

SENIOR CAPTAINS
STEVIE WALDMAN AND TRICIA LONG



Tribe WILLIAM & MARY

2008 WOMEN'S GYMNASTICS MEDIA GUIDE





SENIORS



JUNIORS

Tribe
GYMNASTICS



FRESHMEN



SOPHOMORES

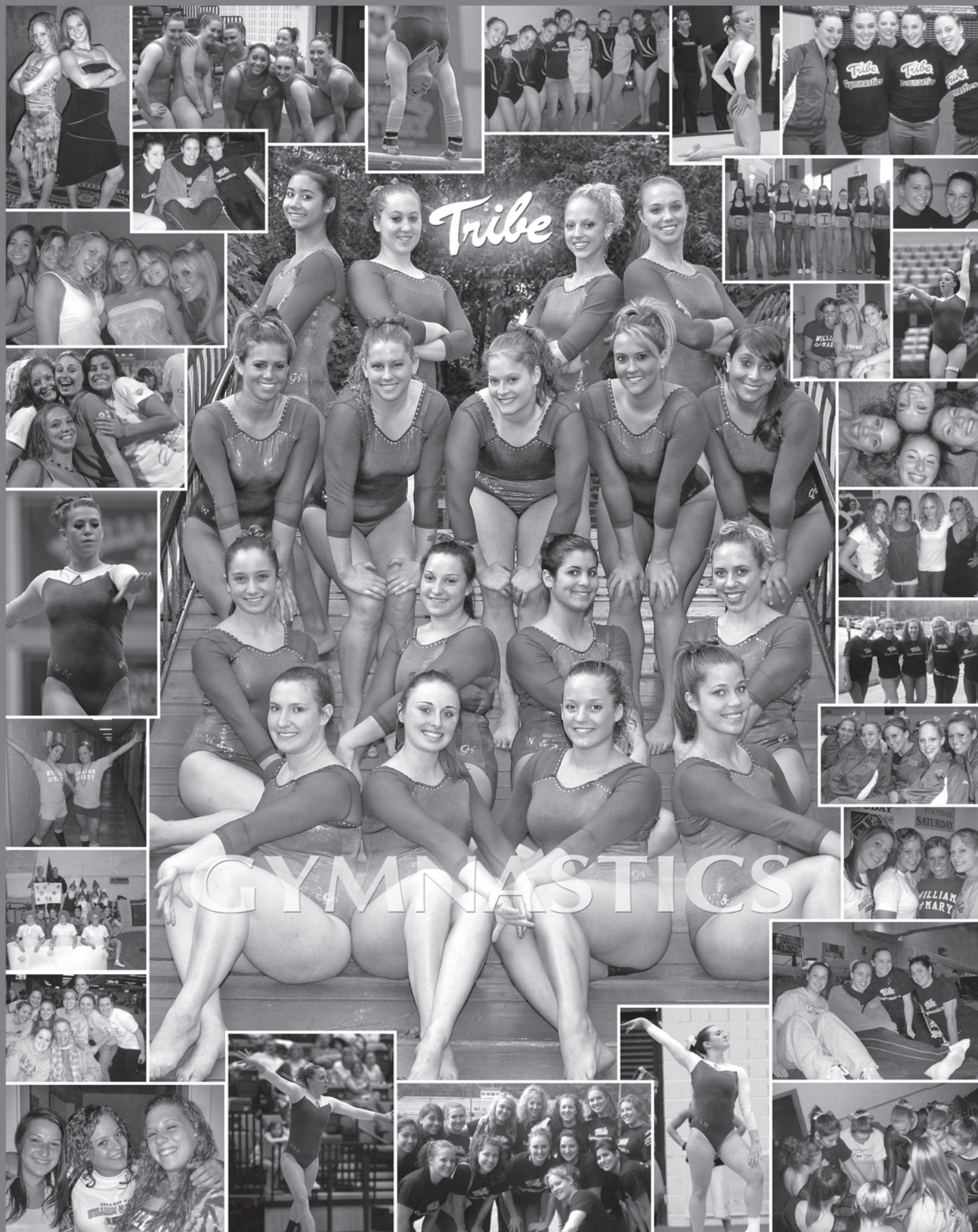


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Media Information

The William and Mary Sports Information Office is always interested in assisting members of the media in coverage of Tribe gymnastics. Updated information, including statistics and releases, can be found on at www.TribeAthletics.com. Publicity and media information for William and Mary women's gymnastics are coordinated by Associate Sports Information Director Mark Hoskins.

Photographs, feature ideas and results are also available from the William and Mary Sports Information Office. Requests for further information should be directed to Mark Hoskins by phone at (757) 221-3344 or by e-mail at mjhosk@wm.edu.

Credits

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On the Cover

The 2008 W&M women's gymnastics team and various action shots from the 2007 season. Designed by Pete Clawson and Mark Hoskins.



Women's Gymnastics Quick Facts

William and Mary

Location: Williamsburg, Virginia
 Founded: 1693
 Enrollment: 5,500
 Nickname: Tribe
 Colors: Green, Gold and Silver
 Conference: Eastern Collegiate Athletic Conference
 President: Gene R. Nichol
 Chancellor: Sandra Day O'Connor
 Athletics Director: Terry Driscoll
 Senior Associate AD: Barb Blosser
 Facility (Capacity): Kaplan Arena (8,600)
 Athletics Department Phone: (757) 221-3340
 Mailing Address: PO Box 399, Williamsburg, VA, 23187
 Street Address: 751 Ukrop Way, Williamsburg, VA, 23185

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 Website: www.TribeAthletics.com

Coaching Staff

Head Coach: Mary Lewis (Christopher Newport, 1985)
 W&M Record: 155-232-2 (12 seasons)
 Career Record: 155-250-2 (13 seasons)
 Office Phone: (757) 221-3411
 E-Mail Address: mklewi@wm.edu
 Assistant Coach: Jamie Weinfeldt (W&M, 2004)
 Office Phone: (757) 221-3411
 E-Mail Address: jawinfeldt@wm.edu

Team Information

2007 Record: 7-31
 2007 Regular Season Record vs. ECAC: 4-4
 2007 ECAC Championship Finish: Seventh
 Team Captains: Tricia Long, Stevie Waldman
 Newcomers:

- Karla Bercaw - Montgomery Village, Md.
- Melissa Cream - West Windsor, N.J.
- Danielle DeBacker - Sugar Land, Texas
- Dina McNaughton - Stoneham, Mass.
- Taryn Saunders - Herndon, Va.

2008 Women's Gymnastics Roster

Name	Cl.	Events	Hometown	High School	Club
Becca Bacharach	Jr.	VT, BB, FX	Lancaster, Pa.	J.P. McCaskey	Astra
Karla Bercaw	Fr.	AA	Montgomery Vil., Md.	Gaithersburg	Hill's
Stephanie Bevan	So.	AA	Bridgewater, N.J.	Bridgewater-Raritan	AGA-NJ
Melissa Cream	Fr.	AA	West Windsor, N.J.	West Windsor Plainsboro	Arena
Danielle DeBacker	Fr.	AA	Sugar Land, Texas	John Foster Dukes	Stars
Monica Goldblatt	Jr.	UB, BB, FX	McLean, Va.	Langley	Hill's Gymnastics
Lauren Jackson	Jr.	BB, FX	Westwood, Mass.	Westwood	Exxcel
Sarah Jacobson	Jr.	VT, UB, FX	Brecksville, Ohio	Brecksville-Broadview Hts.	Gym World
Allison Leich	Jr.	VT, BB	Lake Mary, Fla.	Lake Mary	Brown's-Sanford
Tricia Long	Sr.	AA	Humble, Texas	Humble	Juergens
Ashley Lugo	Jr.	VT, FX	Central Islip, N.Y.	St. Anthony's	GMGC
Dina McNaughton	Fr.	AA	Stoneham, Mass.	Arlington Catholic	Yellow Jackets
Alison Medeiros	So.	AA	Hudson, Ohio	Hudson	FLYTZ Gymnastics
Taryn Saunders	Fr.	AA	Herndon, Va.	Chantilly	Gymini
Jennifer Stack	So.	UB, BB	Enfield, Conn.	Enfield	Brestyan's American
Megan Vincent	Jr.	VT, BB	Newport News, Va.	Menchville	World Class
Stevie Waldman	Sr.	AA	Downingtown, Pa.	Henderson	AJS Pancott

2008 William and Mary Women's Gymnastics Schedule

January				
20	Sunday	George Washington Invitational (vs. North Carolina, Rutgers, Cornell*, Temple*)	Washington, D.C.	4:00 p.m.
27	Sunday	West Virginia (vs. George Washington, Oklahoma)	Morgantown, W.Va.	1:00 p.m.
February				
2	Saturday	Liberty Classic (at Temple, vs. West Chester, Ursinis)	Philadelphia, Pa.	1:00 p.m.
9	Saturday	Fox Run Invitational (at New Hampshire, vs. Penn State, Yale*)	Durham, N.H.	7:00 p.m.
16	Saturday	Sweetheart Invitational (at N.C. State, vs. Penn State, Kent State)	Raleigh, N.C.	7:00 p.m.
March				
1	Saturday	North Carolina (vs. Maryland, New Hampshire)	Chapel Hill, N.C.	1:00 p.m.
9	Sunday	N.C. State (vs. Bowling Green)	Raleigh, N.C.	7:00 p.m.
12	Wednesday	TOWSON*/PENN*	WILLIAMSBURG	7:00 p.m.
15	Saturday	Towson*	Towson, Md.	7:00 p.m.
21	Friday	RHODE ISLAND*	WILLIAMSBURG	7:00 p.m.
29	Saturday	ECAC CHAMPIONSHIP (Brown, Cornell, Penn, Rhode Island, Temple, Towson, Yale)	WILLIAMSBURG	Noon
April				
12	Saturday	NCAA Southeast Regional (Hosted by Florida)	Gainesville, Fla.	6:00 p.m.
17-19	Thurs.-Sat.	USA Collegiate Nationals (Hosted by Centenary College)	Shreveport, La.	TBA
24-26	Thurs.-Sat.	NCAA Championships (Hosted by Georgia)	Athens, Ga.	TBA

BOLD CAPS indicates home meet at Kaplan Arena in William and Mary Hall.

*Eastern Collegiate Athletic Conference opponent.

All Times Local To Event; Schedule Subject To Change

Visit www.TribeAthletics.com For Most Up-To-Date Schedules and Information



Mary Lewis

- ◆ Head Coach
- ◆ 14th Season
- ◆ Christopher Newport, 1985
- ◆ ECAC Coach of the Year 2003, 2006

During Mary Lewis' 14-year tenure as the head women's gymnastics coach at William and Mary, the Tribe program has been distinguished for both its competitive success in the gym and academic excellence in the classroom. Distinctions have come in the form of four Eastern Collegiate Athletic Conference Championships and multiple national scholar-athlete citations year-in and year-out, validating the fact that, under Lewis' watch, Tribe gymnasts have epitomized the definition of student-athletes.

Following the 2006 season, Lewis was recognized by her peers as the ECAC Coach of the Year for the second time in her career, after the Tribe earned a second-place finish at the ECAC Championship, the team's best finish since winning three-straight league titles from 2001 to 2003. Lewis also saw Tribe gymnasts earn 11 all-conference awards, including an individual vault conference title by Brittany Gibbs. Additionally, Christina Padilla was honored as the ECAC Scholar Athlete of the Year, while seven gymnasts earned ECAC All-Academic Team honors.

Last season, for the fourth time in her career, Lewis sent two gymnasts to the NCAA Southeast Regional, as current seniors Tricia Long and Stevie Waldman each qualified as individual participants for the competition. Long made her second career appearance at Regionals as an all-arounder, while Waldman became the 10th different Tribe gymnast under Lewis to reach Regionals.

W&M also made its second-straight appearance in the USAG Collegiate Nationals in 2007, and the Tribe once again took home a number of individual honors. Waldman and Padilla earned USAG First-Team All-America honors with Waldman getting the distinction on floor and Padilla receiving the accolades on both vault and bars. Additionally, current senior Tricia Long (all-around) and current sophomore Ali Medeiros (bars) were named USAG Second-Team All-Americans. In 2006, the Tribe made its first trip to USAGs under Lewis, earning a fourth-place finish in the team competition. Tribe gymnasts garnered nine different USAG All-America honors, including Gibbs and Jess Randall, who shared the USAG individual national championships in the floor exercise.

Under Lewis' tutelage, five gymnasts in the last four seasons have competed in NCAA Regionals, including Long and Waldman last season. The 2005 ECAC Rookie of the Year, Long also competed as an individual all-arounder in the 2005 Regional. Suzanne Chaves ('04) and Emma Cross ('05) competed in a NCAA Regional in 2004. Since taking over the program in 1995, Lewis has coached 10 different gymnasts to 14 total NCAA appearances.

In 2005, Padilla captured the ECAC individual vault title, while six other Tribe gymnasts received all-conference recognition under Lewis' guidance. In total, Lewis' gymnasts have claimed 15 individual ECAC titles, while Lewis has led the squad to four ECAC titles. Lewis earned her first ECAC Coach of the Year honor in 2003, after W&M captured its third consecutive title.

In addition to success in the gym, Lewis has stressed academics. That is evident each year when the National Association of Collegiate Gymnastics Coaches honors student-athletes for superb academic performances. Last season, three more Tribe gymnasts earned NACGC national scholar-athlete awards, including Padilla who posted a team-best 4.00 GPA, Waldman and Randall. Over the last three seasons, 10 Tribe gymnasts have earned the honor.

