competed in the NCAA Regional meet last season, while returning junior Brittany Gibbs was an alternate.

In addition to the NCAA qualifiers, Lewis guided several Tribe student-athletes to numerous ECAC awards throughout the season, including Cross, who was a three-time Coaches Choice Award winner, and Gibbs, who was a four-time ECAC Rookie of the Week selection.

Lewis has led the squad to four ECAC titles in the past six seasons, and she has led 11 gymnasts to the NCAA Regional meet.

For her efforts in 2003, Lewis earned the ECAC's Coach of the Year honor for the first time in her career, after W&M captured its third-straight league title.

In addition to success in the gym, Lewis has stressed academics as well. That is evident each year when the National Association of Collegiate Gymnastics Coaches honors student-athletes for superb performances. Last season, six Tribe gymnasts earned NACGC Scholastic All-America honors, including returning sophomore Christina Padilla who was one of 46 scholar-athletes to register a perfect 4.0. Also, 2003 graduate Amy Van Deusen was a two-time winner of the ECAC's Scholar-Athlete of the Year award, another testament to Lewis' ability to mix academics and athletics successfully.

Lewis has been coaching collegiate gymnastics since 1989, when she assisted on the Christopher Newport University staff. She came to William and Mary from James Madison University in 1992 and served as a graduate assistant until 1994.

Prior to her tenure at James Madison, Lewis was the head coach at Longwood College for the 1991-92 season. Lewis graduated Magna Cum Laude from CNU in 1985 with a bachelor of science degree in governmental administration and public management. She completed her master's degree at JMU in kinesiology and adult fitness in May of 1994, graduating Summa Cum Laude.

Lewis spends her summers working at the Woodward Gymnastics Camp in Woodward, Pennsylvania, organizing weekly schedules for campers ranging in levels from beginner to elite. She resides in Newport News, VA with her nine-year old son, Zachary.



Mary Lewis has guided the Tribe to four ECAC championships in the last six years, including three straight from 2001 to 2003.

Lewis and the NCAA Regionals

Mary Lewis has coached 11 gymnasts to the NCAA Regional meet in her tenure at W&M, including Suzanne Chaves and Emma Cross in 2004. Here is a look at Tribe gymnasts who competed at the regional meet under Lewis:

1995 - Lynn Dameron	2000 - Jess Dancu
1995 - Kirsten Gutgesell	2001 - Jess Dancu
1996 - Lynn Dameron	2001 - Jamie Weinfeldt
1997 - Becky Johnson	2004 - Suzanne Chaves
1998 - Becky Johnson	2004 - Emma Cross
1999 - Brandee Gound	

W&M Year-by-Year Under Lewis

Year	W&M Record	Titles
1995	14-20-1	
1996	14-13	VA Intercollegiate (VIL) Champions
1997	9-15	
1998	10-14	VIL Champions
1999	16-10	ECAC Champions, VIL Champions
2000	7-16	
2001	14-16	ECAC Champions
2002	16-15-1	ECAC Champions, VIL Champions
2003	11-19	ECAC Champions
2004	9-20	

2005 Outlook

In the last two years, the Tribe women's gymnastics team has seen its share of highs and lows. In 2003, the College captured its third consecutive Eastern College Athletic Conference (ECAC) Championship with its second-highest ever team score (195.200) and was poised to burst onto the regional scene. Last year was a much different story, however, as the Tribe struggled through an injury-plagued season and finished a disappointing sixth in the ECAC championship meet. Based on last season's finish and the loss of three key seniors and nearly one-third of the team's routine, one might assume that the 2005 campaign could be somewhat of a rebuilding year. By no means is that the case though, as 11th-year head coach **Mary Lewis** welcomes back a talented and deep corps of performers, including a NCAA Regional qualifier, in addition to a highly touted duo of incoming freshmen.

"Our goal is to regain the ECAC title," proclaims Lewis. "There's no question the championship was a bad meet for us last season. We sort of imploded."

The Tribe hopes to build on its late-season momentum, before the title meet, to return to championship form. In its final two meets of the regular season, W&M posted a second-place finish with a season-high score of 195.050 at Towson on March 13th. This effort was followed with a first-place showing in a tri-meet with James Madison and Towson on March 20th, compiling a team score of 194.125.

"We need to overcome some of our slow starts last season and step up to the competition," said Lewis. "We compete in a tough region, which includes high-profile teams like Georgia, Florida, North Carolina and West Virginia."

The competition will also be improved within the ECAC, as Temple, Rhode Island and Towson have joined the fray, bringing the conference's membership to nine.

"We have some very talented gymnasts, but we also have great personalities and chemistry," praised Lewis. "They all like each other, and I would rather have a hard-working, happy gym over anything else."

In Lewis' harmonious gym, there is increased excitement about the number of potential scorers and contributors in each event, despite the loss of senior co-captain **Rachel Glasmire** to ACL surgery and the early retirement of Alison Shonerd. After suffering from a lack of depth in the vault last season, W&M could be nine deep, possibly 10 deep in the event in 2005.

Drawing its strength on depth and character, there's no

question the Tribe is ready to compete at an elite level again in 2005.

The following is a class-by-class look at the 2005 William and Mary women's gymnastics team:

Seniors

The Tribe lost three key four-year performers to graduation, but Lewis welcomes back four seniors in 2005, including co-captains **Rachel Glasmire** and **Jess Patterson**.

Glasmire, who also served as team captain last year, recently underwent her second ACL surgery in the last 10 months and is unable to perform in 2005. She will, however, be a key part of the Tribe in 2005, providing leadership and support for her teammates.

Patterson is a solid three-year contributor and will provide leadership and depth in three events. She brings a wealth of experience as a three-year vault competitor and could be counted on to lead off on floor. Lewis is also looking for a more consistent effort from Patterson on the beam.

Senior **Emma Cross** is coming off an outstanding 2004 season, which saw her compete at the NCAA Regional in the floor exercise. Cross posted a school-record 9.925 on the floor during a tri-meet with JMU and Towson at William and Mary Hall in March, equaling the mark she set earlier in the year at North Carolina. A three-time ECAC Coaches Choice Award-winner in 2004, she will also be counted on to provide depth and consistency on the balance beam.

Rounding out the senior class is **Jaci Lynn**, a former ECAC Champion vaulter. Lynn solidifies

the vault event for the Tribe and Lewis is hoping for greater contributions from her on vault in 2005. She tied a career-high on two different occasions last season with scores of 9.800 on the vault (Feb. 8, March 10).

Juniors

Contributions from several key gymnasts in this class will undoubtedly play a role in the Tribe's overall success in 2005, as Lewis welcomes back five juniors.

After missing most of the 2004 season due to injury, junior **Jess Baker** is healthy again and should continue to develop her skills. She will be working on a stronger vault and could also contribute in the floor exercise.

A consistent, strong scorer on the vault, **Annie Carroll**, a



Tribe Seniors (from back left clockwise): Jess Patterson, Emma Cross, Jaci Lynn and Rachel Glasmire.

product of Ocean Tumblers and Kempsville High School just down the interstate in Virginia Beach, looks to upgrade her vault



Juniors (from left): Brittany Gibbs, Annie Carroll, Jess Baker, Kate Magee and Kristen Gaidish.

for 2005. After a solid freshman campaign and offseason surgery, Carroll posted a season-high score of 9.700 in a dual meet at JMU on Feb. 6. As a dynamic tumbler, Carroll will also have a chance to post scores in the floor exercise,

but needs to be more consistent in the event, which increased confidence should help.

