Entering his 12th season as head coach at Old Dominion University, Mitch Brindley has solidified his place among the nation’s best sailing coaches.

ODU has won four National Championships in five years under the direction of Brindley, and the head coach has been directly involved in obtaining eight of Old Dominion’s 15 national championships. The Monarchs were unable to 4-peat last season but the Women’s Dinghy team did qualify for national competition. In Charleston, SC Cara DiSanti skippered a crew including Jaci Finney, Alissa Ayres, Jenica Ryan to 14th place. All four of the women are back sailing this season for Brindley. In 1997-98 Brindley guided his teams to national titles in the ICYRA Team Race and the ICRYA Co-ed Dinghy Championships. He is currently the President of the Inter-Collegiate Sailing Association (ICSA), the national governing body for collegiate sailboat racing. Brindley formerly served as an assistant coach at Old Dominion for four years under head coach K.C. Fullmer, who left the program in 1995. As an assistant, Brindley helped guide the Monarchs to a sloop national championship in Hawaii in 1992.

As a competitor for Old Dominion, Brindley was twice named team captain and twice selected to Sailing World’s All-Star Crew. He crewed for the Monarchs when they won the ICYRA Sloop Nationals in 1988, the Dinghy National Championship team in 1989, and the team’s fifth place finish in the Team Race National Championship in the spring of 1989.

Despite the demands of coaching, Brindley remains an active competitor in national and international sailing. The Sugarland, Texas native graduated from Old Dominion in 1989 with a degree in economics. He and his wife Dawn and son Pierce, currently reside in Smithfield.
2006-2007 OLD DOMINION SAILING OUTLOOK

EXPERIENCE AND YOUTH HAND-IN HAND FOR THE MONARCH SAILING TEAM...ODU will look to its largest freshman class ever to win 16th national title.

Four out of five years the Old Dominion sailing team has brought home national championships. Failing to make it five out of five last season Monarch sailing is looking to return to championship form this year with a team that looks much different than those of years past.

With 15 freshman and nine sophomores this season, the ODU roster is younger than it has ever been. With 35 sailors, the ODU roster is bigger than it has ever been before. Challenges will stem from the youth and size of this roster, but if any team and any coach were equipped to deal with these challenges it would be Old Dominion and Head Coach Mitch Brindley.

Old Dominion has established a rich tradition of sailing by already putting 15 National Championships in the trophy case. With Brindley at the helm, the women’s dinghy team made it to national competition last season and returns all but one woman from that contending team in Mo Castruccio. Stepping into her place will be Senior Cara DiSanti. DiSanti has already proven to be an asset for Brindley during her tenure as a staple during women’s competition.

“With such a big freshman group it’s going to be very important for our returners, especially Wade [Schon], Dave [Tunnicliffe], and Cara [DiSanti] to use their leadership ability,” said Brindley. “We need their help to manage the team.”

Monarch skippers will not have any problems with a crew full of sailors that have a lot of big-time experience. Jenica Ryan, a spring season addition in 2005-06, is a great athlete and will add depth to the women’s team. Ryan also sailed in the Women’s Championships last year. Jaci Finney and Alissa Ayres also have championship experience. Ayres, normally a member of the crew, will do some skippering this season.

“I’m excited for the future. We only graduated two major contributors from last season and I can’t wait to see the development for the next few years,” said Assistant Coach Sam Ficksman. “The freshmen give us a good outlook for the future, for this year too, but really for the future.”

The highly heralded rookie class includes U.S. Olympic team member Kyle Rogachenko and Bermuda Olympic team member Katrina Williams. Rogachenko won the Laser Radial Youth World Championships last summer and Williams has a lot of experience as one of the top sailors out of Bermuda. These two are simply two standouts of a good group with a lot of high school and junior experience. Wilson Stout, Robert Kushner, and Stephen Waters should also add significant experience to the large rookie class.

“We’re going to be able to sail a bunch of different people in a bunch of different events,” said Brindley. “It can be a disadvantage because we might not sail the best team at every event, but we have to test everyone to see what they can do.”

In other words, the sailing team is in rebuilding mode and yet still expects to be a national contender. Brindley is not only excited about his singlehanded stars national title hopes, but also understands that this level of depth is going to be extremely beneficial when it comes to Team Racing.

The most exciting sailing championship of the year is Team Racing, which requires more tactics and strategy. In Team Racing, schools compete with 3 boats on the water at a time, head-to-head with another school. Coach Brindley is anticipating team racing this spring knowing he has the depth to have a very successful year.

With highly heralded freshman Rogachenko, the Monarchs have potentially one of the best singlehanded sailors in college sailing. Add Williams, a group of hard-working rookies, nationally tested veterans, and a coach that can push the right buttons and Old Dominion Sailing could very well grab its fifth national title in six years.
Samantha Ficksman returns to the Monarchs for her fourth year as an assistant coach, under Head Coach Mitch Brindley.

Ficksman helped the Monarchs win the Women’s Intersectional during her sophomore year. She received the All-Star Crew, All-American and ICYRA Sportsman of the Year awards during her collegiate days.

Samantha is in her third year with the Monarchs after spending the 2003 summer as a sailing instructor at the J. World Sailing School in Annapolis, MD. She is a certified sailing instructor and Coast Guard captain. Samantha previously piloted various boats around the nation for both commercial and private interests.

Sam continues to enjoy sailing competitively. In 2005 she focused on J22’s. Sailing with Team DPP they finished top 5 in three of the six events they sailed together with Sam on the foredeck. She finished the season competing in the Rolex International Women’s Keelboat championship where her team finished eighth out of 42 boats. During 2004, Sam sailed in dinghy and keelboat events, the highlight being a 6th place finish of 128 boats in the J22 World Championships. She also crewed in V15 Midwinter’s for an 8th place finish out of 66 boats and sailed Team Race Midwinter’s.

