Entering his 13th 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 the last six years under the direction of Brindley, and the head coach has been directly involved in obtaining eight of Old Dominion’s 15 national championships. He has coached the women’s team to eight straight appearances at the ICSA Women’s Dinghy National Championships, including a national title in the event in 2002. Most recently, Brindley has guided three Lady monarch sailors to the ICSA Singlehanded Championships for the first time in school history.

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 in 1989, and for the 5th 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 currently reside in Smithfield with 2-year old son, Pierce, and newborn daughter, Josie.
This season a theme of youth and excitement surrounds the ODU sailing program as the Monarchs return a group of young but experienced sailors with the influx of several already seasoned newcomers. The Monarchs welcome back three of the four women who qualified for the 2007 ICSA Women’s National Championship last spring as well as sophomore singlehanded specialist Kyle Rogachenko, who captured a U.S. Sailing Singlehanded Championship this summer.

ODU expects to be a force in singlehanded competition, with sophomore Katrina Williams leading the way for the women and senior Bobby Noonan and Rogachenko taking the lead for the men.

Williams, who qualified for her second ICSA Singlehanded Championship this fall, will be joined by newcomers Stephanie Roble and Morgan Wilson as key contributors to the women’s team. The three sailors became ODU’s first ever trio to qualify for the same ICSA Singlehanded National Championship. Not only did all three Monarchs qualify, but also Williams and Roble finished in the top five at the national event. ODU earned the automatic berths to represent three of the five spots allotted to one of the nation’s top conferences, the Mid-Atlantic Intercollegiate Sailing Association (MAISA).

With only three seniors again this season, the Monarchs continue to lean heavily on a group of young sailors. This year’s junior class will have a deep impact in the success of the season. The veterans for the women include two-time national qualifier crew Elyssa Albert and Alissa Ayres as well as one of ODU’s most versatile sailors in Jaci Finney, who also has championship experience.

“Our women’s team is going to be a major player in the country this year,” said head coach Mitch Brindley. “I’m excited about the development of the team; the women’s team in particular.”

Seniors Noonan and Michael Collins will be expected to lead a class of young, but talented sailors on the co-ed side. ODU can also expect juniors Gillen Elder and Mikey Brown to step up in more comprehensive roles this season.

Although the bulk of the team is either freshman or sophomore, the coaching staff has had success drawing the talent from younger sailors in the past. Already this season Coach Brindley and his two new assistants and former ODU sailors Liz Bower and David Tunnicliffe have helped coach two national qualifiers among the newcomers. The team expects similar emergences from sophomore skippers Patty O’Bryan, Wilson Stout, Alan Alkins and Stephen Waters. Also this season, twins Kevin and John Shockey will be asked to step up as solid competitors in singlehanded events.

“In the spring we’ll have Kyle Rogachenko back after a semester off for his Olympic campaign. That should really boost the competition on the men’s side. His performance should push the rest of the men to be their best,” said Brindley.

The freshmen this season will add even more depth for the Monarchs, coming in with expansive experience already and a hunger for more. Roble and Wilson highlight the newcomers, while Ryan Ramming also comes in with a wealth of experience. Dixie House and Erin Green will step in and contribute.

ODU can expect to be among the nation’s best this season with the experience and skill returning to the water and the tradition of excellence the coaching staff demands. With the depth of talent Old Dominion continues to showcase, the 2007-08 season should be exciting every weekend, as the Monarchs have a legitimate shot and high hopes of capturing its 16th national championship.
Liz Bower

Liz Bower returns to the Old Dominion sailing center, this time in the coaching capacity. Bower sailed under the direction of current head coach Mitch Brindley for all four years at ODU from 1999-2003.

Bower earned All-American Crew honors in back-to-back seasons as a Monarch sailor and staple in the B division boat. She helped bring ODU a national title as the team won the ICSA Women’s National Championship her junior year. The team placed third when Bower was a senior in the same event.

