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Quick Facts

William and Mary
Location: Williamsburg, Va.
Founded: 1693
Enrollment: 5,500
Nickname: Tribe
Colors: Green, Gold and Silver
Conference: Eastern Collegiate Athletic Conference
President: W. Taylor Reveley, III
Chancellor: Sandra Day O'Connor
Athletics Director: Terry Driscoll
Senior Women's Administrator: Pam Mason
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

Sports Information
Associate SID/Gymnastics Contact: Rob Turner
Office Phone: (757) 221-3370
Cell Phone: (757) 846-1460
E-Mail Address: rrturn@wm.edu
Sports Information Fax: (757) 221-2989
Website: www.TribeAthletics.com

Coaching Staff
Head Coach: Mary Lewis (Christopher Newport, 1985)
W&M Record: 167-259-2 (14 seasons)
Overall Record: 167-277-2 (15 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: jaweinfeldt@wm.edu

Team Information
2008 Record: 12-27
2008 Regular Season Record vs. ECAC: 4-5
2008 ECAC Championship Finish: Fourth
Returnees/Newcomers: 14/4
Team Captains: Becca Bacharach, Lauren Jackson



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MEDIA GUIDE CREDITS

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2009 William and Mary Tribe

Front Row (L to R): Dina McNaughton, Allie Wheeler, Stephanie Bevan, Megan Vincent, Allison Leich, Alison Medeiros, Kristin Milardo

Second Row (L to R): Sarah Jacobson, Melissa Cream, Ryann Tewell, Karla Bercaw, Annie Mix

Third Row (L to R): Ashley Lugo, Taryn Saunders, Monica Goldblatt, Jennifer Stack

Back Row (L to R): Lauren Jackson (co-captain), Becca Bacharach (co-captain)

2009 Women's Gymnastics Roster

Name	Cl.	Events	Hometown	High School	Club
Becca Bacharach	Sr.	VT, BB, FX	Lancaster, Pa.	J.P. McCaskey	Astra
Karla Bercaw	So.	AA	Montgomery Village, Md.	Gaithersburg	Hill's
Stephanie Bevan	Jr.	VT, BB, FX	Bridgewater, N.J.	Bridgewater-Raritan	AGA-NJ
Melissa Cream	So.	AA	West Windsor, N.J.	West Windsor Plainsboro	Arena
Monica Goldblatt	Sr.	UB, BB	McLean, Va.	Langley	Hill's
Lauren Jackson	Sr.	VT, BB, FX	Westwood, Mass.	Westwood	Exxcel
Sarah Jacobson	Sr.	VT, UB, FX	Brecksville, Ohio	Brecksville-Broadview Hts.	Gym World
Allison Leich	Sr.	VT, BB, UB	Lake Mary, Fla.	Lake Mary	Brown's-Sanford
Ashley Lugo	Sr.	VT, FX	Central Islip, N.Y.	St. Anthony's	GMGC
Dina McNaughton	So.	VT, BB, FX	Stoneham, Mass.	Arlington Catholic	Yellow Jackets
Alison Medeiros	Jr.	UB, BB	Hudson, Ohio	Hudson	FLYTZ Gymnastics
Kristin Milardo	Fr.	AA	Colorado Springs, Co.	Pine Creek	Aerials
Annie Mix	Fr.	AA	Olive Branch, Mass.	Southern Baptist Educational Center	River City Gymnastics
Taryn Saunders	So.	AA	Herndon, Va.	Chantilly	Gymini
Jennifer Stack	Jr.	VT, UB	Enfield, Conn.	Enfield	Brestyan's American
Ryann Tewell	Fr.	AA	Louisville, Ky.	Sacred Heart Academy	Champion Gymnastics
Megan Vincent	Sr.	VT	Newport News, Va.	Menchville	World Class
Allie Wheeler	Fr.	BB	Williamsburg, Va.	Lafayette	World Class

Head Coach: Mary Lewis (Christopher Newport, 1985); 15th season

Assistant Coach: Jamie Weinfeldt (William and Mary, 2004); Second season

As the William and Mary women's gymnastics team enters the 2009 season, there is reason for great optimism that the program can once again rise to the top of the Eastern Collegiate Athletic Conference. This year's edition of the Tribe features an exciting blend of experienced veterans and talented newcomers, who possess both the ability and the work ethic to produce tremendous results. As is the case every season, **Head Coach Mary Lewis** has great expectations for this year's team and knows what it will take to achieve its goals.

"Our primary goals for this season are to win the ECAC Championship and to finish in the top two at the USAG finals," said Lewis, a two-time ECAC Coach of the Year. "In order to accomplish our goals, it is important that we start the season well, develop consistency early and then continue to build on it throughout the season. The conference has gotten very strong, and it won't be easy, but I think this team is ready for the challenge."

Although the College graduated its two top performers from last season — Stevie Waldman and Tricia Long — the squad boasts a seven-member senior class that will provide leadership to help guide the Tribe to success in '09. Highlighting the veteran group are co-captains **Beca Bacharach** and **Lauren Jackson**, a pair of seniors who have demonstrated strong leadership skills during their careers.

"Our senior class is probably the largest I have had in my career at William and Mary," Lewis said. "They are a diverse group of student-athletes who all provide leadership in various ways, and I expect that they will demonstrate a good example in the gym and in the classroom. They will all be extremely important as we work towards our quest for a conference championship."