Samantha graduated from ODU with a degree in Recreation & Leisure Studies in 1996 and currently resides in Norfolk.

Trophy Case

1996  Women’s Dinghy North America’s: 4th in B Division with crew Shelly Caplan
       Team Race North America’s: 3rd place

1995  Team Race North America’s: 3rd

1994  Women’s North America’s crewing
Meet the Monarchs

Elyssa Albert

• Crew • Leesburg, VA
• Sophomore • Loudon Valley

Career: 2005-06: Placed 13th in B division with Maureen Castruccio at the ICSA Women’s National Championship... Finished 4th in B division at the MAISA Women’s Championships held in Bronx, NY... Teamed with Michael Smith for 6th place in B division at the Tom Curtis Regatta in Washington, DC... Had ten Top 10 finishes as a rookie... Prep: Four-sport athlete while attending Loudon Valley High School: softball, cross country, track and swimming... All-District and All-Regional runner... Captain of track and cross country teams... All-District swimmer in just one year of competition... Personal: Born January 14, 1987... Daughter of Charles and Patricia Albert... Has a brother Daniel (18)... Favorite movie is “The Notebook”... Works as a sailing instructor at NYCC during the summer... Dreams of sailing around the world... Goal in life is to become an Orthodontist... Most impressive person met is Head Coach Mitch Brindley... Dean’s List ODU Academic Honor... Majoring in Biology, Pre-Dental.

Alan Alkins

• Skipper • Port-of-Spain, Trindad
• Sophomore • St Mary’s

Prep: Competed in sailing as a skipper all four years under Head Coach Ben Earl... Also sails competitively and manufactures sailboats during the summer months... Personal: Born November 29, 1987... Son of David and Peta Alkins... Has a brother Anthony Alkins (15)... Favorite book is “The Da Vinci Code”... Favorite movie is “Shaft”... Goal in life is to excel in sailing... Majoring in Civil Engineering.

Alissa Ayres

• Skipper/Crew • Trenton, NJ
• Freshman • Ewing

Career: 2005-06: Sailed with Cara DiSanti, Jaci Finney, and Jenica Ryan in the Women’s National Championship A division to 14th place... Qualified for Nationals with DiSanti by sailing to 9th place at the MAISA Women’s Championships... Helped the Monarchs capture 2nd at the WAC Women’s Open with a 4th place showing in B division with Elyssa Albert... Prep: Competed in swimming all four years while attending Ewing HS; named team captain senior year... Personal: Born May 1, 1987... Daughter of Carl and Debra Ayres... Has two brothers Joshua DiToro (26), and Michael (25)... Worked as a sailing instructor during the summer... Favorite movie is “Life Aquatic With Steve Zissou”... Person most like to meet is John Fitzgerald Kennedy... Majoring in Elementary Education.

Mark Birkmeier

• Skipper • Delphos, OH
• Junior • Culver Military

Career: 2005-06: Raced with Bryan Otis in B division at the Hanbury Cup Regatta to 4th place... Sailed to 8th place with Jenica Ryan in B division at the Arrigan Memorial... 2004-05: Red-shirt freshman year... Prep: Was a three-year sailor in high school; named team captain... Won the Bill Koch Sailing Award... Personal: Born May 26, 1986... Son of Stephen and Avis Birkmeier... Has a brother, David (19), and a sister, Carrie (15)... Most impressive person met is George Steinbrenner... Person in history most like to meet is Ray Charles... Goal in life is to win the America’s Cup... Majoring in Business Management.
Jane Bleakney

- Crew • Silverton, OR
- Freshman • Silverton

Prep: Threw for track and field for three years at Silverton High School...Personal: Born August 15, 1988...Daughter of Dennis and Judy Bleakney...Has two sisters, Kate (23) and Ilene (16), and one brother, Dale (20)...Dreams of vacationing in Europe...Person most like to meet is Dwight D. Eisenhower...Favorite movie is “Mulan”...Majoring in International Studies and Political Science.

Michael Brown

- Skipper • Hampton, VA
- Sophomore • Kecoughtan

Career: 2005-06: Seven Top 10 finishes in rookie year...Placed 5th in B division of the SAISA/MAISA...Helped capture 5th place in the Washington College Team Race...Teamed with Jaci Finney for 6th place at the ODU Open South #1...Collaborated with teammates to capture 7th place in the Szambecki Team Race in Norfolk, VA and 5th place in the Washington College Team Race...Prep: Sailed for four years in high school as a skipper...Also was a long distance track runner and wrestled while he attended Kecoughtan...Personal: Born June 17, 1982...Son of Michael and Janelle Brown...Has three sisters, Leslie (28), Meghan McGuire (25), and Emily (20), and two brothers, Stephen (30) and Tyler (26)...Was a sailing instructor during the summer...Favorite book is “Oh, The Places You Will Go”...Majoring in Accounting.

Ashley Brusso

- Crew • Portsmouth, VA
- Freshman • Churchland

Prep: Four-sport athlete while attending Churchland HS: field hockey, cross country, tennis and soccer...Four years of field hockey capped by a 1st team All-District selection her senior year; named team captain...Personal: Born December 4, 1987...Daughter of Fred and Ella Brusso...Has one sister, Carrie (25), and one brother, Robbie (21)...Worked on the Elizabeth River Ferry during the summer...Favorite sports personality is Suzi Kolber...Favorite book is “The Cay”...Undecided in Major.

