

William and Mary Track and Field 2004

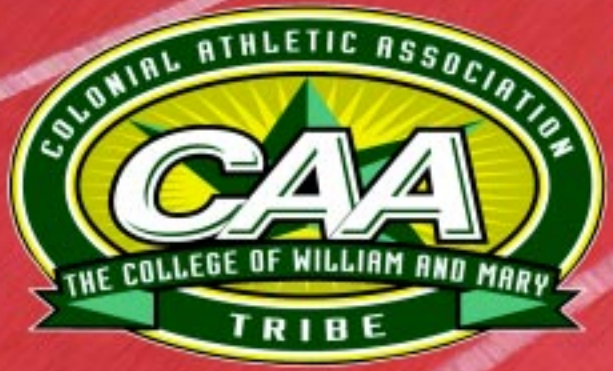
Ali Henderson



Cassidy Harris



Charlotte LaRoche



2004 ROSTER



**ALL-EAST THROWER
AYANNA JONES**



**CAA CHAMPION
KATRINA MENARD**

Name	Class	Event	Hometown
Jessica Allred	SO	Distance	Portland, OR
Lindsay Ambrecht	FR	Middle Distance	Scarsdale, NY
Katie Andres	JR	Sprints	Sterling, VA
Liz Arnold	FR	Pole Vault	Richmond, VA
Meghan Bishop	FR	Distance	Blue Bell, PA
Stephanie Blake	SR	Middle Distance	Hopewell Jct., NY
Brenna Blevins	FR	Sprints/Multi	Pulaski, VA
Julia Cathcart	FR	Distance	Starkville, MS
Loren Cutright	SO	Middle Distance	Montpelier, VA
Christy Dannenberg	FR	Distance	Reston, VA
Amanda Gomaa	JR	High Jump/Multi	Charlottesville, VA
Liz Hager	SO	Throws	Max Meadows, VA
Emily Halm	SR	Distance	Massillon, OH
Kate Ham	FR	Throws	Bozeman, MT
Cassidy Harris	JR	Throws	Geneva, IL
Ali Henderson	SR	Distance	Parkville, MO
Lauren Heron	SO	Middle Distance	Manlius, NY
Meredith Holaday	JR	Middle Distance	Westfield, IN
Erica Johnson	SO	Sprints	Stephens Church, VA
Ayanna Jones	JR	Throws	Richmond, VA
Lauren Kloss	FR	Hurdles/Sprints	Hillsborough, NJ
Shelly Knewstep	SO	Middle Distance	Madison, VA
Kelly Knight	SO	Hurdles	Yorktown, VA
Jackie Kosakowski	JR	Distance	Sauquoit, NY
Charlotte LaRoche	SR	Pole Vault	Centreville, VA
Ruth Loyer	JR	Middle Distance	Red Lion, PA
Amy Maier	FR	Distance	Morristown, NJ
Lydia Malley	SO	Middle Distance	Arlington, VA
Erin Masterson	JR	Middle Distance	Annapolis, MD
Naomi Mattos	JR	Sprints/Long Jump	Woodbridge, VA
Michaela McElroy	FR	Sprints/Hurdles	Wyomissing, PA
Kristin McGough	SR	Distance	Mickleton, NJ
Sarah McHale	SO	Jumps/Multi	Winchester, VA
Maura McMahan	SR	Distance	Westfield, NJ
Bonnie Meekins	SO	Multi/High Jump	Herndon, VA
Katrina Menard	SR	Distance	Annandale, VA
Kristin Monaco	SR	Middle Distance	Groveland, MA
Jen Monk	SR	Sprints/Jumps	Warminster, PA
Anna Parker	FR	Middle Distance	Charlotte, NC
Melle Patrick	SO	Middle Distance	Manama, Bahrain
Lindsay Pearson	SO	Throws	Oak Hill, VA
Rebecca Pucheu	JR	Jumps	Oakton, VA
Karen Pulliam	SO	Distance	North Potomac, MD
Kristyn Shiring	SO	Distance	Stafford, VA
Jen Showker	FR	Throws	Harrisonburg, VA
Rachel Sigsbury	SR	Middle Distance	Mt. Airy, MD
Kara Snyder	JR	Hurdles/Sprints	Clinton, NJ
Heather Stevenson	FR	Middle Distance	East Lyme, CT
Lara Toscani	SR	Distance	Berwyn, PA
Carl Tusing	JR	High Jump/Hurdles	Midlothian, VA
Becca Velarde	JR	Middle Distance	Albuquerque, NM
Sarah Wells	JR	Middle Distance	The Woodlands, TX
Mary Whitehead	FR	Sprints	Dulles, VA
Kate Willever	FR	Middle Distance	Pennington, NJ
Michelle Wolf	FR	High Jump/Multi	Hummelstown, PA
Jessica Wolfe	FR	Distance	Arlington, VA
Kathleen Woody	FR	Sprints/Jumps	Oakton, VA



**CAA CHAMPION
LAUREN HERON**



**CAA CHAMPION
KARA SNYDER**



Quick Facts

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2004 William and Mary Women's Track and Field Media Guide

The College of William and Mary

Location: Williamsburg, Virginia

Mailing Address: P.O. Box 399, Williamsburg, VA 23187

Founded: 1693 (second-oldest college in U.S.)

Enrollment: 5,560

Nickname: Tribe

School Colors: Green, Gold and Silver

Affiliation: NCAA Division I

Conference: Colonial Athletic Association

President: Timothy J. Sullivan (William and Mary, 1966)

Athletics Director: Terry Driscoll (Boston College, 1969)

Associate Athletics Director: Barbara Blosser (Ohio State, 1975)

Directions to W&M

From the North/West: Take I-64 East to Lightfoot Exit 234 (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until Monticello Avenue exit. Exit at Monticello Avenue, and bear left on exit ramp. At bottom of ramp, turn left at light onto Monticello (pass under 199). Go straight through first stoplight (at Ironbound Road). After the light, continue straight for about half a mile and take the first right onto Compton Drive (before light at hospital and shopping centers) There may not be a street sign! The road is heavily wooded on both sides. Continue on Compton Drive and turn right at the first stop sign onto Brooks Road. William and Mary Hall will be on your left.

From the South/East: Take I-64 West to Exit 242A (Route 199 West). Follow 199 to fourth light. At the fourth light, take a right onto Jamestown Road. Follow Jamestown Road 1.1 miles (past Lake Matoaka on left), then take a left onto Campus Drive. Take a left at the next stop sign and continue to follow Campus Drive while bearing right until you reach William and Mary Hall up the hill on your left.

W&M Women's Track & Field

Director of Track & Field: Dan Stimson (Ohio, 1971)

18th Year

Phone: (757) 221-3397

E-mail: dgstim@wm.edu

Head Coach: Pat Van Rossum (Wisconsin-LaCrosse, 1979)

18th Year

Phone: (757) 221-3396

Email: rpvanx@wm.edu

Assistant Coach: Emil Davis (William and Mary, 1985)

Assistant Coach: Matt Shelton (Tennessee, 1994)

W&M Sports Information

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Web site: www.TribeAthletics.com

Credits: This media guide is a publication of the W&M sports information office. Writing, layout and design by Paul Ring. Editing by Pete Clawson, Mario Machi, Chris Poore and Dan Wakely. Cover designed by Paul Ring. Photography by Pete Clawson, Randy Hawthorne, Bob Keroack and Scott Kirk.

To The Media:

This booklet is primarily intended to assist our recruiting efforts. Nonetheless, we hope you will find it useful. Updated information is available by accessing the W&M Athletics web site at www.TribeAthletics.com. We are always happy to provide you with information for feature stories and often we can supply photographs. Please contact Paul Ring in the sports information office for more information.

Coaching Staff



Director of Track and Field DAN STIMSON

In his 18th year as Director of Track and Field at William and Mary, Dan Stimson oversees a program that has demonstrated success both in the classroom and on the track.

The men's and women's cross country teams have combined to capture 15 of the last 22 CAA crowns, and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2003 season was another banner year for the squads, with the men four-peating as conference champions while the women reclaimed the CAA title. Capping the fall was the men's seventh-straight appearance at the NCAA Championships and Ali Henderson's All-America honor at the race.

The women's track and field team pulled off an unprecedented feat in 1999, dethroning nine-time CAA champion George Mason. The championship was the first CAA title for the women, a feat the program duplicated in 2001, 2002 and 2003. Meanwhile, the men's track and field team captured the 2003 CAA crown, downing powerhouse UNCW with a record-setting score. The success of Stimson's program has garnered 51 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, pole vaulters and multi-eventers, has mentored many W&M athletes to national prominence in his tenure. Due to the absence of the javelin or the hammer throw at the high school level in Virginia and other nearby states, Stimson has earned a reputation for his ability to develop young talent.

His coaching credits include W&M hammer throw record-holder Mike Howell, who only started with the hammer in his rookie season at W&M, and progressed through the ranks until his senior year, when he posted the eighth-best mark by an American collegian (206'1"). Decathlon record-holder Todd Doughty (7,240 points) benefited from his time with Stimson as well, working his way from a walk-on to one of the top-20 decathletes in the country over the course of his career at W&M.

On the women's side, Stimson coached All-American high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11.25". Wendy Warren, the school record-

holder in the javelin (153'6"), was discovered in a physical education class and went on to earn All-East honors and sixth-place at the ECAC Championships. Stimson coached pole vaulter Charlotte LaRoche to second place in the ECAC Championships and a school-record of 13'1" in her freshman season and has guided steady improvement throughout her career. Stimson has had numerous All-East performers in all of the field events.

A current example of Stimson's coaching ability can be seen in senior Chris Parsons. As a freshman, Parsons made a powerful debut, winning CAA titles in both the shot put and the javelin, enabling him to be selected for the United States Junior National Team. He followed up his impressive freshman season with a sophomore campaign that featured top CAA finishes in the discus (fourth), javelin (third), ham-

mer (second) and a second straight first-place showing in the shot put. Parsons then went on to garner All-East honors in the hammer at the IC4A meet. In 2003 Parsons was named CAA Scholar-Athlete of the year, after earning a pair of all-conference honors by finishing second in both the shot and the hammer at the CAA Championships. Parsons also qualified for the IC4A Championships yet again in the weight throw and hammer and also earned a berth to the NCAA Southeast Regional in the hammer.

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

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

Dan and his wife Rosemary, also a Falconer native, have two children. Their son, Clare, is a 21-year-old local college student. Recently married daughter Krista Crider, 28, graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She recently earned a Ph.D. in the field of genetics and molecular biology at Emory University. Krista is a former W&M record holder in the hammer throw.