Lewis has been coaching collegiate gymnastics since 1991, when she was the head coach at Longwood College for the 1991-92 season. She joined the staff at James Madison University in 1992 and served as a graduate assistant until 1994, before taking over the program at the College.

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, Pa., organizing weekly schedules for campers ranging in levels from beginner to elite. She resides in Newport News with her 12-year-old son, Zachary.

LEWIS and the NCAA's	
Mary Lewis has coached 12 gymnasts to NCAA Regional meets in her tenure at W&M, including Suzanne Chaves and Emma Cross in 2004 and Tricia Long in 2005. Here is a list of Tribe gymnasts who have competed at a regional meet under Lewis:	
1995 - Lynn Dameron	
1995 - Kirsten Gutgesell	
1996 - Lynn Dameron	
1997 - Becky Johnson	
1998 - Becky Johnson	
1999 - Brandee Gound	
2000 - Jess Dancu	
2001 - Jess Dancu	
2001 - Jamie Weinfeldt	
2004 - Suzanne Chaves	
2004 - Emma Cross	
2005 - Tricia Long	
2007 - Tricia Long	
2007 - Stevie Waldman	



Under Lewis' tutelage, senior Tricia Long was named ECAC Rookie of the Year in 2005 and qualified for the NCAA Regional.

Year-by-Year Under Lewis

Year	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	8-23	
2006	15-19	
2007	7-31	



Jamie Weinfeldt

- ◆ Assistant Coach
- ◆ First Season
- ◆ William and Mary, 2004

William and Mary graduate and former NCAA Regional performer Jamie Weinfeldt is in her first season as an assistant coach at her alma mater.

Weinfeldt brings an extensive background in training and administration and will primarily handle coaching the beam line-up, recruiting and strength and conditioning. Weinfeldt will also assist Lewis in coaching the floor exercise.

"I'm very excited to have Jamie rejoin the program," Lewis said upon Weinfeldt's hiring in September. "As a William and Mary graduate, she understands what it takes and what it truly means to be a student-athlete here. Her drive and passion for the program

are just as strong as when she was a William and Mary gymnast."

Weinfeldt returns to Williamsburg after completing graduate work at the George Washington University, where she earned a Master's of Science Degree in Exercise Science in May of 2007. While at GW, Weinfeldt was a graduate assistant for the Lerner Health and Wellness Center, while also serving as the Colonials women's gymnastics meet director the past two years.

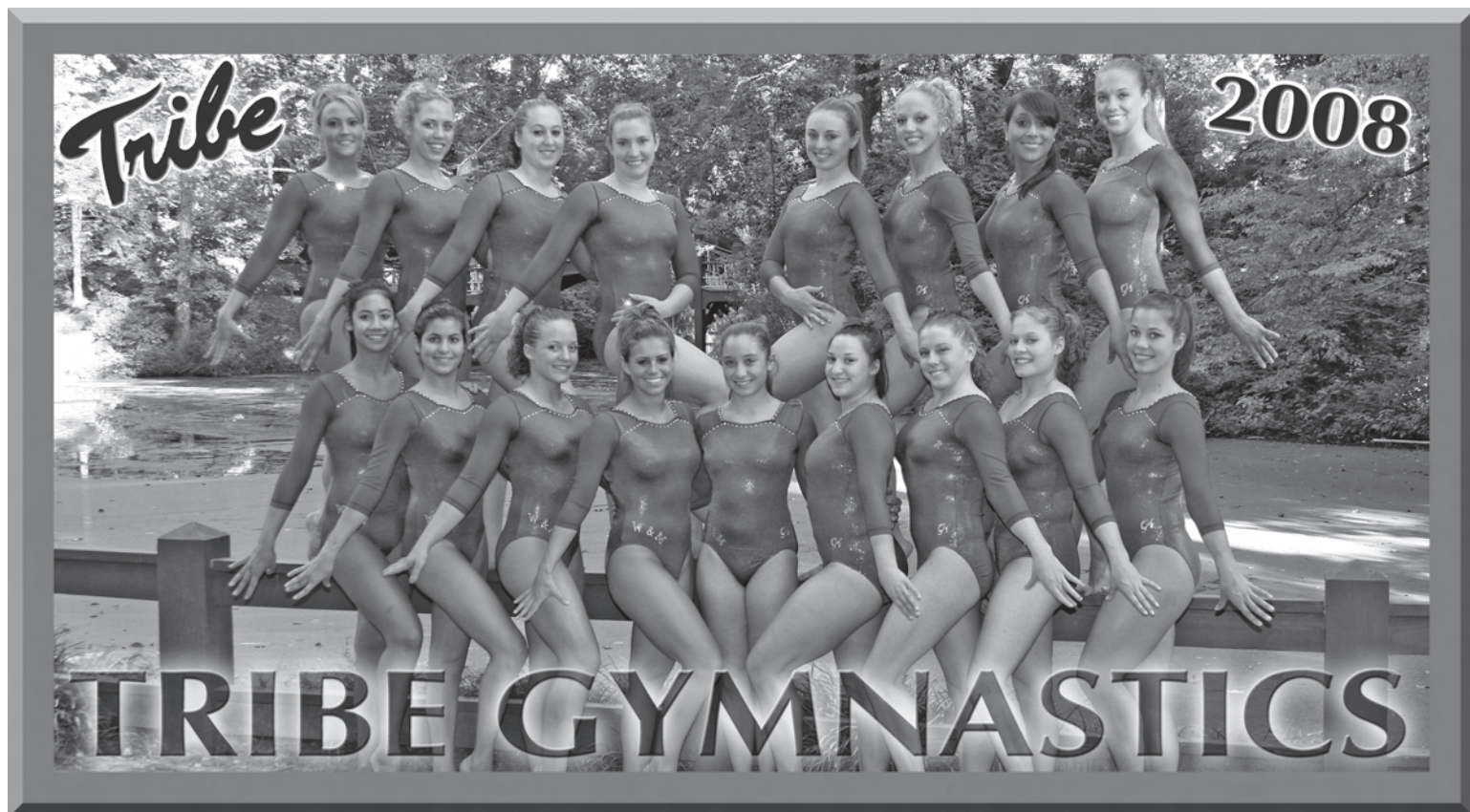
As the program's meet director, she acted as a liaison between the coaching staff and officials and handled all aspects of meet organization. Weinfeldt held a similar position at Penn State during the 2005 competitive season.

Her primary responsibility as a graduate assistant at GW was personal training, designing and implementing individualized exercise programs for clients of all ages and physical abilities. Weinfeldt's duties also included many administrative responsibilities, including supervising the undergraduate fitness center at GW, scheduling activities and student workers and marketing programs that promoted health and fitness on campus.

Weinfeldt was also an adjunct faculty member of the Department of Exercise Science, teaching undergraduate courses in the basics of resistance training and aerobic conditioning.

During her time in Northern Virginia, Weinfeldt also taught gymnasts of all levels at the Chantilly Academy of Gymnastics. She has also spent time during her summers working at the Woodward Gymnastics Camp in Pennsylvania supervising staff members and instructing gymnasts.

A native of New Jersey, Weinfeldt graduated from the College with a Bachelor of Science in Kinesiology and helped lead the Tribe to three consecutive ECAC Championships from 2001-03. Weinfeldt was an ECAC Individual Champion on beam in 2001 and is the only Tribe gymnast ever to record two scores of 9.900 in the event. She qualified for the NCAA Southeast Regional as a freshman in 2001 and was a NACGC Scholastic All-American.



As the W&M women's gymnastics program heads into the 2008 season, an early look at the team reveals many similarities and encouraging signs that have been present during preseason workouts in recent years. The Tribe is deep in each line-up, has a solid senior leadership presence and a group of young gymnasts ready to compete. But, while injuries have devastated the team's depth and goals in the last few seasons, the expectations surrounding the program are still high as ever.

This season's components include the terrific senior duo of **Tricia Long** and **Stevie Waldman**, who are both returning NCAA Regional participants, a number of returning all-conference and USAG All-America performers and a talented quintet of freshman, all of which head coach Mary Lewis believes gives the 2008 Tribe the ability to succeed.

"Our expectations are to always finish in the top-three of the ECAC," said Lewis, who is now in her 14th season. "I think we not only have the talent to compete at the top level of the league, but I think we have the opportunity to push some records and gain some ground in the region this season."

As always though, the team's health will dictate how achievable those goals are. Lewis is hopeful a dedicated offseason workout regime and a spirited attitude will push the squad out of the slump it has been in.

"I think this particular team is very motivated and has the desire to accomplish the goals that have eluded us," Lewis remarked. "I think one of the big things driving this group is its wanting to gain respect, both in the league and in the region."

And a look at the Tribe's schedule shows plenty of opportunities to gain respect against its annual tough slate. Once again, the schedule features national and regional-level qualifiers. A new twist that certainly has the potential to hasten the Tribe's quest is a number of ECAC programs dotting the slate. But, perhaps the most significant aspect of the schedule that could allow the program to regain its standing among the conference's upper echelon is the fact W&M will be hosting the ECAC Championship at Kaplan Arena in March.

"We'll see some very strong teams this year and a number of teams we haven't typically faced during the regular season, in terms of conference opponents. I think we'll have an opportunity to really make a good impression in some of our early season competitions, and then it is truly exciting to know we'll be bringing those [ECAC] opponents back to our place for the ECAC meet."

Leading the squad down the path to the conference championship will be Long and Waldman, who will each serve as team captains. The pair are both strong leaders and each display a lead-by-example attitude.

Long is a two-time Regional all-around participant, having also competed in 2005, the same season she was named the ECAC Rookie of the Year. The team's most consistent and dependable scorer over the last three seasons, Long is a three-time all-conference all-arounder and will once again be counted on to deliver in each event. The floor exercise, in which Long earned First-Team All-ECAC honors last season, is her strongest event, but she will certainly have an impact in all four line-ups and could become the Tribe's first three-year Regional qualifier.

When healthy, Waldman has shown the ability and talent to be one of the conference's and region's elite gymnasts, particularly on bars. Waldman held the Southeast Region's 20th-best RQS on bars last season at 9.750, an average that also ranked second in the ECAC. She made her first trip to NCAA Regionals, earned her third USAG All-America citation and won three individual event titles, all after missing most of the first month of the season. Waldman has battled back and knee injuries



throughout her career, but with a strong offseason workout routine, she is back to training all four events. Her lines and presentation on beam and floor stand out and her body of work on bars speaks for itself, so a return to the vault line-up could be a major boost for the squad.

The junior class is very deep and the continued progression of the group will be vital to the squad's success.

Becca Bacharach enjoyed a breakout season in 2007 and Lewis is hopefully the junior can pick up right where she left off. Bacharach concentrated on upgrading both her vault and beam series, though her biggest impact could be on floor. With consistency, Bacharach could be one of the Tribe's key contributors this season.

After missing the entire 2007 season, **Monica Goldblatt** continues to work back from wrist surgery and her training has been dependant upon her health. Goldblatt was an instant success for the Tribe as a freshman in 2006, earning Second-Team All-ECAC honors on bars. She has the dance skills to be a key factor in both the beam and floor line-ups.

Sarah Jacobson was another pleasant surprise last season, stepping into three line-ups and earning Second-Team All-ECAC on vault. Jacobson has worked on a stronger bars routine and a stronger vault for 2008, and she will also figure predominantly in the success of the floor group. Jacobson has been among the most impressive during preseason workouts, and the junior could be an all-conference candidate come March.

Now in her first full season with the Tribe, **Allison Leich** joined the program during last season as a walk-on and continues to work hard and bring her skills up to the collegiate level. Leich has shown a strong determination to improve and she has the opportunity to add depth to the beam line-up.

Ashley Lugo has continued to battle health issues and is coming back from ankle surgery as well. If she can hold up through the season, Lugo's skills on floor and vault could give both line-ups a significant boost.

Lauren Jackson is another who has been limited in training by injuries during her career. This season, however, Lewis is hopeful Jackson will be healthy enough to compete in three events after performing a limited number of exhibition routines late last season. Jackson

has a great presence on floor and beam and could also step into the vault line-up with increased training.

Rounding out the junior class is **Megan Vincent**, who has had perhaps the toughest luck of the group with injuries. After missing her entire freshman season in 2006, Vincent battled her way back from a number of accumulated injuries last season to contribute in both the vault and beam line-ups. If her health holds up, Vincent could impact both line-ups once again.

While small in numbers, the three-member sophomore class is big on talent and will be one of the keys to the Tribe's success.

Stephanie Bevan took full advantage of the opportunity to step into line-ups last season, as she put together a strong rookie campaign earning Second-Team All-ECAC honors on beam. Bevan was a pleasant surprise on vault last season and has concentrated preseason work on upgrading to a 10.0 start value. One of the team's hardest workers over the summer, Bevan has also looked strong on beam and has added some huge tumbling moves to her floor routine. Bevan could also add depth to the bars line-up this season, giving her the potential to compete as an all-arounder.

Alison Medeiros made an immediate impact as a freshman last season, earning Second-Team All-ECAC honors on beam and USAG Second-Team All-America status on bars. One of the team's most consistent scorers on vault, Medeiros also showed flashes of brilliance on both bars and beam. She shared the individual title on beam against JMU with a season-high 9.775, and then took second on bars later in the season against the Dukes with a season-best 9.775 in that event. Medeiros' progress during the preseason has been slow though after undergoing shoulder surgery in June. She could return to the beam line-up the quickest, but Medeiros' impact probably won't be felt until late in the season.