Michael Collins

- Skipper/Crew • Bayport, NY
- Junior • Bayport-Blue Point

Career: 2005-06: Teamed with Jenica Ryan to place 3rd in the MAISA/SAISA Intersectional...Finished 3rd in A division with Jennifer Adams and Ryan Kozoriz at the Riley Cup in Norfolk, VA...Finished 7th and 9th in the only D division races of the year...2004-05: Teamed with Kozoriz to place 1st in A division at the Hampton Bay Days Regatta, helping the Monarchs clinch 1st place overall...Teamed with Joseph Tyler Obara in A division to place 4th at the MAISA/SAISA Open...Prep: A four-year letter-winner in winter track...Competed in state competition in spring track...Cross-country runner for one season...Personal: Born September 5, 1986...Son of Timothy and Kathleen Collins...Has a sister, Erin (21)...Works as a sailing instructor during the summer...Favorite sports personality is Steve Prefontane...Most impressive person met is Donald Trump...Favorite movie is “Dumb and Dumber”...Majoring in Sports Management.
CARA DISANTI (TEAM CAPTAIN)

- Skipper
- Seacliff, NY
- Senior
- North Shore

Career: 2005-06: Finished 14th in A division at the ICSA Women's National championship with Jaci Finney, Alissa Ayres, and Jenica Ryan... Qualified for Nationals with a 5th place effort at the Spring MAISA Women's Championships in A division with Ayres... Won A division at the MAC Women's Open with Jenica Ryan assisting Monarchs 2nd place showing... Teamed with Jaci Finney for 5th place in the Fall MAISA Women's Championships... 2004-05: Teamed with Maureen Castruccio and Jenn Adams in B division to place 4th at the MAISA Women's Championship helping the Monarchs finish 4th overall... Came off the bench in B division at the Women's Nationals to help the team 4th overall... 2003-04: Teamed with Ryan Kozoriz to place 5th in the B division at the MAISA Freshman regatta and 3rd in B division at the MAISA/SAISA regatta... Placed 3rd in B division at the MAISA Women's Dinghy Championship, with Maureen Castruccio and Cara Gibbobs-Neff... Prep: Played soccer, softball and winter track in high school... Personal: Born September 24, 1985... Daughter of Mark and Susan DiSanti... Has a sister, Catie (17)... Sailing instructor during the summer. Enjoys hanging out with friends, sports, music and snowboarding... Named Sailing Team Captain in 2006... Majoring in Civil Engineering.

GILLEN ELDER

- Skipper
- Norfolk, VA
- Sophomore
- Norfolk Collegiate

Career: 2005-06: Won the A division with Bryan Otis at the Hampton Bay Days contributing to an overall Monarch victory... Collaborated to a 5th place finish at the Washington College Team Race... Finished 5th in A division at the SAISA-MAISA with Bobby Schulz and Lisa Shapiro... 5th in B division at the MAISA Freshman regatta with Jaci Finney... Did not finish outside of the Top 10 in any race entire rookie season... Prep: Five-sport athlete while attending Norfolk Collegiate: wrestling, soccer, lacrosse, sailing, and cross country... Two-time MASSA Champion, Captain and Best Skipper honor while in high-school... Personal: Born James Gillen Elder on May 12, 1987... Son of Mark and T.J. Elder... Favorite sports personality is Dexter Manley... Nickname is King Neptune... Favorite Movie is "Pulp Fiction"... Majoring in Engineering.

MICHALIS ELEFHERIOU

- Skipper
- Limassol, Cyprus
- Junior
- Lanito

Career: 2005-06: Came off the bench to race with Bryan Otis for 5th place in B division at the Kings Point North Qualifier... Also finished 9th in A division with Elyssa Albert at the Arrigan Memorial... Personal: Born May 6, 1984... Son of Eutichios and Anna Eleftheriou... Was a sailing coach during the summer... Favorite movie is "The Green Mile"... Favorite book is "The Old Man and The Sea"... Goal in life to sail around the world... Dreams of vacationing in the Greek Islands... Majoring in Electrical Engineering.

JACLYN FINNEY

- Crew
- Hampton, VA
- Sophomore
- Kecoughtan

Career: 2005-06: Placed 14th in the ICSA Women's National Championship as a member of the 14th ranked crew in the nation during her freshman season... Ten Top 10 finishes rookie year... Finished 5th with Gillen Elder in B division at the MAISA Freshman Regatta held in Annapolis, MD... Again placed 5th with Cara DiSanti in A division at the MAISA Women's Championships... Collaborated with teammates for two 7th place finishes in the Bob Bavier and Szmbecki team races... Prep: Lettered three years in swimming at Kecoughtan... Captain of the swimming team... Competed in sailing all four years... Personal: Born August 26, 1987... Daughter of Richard Finney and Ruthanne Neary... Has two brothers, Patrick Finney (28) and Joe Neary (23), and one sister Lauren Triggs (29)... Nickname: "Jaci"... Favorite book is "Million Little Pieces"... Dean's List ODU Academic Honors... Goal in life is becoming a doctor in Hawaii.
RYAN KOZORIZ

• Crew
• Senior
• Yorktown, VA
• Tabb

Career: 2005-06: Started the junior season with a bang capturing 3rd place in A division in the first two weekends of the year; with Jennifer Adams and Michael Collins in the Riley Cup and again the following week with Charles Higgins and Adams at the Nevins Trophy…Won the War Memorial Regatta for A division held in Norfolk, VA October 29-30...Finished 5th in A division at the America Trophy with Higgins and Adams…Collaborated with teammates for three 7th place finishes in the Bob Bavier Team Race, the Georgetown Team Race and the Szambecki Team Race…2004-05: Sailed in B division at the ICSA Gill Dinghy National Championship finishing 6th overall…Teamed with Collins to place 1st in A division at the Hampton Bay Days Regatta where the Monarchs finished in 1st place overall…Collaborated with teammates Anna Tunnicliffe, Emily Bartlett, Michael Smith, Maureen Castruccio, Wade Schon, and Higgins to place 3rd in the Szambecki Team Race held at Old Dominion University…Teamed with Higgins to place 4th in A division at the Morris Trophy…2003-04: Personal: Born June 9, 1985…Son of C. Paul and Judy Kozoriz…Has a brother, Justin (16)…Interned at NASA Langley Research Center during the summer…Favorite book is “The Long Walk”…Favorite movie is “Snatch”…Majoring in Mechanical Engineering.