Stimson By The Numbers

- 51 All-Americans in indoor and outdoor track and field and cross country
- 29 CAA Titles
- 23 CAA Athletes of the Year
- 18 Seasons at William and Mary
- 2 CAA Coach of the Year Honors (1992 and 1996)

Tribe



Coaching Staff

Head Coach

PAT VAN ROSSUM



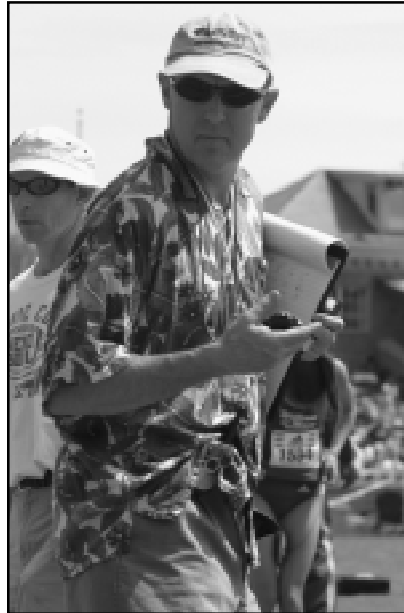
In 18 years as the head women's cross country and track and field coach at the College, Pat Van Rossum has set a standard of tradition and consistency which has led the two teams to unprecedented success. Van Rossum coached his track team to its third-straight CAA Championship in 2003 and the Tribe

finished fourth, its best finish ever, at the elite ECAC Outdoor Championship. Van Rossum's cross country squads have had five top-25 finishes in the NCAA Championships since 1990, most recently finishing 23rd in 2002 and a best of 10th in 1998. Tribe runners consistently finish among the top six squads in the NCAA's Southeast Region, known as the strongest and deepest in the country.

Van Rossum also emphasizes the student-athlete and sets the tone for academic as well as athletic excellence. His 2002-03 track and field team boasted the 15th highest cumulative GPA out of all Division I programs. Senior and three-time All American Ali Henderson was honored as the inaugural women's cross country CAA Scholar-Athlete of the Year in 2002 and repeated the feat in 2003, and she also earned all-state academic honors. In addition, she and Anne Larmore (2003) both received all-district academic citations. Van Rossum's athletes also garnered five Academic All-American awards.

For his work, Van Rossum has won numerous coaching honors. After being named Colonial Athletic Association Women's Track Coach of the Year in 2003, Van Rossum has now accrued 13 coaching honors from the CAA (nine for cross country and four for track). The Society of the Alumni has also honored Van Rossum, naming him the William and Mary Coach of the Year in 1999. As W&M employs one of the best coaching staffs in the country, Van Rossum considers this his biggest honor.

The tradition of cross country excellence, in part because of Van Rossum's leadership, is well known and respected at W&M. Additionally, Van Rossum's track team accomplished a nearly unprecedented feat this past spring, as his outdoor track squad scored in every event at the conference championship. One of Van Rossum's goals is to develop a complete, event-by-event, track and field team and he and the Tribe coaching staff are proud of their success in this area.



Van Rossum has been involved in the administrative side of track and cross country as well. He served a two-year stint as the Region II cross country representative to the NCAA. He was also a member of the nine-person committee which successfully wrote a proposal to allow nine additional teams to qualify for the NCAA Cross Country Championships. Currently, Van Rossum is active in the national cross country rankings committee.

Van Rossum also has experience with the nationally-respected University of Tennessee men's track program, having worked as a graduate assistant under 1988 Olympic Coach Stan Huntsman. It was at UT where Van Rossum first met and worked with W&M Director of Track and Field Dan Stimson. Before coming to W&M, the Appleton, Wisconsin native served as assistant women's track coach at the University of Northern Iowa and was the head girls' coach at South High School in Waukesha, Wisconsin, where he led his team to a Milwaukee Suburban Conference championship. Van Rossum holds a bachelor's degree in health education and physical education from the University of Wisconsin-La Crosse and a master's degree in kinesiology, with an emphasis in science physiology, from the University of Tennessee.

Van Rossum's Runners

What typifies Van Rossum's runners is the significant improvement they make under his tutelage. His program does not simply bring in accomplished high school athletes; his athletes get better. They improve to get to the levels they achieve.

The 2002-03 season was, in many ways, the most successful season for the Tribe. The cross country team overcame setbacks to two top-five runners to place 23rd at the NCAAs. Van Rossum guided the track and field team to its third-straight CAA title with seven individual conference champions. Nine athletes qualified for the outdoor NCAA Regionals, while the Tribe racked up 15 qualifications for the outdoor ECACs, showing the great depth and total team concept W&M emphasizes. Tribe athletes set five school records in the outdoor season, in addition to one in the indoor season. For the indoor season, the Tribe earned 13 ECAC qualifications, two NCAA provisional times, and one NCAA automatic qualification. The latter was secured by Ali Henderson in the 5,000m, who went on to earn All-America honors by placing eighth, adding to her previous All-America status earned in 2002 cross country. In outdoor track, Henderson was joined at the NCAAs by Cheryl Bauer (2003). The two, along with Cassidy Harris and Charlotte LaRoche, earned Academic All-American honors.

Graduates Janice Brown (1993) and Marcie Homan (1995) brought Van Rossum's coaching talents national recognition, as each earned five All-America certificates. Homan recorded the fastest collegiate 5,000m in the country when she won the Penn Relays in 1994 (16:04.63), and Brown subsequently became the first W&M woman to compete at the U.S. Olympic trials (1992). For a two-year period, each was among the most consistent collegiate runners in the nation. Once these women qualified for their first NCAA Championship, they made it to each successive championship the remainder of their careers. Another great success story was W&M alum Sonja Friend-Uhl (1993), who qualified for the 2000 Olympic Trials in the 1,500m with a time of 4:13.96. She continues to be an elite runner. More recently, Emily Furia (2001) kicked off the new decade with two All-American honors in the 1,500m. In 2000 she finished 11th in the nation in her first NCAA appearance, and in 2001, even though she was tripped from behind and knocked down to the track, she managed to place ninth. Each of these runners were modest high school runners; their significant improvement came at William and Mary under Van Rossum's guidance. Both athlete and coach are very proud of the accomplishments of Tribe runners.

Van Rossum's Coaching Honors

CAA Cross Country Coach of the Year	1987
CAA Cross Country Coach of the Year	1988
CAA Cross Country Coach of the Year	1990
CAA Cross Country Coach of the Year	1991
CAA Cross Country Coach of the Year	1992
CAA Cross Country Coach of the Year	1993
CAA Cross Country Coach of the Year	1996
CAA Cross Country Coach of the Year	1998
CAA Track and Field Coach of the Year	1999
CAA Track and Field Coach of the Year	2001
CAA Track and Field Coach of the Year	2002
CAA Track and Field Coach of the Year	2003
CAA Cross Country Coach of the Year	2003



Coaching Staff

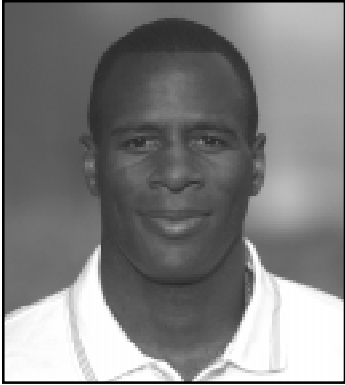


Assistant Coach Emil Davis

Former Tribe multi-eventer and runner Emil Davis has spent the past three seasons mentoring athletes at his alma mater. Davis is primarily responsible for the sprinters, jumpers and hurdlers. Davis had previously been the Bruton High School (Williamsburg) girls' track and field coach for 12 seasons, and also teaches biology at the school. In his time with Bruton, his teams accumulated an impressive 82 victories, including two state championships (1996 & 1997), state runner-up (1998), and numerous invitational victories. Several of Davis' athletes have gone on to become standout multi-eventers in college.

Davis, a 1985 graduate of the College, earned All-East honors his senior year at W&M, placing second in the pentathlon at the indoor IC4A Championships. He still holds the Tribe record in that event (3,840). He is number two on the all-time lists in both the 200m (21.17) and the decathlon (6,819) and was a member

of three record-setting relay teams. Still an active competitor, Davis recently set a U. S. age-group record in the double decathlon while competing at USA Double Decathlon Championship at Liberty University in May 2003. Davis scored 11,178 points over the two-day, twenty-event competition to establish the record mark in the Masters Age 40-44 group.



Assistant Coach Matt Shelton

Former three-time All-American Matt Shelton, in his first year as an assistant coach for both the men's and women's programs, came to the College with a diverse background in both coaching and conditioning. Shelton will work primarily with the sprinters, jumpers and multi-eventers.

Shelton most recently operated Shelton's Speed-Strength-Enhancement in Pittsburgh, PA, where he had the opportunity to coach a 2000 Olympic 400m sprinter and 2003 Indoor World runner-up. He also trained some of the region's top high-school sprinters and jumpers, including one state champion and runner-up. Additionally, Shelton developed cardiovascular and weight training programs for high school and college football athletes.

Previously, Shelton was an assistant track and field coach and physical education instructor at Duke from 1999 until 2001. Charged with leading the sprinters and multi-eventers of both the men's and women's team, Shelton saw 30 school records fall under his tutelage. Shelton also spent three years at Southeastern Louisiana University, where he was a strength and conditioning coach in addition to an assistant for the track program working with sprinters, field-eventers and multi-eventers. He also spent one season as a high school assistant coach in Knoxville, TN.

A 1994 graduate of the University of Tennessee with a B.A. in economics and a minor in sports management and health education, Shelton ran for four seasons with the Vols, earning three All-American honors, all in the decathlon. Setting the NCAA and Olympic trials decathlon 400m record (47.08), and the same mark in the SEC (47.44), Shelton was an integral part of the Vols' 1991 NCAA Championship squad. A five-time member of the Visa Gold Decathlon program, where he trained with world class athletes Dan O'Brien and Dave Johnson, Shelton was also a wide receiver with the Oakland Raiders for two years.



A MESSAGE FROM ATHLETICS DIRECTOR TERRY DRISCOLL

In the athletic world, William and Mary is well recognized for a rare combination of two attributes: its academic strength in the classroom and its competitive strength in athletic venues. I consider it a privilege to be associated with such an institution and to add my efforts to enhance its mission.

The College of William and Mary and its athletics department are committed to the continuation of our stellar women's cross country and track programs. We feel that Coach Stimson and Coach Van Rossum have established a program that is on the vanguard of what intercollegiate athletics should be, crafting an elite program which excels at both the athletic challenges of competitive conferences like the CAA and ECAC and at the rigorous academic standards the College maintains. The team's success at championship meets combined its recent recognition as boasting the 15th highest GPA in the nation, along with five Academic All-Americans, underscore the philosophy which has guided the program.



2004 Outlook

After a season which saw the Tribe capture its third-straight CAA Championship and place a best-ever fourth at the outdoor ECAC Championships, William and Mary women's track and field is positioned for one of its finest seasons ever. With a strong lineup of returning veterans, seasoned in championship competition, and the addition of talented newcomers, the team aims to repeat its success at conferences and challenge at the ECACs and NCAA Regionals.

Director of Track and Field **Dan Stimson** and head coach **Pat Van Rossum** have assembled a complete program with depth in all areas, evidenced by the team's scoring in every event at the 2003 CAA Championship. This year's team is no different.

"I'm very excited to have a full track and field team that has the talent and depth to score in every event at the CAAs," Van Rossum beamed. "We have a lot of returning conference scorers, and I fully expect a lot of underclassmen to step up this year as we'll look to four-peat as CAA Champions and score at ECACs and NAAs."