The third member of the trio, **Jen Stack**, is working back from her fourth knee surgery, which took place in May, but the sophomore is optimistic about a return to full strength. Stack has a high difficulty on a great bars routine, and once she is able to fully dismount she could make a big impact in the event line-up. Stack has also started to gradually work her way back on beam and could add depth to that line-up down the road.

Lewis brought in a dynamic group of freshman gymnasts who all have the potential to be outstanding competitors for the Tribe.

Karla Bercaw has the potential to be a great all-arounder, but the rookie's training and progress have been hampered by injuries suffered late last winter and in the spring.

Melissa Cream could make an immediate impact in any of the four events and will be competing as an all-arounder. Cream has been particularly impressive on bars where she has a high difficulty routine. She has looked strong during preseason workouts.

Another of the freshman working back from injury is **Danielle DeBacker**, who has had a long road of rehab and recovery from knee surgery. DeBacker has had limited work on bars and basic skill training.

Dina McNaughton has been one of the most impressive youngsters through preseason. McNaughton has a very strong vault and has good skills on both beam and floor with the potential to crack either line-up.

Rounding out the impressive first-year class is **Taryn Saunders**, who continues to improve each day with training. Saunders has a similar bars routine to former standout Christina Padilla and is very solid on beam. She continues to work on vault and floor and has the potential to be another key all-arounder eventually.



Tricia Long
Senior • All-Around • Humble, Texas • Juergens

Long's Career Highs	
Vault 9.575, vs. UNC, 1/21/05	Beam 9.700, at Hearts Invitational, 2/11/05
Bars 9.725, at Towson, 3/2/07	Floor 9.700, vs. James Madison, 3/14/07
All-Around 38.400, vs. TU/JMU, 3/15/06	

Team co-captain who has been the squad's most consistent performer in each of the last three seasons ... Former conference rookie of the year and two-time NCAA Regional qualifier ... Three-time, all-conference all-arounder ... Strongest event will be floor but will be counted for continued consistent scoring in all four events ... Brings strong leadership qualities as a senior.

Long's Collegiate Career Highlights

- ◆ NCAA Southeast Regional Competitor 2005, 2007 (All-Around)
- ◆ USAG Second-Team All-American 2007 (All-Around)
- ◆ ECAC Rookie of the Year 2005
- ◆ First-Team All-ECAC 2007 (Floor)
- ◆ Second-Team All-ECAC 2007 (AA), 2006 (Floor, AA), 2005 (AA)
- ◆ ECAC Coaches Choice Award - 1/25/05
- ◆ ECAC Rookie of the Week - 2/16/05

2007 Season Highlights

Earned second career qualification to the NCAA Southeast Regional as an all-around competitor and placed 20th overall ... Tied for sixth place on floor at the conference championship to earn First-Team All-ECAC status is the event ... Also collected third career Second-Team All-ECAC designation in the all-around by placing seventh ... Earned Second-Team USAG All-America honors as an all-arounder ... Took all-around title in dual meet win over JMU (2/2) with even 38.000, which included a season-high score of 9.675 on beam ... Recorded a career-high score of 9.725 on bars at Towson (3/2) ... Matched previous career-high on bars with 9.575 at N.C. State (3/9) and totalled 38.050 in the all-around ... Compiled season-high all-around total of 38.150 and scored a career-high 9.700 on floor to win both events in a dual meet victory over JMU (3/14).



2006 Season Highlights

Continued terrific start to her collegiate career with a solid sophomore campaign ... One of team's most consistent performers on both bars and beam ... Only Tribe gymnast to compete in all four events in each meet ... Earned second-straight Second-Team All-ECAC citation as an all-arounder and also claimed all-conference honors in the floor exercise ... Ranked eighth in the ECAC with an all-around RQS of 37.735 and 18th in the Southeast Region ... Used a season-high score of 9.625 on floor at the conference meet to earn Second-Team All-ECAC honors and finished with a total of 37.765 in the all-around ... Recorded a career-high all-around tally of 38.400 in the meet against JMU and Towson (3/15) ... Placed first in the all-around against George Washington (1/29) with a total of 37.950 ... Won second individual all-around title at JMU (2/3) with a score of 37.225 ... Placed second overall as an all-arounder in the team finals of the USAG Collegiate Nationals (4/14) with a total of 37.925 ... Took third in the all-around (37.875) in a strong field against Maryland and Towson (3/4).

2005 Season Highlights

Qualified for the 2005 NCAA Southeast Regional as an all-arounder, becoming just the second freshman to compete in a regional under Lewis ... Named the 2005 ECAC Rookie of the Year after compiling the league's second-best all-around RQS (37.500) ... Earned Second Team All-ECAC honors in the all-around ... Scored a 9.650 on floor, which tied for sixth, and a 9.575 on vault in home debut against UNC (1/21) to earn the ECAC Coaches Choice Award ... Earned ECAC Rookie of the Week honors after posting an all-around score of 38.025 at the Sweetheart Invitational (2/11), which included a personal-best 9.700 on beam ... Began late-season emergence with an all-around mark of 38.300 in a dual-meet win over JMU (3/9) to capture the individual title ... Tied for ninth in the all-around at the ECAC Championship (3/26) with a 37.075 to take second team all-league accolades ... Finished her terrific debut season at the NCAA Southeast Regional (4/9) and recorded an all-around score of 36.825.

Prep and Personal

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 ... Enjoys skiing, hiking, water sports, hanging out with friends, watching television, shopping and being outside ... Majoring in business finance with a minor in psychology ... Member of Student Athletic Advisory Council and Finance Academy at W&M ... Daughter of Paul and Jeanne Long ... Born July 18, 1986 in Vail, Colo.



Stevie Waldman
Senior • All-Around • Downingtown, Pa. • AJS Pancott

Waldman's Career Highs

<p>Vault 9.550, at North Carolina, 2/19/05</p> <p>Bars 9.875, vs. JMU, 3/14/07; at Towson, 3/4/06</p> <p>All-Around 38.650, at North Carolina, 2/19/05</p>	<p>Beam 9.800, at North Carolina, 1/12/05</p> <p>Floor 9.825, at James Madison, 2/4/05</p>
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Team co-captain with regional experience ... Returning all-conference and USAG All-America performer ... Strong influence in the gym with a lead-by-example attitude ... Training in all four events and if health allows should be one of the top all-arounders in the ECAC ... Biggest challenge will come in return to vault line-up ... Lines and presentation on bars and floor are elite.

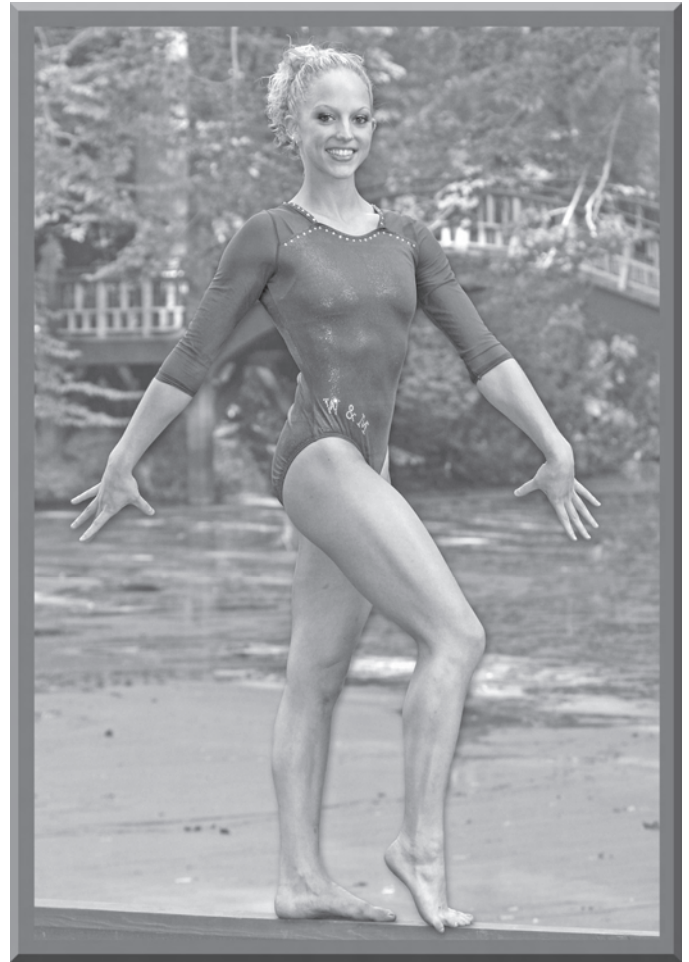
Waldman's Collegiate Career Highlights

- ◆ NCAA Southeast Regional Competitor 2007 (Bars)
- ◆ First-Team All-ECAC 2006 (Bars, Beam)
- ◆ Second-Team All-ECAC 2007 (Beam)
- ◆ USAG First-Team All-American 2007 (Floor), 2006 (Bars, Beam)
- ◆ ECAC Specialist of the Week - 3/8/06
- ◆ ECAC Rookie of the Week - 2/8/05, 2/22/05
- ◆ ECAC All-Academic Team 2005, 2006, 2007
- ◆ NACGC National Scholar Athlete 2006, 2007

2007 Season Highlights

Qualified for NCAA Regional on bars after compiling a RQS of 9.750, which ranked second in the ECAC and 20th in the Southeast region ... Earned Second-Team All-ECAC on beam ... Became the first Tribe gymnast to earn USAG First-Team All-America honors in three different events, gaining the distinction on floor ... Won a pair of individual titles on bars and beam in a dual meet win over JMU (3/14), including a career-high tying 9.875 on bars which matched the third-best score in school history ... Tied for second on bars (9.825) against Arizona and N.C. State (3/6) and also scored

a season-high 9.725 on beam ... Placed first on bars against Towson (3/7) scoring a 9.775 ... Tied for second on bars in a conference meet against Towson/JMU (3/2) with a solid 9.800 ... Performed well at the Cat Classic recording scores of 9.775 and 9.750 on bars.



2006 Season Highlights


Despite missing over a month due to injury, finished the season strong by earning First-Team All-ECAC honors on bars and USAG Collegiate All-America status on bars and beam ... Won four individual titles on the season ... Placed third overall at the ECAC Championship on bars with a score of 9.775 to earn first-career all-conference designation ... Matched the third-best score in school history on bars with a career-high 9.875 at Towson/Maryland (3/4) to place first in just her second competition ... Named the ECAC Specialist of the Week on March 8th for her efforts ... Recorded a first-place score of 9.675 on bars in the win over Bowling Green (3/10) and placed second on beam (9.475) ... Won the individual title on bars at home against Towson and JMU (3/15) with a mark of 9.850 ... Once again placed first on bars against JMU and Towson (3/18) with a score of 9.775 ... Finished second on bars (9.725) in the USAG team finals (4/14) ... Placed fifth on both bars (9.425) and beam (9.550) in the individual finals.

2005 Season Highlights

Got off to a tremendous start as an all-rounder before knee injury ended her season in early March ... Two-time ECAC Rookie of the Week ... Burst onto the scene against UNC (1/21) with then career-highs on beam (9.800), floor (9.650) and bars (9.700) ... Score of 9.800 on beam against Tar Heels stood as the highest by any Tribe gymnast in 2005 ... Competed in first career all-around at N.C. State tri-meet (1/29) and placed second with total score of 37.200, including a third-place effort of 9.725 on bars ... Captured her first all-around individual title at JMU (2/5) with a score of 38.050 to earn first Rookie of the Week citation ... Along with all-around title at JMU, took first on floor with a career-best 9.825, claimed the beam title with a 9.675 and placed second on bars with a 9.700 ... At UNC (2/19), contributed four marks to the team total for a career-best and team season-high all-around score of 38.650, gaining her second ECAC Rookie of the Week honor.

Prep and Personal

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 ... Enjoys hanging out with friends, traveling and playing the piano in free time ... Majoring in kinesiology with a minor in psychology ... Daughter of David and Jane Waldman ... Born July 6, 1986 in Philadelphia, Pa.



Becca Bacharach
 Junior • VT, BB, FX • Lancaster, Pa. • Astra

Bacharach's Career Highs

Vault 9.600, at USAG Prelims, 4/19/07	Beam 9.750, at JMU, 2/2/07
Floor 9.575, at USAG Prelims, 4/19/07	

Looking to pick up where she left off after a great sophomore season ... Will make a big impact in floor line-up and will contribute on both vault and beam ... Upgraded vault at end of last season and continues to improve ... Also training with upgraded beam series.

Bacharach's Collegiate Career Highlights
 ♦ ECAC All-Academic Team 2007

2007 Season Highlights

Showed great potential with standout performances at times competing in three events ... Claimed first career individual title on beam with a career-best 9.750 against JMU (2/2) ... Placed in the top 10 on both beam (9.400) and floor (9.400) at George Washington Invitational (1/21) ... Recorded a 9.525 on floor at Sweetheart Invitational (2/17) ... Placed eight on vault (9.550) and fifth on beam (9.675) at Towson (3/2) ... Recorded a solid 9.575 on vault vs. Towson (3/7) ... Placed 13th on beam with a 9.675 against a strong field at UNC (3/23) ... Finished the year strong and set career-highs on vault (9.600) and floor (9.575) at the USAG prelims (4/19).


2006 Season Highlights

Competed in three events, primarily on beam, in limited action during rookie season ... Enjoyed a nice start to the season recording a 9.400 on vault and a 9.225 on beam at the George Washington Invitational (1/12) ... Performed exhibitions on beam on four other occasions, including at Towson (3/4), vs. Bowling Green (3/10), vs. North Carolina (3/12) and vs. JMU/Towson (3/15).



