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The Old Dominion University Sports Information Office welcomes all coverage of the women’s lacrosse 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/Women’s Lacrosse contact Kimberly Zivkovich.

To assist you in your coverage of Old Dominion women’s lacrosse, here are a few brief points to keep in mind:

**Interviews:**
Head Coach Sue Stahl 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 Stahl 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**
Women’s Lacrosse 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
Getting to Old Dominion

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 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.

Media Information

Media Outlets

Print Media
The Virginian Pilot
Sports Desk
150 W. Brambleton Avenue
Norfolk, VA 23510
757-446-2366
FAX: 757-539-9004

Newport News Daily Press
Sports Desk
7505 Warwick Blvd.
Newport News, VA 23607
757-247-4639
FAX: 757-247-9420

Richmond Times-Dispatch
Sports Desk
P.O. Box 8533
Richmond, VA 23293
804-649-6554
FAX: 804-775-8085

The Mace and Crown
Sports Editor
Webb University Center
Norfolk, VA 23529
757-683-3456

National Media

USA Today
Sports Department
100 Wilson Blvd.
Arlington, VA 22223
703-276-3400, ext. 3721
FAX: 703-276-527

Washington Post
Sports Department
1150 15th Street NW
Washington, DC 20071
202-334-7350
FAX: 202-334-7685

Wire Services

Associated Press
Sports Editor
700 East Main Street
Suite 1380
Richmond, VA 23219
804-649-6646
FAX: 804-643-6223

Conference

Colonial Athletic Association
Tripp Sheppard, Assoc. Commissioner
Rob Washburn, Assoc. Commissioner
6625 Patterson Avenue
Richmond, VA 23229-6349
804-754-1616
FAX: 804-754-1830

The Lady Monarchs enjoy fan support both from the university and Hampton Roads community at Foreman Field.
Women’s Lacrosse Coach of the Century, International Federation of Women’s Lacrosse Association Coach of the Year, head coach of the U.S. national team, inductee of the United States, Virginia and Pennsylvania Lacrosse Halls of Fame...Sue Stahl, one of the greatest names in women’s lacrosse, is also the head coach of the Old Dominion Lady Monarch women’s lacrosse team.

Beginning her 16th season at the helm of the Lady Monarch program, Stahl remains one of the most respected and admired coaches in her sport. Under her leadership and guidance, Old Dominion has been a perennial contender, has ranked as high as 8th in the country, and faced some of the best competition in collegiate lacrosse. Never shying away from a competitive schedule, Stahl’s teams continually play one of the top schedules in the country facing powerhouses such as Maryland and Virginia, and the always strong CAA conference schedule.

Since coming to Old Dominion in 1991, Stahl has registered over 100 career wins and captured the 1995 CAA Tournament Title as well as the 2003 CAA Regular Season Title. Six of her athletes have been named Brine/IWLCA All-Americans, 25 players named to an All-CAA team, and nine have become members of the All-South Region Team. In 1993 she coached the CAA Player of the Year, Barb DiArcangelo, and mentored the 2001 CAA Rookie of the Year and ODU’s all-time leading scorer in 2004 graduate Suzanne Wosczyna. During her tenure she has won CAA Coach of the Year honors twice, most recently in 2003 as the Lady Monarchs went 12-4 with a perfect 7-0 conference slate and a 19th national ranking.

Not only has Stahl brought much recognition and talent to Old Dominion and the world of collegiate women’s lacrosse, but she has also brought a winning tradition to lacrosse on a national level. Stahl just recently wrapped up her 16-year stint as the coach of the United States National Team, bringing home an unprecedented four World Cup Championships in five appearances.

Prior to joining the Lady Monarchs, Stahl won two USWLA National Championships as the head coach of the United States National Team.
the head coach of the Philadelphia Women’s Lacrosse team. She also served as a basketball coach at Haverford College in Pennsylvania during that period.

Stahl’s coaching expertise is not just limited to the world of lacrosse. She has compiled an extensive coaching resume, which began at her alma mater where she coached lacrosse and basketball for a decade ending in 1981. She later became the assistant lacrosse coach at Temple University, a post she held for eight seasons. From 1983-90, Stahl helped the Owls reach the NCAA Championship semifinals seven times, advancing to the finals four times and winning the National Championship in both 1984 and 1988. Holding the position of defensive coordinator, Stahl was an innovator in the use of zone defenses in women’s lacrosse.

Stahl was recognized on the All-Century Women’s Lacrosse team in 1999, perhaps the biggest honor anyone could receive, but it is just one of many coaching distinctions that she has earned throughout her career. Three times, in 1995, 2002, and 2003, Stahl was named the CAA Coach of the Year and in 1997 she was awarded the International Federation of Women’s Lacrosse Association Coach of the Year honor. Already a member of the Pennsylvania Lacrosse Hall of Fame, in 1999 she was inducted into both the United States and Virginia Lacrosse Halls of Fame. Additionally she has named to the Delco Sports Hall of Fame and received the Diane Geppi-Aikens Award from the IWLCA for lifetime achievement and the Diane Geppi-Aikens Award by U.S. Lacrosse in 2005. Stahl has named to the Delco Sports Hall of Fame and received the Diane Geppi-Aikens Award from the IWLCA for lifetime achievement and the Diane Geppi-Aikens Award by U.S. Lacrosse in 2005.

Not only has Stahl left her mark on the coaching world, but her name continually surfaces as one of the nation’s top competitors. She remains at the top of lacrosse and field hockey history having served as a member of both the United States lacrosse (1956-67) and field hockey (1964-67) national teams. While a member of the U.S. field hockey team, Stahl toured Jamaica in 1965 and 1967, and played in numerous countries including England, France, and Germany. During her collegiate playing days, Stahl was one of Ursinus College’s top athletes. A four-sport athlete in lacrosse, field hockey, basketball, and softball, she was inducted into the Bears’ Hall of Fame in 1986. Stahl also played field hockey and lacrosse for the Philadelphia College Association (a USWLA regional affiliation) from 1962-67.

Stahl has been active on numerous national committees throughout her career including the Intercollegiate Women’s Lacrosse Coaches Association (IWCLA) and the United States Women’s Lacrosse Association (USWLA). Stahl also has served on the US Lacrosse Board of Directors and the Women’s Division Boards of Directors. For over 12 years she has also served as a clinician for NCAA sponsored Youth Education Through Sport (YES) Clinics throughout the country. In addition to her responsibilities as a professional within the lacrosse world, Stahl has been associated with a number of official organizations in other areas of sport, including the Philadelphia Field Hockey Board of Officials, the United States Field Hockey Association, and the Women’s Collegiate Basketball Association.

Stahl and her husband Gray reside in Norfolk. They have two sons, Steve and Kyle, as well as two grandchildren.

### Sue Stahl’s Year-by-Year with \[SUPEERA\]

<table>
<thead>
<tr>
<th>YEAR</th>
<th>OVERALL RECORD</th>
<th>CONF RECORD</th>
<th>HIGHEST RANKING/POST-SEASON</th>
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<tbody>
<tr>
<td>1991</td>
<td>2-11</td>
<td>N/A</td>
<td>UA 159 / 8th</td>
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<tr>
<td>1992</td>
<td>6-11</td>
<td>2-3</td>
<td>137 / 8th</td>
</tr>
<tr>
<td>1993</td>
<td>8-6</td>
<td>6-0</td>
<td>138 / 8th / CAA Champions</td>
</tr>
<tr>
<td>1994</td>
<td>9-8</td>
<td>6-3</td>
<td>170 / 14th</td>
</tr>
<tr>
<td>1995</td>
<td>10-7</td>
<td>5-2</td>
<td>175 / 12th</td>
</tr>
<tr>
<td>1996</td>
<td>8-7</td>
<td>4-2</td>
<td>144 / 14th</td>
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<td>1997</td>
<td>7-10</td>
<td>3-3</td>
<td>131 / 14th</td>
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<td>5-10</td>
<td>3-3</td>
<td>109 / 14th</td>
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<tr>
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<td>6-9</td>
<td>3-3</td>
<td>111 / 14th</td>
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<tr>
<td>2000</td>
<td>5-11</td>
<td>2-4</td>
<td>143 / 12th</td>
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<tr>
<td>2001</td>
<td>9-7</td>
<td>3-3</td>
<td>154 / 11th</td>
</tr>
<tr>
<td>2002</td>
<td>13-5</td>
<td>6-2</td>
<td>209 / 13th / CAA Runner-Up</td>
</tr>
<tr>
<td>2003</td>
<td>12-4</td>
<td>7-0</td>
<td>186 / 19th / CAA Runner-Up</td>
</tr>
<tr>
<td>2004</td>
<td>5-11</td>
<td>1-6</td>
<td>165 / 19th / CAA Runner-Up</td>
</tr>
<tr>
<td>2005</td>
<td>3-12</td>
<td>0-7</td>
<td>107 / 19th / CAA Runner-Up</td>
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* The Lady Monarchs played in the South Atlantic Conference through the 1992 season, when Old Dominion joined the Colonial Athletic Association in all sports.
Heather Holt returns for her eighth season as assistant coach under head coach Sue Stahl. No stranger to Foreman Field, Holt was a member of the 1995 Colonial Athletic Association championship team and a four-year letterwinner in goal for the Lady Monarchs. She is actively responsible for recruitment of student-athletes, team travel, oversees conditioning and strength and conditioning, and supervision of academic affairs. Holt, whose career with the Lady Monarchs spanned from 1992-1995, was named a Second Team All-CAA selection during her senior campaign in 1995.

Holt played in 43 career games for Old Dominion, collecting 386 saves for a .599 save percentage and to date ranks fifth on Old Dominion’s all-time goaltending leader board. Over her playing career, Holt earned spots on the Virginia Women’s Lacrosse Association’s (VWLA) Virginia II Regional Select Team and the United States Women’s Lacrosse Association’s (USWLA) South III National Team.

Prior to her current post, Holt served as assistant coach at nationally-ranked William & Mary, and was a high school lacrosse coach at South Lakes High School in Fairfax, Virginia and Foxcroft in Middleburg, Virginia. Additionally she has been a camp coach and clinician at several lacrosse camps around the region including the Director of Lacrosse at Mersead Camp in Massachusetts.

A native of Bryn Mawr, Pennslyvania, Holt and her husband, David, reside in Norfolk along with their dog Arthur and 20-month old son, Jackson.

Jessica Moore will serve as the athletic trainer for the women’s lacrosse team this spring. Moore is currently in her second year as a graduate assistant with the Old Dominion athletic training staff as she pursues her masters degree in education at the university.

