HOME OF THE NINE-TIME
NCAA NATIONAL CHAMPIONS

1982 1983
1984 1988
1990 1991
1992 1998
2000

CREDITS:
The 2005 Old Dominion University Field Hockey Brochure is a publication of the Old Dominion University Athletic Public Relations Office. Written by: Kimberly Zivkovich, Assistant Sports Information Director. Layout and Design by: Tina Price, Director of Athletic Publications and Kimberly Zivkovich, Assistant Sports Information Director. Special Assistance by: Debbie Byrne, Associate Athletic Director; Public Relations & Marketing; Kevin Shields, Sports Information Intern. Photography: Rick Knight, FestEvents, JMU Photography, Dennis Welsh (CAA); and Scott Brown (CAA). Printing: Jones Printing of Chesapeake, Virginia.

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NCAA NATIONAL CHAMPIONS

TABLE OF CONTENTS

MEDIA INFORMATION .................... 2-3
Media Instructions ............................................ 2
Why Monarchs? ............................................. 2
Quick Facts ................................................. 2
Media List .................................................... 3
Directions to Foreman Field ................. 3

THE GAME OF FIELD HOCKEY .......... 4-5
Game Basics 4 The Field ......................... 4
Rules of the Game ........................................ 4-5
History of the Game ..................................... 5
Coaching Staff ............................................ 6-8
Head Coach Beth Anders ....................... 6-7
Beth Anders’ Year-by-Year Record ......... 7
Assistant Coaches ................................. 8

THE 2005 LADY MONARCHS ........ 9-15
2005 Outlook ............................................. 9
2005 Rosters .............................................. 10
Player Information ............................. 11-15

2004 IN REVIEW ................. 16-17
2004 Old Dominion Statistics .................. 16
2004 Wrap-Up ........................................... 17

OPPONENT INFORMATION ............ 18-23
2005 Opponents ........................................... 18-20
Records vs. All Opponents .................... 20
Year-by-Year Results ............................. 21-22
NCAA Results ........................................ 23

HISTORY & TRADITION .............. 24-37
Team, Individual, & NCAA Records .... 24-25
The CAA .................................................. 26
Lady Monarch Letterwinners ............ 27
Alumni Update ........................................ 28
Academic Support ................................... 29
Old Dominion Field Hockey 1974-2005 .... 30-31
Honor Lady Monarchs ...................... 32-33
Honda Award Winners ...................... 34
ODU Olympians ................................. 35
Hall of Fame ........................................ 36-37

UNIVERSITY INFORMATION ........ 38-40
Old Dominion University ................. 38
University President & Athletic Director .... 39
Staff & Phone Directory ...................... 39
NCAA Admission Standards .............. 40
Foreman Field “Home of Lady Monarchs” .. 40
Field Hockey Camps ...................... Inside Back Cover

The Old Dominion University Sports Information Office welcomes all coverage of the women's field hockey program and its student-athletes. Statistics, photos, or story ideas can always be obtained from Sports Information Director Carol Hudson, Jr. or from Assistant Sports Information Director/Field Hockey contact Kimberly Zivkovich.

To assist you in your coverage of Old Dominion field hockey, here are a few brief points to keep in mind:

**Interviews:**
Head Coach Beth Anders will be available for interviews immediately following all home games, after a ten minute cool down period. Player interviews are asked to be set up through the sports information office. Coach Anders is available during the week for interviews before and after practice and on game days after competition. Please contact the sports information office at (757) 683-3372 for more information.

**Photographers**
Only working photographers will be allowed on the playing field during games. Credentials must be secured at least 24 hours in advance of games. Photographers will be asked to wear a press photo pass at all times when shooting.

**Colonial Athletic Association**
Field hockey statistics for CAA schools are compiled throughout the fall at the conference office in Richmond, Va. and can be obtained through the office’s website at www.caasports.com.

**Press Box Facilities**
A fully enclosed press box high above the turf at Foreman Field serves a maximum of 32 media members at all home games. Three radio booths and a print media area are available for use. Old Dominion University’s Sports Information Office will furnish a complete NCAA box immediately following the conclusion of all home games upon request.

**Radio Broadcast Lines**
Visiting teams wishing to broadcast games from the Foreman Field are asked to contact the sports information office at least two weeks prior to the game. The stadium is located at Bluestone and 49th. All radio lines must be secured through the Verizon office in Norfolk, by calling (757) 667-5000.

More information on all Old Dominion athletic teams is available through our web site on the internet at:

[www.odusports.com](http://www.odusports.com)

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The Monarch used by Old Dominion has a royal crown on a lion’s head, representing an historic past and a strong future. The school’s current family of athletic logos were adopted in April of 2002.

**WHY MONARCHS?**

Many people have wondered how the Old Dominion University athletic teams came to be officially known as the Monarchs.

For many years, the athletic teams of the Norfolk Division of the College of William & Mary (as Old Dominion was formerly called) were known as the Braves. This was a derivation of the William & Mary nickname of Indians. As Old Dominion achieved its own four-year status and saw its enrollment surpass that of its Williamsburg neighbor, it was no longer suitable or acceptable to have its teams called the Braves.

The name Monarchs evokes much of the early history of the Commonwealth of Virginia and of Old Dominion’s mother institution, the College of William and Mary. The nickname “Old Dominion” was first coined to the Virginia colony by King Charles II after Virginia’s loyalty to the crown during the English Civil War. Furthermore, William III and Mary II, whose patronage helped found the College of William and Mary in Virginia in 1693, ruled England at the invitation of Parliament as “joint monarchs.”

The Monarch used by Old Dominion has a royal crown on a lion’s head, representing an historic past and a strong future. The school’s current family of athletic logos were adopted in April of 2002.
From the North: Highway 13 down the Eastern Shore, and through the Chesapeake Bay Bridge-Tunnel. Follow 13 (Northampton Blvd.) onto I-64 West. Take the I-564/Naval Base exit (exit 276) off I-64 West, and take the Terminal Blvd. exit off I-564. Turn left onto Hampton Blvd. Proceed approx. 4 miles and turn right onto 49th Street.

From the South: I-95 North to U.S. 58 (Emporia, Va.) OR I-85 North to U.S. 58 East (South Hill, Va.). Follow U.S. 58 East to Norfolk, to Hampton Blvd. Turn left onto 49th Street.

From the West: I-64 East through the Hampton Roads Bridge-Tunnel. Take the I-564/Naval Base exit (exit 276) off I-64 East, and then take the Terminal Blvd. exit off I-564. Approximately 2 miles, turn left onto Hampton Blvd. Approximately 4 miles, turn right onto 49th Street.

Finding Your Way To FOREMAN FIELD

Directions to Foreman Field: Proceed west off Hampton Blvd. onto 49th Street (this will be a right hand turn if coming from I-564/Terminal Blvd.; a left hand turn if coming from downtown Norfolk). Turn right onto Bluestone Avenue; the stadium entrance will be the second parking lot on the right. Bus parking is available inside the stadium gates with prior notice.

Teams requiring additional information are asked to contact Greg Smith, Asst. A.D. for Event Management, at (757) 683-5924.
THE GAME OF FIELD HOCKEY

THE BASICS

- Two halves, 35 minutes each
- 11 players per side, one of whom is a goalkeeper
- The field is 100 yds. long and 60 yds wide, divided into two halves by a center line. A striking or shooting circle is marked 16 yds. out from each goal post.
- The goal cage measures seven feet high, and is 12 feet wide. Boards are attached to the back and sides of the cages, 18 inches high.
- Two umpires on the field; an additional umpire may sit at the scorer’s table during tournament play.

- A goal is scored when an attacker strikes the ball into the goal within the shooting circle.
- Goalkeepers wear protective ice hockey equipment to block the ball with their stick, body, hands, and feet. They must be inside the shooting circle to kick-clear or body save shots.

THE EQUIPMENT

THE STICK

The stick has a flat face on the left-hand side. The head is made of wood, and must have no metal fittings, sharp edges, or splinters. It must be narrow enough to pass through a ring with an interior diameter of 2 inches. Maximum weight: 23 oz.

THE BALL

The ball is made of hard plastic, with a circumference of approximately 8 3/4 inches, and weighing between 5 1/2 and 5 3/4 oz.

SOURCES: History of the sport of field hockey, rules, and facts supplied by United States Field Hockey Association. Field and equipment information from USFHA and Rules of the Game: the complete illustrated encyclopedia of all the sports of the world.
THE RULES OF THE GAME

BASIC RULES

- Ball must be passed or “dribbled” down the field with the flat side of the stick.
- Players may not stand still to shield the ball using their body.
- A goal can only be counted if shot inside the shooting circle.

FOULS

- A player must not:
  - trip an opponent;
  - shove or charge an opponent while trying to play the ball;
  - hit the ball with the rounded side of the stick;
  - obstruct an opponent with the body or the stick;
  - interfere in the game without a stick;
  - undercut or play the ball in a potentially dangerous way;
  - stop the ball in the air or on the ground with any part of the body;
  - use the foot or leg to support the stick in order to resist an opponent;
  - pick up, kick, throw, carry, or propel the ball except with the stick;
  - hit, hook, hold, or interfere with an opponent’s stick.

FREE HITS

A free hit is awarded to the non-offending side for infringements, and are usually taken at the area where the foul occurred.

THE HISTORY OF FIELD HOCKEY

Field hockey is one of the few early sports where women were allowed to engage in strenuous activity and actually compete fervently in a team athletic situation. Although field hockey began as an activity for primitive man, modern women has definitely made her mark on the sport.

The origins of field hockey go back further than the ancient Greeks, but there is no conclusive evidence exactly how and where the game began. The earliest tangible record of field hockey (then known only as hockey) is a drawing done in 2050 B.C. on a tomb at Beni-Hasan in the Nile Valley in Egypt.

On the wall of one tomb, six drawings of athletic activities were sketched. One illustration depicted two men holding sticks with curved ends. Between the sticks is a round object, possibly a hoop or a ball. Because of this evidence, historians believe field hockey is the patriarch of all sports played with such designed sticks. The ball was a solid cube of black rubber. There were little offensive or defensive tactics to the game.

Field hockey’s role as a liberator also took hold at this time. For some time in the second half of the 19th century, it was considered the only proper team sport for women. A women’s club was started in Surrey, England in 1887 and the first national association - the Irish Ladies Hockey Union - emerged in Dublin seven years later.

By the end of the 19th century, women’s hockey had spread to New Zealand, South Africa, The Netherlands, Germany, Switzerland and elsewhere. In 1927, the International Federation of Women’s Hockey Associations (IFWHA) was formed.

The women played according to the men’s rules, but were obstructed by their clothing. Their cumbersome skirts hung nearly to the ground to cover every inch of their legs. The extremely heavy petticoats, corsets, long sleeves and high, stiff collars impeded movement. Despite such handicaps, the women persisted, and international matches were soon underway.

At the onset of the 20th century, the game was introduced to women in the United States by Constance M.K. Applebee. The British physical education teacher presented a hockey exhibition at Harvard University in the summer of 1901. During the two years, she taught the game to women at such prestigious institutions as Smith, Wellesley, and Mt. Holyoke, as well as other colleges in the Northeast and Mid-Atlantic states. This part of the country remains a hotbed of field hockey.

A penalty stroke is a one-on-one shot where the offensive player positions seven yards in front of the goal vs. goalkeeper on the goal line, with all other players beyond the 25 yd. line. A penalty stroke is awarded for any intentional breach by the defenders in the circle, or an unintentional breach by the defenders which prevents a sure goal.

The attacking player is permitted only one step while shooting, and the shot must be executed without a backswing of the stick. The goalkeeper may not move from the goal line until the stroker moves the ball.

FOULS

- A player must not:
  - trip an opponent;
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  - obstruct an opponent with the body or the stick;
  - interfere in the game without a stick;
  - undercut or play the ball in a potentially dangerous way;
  - stop the ball in the air or on the ground with any part of the body;
  - use the foot or leg to support the stick in order to resist an opponent;
  - pick up, kick, throw, carry, or propel the ball except with the stick;
  - hit, hook, hold, or interfere with an opponent’s stick.

FREE HITS

A free hit is awarded to the non-offending side for infringements, and are usually taken at the area where the foul occurred. The ball must be stationary and be hit along the ground with a legitimate stroke a minimum distance of one yard. Opposing players must be at least 5 yds. away. The hitter may not replay the ball until another player has touched it.

16-YARD HITS/DEFENSE HITS

When the attacking team plays the ball over the backline, the defense receives a 16-yard hit. The free hit is taken 16 yds. from the backline where the ball crossed.

THE PUSH-IN / HIT-IN

A push-in or hit-in is awarded to the opposition if a player hits the ball wholly over the sideline. A push-in or hit-in is played along the ground with the stick.

16-YARD HITS/DEFENSE HITS

When the attacking team plays the ball over the backline, the defense receives a 16-yard hit. The free hit is taken 16 yds. from the backline where the ball crossed.

THE PENALTY CORNERS

Penalty corners are awarded against defenders for deliberately playing the ball over the back line; committing a foul within the striking circle; committing a deliberate foul within the 25 yd. line.

A penalty corner is a free hit awarded to an attacking player from a point on the back line, at least 10 yards away from the goal. All remaining attackers must be outside the striking circle before the free hit is taken. A maximum of five defenders may be behind the goal line, while the remaining defenders must be beyond the center line.

Typically, the attacking player taking the free hit passes the ball toward her teammates positioned outside the striking circle. A player will stop the ball with her stick, while another player will move in and hit the ball toward the goal.

THE PULL-IN / HIT-IN

A push-in or hit-in is awarded to the opposition if a player hits the ball wholly over the sideline. A push-in or hit-in is played along the ground with the stick.

Opposing players and their sticks must be at least 5 yds. away (beyond the 5 yd. lines, which are marked on the endlines, the center line, and the 25 yd. lines). The person putting the ball into play may not touch it again until another player has touched it first.

Any violation by the player putting the ball into play is penalized by a free hit to the opposition.

CARD REPRIMANDS

Umpires carry three different colored cards to warn players of bad behavior or dangerous play:
- Green - caution; Yellow - Five minute or more suspension; Red - Ejection. Yellow and red card penalties leave teams at a number disadvantage for the time specified.

THE RULES OF THE GAME

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At a time in the United States when “socially accepted” croquet and lawn tennis were the most arduous activities young women were allowed to practice outdoors, field hockey created quite a stir. The women were no longer restricted and took on the athleticism and intensity of the game as a great challenge. In fact, the first U.S. women’s team to travel abroad for the purposes of a single athletic competition sailed to England in 1920 to play in a hockey tournament. Shortly after, in 1922, the U.S. Field Hockey Association, the National Governing Body for field hockey in the United States, was established.

The long-standing tradition of the game serves as a gentle reminder of the hard work and dedication put forth by thousands of men and women who strive to perpetuate the sport for future generations.
Two words describe Old Dominion field hockey coach Beth Anders...Proven Winner.

Anders has cemented her status as one of the greatest in field hockey in all facets of the game. As player, she has participated at every level possible, including World Cup and Olympic events and as a coach. Her coaching achievements are nothing short of impressive, including nine national collegiate titles, a bronze medal at the Pan American World Cup Games, and the distinction of being the winningest Division I field hockey coach in the country. Considered by many to be a pioneer of her sport, her resume is dotted with a long list of incredible achievements and monumental firsts.

At Old Dominion, Anders has mentored the field hockey team for over 22 years and has led her teams to perennial appearances in the NCAA tournament. Under her tutelage, the Lady Monarchs have achieved more honors than any other field hockey program in NCAA history. Among the most prestigious, Anders and her teams have brought the NCAA Championship trophy back to Norfolk an unprecedented nine times, including the most recent in 2000. In addition, the Lady Monarchs have won the CAA crown 11 of 13 times since joining the league in 1991 and remain the only team to make all 23 NCAA Tournaments dating back to 1981.

In national coaching records, Anders has coached more games than any other active Division I coach, having been on the sidelines of 521 games over her 22-year career. She became the first Division I coach to reach the 400-career victory mark, a milestone only reached by four other coaches in the sport, and Anders’ 442 wins are the most of any Division I coach in history. With a 442-72-7 overall career record, Anders posts an amazing 85.5 winning percentage.

Anders’ coaching experience has not been limited to the Old Dominion sidelines. Internationally, Anders guided the 1991 U.S. National Team to the bronze medal and masterminded the qualifying process dating back to 1981.