On the strength of two outstanding seasons to start her career, junior **Kristen Gaidish** will assume the role of leading off on the beam, a position Lewis cites as one of the most difficult. Though the team struggled with consistency at times, Gaidish was a rock for the Tribe, averaging a 9.425 on the beam, including season-highs of 9.750 on Feb. 27 and March 10. Hoping to build on last year's success, Gaidish is also a strong performer on the floor and could provide depth on the vault.

After missing all of her freshman season, **Brittany Gibbs** bounced back with an impressive campaign in 2004, as indicated by four ECAC Rookie of the Week honors, in addition to qualifying for the NCAA Regionals as an alternate on the bars and vault. She claimed the ECAC title on vault with a 9.800 and finished second on bars. With increased training as the season progressed, Gibbs improved in each meet, as she continued to regain her full strength. A phenomenal gymnast on the floor, Gibbs was a solid all-around performer for the Tribe and has the potential to score 39+ in the all-around with greater consistency.

Kate Magee returned from a knee injury last season and has competed on the vault and floor over the past two seasons. Training with a solid work ethic and great attitude, Magee has the potential to crack the lineup in vault, floor and beam.

Sophomores

Several members of the five-gymnast sophomore class had impressive debuts for the Tribe in 2004, and as a whole, the group will play a key role in 2005.

Christine Carwell has been working hard in the offseason to upgrade her beam routine and has a chance to crack the lineup this year. She has also shown great potential and signs of improvement on the floor.

A pleasant surprise for W&M last season, **Andrea Dochney** was a key, flexible part of the lineup in 2004 in three events. She added consistency to the beam in the first half of the season and was a solid scorer on the beam and the bars throughout

the campaign. Dochney brings her own special style and is upgrading her beam routine for 2005. Also a solid performer in the floor exercise, Dochney posted a career-high score of 9.800 on Feb. 22 on the floor, which earned her ECAC Rookie of the Week honors.

Hampered by ACL surgery during her senior year of high school, sophomore **Janelle Greene** was limited to the bars in 2004. She is working on a unique, huge release, and if healthy, should step up and provide depth in the floor and vault events.

Perhaps the biggest surprise in 2004 for Lewis was the emergence of walk-on **Christina Padilla**. Making an immediate impact, she cracked the vault lineup and provided good, consistent scoring. Padilla posted a 9.850 on the vault in a home meet with GWU on Feb. 8, which tied for the third-best score in school history. She began to pull her bars routine together as the season progressed and has a good shot of making the lineup this season.

Jess Randall also battled back from ACL surgery during her senior year of high school and led off for the Tribe on bars. If she can bring her execution in practice to the



Sophomores (from left): Andrea Dochney, Jess Randall, Christine Carwell, Christina Padilla and Janelle Green.

meets, Randall will be a key scorer in 2005. Lewis hopes Randall can regain the training and skills before her knee injury on the vault and floor, which would give her great potential as an all-arounder.

Freshmen

Though the freshman class consists of just two gymnasts, there is plenty of talent and potential to go around.



Freshman: Tricia Long (left) and Stevie Waldman (right).

Newcomer **Stevie Waldman** has immediate all-around potential and her skills on the bars and beam have the event lineups looking good for years to come.

The other freshman is **Tricia Long**, a brilliant twister who also could compete as an all-arounder.

Team Captains

RACHEL GLASMIRE

4-10 - Uneven Bars, Balance Beam

CLASS: SENIOR
HOMETOWN: CENTER VALLEY, PA
HIGH SCHOOL: SOUTHERN LEHIGH
CLUB: PARKETTES



Rachel's Personal Records

Bars - 9.825; Beam - 9.800

Outside of the Gym

Pregame Habits:
Prayer

Favorite Pregame meal:
Baked potato

Favorite Snacks:
Cereal, candy

What inspires me:
My Faith

Craziest Ambition:
To sky dive (did that!)

Why W&M:
The campus is beautiful and the team is awesome

Team co-captain for second-straight year ... Unable to perform in 2005 due to second ACL surgery in the last 10 months ... **2004:** Team co-captain ... Scored in just two meets before injury ... Captured first place on the bars in the season-opening meet at N.C. State (1/9/04) with a score of 9.825 (matches seventh-best score in school history) ... Placed 13th on beam at N.C. State with a 9.375 ...

2003: Saved her best performance for last, notching a career-best 9.825 (at the time sixth-best in school history) on bars at the ECAC meet ... Had a season-high score of 9.800 on beam on 3/2/03 at North Carolina ... Recorded five scores of 9.650 or better on uneven bars ... ECAC All-Academic team ... **2002:** Captured first place on the bars in the season opener against UNC (1/14/02) with a score of 9.700 ... Sixth on the bars at GWU Invitational with a 9.700 ... Registered a 9.750 on the bars at Rhode Island (1/26/02) ... NACGC Scholastic All-American ... **Prep:** Junior Elite National Team Member, 1997-98 ... Junior National Bar Champion, 1997 ... Junior Elite National All-Around Champion, 1995 ... Also lettered in track, cross country and diving ... **Personal:** Daughter of Joe and Sandra Glasmire ... Majoring in accounting ... Enjoys running, skiing and Christian life activities ... Born August 12, 1982 in Detroit, MI.



JESS PATTERSON

5-2 - Vault, Balance Beam, Floor Exercise

CLASS: SENIOR
HOMETOWN: WESTFIELD, NJ
HIGH SCHOOL: WESTFIELD
CLUB: NORTH STARS



Jess' Personal Records

Vault - 9.825; Beam - 9.825; Floor - 9.850

Outside of the Gym

Pet Peeves:
Snoring

If I had a front row ticket I'd go see:
Bruce Springsteen

Favorite City:
New York, NY

You'd be surprised to know:
I studied abroad in Italy and Paris

When I have to relax:
I go to the beach

Why W&M:
I had a great time with the team and I loved it here

Team co-captain ... Four-year contributor and a top scorer ... A solid performer who should lead off the floor exercise ... A true leader in the gym ... Four-year competitor on the vault ... Struggled on the balance beam at times last season, looking to develop consistency in the event ... **2004:** Was a solid performer in three events ... Set a personal-best in the floor exercise with a 9.850 at North Carolina (2/22/04), as W&M set a team record in the event (49.300) ... Notched a season-high 9.450 on the balance beam in a tri-meet at Towson on March 10 ... Also recorded a 9.650 on the vault and a 9.675 in the floor exercise at Towson ... Registered season-highs of 9.675 on the vault at GWU (2/8/04) and at UNC (2/22/04) ... **2003:** Competed on three events for the Tribe, showing great consistency on vault and solid potential on both beam and floor exercise ... Scored a season-best 9.800 on vault on two occasions (2/7/03 and 3/12/03) ... Scored above a 9.650 on vault in all but one meet ... Notched a career-high 9.825 on beam on 1/31/03 ... Performed on floor exercise on four occasions, with a season-best of 9.650 coming on 2/7/03 ... **2002:** Scored a season-high 9.825 on the vault at quad-meet on 3/16/02, good enough for second place on the W&M all-time list and ECAC Rookie of the Week honors ... The 9.825 vault score was a freshman record at the College ... Recorded a 9.775 on beam at 3/6/02 home meet ... **Prep:** New Jersey State Level 10 vault and floor champion ... Region 7 vault champion ... 2000 USAIGC National Floor Champion ... **Personal:** Daughter of John and Jan Patterson ... Majoring in art history ... Enjoys going to the beach and shopping ... Born May 23, 1983 in Summit, NJ.