Bower still sails with U.S. Olympian and fellow Monarch alum Anna Tunnicliffe in the match racing circuit. Since graduating from Old Dominion, Bower has coached several different high school teams, including Kecoughtan and Norfolk Collegiate teams that have contributed several current sailing Monarchs.

Bower ran the summer sailing program in Hampton for two summers and was a head sailing instructor in Rochester, New York for nearly two years before returning to Norfolk.

Liz graduated from ODU with a degree in Health & Physical Education in 2006 and currently resides in Norfolk.

David Tunnicliffe

David Tunnicliffe begins his collegiate coaching career just months after finishing his collegiate sailing career. Tunnicliffe was a leader and a captain of the Monarchs during his senior campaign and even as he still competed, he took on the role of part-time coach.

Tunnicliffe proved to be an accomplished sailor during his career, yet had an even higher impact behind-the-scenes at Old Dominion. As a freshman, he finished 3rd at the Navy South Laser Open and took 2nd in A division at the Henry Luce Regatta. As a sophomore, he teamed with Charles Higgins and Thomas Lewin to take 3rd at the MAISA Sloops; he also finished 6th at the Navy South Laser Open and helped ODU take 4th at the Bob Bavier Team Race. As a junior and senior he was responsible for ODU’s team racing events, including training some of the younger sailors for the competition.

He has been a sailing coach during the summer terms for much of his collegiate career and still sails competitively in J22s.

David graduated from Old Dominion with a degree in Management & Decision Science.
**Meet the Monarchs**

**Michael Collins**

- **Skipper**
- **Senior**

*Bayport, NY*

*Bayport-Blue Point*

*Captain*

**06-07:** Led Monarchs at Navy Fall Regatta in D division with an 8th place effort...Sailed to 9th overall and 11th in B division with Ashley Brusko at the Hobart/William Smith Fall Intersectional...Sailed with Wick Smith and Jaci Finney to 9th place in B division at the War Memorial Regatta to help ODU qualify for the ACC's...Contributed to 2007 Team racing effort...Sailed with Wade Schon in A division at the Admiral's Cup. 05-06: Teamed with Jennifer Adams and Ryan Kozoiz at the Riley Cup in Norfolk, VA...Finished 7th and 9th in the only D division races of the year. 04-05: Teamed with Kozoiz to place 1st in A division at the Hampton Bay Days Regatta, helping the Monarchs clinch 1st place overall...Teamed with Joseph Tyler Ohara 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...Played soccer for three years. Personal: Born September 5, 1986...Son of Timothy and Kathleen Collins...Has a sister, Erin (24)...Works as a sailing instructor during the summer. Has a nickname, “Puff!”...Dream vacation would include snorkeling at the Great Barrier Reef...Favorite sports personality is Steve Prefontane...Most impressive person met is Donald Trump...Favorite movie is "Dumb and Dumber"...Majoring in Sports Management with a Minor in Marketing.

**Bobby Noonan**

- **Skipper**
- **Senior**

*Fort Lauderdale, FL*

*Fort Lauderdale*

**06-07:** Qualified for MAISA Singlehanded Championship with third place effort at St. Mary's Open...Finished 9th at the MAISA Singlehandeds...Won A division and helped ODU capture 3rd place at War Memorial Regatta with Stephen Waters, Wilson Stout and Chris Price as crew...Skipper of 4th place A division boat with Wilson Stout and Ryan Kozoiz at America Trophy regatta...Major contributor to team racing events in the spring. 05-06: 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 Nevisery Trophy, 8th place effort at the NAVY Fall Intersectional, and two 1st place finishes at the Truxtun Umstead Regional 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 Bayer, Georgetown and Szamburg Team Races. Before ODU: Noonan sailed at the United States Merchant Marine Academy his freshman year...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 the Chicago Laser Sailing Team during the summer...Favorite sports personality is Robert Scheidt...Favorite movie is “Superbad”...Majoring in Communications.