ROBERT KUSHNER

• Skipper
• Freshman
• Annapolis, MD
• Annapolis,

Prep: Competed as a skipper for four years on the Annapolis High School Sailing Team…Personal: Born June 6, 1988…Son of Louis and Frances Kushner…Has one brother, Michael (16)…Favorite movie is “The Big Lebowski”…Favorite book is “The Outsiders”…Hobbies include boating, sailing, fishing and snowboarding…Undecided in major.

BOBBY NOONAN

• Skipper
• Sophomore
• Ft. Lauderdale, FL

Career: 2005-06: Raced with Jaci Finney and Bryan Otis for a 7th place finish at the America Trophy…Primary C division racer for the Monarchs with a 9th place showing at the Nevins Trophy, 8th place effort at the NAVY Fall Intersectional, and two 10th place finishes at the Truxtun Umstead and at the Admiral’s Cup…Finished 3rd in the Navy South Laser Qualifier…Top 10 showing at the MAISA Men’s Singlehanded…Teamed up for the 7th place finishes in the Bob Bavier, Georgetown and Szambecki Team Races…Prep: Was a five-sport athlete while attending Fort Lauderdale High School: soccer, football, volleyball, baseball, and sailing…Personal: Born January 14, 1986…Son of Raymond and Donna Noonan…Coached sailing during the summer…Favorite sports personality is Robert Scheidt…Favorite movie is “The Big Lebowski”…Majoring in Communications.

THOMAS O’BRYAN

• Skipper
• Freshman
• Hampton, VA
• Kecoughtan

Prep: Sailed four years at Kecoughtan HS…Competed as a swimmer for three years…Personal: Born July 7, 1988…Son of Thomas and Beverly O’Bryan…Has two sisters, Molly (23) and Katie (20)…Nickname: “Patty”…Favorite sports personality is Vince Young…Favorite movie is “The Goonies”…Likes to play golf in leisure time…Majoring in Mechanical Engineering.
Bryan Otis

Career: 2005-06: Won the A division and contributed to an overall ODU victory at Hampton Bay Days Regatta with Gillen Elder...Crew member of the 7th place B division boat at America Trophy with Bobby Noonan and Jaci Finney...Raced to 4th place in B division with Mark Birkmeier at the Hanbury Cup Regatta...Finished 5th in B division at the Kings Point North Qualifier with Michalis Eleftheriou...2004-05: Won the B division and contributed to an overall ODU victory at the Hanbury Cup with Michael Smith...Collaborated with teammates for two Top 10 Team Races...Prep: Two-year diver for Southlakes High School...Personal: Born July 5, 1984...Son of Richard and Trish Otis...Has a sister, Jessica (25)...Works at NAVAIR during the summer...Favorite movie is “Waiting”...Majoring in Mechanical Engineering.

Kyle Rogachenko

Career: Became the first American to win the Laser Radial Youth Worlds Championships last August. Paced the 70-boat boy's Gold fleet by 10 points...Member of the U.S. Sailing Team...Prep: Competed in tennis for three years and ran cross country four years at Methacton High School...Personal: Born July 16, 1988...Son of Walt and Nancy Rogachenko...Has one brother, Alex (20)...Enjoys wakeboarding in leisure time...Favorite movie is “Mr. Deeds”...Majoring in Mechanical Engineering.

Jenica Ryan

Career: 2005-06: Stepped in during the second half and added depth to the women’s team including becoming a crew member of the 14th place boat at the ICSA Women’s National Championships with Cara DiSanti, Alissa Ayres, and Jaci Finney...Won the A division WAC Women’s Open with DiSanti, contributing to an ODU 2nd place showing...Sailed to 3rd place in A division with Michael Collins in the MAISA/SAISA Intersectional...Crew member of the 5th place team at the Washington College Team Race in Chestertown, MD...2004-05: Played Varsity Soccer at LeMoyne College...Prep: Played soccer for Shawnee HS...Personal: Born June 24, 1986...Daughter of Shawn and Sandra Ryan...Has two brothers, Steven (16) and Joshua (8), and one sister, Julia (6)...Works as a lifeguard during the summer...Hobbies include surfing, snowboarding, and club soccer...Majoring in Business Marketing.

Lisa Shapiro

Career: 2005-06: Finished 3rd with Brendan Gay in B division at the MAISA/SAISA Intersectional...Helped ODU finish 4th at the Hanbury Cup with a 3rd place race in A division with Michael Smith and Matthew Kepner...Team member of the 5th place boat at the Washington College Team Race in Chestertown, MD...Crewmember of the A division team with Gillen Elder and Bobby Schulz that took 5th place in the final race of the fall, the SAISA-MAISA...2004-05: Had an impressive rookie campaign for the Monarchs, bringing home 2nd place in A division at the CNU Open where she paired with Brian McEwing...Placed 7th out of 17 in B division with McEwing at the ODU Spring Open...Prep: Joins the Monarchs squad from Oakton High School...Sailed recreationally...Personal: Born March 30, 1986...Daughter of Carl and Helene Shapiro...Has two sisters, Marianne (20) and Alanna (9), and one brother, Jason (16)...Favorite movie is “Troy”...Majoring in Interdisciplinary Studies.
John Shockey  
- Skipper  
- Freshman  
- New Albany, OH  
- New Albany  
Prep: Competed in four years of soccer at New Albany High School; named team captain...Also played one season of basketball...Personal: Born June 30, 1988...Son of Brad and Barb Shockey...Has two sisters, Stacie (21) and Marcie (20), and a twin brother, Kevin (18) who is also a Monarch sailor...Competed in U.S. Junior Singlehanded Championship in 2006....Finished 11th...Nickname is “J-Shock”...Favorite sports personality is Cristiano Ronaldo...Favorite movies are the “Scary Movie” franchise...Hobbies include all sports and hunting...Majoring in Psychology.