CLASS: SENIOR
HOMETOWN: ASHLAND, VA
HIGH SCHOOL: ATLEE
CLUB: ALL-AMERICAN

EMMA CROSS

5-7 - Balance Beam, Floor Exercise



Emma's Personal Records

Beam - 9.900; Floor - 9.925

Outside of the Gym
Pet peeves:
 Complainers

If I had front tickets, I'd go see:
 Rascal Flatts

Favorite City:
 Savannah, GA

You'd be surprised to know:
 I'm a morning person

Craziest Ambition:
 To go hiking in Switzerland

Why W&M:
 I love the girls on this team

Four-year contributor who will anchor the floor exercise this season ... Also a solid performer on the balance beam ... Coming off an outstanding season which saw her qualify for the NCAA Regionals in the floor exercise ... Owns the top-five scores in school history in the floor event and holds the College's second-best mark on the beam ... **2004:** Scored a 9.450 on the floor exercise in the NCAA Southeast Regional in Raleigh (4/3/04) ... Broke her own school record with a 9.925 on the floor in a quad-meet at UNC (2/22/04), which tied for sixth place ... Equaled the mark again on March 13, as she took first place in a tri-meet at home ... Earned ECAC Athlete of the Week honors after recording scores of 9.800 on the beam and 9.850 on the floor in the Sweetheart Invitational in Raleigh on Feb. 13 ... Matched her previous career-high, which was also a school record, of 9.900 to take first place in the floor exercise in the season-opening meet at N.C. State (1/9/04) ... **2003:** Broke through with an outstanding season as one of the team's top performers on beam and floor exercise ... Tied her own school-record with a 9.900 on floor exercise on 3/16/03 at GWU ... Tied the school record on beam with a 9.900 on 3/20/03 against N.C. State ... Notched two of the top 10 all-time beam scores and three of the top 10 floor scores in school history on the season ... Named as an alternate for the NCAA regional meet on floor exercise ... Named ECAC Coaches Choice Award winner on 3/11/03 ... ECAC All-Academic team ... **2002:** Two-time ECAC Rookie of the Week winner ... Named ECAC Rookie of the Week for performance in 3/6/02 meet, where she scored a season-high 9.800 on the beam and a then-personal best of 9.825 on the floor ... Named Rookie of the Week on 2/10/02 after a 9.800 on beam and a 9.750 on floor exercise ... Broke a W&M freshman record with a 9.900 on floor exercise on 3/12/02 ... That score also tied the school record ... **Prep:** Virginia High School League State Champion in 2001 ... Level 9 State Champion in 1996 and 1997 ... **Personal:** Daughter of Peggy and Felix Cross ... Majoring in psychology and elementary education ... Enjoys running ... Born April 6, 1983 in Richmond, VA.



CLASS: SENIOR
HOMETOWN: COPLEY, OH
HIGH SCHOOL: COPLEY
CLUB: CLASSICS

JACI LYNN

5-2 - Vault



Jaci's Personal Records

Vault - 9.800

Outside of the Gym
Pet Peeves:
 Traffic

If I had a front row ticket, I'd go see:
 Rascal Flatts or Kenny Chesney

Favorite City:
 Washington, D.C. (only for a short visit!)

Hobbies:
 Running, biking, skiing, reading and spending time with family and friends

Why W&M:
 The people were amazing, the weather and I knew it would be a challenge in so many ways

Former conference vault champion who solidifies the event for the team ... Brings remarkable consistency and key scoring to the event ... Could be a factor on the bars as well ... **2004:** ECAC Academic All-American and NACGC Scholastic All-American ... Took fifth place with a career-high tying score of 9.800 on the vault in a dual meet at GWU (2/8/04) ... Tied a career-high on vault with a 9.800 in a tri-meet at Towson (3/10/04), capturing fourth place ... Scored a 9.675 or higher in every meet, with the only exception being the season-opening tri-meet at N.C. State (9.525) on Jan. 9 ... Tied for eighth place at the Nation's Capital Cup meet (9.750) at GWU on March 6 ... **2003:** ECAC Champion on vault by virtue of her career-best 9.800, the fourth-best mark in school history ... Came on strong at the end of the season with seven straight marks above 9.600 ... Won ECACs despite being the first gymnast to vault among the 36 competitors on the event ... **2002:** Named ECAC Rookie of the Week after scoring a 9.775 on vault at Wolfpack Invitational (3/2/02) ... Tied that mark at quad-meet on 3/16/02, which was good enough for seventh on the all-time list at W&M ... Named as an alternate to NCAA regional meet on vault ... **Prep:** Varsity gymnastics competitor freshman and senior years ... Also lettered in cross country and track ... **Personal:** Daughter of Chuck and Paula Lynn ... Enjoys running, hiking, skiing, reading and hanging out with family and friends ... Majoring in history and education (secondary) ... Born October 20, 1982 in Akron, OH.



Junior Bios

JESS BAKER

5-2 - Vault, Floor Exercise



CLASS: JUNIOR
HOMETOWN: BROOKVILLE, NY
HIGH SCHOOL: ST. FRANCIS PREP
CLUB: INFINITY GYMNASTICS



Jess' Personal Records

Vault - 9.150

Outside of the Gym

Favorite Snack:
Italian Ice

Favorite City:
New York, NY

Pet Peeves:
When people's brake lights don't work

What inspires me:
My family

When I have time to relax:
Go to the beach, watch TV

Switch places with anyone for a day:
Jessica Simpson

Why W&M:
I wanted a great education

Struggled with injuries last season but is healthy for 2005 Continues to develop skills and is working on a big vault move ... Success on the vault will translate to contributions in the floor exercise ... **2004:** Competed in just two meets, battling through an injury-plagued season ... Scored a 9.650 on an exhibition vault at James Madison (2/6/04) ... Recorded a 9.150 on another exhibition vault against George Washington (2/8/04) ... **2003:** Added to the squad's depth on vault and continued to improve throughout the year on exhibition performances ... Competed on vault on both 3/2/03 and 3/8/03 in the vault lineup, with her best mark of 9.150 coming in the first meet ... Scored a 9.700 on both 3/12/03 and 3/20/03 on exhibition vaults ... **Prep:** Lettered four years in gymnastics under head coach Tony Yacavone ... Served as captain of team for three years ... All-around champion at NY High School championships ... Took first place on floor exercise at club nationals under the tutelage of Tammy Marshall ... Also participated in honors chorus ... **Personal:** Enjoys shopping and hanging out with friends ... Daughter of Karen and John Baker ... Born October 11, 1983 in New York, NY.



ANNIE CARROLL

5-4 - Vault, Floor Exercise



CLASS: JUNIOR
HOMETOWN: VIRGINIA BEACH, VA
HIGH SCHOOL: KEMPSVILLE
CLUB: OCEAN TUMBLERS



Annie's Personal Records

Vault - 9.775

Outside of the Gym

Favorite Pregame Meal:
Grilled chicken ranch sandwich with provolone from WaWa and a power bar

If I had a front row ticket, I'd go see:
Tim McGraw

Favorite City:
Virginia Beach, VA

You'd be surprised to know:
I love March Madness

When I have to relax:
I go to the beach

Why W&M:
The academics and the team

Strong vaulter who rebounded from offseason surgery last year to have a solid season ... Looking to upgrade vault, after consistent, strong scoring last year ... Also a dynamic tumbler in the floor exercise who will provide depth in the event ... Needs to be more consistent on the floor, which increased confidence should help ... **2004:** Provided consistent scoring in every meet on the vault, including a season-high performance of 9.700 at James Madison (2/6/04), which tied for second place ... Recorded scores of 9.650 on vault on two occasions: 2/8/04 at George Washington and 3/6/04 at the Nation's Capital Cup Meet ... Also competed in one floor exercise exhibition (2/27/04) ... **2003:** Performed admirably as a model of consistency for the Tribe on the vault ... Scored no lower than 9.675 on vault in her nine meets ... Scored a season-high 9.750 on three occasions (2/7/03, 3/12/03, 3/20/03) ... Named ECAC Rookie of the Week on 3/11/03 and 2/17/03 ... Also competed on floor exercise once (3/8/03) ... **Prep:** Lettered four years in gymnastics under head coach Dottie Labahn ... Also worked with coach Rick Walker at Ocean Tumblers ... Set a school-record with a 9.950 on the vault, winning state title at the 2000 VHSL gymnastics meet ... 2002 Beach District all-around champ ... 2002 Eastern Region all-around champ ... **Personal:** Enjoys the beach and hanging out with friends ... Majoring in kinesiology ... Daughter of Raeleene and Steve Carroll ... Born July 27, 1984 in Newport News, VA.



