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:

Media Information

### Lady Monarch Women’s Lacrosse Quick Facts

<table>
<thead>
<tr>
<th>Name</th>
<th>Pos</th>
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**Team Outlook:**
2006 Record ......................................................... 5-10
2006 Conference Record ........................................ 2-5/7th
Letterwinners Returning/Lost ................................ 20/7
Starters Returning/Lost ......................................... 7/5
Newcomers ......................................................... 6
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.

GETTING TO OLD DOMINION

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.

FINDING YOUR WAY TO FOREMAN FIELD

THE LADY MONARCHS enjoy fan support both from the university and Hampton Roads community at Foreman Field.
Sue Stahl
SEVENTEENTH SEASON • 113-139 OVERALL

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 17th 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 that will include national runner-up Virginia this season, 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 three times, 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 spent 16 years 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

During her career in athletics, Sue Stahl has coached three different sports, for seven different organizations, at levels ranging from high school to the U.S. National Team.
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 semfinals seven times, advancing to the finals four times and winning the National Championship semfinals 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 commitment to the sport and the Nancy Chance 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 1985. 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 (IWLCA) 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.

Sue Stahl and her husband Gray reside in Norfolk. They have two sons, Steve and Kyle, as well as two grandchildren.
Heather Holt returns for her ninth 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.

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 (VWLAA) 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, Pennsylvania, Holt and her husband, David, reside in Norfolk along with their dog Arthur and two sons, Jackson and Parker.

Jessica is in her first year with the Old Dominion University athletic training program. She will be working with women’s soccer and women’s lacrosse this year. A graduate of Springfield College, Jessica is a native of Canaan, NH. Born on July 21, 1983, Jessica is the daughter of Bruce and Jani Barrett.
2007 OUTLOOK
Lady Monarch Lacrosse: On The Rise

In 2006, the Old Dominion women’s lacrosse team made a tremendous improvement over its previous year’s record and the trend looks to continue as the Lady Monarchs suit up for the 2007 season. Returning 20 letterwinners, seven starters, and five of six of last year’s top leading scorers, the Lady Monarchs are looking to add to the win column and contend for a spot at the Colonial Athletic Association Tournament in May.

Old Dominion returns large portion of its offense, which was led last season by Carolina Jacobs. Jacobs, one of the most decorated Lady Monarchs of recent, continued her scoring ways with 51 points, 33 goals, 18 assists, and seven hat tricks a season ago. A two-time Second Team All-South region selection she led the Colonial Athletic Association in groundballs and ranked in the top 10 in assists and points. She also made her mark nationally ranking in third in groundballs and sixth in caused turnovers. Jacobs has already made her mark in the ODU records books and this season will look to climb further up the charts after entering this season on the all-time lists tied for eighth in points, third in assists, and needing just three more goals to crack the top 10 goals leaders list.

Joining Jacobs in the scoring department will be junior Kelly Kimener, senior Ashley Stanwick, and sophomore Jessica Noone on attack. After a shorten freshmen season due to injury, Kimener exploded for 29 goals, five assists, and 34 points as a sophomore. Starting all 15 contests and finishing the season as ODU’s second leading scorer, Kimener collected seven hat tricks and will look to keep up and add to her scoring prowess in 2007. Stanwick will look to end her career on a high note as she takes to the field for her senior campaign. She will join Jacobs as one of the most veteran members of the offense. Last season as the Lady Monarchs’ fourth leading scorer she poured in 19 goals and two assists. Noone was chosen to the CAA All-Rookie team after appearing in eight games scooping up 15 groundballs and sixth in caused turnovers, while as a sophomore she finished third in the category. Washko will be looking to make more of an impact this year after making seven appearances as a freshman.

Bolstering the midfield will be four newcomers in Katherine Bruno, Jill Taylor, Jacquelyn Duggins, and Alana Beck. Defensively, the Lady Monarchs return a host of veterans, who include seniors Danielle Haley, Jackie Brown, and Lindsey Belle. Haley and Brown return to the turf from injury ready to have an immediate impact. Haley was a vital part of the ODU defense before being sidelined. In her brief time as a junior, she appeared in eight games scooping up 15 groundballs and causing seven turnovers. Watch her numbers increase with a healthy season ahead of her. Brown, meanwhile, will be returning to the game after missing the last two season. Last time in a Lady Monarch uniform, Brown appeared in 15 games and managed to crack the starting line-up at one point as Old Dominion captured the CAA regular season title. Belle had a tremendous rookie season starting all 15 games in the backfield and ranked fifth on the team in groundballs. With a year under her belt, Belle will provide much needed experience on defense.

Reservists sophomore Erica Erb, senior Erica Peterson, sophomore Jordan McKeon, and Hannah Barber will also be asked to step-up for the defense. Each saw significant minutes last season and should be ready to be called into the game when needed.

In goal, the Lady Monarchs graduated four-year keeper Michelle Gannon and have two options to be the last line of defense. Sarah Larson has served as ODU’s back-up goalkeeper the last two seasons. Larson has garnered experience in seeing some of the toughest competition around including time in goal against James Madison, Richmond, Virginia, and Maryland. The Lady Monarchs on the bench, she registered 17 goal, three assists, and 20 points in her first collegiate season and has the ability to move up the starting group of 12.