Previously, Moore has handled duties for the 14-time CAA Championship women basketball team, as well as the women’s soccer team. Hailing from Bomoseen, VT, Moore received her undergraduate degree in Sports Medicine and Athletic Training from Castleton State College. The daughter of James and Johanna Moore, she currently resides in Norfolk and plans to graduate in the Spring of 2006.
Lady Monarch Lacrosse: On The Rise

Last year’s record was definitely no indication of the talent the Lady Monarchs had on their roster. The 2005 version of the Old Dominion’s women’s lacrosse program boasted one of the most youthful rosters in memory and at times showed on the field. However, towards the end of the season, the Lady Monarchs were able to give the likes of #18 Towson, #20 William & Mary, and #9 North Carolina a run for their money.

The good news is that last year’s roster is now a year wiser, stronger, polished, and improved. Add to the fact the Lady Monarchs graduated only two student-athletes and return nearly 87 percent of its offense to the field, you have one team that is ready to move up the ranks.

Old Dominion gladly welcomes back fifth-year senior Melody Shotwell, who sat out last season nursing a knee injury suffered at the tale end of her junior season. Shotwell is eager to start where she left off and that was being among the Lady Monarch leaders on the offense. As a junior, Shotwell added in 26 goals and five assists, second on the squad only to all-time ODU scorer Suzanne Wosczyna. Although she has been away from the turf for over a year, Shotwell’s infectious competitive spirit will shine and inspire her teammates.

Caroline Jacobs returns as the most decorated Lady Monarchs from last year’s squad. A First Team All-CAA and All-State honoree and Second Team All-South Region selection, the junior midfielder is eager to add more accolades to her resume. Nearly unstoppable at times during the season, Jacobs has killer instinct in getting to the net and either getting the ball past the goalkeeper or finding an open teammate to make the goal. Last season, she collected 45 points as ODU’s top scorer with 27 goals and 18 assists and looks to keep her numbers up during her third year of duty with the team.

Ashley Stanwick also bolsters the Lady Monarch attack. Just like her teammate Jacobs, Stanwick has a knack of finding her in the right place at the right time…that is open in front of the opponent net. Although Jacobs led the team in points, it was Stanwick who led the Lady Monarchs in goals with 32.

Another key component to Old Dominion’s success will be junior Katie Veneziale. The junior midfielder has been a force to reckon with on the draw control. For the last two seasons, Veneziale has been consistently ranked among the conference’s and nation’s best in the category. Controlling the draw early and often has been proven to be key in Old Dominion’s success.

Adding to the midfield will be seniors Tameka Davis, Sarah Lautenbach and Krista Townsend, who were consistent members of the starting line-up last season as well as junior Kristen Truax. The Lady Monarchs also welcome back sophomore Kelly Kimener who was lost early last season to injury. In just four appearances, Kimener netted eight goals.

Defensively, the Lady Monarchs are young especially with the loss of mainstays Valerie Gooch and Cassandra Connor to graduation. However, senior Sarah Wosczyna is ready to lead, having played with and behind some of the best defenders on the Lady Monarch team. Wosczyna was among the team’s leader in groundballs with 30 and will look to up her numbers in caused turnovers this season as well as guide the future, up-and-coming defense.

In goal, the Lady Monarchs have two options to be in between the pipes. Senior Michelle Gannon has started every game of her career, however sophomore Sara Larson could potentially challenge for the starting nod from head coach Sue Stahl. Gannon has made many spectacular plays during her tenure, but Larson put in impressive minutes during ODU’s scrimmage against William & Mary in the fall.

Ten newcomers all with highly impressive credentials join the Old Dominion roster for 2006. They will not only challenge the veterans for a starting role, but will provide much needed depth.

The 2006 schedule should prove to be an exciting one. The Lady Monarchs play in one of the top women’s lacrosse leagues in the country in the Colonial Athletic Association (CAA) where any give team can walk away with the title this year. Stahl’s non-conference schedule is just as tough with the likes of perennial powerhouses Maryland, North Carolina, and Virginia challenging this year’s team.

The Lady Monarchs by Class

SENIORS (6)
#1 Melody Shotwell
#4 Sarah Wosczyna
#12 Tameka Davis
#19 Sarah Lautenbach
#21 Krista Townsend
#44 Michelle Gannon

JUNIORS (7)
#2 Jacqueline Brown
#8 Erica Peterson
#9 Ashley Stanwick
#17 Danielle Haley
#23 Caroline Jacobs
#31 Katie Veneziale
#322 Kristen Truax

FRESHMEN (9)
#5 Brittany Washko
#7 Erica Erb
#10 Roxi Marquez
#11 Jordan McKeon
#13 Jessica Noone
#15 Bridget Dobbins
#16 Lindsey Belle
#20 Karen Rudderow
#25 Hannah Barber
## 2006 Old Dominion University Numerical Lacrosse Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pos.</th>
<th>Cl.</th>
<th>Ht.</th>
<th>Hometown/ High School</th>
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<tbody>
<tr>
<td>0</td>
<td>Sara Larson</td>
<td>Goalkeeper</td>
<td>So.</td>
<td>5-6</td>
<td>Sylvan Lake, Mich./Mercy</td>
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<tr>
<td>1</td>
<td>Melody Shotwell</td>
<td>Midfield</td>
<td>Sr.</td>
<td>5-7</td>
<td>Fairfax Station, Va./Lake Braddock</td>
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<tr>
<td>2</td>
<td>Jacqueline Brown</td>
<td>Defense</td>
<td>Jr.</td>
<td>5-7</td>
<td>Huntington, N.Y./Kenton</td>
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<tr>
<td>3</td>
<td>Kaelyn Schival</td>
<td>Attack</td>
<td>So.</td>
<td>5-6</td>
<td>Horsham, Pa./Hatboro-Horsham</td>
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<tr>
<td>4</td>
<td>Sarah Woszyna</td>
<td>Midfield</td>
<td>Sr.</td>
<td>5-9</td>
<td>Phoenixville, Pa./Phoenixville</td>
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<tr>
<td>5</td>
<td>Brittany Washko</td>
<td>Midfield/Defense</td>
<td>Fr.</td>
<td>5-0</td>
<td>Dunkirk, Md./Southern</td>
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<tr>
<td>6</td>
<td>Kelly Kimeiner</td>
<td>Attack</td>
<td>So.</td>
<td>5-9</td>
<td>Oakton, Va./Oakton</td>
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<td>7</td>
<td>Erica Erb</td>
<td>Defense</td>
<td>Fr.</td>
<td>5-4</td>
<td>Boyertown, Pa./Boyertown</td>
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<td>8</td>
<td>Erica Peterson</td>
<td>Defense</td>
<td>Jr.</td>
<td>5-4</td>
<td>Va. Beach, Va./Maury</td>
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<tr>
<td>9</td>
<td>Ashley Stanwick</td>
<td>Midfield</td>
<td>Fr.</td>
<td>5-1</td>
<td>Woodbridge, Va./Potomac Senior</td>
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<tr>
<td>10</td>
<td>Roxi Marquez</td>
<td>Defense</td>
<td>Fr.</td>
<td>5-7</td>
<td>Street, Md./North Harford</td>
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<td>11</td>
<td>Jordan McKeon</td>
<td>Midfield</td>
<td>Sr.</td>
<td>5-7</td>
<td>Washington D.C./Woodrow Wilson</td>
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<tr>
<td>12</td>
<td>Tameka Davis</td>
<td>Attack/Midfield</td>
<td>Fr.</td>
<td>5-3</td>
<td>Manassas, Va./Stonewall Jackson</td>
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<tr>
<td>13</td>
<td>Jessica Noone</td>
<td>Defense</td>
<td>So.</td>
<td>5-7</td>
<td>Lusby, Md./Patuxent</td>
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<tr>
<td>14</td>
<td>Brittany Hagan</td>
<td>Midfield</td>
<td>Fr.</td>
<td>5-3</td>
<td>Collingswood, N.J./Collingswood</td>
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<tr>
<td>15</td>
<td>Bridget Dobbins</td>
<td>Midfield/Defense</td>
<td>Fr.</td>
<td>5-8</td>
<td>Baldwinsville, N.Y./Baker</td>
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<tr>
<td>16</td>
<td>Lindsey Belle</td>
<td>Defense</td>
<td>Jr.</td>
<td>6-0</td>
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<tr>
<td>17</td>
<td>Danielle Haley</td>
<td>Midfield</td>
<td>So.</td>
<td>5-5</td>
<td>Forest Hill, Md./Western</td>
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<tr>
<td>18</td>
<td>Sigrid Paulus</td>
<td>Attack</td>
<td>Sr.</td>
<td>5-7</td>
<td>West Chester, Pa./Unionville</td>
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<td>19</td>
<td>Sarah Lautenbach</td>
<td>Midfield</td>
<td>Fr.</td>
<td>5-6</td>
<td>Collingswood, N.J./Collingswood</td>
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<td>Karen Rudderow</td>
<td>Defense</td>
<td>Sr.</td>
<td>5-11</td>
<td>Baldwin, Md./St-Paul’s</td>
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<td>Krista Townsend</td>
<td>Midfield</td>
<td>Jr.</td>
<td>5-9</td>
<td>Daleville, Va./Rockbridge County</td>
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<tr>
<td>22</td>
<td>Kristen Truax</td>
<td>Attack/Midfield</td>
<td>Jr.</td>
<td>5-5</td>
<td>Gaithersburg, Md./Gaithersburg</td>
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<td>Caroline Jacobs</td>
<td>Midfield</td>
<td>Fr.</td>
<td>5-5</td>
<td>Arnold, Md./Broadneck</td>
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<tr>
<td>24</td>
<td>Hannah Barber</td>
<td>Defense</td>
<td>Jr.</td>
<td>5-10</td>
<td>Downingtown, Pa./Downingtown</td>
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<tr>
<td>25</td>
<td>Michelle Gannon</td>
<td>Goalkeeper</td>
<td>Sr.</td>
<td>5-3</td>
<td>Delmar, Md./Wicomico</td>
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</tbody>
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### 2006 Alphabetical Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Hometown/ High School</th>
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<tbody>
<tr>
<td>Hannah Barber</td>
<td>Arnold, M.d.</td>
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<tr>
<td>Michelle Gannon</td>
<td>Delmar, M.d.</td>
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<tr>
<td>Brittany Hagan</td>
<td>Lusby, M.d.</td>
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<tr>
<td>Danielle Haley</td>
<td>J arrettsville, M.d.</td>
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<tr>
<td>Caroline Jacob</td>
<td>Gaithersburg, M.d.</td>
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<tr>
<td>Sigrid Paulus</td>
<td>Street, M.d.</td>
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<td>Forest Hill, M.d.</td>
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<tr>
<td>Krista Townsend</td>
<td>Aquasco, M.d.</td>
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<tr>
<td>Sigrid Paulus</td>
<td>Baldwin, M.d.</td>
</tr>
<tr>
<td>J. Jordan McKeon</td>
<td>Bunkirk, M.d.</td>
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</table>

