



HEAD COACH

MARY LEWIS

TWO-TIME ECAC COACH OF THE YEAR

Competitive Success

During her 15-year career at William and Mary, head coach Mary Lewis has experienced tremendous success. A two-time ECAC Coach of the Year honoree, Lewis has led the Green and Gold to four conference championship titles, including three in a row from 2001-03. Additionally, she has coached 10 different gymnasts to 15 total NCAA Regional appearances, while 16 of her gymnasts have claimed ECAC individual titles.

Excellence in the Classroom

In addition to excelling against the competition in the arena, Lewis has stressed the importance of academic excellence in the classroom as well. Evidence of this has come in the numerous awards earned by Tribe student-athletes. During the last four seasons, 13 Tribe gymnasts have earned NACGC national scholar-athlete citations, while W&M has produced two ECAC Scholar Athletes of the Year in the past two seasons.

Impact in the Community

An important part of being a member of the William and Mary women's gymnastics program is giving back to the community. This fall, the Tribe participated in the 12th Annual Central Virginia Juvenile Diabetes Research Foundation (JDRF) Walk to Cure Diabetes in Richmond, Va. As a team, the Green and Gold raised nearly \$1,500 for the event, which helps fund research for the cure of type 1 (juvenile) diabetes.



During Mary Lewis' 15-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.

A two-time ECAC Coach of the Year, Lewis has guided W&M to four conference championships, including three in a row from 2001-03. In addition to the collective success experienced by the team, a number of Tribe gymnasts have also garnered individual accolades under Lewis' tutelage. Since taking over the program in 1995, Lewis has coached 10 different gymnasts to 15 total NCAA Regional appearances. Additionally, Lewis' gymnasts have claimed 16 individual ECAC titles.

Under Lewis' guidance, four gymnasts on six occasions in the last five seasons have competed

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	
2008	12-27	

in NCAA Regionals. Last season, Stevie Waldman competed at regionals for the second consecutive season, as she placed 24th in the all-around portion of the event. Tricia Long, the 2005 ECAC Rookie of the Year, also competed as an individual all-arounder twice as she represented the Tribe in 2005 and 2007. Suzanne Chaves ('04) and Emma Cross ('05) competed in a NCAA Regional in 2004.

In addition to Waldman's appearance at the 2008 NCAA Regionals, the Tribe garnered a number of other accolades last season. Waldman became the USAG Collegiate National All-Around Champion after earning first-team All-America honors on bars and beam, finishing second in both events. Jennifer Stack and Alison Medeiros also claimed first-team honors, finishing eighth and ninth, respectively, on bars.

W&M also experienced tremendous success at the 2008 ECAC Championship, which the College hosted in Williamsburg. Waldman garnered three first-team honors and was the champion on bars, while Stack earned first-team accolades on vault and bars. Stephanie Bevan and Medeiros claimed first-team certificates on beam and bars, respectively, while the squad also picked up four second-team honors.

During the '07 season, Lewis sent two gymnasts to the NCAA Southeast Regional, as Long and Waldman both qualified as individual participants for the competition. It marked the fourth time in her career that Lewis had two gymnasts qualify for regionals. 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 Christina 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, Long (all-around) and Medeiros (bars) were named USAG Second-Team All-Americans. During the previous season, 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 Brittany Gibbs and Jess Randall, who shared the USAG individual national championships in the floor exercise.

Following the 2006 season, Lewis was recognized by her peers as the ECAC Coach of the Year for the second time in her career. That season, the Tribe earned a second-place finish at the ECAC Championship, the program'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.

In addition to success in the gym, Lewis has stressed the importance of academics. This 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 Waldman, Lauren Jackson and Sarah Jacobson. During the last four seasons, 13 Tribe gymnasts have earned the honor. Waldman was also recognized for her excellence in the classroom by being selected as an ECAC Scholar-Athlete of the Year in '08.

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 13-year-old son, Zachary.

Lewis and the NCAA's

Mary Lewis has coached 10 gymnasts to NCAA Regional meets on 15 occasions during her tenure at W&M. 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
- 2008 - Stevie Waldman



ASSISTANT COACH

JAMIE WEINFELDT

After joining the William and Mary coaching staff in September 2007, former Tribe standout Jamie Weinfeldt enters her second season as an assistant coach at the College.

A 2004 graduate of W&M, Weinfeldt has an extensive background in training and administration. She works primarily with coaching the beam line-up, recruiting and strength and conditioning. Weinfeldt also assists Lewis in coaching the floor exercise.

During her first season as an assistant with the Tribe, Weinfeldt was instrumental in helping three W&M gymnasts earn all-conference honors on beam. Stevie Waldman and Stephanie Bevan both garnered first-team distinction, while Melissa Cream received second-team accolades. Additionally, she helped Tricia Long earn second-team honors in the floor exercise.

"I'm very excited to have Jamie join the program," head coach Mary Lewis said at the time of Weinfeldt's hiring. "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 returned 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 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 for two seasons.

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.

Last summer, Weinfeldt served as the assistant director at the North Carolina State camp. Additionally, she coached 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 degree 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.