Joining Sigrid Paulus and Kaelyn Schival, who have served as reserves on attack, should get the change to see more playing time. Both Paulus and Schival will be joined by three Lady Monarch newcomers in Ashley Kellogg, Nicole McMahon, and Jessica Capra, who are ready to to show also make an impact this season.

On the draw once again will be midfielder Katie Veneziale, who has led Old Dominion in the draw control department throughout her career. Veneziale, who has been nationally ranked in draws over the last two seasons and consistently ranked among the league’s best, registered 38 last season to rank fifth in the CAA and 31st nationally. In addition to her proficiency on the draw, Veneziale was among the top Lady Monarchs attacking the net.

Joining Veneziale in the midfield is senior Kristen Truax and sophomore Brittany Washko. Truax has been consistent member of the starting line-up the last two seasons. Last season, Truax was fourth on the team in both draw controls and caused turnovers and ranked sixth in groundballs, while as a sophomore she finished third in the category. Washko will be looking to make more of an impact this year after making seven appearances as a freshman.

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THE LADE MONARCHS BY CLASS

SENIORS (6):
#2 Jackie Brown
#6 Erica Peterson
#9 Ashley Stanwick
#17 Danielle Haley
#21 Sigrid Paulus
#22 Kristen Truax

SOPHOMORES (7):
#1 Jackie Brown
#2 Brittany Washko
#3 D’Anna Goodfellow
#4 Nicole McMahon
#5 Kelly Kimener
#10 Catherine Bruno
#12 Ashley Kellogg

FRESHMEN (9):
#0 Whitney Thomas
#4 Nicole McMahon
#1 Katherine Bruno
#12 Jillian Taylor
#13 Sigrid Paulus
#14 Jacquelyn Duggins
#15 D’Anna Goodfellow
#24 Alana Beck
#28 Jessica Capra

THE LADE MONARCHS BY CLASS

SENIORS (6):
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#9 Ashley Stanwick
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#13 Jacquelyn Duggins
#15 D’Anna Goodfellow

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#0 Whitney Thomas
#4 Nicole McMahon
#1 Katherine Bruno
#12 Jillian Taylor
#13 Ashley Kellogg
#14 Jacquelyn Duggins
#15 D’Anna Goodfellow
#24 Alana Beck
#28 Jessica Capra
# Meet the Lady Monarchs

## 2007 Old Dominion University Numerical Lacrosse Roster

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<tr>
<th>No.</th>
<th>Name</th>
<th>Pos.</th>
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<td>1</td>
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<td>Attack / Midfield</td>
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<td>Attack</td>
<td>Fr.</td>
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<td>Brittany Washko</td>
<td>Midfield / Defense</td>
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<td>Dunkirk, MD / Southern</td>
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<td>Erica Erb</td>
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<td>Erica Peterson</td>
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<td>Ashley Stanwick</td>
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<td>Jordan McKeon</td>
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<td>Jillian Taylor</td>
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<td>Jacquelyn Duggins</td>
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<td>Lindy Belle</td>
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<td>Sigrid Paulus</td>
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<td>Forest Hill, MD / Western</td>
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<td>Hannah Barber</td>
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<td>Arnold, MD / Broadneck</td>
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<td>24</td>
<td>Jessica Capra</td>
<td>Attack / Midfield</td>
<td>Fr.</td>
<td>5-8</td>
<td>New Providence, NJ / New Providence</td>
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<td>5-10</td>
<td>Downingtown, PA / Downingtown West</td>
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<td>26</td>
<td>D’Ana Goodfellow</td>
<td>Goalkeeper</td>
<td>Fr.</td>
<td>5-4</td>
<td>Hauppauge, NY / Hauppauge</td>
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</tbody>
</table>

**Head Coach:** Sue Stahl (Ursinus ’66)  
**Assistant Coach:** Heather Holt (Old Dominion ’95)

## 2007 Alphabetical Roster

- **Maryland:**
  - Hannah Barber (Arnold, MD)
  - Danielle Haley (Jarrettsville, MD)
  - Caroline Jacobs (Gaithersburg, MD)
  - Jordan McKeon (Street, MD)
  - Sigrid Paulus (Forest Hill, MD)
  - Ashley Stanwick (Annapolis, MD)
  - Whitney Thomas (Lusby, MD)
  - Britney Washko (Dunkirk, MD)

- **Pennsylvania:**
  - Erica Erb (Boyertown, PA)
  - Ashley Kellogg (Downingtown, PA)
  - Kaelyn Schival (Horsham, PA)
  - Jillian Taylor (Philadelphia, PA)
  - Katie Veneziale (Downingtown, PA)

- **New York:**
  - Jacqueline Brown (Huntington, NY)
  - Katherine Bruno (Setauket, NY)
  - D’Ana Goodfellow (Hauppauge, NY)
  - Nicole McMahon (Commack, NY)

- **New Jersey:**
  - Jessica Capra (Collingswood, NJ)
  - Karen Rudderow (New Providence, NJ)

- **Virginia:**
  - Jacquelyn Duggins (Charlottesville, VA)
  - Jessica Noone (Manassas, VA)
  - Kelly Kimener (Oakton, VA)
  - Erica Peterson (Va. Beach, VA)
  - Kristen Truax (Daleville, VA)

## Lady Monarch Hometowns

- **Maryland:**
  - Hannah Barber: Arnold, MD
  - Danielle Haley: Jarrettsville, MD
  - Caroline Jacobs: Gaithersburg, MD
  - Jordan McKeon: Street, MD
  - Sigrid Paulus: Forest Hill, MD
  - Ashley Stanwick: Annapolis, MD
  - Whitney Thomas: Lusby, MD
  - Britney Washko: Dunkirk, MD