Kevin Shockey  
- Skipper  
- Freshman  
- New Albany, OH  
- New Albany  
Prep: Varsity letter winner in four years of soccer at New Albany...Also played one season of basketball...Personal: Born June 30, 1988...Son of Brad and Barb Shockey...Has two sisters, Stacie (21) and Marcie (20), and a twin brother, John (18) who is also a Monarch sailor...Finished 8th at U.S Junior Single Handed Championships in 2006...Nickname is “K-Shock”...Favorite sports personality is Thierry Henry...Favorite movie is “The Patriot”...Hobbies include sailing and hunting...Majoring in Business.

Wick Smith  
- Crew  
- Sophomore  
- Chapel Hill, NC  
- Jordan  
Career: 2005-06: Finished 5th in B division with Matthew McCoy at the Hampton Bay Day’s Regatta in which the Monarchs took home a victory...Raced in A division with Elyssa Albert and Michael Brown to a 6th place finish at the MAISA Freshman Regatta...Prep: Played golf for two years at Jordan High School...Personal: Born March 6, 1987...Son of Wick and James Smith...Nickname: “Wick”...Was a camp counselor during the summer...Favorite sports personality is Tiger Woods...Most impressive person ever met is Jack Nicklaus...Majoring in Mechanical Engineering.

Laura Speas  
- Crew  
- Freshman  
- Chesapeake, VA  
- Hickory  
Prep: Competed in both soccer and track at Hickory High School...Personal: Born April 14, 1988...Daughter of Louis and Judith Speas...Has three sisters, Virginia (24), Meredith (19), and Kathryn (16)...Works as a legal secretary in the summer...Favorite movie is “Ice Age”...Favorite book is “The Secret Life of Bees”...Hobbies include reading, movies, and going to the beach...Academic Excellence for four years...Who’s Who...National Honor Society two years (secretary)...Spanish Honor Society...Majoring in Economics.
Wilson Stout  
• Skipper/Crew • Annapolis, MD  
• Freshman • Archbishop Prep: Competed in sailing as a skipper all four years while attending Archbishop Spalding. Personal: Born July 14, 1987...Son of Alex and Lorie Stout...Has one brother, Bryan (16)...Hobbies include long boarding, break dancing, writing and drawing...Majoring in English and Graphic Design.

David Tunnicliffe (Team Captain)  
• Skipper/Crew • Pittsburgh, PA  
• Junior • Perrysburg High Career: 2005-06: Raced to a 7th place finish with teammates in the Bob Bavier, Georgetown, and Szambecki Team Races...Finished 9th with Jaci Finney, Bobby Noonan, and Bryan Otis in B division at the War Memorial Regatta...2004-05: Teamed up with Charles Higgins and Thomas Lewin to place 3rd in the MAISA Sloops held in Annapolis, MD...Participated in the team that brought home a 4th place finish at the Bob Bavier Team Race...Placed 6th out of 20 sailors at the Navy South Laser Open...Prep: Tunnicliffe was a three-sport competitor in high school...Spent four years on cross country and track teams, three years on the swimming team...Represented ODU at the 2006 World University Match Racing Championships...Personal: Born October 14, 1984...Son of Paul and Joanna Tunnicliffe...Brother of Old Dominion Sailing alumnus Anna Tunnicliffe (23) who is incidentally the most impressive person ever met...Worked as a sailing coach during the summer...Runs marathons and half-marathons in his leisure time...Majoring in Management and Decision Science.

Stephen Waters  
• Skipper/Crew • Norfolk, VA  
• Freshman • Norfolk Collegiate Prep: Sailed all four years under Head Coach Liz Bower as heavy crew; named crew MVP three years in a row...Personal: Born June 1, 1987...Son of David and Leslie Waters...Has one sister, Laura (20), and one brother, Thomas (16)...Worked in boat repair and as a Jr. Sailing Coach during the summer...Dreams of windsurfing in Hawaii or surfing in Indonesia on vacation...Hobbies include wakeboarding, tubing, and windsurfing...Majoring in Oceanography.

