Tribe

INTRODUCTION

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MEDIA INFORMATION

The William and Mary sports information office is always interested in assisting members of the media in their coverage of Tribe track and field. Updated information, including statistics and releases, can be found on the Internet at **www.TribeAthletics.com**. Publicity and media information for William and Mary track and field are coordinated by sports information intern **Jacob Skipper**.

Photographs, feature ideas and results are always available from the William and Mary sports information office. Requests for further information should be directed to Jacob Skipper at (757) 221-3344 or by e-mail at jcskip@wm.edu.

CREDITS

The 2007-08 William and Mary women's track and field media guide is a publication of the William and Mary sports information office. Layout, design and writing by Jacob Skipper. Editing by the sports information office. Photography by Randy Hawthorne, Bob Keroack, Pete Clawson, and Jacob Skipper. Printing by Colonial Printing of Richmond, Virginia.

COVER CREDITS

Covers designed by Alex Ball with assistance by Jacob Skipper. Inside front cover designed by Jacob Skipper. Inside back cover designed by Alex Ball. On the front cover, clockwise from top: Kate Willever, Brenna Blevins, Allie Lewis. On the back cover, top to bottom: Abby Booker (left), Erin Gnass, Nicole Bost.

Directions to William and Mary

From the North/West: Take I-64 East to Lightfoot Exit 234A (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until the 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 three stoplights, and 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 Ukrop Way. Take a left at the next stop sign and continue to follow Ukrop Way while bearing right until you reach William and Mary Hall up the hill on your left.

QUICK FACTS

William and Mary

Location: Williamsburg, Virginia

Founded: 1693 (second-oldest college in the United States)

Enrollment: 5,500 **Nickname:** Tribe

Colors: Green, Gold and Silver

Conference: Colonial Athletic Association
President: W. Taylor Reveley III (Princeton, 1965)
Chancellor: Sandra Day O'Connor (Stanford, 1950)
Director of Athletics: Terry Driscoll (Boston College, 1969)

Sr. Exec. Assoc. AD/SWA: Barb Blosser (Ohio State, 1975)
Track: Zable Stadium at Cary Field (9,021); Stimson Throwing

Events Area

Athletics Department Phone: (757) 221-3340

Mailing Address: PO Box 399, Williamsburg, VA 23187 Street Address: 751 Ukrop Way, Williamsburg, VA 23185

Sports Information DepartmentAssistant Athletics Director for Media Relations:

Pete Clawson (Pittsburgh, 1990)

Associate Director: Kris Sears (Indiana, 2004)
Associate Director: Rob Turner (Tennessee, 2003)

Associate Director: Mark Hoskins (James Madison, 2003) **Intern/Contact:** Jacob Skipper (William and Mary, 2005)

Office Phone: (757) 221-3344 Cell Phone: (757) 561-3176 E-Mail Address: jcskip@wm.edu

Phone: (757) 221-3344 **Fax:** (757) 221-3412

Website: www.TribeAthletics.com

Coaching Staff

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

22nd Year

Office Phone: (757) 221-3397 E-Mail Address: dgstim@wm.edu

Head Coach: Kathy Newberry (William and Mary, 2000)

Third Year

Office Phone: (757) 221-3396 E-Mail Address: kjnewb@wm.edu

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

Eighth Year

Office Phone: (757) 221-3397

Assistant Coach: Ed Moran (William and Mary, 2003)

Third Year

Office Phone: (757) 221-3398 E-Mail Address: emmora@wm.edu

Assistant Coach: Dave Fritz (Virginia Tech, 2004)

First Year

Office Phone: (757) 221-3018 E-Mail Address: dafritz@wm.edu

Volunteer Assistant:

Sean Anastasia-Murphy

First Year

Office Phone: (757) 221-3398 E-Mail Address: smanas@wm.edu



ROSTER

Athlete	Class	Events	Hometown	High School
Emily Anderson	2010	Middle Distance	Golf, Illinois	Glenbrook South
Emily Arena	2009	Distance	Manassas, Virginia	Osbourn Park
Brenna Blevins	2007	Multi/Throws	Pulaski, Virginia	Pulaski
Abby Booker	2008	Distance	Haddonfield, New Jersey	Haddonfield Memorial
Nicole Bost	2008	Pole Vault	Mechanicsville, Virginia	Lee-Davis
Anna Brousell	2010	Distance	Wilmington, Delaware	Brandywine
KB Brower	2011	Multi/Jumps	Downington, Pennsylvania	Downington West
Kelsey Budd	2011	Distance	Oakton, Virginia	Paul VI
Ariel Burbey	2010	Middle Distance	Blacksburg, Virginia	Blacksburg
Meghan Burns	2010	Middle Distance	Coopersburg, Pennsylvania	Allentown Central Catholic
Kayley Byrne	2010	Distance	Oak Hill, Virginia	Oakton
Ellen Childress	2009	Distance	Arlington, Virginia	Washington-Lee
Katie Endres	2009	Distance	Sterling, Virginia	Potomac Falls
Funke Fagbami	2011	Sprints	Newark, Delaware	Charter School of Wilmington (Del.)
Sallie Ford	2010	Distance	Lynchburg, Virginia	E.C. Glass
Alyssa Gaeto	2010	Multi/Jumps	Brentwood, Tennessee	Ravenwood
Jennifer Garrott	2010	Pole Vault	Burke, Virginia	Lake Braddock
Erin Gnass	2008	Pole Vault	Brentwood, Tennessee	Brentwood
Emily Gousen	2008	Distance	Arlington, Virginia	Washington-Lee
Betsy Graney	2011	Middle Distance	Harper Woods, Michigan	Grosse Pointe North
Katie Guevel	2011	Multi/Hurdles	Burlington, Kansas	Burlington
Sarrah Hadiji	2011	Distance	Annandale, Virginia	W.T. Woodson
Dana Harvey	2010	Sprints/Hurdles	Mechanicsville, Virginia	Atlee
Mallory Hogan	2009	Sprints	West Hartford, Connecticut	William Hall
Emily Jeremiah	2011	Pole Vault	Mechanicsville, Virginia	Atlee
Nicole Kazuba	2010	Pole Vault	Chantilly, Virginia	Chantilly
Abby Lemon	2009	Throws	Berryville, Virginia	Clarke County
Allie Lewis	2008	Middle Distance	Roanoke, Virginia	Hidden Valley
Ashley Madonick	2009	Long Sprints	Seaside Park, New Jersey	Central Regional
Kelly McElroy	2010	Middle Distance	Wyomissing, Pennsylvania	Holy Name
Rebecca Mikulas	2010	Throws	Troutville, Virginia	Lord Botetourt
Liz Milewski	2011	Distance	Rosemont, Pennsylvania	Radnor
Lynn Morelli	2009	Distance	Philadelphia, Pennsylvania	St. Basil
Carly Morse	2010	Throws	Sumerduck, Virginia	Liberty
Keely Murphy	2010	Middle Distance	Owings, Maryland	Northern
Rachel Ohm	2010	Distance	West Coxsackie, New York	Academy of the Holy Names
Shannon Ralston	2011	Distance	Virginia Beach, Virginia	Landstown
Sarah Rybarczyk	2011	Sprints	Snohomish, Washington	Monroe
Meredith Tighe	2011	Middle Distance	Oak Hill, Virginia	Oakton
Robin Vanneman	2010	Distance	Stafford, Virginia	Brooke Point
Rebecca Ward	2009	Middle Distance	Midlothian, Virginia	James River
Kate Willever	2007	Middle Distance	Pennington, New Jersey	Hopewell Valley Central
Ashley Williams	2010	Throws	Williamsburg, Virginia	Bruton

Director of Track and Field: Dan Stimson (Ohio, 1971) - 22nd Year Head Coach: Kathy Newberry (William and Mary, 2000) - Third Year Assistant Coach: Emil Davis (William and Mary, 1985) - Eighth Year Assistant Coach: Ed Moran (William and Mary, 2003) - Third Year Assistant Coach: Dave Fritz (Virginia Tech, 2004) - First Year Volunteer Assistant: Sean Anastasia-Murphy - First Year



KATHY NEWBERRY

Former Tribe standout Kathy Newberry assumed the role of head coach for both the women's track and field and cross country programs in March 2005 after serving the previous two years as a volunteer assistant coach to the Tribe's men's cross country and track programs. Showing no drop-off in the tradition of excellence built over the past decade and a half, Newberry has already directed the program to five Colonial Athletic Association titles and was named CAA Coach of the Year in both cross country and track in 2005-06.

Most recently, Newberry led the Tribe to its 15th CAA Championship in cross country, winning a 40-50 decision over James Madison. Senior Erin Prillaman took runner-up honors at CAAs, leading classmates Anna Parker and Emily Gousen, as well as sophomore Emily Anderson, on the All-CAA team. Anderson also earned All-Region honors after placing 20th at the Southeast Regional. At the ECAC Championships, Anderson came up big yet again with a fourth-place finish to earn All-East accolades and lead the Tribe to its second consecutive silver medal. Prillaman, Parker, and Gousen each capped off their cross country careers with All-East honors, while sophomore Kayley Byrne made the All-East team for the first time.

The 2006 cross country season was a solid entry into the College annals, as the team won its fourth-straight CAA title and placed a program-best second at the ECAC Championships. Meghan Bishop became the Tribe's seventh harrier to earn four All-CAA honors by placing second at the CAA Championships, and was fourth at the ECAC Championships to earn All-East accolades. Junior Emily Gousen made huge strides last season, winning the Tribe Open by over 40 seconds and also earning All-CAA and All-East honors. Freshman Anna Brousell appeared in a team-high seven races, earning all-conference and All-East acclaim as well as running at the NCAA Southeast Regional.

The Tribe followed up in the spring by posting its first qualifier to the NCAA Championships since 2004, as Bonnie Meekins competed in the heptathlon and placed 16th. The College also produced six CAA champions and one ECAC titlist. The distance corps was in full force at the CAA Championships, taking every race 1,500m and longer at the conference meet. Freshman Emily Anderson was the CAA Champion at 1,500m, marking the fourth time in the past five years that a W&M athlete had won the event, and the third time in that span the winner had been a freshman. Senior Kate Willever won the 3,000m steeplechase for her first conference title, and Bishop won the 5,000m for her third crown. Gousen completed the sweep by winning the 10,000m in a meet-record time of 36:04.05. Gousen also earned All-East both indoors and outdoors at 5,000m, finishing second at the outdoor ECAC Championships in 16:58.90.

In Newberry's first season at the helm of the cross country program, her athletes far out-stripped the expectations of most observers, culminating in an upset of 24th-ranked North Carolina for fifth at the Southeast Region Championships, gaining the team its first at-large berth to the NCAA Championship since 2002. Under her tutelage, the Tribe recorded four team victories in 11 attempts, including a third-consecutive CAA crown. Led by the efforts of juniors Meghan Bishop and Julia Cathcart, who finished one-two for the College in every race they ran, William and Mary's return to the NCAA Championships was a success as the school placed 23rd and narrowly missed upsetting the Tar Heels again. The duo, who were the CAA Co-Rookies of the Year in 2003, finished 76th and 86th, respectively, and also earned all-conference and all-region honors.

Freshmen played a big role in the success of the harrier's season as well, as three ran in the CAA Championships and one, Kelsey Snowden, also participated at the Southeast Regional. Fellow freshman Emily Schroeder not only counted an appearance at the CAAs in her season's accomplishments, but also earned her first individual collegiate title at the Tribe Open. The team was also a hit in the classroom, earning Academic All-America honors from the women's cross country coaches association (WICCCA) for the seventh consecutive season, and Bishop was honored by the CAA as Scholar-Athlete of the Year and by WICCCA as an All-Academic team member.

Newberry By The Numbers

- 17 Individual Conference Champions
- 39 All-East Athletes
- **5** Conference Titles
- 5 All-Region Athletes
- 4 Scholar-Athletes of the Year
- 2 CAA Coach of the Year Honors

The 2006 track season also proved to be a smashing success, as the women won their sixth-straight CAA crown and sent numerous individuals to the NCAA Regional. Bishop earned All-East honors indoors and outdoors at 3,000m, and set huge personal records in both the 3,000m and 5.000m. She took fourth in the 3.000m indoors at ECACs, qualifying provisionally for the NCAA Championships and ranking fourth all-time at W&M with a time of 9:31.25. Outdoors, she ran a stunning 40 seconds below her previous best in the 5,000m at Stanford, timing 16:18.49 to qualify for the NCAA Regionals. The mark also ranks fourth in the school record books.



Kristyn Shiring took second in the CAA 5,000m for the second year in a row, and was also a double All-East honoree at 5,000m, qualifying for the NCAA Regional with her runner-up performance at the outdoor ECACs.

At the CAA Championships, Newberry's athletes won four titles, the 800m, 5,000m, discus, and heptathlon. They also earned second-place showings at 1,500m, 3,000m steeplechase, 10,000m, shot-put, and hammer throw. Senior Lydia Malley had a breakout season, winning the CAA 800m and earning All-East honors individually at 800m and as part of the 4x800m relay team that took second, along with sophomore Allie Lewis and freshmen Schroeder and Rebecca Ward. Cathcart was the CAA 5,000m champion in meet-record time and was named All-East outdoors. At the conclusion of the season, the CAA named Bishop as its Scholar-Athlete of the Year for women's track, giving her an unprecedented third such honor. Also, the coaches voted Newberry as Coach of the Year, giving her the sweep of the year's awards.

In 2005, the team took the conference track championships by storm, winning four titles and garnering 20 All-CAA nods. Senior Jackie Kosakowski was the runner-up in the CAA 3,000m steeplechase and followed up a month later with the ECAC crown in the same event. Bishop won her second 1,500m title at the CAA Championships, and was on pace for All-East honors in the event before she was knocked to the track in the finals. Shiring exploded at the indoor ECAC championships, running 41 seconds below her previous best at 5,000m to qualify provisionally for the NCAA Championships. She also hit the provisional mark outdoors for 10,000m, winning the Raleigh Relays in 34:46.60. In all, Newberry's inaugural season yielded four CAA champions, one ECAC champion, 20 all-conference citations, three indoor and five outdoor All-East nods, four NCAA Provisional marks, 11 bids to the indoor ECAC meet, 26 bids to the outdoor ECAC meet, and five NCAA Regional berths (four individual, one relay).

Still an active competitor at the national level, competing regularly both on the track and in road races, Newberry qualified for the 2004 Olympic Trials finals in both the 5,000m and 10,000m, finishing 13th and 14th, respectively. She also ended 2004 ranked 10th nationally in the 10,000m. A four-time qualifier for the U.S. National Cross Country Team, Newberry finished 25th at the 2004 World Cross Country Championships as the second-fastest American in the 8,000m race. She again competed at the 2005 Worlds, finishing in 38th as the third-fastest American, after qualifying with a fourth-place finish at the 2005 USA Cross Country Championships. In 2003, she was ranked 17th in the nation in the 5,000m and placed 11th in that distance at the 2003 USAT&F Championships. Newberry also raced to third in the 2003 USAT&F Fall Cross Country Championships and also competed at the 2005 USAT&F Championships in the 5,000m.

An ace for the Tribe from 1996 to 2000, Newberry claimed two CAA titles (3,000m and 5,000m) and earned multiple All-East designations. She was All-CAA and all-region in cross country every season and was the top finisher on the 1998 Tribe cross country squad that finished a best-ever 10th at the NCAA Championships, just missing All-America honors in 43rd place. She still holds the College records in the indoor distance medley relay (11:39.85) and outdoor 4x1,500m relay (18:08.88). She also boasts the Tribe's fourth-fastest 1,500m time (4:28.37), fifth-fastest 3,000m time (9:38.13) and ninth-fastest 5,000m time (16:49.29). In her postcollegiate career she has dropped her times further, running 15:45.32 for 5,000m and 32:45.78 for 10,000m.

She has previous coaching experience at Stephen F. Austin State University where she served as a volunteer assistant, helping the Lumberjacks sweep the conference titles in both men's and women's cross country and mentoring several conference titlists and a national qualifier. A resident of Williamsburg, Newberry was married in the summer of 2005 to the Tribe's head men's track and cross country coach, Alex Gibby.



DAN STIMSON



In his 22nd 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, and has served as an exemplary model for what collegiate athletics should be all about. In recognition of his years of service, the College honored Coach Stimson in 2007 by naming the new throwing facility in his honor, the Stimson Throwing Events Area. Made possible through a generous donation from Mr. And Mrs. Joe Showker, the facility includes an Olympic throwing cage with circles for both the hammer and discus, two shot put circles, and javelin runway.

The men's and women's programs have combined for 17 Colonial Athletic Association titles out of 22 possible since the 2002-03 school year, and have garnered numerous CAA Athlete and Rookie of the Year awards. The 2006-07 season was another banner year for the squads, as Stimson's program captured both CAA cross country titles: the seventh consecutive conference title for the men's team and fourth in a row for the women's squad. Punctuating the season was the

10th-straight NCAA team qualification for men's cross country, an achievement only four other schools can claim. To date, Stimson's programs have produced 55 All-Americans and one Olympian.

Stimson, who works primarily with the throwers, jumpers, 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 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-America high jumper Lisa Rayner to an 11th-place finish at the NCAA Championships and a school-record mark of 5'11.25" in 1994. 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 place sixth 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. He then guided steady improvement throughout her career, culminating in 2004 with her second conference title and double All-East honors. Stimson has had numerous All-East performers in all of the field events.

A recent example of Stimson's coaching ability can be seen in 2004 graduate 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

Stimson By The Numbers

- 55 All-Americans in indoor and outdoor track and field and cross country
- 41 CAA Team Titles
- 27 CAA Athletes of the Year
- 22 Seasons at William and Mary
- 3 CAA Coach of the Year Honors (1992 and twice in 1996)

Team. He followed up his impressive freshman season with a sophomore campaign that featured top CAA finishes in the discus (fourth), javelin (third), hammer (second) and a second straight firstplace showing in the shot put. Parsons 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 capped his career in style, winning the 2004 CAA title in the shot and hammer and breaking the NCAA Regional mark in both events.