**Lisa Shapiro**

- **Crew**
- **Senior**

*Reston, VA*

*Oakton*

**06-07:** Finished 4th overall and 5th in B division with Gillen Elder at the ODU Riley Cup...Sailed to 2nd overall and 3rd in A division with Gillen Elder and Amanda Martin at the Fall MAISA Open. 05-06: Finished 3rd with Brendan Gay in B division at the MAISA/SAISA Intersectional...Helped ODU finish 4th 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. 04-05: 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 (22) and Alanna (11), and one brother, Jason (16)...Favorite movie is “Troy”...Majoring in Therapeutic Recreation.
Elyssa Albert

2006-07: Was top B division crew for the nationally ranked women's team and qualified for second consecutive ICSA Women's National Championship, where ODU finished 13th. Finished 4th in A division with Mike Brown at the Riley Cup helping the ODU Blue team finish 4th overall...Placed 4th at Atlantic Coast Championship in B division with Williams in B division...Was part of the team that finished 6th at the MAISA Team Racing Championship...Finished 5th at MAISA Women's Championship by sailing to 5th place in B division. 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 8th 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 Loudoun Valley High School, softball, cross country, track, and swimming...All District and All Regional runner...Captain of track and cross country teams. Personal: Born January 14, 1987...Daughter of Charles and Patricia Albert...Has one brother, Daniel (19)...Has a nickname, "E"...Favorite movie is "300"...Works as a sailing instructor at NYCC during the summer...Dreams of sailing around the world...Goal in life to become an Orthodontist...Most impressive person met is Head Coach Mitch Brindley...Dean's List ODU Academic Honor...Majoring in Biology, Pre-Dental.

Alissa Ayres

2006-07: Sailed with Cara DiSanti in A division at her 2nd consecutive ICSA National Championship, where ODU finished 13th...Sailed with Jenica Ryan in A division to 6th at the MAISA Fall Championship...Sailed with Kyle Rogachenko to 8th in B division at Co-Ed Spring Intersectional...Finished 8th overall, 10th in A division with DiSanti at the Navy Women's Intersectional...Sailed with Jenica Ryan in A division to 6th at the MAISA Fall Championship...Sailed with Kyle Rogachenko to 8th in B division at the America Trophy Cup...2005-06: Sailed with 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 5th 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...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 (27), and Michael (26)...Worked as a sailing instructor during the summer...Favorite book is "Oh, The Places You Will Go"...Person most like to meet is John F. Kennedy...Majoring in Communications.

Michael Brown

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 wrestler while he attended Kecoughtan. Personal: Born July 17, 1987...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.

Gilfen Elder

2006-07: Sailed to 4th overall and 5th in A division with Lisa Shapiro at the ODU Riley Cup in the fall...Placed 2nd overall and 3rd in A division at the Fall MAISA Open with Amanda Martin and Lisa Shapiro. 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...Has one sister, Sarah (28)...Favorite sports personality is Dexter Manley...Favorite Movie is "Pulp Fiction"...Majoring in Mechanical Engineering with a Minor in Aerospace.
Jaci Finney

• Crew/Skipper
• Hampton, VA
• Junior
• Kecoughtan

06-07: One of ODU's most versatile female sailors... Sailed to 6th place in A division with David Tunnicliffe at the Hobart/William Smith Fall Intersectional... Sailed with Tunnicliffe in B division at Navy Fall Intersectional... Helped ODU qualify for both the Co-Ed Atlantic Coast Championships with 3rd place overall and 9th place in B division with Michael Collins at the War Memorial Regatta and the Women's ACCs with a 6th place overall, 5th place in B division with Elyssa Albert at the MAISA Fall Championship... Stepped in at ICSA Qualifier and helped ODU qualify for National Championship... One of ODU's most versatile female sailors... Sailed to 6th place in A division with David Tunnicliffe at the Hobart/William Smith Fall Intersectional... Sailed with Tunnicliffe in B division at Navy Fall Intersectional... Helped ODU qualify for both the Co-Ed Atlantic Coast Championships with 3rd place overall and 9th place in B division with Michael Collins at the War Memorial Regatta and the Women's ACCs with a 6th place overall, 5th place in B division with Elyssa Albert at the MAISA Fall Championship... Stepped in at ICSA Qualifier and helped ODU qualify for National Championship...