- **Pennsylvania:**
  - Erica Erb: Boyertown, PA
  - Ashley Kellogg: Downingtown, PA
  - Kaelyn Schival: Horsham, PA
  - Jillian Taylor: Philadelphia, PA
  - Katie Veneziale: Downingtown, PA

- **New York:**
  - Jacqueline Brown: Huntington, NY
  - Katherine Bruno: Setauket, NY
  - D’Ana Goodfellow: Hauppauge, NY
  - Nicole McMahon: Commack, NY

- **New Jersey:**
  - Jessica Capra: Collingswood, NJ
  - Karen Rudderow: New Providence, NJ

- **Virginia:**
  - Jacquelyn Duggins: Charlottesville, VA
  - Jessica Noone: Manassas, VA
  - Kelly Kimener: Oakton, VA
  - Erica Peterson: Va. Beach, VA
  - Kristen Truax: Daleville, VA
Meet the Lady Monarchs

Danielle Haley's Career Numbers

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<th>Year</th>
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<th>A</th>
<th>Pts.</th>
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Jacqueline Brown's Career Numbers

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Entering the season is tied in ninth place on the all-time Lady Monarch points leaders list with 119 points. Also ranks third on the all-time assists leaders list with 43 and needs just three more goals to crack the top 10 goals leaders list. 2006: Second Team All-South Region and First Team All-CAA for the second consecutive season. For the second straight season led the Lady Monarchs in scoring. Accumulated 51 points stemming from 33 goals and 18 assists, while posting seven hat tricks. Captured a season-high four goals in contests against #6 North Carolina (4/13) and #13 William & Mary (4/26). Recorded a season-high six points in games against American (2G, 4A) and CAA rival George Mason (3G, 3A). Among her CAA league rivals ranked fifth in the conference in assists (1.20), ninth in points per game (3.40), topped the conference list in groundballs per game (4.27) and caused turnovers per game (2.27). Nationally ranked 43rd in assists, third in groundballs, and sixth in caused turnovers. 2005: First Team All-CAA. Second Team All-South Region. First Team All-State. CAA Player of the Week for the week ending April 24th. Led the team with 45 points. Second on the squad with 27 goals. First on the squad with 18 assists. Collected a career-high seven points with four goal and three assists in a double overtime game at Temple (3/26). Posted four goals and two assists in a 16-7 victory over UMBC (4/12). Tallied a career-high six goals in a one-goal, 7-6, loss to #9 North Carolina (4/24). Also had six points against Rutgers (3/28) and #20 William & Mary (4/20) with four goals and two assists. Scored the game-winner at Rutgers (3/28). Ranked 10th in the CAA in goals per game (1.93), fourth in assists per game (1.29), seventh in points per game (3.21). Led ODU with 25 caused turnovers, including a career-high five caused turnovers against #20 William & Mary (4/20). Also had three caused turnovers versus Temple (3/26), James Madison (4/4), and #10 Hofstra (4/8). Led the Lady Monarchs with 51 groundballs. Topped the CAA in the groundballs category averaging 3.64 per contest. Had two or more groundballs in all but one contest. Scopped up a career-high six groundballs against James Madison (4/4), #10 Hofstra (4/8), and #20 William & Mary (4/20). Also had five groundballs against Drexel (4/10) and #18 Towson (4/13). Posted 21 draw controls, ranking second on the team. Recorded a season-high three draws against #1 Maryland (3/2), #10 Hofstra (4/8), and Drexel (4/10). 2004: Appeared and started all 18 games in her first season. Totaled 16 goals, seven assists, and 23 points. Third on the squad in goals scored, third in assists, and fourth in points. Led the team in groundballs with 50. Second in the CAA in the category averaging 3.12 per game. Had the game-winning goal against #19-11 victory over UMBC (3/13). Scored multiple goals in victories over UMBC (3/13) and Lafayette (3/27) as well as #7 North Carolina (4/13). Had a season-high five groundballs, six draw controls, and four caused turnovers against CAA rival George Mason (4/3). Also had a season-high four caused turnovers in a win over Lafayette (3/28). Ranked third on team in draw controls with 31... Caused 24 turnovers to lead ODU in the category. Prior To Old Dominion: A four-sport athlete at Gaithersburg High School. A four-year varsity letterwinner in lacrosse. A three-time MVP award winner. Named First Team All-Gazette and First Team All-Journal. Played four years of basketball earning MVP honors. Earned Honorable Mention All-County in cross country. Also played field hockey. Was a cheerleader for two years earning Most Energetic... An Honor Roll student... Personal: Born March 29, 1985. Full name is Caroline Jeanne Jacobs. Daughter of James and Margaret Jacobs. Has two brothers, twin John (21) and Brian (21). Majoring in business with a minor in acting.
Meet the Lady Monarchs