Beth Anders’ Year-by-Year Records

<table>
<thead>
<tr>
<th>YEAR</th>
<th>RECORD</th>
<th>HIGHEST RANKING</th>
<th>CF/GA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1980</td>
<td>18-4-0</td>
<td>Fifth nationally - IAIAW</td>
<td>74-22</td>
</tr>
<tr>
<td>1981</td>
<td>13-2-0</td>
<td>NCAA National Champions</td>
<td>49-8</td>
</tr>
<tr>
<td>1982</td>
<td>20-1-0</td>
<td>NCAA National Champions</td>
<td>74-14</td>
</tr>
<tr>
<td>1983</td>
<td>19-1-0</td>
<td>NCAA National Champions</td>
<td>90-8</td>
</tr>
<tr>
<td>1984</td>
<td>23-0-0</td>
<td>NCAA National Champions</td>
<td>127-10</td>
</tr>
<tr>
<td>1985</td>
<td>17-5-1</td>
<td>Fourth nationally</td>
<td>79-26</td>
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<tr>
<td>1986</td>
<td>26-1-0</td>
<td>NCAA National Champions</td>
<td>124-15</td>
</tr>
<tr>
<td>1987</td>
<td>24-2-0</td>
<td>NCAA National Finalists</td>
<td>114-13</td>
</tr>
<tr>
<td>1988</td>
<td>25-2-1</td>
<td>NCAA National Champions</td>
<td>117-12</td>
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<td>1989</td>
<td>26-0-0</td>
<td>NCAA National Champions/CAA Champions</td>
<td>145-10</td>
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<td>1990</td>
<td>25-0-0</td>
<td>NCAA National Champions/CAA Champions</td>
<td>163-4</td>
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<tr>
<td>1991</td>
<td>17-4-2</td>
<td>Seventh nationally /CAA Champions</td>
<td>60-18</td>
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<tr>
<td>1992</td>
<td>17-6-1</td>
<td>Fourth nationally /CAA Champions</td>
<td>69-18</td>
</tr>
<tr>
<td>1993</td>
<td>16-9-0</td>
<td>Sixth nationally</td>
<td>64-24</td>
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<tr>
<td>1994</td>
<td>19-5-0</td>
<td>NCAA National Semifinalists/CAA Champions</td>
<td>120-45</td>
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<td>1995</td>
<td>23-3-0</td>
<td>NCAA National Finalists/CAA Champions</td>
<td>154-28</td>
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<tr>
<td>1996</td>
<td>23-2-0</td>
<td>NCAA National Champions/CAA Champions</td>
<td>136-23</td>
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<td>1997</td>
<td>17-7-0</td>
<td>NCAA Regions/CAA Champions</td>
<td>101-36</td>
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<tr>
<td>1998</td>
<td>25-1-0</td>
<td>NCAA National Champions/CAA Champions</td>
<td>160-26</td>
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<tr>
<td>1999</td>
<td>18-5-0</td>
<td>NCAA Regions/CAA Champions</td>
<td>87-25</td>
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<tr>
<td>2000</td>
<td>21-4-0</td>
<td>NCAA National Semi Finals/CAA Champions</td>
<td>131-31</td>
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<tr>
<td>2001</td>
<td>13-8-0</td>
<td>NCAA Regions</td>
<td>61-47</td>
</tr>
</tbody>
</table>

| TOTALS | 442-72-7 |

Beth Anders’ Ledger

HONORS RECEIVED

1975/80 All-World All-Star Team
1980 U.S. Olympian (Co-Captain)
Sportswoman of the Year by the United States Olympic Committee (Field Hockey)
1981 Sportswoman of the Year by the Olympic Committee (Field Hockey)
1984 Southland Olympic Award
U.S. Olympian (Bronze Medal Winner - Co-captain)
Amateur Olympic Athlete of the Year (Field Hockey)
Philadelphia Sportswriters Amateur Athlete of the Year
Virginia Coach of the Year
Virginia Beach Sports Club Coach of the Year
Portsmouth Sports Club Coach of the Year
Ursinus College Hall of Fame
Portsmouth Sports Club Coach of the Year
Virginia Beach Sports Club Coach of the Year
United States Field Hockey Association Hall of Fame
1989 Portsmouth Sports Club Coach of the Year
1990 CAA Coach of the Year
1991 Special Citation from Norfolk City Council and Mayor
1992 CAA Coach of the Year
1992/93 Norfolk Sports Club Coach of the Year
1992 Honored by Virginia State Senate and House of Representatives
Old Dominion University Citation for Distinguished Services from Board of Visitors
Special Citation from Norfolk City Council and Mayor
1993 CAA Coach of the Year
1997 CAA Coach of the Year
1998 CAA Coach of the Year
Norfolk Sports Club Coach of the Year
Norfolk Sports Club MACE Award
1996 NFC/DTA National Coach of the Year
Pennsylvania Sports Hall of Fame
Norfolk City Council Citation
1999 CAA Coach of the Year
2000 CAA Coach of the Year
Norfolk Sports Club Coach of the Year
2001 NFC/DTA Coach of the Year
Norfolk Sports Club Coach of the Year
2002 DTA/NFC/SA South Region Coach of the Year
2003/04 US National Team Coach

MISCELLANEOUS
- Participated in the 1986 World Cup coaches clinic
- As a coach of the U.S. field hockey teams, took the bronze medal at the 1991 Pan American Games and qualified for the 1994 World Cup
- Wrote several articles and books on the sport of field hockey and its fundamentals, and methods of teaching. Latest book “Steps for Success” was released summer of 1999
- Silver Medal in the 2000 Pan Am Games

In national coaching records, Anders has not been limited to the Old Dominion sidelines. Internationally, Anders guided the 1991 U.S. National Team to the bronze medal and masterminded the qualifying process dating back to 1981.
handedly lifted the US team to victory, scoring eight of her team’s nine goals in its five-game performance for an Olympic record that still stands today.

Throughout her international playing career, Anders played in over 100 international matches, was a participant in every World Cup from 1971-84, was on the National team from 1969-1980, and was the high scorer for the United States every year she was on the team. Anders participated in the first World Cup field hockey event to have both men’s and women’s competition at the same venue. She was one of just 24 field hockey coaches from around the world to be in attendance for a clinic during the 1998 World Cup in Holland.

After three NCAA titles as coach of Old Dominion and a bronze medal as a player and two-time captain with the Olympic team, Anders was named Olympic Athlete of the Year and Virginia Coach of the Year in 1984. Bringing the two realms of the sport together, Anders was recognized for her many contributions with an induction into the United States Field Hockey Coaches Association Hall of Fame. Anders’ love for her sport is infectious as many former Old Dominion athletes have grown into respectable players and coaches in and around the world’s field hockey family. Nine former Old Dominion players coached by Anders have participated in the last three Olympics.

Anders challenges her teams to not only excel on the field, but in the classroom as well. Since 1989, the Lady Monarch teams have had a G.P.A. of 3.0 or better. This past season, the team put forth six National Field Hockey Coaches Association (NFHCA) Academic All-Americans. Certainly the epitome of Anders’ student-athletes is Samantha Salvia, the school’s first ever Rhodes Scholar who graduated in 1996 with a 4.0 GPA in environmental and civil engineering.

The key to Anders success on and off the field hockey field seems to be her love for and dedication to the game. Her development of the Futures Program during her national coaching stint in 1993 and her active mentoring of the field hockey youth are just two examples of her will to succeed better than anyone in her vocation.

A fine all-around athlete herself, Anders was a four-time All-College field hockey and lacrosse player before graduating from Ursinus College with a B.S. degree in health and physical education. The Norristown, PA. native was also selected to the national collegiate basketball team and won the intercollegiate squash championship in 1970.

Anders is the daughter of Alice and Stanley Anders. She has one brother and enjoys fitness, golf, tennis, reading, and creative teaching tools. She also authored two books, Field Hockey: Steps to Success published in 1999 and Lesson in Field Hockey released in 1996.

An avid golfer, Anders resides in Virginia Beach.

The love affair between Anders and field hockey, however, goes well beyond her immediate reign in the coaching ranks. In 1980, Anders made the first of two Olympic field hockey teams as co-captain, but was forced- because of the boycott in Moscow-to wait four more years to realize her dream of winning a medal. In 1984 though, nothing stood in the way of Anders and her teammates as they cashed in on a bronze medal at the Los Angeles games. Anders, whose strong penalty corner was consistently clocked in the 90 m.p.h. range, nearly single

campaign for the 1994 World Cup. Most recently, in the summer of 2003, Anders was asked to take over the U.S. National Team and prepare them for the Pan American games in the Dominican Republic, the stepping stone necessary to qualifying for the Olympic Games.

The OLD DOMINION YEAR-BY-YEAR COACHING TOTALS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>COACH</th>
<th>RECORD</th>
<th>GF/GA</th>
<th>RANKING</th>
<th>TOTAL</th>
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</thead>
<tbody>
<tr>
<td>1974</td>
<td>Carol Anthony</td>
<td>1-7-1</td>
<td>11/39</td>
<td>1-7-1 (.167)</td>
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<tr>
<td>1975</td>
<td>Mikki Flowers</td>
<td>3-6-2</td>
<td>19/33</td>
<td></td>
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<tr>
<td>1976</td>
<td>Mikki Flowers</td>
<td>5-13-0</td>
<td>22/48</td>
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<td>1977</td>
<td>Mikki Flowers</td>
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<td>24/15</td>
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<tr>
<td>1978</td>
<td>Mikki Flowers</td>
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<td>36/27</td>
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<tr>
<td>1979</td>
<td>Mikki Flowers</td>
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<td>22/26</td>
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<tr>
<td>1980</td>
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<td>18-4-0</td>
<td>74/22</td>
<td>5th Nationally-VAIAW 34-38-4 (.434)</td>
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<tr>
<td>1981</td>
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<td>49/8</td>
<td>3rd place-NCAA</td>
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<tr>
<td>1982</td>
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<td>20-1-0</td>
<td>74/14</td>
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<tr>
<td>1983</td>
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<td>90/8</td>
<td>NCAA Champions</td>
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<tr>
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<td>127/10</td>
<td>NCAA Champions</td>
<td></td>
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<tr>
<td>1985</td>
<td>Melissa Magee</td>
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<td>77/35</td>
<td>NCAA Finalists</td>
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<tr>
<td>1986</td>
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<td>18-2-2</td>
<td>87/21</td>
<td>Ranked 2nd 38-9-2 (.796)</td>
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<tr>
<td>1987</td>
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<td>79/26</td>
<td>Ranked 4th</td>
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<tr>
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<td>124/15</td>
<td>NCAA Champions</td>
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<tr>
<td>1989</td>
<td>Beth Anders</td>
<td>24-2-0</td>
<td>114/13</td>
<td>NCAA Finalists</td>
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<table>
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<tr>
<th>YEAR</th>
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<th>RECORD</th>
<th>GF/GA</th>
<th>RANKING</th>
<th>TOTAL</th>
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<td>117/12</td>
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<td>1999</td>
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<td>101/36</td>
<td>Ranked 6th</td>
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<tr>
<td>2000</td>
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<td>25-1-0</td>
<td>160/26</td>
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<tr>
<td>2001</td>
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<td>87/25</td>
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<td>2002</td>
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<tr>
<td>2003</td>
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<td>86/59</td>
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<td>13-8-0</td>
<td>61/47</td>
<td>Ranked 12th</td>
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</tbody>
</table>

PROGRAM TOTAL 528-136-13 (.790)
Assistant Coaches

SUE MYERS
ASSISTANT COACH

Susan Myers enters her 18th year as a member of the Lady Monarch coaching staff. As an assistant, Myers has been on the sidelines for six of Old Dominion's national titles as well as "The Streak," a string of 66 consecutive wins spanning from 1990-93. Among Myers' on-field duties include coaching Old Dominion goalkeepers, while her off-field duties include recruiting, statistical records, video documentation and camp organization.

Myers' coaching career began in 1973 when she became Carlisle Senior High School's head coach of basketball, field hockey, and softball. She was also the coach of the state champion 4 X 100 relay team of the track and field squad. She held that post at the Pennsylvania school for 12 years, before becoming a graduate assistant coach at Old Dominion in 1987. During the 1988 season, Myers became a full-time assistant in the post she currently holds today. Alongside Anders, Myers also helped coach the United States National field hockey team during the 1990-93 seasons.

Myers served as Old Dominion's head coach in 2003 as assistant head coach Beth Anders served as the head coach of the U.S. National Team. Myers guided the 2003 Lady Monarchs to a 14-10 overall record as Old Dominion took home its eighth straight and 13th overall Colonial Athletic Association title and returned to the NCAA Tournament for its 23rd consecutive appearance.

A seven-time United States National Team member, Myers was a superior field hockey player during her athletic career. She captained the Lady Rockit's of Slippery Rock during her junior and senior campaigns and was her team's leading scorer for three seasons. Myers was an active member of the national field hockey scene. She was on the United States National Team from 1972-79 and played on the very first United States World Cup team of 1975.

After her college career, Myers was an active player in club field hockey. A five-time national club team champion, Myers was a player and co-founder of the Red Rose Field Hockey Club based in southeastern Pennsylvania from 1975-85, where she played alongside Anders on the club circuit.

A four-sport athlete in college, Myers also participated in basketball, softball, and track and field. She was an MVP selection of her basketball team and played with Rutgers head women’s basketball coach C. Vivian Stringer. A veteran ASA fast-pitch softball class AAA player, Myers was a four-time Eastern United States League batting champion while playing for teams based out of Harrisburg, Pennsylvania.

She has co-authored several field hockey publications with Anders, including the most recent Steps to Success, which was released in the summer of 1999.

ANGIE LOY
ASSISTANT COACH

Angie Loy, two-time First Team All-American and 2003 Colonial Athletic Association (CAA) Player of the Year, begins her second season with the Lady Monarchs. Loy began her coaching career serving as an undergraduate assistant with the Lady Monarchs in 2004 and will serve as a volunteer assistant in 2005. As a senior in 2003, Loy led the Monarchs to their eighth consecutive CAA title and 23rd consecutive bid to the NCAA Tournament earning first-team All-American honors from both the NFHCA and womensfieldhockey.com for the second consecutive season. Loy, named the CAA Tournament MVP, ranked second nationally with 69 points, 2,875 points per game, and 21 assists.

A native of Leesville, PA and graduate of West Perry High School, she finished her stellar career ranked fourth in career goals (77), ninth in career assists (56), and fourth all-time in scoring with 210 career points. She is also the third Lady Monarch in history to earn National Field Hockey Coaches' Association (NFHCA) Academic Honor Roll honors for four consecutive years.

Loy continues her playing career having been named to the U.S. Field Hockey National Team roster on Dec. 6th, 2003. Playing under Old Dominion head coach Beth Anders, Loy was starting forward at the 2004 Olympic Qualifiers in New Zealand and took home a silver medal at the Pan Am Games in Barbados. She most recently was a part of the team which took part in the Champions Challenge at the National Training Center in Virginia Beach in the summer of 2005.

PERSONAL: Born April 23, 1982...Daughter of Linda and Robert Loy...Has a brother Josh (27) and a sister Becky (26), a former Lady Monarch midfielder from 1998-2002...Majored in health and physical education.

Marina DIGIACOMO
ASSISTANT COACH

The NCAA's all-time leading scorer and a member of two national championship teams returns to her alma mater for her first season as assistant coach with the Lady Monarchs.

During her Old Dominion career (1997-2000), DiGiacomo was a two-time AstroTurf/NFHCA All-American, a four-time Colonial Athletic Association Player of the Year, four-time CAA Tournament MVP. She is the only player in the history of field hockey to be ranked in the top three of each statistical category (goals, assists, points). DiGiacomo made an incredible mark in the NCAA record books with 414 points on 167 goals and 80 assists during her career ranking her first in points, third in goals, and fourth all-time in assists.

With DiGiacomo on the turf, the Lady Monarchs captured an outstanding 87-13 record including national championship is 1998 with a 23-2 overall mark and in 2000 with a 25-1 record.

The Argentine native won the prestigious Honda Award trophy her senior season during the Lady Monarchs' 2000 campaign, which ended with Old Dominion's ninth national championship trophy. She became the fifth Lady Monarch to earn the National Player of the Year award leading the nation with an outstanding 151 points from 63 goals and 25 assists.

Since graduating from Old Dominion with a degree in communications, DiGiacomo was a member of the Argentine National Team helping her native country to a bronze medal at the 2004 Olympic Games and the gold medal at the 2004 Pan American Cup.
A young squad took the field in 2004, boasting just two seniors and a host of underclassmen. However, with a year under their belts and the knowledge of the high standards Beth Anders and her coaching staff hold, the Lady Monarchs are ready to climb to new heights in 2005.

Six seniors come to the turf this season, including defensive stalwarts Janelle Engle, goalkeeper Mary Cate Gordon, offensive threats Jennifer Angat, Darcy Pinchbeck, and Anna Rogers, along with utility player Rosanna Delutis. These six seniors began their careers back in 2002, the last time Old Dominion advanced to the Final Four, and are eager to end their careers in the same fashion.

Engle has been a vital member of the starting line-up since her freshman year and will look to return to all-conference and all-region status and possibly add All-American this season to her list of awards. Although she stands on the field in one of the last lines of defense, don’t count her out on the offense either. As a member of the penalty corner unit last season, she managed second on the Lady Monarch squad in points (21) and ranked eighth in the highly competitive CAA in goals per game (0.48).

Gordon will begin year number two between the pipes. Playing nearly every minute in 2004, Gordon has gone up some of the top goal scorers in the nation including top ranked teams such as North Carolina, Maryland, Duke, and Michigan along with ranked teams from the CAA such as Delaware and William & Mary. ODU’s netminder posted nearly six saves per game which included a career-high 14 against #4 Duke and 10 against the Blue Devils during the NCAA Tournament. Gordon’s ability to be the in the right spot at the right time kept the Lady Monarchs competitive with the nation’s top teams and with her experience and a more skilled defense, the Lady Monarchs should watch their goals against average decrease.

Jennifer Angat has seen roles as both a starter and a top reserve and will look for her offensive production to transfer to the back as well. Last season the Virginia Beach product returned to the starting line-up scoring both her goals early in the year. Continuing the trend into the middle and latter stages of the season will be key to Angat’s impact.

After redshirting her first year on the team, Darcy Pinchbeck has come on strong on the offense. Last year, the Suffolk, Virginia native was among the team’s top scorers scoring six goals, including two game-winners. Pinchbeck has the capability of watching her numbers increase. Last season she was among the top shot takers on opponent goal with 29 shots.

Rogers has been a consistent member of the starting 11 over the last two seasons. Her first season saw her notch nine goals and four assists, including two game-winners. Pinchbeck has the capability of watching her numbers increase. Last season she was among the top shot takers on opponent goal with 29 shots.

Although Delutis has been a reserve most of her career, she has always been ready to step in and take whatever role necessary when called upon. She made 17 appearances and cracked the starting line-up on eight occasions when not being one of the top Lady Monarchs off the bench. Defensively, she racked up two defensive saves, just one shy of the tying for the lead, and also scored her first collegiate goals.

Remaining from her freshman campaign was Dana Sensenig who returned to the starting line-up scoring both her goals in her first collegiate season, McLenegan cracked the starting line-up making 15 starts in 21 games, collecting two defensive saves.

The junior class comprises some of Old Dominion’s top talent. All-American Dana Sensenig, All-CAA member Caroline Nichols, and reserve Julia Muldrow begin their third year with the team.

Already in her young career, Sensenig has accomplished a lot individually, but will be looking to take the team to the next level. Joining a long distinguished line of All-Americans, Sensenig led Old Dominion in points (43), assists (13), and goals (15) and topped the CAA charts in assists per game (0.62) last season. Additionally, she ranked second in goals per game (0.71) and points per game (2.05) among her CAA peers and nationally 17th in points per game and 14th in assists per contest.

Right behind Sensenig on the stat sheet in fellow classmate Nichols, who was a Second Team All-CAA selection. The Lady Monarchs’ second leading scorer, Nichols finished her second year on the squad with 10 goals, 11 assists, and 31 points. Nichols is capable of producing big as made evident by multiple goal efforts against #20 Hofstra and #4 Duke in the first round of the NCAA Tournament and her career-high five assist, seven point effort against CAA rival Virginia Commonwealth.

The sophomore class features ODU’s first ever CAA All-Rookie team member, several reserves, and a few new faces.

Freshman Sami McLenegan became Old Dominion first ever All-CAA Rookie selection, a category new to the 2004 All-CAA ballot last season. In her first collegiate season, McLenegan cracked the starting line-up making 15 starts in 21 games, collecting two defensive saves.

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Midfielder Shannon Mobley also saw quality time in her first season, which included three starts. In her first year in a Lady Monarch uniform, she collected four goals and an assist, finishing the 2004 season ranked tied for sixth in scoring with nine points.

Maggie Hayes, Lara Meyer, and Whitney Tossone will also be ready step in after redshirting their first season at Old Dominion.

Daphne Almairel and Jo Ann Van Aswegen will return some forgien flare back to the team coming from Holland and South Africa respectively and certainly contend for starting roles once on campus.

Six freshmen begin their careers in 2005: Honorable Mention All-Staters Jessica Borzelleca and Kelly Driscoll, four-sport varsity athlete Samantha Stalter, Southeastern District Player of the Year and Eastern Region Co-Player Katelynn Shnier, and Holland product Nicolien van Nisp.