Katrina Williams  
• Skipper • Bermuda  
• Freshman • Bermuda Prep: Competed in swimming, track and field, and netball at Bermuda High School...Competed in sailing recreationally...Won the 420 Nationals in 2003 and 2004...15th out of 60 racers at CORK Radial Gold...4th at CORK Radial Female...Top Youth and 3rd overall at Radial Nationals...Placed 6th in the Small Island Games and 21st at the ISAD Volvo Youth Worlds in 2004...Member of the Bermuda National Sailing Team...Finished 15th in the Laser Radicals at the 2006 Canadian Olympic Regatta Kingston...Born December 22, 1988...Daughter of Alastair and Kelly Williams...Has one brother, Gareth (20)...Works as a sailing coach during the summer...Favorite movie is “Finding Nemo”...Majoring in Exercise Science.
<table>
<thead>
<tr>
<th>Year(s)</th>
<th>Award(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1982-83</td>
<td>K.C. Fullmer (All-American)</td>
</tr>
<tr>
<td>1984-85</td>
<td>Stacy Ench (All-Star Crew)</td>
</tr>
<tr>
<td>1985-86</td>
<td>Stacy Ench (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>James C. Malm (Honorable Mention)</td>
</tr>
<tr>
<td></td>
<td>Mike Martin (Honorable Mention)</td>
</tr>
<tr>
<td>1986-87</td>
<td>April Eliot (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Terry Hutchinson (All-American)</td>
</tr>
<tr>
<td></td>
<td>James C. Malm (Honorable Mention)</td>
</tr>
<tr>
<td></td>
<td>Jim Weber (All-American)</td>
</tr>
<tr>
<td></td>
<td>Flurry Normann (All-American)</td>
</tr>
<tr>
<td>1987-88</td>
<td>Mitch Brindley (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Terry Hutchinson (All-American)</td>
</tr>
<tr>
<td></td>
<td>Mike Martin (Honorable Mention)</td>
</tr>
<tr>
<td></td>
<td>Flurry Normann (All-American)</td>
</tr>
<tr>
<td></td>
<td>Jim Weber (All-American)</td>
</tr>
<tr>
<td>1988-89</td>
<td>Mitch Brindley (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Mike Devlin (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Terry Hutchinson (Sailor of the Year)</td>
</tr>
<tr>
<td></td>
<td>Mike Martin (All-American)</td>
</tr>
<tr>
<td></td>
<td>Flurry Normann (All-American)</td>
</tr>
<tr>
<td></td>
<td>Charlie Ogletree (All-American)</td>
</tr>
<tr>
<td></td>
<td>Jim Weber (All-American)</td>
</tr>
<tr>
<td>1989-90</td>
<td>Mike Devlin (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Todd Hudgins (Honorable Mention)</td>
</tr>
<tr>
<td></td>
<td>Terry Hutchinson (Sailor of the Year)</td>
</tr>
<tr>
<td></td>
<td>Marty Kullman (All-American)</td>
</tr>
<tr>
<td></td>
<td>Kim Logan (All-American)</td>
</tr>
<tr>
<td></td>
<td>Dawn Philips (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Jim Weber (All-American)</td>
</tr>
<tr>
<td>1990-91</td>
<td>Todd Hudgins (All-American)</td>
</tr>
<tr>
<td></td>
<td>Donna Kuhl (All-American)</td>
</tr>
<tr>
<td></td>
<td>Marty Kullman (All-American)</td>
</tr>
<tr>
<td></td>
<td>Ian Lay (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Kim Logan (All-American)</td>
</tr>
<tr>
<td></td>
<td>Shell Schepker (All-Star-Crew)</td>
</tr>
<tr>
<td>1991-92</td>
<td>Marty Kullman (All-American)</td>
</tr>
<tr>
<td></td>
<td>Shell Schepker (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Heidi Thoma (All-American)</td>
</tr>
<tr>
<td>1992-93</td>
<td>Patrick Downey (All-American)</td>
</tr>
<tr>
<td></td>
<td>Brian Hutchinson (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Heidi Thoma (All-American)</td>
</tr>
<tr>
<td>1993-94</td>
<td>Patrick Downey (All-American)</td>
</tr>
<tr>
<td></td>
<td>Christine Accettella (All-American)</td>
</tr>
<tr>
<td></td>
<td>Bill Hardesty (All-American)</td>
</tr>
<tr>
<td></td>
<td>Kristin Graham (All-Star Crew)</td>
</tr>
<tr>
<td>1994-95</td>
<td>Patrick Downey (All-American)</td>
</tr>
<tr>
<td></td>
<td>Samantha Ficksman (All-Star Crew)</td>
</tr>
<tr>
<td></td>
<td>Mitchell Rogers (Honorable Mention)</td>
</tr>
<tr>
<td></td>
<td>John Torgerson (All-American)</td>
</tr>
<tr>
<td>1995-96</td>
<td>Evangeline Callahan (All-American)</td>
</tr>
<tr>
<td></td>
<td>Samantha Ficksman (ICYRA Sportsman of the Year &amp; All American)</td>
</tr>
<tr>
<td></td>
<td>Mitchell Rogers (All-American)</td>
</tr>
<tr>
<td></td>
<td>Stephanie Sharlow (All-American Crew)</td>
</tr>
<tr>
<td></td>
<td>Aaron Szambecki (Honorable Mention)</td>
</tr>
<tr>
<td>1996-97</td>
<td>Rob Ragsdale (All-American Crew)</td>
</tr>
<tr>
<td></td>
<td>Jennifer Pait (All-American Crew)</td>
</tr>
<tr>
<td></td>
<td>John Torgerson (All-American)</td>
</tr>
<tr>
<td>1997-98</td>
<td>Ward Cromwell (Honorable Mention)</td>
</tr>
</tbody>
</table>
Lady Monarchs Led Sailing to Another Successful Year

2005-2006 in Review

In the wake of losing one of the most prolific sailors in Old Dominion University history, the Lady Monarchs continued where Anna Tunnicliffe left off. In 2004-05 the now alum sailor became the first woman in the history of ICSA sailing to win three back to back single-handed titles. For the first time in four years the Lady Monarchs were without the services of Tunnicliffe and yet did not miss a beat in 2005-06.

The Lady Monarch sailing team ranked in the nation’s Top 15 during the season and qualified for the nationals after finishing fifth at the MAISA Women’s Championships in the Bronx, NY. Cara DiSanti, a senior this season, skippered the A Division crew to 14th place in national competition at Charleston, SC, which included Alissa Ayres, Jaci Finney, and Jenica Ryan. The B Division boat of senior Maureen Castruccio and Elyssa Albert finished 13th overall.

All season long the women paced the Old Dominion team with five Top 10 finishes including a season-best second place at the WAC Women’s Open in Chestertown, MD. Coming into the season, with the loss of Tunnicliffe, the sailing team was supposed to be leaning on the men’s team. However, with newcomers Ayres, Finney, and Ryan bringing a lot to the water, the women pieced together a fantastic season. By season’s end the women’s team was ranked 14th in the nation. Add talented youth to the veteran leadership of Castruccio and DiSanti and the result was a trip to Charleston, SC for a chance at another national title.