Erica Peterson

Senior
Defense
Virginia Beach, Virginia
Maury

- Started all 15 games…Fourth on the team in scoring with 19 goals, two assists, and a total of 21 points….Tied her career high with five goals in the season opening victory over American (3/4)….Also posted a hat trick against #18 James Madison (4/7)….Recorded six groundballs including a career-high three against CAA rival Delaware (4/2)….Won a draw against #6 North Carolina (4/12)….Caused three turnovers….Registered caused turnovers against UMBC (3/11), Rutgers (3/28), and at George Mason (4/8).…2005: Started all 15 games…Led the Lady Monarchs in goals scored with 32…Second in point with 37…Third in assists with five….Notched a career-high five goals in a win over UMBC (3/5)....Added in assist against the Retrievers for a career-high six points….Tallied four goals at Temple (3/26) and three goals against CAA rivals Drexel (4/10), #18 Towson (4/17), and #20 William & & Mary (4/20)….Registered at least one goal in 14 of ODU's 15 games…Ranked seventh in the CAA in goals per game (2.13) and shots per game (5.07)….Collected 12 groundballs including a season-high two versus UMBC (3/5), Richmond (3/16), and #18 Towson (4/17)….Caused one turnover at James Madison (4/4)….2004: Appeared in all 18 games, making five starts….Had her first career start against Temple (3/26)….Registered 14 goals, two assists, and 16 points….Was the Lady Monarchs fifth leading scorer….Had a season-high four goals versus Temple (3/26)….Also had multiple scoring games in the season-opening win at American (3/4) and against CAA rivals Hofstra (4/9) and Drexel (4/11).…Had 15 groundballs including a season-high three against Temple (3/26) and Lafayette (3/28)….Had seven draw controls and four caused turnovers….2003: Redshirted due to injury….Prior To Old Dominion: A two-sport athlete at St. Mary's High School….First-year member of the lacrosse team….Received the Offensive Player of the Year award….Voted the player to watch by the Baltimore Sun newspaper….Also named "Athlete of the Week" by the Baltimore Sun….Captained her high school squad in her senior season….Also played field hockey four years….Earned First Team All County, Second Team All County, and "Unsung Hero" awards….Participated in the Maryland All Star game….Personal: Born February 28, 1984….Full name is Ashley Kristen Stanwick….Daughter of Covington and Monique Stanwick….Has one brother Garrett (20), who plays lacrosse at Johns Hopkins University, winners of the 2005 NCAA Championship….Majoring in occupational technical studies with an emphasis on fashion along with a minor in marketing.

Kristen Truax

Senior
Attack/Midfield
Rockbridge County

- Started all 15 games…Registered one assist in a win over UMBC (3/11)….Grabbed 22 groundballs to rank sixth on the team….Scooped up a season-high four against the Retrievers….Also collected three ground balls against #6 North Carolina (4/12)….Won 17 draws to rank fourth on the team….Tied her career-high with three wins against the sixth-ranked Tar Heels….Caused 11 turnovers to finish fourth on the squad….Recorded a season-high two caused turnovers against UMBC (3/11), Rutgers (3/28), and #18 James Madison (4/7)….2005: Started all 15 contests….Finished the season with four points from three goals and an assist….Posted goals against #7 Maryland (3/2) in the season-opener, UMBC (3/12), and at Temple (3/26)….Lone assist recorded versus Drexel (4/10)….Third on the Lady Monarch squad in groundballs with 31….Recorded a career-high five at #18 Towson (4/17)….Also third on the team in draw controls….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 American (3/5)….Also had multiple caused turnovers against six other opponents….2004: 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 groundball and two draw controls against #7 North Carolina (4/13)….Tallied five groundballs and four draw controls….Prior To Old Dominion: A two-sport athlete at Rockbridge County High School….A four-year varsity letterwinner….A U.S.A. South Selection….Helped her team to three regional championships and two state championship games….Named Second Team All-District her senior season and Honorable Mention All-District as a junior….Led her team in goals in her senior campaign….Ran one year of track….Also played two seasons of basketball….Holds the unofficial record for most points in a game….Personal: Born June 28, 1989….Full name is Kristen Nicole Truax….Daughter of Jess and Anne Truax….Has one brother, Jesse (19), and one sister, Heather (14)….Majoring in psychology with a minor in biology.

Ashley Stanwick

Senior
Attack
Aquasco, Maryland
St. Mary's

- Started all 15 games…Fourth on the team in scoring with 19 goals, two assists, and a total of 21 points….Tied her career high with five goals in the season opening victory over American (3/4)….Also posted a hat trick against #18 James Madison (4/7)….Recorded six groundballs including a career-high three against CAA rival Delaware (4/2)….Won a draw against #6 North Carolina (4/12)….Caused three turnovers….Registered caused turnovers against UMBC (3/11), Rutgers (3/28), and at George Mason (4/8).…2005: Started all 15 games…Led the Lady Monarchs in goals scored with 32…Second in point with 37…Third in assists with five….Notched a career-high five goals in a win over UMBC (3/5)….Added in assist against the Retrievers for a career-high six points….Tallied four goals at Temple (3/26) and three goals against CAA rivals Drexel (4/10), #18 Towson (4/17), and #20 William & & Mary (4/20)….Registered at least one goal in 14 of ODU's 15 games…Ranked seventh in the CAA in goals per game (2.13) and shots per game (5.07)….Collected 12 groundballs including a season-high two versus UMBC (3/5), Richmond (3/16), and #18 Towson (4/17)….Caused one turnover at James Madison (4/4)….2004: Appeared in all 18 games, making five starts….Had her first career start against Temple (3/26)….Registered 14 goals, two assists, and 16 points….Was the Lady Monarchs fifth leading scorer….Had a season-high four goals versus Temple (3/26)….Also had multiple scoring games in the season-opening win at American (3/4) and against CAA rivals Hofstra (4/9) and Drexel (4/11).…Had 15 groundballs including a season-high three against Temple (3/26) and Lafayette (3/28)….Had seven draw controls and four caused turnovers….2003: Redshirted due to injury….Prior To Old Dominion: A two-sport athlete at St. Mary's High School….First-year member of the lacrosse team….Received the Offensive Player of the Year award….Voted the player to watch by the Baltimore Sun newspaper….Also named "Athlete of the Week" by the Baltimore Sun….Captained her high school squad in her senior season….Also played field hockey four years….Earned First Team All County, Second Team All County, and "Unsung Hero" awards….Participated in the Maryland All Star game….Personal: Born February 28, 1984….Full name is Ashley Kristen Stanwick….Daughter of Covington and Monique Stanwick….Has one brother Garrett (20), who plays lacrosse at Johns Hopkins University, winners of the 2005 NCAA Championship….Majoring in occupational technical studies with an emphasis on fashion along with a minor in marketing.