CLASS: JUNIOR
HOMETOWN: ABINGTON, PA
HIGH SCHOOL: ABINGTON
CLUB: AIRBORNE

KRISTEN GAIDISH

5-2 - Vault, Balance Beam, Floor Exercise



Kristen's Personal Records
Vault - 9.775; Balance Beam - 9.850; Floor Exercise - 9.875

Outside of the Gym
Favorite Pregame Meal:
 Turkey sandwich, Baked Lays, and Gatorade

If I had a front row ticket, I'd go see:
 Jay-Z or Maxwell

Favorite City:
 Philadelphia, PA or San Francisco, CA

Switch places with anyone for day:
 Timothy Sullivan

Craziest Ambition:
 To travel around the world

Why W&M:
 The gymnastics team and the pretty campus



Solid scorer who will perform in three events ... Could assume the tough lead-off role on the balance beam ... Struggled for consistency at times on beam last year, but looks to build on strong finish ... Strong performer in the floor exercise and could contribute on vault ... **2004:** Placed 10th at the ECAC Championship on beam with a 9.700 ... Earned ECAC Coaches Choice Award after recording 9.725 on beam and a season and career-high 9.875 on the floor at the Sweetheart Invitational (2/13/04) ... Tied for fifth place on beam in a dual meet with Towson (2/27/04) with a season-high score of 9.750 ... Matched her season-high of 9.750 on beam at Towson (3/10/04), finishing tied for seventh place ... **2003:** Very reliable three-event performer for the Tribe who played a key role in the Tribe's third-straight conference title ... Scored a season-best 9.775 on vault at the second meet of her career (1/25/03) ... Nailed a beam routine to the tune of a career-best 9.850 on 2/21/03 ... Had a season-high 9.850 on floor exercise on 3/16/03 ... Performed very well at the ECAC meet with a 9.525 on vault, 9.825 on beam and 9.800 on floor ... Captured ECAC Rookie of the Week honors on both 1/21/03 and 2/4/03 ... **Prep:** Finished in first place on the balance beam at the Pennsylvania state championship ... Captured the all-around title at the Las Vegas Invite ... **Personal:** Enjoys going to the beach, traveling, tennis and listening to music ... Daughter of Patricia and Leonard Gaidish ... Born November 4, 1983 in Abington, PA.

CLASS: JUNIOR
HOMETOWN: WEST CHESTER, PA
HIGH SCHOOL: WEST CHESTER EAST
CLUB: AJS PANCOTT

BRITTANY GIBBS

5-6 - All-Around



Brittany's Personal Records
Vault - 9.900; Bars - 9.875; Beam - 9.925; Floor - 9.825; AA - 38.625

Outside of the Gym
Pregame Habits:
 Pray during national anthem

Switch places with anyone for a day:
 Halle Berry

Most prized possession:
 My cell phone

Favorite City:
 Philadelphia, PA

Hobbies:
 Movies, tennis and water sports

Why W&M:
 My awesome recruiting trip



Exploded onto the scene last year to win ECAC title on vault and qualify for NCAA Regional as an alternate, after missing entire 2003 season with injury ... Solid all-around performer who improved each meet ... Has potential for 39+ in all-around ... Phenomenal floor exercise routine ... Very strong, consistent scorer in bars ... **2004:** NCAA Regional Alternate in uneven bars and vault ... ECAC vault champion with a score 9.800 (3/20/04) ... Four-time ECAC Rookie of the Week (1/11/04, 2/8/04, 3/7/04, 3/14/04) ... Captured six individual titles ... Set two school records with a 9.900 on vault and a 9.925 on beam in a dual meet with GWU (2/8/04) ... Also took first place on bars at GWU (9.825) ... Recorded the school's second-best score on vault with a 9.875 in quad-meet at UNC (2/22/04) ... Established personal-best 9.875 on bars at Towson (3/10/04) ... Took first place on vault and bars at JMU (2/6/04) ... Tallied season-high 38.625 in all-around against JMU and Towson (3/13/04) ... **2003:** Missed her initial season with the Tribe due to a foot injury ... **Prep:** Competed in gymnastics for 12 years with coach Steve Pancott .. SADD vice-president ... Captain of dance team ... **Personal:** Enjoys playing the piano and participating in gospel choir ... Daughter of Belinda and Larry Gibbs ... Brother, Ryan, lettered in soccer four years at the University of Virginia ... Oldest brother, Ian, graduated from Wake Forest ... Born September 21, 1984 in West Chester, PA.

Junior/Sophomore Bios

KATE MAGEE

5-3 - Vault, Balance Beam, Floor Exercise



CLASS: JUNIOR
HOMETOWN: McLEAN, VA
HIGH SCHOOL: LANGLEY
CLUB: GMS GYMNASTICS



Kate's Personal Records

Vault - 9.575; Balance Beam - 9.625; Floor - 9.050

Outside of the Gym
Pregame Habits:
Saying a prayer during national anthem

Favorite Pregame meal:
Pineapple chunks

Favorite Sport to Attend:
X Games, Gravity Games

What inspires me:
Teammates, friends, family and my perfectionist tendencies

Switch places for a day:
Gwen Stefani

Why W&M:
I fell in love with the team and campus looks exactly like what I pictured college would

Talented gymnast who has competed on both vault and floor over the past two years ... Will train vault, beam and floor with the chance to crack the lineup in any three of the events ... Brings a lot to the team with a solid work ethic and great attitude ... **2004:** Competed mainly in exhibition routines providing depth in three events ... Scored in two meets in floor exercise, including a season and career-best 9.050 at N.C. State (1/9/04) ... Season-high exhibition score of 9.575 in floor came at Towson (2/27/04) ... Vault exhibition season-high of 9.475 came at Sweetheart Invitational (2/13/04) ... **2003:** Fought through various injuries to contribute successfully in the Tribe's run to the conference championship ... Competed on vault and beam and also performed exhibitions on floor exercise ... Scored a career-best 9.575 on vault on 2/7/03, while notching her best beam mark, a 9.625, at the same meet ... **Prep:** Lettered three years under coach Carolyn Komich and coach Lauren John ... Gymnastics MVP award after sophomore season ... Trained for 11 years at GMS Gymnastics under the direction of Azin Youssef-Manafi ... Member of the choir ... Three academic letters ... Voted "best personality" of senior class ... **Personal:** Enjoys snowboarding, singing and skateboarding ... Majoring in english ... Daughter of Corinne and Jim Magee ... Born December 15, 1983 in Fairfax, VA.



CHRISTINE CARWELL

5-1 - Balance Beam, Floor Exercise



CLASS: SOPHOMORE
HOMETOWN: AUSTIN, TX
HIGH SCHOOL: ST. STEPHEN'S EPISCOPAL
CLUB: CAPITAL



Outside of the Gym
Pet Peeves:
When people say the word beverage

If I had a front row ticket, I'd go see:
Kenny Chesney, No Doubt or Charlie Robison

Favorite City:
Austin, TX - of course

Growing up, I pretended to be:
A teacher

My most prized possession:
My two dogs

When I have to relax:
Draw, watch movies

Why W&M:
Gymnastics, Chinese program and good academics

Hard-working gymnast with great potential ... Worked hard in the offseason to improve difficulty of routines ... Will compete in exhibitions on beam and has chance to make lineup in the event ... **2004:** Continued to develop skills and worked on improving routines ... Competed in one exhibition routine at home against Towson and JMU (3/13/04) ... **Prep:** Trained in all events under coaches Barry Hyder, Courtney Smith and Mark Cooper ... Reached the Level 10 Regional Championships in 2003 ... **Personal:** Daughter of Robert Carwell and Sheryl Farley ... Enjoys going to the beach, boating and driving ... Majoring in international relations ... Born August 5, 1985 in Houston, TX.