It wasn’t all women, however, as the co-ed dinghy squad also helped boost the sailing team’s successful year. In the final national polls, the co-ed team ranked 16th in the nation. New recruits also had a lot to do with the co-ed success, with Gillen Elder, Michael Brown, and Bobby Noonan. Noonan raced singlehanded most of the season, but was a team member in all but one team race, and came up big when he skippered the B division boat at the America Trophy to finish 7th. Elder and Brown were familiar faces on the co-ed circuit all season long including a 5th place finish at the SAISA-MAISA. Elder was skipper of the A division boat and Brown the B division skipper.

The ODU men had their best weekend in early October when they came home with the victory at the Hampton Bay Day’s Regatta and a Top 10 finish in single-handed competition. The victory, the only first place showing for ODU all last season, was compliments of Elder and Bryan Otis in A division and a B division team of Wick Smith and Matthew McCoy. In King’s Point, NY, Noonan finished in the Top 10 in singlehanded competition while also finishing 3rd in an earlier singlehanded event, the Navy South Laser Qualifier.

In 2005-06, the Monarchs were a very young team, with just three senior starters, and many were expecting a rebuilding type season for Head Coach Mitch Brindley. However, a good mix of young skippers and veteran crew led to a very successful season. The Monarchs missed out on their 16th National Championship, but showed fortitude and depth the way they sailed last season.

Overall, ODU sailors took first at the Hampton Bay Day’s Regatta and placed second at the WAC Women’s Open, while finishing third at the MAISA Sloops and MAISA-SAISA Intersectionals. Throughout the season the sailors totaled ten Top Five finishes in team competition and 24 Top 10 outings.

<table>
<thead>
<tr>
<th>National Sailing Titles</th>
<th>National Sailing Titles</th>
</tr>
</thead>
<tbody>
<tr>
<td>1982 Women’s National Champions</td>
<td>Seattle, Wash.</td>
</tr>
<tr>
<td>1987 Women’s National Champions</td>
<td>New York, N.Y.</td>
</tr>
<tr>
<td>1989 Sloop National Champions</td>
<td>Santa Cruz, Calif.</td>
</tr>
<tr>
<td>1990 Sloop National Champions</td>
<td>Charleston, S.C.</td>
</tr>
<tr>
<td>1992 Sloop National Champions</td>
<td>Honolulu, Hawaii</td>
</tr>
<tr>
<td>1996 Singlehanded National Champions</td>
<td>Charleston, S.C.</td>
</tr>
<tr>
<td>2002 Women’s National Championship</td>
<td>Honolulu, Hawaii</td>
</tr>
<tr>
<td>2002 Women’s Singlehanded National Championship</td>
<td>Houston, TX</td>
</tr>
<tr>
<td>2003 Women’s Singlehanded National Championship</td>
<td>St. Petersburg, FL</td>
</tr>
<tr>
<td>2004 Women’s Singlehanded National Championship</td>
<td>Wazayta, MN</td>
</tr>
</tbody>
</table>

Fowle Trophy

| 1989 National Champions                                      | 1990 National Champions                                      |

13
Old Dominion University opened its doors 76 years ago in an abandoned public school building to 206 students. Known at the time as the Norfolk Division of the College of William and Mary, it became an independent, four-year institution in 1962 and attained university status in 1969.

Today, Old Dominion enrolls more than 21,000 students, including approximately 6,200 graduate students. Its 185-acre Norfolk campus is the primary hub of activity, along with four additional higher education centers (Virginia Beach Center, Peninsula Center, Tri-Cities Center and Northern Virginia Center).

Old Dominion is versatile university, committed to its students, their education, personal development and overall success. The University offers 68 bachelor’s degrees, 60 master’s degrees, 35 doctoral degrees and two educational specialist degrees, and consists of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences and Sciences.

Students who live on campus may choose residence hall or apartment-style living. The attractive Webb University Center provides a bookstore, cafeteria, food court, game room, lounge areas, and other shops and offices to serve the student body.

Old Dominion is one of Virginia’s leading Ph.D. research institutions. The University contributes approximately $600 million a year to the Hampton Roads economy and provides the community with a variety of programs and services, including the Applied Research Center, Virginia Applied Technology and Professional Development Center, Military Career Transition Program, Executive Development Center and the Virginia Modeling, Analysis and Simulation Center. A leader in space-related research, Old Dominion ranks first in the state in funding from NASA for research projects. The University operates one of the largest wind tunnels in the world at NASA’s Langley Research Center, and its Oceanography, Nuclear Physics, and Modeling and Simulation programs are among the best in the nation.

The University Village, a 75-acre development along the east side of Hampton Boulevard, is yet another economic spark for the region. The 8,600-seat Ted Constant Convocation Center, which opened in fall 2002, is the centerpiece of the project. The Village also currently includes 278 modern apartment units for students, a fitness center and a variety of restaurants. Plans call for the addition of a research park, bookstore, hotel and shopping center.

In the classroom, Old Dominion students continue to earn high marks. The University boasts three USA Today Academic All-Americans and a Truman Fellow. ODU’s first Rhodes Scholar is former field hockey All-American Samantha Salvia, a 1996 graduate. Through its distance learning operation, Old Dominion offers nationally ranked programs in the sciences, engineering, arts and letters, health sciences, business and education. Its network includes nearly 50 locations throughout Virginia and as far away as Arizona, Georgia, Washington state, and even U.S. Navy ships and submarines deployed around the globe.

Old Dominion is well known for its international focus in both its curricula and student population. More than 1,100 international students from 100 countries are enrolled at the University.

The University also contributes to the cultural life of Hampton Roads by presenting music and dance concerts, plays, art exhibits, and annual literary and film and video festivals. In addition, the President’s Lecture Series brings nationally known speakers to campus each year.