More Stimson-guided athletes litter the W&M and CAA record books. In 2005, Ayanna Jones claimed her second shot put title at the CAA Championships, the fifth-consecutive year a Tribe woman had won the event. She would go one to shatter the 23-year old school record in the event, putting the shot 48'6" in the ECAC Championships. 2006 graduate Andy Smith became one of only two athletes in school history to claim four CAA crowns in one event (joining Tyler Steel, winner of the hammer throw from 1997-2000) after winning the javelin for the fourth time at the 2006 conference meet.

Perhaps no event in recent years shows the effect of Stimson's tutelage more than the women's heptathlon, where four athletes in the Green and Gold have won the last five CAA titles, and six of the seven ever contested, along with the last two ECAC crowns. Alarice Cesareo earned a pair of titles in 2001 and 2003, and Phi Beta Kappa-graduate Sarah McHale won in 2004. In 2005, Bonnie Meekins won her first title with a thenrecord score of 4,763 points, before giving way to classmate Brenna Blevins in 2006, who scored 4,806 points. In 2007, Meekins came back again with another meet record, 5,192 points. Similarly, Blevins won the 2006 ECAC crown with a then-school record total of 5,229, the highest point total not invited to the NCAA Championships that year. Meekins provided the breakthrough this past spring, powering to a score of 5,457 to claim

the Eastern title, and a trip to the NCAA meet, where she would place 16th.

In the 2006 CAA hammer throw, Liz Hager capped her career in heroic fashion. Cleared to throw only an hour before the event started because of a back injury, Hager threw 151' 9" with her only attempt, good for second place and the third-best throw in school history. Freshman Abby Lemon took her lead from Hager, setting a personal record with each of her six throws and finishing with a toss of 149' 2" to take third place in her first conference championships.

The 2007 throwing corps provided another feather in Stimson's cap, providing a school record and numerous top-10 marks despite having a grand total of two upperclassmen. Sophomore Alex Heacock captured his first CAA title in the javelin, throwing 25 feet farther than anyone else in the meet.

Abby Lemon was only four inches shy of her own conference title in the hammer throw, but did claim the Colonial Relays title with a then-school record throw of 161' 9", a mark she bettered at the ECAC Championships with a prodigious heave of 163' 11". Senior Jen Showker capped her career with lifetime-best marks in the shot put, discus (144' 9"), and hammer (142' 0"). Her put of 45' 0.5" at the CAA Championships guaranteed her third and berth at the ECAC meet, and makes her one of only four women to ever best 45 feet in the shot put.

Stimson began his career at perennial national powerhouse 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, Virginia for one year, then on to Miami University (Ohio) for nine years and back to Tennessee for four years as the top assistant before coming to Williamsburg.

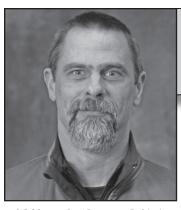
A native of Falconer, New York, Stimson graduated with honors from Ohio University in 1971 and holds a master's degree from Miami (Ohio). As an undergraduate, he was the All-Ohio and Central Collegiate shot put champion, as well as a two-time MAC shot put champion. He concluded his athletic career by 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 local college student. Daughter Krista Crider graduated from W&M in 1996 with a B.S. in biology and earned her master's degree at the College in 1998. She earned a Ph.D. in the field of genetics and molecular biology at Emory University, and works for the Centers for Disease Control. Krista is a former W&M record holder in the hammer throw, and recently welcomed the newest addition to the Stimson family, when Samuel Daniel Crider was born in April of 2006.



Tribe

ASSISTANTS



Emil Davis

B.S. Biology '85

Former Tribe multi-eventer and runner Emil Davis has spent the past seven seasons mentoring athletes at his alma mater. Davis is primarily responsible for the sprinters, jumpers, and multi-eventers for both the College's track teams.

Prior to joining W&M, Davis coached the Bruton High School (Williamsburg) girls track

and field team for 12 seasons. In his time with Bruton, where he continues to teach biology, his teams accumulated an impressive 82 victories, including two state championships (1996 and 1997), state runner-up (1998), and numerous invitational victories.

Davis graduated in 1985 with a degree in biology, after earning All-East honors his senior year at W&M by 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. Davis holds the U.S. Masters age-group record for 40-44 year-old competitors in the double-decathlon (11,178 points).

Davis and his wife, Lynda, currently reside in Toano, Virginia and are the proud parents of three daughters: Elizabeth, a 2007 graduate of Virginia; Samantha, a senior at James Madison; and Hannah, a first-year on the swimming team at Virginia.



Ed Moran

B.B.A. Finance '03B.A. Government '03M.P.P. Public Policy '05

Ed Moran is in his third season on the William and Mary staff after a spectacular collegiate career that saw him earn four All-America honors in the 5,000m outdoors (2003, 2005) and in cross country (2000, 2002) for the College. In addition to assisting with both the men's and women's running pro-

grams, the 2003 graduate has continued to race under the tutelage of head men's coach Alex Gibby, achieving the Olympic "A" qualifying standard at 5,000m and 10,000m in 2007 and winning the 5,000m gold medal at the Pan-American Games.

A professionally-sponsored runner with Nike, Moran raced unsponsored at the 2005 USAT&F Track and Field Championships shortly after earning his fourth All-America nod. He boasted an impressive debut, running well below his previous personal record in the 5,000m (13:39.70, second-best in school history, set a scant month-and-a-half earlier) to finish in 13:25.87. This time placed him only 49 hundredths of a second shy of the school record, running as the fastest amateur in the field of 24 runners. In 2007, he won the gold medal at the Pan-American Games with a meet-record time of 13:25.60, and will compete for a spot at the Beijing Olympics in the 2008 U.S. Olympic Trials.

In his six-year collegiate career, Moran racked up three all-conference and All-Southeast honors (never finishing worse than third), and was twice conference champion and Athlete of the Year in cross country. On the track, he earned multiple all-conference nods, was named the 2003 CAA Male Athlete of the Year and was the 2005 IC4A and CAA champion in the 5,000m.



Dave Fritz

Virginia Tech
B.S. Computer Science '04

Dave Fritz enters his first season coaching the pole vaulters at William and Mary after helping some of the sports' biggest names achieve national and international success.

Since 2002, Fritz has worked as the assistant jumps coach at Suhr Sports in New York, helping both professional and amateur pole vaulters to unprecedented heights. Most

notably, he coached Jennifer Stuczynski from an absolute novice to become the reigning U.S. record holder in the women's pole vault (16-0), the world's second-highest vault ever. Along the way, Stuczynski also captured four national titles, indoors in 2005 and 2007, and outdoors in 2006 and 2007.

Among amateur athletes, his success has been equally compelling, producing the toptwo high school girl's pole vaulters. Mary Saxer was the first high school girl to clear 14 feet, and set the national high school girl's record indoors of 14-3.25. Tiffany Maskulinski also cleared 14-0 under Fritz' tutelage, only the second girl to do so. At the collegiate level, he coached at the Rochester Institute of Technology last season, producing a pair of school records and the school's first NCAA qualifier in the pole vault.

A three-time All-Big East vaulter at Virginia Tech, Fritz graduated in 2004 with a bachelors degree in computer science. In the summer of 2006, he was the head clinician for pole vault at the Region II Junior Olympics clinic. Fritz holds a USATF Level II coaching certification, and is also certified by the Pole Vault Safety Board.



Sean Anastasia-Murphy

Sean Anastasia-Murphy joins his alma mater this year as a volunteer assistant after helping the Tribe to seven Colonial Athletic Association championships during his fiveyear career.

As a senior, Anastasia-Murphy was the College's top finisher at the CAA cross

country championships, leading the team to the conference title with his fourth-place showing. He was also a part of the program's eighth-place showing at the NCAA Championships, finishing as the sixth Tribe harrier across the line. He also ran at the national meet in 2005, finishing 135th overall, and totaled three All-CAA, two All-East, and one All-Southeast honor in cross country.

Anastasia-Murphy, a native of Gloucester, Massachusetts, was also a standout on the track. In 2005 he ran 8:59.26 in the 3,000m steeplechase, the first time a Tribe runner had run under nine minutes since 1996. His most complete season came in 2007, and it started indoors with a 4:09.97 mile at the IC4A Championships. That placed him into the finals of the event, where he would eventually finish third for All-East honors. At the same meet, he won his first conference crown by running the lead-off leg of the distance medley relay which won the IC4A title. He would go on to win the Colonial Relays 3,000m steeplechase and the Penn Relays 4x800m outdoors, and ran at the NCAA Regional in the steeplechase for the third year in a row. He finished his career with five All-East accolades and a single All-CAA citation on the track.



OUTLOOK

Sprints/Hurdles

Junior **Ashley Madonick** has emerged over the last two seasons as the team's top long-sprinter, and enters the spring looking to repeat her ECAC-qualifications from last year as well as challenge for the CAA 400m crown. Indoors, she just missed qualifying for ECACs at 500m, and has shown the ability to extend her range up to 800m by winning the half-mile at CNU in 2:18.40. Classmate **Mallory Hogan** had a break-through at the CAA Championships, timing 12.60 in the 100m dash, and will be looking to continue her progression this year after training through much of the indoor season.

Sophomore **Dana Harvey** gives the Tribe some depth behind Madonick in the long sprints and Guevel in the hurdles, and she has already been making good strides in her second season on varsity. At George Mason's Last Chance meet, she ran the 500m in 1:18.21, and ran the 600m in 1:40.7 at Virginia Tech, both performances that rank in the College's all-time top-10. Freshman **Funke Fagbami** joined the Tribe after a stellar prep career at the Charter School of Wilmington (Del.), and has ensconced herself near the top of the team depth chart in the short sprints. She ran 8.07 in the finals of the 60m dash at CNU in December in only her second collegiate race. Classmate **Sarah Rybarczyk** has seen action in both the long sprints and in the 800m, and will look to challenge for a spot on the squad at the CAA Championships as the spring progresses.

Middle Distance

Shaping up to provide a major impact on the Tribe's fortunes this year is the middle-distance corps, with a stacked roster of veterans tearing up the track and the record books. Sophomore **Emily Anderson** has stepped up the pace in a major way

this indoor season, pocketing NCAA provisional qualifications in the mile and the 3,000m, as well as claiming school records in the mile (4:43.33) and as part of the 4x400m relay.

Senior **Allie Lewis** is also looking like she's on pace for a career-type season, qualifying the ECAC Championships in the 800m and 1,000m and helping to qualify the distance medley relay and 4x400m relay to the same event. Lewis has also seen

school records fall beneath her feet in the 600m (1:33.28) and as part of the 4x400m relay.



Graduate student **Kate Wil- lever** was the conference's top steeple-

chaser last year, earning her first conference title and running at the NCAA Regional. This year, she aims to protect that title, and drop her times with the goal of qualifying for the national championship. Junior **Rebecca Ward** was a conference finalist and ECAC qualifier at both 1,500m and 800m last year, and will be counted on to repeat that feat this season. Sophomore **Meghan Burns** was the only athlete besides Anderson to run under five minutes in the mile indoors this year, qualifying for the ECAC Championships in 4:59.20. Burns

also was a CAA finalist

Sophomore **Keely Murphy** earned All-East honors indoors as a freshman as part of the 4x800m relay, and will be looking to step into the line-up at 800m and 1,500m outdoors and challenge for all-conference accolades. Sophomore **Kelly McElroy** ran a personal-best 2:16.49 in the 800m at Virginia Tech this winter, and earned her first ECAC qualification in the 1,000m at George Mason. Redshirt-freshman **Ariel Burbey** helped the indoor 4x800m relay qualify for ECACs last year before sitting out the rest of the year, and has bounced back this year as one of the team's top 800m runners, timing 2:18 at Virginia Tech.

Freshman **Betsy Graney** has posted the team's top freshman times at both 800m and the mile this indoor season after graduating Grosse Pointe North (Mich.) with three all-state awards and multiple region championships. She has as shown the ability to race well at longer distances, helping the Tribe cross country team to the CAA title at the end of October. Classmate **Meredith Tighe** earned two all-state honors in Virginia's AAA classification at 1,600m for Oakton High, and has put that experience to good use this indoor season, finishing the mile at North Carolina in 5:16.91. Tighe also has the ability to go under 2:20 in the 800m, giving the Tribe another possible double-finalist for the CAA Championships.

Distance

Senior **Emily Gousen** enters her final season at the head of a short list of elite distance runners in the conference, with designs on defending her 10,000m CAA crown and capturing a bid to the NCAA Championships. She also has the ability to step down the distance and step up the speed, earning All-East honors both indoors and outdoors at 5,000m last season and collecting another ECAC 5,000m berth this indoor season.

Classmate **Abby Booker** proved herself as a threat to win CAAs at 10,000m should Gousen pursue the 5,000m race, taking second last season to earn all-conference honors for the first time. She also boasts expertise at a wide-range of distances, including the 3,000m steeple-chase, and is well-poised for her finest season (statistically-speaking) after setting personal-records at 3,000m, 5,000m, and 10,000m as a junior. Sophomore **Kayley Byrne** was a Junior Nationals qualifier at both 3,000m and 5,00m last year as a freshman, also earning an ECAC invitation in the outdoor 5,000m and taking fifth in the CAA 5,000m. This year, she earned her first All-East citation after finishing 20th at the ECAC cross country championships, and qualified for the ECAC 5,000m after running 17:29.10 at Liberty in December.

Juniors **Ellen Childress** and **Katie Endres** are poised for career-type seasons in 2008. Childress finished sixth in the 5,000m at the CAA Championships and qualified for ECACs outdoors two years ago in her redshirt-freshman season, but was forced off the track due to illness last year. Endres had her first full season of action last year, setting personal-bests at every distance longer than 3,000m and taking sixth in the CAA 10,000m. Junior **Lynn Morelli** was All-East in the 3,000m outdoors last year, and will look to add indoor honors to her dossier this season after posting ECAC-qualifying marks at both 3,000m and 5,000m. Also a fourth-place finisher in the CAA 5,000m in 2007, Morelli must be considered of the favorites for the title this year on her home track.

Tribe

OUTLOOK

Sophomore **Anna Brousell** had a great freshman campaign, taking third in the 3,000m steeplechase at the CAA Championships. This year, Coach Newberry will expect her to drop her times below 11 minutes and challenge Willever for the conference title. **Sallie Ford** ran in the 10,000m at CAs last year, and will be looking to move up into the top-eight this season. Through the indoor season, Ford established herself solidly among the Tribe's top five runners at 3,000m and 5,000m. **Rachel Ohm** also ran in the CAA 10,000m as a freshman, just missing scoring in ninth place. **Emily Arena** has scored for the Tribe at CAAs in each of the past two years in the 3,000m steeplechase, and will be looking to move up the standings to earn all-conference honors this season. **Robin Vanneman** will provide valuable depth in a variety of events as she gains more racing experience.

Four freshmen join the Tribe distance corps, bringing with them multiple state titles and prep All-American honors. Sarrah Hadiji raced for the Tribe in every race of the post-season in cross country (CAA, NCAA Regional, and ECAC), and will look to immediately provide an all-conference threat at 5,000m after earning three Virginia AAA state titles at 3,200m for W.T. Woodson. **Kelsey Budd** captained Paul VI to Virginia Independent School and Virginia Catholic state titles in each of her last two years, earning all-state honors each time. She has the ability to run well at most any distance, and will challenge the veterans for spots on the CAA Championship squad. **Liz Milewski** earned All-Main Line honors for ten consecutive seasons at Radnor High in Pennsylvania, posting personal-bests of 5:04.45 for 1,600m and 10:20.76 for 3,000m. **Shannon Ralston** was the first state-qualifier in the history of Landstown High in Virginia Beach, and will provide valuable depth to the Tribe as she continues to acclimate to the rigors of college athletics.

Pole Vault

New coach **Dave Fritz** helped coach American record-holder Jenn Stuczynski before he arrived in Williamsburg, and the Tribe vaulters have used his expertise to hit career-best heights in only a few short months. Sophomore **Nicole Kazuba** was the surprise CAA Champion last year as a freshman, and is on the cusp of provisionally qualifying for the NCAA Indoor Championships after jumping 12-7.5 at Christopher Newport (roughly four inches under the height needed). Senior **Erin Gnass** earned her first ECAC qualification this season after clearing a career-best 11-9.75 at the Mason Last Chance Meet.

Fellow senior **Nicole Bost** hit a career-high at North Carolina after clearing 11-1.75, and will be aiming for all-conference honors at the CAA Championships as well as the ECAC barrier of 11-11.75 during the outdoor season. Sophomore **Jennifer Garrott** won a conference title for Mary Washington last spring before transferring, and broke her career-best mark with a vault of 10-6 at Christopher Newport. She has the capability to push the Tribe's veterans for all-conference awards at the CAA Championships. Freshman **Emily Jeremiah** is in only her second year of vaulting after training as a top-level gymnast at Atlee High in Virginia, and eclipsed her lifetime-best with a vault of 10-2 at Christopher Newport in February.

Throws

School record-holding junior **Abby Lemon** leads the Tribe

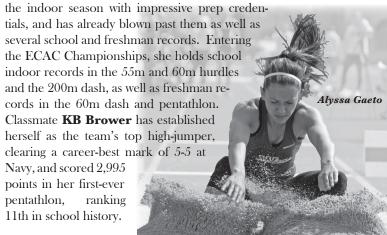
throwing corps this year after taking second at the CAA Championships last season. She won the Colonial Relays hammer throw for her first school record, and surpassed that with a heave of 163-11 at the ECAC Championships. After redshirting the indoor season, Lemon enters the spring looking for an NCAA Regional qualification and shot at the national championships. Sophomore **Carly Morse** has steadily improved her personal-best in the shot put this year, culminating in a put of 44-5.25 at the Mason Last Chance meet, only two inches shy of ECAC-qualifying. That achievement should come soon in the outdoor season, and challenging for the CAA title is well within her reach at her current rate of progression.