The distance events continue to be one of the strongest areas of the program. Three-time All-American **Ali Henderson** leads the contingent, aiming to cap a stellar career. Henderson has already earned one All-America honor this season with her 30th-place finish at the NCAA Cross Country Championship. Last year, Henderson blazed to an All-America accolade in the indoor 5,000m with an eighth place finish, the crowning moment of an incredibly successful campaign. Henderson also claimed 12th in the 10,000m at outdoor NAAs in addition to winning the 3,000m at indoor ECACs and the 3,000m steeplechase at outdoor ECACs. The CAA Athlete of the Year, Henderson snared two conference titles, the 5,000m and 3,000m steeplechase, and set school records in the 10,000m and 3,000m steeplechase.

A number of seasoned veterans with all-conference credentials will anchor the distance corps along with Henderson. Senior **Maura McMahon** comes into the season off an All-East performance at outdoor ECACs with a fifth in the 10,000m and an All-CAA selection after her third place at conferences in the 5,000m. Junior **Jackie Kosakowski**, an All-East and all-conference performer last season, had two great ECAC meets, taking ninth in the 3,000m steeplechase and sixth in the indoor 5,000m. Senior **Katrina Menard**, an ECAC qualifier, won the 10,000m at the CAAs in addition to notching three other victories throughout the season. Former all-conference runner **Emily Halm** returns to the squad after redshirting last season and is expected to buoy the distance corps after finishing second at this fall's CAA Cross Country Championship.

Complementing this formidable front is a strong group full of potential. Sophomore **Karen Pulliam** just missed All-CAA honors last season with a fourth in the 3,000m steeplechase, while in the same race, sophomore **Jessica Allred** also scored for the team, claiming seventh. Another conference scorer, **Kristyn Shiring**, enters her sophomore season aiming to build on a seventh-place showing at CAAs in the 5,000m. **Kristin McGough** hopes to cap her career in style. After earning her first all-conference honors in cross country this fall, the senior aims to make the same impact on the track. Junior **Becca Velarde** ran only three races last indoor season but netted three top-10s and aims to continue her steady progression. 2003 CAA Cross Country Co-Rookies of the Year **Meghan Bishop** and **Julia Cathcart** lead a strong incoming class in the distance events, which also features **Christy Dannenberg**, **Amy Maier** and **Jessica Wolfe**, all of whom were accomplished high school runners.

The middle distance corps features a versatile group capable of moving up or dropping down in distances with great success. Headlining the returnees is sophomore **Lauren Heron**, last season's CAA Champion in the 1,500m and an ECAC and NCAA Regional qualifier. **Lara Toscani** and **Erin Masterson**, both seasoned veterans, join Heron in leading the contingent. An All-CAA honoree in the 1,500m, Toscani was part of the All-East 4x800m team at outdoor ECACs in 2003 and was also a member of the indoor ECAC-qualifying DMR team. Masterson is an all-conference threat after scoring in the 1,500m at CAAs last season, taking seventh. Senior **Stephanie Blake**, winner in the 800m at the Tribe Open, will be another key runner in the mid-distance ranks, hoping to score at CAAs after taking ninth in the 800m last year. Sophomore **Lydia Malley** looks to improve on a strong rookie season in which she posted a number

of impressive relay finishes, including runner-up in the DMR at Colonial Relays and a solid finish in the same event at indoor ECACs. Two more sophomores, **Loren Cutright** and **Shelley Knewstep**, aim to contribute after a year of collegiate experience while two juniors, **Meredith Holaday** and **Ruth Loyer**, also look to make an impact after seeing limited competition last year. After three years of sprinting and hurdling, senior **Kristin Monaco** will move up to the middle distance events to buoy the squad's effort. Newcomers include **Lindsay Ambrecht**, **Anna Parker**, **Melle Patrick**, **Heather Stevenson** and **Kate Willever**, all of whom enter their collegiate careers with championship credentials.

The team has placed greater emphasis on the sprints the past few years and this season may feature one of the most talented lineups in that category as **Naomi Mattos**, ECAC qualifier in the 400m and 500m, leads the group. Mattos scored at conferences last season, with a fourth in the 400m and eighth in the 200m. **Erica Johnson** is another top returner, coming off a number of strong finishes in the indoor season and an eighth at CAAs in the 100m. Along with Mattos, Johnson was integral to the relay teams that set school records in the 4x100m and 4x200m last season. **Katie Andres** and **Rachel Sigsbury** look to build on several solid performances for 2004 while senior **Jen Monk** returns to the lineup. A strong incoming class which includes **Brenna Blevins**, **Lauren Kloss**, **Michaela McElroy**, **Mary Whitehead** and **Kathleen Woody** will further bolster the Tribe's growing sprint corps.

The College returns two strong runners in the hurdles. Junior **Kara Snyder** fronts the trio after winning the 100m hurdles at conferences in 2003. Also scoring with a fourth in the 400m hurdles, Snyder qualified for outdoor ECACs and the NCAA Regionals last season. Another conference scorer, sophomore **Kelly Knight**, will add depth in the events after an impressive freshman season that included fourth in the 100m hurdles at CAAs. Kloss figures to be a key newcomer specializing in the 400m hurdles in addition to her sprinting.

The throwing events will prove to be one of the Tribe's strongest areas with a powerful duo leading the way. Juniors **Cassidy Harris** and **Ayanna Jones**, both All-East performers, each had superb sophomore seasons and have developed a true one-two punch for the team in the events. Harris claimed the CAA title in the shot and took sixth at outdoor ECACs in the event. Jones captured fourth in the shot at outdoor ECACs in addition to netting All-CAA honors in the shot and discus.

Complementing these two dynamos are **Liz Hager** and **Lindsay Pearson**. Hager impressed as a freshman last season when she won the javelin at the Tribe Open and racked up a number of strong finishes in all the throwing events. Pearson, another sophomore, also impressed in her rookie campaign by winning the weight throw at the CNU Lid-Lifter and finished eighth in the shot at conferences. Freshmen **Kate Ham** and **Jen Showker**, both state champions, will provide further depth with Ham specializing in the javelin and Showker competing in a variety of events.

Charlotte LaRoche, a former conference champion and All-East performer, will anchor the pole vault. Qualifying for the NCAA Regionals and ECACs last season, she scored at conferences with a fourth-place result and won the pole vault at the CNU Invitational.

Sophomore **Sarah McHale** will anchor the horizontal jumps after a stout rookie campaign where she was a double conference scorer, claiming fifth in the triple jump and sixth in the long jump. Mattos will also provide strength in the long jump after snaring fourth in the event at conferences, while sophomore **Bonnie Meekins** and **Rebecca Pucheu** will also see action in the events. Woody leads a talented freshman class that aims to make a strong debut.

Meekins will lead the Tribe's effort in the high jump after winning the event at Virginia in her freshman campaign. Joining her in the event will be veteran **Amanda Gomas**, who recorded several top-ten performances last season, and newcomers Blevins and **Michelle Wolf**.

Meekins will also anchor the multi-event contingent for the squad, where she excelled as a freshman. Meekins earned All-CAA honors with her runner-up finish in the heptathlon at conferences, one of three second-place finishes she had on the year.

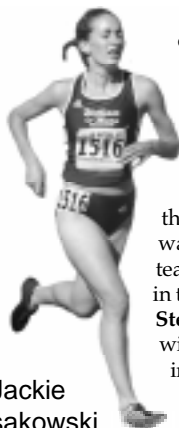
With depth across all events, the squad presents a formidable assault capable of challenging at the highest levels. With coaches Stimson and Van Rossum at the helm of this elite collection of proven veterans and accomplished newcomers, the Tribe is poised to power its way to another stellar season.



Maura McMahon



Stephanie Blake



Jackie Kosakowski

Athlete Profiles

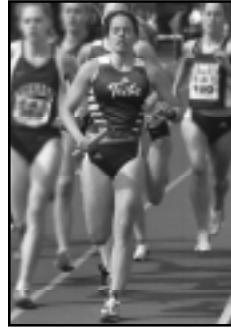


Jessica Allred

SO • Distance
Portland, OR • Jesuit

Track 2003: Strong freshman campaign capped by a seventh in the 3,000m steeplechase at CAAs, scoring for the team ... Won the 3,000m at the CNU Lid-Lifter.

W&M PRs
3,000m - 10:27.81
3,000m SC - 11:23.37



Emily Halm

SR • Distance
Massillon, OH • Jackson

Track 2003: Did Not Compete. **2002:** Raced to fifth in the 1,500m at the CNU Frolic with a PR of 4:44.64 ... Also ran to fifth in the mile at GMU, setting a PR of 5:08.67. **2001:**

Scored at conferences with a seventh-place showing in the 5,000m at

W&M PRs
Mile - 4:56.88i
3,000m - 9:54.48i
5,000m - 17:46.71

CAAs ... Raced to third in the in the 1,500m at Colonial Relays and fourth in the 3,000m at the Tar Heel Invite ... Runner-up in the 1,500m at the Tribe Open.



Katie Andres

JR • Sprints
Sterling, VA • Bishop O'Connell

Track 2003: Ran leg of third-place 4x400m relay at CAAs, earning all-conference honors ... Part of runner-up DMR effort at Colonial Relays ... Runner-up in the 400m at the Tribe Open. **2002:** Competed twice with a best of 12th in the 400m at Navy.

W&M PRs
400m - 1:00.62



Cassidy Harris

JR • Throws
Geneva, IL • Geneva Community

2003: All-East in the shot at outdoor ECACs with a sixth-place, PR throw of 45-9.25 ... Also qualified for NCAA Regionals in the shot ... Brilliant outdoor season saw her capture four wins in the shot, including the CAA title ... Also scored at CAAs with a fifth in the hammer and 10th in the discus ... Indoor ECAC qualifier in the

W&M PRs
Discus - 128-1
Hammer - 146-8
Shot - 46-4.75i
Wt. Throw - 51-1.75i

shot ... Won the hammer at the Tribe Open and the weight throw at GMU's Patriot Games ... Upped her PR in the hammer by over 14 feet. **2002:** Placed 10th at USA Junior Nationals at Stanford in June ... Finished 16th in the shot at ECACs ... Saw two second-place finishes at the conference championships in her rookie season ... Threw 126-11 in her second-place discus effort at CAAs ... Other second-place throw at the conference meet came in the shot (42-2.25).



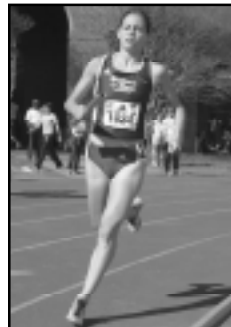
Stephanie Blake

SR • Middle Distance
Hopewell Junction, NY • John Jay

Track 2003: All-East as member of eighth-place 4x800m relay at outdoor ECACs ... Earned all-conference honors as part of the 4x400m relay that claimed third at CAAs ... Part of 4x800m relay that finished 13th at indoor ECACs ... Ninth in the 800m at CAAs ... Won the 800m at the Tribe Open ... Ran leg of two winning relay squads during the indoor season. **2002:** Finished ninth at the CAA Championships in the 400m, running a time of 59.08 ... Member of the 4x800m relay which finished in eighth place at ECACs ... Finished 10th at the Colonial Relays in the 800m, running a time of 2:18.31. **2001:** Placed fourth in the 400m at the CAA Championships in a personal-best time of 58.17 ... Member of the Tribe's All-East 4x800m relay team in the indoor and outdoor seasons (fastest split of 2:15) ... Ran the team's top indoor times in the 400m (59.84) and 500m (1:16.70).