The veterans' leadership will be incredibly important in determining the Tribe's success this season, as the team will once again challenge itself against national-level programs and some of the top teams in the region. In addition to squaring off against its league foes, W&M will compete against 2008 NCAA Regional qualifiers North Carolina, North Carolina State, Penn State, Kentucky and Illinois.

Bacharach should play a key role in the Tribe's efforts against the challenging slate of opponents, as the co-captain will compete on floor, vault and beam this year. After upgrading her tumbling during the off-season, she will likely make the move from leadoff to anchor on floor this season. The Lancaster, Pa., native is also working towards a 10.0 start value on vault and appears ready to make an impact on beam.

Like Bacharach, Jackson will serve as a co-captain and will train on vault, beam and floor. Although somewhat hampered by injuries during her career, she was a very solid performer on vault last year and also improved on beam as the season progressed. While she has not competed regularly on floor, she is a talented performer with wonderful presentation and could enhance the Tribe's lineup in the event.

While senior **Monica Goldblatt** has been unable to compete the past two seasons due to injury, she has modified her workouts and is hoping to earn a spot in the bars and beam lineup. A second-team all-conference selection



Senior co-captain Lauren Jackson

as a freshman on bars, she continues to have a very nice routine on the apparatus and will focus primarily on that event.

After earning second-team all-conference honors on vault during each of the past two seasons, senior **Sarah Jacobson** will look to continue her success in the event this year. The Brecksville, Ohio native has also been a member of the bars lineup since her sophomore season and should remain among the team's best in that event as well. A strong tumbler, she could also make an impact on floor as she continues to improve her consistency on landings.

After joining the team as a walk-on during the '07 season, senior **Allison Leich** has worked hard and improved tremendously during the past two seasons. While beam is her strongest event, she could also provide some depth on bars.

Although senior **Ashley Lugo** has battled injuries throughout much of her career and has competed in just a pair of meets during the past two seasons, she is hoping to remain healthy enough to make significant contributions during her final season at the College. While Lugo will primarily focus on vault, her strong tumbling and nice presentation should keep her in the mix to make the floor lineup.

Senior **Megan Vincent** has also battled injuries during her career, but she figures to be a key member of the vault lineup this year after upgrading her start value in the event during the off-season.

A two-time all-conference honoree on beam, junior **Stephanie Bevan** garnered first-team accolades last season with a sixth-place finish at the league championship and should continue to be one of the Tribe's top performers in the event this year. The Bridgewater, N.J., native should also be a valuable contributor to the floor lineup and could also add depth on vault.

One of the Tribe's top performers in '08, junior **Alison Medeiros** placed second at the conference championship on bars last season before going on to earn first-team All-America honors at the USAG Collegiate Nationals.

Medeiros will also focus her training on beam, an event she garnered second-team all-conference honors in as a freshman.

Junior **Jen Stack** has fought through a number of injuries during her career, but she has continued to excel at an elite level in the gym. The Enfield, Conn., native claimed first-team all-conference honors on bars and vault last year and then went on to earn first-team All-America distinction on bars at the USAG Collegiate Nationals. While she will continue to be one of W&M's top performers in both events again this season, she will also work on beam.

Although she was limited during her freshman season due to an injury, sophomore **Karla Bercaw** will train in all-around this year with an emphasis on beam. A focused and efficient worker, Bercaw will likely replace Long at the front of the beam lineup this season. Also a strong vaulter, she could add another 10.0 start value to the lineup.

Sophomore **Melissa Cream** posted an outstanding first season for the Tribe a year ago and will look to build on that success this season. A second-team all-conference honoree on beam, Cream was also selected as the ECAC Rookie of the Week twice. In addition to excelling on beam, she is a consistent performer on bars and has a solid floor routine.

After making an immediate impact on vault and floor as a freshman, sophomore **Dina McNaughton** will also train on beam this season. Her consistency on floor makes her a likely candidate for the leadoff spot in the event, while she is looking to upgrade her vault start value to a 9.9. McNaughton has also become more comfortable on beam and could vie for a spot in the lineup with increased consistency.

A member of the bars lineup last season, sophomore **Taryn Saunders** will also add depth on beam this year. With an upgraded bars routine, she will likely improve upon what was a solid freshman season in '08.

In addition to the solid nucleus of returning letter-winners, the Tribe adds a quartet of talented freshmen to the squad this season. **Kristin Milardo**, **Annie Mix** and **Ryann Tewell** will train in all-around, while **Allie Wheeler** will focus on beam.

Milardo has a 10.0 starting value on vault, while her dynamic routine on bars could help fill the void left by the graduation of Waldman and Long. She has also looked good on beam, and her tumbling is strong. A mature performer, she should make a successful transition to collegiate gymnastics.

Although Mix will train in all-around, she will likely make her most significant impact on bars. Because of her solid routine and strong handwork, she has the potential to step into the lineup early and will, at the very least, add important depth. She also could add valuable depth to the beam and floor lineups.

The expectations for Tewell on bars is high, as she boasts a solid routine and a big release move. She also shows great potential on beam and floor and should contribute to both lineups.

Wheeler is only a year removed from shoulder surgery and will focus the majority of her training on beam.