05-06: 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 Bever and Szambecki team races... Prep: Lettered three years in swimming at Kecoughtan... Captain of the swimming team... Competed in sailing as a member of the crew all four years... Personal: Born August 26, 1987... Daughter of Richard Finney and Ruthanne Neary... Has three brothers, Patrick Finney (23), Joe Neary (24), and Shawn Triggs, and one sister, Lauren Triggs (30)... Goes by the nickname "Jaci"... Favorite book is "Million Little Pieces"... Dean's List ODU Academic Honors... Majoring in Business.

Erin Green

• Skipper/Crew
• Chesapeake, VA
• Junior
• Hickory

Prep: Sailed one year as crew in high school... Personal: Born May 6, 1986... Daughter of Bruce and Susan Green... Has one brother, Josh (22), and one sister, Blair (24)... Worked as Dock Master for Freedom Boat Club at Tidewater Yacht... Dreams of vacationing in Fiji... Hobbies include board games and movies... Favorite movie is "Superbad"... Majoring in Biology.

Chip Lollar

• Skipper
• Norfolk, VA
• Junior
• Maury

Before ODU: Sailed at the University of Hawaii for two years... Prep: Lettered four years in sailing at Maury High School in Norfolk... Also played two years of lacrosse... Personal: Born Charles Malcom Lollar July 18, 1986... Son of Chuck and Vivian Lollar... Has one sister, Christie (28), and one brother, Matt (17)... Goes by the nickname "Chip"... Favorite sports personality is Magic Johnson... Hobbies include fishing and surfing... Favorite movie is "The Goonies"... Majoring in Political Science.

Alan Alkins

• Skipper
• Port-of-Spain, Trinidad
• Sophomore
• St Mary's

2006-07: Sailed to 4th place overall and 5th place in A division with Wick Smith at NY Maritime Open... With Stephen Waters in B division, led ODU to 2nd place finish at MAISA Open in the fall by winning B division... Sailed to 3rd place in A division with Amanda Rendall, leading ODU to 5th overall at the Spring MAISA/SAISA Event... 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 one brother, Anthony (16)... Favorite book is "The Da Vinci Code"... Favorite movie is "The Departed"... Goal in life is to excel in sailing... Majoring in Civil Engineering.
ASHLEY BRUSSO

06-07: Sailed to 6th overall and 6th in B division with Robert Kushner at the Fall MAISA Open...Sailed to 8th overall and 11th in B division with Michael Collins at the Hobart/William Smith Fall Intersectional...One of just four freshman to contribute in Team Racing. 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 (26), and one brother, Dale (21)...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.

JANE BLEAKNEY

2006-07: Sailed to 7th overall and 4th in B division with Wilson Stout at the Tom Curtis Memorial Regatta...One of the top reserve sailors for the nationally ranked women’s team...Sailed to 8th overall and 4th in B division with Katrina Williams at St. Mary’s Spring Intersectional. 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 (17), and one brother, Dale (21)...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.

JENNIFER CHAZANOW

Personal: Born September 22, 1987...Daughter of Samuel and Jackie Chazanow...Has one sister, Rachael (22)...Goes by the nickname “Jen”...Was a sailing instructor at YMCA Camp Silver Beach over the summer...Transfer from Seton Hall University...Majoring in International Studies.

MICHAEL KOMAR

06-07: Contributed to ODU Team Racing 13th place finish at the Southern New England Tom Race...Sailed to 6th place finish in B division and 9th place overall with Kyle Rogachenko as ODU narrowly missed qualifying for ICSA Nationals. Prep: Sailed recreationally for Raritan Yacht Club in New Jersey for 11 years. Personal: Born July 30, 1987...Son of Maurice and Diane Komar...Has a twin brother, Matthew (19), and one sister, Lauren (17)...Was a sailing instructor during the summer...Hobbies include skiing, sailing, camping and hiking...Favorite movie is “Wedding Crashers”...Majoring in Occupational and Technical Studies.