### Maryland

- Hannah Barber
- Michelle Gannon
- Brittany Hagan
- Danielle Haley
- Caroline Jacob
- J. Jordan McKeon
- Sigrid Paulus
- Ashley Stanwick
- Krista Townsend
- Brittany Washko
- Sigrid Paulus

### Pennsylvania

- Erica Erb
- Sarah Lautenbach
- Kaelyn Schival
- Jamie Venziola
- Sarah Woszyna
- Breanna Bunkirk
- Jennifer Dowd
- Amy Flood
- Rachel Gehman
- Kelly Herr
- Molly Hough
- Annie Kehoe
- Emily Kline
- Brie Lell</ref><ref>Heather Holt (Old Dominion '95),</ref><ref>Meet The Lady Monarchs</ref>
2005: Started all 15 games. Recorded a career-high two points off of two assists in a 16-7 victory over UMBC (3/12). Also posted an assist against Richmond (3/16). Tallied goals against George Mason (3/1) and #9 North Carolina (3/24). Totaled 10 groundballs on the season including two in victories over UMBC (3/12) and American (3/5). As well as at Rutgers (3/28). Firth on the team in draw controls with 12. Had a career-high three draw against UMBC (3/12). Caused one turnover against CAA rival Drexel (4/10). recorder double digit saves against UMBC (3/12), Temple (3/26), and #20 William & Mary (4/20). Ranked fifth in the CAA in saves per game (7.73). Fifth on the team in groundballs with 29. Scooped up a season-high five against #7 Maryland (3/2) in the season opener. Post three caused turnovers.

2004: Starting goalkeeper in all 16 games, continuing to start every game of her career. Played 778:02 in the Lady Monarch net... Recorded 116 saves, including a season-high 13 in an overtime game against #10 Hofstra (4/8). Also recorded double digit saves against UMBC (3/12), Temple (3/26), and #20 William & Mary (4/20). Ranked fifth in the CAA in saves per game (7.73). Fifth on the team in groundballs with 29. Scooped up a season-high five against #7 Maryland (3/2) in the season opener... Posted three caused turnovers. 2003: Was Old Dominion's starting goalkeeper in all 16 contests... Played all 960 minutes of action... Tied for the most minutes played by a CAA netminder in 2003...Posted 160 saves, the most by any Old Dominion goalkeeper since 1997... Recorded a .485 save percentage and a 10.63 goals against average... Kept four opponents to single digit scoring... Tied for fourth on the team in groundballs with 26...
Sarah Lautenbach's Career Numbers

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Sarah Lautenbach
Senior Midfield
5'8"
West Chester, Pennsylvania
Unionville

2005: Started all 15 games... Registered five points off of three goals and two assists... Captured her first career goal at Rutgers (3/28)... Also scored goals against CAA rivals Drexel (4/10) and #20 William & Mary (4/20)... Had an assist against #7 Maryland (3/2) in the season opener and at Delaware (4/15)... Collected 12 groundballs, including a career-high three against James Madison (4/4)... Controlled 14 draws, including a career-high three in a victory over American (3/5)... Caused eight turnovers during the season... 2004: Made 10 appearances in her first season with the Lady Monarchs... Recorded her first career assist in a 17-4 victory over Lafayette (3/28)... Also recorded a groundball against the Leopards... Had a draw control versus CAA opponent Delaware (4/16)... Prior to Old Dominion: A transfer from Sacred Heart University in Connecticut... Was a member of the lacrosse and women's ice hockey teams... Played in three lacrosse games for the Pioneers recording two caused turnovers... Played in 18 varsity ice hockey games registering one goal and two assists...

High School: A three-sport athlete at Unionville High School... Played four seasons at midfield in lacrosse... Played both boys' and AA ice hockey... Served as assistant captain... Also was a defender in one season of soccer... Personal: Born December 29, 1983... Full name is Sarah Michelle Lautenbach... Daughter of Chris and JoAnne Lautenbach... Has one brother, Charlie (18)... Majoring in criminal justice.

Melody Shotwell's Career Numbers

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Melody Shotwell
Senior Attack
5'8"
Fairfax Station, Virginia
Lake Braddock

2005: Redshirited due to injury... 2004: Appeared in 12 games, making 11 starts before missing the final four games of the year with her second ACL injury... Second on the team in goals (26) and points (31)... Ranked 10th in the CAA in goals per game (2.17)... Scored six goals in victory over UMBC (3/13) and Lafayette (3/28), one off her career-high... Also scored multiple goals in five other contests... Recorded a season-high seven points with six goals and assist in a 17-4 win over Lafayette (3/28)... Registered a season-high two assists in season opening win over American (3/6) as well as Hofstra (4/9)... Caused four turnovers in the season opener against American (3/6). Finished the season with nine caused turnovers... Also amassed 10 groundballs and 10 draw controls... 2003: Moved to the starting lineup after serving as the top Lady Monarch off the bench during the previous season... Led the Lady Monarchs in goals (43)... Was second on the team in points with 52... Seventh in the CAA with 3.25 points per game... Ranked fourth in the conference in goals per game (2.69)... Led the team in scoring against #20 Richmond (3/12), Boston University (3/29), and Delaware (4/13)... Scored game-winners against #20 Richmond, Hofstra (4/6), and Delaware... Tied for second for most goals in a game in 2003 among Division I women's lacrosse players with seven goals against #20 Richmond... Talled four or more goals in a game on five occasions... Also scored five goals in a 16-11 season opening victory over American (3/1)... Sixth on the squad with 24 groundballs... Ranked second on the team in draw controls with 24, second only to former teammate Maralaine Smith who ranked second nationally... 2002: The top Lady Monarch off the bench... Appeared in all 18 contests... Collected 10 points on seven goals and three assists... Recorded her first collegiate goal against CAA rival Hofstra (3/16)... Also recorded a season-high two goals against the Pride... Talled two game-winning goals, Lafayette (3/24) and Drexel (4/12)... Tied for sixth on the team with 11 draw controls... Also recorded six groundballs and three caused turnovers... High School: A four sport athlete for Lake Braddock High School... Was a lacrosse standout helping her team to two District Championships... A two-time All-American nominee... Captained her team in junior and senior seasons... A three-time M'V P honoree... The leading scorer in her district during her senior campaign... Also played basketball, field hockey, and ran track... Her track team captured district, regional, and state championships... Her field hockey team were three time district winners and state runner-ups... Personal: Born October 23, 1982... Full name is Melody Elizabeth Shotwell... Daughter of Bill and Pat Shotwell... Has three brothers Chris (21), Matt (24), and Mike (21) and a sister Cinnamon (26)... Great Uncle is the late John Phillips of the 1960's group the Mamas and the Papas... Majoring in fashion merchandising.

Krista Townsend's Career Numbers

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Krista Townsend
Senior Midfield
5'11"
Baldwin, Maryland
St. Paul's

2005: Appeared in all 15 games, making 12 starts... Recorded three goals against two CAA teams... Had two goals in a overtime showdown with #10 Hofstra (4/8)... Also had a goal against Drexel (4/10)... Collected nine groundballs, including a season-high two against George Mason (4/11), Hofstra (4/8), and #9 North Carolina (4/24)... Registered five draws including two against #5 Virginia (4/6)... Caused four turnovers... 2004: Appeared in five games as a sophomore... Had a groundball in the season opening victory at American (3/6)... 2003: One of the top Lady Monarchs off the bench... Appeared in 10 contests, making four starts... Collected four groundballs... Also added two draw controls and a caused turnover... High School: A three-sport athlete at St. Paul's School for Girls... Played lacrosse and volleyball for two years... Also played soccer for four years... Was named team's MVP and a three-time All Star... Personal: Born December 13, 1984... Full name is Krista Ann Townsend... Daughter of Phil and Anne Townsend... Has one brother Andy (22)... Majoring in business management.
2005: Started all 15 contests... Fourth on the team in groundballs with 30... Had a season-high five groundballs in an overtime contest with #10 Hofstra (4/8)... Also had three groundballs against CAA opponents Drexel (4/10), Delaware (4/15), #18 Towson (4/17), and #20 William & Mary (4/20)... Recorded at least one groundball in 13 of ODU’s 15 contests... Caused seven turnovers including a season-high two versus #10 Hofstra (4/8) and Delaware (4/15). Posted three draw controls...

2004: Appeared in and started all 16 games... Scooped up 17 groundballs including a season-high four against CAA rival Delaware (4/16)... Recorded six draw controls... Caused six turnovers including two in a victory over UMBC (3/13) and at George Mason (4/2)...

2003: Appeared in five games her freshman season... Collected five groundballs...

High School: A three-sport athlete at Huntington High School... Voted MVP twice by her teammates... Also served as team captain... Earned Second Team All-County honors in 2003... Played on the North East Maryland Select club team... A three-year letterwinner in field hockey... Served as team captain... Named First Team All-County... Named to the Senior All-Star Game... Personal: Born November 4, 1985... Full name is Danielle Nicole Haley... Daughter of Mark and Donna Haley... Has two brothers, Brian (18) and Eric (18), and a sister Marleah (16)... M ajoring in business management and minoring in jewelry design.
Caroline Jacobs' Career Numbers

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Erica Peterson’s Career Numbers

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Ashley Stanwick's Career Numbers

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### Kristen Truax’s Career Numbers

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### Kelly Veneziale’s Career Numbers

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### Kelly Kimener’s Career Numbers

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### Personal Information
- **Kristen Truax:**
  - Born: June 28, 1985
  - Full name: Kristen Nicole Truax
  - Daughter of Jess and Anne Truax
  - Has one brother, Jesse (18), and one sister, Heather (13)
  - Majoring in psychology with a minor in biology
  - Played one year of track
  - Also played two seasons of basketball
  - Had a career-high three in a victory over UMBC (3/12)
  - Second on the squad in caused turnovers with 22, including a career-high four in a win over #18 Towson (4/17)
  - Had multiple caused turnovers against six other opponents
  - Made 14 appearances in her first season with the Lady Monarchs
  - Recorded her first career goal and assist against #7 James Madison (4/4)
  - Had a season-high two groundballs and two draw controls against #7 North Carolina (4/12)
  - Talled five groundballs and four draw controls