W&M PRs
400m - 56.8r
500m - 1:16.70i
800m - 2:16.80

... Ran leg of two winning relay squads during the indoor season. **2002:** Finished ninth at the CAA Championships in the 400m, running a time of 59.08 ... Member of the 4x800m relay which finished in eighth place at ECACs ... Finished 10th at the Colonial Relays in the 800m, running a time of 2:18.31. **2001:** Placed fourth in the 400m at the CAA Championships in a personal-best time of 58.17 ... Member of the Tribe's All-East 4x800m relay team in the indoor and outdoor seasons (fastest split of 2:15) ... Ran the team's top indoor times in the 400m (59.84) and 500m (1:16.70).



Ali Henderson

SR • Distance
Parkville, MO • Upper St. Clair (PA)

THREE-TIME ALL-AMERICAN

Track 2003: Indoor All-American in 5,000m with eighth-place, PR finish at NCAAs ... Raced to 12th in 10,000m at outdoor NCAAs ... Triple All-East honoree, winning the 3,000m at indoor ECACs and the 3,000m steeplechase at outdoor ECACs and snaring fourth in the 3,000m at outdoor ECACs ... Performer

of the Meet at CAA Championships ... Captured CAA title in the 5,000m and 3,000m steeplechase ... Blazed to victories in the 3,000m at GMU's Patriot Games and 5,000m at UNC's 'Heels Challenge ... Part of 4x1500m team that won Colonial Relays ... Set school record in 10,000m (33:55.23), 3,000m SC (10:23.76) and indoor 3,000m (9:23.20) ... Academic All-American. **2002:** Achieved three NCAA provisional marks in the 3,000m steeplechase, the 10,000m and the 5,000m ... Broke school records in the 3,000m steeplechase and the 10,000m ... Finished fourth at ECACs in the steeplechase, earning All-East honors ... Finished second in the conference in that event, running faster than the meet record ... Finished seventh at the indoor ECAC Championships in the 5,000m (16:53.25), the sixth-best time in school history ... Seventh all-time after her 5:03.21 indoor mile effort at the indoor UNC Fast Times Invitational ... Set a

W&M PRs
Mile - 4:52.8i
3,000m - 9:23.20i
3,000m SC - 10:23.76
5,000m - 16:09.65i
10,000m - 33:55.23



Liz Hager

SO • Throws
Max Meadows, VA • Pulaski County

Track 2003: Scored at CAAs with a seventh in the javelin and an eighth in the hammer ... Won the javelin at the Tribe Open ... Came on strong at the end of the outdoor season, throwing PRs in the

W&M PRs
Hammer - 132-2
Javelin - 123-10
Wt. Throw - 39-5.75

hammer at GMU and in the javelin at JMU.



Athlete Profiles

meet record in her first-place finish at the Colonial Relays in the 3,000m steeplechase (10:41.89) ... Finished first at GMU in the 3,000m (10:00.44). **2001:** Finished fourth in the 3,000m steeplechase at the CAA Championships. **Cross Country: 2003:** Raced to third All-America honor of her career by taking 30th at NCAA Championship ... All-region with seventh at the Southeast Regional ... CAA Athlete of the Year ... Won the CAA Championship for Performer of the Meet honors ... Also raced to victory at the Lou Onesty Invite ... Academic All-American.

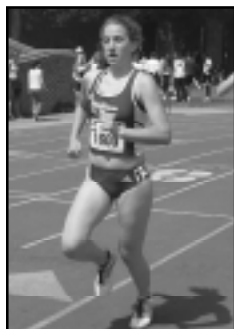
Lauren Heron

SO • Middle Distance

Manlius, NY • Fayetteville-Manlius

Track: 2003: CAA Champion in the 1,500m ... Claimed 11th in the 1,500m at outdoor ECACs ... Also qualified for NCAA Regionals in the 1,500m ... Raced to 10th in the 800m at CAAs. **Cross Country: 2003:** Claimed 16th at the CAA Championship ... Team's sixth runner at Great American.

W&M PRs
800m - 2:19.04
1,500m - 4:31.87



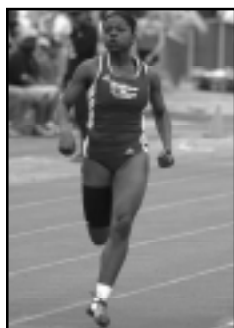
Erica Johnson

SO • Sprints

Stephens Church, VA • King and Queen

Track: 2003: Scored at CAAs in the 100m by finishing an impressive eighth with a PR effort ... Part of relay squads that set school records in the 4x100m (47.68) and 4x200m (1:41.63) ... Part of 4x100m relay at outdoor ECACs that claimed 15th in school-record setting performance ... Record-breaking 4x200m effort came at eighth-place showing at the Penn Relays ... Runner-up in the 200m at the Tribe Open ... Also competed in the triple jump, snaring two fourths in the indoor season.

W&M PRs
55m - 7:53i
60m - 8.04i
100m - 12.31
200m - 26.28
Triple Jump - 35-5.25i



Ayanna Jones

JR • Throws

Richmond, VA • Governor's School

Track: 2003: All-East with a fourth in the shot at outdoor ECACs, throwing for a PR of 46-11 ... NCAA Regional qualifier in the shot ... Strong conference meet, taking two-runner up finishes (shot, discus) for All-CAA honors and scoring for the team with seventh in the hammer ... Won the discus twice and the shot once in the outdoor season ... Swept her events at the Navy Quad, taking first in the weight

throw and shot. **2002:** Conference champion in the shot (43-3.75), earning a spot at fourth on the Tribe all-time top performers list ... Finished third at CAAs in the discus, barely missing the ECAC qualifying mark with her 126-3 throw ... Fourth all-time for W&M in the discus (126-3) ... Finished second at the Colonial Relays in the shot (43-5.25) and threw 115-4 in the hammer.

W&M PRs
Discus - 133-8
Hammer - 132-7
Shot - 46-11
Wt. Throw - 50-2.25i



Kelly Knight

SO • Hurdles

Yorktown, VA • Tabb

Track: 2003: Ran leg of the school record-setting shuttle hurdle relay (1:01.13) at Penn Relays ... Member of all-conference 4x100m relay that captured third at CAAs ... Just missed all-conference honors

W&M PRs
55m - 7.75i
60m H - 9.38i
100m H - 15.20
Triple Jump - 34-11.25

with fourth-place in the 100m hurdles at CAAs, scoring for the team by running a PR of 15.20 ... Won the triple jump at the Tribe Open with a PR effort of 34-11.25.

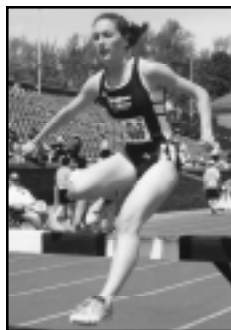
Jackie Kosakowski

JR • Distance

Sauquoit, NY • Sauquoit Valley

Track: 2003: All-East performer at indoor ECACs, clocking a PR 17:16.64 a for sixth in the 5,000m ... All-conference with third in the 3,000m steeplechase at CAAs ... Just missed All-East honors with ninth in the 3,000m steeplechase at ECACs, pacing a PR 10:57.18 for second-best on the Tribe all-time top performers list ... Won the 3,000m steeplechase at Colonial Relays and the 2,000m steeplechase at the Tribe Open ... **2002:** Runner-up in the 3,000m steeplechase at the Colonial Relays, running 11:10.78, the second-best time on the Tribe's all-time top performers list ... Earned all-conference honors at CAAs, finishing third in the 3,000m steeplechase (11:12.44) ... Finished first in the 5,000m (17:59.19) at the UNC Fast Times Invitational and fourth in the 3,000m (10:13.28) at the GMU Invitational.

W&M PRs
3,000m - 10:03.50
3,000m SC - 10:57.18
5,000m - 17:16.64i



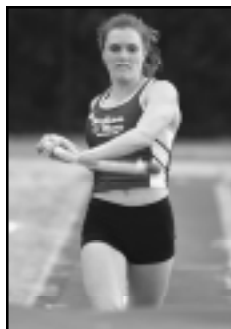
Charlotte LaRoche

SR • Pole Vault

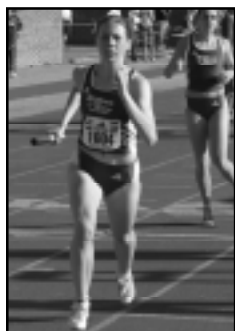
Centreville, VA • Centreville

Track: 2003: All-East with a strong third place in the pole vault at outdoor ECACs ... NCAA Regional qualifier in the pole vault, finishing ninth at the meet ... Conference scorer with a fourth in the pole vault at CAAs, just missing all-conference honors ... Won the pole vault at the outdoor CNU Invite. **2002:** Set indoor and outdoor school records in the pole vault, reaching 13-1 and 12-5.5, respectively ... Conference champion in the pole vault last spring, shattering the meet record with her 11-1.75 effort ... Earned All-East honors with her second place, 12-1.50 vault ... Finished sixth at the Penn Relays ... Placed first in the GMU invitational after vaulting to 12-3.5 ... Also finished first in the CNU College Classic in the pole vault with an NCAA provisional mark of 13-1. **2001:** Redshirted the indoor and outdoor seasons.

W&M PRs
Pole Vault - 13-1i



Athlete Profiles



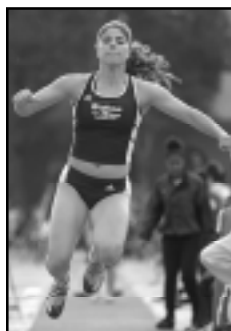
Lydia Malley

SO • Middle Distance

Arlington, VA • Washington-Lee

Track: 2003: Ran leg of the runner-up DMR at Colonial Relays ... Raced in the DMR at indoor ECACs for the team, taking 14th-place ... Won the 800m at the CNU Lid-Lifter ... Part of winning DMR at Navy and 4x800m relay at CNU Winter Frolic.

W&M PRs
400m - 1:02.22
800m - 2:21.04



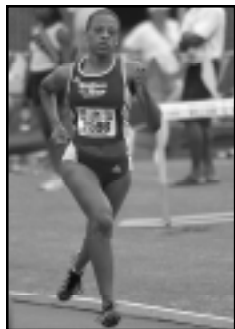
Sarah McHale

SO • Jumps/Multi

Winchester, VA • James Wood

Track: 2003: Freshman campaign marked by steady improvement, capped by two PR jumps to score for the team at CAAs ... Leapt for 35-9.25 for fifth in the triple jump at conferences ... Claimed sixth in the long jump at CAAs with distance of 17-5.5.