The schedule should come to no surprise to any one who has followed the Lady Monarchs. To be the best, you must play the best….and the best team in collegiate field hockey once again grace the 2005 schedule. Non-conference opponents in North Carolina, Duke, Maryland, Michigan, Virginia, and Penn State has consistently ranked among the top teams in the country. Adding to the list will also be American and Miami (OH). The CAA continues to be one of the top field hockey conferences in the country as Old Dominion will look average defeats and pick up wins against the ranked likes of Delaware and William & Mary.
Meet the Lady Monarchs

2005 Numerical Roster

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<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Position</th>
<th>Class</th>
<th>Ht.</th>
<th>Hometown/High School</th>
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<td>1</td>
<td>Mary Cate Gordon</td>
<td>GK</td>
<td>Sr.</td>
<td>5-6</td>
<td>Oreland, Pa./Springfield Township</td>
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<td>2</td>
<td>Jo Ann van Aswegen</td>
<td>MF</td>
<td>So.</td>
<td>5-4</td>
<td>Bloemfontein, South Africa/Eunice</td>
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<td>Lara Meyer</td>
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<td>So.</td>
<td>5-9</td>
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<td>4</td>
<td>Daphne Admiraal</td>
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<td>So.</td>
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<td>5</td>
<td>Nicolien van Nispen</td>
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<td>Fr.</td>
<td>5-7</td>
<td>Heillo, Holland/Jac P. Thijse</td>
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<td>5-5</td>
<td>Denver, Pa./Cocalico</td>
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<tr>
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<td>Jr.</td>
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<td>22</td>
<td>Katelyn Smither</td>
<td>F/MF</td>
<td>Fr.</td>
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<td>Suffolk, Va./Lakeland</td>
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<td>23</td>
<td>Maggie Hayes</td>
<td>B</td>
<td>So.</td>
<td>5-10</td>
<td>Coopersburg, Pa./Southern Lehigh</td>
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</table>

Head Coach: Beth Anders (Ursinus ’73)
Assistant Coaches: Susan Myers (Slippery Rock ’73), Robin Smith (Old Dominion ’92), Marina DiGiacomo (Old Dominion ’00)

2005 Alphabetic Roster

By State:
Pennsylvania (8):
Jessica Borzelleca, Kelly Driscoll, Janelle Engle, Mary Cate Gordon, Maggie Hayes, Sami McLenegan, Anna Rogers, Dana Sensenig

Virginia (10):
Jennifer Angat, Rosanna Delutis, Lara Meyer, Shannon Mobley, Julia Muldrow, Caroline Nichols, Darcy Pinchbeck, Samantha Stalter, Katelyn Smither, Whitney Tossone

By Country:
South Africa (1):
Jo Ann van Aswegen

Holland (3):
Daphne Admiraal, Denise Admiraal, Nicolien van Nispen

By Class:
Freshman (6):
Denise Admiraal, Jessica Borzelleca, Kelly Driscoll, Samantha Stalter, Katelyn Smither, Nicolien van Nispen

Sophomore (7):
Daphne Admiraal, Maggie Hayes, Sami McLenegan, Lara Meyer, Shannon Mobley, Whitney Tossone, Jo Ann van Aswegen

Junior (3):
Dana Sensenig, Julia Muldrow, Caroline Nichols

Senior (6):
Rosanna Delutis, Jennifer Angat, Janelle Engle, Mary Cate Gordon, Darcy Pinchbeck, Anna Rogers
Meet the Lady Monarchs

Jennifer ANGAT

Senior • Midfield • 5'8"
Virginia Beach, VA • Tallwood

2004 (Junior): Started all 21 games in her third year with the Lady Monarchs...Tallied two goals, which included #19 Penn State (8/28) and #9 Michigan (9/11)...Scored the game-winning goal against the ninth-ranked Wolverines...Also provided assists against Michigan (9/11) and Syracuse (9/12)...Named CAA Player of the Week...Took a total of nine shots on net...

2003 (Sophomore): Made 21 appearances including 10 starts...Provided a spark off the bench in the midfield...Took two shots on opponent net...

2002 (Freshman): Started 23 of 25 contests as a true freshman...Had three goals and an assist all in CAA play...Recorded her first career goal against James Madison during the regular season...Scored one goal and added one assist in win over #10 MU in the CAA Tournament semifinals...Also added a goal against Delaware...Played for the Tidewater Tempest in the US Field Hockey Summer League...

Prior to Old Dominion: An All-American at Tallwood High School in Virginia Beach...Named First Team All-Tidewater...Received Second Team All-State honors...Also played soccer for four seasons and was a three time Second Team selection...Graduated with honors...

Personal: Born November 5, 1984...Daughter of Joe and Imelda Angat...Has one brother, Jomel (29)...Majoring in graphic design.

Career Stats:

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Janelle ENGLE

Senior • Back • 5'7"
Mt. Joy, PA • Lancaster Mennonite

2004 (Junior): Started all 21 games in her third season with the Lady Monarchs...First Team All-South Region...First Team All-CAA...Finished the 2004 campaign second on the Lady Monarch squad in points (21) having tallied 10 goals and assist...Ranked eighth in the CAA in goals per game (0.48)...Notched three game-winners, which included CAA rival Drexel (10/3) and Virginia Commonwealth (10/24) as well as Princeton (10/31) in the regular season finale...Had four multiple goal games...Racked up a career-high five points in Old Dominion’s 6-3 victory over #20 Hofstra (10/31)...Defensively helped the Lady Monarchs to shutouts over #12 Richmond (10/24) and Drexel (10/3)...

2003 (Sophomore): Started all 22 contests on defense...Second Team All-CAA honoree...Second returning leading scorer entering next year’s season after accumulating five goals and nine assists for 19 points...Third on the squad in assists with nine...Tallied the game-winner against UCconn (9/14) in a 4-2 victory...Recorded a season-high three points against Louisville (8/30), Stanford (9/7), and Delaware (10/12)...Assisted on a career-high three goals in a 6-5 win over CAA rival Delaware...Named to the National Field Hockey Coaches Association Academic All-American squad...

2002 (Freshman): Started 13 contests as a back in her rookie season...Was named the CAA Player of the Week for the week ending September 15th...Scored her first collegiate goal against the University of New Hampshire...Also tallied a goal in victory over #8 JMU...Played for the Tidewater Tempest in the US Field Hockey Summer League...

Prior to Old Dominion: A four-year letterwinner at Lancaster Mennonite High School in Lancaster, PA...Teams posted a 77-20-5 overall record during her career...Named First Team All-Lancaster-Lebanon League and First Team PIAA All-State...In 2000 scored a single season school record 34 goals...Helped lead Lancaster Mennonite to four Lancaster-Lebanon Section II Championships...In 2001, her team was the PIAA District III runners up...Was also a Lancaster-Lebanon Second Team selection on the women’s lacrosse team and a one year member of the basketball team...A National Honor Society member...

Personal: Born February 16, 1984...Daughter of Charles and Kathleen Engle...Has one sister, Jocelyn (22), and one brother, Charles (19)...Majoring in music education.

Career Stats:

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Rosanna DELUTIS

Senior • Back • 5’6”
Virginia Beach, VA • Kempsville

2004 (Junior): Made 17 appearances with eight starts...Scored her first collegiate goal against CAA rival Drexel (10/3)...Also recorded a goal against #2 North Carolina (10/30)...Registered two defensive saves against #19 Penn State (8/28) and at #2 Maryland (9/4)...

2003 (Sophomore): Appeared in four games including contests against CAA rivals James Madison, Drexel, and Towson as well as #12 Virginia...

2002 (Freshman): Redshirted...

Prior to Old Dominion: A three sport athlete at Kempsville High School in Virginia Beach...A three-year member of the field hockey team earning “Most Improved” during the 2000-01 season...Also played catcher for the softball team and was a sprinter on the track team...

Personal: Born October 14, 1984...Daughter of James and Sara Delutis...Has two sisters, Francesca (22) and Amanda (18)...Major is undecided.

Career Stats:

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</table>
Meet the Lady Monarchs

Mary Cate Gordon

Senior • Goalkeeper • 5’ 6”
Orelnd, PA • Springfield Township

Darcy Pinchbeck

Senior • Forward • 5’ 6”
Suffolk, VA • Lakeland

Mattie Rogers

Senior • Forward • 5’ 8”
New Bloomfield, PA • West Perry

Career Stats:

Prior to Old Dominion: A four-year member of the varsity squad at Springfield Township High School in Enrdenheim, PA... Team posted a 14-4-2 overall mark in 2001... Held a 1.01 GAA her senior season... Two-time All-League honoree... Participated with the Futures National Tournament and was a Futures Elite member... Also played basketball and lacrosse... Was a member of the National Honor Society...

Personal: Born June 30, 1984... Daughter of Kevin and Mary Gordon... Has three brothers, Kevin (19), Dan (17), and James (15)... Majoring in English.

Career Stats:

Year: 2003:
Games Played: 2/0
Goals: 0
Assists: 3
Points: 0

Year: 2004:
Games Played: 21/21
Goals: 2
Assists: 4
Points: 6

Totals: 23/23
Goals: 2
Assists: 4
Points: 6

2004 (Sophomore): Appeared in and started all 21 contests in net... Recorded shutouts against Richmond (9/24) and CAA rival Drexel (10/3)... Collected a career-high 14 saves at #4 Duke (9/19) and also posted 10 saves against the Blue Devils (11/13) in the first round of the NCAA Tournament... Finished the season with a 2.25 goals against average and a .721 save percentage... Ranked third in the CAA in saves (124) and fourth in saves per game (5.90)... Named to her second National Field Hockey Coaches Association Academic Merit Squad...

2003 (Redshirt Freshman): Made appearances in two contests... Made first career appearance against Towson (10/10)... Played a season-high 29 minutes against Va. Commonwealth (10/26)... Named to the National Field Hockey Coaches Association Academic All-American Squad 2002 (Freshman): Redshirted... Played for the Tidewater Tempest in the US Field Hockey Summer League...

Juniors

Anna Rogers

Senior • Forward • 5’ 8”
New Bloomfield, PA • West Perry

2004 (Junior): Started all 21 games in her second season with the Lady Monarchs... Registered 13 points off of six goals and an assist as the squad’s fourth leading scorer in 2004... Scored twice against Virginia (9/26) and Virginia Commonwealth (10/24)... Put away the game-winner against the Cavaliers... Also recorded goals in the season opening win over #19 Penn State (8/28) and #20 Hofstra (10/7)... Goal against the Lady Lions was the game-winner with 10 seconds remaining in the contest... Also captured an assist at Delaware (10/10)... Fired off 29 shots on net...

2003 (Sophomore): Made appearances in 23 of Old Dominion’s 24 games, including two starts during the NCAA Tournament... Collected 11 points on five goals and an assist in her first year with the Lady Monarchs... Tallied a goal in the 4-2 victory over Richmond (11/15) in the first round of the NCAA Tournament... Was one of five goal scorers against Delaware (11/7) in the 5-0 CAA Championship game... Captured a season-high five points with two goals and assist in a 3-10 route of CAA opponent Towson (10/10)... Talled her first career goal against #4 Maryland (9/6) in a 2-1 loss...

2002 (Freshman): Redshirt...

Prior to Old Dominion: Born December 23, 1984... Daughter of Dale and Vicky Pinchbeck... Has one sister, Stephanie (27), and one brother, Jonathan (18)... Grandfather was inducted into the Randolph-Macon College Hall of Fame for football, baseball, and track achievements... Majoring in sports management.

Darcy Pinchbeck

2004 (Junior): Started all 21 games in her second season with the Lady Monarchs... Registered 13 points off of six goals and an assist as the squad’s fourth leading scorer in 2004... Scored twice against Virginia (9/26) and Virginia Commonwealth (10/24)... Put away the game-winner against the Cavaliers... Also recorded goals in the season opening win over #19 Penn State (8/28) and #20 Hofstra (10/7)... Goal against the Lady Lions was the game-winner with 10 seconds remaining in the contest... Also captured an assist at Delaware (10/10)... Fired off 29 shots on net...

2003 (Sophomore): Made appearances in two contests... Made first career appearance against Towson (10/10)... Played a season-high 29 minutes against Va. Commonwealth (10/26)... Named to the National Field Hockey Coaches Association Academic All-American Squad 2002 (Freshman): Redshirted... Played for the Tidewater Tempest in the US Field Hockey Summer League...

Juniors

Anna Rogers

Senior • Forward • 5’ 8”
New Bloomfield, PA • West Perry

2004 (Junior): Started all 21 games in her second year with Old Dominion... Tallied two goals which included Syracuse (9/12) and CAA rival Drexel (10/3)... Recorded the game-winning goal against the Orangeovemen, her second career game-winner... Registered 22 shots...

2003 (Sophomore): Appeared in all 24 games making 23 starts... The third leading scorer in 2003 and top returning scorer... Notched a career-high five points in a 4-1 victory over #12 Virginia (9/28) with two goals and an assist... Scored the game-winner against the Cavaliers... Also collected four points against CAA rivals James Madison (9/27) and Delaware (10/12)... Had three multiple goal outings... Played for the Tidewater Tempest in the US Field Hockey Summer league for the second straight season...

2002 (Freshman): Redshirted... Played for the Tidewater Tempest in the US Field Hockey Summer League...

Prior to Old Dominion: The Southeastern District Player of the Year at Lakeland High School in Suffolk, VA... Captained her team to an 18-1-1 record in 2001 with 14 goals and 19 assists... Named First Team All-District, All-Region, and All-Tidewater her senior season... Third Team All-State selection... Earned the Best All-Around trophy... Invited to the Futures Mid-Atlantic All-Star Camp... Participated in the Commonwealth of Virginia Games... A two-time Second Team All-District pick in softball... A two-time captain of the basketball team... Graduated with honors...

Personal: Born December 23, 1984... Daughter of Dale and Vicky Pinchbeck... Has one sister, Stephanie (27), and one brother, Jonathan (18)... Grandfather was inducted into the Randolph-Macon College Hall of Fame for football, baseball, and track achievements... Majoring in sports management.
Meet the

Lady Monarchs

2004 (Sophomore): Made four appearances...Recorded two shots coming against Syracuse (9/12) and #4 Duke (9/19) ...
2003 (Freshman): Redshirted ...
Prior to Old Dominion: A four-year letterwinner in field hockey at nearby Ocean Lakes High School in Virginia Beach ... Was a First Team All-Beach, All-Region, All-Tidewater, and All-State as a senior... Also co-captained the squad in her final season ... Also played three years of softball as a catcher ... Named to Who's Who Among American High School Students ... Member of the Honor Roll and Foreign Language National Honor Society ...
Personal: Born September 9, 1985 ... Daughter of Reginald and Terri Muldrow ... Has one brother, Leonard (21) ... Majoring in communications.

Career Stats:

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</table>

Caroline Nichols

2004 (Sophomore): Started all 21 games in her second season with the Lady Monarchs ... Earned Second Team All-CAA ... Old Dominion's second leading scorer with 10 goals, 11 assists, and 31 points ... Had multiple goal efforts in a win over #20 Hofstra (10/1) and against #4 Duke (11/13) in the first round of the CAA Tournament ... Notched a career-high five-assist, seven-point effort against Virginia Commonwealth ... Ranked sixth in the CAA in total assists and fifth in assists per game ...
2003 (Freshman): Made 23 appearances including 22 starts in her first season ... Collected a goal and two assists ... Netted her first career goal in a 5-2 victory over Stanford (9/7) ... Registered her first career assist in the 3-1 season opening victory over Louisville (8/30) ... Also collected an assist in a 4-2 victory over Connecticut (9/10) ... Played for the Tidewater Tempest in the US Field Hockey Summer League ...
Prior to Old Dominion: A four-sport athlete at local Salem High School ... Played three positions, forward, midfield, and defense, as a four-year letterwinner on the field hockey squad ... Was named First Team All-District, All-Tidewater, and All-State ... Captained her team her senior season ... Was also a Second Team All-District and captain of the women's soccer squad ... All participated on the cross country and basketball teams for two season ... Named to the Virginia Pilot Academic Excellence Team ... An honor roll student ...
Personal: Born December 15, 1984 ... Daughter of Ken and Terry Nichols ... Has a twin brother, Christopher (19) ... Majoring in physical education with an emphasis in exercise science.

Career Stats:

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Caroline Nichols

2004 (Sophomore): Started all 21 games in her second season at Old Dominion ... Led the team in scoring with 15 goals, 13 assists, and 43 points ... A member of US Field Hockey's Under-21 team ... Third Team All-American ... First Team All-CAA ... First Team All-South Region ... CAA All-Tournament Team ... Two-time CAA/Player of the Week ... Topped the CAA charts in assists per game (0.62) ... Second in goals per game (0.71) and points per game (2.05) in the conference ... Nationally ranked 17th in points per game and 14th in assists per contest ... Talled three game-winners, which included conference rival Towson (10/8) and James Madison (10/22) along with an overtime goal against #4 Maryland (10/15) ... Registered a season-high six points with two goals and two assists versus Princeton (10/31) in the regular season finale ... Also produced five points against Towson (10/8) and Virginia Commonwealth (10/22) ...
2003 (Freshman): Made 19 appearances, all in the starting line-up, in her first season with the Lady Monarchs ... Talled 11 points on five goals and an assists as the team's eighth leading scorer ... Picked up her first career assist in a 5-2 victory over Stanford (9/7) ... Had a two-goal effort in the 8-2 upset victory over #8 Princeton (11/2) in the regular season finale ... Was one of five goal scorers against Delaware (11/9) in the 5-0 CAA Championship game ... Also tallied goals, including her first career tally, against CAA rival James Madison (9/27) and #4 Maryland (9/26) ... Named to the CAA All-Tournament Team ... One of 20 members named to the U.S. Under-21 squad ... Earned National Field Hockey Coaches Association Academic All-American Squad honors ...
Prior to Old Dominion: Three-sport athlete at Cocalico High School ... Cocalico High School's Outstanding Athlete and Intelligencer Journal Female Athlete of the Year as a senior ... Led her high school team to the Section Two Championship ... Three-time Lancaster Lebanon First Team All-Star ... League All-Star Offensive MVP and Pennslyvania All-State All-Star Team member as a senior ... Also was a basketball and track and field standout ... Scored over 1,000 points and was a two-time Lancaster Lebanon Section Two All-Star member in basketball ... Was the 400 meter dash league champion in track her senior year ... Cocalico Class of 2003 Valedictorian ... Member of the National Honor Society ... Named Who's Who Among American High School Student and High School Sports ...
Personal: Born November 30, 1984 ... Daughter of Dr. Bruce and Denise Sensenig ... Has two sisters, Kelly Jo (23), and Carrie (10), and one brother, Timothy (13)... Majoring in physical education.

Career Stats:

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Meet the Lady Monarchs

Sami McLENEGAN
Sophomore • Back • 5’4”
Middletown, PA • Lower Dauphin

Prior to Old Dominion: Appeared in 21 games, making 16 starts in her first season with the Lady Monarchs. CAA All-Rookie Team. Registered two defensive saves coming against James Madison (10/22) and #4 Duke (11/13) in the NCAA Tournament. Registered two shots on opponent cage.此外，她也贡献了9次助攻。


2004 (Freshman): Appeared in 21 games, making 16 starts in her first season with the Lady Monarchs. CAA All-Rookie Team. Registered two defensive saves coming against James Madison (10/22) and #4 Duke (11/13) in the NCAA Tournament. Registered two shots on opponent cage.此外，她也贡献了9次助攻。


Shannon MOBLEY
Sophomore • Midfielder • 5’1”
Virginia Beach, VA • Tallwood

Prior to Old Dominion: Appeared in 18 games, making three starts in her first season with Old Dominion. Totaled four goals and an assist for nine points. Talled her first collegiate goal against Syracuse (9/12). Also scored two goals against Princeton (10/31) in the regular season finale and posted a goal against #4 Duke (11/13) in the NCAA Tournament. Fired 16 shots on net...