Ashley Stanwick's Career Numbers

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Kristen Truax's Career Numbers

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Meet the Lady Monarchs

Katie Veneziale
Senior
Midfield
5'10"
Downingtow, Pennsylvania

2006: IWLCA Academic Honor Roll member…Started all 15 games…Led Old Dominion and ranked 31st nationally in draw controls with 38 won…Won a season-high five in a win over UMBC (3/11)…Also posted four draws against CAA rival Delaware (4/2) and at Drexel (4/14)…Sixth on the team in scoring with 15 points on six goals and nine assists…Recorded two-point games against American (3/4), Delaware (4/2), Rutgers (3/28), #18 James Madison (4/7), and Temple (3/27)…Third on the Lady Monarch squad with 39 groundballs…Scooped up a season-high four groundballs at #5 Virginia (4/6)…Caused seven turnovers against seven different opponents…2005: Started all 15 games and continued as the Lady Monarchs’ draw control specialist…Registered a team-high 48 draws…Ranked 14th nationally in draw controls and third in the CAA averaging 3.07 per game…Had a career-high seven in the season opener against #7 Maryland (3/2)…Recorded six against William & Mary (4/2) and five versus #5 Virginia (4/6) and #18 Towson (4/17)…Second on the squad with 38 groundballs, including a career-high seven against CAA rival George Mason (4/1)…Caused 11 turnovers with a season-high two against five opponents…Had 14 goals, eight assists, and 22 points on the season…Ranked third in scoring and second in assists on the team…Had a career-high three goals and four points against #10 Hofstra (4/3) or overtime…Also posted a career-high two assists against #18 Towson (4/17)…Collected three points against American (3/5), #18 Towson (4/17), and #20 William & Mary (3/20)…2004: Appeared in and started all 16 games in her rookie season…Tallied five goals including a career-high two in a 17-4 victory over Lafayette (3/28)…Recorded assists against #5 Virginia (4/1) and an upset win over #17 William & Mary (4/21)…Served as ODU’s draw control specialist and ranked second on the team in the category with 35…Collected a season-high six draw controls in season opening victory over American (3/5)…Also had four draws against Lafayette (3/28) and three against five other schools…Sixth on the team in groundballs with 19…Scooped up a season-high three groundballs at George Mason (4/2) and at Rutgers (4/27)…Prior To Old Dominion: A two-sport athlete at Downingtown High School…A four-year letterwinner in lacrosse…Named All-District and All-Region in 2001, 2002, the year captain and “Most Valuable Player”…Also played four seasons of field hockey…Earned First Team All-District, Second Team All-Region and All-Academic Honors…Member of the All-District Tournament Team and All-Region Tournament Team…Won a season-high five in a win over the Retrievers (3/12)…Had two-assist games against Rutgers (3/28) and Delaware (4/2)…Scopped up 14 groundballs including a season-high two in contests against George Mason (4/9), Drexel (4/14), and William & Mary (4/26)…Won 18 draws to tie for third on the team…Won a season-high five at George Mason (3/9)…Caused five turnovers including a season-high three in the season opener at American (3/4)…2005: Started four games before injury cut her season short…Recorded eight goals, five groundballs, three draws, and two caused turnovers in the first four games of the season…Registered three goals against #7 Maryland (3/2) in the season opener and two against UMBC (3/12) and Richmond (3/16)…Collected four groundballs and two draws in the win over the Retrievers (3/12)…Prior To Old Dominion: A two-sport athlete at Oakton High School in Vienna, Virginia…A four-year varsity letterwinner in lacrosse…Named All-American, First Team All-Met, and First Team All-Journal…Earned First 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…Earned First And Second Team All-District and Second Team All-Region…Earned the “Scholar-Athlete Award” and “MVP” as a senior…Personal: Born November 14, 1986…Full name is Kelly Lynn Kimener…Daughter of John and Carol Kimener…Has four brothers, PJ, Mark, Tim, and Terry, and a sister, Ashley…Majoring in sports management.