Sophomore Bios

CLASS: SOPHOMORE
HOMETOWN: WESTMONT, NJ
HIGH SCHOOL: HADDON TOWNSHIP
CLUB: WILL-MOOR

ANDREA DOCHNEY

5-5 - Uneven Bars, Balance Beam, Floor Exercise



Andrea's Personal Records Bars - 9.575; Beam - 9.850; Floor - 9.800

Outside of the Gym
Pregame habits:
Sitting behind Christina [Pardilla] on bus rides and eating two oranges before beam

People would be surprised if they knew:
I was afraid of animals

Most embarrassing moment:
Ripping my pants the first week of school

Hobbies:
Hanging out with friends, watching television and sleeping

Growing up I wanted to be:
A stunt woman

Very important part of the beam lineup ... Solid scorer with her own style on the bars ... Looks to upgrade bars routine and develop more consistency ... Solid in the floor exercise and brought early-season strength to the balance beam ... **2004:** Made immediate contributions in three events in first collegiate season ... Named ECAC Rookie of the Week after a career-best score of 9.800 in the floor exercise and a 9.775 on the beam at UNC (2/22/04) ... Placed third on beam in a dual meet at Towson (3/10/04) with a career-high score of 9.850 ... Tied for sixth place on beam with a 9.725 in a home meet with Towson and JMU (3/13/04) ... Set career-high on bars with a 9.575 at GWU Invitational (1/18/04) ... Season-high bars exhibition score of 9.750 came at Towson (3/10/04) ... **Prep:** Three-time junior national qualifier ... Two-time state champion on bars and 2003 state champ on beam ... Has an original move on bars named after her, the "Dochney" ... **Personal:** Daughter of Kevin Dochney and Teresa Carbone ... Enjoys crafts, watching television and playing kickball ... Born August 2, 1985 in Camden, NJ.



CLASS: SOPHOMORE
HOMETOWN: FAIRFAX, VA
HIGH SCHOOL: CHANTILLY
CLUB: CHANTILLY ACADEMY

JANELLE GREENE

5-5 - Vault, Uneven Bars, Floor Exercise



Janelle's Personal Records Bars - 9.775

Outside of the Gym
Pregame Habits:
Mental visualization

Favorite City:
Atlanta, GA

Pet Peeves:
People who crack their knuckles

When I have to relax:
Sleep

If I could spend the day with anyone:
Pharrell Williams

Growing up I wanted to be:
A physical therapist

Why W&M:
It was the best fit academically and athletically

Talented gymnast who contributed immediately ... Battled back from injury last season and was consistent scorer on bars ... Has a huge, unique release move on bars ... Will add depth to vault and floor exercise ... Could develop all-around potential with work on beam ... **2004:** Competed on uneven bars in every meet, which included one exhibition routine ... Established a career-high and tied for eighth place on bars with a 9.775 in a dual meet at Towson (3/10/04) ... Scored a 9.700 on bars at the Nation's Capital Cup at GWU (3/6/04) ... Tied for eighth place on bars with a 9.675 in a home meet with Towson and JMU (3/13/04) ... Tied for seventh place on bars against GWU (2/8/04) with a 9.600 ... **Prep:** Trained for 10 years under coach Anne Foster ... Led Chantilly High School to state title ... **Personal:** Daughter of Aaron and Mary Greene ... Enjoys reading, shopping, dancing and working with kids ... Born February 26, 1985 in Washington, D.C.



Sophomore Bios

CHRISTINA PADILLA

5-4 - Vault, Uneven Bars

CLASS: SOPHOMORE
HOMETOWN: STERLING, VA
HIGH SCHOOL: POTOMAC FALLS
CLUB: GYMINI



Christina's Personal Records Vault - 9.825

Outside of the Gym

Favorite Snack:

Bagels

Pet Peeves:

Bad table manners

If I had a front row ticket, I'd go see:

Maroon 5

Growing up, I pretended:

To be in the circus

What inspires me:

My teammates

My most prized possession:

My Jetta

Why W&M:

I wanted to be on a collegiate gymnastics team

A talented young performer who was a big surprise as a walk-on last year ... Solid scorer on vault who improved as the season went on ... Good chance of making the bars lineup ... Brings consistency and depth to the squad ... **2004:** One of the team's most consistent vaulters as a walk-on ... Scored no lower than 9.725 on vault in final six meets of the season ... Placed second at ECAC Championship on vault with a 9.725 ... Established career-high score of 9.825 on vault at home against Towson and JMU (3/13/04) ... Tied for fourth place on vault at Towson (3/10/04) with a 9.800 ... Tied for sixth place with a 9.775 on vault at Nation's Capital Cup at GWU (3/6/04) ... Competed in two bars exhibitions (2/22/04 and 2/27/04) ... **Prep:** Three-time state championship competitor in Virginia High School League ... Worked under coaches Kiki Wiles and Tracie Hawes ... *Washington Post* All-Extra team for VHSL ... **Personal:** Daughter of Fernando and Karan Padilla (W&M, '73) ... Sister, Elisa, is a senior at W&M ... Enjoys going to the beach, being outside and spending time with family ... Born July 3, 1985 in Fairfax, VA.



JESS RANDALL

5-4 - All Around

CLASS: SOPHOMORE
HOMETOWN: WEST HARTFORD, CT
HIGH SCHOOL: CONARD
CLUB: N.E.G.X



Jess' Personal Records Bars - 9.775

Outside of the Gym

Pet Peeves:

Dirty toe nails

If I had a front row ticket, I'd go see:

No Doubt

Favorite City:

New York, NY

You'd be surprised to know:

Hong Kong is my second-favorite city

Most prized possession:

My family

What inspires me:

Competition

Why W&M:

The gymnastics team

Recovered from knee surgery to have a solid freshman campaign ... Solid scorer on bars who could assume a lead-off role in the event ... Needs to bring effort and execution from practice to meets ... Potential to be an all-around competitor, depending on vault and floor ... Hopes to develop skills and success she had before injury... **2004:** Competed and scored on bars in all but one meet after returning from an ankle injury ... Established career-high and tied for eighth place with a 9.775 on bars at Towson (3/10/04) ... Tied for fourth place on bars with a 9.750 against Towson and JMU (3/13/04) ... Scored a 9.700 on bars at Sweetheart Invitational at N.C. State (2/11/04) ... Competed in one balance beam exhibition (1/9/04) ... **Prep:** Trained 12 years under coach Maureen Chagnon ... Qualified for 2002 Nationals ... Won Bahamas Invitational in 2001 and Colonial Classic in 2003 ... **Personal:** Daughter of James Randall and Vivian Chow ... Enjoys playing the piano, playing with her rabbits, music and hanging out with friends and family ... Born September 26, 1985 in Manchester, CT.



Tribe Newcomers

CLASS: FRESHMAN
HOMETOWN: HUMBLE, TX
HIGH SCHOOL: HUMBLE
CLUB: JUERGENS GYMNASTICS ACADEMY

TRICIA LONG

5-6 - All-Around



Outside of the Gym

Pregame habits: Say a prayer before each event

Pet peeves: When people borrow things and don't give them back / laziness.