- **Kelly Veneziale:**
  - Born: November 14, 1986
  - Full name: Kathryn Anne Veneziale
  - Daughter of George and Betty Veneziale
  - Has two sisters, Laura (18) and Kristen (13)
  - Majoring in physical education
  - A two-sport athlete at Oakton High School in Vienna, Virginia
  - A four-year varsity letterwinner in lacrosse
  - Earned First and Second Team All-District and Second Team All-Region honors throughout her career
  - Member of the All-District Tournament Team and All-Region Tournament Team
  - Two-time captain and "Most Valuable Player"
  - Also played four seasons of field hockey

- **Kelly Kimener:**
  - Born: November 14, 1986
  - Full name: Kelly Lynn Kimener
  - Daughter of John and Carol Kimener
  - Has four brothers, PJ, Mark, Tim, and Terry
  - Majoring in business education
### Meet The Lady Monarchs

#### Sara Larson's Career Numbers

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2005: Appeared in eight games as back-up to starting goalkeeper; junior M michelle Gannon... Saw 140:47 minutes of game action... Made 14 saves including a career-high five at Rutgers (4/28)... Also played a season-high 36:14 against the Scarlet Knights... Recorded three saves against Richmond (3/16) and George Mason (4/1)... Collected two groundballs... High School: A four-sport athlete at Mercy High School in Farmington Hill, Michigan... Played three varsity seasons of lacrosse as a goalkeeper... A three-time All-State award winner... Captain of her team... Earned "Coaches," "Sportsmanship," and "Most Valuable Player" honors... Helped her team to the championship as a senior and the state finals as a sophomore... Also earned the "Coaches" award in basketball as a senior and the state finals as a sophomore... A three-year letterwinner in volleyball... Was named team captain and earned the "Coaches" award... Also earned the "Coaches" award in basketball... Played one season of ice hockey... Senior Class President... Kairos leader... Personal: Born December 16, 1985... Full name is Sara Elizabeth Hope Larson... Daughter of J.H. and Kim Larson... Has one brother, Erik (23), along with cousins, Timary (23), David (19), and Joey (13)... Majoring in English with a minor in political science.

#### Kaelyn Schival's Career Numbers

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2005: Appeared in 12 contests in her first season... Recorded one goal and one assist for a total of two points... Had her first collegiate goal at James Madison (4/4)... Collected her first career assist in a victory over American (4/2)... Scooped up two ground balls... High School: A two-sport athlete at Hatboro-Horsham in Horsham, Pennsylvania... Four-year letterwinner in lacrosse helping her team its best record in school history her senior campaign... Led her team her junior season with 72 points and her senior season with 77 points... Also set a school record for assists in a season with 50 as a senior... Captained her team as a senior... First Team All-League as a junior and senior... Also the team’s "Most Valuable Player" and "Most Offensive Player" as a junior and senior... Earned "Most Improved" as a sophomore... Also played two seasons of basketball... An honor roll student throughout high school... Personal: Born May 1, 1986... Full name is Kaelyn Anne Schival... Daughter of John and Kathleen Schival... Has two brothers, Joshua (26) and Jared (24)... Majoring in management.

### Sigrid Paulus's Career Numbers

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2005: Made six appearances her first season... Recorded a shot against Delaware (3/15)... High School: A two-sport athlete at Western High School in Baltimore, Maryland... Named a "High School Player To Watch" in the Baltimore Sun in 2004... Was the scoring leader in the City League tallying 44 goals as a senior... Was also a captain of her high school squad... Also played soccer and was a two-time captain... Was named an All-Star Conference award winner as a Junior... Lead the team in scoring as a senior... Helped her team to the county championship, scoring the game-winning goal in the championship game... An honor roll student... Personal: Born February 7, 1986... Full name is Sigrid Lauren Paulus... Daughter of Robert Paulus and Debra Nasdor... Has a brother, Patrick (26)... Plans to major in communications with a focus in public relations.

#### Hannah Barber's Career Numbers

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Prior to Old Dominion: A four-year women’s lacrosse letterwinner at Broadneck High School... Member three state tournament, two state championship, and one regional championship team... Named “Most Aggressive Player” and given the “Heart Award”... Also a three-year member of the track team for the three-time county champions... Also played goalkeeper for soccer for a season... Personal: Born June 25, 1987... Daughter of Greg and Amy Barber... Has one sister, Jillian (23), and one brother, Ryan (16)... Plans to major in sports management.

#### Lindsey Belle's Career Numbers

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Prior to Old Dominion: Three-year varsity member of the women’s lacrosse team at Baker High School... Named Goulds Pumps Defensive Player of the Year... Named First Team All-League during her junior and senior seasons... Was named Second Team All-League as a sophomore... Member of the Nyctic Club Team... Named First Team All-Galaxy... Personal: Born August 31, 1987... Daughter of Cheryl and Robert Belle... Has one brother, Colin (24), and a sister, Lauren (21)... Planning on majoring in English education.
Prior to Old Dominion: A three-year women's lacrosse varsity letterwinner at Collingswood High School... Was also a three-year varsity letterwinner in soccer... Personal: Born February 17, 1987... Daughter of Rosie and James Dobbins... Has one sister, Kelsey (17) and two brothers, Max (14) and Jamie (12)... Is planning on majoring in elementary education.

Bridget
DOBBINS

Prior to Old Dominion: A four-year women's lacrosse letterwinner at North Harford High School... Named "Player to Watch" by the Baltimore Sun during her senior season... First Team All-County as a junior and senior... Also a four-year letterwinner in soccer... Personal: Born August 20, 1987... Daughter of Meredith and Steven... Has one sister, Kelsey (16)... Plans to major in physical education.

Jordan
MCKEON

Prior to Old Dominion: Four-year varsity letterwinner in women's lacrosse at Stonewall Jackson High School... Was the first female in Prince William County to participate of the 2004 and 2005 national tournament... First Team All-County and First Team All-Region... Was also named Honorable Mention All-Metropolitan... Played four seasons of basketball... Personal: Born October 10, 1986... Daughter of JoAnne and Stephen... Has two sisters, Kimberly (22) and Allison (25), and one brother, Stephen (4)... Major is undecided.

Jessica
NOONE

Prior to Old Dominion: A four-year varsity letterwinner at Patuxent High School... Awarded "Best Use of Non-Dominate Hand" during the team awards... A "M ind in Motion" award winner for receiving a 3.0 or better during the season... Also played four years of field hockey... Personal: Born March 27, 1986... Daughter of John and Cindy... Has one sister, Valerie (23)... Plans to major in accounting.

Brittany
HAGAN

Prior to Old Dominion: Four-year women's lacrosse letterwinner at Potomac Senior High School... Named team's Most Valuable Player... Second Team All-District during her junior and senior campaigns... Also ran cross country and track... Personal: Born March 10, 1987... Daughter of Jose and Elrina... Has one brother, Jorge (20) and one sister, Rina (21)... Plans to major in nursing.

Karen
RUDDEROW

Prior to Old Dominion: Four-year letterwinner in women's lacrosse at Stonewall Jackson High School... Served as team captain... Named First Team National Division... Also played four years of soccer... Also served as captain during her junior and senior seasons... Personal: Born September 3, 1987... Daughter of Sam and Denise Rudderow... Has one sister, Julie (25), and two brothers, Mark (23) and John (21)... Plans to major in nursing.

Brittany
WASHKO

Prior to Old Dominion: Four-year varsity letterwinner at Potomac Senior High School... Named team's Most Valuable Player... Second Team All-District during her junior and senior campaigns... Also ran cross country and track... Personal: Born March 10, 1987... Daughter of Rosie and James Dobbins... Has one sister, Kelsey (17) and two brothers, Max (14) and Jamie (12)... Is planning on majoring in elementary education.
The Old Dominion women’s lacrosse team finished the 2005 season with a 3-12 record tackling a schedule filled with some of the nation’s top ranked teams. The Lady Monarchs took on five ranked opponents including #7 Maryland and #5 Virginia along with Colonial Athletic Association (CAA) rivals #18 Hofstra, #18 Towson, and #20 William & Mary.

The young Lady Monarch roster filled with underclassman and boasting just two seniors succumbed to injury early in the season losing returning leading scorer Melody Shotwell and newcomer Kelly Kimmener. Shotwell and Kimmener figure to return to next year’s roster and add additional firepower to the offensive end of the field.

Seniors Valerie Gooch and Cassandra Connor anchored the defense in their final season at Old Dominion. Gooch, a two-time IWLCA Academic Honor Roll honoree, concluded the year with 16 groundball and seven caused turnovers, while Connor was fifth on the squad in groundballs with 26 and fourth with 10 caused turnovers.

Sophomore midfielder Caroline Jacobs received numerous awards for her efforts on the field. A First Team All-Colonial Athletic Association (CAA) and All-State pick, Second Team All-South Region selection, and a CAA Player of the Week honoree, Jacobs led the Lady Monarchs in four statistical categories including assists (18), points (45), groundballs (51), and caused turnovers (25) and ranked second on the squad in goals (27) and draw controls (21). She netted a career-high six goals against #9 North Carolina, scooped up a career-high six groundballs against #20 William & Mary and James Madison, and caused a career-high five turnovers against #20 William & Mary. Additionally the second-year midfielder captured a career-high seven points at Temple and netted the game-winning goal against Rutgers. The Gaithersburg, Maryland native concluded the season ranked fourth nationally in groundballs per game at 3.64 per contest. Among the conference statistics, she ended the year ranked 10th in goals per game (1.93), fourth in assists per game (1.29), seventh in points per game (3.21), third in caused turnovers per game (1.79), and topped the charts in groundballs.