ROBERT KUSHER

06-07: Sailed with Ashley Brusso to 6th overall and 6th in A division at the MAISA Open. 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 (18)...Favorite movie is “The Big Lebowski”...Favorite book is “The Outsiders”...Hobbies include boating, sailing, fishing and snowboarding...Majoring in Graphic Design.
THOMAS O’BRYAN

- Skipper
- Sophomore
- Hampton, VA
- Kecoughtan

06-07: Finished 5th in B division with Jillian Martin and 6th overall at the MAISA Open in the fall...Finished 3rd in B division with Sonya Mendoza and 3rd overall at the MAISA/SAISA Spring Regatta...Never finished out of Top Ten as a freshman. 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 (21)...Goes by nickname “Patty”...Favorite sports personality is Vince Young...Favorite movie is “The Goonies”...Likes to play golf in leisure time...Majoring in Civil Engineering Technology.

AMANDA RENDALL

- Crew
- Sophomore
- Fairfax, VA
- Robinson

06-07: Finished 3rd overall and 3rd in A division with Alan Alkins at the MAISA/SAISA Spring event. Prep: Was a four year athlete in two different sports, lacrosse and field hockey...1st team All-district lacrosse in 2006...All-district second team...Scho... Scholar Athlete Award 2004-2006. Personal: Born on June 14, 1986...Daughter of Christopher and Alison Rendall...Has one sister, Rebecca (24), and one brother, Matt (22)...Was a lacrosse coach during the summer...Hobbies include lacrosse, reading and skiing...Favorite movie is "Anchorman"...Majoring in Nursing & Human Services.

KYLE Rogachenko

- Skipper
- Sophomore
- Collegeville, PA
- Methacton

06-07: Finished 3rd at first collegiate regatta, the Navy Laser Open, to qualify for MAISA Championship...Finished 12th at MAISAs...Finished 6th in B division boat at Co-Ed Spring Intersectional...Sailed to 4th in C division at Admiral’s Cup...Finished 6th in B division and 5th overall at America Trophy...Integral skipper during team racing season...Won 2007 US Singlehanded Championship. Prep: Became the first American to win the Laser Radial Youth Worlds Championship in August 2006...Also lettered in tennis and cross country at Methacton High School...Personal: Born July 16, 1988...Son of Walt and Nancy Rogachenko...Has one brother, Alex (20)...Nicknames: “Rogo”...Enjoys wakeboarding in leisure time...Favorite movie is "Mr. Deeds"...Majoring in Mechanical Engineering.

JOHN SHOCKEY

- Skipper
- Sophomore
- New Albany, OH
- New Albany

06-07: Finished 9th at the Navy Laser South Qualifier with 118 points. 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 (22) and Marcie (21), and one twin brother, Kevin (19) who is also a Monarch sailor...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
- Sophomore
- New Albany, OH
- New Albany

06-07: Finished 20th at the Navy Laser Open with 230 points...Finished 9th overall at the Laser South Qualifier with 66 points, just missing qualifying by two points. Prep: Varsity letter winner in four years of soccer at New Albany...Also played one season of basketball...Finished 19th in the 2007 Canadian Singlehanded Nationals...Finished 14th in Thistle Nationals out of 72...Thistle Junior National Champion in 2004...Took 8th place at the 2006 Smythe Singlehanded Junior Nationals. 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...Nickname is “K-Shock”...Favorite sports personality is Thierry Henry...Favorite movie is “The Patriot”...Hobbies include sailing and hunting...Majoring in Business.
Wilson Stout

06-07: Sailed to an overall 4th place and 5th place in B division with Stephen Waters at NY Maritime Open. Finished 4th in B division with Jane Bleakney and 7th overall at the Tom Curtis Memorial Regatta. Helped win a division with skipper Bobby Noonan at War Memorial regatta; Monarchs finished in 3rd to qualify for ACC’s. Sailed to 5th overall and 5th in B division with Jillian Martin at the SAISA/MAISA Fall Event. Finished 4th with Noonan and Ryan Kozoriz at the America Trophy regatta.