Favorite City: Vail, CO

Favorite Athlete: Shannon Miller

When I have time to relax I: Listen to music

Why W&M: It's a great school and I could be a part of an awesome gymnastics team

Extremely talented newcomer who could break into the lineup and add depth to the uneven bars ... Has the ability to impact any of the four events ... Potential to be an all around ... **Prep:** Trained a combined 10 years under coaches Heather Douglas and Juergen Achtermann, including two years at Humble High School under Achtermann ... 2004 High School National Champion on the balance beam ... Holds Humble school records on bars, floor and all-around ... USAG national qualifier in 2003 ... Five-time USAG regional qualifier ... **Personal:** Daughter of Paul and Jeanne Long ... Enjoys skiing, hiking, watching television, hanging out with friends and horseback riding ... Plans to major in business ... Born July 18, 1986 in Vail, CO.

CLASS: FRESHMAN
HOMETOWN: DOWNINGTOWN, PA
HIGH SCHOOL: HENDERSON
CLUB: AJS PANCOTT

STEVIE WALDMAN

5-3 - All-Around



Outside of the Gym

Favorite sporting event to attend: NBA game

If I had a front row ticket I'd go see: The Olympics

My most prized possession: My family

People would be surprised to know: I've played the piano since I was five years old

Favorite City: Cancun, Mexico

Why W&M: I love the campus, the people and the school's awesome reputation

Promising, talented newcomer to the program ... Potential to be an all-around competitor ... Could have immediate impact on the uneven bars ... **Prep:** Trained under coach Eduardo Pozo ... Level 10 national qualifier in 2004, placing ninth on the bars in the national meet ... Regional champion on the bars in 2004 ... Placed second on the bars in the 2003 Level 10 regional meet and third in the Pennsylvania state meet ... Member of the 2002 Level 10 PA state champion team ... **Personal:** Daughter of David and Jane Waldman ... Enjoys playing the piano ... Born July 6, 1986 in Philadelphia, PA.



2004 In Review

2004 Meet-by-Meet Results

9-20 Overall • 6-1 ECAC Regular Season

January

9	at N.C. State.....L, 191.200-191.250
	vs. Brown*.....W, 191.200-185.625
18	at George Washington Invitational
	vs. North Carolina.....L, 187.450-194.800
	at George Washington.....L, 187.450-192.500
	vs. Temple.....L, 187.450-189.250
	vs. Pennsylvania*.....L, 187.450-189.075
	vs. Cornell*.....W, 187.450-185.750

February

6	at James Madison*.....W, 192.350-190.350
8	George Washington.....L, 193.150-194.100
13	at Sweetheart Invitational (Raleigh, NC)
	vs. North Carolina.....L, 192.775-196.725
	at N.C. State.....L, 192.775-195.925
	vs. James Madison*.....W, 192.775-191.100
22	at North Carolina.....L, 193.325-197.150
	vs. Rutgers.....L, 193.325-194.025
	vs. Towson.....W, 193.325-193.000
27	at Towson.....L, 191.200-195.450

March

6	at Nation's Capital Cup (Washington, DC)
	at George Washington.....L, 191.950-195.975
	vs. Towson.....L, 191.950-194.675
	vs. Pittsburgh.....L, 191.950-193.675
	vs. Yale*.....W, 191.950-191.575
10	vs. George Washington.....L, 195.050-195.100
	at Towson.....W, 195.050-194.975
13	Towson.....W, 194.125-193.975
	James Madison*.....W, 194.125-192.150
20	ECAC Championships (Philadelphia, PA)
	at Pennsylvania*.....L, 189.675-193.650
	vs. Cornell*.....L, 189.675-192.450
	vs. Brown*.....L, 189.675-191.225
	vs. Yale*.....L, 189.675-191.050
	vs. James Madison*.....L, 189.675-189.900

*ECAC Opponent

2004 Individual Event Titles

Suzanne Chaves (4)

A-A (4): at James Madison, 38.725 (Feb. 2); at George Washington, 37.375 (Feb. 8); at Nation's Capital Cup, 38.950 (March 6); vs. Towson, James Madison, 38.900 (March 13).

Emma Cross (4)

Beam (1): at James Madison, 9.800 (Feb. 6).
 Floor (3): at N.C. State, 9.900 (Jan. 9); at George Washington, 9.850 (Feb. 8); vs. Towson, James Madison, 9.925 (March 13).

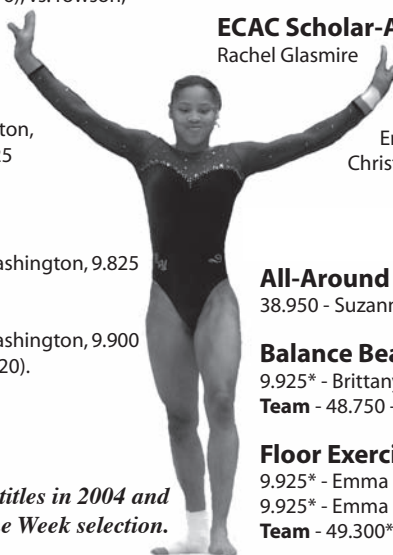
Brittany Gibbs (6)

Bars (2): at James Madison, 9.825 (Feb. 6); at George Washington, 9.825 (Feb. 8).
 Beam (1): at George Washington, 9.925 (Feb. 8).
 Vault (3): at James Madison, 9.800 (Feb. 6); at George Washington, 9.900 (Feb. 8); at ECAC Championship, 9.800 (March 20).

Rachel Glasmire (1)

Bars (1): at N.C. State, 9.825 (Jan. 9).

Brittany Gibbs captured six individual event titles in 2004 and was a four-time ECAC Rookie of the Week selection.



Though its streak of three consecutive ECAC championships was snapped, the 2004 season was another successful campaign for the Tribe. The College had two gymnasts, senior co-captain **Suzanne Chaves** (all-around) and junior **Emma Cross** (floor exercise) compete at the NCAA Southeast Regional meet in Raleigh, NC while a third Tribe gymnast, sophomore **Brittany Gibbs**, was an alternate for the regional in the vault and uneven bar events. The two performers in the regional meet matched the best representation for W&M at the event during Mary Lewis' tenure.

At the ECAC Championship meet, Gibbs captured the league title on vault with a score of 9.800 and placed second on the bars with a 9.825. Chaves was the Tribe's other top finisher, placing second in the all-around competition with a 38.700.

Numerous records fell in 2004, as 24 individual efforts cracked the top 10 lists, while 16 team scores set new standards for Tribe gymnastics. Records were established in three of the four events, including vault (Gibbs, 9.900, 2/8/04), beam (Gibbs, 9.925, 2/8/04) and floor (Cross, 9.925, 2/22/04 & 3/13/04). W&M set team marks on floor (49.300, 2/22/04) and bars (49.025, 3/10/04). The team's top overall score of 195.050 came on March 10th at Towson and ranked as the third-best overall score in W&M history.

Several Tribe gymnasts were honored with individual awards throughout the season as well, including Gibbs, who was a four-time ECAC Rookie of the Week. Chaves earned two ECAC Athlete of the Week citations, while Cross garnered one Athlete of the Week award and one ECAC Coaches Choice award. Sophomore **Kristen Gaidish** also received the Coaches Award, while freshman **Andrea Dochney** was tabbed Rookie of the Week once.

In addition, junior co-captain **Rachel Glasmire** was named the 2004 ECAC Scholar-Athlete of the Year, while the Tribe had eight representatives on the league's all-academic team. The NACGC also honored six Tribe gymnasts as national scholar-athletes.