Jacobs wasn’t the only Lady Monarch to be among the conference leaders. Fellow classmate Ashley Stanwick, ODU’s top goal scorer with 32 tallied, ranked seventh in the CAA in goals per game, while Katie Veneziale finished the year ranked third in the CAA and 14th nationally in draw controls. Veneziale registered 46 over the course of the Lady Monarch’s 15 games and averaged 3.07 per contest.
## WOMEN'S LACROSSE STATISTICS

Old Dominion Combined Team Statistics (as of Feb 20, 2006)

### All games

<table>
<thead>
<tr>
<th>RECORD:</th>
<th>OVERALL</th>
<th>HOME</th>
<th>AWAY</th>
<th>NEUTRAL</th>
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<tr>
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<td>(3-12-0)</td>
<td>(1-6-0)</td>
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<td>(1-2-0)</td>
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<thead>
<tr>
<th>DATE</th>
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<th>W/L</th>
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<td>#7 MARYLAND</td>
<td>L</td>
<td>6-13</td>
<td>117</td>
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<tr>
<td>Mar 05</td>
<td>AU</td>
<td>W</td>
<td>9-8</td>
<td>-</td>
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<tr>
<td>Mar 12</td>
<td>vs UMBC Retrievers</td>
<td>W</td>
<td>16-7</td>
<td>300</td>
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<tr>
<td>Mar 16</td>
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</tr>
<tr>
<td>Mar 26</td>
<td>at Temple</td>
<td>L O2</td>
<td>12-13</td>
<td>213</td>
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<td>Mar 28</td>
<td>at RUTGERS</td>
<td>W</td>
<td>9-8</td>
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<td>at James Madison</td>
<td>L</td>
<td>3-15</td>
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<td>#5 VIRGINIA</td>
<td>L</td>
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<td>#10 HOFSTRA</td>
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<td>DREXEL</td>
<td>L</td>
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<td>Apr 24</td>
<td>at #9 North Carolina</td>
<td>L</td>
<td>7-8</td>
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### TEAM STATISTICS

ODU

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<tr>
<th>TEAM STATISTICS</th>
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### PENALTIES

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</table>

| Dates/Avg Per Date | 7/120 |

| Neutral Site #/Avg | 1/300 |

### MAN-UP OPPORTUNITIES

- Goals-Opportunities: 0-1
- Conversion Percent: .016

### GOAL BREAKDOWN

- Total Goals: 107
- Assist: 42

### SHOT STATISTICS

- Goals-Shot attempts: 107-286
- Goals scored average: 6.99
- Shot pct: .374
- Shots/Game: 19.1

<table>
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<th>G</th>
<th>A Pts</th>
<th>Sh</th>
<th>GW</th>
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<td></td>
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</tr>
</tbody>
</table>

### GOALTENDERS

- 0 Sara Larson
- 8 Erica Peterson

### SHOT STATISTICS

- Goals scored average: 6.99
- Goals-Shot attempts: 107-286
- Shot pct: .374

### GOAL BREAKDOWN

- Total Goals: 107

### PENALTIES

- Number: 9
- Minutes: 21:00

### ATTENDANCE

- Total: 843
- Dates/Avg Per Date: 7/120
- Neutral Site #/Avg: 1/300

### RECORD: OVERALL

- WIN: 3-12-0
- LOSS: 1-6-0
- DRAW: 1-6-0
- NEUTRAL: 1-0-0

### RECORD: CONFERENCE

- WIN: 0-7-0
- LOSS: 0-4-0
- DRAW: 0-3-0
- NEUTRAL: 0-0-0

### RECORD: NON-CONFERENCE

- WIN: 3-5-0
- LOSS: 1-2-0
- DRAW: 1-3-0
- NEUTRAL: 1-0-0

### NON-CONFERENCE RECORD

- WIN: 3-0-0
- LOSS: 1-1-0
- DRAW: 1-0-0

### CONFERENCE RECORD

- WIN: 0-7-0
- LOSS: 0-4-0
- DRAW: 0-3-0
- NEUTRAL: 0-0-0

### OVERALL RECORD

- WIN: 3-12-0
- LOSS: 1-6-0
- DRAW: 1-6-0
- NEUTRAL: 1-0-0

### GOALS BY PERIOD

- 1st: 15
- 2nd: 171
- 3rd: 117
- 4th: 171
- OT 2: 5

### GOALS BY OPPONENTS

- 1st: 2
- 2nd: 3
- 3rd: 9
- 4th: 3
- OT: 2

### GOALS BY TEAM

- Old Dominion: 59
- Opponents: 77

### GOALS BY TOTAL

- 1st: 15
- 2nd: 171
- 3rd: 117
- 4th: 171
- OT 2: 5

### GOALS BY OPPONENTS

- Old Dominion: 59
- Opponents: 77

### GOALS BY TEAM

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### GOALS BY PERIOD

- 1st: 15
- 2nd: 171
- 3rd: 117
- 4th: 171
- OT: 2

### GOALS BY TEAM

- Old Dominion: 59
- Opponents: 77

### GOALS BY OPPONENTS

- Old Dominion: 59
- Opponents: 77

### GOALS BY TEAM
The Scarlet Knights Schedule

February 26 ................................. Penn State
March 21 ................................. Brown
March 17 ................................. @ Connecticut
March 26 ................................. @ Virginia
March 24 ................................. @ North Carolina
March 21 ................................. @ Virginia Tech
March 19 ................................. Temple
March 26 ................................. Delaware
March 24 ................................. @ Virginia Tech
March 18 ................................. @ Connecticut
March 16 ................................. @ Penn State
March 12 ................................. @ Duke
March 9 ................................. @ Hofstra
March 7 ................................. @ George Mason
March 5 ................................. @ Temple
March 1 ................................. @ Johns Hopkins
February 28 ................................. Delaware
March 4 ................................. @ Syracuse
February 25 ................................. New Hampshire
February 18 ................................. George Mason
February 14 ................................. Virginia Tech
February 10 ................................. Temple
February 7 ................................. Norfolk State
February 5 ................................. @ Delaware
February 2 ................................. Hofstra
January 29 ................................. William & Mary
January 26 ................................. @ Hofstra
January 24 ................................. @ Temple
January 19 ................................. George Mason
January 12 ................................. Hofstra
January 9 ................................. Delaware
January 6 ................................. @ William & Mary
January 4 ................................. @ Hofstra
January 1 ................................. Old Dominion

Tiger Schedule

February 14 ................................. Virginia Commonwealth
February 12 ................................. Virginia Tech
February 11 ................................. UMass
February 9 ................................. VCU
February 7 ................................. Delaware State
February 6 ................................. Delaware
February 4 ................................. Temple
February 3 ................................. Drexel
February 1 ................................. Old Dominion

Temple Schedule

February 11 ................................. LA Salle
February 8 ................................. Duquesne
February 6 ................................. St. Bonaventure
February 3 ................................. UMBC
February 1 ................................. @ La Salle

Rutgers Schedule

February 26 ................................. Northwestern
March 21 ................................. Brown
March 10 ................................. @ Penn State
March 9 ................................. Temple
March 7 ................................. Princeton
February 26 ................................. Delaware
February 19 ................................. Loyola (Md.)
February 18 ................................. @ Hofstra
February 16 ................................. @ Temple
February 14 ................................. @ Delaware State
February 13 ................................. Delaware
February 11 ................................. Temple
February 9 ................................. Drexel
February 7 ................................. St. Joseph’s
February 5 ................................. @ Temple
February 3 ................................. @ Hofstra
February 1 ................................. @ Temple

Towson Schedule

February 28 ................................. Towson
February 26 ................................. Delaware State
February 24 ................................. Delaware State
February 20 ................................. Delaware State
February 18 ................................. Delaware State
February 16 ................................. Delaware State
February 14 ................................. Delaware State
February 12 ................................. Delaware State
February 10 ................................. Delaware State
February 8 ................................. Delaware State
February 6 ................................. Delaware State
February 4 ................................. Delaware State
February 2 ................................. Delaware State

Virginia Schedule

February 11 ................................. Temple
February 9 ................................. Hofstra
February 6 ................................. William & Mary
February 4 ................................. Old Dominion
February 1 ................................. William & Mary

W&M Schedule

February 28 ................................. Longwood
February 26 ................................. Delaware State
February 23 ................................. Delaware State
February 20 ................................. Delaware State
February 17 ................................. Delaware State
February 14 ................................. Delaware State
February 11 ................................. Delaware State
February 8 ................................. Delaware State
February 5 ................................. Delaware State
February 2 ................................. Delaware State

William & Mary Schedule

February 26 ................................. Longwood
February 23 ................................. Delaware State
February 20 ................................. Delaware State
February 17 ................................. Delaware State
February 14 ................................. Delaware State
February 11 ................................. Delaware State
February 8 ................................. Delaware State
February 5 ................................. Delaware State
February 2 ................................. Delaware State

Tiger Schedule

February 14 ................................. Virginia Commonwealth
February 12 ................................. Virginia Tech
February 11 ................................. UMass
February 9 ................................. VCU
February 7 ................................. Delaware State
February 6 ................................. Delaware State
February 4 ................................. Delaware State
February 2 ................................. Delaware State

Temple Schedule

February 11 ................................. LA Salle
February 8 ................................. Duquesne
February 6 ................................. St. Bonaventure
February 3 ................................. UMBC
February 1 ................................. @ La Salle

Rutgers Schedule

February 26 ................................. Northwestern
March 21 ................................. Brown
March 10 ................................. @ Penn State
March 9 ................................. Temple
March 7 ................................. Princeton
February 26 ................................. Delaware
February 19 ................................. Loyola (Md.)
February 18 ................................. @ Hofstra
February 16 ................................. @ Temple
February 14 ................................. @ Delaware State
February 13 ................................. Delaware State
February 11 ................................. Delaware State
February 9 ................................. @ Temple
February 7 ................................. @ Hofstra
February 5 ................................. @ Temple
February 3 ................................. @ Hofstra
February 1 ................................. @ Temple

Towson Schedule

February 28 ................................. Towson
February 26 ................................. Delaware State
February 24 ................................. Delaware State
February 20 ................................. Delaware State
February 18 ................................. Delaware State
February 16 ................................. Delaware State
February 14 ................................. Delaware State
February 12 ................................. Delaware State
February 10 ................................. Delaware State
February 8 ................................. Delaware State
February 6 ................................. Delaware State
February 4 ................................. Delaware State
February 2 ................................. Delaware State

Virginia Schedule

February 11 ................................. Temple
February 9 ................................. Hofstra
February 6 ................................. William & Mary
February 4 ................................. Old Dominion
February 1 ................................. William & Mary

W&M Schedule

February 26 ................................. Longwood
February 23 ................................. Delaware State
February 20 ................................. Delaware State
February 17 ................................. Delaware State
February 14 ................................. Delaware State
February 11 ................................. Delaware State
February 8 ................................. Delaware State
February 5 ................................. Delaware State
February 2 ................................. Delaware State

Tiger Schedule

February 14 ................................. Virginia Commonwealth
February 12 ................................. Virginia Tech
February 11 ................................. UMass
February 9 ................................. VCU
February 7 ................................. Delaware State
February 6 ................................. Delaware State
February 4 ................................. Delaware State
February 2 ................................. Delaware State

Temple Schedule

February 11 ................................. LA Salle
February 8 ................................. Duquesne
February 6 ................................. St. Bonaventure
February 3 ................................. UMBC
February 1 ................................. @ La Salle

Rutgers Schedule

February 26 ................................. Northwestern
March 21 ................................. Brown
March 10 ................................. @ Penn State
March 9 ................................. Temple
March 7 ................................. Princeton
February 26 ................................. Delaware
February 19 ................................. Loyola (Md.)
February 18 ................................. @ Hofstra
February 16 ................................. @ Temple
February 14 ................................. @ Delaware State
February 13 ................................. Delaware State
February 11 ................................. Delaware State
February 9 ................................. @ Temple
February 7 ................................. @ Hofstra
February 5 ................................. @ Temple
February 3 ................................. @ Hofstra
February 1 ................................. @ Temple