Personal: Born February 2, 1986. Daughter of Kevin and Cecilia Daley. Has one sister, Stacy (20) and one brother, Christopher (12). Majoring in health and physical education.

Whitney TOSSONE
Sophomore • Forward • 5’5”
Virginia Beach, VA • Kellam

Prior to Old Dominion: Appeared in 18 games, making three starts in her first season with Old Dominion. Totaled four goals and an assist for nine points. Talled her first collegiate goal against Syracuse (9/12). Also scored two goals against Princeton (10/31) in the regular season finale and posted a goal against #4 Duke (11/13) in the NCAA Tournament. Fired 16 shots on net...

Personal: Born March 11, 1986. Daughter of Anthony and Mindy Tossone...Has two sisters, Talia (17) and Spencer (9). Major is undecided.

Daphne Admiraal
Sophomore • Back • 5’7”
Heiloo, Holland • Jac P. Thijssen

Prior to Old Dominion: Joins the long-line of international student-athletes to play field hockey at Old Dominion. One of three student-athletes from Holland on the 2005 roster...Has been playing field hockey for over 13 years...

Personal: Born February 24, 1987. Daughter of Ruud Admiraal and Maureen Doggendar...Has a brother Simon (15) and a sister Denise (16). Joins her sister Denise on the Lady Monarchs in their first season in uniform in 2005. Major is undecided.

Jo Ann VAN ASWEGEN
Sophomore • Midfield • 5’4”
Bloemfontein, South Africa • Eunice

Prior to Old Dominion: Joins the long-line of international field hockey student-athletes at Old Dominion. Member of the South African Under-18 Junior National Team and Under-21 squad...Was named captain of the Under-21 provincial team...Also participated in swimming and cycling...

Personal: Born March 15, 1984. Daughter of Basil and Christy van Aswegen...Has one bother, Grant (25)...Plans to major in speech language pathology.

Maggie HAYES
Sophomore • Back • 5’10”
Coopersburg, PA • Southern Lehigh

Prior to Old Dominion: Redshirt...


Lara MEYER
Sophomore • Midfielder • 5’9”
Fredericksburg, VA • Stafford

Prior to Old Dominion: A two-sport athlete at Stafford High School...Two-time First Team Commonwealth District and All-Region honoree...Named First Team All-Star in field hockey...Led the team in rebounding and was the second leading scorer...Team captain...Named to the Winter Classic All-Star Team...Graduated with distinguished honors...Named All-Mid-Penn and All-State...Netted 15 goals as a senior and finished her four-year career with 18 goals and eight assists...Named Most Valuable Player Honors...Named team captain...Also ran indoor track participat-

Personal: Born June 5, 1986. Daughter of Russell and Paula Meyer...Has one sister, Fenda Meyer (21)...Majoring in communications.

Meet the Lady Monarchs

21/16
0
0
0
14
Meet the Lady Monarchs

Denise Admiraal
Freshman • Forward • 5’7”
Heiloo, Holland • Jac P. Thijsse

Prior to Old Dominion: Joins the long line of international student-athletes to play field hockey at Old Dominion... One of three student-athletes from Holland on the 2005 roster...
Personal: Born February 24, 1986... Daughter of Edward and Carol Borzelleca... Has a brother Simon (15) and a sister Daphne (18)... Joins her sister Daphne on the Lady Monarchs in their first season in uniform in 2005... Mayor is undecided.

Jessica Borzelleca
Freshman • Midfield • 5’6”
Oreland, Pa. • Springfield Township

Prior to Old Dominion: A four-sport varsity athlete at Springfield Township High School... Earned First Team All-District, and All-League... Received Honorable Mention All-State honors... Named team captain... Led her team to League and District Championships and State Quarterfinals on two occasions... Also was a two-year varsity player in basketball... Ran the 400 in track where she finished second in the District and 11th in the State... She was a First Team All-League lacrosse player where she earned 3 letters... An honor roll student... Named Academic All-American her senior year.
Personal: Born July 18, 1987... Daughter of Edward and Carol Borzelleca... Has one sister, Lara (22), and one brother, Ed (25)... Plans to major in math education.

Kelly Driscoll
Freshman • Goalkeeper • 5’5”
West Chester, PA • Villa Maria

Prior to Old Dominion: A two-sport varsity athlete at Villa Maria Academy. Earned All-League, All-Area, and All-State honors... Named team captain... Had a career 91 percent save average and 47 shutouts... Also participated in lacrosse for four years. Earned All-County and All-League honors... Netted 31 goals her senior year... An academic honors student...
Personal: Born July 7, 1986... Daughter of Bernie and Liz Driscoll... Has one sister, Mo (21) and one brother, Ricky (17)... Plans to major in criminal justice.

Samantha Stalter
Freshman • Midfielder • 5’9”
Fredericksburg, VA • Stafford

Prior to Old Dominion: A four-sport athlete at LaPlata High School... Played varsity four years... Also participated in Cross Country for four years... Ran both Indoor and Outdoor track where she participated in the two-mile, mile, and 800... Three-year letterwinner in swimming where she swam all events.
Personal: Born May 23, 1987... Daughter of Steven and Leigh Stalter... Has one brother, Jason (20)... Plans to major in biology.

Katelyn Smither
Freshman • Forward/Midfielder • 5’5”
Suffolk, VA • Lakeland

Prior to Old Dominion: A four-year varsity athlete in field hockey and softball at nearby Lakeland High School... Was a three-time First Team All-District, First All-Region, and First All-Tidewater honoree... Two-time All-State honoree... Named Southeastern District Player of the Year and Eastern Region Co-Player of the Year twice... Earned Second Team All-District honors twice... Netted 33 goals as a senior and finished her four-year career with 89 goals and 57 assists... Led her team to a combined 65-12-2 record... Played catcher for her high school softball team... Named First team All-District honors twice... First Team All-Region her senior year... Member of the Beta Club and was an honors graduate earning academic letters all four years.
Personal: Born May 15, 1987... Daughter of Donna Smither... Has one sister, Kelsey (12)... Plans to major in business/computer education.

Nicolien Van Nispen
Freshman • Midfielder • 5’6”
Bilthoven, Holland • Het Nieuwe Lyceum

Prior to Old Dominion: Continues the long line of field hockey student-athletes from the Netherlands... A member of her club team since 1992 playing in the midfield... Helped her club team to the national championship in 2002 and 2003... Team was runner-ups in 2001 and 1999.
Personal: Born December 16, 1986... Daughter of Eduardus and Christa van Nispen... Has one sister, Nanette (18), and a brother, Mareous (14)... Mayor is undecided.

Large crowds comprising the ODU student body and local community can be found at ODU Field Hockey home games at Foreman Field in the Fall.
2004
OLD DOMINION STATISTICS

RECORD:

OVERALL (13- 8- 0)
HOME ( 7- 2- 0)
AWAY ( 5- 4- 0)
NEUTRAL ( 1- 2- 0)

CONFERENCE

( 6- 1- 0)
( 3- 0- 0)
( 3- 1- 0)
( 0- 0- 0)

NON-CONFERENCE

( 7- 7- 0)
( 4- 2- 0)
( 2- 3- 0)
( 1- 2- 0)

DATE OPPONENT W/L SCORE ATT # PLAYER GP G A Pts Sh Shot% GW PK-AT
---------- ---------------------- --- ----- -----  ------------------------------------------
Aug 28 at #19 Penn State W 2-1 508 14  Sensenig, Dana 21 16 13 45 40 .400 3 0-0
Sep 04 at #2 Maryland L 0-0 421 20  Nichols, Caroline 21 10 11 31 21 .476 1 0-0
Sep 11 at #8 Michigan W OT 3-2 573 19  Engle, Janelle 21 10 1 21 42 .238 3 1-1
Sep 12 vs Syracuse W 3-1 - 9  Pinchbeck, Darcy 21 6 1 13 29 .207 2 0-0
Sep 18 at #3 North Carolina L 0-0 250 4  Farquhar, Lynn 21 2 7 11 12 .167 0 0-0
Sep 19 at #4 Duke L 2-4 125 18  Mobley, Shannon 18 4 1 9 16 .250 0 0-1
Sep 24 #12 UR W 2-0 302 26  Claxton, Katie 20 4 1 9 15 .267 1 0-0
Sep 26 #13 VIRGINIA W 4-3 355 10  Maddox, Beth 20 3 1 7 12 .250 1 0-0
*Oct 01 #20 HOFSTRA W 6-3 89 16  Angat, Jennifer 21 2 0 4 22 .091 1 0-0
*Oct 03 DREXEL W 5-0 173 7  Rogers, Anna 21 2 0 4 22 .091 1 0-0
*Oct 08 at Towson University W OT 4-3 315 23  Delutis, Rosanna 17 2 0 4 6 .333 0 0-0
*Oct 10 at #14 Delaware W 3-2 232 4  Muldrow, Julia 4 0 0 2 .000 0 0-0
Oct 15 #4 MARYLAND W OT 2-1 214 6  McLennan, Sami 21 0 0 2 .000 0 0-0
Oct 17 #5 DUKE L 0-3 322 15  Snow, Jamie 2 0 0 0 .000 0 0-0
*Oct 22 at James Madison W 2-1 78 1  Gordon, Mary Cate 21 0 0 0 0 .000 0 0-0
*Oct 24 VCU W 9-2 103 1  Gordon, Mary Cate 21 0 0 0 0 .000 0 0-0
*Oct 27 #13 William and Mary L 1-2 323 Opponents........... 21 47 34 128 282 .167 7 2-2
Oct 30 #2 NORTH CAROLINA L 1-4 - Opponents........... 21 47 34 128 282 .167 7 2-2
Oct 31 PRINCETON W 8-2 227 Total............... 21 61 38 160 228 .268 13 1-2
Nov 06 vs #17 Delaware LOT 1-2 115 Total............... 21 61 38 160 228 .268 13 1-2
Nov 13 vs #4 Duke L 3-5 - Opponents........... 21 47 34 128 282 .167 7 2-2

TEAM STATISTICS

OUNDU

SHOT STATISTICS

Goals-Goal attempts........ 61-228 47-282
Goals scored average... 3.65 2.87
Goal pct........ .268 .167
Shoots/Game........ 10.9 13.4
Assists........ 38 34
Penalty kicks........ 142 149
Penalties........ 1-2 2-2
Fouls................ 0 0
Yellow cards........ 0 0
Red cards........ 0 0

Attendance

Total.......................... 1785 2825
Dates/Avg Per Date........ 9/198 9/31
Neutral Site #/Avg...... 3/38

GOALS BY PERIOD

1st 2nd OT Total
------------------------------------------
Old Dominion........ 28 30 3 - 61
Opponents.......... 20 27 1 - 48

SHOTS BY PERIOD

1st 2nd OT Total
------------------------------------------
Old Dominion........ 110 109 9 - 228
Opponents.......... 152 127 3 - 282

SAVES BY PERIOD

1st 2nd OT Total
------------------------------------------
Old Dominion........ 75 47 2 - 124
Opponents.......... 49 47 3 - 99

CORNER KICKS BY PRD

1st 2nd OT Total
------------------------------------------
Old Dominion........ 70 69 3 - 142
Opponents.......... 78 69 1 - 148

FOULS BY PERIOD

1st 2nd OT Total
------------------------------------------
Old Dominion........ 0 0 0 - 0
Opponents.......... 0 0 0 - 0

Above, Old Dominion Field Hockey
Beth Anders returned to the Old Dominion sidelines after a year-long stint with the U.S. National Team to guide one of the youngest Lady Monarch field hockey squads in recent memory.

With only two seniors and two juniors on the starting line-up, the Lady Monarchs collected a 13-8 overall mark and ended the year ranked 12th in the National Field Hockey Coaches Association (NFHCA) Poll. Although Old Dominion did not take home the Colonial Athletic Association Title, the Lady Monarchs gained an at-large bid and continued to make an appearance in the NCAA Tournament, remaining the only team since 1981 to be invited to the bracket each year.

Lynn Farquhar and Beth Maddox were the lone Old Dominion seniors on the squad. Farquhar earned Second Team All-South and Second Team All-CAA honors in her final season and finished the year with two goals, seven assists, and 11 points. She had a two-goal effort in ODU’s 9-2 victory over conference rival Virginia Commonwealth and recorded two assists in wins over #20 Hofstra, Drexel, and Princeton. Maddox meanwhile continued her starting role in the backfield for the third straight season collecting the game-winning goal and an assist against #20 Hofstra and a two-goal effort against Princeton.

Anchoring the defense again was junior Janelle Engle. A First Team All-South and First Team All-CAA selection, she finished the 2004 campaign second on the Lady Monarch squad in points (21) having tallied 10 goals and an assist. She ranked eighth in the league in goals per game (0.48) and notched three game-winners, which included conference rival Towson and James Madison along with an overtime goal against #4 Maryland. Engle had four multiple goal games and racked up a career-high five points in Old Dominion’s 6-3 victory over #20 Hofstra.

Sophomore Caroline Nichols was another Lady Monarch midfielder to earn recognition for her efforts on the field. Nichols was Old Dominion’s second leading scorer with 10 goals, 11 assists, and 31 points. She had multiple goal efforts in a 6-3 win over #20 Hofstra and against #4 Duke in the first round of the NCAA Tournament. She also notched a career-high five assist, seven point effort against Virginia Commonwealth. Nichols was also a Second Team All-CAA selection.

One of the most decorated Lady Monarchs in the 2004 campaign was sophomore midfielder Dana Sensenig. A member of US Field Hockey’s Under-21 team, Sensenig joined the long list of Lady Monarch All-Americans earning Third Team honors to go along with her First Team All-CAA, First Team All-South Region, and CAA All-Tournament Team awards. A two-time CAA Player of the Week honoree, she led Old Dominion in points (43), assists (13), and goals (15) and topped the CAA charts in assists per game (0.62). Sensenig ended the season ranked second in goals per game (0.71) and points per game (2.05) in the conference. Nationally, her stats ranked her 17th in points per game and 14th in assists per contest. The second-year midfielder also tallied three game-winners, which included conference rival Towson and James Madison along with an overtime goal against #4 Maryland.

Sophomore Caroline Nichols was another Lady Monarch midfielder to earn recognition for her efforts on the field. Nichols was Old Dominion’s second leading scorer with 10 goals, 11 assists, and 31 points. She had multiple goal efforts in a 6-3 win over #20 Hofstra and against #4 Duke in the first round of the NCAA Tournament. She also notched a career-high five assist, seven point effort against Virginia Commonwealth. Nichols was also a Second Team All-CAA selection.

Freshman Sami McLenegan became Old Dominion first ever All-CAA Rookie selection, a category new to the 2004 All-CAA ballot this season. In her first collegiate season, McLenegan cracked the starting line-up making 15 starts in 21 games. Aiding the Lady Monarchs in a defensive role, McLenegan made two defensive saves, which included stops against CAA rival Virginia Commonwealth and #4 Duke in the first round of the NCAA Tournament.

The Lady Monarchs also continued to receive accolades off the field as well as the team earned the NFHCA Division I National Academic Team award after achieving a team GPA of over 3.0 or higher during the first semester of the 2004-05 academic year, while six Lady Monarchs were recognized individually for achieving a cumulative GPA of 3.30 or higher. The six members included senior Lynn Farquhar, junior Janelle Engle, sophomores Mary Cate Gordan, Caroline Nichols, and Dana Sensenig, along with freshman Sami McLenegan. Farquhar became the fourth Lady Monarch in history to earn national academic honors every year of her career.
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* indicatesCAA Opponents  
@ indicates program no longer exists
2005 OPPONENTS

HOFSTRA

Pride Schedule
August
27............. Rhode Island
29............. La Salle
September
3............. Middle Tennessee
9............. Delaware State
11............. # Boston University
13............. # Boston College
18............. # Temple
20............. William & Mary
22............. Old Dominion
28............. # James Madison
29............. # vs. Delaware
October
2............. at Delaware
3............. vs. Miami
9............. vs. Maryland
11............. vs. Temple
16............. vs. Pennsylvania
19............. vs. Towson
20............. vs. Maryland
22............. vs. Temple
27............. vs. Delaware
28............. vs. Temple
30............. at Towson
November
2............. vs. Temple
4............. vs. Temple
5............. vs. Temple
13............. vs. Towson
17............. vs. Maryland
20............. vs. Temple
24............. vs. Temple
26............. vs. Temple
27............. vs. Temple
28............. vs. Temple
November
1............. vs. Temple
2............. vs. Temple
3............. vs. Temple
10............. vs. Towson
13............. vs. Delaware
14............. vs. Temple
16............. vs. Temple
17............. vs. Temple
18............. vs. Temple
20............. vs. Temple
21............. vs. Temple
24............. vs. Temple
25............. vs. Temple
26............. vs. Temple
27............. vs. Temple
29............. vs. Temple
30............. vs. Temple
December
2............. vs. Temple
4............. vs. Temple
5............. vs. Temple
8............. vs. Temple
9............. vs. Temple
10............. vs. Temple
11............. vs. Temple
13............. vs. Temple
14............. vs. Temple
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27............. vs. Temple
28............. vs. Temple
29............. vs. Temple
30............. vs. Temple

www.hofstra.edu/athletics

JAMES MADISON

Duke Schedule
August
27............. Kent State
28............. Long Beach
31............. # Radford
September
5............. # North Carolina
9............. at # Maryland
13............. vs. # Temple
16............. vs. # Temple
21............. vs. # Delaware
25............. Duke
30............. vs. Old Dominion
October
2............. at Virginia Commonwealth
7............. vs. Temple
9............. vs. William & Mary
16............. vs. # Georgetown
21............. at # Delaware
28............. vs. Drexel
29............. vs. Hofstra
30............. vs. Old Dominion
November
10............. at American
23............. at New Hampshire
December
7............. vs. # Duke
30............. vs. Old Dominion

www.jmusports.com

MARYLAND

Terp Schedule
August
27............. vs. # Northwestern
29............. at # Ohio State
30............. vs. Ohio State
September
2............. vs. Michigan
4............. vs. Old Dominion
9............. vs. Temple
16............. vs. Pennsylvania
24............. vs. # Wake Forest
October
1............. vs. Virginia
2............. vs. Rutgers
5............. vs. # Duke
8............. vs. # Princeton
15............. vs. # Old Dominion
16............. vs. Delaware
22............. vs. # North Carolina
28............. vs. # American
November
2............. vs. # Michigan
5............. vs. # Virginia
6............. vs. # Maryland
9............. vs. # Virginia
16............. vs. # Maryland
19............. vs. # Delaware
23............. vs. Old Dominion
26............. vs. # James Madison
28............. vs. # Old Dominion
December
1............. vs. # Wake Forest
3............. vs. Boston College
8............. vs. # Stanford
15............. vs. # Virginia
19............. vs. Maryland
26............. vs. # Old Dominion
30............. vs. Penn State