Prep: Competed in sailing as a skipper all four years while attending Archbishop Spalding.


Stephen Waters

06-07: Finished 4th overall and 5th in B division with Wilson Stout at NY Maritime Open. Won B division with Alan Alkins and placed 2nd overall at the MAISA Fall Open. Won A division with skipper Bobby Noonan and Wilson Stout and placed 3rd at the War Memorial Regatta to qualify for ACC’s. Prep: Sailed all four years under Monarch Assistant 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 (21), and one brother, Tommy (17). 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 Civil Engineering Technology.

Katrina Williams


Stephanie Roble

Prep: Ran cross country for two years and track for one. Graduated with high honors. Personal: Born May 31, 1989. Daughter of Dale and Nancy Roble. Has one brother, Bradley (21). Was a sailing coach over the summer. Dream vacation would be to travel to South America. Hobbies include working out, music and shopping. Wears the same sailing clothes each day at a regatta as a superstition. Favorite movie is “Knocked Up.” Has set a goal in life to become an All-American and sail in the Olympics. Majoring in Nursing.

Morgan Wilson

Dixie House

- Crew
- Freshman
- Richmond, VA
- Meadowbrook

Prep: Ran cross country for three years at Meadowbrook High School...Also ran indoor and outdoor track for Meadowbrook for three years...Was awarded the VHSL Citizenship Award...Personal: Born July 28, 1989...Daughter of Alvin and Monica House...Has one brother, Trey (21)...Hobbies include surfing and photography...Dreams of vacationing in Rome...Person in history she’d most like to meet is Julius Caesar...Hobbies include photography and nature...Most impressive person met is her track coach, John Allen...Favorite movie is “Harry Potter & The Deathly Hallows”...Favorite book is “My Sister’s Keeper”...Majoring in International Business.

Kristen Cumming

- Crew
- Freshman
- Williamsburg, VA
- Lafayette

Prep: Three-sport athlete at Lafayette High School in Williamsburg...Played volleyball all four years...Played basketball three seasons and soccer two seasons...Personal: Born April 12, 1989...Daughter of Bob and Lisa Cumming...Has one brother, Trey (21)...Dreams of vacationing in Costa Rica...Favorite book is “Harry Potter & The Deathly Hallows”...Undecided in major.

Kaitlyn Paulsen

- Crew
- Freshman
- Woodbridge, VA
- Osbourn Park

Prep: Played five years of field hockey and four years of softball in high school...Personal: Born March 10, 1989...Daughter of James and Susan Paulsen...Has two sisters, Madeline (15) and Mackenzie (11)...Has a nickname, “K”...Enjoys swimming, boating, skiing and other outdoor activities over the summer...Dreams of vacationing to Australia...Favorite movie is “300”...Majoring in Graphic Design.

Ryan Ramming

- Skipper
- Freshman
- Newport Beach, CA
- Newport Coast

Prep: Sailed for Newport Coast all four years, named team captain and MVP...Placed 3rd at PCC’s and 9th at NAs...Played JV Basketball two years named team captain, most improved and MVP...Played football for one year...Personal: Born March 26, 1989...Son of Phil and Kathy Ramming...Has two brothers, Michael (16) and Nick (14)...Worked as a sailing instructor over the summer...Favorite sports personality is John Madden...Dreams of vacationing in Fiji...Favorite movie is “The Boondock Saints”...Undecided in major.
1982-83
K.C. Fullmer (All-American)

1984-85
Stacy Ench (All-Star Crew)