Classmate **Ashley Williams** has also achieved several lifetime-best throws this winter, both in the shot put and with the 20-lbs weight. This spring, Coach Stimson has high hopes for her to combine with both Morse and Lemon to give the Tribe one of the conference's strongest duos in each the shot put, discus, and hammer throw. Sophomore **Rebecca Mikulas** is still coming into her strength as a thrower, and could represent the College this summer at the USA Junior Championships in either the discus or the hammer throw with a few more throws like she had at last year's CAA Championships, when she improved her personal-best in the discus by more than 10 feet.

Multi

"Multi" truly describes the athletes that participate in the pentathlon and heptathlon for the Tribe. The group includes the entire jumping corps, most of the hurdles platoon, and the javelin-throwing battery. Fifth-year senior **Brenna Blevins** will shepherd the multiathletes in her final campaign for the Green and Gold, as she looks to regain the CAA and ECAC heptathlon crowns she won in 2006. After missing NCAAs by only 14 points that year, she was forced out of competition last season by injuries, but returns from her redshirt year with a renewed focus and drive. Also one of the top javelin throwers in school history, she should challenge for the conference title in that event and possibly also a berth at the national championships.

Sophomore **Alyssa Gaeto** made her heptathlon debut at the CAA Championships last April and just missed scoring for the Tribe with her ninth-place finish. Already this indoor season, she became the first athlete in school history to jump further than 19 feet in the long jump, and also ranks in the all-time top-10 performers in the 55m and 60m dashes, and the pentathlon. Freshman **Katie Guevel** entered







Kate Willever

B.B.A. Finance '07 Masters of Business Admin. '09 Pennington, N.J. • Hopewell Valley Central

CAA Champion • All-CAA

2007-08 Cross Country: Did not compete. **2006-07**

Cross Country: Twenty-fourth at the Cavalier Open ... Also ran at the Colonial Inter-Regional. **Track:** CAA Champion in the 3,000m steeplechase

PERSONAL BESTS			
1,000м	3:00.661	2/16/07	
1,500м	4:49.70	3/31/07	
3,000м SC	11:06.82	4/14/07	

... Set career-best in the steeplechase at the Lou Onesty Invitational, timing 11:06.82 ... Ranks fifth all-time at the College ... Was the top collegiate finisher in the race ... Ran at both the ECAC Championships and the NCAA East Regional in the steeplechase ... Part of the 4x800m relay team that finished seventh at the Penn Relays ... Set personal-best marks in both the mile (5:17.19) and the 1,500m (4:49.70).

2005-06

Cross Country: Twentieth in the Cavalier Open ... Twenty-seventh in the Tribe Open. **Track:** Anchored the 4x800m relay that took 11th at the Penn Relays and qualified for the ECACs ... Ran the third leg of the 4x800m relay in the preliminary round of the ECACs, helping the team qualify for the finals where they would finish second ... Took second in the 3,000m steeplechase at the Fred Hardy Invitational, running below her previous best ... Again set a personal record in the steeplechase at the CAA Championships, taking fourth in a time of 11:16.54 ... Set new personal best in the 1,500m by more than three seconds, running 4:51.16 at the VCU Ram Invitational ... Indoors, finished third in the 3,000m run at Christopher Newport.

2004-05

Cross Country: Ran in the Colonial Invitational. **Track:** Fifth in the 3K steeplechase at the CAA championship, running a season-best 11:27.75.

2003-04

Cross Country: Redshirted. Track: Redshirted.

At Hopewell Valley

Finished in the top five at the New Jersey Track Meet of Champions twice ... Took eighth in the 2,000m steeplechase at the adidas National High School Championships in 2003, running 7:08.89 ... Has run 2:16.7 for 800m and 5:05.11 for 1,600m.

Personal

Daughter of Richard and Nancy Willever ... Born December 25, 1984 in Princeton, New Jersey ... Member of the Finance Academy ... Enjoys reading, music, and needle-point.



Brenna Blevins

B.S. Kinesiology '08Pulaski, Va. • Pulaski County

ECAC Champion • 2-Time CAA Champion NCAA Qualifier • 2-Time All-East 5-Time All-CAA

2006-07

Redshirted outdoors ... Opened the indoor season with a career-best mark of 3,587 points in the pentathlon at the Liberty Lid-Lifter ... Total ranks third in school history ... Ninth in the ECAC pentathlon, just missing All-East honors ... Ran the 55m hurdles in 8.64 seconds at Virginia Tech, the seventh-fastest time in school history ... Also ranks seventh in school history in the 60m hurdles, running 9.42 at the Vince Brown Invitational ... Ran a personal-best 2:18.65 in the 800m during the ECAC pentathlon ... Put the shot 41-7.75 feet during the season-opening pentathlon at Liberty, the ninth-best put in school history.

2005-06

Undefeated in the heptathlon, winning three times ... Provisionally qualified for the NCAA Championships with 5,013 points at the Florida State Relays ... Score was the first time an athlete from W&M had broken 5,000 points ... Won the CAA heptathlon as well, becoming the fourth Tribe athlete in four years to win the event ... Reset her own school record in the ECAC

PERSONAL BESTS				
100M	r H	15.38н	5/12/06	
200 _M	I	25.31н	5/12/06	
400M	ı H	1:03.16	4/22/06	
PENT		3,5871	12/2/06	
HEP		5,229	5/13/06	
LJ	5.45M	17-10.75н	4/22/06	
JAV	45.52 _M	1 149-4н	3/23/06	

Championships, wiming the title with 5,229 points ... Was the highest-scoring heptathlete not taken for the NCAA field, only 14 points shy of the lowest accepted score ... Third all-time in the pentathlon after scoring 3,500 points at the ECAC indoor championships for seventh place and All-East honors ... Set six other personal bests during the season, including four in the top-10 all-time at W&M ... Threw the javelin 149-4 at the FSU Relays, qualifying for the NCAA East Regional for the second year in a row ... Throw was the second-best in school history ... Third in the javelin at CAAs, earning all-conference honors ... Took third at the CAA Championships in the 400m hurdles in 1:03.16 (second all-time) ... She had only run the 400m hurdles once before, two weeks prior to CAAs ... Jumped 17-10.75 in the long jump portion of the heptathlon at CAAs ... Set three personal records during the ECAC heptathlon ... Ran 2:20.21 in the 800m dash, 25.31 in the 200m dash (sixth all-time), and 15.38 in the 100m hurdles (10th all-time).

2004-05

Threw 133-7 in the javelin at the Ram Invitational to qualify for the ECAC championship ... Fifth in the javelin at the CAA Championship ... Threw for a personal-best 140-11 in the NCAA East Regional, finishing 17th ... Runner-up in the heptathlon at the CAA championship ... CAA Champion as a member of the winning 4x400 relay.

2003-04

Second in the CAA in the javelin, throwing for 139-1 ... Ninth in the high jump at CAAs ... Helped set school's indoor 4x400 relay record, timing 3:54.85 at Virginia Tech ... Competed at the USAT&F Junior Nationals in the javelin, placing 10th.

At Pulaski County

Multiple-time all-state performer with personal bests of 5-6 in the high jump, 17-6 in the long jump, 35-2 in the triple jump, and 58.93 in the 400m.

Personal

Daughter of Freddie and Joyce Blevins ... Born July 30, 1985 in Kenai, Alaska ... Has worked at a fishing dock in Alaska ... Future goals include opening a nursing home.



Abby Booker

B.S. Biology '08 Haddonfield, N.I. • Haddonfield Memorial

All-CAA

2007-08

Cross Country: Nineteenth at the CAA Championships ... Forty-first at the ECAC Championships ... Seventh Tribe finisher at the Pre-National Invitational ... Twenty-fifth at the Colonial Inter-Regional.

2006-07

Cross Country: Twenty-first at the CAA Championships ... Fifth at the Cavalier Open ... Twenty-third at the Lou Onesty Invitational ... Thirty-seventh at the Colonial Inter-Regional.

PERSONAL BESTS			
3,000м	10:16.71	3/23/07	
5,000м	17:57.47	4/6/07	
10,000м	37:13.79	4/20/07	

Track: Earned first career All-CAA citation as the runner-up at 10,000m ... Broke her personal-best mark in the event by over a minute, timing 37:13.79 ... Set personal-best at 3,000m with a showing of 10:16.71 outdoors at the Fred Hardy Invitational ... Finished 12th in the Colonial Relays 5,000m, running a personal-best time of 17:57.47.

2005-06

Cross Country: Was the team's seventh finisher at the NCAA Championships ... Fourth at the Cavalier Open ... Fifteenth at the Tribe Open. **Track:** Fifth in the



10,000m at the CAA Championships in her first race at that distance ... Set personal record in the 5,000m indoors, running 18:01.57 for runner-up honors at George Mason's Collegiate Open ... Won the Patriot Invitational 5,000m (outdoors) ... Set personal record in the 3,000m indoors at North Carolina.

2004-05

Cross Country: Ran attachd at the Lou Onesty Invitational and unattached at the Tribe Open. Track: Scored for the team at CAAs, placing sixth in the 3,000m steeplechase as a freshman in 11:35.33 ... Ran the 3.000m race at the Duke Invitational in 10:40.41, 38 seconds better than her previous best.

At Haddonfield

Multiple-time all-state performer in cross country and the distance events ... First-Team All-South Jersey in cross country as a senior ... Impressed with runner-up showings in the 1,600m and 3,200m at county championships in returning from a stress fracture during her senior season ... Prep bests include 5:14 (1,600m) and 11:30 (3,200m).

Personal

Daughter of Paul and Marsha Booker ... Born July 15, 1986 in Voorhees, New Jersey ... Most prized possession is the Bible her grandfather carried during World War II ... Part of the Opera Workshop ... Future goals include going to medical school ... Minoring in music.



Nicole Bost

B.S. Kinesiology '08 Mechanicsville, Va. • Lee-Davis

2007-08

Cleared 11-1.75 at the Carolina Invitational in February ... Moved up into a tie for fourth-place on the Tribe's all-time top performers list.

2006-07

Broke the 3-meter (10-foot) barrier in Season-best mark came indoors at the Vince Brown Invitational, where she

PERSONAL BESTS five of six vaults during the season ... PV 3.40M 11-1.75I 2/16/08

topped the bar at 10-6 ... Also contributed to the sprint relay corps ... Ran on a 4x400m team twice, and took third in the 4x100m at the Tribe Invitational.

2005-06

Had a three-week stretch indoors where she set a career-best every time out ... Culminated the indoor season with a vault of 11-1 at Christopher Newport ... Took ninth at the CAA Championships, clearing 10 feet.

2004-05 (at Virginia)

Did not compete.

Personal

Daughter of Bill and Marsha Bost ... Born March 5, 1986 in Richmond, Virginia ... Cousin, Rita Welty, also attended W&M ... Most prized possession is her 1963 Oldsmobile ... Enjoys hanging out with friends and family, playing tennis, and snowboarding.



Erin Gnass

B.S. Mathematics '08 Brentwood, Tenn. • Brentwood

Qualified for the ECAC Championships for the first time after clearing 11-9.75 at the Mason Last Chance In-

PERSONAL BESTS 3.60м 11-9.751

vitational ... Ranks third in school history with effort.

2006-07

Topped 11 feet for the first time with runner-up performance at the Vince Brown Invitational ... Opened the year by winning the pole vault at the CNU Holiday Open with a then-personal best mark of 10-11.75 ... Also cleared 10-11.75 at the CAA Championships, tying for ninth.

2005-06

Made a surprise return from injury to compete outdoors ... Scored for the Tribe at the CAA Championships, tying for seventh after clearing 10 feet in the wind and rain ... Cleared a personal-best 10-6 the other three times she competed.

2004-05

Did not compete.

Personal

Daughter of David and Linda Gnass ... Born September 10, 1985 in Indiana ... Summer jobs include working at two non-profit environmental organizations ... Enjoys snorkeling, hiking, backpacking, and just being outside.



Emily Gousen

B.S. Environmental Science '08 Arlington, Va. • Washington-Lee

> CAA Champion • 4-Time All-East 4-Time All-CAA

2007-08

Cross Country: All-CAA and All-East for the second year in a row ... Fifteenth at the ECAC Championships ... Tenth at the CAA Championships ... W&M's fifth runner at both Pre-Nationals and the Southeast Regional ... Earned her first CAA Runner of the Week award after taking second at the Lou Onesty Invitational ... Also named CAA Runner of the Week after finishing fourth at the Colonial Inter-Regional Challenge. **Track:** Opened her indoor campaign with a personal-best time of 10:00.07 in the 3,000m at the Vince Brown Invitational ... Qualified for the ECAC 5,000m at Virginia Tech, winning the event in 17:20.23.

2006-07

Cross Country: All-CAA and All-East after finishing ninth at both the CAA and ECAC Championships ... Won the Tribe Open in 22:38.5, finishing 44 seconds ahead of the run-

PERSONAL BESTS			
3,000м	10:00.07I	2/9/08	
5,000м	16:58.90	5/11/07	
10,000м	36:04.05	4/20/07	

ner-up. Track: CAA Champion at 10,000m with a meet-record time of 36:04.05 ... Performance ranks her seventh all-time at the College ... All-East both indoors and outdoors at 5,000m ... Indoors, ran 17:01.22 to place eighth ... Outdoors, dipped under 17 minutes for the first time en route to claiming runner-up honors ... Timed 16:58.90 in the second-place performance ... Took sixth in the 5,000m at the Colonial Relays ... Set personal-record in the 3,000m indoors at Patriot Games, timing 10:11.61.

Cross Country: Second at the Maymont Festival, leading the Tribe to victory ... First Tribe finisher at the ECAC Championships. **Track:** Runner-up in the 10,000m at the CAA Championships in her debut at that distance ... Just missed earning All-East honors after running 37:09.34 for 10th place.

2004-05

Cross Country: Ran unattached at the Tribe Open, finishing eighth. Track: Second in the mile at the CNU Lidlifter in her first collegiate race.

At Washington-Lee

District champion in the indoor 500m and 1,000m as a senior ... Regional runner-up in the indoor 1,000m in 2004 ... Clocked personal best of 3:02.35 to claim seventh in the 1,000m at the AAA indoor state meet ... Set school record in the indoor 1,000m (3:02.35), indoor 4x800m relay (9:39.29), indoor distance medley relay (12:31.09). outdoor 4x800m relay (9:37.26), outdoor distance medley relay (12:54.94) and outdoor 4x1,600m relay (22:29.24).

Personal

Daughter of Sam and Sarah Gousen ... Born May 25, 1986 in Arlington, Virginia ... Member of the Student-Athlete Advisory Committee and residence hall council ... Enjoys hiking, biking, and environmental studies.





Allie Lewis

B.S. Kinesiology '08 Roanoke, Va. • Hidden Valley

2-Time All-East • 2-Time All-CAA

2007-08

Qualified for the ECAC indoor championships after running 2:12.91 in the 800m at the Liberty Kickoff ... Won the 600m at Virginia Tech in a school-record time of 1:33.28 ... Earned her second school record at the same meet, running second on the 4x400m relay that timed 3:51.12 to qualify for ECACs ... Qualified for ECACs at 1,000m in 2:52.86, just behind her personal-best ... Ran the 800m leg of the DMR that won at North Carolina in an ECAC-qualifying time of 11:48.36.

Established herself as the team's top middle-distance ace ... Moved onto three all-time top-10 lists during the season ... Ran 58.47 in her only appearance at 400m at the Fred Hardy Invitational, good for eighth all-time ...

PERSONAL BESTS				
600M 1:33.28 2/22/08				
800м	2:12.36	5/5/07		
1,000м	2:52.331	3/3/07		

Qualified for the ECAC indoor 1,000m after winning the event at the Virginia Tech Challenge ... Advanced from the preliminaries with a career-best time of 2:52.33, the second-best time in school history ... Finished sixth for All-East honors ... Earned All-CAA recognition by finishing third in the 800m at the conference championships ... Also finished third in the 800m at the Colonial Relays ... Set personal-best mark in the 800m at the Mason Last Chance Invitational, running 2:12.36, the ninth-best time in school history ... Second leg of the 4x400m relay that ran a season-fast time of 3:53.94 at the CAA Championships, finishing sixth ... Ran on the 4x800m at the Penn Relays that finished seventh in 9:02.16.

2005-06

Cross Country: Sixteenth at the CAA Championship ... Fifty-fourth at the ECACs ... Seventh Tribe finisher at the Pre-National Invitational. Track: Third in the 800m dash at the CAA Championships, running 2:13.09 ... All-East after teaming to take second in

2004-05

Cross Country: Ran in the open races of the Paul Short and Penn State Invitational. **Track:** Fourth in the 1,500m race at the CAA championship.

At Hidden Valley

Earned four all-state honors as a senior ... Indoors, was fourth at 1,000m and fifth in the mile ... Outdoors, was third in the 400m and eighth in the 800m ... Member of the science club, Spanish Club, and Ladies Ensemble.

Daughter of Dr. Steven Lewis and Terri Jones ... Born June 27, 1986 in Rocky Mount, Virginia ... Father wrestled for two years at Dartmouth ... Prefers indoor meets because there is no wind and the laps go by faster.



Emily Arena

B.S. Biology '09 Manassas, Va. • Osbourn Park

Cross Country: Fifty-first at the ECAC Championships ... Sixth at the Tribe Open ... Ninth at the Cavalier Open.