2004 HONORS

ECAC Athlete of the Week

Suzanne Chaves - 1/11/04, 3/7/04
 Emma Cross - 2/15/04

ECAC Coaches Choice Award

Emma Cross - 1/11/04, 3/14/04
 Kristen Gaidish - 2/15/04

ECAC Rookie of the Week

Andrea Dochney - 2/22/04
 Brittany Gibbs - 1/11/04, 2/8/04, 3/7/04, 3/14/04

ECAC All-Academic Team

Catie Borklund, Emma Cross, Brittany Gibbs, Rachel Glasmire, Jaci Lynn, Kate Magee, Christina Padilla, Jamie Weinfeldt

ECAC Scholar-Athlete of the Year

Rachel Glasmire

NACGC Scholastic All-American

Emma Cross, Rachel Glasmire, Jaci Lynn, Kate Magee, Christina Padilla, Jamie Weinfeldt



Emma Cross

SEASON SUPERLATIVES

All-Around

38.950 - Suzanne Chaves - 3/6/04

Balance Beam

9.925* - Brittany Gibbs - 2/8/04
Team - 48.750 - 2/22/04

Floor Exercise

9.925* - Emma Cross - 2/22/04
 9.925* - Emma Cross - 3/13/04
Team - 49.300* - 2/22/04

Uneven Bars

9.875 - Brittany Gibbs - 3/10/04
Team - 49.025* - 3/10/04

Vault

9.900* - Brittany Gibbs - 2/8/04
Team - 48.750 - 3/10/04

*W&M Record

Individual Records

All-Around

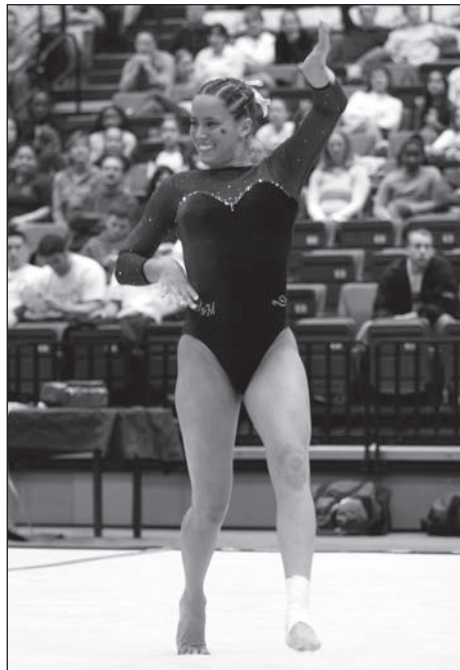
Individual	Score	Date
1. Nikki Dattoli	39.075	3/7/01
2. Suzanne Chaves	39.025	3/29/03
3. Suzanne Chaves	38.975	3/20/03
4. Suzanne Chaves	38.950	3/6/04
5. Suzanne Chaves	38.900	3/13/04
6. Suzanne Chaves	38.850	3/16/03
7. Jamie Weinfeldt	38.800	3/24/01
8. Erin Skinner	38.775	3/20/03
9. Suzanne Chaves	38.725	2/6/04
Becky Johnson	38.725	3/27/99

Vault

Individual	Score	Date
1. Brittany Gibbs	9.900	2/8/04
2. Brittany Gibbs	9.875	2/22/04
3. Christina Padilla	9.850	2/8/04
Brittany Gibbs	9.850	2/13/04
Jess Dancu	9.850	3/6/02
6. Jess Patterson	9.825	3/16/02
Jess Dancu	9.825	3/18/01
Christina Padilla	9.825	3/13/04
9. Brittany Gibbs	9.800	2/6/04
Brittany Gibbs	9.800	3/10/04
Brittany Gibbs	9.800	3/13/04
Brittany Gibbs	9.800	3/20/04
Jaci Lynn	9.800	2/8/04
Jaci Lynn	9.800	3/10/04
Christina Padilla	9.800	3/10/04
Jaci Lynn	9.800	3/29/03
Jaci Lynn	9.800	3/12/03
Jess Patterson	9.800	3/16/03
Jess Patterson	9.800	2/7/03
Nikki Dattoli	9.800	3/16/02
Jess Patterson	9.800	3/12/02
Jess Dancu	9.800	1/26/01

Uneven Bars

Individual	Score	Date
1. Nikki Dattoli	9.900	1/26/02
Kady Dendramis	9.900	3/24/01
3. Brittany Gibbs	9.875	3/10/04
Amy Van Deusen	9.875	3/16/03
5. Allison Shonerd	9.850	1/26/02
Amy Van Deusen	9.850	3/16/01
7. Brittany Gibbs	9.825	2/6/04
Brittany Gibbs	9.825	2/8/04
Brittany Gibbs	9.825	3/6/04
Brittany Gibbs	9.825	3/20/04
Rachel Glasmire	9.825	1/9/04
Rachel Glasmire	9.825	3/29/03
Allison Shonerd	9.825	3/10/04
Allison Shonerd	9.825	3/29/03
Amy Van Deusen	9.825	3/12/03
Amy Van Deusen	9.825	3/24/01
Jamie Weinfeldt	9.825	3/24/01
Kady Dendramis	9.825	3/16/01
Nikki Dattoli	9.825	3/16/01
Nikki Dattoli	9.825	3/13/00
Sarah Reynolds	9.825	3/20/99



Former gymnast Suzanne Chaves ('04) holds five of the top six all-around scores in W&M history.

Balance Beam

Individual	Score	Date
1. Brittany Gibbs	9.925	2/8/04
2. Emma Cross	9.900	3/20/03
Jamie Weinfeldt	9.900	3/20/03
Jamie Weinfeldt	9.900	3/24/01
Lynn Dameron	9.900	3/12/93
6. Emma Cross	9.875	2/8/04
Emma Cross	9.875	3/29/03
Jamie Weinfeldt	9.875	3/29/03
Erin Skinner	9.875	3/12/03
10. Andrea Dochney	9.850	3/10/04
Suzanne Chaves	9.850	3/29/03
Erin Skinner	9.850	3/20/03
Kristen Gaidish	9.850	2/21/03
Jess Dancu	9.850	3/23/02
Nikki Dattoli	9.850	3/24/01
Jamie Weinfeldt	9.850	3/16/01
Brooke Sawyer	9.850	3/7/01
Lynn Dameron	9.850	3/18/95
Lynn Dameron	9.850	3/5/94
Lynn Dameron	9.850	3/14/93

Floor Exercise

Individual	Score	Date
1. Emma Cross	9.925	2/22/04
Emma Cross	9.925	3/13/04
3. Emma Cross	9.900	1/9/04
Emma Cross	9.900	3/16/03
Emma Cross	9.900	3/12/02
Suzanne Chaves	9.900	2/13/04
Suzanne Chaves	9.900	3/13/04
Erin Skinner	9.900	1/26/02
Brandee Ground	9.900	3/20/99
Anna Dwyer	9.900	2/16/92

Team Records

Overall Score

Score	Date	Meet
1. 195.450	3/20/03	N.C. State
2. 195.200	3/29/03	ECAC Meet (at Yale)
3. 195.050	3/10/04	at Towson
4. 194.500	3/6/02	WMU/Towson
5. 194.125	3/13/04	Towson/JMU
6. 194.100	3/16/03	at George Washington
7. 193.725	3/12/03	James Madison
8. 193.600	3/23/02	ECAC Meet (at W&M)
193.600	3/13/00	Rhode Island
10. 193.325	2/22/04	at North Carolina

Vault

Score	Date	Meet
1. 48.800	3/16/02	at Maryland
2. 48.750	3/10/04	at Towson
3. 48.725	3/12/03	James Madison
4. 48.700	2/8/04	George Washington
5. 48.675	3/12/02	VA Intercollegiate
6. 48.650	3/20/03	N.C. State
48.650	3/6/02	WMU/Towson
8. 48.600	2/22/04	at North Carolina
48.600	3/6/04	at Nation's Capital Cup
48.600	3/16/03	at George Washington
48.600	3/23/02	ECAC Meet (at W&M)