www.umterps.com

MICHIGAN

Wolverine Schedule
August
27............. vs. # North Carolina
29............. vs. # Wake Forest
September
2............. at # Maryland
4............. vs. # Miami (Ohio)
9............. at # Old Dominion
10............. at # Central Michigan
12............. vs. # Ohio State
19............. vs. Kent State
15............. vs. Ohio
17............. at Central Michigan
22............. at Ball State
26............. vs. # Ohio
Ohio
October
2............. # vs. Penn State
6............. vs. # Michigan State
8............. at # Iowa
12............. at # Northwestern
26............. vs. # California
30............. vs. # Pacific
November
2............. vs. # Iowa
9............. vs. # Iowa
16............. vs. # Northwestern
20............. vs. # California
22............. vs. # Pacific
25............. vs. # Iowa
30............. vs. # Tennessee
December
2............. vs. # Penn State
6............. vs. # Michigan State
8............. at # Iowa
12............. at # Northwestern
19............. vs. # California
22............. vs. # Pacific
25............. vs. # Iowa
30............. vs. # Tennessee

www.mgodblue.com

NORTHEASTERN

Husky Schedule
August
29............. vs. # Delaware
30............. vs. # Harvard
October
2............. vs. # Delaware
4............. vs. # Harvard
November
20............. vs. # Delaware
22............. vs. # Harvard
1............. vs. # Old Dominion
6............. vs. # William & Mary
26............. vs. # Virginia Commonwealth
30............. vs. # James Madison

www.gonu.com

NORTH CAROLINA

Tar Heel Schedule
August
27............. vs. # Michigan
28............. vs. Iowa
September
2............. vs. William & Mary
3............. vs. James Madison
4............. at # Miami (Ohio)
5............. at # Duke
9............. at # Old Dominion
19............. vs. # Davidson
23............. vs. Duke
25............. vs. # Richmond
October
1............. vs. # Wake Forest
9............. vs. Boston College
16............. vs. # Stanford
19............. vs. # Virginia
23............. vs. Maryland
26............. vs. # Old Dominion
30............. vs. Penn State
November
2............. vs. # Duke
3............. vs. # Duke
4............. vs. # Duke
7............. vs. # Duke
8............. vs. # Duke
14............. vs. # Duke
15............. vs. # Duke
16............. vs. # Duke
17............. vs. # Duke
18............. vs. # Duke
21............. vs. # Duke
22............. vs. # Duke

www.tarheelblue.com

RICHMOND

Spider Schedule
August
29............. vs. # Northwestern
31............. vs. # Starfish
20............. at # Pacific
30............. at # California
September
9............. vs. # Michigan
11............. vs. # Old Dominion
16............. at # St. Louis
18............. at # Ohio
30............. at # Indiana
October
5............. vs. # Ball State
7............. at # Ball State
9............. at # Old Dominion
14............. vs. # Kent State
15............. vs. # Ohio
17............. at Central Michigan
22............. vs. Ball State
26............. vs. Ohio
30............. vs. Indiana

www.richmondspiders.com

Miamis (OH)

Red Hawk Schedule
August
20............. vs. # Northwestern
22............. vs. Starfish
28............. vs. # Pacific
30............. vs. # California
September
9............. vs. # Michigan
11............. vs. Old Dominion
16............. at # St. Louis
18............. vs. # Davidson
23............. at Kent State
25............. at # Ohio
30............. at Central Michigan
October
5............. at # Ball State
7............. at # Ball State
9............. at # Old Dominion
14............. vs. # Kent State
15............. vs. # Ohio
17............. at Central Michigan
22............. at Ball State
26............. vs. # Ohio
30............. at # Indiana

www.muredhawks.com

2004 OPPONENTS

Lady Lion Schedule
August
27 - @ Old Dominion
28 - @ William & Mary
September
5 - vs. Appalachian St.
4 - @ Temple
9 - @ Richmond
11 - vs. La Salle
18 - vs. American
25 - vs. Northeastern
October
5 - vs. James Madison
10 - @ Delaware
12 - @ Va. Commonwealth
26 - @ Bucknell
2 - @ Drexel
15 - vs. Old Dominion

TOWSON
August
26 - @ West Chester
31 - @ UMBC
September
4- vs. Appalachian St.
5 - @ Lock Haven
11 - vs. Richmond
13 - vs. La Salle
18 - vs. American
25 - vs. Northeastern
October
17 - vs. James Madison
20 - vs. Old Dominion
27 - @ Delaware
29 - @ Va. Commonwealth
30 - @ Delaware
3 - @ Drexel

VA. COMMONWEALTH
August
27 - @ Virginia
September
4 - @ Rutgers
9 - vs. Richmond
11 - vs. Longwood
26 - vs. Temple
30 - vs. Yale
22 - vs. Radford
25 - vs. William & Mary
23 - vs. Delaware
29 - vs. Delaware
29 - vs. Delaware
30 - vs. Delaware

Blue Hen Schedule
August
28 - @ Michigan State
29 - vs. Duke
September
14 - vs. Richmond
5 - vs. Princeton
11 - vs. North Carolina
17 - @ St. Joseph's
19 - vs. Pennsylvania
24 - vs. Lafayette
26 - vs. West Chester
29 - @ Villanova
30 - @ Temple

Virginia
August
27 - vs. Old Dominion
September
17 - vs. Montmouth
5 - vs. Princeton
19 - vs. Virginia Commonwealth
22 - vs. Temple
29 - @ Rutgers
October
2 - vs. James Madison
16 - vs. Old Dominion
19 - vs. Delaware
24 - @ Delaware
30 - @ Towson

Penn State
August 27th - Norfolk, Va.

William & Mary
August 27th - Williamsburg, Va.

Tiger Schedule
August
29 - vs. West Chester
31 - @ UMBC
September
4 - vs. Davidson
4 - vs. Appalachian St.
9 - vs. Lock Haven
11 - vs. Richmond
13 - vs. La Salle
18 - vs. American
25 - vs. Northeastern
October
17 - vs. James Madison
20 - vs. Old Dominion
27 - @ Delaware
29 - @ Va. Commonwealth
30 - @ Delaware

Ram Schedule
August
29 - Virginia
September
4 - @ Rutgers
9 - vs. Richmond
11 - vs. Longwood
26 - vs. Temple
30 - vs. Yale
22 - vs. Radford
25 - vs. William & Mary
23 - vs. Delaware
29 - vs. Delaware
30 - vs. Delaware

VIRGINIA
August
28 - vs. Duke
September
14 - vs. Richmond
5 - vs. Princeton
11 - vs. North Carolina
17 - @ St. Joseph's
19 - vs. Pennsylvania
24 - vs. Lafayette
26 - vs. West Chester
29 - @ Villanova
30 - @ Temple

Tribe Schedule
August
27 - @ Ball State
September
11 - vs. Kent State
16 - vs. Ohio
19 - vs. Richmond
26 - @ Virginia Commonwealth
30 - @ Drexel

October
5 - @ American
7 - vs. James Madison
14 - vs. Pacific
18 - vs. Duke
21 - vs. Hofstra
23 - @ Northeastern
28 - @ Towson
30 - vs. Old Dominion

www.psusports.com

www.towsontigers.com

www.va-commonwealthsports.com

www.vcurusports.edu

www.tribeahletics.com

2004 Conference Record: 23-2-1 en route to a 2nd place finish in Colonial Athletic Association (CAA) with 70 points.
2004 Record: 16-5-3

1997
Head Coach: Carol Anthony

1975
Westhampton ............ L, 2-3
Longwood ............... L, 0-9
Virginia Beach Club ..... W, 2-1
Cavalier Club ............ W, 5-1
Virginia Commonwealth . T, 0-0
Hampton Road Club ..... W, 2-1
William & Mary ........ L, 2-4

1976
Westhampton ............ L, 0-3
Longwood ............... L, 1-4
Eastern Mennonite .... L, 0-6
Virginia Commonwealth . L, 0-1
Cavalier Club ............ W, 5-0
William & Mary ........ L, 0-7
Mary Washington ........ W, 2-1
Virginia ................ L, 1-3
East Carolina .......... W, 3-0
Hampton Club .......... W, 8-2
Westhampton ........... L, 0-1
Longwood ............... L, 0-7
Bridgewater ............. L, 0-1
Virginia Commonwealth . L, 0-1
William & Mary ........ L, 0-7
Mary Washington ........ W, 2-1
Virginia ................. L, 0-2

Head Coach: Mikki Flowers

1977
Mary Washington ........ W, 2-0
Virginia Beach Club ..... W, 2-0
William & Mary ........ L, 0-3
Bridgewater ............. L, 1-2
Virginia Commonwealth . W, 3-0
Eastern Mennonite .... W, 4-3

Enrollment: 41,795
Location: University Park, PA
Enrollment: 41,795
Location: Williamsburg, VA
Enrollment: 5,560
Location: Norfolk, Va.

1991 NCAA Champions
1990 NCAA Champions
1988 NCAA Champions
1984 NCAA Champions
1983 NCAA Champions

1992 NCAA Champions
1991 NCAA Champions

2000 NCAA Champions
1998 NCAA Champions
1995 NCAA Champions
1994 NCAA Champions
1993 NCAA Champions
1992 NCAA Champions
1991 NCAA Champions
1990 NCAA Champions
1988 NCAA Champions
1984 NCAA Champions
1983 NCAA Champions

2004 Conference Record: 0-7/8th
2004 Conference Record: 3-3/4th
2004 Conference Record: 3-3/4th
2004 Conference Record: 23-2-1
2004 Conference Record: 10-10
2004 Conference Record: 0-4/4th
2004 Conference Record: 0-7/8th
2004 Conference Record: 23-2-1
2004 Conference Record: 23-2-1
2004 Conference Record: 0-7/8th
2004 Conference Record: 0-7/8th
2004 Conference Record: 23-2-1
2004 Conference Record: 23-2-1
2004 Conference Record: 23-2-1
2004 Conference Record: 23-2-1
1981

**12-Time CAA Champions**

**1991**

* 1991
* 1992
* 1993
* 1994
* 1995
* 1996
* 1997
* 1998
* 1999
* 2000
* 2001
* 2002
* 2003

**Springfield** .................................. W, 3-1

*** AIAW Nationals

**V AIAW Tournament

Connecticut  *** ................. W, 2-0

**William & Mary ** .............. L, 2-3

Virginia ............................... W, 5-0

James Madison .................. W, 3-1

Salisbury St. ....................... W, 4-2

Head Coach:  Mikki Flowers

**1982**

(20-1)

**NCAA CHAMPIONS

William & Mary ................. W, 5-1

Duke ........................................ W, 6-0

Virginia ......................... W, 5-0

Massachusetts .................. W, 4-0

Temple .................................... W, 3-2

Connecticut  ** ............ W, 2-0

* AIAW Region II Tournament

Head Coach:  Beth Anders

**1983**

(19-1)

**NCAA CHAMPIONS

William & Mary ................. W, 5-0

Duke ........................................ W, 5-0

Virginia ......................... W, 5-0

Massachusetts .................. W, 4-0

Connecticut  ** ............ W, 3-0

Temple .................................... W, 2-1

North Carolina .................. W, 2-1

James Madison .................. W, 2-1

Northwestern* .................. W, 2-1

# NCAA Tournament

Head Coach:  Beth Anders

**1984**

(23-0)

**NCAA CHAMPIONS

Ohio St. ........................................ W, 10-0

Maryland .................................... W, 10-0

James Madison ................. W, 7-3

Tulsa ........................................ W, 9-0

Davis & Elkins ................. W, 8-0

William & Mary .................. W, 5-0

Stanford ............................. W, 9-2

Lehigh ......................... W, 6-0

West Chester .................. W, 8-0

Richmond ....................... W, 8-0

Massachusetts .................. W, 7-0

Virginia ............................. W, 5-0

* AIAW Tournament

** AIAW Region II Tournament

# AIAW National

Head Coach:  Beth Anders

**1985**

(17-5-1)

**SAC CHAMPIONS

Massachusetts .................. W, 2-1

Northwestern .................... L, 0-3

North Carolina .................. L, 1-2

William & Mary (OT) ........ W, 3-2

Iowa .............................. W, 2-0

Richmond ....................... W, 4-1

American .......................... W, 2-0

Loyola ................................ W, 7-1

* South Atlantic Conf. Tournament

# NCAA Tournament

Head Coach:  Melissa Magee

**1988**

(26-1)

**NCAA CHAMPIONS

SAC CHAMPIONS

Maryland ................................ W, 4-3

Northwestern .................... W, 10-0

Loyola .................................... W, 2-0

William & Mary ................. W, 5-0

North Carolina .................. W, 4-0

Iowa .............................. W, 3-0

Richmond ....................... W, 6-0

Massachusetts .................. W, 7-0

New Hampshire ......... W, 3-0

Springfield .................. W, 3-1

Boston College .................. W, 2-0

Temple ......................... W, 2-0

Connecticut  ** ............ W, 1-0

North Carolina .......................... W, 2-0

# NCAA Tournament

Head Coach:  Beth Anders

**1989**

(24-2)

**NCAA RUNNER-UP

SAC CHAMPIONS

Penn State ................. W, 3-0

Massachusetts .................. W, 4-1

New Hampshire .................. W, 2-0

William & Mary ................. W, 3-0

North Carolina .................. W, 2-0

Richmond ....................... W, 5-0

Connecticut  ** ............ W, 2-0

American .......................... W, 6-0

Loyola ................................ W, 7-0

North Carolina .................. W, 5-0

Northwestern .................... W, 2-1

Maryland ............................. W, 7-0

Temple ......................... W, 6-0

Virginia Commonwealth ........ W, 3-0

Radford  ......................... W, 2-0

James Madison .................. W, 2-0

American .......................... W, 8-0

William & Mary .................. W, 5-0

Massachusetts .................. W, 2-1

North Carolina (OT) ........ W, 1-0

North Carolina (OT) ........ W, 1-0

# NCAA Tournament

Head Coach:  Beth Anders

**1990**

(23-2-1)

**NCAA CHAMPIONS

Northern Illinois .............. W, 4-0

Northwestern .................... T, 0-0

Maryland .................................... W, 3-1

William & Mary .................. W, 8-0

Loyola .................................... W, 0-0

Penn State ......................... W, 2-1

Iowa .............................. W, 8-0

North Carolina .................. L, 1-0

Richmond ....................... W, 10-0

Massachusetts .................. W, 4-0

Northeastern ..................... W, 3-1

Connecticut  ** ............ W, 2-0

# NCAA Tournament

Head Coach:  Beth Anders

**1991**

(26-0)

**NCAA CHAMPIONS

CAA CHAMPIONS

Northern Illinois .............. W, 100

Penn State ......................... W, 52

Maryland ............................. W, 32

Lafayette ......................... W, 80

Boston University ................... W, 60

American .......................... W, 110

William & Mary .................. W, 60

North Carolina .................. W, 10

Richmond ....................... W, 90

Connecticut  ** ............ W, 30

Virginia ............................. W, 90

Duke .................................... W, 71

North Carolina .................. W, 21

Temple ......................... W, 31

James Madison ................. W, 100

Virginia Commonwealth ........ W, 50

Loyola .................................... W, 50

North Carolina .................. W, 20

North Carolina # ............... W, 50

% NCAA Tournament

Head Coach:  Beth Anders

**1992**

(25-0)

**NCAA CHAMPIONS

CAA CHAMPIONS

North Carolina .................. W, 50

Miami (Ohio) ..................... W, 70

Northwestern .................... W, 60

American .......................... W, 50

Maryland ............................. W, 50

Richmond ....................... W, 12-1

Caldwell ......................... W, 90

Stanford ......................... W, 140

William & Mary ................. W, 100

Virginia Commonwealth ........ W, 60

Massachusetts .................. W, 30

Virginia ............................. W, 90

Duke .................................... W, 60

Connecticut  ** ............ W, 60

Temple ......................... W, 60

## 1993

### 1993

<table>
<thead>
<tr>
<th>Year</th>
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<tr>
<td>1993</td>
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</table>

### Head Coach: Beth Anders

- **Year-by-Year Results**
  - 1993: *CAA Championship* 
  - 1994: *CAA Championship* 
  - 1995: *CAA Championship* 

### NCAA RUNNER-UP

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### Head Coach: Beth Anders

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<td>1993</td>
<td>W</td>
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### Head Coach: Beth Anders

- **Year-by-Year Results**
  - 1994: *CAA Championship* 

### NCAA RUNNER-UP

- Duke: W 75, L 74

### Head Coach: Beth Anders

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### Head Coach: Beth Anders

<table>
<thead>
<tr>
<th>Year</th>
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## NCAA Tournament Year-by-Year

<table>
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<tr>
<th>Year</th>
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<td>2004</td>
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## NCAA Tournament Individual Records

- **Most Goals - One Game:** 5 - Paula Infante, Maryland (5) vs. Delaware (2), 11/13/2005
- **Most Goals - One Tournament:** 11 - Marina DiGiacom, Old Dominion, four games (2000)
- **Most Assists - One Game:** 6 - Cheryl Van Kuren, Old Dominion (10) vs. Virginia (0), 11/11/84
- **Most Assists - One Tournament:** 7 - Cheryl Van Kuren, three games (1984)
- **Most Saves - One Game:** 36 - Missy Farwell, Virginia (2) vs. North Carolina (1), 11/10/84
- **Fewest Goals Per Game - One Tournament:** 0.00 - Kathy Fosina, Old Dominion, three games, 1990; Kim Decker, Old Dominion, three games (1992)

## NCAA Tournament Team Records

- **Most Goals - One Game:** 10 - Old Dominion (10) vs. Virginia (0), 11/11/84
- **Most Goals - Both Teams:** 11 - Old Dominion (7) vs. Maryland (4), 11/17/96
- **Most Goals Per Game - One Tournament:** 5.67 - Old Dominion, three games (1984)
- **Fewest Goals Per Game Allowed - One Tournament:** 0.00 - Old Dominion, three games (1990); Old Dominion, three games (1992)
- **Most Penalty Corners - One Game:** 31 - Old Dominion (10) vs. Virginia (0) 11/11/84

The Lady Monarchs celebrate capturing their NCAA record ninth National Championship Trophy at Foreman Field, site of the 2000 Final Four.
GOALS
199 - Chris Dufner
167 - Maaike Hilbrand
167 - Marina DiGiacomo
132 - Kristy Gleason
126 - Sally Northcroft
117 - Sue Marcellus
117 - Jane Catanzaro
116 - Carole Thate
103 - Stacey Ann-Siu-Butt
101 - Meredith Thorpe

ASSISTS
139 - Jill Reeve
129 - Winnifred Sanders
80 - Pam Neiss
80 - Marina DiGiacomo
76 - Kerri Schoultz
71 - Jen Pratt
70 - Jennifer Averill
67 - Michele Barnard
67 - Carolyn Sarr
66 - Carole Thate
66 - Kelli James

POINTS
414 - Marina DiGiacomo
398 - Chris Dufner
372 - Maaike Hilbrand
285 - Kristy Gleason
270 - Sally Northcroft
268 - Carole Thate
254 - Sue Marcellus
247 - Stacey Ann-Siu-Butt
234 - Jane Catanzaro
230 - Meredith Thorpe

SHUTOUTS (CAREER)
71.0 - Kathy Fosina
56.0 - Kim Decker
54.0 - Patti Shea
49.0 - Philippa Scott
48.0 - Donna Lee
40.0 - Eileen Moyer
39.5 - Michele Brennan
38.5 - Lori Heywood
36.0 - Andrea Wieland

GOALS AGAINST AVERAGE (CAREER)
0.48 - Kathy Fosina
0.51 - Evelien Spee
0.54 - Kathy Mulvey

* Please note these records are constantly under review as research continues. If you have any knowledge of changes that need to be made, please contact the ODU Athletic Public Relations Office.
Old Dominion was the first school to win three consecutive NCAA national championships and the only school to do it twice. The Lady Monarchs pulled off the “three-peat” on two separate occasions, winning back-to-back-to-back titles in 1982, 1983, 1984 and again in 1990, 1991, 1992.