W&M PRs
Long Jump - 17-5.5
Triple jump - 35-9.25



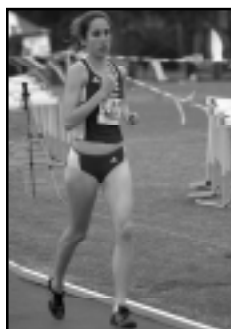
Naomi Mattos

JR • Sprints/Long Jump

Woodbridge, VA • Fallbrook Union (CA)

Track: 2003: Strong showing at conferences capped with two All-CAA performances: a third in the 4x100m relay and a third in the 4x400m relay ... Also scored at CAAs with a pair of fourths (in the long jump and 400m), just missing all-conference honors, and an eighth in the 200m with a PR of 25.18 ... Member of record breaking 4x100m relay at outdoor ECACs, setting a

W&M PRs
200m - 25.18
400m - 56.38
500m - 1:16.23i
Long Jump - 17-11.75



Maura McMahan

SR • Distance

Westfield, NJ • Westfield

2003: Raced to All-East honors with a fifth in the 10,000m at ECACs ... All-conference with a third in the 5,000m at CAAs ... Claimed sixth at the Penn Relays in the 10,000m ... Won the 3,000m at the VCU Invite. **2002:** Achieved NCAA provisional mark in the 10,000m ... Runner-up at ECACs, earning All-East honors in the 10,000m ... Finished 12th at the Penn Relays in the

W&M PRs
Mile - 5:06.98i
3,000m - 9:51.05
5,000m - 17:01.49i
10,000m - 34:43.71

same event with a personal best time of 34:43.71, the second-fastest time in school history ... Finished second in the conference in the 5,000m ... Finished second in the 5,000m at the Colonial Relays ... Competed in the 5,000m at the indoor ECAC championships, finishing 10th with an NCAA provisional mark of 17:01.49, placing her at seventh on the W&M all-time top performers list ... Ran the sixth-fastest time in school history in the 3,000m (9:51.05) at James Madison ... Ran the mile in 5:06.98 indoors at GMU. **2001:** Stepped up to 10,000m, placing third at the 2001 CAA Championships. **Cross Country:** 2003: Snared sixth at the CAA Championship, earning all-conference honors ... Claimed 10th at the Lou Onesty Invite as team's second runner ... Fourth Tribe runner at NCAA Southeast Regional, finishing 43rd ... Second Tribe runner at Pre-Nationals.



Erin Masterson

JR • Middle Distance/Distance

Annapolis, MD • Annapolis

Track: 2003: Scored for the team at CAAs, racing to seventh in the 1,500m with a PR of 4:40.29 ... Also took 15th in the 800m at conferences ... Runner-up in the 800m at CNU with a PR of 2:15.19 and in the 1,500m at GMU. **2002:** Ran on 4x800m relay team which qualified for the ECAC indoor meet ... Won the 800m at the CNU Invitational outdoors.

W&M PRs
800m - 2:15.19
1,000m - 3:02.40
1,500m - 4:40.29

Cross Country: 2003: Third Tribe runner at the Tribe Open, claiming 11th overall ... Ran in the Race of Champions at Great American ... Also took 17th at the CAA Championship.



Bonnie Meekins

SO • Multi/High Jump

Herndon, VA • Oakton

Track: 2003: NCAA Regional qualifier in the high jump ... Earned all-conference honors with a runner-up finish in the heptathlon at CAAs ... Just missed All-East honors with a ninth in the pentathlon at ECACs ... Won the high jump with a 5-8.75 at the Lou Onesty Invite ... Set heptathlon PR of 4,526 in a second-place effort at Liberty, placing her fourth in the Tribe record books ... Qualified for USAT&F Junior Outdoor Championships in the high jump and heptathlon.

W&M PRs
60m H - 9.74i
100m H - 15.86
High Jump - 5-8.75
Long Jump - 16-10.5i
Pentathlon - 3,486i
Heptathlon - 4,526



Kristin McGough

SR • Distance

Mickleton, NJ • Ursuline Academy (DE)

Track: 2003: Did not compete. **2002:** Ran a 5:03.92 in the 1,500m at the CNU Invite for seventh place ... Also ran the mile at Navy for an 11th place result. **2001:** Competed twice, at Colonial Relays and at the Tar Heel Invite. **Cross Country:**

W&M PRs
1,500m - 5:03.92
5,000m - 18:37.39i

2003: All-conference honoree after racing to 12th at the CAA Championship ... Claimed 17th at the Tribe Open.

i = indoor performance
c = converted from hand time
r = relay split



Athlete Profiles



Katrina Menard

SR • Distance

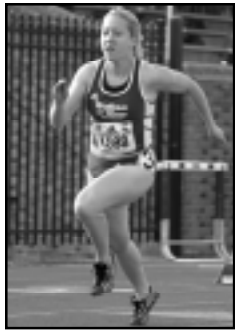
Annandale, VA • J.E.B. Stuart

Track: 2003: CAA Champion in the 10,000m ... Solid 14th at ECACs, setting a PR of 36:58.65 ... Won twice in the 3,000m and once in the 5,000m in the indoor season ... Chopped nearly three minutes off her best 10,000m time ... Ran a PR of 10:26.14, over five seconds better than her previous best, in her 3,000m win at the

GMU Open. **2002:** Finished the 10,000m in second place at the CAA Championships in a time of 39:41.61 ... Finished 10th at the Colonial Relays in the 5,000m with a personal-best time of 18:10.64. **2001:** Scored at CAAs in the 10,000m by claiming seventh place. **Cross Country: 2003:** All-conference honoree with a 10th at the CAA Championship ... Top Tribe finisher in the Great American Open Race, placing 19th ... Ran 14th in the Pre-Nationals Open Race.

W&M PRs

3,000m - 10:26.14i
5,000m - 18:10.64
10,000m - 36:58.65



Kristin Monaco

SR • Middle Distance

Groveland, MA • Pentucket Regional

Track: 2003: Raced to third in the 200m at the Tribe Open ... Ran a PR of 1:02.27 in the 400m at the Lou Onesty Invite. **2002:** Claimed sixth in the 60m at the CNU Classic ... Raced to seventh in the 55m at Navy ... Also took 10th in the 200m in that Navy meet. **2001:** Leg of 4x100m relay that finished

fourth at CAAs, scoring for the team ... Took 13th in the 100m at CAAs in a solid rookie effort ... Also placed 17th in the 200m at conferences ... Runner-up in the 100m at the CNU Invite.

W&M PRs

55m - 7.46i
60m - 8.09i
100m - 12.90
200m - 26.80i
400m - 1:02.27



Lindsay Pearson

SO • Throws

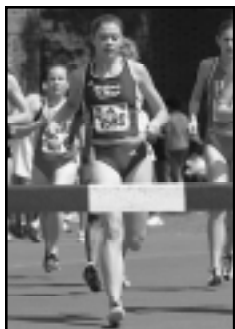
Oak Hill, VA • Oakton

Track: 2003: Scored at CAAs with an eighth in the shot ... Also took 12th in the discus and 18th in the hammer at conferences ... Threw for a PR of 120-8 in the discus in a ninth-place effort at the Lou Onesty

Invite ... Ended the year strong with two fourths (shot, discus) and a seventh (hammer) at the CNU Invite.

W&M PRs

Discus - 120-8
Hammer - 111-3
Shot - 37-0



Karen Pulliam

SO • Distance

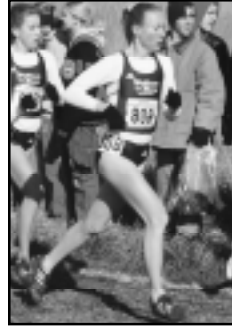
North Potomac, MD • Quince Orchard

Track: 2003: Just missed all-conference honors in the 3,000m steeplechase with a fourth at CAAs, running a PR of 11:14.00 ... Also

W&M PRs

1,500m - 4:57.00i
3,000m - 10:29.95i
3,000m SC - 11:14.00
5,000m - 18:12.94i

claimed sixth at Colonial Relays in the 3,000m steeplechase and posted a third in the 2,000m steeplechase at the Tribe Open ... Set a solid 1,500m PR of 4:57.00 in a fourth place effort at CNU. **Cross Country: 2003:** Fourth Tribe harrier at the Tribe Open, claiming 13th ... Competed for the squad in the Great American Race of Champions.



Kristyn Shiring

SO • Distance

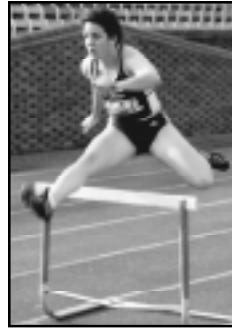
Stafford, VA • North Stafford

Track: 2003: Scored for the team at CAAs, taking seventh in the 5,000m, pacing a strong 17:56.82 as a rookie ... Won the 5,000m at the CNU Lid Lifter ... Impressed by setting a 5,000m PR of 17:42.69 in a fifth-place effort at Virginia Tech and by taking runner-up honors in the

3,000m at Navy. **Cross Country: 2003:** First Tribe runner at Pre-Nationals, taking 59th in the Purple Race ... Sixth Tribe finisher at NCAA Southeast Regional ... Fifth Tribe harrier at the Lou Onesty Invite, claiming 17th.

W&M PRs

3,000m - 10:15.61i
5,000m - 17:42.69i



Kara Snyder

JR • Hurdles/Sprints

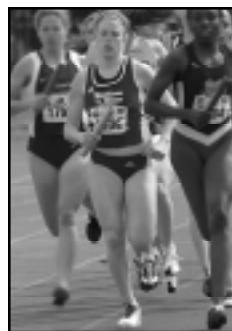
Clinton, NJ • North Hunterdon

Track: 2003: CAA Champion in the 100m hurdles with a PR of 14.51 ... Also scored at conferences with a fourth in the 400m hurdles ... NCAA Regional and outdoor ECAC qualifier in the 100m hurdles ... Part of school record-breaking (47.68) 4x100m relay that raced at outdoor ECACs ... Leg of 4x200m relay that set

school record (1:14.63) in eighth-place performance at Penn Relays ... Also ran leg of the school record-setting shuttle hurdle relay (1:01.13) at Penn Relays. **2002:** Finished second in the conference championships in the 100m hurdles (14.71), barely missing the ECAC qualifying mark but earning a spot at third on W&M's all-time top performers list ... Earned All-CAA in the 100m hurdles ... Her 400m hurdles time of 1:04.44 earned her a fourth-place position at CAAs ... Qualified for indoor ECACs in the 60m hurdles, where she ran a PR of 9:12 ... Ran the 400 at UNC in a time of 1:01.12.