Towson Schedule

February 28 ................................. Towson
February 26 ................................. Delaware State
February 24 ................................. Delaware State
February 20 ................................. Delaware State
February 18 ................................. Delaware State
February 16 ................................. Delaware State
February 14 ................................. Delaware State
February 12 ................................. Delaware State
February 10 ................................. Delaware State
February 8 ................................. Delaware State
February 6 ................................. Delaware State
February 4 ................................. Delaware State
February 2 ................................. Delaware State

Virginia Schedule

February 11 ................................. Temple
February 9 ................................. Hofstra
February 6 ................................. William & Mary
February 4 ................................. Old Dominion
February 1 ................................. William & Mary

W&M Schedule

February 26 ................................. Longwood
February 23 ................................. Delaware State
February 20 ................................. Delaware State
February 17 ................................. Delaware State
February 14 ................................. Delaware State
February 11 ................................. Delaware State
February 8 ................................. Delaware State
February 5 ................................. Delaware State
February 2 ................................. Delaware State

Tiger Schedule

February 14 ................................. Virginia Commonwealth
February 12 ................................. Virginia Tech
February 11 ................................. UMass
February 9 ................................. VCU
February 7 ................................. Delaware State
February 6 ................................. Delaware State
February 4 ................................. Delaware State
February 2 ................................. Delaware State

Temple Schedule

February 11 ................................. LA Salle
February 8 ................................. Duquesne
February 6 ................................. St. Bonaventure
February 3 ................................. UMBC
February 1 ................................. @ La Salle

Monarchs?

M any 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 & 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 & Mary in 1693, ruled England at the invitation of Parliament as “joint monarchs.”

The Monarch used by Old Dominion is a royal crown on a lion’s head, representing an historic past and a strong future. Old Dominion adopted its current family of logos in April of 2002.
Continuing the Old Dominion University Athletic Department tradition of reaching into the community, the Lady Monarch lacrosse team is one of the most active groups on campus.

The Old Dominion University student athletes have opened their hearts over the years with various community service activities as part of the Monarch Reachout program. This year has been no different. The women’s lacrosse team, headed up by five-time World Cup coach Sue Stahl, joined William and Mary women’s lacrosse team and the University of Virginia, and the U.S. Naval Academy’s Men’s lacrosse teams on October 1st, 2005 at the Virginia Beach Sportsplex to raise money to benefit the family of former Virginia player John Driscoll who succumbed to cancer in 2002.

For the fourth consecutive year, the Lady Monarchs will host a clinic in conjunction with the Hampton Roads Chapter of U.S. Lacrosse following its annual scholarship match. Members of the Lady Monarch lacrosse team will instruct children throughout the area in the fundamentals of the game. This year’s clinic will follow Old Dominion’s match-up with North Carolina, one of the top teams in the nation. The game begins at 3:00 p.m. with the five dollar admission to benefit the Intercollegiate Foundation for Lacrosse Scholarships.

The Lady Monarchs also helped raise money for Hurricane Katrina victims with a Mardi Gras parade featuring the children at Old Dominion’s Child Development Center. During the parade, the team raised money by selling Mardi Gras beads to on-lookers.
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 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 college 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 CAA market exceeds 19 million.

The CAA conducts championships in 21 sports. Male CAA market exceeds 19 million.

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, 1992) and reached the title game again in 1997.

In 2005, 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 and Mary – were aligned with East Carolina University, the United States Naval Academy and the College of William and 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 has 16 new students 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 and 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.
<table>
<thead>
<tr>
<th>Year</th>
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<td></td>
<td>St. Mary’s .................. L, 24-0</td>
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<td>1990</td>
<td>(9-8/5-2 CAA)</td>
<td>Georgetown .................. W, 8-4</td>
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<td>1994</td>
<td>(9-8/5-2 CAA)</td>
<td>George Mason .................. W, 17-3</td>
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<tr>
<td>1998</td>
<td>(5-10/2-4 CAA)</td>
<td>at #3 Virginia .................. L, 8-13</td>
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</tbody>
</table>

| Coach: Millicent Flowers |
| 1980 | (4-5) | James Madison .................. L, 3-5 | Virginia .................. L, 4-6 | William & Mary .................. L, 2-8 | Richmond .................. W, 6-10 | Virginia State .................. L, 6-1 | William & Mary .................. L, 5-8 | Virginia .................. L, 5-6 | * CAA Tournament |

| Coach: Beth Anders |

| Coach: Carla Hesler |
| 1983 | (0-11) | Richmond ................. L, 7-10 | James Madison .................. L, 10-13 | Massachusetts .................. L, 2-9 | William & Mary .................. L, 2-9 | Virginia .................. L, 2-12 | Lafayette .................. L, 4-10 | Virginia .................. L, 3-12 | James Madison .................. L, 4-5 | Maryland .................. L, 3-13 | Trenton .................. L, 5-10 | Rutgers .................. L, 9-10 | * CAA Tournament at Richmond |

| Coach: Beth Anders |

| Coach: Marcia Karwass |
| 1985 | (2-10) | Boston College ................. W, 8-6 | Colgate .................. W, 6-4 | Northwestern ................. L, 7-12 | James Madison .................. L, 2-17 |

| Coach: Beth Anders |
| 1986 | (4-9) | Virginia .................. L, 1-1 | William & Mary .................. L, 1-1 | Loyola .................. L, 3-1 | Temple .................. L, 3-1 | Richmond ................. L, 5-5 | William & Mary .................. L, 3-1 | Loyola .................. L, 2-3 | Salisbury State ................. W, 13-1 | Richardson ................. L, 1-1 | * South Atlantic Tournament |

| Coach: Beth Anders |

| Coach: Melissa Magee |

| Coach: Beth Anders |

| Coach: Sue Stahl |
| 1993 | (7-10/3-3 CAA) | at #4 Virginia .................. L, 1-0 | #2 Loyola .................. L, 6-9 | Richmond ................. W, 11-7 | #10 Delaware .................. L, 12-4 | #4 James Madison .................. W, 10-9 (ot) | at #1 Maryland .................. L, 4-19 | vs. #3 Penn State .................. L, 9-12 | at Virginia Tech .................. W, 6-8 | #12 Temple .................. W, 15-14 | UMBC .................. W, 12-12 | at William & Mary .................. L, 4-9 | American .................. W, 20-13 | George Mason* .................. W, 11-10 | vs. George Mason* .................. W, 12-6 | vs. #11 William & Mary* .................. L, 10-16 | * CAA Tournament at American |

| Coach: Sue Stahl |
| 1999 | (6-9/3-3 CAA) | #3 Virginia .................. L, 3-4 | at #9 Loyola .................. L, 13-4 | at William & Mary ................. W, 12-7 | #12 William & Mary .................. L, 5-10 | at #12 Rutgers .................. W, 6-5 | #3 # Loyola .................. W, 2-3 | at #19 Temple .................. W, 7-4 | at #7 #1 Maryland .................. L, 2-15 | #17 George Mason* .................. L, 4-5 | American* .................. W, 9-9 | vs. #13 Delaware .................. L, 7-30 | at UMBC .................. L, 9-11 | #7 Penn State .................. L, 7-10 | * CAA Tournament at Richmond |

| Coach: Sue Stahl |

| Coach: Susan Stahl |
Year-By-Year

2002
(13-5/5-2 CAA)

at American ................. W, 13-4
at #8 Virginia ............... L, 8-16
Delaware* ..................... W, 14-10
UMBC ............................. W, 12-6
#13 James Madison .......... L, 8-9
Hofstra ......................... W, 9-13
Temple .......................... W, 9-8
George Mason .................. W, 12-11
#3 Loyola (MD) ............... W, 10-5
at William & Mary .......... W, 12-6
at #20 Boston Univ ........ W, 13-9
at Drexel ....................... W, 13-4
towson* ....................... W, 15-7
vs. #11 James Madison* W, 17-13
vs. #5 Loyola (MD) .......... L, 5-12
*Tournament at
Virginia Commonwealth

Coach: Sue Stahl

2003
(12-4/7-0 CAA)

Colonial Athletic Association
Regular Season Champions

American .................. W, 16-11
#8 Virginia ................. L, 5-17
at UMBC ....................... W, 13-10
at #20 Richmond ............ W, 12-10
George Mason ................ W, 8-6
#10 James Madison .......... W, 13-12
#2 Maryland .. W, 9-16
at William & Mary .......... W, 15-12
vs. Boston Univ .......... L, 12-14
at Temple ..................... W, 11-5
at Hofstra ..................... W, 12-10
Drexel ......................... W, 5-7
Delaware ...................... W, 12-11
towson ........ W, 14-8
vs. Hofstra* .......... W, 14-10
vs. #8 James Madison* L, 5-9
’Tournament at
Old Dominion

Coach: Sue Stahl

2005
(5-11/1-6 CAA)

at American ................. W, 15-8
UMBC ............................. W, 19-11
Richmond ..................... L, 6-15
at #7 Maryland ................ L, 7-28
Temple ......................... L, 10-12
Lafayette ..................... W, 17-4
to George Mason .......... L, 9-13
at #7 James Madison .......... L, 8-9
at #8 Virginia ............... L, 6-17
at Hofstra ..................... L, 7-8
to Drexel ..................... L, 7-28
at #7 North Carolina ......... L, 7-11
Delaware ...................... L, 10-18
towson .................. L, 15-19
at #17 William & Mary .... W, 15-12
at Rutgers ..................... W, 9-8

Coach: Sue Stahl

COACHING RECORDS

Niki Flowers 7-4 (1980)
Carla Heister 0-21 (1981)
Marcia Karwas 4-19 (1984-85)
Melissa Magee 11-17 (1984-87)

Sue Stahl 108-129 (1991-present)

2005
(3-12/0-7 CAA)

#7 Maryland ................ L, 6-13
American .................... W, 9-8
UMBC ............................. W, 16-7
at Richmond ................ L, 7-13
at Temple ..................... L, 12-13 (2OT)
at Rutgers ..................... W, 9-8
George Mason ................ L, 4-8
#5 Virginia .................... L, 1-20
#10 Hofstra .................... L, 8-9 (2OT)
Drexel ......................... L, 7-12
to Delaware ........ L, 3-15
at #18 Towson .......... L, 5-10
#20 William & Mary .... L, 10-12
at #9 North Carolina .... L, 7-8

*Tournament at
Virginia Commonwealth

Coach: Sue Stahl

LADY MONARCHS VS. OPPONENTS

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* indicates Colonial Athletic Association Opponents
**Points Leaders**