Kelly Kimener’s Career Numbers

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Kelly Kimener
Junior
Attack
5'9"
Oakton

Katie Veneziale

Kelly Kimener

Kristen Truax
MEET THE Lady Monarchs

Sara Larson
Junior Goalkeeper 5'6"
Sylvan Lake, Michigan Mercy

Kaelyn Schival
Junior Attack 5'6"
Horsham, Pennsylvania Hatboro-Horsham

2006: Appeared in nine games as a reserve goalkeeper behind senior Michelle Gannon…Played 147:48 in net collecting 15 saves…Stopped a season-high three shots at American (4/4), at #5 Virginia (4/6), and at Drexel (4/14)…Played a career-high 33:10 minutes against CAA rival James Madison (4/7)…Also registered a season-high two groundballs against the Dukes…Caused turnovers against American (3/4) and George Mason (4/9)…2005: Appeared in eight games as back-up to starting goalkeeper, junior 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 (3/18) and George Mason (4/7)…Collected two groundballs…Prior To Old Dominion: 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 a state championship 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 (24), along with cousins, Timmy (24), David (20), and Joey (14)…Majoring in English with a minor in political science.

Sara Larson’s Career Numbers

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Sigrid Paulus
Junior Attack 5'5"
Forest Hill, Maryland Western

Hannah Barber
Sophomore Defense 5'5"
Arnold, Maryland Broadneck

2006: Made 10 appearances…Scored a goal against #5 Virginia (4/6)…Registered draw controls against #6 North Carolina (4/17) and at Drexel (4/14)…Scopped up groundballs against UMBC (3/11) and at #4 Maryland (3/18)…Caused a season-high two turnovers against UMBC…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 (4/5)…Scopped up two groundballs…Prior To Old Dominion: 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 “Best 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 Kaeilyn Anne Schival…Daughter of John and Kathleen Schival…Has two brothers, Joshua (27) and Jared (25)…Majoring in marketing.

Kaelyn Schival’s Career Numbers

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Meet the Lady Monarchs

Erica Erb
Sophomore Defense
Boyertown, Pennsylvania
Boyertown


Erica Erb’s Career Numbers

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Jessica Noone
Sophomore Attack/Midfield
Manassas, Virginia
Stonewall Jackson

2006: Named to the CAA All-Rookie Team. Appeared in 14 games. Scored 17 goals along with three assists for 20 points. Recorded 14 groundballs including a season-high three in the regular season finale at #15 William & Mary (4/26). Won six draws with a season-high two recorded at #5 Virginia (4/6). Caused three turnovers. Caused turnovers against Rutgers (4/28), #18 James Madison (4/7), and at Hofstra (4/16). Prior to Old Dominion: Four-year 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. Also named Honorable Mention All-Metropolitan. Played four seasons of basketball. Personal: Born October 10, 1986. Full name is Jessica Mae Michelle Noone. Daughter of JoAnne and Stephen Noone. Has two sisters, Kimberly (23) and Allison (26), and one brother, Stephen (5). Major is undecided.

Jessica Noone’s Career Numbers

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Lindsay Belle
Sophomore Defense
Baldwinsville, New York
Baker


Lindsay Belle’s Career Numbers

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Jordan McKeon
Sophomore Defense
North Harford
Street, Maryland


Jordan McKeon’s Career Numbers

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Jessica Noone
Sophomore Attack/Midfield
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Stonewall Jackson

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Meet the Lady Monarchs

Karen Rudderow 20
Sophomore Defense 5'6"
Collingswood, New Jersey
Collingswood

Prior to Old Dominion: A four-year letterwinner in women's lacrosse at Collingswood 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...Full name is Karen E. Rudderow...Daughter of Sam and Denise Rudderow...Has one sister, Julie (26), and two brothers, Mark (24) and John (22)...Majoring in nursing.

Karen Rudderow's Career Numbers

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Alana Beck 24
Freshman Midfield/Attack 5'6"
Carle Place, New York
Carle Place

Prior to Old Dominion: A four-sport athlete at Carle Place High School...A five-year varsity letterwinner in lacrosse...A two-time all-county selection...Also earned all-conference honors...A four-year varsity letterwinner in basketball at scoring guard...Earned all-conference accolades...A four-year varsity letterwinner in tennis playing at first singles...Also played a season of field hockey...An all-conference selection...National Honor Society Member...Honored with the Briarcliff Award in Technology...Personal: Born November 4, 1988...Full name is Alana Jean Beck...Daughter of Paul and Paula Beck...Has one brother, Graham (28)...Plans to major in engineering.

Alana Beck's Career Numbers

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Brittany Washko 5
Sophomore Midfield 5'0"
Dunkirk, Maryland
Southern

2006: Made seven appearances...Recorded two draw controls...Won a draw at #4 Maryland (3/18) and at Drexel (4/14)...Prior to Old Dominion: A four-year varsity letterwinner at Southern High School...First Team All-County Defense as a senior...Named Second Team All-County Midfielder both her junior campaign...An honorable mention All-County selection as a sophomore...Also a member of the Chesapeake Club lacrosse team...Named Second Team All-Galaxy...Additionally participated in basketball and cheerleading...Personal: Born January 9, 1987...Full name is Brittany Washko...is the only child of Bruce and Denise Washko...Plans to major in either dental hygiene or public relations.

Brittany Washko's Career Numbers

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Katherine Bruno 10
Freshman Midfield 5'4"
Setauket, New York
Ward Melville

Prior to Old Dominion: A three-sport athlete at Ward Melville High School...Lettered in lacrosse for three seasons...A two-time all-tournament team selection...Earned all-county and honorable mention all-county during her career...Also played two years of field hockey...A two-time all-tournament team pick...Also a member of the winter track team as a sprinter...High Honor Roll member for four years...Academic All-American...National Honor Society member...Personal: Born January 10, 1988...Full name is Katherine Bruno...Daughter of Robert and Kathleen Bruno...Has one sister, Jenna (15)...Plans to major in psychology.