W&M PRs

55m H - 8.20i
60m H - 9.12i
100m H - 14.51
400m H - 1:03.22
400m - 57.4r



Lara Toscani

SR • Distance/Middle Distance

Berwyn, PA • Conestoga

Track: 2003: All-East as part of eighth-place 4x800m relay at outdoor ECACs ... Runner-up in the 1,500m with a PR of 4:37.59 at CAAs for all-conference honors ... Won the 1,500m at the Tribe Open ... Competed at indoor ECACs in the DMR ... Leg of runner-up 4x800m relay at Colonial Relays ... **2002:** Finished eighth in the 1,500m race

at CAAs with a time of 4:47.10 ... Ran 4:45.70 in the 1,500m at the UVA Invitational. **2001:** Earned second place in the mile at the Navy Lid Lifter in her only indoor performance ... Placed sixth in the 1,500m at the conference meet ... Won All-East honors at ECACs ... Also split 2:13 in the 4x800m at the Penn Relays. **Cross Country: 2003:** Raced to fourth as the first Tribe runner at the Tribe Open ... Finished 14th at the CAA Championship.

W&M PRs

800m - 2:13.8r
1,500m - 4:37.59
Mile - 5:07.08i

Newcomers

Lindsay Ambrecht

FR • Middle Distance • Scarsdale, NY • Holy Child

Prep: Four-time school MVP ... All-league honoree for four years ... Fairchester League Scholar Athlete Award winner ... Competed in the regional Junior Olympics all four years for track and cross country ... Also competed at nationals for cross country and track once each ... PRs include 1:01 (400m), 2:30 (800m), 5:15 (1,500m) and 5:36 (1,600m).

Meghan Bishop

FR • Distance • Blue Bell, PA • Gwynedd-Mercy Academy

Cross Country: 2003: CAA Co-Rookie of the Year ... Raced to all-conference honors at CAA Championship with seventh-place effort ... Third Tribe runner at the Southeast Regional, taking 38th. **Prep:** District One and Bicentennial League cross country champion with a best time of 18:40 ... Finished second in the 1,600m (4:58.10) and third in the 800m (2:14.90) at the Pennsylvania State Championships, also has PR of 10:53.5 (3,200m).

Brenna Blevins

FR • Sprints/Multi • Pulaski, VA • Pulaski

Prep: Multiple time All-State performer with personal records of 5-6 (high jump), 17-6 (long jump), 35-2 (triple jump) and 58.93 (400m).

Julia Cathcart

FR • Distance • Starkville, MS • Starkville

Cross Country: 2003: CAA Co-Rookie of the Year ... Raced to fourth at the CAA Championship as the top freshman, earning all-conference accolades ... Ran for the team at the Southeast Regional ... Third Tribe runner at Great American ... 11th at the Lou Onesty Invite. **Prep:** 2002 Mississippi Track Athlete of the Year ... Foot Locker Cross Country finalist after seventh-place Southeast Regional performance ... Multiple state titles in the 800m, 1,600m, 3,200m and cross country ... Finished seventh in the mile (4:54.71) and eighth in the two-mile (10:51.07) at the Adidas National High School Championships.

Christy Dannenberg

FR • Distance • Reston, VA •
Anglo-American School, Moscow

Prep: 10th in Virginia AA Cross Country Championship ... Foot Locker South Regional Freshman Champion ... Virginia AA track champion in 3,200m.

Kate Ham

FR • Throws • Bozeman, MT • Bozeman

Prep: State Champion in javelin with state and personal record throw of 138-8

Lauren Kloss

FR • Hurdles/Sprints • Hillsborough, NJ • Hillsborough

Prep: All-American ... Member (800m leg) of national champion DMR team in 2001 ... Numerous all-state and all-conference honors ... Placed third in the 400m hurdles at state championship with a PR of 1:03.8 ... Other PR's include 58.5 (400m), 2:17 (800m), 8.3 (55m HH) and 15.0 (100m HH) ... Also played field hockey, earning all-state and conference honors.

Amy Maier

FR • Distance • Morristown, NJ • Morristown

Cross Country: 2003: Fifth Tribe runner at the Tribe Open, placing 14th ... Second Tribe finisher in the Great American Open Race. **Prep:** Two-time first team All-Group IV, all-conference, and all-county ... Two-time top-10 at Meet of Champions.

Anna Parker

FR • Middle Distance • Charlotte, NC • Myers Park

Prep: Two-time team MVP ... Regional champion in the 800m and 1,600m ... Finished fifth at states in the 1,600m and third in the 4x800m relay ... Five-time state qualifier and 12-time regional qualifier ... Team captain ... PRs include 2:18 (800m) and 5:17 (1,600m).

Melle Patrick

SO • Middle Distance • Manama Bahrain • Bahrain School

Prep: Named school's Athlete of the Year ... Set school records in the 400m, 800m and 1,500m ... Team captain ... PR of 2:24 (800m) ... Also a team captain for school's basketball team.

Jen Showker

FR • Throws • Harrisonburg, VA • Spotswood

Prep: 2003 state outdoor discus champion ... Also claimed third in the shot at outdoor states ... Four-year all-state honoree ... Runner-up in the shot at 2003 indoor states ... Colonial Relays shot champion ... Nine-time all-region and all-district selection ... PR's include 39-8 (shot) and 129-1 (discus).

Heather Stevenson

FR • Middle-Distance • East Lyme, CT • East Lyme

Prep: Earned All-New England accolades twice ... Six time all-state and all-conference honoree ... PRs include 2:17.3 (800m), 3:03.0 (1,000m) and 5:06.89 (1,600m) ... Former track Rookie of the Year ... Also a two-time all-conference soccer player.

Mary Whitehead

FR • Sprints • Dulles, VA • Culver Academics (IN)

Prep: Two-time team MVP ... Won four sectional titles (long jump, 100m, 200m, 4x100m relay) in 2003 ... Also the high point scorer at sectionals ... Four-time regional qualifier in 2003 ... Holds school records in the triple jump (33-5.25), long jump (16-10.5), 200m (26.3), 220 yard dash, 4x200m relay, 4x100m relay, sprint medley relay and 8-lap relay.

Kate Willever

FR • Distance • Pennington, NJ • Hopewell Valley Central

Prep: Raced to All-America honors twice in the 4xMile relay ... Two-time NJ Group II Champion (2002 indoor 800m and 2003 outdoor 1,600m) ... Also placed seventh in the 2003 Adidas Outdoor Championships in the 2,000 meter steeplechase ... PR's include 58.9 (400m), 2:13.9 (800m), 5:05.11 (1,600m) and 7:08.89 (2,000m SC).

Michelle Wolf

FR • High Jump/Multi • Hummelstown, PA • Hershey
Prep: PRs include 5-4 (high jump), 16-10 (long jump) and 35-8 (triple jump).

Jessica Wolfe

FR • Distance • Arlington, VA • Bishop Ireton

Cross Country: 2003: Competed the twice for the team. **Prep:** Virginia State Catholic Champion in cross country, the 1,600m (5:16.01, PR) and the 3,200m (11:27.74, PR) ... 12-time all-state honoree ... Four-time *Washington Post* All-Met Honorable Mention selection ... Scholar Athlete Milk Moustache of the Year award winner.

Kathleen Woody

FR • Sprints/Jumps • Herndon, VA • Oakton

Prep: Two-time MVP ... Oakton High Scholar-Athlete Award winner ... PRs include 18-4 (long jump), 37-9 (triple jump), 7.1 (55m), 12.5 (100m) and 25.52 (200m) ... Also an MVP on her high school tennis team.



Tribe Records

Indoor Records

Event	Standard	Athlete	Year
55 m	7.09	DeTrease Harrison	1989
60 m	7.89	Kathleen Woody	2004
55 m Hurdles	8.30	Lisa Harding	1990
60m Hurdles	9.12	Kara Snyder	2002
200 m	25.63	Torae Artis	1997
300m	41.7	Sheila Arries	1985
400 m	56.37	Uche Uwah	1985
500 m	1:13.50	Uche Uwah	1986
800 m	2:11.38c	Diane Hawley	1984
1,000 m	2:49.60	Amy Morris	1998
1 mile	4:46.16	Emily Furia	2001
3,000 m	9:23.20	Ali Henderson	2003
5,000 m	16:08.02	Janice Brown	1992
4x400 Relay	3:54.85	Blevins, Whitehead, Mattos, Monk	2004
4x800 Relay	8:54.56	Parker, Furia, Herrell, Mann	1999
DMR Relay	11:39.85	Mann, Hartman, Wrenn, Newberry	2000
High Jump	5'11.25"	Lisa Rayner	1996
Pole Vault	13'1"	Charlotte LaRoche	2002
Long Jump	18'4.25"	Alarice Cesareo	2003
Triple Jump	42'6"	Jennifer Walker	1998
Shot Put	46'4.75"	Cassidy Harris	2004
20-lb. Weight	51'1.75"	Cassidy Harris	2004
Pentathlon	3,617 pts.	Kim Baumbach	1990

Active athletes in **bold**



The record-setting DMR of Ali Mann, Gwen Hartman, Kelly O'Connor and Emily Furia.



Janice Brown

Outdoor Records

Event	Standard	Athlete	Year
100 m	12.23	DeTrease Harrison	1989
100 m LH	14.20	Lisa Harding	1990
200 m	24.98	DeTrease Harrison	1989
400 m	55.3	Uche Uwah	1986
400 m LH	1:01.14	Kim Baumbach	1990
800 m	2:08.38	Becky Patten	1996
1,500 m	4:18.44	Emily Furia	2001
1 mile	4:41.06	Emily Furia	2001
3,000 m	9:18.25	Janice Brown	1992
5,000 m	16:04.63	Marcie Homan	1994
10,000 m	33:55.23	Ali Henderson	2003
3K SC	10:23.76	Ali Henderson	2003
4x100 Relay	47.68	Cesareo, Johnson, Mattos, Snyder	2003
4x200 Relay	1:41.63	Cesareo, Johnson, Mattos, Snyder	2003
4x400 Relay	3:49.0	Hamilton, Giles, Baumbach, Harding	1990
4x800 Relay	8:48.40	Morris, O'Connor, Hallenbeck, Mann	2000
4x1,500 Relay	18:08.88	Mann, Furia, Newberry, Parker	1999
Sprint	4:00.02	Bochiaro, O'Connor,	1998
Medley Relay		Schroeder, Hallenbeck	
Distance	11:24.63	Mann, Hartman,	1999
Medley Relay		O'Connor, Furia	
Shuttle	1:01.13	Cesareo, Snyder,	2003
Hurdle Relay		L. Meekins, Knight	
High Jump	5'10"	Lisa Rayner	1995
Pole Vault	12'5.5"	Charlotte LaRoche	2002
Long Jump	18'7.75"	Alarice Cesareo	2003
Triple Jump	39'7.75"	Jennifer Walker	1998
Shot Put	47'7"	Jeri Daniels	1982
Discus	147'4"	Jeri Daniels	1981
Hammer	157'9"	Kellie Gordon	2001
Javelin	153'6"	Wendy Warren	1988
Heptathlon	4,757 pts.	Katie Mook	1999



Tribe

All-Time Top Performers

100 Meters

1.	DeTrease Harrison	12.23	1989
2.	Amanda Schroeder	12.24c	1998
3.	Erica Johnson	12.31	2003
4.	Sheila Arries	12.44c	1983
	Nancy Scott	12.44c	1978