Cross Country: Ninth at the Cavalier Open ... Thirteenth at the Tribe Open ... Twenty-second at the Lou Onesty Invitational ... Ran at the Co-

PERSONAL BESTS			
3,000м	10:42.231	12/3/06	
3,000м SC	11:26.90	4/21/06	

lonial Inter-Regional. Track: Scored at the CAA Championships, running sixth in the 3,000m steeplechase ... Took fourth in the indoor 3,000m in December, running a personal-best 10:42.23.

2005-06

 $\textbf{Cross Country:} \ \text{Competed at the ECAC Championships, running } 20\text{:}27 \dots \text{Fourth at}$ the Maymont Festival ... Eleventh at the Cavalier Open. Track: Set personal record in the 3,000m running 10:49.13 for eighth at the Vince Brown Invitational ... Jumped into the school's top-ten list for all-time steeplechase performers after running 11:26.90 for seventh place at the CAA Championships ... Won the steeplechase at the Patriot Invitational two weeks later.

At Osbourn Park

Earned two all-state citations in the 3,200m race as a senior ... Was third indoors and fourth outdoors at the Virginia AAA championship meets ... Holds five school records, in the 1,500m, 1,600m, 3,000m, 3,200m, and 3K cross country ... Secretary of the Osbourn Park National Honor Society chapter ... Member of the French Honor Society ... Was selected for the Lipscomb Award for character out of 550 students in her class.

Daughter of Paul and Nancy Arena ... Born May 11, 1987 in Fairfax, Virginia ... Brother, Anthony, was a CAA Champion on the track team at W&M ... Father ran and mother swam at Niagara University ... Craziest ambitions include hiking through the Amazon rainforest.



Ellen Childress

B.A. American Studies '09 Arlington, Va. • Washington-Lee

2007-08

Cross Country: Redshirted. 2006-07

Cross Country: Fourteenth at the Cavalier Open ... Twentieth at the Tribe Open ... Ran at the Colonial Inter-Regional. Track: Medical redshirt outdoors ... Ran once indoors,

	I ERSUNAL DESIS				
	1,500м	4:54.23	3/17/06		
	3,000м	10:22.081	2/18/06		
l	5,000м	17:18.93	3/24/06		

PERSONAL RESTS

finishing ninth in the 5,000m at Virginia Tech.

2005-06

Cross Country: Sixth at the Tribe Open ... Tenth at the Cavalier Open ... Sixty-eighth at the ECAC Championships. Track: Won her first collegiate event, the Patriot Games 3,000m run ... Qualified for the ECACs outdoors after running 17:18.93 in the 5,000m at Raleigh Relays ... Sixth in the 5,000m at the CAA Championships.

2004-05

Cross Country: Ran unattached at the Tribe Open. Track: Redshirted. At Washington-Lee

Four-time district champion, with two titles in the 1,600m and two in the 3,200m ... Two-time MVP in cross country ... Outdoor track MVP as a senior ... Claimed sixth at states in the 4x800m as a senior ... District runner-up in cross country in 2003 ... Prep bests include 5:12.04 for 1,600m and 11:17 for 3,200m ... Athletic honor roll selection every season since fall 2002.

Personal

Daughter of Ed and Nancy Childress ... Born June 25, 1986 in Charlottesville, Virginia ... Aunt, Susan, and great uncle, Glen, both attended W&M ... Aspired to be a marine biologist growing up.



Katie Endres

B.S. Kinesiology '09 Sterling, Va. • Potomac Falls

2007-08

Cross Country: Eighteenth at the CAA Championships ... Thirty-sixth at the ECAC Championships ... Fourth at the Tribe Open ... Seventh at the Cavalier Open.

2006-07

Cross Country: Twelfth at the Cavalier Open ... Twenty-third at the Tribe Open ... Ran at the Colonial Inter-Regional and Lou Onesty. Track: Won two races at 3,000m outdoors ... Timed a personal-best 10:29.68 to

PERSONAL BESTS				
3,000m 10:29.68 3/31/07				
5,000м	17:51.73	4/6/07		
10,000м	38:09.02	4/20/07		

claim victory at the Tribe Invitational ... Also took top honors at the Mason Last-Chance meet, running 10:37.46 ... Sixth in the 10,000m at the CAA Championships, running 38:09.02 ... Eleventh in the 5,000m at the Colonial Relays, timing 17:51.73.

Cross Country: Eighth at the Maymont Festival ... Fourteenth at the Tribe Open ... Seventeenth at the Cavalier Open. Track: Did not compete.

2004-05

Cross Country: Ran at the Lou Onesty Invitational. Track: Redshirted. At Potomac Falls

Two-time Virginia state champion in the 4x800m relay ... Regional champion in the 1,600m (2001) ... Six-time district champion (twice in each the 800m and 1,600m and once in the mile and 3,200m) ... All-state selection in the 1,600m after fourth at states ... County champion in the mile and 800m in 2001 ... Three-time district champion and 2000 regional champion in cross country ... Four-time all-state, all-region, all-district and Washington Post all-met honoree in cross country ... Virginia state cross country runnerup in 2000 ... Wendy's Heisman state finalist ... Holds five school records ... Has run 5:08 for 1,600m.

Daughter of Stephen and Janet Endres ... Born September 9, 1986 in Arlington, Virginia ... Father played football at Montana State ... Enjoys swimming, basketball, and soccer ... Craziest ambition is to become President.



Mallory Hogan

B.A. Government '09 West Hartford, Conn. • William Hall

Moved into the Tribe All-Time Top-10 at 100m with her performance at the CAA Championships ... Crossed the finish line in 12.60 seconds, tied for 10th-best in school history ... Reset her collegiate-best in the event by nearly three-tenths of a second ... Set collegiate-best for 200m at the Colonial Relays, timing 26.51 seconds.

2005-06

Seventeenth in the 400m dash at the CAA Championships, running a season-fast 1:00.36 ... Ran sparingly in several other events.

At William Hall

All-conference and all-league both in-

PERSONAL BESTS			
60м	8.401	12/3/06	
100м	12.5	H.S.	
200м	25.62	H.S.	

doors and outdoors each year ... All-state indoors and outdoors as a sophomore and junior ... All-New England outdoors as a sophomore and junior ... Holds school records in five individual events and four relays ... Sports Editor of the school paper ... Anti-Defamation League Co-Facilitator ... Taught Irish dance ... Member of the National Honor Society and Spanish Honor Society.

Personal

Daughter of William and Barbara Hogan ... Born October 30, 1986 in Hartford, Connecticut ... Favorite athlete is former Michigan football great Doug Mallory.



Abby Lemon

B.A. Government, B.A. History '09 Berryville, Va. • Clarke County

Colonial Relays Champion • 2-Time All-CAA

Colonial Relays Champion in the hammer throw ... Launched the hammer a mammoth 161-3, a foot-and-a-half past the previous school record ... Came in the middle of a three-week stretch where she won the hammer at three consecutive meets ... Nudged even closer to the 50-meter mark at the ECAC Championships, throwing 49.96 meters (163-11) for 11th place ... Runner-up at the CAA Championships with a throw of 157-2 ... Was shy of the title by only three inches ... Indoors, moved into a tie for third all-time at W&M in the weight throw ... Posted a mark of 50-2.75 at North Carolina ... Opened the season by winning the weight throw at CNU.

2005-06

Won the weight throw in her first competition at Christopher Newport ... Over the next three meets, improved her personal-best each time ... Threw 39-8.5 at North Carolina in February, eighth-best in school history ... Out-

PERSONAL BESTS			
WT	15.31м	50-2.751	2/3/07
DISC	36.55M	119-11	5/5/07
HT	49.96м	163-11	5/12/07

doors, had her most impressive effort at the conference championships ... Took third in the hammer throw for all-conference honors, throwing for a new personal-best on each of her six throws ... Final toss of 149-2 ranks her fourth all-time at W&M ... Also competed in the discus at CAAs.

At Clarke County

2005 Virginia Group A state champion in the discus with a throw of 129-5 ... 2005 Winchester Star Female Track and Field Athlete of the Year ... Four-time district champion ... Three-time Region B champion ... State runner-up in 2003 in the discus ... Third in the state in the discus in 2004 ... Page in the U.S. House of Represntatives ... Four-year member of the Scholastic Bowl team ... Chairwoman and founder of the Superintendant's Student Advisory Council.

Personal

Daughter of Joseph and Julia Lemon ... Born December 18, 1986 in Silver Spring, Maryland ... Grandfather, Jim, played professional baseball for the Washington Senators and the Minnesota Twins ... Father was a threesport letterman at Frostburg State.







Ashley Madonick

B.S. Neuroscience '09 Seaside Park, N.J. • Central Regional

2007-08

Ran the 400m leg of the DMR that won at North Carolina in an ECAC-qualifying time of 11:48.36 ... Won the 800m at the Vince Brown Invitational, running 2:18.40 ... Ran anchor on the ECAC-qualifying 4x400m relay at Virginia Tech ... Won the 500m at the Mason Last Chance meet in 1:16.91, eighth-best in school history and less than one second off of ECAC-qualifying.

2006-07

Qualified for the 400m finals at the CAA Championships ... Finished seventh in an ECAC-qualifying time of 56.23 ... Career-best performance ranks her fourth all-time at W&M ... Sixteenth at the ECAC Champion-

PERSONAL BESTS		
200м	25.67	4/15/06
400м	56.23	4/21/07
500м	1:16.911	3/2/08
800м	2:18.401	2/9/08

ships, running 56.29 ... Ran 1:18.02 for 500m indoors at Virginia Tech, the ninth-best time in school history... Ran on both the 4x100m and 4x400m relays at the CAA Cham-

2005-06

Scored for the College at the CAA Championships, taking fifth in the 400m with a time of 56.96 ... Ran 25.67 in the 200m dash at the Lou Onesty Invitational.

At Central Regional

Holds four school records (400m, 4x400, 4x800, and 4x1600 relays) ... First female at Central to earn 12 varsity letters ... Two-time Ocean County/Shore champion in the 400m ... Three times named to the all-county and All-Shore teams in track ... Also a standout in soccer and basketball ... Captained all three teams for both her junior and senior years ... All-conference and all-division in soccer in 2003 and 2004 ... Member of the National Honor Society and National Spanish Honor Society.

Daughter of Harvey and Vicki Madonick ... Born July 1, 1987 in Pittsfield, Massachusetts ... Uncle, Terry Wolfe, played football at Connecticut ... Enjoys reading and sports.



Lynn Morelli

B.A. Economics '09 Philadelphia, Pa. • St. Basil Academy

All-East

Cross Country: Won the ECAC Coaches' Race (5K) in 18:59 ... Twenty-second at the CAA Championships ... Third W&M finisher at the Pre-National Invitational ... Fifteenth at the Colonial Inter-Regional Challenge ... Thirteenth at the Cavalier Open. Track: Qualified for the ECAC Championships in the 3,000m after timing a careerbest 9:47.82 to take second at the Vince Brown Invitational ... Ran 17:23.77 in the 5,000m at Virginia Tech to qualify for ECACs.

2006-07

Cross Country: Fifteenth at the CAA Championships ... Twnety-sixth at the Colonial Inter-Regional ... Sixth Tribe runner

at the Pre-Nationals. Track: All-East outdoors in the 3,000m run, finishing seventh in 9:51.33 at the ECAC Championships ... Set career-best mark in

PERSONAL BESTS			
4:49.76	3/17/06		
9:47.821	2/9/08		
17:12.35	4/6/07		
	4:49.76 9:47.82I		

the 3,000m at the ECAC indoor championships, finishing 9:49.76 for 12th place ... Won her first race of the season, running 9:51.44 at the Vince Brown Invitational ... Fourth in the 5,000m at the Colonial Relays, finishing in a career-best time of 17:12.35 ... Just missed all-conference honors at the CAA Championships, finishing fourth in the 5,000m ... Eleventh in the 5,000m at the ECAC outdoor championships ... Opened the outdoor season by winning the 5,000m at the Fred Hardy Invitational.

Cross Country: Redshirted, competing once unattached ... Captured eighth at the Cavalier Open, running 19:33.14. Track: Qualified for the ECAC 5,000m outdoors after running 17:21.78 at Raleigh Relays ... Fifth in the $5{,}000\mathrm{m}$ at CAAs ... Also ran in the 1,500m at CAAs ... Won her first two events of the season, taking the mile at Christopher Newport and the 3,000m at North Carolina.

At St. Basil

Two-time All-American as a member of the Distance Medley and 4xMile relays at the Nike indoor championships ... PIAA state champion in the indoor 3,000m, running $10{:}04.41\dots$ Multiple all-state, all-district, and all-league citations \dots First-team all-state in cross country ... Helped team win the PIAA 2A state cross country championships as a senior ... Member of the Spanish, Business, and Chemistry clubs.

Personal

Daughter of Frank and Mary Morelli ... Born August 31, 1987 in Montgomery County, Pennsylvania ... Favorite snack is Reese's Pieces.



Rebecca Ward

B.S. Kinesiology '09 Midlothian, Va. • James River

2-Time All-East

Cross Country: Ran in the open race at the Pre-National Invitational ... Twentyfourth at the Colonial Inter-Regional ... Twenty-sixth at the Lou Onesty Invitational.

2006-07

Cross Country: Third at the Cavalier Open ... Eighteenth at the CAA Championships ... Seventh runner for the Tribe at the Pre-Nationals ... Sixteenth at the Lou Onesty Invitational ... Twenty-third at the Colonial Inter-Regional. Track: All-East indoors as

PERSONAL BESTS			
800м	2:14.31	3/31/07	
1,000м	3:00.441	2/16/07	
1,500м	4:32.85	5/6/07	
MILE	5:01.561	2/17/07	

part of the fifth-place 4x800m relay ... Just missed all-conference honors after finishing fourth in the 1,500m finals at the CAA Championships ... Was also a finalist in the 800m, finishing fifth ... Qualified for the ECAC Championships in the 1,500m with her career-best effort at the Duke Twilight Invitational, finishing in 4:32.85 ... Ran 5:01.56 in the indoor mile at the Virginia Tech Challenge ... At the same meet, timed 3:00.44 in the 1,000m run ... Runner-up in the 800m at the Tribe Invitational in a career-fast time of 2:14.31 ... Ran anchor on the 4x1,500m relay that finished 12th in the Penn Relays Championship of America.

2005-06

Cross Country: Second in the Tribe Open with a time of 22:44.06 ... Thirty-first at the CAA Championships ... Fifty-second at the ECAC Championships as a freshman. Track: All-East as a member of the 4x800m relay that took second at the outdoor ECAC Championships ... Ran the lead-off leg in both the preliminaries and the finals \dots Competed in the 800m at the CAA Championships \dots Ran $4:\!54.46$ in the 1,500m at Duke ... Runner-up in the mile at Christopher Newport.

At James River

Finished 30th at the Virginia AAA state cross country championship ... Won the Central Region title as a junior ... All-state in 2005 by finishing third in the 1,600m at the AAA outdoor championship ... 12th in the 800m at the state meet as well ... Member of the National Honor Society and the Beta Club.

Daughter of Patrick and Cheryl Ward ... Born September 24, 1987 in Richmond, Virginia ... Twin sister, Christy, runs for James Madison ... Came to William and Mary because she thought the team was really cool.





Emily Anderson

B.S. Kinesiology '10 Golf, Ill. • Glenbrook South

All-Academic • CAA Champion • NCAA Qualifier • All-Region • 2-Time All-East 2-Time All-CAA

2007-08

Cross Country: Led the Tribe to the silver medal at the ECAC Championships, placing fourth individually for All-East honors ... Earned All-Southeast Region accolades after finishing 20th at the region championships ... All-conference after finishing seventh at the CAA Championships ... Led the Tribe at the Pre-National Invitational, placing 66th ... Seventh at the Colonial Inter-Regional ... Tenth at the Lou Onesty Invitational ... Named All-Academic by the USTFCCCA. Track: Won the mile at Virginia Tech with a school-record time of 4:43.33 ... Broke Emily Furia's indoor record by three seconds ... Cleared the NCAA provisional-qualifying barrier ... Broke the NCAA provisional-qualifying standard in the $3,000\mathrm{m}$ at the Vince Brown Invitational, timing 9:27.88... Time ranks fourth all-time at the College ... Race was her first collegiate track effort longer than the mile ... Broke the facility record set by Coach Newberry four years earlier ... Ran the mile leg of the DMR that won at North Carolina in an ECAC-qualifying time of 11:48.36 ... Ran third on the school-record and ECAC-qualifying 4x400m relay at Virginia Tech.

2006-07

Cross Country: Seventh at the Cavalier Open ... Eighteenth at the Tribe Open ... Ran at the Lou Onesty Invitational and the Colonial Inter-Regional. Track: CAA Champion at 1,500m ... Her win was the fourth for W&M at

PERSONAL BESTS		
800м	2:13.87	4/15/06
1,500м	4:31.26	4/6/07
MILE	4:43.331	2/23/08
3,000м	9:27.881	2/9/08

1,500m in the past five years, and the third time in that span a freshman had won ... At the Colonial Relays, ran the team's season-best time of 4:31.26 to take 12th place ... Performance ranks ninth all-time at the College ... Her time qualified her for the ECAC Championships and the USAT&F Junior Nationals ... 28th at the NCAA East Regional in 4:33.53, the third-fastest time on the team ... All-East indoors as part of the fifth-place 4x800m relay ... Ran the anchor leg of the 4x800m at the Penn Relays, bringing the team into a seventh-place finish in the College Division (9:02.16) ... Broke the Christopher Newport indoor facility record in the mile in her first collegiate race, running 5:06.79 to win the mile at the CNU Holiday Open ... Runner-up at 800m at the Tribe Invitational in 2:13.87 ... Ran 2:16.02 in the 800m at the CNU Holiday Open to set the College's indoor freshman record ... Ran the lead-off leg of the 4x1,500m relay team that took 12th in the Championship of America at the Penn Relays.