Prep and Personal

Trained 10 years under coach Troy Yohn ... Level 10 Regional Qualifier in 2004 and 2005 ... Senior National Elite Qualifier ... USAIGC National Vault Champion and Beam Silver Medalist in 2005 ... National Honor Society Treasurer and German Club member at JP McCaskey High School ... Enjoys shopping and hanging out with friends in free time ... Member of SAAC at W&M ... Majoring in kinesiology ... Daughter of Pamela and Matthew Bacharach ... Father wrestled at the University of Virginia (1973-77) ... Uncle, Charles Stevens, played lacrosse for the Air Force Academy (1970-74) ... Born on April 4, 1987 in San Diego, Calif.

Monica Goldblatt
 Junior • UB, BB, FX • McLean, Va. • Hill's

Goldblatt's Career Highs

Bars 9.725, at Towson, 3/4/06	Beam 9.725, at GW Invitational, 1/12/06
Floor 9.750, at USAG Finals, 4/14/06	

All-conference gymnast who missed entire 2007 season with injury ... Returning from wrist surgery and training has been limited ... Has the skills on floor and beam to make a big impact if healthy.

Goldblatt's Collegiate Career Highlights

- ♦ Second-Team All-ECAC 2006 (Bars)
- ♦ ECAC Rookie of the Week - 3/8/06
- ♦ ECAC All-Academic Team 2007

2007 Season Highlights

Did not compete due to injury.

2006 Season Highlights

One of the team's top performers at times during all-conference rookie season ... Started the year strong, but missed multiple events with injury midway through before finishing on high note ... Earned Second-Team All-ECAC status on bars after tying for ninth place at the conference championship with a score of 9.650 ... Made an immediate impact in season-opening GW Invitational (1/12) with a career-high 9.725 on beam to place third overall against a very competitive field ... Tied for 10th place overall on bars (9.525) in the team prelims of the USAG Collegiate Nationals (4/13) ... Scored a career-high 9.750 on floor to place second in the USAG team finals (4/14) ... Tabbed the ECAC Rookie of the Week after finest performance against Maryland and Towson (3/4) ... Scored a career-high 9.725 on bars to place sixth, took ninth on beam (9.575) and was 10th on floor (9.575).

Prep and Personal

Letter winner on the 2002 Langley High School gymnastics team that placed second in the state ... Qualified for Level 10 Regionals in 2003, 2004 and 2005 ... Level 10 Team Captain for Hill's Gymnastics ... Level 9 Eastern qualifier in 2002 ... Enjoys traveling and shopping ... Volunteered to help autistic teens with physical education and classroom learning and helped train dogs for the physically disabled in high school ... Member of Big Brothers, Big Sisters ... Pursuing a double major in philosophy and sociology ... Daughter of Marta and Michael Goldblatt ... Born on November 21, 1986 in Stamford, Conn.





Lauren Jackson

Junior • VT, BB, FX • Westwood, Mass. • Exxcel

Talented gymnast who has been slowed by injuries in each of the past two seasons ... Trained hard and should be ready to compete in three events this season ... Has good presence on floor and beam and working to improve on vault.

Jackson's Collegiate Career Highlights

- ECAC All-Academic Team

2007 Season Highlights

Overcame preseason injury to perform a limited number of exhibitions on beam.

2006 Season Highlights

Did not compete in any meets due to injury.

Prep and Personal

Trained under coaches Pete Degenhardt, Tatiana Karmarskaya and Alex Toumilovich at Exxcel Gymnastics ... USA Gymnastics regional floor champion (9.525) in 2004 ... Massachusetts state floor champion (9.600) in 2003 ... 2002 National Elite and National Qualifier ... Second place at AA state championship in 2003 ... Enjoys shopping, going to the beach and road trips ... Majoring in psychology ... Daughter of Sandra and Larry Jackson ... Born on February 5, 1987 in Boston, Mass.



Sarah Jacobson

Junior • VT, UB, FX • Brecksville, Ohio • Gym World

Jacobson's Career Highs

Vault	Bars
9.625, at N.C. State, 3/9/07	9.475, at GW Invitational, 1/21/07
Floor	
9.625, at N.C. State, 3/9/07	

All-conference gymnast coming off standout sophomore season ... One of the team's hardest workers in preseason practice who will have a strong impact in the bars line-up this season ... Also worked on upgrading vault and consistency on floor.

Jacobson's Collegiate Career Highlights

- Second-Team All-ECAC 2007 (Vault)

2007 Season Highlights

Followed strong freshman season with breakout sophomore campaign, earning all-conference honors ... One of the team's most consistent scorers on vault with a season average of 9.440 ... Scored 9.500, or higher, in the event in each of the team's last eight competitions ... Recorded season and career-high 9.475 on bars at GW Invitational (1/21) ... Captured first career individual title with a first-place mark of 9.425 on vault at JMU (2/2) ... Posted a 9.500 on vault at Cat Classic (2/23) ... Placed fifth on vault with 9.575 at Towson tri-meet (3/2) ... Recorded career-highs on vault (9.625) and floor (9.625) at N.C. State/Arizona (3/9) ... Took Second-Team All-ECAC honors on vault after placing 11th with a score of 9.550.

2006 Season Highlights

Turned in solid first season, making an immediate impact in the vault and floor line-ups ... Scored a 9.400 on floor in the season-opening GW Invitational (1/12) ... Tied for eighth at home against GW (1/29) with a career-high 9.500 on floor ... Posted a solid 9.450 on vault to place 13th against a strong field at the Hearts Invitational (2/10) ... Recorded an 11th-place finish with a career-high 9.550 on vault against another competitive field at West Virginia (2/26) ... Scored a 9.450 on vault in the win over Bowling Green (3/10) ... Recorded a 9.500 on vault vs. North Carolina (3/12) ... Matched season and career-high on vault with a 9.550 against Towson and JMU (3/15) ... Performed well in first conference championship, notching a 9.425 on floor.

Prep and Personal

Trained 13 years and earned four letters for coach Ron Ganim ... Named team's MVP sophomore and junior years ... Placed third on vault at Level 10 state championship as a senior ... Level 9 regional floor champion as a sophomore ... High school state vault champion as a freshman and sophomore ... National Honor Society and a member of the Spanish Club at Brecksville-Broadview Heights High School ... Enjoys running and hanging out with friends in free time ... Pursuing a double major in neuroscience and kinesiology ... Daughter of Cynthia and Kirk Jacobson ... Born on June 26, 1987 in Akron, Ohio.





Allison Leich

Junior • VT, BB • Lake Mary, Fla. • Brown's-Sanford

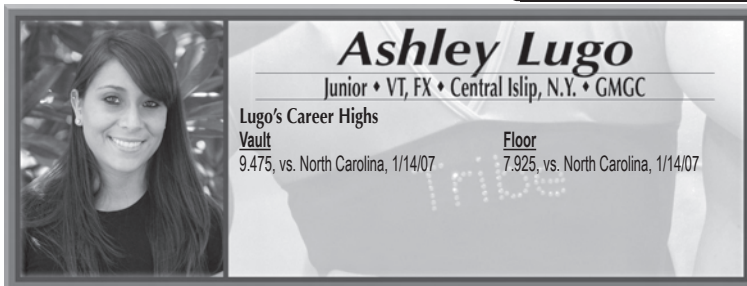
One of the team's hardest workers who will specialize on vault and beam ... Walk-on gymnast who continues to improve with training and exposure ... Working to strengthen beam routine and should provide depth to the line-up ... Determined work ethic on vault could also add a boost to the line-up.

2007 Season Highlights

Joined the team as a walk-on during the season.

Prep and Personal

Competed at Brown's Gymnastics-Sanford for coach Lee Duhart ... Enjoys hockey, piano, hiking, being extremely competitive in board games, dancing and laughing ... Member of Campus Crusade for Christ at W&M ... Majoring in physics with a minor in business ... Daughter of J. Keith and Nancy Leich.



Ashley Lugo

Junior • VT, FX • Central Islip, N.Y. • GMGC

Lugo's Career Highs

Vault
9.475, vs. North Carolina, 1/14/07

Floor
7.925, vs. North Carolina, 1/14/07

Returning from ankle surgery and illness ... Training has been limited and is dependent upon health but will primarily focus on vault and floor when capable ... Presentation and dancing ability stand out on floor.

2007 Season Highlights

Competed in two meets before missing the rest of the season with an injury ... Recorded a career-high 9.475 on vault in the season-opener against North Carolina (1/14).

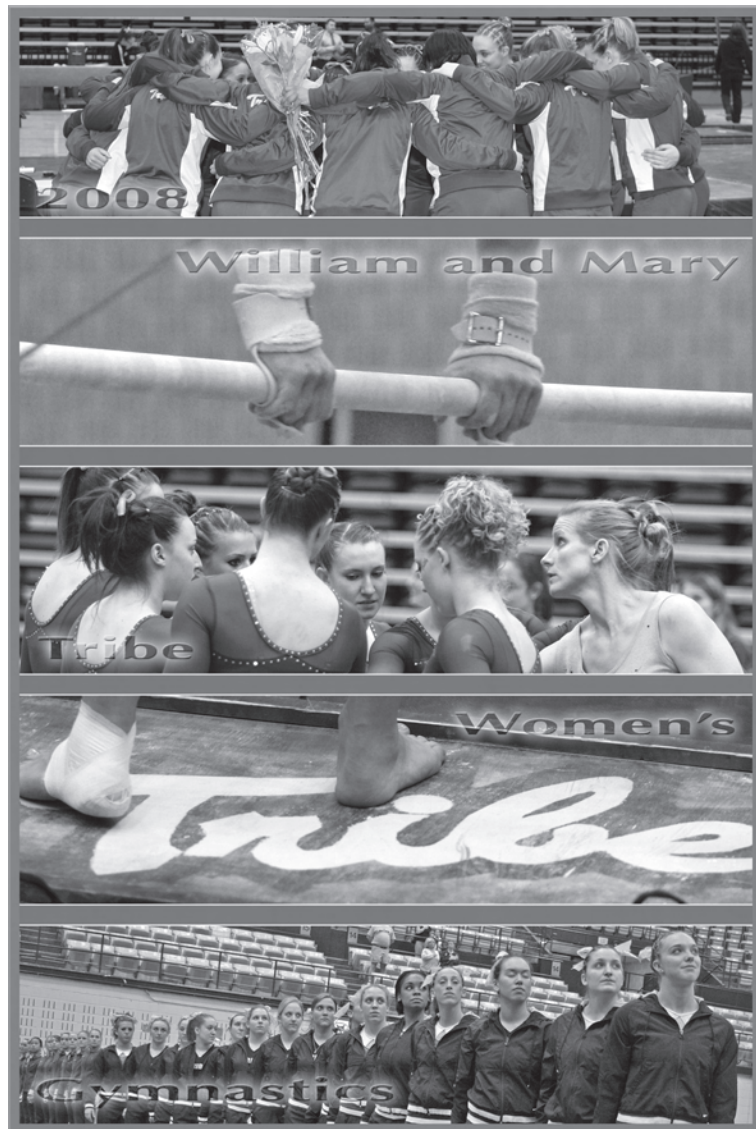
2006 Season Highlights

Limited training and competition while recovering from illness during preseason ... Trained primarily on vault and eventually competed towards the latter half of the season ... Scored 9.225, or higher, on vault in four-straight exhibitions from the Towson meet (3/4) to the home meet against the Tigers and JMU (3/15) ... Posted a 9.200 on vault at Towson (3/18) ... Recorded a vault score of 9.275 in the USAG team prelims (4/13) ... Scored a season-high 9.375 on vault in the USAG team finals (4/14).



Prep and Personal

Level 10 regional qualifier in 2004-05 ... Level 9 national floor champion in 2003, also placed second in all-around ... Regional champion on floor, bars and all-around in 2003 ... Level 9 regional champion on beam and floor in 2002, placing second in all-around ... National qualifier in 2001, 2002 and 2003 ... Member of National Honor Society, CARE, and SADD at St. Anthony's High School ... Also a two-year letter winner for varsity kickline under Coach Bennett ... Enjoys spinning, boxing going to the beach and surfing ... Pursuing a double major in economics and accounting ... Member of the Interscholastic Christian Fellowship at the College ... Daughter of Rebecca and Oscar Lugo ... Born on May 3, 1987 in Queens, N.Y.



2008 Tribe Women's Gymnastics



Megan Vincent

Junior • VT, BB • Newport News, Va. • World Class

Vincent's Career Highs

Vault

9.200, at Towson, 3/2/07

Beam

8.650, at GW Invitational, 1/21

Continues to work back from various surgeries and injury ... Training has been limited during time in program ... Focus has been on vault and limited action on beam.

2007 Season Highlights

Battled through injuries to compete in a limited number of events ... Competed on beam in first two meets of the season ... Recorded season and career-high on vault of 9.200 at Hearts Invitational (2/17) ... Matched the effort on vault (9.200) at Towson (3/2).

2006 Season Highlights

Did not compete due to injury.

Prep and Personal

Trained 11 years at World Class Gymnastics under coaches Tami Elliott Harrison and Jon Angle ... Four-year letter winner and four-time team MVP at Menchville High School under coach Skip Mollenhauer ... Placed sixth in all-around at 2005 Level 10 Virginia State Championship ... Team placed second in state ... Region VII qualifier and Level 9 first alternate for Eastern Nationals ... Four-time Peninsula District All-around Champion for Menchville ... Four-time high school regional and state qualifier ... Four-time Daily Press Gymnast of the Year ... Helped lead Menchville to four consecutive district championships and the Eastern Region title in 2005 ... Placed second in the state on bars and sixth in all-around as a senior ... AP Scholar and member of both National Honor Society and Spanish National Honor Society ... Enjoys shopping, going to the beach and hanging out with friends and family ... Daughter of Jennifer and Frank Vincent ... Mother graduated from W&M School of Law in 1998 ... Aunt, Mary Helen West Mueller, graduated from the College in 1993 ... Uncle, Stuart West, received undergraduate degree from W&M in 1988 and a Master's of Business Administration in 1993 ... Majoring in Psychology ... Born on July 18, 1987 in Newport News, Va.