1985-86
Stacy Ench (All-Star Crew)
James C. Malm (Honorable Mention)
Mike Martin (Honorable Mention)

1986-87
April Eliot (All-Star Crew)
Terry Hutchinson (All-American)
James C. Malm (Honorable Mention)
Jim Weber (All-American)
Flurry Normann (All-American)

1987-88
Mitch Brindley (All-Star Crew)
Terry Hutchinson (All-American)
Mike Martin (Honorable Mention)
Flurry Normann (All-American)
Jim Weber (All-American)

1988-89
Mike Devlin (All-Star Crew)
Terry Hutchinson (Sailor of the Year)
Mike Martin (All-American)
Flurry Normann (All-American)
Jim Weber (All-American)

1989-90
Mike Devlin (All-Star Crew)
Todd Hudgins (Honorable Mention)
Terry Hutchinson (Sailor of the Year)
Marty Kullman (All-American)
Kim Logan (All-American)
Dawn Philips (All-Star Crew)
Jim Weber (All-American)

1990-91
Todd Hudgins (All-American)
Donna Kuhl (All-American)
Marty Kullman (All-American)
Ian Lay (All-Star Crew)
Kim Logan (All-American)
Shell Schepker (All-Star Crew)

1991-92
Marty Kullman (All-American)
Shell Schepker (All-Star Crew)
Heidi Thoma (All-American)

1992-93
Patrick Downey (All-American)
Brian Hutchinson (All-Star Crew)
Heidi Thoma (All-American)

1993-94
Patrick Downey (All-American)
Christine Accettella (All-American)
Bill Hardesty (All-American)
Kristin Graham (All-Star Crew)

1994-95
Patrick Downey (All-American)
Samantha Ficksman (All-Star Crew)
Mitchell Rogers (Honorable Mention)
John Torgerson (All-American)

1995-96
Evangelina Callahan (All-American)
Samantha Ficksman (ICYRA Sportsman of the Year & All American)
Mitchell Rogers (All-American)
Stephanie Sharlow (All-American Crew)
Aaron Szambecki (Honorable Mention)

1996-1997
Rob Ragsdale (All-American Crew)
Jennifer Pait (All-American Crew)
John Torgerson (All-American)

1997-98
Ward Cromwell (Honorable Mention)

1998-99
Adam Burns (All-American)
Heather Pescatello (All-American Crew)
Mark Zagol (All-American)

1999-00
Adam Burns (All-American)
Heather Pescatello (All-American Crew)
Sally Barkow (Honorable Mention)

2000-01
Brad Funk (All-American)
Sally Barkow (All-American)
Emily Ruijer (All-American)
Elizabeth Biondi (All-American)
Adam Burns (All-American)
Corrie Clement (Honorable Mention)

2001-02
Brad Funk (All-American)
Sally Barkow (All-American)
Matt Allen (All-American)
Corrie Clement (All-American)
Anna Cobb (All-American Crew)
Elizabeth Biondi (All-American Crew)
Elizabeth Bower (All-American Crew)

2002-2003
Liz Bower (All-American)
Debbie Capozzi (All-American)
Corrie Clement (All-American & Quantum Female College Sailor of the Year)
Anna Tunnillcliffe (All-American)

2003-2004
Anna Tunnillcliffe (All-American)
Cara Gibbons-Neff (All-American)

2004-2005
Anna Tunnillcliffe (Women’s and Coed All-American & Quantum Women’s Sailor of the year)
Emily Bartlett (All-American)

Jennifer Pait (All-American Crew)
Heather Pescatello (All-American Crew)
John Torgerson (All-American)
Mark Zagol (All-American)
2006-2007 in Review

The ODU sailing Monarchs finished the 2006-07 season with 36 top ten finishes and 16 top five finishes. The Monarchs notched three season-high finishes of second place at the MAISA Open in the fall, at the Hampton Bay Days Regatta, and a team racing second place finish at the Icefree 2-on-2 in Newport News.