At Glenbrook

Third in the state at 800m as a sophomore ... Also earned all-state honors in the 800m as a junior, taking sixth ... All-conference in track and cross country all four years ... Qualified for the state crosss country championships in 2003 and 2005 ... MVP of cross country and track her last three years ... Member of the choir and junior class board.

Personal

Daughter of Kenneth and Mary Anderson ... Born February 14, 1988 in Detroit, Michigan ... As a freshman at Glenbrook, wanted to quit track for the badminton team.



Anna Brousell

B.S. Biology '10 Wilmington, Del. • Brandywine

All-East • 2-Time All-CAA

Cross Country: Twenty-seventh at the Colonial Inter-Regional ... Twenty-first at the

Lou Onesty Invitational ... Ran in the open race at the Pre-National Invitational.

2006-07

Cross Country: All-CAA after finishing seventh at the conference championships ... All-East after finishing

PERSONAL BESTS			
1,500м	4:42.54	3/31/07	
3,000м	10:17.93	1/27/07	
3,000м SC	11:07.80	4/26/07	

15th at the ECAC Championships ... Sixty-eighth at the Southeast Regional ... Fifteenth at the Colonial Inter-Regional ... Fourth on the team at the Brooks Pre-National Invitational ... Twentieth at the Lou Onesty Invitational. Track: Established herself as one of the top steeplechasers in the conference ... All-CAA after finishing third in the 3,000m steeplechase ... Set personal-best of 11:07.80 at the Penn Relays, finishing 12th in the College Women's division ... Time ranks sixth in W&M history ... Ran 10:17.93 indoors in the 3,000m at Patriot Games ... Runner-up in the 1,500m race at the Tribe Invitational, running 4:42.54.

At Brandywine

Three-time state champion in cross country ... Also made first-team all-state as a freshman ... State champion in the two-mile as a freshman and junior ... State champion in the mile outdoors as a sophomore.

Daughter of Richard and Connie Brousell ... Born June 14, 1988 in Wilmington, Delaware ... Enjoys baking, camping, and cultural anthropology.



Ariel Burbey

B.B.A. Finance '10 Blacksburg, Va. • Blacksburg

2007-08

Cross Country: Third in the ECAC Coaches' Race ... Sixteenth at the Cavalier Open ... Eighteenth at the Tribe Open ... Thirty-fourth at the Colonial Inter-Regional. Track: ECAC qualifier at 1,000m after timing 2:57.22 at George Mason.

Cross Country: Nineteenth at the Tribe Open ... Ran at the Colonial Inter-Regional and the Lou Onesty Invitational. Track: Redshirted outdoors ... 3:15.79 in the 1,000m at Patriot Games in her only individual appear-

PERSONAL BESTS			
800м	2:13.79	H.S.	
1,000м	2:57.221	3/2/08	
MILE	5:13.20I	2/9/08	

ance ... Helped to crack the ECAC qualifying standard in the 4x800m relay at Patriot Games ... Team ran 9:19.75.

At Blacksburg

All-American in the 4xMile relay at Nike Indoor Nationals ... Also competed at the Nike Outdoor Nationals in the 800m and the 4x800m relay ... District Runner of the Year in cross country and indoor track as a senior ... Won the Virginia AA 1,000m title indoors ... Also has three state relay titles ... Team Captain and Most Valuable Athlete.

Personal

Daughter of Tom and Ingrid Burbey ... Born May 11, 1988 in Reno, Nevada ... Enjoys reading, dancing, and watching movies.





Meghan Burns

Class of 2010

Coopersburg, Pa. • Allentown Central Catholic

2007-08

Cross Country: Thirty-ninth at the ECAC Championships ... Twenty-third at the Lou Onesty Invitational ... Ran unattached at the Cavalier Open, finishing sixth. Track: Qualified to the ECAC Championships in the mile after running 4:59.20 at the Liberty Kickoff ... Ran the opening 1,200m leg on the DMR that won at North Carolina in an ECAC-qualifying time of 11:48.36.

2006-07

Cross Country: Fifth at the Tribe Open ... Eighth at the Cavalier Open ... Twenty-ninth at the Lou Onesty Invitational ... Forty-sixth at the Colonial Inter-Regional. Track: Set her personal-best at 1.500m in three consecu-

2.10	
2:18	H.S.
4:38.67	5/6/07
4:59.201	12/1/07
10:03.21ı	2/9/08
	2:18 4:38.67 4:59.201 10:03.211

tive races ... Qualified for the finals at the CAA Championships with a time of 4:44.48, a best-mark by over three seconds ... The next day, ran 4:39.01 to finish sixth and score points for the Tribe ... Two weeks later, ran 4:38.67 to finish fifth at the Duke Twilight Invitational ... Ran anchor on the 4x800m relay in the outdoor ECAC preliminaries ... Ran third on the 4x1,500m that finished 12th at the Penn Relays in 18:31.27.

At Allentown Catholic

Three-time conference all-star in cross country ... Also earned all-star status three times in track ... District champ at 1,600m in 2006 ... Was on the newspaper and yearbook staffs ... Key member of the school's interpretive dance program and school musical.

Daughter of Frank and Tracy Burns ... Born November 2, 1988 in Allentown, Pennsylvania ... Enjoys shopping, watching movies, and reading ... Wanted to be a marine biologist growing up.



Kayley Byrne

B.B.A. Business '10 Oak Hill, Va. • Oakton

All-East

Cross Country: All-East after finishing 20th at the ECAC Championships ... Twenty-fifth at the CAA Championships ... Fourth finisher for W&M at the Pre-National Invitational ... Twenty-third at the Colonial Inter-Regional ... Sixth at the Lou Onesty Invitational ... Eighth at the Cavalier Open. Track: Qualified for the ECAC indoor championships after timing 17:29.10 in the 5,000m at the Liberty Kickoff.

2006-07

Cross Country: Won the Cavalier Open in 18:37.3 ... Sxity-fourth at the ECAC Championships ... Ninth at the Tribe Open ... Thirty-sixth at the Lou Onesty Invitational ... Forty-third at

PERSONAL BESTS			
3,000м	10:00.04	4/26/07	
5,000м	17:25.50	5/6/07	

the Colonial Inter-Regional. Track: ECAC and Junior Nationals qualifier outdoors at 5,000m ... Ran a career-best time of 17:25.50 while finishing fourth at the Duke Twilight Invitational ... Scored for the College by finishing fifth at the CAA Championships ... Finished 10th in the 5,000m at the Colonial Relays ... Improved her best-time at 3,000m by almost a minute over the course of the season ... Qualified for Junior Nationals and finished just behind the ECAC outdoor standard at the Penn Relays, timing 10:00.04 ... Ran 5:09.33 in the mile indoors at the Vince Brown Invitational.

All-American as part of Oakton's 4x800m relay team that took sixth at Nationals ... Relay also holds the Virginia AAA record of 9:06 ... All-district and all-region in cross country last three years, and in track the last two years ... All-state in cross country as a junior ... Earned Washingon Post First-Team All-Metro honors in cross country ... Named Runner of the Year in cross country by The Washington Examiner.

Daughter of Bill and Carol Byrne ... Born February 26, 1988 in Washington, DC ... Favorite athlete is Clinton Portis ... Enjoys reading Nicholas Sparks, going to the beach, and fishing.



Sallie Ford

B.A. Classical Civilization '10 Lynchburg, Va. • E.C. Glass

2007-08

Cross Country: Runner-up at the ECAC Coaches' Race ... Thirty-second at the Colonial Inter-Regional ... Ninth at the Tribe Open ... Eleventh at the Cavalier Open ... Twentieth at the Lou Onesty Invitational.

2006-07

Cross Country: Twentieth at the Cavalier Open ... Forty-third at the Tribe Open ... Ran at the Lou Onesty Invitational and Colonial Inter-Regional. Track: Finished 12th in the 10,000m run at the CAA Champi-

2	PE	RSONAL BES	STS
9	800м	2:23:28	H.S.
Ÿ	MILE	5:24.78 _I	1/27/07
- e	3,000м	10:30.491	2/9/08

onships ... Third in the 3,000m run at the Tribe Invitational, timing $10{:}49.82$... Ran 18:32.10 for 5,000m at the Colonial Relays ... Touched 5:24.78 in the indoor mile at Patriot Games.

At E.C. Glass

Went to all three state meets every year of high school ... E.C. Glass' top runner in all three sports during her four years ... Member of the National Honor Society, History Honors Club, and Math Honors Club ... Co-President of the Latin Club ... AP Scholar with Honors ... Earned Cum Laude distinction on the National Latin Exam.

Personal

Daughter of Garry and Sue Ford ... Born September 3, 1987 in Lynchburg, Virginia ... Plays the violin and piano ... Enjoys reading and playing soccer with her dog.



Alyssa Gaeto

B.B.A. Business '10 Brentwood, Tenn. • Ravenwood

Became the first Tribe athlete to break 19 feet in the long jump with her winning effort at the Vince Brown Invitational ... Jumped 19-0.75 to qualify for the ECAC Championships ... Cleared her own career-best by nearly four inches ... Also ran the 55m dash in 7.49 seconds, tying for ninth all-time at the College ... Runner-up in her first pentathlon, scoring 3,009 points at the Liberty Kickoff ... Surpassed that effort with 3,024 points at the CNU Captain's Invitational, placing third ... Ranks 10th on the Tribe's all-time top performers list ... Timed 8.10 seconds in the 60m dash at Virginia Tech to move



up to eighth on the Tribe's all-time performer's list.

Missed scoring at the CAA Championships by 18 points ... Scored 3,921 points in her first heptathlon, good for ninth ... Landed in the W&M All-Time Top-10 with her personal-best effort in the 60m dash at the Vince

PERSONAL BESTS		
55M	7.491	2/9/08
60M	8.10 _I	2/22/08
PENT	3,0241	1/25/08
HEP	3,921	4/21/07
LJ	5.81m 19-0.75	2/9/08

Brown Invitational ... Time of 8.22 seconds ranks 10th in school history ... Opened her rookie season by jumping 17-8.25 in the long jump, taking second at the CNU Holiday Open ... Won the triple jump at the Tribe Invitational ... Finished 20th in the Colonial Relays 200m dash with a season-best time of 26.32.

Earned a pair of all-state honors as a senior ... Took third in both the long jump and triple jump ... Top points-scorer on the track team in 2005 and 2006 ... Also was a varsity cheerleader ... Member of the National Honor Society and Mu Alpha Theta ... Treasurer of the Habitat for Humanity group.

Personal

Daughter of Paul and Patricia Gaeto ... Born May 2, 1988 in Elmhurst, Illinois ... Enjoys cliff jumping ... Attended school in Geneva, Switzerland, in the 1st and 2nd grades.



Jennifer Garrott

B.A. History '10 Burke, Va. • Lake Braddock

CAC Champion • All-CAC

Vaulted 10-6 at the CNU Holiday Open in December ... Tied Jen Wilson as the 10thbest pole-vaulter in school history with that effort.

2006-07 (At Mary Washington)

Capital Athletic Conference champion in the pole vault as a freshman, clearing 10-7 ... Holds the Mary Washington

PERSONAL BESTS			
PV	3.27м	10-8.75	3/17/07

outdoor pole vault record after clearing 10-8.75 at the Washington & Lee Invitational.

At Lake Braddock

Six-time all-district, all-region, and all-state honoree ... District champion in the pole vault outdoors as a senior ... Helped Lake Braddock to seven district titles and six region crowns during her four years on the team ... Member of the National Honor Society ... Volunteered as a coach for middle-school basketball team each of her final three years ... Girl's State ... Competitor in the George Mason Young Playwrights competition.

Personal

Daughter of John and Susan Garrott, Jr. ... Born March 22, 1988 in Arlington, Virginia ... Enjoys summer triathlons, making movies, and break-dancing ... Once broke her rugby coach's collar-bone in a practice scrimmage ... Minoring in film studies.



Dana Harvey

Class of 2010 Mechanicsville, Va. • Atlee

Ran lead-off on the ECAC-qualifying 4x400m relay at Virginia Tech that set the school record by more than three seconds (3:51.12) ... Ranks third in school history at 600m

after timing 1:40.07 at Virginia Tech ... 10th in school history after finishing second in the 500m at George Mason in 1:18.21.

2006-07

Ran a career-best 1:05.47 in the preliminaries of the 400m hurdles at the CAA Championships ... Ran on both

PERSONAL BESTS			
400м	57.52	H.S.	
400м Н	1:05.47	4/20/07	
500м	1:18.211	3/2/08	
600м	1:40.071	2/22/08	

the 4x100m and 4x400m relays at the CAA Championships ... Runner-up in the 400m hurdles at the JMU Invitational ... Took seventh in the 400m dash at the Vince Brown Invitational with a season-fast time of 1:02.03.

At Atlee

Totalled 11 district titles, three region titles, and five all-state honors in Virginia's highest classification in indoor and outdoor track ... Fifth in the state at 400m outdoors in 2005 ... Eighth in the state indoors at the long jump in 2004 ... 2004 District Runner of the Year outdoors ... 2005 District Runner of the Year indoors ... Also played field hockey for three years, earning second-team all-region and all-met honors as a senior ... 2006 Richmond Times-Dispatch/Sports Backers Scholar-Athlete finalist ... Member of the National Latin Honor Society ... Member of the Atlee Honor Council.

Daughter of Kevin and Theresa Harvey ... Born July 8, 1988 in Richmond, Virginia ... Father played baseball at Richmond and in the Kansas City Royals organization ... Mother is in the VCU Hall of Fame for field hockey ... Sister, Caroline, ran track at UVA ... Brother, Keith, played baseball and football at Randolph-Macon ... Enjoys shopping and going to the beach.



Nicole Kazuba

B.A. Psychology '10 Chantilly, Va. • Chantilly

CAA Champion • All-CAA

2007-08

Won the pole vault at the CNU Holiday Open with a personal-best height of 12-7.5, qualifying for the ECAC Championships ... Cleared 12-1.5 at North Carolina and at the Vince Brown Invitational ... Also broke the ECAC-qualifying height at Navy.

2006-07

Stunned the field by capturing the CAA pole vault title as a freshman ... Cleared a career-best 12-1.5 to win the

	PERSONAL BESTS		
PV	3.85м	12-7.5	12/8/07

crown ... Performance ranks her second all-time at W&M, behind only Charlotte La-Roche ... Also topped 12 feet at the NCAA East Regional, finishing in a tie for 18th ... Won the pole vault competition at the Mason Last Chance Invitational with a vault of 11-5.75 ... Finished first or second in five of eight meets during the season.

At Chantilly

Virginia AAA state champion in the pole vault both indoors and outdoors as a senior ... Earned all-state honors both indoors and outdoors as a junior, and outdoors as a sophomore ... Earned four district and two regional championships in her final two years of high school ... Washington Post First-Team All-Met both indoors and outdoors as a senior ... Also swam for two years as a sprint-freestyler ... Member of the National Honor Society.

Personal

Daughter of Dennis and Diane Kazuba ... Born May 11, 1988 in Washington, D.C. ... Father was a three-sport athlete at Montclair State ... Played piano for 10 years and had voice training for six years ... Enjoys reading and writing.





Kelly McElroy

B.S. Biology '10 Wyomissing, Pa. • Holy Name

2007-08

Cross Country: Twenty-sixth at the Cavalier Open ... Thirty-first at the Tribe Open ... Thirty-seventh at the Colonial Inter-Regional. Track: Set her career-best at 800m at Virginia Tech, timing 2:16.49 ... Qualified for ECACs in the 1,000m after running 2:55.05 for second place at the Mason Last Chance meet ... Ranks seventh all-time at

2006-07

Cross Country: Twenty-sixth at the Cavalier Open ... Thirty-sixth at the Tribe Open ... Also ran at the Colonial Inter-Regional. Track: Redshirted, competing at only one meet indoors ... Fourth in the mile at the season-open-

PERSONAL BESTS				
400м 1:01 H.S.				
800м	2:16.49	2/23/08		
1,000M 2:55.05I 3/2/0				
MILE	5:18.661	12/3/06		

ing CNU Holiday Open, running 5:18.66 ... Eighth in the 800m at that meet, finishing in 2:24.65.

At Holy Name

Track MVP in 2005 and 2006 ... Set school records in the 400m, 800m, 1,600m, and 3,200m ... Also was a midfielder on Holy Name's field hockey team for four years ... Named Most Ideal Athlete in 2006 ... Member of the National Honor Society ... Student Ambassador.

Personal

Daughter of Brian and Catherine McElroy ... Born March 10, 1988 ... Father ran track at Villanova from 1970-74 ... Sister, Michaela, graduated from W&M in 2007 ... Fondest sports thrill was winning districts for the first time ... Enjoys cooking, and reading.



Rebecca Mikulas

B.S. Neuroscience '10 Troutville, Va. • Lord Botetourt

Had a break-through meet at the CAA Championships, throwing the discus 127-3 for 11th place ... Effort was almost 10-feet past her previous best ... Threw the weight 38-1.5 at the Vince Brown Invitational.

At Lord Botetourt

Second in the state in the discus as a senior ... Third in the state in the discus as a junior ... Two-time district and region discus champion ... 2005 region shot-put champion ... Also a stand-out in basketball and volleyball ... Led the

PERSONAL BESTS					
WT	WT 11.62M 38-1.5I 2/10/07				
DISC	38.79м	127-3	4/20/07		
HT	32.54M	106-9	3/31/07		

basketball team to a 53-5 record in her two years, including a pair of district titles, the 2005 region crown, and the state final four both seasons (state runner-up in 2005) ... Averaged 11 points, 10.2 rebounds, and 2.3 assists per game as a senior ... All-district and all-region as a senior ... In volleyball, led team to a pair of district titles, leading the team in blocks and kills both years ... Earned two all-district and two all-region honors in volleyball ... Won the school Science and Math awards as a senior ... Member of the National Honor Scoiety ... Wendy's High School Heisman nominee.