Stephanie Bevan

Sophomore • All-Around • Bridgewater, N.J. • AGA-NJ

Bevan's Career Highs

Vault

9.450, at USAG Prelims, 4/19/07

Beam

9.450, at Cat Classic, 2/23/07

Beam

9.600, JMU, 3/14/07

Worked hard in the offseason and has potential for a breakout year ... Consistent on vault and is working towards a 10.0 start value ... Strong routine on beam and huge tumbling moves on floor ... Could also add depth on bars and contribute as an all-rounder.

Bevan's Collegiate Career Highlights

◆ Second-Team All-ECAC 2007 (Beam)

2007 Season Highlights

Stepped into three line-ups as freshman and turned in a pleasantly surprising rookie season ... Went on to earn all-conference honors on beam ... Made impact in debut, placing fifth on beam (9.575) against UNC (1/14) ... Followed with a ninth-place showing on floor (9.400) at GW Invitational (1/21) ... Recorded a 9.575 on beam and season-high 9.450 on floor at Cat Classic (2/23) ... Matched season-high on floor at N.C. State/Arizona (3/9) ... Turned in a terrific effort in dual meet win over JMU (3/14) by posting scores of 9.300 on vault, career-high 9.600 on beam and 9.425 on floor ... Matched season-high on floor again at UNC (3/23) ... Had perhaps best outing at the ECAC Championship with 9.400 on vault, 9.525 on beam (12th place) and 9.425 on floor ... Set career-high 9.450 on vault and posted 9.575 on beam at USAG prelims.

Prep and Personal

Level 10 Regional Qualifier in 2005 and 2006 under coaches Jason Bauer and Ben Dungee at American Gymnastics Academy ... Level 10 New Jersey state champion on beam in 2005 and 2006 ... Earned first-team all-state honors and was team captain for Bridgewater-Raritan High School ... Tops National Team member ... Member of student council executive board and National Honors Society in high school ... Enjoys watching movies and hanging out with friends ... Majoring in kinesiology ... Brother Andrew played lacrosse at Colgate (2004-2006) ... Daughter of Murray and Ronnie Bevan ... Born on September 24, 1988 in Summit, N.J.






Alison Medeiros
 Sophomore • All-Around • Hudson, Ohio • FLYTZ Gymnastics

Medeiros' Career Highs

Vault 9.600, at N.C. State, 3/9/07	Bars 9.775, vs. JMU, 3/14/07
Beam 9.775, at Towson, 3/2/07	Floor 8.050, vs. North Carolina, 1/14/07
All-Around 36.000, vs. North Carolina, 1/14/07	



Jennifer Stack
 Sophomore • UB, BB • Enfield, Conn. • Brestyan's American

Stack's Career Highs

Bars 9.100, at ECAC Championship, 3/31/07

Returning USAG All-American and All-ECAC performer ... Coming off summer shoulder surgery and limited training during preseason ... One of the team's hardest workers who will impact all four events with a healthy return.

Medeiros' Collegiate Career Highlights

- ◆ USAG Second-Team All-American 2007 (Bars)
- ◆ Second-Team All-ECAC 2007 (Beam)

2007 Season Highlights

Put together a terrific debut season, earning Second-Team USAG All-America honors on bars and Second-Team All-ECAC status on beam ... Captured first career individual title on beam with a season-high 9.775 at Towson (3/2) ... Recorded scores of 9.525 on vault and 9.650 on bars at Cat Classic (2/23) ... Placed second on bars (9.700) and second on beam (9.700) at Towson (3/7) ... Posted season-high 9.600 on vault and also recorded a 9.650 on bars at N.C. State/Arizona (3/9) ... Continued late season surge with 9.450 on vault and season-high 9.775 on bars to place second in the win over JMU (3/14) ... Scored a 9.650 on beam to earn all-conference honors and also posted a 9.525 on vault at the conference meet ... Finished the year on a high note with score of 9.500 on vault, 9.650 on bars and 9.600 on beam at the USAG preliminaries.



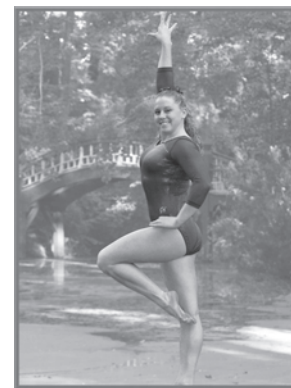
Promising young gymnast who continues to work back from knee surgeries ... Could impact bars line-up with a great routine that has a high difficulty ... Gradually starting to train on beam as well and could add depth to the line-up ... Hard worker in the gym.

2007 Season Highlights

Returned from knee injury sooner than expected to compete in two events ... Competed on bars at UNC (2/23) and at the ECAC championship (3/31), counting her score (9.100) at the conference meet towards the team total.

Prep and Personal

Trained under nationally renown coaches Mihai and Silvia Brestyan at Brestyan's American Gymnastics Club in Ashland, Mass. ... State champion in 2004 ... Placed second in the all-around at the 2004 U.S. Challenge ... Enjoys listening to music, reading and sailing ... Pursuing a double major in English and art history ... Daughter of Robert and Diane Stack ... Born on July 30, 1988 in Hartford, Conn.



Prep and Personal

Four-time level 10 national qualifier at Flytz USA in Cuyahoga Falls, Ohio ... Placed sixth overall on beam at the 2006 level 10 national championship ... Level 10 Ohio state champion in the all-around in 2005 ... Member of National Honor Society and school orchestra at Hudson High ... Enjoys watching sports, listening to music and spending time with family and friends ... Aunt, Suzanne Gallo, played field hockey at Brown ... Daughter of Rich and Kelly Medeiros ... Born on August 24, 1987 in Bryn Mawr, Pa.





Karla Bercaw

Freshman • All-Around • Montgomery Village, Md. • Hill's

All-rounder with tremendous potential ... Training has been limited and slow after entering program with stress fracture ... Working on basic gymnastics skills in returning to full strength ... Has good dance skills on both floor and beam.

Prep and Personal

Former four-year Level 10 regional qualifier for Hill's Gymnastics ... Has been involved with the sport for 14 years since she was 4-years old ... Trained under coaches Kirk Morris, Kelli Hill, Jen Bundy and Cynthia Smaha ... Level 10, Region 7 co-champion on vault in 2006 ... Also placed second in Region 7 in all-around in same year ... J.O National Qualifier in 2006 ... Member of National Honor Society, Spanish Honor Society and Key Club at Gaithersburg High School ... Recognized as Maryland Distinguished Scholar ... Enjoys watching movies, cooking and baking and hanging out with family and friends ... Spends time working with preschoolers and serves as a teacher's aide at her church ... Considering a path of study in business ... Daughter of Rob and Marie Bercaw ... Born on August 5, 1989 in Fort Belvoir, Va.



Danielle DeBacker

Freshman • All-Around • Sugar Land, Texas • Stars

Promising youngster who is in the process of a long rehab stint from knee surgery in the spring ... Working to regain strength and basic skills ... Limited to training bars and basics in three other events ... Progress and impact will depend on health.

Prep and Personal

Four-year letter winning gymnast for coach Mindy Benefield at J.F. Dulles High School and 12-year competitor at Star's Club under coaches Dan and Ashly Baker ... Five-year Level 10 state and regional qualifier ... Texas state qualifier for 11 years Levels 5-10 and a Region 3 qualifier for seven years Levels 8-10 ... Placed fourth in the floor exercise and fifth in the all-around at the 2007 USAG Houston Cup Level 10/Open competition ... Named high school team's MVP for four years and was a two-year team captain ... Three-year THSGCA state qualifier and a four-year scholastic All-American ... Also served as team's beam and floor choreographer ... During 2007 senior season, placed inside the top four of every all-around competition and also recorded a career-best total of 37.750 ... As a junior, placed 22nd (out of 120) on floor exercise and 18th (out of 120) on vault at the Texas state championship ... Also a member of the Dulles All-America and national qualifying cheer leading team 2004-05 ... Member of National Honor Society, French National Honor Society, Officer's Club, Young Republicans and Theatre Honor Society at Dulles ... Played leading roles in theatre productions of "Rumors" and "Joseph and the Amazing Technicolor Dreamcoat" ... AP Scholar with Honor and recognized with Fort Bend Academic Excellence award two years ... Enjoys acting, singing, reading and volunteering ... Interested in medicine and biochemistry and planning to study in neuroscience or chemistry ... Daughter of Dana Lynn DeBacker ... Brother, Devin, is a junior on the men's gymnastics team at W&M ... Born on Jan. 7, 1989 in Missouri City, Texas.



Melissa Cream

Freshman • All-Around • West Windsor, N.J. • Arena

Talented, young gymnast whose progress during preseason has been encouraging ... Training all four events and has the potential to step into any line-up and contribute as an all-rounder ... High difficulty on bars routine and a strong vault ... Good skills on beam and floor.

Prep and Personal

Nine-year competitor at Arena under coach Valdi Kolasa ... Six-time regional qualifier and a national qualifier in 2006 ... Alternate for nationals in 2007 ... Member of National Honor Society at West Windsor Plainsboro High School ... Enjoys dancing, running, shopping and hanging out with friends ... Planning to study kinesiology ... Daughter of Nicholas and Beverly Cream ... Born on Sept. 29, 1989 in Princeton, N.J.





Dina McNaughton

Freshman • All-Around • Stoneham, Mass. • Yellow Jackets

All-rounder who could impact all four events in her first collegiate season ... Strong vault and a solid beam routine ... Immediate impact could be made in floor and bars line-ups though ... Impressive showing in preseason workouts and a tireless worker in the gym.

Prep and Personal

Competed 11 years for Yellow Jackets club under coaches Christine Potamis and Don Lothrop ... Three-year Level 10 regional qualifier and a Level 10 nationals alternate ... Eastern Level 9 qualifier ... Massachusetts state champion Levels 5, 6, 8 and 9 ... Member of National Honor Society, Spanish Club and Key Club at Arlington Catholic High School ... Also served as Special Olympics gymnastics coach and elementary school tutor ... Enjoys going to the beach, taking pictures, baking and spending time with friends ... Daughter of David and Patrice McNaughton ... Has two brothers, Brian and Mark, who was a two-year competitor for the Air Force Academy gymnastics team ... Born on April 2, 1989 in Waltham, Mass.



Taryn Saunders

Freshman • All-Around • Herndon, Va. • Gymini

Talented youngster who could make an immediate impact during freshman season ... Very strong on beam and impressive bars routine could find her competing in both line-ups early ... Continually improving with training and exposure to the collegiate level ... Working on upgrading vault and floor routine.

Prep and Personal

Four-year letter winning gymnast at Chantilly High School and 15-year all-around competitor for Gymini Gymnastics Club and coach Robert Schau ... Virginia state champion in all-around in 2007 ... Four-time Concorde District Champion and four-time Northern Region Champion ... Also placed 10th on floor in 2007 Level 9 Eastern National championship ... Two-time *Washington Post* First-Team All-Met selection ... Named all-region and all-district for four consecutive years and a four-time team MVP ... Placed second on beam in 2005 at Eastern National ... Recorded career-high scores in high school of 9.35 on vault, 9.8 on bars, 9.9 on beam, 9.7 on floor and 38.325 in the all-around ... Member of National Honor Society ... Served as officer in Interact Club ... Chaired the school's blood drive ... Enjoys swimming, going to the beach, family time and teaching gymnastics ... Interested in studying kinesiology ... Daughter of Maury and Jacqueline Saunders ... Born on Oct. 15, 1988 in Arlington, Va.



Getting To Know The Tribe...