The Lady Monarchs have had three undefeated seasons (1984, 1991, 1992). In addition, during 17 years of Anders’ tenure, the team has had five or fewer losses.

The Old Dominion University field hockey program is a team steeped in excellence both on and off the field. Since 1989, the team has enjoyed a group GPA over 3.00.

Old Dominion University’s first-ever Rhodes Scholar was a product of the field hockey program. Sam Salvia ’96 graduated with a perfect 4.0 GPA in environmental engineering.

Old Dominion is the only school to make an appearance in all 23 NCAA tournaments that have been held in field hockey. The Lady Monarchs have been to 15 Final Fours and won an unmatched nine championships trophies.

10 CAA Players of the Year, Nine Tournament M.V.P.s, 32 Academic All-Americans, 16 members of Hall of Fame.

Old Dominion has won eleven of thirteen conference championships held by the Colonial Athletic Association.

Old Dominion has produced 41 All-Americans, 35 Academic All-Americans, 12 former Olympians, nine CAA Players of the Year, eight CAA Tournament MVPs, five Rookies of the Year, and 15 members of the Old Dominion Hall of Fame.

Beginning in 1990 and spanning through to part of the 1993 season, Old Dominion compiled what has become known as “The Streak,” a string of 66 wins against no losses. Of those 66 wins, 48 of them were shutouts.

Old Dominion has played 70 different teams in the history of the school’s field hockey program. The Lady Monarchs have an edge in all but nine of those opponent series.

Under head coach Beth Anders, Lady Monarch field hockey teams have outscored their opponents nearly six to one, scoring 2299 goals while allowing just 463 over 20 seasons.
Fresh off the celebration of its 20th Anniversary, the Colonial Athletic Association enters its third decade with two new members and an expanded geographic footprint that gives the conference a presence in five of the nation’s nine largest metropolitan areas.

The Colonial Athletic Association celebrates its 20th Anniversary in 2004-05, proud of its past and excited about the future.

The addition of Georgia State University in Atlanta and Northeastern University in Boston brings the membership of the CAA to 12 and enhances the league’s reputation as one of the nation’s top collegiate conferences both athletically and academically. On the playing field, the CAA has produced 16 national team champions in five different sports, 33 individual national champions, 11 national coaches of the year, 11 national players of the year and 12 Honda Award winners. Even more impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 16 NCAA post-graduate scholars. In 2004-05, the CAA had seven CoSIDA Academic All-Americans and more than 1,500 student-athletes posted at least a 3.2 grade point average while lettering in a varsity sport and received the CAA Commissioner’s Academic Award.

The landscape of the conference now stretches along the majority of the East Coast, and includes six of the nation’s top 25 media markets – New York (1), Philadelphia (4), Boston (5), Washington, D.C. (8), Atlanta (9) and Baltimore (23). The number of television homes in the CAA market exceeds 19 million.

The CAA conducts championships in 21 sports. Male athletes compete for championships in baseball, basketball, cross country, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling. Female athletes face for conference titles in basketball, cross country, field hockey, golf, lacrosse, soccer, softball, swimming & diving, tennis, track & field and volleyball. The CAA will also begin sponsorship of a 12-team Division I-AA football league in the fall of 2007.

In men’s basketball, the CAA has earned a reputation as a “giant killer” in the NCAA Tournament. Since 1981, CAA schools have posted 12 wins over higher-seeded teams. In 2004-05, the conference had four teams earn post-season berths for the first time in league history and five teams were ranked among the top 100 in the RPI. In women’s basketball, the CAA has had two teams earn post-season berths for five consecutive years. Perennial power Old Dominion, which has won the past 14 conference titles, has captured three national championships (1979, 1980, 1985) and reached the title game again in 1997.

The conference has also excelled in many other sports. CAA squads have won 10 field hockey national titles since the championship began in 1981, which is not only more than any other conference but represents nearly half of all titles won. In baseball, at least two CAA teams have earned NCAA Tournament berths for seven of the past eight seasons. The CAA is annually ranked among the nation’s top 10 conferences in men’s and women’s soccer, and has traditionally sent multiple teams to the NCAA Tournament. In 2004-05, 24 league teams earned NCAA Tournament berths in 15 sports, with the CAA having multiple representatives in men’s and women’s soccer, field hockey, men’s and women’s golf, men’s lacrosse and men’s tennis. There were 29 CAA student-athletes who earned All-America honors.

CAA member institutions are also committed to excellence in the classroom. The Colonial Academic Alliance was created in 2002 by the league’s presidents with a goal of expanding their partnership to all aspects of university life outside of intercollegiate athletics. Among the programs already established are an undergraduate research conference, coordination of study abroad programs and granting visiting academic status to student-athletes traveling to an away contest so that they have access to libraries, academic resource centers and computer labs.

In 2002, two faculty members from CAA institutions were awarded academia’s most coveted distinction – the Nobel Prize. John B. Fenn, a research professor in the Department of Chemistry at Virginia Commonwealth University, received the Nobel Prize for chemistry, and Vernon Smith, a professor of economics and law at George Mason University, shared the Nobel Prize in economic sciences.

Commissioner Thomas E. Yeager has guided the CAA since its inception. Core members George Mason University, James Madison University, the University of North Carolina at Wilmington, Old Dominion University, Virginia Commonwealth University and the College of William & Mary were joined by the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.

The CAA traces its roots back to 1983 when three of its current members – George Mason, James Madison, and William & Mary – were aligned with East Carolina University, the United States Naval Academy and the University of Richmond as a basketball league (ECAC South). During the next two years, the league added 11 sports, acquired two new members (UNC Wilmington and American University) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985. By the fall of 1986, the league gained automatic bids to NCAA Championships in men’s basketball, soccer, baseball and women’s basketball and formed an officials’ bureau. Old Dominion became a member of the CAA in 1991-92 and Virginia Commonwealth University joined the conference prior to the 1995-96 season.

From all-star athletes to Nobel Prize winning faculty, the CAA takes great pride in producing performers who stand out both on the playing field and in the classroom.
## LADY MONARCHS

### Twelve-Time CAA Champions
- 1991
- 1992
- 1993
- 1994
- 1995
- 1996
- 1997
- 1998
- 1999
- 2000
- 2001
- 2002

### LETTERWINNERS

#### - A -
- Aardenburg, Willemien .... 1984
- Aikens, Maureen .......... 1983-85
- Angat, Jennifer ............ 2002-present
- Armstrong, Lisa .......... 1985
- Augustine, Sarah .......... 1995-97

#### - B -
- Bant, Lotte ................. 2001-02
- Banuelos, Chilly .......... 2003
- Barnes, Kim .............. 1989-92
- Baylor, Brianne ......... 1998
- Bearor, Becky .......... 1995-98
- Behrens, Shelly .......... 1984-87
- Benninga, Carina ......... 1980
- Berry,inger ............. 1986
- Blom, Tessa ............. 1995-96
- Borrelli, Dina .......... 1989-92
- Bouch, Mary Beth ....... 1987
- Bracalente, Diane ....... 1981-84
- Brandon, Margarete .... 1989-92
- Broadhurst, Lori ......... 1984
- Brinsfield, Judy ......... 1978-80
- Bruns, Carolin .......... 1991
- Burch, Kelly ............ 1993-94

#### - C -
- Callahan, Sue .......... 1991-94
- Carper, Crystal .......... 1998-01
- Chellew, Danielle ...... 1993-96
- Cipolone, Maureen ....... 1978
- Clark, Lois ............. 1978
- Claxton, Katie ......... 2003-04
- Cororan, Carol .......... 1979-80
- Creasy, Laura .......... 1978-79
- Currie, Lynn .......... 1983-84
- Cutler, Joyce ......... 1982-85

#### - D -
- Dano, Sue .......... 1992-94
- Daubert, Rachel ........ 2003
- Davis, Gwen .......... 1992-94
- Davis, Karen .......... 1991-92
- Deckelman, Jen ........ 1990
- DeHaas, Annemarie .... 1989
- De Jager, Melanie .... 2001
- Delutris, Rosanna ..... 2003-present
- DeSimone, Leslie .... 2003
- DiGiacomo, Marina .... 1997-00
- Derr, Danielle ...... 1993-95
- Duvaer, Irene ...... 1993
- Doran, Lisa ......... 1986-89
- Driscoll, Kelly .... 1994-98

#### - E -
- Eastburn, Heather .... 1994-97
- Engle, Janelle .......... 2002-present
- Evans, Joey .......... 1995-97

#### - F -
- Farquhar, Lynn ........ 2001-04
- Fosina, Kathy .......... 1988-91
- Filo, JoAnn .......... 1979
- Fisher, Jill .......... 1985-88
- Fortanier, Lisette .... 1998
- Freeman, Marybeth .... 1999-02

#### - G -
- Gerardi, Cora .......... 2001-03
- Giesen, Jopke .......... 1991
- Gockley, Dena .......... 1992
- Gordon, Mary Cate .... 2003-present
- Grady, Jackie .......... 1983-86
- Gulden, Wendy .......... 1985-88

#### - H -
- Hagan, Helen .......... 1979-80
- Havens, Peggy .......... 1979
- Hayes, Maggie .......... 2004-present
- Herrmann, Tara ...... 1999-02
- Hicks, Sandy .......... 1978
- Hightower, Yogi ...... 1979-82
- Hilbrand, Charlotte .... 1992
- Hillbrand, Maaike .... 1988-92
- Hill, Dawn .......... 1982-85
- Hill, Janie .......... 1996
- Hoinsky, Carrie ...... 1991-93
- Hoinsky, Lynn ...... 1987-90
- Holder, Mary Beth .... 1978-81
- Houser, Renee ...... 1994-96
- Hunt, Alaina ...... 1992-94
- Hurt, Gail ........ 1979

#### - J -
- James, Kelli ........ 1988-92
- Jurriens, Marieke .... 1988

#### - K -
- Kamish, Sue .......... 1979-82
- Kodde, Else .......... 1981
- Knorr, Laura ...... 1989-92

#### - L -
- Large, Cathy .......... 1984-87
- LePoole, Eveline ...... 1982
- Leonetti, Melissa .... 2000-03
- Loy, Angie .......... 2000-03
- Loy, Becky .......... 1998-02

#### - M -
- Maddox, Elizabeth .... 2000-2004
- McCargo, Nore .......... 1986-88
- McLane, Jenna .... 2003
- McNelgan, Samantha ... 2004-present
- Mahoney, Mary Beth .... 1986-88
- Mears, Adele ......... 1982-83
- Mendes, Christy .... 1990
- Miller, Ashleigh .... 1986-99
- Miller, Kim .......... 1996-99
- Miracle, Julie .... 1998-01
- Mobley, Shannon ...... 2004-present
- Morgan, Christy .... 1981-84
- Mover, Katie .......... 1999-02
- Muldrow, Julia ...... 2004-present

#### - N -
- Neill, Laura .......... 2000-01
- Neiss, Pam .......... 1988-91
- Neumann, Katja .... 1993
- Nichols, Caroline ...... 2003-present
- Nicholson, Gretta .... 1978-81

#### - O -
- Olmstead, Dawn .... 1995-98

#### - P -
- Peterson, Carin .......... 1986-88
- Phelps, Vikki .......... 1979
- Pinchbeck, Darcy ...... 2003-present
- Powers, Joanne ...... 1985-86

#### - R -
- Rawstron, Emma Sue .... 1995
- Reeve, Jill .......... 1989-92
- Rhoades-Fisher, Casie .... 1995-98
- Rodgers, Heidi .... 1977-79
- Rodio, Donna .......... 1984-86
- Rogers, Anna ......... 2003-present
- Roskowski, Anne-Margot .... 1998-00

#### - S -
- San Giavanni, Teresita .... 1984-86
- Sanders, Winnifred .... 1987-90
- Sarr, Carolyn .......... 1986-89
- Salvia, Sam ...... 1992-95
- Scholten, Brenda .... 1977-78
- Seltman, Stelly .... 1985-86
- Seltzer, Patty .... 1980
- Sensenig, Dana ...... 2003-present
- Sharpie, Elizabeth .... 2001-03
- Shephard, Jennifer .... 1990-92
- Simon, Heather .......... 1994-97
- Smith, Mimi .......... 1995-98
- Smith, Robin .......... 1989-92
- Smith, Staci .......... 1996-98
- Snow, Tiffany .......... 1999-02
- Snow, Jaime ........ 2004
- Steadman, Laura .... 1998-02
- Stewart, Amanda .... 1982

#### - T -
- Tillotson, Trish (Patricia) .... 1977-80
- Travis, Diane .......... 1980
- Tumas, Paula .......... 1986-88

#### - V -
- van der Rijt, Rosemarie .... 1996-97
- van der Sommen, Marjolijn .... 1999-00
- van der Vaart, Macha .... 1990
- van der Vaart, Dewi .... 1992-93
- van der Veldt, Danja .... 1993
- Van Kuren, Cheryl .... 1982-85
- Veraart, Eveline .......... 1983-84
- Von Dassel, Cathrine .... 1981-82

#### - W -
- Walker, Tina .......... 1999-03
- Wallace, Cindy .......... 1981-84
- Walsh, Jennifer .... 1983
- Walton, Rhia .......... 1977-78
- Wiersma, Fimke .... 1990
- Wiest, Sheri .......... 1994
- Willems, Ilja .... 1992
- Williams, Feneille .... 1998-00
- Wolf, Ingrid ........ 1983
- Wood, Tracy ........ 1989
- Sina Wulf .......... 1993

#### - Y -
- Yoder, Adrienne .......... 1998-01
- Yost, Margie .......... 1981-82
The Old Dominion University Athletic Department offers a wide variety of programs to assist the academic and personal well-being of the student-athlete.

These programs are overseen by Tianna Scott, the academic advisor for student-athletes, and April Brecht, the Life Skills Program director. Their offices are located in Webb Center, within convenient access to all the student-athletes.

Among the programs available to all student-athletes:

**SUPERVISED STUDY SESSIONS**

Supervised study sessions are required for all freshmen and transfer student-athletes, and organized according to the needs of the individual for upperclassmen. Study sessions meet in a variety of locations across campus, for a minimum of two hours per night, three nights per week.

**“RISING STARS”- THE LIFE SKILLS PROGRAM**

The Life Skills Program provides a comprehensive approach to the overall academic and personal development of student-athletes at Old Dominion University. With the student-athlete welfare in mind, the Athletic Department provides:

**The Academic Commitment**
- Academic, major choice and career counseling
- Academic advising - class scheduling and eligibility review
- Supervised study sessions three times per week
- Tutoring program by request and/or referral
- Computer room with specialized programs (Writing Tutor, Grammar Tools, Quatro, Word Perfect, etc.)
- Study Group sessions
- ELS 101 (University Orientation) class
- Academic progress/attendance reports during each semester
- Rising Stars monthly Life Skills newsletter articles
- Complementary campus programs (Instant study skills)
- Retention groups, probation groups, assessment instruments
- Intervention - illness, injuries, etc. reported to faculty

**The Athletic Commitment**
- Title IX information, coach and support staff standards of conduct, the coach as a teacher, departmental operations and standards, and athletic support program information
- Team-building and conflict resolution intervention/training

**The Personal Development Commitment**
- Educational programming for new students and teams: Understanding Values, Appreciating Diversity, Personal Health (Sexual Responsibility, Alcohol Choices, Stress Management), Interpersonal Communication and Media Relations, Social Development, and Fiscal Responsibility.
- Networking and appropriate campus program promotion
- Rising Stars newsletter - includes study skills, motivational and inspirational items, plus a calendar of coming events

**SAMs Program - Student-Athlete Mentor Peer Advising Program**
- Monarch ReachOut service project referrals and contacts.
- Campus/community service through SAMs and class credit

**The Career Development Commitment**
- Networking and referral are provided in cooperation with our career management center
- Educational programming and career
- ELS 121 (Career Planning) class
- Interview, cover letter, and resume techniques

**SAM - STUDENT ATHLETE MENTORS**

The Student-Athlete Mentor (SAM) is a peer advising program. SAMs are nominated and elected by their peers. The goal is for each athletic team to have at least one SAM. A SAM on the team can help provide leadership, help teammates with problems, provide support for freshmen, answer questions, and refer teammates to University support services. SAMs are elected on a yearly basis and any upperclassmen may be chosen by their peers to serve as a SAM. All SAMs participate in a training program following elections.
Old Dominion University has been represented on the field hockey turf since 1974 when first-ever coach Carol Anthony and her squad played nine games, going just 1-7-1. Since then, one of the biggest and brightest dynasties in the sport has been calling Foreman Field in Norfolk its home.

The years that followed saw a slow but steady improvement for Old Dominion’s field hockey team. Former Senior Associate Athletic Director Mikki Baile guided the team from 1975-1979, when it improved from a 3-6-2 club in ’75 to an 11-7 club in ’78.

In 1980, current head coach Beth Anders took over the helm of the program and began the team’s quest for excellence in the world of field hockey. Over 21 seasons, Anders has compiled a 407-60-7 record for an impressive .866 winning percentage. The nation’s winningest field hockey coach, Anders recently became the first Division I coach to reach 400 career victories and only the third coach ever to do so.

In her first season at the helm, Anders’ club was 18-4 finishing fifth in the AIAW. In just her third year as a college head coach, Anders won her first NCAA title. In 1982, the team was 20-1, beginning a legacy that would stand unmatched through the present day. In 1983, the team lost just one game (19-1) en route to their second NCAA championship. Then in 1984, Old Dominion became the first school to win three consecutive national championships when the Lady Monarchs went through the season with a perfect 23-0 record.

In 1985 and 1986, Anders took a leave of absence to coach the US National team. Under Melissa Magee, Old Dominion continued its success with a 38-9-1 mark over the two years. Upon Anders’ return, the team went 17-5-1 in 1987 and 26-1 in 1988, winning their fourth national title.