200 Meters

1.	DeTrease Harrison	24.98	1989
2.	Naomi Mattos	25.18	2003
3.	Sheila Arries	25.23	1985
4.	Nancy Scott	25.34c	1978
5.	Katie Mook	25.54	1999
6.	Amanda Schroeder	25.54c	1998

400 Meters

1.	Uche Uwah	55.44c	1986
2.	Naomi Mattos	56.38	2003
3.	Gwen Hartman	56.41	2000
4.	Karen Giles	57.54	1989
5.	Lisa Rayner	58.03	1995
6.	Stephanie Blake	58.17	2001

800 Meters

1.	Becky Patten	2:08.38	1996
2.	Amy Morris	2:08.93	1998
3.	Emily Furia	2:09.39	2001
4.	Kelly O'Connor	2:09.63	1998
5.	Sonja Friend	2:09.89	1992
6.	Adriene Parker	2:12.94	2000
*	Ali Mann	2:07.8r	2000

1,500 Meters

1.	Emily Furia	4:18.44	2001
2.	Ali Mann	4:23.23	2000
3.	Marcie Homan	4:25.61	1994
4.	Kathy Newberry	4:28.37	1997
5.	Kristi LaCourse	4:30.01	1989
6.	Amy Morris	4:30.07	1998
7.	Lauren Heron	4:31.87	2003

Mile

1.	Emily Furia	4:41.06	2001
2.	Marcie Homan	4:47.19i	1994
3.	Ali Henderson	4:52.83i	2003
4.	Susan Haynie	4:53.09i	1988
5.	Sonja Friend	4:53.46i	1992
6.	Ali Mann	4:53.60i	1999
7.	Meghan Bishop	4:55.32i	2004
8.	Emily Halm	4:56.88i	2004
9.	Cheryl Bauer	4:59.06i	2002
10.	Adrienne Parker	5:03.32i	2001

3,000 Meters

1.	Janice Brown	9:18.25	1992
2.	Marcie Homan	9:18.47	1994
3.	Ali Henderson	9:23.20i	2003
4.	Cheryl Bauer	9:33.69i	2002
5.	Kathy Newberry	9:38.13	1997
6.	Aryn Fahey	9:43.81	1998
7.	Maura McMahan	9:51.05	2002
8.	Meghan Bishop	9:51.24i	2004
9.	Emily Halm	9:54.48i	2004

5,000 Meters

1.	Marcie Homan	16:04.63	1994
2.	Janice Brown	16:08.02i	1992
3.	Ali Henderson	16:09.65i	2003
4.	Cheryl Bauer	16:19.54	2003
5.	Katie McCullough	16:36.15	1990
5.	Kathy Newberry	16:49.29	1999
7.	Maura McMahan	17:01.25	2002

10,000 Meters

1.	Ali Henderson	33:55.23	2003
2.	Maura McMahan	34:43.71	2002
3.	Laurie Sturgell	34:45.02	1997
4.	Dana Pascarella	36:17.10	1999
5.	Katrina Menard	36:58.65	2003
6.	Cathy Stanmeyer	37:10.4	1992
7.	Andrea Lengi	37:43.00	1991

3,000 Meter Steeplechase

1.	Ali Henderson	10:23.76	2003
2.	Jackie Kosakowski	10:57.18	2003
3.	Karen Pulliam	11:14.00	2003
4.	Jessica Allred	11:33.37	2003
5.	Korin Miller	11:44.68	2001

100 Meter Hurdles

1.	Lisa Harding	14.20	1990
2.	Katie Mook	14.48	1997
3.	Kara Snyder	14.51	2003
4.	Alarice Cesareo	14.94	2002
	Billie Hart	14.94c	1995
6.	Kelly Knight	15.20	2003
7.	Lora Meekins	15.43	2002

400 Meter Hurdles

1.	Kim Baumbach	1:01.14	1990
2.	Katie Herrell	1:03.20	2000
3.	Sarah Hallenbeck	1:03.30	1997
4.	Katie Mook	1:04.36	1997
	Lara Dusek	1:04.36	2001
6.	Kara Snyder	1:04.44	2002

High Jump

1.	Lisa Rayner	5'11.25"i	1990
2.	Beth Nealon	5'9"	2002
3.	Bonnie Meekins	5'8.75"	2003
4.	Elizabeth Simmons	5'8"	1984
5.	Anne Larmore	5'7.75"i	2002
	Angela Taliaferro	5'7"	2001
6.	Lora Meekins	5'6.5"i	2000
7.	Jamie Norris	5'6"i	2001
8.	Emily Greene	5'5.25"	2000

Long Jump

1.	Alarice Cesareo	18'7.75"	2003
2.	Kim Baumbach	18'5.5"	1990
3.	Holly Parker	18'4.5"	1989
4.	Lisa Rayner	18'4"i	1994
5.	Katie Mook	18'1.5"	1998
6.	Lora Meekins	18'1.25"i	2001

Triple Jump

1.	Jennifer Walker	42'6"i	1998
2.	Lisa Rayner	39'8.5"i	1994
3.	Beth Nealon	37'7.75"	2001
4.	Kim Baumbach	37'4"	1988
5.	Jessica Unger	36'5"	1998

Shot Put

1.	Jeri Daniels	47'7"	1982
2.	Ayanna Jones	46'11"	2003
3.	Cassidy Harris	46'4.75"	2004
4.	Haven Davis	44'11"	2001
5.	Dania Douglas	43'11.75"	1998
6.	Beth Ann Hull	41'3.5"i	1989

Discus

1.	Jeri Daniels	147'4"	1981
2.	Dania Douglas	143'4"	1998
3.	Haven Davis	142'1"	1999
4.	Ayanna Jones	133'8"	2003
5.	Cassidy Harris	128'1"	2002

Javelin

1.	Wendy Warren	153'6"	1988
2.	Lisa Cronin	139'2"	1996
3.	Lyndsey Paul	126'8"	2000
4.	Shelly Gentry	125'4"	2001
5.	Liz Hager	123'10"	2003

Pole Vault

1.	Charlotte LaRoche	13'1"	2002
2.	Emily Greene	11'9.25"	2000
3.	Jenn Barnes	11'0"	2003
	Ashlea Barrett	11'0"	2003
5.	Robyn Ramirez	10'11.75"i	2000
6.	Susan Larson	10'10.25"	1998

Hammer

1.	Kellie Gordon	157'9"	2001
2.	Krista Stimson	148'3"	1996
3.	Haven Davis	146'8"	2001
	Cassidy Harris	146'8"	2002
5.	Lindsay Barton	144'3"	2001
6.	Ayanna Jones	132'7"	2003

Heptathlon

1.	Katie Mook	4,757	1999
2.	Billie Hart	4,663	1995
3.	Alarice Cesareo	4,601	2002
4.	Bonnie Meekins	4,526	2003
5.	Kim Baumbach	4,395	1990
6.	Lora Meekins	4,234	2002
7.	Emily Greene	4,184	2000

i = indoor performance
c = converted from hand time
r = relay split
Active athletes in bold



Tribe Athletics

**“Exercise and recreation ... are as necessary as reading;
I will say rather more necessary, because health is worth more than learning.
A strong body makes the mind strong.”
—Thomas Jefferson, W&M Class of 1762**

Few colleges in America can boast of the combination of athletic and academic excellence that is found at the College of William and Mary. Each year, more than 500 Tribe student-athletes, competing on 23 Division I teams, prove that it is possible to simultaneously excel at the highest levels of athletics and academics.

Athletic Excellence

The 2002-03 season was one of the best in W&M history, as the Tribe had a school-record 10 teams compete in the NCAA Tournament. Four teams won conference championships, while six teams ended the season nationally ranked in the top-25. Each year the goal of the athletics department is to finish in the top-100 nationally in the NACDA Directors' Cup standings and this season W&M far exceeded that standard, ending the 2002-03 campaign ranked 58th. It marked the eighth time in the last 10 years that the Tribe finished in the top-four in Virginia and first or second in the Colonial Athletic Association.

William and Mary fields Division I teams for both men and women in basketball, cross country, golf, gymnastics, soccer, swimming and diving, tennis, and indoor and outdoor track and field. There are also

field hockey, lacrosse and volleyball squads for women of the College, while there are two additional sports (baseball and football) for men.

Overall, the College has proven dominant in the CAA, leading the league with 73 conference titles, 24 more than the next closest school. In recent years, it has become typical for W&M to win at least five conference championships and send seven or more teams to the NCAA Tournament each season.

Academic Success

The Tribe's athletic accomplishments do not come at the expense of its students' academic responsibilities. In the 2002-03 season, W&M student-athletes, who make up close to 10% of the entire student body, compiled a 3.03 grade point average.

In 2002-03 the CAA began a Scholar-Athlete of the Year award for each of the league's 21 sports. Not surprisingly, W&M set the pace with five athletes winning the honor—Tara Flint (women's soccer), Ali Henderson (women's cross country), Adam Hess (men's basketball), Chris Parsons (men's track and field) and Ann Schnell (women's golf)—more than any other school.

William and Mary - A College of Champions

NCAA Championships (2)
Men's Tennis (2) 1947, 1948

CAA Championships (73)
Baseball (1) 2001

Men's Cross Country (11) 1990, 1991, 1993, 1994, 1995, 1996, 1997, 2000, 2001, 2002, 2003

Women's Cross Country (11) 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1996, 1997, 1998, 2003

Men's Golf (1) 1985

Women's Lacrosse (1) 1992

Men's Soccer (6) 1983, 1987, 1995, 1996, 1999, 2000

Women's Soccer (9) 1993, 1994, 1996, 1997, 1998, 1999, 2000, 2001, 2003

Men's Tennis (2) 1988, 1990

Women's Tennis (16) 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002

Men's Track and Field (3) 1992, 1993, 2003

Women's Track and Field (4) 1999, 2001, 2002, 2003

Volleyball (8) 1985, 1986, 1987, 1988, 1989, 1990, 1991, 2001

Atlantic 10 Football Championships (2)
1996, 2001

ECAC Championships (6)

Men's Gymnastics (2) 1992, 1994

Women's Gymnastics (4) 1999, 2001, 2002, 2003

Southern Conference Championships (48)

Men's Cross Country (15) 1955, 1956, 1957, 1963, 1964, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Football (4) 1942, 1947, 1966, 1970

Men's Soccer (1) 1976

Men's Indoor Track and Field (11) 1957, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Men's Outdoor Track and Field (12) 1957, 1958, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975

Wrestling (5) 1968, 1969, 1970, 1971, 1977



**William and Mary Women's Track and Field
2003 CAA Champions**

Student-Athlete Support

Goals

We take pride in the many achievements of William and Mary athletes, both in the classroom and on the playing field. These support services and many others are in place to help each student-athlete achieve their goals. It is our hope that at the completion of their undergraduate career they can reflect upon:

1. An academic experience that prepared them for a successful career.
2. An athletic challenge that brought many rewards.
3. A feeling of loyalty and pride in identifying themselves as a varsity athlete with a degree from The College of William and Mary.