Daughter of John and Janet Mikulas ... Born May 7, 1989 in Salem, Virginia ... Grandfather, Hower Bitler (Jr.), played football and basketball at Lehigh ... Enjoys sewing, quilting, and geocaching ... Craziest ambition is to have a pet giraffe.



Carly Morse

B.S. Kinesiology '10 Sumerduck, Va. • Liberty

2007-08

Moved up to seventh on the Tribe's all-time top performers list in the shot put after taking second at the Patriot Games with a put of 43-5 ... Continued to climb the charts, putting the shot 44-5.25 feet to take second at the Mason Last Chance and move to sixth all-time.

2006-07

Catapulted herself onto the all-time top-10 in the shot put during the indoor season ... Put the shot 43-0.5 at North Carolina, placing fourth ...

	PERSONAL BESTS			
	SP	13.54м	44-5.251	3/2/08
,	DISC	38.27M	125-6	4/14/07

Mark ranked the eighth-best in school history, and also set the W&M indoor freshman record ... Set the outdoor freshman record in the shot with a put of 41-8.75 at the Fred Hardy Invitational ... Scored for the Tribe at the CAA Championships, placing eighth with a put of 40-11.75 ... Had puts of longer than 40 feet in six of eight appearances ... Set her season-best mark in the discus with a second-place effort of 125-6 at the JMU Invitational.

At Liberty

Two-time all-state honoree in the shot put ... Competed at the Nike Outdoor Nationals in both the shot put and the discus ... All-region as a senior ... Four-time all-district ... Selected to the district all-tournament team in basketball as a sophomore.

Daughter of Archie and Pamela Morse ... Born November 11, 1987 in Olympia Fields, Illinois ... Brother, Ashton, is a senior at the College ... Craziest ambition is to go skydiving ... Enjoys arts and crafts, lifting weights, and playing basketball.



Keely Murphy

B.B.A. Accounting '10 Owings, Md. • Northern

All-East

Cross Country: Thirty-fifth at the ECAC Championships ... Seventh runner for W&M at the Southeast Regional ... 28th at the CAA Championships ... Fifth at the Cavalier Open ... Seventh at the Tribe Open.

Cross Country: Forty-seventh at the CAA Championships ... Eleventh at the Cavalier Open ... Twenty-eighth at the Lou Onesty Invitational ... Twentyninth at the Colonial Inter-Regional. Track: Earned All-East accolades as

PERSONAL BESTS			
800м	2:16.5	H.S.	
1,000м	2:58.851	2/16/07	
1,500м	4:43.56	5/6/07	

part of the fifth-place indoor 4x800m relay team ... Just missed advancing to the 800m final at the CAA Championships ... Finished ninth with a time of 2:17.17 (top eight advance) ... Set collegiate-best time in the 800m running unattached at the Colonial Relays ... Timed 2:16.88 for 14th place ... Indoors, was just off of ECAC-qualifying pace in the



1,000m run ... Ran 2:58.85 for second place at the Virginia Tech Challenge, only 1.3 seconds shy of qualifying ... Hit 5:07.68 in the mile indoors at the Vince Brown Invitational ... Part of the seventh-place 4x800m relay team at the Penn Relays.

At Northern

Five-time Maryland state champion at 1,600m, three indoor and two outdoor ... Also earned five runner-up honors combined between 800m and 1,600m ... Named conference MVP in track as a junior and senior and in cross country as a senior ... Member of the National Honor Society.

Daughter of Martin and Vickie Murphy ... Born March 20, 1988 in Niskayuna, New York ... Brother, Ryan, is a runner at GMU ... Enjoys shopping and listening to music.



Rachel Ohm

B.S. Biology '10 West Coxsackie, N.Y. • Academy of the Holy Names

Cross Country: Sixth in the ECAC Coaches' Race ... Fifteenth at the Cavalier Open ... 20th at the Tribe Open.

2006-07

Cross Country: Seventeenth at the Tribe Open ... Twenty-fifth at the Cavalier Open ... Thirty-eighth at the Lou Onesty Invitational ... Also ran at the Colonial Inter-Regional. Track: Just

PERSONAL BESTS				
3,000м 10:32 Н.S.				
5,000м	18:24.41	4/6/07		
10,000м	38:57.51	4/20/07		

missed scoring for the Tribe at the CAA Championships ... Placed ninth in the 10,000m run, timing 38:57.51 in her first race at that distance ... Best mark at 5,000m came at the Colonial Relays, where she finished in 18:24.41.

At Holy Names

Led her team to the New York Class A cross country state championship as a senior ... Three-time Section II all-star in cross country ... Named MVP of the cross country team three years in a row ... Won the 3,000m outdoors at both the section and league meets all four years ... National Merit Scholar ... Secretary of Holy Names' National Honor Society chapter.

Personal

Daughter of Stephen Ohm and Barbara Bucki-Ohm ... Born May 11, 1988 in Albany, New York ... Enjoys scrapbooking, horseback riding, and piano playing ... Most embarassing moment was falling out of the boat when rowing ... Came to W&M because she loves the weather.



Robin Vanneman

B.A. East Asian Studies '10 Stafford, Va. • Brooke Point

Cross Country: Twenty-fourth at the Tribe Open ... Thirty-first at the Cavalier Open ... Also ran at the Colonial Inter-Regional.

2006-07

Cross Country: Did not compete. Track: Walked-on for the outdoor season ... Ran 18:29.11 for 11th place at the Duke Twilight Invitational

PERSONAL BESTS			
1,500м	5:13.06	4/14/07	
3,000м	11:04.40	3/31/07	
5,000м	18:29.11	5/6/07	

5,000m ... Ran 5:13.06 in the 1,500m at the Lou Onesty Invitational ... Seventh in the Tribe Invitational 3.000m with a time of 11:04.40.

At Brooke Point

Ran at the Virginia state championships each of her last three years ... All-region in cross country as a junior ... Earned all-district honors three times ... President of the National Honor Society ... Historian of the Spanish honor Society ... Member of the Art Honor Society ... Academic Achievement Award-winner for maintaining a GPA of better than 3.8 ... Also graduated from the Washington Japanese Language School.

Daughter of Thomas and Akemi Vanneman ... Born August 16, 1988 in Bethesda, Maryland ... Uncle was a member of the Japanese national socer team from 1965-67 ... Craziest ambition is to visit all of the continents (except Antartica) ... Enjoys traveling and sightseeing, politics, and learning new languages.



Ashley Williams

B.S. Kinesiology '10 Williamsburg, Va. • Bruton

Moved into the all-time top performer's list in the weight throw ... Threw 41-4.5 at Navy to become the eight-best thrower in school history ... Ranks just outside of the Tribe's top-10 shot-putters list after putting a personal-best distance of 41-2.25 at the Vince Brown Invitational.

2006-07

Ranks eighth all-time in the hammer throw at W&M ... Career-best throw of 142-7 came during the CAA Championships, propelling her to a sixth-place finish ... Performance capped a five-

PERSONAL BESTS 12.55м 41-2.25і 2/9/08 41-4.51 12.61M 1/19/08 43.45M 142-7 4/20/07

week, five-meet stretch where she improved her personal-best every time out ... Broke 40 feet indoors in the shot put at Patriot Games ... Recorded a put of 40-0.25, good for sixth place.

At Bruton

Went to the state meet indoors and outdoors all four years of high school ... All-state in 2005 after placing fourth in the shot put indoors ... District and region shot put champion ... Daily Press Athlete of the Year for the shot put indoors in 2005 ... Led the Panthers to

three consecutive district championships ... Secretary of the Senior Class ... Member of the National Honor Society and FBLA.

Personal

Daughter of H. Reno and Cheryl Williams ... Born July 10, 1988 in Plainfield, New Jersey ... Enjoys going bowling, to the movies, and to Busch Gardens ... Would like to have dinner with Maya Angelou.







KB Brower

B.A. Anthropology,B.S. Physics '11Downington, Pa. • Downington West

2007-08

Cleared a personal-record height of 5-5 in the high jump at Navy ... Scored 2,995 points in her first-ever pentathlon, taking fourth at the CNU Captain's Invitational ... Ranks 12th in school history with that performance.

At Downington West

Four-time All-State honoree ... Third in the state high jump as a senior ... Won four gold medals at the county championships as a senior en route to earning Athlete of the Year honors ... District Champion in the high jump as a senior ... Earned two All-Southeast-

PERSONAL BESTS			
PENT		2,9951	1/25/08
НJ	1.65M	5-51	1/19/08
LJ	5.61M	18-5	H.S.
TJ	11.60M	ı 38-1	H.S.

ern Pennsylvania First-Team awards in the triple jump and two Second-Team awards in the long jump ... As a sophomore, was part of the seventh-place sprint medley relay at Nike Indoor Nationals ... Committee Chair in the National Honor Society and Safety Officer in the Physics Club ... Also a member of the Philosophy Club.

Personal

Daughter of Steven and Susan Brower ... Born April 7, 1989 in Bryn Mawr, Pennsylvania ... Full name is Kathleen Brower ... Father was a fencer at the University of Pennsylvania ... Second-cousin to former Tribe gymnast Amy Van Deusen '03 ... Enjoys making music, painting, and going to shows ... Craziest ambition is to become a quantum physicist and unravel the secrets of the universe.



Kelsey Budd

B.A. Political Science '11 Oakton, Va. • Paul VI

2007-08
Cross Country: Redshirted.
At Paul VI

Captained Paul VI to Virginia Independent Schools and Virginia Catholic Schools state championships in bother

PERSONAL BESTS		
3,200м	11:49	H.S.

her junior and senior years ... Earned a total of four all-state nods ... As a junior, took ninth at the VIS state championships and fifth at the VCS state meet ... As a senior, finished sixth and fourth, respectively ... Led Paul VI to the Washington Catholic Athletic Conference title as a junior, finishing seventh for all-conference honors ... Also earned all-conference accolades a senior, finishing 11th at the WCAC championship meet ... Runner-up at 3,200m at the Virginia Catholic Championships as a junior and a senior ... Helped to claim the WCAC 4x800m title as a senior ... 4x800m relay team also competed at the Penn Relays ... An accomplished musician, was the principal violinist for the Vienna Trio and Concert Mistress for Paul VI ... President of the National Honor Society ... Member of the Spanish Honor Society.

Personal

Daughter of David and Karen Budd ... Born August 11, 1989 in Boston, Massachusetts ... Father played basketball and baseball at Iona ... Uncle, George, played football and basketball at Lehigh ... Uncle, Robert, ran track at Northeastern ... Growing up, wanted to be either a meteorologist, or a superhero ... Most prized possession is a framed desid-



Funke Fagbami

B.A. International Relations,B.B.A. Business '11Newark, Del. • Charter School of Wilmington

erata ... Enjoys reading, going to the beach, and playing violin.

2007-08

Ran 8.07 seconds in the finals of the 60m dash at the CNU Holiday Open to burst onto the College's all-time top-10 list ... Matched that with another 8.07 at the Patriot Games ... Ranks tied for fifth with Amanda Schroeder ... Stands as the 12th-fastest runner in

school history in the 55m dash after running 7.55 seconds at the Vince Brown Invitational.

Personal

Full name is Olofunke Fagbami.

	PERSONAL B	ESTS
55м	7.551	2/9/08
60M	8.071	1/26/08
200M	26.811	1/26/08



Betsy Graney

B.S. Kinesiology '11 Harper Woods, Mich. • Grosse Pointe North

2007-08

Cross Country: Twenty-seventh at the CAA Championships ... Fifty-eighth in the Pre-Nationals open race ... Twenty-ninth at the Colonial Inter-Regional ... Tenth at the Cavalier Open ... Eighteenth at the Lou Onesty Invitational.

At Grosse Pointe

Earned three all-state honors in cross country ... Also named academic all-state for three years ... Four-time region champion ... All-conference all four years of high school ... Conference champion as a freshman ... Team

PE	PERSONAL BESTS			
800м	2:20	H.S.		
1,600м	5:00.54	H.S.		
3,200м	11:23.9	H.S.		

was named the Academic State champions in 2005 ... National Honor Society member ... Branch Leader for Women in Leadership Leading our World.

Personal

Daughter of Jerry and Therese Graney ... Born October 23, 1989 in Detroit, Michigan ... Cousin, Blake Terhune, ran cross country and track at Grand Valley State ... Cousin, Kevin Elliot, plays football at Concordia University ... Is an amateur photographer ... Wants to fly her own plane someday.



Katie Guevel

B.S. Biology '11 Burlington, Kan. • Burlington

2007-08

Has reset the school record in the 60m hurdles six times already this season ... Ran 8.72 in the finals of the Carolina Invitational for the latest record and an ECAC Championships qualification ... Ran 9.11 in the 60m hurdles at the Liberty Kickoff to break the indoor freshman record in December ... Opened the new year with another freshman record, timing 8.24 seconds in the 55m hurdles ... Performance also qualified her for the ECAC Championships ... Won three events during the pentathlon at the CNU Captain's Invitational en route to qualifying for the ECAC Championships with 3,530 points ... Score set another freshman record for W&M, and set the CNU field house record in the pentathlon ... Performance also ranks her as the fourth-best pentathlete in school history ... Claimed another school record at the Vince Brown Invitational, running 8.17 in the 55m hurdles ... Ranks third in school history in the 55m dash after timing 7.28 seconds for third-place at the Vince Brown Invitational ... Timed 7.89 seconds in the 60m dash at Virginia Tech to tie Kathleen Woody's freshman record in the event ... Ranks third in school history at 60 meters ... Ran 25.38 in the 200m at Virginia Tech to break Torae Artis' 12-year old school and freshman records ... Ranks seventh in school history in the event.

At Burlington

Bronze medalist in the girl's heptathlon at the 2007 USAT&F Junior Nationals, scoring 4,996 points ... 12-time state champion at the 3A classification ... Earned 15 regional and league championships ... Four-time state champ in the 100m hurdles, threetime in the 100m dash and 200m dash, and two-time in the 300m hurdles ...

PERSONAL BESTS			
55м Н	8.171	2/9/08	
60м Н	8.721	2/16/08	
100м	11.84	H.S.	
100м Н	14.10	H.S.	
200м	24.71	H.S.	
PENT	3,5301	1/25/08	
НЕР	4,996	H.S.	

Winning time of 14.82 seconds in the 100m hurdles as a sophomore broke the nineyear state record Won four titles in each of her last two years, only the 11th athlete in state history to do so even once ... Has run 11.84 in the 100m dash, 24.71 for 200m, 14.10 in the 100m hurdles, and 1:00.6 in the 400m ... Also earned three letters on the varsity basketball team, helping lead Burlington to the state title game as a sophomore and junior ... Named first-team all-league as a senior ... Team also captured a pair of league titles ... Three-time letterwinner in volleyball ... All-league as a junior and senior while leading Burlington to a pair of league championships ... Honorable Mention Academic All-State ... President of the FBLA and Spanish Honor Society ... Officer in the National Honor Society, Brothers and Sisters in Christ, and the Class Cabinet ... Scholar's Bowl Captain.

Personal

Daughter of Pat and Jan Guevel ... Born September 24, 1988 in Chicago, Illinois ... Enjoys watching movies, reading, and cooking ... Is deathly afraid of the dentist ... Growing up, wanted to be a nuclear engineer.



Sarrah Hadiji

B.S. Biology '11 Annandale, Va. • W.T. Woodson

2007-08

Cross Country: Thirty-eighth at the ECAC Championships ... Twenty-ninth at the CAA Championships ... W&M's sixth runner at the Southeast Regional ... Third at the Cavalier Open.

At Woodson

All-American after finishing eighth in the 3,200m at the 2007 Nike Outdoor Nationals ... Three-time state champion at 3,200m, twice indoors and once outdoors ... Runner-up outdoors at 3,200m as a sophomore at the state meet ... Runner-up at the state cross

PERSONAL BESTS		
400м	58.72	H.S.
800м	2:14.21	H.S.
1,000м	2:59.63	H.S.
1,600м	4:55.43	H.S.
3,000м	9:58.57	H.S.

country meet as a junior ... Between cross country, indoor track, and outdoor track, won three region and six district titles over her last seven seasons (since spring of 2005) ... Also earned two second and two thrid-place region finishes in that span ... Named First-Team All-Met by the Washington Post all three seasons in both her junior and senior years ... Vice President of the French Honor Society ... Member of the National Honor Society, Science Honor Society, SADD Club, and Environment Club.

Daughter of Mounir and Carolyn Hadiji ... Born March 15, 1989 in Fairfax, Virginia ... Enjoys cliff-diving, biking, and mini-golf ... Winner of the 2007 Fuddrucker's 1-lb Burger Challenge ... Growing up, wanted to be Carmen Sandiego.



Emily Jeremiah

Class of 2011 Mechanicsville, Va. • Atlee

2007-08

Cleared 10-2 for fifth place at the Vince Brown Invitational to set a new career-best.

Despite picking up pole-vaulting only as a senior, took second in the district and 11th at the state championships in

PERSONAL BESTS			
PV	3.10м	10-2	2/9/08

2007 ... Has a personal-best vault of 10 feet ... Also an elite Level 10 gymnast ... Threetime Central Region uneven bars champion ... 2007 region vault champion ... 2006 region all-around champion ... Member of the Key Club ... Scored Magna Cum Laude on the National Latim Exam in 2006 and 2007.

Daughter of Thomas and Kimberly Jeremiah ... Born March 7, 1989 in Richmond, Virginia ... Mother swam for Alleghany College ... Father ran track at Alleghany College ... Brother, Ian, plays soccer at Hampden-Sydney ... Enjoys watching movies, going to the beach, and spending time with family and friends.





Liz Milewski

Class of 2011 Rosemont, Pa. • Radnor

2007-08 **Cross Country:** Twenty-fourth at the Cavalier Open.