Uneven Bars

Score	Date	Meet
1. 49.025	3/10/04	at Towson
2. 48.975	3/16/01	at VA Intercollegiate
3. 48.950	3/16/03	at George Washington
4. 48.850	3/29/03	ECAC Meet (at Yale)
5. 48.800	1/26/02	at Rhode Island
6. 48.700	3/13/04	Towson/JMU
48.700	3/8/03	at N.C. State
8. 48.625	3/20/03	N.C. State
48.625	3/13/00	Rhode Island
10. 48.450	3/3/01	at N.C. State

Balance Beam

Score	Date	Meet
1. 49.225	3/20/03	N.C. State
2. 48.825	3/6/02	WMU/Towson
3. 48.800	3/12/02	VA Intercollegiate
4. 48.750	3/22/04	at North Carolina
5. 48.700	3/29/03	ECAC Meet (at Yale)
6. 48.675	3/10/04	at Towson
7. 48.575	3/12/03	James Madison
8. 48.525	2/27/04	at Towson
9. 48.325	3/5/97	Indiana (PA)
10. 48.300	3/12/93	at N.C. State

Floor Exercise

Score	Date	Meet
1. 49.300	2/22/04	at North Carolina
2. 49.100	2/13/04	at N.C. State
49.100	3/27/99	ECAC Meet (at Brown)
4. 49.075	3/29/03	ECAC Meet (at Yale)
5. 49.025	3/16/01	at VA Intercollegiate
6. 48.950	3/20/04	ECAC Meet (at Penn)
48.950	3/20/03	N.C. State
48.950	3/13/00	Rhode Island
48.950	2/11/00	at N.C. State
10. 48.925	3/13/04	Towson/JMU
48.925	2/14/03	at N.C. State

William and Mary Athletics

"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 has captured four of the last six ECAC women's gymnastics championships.

William and Mary - A College of Champions

NCAA Championships (2)

Men's Tennis (2) 1947, 1948

CAA Championships (78)

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 (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 (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

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.



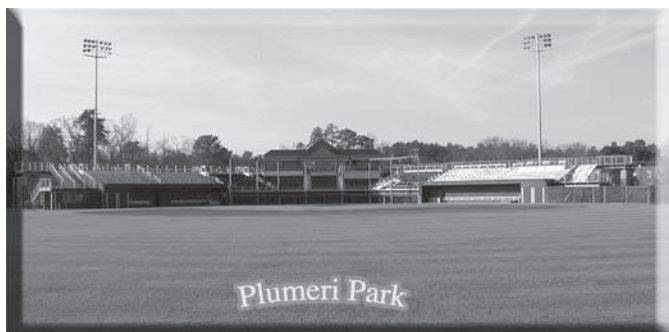
- Home of the Tribe's field hockey team
- Made possible by a generous grant from the Anheuser-Busch Corporation
- Playing surface is a unique combination of a poured pad with an Astroturf playing surface
- Seats over 2,200
- State-of-the-art computerized lighting system and an elevated press box



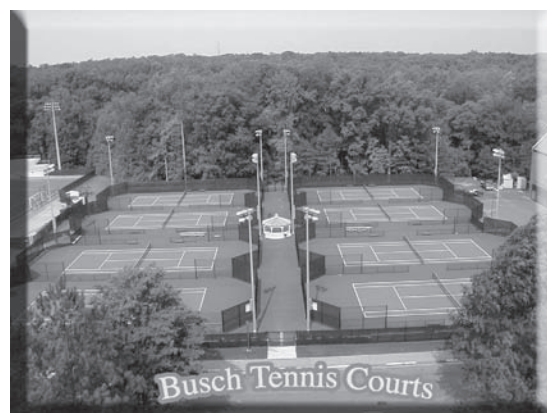
- New home of the Tribe men's and women's soccer and lacrosse teams, which opened in the fall of 2004.
- Made possible by a generous grant from Mr. and Mrs. Jim Ukrop
- Natural grass playing surface
- Named after longtime Tribe soccer coaches Al Albert and John Daly



- 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

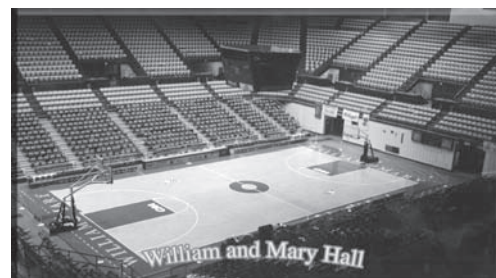


- Home of Tribe baseball-made possible by a generous grant from Joe Plumeri
- Seating for over 1,000
- Indoor and outdoor batting cages
- Lighting for night games
- Locker room, box seats and concessions



- 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 Services

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).



2005 Schedule / 2004 Results

2005 William and Mary Women's Gymnastics Schedule

Date	Opponent	Location	Time	
January				
16	Sunday	at George Washington Invitational	Washington, D.C.	1:00 p.m.
21	Friday	NORTH CAROLINA	WILLIAMSBURG	7:30 p.m.
29	Saturday	at North Carolina State	Raleigh, NC	7:00 p.m.
February				
4	Friday	at James Madison	Harrisonburg, VA	7:00 p.m.
11	Friday	at Sweetheart Invitational	Raleigh, NC	7:00 p.m.
19	Saturday	at North Carolina	Chapel Hill, NC	12:30 p.m.
25	Friday	at George Washington	Washington, D.C.	7:00 p.m.
March				
5	Saturday	at Towson	Towson, MD	7:00 p.m.
9	Wednesday	JAMES MADISON	WILLIAMSBURG	7:00 p.m.
19	Saturday	at Penn State	University Park, PA	7:00 p.m.
26	Saturday	ECAC Championship	Harrisonburg, VA	TBA
April				
9	Saturday	NCAA Regionals	Gainesville, FL	6:00 p.m.
21-23	Thu.-Sat.	NCAA Championship	Auburn, AL	7:00 p.m.

BOLD CAPS indicates home meet at William and Mary Hall.

2004 Results

Date	Meet	Vault	Bars	Beam	Floor	Overall	Place/Result
Jan. 9	at N.C. State (with Brown)	47.625	47.550	47.775	48.250	191.200	2nd of 3
Jan. 18	at GWU Invitational	47.575	46.850	46.125	46.900	187.450	5th of 6
Feb. 6	at James Madison	48.475	47.800	47.450	48.625	192.350	W
Feb. 8	GEORGE WASHINGTON	48.700	48.250	47.950	48.250	193.150	L
Feb. 13	at Sweetheart Invitational	48.175	47.425	48.075	49.100	192.775	3rd of 4
Feb. 22	at North Carolina	48.600	46.675	48.750	49.300	193.325	3rd of 4
Feb. 27	at Towson	48.000	46.100	48.525	48.474	191.200	L
March 6	at Nation's Capital Cup (GWU)	48.600	48.275	47.150	47.925	191.950	4th of 5
March 10	at Towson	48.750	49.025	48.675	48.600	195.050	2nd of 3
March 13	TOWSON/JMU	48.525	48.700	47.975	48.925	194.125	1st of 3
March 20	ECAC Championship (Penn)	48.400	46.225	46.300	48.950	189.875	6th of 6
Season Average		48.311	47.534	47.705	48.491	192.041	9-20

Bold = Season High



GO
W&M
TRIBE

W&M LEADS
the WAY...

William & Mary leads the way with 76 conference championships, 26 more than the next closest school. In addition, they are among the nation's leaders in academics, graduating 85% of their student-athletes.





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