Favorite City:

Orlando - Allison Leich
 Florence, Italy - Stevie Waldman
 Vail - Tricia Long
 San Diego - Becca Bacharach
 New York - Stephanie Bevan, Ashley Lugo
 Boston - Lauren Jackson, Ali Medeiros, Jennifer Stack
 Los Angeles - Megan Vincent

Favorite Athlete:

David Wright - Megan Vincent
 LeBron James - Ali Medeiros
 Tammy Marshall - Ashley Lugo
 David Ortiz - Lauren Jackson
 Carly Patterson - Stephanie Bevan
 Pavel Datzuk - Allison Leich

People Would Be Surprised To Know That I:

"Used to play ice hockey on a guy's team in Florida" - Allison Leich
 "Played piano since I was 5-years old" - Stevie Waldman
 "Go hunting" - Tricia Long
 "Am afraid of animals" - Stephanie Bevan
 "Can eat a whole jar of pickles in one sitting" - Lauren Jackson
 "Collect Pigs" - Ashley Lugo
 "Played the violin" - Ali Medeiros
 "Have had four ACL surgeries and a bone graft on my left knee" - Jennifer Stack

My Most Prized Possession Is:

Family and Friends - Stevie Waldman, Stephanie Bevan
 My Family - Tricia Long
 My mom - Monica Goldblatt, Lauren Jackson
 My knee brace - Jennifer Stack

Most Embarrassing Moment Was:

"When I broke my coaches nose doing a skill" - Tricia Long
 "Last year at USAG Nationals, during floor finals I tripped and fell on my face in my last tumbling pass" - Stevie Waldman
 "They happen daily" - Stephanie Bevan
 "Tripping in my floor routine at N.C. State, then skipping my tumbling pass and still getting my season-high" - Becca Bacharach

I chose William and Mary because:

"The combination of great academic and athletics" - Sarah Jacobson
 "The team's dynamic attitude and closeness to each other" - Lauren Jackson
 "I loved the atmosphere, the people and the school. The team was really nice and the academics are among the nation's best." - Jennifer Stack
 "I fell in love with the campus, and the balance of academics and athletics" - Ashley Lugo
 "It's a great school, and I would be part of an awesome gymnastics team" - Tricia Long
 "This school is very academically prestigious, and its beauty and historical significance add to its benefits of attending. In addition to the most obvious benefits, this campus offers stunning trees, which can't be found at urban universities." - Allison Leich

2007 Season Results

7-31 Overall • 4-4 ECAC Regular Season*

Date	Score	Meet/Opponent	Results/Place
Jan. 12	180.475	North Carolina	.L, 191.425
Jan. 21	184.625	at George Washington Invitational vs. North Carolina	.L, 190.650
		at George Washington	.L, 190.000
		vs. Cornell	.L, 185.925
Feb. 2	186.225	James Madison*	W, 183.700
Feb. 17	186.225	at Hearts Invitational vs. Nebraska	.L, 196.975
		vs. West Virginia	.L, 194.700
		at N.C. State	.L, 194.600
		vs. George Washington	.L, 191.175
Feb. 23	187.700	at Cat Classic at Missouri	.L, 196.075
		vs. Eastern Michigan	.L, 191.775
		vs. Bowling Green	.L, 190.650
Mar. 2	187.625	at Towson*	.L, 194.550
		vs. James Madison*	W, 186.825
Mar. 7	187.600	Towson*	.L, 192.375
Mar. 9	189.650	vs. Arizona	.L, 196.150
		at N.C. State	.L, 196.125
		vs. James Madison*	W, 186.200
Mar. 14	190.000	James Madison*	W, 185.425
Mar. 23	189.225	at North Carolina	.L, 194.300
		vs. Towson*	.L, 193.500
		vs. George Washington	.L, 193.225
		vs. Rhode Island*	.L, 190.725
Mar. 31	188.250	at ECAC Championship vs. Towson	.L, 193.650
		vs. Penn	.L, 191.325
		vs. Rhode Island	.L, 190.475
		at Cornell	.L, 190.100
		vs. Temple	.L, 190.050
		vs. Yale	.L, 189.425
		vs. James Madison	W, 186.950
		vs. Brown	W, 182.600
Apr. 19	189.100	at USAG Collegiate Nationals vs. Towson	.L, 194.475
		at Seattle Pacific	.L, 193.450
		vs. Texas Women's College	.L, 193.050
		vs. Cornell	.L, 192.625
		vs. Centenary	.L, 190.400
		vs. Rutgers	.L, 189.950
		vs. Temple	W, 187.500

2007 Individual Event Titles

Becca Bacharach (1)
Beam: 9.750 at JMU, 2/2

Andrea Dochney (1)
Beam: 9.775 at Towson, 3/2

Sarah Jacobson (1)
Vault: 9.425 at JMU, 2/2

Tricia Long (2)
Floor: 9.700 vs. JMU, 3/14
All-Around: 38.000 at JMU, 2/2

Ali Medeiros (1)
Beam: 9.775 at Towson, 3/2

Christina Padilla (3)
Vault: 9.700 vs. JMU, 3/14
Bars: 9.650 at JMU, 2/2
Bars: 9.825 at Towson, 3/2

Stevie Waldman (3)
Bars: 9.775 vs. Towson, 3/7
Bars: 9.875 vs. JMU, 3/14
Beam: 9.650 vs. JMU, 3/14



Tricia Long

2007 Team Score Breakdown

Date	Meet/Opponent	Vault	Bars	Beam	Floor	Overall
Jan. 14	NORTH CAROLINA	47.225	44.650	45.575	43.025	180.475
Jan. 21	at George Washington Invitational	46.525	46.400	45.475	46.225	184.625
Feb. 2	at James Madison	45.300	47.425	47.150	46.350	186.225
Feb. 17	at Hearts Invitational	46.725	46.650	46.375	46.475	186.225
Feb. 23	at Cat Classic (Missouri)	47.400	47.425	46.750	46.125	187.700
Mar. 2	at Towson* (vs. JMU*)	47.550	46.450	47.750	45.875	187.625
Mar. 7	TOWSON*	47.850	47.400	46.400	45.950	187.600
Mar. 9	at N.C. State	47.900	47.900	46.800	47.050	189.650
Mar. 14	JAMES MADISON	47.425	48.300	47.175	47.100	190.000
Mar. 23	at North Carolina	46.950	47.425	47.200	47.650	189.225
Mar. 31	ECAC Championship	47.650	46.150	47.250	47.200	188.250
April 19	at USAG National Preliminaries	47.875	46.775	47.100	47.350	189.100
Season Averages		47.198	46.913	46.750	46.365	187.225

Individual Season High Scores

Team Score
190.000, vs. JMU, 3/14

All-Around
38.150, Tricia Long, 3/14
RQS: 37.980, Tricia Long

Vault
9.825, Christina Padilla, 4/19
RQS: 9.740, Christina Padilla

Bars
9.875, Stevie Waldman, 3/14
RQS: 9.750, Stevie Waldman

Beam
9.775, Ali Medeiros, Andrea Dochney, 3/2
RQS: 9.565, Tricia Long

Floor
9.750, Stevie Waldman, 3/23, 4/19
RQS: 9.600, Tricia Long



Andrea Dochney

2007 Season Individual Honors

USAG Collegiate All-America
Tricia Long - All-Around (Second Team)
Ali Medeiros - Beam (Second Team)
Christina Padilla - Vault (First Team), Bars (First Team)
Stevie Waldman - Floor (First Team)

All-ECAC
Stephanie Bevan - Beam (Second Team)
Sarah Jacobson - Vault (Second Team)
Tricia Long - All-Around (Second Team), Floor (First Team)
Ali Medeiros - Beam (Second Team)
Christina Padilla - Vault (First Team), Bars (Second Team)
Stevie Waldman - Beam (Second Team), Floor (Second Team)

ECAC Specialist of the Week
Christina Padilla - Jan. 24, Mar. 8, Mar. 22

ECAC Scholar Athlete of the Year
Christina Padilla

ECAC All-Academic Team
Becca Bacharach, Monica Goldblatt, Janelle Greene, Lauren Jackson, Christina Padilla, Jess Randall, Stevie Waldman

NACGC Scholar Athletes
Christina Padilla, Jess Randall, Stevie Waldman



Ali Medeiros

W&M Year-by-Year Results

Year	Record	Coach	Championship Finish/Titles
1987	34-10	Greg Frew	Sixth NCAA Regional, Second ECAC, VIL Champions
1988	9-4	Greg Frew	Third ECAC, VIL Champions
1989	21-9	Greg Frew	Third ECAC, VIL Champions
1990	21-14	Greg Frew	Sixth NCAA Regional, Fourth ECAC, VIL Champions
1991	17-12-1	Greg Frew	Fourth ECAC, VIL Champions
1992	18-23	Greg Frew	Fifth ECAC
1993	14-18	Greg Frew	Fourth ECAC, VIL Champions
1994	19-13	Greg Frew	Third ECAC, VIL Champions
1995	14-20-1	Mary Lewis	Fifth ECAC
1996*	14-13	Mary Lewis	VIL Champions
1997	9-15	Mary Lewis	Third ECAC
1998	10-12	Mary Lewis	Second ECAC, VIL Champions
1999	16-10	Mary Lewis	ECAC Champions, VIL Champions
2000	7-16	Mary Lewis	Third ECAC
2001	14-16	Mary Lewis	ECAC Champions
2002	16-15-1	Mary Lewis	ECAC Champions, VIL Champions
2003	11-19	Mary Lewis	ECAC Champions
2004	9-20	Mary Lewis	Sixth ECAC
2005	8-23	Mary Lewis	Sixth ECAC
2006	15-19	Mary Lewis	Second ECAC, Fourth USAG Nationals
2007	7-31	Mary Lewis	Seventh ECAC, Seventh USAG Nationals

ECAC- Eastern Collegiate Athletic Association
 VIL - Virginia Intercollegiate League
 *W&M was not an ECAC member in 1996.



W&M Postseason History

NCAA Southeast Regional Appearances
 1987, 1990

USAG Collegiate Individual National Champions
 2006 Brittany Gibbs (Floor, 9.775)
 Jess Randall (Floor, 9.775)

ECAC Championships
 1999, 2001, 2002, 2003

ECAC Individual Champions

1994 Lynn Dameron (Beam, 9.735)
 1998 Becky Johnson (All-Around, 38.150)
 Brooke Sawyer (Vault, 9.635)
 1999 Becky Johnson (All-Around, 38.725; Beam, 9.775)
 Jess Dancu (Vault, 9.725)
 2000 Jess Dancu (Vault, 9.825)
 2001 Kady Dendramis (Bars, 9.900)
 Jamie Weinfeldt (Beam, 9.900)
 2002 Suzanne Chaves (Floor, 9.875)
 Erin Skinner (Floor, 9.875)
 2003 Jaci Lynn (Vault, 9.800)
 2004 Brittany Gibbs (Vault, 9.800)
 2005 Christina Padilla (Vault, 9.825)
 2006 Brittany Gibbs (Floor, 9.875)

ECAC Rookie of the Year

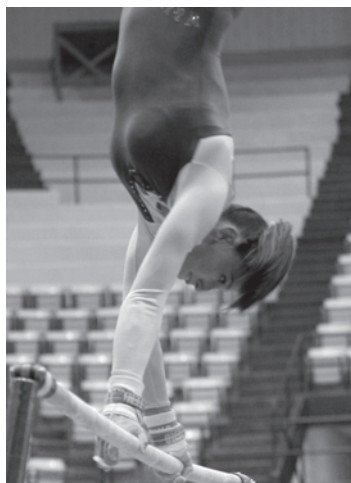
1993 Lynn Dameron
 2005 Tricia Long

ECAC Scholar-Athlete of the Year

2002 Amy Van Deusen
 2003 Amy Van Deusen
 2004 Rachel Glasmire
 2006 Christina Padilla
 2007 Christina Padilla



Lynn Dameron



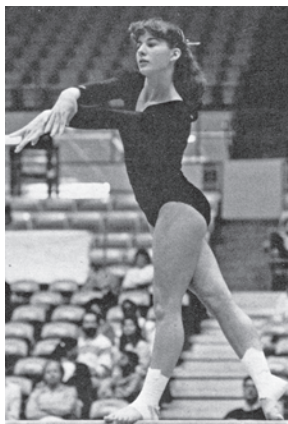
Christina Padilla

All-time Series Records*

Team	W&M Record	First Met	Last Met	Last W&M W	Last Opp. W
Air Force	1-0	1987	1987	2/14/87	-
Arizona	0-1	2007	2007	-	3/9/07
Auburn	0-5	1990	2006	-	2/10/06
Ball State	0-3	1995	1999	-	2/19/99
Bowling Green	1-1	2006	2007	3/10/06	2/23/07
Bridgeport	3-0	1991	1995	1/28/95	-
Brown	10-2	1997	2007	3/31/07	3/20/04
UC Davis	0-1	2006	2006	-	4/14/06
Centenary	1-1	1995	2007	3/4/95	4/19/07
Central Michigan	0-4	1993	2002	-	3/2/02
Cornell	14-6	1997	2007	3/25/06	4/19/07
Duke	2-4	1979	1984	-	-
East Carolina	2-0	1979	1980	1980	-
Eastern Michigan	0-4	1995	2007	-	2/23/07
Florida	0-3	1988	2006	-	2/19/06
George Washington	5-32	1979	2007	1/23/99	3/23/07
Georgia College	1-0	1990	1990	3/8/90	-
Illinois-Chicago	0-1	1995	1995	-	3/4/95
Indiana (PA)	3-0	1986	1997	3/5/97	-
Iowa	0-2	2001	2005	-	2/11/05
James Madison	53-23-1	1977	2007	3/31/07	3/20/04
Kent State	0-1	2001	2001	-	2/9/01
Kentucky	0-4	1988	1994	-	3/11/94
Longwood	10-3	1978	1991	2/21/91	-
Maryland	4-19	1988	2006	1/27/96	3/4/06
Maryland-Balt. Co.	7-1	1988	1990	2/18/90	1/30/88
Miami (Ohio)	1-0	1993	1993	1/24/93	-
Michigan	0-1	1991	1991	-	2/3/91
Minnesota	0-2	1991	2003	-	3/2/03
Missouri	0-1	2007	2007	-	2/23/07
Montgomery County	2-0	1979	1980	1980	-
Navy	3-0	1983	1993	2/26/93	-
Nebraska	0-2	2002	2007	-	2/17/07
New Hampshire	0-5	1993	2006	-	2/26/06
North Carolina	8-45-1	1981	2007	1/22/95	3/23/07
North Carolina State	8-31	1981	2007	3/10/99	3/9/07
Northeastern	2-1	1990	1998	3/21/98	2/11/90
Ohio State	0-2	1994	2001	-	3/3/01
Pennsylvania	17-12	1991	2007	3/25/06	3/31/07
Penn State	0-2	1991	2005	-	3/19/05
Pittsburgh	3-5	1979	2004	3/3/96	3/6/04
Princeton	1-0	1983	1983	1983	-
Radford	27-4	1979	2000	3/10/00	3/7/98
Rhode Island	5-7	1989	2007	3/25/06	3/31/07
Rutgers	1-5	2002	2007	3/16/02	4/19/07
Seattle Pacific	0-1	2007	2007	-	4/19/07
Slippery Rock	1-1	1985	1986	-	-
Southeastern Missouri	0-2	1998	2000	-	3/4/00
Southern Connecticut	2-0	1995	1996	1/27/96	-
Springfield	1-0	1995	1995	1/28/95	-
Temple	15-8	1993	2007	4/19/07	3/31/07
Texas Women's	0-2	2006	2007	-	4/19/07
Towson	5-26	1992	2007	3/13/04	4/19/07
Utah State	0-1	2003	2003	-	2/14/03
Vermont	11-0	1993	2002	3/23/02	-
Virginia	2-0	1976	1977	1977	-
West Chester	1-0	1984	1984	1984	-
Western Michigan	1-0-1	1996	2002	3/3/96	-
West Virginia	0-8	1979	2007	-	2/17/07
Yale	15-4	1993	2007	3/25/06	3/31/07

*Prior to 1993, series records reflect only dual and tri-meet head-to-head results. Meet-by-meet results were unavailable before the 1986-1987 season, W&M's first in Division I.