All-state in cross country as a senior, leading Radnor to the PIAA AAA state title ... Beginning in the spring of her freshman year, earned All-Main Line honors in ten consecutive seasons ... Main Line Times Athlete of the

PE	RSONAL BESTS	
1,600м	5:04.45	H.S.
3,000м	10:20.76	H.S.
3,200м	10:52.59	H.S.

Year in 2007 ... Earned all-county and all-league honors in both cross country and track each of her last three years ... All-Southeastern Pennsylvania track honoree as a senior ... Radnor's Athlete of the Year in 2007 ... Member of the National Honor Society and the Spanish Club.

Personal

Daughter of Leonard and Donna Milewski ... Born February 1, 1989 in Wynnewood, Pennsylvania ... Most embarassing moment was competing in the javelin at a dual meet ... Enjoys reading, biking, and hanging out with friends.



Shannon Ralston

B.S. Psychology '11 Virginia Beach, Va. • Landstown

2007-08 Cross Country: Redshirted. At Landstown

State and national qualifier in cross country and track ... First female athlete in school history to qualify for states ... Multiple all-region and all-

PE	ERSONAL BEST	TS
1,600м	5:28	H.S.
3,200м	11:39	H.S.

district honors ... Team captain as a junior and senior ... Holds Landstown's distance records ... Member of the FBLA and National Honor Society ... Student government senator and Executive Council member.

Personal

Daughter of Stephen and Allyson Speirs ... Born January 1, 1989 in Portsmouth, Virginia ... Enjoys running and listening to music ... Growing up, wanted to be a veterinarian ... Favorite athlete is Paula Radcliffe.



Sarah Rybarczyk

B.A. International Relations '11 Snohomish, Wash. • Monroe

At Monroe

Three-time state qualifier ... Earned a pair of top-10 showings in 2006 ... Twotime district champion ... First-team all-conference ... Team Captain as a senior ... Earned "Most Inspirational" award in 2004 and 2006 ... School re-

PE	RSONAL BEST	ΓS
200м	26.5	H.S.
300м Н	47.1	H.S.
400м	58.6	H.S.

cord-holder in the 200m dash and 300m hurdles, having run 26.5 and 47.1, respectively ... Ran cross country as a senior, earning the team's "Most Inspirational" award ... Honorable Mention all-conferece ... Earned three letters in volleyball ... Helped the team to the state tournament ... Sportsmanship Award honoree by the WIAA ... Treasurer and President of the National Honor Society ... Dance Instructor in the Spanish Club ... Member of the KEY Club ... Founder and President of Safe Ride.

Daughter of Rick and Cheryl Rybarczyk \dots Born March 3, 1989 in Wiesbaden, Germany ... Enjoys hiking, scrap-booking, and equitation ... Favorite "sporting" event is the British Parliament Question Time ... Craziest ambition is to hike the Continental Divide.



Meredith Tighe

B.A. English '11 Oak Hill, Va. • Oakton

Cross Country: Twenty-fifth at the Colonial Inter-Regional ... Fourth in the ECAC Coaches' Race ... Nineteenth at the Cavalier Open.

At Oakton

Two-time all-state in the 1,600m ... Earned seventh-place finishes once each indoors and outdoors ... Member of the region-champion 4x400m relay in 2005 ... Two-time district champion as a member of Oakton's 4x800m re-

PE	ERSONAL BEST	TS.
400м	1:00.0	H.S.
800м	2:17.0	H.S.
1,600м	5:07.0	H.S.

lay ... Helped the cross country team to back-to-back district and region titles ... Oakton was runner-up at the 2005 Virginia state championships.

Personal

Daughter of Dave and Barbara Tighe ... Born January 24, 1989 in Oak Hill, Virginia ... Grandmother, Margot Anderson, played four years of tennis at George Mason ... Enjoys watching movies, playing ultimate frisbee, and shopping with firends ... LOVES Cheez-Its ... Growing up, wanted be either a farmer, pro soccer player, or an actress.

Tighe's Prep Bests

400m - 1:00.0 800m - 2:17.0 1,600m - 5:07.0

2006-07 REVIEW



October 22, 2006

 ${\bf Megan\ Holden\ '91\ runs\ 2:} 44.57\ at\ the\ {\bf LaSalle\ Bank\ Chicago\ Marathon,\ provisionally\ qualifying\ for\ an analysis of the analysis of the control of the$ the 2008 U.S. Olympic Trials.

December 3, 2006

Bonnie Meekins '07 and Brenna Blevins '08 qualify for the ECAC Indoor Championships in the pentathlon at the Liberty Kickoff. Meekins breaks the school record with 3,757 points, clearing the NCAA provisional standard. She also clears the ECAC standard in the high jump with a height of 5-7.25. Nicole Kazuba '10 ties the W&M freshman indoor record in the pole vault after clearing

December 4, 2006

In her first collegiate meet, Emily Anderson '10 breaks the CNU field house record in the mile by running 5:06.79. She also doubles up in the 800m, setting the W&M freshman indoor record with a time of 2:16.02.

January 27, 2007

The 4x800m team of Allie Lewis '08, Emily Schroeder '09, Ariel Burbey '10, and Rebecca Ward '09 wins at the Patriot Games in 9:19.75 to qualify for the ECAC Championships.

February 3, 2007

Allie Lewis '10 runs 2:14.39 in the 800m at UNC to qualify for the ECAC Championships. Carly Morse '10 records a put of 43-0.5 to break the indoor freshman record in the shot put.

February 11, 2007

Lynn Morelli '09 wins the 3,000m at the Vince Brown Invitational, qualifying for the ECAC Championships in 9:51.44. Emily Schroeder '10 breaks the facility record in the mile (set in December by Emily Anderson '10) by running 5:02.88.

February 16, 2007

Bonnie Meekins '07 ties the school record in the long jump (setting the indoor record outright) by leaping 18-7.75 and Allie Lewis '10 qualifies for ECACs in the 1,000m after running 2:55.76 at the Virginia Tech Challenge.

February 17. 2007

Meekins jumps 5-10 in the high jump to make the NCAA provisional-qualifying standard, and Meghan Bishop '07, Kait Hurley, and Emily Gousen '08 all qualified for the ECAC Championships in the 5.000m.

March 3, 2007

Bonnie Meekins '07 scores 3,673 points to earn All-East honors in the pentathlon on the first day of the ECAC Championships. Emily Gousen '08 is also All-East after finishing eighth in the 5,000m. Allie Lewis '08, battling the flu, runs the second-fastest 1,000m in school history, 2:52.33, to advance to the finals.

March 4, 2007

Allie Lewis '08 is All-East after finishing sixth in the 1,000m. Also earning All-East designation is the 4x800m relay team of Emily Anderson '10, Keely Murphy '10, Emily Schroeder '09, and Rebecca Ward '09.

March 18, 2007

Cheryl (Bauer) Anderson '03 wins the Yuengling Shamrock Marathon with a time of 2:42.53, provisionally qualifying for the 2008 U.S. Olympic Trials.

March 20, 2007

The College honors Director of Track and Field Dan Stimson for his more-than 20 years of service by naming the brand-new throwing events area in his honor. The facility, made possible by generous donations from the parents of Jen Showker '07, features two shot put circles, a javelin runway, and a permanent cage with separate throwing circles for the discus and hammer.

March 23, 2007

Carly Morse '10 captures the freshman outdoor record in the shot put, unleashing a put of 41-8.75 at the Fred Hardy Invitational in Richmond.

March 31, 2007

William and Mary hosts its first track meet in four years as Abby Lemon '09 and Jen Showker '07 each qualify for the ECAC Outdoor Championships at the Tribe Invitational. Lemon throws for 159-4 in the hammer throw, while Showker spins the discus out

April 6, 2007

The Colonial Relays return for the 42nd time to Williamsburg. Abby Lemon '09 wins the hammer throw with a school-record effort of 161-3. Meghan Bishop '07 is also a champion in the 5,000m, qualifying for ECACs in 16:55.09. Kait Hurley, Lynn Morelli '09, and Emily Gousen '08 also qualify for the ECAC 5,000m. Emily Anderson '10 qualifies for the ECAC 1,500m after running 4:31.26. Sonja Friend-Uhl '93 wins the 1,500m.

April 20-21, 2007

The Tribe is narrowly edged for the CAA title by Northeastern, ending a six-year streak of conference championships. Six earn individual titles for the Tribe, including Nicole Kazuba '10, who captures the pole vault with a freshman-record height of 12-1.5 and qualifies for both ECACs and the NCAA Regional. Bonnie Meekins '07 sets the meet-record in the heptathlon with 5,192 points by winning five events including the high jump, where she clears the NCAA Regional standard by jumping 5-8.75. Emily Anderson '10 wins the 1,500m, Kate Willever '07 takes the steeplechase, and Meghan Bishop '07 is champion in the 5,000m. Emily Gousen '08 wins the 10,000m run with a meet-record time of 36:04.05, qualifying for the ECAC Championships. Also qualifying for ECACs are Ashley Madonick '09 in the 400m, Emily Schroeder '09 in the 1,500m, Abby Booker '08 in the 10,000m, and Jen Showker '07 in the shot put.

April 26, 2007

Meghan Bishop '07 qualifies for the NCAA Regional in the 5,000m by running 16:45.04 at the Penn Relays. Kayley Byrne '10 runs 10:00.04 in the 3,000m to qualify for the U.S. Junior National Championships, and Kait Hurley provisionally qualifies to the NCAA 10,000m after running 34:55.38.

April 27, 2007

Emily Anderson '10, Meghan Burns '10, Rebecca Ward '09, and Emily Schroeder '09 run 18:31.27 in the 4x1,500m relay, the 13th-best time in the nation in 2007.

April 28, 2007

The 4x800m relay team of Allie Lewis '08, Keely Murphy '10, Kate Willever '07, and Emily Anderson '10 qualifies for the ECAC Championships in $9{:}02.16.$

May 6, 2007

Rebecca Ward '09 qualifies for the ECAC 1,500m after running 4:32.85 at the Duke Twilight Invitational. Kayley Byrne '10 also qualifies for ECACs, timing 17:25.10 in the 5,000m. Her time also qualifies for the USA Junior Nationals, as does Meghan Burns' '10 4:38.67 in the 1,500m.

May 11, 2007

Emily Gousen '08 takes second in the ECAC 5,000m, running 16:58.90 for All-East honors.

May 12, 2007

Bonnie Meekins '07 wins the ECAC heptathlon, shattering the school record with 5,457 points. Her score is the 25th-best in the nation all-year and qualifies her for the NCAA Championships and provisionally for the USAT&F National Championships. In the heptathlon, she jumps 18-11.25 in the long jump to break her own school record. Abby Lemon '09 breaks her own school record in the hammer throw with a heave of 163-11.

May 13, 2007

Lynn Morelli '09 is All-East at 3,000m, placing seventh

June 7, 2007

Meghan Bishop '07 is named second-team Academic All-District by CoSIDA.

June 8, 2007

Bonnie Meekins '07 finishes the NCAA Championships with a 16th-place effort in the heptathlon, scoring 5,444 points.

Bonnie Meekins '07

June 10, 2007

Head coach Kathy Newberry '00 provisionally qualifies to the U.S. Olympic Trials in the 10,000m after running 33:32.96 at Hillsdale.

Iune 21, 2007

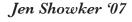
Kathy Newberry '00 places 17th in the 10,000m run at the USAT&F National Championships.

July 10, 2007

William and Mary earns team All-Academic honors from the USTFCCCA

By The Numbers

Six CAA Champions One ECAC Champion One NCAA Participant 13 All-CAA Awards 10 All-East Citations 393.10 miles run 314' 4.5" vertically jumped 521' 4" horizontally jumped 1.43 miles thrown for





RECORD BOOK

55m55m hurdles 60m60m hurdles 100m100m hurdles 200m

400m 400m hurdles 500m600m800m1,000m1,500mMile 3,000m3,000m Steeplechase 5,000m10,000m**High Jump Pole Vault**

Long Jump **Triple Jump Shot Put** 20-lbs Weight Throw Discus **Hammer Throw** Javelin Pentathlon Heptathlon **Shuttle Hurdle Relay**

4x200m Relay 4x400m Relay

4x100m Relay

4x1,500m Relay

4x800m Relay

Sprint Medley Relay Distance Medley Relay

p - Mark set during a pentathlon

Freshman Indoor Record DeTrease Harrison, 7.09 (1989) Katie Guevel, 8.17 (2/9/08) Katie Guevel, 7.89 (2/22/08) Kathleen Woody, 7.89 (2004) Katie Guevel, 8.72 (2/16/08) Katie Guevel, 25.38 (2/22/08) Uche Uwah, 57.94c (1984) Stephanie Blake, 1:16.70 (2001) Emily Anderson, 2:16.02 (2006) Ali Mann, 2:13.40 (1997) Meghan Bishop, 2:56.84 (2004) Meghan Bishop, 4:52.87 (2004) Angela Dalke, 9:44.79 (1993) Laurie Sturgell, 17:24.93 (1997)

Lora Meekins, 5-6.5p (2000) Lisa Rayner, 5-6.5 (1992) Nicole Kazuba, 10-11.75 (2006) Nicole Kazuba, 12-1.5 (2007) Robyn Ramirez, 10-11.75 (2000) Kathleen Woody, 18-4.25 (2003) Jennifer Walker, 39-11.25 (1997) Carly Morse, 43-0.5 (2007) Haven Davis, 41-2.25 (1998)

Katie Guevel, 3,530 (1/25/08)

h - Mark set during a heptathlon

Freshman Outdoor Record DeTrease Harrison, 12.23 (1989) Billie Hart, 14.96 (1993) DeTrease Harrison, 24.98 (1989) Uche Uwah, 56.55 (1984) Sarah Hallenbeck, 1:02.48 (1995) Uche Uwah, 1:13.5 (1986) Kathy Newberry, 4:28.37 (1997) Kathy Newberry, 9:38.13 (1997) Heather Stevenson, 10:59.59 (2004) Laurie Sturgell, 16:59.96 (1997) Laurie Sturgell, 34:45.02 (1997) Bonnie Meekins, 5-8.75 (2003)

Cheredia Carter, 18-2.5 (1992)

Lisa Rayner, 38-10.25 (1992) Carly Morse, 41-8.75 (2007)

Jen Showker, 130-3.5 (2004) Abby Lemon, 149-2 (2006) Brenna Blevins, 139-1 (2004)

Bonnie Meekins, 4,526 (2003)

Indoor Record DeTrease Harrison, 7.09 (1989) Katie Guevel, 8.17 (2/9/08) Erica Johnson, 7.76 (2006)

Katie Guevel, 8.72 (2/16/08)

Uche Uwah, 56.37 (1985)

Allie Lewis, 1:33.28 (2/22/08) Diane Hawley, 2:11.38c (1984) Amy Morris, 2:49.60 (1998)

Ali Henderson, 9:23.20 (2003) Janice Brown, 16:08.02 (1992) Lisa Rayner, 5-11.25 (1995)

Charlotte LaRoche, 13-1 (2002)

Jennifer Walker, 42-6 (1998) Cassidy Harris, 46-4.75 (2004) Ayanna Jones, 53-10.25 (2005)

Bonnie Meekins, 3,757 (2006)

Anderson, Madonick Parker, Furia, 8:54.56 (1999) Herrell, Mann

Mann, Hartman, 11:39.85 (2000) Wrenn, Newberry

c - Converted from Hand-Time

Outdoor Record

Erica Johnson, 12.09 (2006) Lisa Harding, 14.20 (1990) Katie Guevel, 25.38 (2/22/08) DeTrease Harrison, 24.98 (1989) Uche Uwah, 55.3 (1986) Kim Baumbach, 1:01.14 (1990)

Becky Patten, 2:08.38 (1996)

Emily Furia, 4:18.44 (2001) Emily Anderson, 4:43.33 (2/23/08) Emily Furia, 4:41.06 (2001) Janice Brown, 9:18.25 (1992) Ali Henderson, 10:23.76 (2003) Marcie Homan, 16:04.63 (1994) Ali Henderson, 33:55.23 (2003) Lisa Rayner, 5-11 (1994)

Charlotte LaRoche, 13-1.25 (2002)

Alyssa Gaeto, 19-0.75 (2/9/08) Bonnie Meekins, 18-11.25 (2007) Jennifer Walker, 42-6 (1998) Ayanna Jones, 48-6 (2005)

> Jeri Daniels, 147-4 (1981) Abby Lemon, 163-11 (2007) Wendy Warren, 153-6 (1988)

Bonnie Meekins, 5,457 (2007) Cesareo, Meekins, 1:01.13 (2003) Knight, Snyder Whitehead, Mattos, 46.85 (2004) Woody, Johnson Whitehead, Mattos, 1:40.91 (2004) Woody, Johnson Harvey, Lewis, 3:51.12 (2/23/08) Hamilton, Baumbach, 3:49.14 (1990)

> Harding, Giles Parker, Herrell, 8:46.37 (2000) Hartman, Mann

Mann, Furia, 18:08.88 (1999) Newberry, Parker Bochiaro, Schroeder, 4:00.02 (1998)

Hallenbeck, O'Connor

Mann, Hartman, 11:24.63 (1999) O'Connor, Furia

Tribe

HONORS AND AWARDS

Team Accomplishments CAA Championships (7)

Year	Points	Runner-Up 1	Points
1999	162	George Mason	148
2001	186	George Mason	128
2002	197.5	George Mason	187
2003	241.5	George Mason	175
2004	196	George Mason	195
2005	218	Va. Commonwealth	163
2006	174.5	Northeastern	129.5

Player Awards National Champion

1982	Jeri Daniels	Shot Put (o)
Indo	or All-America	
1992	Janice Brown	5,000m
1994	Marcie Homan	5,000m
2003	Ali Henderson	5,000m