The juggernaut that had already established itself as the premier field hockey program in the country would see its best days after its first three championships. The most impressive feats in the history of Old Dominion field hockey would take place in the early 1990’s, quieting those who believed success was just a fluke.

In 1990, the Lady Monarchs went 23-2-1 en route to winning their
fifth NCAA trophy. At the tail end of the season, the club began what became known as “The Streak,” a string of 66 wins that spanned the ‘90, ‘91, ‘92, and ‘93 seasons with 48 shutout victories included. In 1991 and 1992, the team enjoyed back-to-back perfect seasons, compiling an impeccable 51-0 record over the two additional national championship seasons. With the wins, Old Dominion became the only team in field hockey history to complete the “three-peat” two different times.

In addition to the impressive winning ways of the Old Dominion program in the early ‘90’s, the Lady Monarch teams showed complete domination on both ends of the field. During that three year span, Old Dominion outscored their opponents by a 325-26 margin. The team allowed just four goals in the 1992 season while scoring 163.

In postseason NCAA play, Old Dominion owns an impressive 44-15 record, winning 75% of its tournament games. Old Dominion’s mark is boldly strewn over the NCAA record books as well. The team holds several NCAA team and individual records. Of the top ten goal-scorers in the NCAA, three are from Old Dominion, including the leader. In points and assists, seven of the top 10 are former Old Dominion players while two of the top nine goalkeepers are also former Lady Monarchs.

Not only does the Old Dominion field hockey team succeed on the field, but the program is proud of its off-field accomplishments as well. The University’s first-ever Rhodes Scholar, Samantha Salvia, was a 1996 graduate of the team while several players earn Academic All-American honors each season. The program has produced 35 different Academic All-Americans and has had a team GPA of 3.0 or higher since 1989.

Continued success has followed many Lady Monarch alumni. Anders’ infectious love of the game has continued through her former players with 23 of them coaching in the high school or college ranks. Many of those former players return to the friendly confines of Foreman Field during the summer months in an effort to perpetuate the legacy through summer youth camps.

Though a handful of teams have exhibited their own superiority, no other team has enjoyed the longevity of success that has been part of Old Dominion’s field hockey team. When the sport was in its fledgling years, the Lady Monarchs were taking strides to move toward and stay at the front of the pack. With a steady and unchanged commitment to excellence approaching three decades, Old Dominion remains the strongest foe in the world of collegiate field hockey.
HONORED LADY MONARCHS

ALL-AMERICANS

<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Willemien Aardenburg</td>
<td>1984 (1)</td>
</tr>
<tr>
<td>Diane Bracalente</td>
<td>1982 (1), 1984 (1)</td>
</tr>
<tr>
<td>Sue Callahan</td>
<td>1993 (1), 1994 (1)</td>
</tr>
<tr>
<td>Danielle Chelliew</td>
<td>1996 (1)</td>
</tr>
<tr>
<td>Kim Decker</td>
<td>1994 (3), 1995 (2)</td>
</tr>
<tr>
<td>Marina DiGiacomo</td>
<td>1999 (1), 2000 (1)</td>
</tr>
<tr>
<td>Lisa Doran</td>
<td>1989 (2)</td>
</tr>
<tr>
<td>Kelly Driscoll</td>
<td>1998 (3)</td>
</tr>
<tr>
<td>Jill Fisher</td>
<td>1987 (HM), 1988 (1)</td>
</tr>
<tr>
<td>Jackie Grady</td>
<td>1985 (HM), 1986 (1)</td>
</tr>
<tr>
<td>Tara Herrmann</td>
<td>2002 (1)</td>
</tr>
<tr>
<td>Yogi Hightower</td>
<td>1981 (1), 1982 (1)</td>
</tr>
<tr>
<td>Maaike Hilbrand</td>
<td>1991 (1), 1992 (1)</td>
</tr>
<tr>
<td>Dawn Hill</td>
<td>1985 (1)</td>
</tr>
<tr>
<td>Jamie Hill</td>
<td>1998 (1)</td>
</tr>
<tr>
<td>Mary Beth Holder</td>
<td>1981 (1)</td>
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<tr>
<td>Kelli James</td>
<td>1990 (1), 1992 (1)</td>
</tr>
<tr>
<td>Laura Knorr</td>
<td>1991 (2), 1992 (2)</td>
</tr>
<tr>
<td>Cathy Large</td>
<td>1987 (1)</td>
</tr>
<tr>
<td>Melissa Leonetti</td>
<td>2002 (2), 2003 (3)</td>
</tr>
<tr>
<td>Angie Loy</td>
<td>2002 (1), 2003 (1)</td>
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<tr>
<td>Adele Meas</td>
<td>1983 (1)</td>
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<tr>
<td>Christy Morgan</td>
<td>1982 (1), 1983 (1), 1984 (1)</td>
</tr>
<tr>
<td>Karen Neiss</td>
<td>1994 (2)</td>
</tr>
<tr>
<td>Pam Neiss</td>
<td>1990 (1), 1991 (1)</td>
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<tr>
<td>Jill Reeve</td>
<td>1992 (3)</td>
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<tr>
<td>Samantha Saliva</td>
<td>1995 (3)</td>
</tr>
<tr>
<td>Winnifred Sanders</td>
<td>1990 (1)</td>
</tr>
<tr>
<td>Carolyne Sarr</td>
<td>1989 (1)</td>
</tr>
<tr>
<td>Stelly Seltman</td>
<td>1986 (1)</td>
</tr>
<tr>
<td>Dana Sensenig</td>
<td>2004 (3)</td>
</tr>
<tr>
<td>Heather Simon</td>
<td>1996 (2), 1997 (2)</td>
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<tr>
<td>Mimi Smith</td>
<td>1997 (3), 1998 (1)</td>
</tr>
<tr>
<td>Robin Smith</td>
<td>1991 (1), 1992 (1)</td>
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<tr>
<td>Tiffany Snow</td>
<td>2001 (1), 2002 (1)</td>
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<tr>
<td>Marijolijn van der Sommen</td>
<td>2001 (1)</td>
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<tr>
<td>Cheryl Van Kuren</td>
<td>1984 (1), 1985 (1)</td>
</tr>
<tr>
<td>Evaline Verraat</td>
<td>1983 (1), 1984 (1)</td>
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<tr>
<td>Cindy Wallace</td>
<td>1984 (1)</td>
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<tr>
<td>Adrienne Yoder</td>
<td>1999 (3), 2000 (1), 2001 (1)</td>
</tr>
</tbody>
</table>

NATIONAL ACADEMIC SQUAD

<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
</tr>
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<tbody>
<tr>
<td>Becky Bearor</td>
<td>1998</td>
</tr>
<tr>
<td>Danielle Chelliew</td>
<td>1998</td>
</tr>
<tr>
<td>Sue Dane</td>
<td>1993, 1994</td>
</tr>
<tr>
<td>Gwen Davis</td>
<td>1993, 1994</td>
</tr>
<tr>
<td>Kim Decker</td>
<td>1994, 1995</td>
</tr>
<tr>
<td>Melanie Delager</td>
<td>2001</td>
</tr>
<tr>
<td>Cassie Fisher</td>
<td>1998</td>
</tr>
<tr>
<td>Lisette Fortanier</td>
<td>1998</td>
</tr>
<tr>
<td>Tara Herrmann</td>
<td>2000, 2001, 2002</td>
</tr>
<tr>
<td>Maaike Hilbrand</td>
<td>1992</td>
</tr>
<tr>
<td>Cora Geradi</td>
<td>2002, 2003</td>
</tr>
<tr>
<td>Mary Cate Gordon</td>
<td>2002, 2003, 2004</td>
</tr>
<tr>
<td>Heather Hess</td>
<td>1995, 1996</td>
</tr>
<tr>
<td>Becky Loy</td>
<td>1999, 2000, 2002</td>
</tr>
<tr>
<td>Jenna McLane</td>
<td>2002, 2003</td>
</tr>
<tr>
<td>Samantha McLenegan</td>
<td>2004</td>
</tr>
<tr>
<td>Julie Miracle</td>
<td>2000, 2001</td>
</tr>
<tr>
<td>Ashleigh Miller</td>
<td>1999</td>
</tr>
<tr>
<td>Katie Moyer</td>
<td>2002</td>
</tr>
<tr>
<td>Caroline Nichols</td>
<td>2004</td>
</tr>
<tr>
<td>Pam Neiss</td>
<td>1997</td>
</tr>
<tr>
<td>Casie Rhoade</td>
<td>1996, 1997</td>
</tr>
<tr>
<td>Samantha Saliva</td>
<td>1993, 1994, 1995</td>
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<tr>
<td>Dana Sensenig</td>
<td>2003, 2004</td>
</tr>
<tr>
<td>Elizabeth Sharp</td>
<td>2003</td>
</tr>
<tr>
<td>Rosemarie van der Rijt</td>
<td>1997</td>
</tr>
<tr>
<td>Tina Walker</td>
<td>2001, 2002</td>
</tr>
</tbody>
</table>

Old Dominion’s first Rhodes Scholar
Field hockey alumni Samantha Salvia graduated from Old Dominion in August 1986 as one of the University’s most accomplished student athletes. The Norristown, PA native won several awards during her four years, including 1986 NCAA Woman of the Year finalist. CFHCA Academic All-American, Old Dominion University Presidential Scholar, and All-Colonial Athletic Association First Team honors. After finishing graduate work at Oxford University, she is currently employed with an engineering firm in San Francisco, California.
CAA PLAYERS OF THE YEAR

- Robin Smith (1991)
- Kelli James (1992)
- Danielle Chellew (1996)
- Adrienne Yoder (2001)
- Tiffany Snow (2002)
- Angie Loy (2003)

CAA ROOKIES OF THE YEAR

- 1995: Mimi Smith
- 1997: Marina DiGiacomo
- 1998: Adrienne Yoder (Co-Rookie)
- 2000: Angie Loy

CAA TOURNAMENT MVP'S

- 1991: Carolin Bruns
- 1992: Robin Smith
- 1996: Danielle Chellew (Co-MVP)
- 1997: Marina DiGiacomo
- 1998: Marina DiGiacomo
- 1999: Marina DiGiacomo
- 2000: Marina DiGiacomo
- 2001: Adrienne Yoder
- 2002: Tiffany Snow

CAA DEFENDERS OF THE YEAR

- 1998: Mimi Smith
- 2000: Adrienne Yoder
- 2001: Adrienne Yoder (Co-Defensive)
- 2003: Melissa Leonetti

CAA COACH OF THE YEAR


ALL-COLONIAL ATHLETIC ASSOCIATION

- Lotte Bant: 2002 (2)
- Chilly Banuelos: 2003 (2)
- Sue Dano: 1993 (1), 1994 (1)
- Crystal Carper: 2001 (2)
- Danielle Chellew: 1995 (1), 1996 (1)
- Sue Dano: 1994 (2)
- Kim Decker: 1994 (2), 1995 (1)
- Danielle Derr: 1995 (2)
- Kelly Driscoll: 1997 (1), 1998 (1)
- Janelle Engle: 2003 (2), 2004 (1)
- Joey Evans: 1997 (2)
- Lynn Farquhar: 2004 (2)
- Kathy Fosina: 1991 (1)
- Marybeth Freeman: 2001 (1), 2002 (2)
- Tara Herrmann: 2001 (1), 2002 (2)
- Jamie Hill: 1998 (2)
- Alaina Hunt: 1993 (1), 1994 (1)
- Kelli James: 1992 (1)
- Laura Knorr: 1991 (1), 1992 (1)
- Melissa Leonetti: 2001 (2), 2002 (1), 2003 (1)
- Asleigh Miller: 1999 (2)
- Julie Miracle: 2000 (2), 2001 (2)
- Anne Muller: 1996 (2)
- Karen Neiss: 1993 (1), 1994 (1)
- Pam Neiss: 1991 (1)
- Caroline Nichols: 2004 (2)
- Jill Reeve: 1991 (2), 1992 (2)
- Sam Salvia: 1993 (2), 1994 (1), 1995 (1)
- Dana Sensenig: 2004 (1)
- Robin Smith: 1991 (1), 1992 (1)
- Staci Smith: 1997 (2)
- Mariolijn van der Sommen: 1999 (2), 2000 (1)
- Dewi van der Vaart: 1993 (2)
Since 1982, when most elite field hockey players in the nation are named winners of the prestigious Honda Award, chances are you’ll find a player from Old Dominion University. The Lady Monarchs hold the distinction of having produced the most Honda Award winners with six.

The first Lady Monarch to earn this award was Yogi Hightower in 1983. She helped lead the Lady Monarchs to their first NCAA national championship in the fall of 1982. During her four years at Old Dominion, Hightower earned All-American honors twice.

In 1985 Christy Morgan, a three-time All-American, was the Honda Award recipient. She was a part of three NCAA National Championship teams from 1982-85. Morgan was the university’s Female Athlete of the Year in 1985 and completed her career with 86 goals and 133 career points.

Kelli James picked up the hardware in 1993 after leading Old Dominion to the 1992 title, their third straight. James was a two-time All-American and CAA Player of the Year in 1992. James completed her career with 66 assists and 196 points.

In 1999 the award came full circle when Mimi Smith received the honor. Smith played for Yogi Hightower at Ocean Lakes High School in nearby Virginia Beach, Va. Smith was one of the nation’s top defensive players and helped lead Old Dominion to the NCAA National Championship in 1998.

Marina DiGiacomo, earned the honor in 2000 as the Lady Monarchs captured their ninth NCAA National Championship. DiGiacomo was a four-time CAA Player of the Year and Tournament MVP. As a senior, she led the nation in points (151), goals (63) and goals per game (2.4) en route to becoming the NCAA’s all-time leading scorer with 167 goals, 80 assists, and 414 total points.

Old Dominion’s most recent winner, Tiffany Snow, earned the award in 2002 after leading the country in points (3.0) and goals (1.2) per game. A two-time All-American and the 2002 CAA Player of the Year, Snow completed her career ranked sixth on the ODU all-time scoring leaders list with 71 goals, 90 assists, and 181 points.
When it comes to participation and influence in the sport of Olympic field hockey, no other school is more convincing than Old Dominion University. From current coaches to former players, Old Dominion has produced a number of field hockey players representing the United States on a national and international level.

The reach of Old Dominion’s field hockey Olympians is wide and deep with the most prestigious of international sporting events. Dating back to 1980, the Lady Monarchs have had at least one participant in each of the Olympic games through 2004.

Men have been representing the United States in field hockey competition since 1932, but it wasn’t until the Moscow Olympics in 1980 that women’s field hockey was introduced. In that Olympiad, Zimbabwe, Czechoslovakia, and the USSR finished in medal spots with a third-ranked United States left out of competition because of a political boycott. Team captain Beth Anders was thus forced to wait another four years for a chance at international gold.

In 1984, however, two-time captain Anders and the U.S. field hockey contingent finally realized their medal dreams by winning the bronze. It was during scoring record that still stands today. In its five-game competition, the U.S. team coming from the stick of Anders. In addition to Anders, two other players repr at the Los Angles Olympics. Yogi Hightower (’82) and Christy Morgan (’84) her Domination that would grow to span more than a dozen years.

In the 1988 Seoul Olympics, Old Dominion produced four members of the Olympic squad in Hightower, Morgan, Diane Bracalente (’84), and Cheryl van Kuren (’85). Similarly, Jill Reeve (’92) and Kelli James (’92) represented the United States at the 1996 Atlanta Olympic games as the U.S. team finished in fifth place.

What makes Old Dominion and its influence more impressive however it that it spans not only our native United States, but several other countries, including the Netherlands and Argentina.

In 1988 in Seoul, Willimien Aardenburg (’84), Carina Benninga (’80), and Ingrid Wolf (’83) represented the bronze-medal winning Dutch team. Maacha van der Vaart (’90) helped the Dutch team repeat as bronze medallists at the 2000 Olympics in Sydney, Australia.

Although the United States fell just one game short of qualifying for the 2004 games to be held in Athens, Greece, two of Old Dominion’s alumni earned medals for their respective countries. NCAA all-time leading scorer Marina DiGiacomo (’00) helped Argentina to the bronze, while van der Vaart’s Dutch team earned the silver.

<table>
<thead>
<tr>
<th>1980</th>
<th>Moscow, USSR</th>
<th>Beth Anders ©</th>
<th>USA</th>
<th>1992</th>
<th>Barcelona, Spain</th>
<th>Carina Benninga</th>
<th>Netherlands</th>
</tr>
</thead>
<tbody>
<tr>
<td>1984</td>
<td>Los Angles, USA</td>
<td>Beth Anders ©</td>
<td>USA</td>
<td>1996</td>
<td>Atlanta, USA</td>
<td>Kelli James</td>
<td>USA</td>
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<tr>
<td>1988</td>
<td>Seoul, South Korea</td>
<td>Yogi Hightower</td>
<td>USA</td>
<td>2000</td>
<td>Sydney, Australia</td>
<td>Maacha van der Vaart</td>
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<td></td>
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<td>Christy Morgan</td>
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<td></td>
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<td>Ingrid Wolf</td>
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DONNA DOYLE SMITH
Donna Doyle Smith was a leader on and off the playing fields and courts starring in three sports as a student. She became her college’s first woman physical education graduate and later helped establish the first scholarship fund for women athletes at Old Dominion University. A star on campus in basketball, field hockey, and tennis, the dean’s list student became the namesake for the first athletic scholarship fund for women at ODU in 1975. Named the most outstanding female athlete at the Norfolk Division of William and Mary (now ODU) in 1955, she became this school’s first woman physical educator graduate in 1958. The Donna Doyle Athletic Scholarship Fund provides scholarship support to female athletes in women’s sports at the university.

INDUCTED 1980

JEAN WHITEHURST
An all-state basketball forward and an all-tournament field hockey player, Jean Whitehurst has made substantial contributions to the university and its athletic program since graduating with a BS degree in Medical Technology in 1956. Whitehurst received the Distinguished Alumni Award in 1980 after serving on the Alumni Association board of directors for 20 years. An eight-year member of the Old Dominion University Intercollegiate Foundation board, she chaired the Donna Doyle committee for five years that has raised more than $100,000 for women’s sports scholarships.

INDUCTED 1984

YOGI HIGHTOWER
Yolanda “Yogi” Hightower was a vital part of Old Dominion University’s rise as a national power in women’s field hockey. During her four seasons at ODU, Hightower earned All-American honors twice and was a two-time member of the NCAA All-Tournament squad. The Virginia Beach, VA, native completed her career with 62 career goals, 90 assists and 152 total points. Hightower’s field hockey career didn’t stop after her ODU playing days were over. Yogi was a member of the United States national field hockey team. She competed in the 1987 Pan American Games, was an alternate on the 1984 U.S. Olympic team and was one of seven former Lady Monarchs to represent ODU in the 1988 summer Olympics. Hightower earned her degree in health and physical education and has served as an assistant coach at ODU for field hockey and lacrosse.