Katherine Bruno's Career Numbers

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Jessica Capra 28
Freshman Attack/Midfield 5'8"
New Providence, New Jersey
New Providence

Prior to Old Dominion: A four-year member of the women's lacrosse team at New Providence High School...Was the team’s leading scorer...Earned “MVP” honors along with the “Coaches Award”...Also played three seasons with Leading Edge, a club lacrosse team...Was also her club's leading scorer...Personal: Born May 18, 1988...Full name is Jessica Jean Capra...Daughter of Douglas Capra and Sherry Zabel...Has three brothers, Douglas (16), Robert (9), and Michael (7), and two sisters, Katie (11) and Cara (6)...Major is undecided.
Meet the Lady Monarchs

Jacquelyn Duggins
Freshman Midfield 5'3"
Charlottesville, Virginia Albemarle

Prior to Old Dominion: Two-sport letterwinner at Albemarle High School. Named Albemarle’s Female MVP. Four-year varsity letterwinner in lacrosse. A two-time First Team All-Northeast Region selection. Second Team All-Central Virginia as a junior and First Team All-Central Virginia as a senior. Also played four seasons of field hockey. Presented award for outstanding achievement in math. Scholar Athlete award winner. Personal: Born July 14, 1988. Full name is Jacquelyn Denise Duggins. Daughter of Tim and Lori Duggins. Has one brother, Tim, Jr. (21), and one sister, Megan (9). Plans to major in exercise science.

D’Ana Goodfellow
Freshman Goalkeeper 5'4"
Hauppauge, New York Hauppauge


Ashley Kellogg
Freshman Midfield/Attack 5'3"
Downingtown, Pennsylvania Downingtown West


Nicole McMahon
Freshman Attack 5'5"
Commack, New York Commack

Prior to Old Dominion: Four-sport varsity athlete at Commack High School. A four-year letterwinner in women’s lacrosse. Three-time all-county player. Two-time Galaxy Award winner. Two-time Suffolk County Newsday Player To Watch. Team MVP as a junior. Served as team captain. Recorded 75 goals and 30 assists as a senior. Played club lacrosse with the Yellow Jackets. Also a member of the soccer, cross country, and basketball teams. Team captain and “Coaches Award” winner in basketball. High Honors student. Received recognition for achievement in Spanish and science. Personal: Born May 15, 1988. Full name is Nicole McMahon. Daughter of Rich and Christine McMahon. Has one brother, Shaun (11). Plans to major in physical education.

Jillian Taylor
Freshman Defense 5'6"
Philadelphia, Pennsylvania William Penn Charter


Whitney Thomas
Freshman Attack 5'7"
Lusby, Maryland Patuxent

The Old Dominion women’s lacrosse team played its way to a 5-10 overall and 2-5 mark in the Colonial Athletic Association. Victories included American, UMBC, and Rutgers along with conference wins over 2005 CAA defending champion Towson and Delaware. The Lady Monarchs took on six ranked opponents in the nation’s top 20, including four ranked in the top 10 in Maryland, Virginia, North Carolina, and Richmond. Old Dominion was narrowly edged by #15 William & Mary in the season finale in a tremendous second half comeback by the Lady Monarchs.

Junior midfielder Caroline Jacobs was the most decorated Lady Monarch in 2006 as she was named Second Team All-South Region and First Team All-CAA. For the second straight season Jacobs led the Lady Monarchs in scoring accumulating 51 points from 33 goals and 18 assists, while posting seven hat tricks. Jacobs captured a season-high four goals in contests against nationally ranked North Carolina and William & Mary and captured a season-high six points in games against American (2G, 4A) and CAA rival George Mason (3G, 3A). Among her CAA league rivals, Jacobs ranked sixth in the conference in assists (1.20), 10th in points per game (3.40), topped the conference list in groundballs per game (4.27) and caused turnovers per game (2.27). Nationally, she ranked 43rd in assists, third in groundballs, and sixth in caused turnovers.

Entering next season Jacobs will be tied in eighth place on the all-time Lady Monarch points leaders list with 119 points. Additionally she ranks third on the all-time assists leaders list with 43 and needs just three more goals to crack the top 10 goals leaders list.

Sophomore Kelly Kimener returned to the field after being sidelined with an injury a mere four games into her freshman season. She came back to be the Lady Monarchs’ second leading scorer with 29 goals and five assists.

Senior Melody Shotwell concluded a highly successful career in 2006. Shotwell returned to the turf after suffering an ACL injury the previous season to collected 22 goals and nine assists as the Lady Monarchs’ third leading scorer. She tallied a season-high six points from four goals and two assists against Towson, as Old Dominion stopped a seven-game CAA skid to top the 2005 defending CAA champions. In her career, Shotwell amassed 126 points to rank seventh all-time, 98 goals to rank also seventh all-time, and 24 assists for ninth all-time.

Shotwell was among six seniors who concluded their careers including midfielders Tameka Davis, Sarah Lautenbach, and Krista Townsend along with defender Sarah Wosczyna and goalkeeper Michelle Gannon. Wosczyna was named the team’s MVP after scooping up 26 groundballs and causing nine turnovers.