Outd	oor All-America	
1981	Jeri Daniels	Discus
		Shotput
1982	Jeri Daniels	Discus
		Shotput
1992	Janice Brown	5,000m
1993	Janice Brown	5,000m
	Marcie Homan	5,000m
1994	Marcie Homan	5,000m
	Lisa Rayner	High Jump
2000	Emily Furia	1,500m
2001	Emily Furia	1,500m

Indoor World Record

Athlete	Event	Time	Years
Pearle Young	$50 \mathrm{m}$	6.8	1933-35

USATF Indoor National Champion

1933	Pearle Young	$50 \mathrm{m}$
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Rhodes Scholar

1999 Eileen Cardillo

Marshall Scholar

1992 Danielle Sepulveda

Academic All-American

1997	Becky Flowers
1998	Becky Flowers
	Amy Morris
2001	Emily Furia
2003	Ali Henderson

Phi Beta Kappa		
1987	Elaine Frye	
1989	Joan Wilson	
1990	Cathy Stanmeyer	
1992	Danielle Sepulveda	
1994	Caryn Carson	
1995	Jen Alkema	
1997	Cybelle McFadden	
1998	Becky Flowers	
	Jessica Unger	
	Eileen Cardillo	
1999	Amy Morris	
2001	Colleen Wrenn	
2002	Maureen Feldbaum	
2003	Anne Larmore	
	Kari Hill	
2004	Meredith Faulkner	
2005	Katie Andres	
	Becca Velarde	
2006	Sarah McHale	



Jeri Daniels '82 recieves the Southland Olympia Award from Rene Henry (1) and Millie West

W&M Athletics Hall of Fame 1976 Pearle Y. Reynolds '32

1978 Agnes Paschall '31

1992	Lynn Norenberg Barry '81
1994	Jeri Daniels-Elder '82
1998	Chris Paradis '84
2004	Janice Brown Martin '93
2006	Marcie Homan Heil '95

Southland Olympia Award

1984 Jeri Daniels '82

ECAC Indoor Champions 1,000 meter Run

1998	Amy Morris	
Mile	Run	
1999	Emily Furia	
3,000 meter Run		
	Janice Brown	
1993	Janice Brown	
1994	Marcie Homan	
2003	Ali Henderson	

pions

ECAC Outdoor Champ		
1,500 meter Run		
2000 Emily	Furia	
3,000 meter	Steeplechas	
2003 Ali He	enderson	
2005 Jackie	Kosakowski	
Heptathlon		
2006 Brenn	a Blevins	
2007 Bonni	e Meekins	

CAA Champions

100 meter Hurdles		
1993	Billie Hart	
2003	Kara Snyder	
400 meter Hurdles		
1990	Kim Baumbach	
800 meter Run		
1992	Sonja Friend	
1993	Sonja Friend	

1330	oonja Pricht
2001	Emily Furia
2006	Lydia Malley
1,500	meter Run
1993	Janice Brown
1994	Marcie Homan
1995	Becky Patten
2000	Emily Furia

2001 Emily Furia

2 000	motor Run
	Emily Anderson
2005	
2004	Meghan Bishop
	Lauren Heron

3,000 meter Run	
1990	Katie McCullough
1991	Ianice Brown

0
Janice Brown *
Janice Brown
Marcie Homan
Cybelle McFadden

2000 Kathy Newberry $3,000\ meter\ Steeple chase$

2003	Ali Henderson
2007	Kate Willever
F 000	, D

5,000 meter Run 1991 Silica Johnson 1995 Claire Torchia

1997	Laurie Sturgell
1998	Jackie Kerr
2000	Kathy Newberry
2003	Ali Henderson

2006	Julia Cathcart *
2007	Meghan Bishop

10,000 meter Run 2003 Katrina Menard

2004 Maura McMahon 2007 **Emily Gousen**



Charlotte LaRoche '05

High Jump

1994	Lisa Kayner
2001	Angela Taliaferro
2002	Anne Larmore

Pole Vault

1998 Susan Larson

1999 Emily Greene

2002 Charlotte LaRoche 2004 Charlotte LaRoche

2007 Nicole Kazuba

Long Jump

1990 Kim Baumbach

Shot Put

1998 Dania Douglas

2001 Haven Davis

2002 Ayanna Jones

2003 Cassidy Harris

2004 Cassidy Harris

2005 Ayanna Jones

Discus

2004 Jen Showker 2006 Jen Showker Hammer Throw

2000 Kellie Gordon

Javelin Throw 1996 Lisa Cronin

1999 Lyndsey Paul

Heptathlon

2001 Alarice Cesareo 2003 Alarice Cesareo

2004 Sarah McHale

2005 Bonnie Meekins 2006 Brenna Blevins

2007 Bonnie Meekins

4x400 meter Relay

2005 Mary Whitehead

Brenna Blevins

Lydia Malley Naomi Mattos

* Meet Record

The 3,000m race was replaced by the 3,000m steeplechase starting in 2001.

CAA Performer of the Meet

1994 Lisa Rayner 2003 Ali Henderson

CAA Athlete of the Year

1990 Kim Baumbach 2001 Emily Furia 2003 Ali Henderson

CAA Rookie of the Year

2000 Lora Meekins

CAA Track and Field Scholar-Athlete of the Year

2005 Meghan Bishop 2006 Meghan Bishop

Coach Awards

CAA Coach of the Year

1999 Pat Van Rossum 2001 Pat Van Rossum 2002 Pat Van Rossum 2003 Pat Van Rossum

Pat Van Rossum

2006 Kathy Newberry



ADMINISTRATION



TERRY DRISCOLL ATHLETICS DIRECTOR

Under the steady guidance and watchful eye of Terry Driscoll, the William and Mary Athletics Department has solidified its standing as one of the nation's preeminent broad-based programs. As Driscoll enters his 12th year as athletics director, he has overseen an unprecedented era of improvement in terms of funding and facilities while also maintaining the College's rich history of producing well-rounded student-athletes.

Driscoll oversees a program that William and Mary President Gene Nichol proclaimed "The nation's gold standard" when it came to balancing academic demands with athletic success. One of the department's stated goals each year is to finish among the top 100 in the annual Director's Cup rankings, which has happened in all but one of the years that Driscoll has been the director.

In the last four years alone, the Tribe's program has combined for a total of 19 Colonial Athletic Association (CAA) titles. This past season, W&M claimed four CAA titles (Men's and Women's Cross Country, Women's Swimming and Women's Tennis). In 2004-05, the Tribe captured five CAA championships and an Atlantic 10 Football title. As recently as 2002-03, W&M had a school-record 10 teams compete in the NCAA Tournament, with four teams winning conference titles and six that finished in the top 25 at the end of their respective seasons. Overall, no team in the CAA can claim more all-time league championships than the 88 William and Mary has earned.

As impressive as the athletic accomplishments have been during Driscoll's tenure, the program's academic successes have been even greater. In the NCAA's inaugural (2004) APR rankings, a measurement of academic progress based on academic eligibility, retention, and graduation of student-athletes, W&M was fourth in the nation overall and first among institutions offering athletic performance-based scholarships. Additionally, the Tribe football team has twice posted a 100 percent graduation rate, while the majority of the program's squads have consistently ranked among the nation's finest in terms of graduation. In 2002, the CAA started recognizing Scholar-Athletes of the Year for each of the 22 sports it sponsors, and the College has had a conference-high 22 individuals receive the honor.

Despite the many academic and athletic successes, Driscoll's impact on the program has been equally impressive in terms of physical and financial improvements. Since taking over as athletics director, Driscoll has overseen the construction of more than \$20 million in new facilities, including Plumeri Park (baseball), Albert-Daly Field (soccer, lacrosse) and the Busch Courts (tennis). The total increased significantly when Driscoll announced plans to build the \$11 million, 30,000-square foot Jimmye Laycock Football Center at Zable Stadium, which is scheduled to open in time for the 2008 season. This impressive structure follows closely on the heels of the installation of a \$650,000 permanent lighting system (2006) and an \$840,000 state-of-the-art Field Turf Pro artificial playing surface (2006) inside the stadium. Yet another significant upgrade will be unveiled inside the venerable structure for 2007, as the department will install an \$800,000-plus brand new video scoreboard by the season opener.

In addition to the physical structures, Driscoll has also worked with the Associate Athletics Director for Development, Bobby Dwyer, to increase the annual fundraising totals for non-capital projects from \$1.36 million in 1995 to the current annual total of approximately \$2.7 million.

A true student-athlete himself, Driscoll's leadership skills were developed during his collegiate years. As a student-athlete at Boston College, Driscoll captained the basketball team to the National Invitation Tournament Finals as a senior, and was named the tournament MVP. In addition to being named an All-American, his success in the classroom as a biology major garnered him an Academic All-America honor.

After graduating from BC, he was the fourth overall pick of the 1969 NBA Draft, selected by the Detroit Pistons, just three spots after the Milwaukee Bucks chose UCLA's Lew Alcindor, later to be known as Kareem Abdul-Jabbar. Driscoll chose to play a year in Italy first, but then returned to the U.S. to play for the Pistons, Washington Bullets and Milwaukee Bucks before going back to Italy as a player and then coach until 1980.

Driscoll then entered the corporate world in 1980, working for Kazmaier Associ-

ates, Inc., an international sporting goods sales and sports marketing firm. After Kazmaier purchased Bike Athletic in 1986, KSG Inc. was formed with the objective of becoming the first, and only, national sales agency in the sporting goods industry. By 1987, Driscoll was president of the company and had expanded the agency to all 50 states just two years later. In early 1990, Driscoll's contribution to a marketing research project for the NCAA was the initial step moving him from product marketing and sales to sports marketing and management. The result of the project was a joint venture between Kazmaier Associates and Host Communications - with Driscoll being named managing director and chief operating officer of NCAA International.

In 1993, Driscoll diversified his experience in the athletic world by working as the executive director of the 1994 World Cup site in Boston. In September of that year, Driscoll was again enlisted to launch a new business, Eagle International Group, an event management and services company. As vice president, Driscoll worked with Hawaii Pacific Sports to organizing the Women's World Volleyball Grand Prix competition in Honolulu.

Driscoll resides in Williamsburg with his wife, Susan. The couple has two children - Keith, a 1997 graduate of Holy Cross, and Leslie, a 2001 graduate of William and Mary.



BARB BLOSSER SENIOR EXECUTIVE ASSOCIATE AD/SWA

Few names in the William and Mary Athletics Department are as familiar, or respected, as that of Senior Associate Athletics Director Barbara Blosser. Since first arriving on campus in 1978, Blosser has touched the lives of thousands of Tribe studentathletes.

She has held her current title since April of 2004, after spending the previous 12 years as the associate atheletics director. In each role, Blosser has served as an integral part of nearly every facet of the department's daily operations.

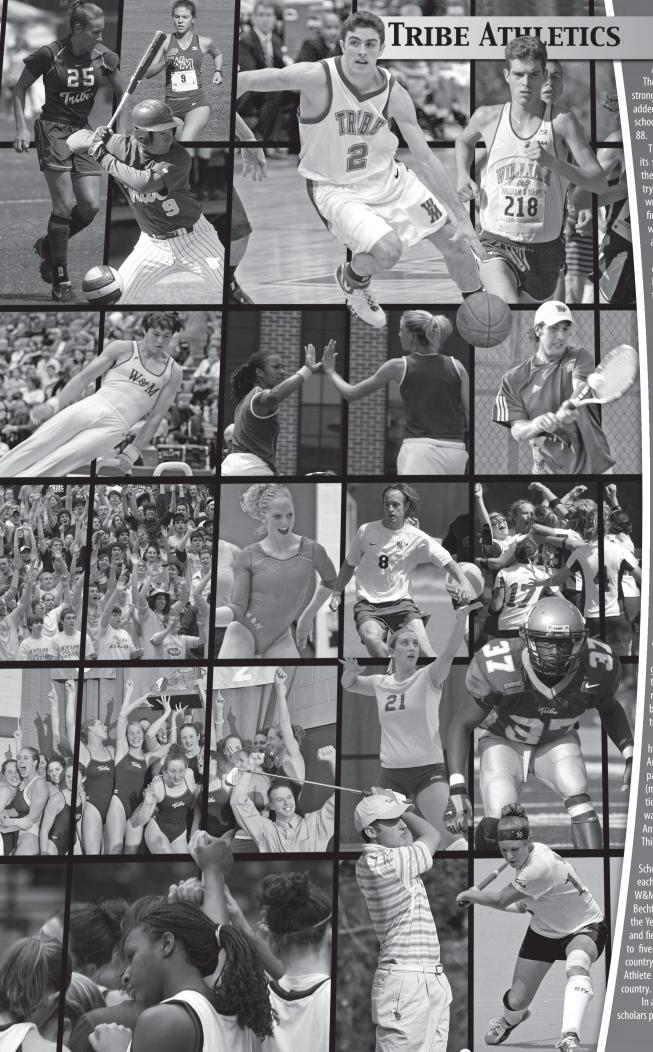
Blosser started her career at William and Mary as the head women's basketball coach in 1978 and guided the Tribe to a VAIAW crown in her first season with a then school-record 16 wins (16-13). Her 1980 Tribe team (11-14) placed third, while the 1981 squad (16-16) was VAIAW runner-up. She was also at the helm during the 1984-85 season when William and Mary made the jump to NCAA Division I. Overall, she finished her coaching career with 115 wins, 84 of which came at William and Mary.

When the College's men's and women's athletic programs merged in May of 1986, she moved to administration, first serving as the assistant to the associate athletics director. Over the past 17 years, her administrative responsibilities at W&M have included the monitoring of financial aid matters, coordinating the scheduling of athletic facilities, supervision of coaches and staff and, currently, serving as the person primarily responsible for administering the day-to-day operations of the department.

From October 1992 to June 1993 and August 1995 to July 1996, Blosser also served as acting athletics director in an interim capacity. For her efforts, she was named the first recipient of the John Randolph Inspiration Award. Blosser has served on various committees such as the NCAA Strategic Planning Committee and the Colonial Athletic Association Competition Committee.

Blosser began her coaching career at the helm of the women's basketball program at Ashland College in Ohio. During two seasons there, she led the Eagles to successive 15-7 and 16-8 ledgers. Her 1977 squad won the AIAW Region V Championship, while her 1978 team took the OAISW Small College title.

A former three-sport standout at Ohio State, Blosser graduated Cum Laude in 1975 with a Bachelor of Science degree in physical education. At OSU, she was selected to both Phi Beta Kappa and Mortar Board. She competed in basketball, field hockey and tennis and captained both the basketball and field hockey squads her senior year. She went on to earn her master's degree from the University of North Carolina Greensboro in 1978.



ATHLETIC SUCCESS

Tribe

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

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

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

ACADEMIC EXCELLENCE

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

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

and volleyball.

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

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

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

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

THE COLLEGE

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

The College of William and Mary was founded in 1693 by King William III and Queen Mary II of England. Four Presidents of the United States received their education at the College - George Washington, Thomas Jefferson, James Monroe and John Tyler.

William and Mary was the first college to institute an honor code of conduct. The premier academic society, Phi Beta Kappa, was founded by William and Mary students in 1776. The Society of the Alumni, founded in 1842, is the sixth oldest alumni group in the nation. Now the College is designated as a "Public lyy", and ranks sixth among all public universities (U.S. News and World Report).

·W&M FACTS·

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

































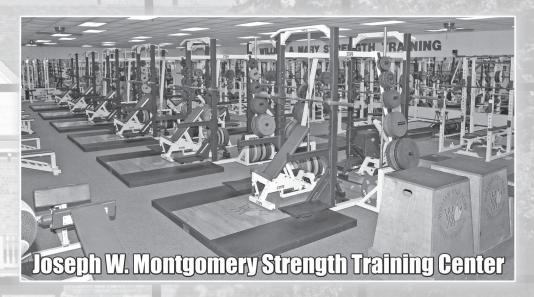
SUPPORT SERVICES

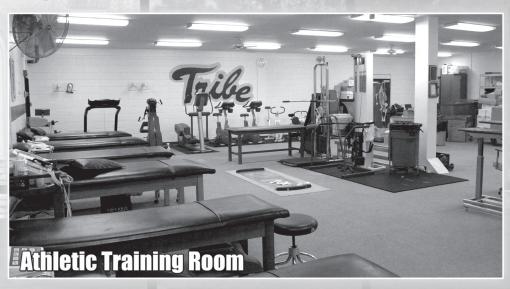


Athletics Department Goals

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

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





Sports Psychology

Deidre Connelly, Ph.D., is the College's full-time sport psychologist. All consultations are confidential and all student-athletes, teams or coaches are welcome regardless of the issues they wish to discuss. Consultation is available for sport psychology education, performance enhancement skills training, strategies for dealing with stress or injury, or for personal issues that may affect performance.

Compliance, Academic Support

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

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

Speed, Strength, Conditioning

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

Sports Medicine

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

ATHLETICS FACILITIES

Albert-Daly Field

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

Busch Courts

- Home of tennis in outdoor season
- Eight individual hard court surfaces
- Features California Corners, a unique design that includes quarter fences that run along the sidelines to allow uninterrupted play
- Stadium seating for 500
- State of the art lighting

Busch Turf Field

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

McCormack-Nagelsen

Tennis Center

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

Plumeri Park

- Home of the baseball program
- Made possible by a generous grant from Joe Plumeri

- Seating for over 1,000
 Indoor and outdoor batting cages
 Lighting for night games
 Lockers, box seats and concessions

Kaplan Arena at W&M Hall

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

Zable Stadium

- Home of football and track and field
 Campus landmark since 1935
 Seating for more than 12,000
 Field Turf surface

- Permanent lighting
- Brand new state-of-the-art track
- Joseph Montgomery football practice facility is located adjacent to the stadium



Albert-Daly Field



Busch Courts



Busch Turf Field



Zable Stadium



Plumeri Park



McCormack-Nagelsen Tennis Center



Kaplan Arena at **William and Mary Hall**