INDUCTED 1989

CHRISTY MORGAN
Christy Morgan is the only three-time All-American in ODU field hockey history, and is the only field hockey player in NCAA history to earn a spot on the all-tournament team four times. Morgan earned the spots top honor in 1985 as she was awarded the Broderick Cup, as being the nation’s top female collegiate athlete. During her four years, ODU won three consecutive NCAA national championships from 1981-84. Morgan completed her career as ODU’s all-time leading scorer with 96 career goals and 133 career points. She is also the school’s fifth all-time assist leader with 47. During her career at ODU, Morgan was a member of the World Cup team, an alternate on the 1984 United States Olympic squad and later a member of the 1988 United States Olympic team. Morgan graduated in 1985 from Old Dominion University with a degree in Health and Physical Education.

INDUCTED 1990

Diane Bracalente
One of the main cogs of the most awesome collegiate field hockey teams ever assembled, Bracalente twice earned All-America honors. During her four years as a Lady Monarch, Old Dominion compiled a 75-4-2 record. This included three NCAA national championships and one third place finish. In 1984 she co-captained the 23-0 team with fellow Hailer Famer Christy Morgan. That squad outscored their opponents 127-10, outshot them 625-135 and registered 15 shutouts. The Quakertown, PA, native competed in field hockey on the national and international level, including the Olympic Festival. In 1988 she was one of four Lady Monarchs to represent the United States in the Olympic Games in Seoul, Korea. Bracalente earned her degree in sports management.

INDUCTED 1991

Cheryl Van Kuren
An Olympian and All-American, Cheryl Van Kuren was an outstanding field hockey player at Old Dominion from 1982-85. She is Old Dominion’s second all-time career assist leader with 61. Van Kuren helped anchor the Lady Monarchs as they amassed an 82-9 record with three NCAA championships and one runner-up finish. Van Kuren was a two-time All-American selection and was selected to the NCAA All-Tournament team in 1985. In addition to the 61 assists, she scored 18 goals and compiled 79 career points which ranks her fifth on Old Dominion’s all-time point list. During the 1984 season she assisted on 37 goals and was one of only 15 Old Dominion players with six assists in one game against Virginia on Nov. 11, 1984. Van Kuren competed on the national and international level in field hockey as an undergraduate. She participated in the Olympic Sports Festivals, on the U.S. National team and in 1988 she competed in the summer Olympic Games in Seoul, Korea for the United States. The Coopersburg, PA, native graduated with a bachelor’s degree in sports medicine and earned a Master's degree in exercise science and wellness.

INDUCTED 1991

Dawn Hill
Dawn Hill was a four-year letterwinner and part of a dynasty which won three NCAA Field Hockey National Championships. Hill helped lead the Lady Monarchs to NCAA titles in 1982, 1983, 1984 and was the teams leading scorer with 29 goals in 1985 as ODU took second in the NCAA Championships. That season, Hill established an NCAA record with six goals in four tournament games. Hill completed her four-year career at Old Dominion with 45 goals, seven assists and 52 total points. She ranks seventh in career goals and ninth in career points. In 1985 Hill was named first-team All-American, First-Team All South Region and was named to the NCAA All-Tournament squad. She also competed in the United States Olympic Festivals in field hockey. The native of New Castle, DE graduated in 1986 with a degree in Health and Physical Education.

INDUCTED 1992

CATHY LARGE
Cathy Large was an outstanding athlete in both field hockey and lacrosse. She was a first team All-American in field hockey and was a member of the 1984 NCAA National Championship team. She completed her field hockey career with 49 goals, 89 assists, and 138 total points. She ranks sixth in assists all-time and ninth all-time in points at Old Dominion. Large was the Alumni Association’s Female Athlete-of-the-Year both as a junior in 1987 and senior in 1988.

INDUCTED 1993

JILL FISHER
Jill Fisher was a two-sport star in both field hockey and lacrosse at Old Dominion. She co-captained the 1988 NCAA field hockey national championship squad that went 26-1. Fisher earned First Team All-American honors as a senior and honorable mention All-American honors as a junior. She compiled 70 career goals, 25 career assists, and 95 career points. Fisher also competed in three Olympic Sports Festivals, along with the U.S. National team and the Under-21 field hockey team. She graduated with a degree in biology in 1989.

INDUCTED 1994
**Jackie Grady**

Jackie Grady was a two-sport standout in both field hockey and lacrosse at Old Dominion, and served as a captain for both teams. She was a two-time field hockey All-American in the fall of 1985 and 1986, and was named to the 1985 NCAA All-Tournament squad. Grady played on two NCAA national championship field hockey teams in 1983 and in 1984. In all, Grady helped lead the Lady Monarchs to a 80-10-2 record during her four seasons. The native of Drexel Hill, Pa., completed her career at Old Dominion as the school’s sixth all-time goal scorer with 50, seventh all-time assist leader with 38 and fifth all-time points leader with 88. Grady graduated in 1988 with a degree in health and physical education.

*Inducted 1995*

**Kathy Fosina Mustain**

When Kathy Fosina completed her career in the fall of 1991, she had the lowest goals against career average in NCAA history at 0.48 and 71 career shutouts. In all, she was a part of three NCAA National Championship squads in 1988, 90 and 91. The 1991 team allowed only ten goals and went 26-0 on the season. In 1990, Fosina did not allow a goal in the three NCAA Tournament matches and was a member of the 1990 USA National Field Hockey squad. In 1989, she was named to the NCAA Championship All-Tournament team. During her four years at Old Dominion the Lady Monarchs compiled a 99-5-1 record and won their last 36 matches. Fosina was the first Old Dominion student athlete to receive the NCAA Women’s Enhancement Program Post Graduate scholarship. She was a three-time Academic All-State selection and in 1992 was selected to the GTE/CoSIDA Academic All-District squad. The Virginia Beach, Va., native graduated from Old Dominion in 1992 with a degree in health and physical education.

*Inducted 1989*

**Robin Smith**

Robin Smith was an integral part in the Lady Monarchs field hockey dominance in the early 1990’s. She helped lead Old Dominion to three straight NCAA National Championships and was a three-time NCAA All-Tournament selection in 1990, 1991 and 1992. During her four years at Old Dominion, the Lady Monarchs compiled a 98-4-1 record and won two undefeated seasons. A two-time All-American, Smith was a member of the United States National field hockey team from 1990 to 1992, and played on the 12th ranked 1990 World Cup team and the 1991 bronze medal team at the Pan American Games. The three-time All-South Region pick completed her career with 66 goals, 18 assists for 150 points. Smith graduated with a degree in business management.

*Inducted 2001*

**Kathy Sarr**

Carolyn Sarr helped lead the Lady Monarchs to two straight NCAA National Championship field hockey appearances in 1988 and 1989. The Granby, Ct. native was a first team All-American and All-South Regional selection in 1989 at the midfield position. In four seasons, her teams posted a stellar 85-10 record. Her 45 assists in 1989 was the second best in school history. She completed her career with 66 career assists, 76 total points and ten goals. Sarr ranks fifth all-time at Old Dominion in assists. Not just a standout in field hockey, Sarr excelled in lacrosse, lettering in the sport three times. Her leadership qualities earned her captain spots on both, the field hockey and lacrosse teams. Sarr graduated in 1990 with a degree in elementary education.

*Inducted 2000*

**Robin Smith**

Robin Smith was an integral part in the Lady Monarchs field hockey dominance in the early 1990’s. She helped lead Old Dominion to three straight NCAA National Championships and was a three-time NCAA All-Tournament selection in 1990, 1991 and 1992. During her four years at Old Dominion, the Lady Monarchs compiled a 98-4-1 record and won two undefeated seasons. A two-time All-American, Smith was a member of the United States National field hockey team from 1990 to 1992, and played on the 12th ranked 1990 World Cup team and the 1991 bronze medal team at the Pan American Games. The three-time All-South Region pick completed her career with 66 goals, 18 assists for 150 points. Smith graduated with a degree in business management.

*Inducted 2001*

**Samantha Salvia**

Samantha Salvia became Old Dominion University’s first Rhodes Scholar and was a finalist for the NCAA Women’s of the Year Award. On the field she was a member of the US under-21 National Field Hockey squad. Salvia was a first team All-CAA selection three straight years, an All-South Region pick in 1994 and 1995, and a third team All-American in 1995. She was also selected as a First Team CoSIDA Academic All-American and as a senior, Salvia ranked fourth nationally in assists. She helped guide the Lady Monarchs to four straight NCAA Tournaments. Salvia, a Norristown, PA native, graduated with a perfect 4.0 grade point average in Civil Environmental Engineering. She then graduated from Oxford in England in 1998 with a B.A. in Philosophy, Politics, and Economics and earned an M.S. degree in Environmental Fluid Mechanics from Stanford University in 2000.

*Inducted 2004*
Old Dominion University opened its doors 75 years ago in an abandoned public school building with 206 students as the Norfolk Division of the College of William and Mary, and became an independent institution in 1962.

Today, the University enrolls more than 20,000 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 67 bachelor’s degrees, 65 master’s degrees, 26 doctoral degrees and two education 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, Technology Applications 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 270 modern apartment units for students, a fitness center and a variety of restaurants. Plans call for the addition of a hotel and parking garage, research facilities and a shopping center with a large grocery store.

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 student-athlete Samantha Salvia, a 1996 graduate.

An international leader in delivering interactive instructional television, the University operates TELETECHNET, a distance learning system that offers students an opportunity to earn one of 17 baccalaureate and eight master’s degrees, as well as one doctoral degree, without leaving their area of residence. Since its inception in 1992, TELETECHNET has become the largest televised, interactive distance learning program of its kind in the United States.

Old Dominion is also 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, 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 about 200 miles south of Washington, D.C., and is but a short drive to Virginia Beach and the Outer Banks of North Carolina.
Dr. Roseann Runte

Dr. Roseann Runte became the seventh president of Old Dominion University in the summer of 2001. Runte, who has 22 years of experience as a professor and academic administrator, became only the third woman to head a four-year college or university in Virginia. Runte previously served as president of Victoria University in Toronto, principal of Glendon College (York University), president of UUniversity Sainte-Anne in Nova Scotia and assistant dean of arts and science at Dalhousie University. She is an associate to the Council of the Royal College of Physicians and Surgeons of Canada, a board member of the National Bank of Canada and a member of the executive committee of the Club of Rome. Runte has served as president of the Canadian Commission for UNESCO for two terms, as president of the Humanities Federation of Canada, as a member of the advisory board of the National Library, as founding president of ACFAF-Toronto, as a board member for the Art Gallery of Nova Scotia and of the board of Associated Medical Services, as chair of the board of the Foundation for International Training, and as vice chair of the board of the Gardiner Museum of Ceramic Art. The author of five volumes of creative writing, she has edited nine books and has written more than 100 articles and book chapters on topics ranging from literature and education to economic and cultural development. Runte has a Ph.D. in French from the University of Kansas and has received honorary degrees from Acadia University, Memorial University and the universities of Timisoara and Arad in Romania. She received the prix François Coppée from the Academie française as well as the Palms Académiques and the Order of Merit from the French government, the Order of Canada, the Queen Elizabeth Jubilee medal, and is a Fellow of the Royal Society of Canada and of the World Academy of Arts and Sciences.

Dr. Jim Jarrett

When Jim Jarrett arrived on the campus of Old Dominion University in the fall of 1967 as a Health and Physical Education professor, he had little idea that his tenure would be counted in decades. During that time span, he has led the program from a well respected NCAA Division II member to a nationally respected Division I power that has captured 25 national championships.

Jarrett began his 35 year as athletic director in 2005, taking over the reigns in 1970 when Bud Metheny stepped down from that position. As one of the youngest athletic directors in the nation at that time, Jarrett quickly began to make a name for himself and ODU. He committed early on to a philosophy of “selective excellence,” whereby the department “selected” its competitive sports and committed itself financially, academically and competitively to the sports it felt the University could best excel.

In 1974, Jarrett became the first athletic director in the state of Virginia to award grant-in-aid to women student-athletes. It was a bold move at the time for a young athletic director and equally young University, but one that paid great dividends. Just five years later, in 1979, the Lady Monarchs won the first of three national championships in women’s basketball, and led the nation in attendance.

Under his leadership, the department’s athletic venues have tripled and are considered state of the art facilities. They include the construction of the 5,200-seat Bud Metheny Baseball Complex in 1983, the Sailing Center in 1981, the Outdoor Tennis Complex which has been expanded to 15 lighted courts and a championship court with seating for 1,000-plus, the 4,000-seat ODU Soccer Stadium in 1990, renovations to Foreman Field, which included Astro-Turf and new locker room facilities, and the planning and construction of the 8,500-seat Constant Convocation Center.

For all his efforts, Jarrett’s has been honored many times by national and local groups. Most recently, Jarrett was named the 2003 Southeast Regional Athletic Director of the Year by NACDA. Other awards he’s received include the Collegiate Director’s Award from the Women’s Basketball Coaches Association, and the Norfolk Sports Club Man of the Year. He served as a member of the NCAA Women’s Basketball Committee and is a past president of the Colonial Athletic Association and the Virginia Sports Hall of Fame.

An avid golfer and tennis player, Jarrett and his wife Sugie reside in Norfolk.
**FOREMAN FIELD - "HOME OF THE LADY MONARCHS"**

**THE NCAAs - KNOW THE RULES TO PLAY**

Are you born ready to play in the NCAA? You're one of the top freshmen recruits in the nation. You're ready to rock, to dominate your competition. You're a nonqualifier and cannot practice or compete during your freshman year. Don't find yourself in the title role of this sad story. If you wanna play, know the rules.

You've already taken the right steps — you're reading this feature. Call the NCAA hotline at 1-800-638-3731 to hear recorded information that will help you find out if you are on track to meet academic and core-course requirements. Use the number to order free copies of the NCAA Guide for the College-Bound Student-Athlete. This material will walk you through the certification process, financial aid, recruiting rules, and other issues.

**Register**

If you want to participate in Division I sports in college, then you must register with the NCAA's Initial-Eligibility Clearinghouse. Ask your guidance counselor for registration forms or call the hotline to ask for copies. Student-athletes should start the certification process when they are juniors in high school. Also, register to take the ACT or SAT as a junior. Submit your Student Release Form to the Clearinghouse by the beginning of your senior year. Confused about registering? Ask questions of your coaches, your counselors, or call the hotline.

**Academic Requirements**

A student-athlete wishing to play at the Division I level must meet the following college academic requirements:

- Four years of English
- Two years of natural or physical science (including one lab course if offered by your high school)
- Two years of a social science
- One year of an additional course in English, math, or natural or physical science
- Two years of a foreign language

**Steps to Success**

It's never too early for student-athletes to start planning for college. Call the NCAA's Wanna Play? Know, the Rules hotline at 1-800-638-3731 to hear recorded information that will help you find out if you are on track to meet academic and core-course requirements. Use the number to order free copies of the NCAA Guide for the College-Bound Student-Athlete. This material will walk you through the certification process, financial aid, recruiting rules, and other issues.

**The NCAA Div. I Core Academic Course Requirements**

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The above requirements are based on a 4.000 scale in 14 core academic courses. The higher the GPA, the lower the test score required.

**Register with the NCAA Initial-Eligibility Clearinghouse**

Register with the NCAA Initial-Eligibility Clearinghouse by the beginning of your senior year. Confused about registering? Ask questions of your coaches, your counselors, or call the hotline.

**Registration**

You're a nonqualifier and cannot practice or compete during your freshman year. You're one of the top freshmen recruits in the nation. You're ready to rock, to dominate your competition. You're ready to compete in the classroom as well as on the playing field. Study as hard as you practice. Don't wait to get started. If you wait until your senior year, it may be too late to reach the required grade-point average for enrollment to the right kind of schools.

By the beginning of your senior year, it may be too late to reach the required grade-point average for enrollment to the right kind of schools. And don't wait to get started. If you wait until your senior year, it may be too late to reach the required grade-point average for enrollment to the right kind of schools.

**Core Courses**

To play sports as a freshman in NCAA Division I, you must meet specific standards. You must graduate from high school and make at least a 2.000 grade point average on a 4.000 scale in 14 core academic courses. The higher the GPA, the lower the test score required:

- Four years of English
- Two years of a social science
- One year of an additional course in English, math, or natural or physical science
- Two years of a foreign language
- Two years of natural or physical science (including one lab course if offered by your high school)
- Three years of additional courses (from any area above, foreign language, or non-academic, non-religious, or philosophy)
- Two years of natural or physical science
- One year of an additional course in English, math, or natural or physical science
- Two years of a social science
- Two years of a foreign language

If you want to play at the NCAA Division I level, make sure you qualify academically so you can participate athletically. Challenge yourself, because we all want you to succeed.

**Requirements/rules are subject to change according to NCAA legislation.**

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DESIGNED in a Georgian architectural style and constructed entirely of brick that matches nearby Rollins Hall and the walkways of the Williamsburg Lawn, Foreman Field serves as the home of the Lady Monarch field hockey program. Built in 1936 with state and federal funds provided during the Great Depression, Foreman Field was named after Norfolk attorney A.H. Foreman, a member of William and Mary’s board of visitors and one of the founders of the Norfolk Division of William and Mary, which later became Old Dominion University. Originally intended as the home of the Norfolk Division football program, it found new life as the home to other college and community sports programs when football was dropped in 1941.

The 20,000-seat stadium was completely renovated in 1981, when Astroturf replaced the grass playing surface, and new bleachers, locker rooms, press box, concession stands, and lights were added at a cost of $3.2 million.

Field hockey was played at Foreman Field for the first time in 1974, when the field was shared with men’s soccer. Currently, field hockey and lacrosse are the only varsity sports to compete at Foreman Field.

The field hockey locker room is located under the east stands of Foreman Field, and provides the Lady Monarchs with a modern and spacious place to prepare for games and practices. Offices for Head Coach Beth Anders and Assistant Coach Sue Myers are also located in the locker room complex.

The locker room features separate lockers for each player, equipment storage, and a team meeting area in the center of the locker room.

**Steps to Success**

1. **Register with the NCAA Initial-Eligibility Clearinghouse**
2. **Ask your guidance counselor for registration forms**
3. **Call the NCAA hotline at 1-800-638-3731 to hear recorded information that will help you find out if you are on track to meet academic and core-course requirements.**
4. **Use the number to order free copies of the NCAA Guide for the College-Bound Student-Athlete.**

**The NCAA Div. I Core Academic Course Requirements**

- Four years of English
- Two years of math (one year of algebra and one year of a higher-level mathematics course)
- Two years of a social science
- Two years of natural or physical science (including one lab course if offered by your high school)
- One year of an additional course in English, math, or natural or physical science
- Two years of additional courses (from any area above, foreign language, or non-academic, non-religious, or philosophy)

**NCAA Div. I Grade and Test Score Requirements**

A student-athlete wishing to play at the Division I level would need to use the following sliding scale to determine what SAT or ACT score is needed to practice, compete, and receive athletic scholarships as a freshman. The higher the GPA, the lower the test score required.

**NCAA Legislation Updates**

- Requirements/rules are subject to change according to NCAA legislation.