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**Assist Leaders**

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**Save Percentage Leaders**

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**Goals Against Average Leaders**

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**Goals Leaders**

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**Saves Leaders**

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<th>Saves:</th>
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</thead>
<tbody>
<tr>
<td>Michelle Gannon</td>
<td>116</td>
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<tr>
<td>Laura Knorr</td>
<td>142</td>
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<tr>
<td>Beth O'Leary</td>
<td>160</td>
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<tr>
<td>Laurie Koller</td>
<td>139</td>
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<tr>
<td>Laura Koller</td>
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<td>Angie Stead</td>
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<td>Angie Stead</td>
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<td>Angie Stead</td>
<td>171</td>
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<tr>
<td>Heather Walden</td>
<td>163</td>
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<tr>
<td>Heather Walden</td>
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<tr>
<td>Barb DiArcangelo</td>
<td>192</td>
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<tr>
<td>Barb DiArcangelo</td>
<td>154</td>
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<tr>
<td>Stephanie Lima</td>
<td>102</td>
</tr>
<tr>
<td>Laura Knorr</td>
<td>89</td>
</tr>
<tr>
<td>Carol Asimos</td>
<td>81</td>
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<tr>
<td>Shelly Behrens</td>
<td>89</td>
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<td>Shelly Behrens</td>
<td>133</td>
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<td>Shelly Behrens</td>
<td>95</td>
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<tr>
<td>Shelly Behrens</td>
<td>45</td>
</tr>
<tr>
<td>Lenore Tornetta</td>
<td>167</td>
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<tr>
<td>Mary Lib Delong</td>
<td>181</td>
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<tr>
<td>Mary Lib Delong</td>
<td>157</td>
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<tr>
<td>Mary Lib Delong</td>
<td>87</td>
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<tr>
<td>Mary Lib Delong</td>
<td>191</td>
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</tbody>
</table>
Former Old Dominion defender Valerie Gooch was a two-time IWLCA Academic Honor Roll member. In 2005, she appeared and started in 13 games for the Lady Monarchs recording 16 groundballs and seven caused turnovers. Majoring in business management, she graduated last May with a 3.54 cumulative grade point average.

Suzanne Wosczyna became the first Lady Monarch to earn three All-America titles. Wosczyna concluded her career in 2004 as Old Dominion’s all-time leader in points, goals, and assists.

Ericka Davidheiser ................................................................. 1994, 1995
Jenn Karr.................................................................................. 1995
Takiyah Gettys ................................................................. 1997, 1998
Garly Browns .................................................................. 1998
Brooke Thomas ................................................................. 2001, 2002
Dana Wisnieski ................................................................. 2001
Kailynne Ross ........................................................................ 1999
Amy Wade .............................................................................. 1999
Kendra Finger .......................................................................... 2002
Jennifer Heister .................................................................. 2002
Danielle Hensil ..................................................................... 2003
Marlaine Smith ..................................................................... 2003
Kelly Jeffries ........................................................................ 2003, 2004
Tara Hayes ........................................................................... 2004
Valerie Gooch ........................................................................ 2004, 2005
CAA PLAYER OF THE YEAR
1993 Barb DiArcangelo

CAA COACH OF THE YEAR
1995 Sue Stahl
2002 Sue Stahl
2003 Sue Stahl

LADY MONARCH MVP
1981 Mary Beth Holder
1982 Janice Gentile
1983 Cindy Wallace
1984 Cheryl Van Kuren
1985 Maureen Aikens
1986 Cathy Large
1987 Cathy Large
1988 Cathy Large
1989 Jill Fisher
1990 Lisa Doran
1991 Rachel Edlich
1992 Amy Cordes
1993 Barb DiArcangelo
1994 Ericka Davidheiser
1995 Ericka Davidheiser
1996 Anne Windover
1997 Meagan Petrie
1998 Carly Brown
1999 Sue Wolfgang
2000 Pam Seebald
2001 Dana Wisniewski
2002 Suzanne Wosczyna
2003 Suzanne Wosczyna
2004 Suzanne Wosczyna
2005 Caroline Jacobs

ALL-COLONIAL ATHLETIC ASSOCIATION
Carly Brown................................. 1997 (1), 1998 (1)
Karen Davis.......................... 1992 (1)
Jen Deckelman...................... 1992 (2), 1993 (1)
Barb DiArcangelo................. 1992 (1), 1992 (1)
Amy Duerr............................ 1994 (1), 1995 (2)
Kendra Finger....................... 2001 (2), 2002 (2)
Takiyah Gettys....................... 1996 (1), 1997 (2), 1998 (1)
Lori Hansford......................... 1995 (2)
Danielle Hensil......................... 2003 (1)
Stacia Hepburn......................... 1997 (2)
Caroline Jacobs......................... 2005 (1)
Dana Kuchta............................ 1996 (2)
Pam Moyer............................... 1995 (1)
Kailynne Ross......................... 1998 (2), 1999 (1)
Pam Seebald......................... 2000 (2)
Melody Shotwell......................... 2002 (2)
Marlaine Smith......................... 2002 (2)
Angie Stead............................. 1997 (1)
Brooke Thomas....................... 2001 (2), 2002 (2)
Amy Wade.............................. 1999 (2)
Heather Walden......................... 1995 (2)
Anne Windover......................... 1993 (1), 1994 (1), 1996 (2)
Dana Wisniewski......................... 2000 (1), 2001 (1)
Sue Wolfgang......................... 1999 (2)
Suzanne Wosczyna............. 2001 (1), 2002 (1), 2003 (1), 2004 (1)
Carrie Wightman......................... 1996 (2)

ACADEMIC ALL-CAA
1995 Ericka Davidheiser
1996 Barb DiArcangelo
1997 Katie Adler
1998 Katie Adler
2000 Jenna Bajus
2001 Jenna Bajus
2002 Jenna Bajus
2003 Jenna Bajus

1995 Kendra Finger
1997 Jennifer Heister
1998 Jennifer Heister
2000 Kendra Finger
2001 Jennifer Heister
2002 Kendra Finger

1995 Valerie Gooch
1997 Kelly Karana
1998 Ashley Stanwick
2000 Colleen Carver
2001 Valerie Gooch
2002 Ashley Stanwick
2003 Krista Townsend

Members of the 1995 Colonial Athletic Association Championship Team.
# IWLCA All-South Region

Shelly Behrens..............................................1987 (1), 1988 (1)  
Carly Brown.................................1997 (2)  
Karen Davis.................................................1991 (1), 1992 (1)  
Barb DiArcangelo..............................1992 (HM), 1993 (HM)  
Lisa Doran.................................................1990 (1)  
Rachael Edlich.................................1990 (2), 1991 (2)  
Jill Fisher ..............................................1988 (HM), 1989 (1)  
Takiyah Gettys .........................................1998 (2)  
Jackie Grady ..........................................1986 (1), 1987 (1)  
Cathy Large ..............................................1985 (1), 1986 (1), 1987 (1)  
Pam Moyer ................................................1994 (2), 1995 (2)  
Pam Neiss ..................................................1990 (2)  
Carolyn Sarr .............................................1990 (1)  
Suzanne Wosczyna..............................2002 (1), 2003 (2), 2004 (2)  

# Regional Select Teams

1991 Karen Davis........................................VWLA (Virginia I)  
1991 Jen Deckelman..................................VWLA (Virginia II)  
1991 Amy Cordes........................................VWLA (Virginia II)  
1991 Amy Clement.......................................VWLA (Virginia III)  
1992 Karen Davis........................................VWLA (Virginia I)  
1992 Ericka Davidheiser..............................VWLA (Virginia I)  
1992 Jen Deckelman..................................VWLA (Virginia II)  
1992 Barb DiArcangelo...............................VWLA (Virginia I)  
1993 Ericka Davidheiser..............................VWLA (Virginia I)  
1993 Jen Deckelman..................................VWLA (Virginia II)  
1993 Barb DiArcangelo...............................VWLA (Virginia I)  
1994 Ericka Davidheiser..............................VWLA (Virginia I)  
1994 Jen Deckelman..................................VWLA (Virginia III)  
1995 Barb DiArcangelo...............................VWLA (Virginia I)  
1995 Barb DiArcangelo...............................VWLA (Virginia I)  
1995 Pam Moyer ..........................................VWLA (Virginia I)  
1995 Ericka Davidheiser..............................VWLA (Virginia I)  
1995 Jenn Karr............................................VWLA (Virginia I)  
1995 Jennifer..............................................VWLA (Virginia I)  
1996 Amy Duerr ..........................................VWLA (Virginia I)  
1996 Takiyah Gettys....................................VWLA (Virginia I)  
1996 Heather Walden.................................Washington D.C. (I)
All-Time Letterwinners

- A -
  Aikens, M. aureen 1983-86
  Amatulli, Lori 1986-88
  Asimos, Carol 1989
  Adler, Katie 1997-00

- B -
  Bajus, Jenna 1997-00
  Bano, Cindy 1991
  Barker, Debra 1980-81
  Barnes, Kim 1980-83
  Baumgartner, Amy 1993-96
  Behrens, Shelly 1985-88
  Bellomo, Karyn 1991
  Bilger, Nancy 1991-94
  Borelli, Dina 1990
  Bosworth, Martha 1991-92
  Bracalente, Diane 1983-85
  Brandon, Margaret 1989-90
  Brinsfield, Judy 1980-82
  Brown, Alison 1994-97
  Brown, J. Jacqueline 2003-
    Brown, Carly 1995-98

- C -
  Caddick, Cathy 1993-94
  Calkin, Kim 1999-2003
  Carver, Colleen 2004-05
  Catania, Lauren 1995-98
  Chamberlain, Celli 1985-88
  Claude, Carolyn 1983
  Cleary, Patti 1984-87
  Clement, Amy 1991-93
  Coane, M. Molly 2001-04
  Colonna, Lisa 2003-04
  Connor, Cassandra 2002-05
  Coppola, Wendy 1998
  Cordes, Amy 1989-92
  Corwin, Deena 2000-2002
  Craig, Heidi 1985-88
  Crews, Nathalie 1999-2001
  Currie, Lynn 1985-87
  Cutler, Joyce 1986

- D -
  Davidheiser, Ericka 1992-95
  Davis, Tameka 2003-
  Davis, Karen 1989-92
  Deckelman, Jen 1990-93
  Delong, M. Amy Lib 1986-89
  DePaz, Nicole 2005
  DiArcangelo, Barb 1992-93
  Doran, Lisa 1987-90
  Dougherty, Dort 1980-81
  Duerr, Amy 1992-95