The women’s team was ranked as high as ninth in the nation during the season and finished ranked 15th overall. The ladies qualified for its 8th straight trip to nationals after finishing fifth at the MAISA Women’s Championships in Ithaca, NY.

The women’s team returned to the ICSA National Championship as hosts and finished 13th among the nation’s best. ODU’s A division boat skippered by senior Cara DiSanti with sophomore crew Alissa Ayres finished 13th at nationals while the B division boat skippered by freshman Katrina Williams and crewed by sophomore Elyssa Albert finished 14th.

In the fall, DiSanti and Williams also qualified and sailed in the ICSA Women’s Singlehanded Championship. DiSanti finished 16th while the Monarchs rookie finished in 6th place. Williams also was named by OMEGA as the Bermuda Female Sailor of the Year for her accomplishments in 2006.

The co-ed team was ranked 17th in the nation at the conclusion of the season with a season high ranking of 12th early in the fall. Also, ODU had a number of top singlehanded finishes on both the men’s and women’s side. While Williams and DiSanti qualified for nationals with 4th and 5th place finishes at the MAISA Singlehanded Championships, sophomore Bobby Noonan and freshman Kyle Rogachenko notched one 3rd place finish apiece in singlehanded sailing.

Noonan finished 12th at the Navy Laser Open, 3rd at the Navy South Laser Qualifier, 9th at the MAISA singlehanded championships, and 11th in C division at the Navy Fall Intersectional. Rogachenko finished 3rd at the season opening Navy Laser Open, 15th at the MAISA singlehanded championships, as well as finishing 4th in C division at the Admiral’s Cup.

At the conclusion of the year, senior crew Ryan Kozoriz was named ODU’s male recipient of the Jack Wilkins/James Howard Scholar Athlete of the Year. A mechanical engineering major, he carried a 3.67 grade point average.

National Sailing Titles

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

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<thead>
<tr>
<th>Year</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1989</td>
<td>National Champions</td>
</tr>
<tr>
<td>1990</td>
<td>National Champions</td>
</tr>
</tbody>
</table>
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 a 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, 8 Lasers, 6 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 hosted the ICSA Women’s Dinghy Championship.

Old Dominion has captured 15 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 Connie 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

2007-2008 Sailing Championships

ICSA Championships
ICSA Semis -- April 26-27 / Hobart & William Smith, Geneva, NY
ICSA Women’s -- May 26-28 / Salve Regina College, New York Yacht Club
ICSA Team Race -- May 30-June 1 / Brown University, Newport, RI
ICSA Dinghy -- June 2-4 / Brown University, Newport, RI
ICSA Singlehanded -- November 2-4, 2007 / University of Washington, Shilshole, WA
ICSA Sloop -- November 16-18, 2007 / University of Texas, Ft. Worth, Texas

Mid-Atlantic Intercolligate Sailing Association Championships
MAISA Team Race – April 5-6 / USMMA, King’s Point, NY
MAISA Women’s – April 19-20 / St. Mary’s College, St. Mary’s, MD
MAISA Dinghy – (America Trophy) April 12-13 / Georgetown, Washington, DC
MAISA Men’s Singlehanded – September 29-30, 2007 / Navy, Annapolis, MD
MAISA Women’s Singlehanded – September 29-30, 2007 / Navy, Annapolis, MD
MAISA Sloops – October 20-21 / Navy, 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. With her win at the U.S. Olympic Trials earlier this year, she will represent the United States in the 2008 Olympic Games in Beijing.

Brad Funk (2002)
Funk is the second ranked men’s Laser 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. At the U.S. Olympic Trials, Funk narrowly missed the victory and will be the alternate for the USA in the 2008 Olympic Games in Beijing.

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 Yachts-woman 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 will head to his fourth Olympic Games this summer. 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 is ranked the 4th best Radial sailor in the United States and became the first American ever to win the Laser Radial Youth World Championship in the summer of 2006. He is ranked in the top 50 in the Laser World Rankings and 4th in the United States.