Compliance and Academic Support

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

All entering students are assigned to a faculty academic advisor assigned by the director of Academic Advising. Students remain with this advisor until their sophomore year at which time they select a faculty advisor in their chosen major.

Within the athletic department, the Academic Support Coordinator is a valuable resource for student-athletes serving in a liaison role with the various student service offices throughout the campus community. The College has offices for Volunteer Services, Career Services, a Writing Resource Center and Oral Communication Studio, to name a few.

The department offers a variety of study, life and career building skills programs, but holds firm to the concept of self-determination—each student must take responsibility for his or her collegiate experience. Our goal is to assure that there is a support system in place to assist students to make positive and informed decisions.



Strength, Speed and Conditioning

Tribe athletics is very proud of the Joseph W. Montgomery Strength Training Center, a 5,000 square foot weight training facility. Under the guidance of the Head and Assistant Strength Coach each sport is provided with a program designed to enhance individual strength and flexibility development specific to the skills and movements required for their sport. Individuals are educated on proper lifting techniques and workouts are monitored to assure safety at all times.

Sports Psychology

The athletic department has on staff a sports psychologist, who holds a Ph.D. in sports psychology. All consultations are confidential and all student-athletes, teams or coaches are welcome regardless of the issues they wish to discuss. Consultation is available for sport psychology education, performance enhancement

skills training, strategies for dealing with stress or injury, or for personal issues that may affect performance. The sports psychology consultant is considered a member of the Counseling Center and refers individuals to the Center when appropriate.



Sports Medicine

The Division of Sports Medicine provides a comprehensive health care program for the department of intercollegiate athletics. The staff consists of a team physician, seven full time certified athletic trainers, two graduate assistant athletic trainers and medical specialists from the local community. The team physician has overall responsibility for supervision of the sports medicine program. Tribe athletes have the luxury of rehabilitating and treating injuries in a state-of-the-art athletic training facility.

The priority for the athletic training staff is to enhance and assure lines of communication and cooperation among its staff, student-athletes, parents, coaches, the Student Health Center and involved medical specialists. Through a team approach to health care the sports medicine program can offer comprehensive health care services to the student-athletes in a caring and cooperative manner.



Facilities

The College of William and Mary and its student-athletes take a great deal of pride in the quality of its athletic facilities. Over the last several years, the College has bolstered its lineup of venues to match the success that the Tribe has shown in the athletic arena, which has been unmatched in the Colonial Athletic Association. William and Mary boasts some of the finest athletic arenas in the nation, from its newest venue, Albert-Daly Field, to the oldest, Walter J. Zable Stadium at Cary Field, a campus landmark since 1935. The College is committed to providing the student-athlete the most enjoyable and rewarding atmosphere possible.



- Home of the Tribe's football and track and field teams
- Campus landmark since 1935
- Seating for more than 13,000
- Eight-lane 400 meter track surrounds the field and is home to the prestigious Colonial Relays
- Joseph Montgomery football practice facility is located adjacent to the stadium



- Home to cross country and track practices
- Bermuda grass surface set in one of collegiate athletics' most scenic and unique campus environments
- Multi-purpose field has hosted soccer and lacrosse games



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



- Home of the Tribe's tennis teams for the outdoor season
- One of the College's newest venue, completed in September, 2001
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium seating for approximately 500
- State-of-the-art lighting system to accommodate night matches



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



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



- Home of the Tribe's basketball, gymnastics and volleyball teams
- Seats over 8,500
- Three-level building includes 12 locker room areas, a spacious training room, 5,000 square foot weight room and a gymnastics training center
- The concourse and lower levels house administrative and coaching staff offices

W&M At A Glance

The College of William and Mary - The Best Small Public University in the United States

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

The College of William and Mary was founded in 1693 by King William III and Queen Mary II of England. Four Presidents of the United States received their education at the College - George Washington, Thomas Jefferson, James Monroe and John Tyler. The current chancellor of the College is former Secretary of State Henry Kissinger, and he took over the post from former British Prime Minister Margaret Thatcher.

William and Mary was the first college to institute an honor code of conduct. The premier academic society, Phi Beta Kappa, was founded by William and Mary students in 1776. The Society of the Alumni, founded in 1842, is the sixth oldest alumni group in the nation. Now the College is designated as a "Public Ivy", and ranks 15th among the best regional business schools.



The Wren Building is the oldest one in the United States in which classes are still taught.

Did You Know?

- W&M is the best small public university in the nation, according to an analysis by *U.S. News and World Report*.
- W&M ranked sixth among all public universities in the analysis.
- W&M ranked 30th overall among the nation's best universities.
- The average freshman retention rate is 96 percent.
- The College's student/faculty ratio is 12/1.
- Over 46 percent of the classes at W&M have less than 20 students.
- The maximum enrollment for freshman seminars is 17 students.
- W&M ranked 17th in graduation rates for national universities.
- Over 20,000 internships are posted on the school's web site.
- 10,400 high school students applied for 1,300 spots in the freshman class for the 2003-04 school year.
- More W&M graduates go on to earn doctorates than any other university in the state of Virginia.
- Over 83 percent of freshmen at W&M were in the top 10 percent of their high school graduating class.



Lake Matoaka provides an on-campus field laboratory and recreational activities, and includes an amphitheatre to host concerts.

In addition to the historic Williamsburg setting of the College, there are many other attractions offered within a reasonable driving distance from campus. W&M is located within three hours of Washington, D.C. Whether you like surfing at Virginia Beach (one hour away) or skiing at Massanutten (less than three hours away), there is something for everyone in the W&M vicinity.

Amusement Parks

Busch Gardens (Williamsburg, 10 min.)
Water Country (Williamsburg, 10 min.)
Kings Dominion (Ashland, 45 min.)
Ocean Breeze (Virginia Beach, 60 min.)

You can watch the sunrise at Virginia Beach (below) or watch your life pass before your eyes on one of the thrilling roller coasters at Busch Gardens (right).

Sports/Concerts

Norfolk Scope (Norfolk, 45 min.)
Chrysler Hall (Norfolk, 45 min.)
Harbor Park (Norfolk, 45 min.)
Verizon Wireless Amphitheatre (Virginia Beach, 60 min.)
Hampton Coliseum (Hampton, 30 min.)
Richmond Coliseum (Richmond, 45 min.)
Richmond International Raceway (Richmond, 45 min.)
The Diamond (Richmond, 45 min.)



2004 Schedule

Indoor Schedule

Date	Day	Meet	Location
Dec. 7	Sun.	CNU Lid-Lifter	Newport News, VA
Jan. 10	Sat.	GMU Father Diamond Open	Fairfax, VA
Jan. 23-24	Fri.-Sat.	CNU Indoor Classic	Newport News, VA
Jan. 31	Sat.	GMU Patriot Games	Fairfax, VA
Feb. 7	Sat.	UNC Carolina Classic	Chapel Hill, NC
Feb. 8	Sun.	CNU Winter Frolic	Newport News, VA
Feb. 13-14	Fri.-Sat.	Virginia Tech Open	Blacksburg, VA
Feb. 28	Sat.	UNC Last Chance Meet	Chapel Hill, NC
Feb. 29	Sun.	GMU Invitational	Fairfax, VA
Mar. 6-7	Sat.-Sun.	ECAC Indoor Championships	Boston, MA
Mar. 12-13	Fri-Sat.	NCAA Indoor Championships	Fayetteville, AR

Outdoor Schedule

Mar. 19-20	Fri.-Sat.	VCU Ram Invitational	Richmond, VA
Mar. 26	Fri.	NC State Raleigh Relays	Raleigh, NC
Apr. 2	Fri.	Duke Invitational	Durham, NC
Apr. 3	Sat.	Liberty Invitational	Lynchburg, VA
Apr. 9-10	Fri.-Sat.	UVA Invitational	Charlottesville, VA
Apr. 16-17	Fri.-Sat.	CAA Championships	Richmond, VA
Apr. 22-24	Thurs.-Sat.	Penn Relays	Philadelphia, PA
Apr. 24	Sat.	CNU Invitational	Newport News, VA
Apr. 30-May 1	Fri.-Sat.	Liberty Heptathlon	Lynchburg, VA
May 1	Sat.	GMU Invitational	Fairfax, VA
May 8	Sat.	UNC Blue Heaven Classic	Chapel Hill, NC
May 8-9	Sat.-Sun.	JMU Invitational	Harrisonburg, VA
May 14-16	Fri.-Sun.	ECAC Outdoor Championships	New Haven, CT
May 28-29	Fri.-Sat.	NCAA East Regional	Gainesville, FL
Jun. 9-12	Wed.-Sat.	NCAA Outdoor Championships	Austin, TX
Jun. 26	Sat.	UNC Summer Track & Field Games	Chapel Hill, NC
Jul 9-18	Fri.-Sun.	US Olympic Team Trials	Sacramento, CA

Awards and Honors

NCAA/AIAW All-Americans

Ali Henderson	2003	Cross Country (30th)
	2003	Indoor 5,000m (8th)
	2002	Cross Country (38th)
Emily Furia	2001	Outdoor 1,500m (9th)
	2000	Outdoor 1,500m (11th)
Lisa Rayner	1994	Outdoor High Jump (11th)
Marcie Homan	1994	Cross Country (10th)
	1994	Outdoor 5,000m (3rd)
	1994	Indoor 5,000m (7th)
	1993	Cross Country (11th)
	1993	Outdoor 5,000m (8th)
Janice Brown	1993	Outdoor 5,000m (9th)
	1992	Cross Country (4th)
	1992	Outdoor 5,000m (7th)
	1992	Indoor 5,000m (5th)
	1991	Cross Country (15th)
Jeri Daniels	1982	Outdoor Shot (1st)
	1982	Outdoor Discus (4th)
	1981	Outdoor Shot (4th)
	1981	Outdoor Discus (4th)



Three-Time All-American
Ali Henderson
2003 CAA Championships
Performer of the Meet

CAA Athletes of the Year

Ali Henderson	2003	Cross Country
	2003	Track & Field
Emily Furia	2001	Track & Field
	2000	Cross Country
Lisa Rayner	1994	Track & Field
Marcie Homan	1994	Cross Country
	1993	Cross Country
Janice Brown	1992	Cross Country
Kim Baumbach	1990	Track & Field
Cathy Stanmeyer	1990	Cross Country

CAA Rookies of the Year

Meghan Bishop	2003	Cross Country
Julia Catchart	2003	Cross Country
Jackie Kosakowski	2001	Cross Country
Emily Halm	2000	Cross Country
Emily Furia	1997	Cross Country

Academic All-Americans

Ali Henderson	2003	Cross Country
Ali Henderson	2003	Track & Field
Ali Henderson	2002	Cross Country
Emily Furia	2001	Track & Field
Emily Furia	2000	Cross Country
Amy Morris	1998	Track & Field
Becky Flowers	1998	Track & Field
Emily Furia	1998	Cross Country
Becky Flowers	1997	Track & Field
Aryn Fahey	1997	Cross Country
Becky Flowers	1996	Cross Country
Janice Brown	1992	Cross Country
Cathy Stanmeyer	1990	Cross Country