The University is located approximately 200 miles south of Washington, D.C., and is but a short drive to Virginia Beach and the Outer Banks of North Carolina.
OLD DOMINION SAILING CENTER

Formally dedicated in the fall of 2001, the sailing center at Old Dominion has helped elevate the sailing program to a new level. Complete with locker rooms, classrooms, showers, offices and a work area, the addition is the centerpiece for the waterfront sailing complex.

Located adjacent to the sailing center, Old Dominion’s boathouse provides storage for the program’s fleet of 18 FJs, Lasers 420s and various support craft, and is also home to Old Dominion’s recreational sailing program. A 200-foot pier and launching ramp completes the complex.

Thanks to the gracious donations of donors, the sailing center addition helps maintain Old Dominion University’s dominance as one of the premier programs in the nation and helped ensure a future of smooth sailing for student-athletes and teams to come.

SAILING AT ODU

Old Dominion became a charter member of the South Atlantic Intercollegiate Sailing Association in 1964, participating on a club basis. In 1977, thirteen years after joining the SAISA Old Dominion made its first move to elevating the sport to varsity status by organizing a sailing committee. One year later, Gary Bodie was named the Waterfront Director and Sailing Coordinator. In 1980, two Monarch sailors, K.C. Fullmer and Joe Gander, captured individual SAISA honors. The Monarchs captured the SAISA Fall Dinghy Championship, hosted the Singlehanded National Championships and were ranked 19th nationally.

In the summer of 1981, seventeen years after the club began, sailing was elevated to varsity status. In 1982, the Sailing Center was constructed and in 1984 Old Dominion moved into a new conference, the Mid-Atlantic Intercollegiate Sailing Association (MAISA), helping it become a national powerhouse.

Now established as one of the top sailing programs in the country, Old Dominion is now an annual host to numerous sailing events, including the Riley Cup, BYO Radial Open, ODU Open and the Aaron Szambecki Team Race. In the fall of 2001, Old Dominion played host to the ICSA Men’s and Women’s Singlehanded National Championships, and has previously hosted the spring nationals on two occasions. In 2007 ODU will host the ICSA Women’s Dinghy Championship.

Old Dominion has captured 14 national titles and has produced 90 All-Americans and All-Star crews since 1982-1983, with 40 of those awards having been won under the program’s current coach, Mitch Brindley. In 1989 and 1990, Terry Hutchinson earned Sailor of the Year honors and Samantha Ficksman was named ICYRA Sportsman of the Year in 1995-96. In 2003 Conrie Clement was Quantum Women’s Sailor of the Year and Anne Tunicliff lead those All-Star Crew.

When former head coach K.C. Fullmer resigned in 1995, the Old Dominion program did not have to look far to find his replacement. Former and assistant coach Mitch Brindley was named to the post, and the winning tradition continues to this day.
MAISA AND THE ICSA

2006-2007 Sailing Championships

ICSA Championships
ICSA Women’s -- May 23-25/Old Dominion University, Norfolk, VA
ICSA Team Race -- May 27-29/Naval Academy, Annapolis, MD
ICSA Dinghy -- May 30-June 1/Naval Academy, Annapolis, MD
ICSA Singlehanded -- November 3-5, 2006/Roger Williams University, Bristol, RI
ICSA Sloop -- November 17-19/College of Charleston, Charleston, SC

Mid-Atlantic Intercollegiate Sailing Association Championships
MAISA Team Race -- April 7-8, 2007/Old Dominion University, Norfolk, VA
MAISA Women’s -- April 21-22/Cornell University, Ithaca, N.Y.
MAISA Dinghy -- (America Trophy) April 28-29, 2007/USMMA/King Point, N.Y.
MAISA Men’s Singlehanded -- Oct. 7-8/King’s Point, NY
MAISA Sloops -- October 21-22/Navy, Annapolis, MD
MAISA Women’s Singlehanded -Sept. 29-30/Naval Academy, Annapolis, MD
The top five finishers at the MAISA Women’s Singlehanded, Singlehanded, and Dinghy championships qualify for the ICSA Championship, while only the top two finishers at the MAISA Sloop and Women’s Dinghy championships qualify for the ICSA Championship.

Outstanding ODU Olympians

ODU’s solid sailing program extends beyond the university. The United States Olympic Sailing Team has recruited five former Monarchs and one current sailor to its campaign for gold in Beijing 2008.

Anna Tunncliffe (2005)
Tunncliffe is the top-ranked Radial sailor in the United States and by the International Sailing Federation (ISAF). After making history at ODU by winning back-to-back-to-back national singlehanded championships, Tunncliffe has continued to be a force in sailing competition all over the world.

Brad Funk (2002)
Funk is the second ranked men’s Radial sailor in the United States. Funk has been active in the ISAF since 1995 and has been a top American sailor since his days at Old Dominion. Funk and Tunncliffe frequently train and sail together when not competing in their respective singlehanded divisions.

Sally Barkow (2003) and Debbie Capozzi (2003)
Barkow and Capozzi are two staple members of the top United States Yngling team. The two women and crew won three world championships in four months in 2005 and U.S. Sailing and Rolex named Barkow the 2005 Yachtswoman of the Year. Recently Capozzi won the 2006 Women’s Match Racing Championship.

Charlie Ogletree (1989)
Ogletree is a crew member on the top-ranked Tornado team. He was on the 2004 world silver medal Tornado team and a three-time Olympian. Ogletree never finished out of the Top Eight in the Olympics and has been sailing competitively for over 30 years.

Kyle Rogachenko (Current Sailor)
Rogachenko joins the Monarch sailing team for his freshman season already ranked the 4th best Radial sailor in the United States. Rogachenko became the first American to ever win the Laser Radial Youth World Championships last August.