Antoskow, Tammy	1993-96
Ashurst, Amy	1991-94
Baker, Jessica	2003-06
Bacharach, Becca	2006-
Bercaw, Karla	2008-
Berg, Mindy	1991-93
Bevan, Stephanie	2007-
Bolter, Michelle	1995-98
Borklund, Catherine	2001-04
Buchsbaum, Sabrina	1997-98
Bush, Kim	1990-91
Cantarella, Gina	1995-98
Carden, Carrie	1993-96
Carroll, Annie	2003-05
Carwell, Christine	2004-06
Chase, Meg	1994
Chaves, Suzanne	2001-04
Cleghorn, Jennifer	1993-94
Coates-Wynn, Kim	1987-91
Colabella, Christina	1997-00
Cook-Karr, Jennifer	1996-99
Cream, Melissa	2008-
Creekmore, Tina	1996-99
Crocker, LeAnn	1987-88
Cross, Emma	2002-05
Cully, Christa	1992
Cummings, Marla	1997-00
Dameron, Lynn	1993-96
Dancu, Jessica	1999-02
Dattoli, Nikki	1999-02
Davidson, Amy	1991-93
DeBacker, Danielle	2008-
Dendramis, Kimberly	2000-03
Dreylinger, Lynn	1987-88
Dochney, Andrea	2004-07
Dwyer, Anna	1991-94
Eaves, Ellen	1994-97
Echeverria, Katherine	2000-03
Evangelista, Beth	1987-90
Fink, Terry	1987-91
Fogarty, Julie	1995-97
Foster, Jeanne	1987-89
Gabriel, Tammy	1988-89
Gaidish, Kristen	2003-06



Kim Coates-Wynn



Anna Dwyer



Jaci Lynn

Gibbs, Brittany	2003-06
Gilligan, Kelly	1996-99
Glasmire, Rachel	2002-05
Goldblatt, Monica	2006-
Gound, Brandee	1998-01
Greene, Janelle	2004-07
Greenwood, Holly	1989-91
Gutgesell, Kirsten	1994-97
Hess, Megan	1999-02
Hittner, Lauren	1999
Irwin, Melinda	1989-91
Jackson, Lauren	2006-
Jacobson, Sarah	2006-
Johnson, Becky	1996-99
Knight, Meghan	2002
Korsman, Breanna	2003
Kovary, Marissa	2007
Lange, Heather	1990-92
Lawrence, Julie	1995-98
Leich, Alison	2007-
Long, Tricia	2005-
Lugo, Ashley	2006-
Lynn, Jaci	2002-05
Magee, Kate	2003-06
Marcum, Ingrid	1994-1997
Marusek, Sarah	1995
McNaughton, Dina	2008-
Medeiros, Alison	2007-

Menzie, Heather	1998-00
Miller, Ali	1987-90
Motowylak, Melissa	1998
Padilla, Christina	2004-07
Patterson, Jessica	2002-05
Picconatto, Lyn	1994-96
Randall, Jess	2004-07
Rankin, Sidney	1987-90
Reynolds, Sarah	1998-01
Roberts, Brynne	1999-02
Rynne, Erin	1995
Saunders, Taryn	2008-
Sawyer, Brooke	1998-01
Schnelzer, Heather	1995
Shonerd, Allison	2002-04
Simms, Missy	1993
Simpson, Kerri	2000-03
Skinner, Erin	2000-03
St. Amant, Leslie	1990-92
Stanislawski, Debra	1999-02
Stack, Jennifer	2007-
Streng, Kim	1987-89
Suhr, Regina	1995-98
Susi, Sheri	1987-91
Swain, Kerri	1992-95
Tonkin, Tara	1998-01
Tyler, Alison	1990-93
Van Deusen, Amy	2000-03
Vincent, Megan	2006-
Waldman, Stevie	2005-
Watson, Erin	1995-98
Weinfeldt, Jamie	2001-04
Wettlaufer, Amy	1987-90
Winston, Kiya	1993-96
Winter, Kelly	1992-94



Brooke Sawyer



Amy Van Deusen



Jamie Weinfeldt

*The all-time roster includes gymnasts during the program's Division I history, beginning in 1987. However, the 1987 records were incomplete and the list is a work in progress. For corrections or omissions, please contact Mark Hoskins in the W&M Sports Information Office at (757) 221-3344, or by e-mail at mjhosk@wm.edu.

Top Team Performances

Highest Team Score - Home:
 N.C. State, 3/23/03 195.450

Highest Team Score - Away:
 ECAC Championship at Yale, 3/29/03 195.200

Highest ECAC Championship Score:
 3/29/03, at Yale 195.200

Highest NCAA Regional Score:
 4/7/90, Sixth Place 184.450

Highest USAG Collegiate Nationals Score:
 4/14/06, Fourth Place 190.550

ECAC Championships:
 1999, 2001, 2002, 2003

VIL Championships:
 1987, 1988, 1989, 1990, 1991, 1993, 1994, 1996, 1998, 1999, 2002

NCAA Southeast Regional Appearances:
 1987, 1990

USAG Collegiate National Finals Appearances:
 2006



In head coach Mary Lewis' fifth season, the 1999 Tribe team recorded 16 head-to-head victories and won the first of the program's four ECAC titles.



The 2003 squad posted the highest team score in school history (195.450) en route to winning one of three consecutive ECAC Championships for W&M.

Overall Team Scores

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

Team Vault Scores

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

Team Bars Scores

1.	at Towson	3/10/04	49.025
2.	at Virginia Intercollegiate	3/16/01	48.975
3.	at George Washington	3/16/03	48.950
4.	James Madison/Towson	3/15/06	48.925
5.	ECAC Championship (at Yale)	3/29/03	48.850
6.	at Rhode Island	1/26/02	48.800
7.	Towson/James Madison	3/13/04	48.700
	at N.C. State	3/8/03	48.700
9.	N.C. State	3/20/03	48.625
	Rhode Island	3/13/00	48.625

Team Beam Scores

1.	N.C. State	3/20/03	49.225
2.	Western Michigan/Towson	3/6/02	48.825
3.	Virginia Intercollegiate	3/12/02	48.800
4.	at North Carolina	3/22/04	48.750
5.	ECAC Championship (at Yale)	3/29/03	48.700
6.	at Towson	3/10/04	48.675
7.	James Madison	3/12/03	48.575
8.	USAG Nationals (at Cornell)	4/13/06	48.525
	at Towson	2/27/04	48.525
10.	Indiana (PA)	3/5/97	48.325

Team Floor Scores

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



Suzanne Chaves



Brittany Gibbs



Emma Cross

Top Individual Performances

Highest ECAC All-Around Score:

Suzanne Chaves, 3/29/03 39.025

Highest ECAC Vault Score:

Christina Padilla, 3/26/05 (First Place) 9.825

Highest ECAC Bars Score:

Kady Dendramis, 3/24/01 (First Place) 9.900

Highest ECAC Beam Score:

Jamie Weinfeldt, 3/24/01 (First Place) 9.900

Highest ECAC Floor Score:

Suzanne Chaves, 3/23/03 (First Place) 9.875

Erin Skinner, 3/23/03 (First Place) 9.875

Brittany Gibbs, 3/25/06 (First Place) 9.875

All-Around Scores

1.	Nikki Dattoli	Eastern Michigan	3/7/01	39.075
2.	Suzanne Chaves	at ECAC Championship.	3/29/03	39.025
3.	Suzanne Chaves	N.C. State	3/20/03	38.975
4.	Suzanne Chaves	at Nation's Capital Cup	3/6/04	38.950
5.	Suzanne Chaves	Towson/James Madison	3/13/04	38.900
6.	Suzanne Chaves	at George Washington	3/16/03	38.850
7.	Jamie Weinfeldt	at ECAC Championship.	3/24/01	38.800
8.	Erin Skinner	N.C. State	3/20/03	38.775
9.	Suzanne Chaves	at James Madison	2/6/04	38.725
	Becky Johnson	at ECAC Championship.	3/27/99	38.725

Individual Vault Scores

1.	Brittany Gibbs	George Washington.	2/8/04	9.900
2.	Brittany Gibbs	at North Carolina	2/22/04	9.875
3.	Brittany Gibbs	at Sweetheart Invitational	2/13/04	9.850
	Christina Padilla	George Washington.	2/8/04	9.850
	Jess Dancu	Western Michigan/Towson	3/6/02	9.850
6.	Christina Padilla	at USAG Nationals	4/19/07	9.825
	Christina Padilla	at ECAC Championship.	3/26/05	9.825
	Christina Padilla	Towson/James Madison	3/13/04	9.825
	Jess Patterson	at Maryland	3/16/02	9.825
	Jess Dancu	at Virginia Intercollegiate	3/16/01	9.825
11.	Brittany Gibbs	at ECAC Championship.	3/20/04	9.800
	Brittany Gibbs	Towson/James Madison	3/13/04	9.800
	Brittany Gibbs	at Towson	3/10/04	9.800
	Christina Padilla	at Towson	3/10/04	9.800
	Jaci Lynn	at Towson	3/10/04	9.800
	Jaci Lynn	George Washington.	2/8/04	9.800
	Brittany Gibbs	at James Madison	2/6/04	9.800
	Jaci Lynn	at ECAC Championship.	3/29/03	9.800
	Jess Patterson	at George Washington	3/16/03	9.800
	Jaci Lynn	James Madison	3/12/03	9.800
	Jess Patterson	at James Madison	2/7/03	9.800
	Nikki Dattoli	at Maryland	3/16/02	9.800
	Jess Dancu	Rhode Island	1/26/01	9.800

Individual Bars Scores

1.	Nikki Dattoli	at Rhode Island	1/26/02	9.900
	Kady Dendramis	at ECAC Championship.	3/24/01	9.900
3.	Stevie Waldman	James Madison	3/14/07	9.875
	Stevie Waldman	at Towson	3/4/06	9.875
	Brittany Gibbs	at Towson	3/10/04	9.875
	Amy Van Duesen	at George Washington	3/16/03	9.875
7.	Stevie Waldman	Towson/James Madison	3/15/06	9.850
	Allison Shonerd	at Rhode Island	1/26/02	9.850
	Amy Van Deusen	at Virginia Intercollegiate	3/16/01	9.850
10.	Stevie Waldman	at N.C. State	3/9/07	9.825
	Christina Padilla	at Towson/James Madison	3/2/07	9.825
	Janelle Greene	Towson/James Madison	3/15/06	9.825
	Jess Randall	Towson/James Madison	3/15/06	9.825
	Brittany Gibbs	at North Carolina	2/19/05	9.825
	Brittany Gibbs	at ECAC Championship.	3/20/04	9.825
	Allison Shonerd	at Towson	3/10/04	9.825
	Brittany Gibbs	at Nation's Capital Cup	3/6/04	9.825
	Brittany Gibbs	George Washington.	2/8/04	9.825
	Brittany Gibbs	at James Madison	2/6/04	9.825
	Rachel Glasmire	at N.C. State	1/9/04	9.825
	Rachel Glasmire	at ECAC Championship.	3/29/03	9.825
	Allison Shonerd	at ECAC Championship.	3/29/03	9.825
	Amy Van Deusen	James Madison	3/12/03	9.825
	Amy Van Deusen	at ECAC Championship.	3/24/01	9.825
	Jamie Weinfeldt	at ECAC Championship.	3/24/01	9.825
	Kady Dendramis	at Virginia Intercollegiate	3/16/01	9.825
	Nikki Dattoli	at Virginia Intercollegiate	3/16/01	9.825
	Nikki Dattoli	Rhode Island	3/13/00	9.825
	Sarah Reynolds	at Virginia Intercollegiate	3/20/99	9.825

Individual Beam Scores

1.	Brittany Gibbs	George Washington.	2/8/04	9.925
2.	Emma Cross	N.C. State	3/20/03	9.900
	Jamie Weinfeldt	N.C. State	3/20/03	9.900
	Jamie Weinfeldt	at ECAC Championship.	3/24/01	9.900
	Lynn Dameron	at N.C. State	3/12/93	9.900
6.	Emma Cross	George Washington.	2/8/04	9.875
	Emma Cross	at ECAC Championship.	3/29/03	9.875
	Jamie Weinfeldt	at ECAC Championship.	3/29/03	9.875
	Erin Skinner	James Madison	3/12/03	9.875
10.	Jess Randall	at USAG Nationals	4/14/06	9.850
	Andrea Dochney	at Nation's Capital Cup	3/10/04	9.850
	Suzanne Chaves	at ECAC Championship.	3/29/03	9.850
	Erin Skinner	N.C. State	3/20/03	9.850
	Kristen Gaidish	at Eastern Michigan.	2/21/03	9.850
	Jess Dancu	ECAC Championship	3/23/02	9.850
	Nikki Dattoli	at ECAC Championship.	3/24/01	9.850
	Jamie Weinfeldt	at Virginia Intercollegiate	3/16/01	9.850
	Brooke Sawyer	Eastern Michigan	3/7/01	9.850
	Lynn Dameron	at Virginia Intercollegiate	3/18/95	9.850
	Lynn Dameron	at Virginia Intercollegiate	3/5/94	9.850
	Lynn Dameron	Virginia Intercollegiate	3/14/93	9.850

Individual Floor Exercise Scores

1.	Emma Cross	Towson/James Madison	3/13/04	9.925
	Emma Cross	at North Carolina	2/22/04	9.925
3.	Suzanne Chaves	Towson/James Madison	3/13/04	9.900
	Suzanne Chaves	at Sweetheart Invitational	2/13/04	9.900
	Emma Cross	at N.C. State	1/9/04	9.900
	Emma Cross	at George Washington	3/16/03	9.900
	Emma Cross	at Virginia Intercollegiate	3/12/02	9.900
	Erin Skinner	at Rhode Island	1/26/02	9.900
	Brandee Ground	at Virginia Intercollegiate	3/20/99	9.900
	Anna Dwyer	JMU/West Virginia	2/16/92	9.900

ATHLETIC SUCCESS

The 2006-07 season was another strong year for the College, as Tribe teams added four more CAA titles to bring the school's all-time league-leading total to 88.