- E -
  Edich, Rachael 1988-91
  Eddo, J. Juliana 2003
  Evans, J. Jackie 1987

- F -
  Farell, Amy 1985-87
  Farrand, Amy 1986-88
  Finger, Kendra 1999-2002
  Fisher, J. Jill 1986-89
  Foerster, Laura 1996-99
  Fosina, Kathy 1989-92
  Froehlich, M. Monika 1987-89
  Funston, M. Edith 1995

- G -
  Gannon, Michelle 2003-
  Gentle, J. Annie 1981-83
  Gettys, Takiyah 1995-98
  Gooch, Valerie 2002-05
  Goodrich, Susan 1994-97
  Grady, J. Jackie 1984-87
  Greenawalt, Bridget 1995-98
  Gudel, Wendy 1986-89

- H -
  Hagen, Helen 1980-81
  Haley, Danielle 2004-
  Halpin, Patricia 1980-83
  Hansford, Lori 1992-95
  Harty, Shannon 1998-01
  Havens, Peggi 1980-82
  Hayes, Terry 1980-83
  Heaney, Katie 1997-00
  Heister, J. Jennifer 2002
  Hensil, Danielle 2000-03
  Hepburn, Stacia 1994-97
  Herbert, Carol Ann 1988-89
  Herbert, Karen 1989
  Hill, Dawn 1983-86
  Hightower, Yogi 1981-84
  Hoin, Kim 1989
  Hoinsky, Lynn 1987-90
  Holder, M. Mary Beth 1980-82

- J -
  Jacobs, Caroline 2004-
    James, Carolyn 1990
    James, Kelli 1989-90
    J efferson, Kelly 2001-04

- K -
  Kaish, Tanya 1983-86
  Kanara, Kelly 2001-04
  Kapusta, Kristen 1998
  Karr, J. Jen 1992-95
  Kelly, M. Margaret 1983-86
  Kennedy, J. Jessica 1992
  Kimber, Kelly 2005-
    Knorr, Laura 1990
    Koller, Laurie 1998-01
    Kuchta, Dana 1993-96

- L -
  LaBruno, Lisa 1986-89
  Lalekos, Amy 1995
  Lande, Cathy 1985-88
  Larson, Sara 2005-
    Lanham, Sharon 1986-89

- M -
  M Canittie, Barb 1983-86
  McCarg, Nori 1986-89
  M Cuffee, Helen 1995-96
  Magee, Susan 1981-84
  Mahoney, M. Mary 1990
  Mears, Adele 1983-84
  M ichelle, Denise 1986-89
  M iller, Regan 2001-
  Mindick, Sarah 1996

- N -
  Nagowski, Alicia 1997-98
  Neiss, Pam 1989-90
  Nichols, Lauren 1997
  Nicholson, Gretta 1980-82

- O -
  O'Connell, Denise 1983-86
  O'Leary, Beth 2001-02

- P -
  Palmieri, Cathy 1985-88
  Palardy, Kim 1988-91
  Paulus, Sigrid 2005-
    Peregrim, Rachel 2003
    Perella, Carla 1991-93
  Peterson, Eric 2005-
    Petrie, M. Megan 1993-96
    Peufert, Nancy 1984-87
    Plantoniotis, Georgia 1983-87
    Powers, J. Anne 1985-87
    Puilliams, Donyelle 1994-97

- R -
  Randazzo, Cecilia 1998-99
  Reese, J. Jen 1994-97
  Reeve, J. Jill 1989-90
  Renninger, Leigh 1992-93
  Reinagen, Julie 1983-85
  Richmond, Gerti 1980-83
  Ritchie, Carla 1998-99
  Ritchie, Rebecca 1994-95
  Roberts, Linda 1985-87
  Rodio, Donna 1984-87
  Rodriguez, Jasmine 2001-04
  Rogers, M. Kelly 1991
  Ross, Kalyne 1996-99

- S -
  Sarr, Carolyn 1989-90
  Schival, Kaelyn 2005-
  Seebald, Pam 1997-00
  Shaw, J. Jennifer 1999-2002
  Shotwell, Melody 2002-

- T -
  Tambahrello, Annie 2002-04
  Thomas, Brooke 1999-2002
  Tibbon, Tara 1994-96
  Tornetta, Lenore 1984-87
  Townsend, Krista 2003-
  Trux, Kristen 2004-
  Trussell, Jen 1991
  Turner, Debbie 1983-84
  Tweed, Lorna 1997-98

- V -
  Van Kuren, Cheryl 1983-86
  Veneziale, Katie 2004-
  Wade, Amy 1997-2000
  Walden, Heather 1992-95
  Wallace, Cindy 1982-85
  Walsh, J. Jennifer 1983-86
  Wightman, Carrie 1993-96
  W indover, Anne 1993-96
  Williams, Brenda 1988-96
  Williams, M. Michelle 1982
  Winiarski, Dana 1998-01
  Wolfgang, Sue 1999-02
  Wood, Tracy 1989-92

- W -
  Woszczyna, Sarah 2002-
  Woszczyna, Suzanne 2000-04

- Y -
  Yost, Margie 1982

- Z -
  Zylka, M. Michelle 1986-89
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 reins 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-aids 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 2,500-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 by 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 also serves 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.
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 1952. 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.
Above, Rollins Hall houses the admissions, registrar, and financial aid offices. Right, the Ted Constant Convocation Center. Below, the mall in front of Webb Center is the site of many campus events.
Old Dominion University prides itself on being able to offer the student-athlete the best possible facilities to achieve maximum potential on the field. The Intercollegiate Athletics Building, which will undergo a renovation in 2006, houses both strength training and athletic training facilities which are always at the full disposal of the student-athlete. The expanded building will also be the home to academic advising. The athletic training room provides the best in modern rehabilitation equipment for athletic injuries. The seven-foot deep running pool, located in the hydrotherapy room, along with three whirlpools and one jacuzzi, provides Old Dominion athletes the opportunity to rehabilitate through exercise in water. The room also includes nine training tables, a Kinkom rehabilitation machine, and a traction table. The athletic training room is under the supervision of Head Athletic Trainer Marty Bradley, M.S., A.T.C., and his two full-time assistants, along with a staff of graduate assistants and student assistants. The strength training room, built specifically for student-athlete use. The room includes the most up-to-date in nautilus and free weight equipment, all under the supervision of Strength and Conditioning Coach Andy Zucker.

The Intercollegiate Athletics Building also houses the administrative staff including the athletic director, the associate and assistant athletic directors, the offices of sports information, promotions, and the ticket office. The Athletic Support Office and Buildings and Grounds offices are also located in the Intercollegiate Athletics Building.

The Intercollegiate Athletics Building is located in the middle of the athletic quadrant of the campus that includes the 4,000 seat Old Dominion Soccer Stadium, the 2,500 seat Bud Metheny Baseball Complex, the 15-court ODU Tennis Complex that includes a 1,000 seat championship court, and the Health & Physical Education Building. The H&PE Building contains the 5,500 seat Old Dominion Fieldhouse and the J.C. “Scrap” Chandler Pool. The ODU Tennis Complex, Soccer Stadium and the Health & Physical Education Building will also undergo major renovation and expansion during the 2005-06 academic year.

Foreman Field, located behind Rollins Hall on the northern edge of the campus, is home to the field hockey and lacrosse teams, as well as being the site for much of Old Dominion’s intramural sports program.

The Old Dominion Sailing Center is located on the Elizabeth River on the western side of the campus and serves as home to the Monarch sailing program. Featuring a 200-foot pier and launch area, the Sailing Center also has storage space for the entire Old Dominion fleet of FJ’s, Lasers, 420’s, and various support craft, locker rooms, classrooms, workshop, and office space for the sailing coaches.
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 boxes, concession stands, and lights were added at a cost of $3.2 million.

Lacrosse was played at Foreman Field for the first time in 1980, 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 lacrosse locker room is located under the west 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 Sue Stahl and Assistant Coach Heather Holt 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.
NORFOLK

Norfolk serves as the cultural, financial and business hub of the Hampton Roads Metropolitan Area, which comprises the cities of Norfolk, Portsmouth, Virginia Beach, Chesapeake, Suffolk, Hampton, and Newport News. With a combined population of 1.5 million, the Hampton Roads area is the 27th largest Metropolitan Statistical Area in the U.S. and was recently ranked the number one region in the south by Money magazine.

Founded in 1682, Norfolk has been a gateway to Virginia for commerce and industry since the early 17th century.

The city is home to the Norfolk Naval Base, the world’s largest naval installation and homeport to the U.S. Navy’s Atlantic and Mediterranean fleets; the MacArthur Memorial, the final resting place of famed General Douglas MacArthur; The Chrysler Museum, an art museum showcasing the collection of Walter P. Chrysler, son of the auto company founder; and Norfolk Botanical Garden, host to many celebrations including the International Azalea Festival.

Norfolk’s 12,000-seat Harbor Park is home to the Norfolk Tides, top minor league team in the New York Mets organization.

Waterside marketplace and Town Point Park create a lively waterfront activity center for outdoor concerts, many festivals, and dining with the best sunset views around.

Tall ship cruises, harborside shops, the quaint whistle of the Elizabeth River Ferry, and Nauticus, one of the nation’s premier maritime museums and learning centers, all make Norfolk an exciting location.
Above, Nauticus, the National Maritime Museum and new home for the US Battleship Wisconsin, is a popular destination for visitors. Far right, an aerial view of the Virginia Beach oceanfront. Near upper right, MacArthur Memorial in Norfolk is the resting place of Gen. Douglas MacArthur and contains many of the general’s personal awards and belongings. Near lower right, the Virginia Zoo is located in Norfolk. Far lower right, the sand castle competition is the highlight of the annual Neptune festival in Virginia Beach. Bottom of the page, the Virginia Beach pier.

for university studies.

Just 20 minutes from downtown Norfolk is the oceanfront resort city of Virginia Beach, with its miles of beaches on the Atlantic Ocean and the Chesapeake Bay, the recently opened addition to the Virginia Marine Science Museum, and new Virginia Beach Amphitheatre.

Hampton is home to NASA’s Langley research center as well as Langley Air Force Base, while Newport News is the location of the Newport News Shipbuilding Company, manufacturer of the Nimitz-class aircraft carriers.

Just 45 minutes north of Norfolk is the James-town-Williamsburg-Yorktown triangle, where, it can be said, the nation was founded, debated its independence, and then won it on the battlefield.

Also within an easy drive are Richmond, the capital of Virginia and former capital of the Confederacy during the Civil War; the North Carolina Outer Banks, including the Wright Brothers Memorial at Kitty Hawk and the Cape Hatteras National Seashore; and the nation’s capital in Washington, D.C.
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 or 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, Quattro, 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

**The Service Commitment**
- 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.