The men's cross country squad won its seventh consecutive CAA crown in the fall, while the women's cross country team won its fourth straight. The women's swimming team won its first CAA Championship, while the women's tennis team added its 19th all-time CAA crown in the spring.

Individually, the women's tennis doubles team of Megan Moulton-Levy and Katarina Zoricic reached the title match of the NCAA Doubles Championship, earning All-America honors. Katie Radloff became the first female swimmer to advance to the NCAA's since 1983. Additionally, Keith Bechtol raced to a 14th-place finish in the 10,000m, while Bonnie Meekins placed 16th in the heptathlon at the NCAA Track and Field Championships.

ACADEMIC EXCELLENCE

The Tribe's athletic accomplishments do not come at the expense of its student-athlete's academic responsibilities.

This year, the NCAA honored 13 W&M teams as recipients of its public recognition award. The Tribe teams recognized are baseball, men's and women's cross country, football, men's and women's golf, men's and women's gymnastics, men's and women's indoor and outdoor track and field and volleyball.

Additionally, in the latest NCAA graduation rate reports, three Tribe teams posted 100% graduation rates, including football, women's basketball and women's cross country/track.

Since 1992, 39 student-athletes have been designated Academic All-Americans, including three in the past academic year. Keith Bechtol (men's track) was a First-Team selection, Ryan Overdevest (men's soccer) was a Second-Team selection and Anna Young (women's soccer) was a Third-Team selection.

In 2002-03, the CAA created a Scholar-Athlete of the Year Award in each of its sports, and not surprisingly, W&M has set the pace with 22 winners. Bechtol was the CAA Scholar-Athlete of the Year in both cross country and track and field, bringing his career award total to five. Meghan Bishop (women's cross country) earned her fourth CAA Scholar-Athlete of the Year award in the fall in cross country.

In addition, four of W&M's five Rhodes scholars participated in varsity sports.



THE COLLEGE



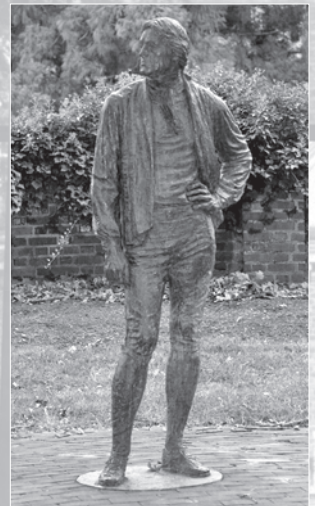
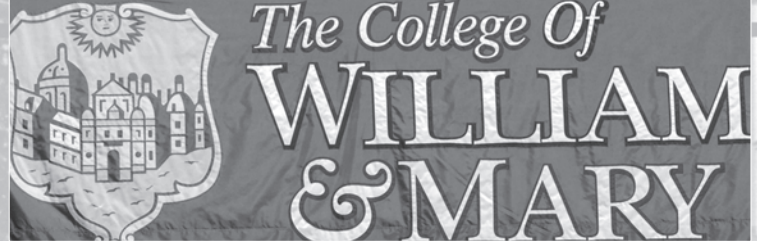
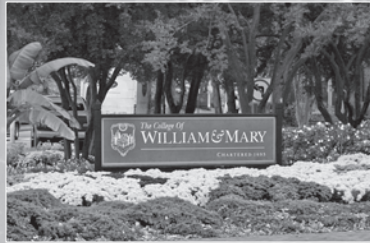
For more than 300 years, William and Mary has been a symbol of academic distinction in America. Now, in its fourth century, the College is prepared to educate the leaders of the 21st century.

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 sixth among all public universities (U.S. News and World Report).

• W&M FACTS •

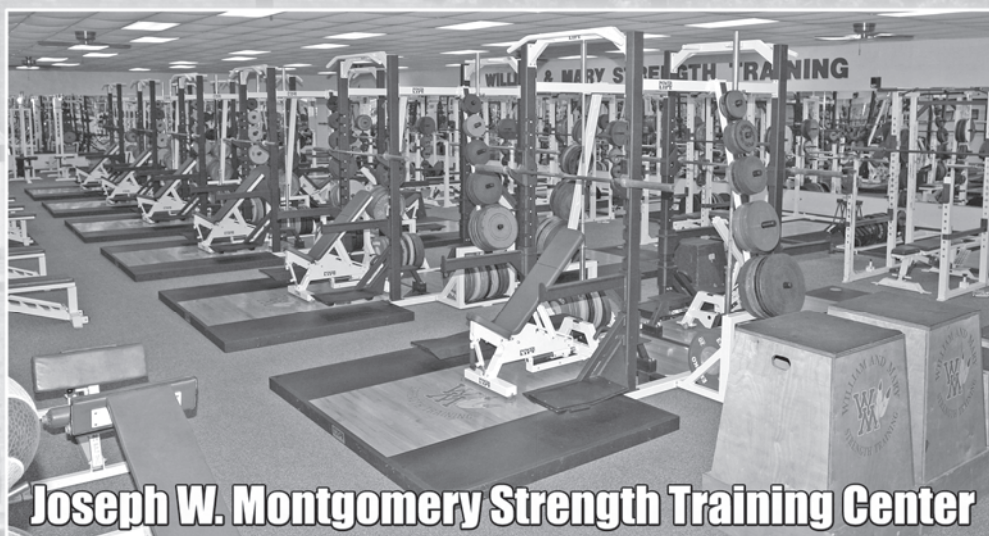
- W&M is the best small public university in the nation in terms of commitment to teaching, according to an analysis by U.S. News and World Report.
- W&M ranked sixth among all public universities in the analysis.
- W&M ranked tied for 31st overall among the nation's best universities.
- W&M ranked 17th in graduation rates.
- The average SAT score of William and Mary's incoming first-year students is higher than that of any other Virginia institution.
- William and Mary earned the five-star (highest) academic ranking awarded by the Fiske Guide to Colleges, edited by the former *New York Times* education reporter.
- The College's student/faculty ratio is approximately 12/1.
- Over 42% of the classes at W&M have less than 20 students.
- The maximum enrollment for freshman seminars is 15 students.
- Over 20,000 internships are posted on the school's web site.
- 10,722 high school students applied for 1,349 spots in the freshman class for the 2006-07 school year.
- The retention rate for freshmen who entered in the fall of 2005 was 95%.



Athletics Department Goals

We take pride in the many achievements of William and Mary athletes, both in the classroom and on the playing fields. 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.



Joseph W. Montgomery Strength Training Center



Athletic Training Room

Sports Psychology

Deidre Connelly, Ph.D., is the College's full-time sport psychologist. 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.

Compliance, Academic Support

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

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 ensure that there is a support system in place to assist students to make positive and informed decisions.

Speed, Strength, 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 Speed, Strength and Conditioning Coach John Sauer, 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 ensure 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 Assistant Athletics Director for Health Services, Steve Cole, 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.

ATHLETICS FACILITIES



Albert-Daly Field

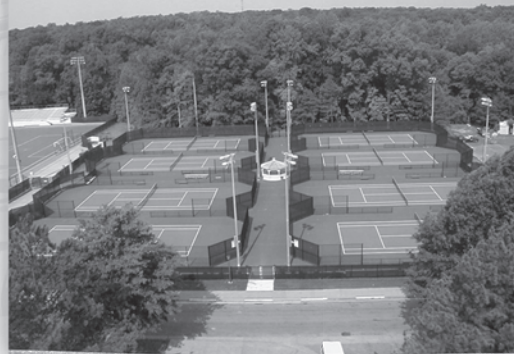
- Home of soccer and lacrosse
- Made possible by a generous grant from Mr. and Mrs. Jim Ukrop
- Natural grass playing surface
- Named after longtime soccer coaches Al Albert and John Daly



Albert-Daly Field

Busch Courts

- Home of tennis in 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 500
- State of the art lighting



Busch Courts

Busch Turf Field

- Home of the field hockey team
- Made possible by a generous grant from Anheuser-Busch, Inc.
- Playing surface is a unique combination of a poured pad with AstroTurf playing surface
- Seats over 2,200
- Computerized lighting and an elevated press box



Busch Turf Field

McCormack-Nagelsen Tennis Center

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



Zable Stadium

Plumeri Park

- Home of the 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
- Lockers, box seats and concessions



Plumeri Park



McCormack-Nagelsen Tennis Center

Kaplan Arena at W&M Hall

- Home of the basketball, gymnastics and volleyball teams and the ticket office
- Seats over 8,500
- Three-level building includes 12 locker rooms, training room, 5,000 square foot weight room and gymnastics training center
- The concourse and lower levels house administrative and coaches offices



Kaplan Arena at William and Mary Hall

Zable Stadium

- Home of football and track and field
- Campus landmark since 1935
- Seating for more than 12,000
- Field Turf surface
- Permanent lighting
- Brand new state-of-the-art track
- Joseph Montgomery football practice facility is located adjacent to the stadium

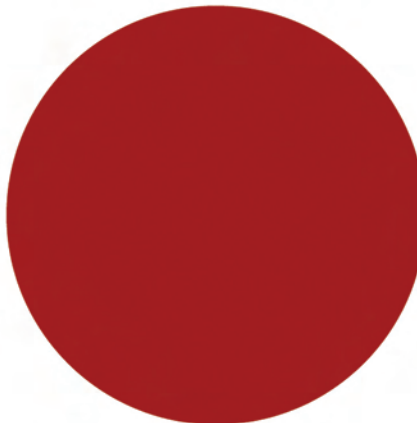
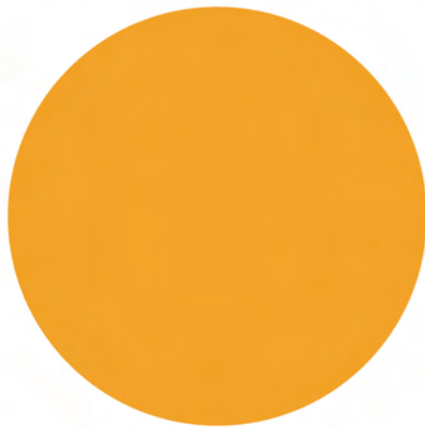
BECAUSE IT'S NOT WHETHER YOU WIN OR LOSE, IT'S WHERE YOU STAY FOR THE GAME.



Treat your team and fans with our complimentary cooked-to-order breakfast, spacious two-room suites and lush open-air atrium. It's perfect for keeping your team spirit in high spirits. These are just some of the ways Embassy Suites Hotels® puts extra thought into everything we do.

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2008 SCHEDULE **TRIBE GYMNASTICS**

January

20	Sun.	at George Washington Invitational (vs. UNC, Rutgers, Cornell*, Temple*)	4 p.m.
27	Sun.	at West Virginia (vs. George Washington, Oklahoma)	1 p.m.

February

2	Sat.	at Liberty Classic (Temple*, vs. West Chester, Ursinis)	1 p.m.
9	Sat.	at New Hampshire (vs. Penn*, Yale*)	7 p.m.
16	Sat.	at Sweetheart Invitational (N.C. State)	7 p.m.

March

1	Sat.	at North Carolina	1 p.m.
9	Sun.	at N.C. State (vs. Bowling Green)	7 p.m.
12	Wed.	TOWSON*, PENN*	7 p.m.
15	Sat.	at Towson*	7 p.m.
21	Fri.	RHODE ISLAND*	7 p.m.
29	Sat.	ECAC CHAMPIONSHIP*	Noon

April

12	Sat.	NCAA Southeast Regional (Gainesville, Fla.)	6 p.m.
17-19		USA Collegiate Nationals (Centenary - Shreveport, La.)	TBA
24-26		NCAA Championships (Athens, Ga.)	TBA

*ECAC opponent

Home Meets in Bold CAPS, held in Kaplan Arena at William and Mary Hall.
Schedule Subject to Change, check www.TribeAthletics.com for updates.