Juniors Ashley Stanwick and Katie Veneziale and freshman Jessica Noone were also among the leaders in scoring for the Lady Monarchs. Stanwick poured in 19 goals and two assists as ODU’s fourth leading scorer. Veneziale also continued to be one of the top draw control specialists in the league and won 38 during the course of the season. Noone earned CAA All-Rookie honors in her first season with the Lady Monarchs after posting 17 goals and three assists as a top reserve.
## Women's Lacrosse Statistics

### 2006 Review

Overall Record: 5-10 / 2-5

Old Dominion Overall Individual Statistics (as of Jun 12, 2006)

### All games

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### Overall Individual Statistics as of Jun 12, 2006

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### Goals by Period

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<tbody>
<tr>
<td>44</td>
<td>Gannon, Michelle</td>
<td>15-15</td>
<td>752:12</td>
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<td>13.40</td>
<td>115</td>
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### Saves by Period

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### Attendance Summary

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<td>15.268</td>
<td>.500</td>
<td>0</td>
<td>0</td>
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### Clears

CLEARS: Old Dominion 130-178 .730, Opponents 140-163 .859.
<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Score</th>
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<tbody>
<tr>
<td>April 4th</td>
<td>American</td>
<td>15-0</td>
<td>Norfolk, VA</td>
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<tr>
<td>April 15th</td>
<td>Delaware</td>
<td>17-0</td>
<td>Newark, DE</td>
</tr>
<tr>
<td>April 21st</td>
<td>Virginia</td>
<td>11-1</td>
<td>Norfolk, VA</td>
</tr>
<tr>
<td>March 14th</td>
<td>North Carolina</td>
<td>13-2</td>
<td>Chapel Hill, NC</td>
</tr>
</tbody>
</table>

**American**

- **Location:** Washington, D.C.
- **Enrollment:** 5,250
- **Nickname:** Eagles
- **Colors:** Red, White, and Blue
- **Conference:** Patriot League
- **President:** Dr. Neal Katelín
- **Home Field:** Nutter Center

**Delaware**

- **Location:** Newark, DE
- **Enrollment:** 16,000
- **Nickname:** Blue Hens
- **Colors:** Royal Blue and Gold
- **Conference:** Colonial Athletic Association
- **President:** Dr. David P. Roselle
- **Home Field:** Bob Carpenter Center

**Virginia**

- **Location:** Charlottesville, VA
- **Enrollment:** 20,018
- **Nickname:** Cavaliers
- **Colors:** Orange and Blue
- **Athletic Director:** Craig Littlepage
- **Home Field:** Klöckner Stadium
- **President:** Dr. Jim Ryan

- **Head Coach:** Jeff White
- **Assistant Coaches:** Karen Peck, Lisa Cromwell

**North Carolina**

- **Location:** Chapel Hill, NC
- **Enrollment:** 26,878
- **Nickname:** Tar Heels
- **Colors:** Carolina Blue and White
- **Conference:** Atlantic Coast Conference
- **President:** Bynum W. Broyles
- **Athletic Director:** Bob Yerkes
- **Home Field:** Kenan Stadium

- **Head Coach:** Mike Krzyzewski
- **Assistant Coaches:** Joe Dooley, Jon Scheyer

**Tar Heel**

- **Location:** Chapel Hill, NC
- **Enrollment:** 26,878
- **Nickname:** Tar Heels
- **Colors:** Carolina Blue and White
- **Conference:** Atlantic Coast Conference
- **President:** Bynum W. Broyles
- **Athletic Director:** Bob Yerkes
- **Home Field:** Kenan Stadium

- **Head Coach:** Kevin O'Connor
- **Assistant Coaches:** Mary Ekstrom, Sean Miller

**American**

- **Location:** Philadelphia, PA
- **Founded:** 1890
- **Enrollment:** 18,000
- **Nickname:** Dragons
- **Colors:** Gold and Blue
- **Conference:** Colonial Athletic Association
- **Athletic Director:** Dave Braddish
- **Head Coach:** Mary Pecora

**Delaware**

- **Location:** Newark, DE
- **Enrollment:** 13,000
- **Nickname:** Fightin' Blue Hens
- **Colors:** Blue and Gold
- **Conference:** Colonial Athletic Association
- **Head Coach:** Chuck Scott

**Virginia**

- **Location:** Charlottesville, VA
- **Enrollment:** 20,018
- **Nickname:** Cavaliers
- **Colors:** Orange and Blue
- **Athletic Director:** Craig Littlepage
- **Home Field:** Klöckner Stadium

**North Carolina**

- **Location:** Chapel Hill, NC
- **Enrollment:** 26,878
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- **Enrollment:** 13,000
- **Nickname:** Fightin' Blue Hens
- **Colors:** Blue and Gold
- **Conference:** Colonial Athletic Association
- **Head Coach:** Chuck Scott

**Virginia**

- **Location:** Charlottesville, VA
- **Enrollment:** 20,018
- **Nickname:** Cavaliers
- **Colors:** Orange and Blue
- **Athletic Director:** Craig Littlepage
- **Home Field:** Klöckner Stadium

- **Head Coach:** Jeff White
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**North Carolina**

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- **Enrollment:** 26,878
- **Nickname:** Tar Heels
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- **Athletic Director:** Bob Yerkes
- **Home Field:** Kenan Stadium

- **Head Coach:** Kevin O'Connor
- **Assistant Coaches:** Mary Ekstrom, Sean Miller

**Tar Heel**

- **Location:** Chapel Hill, NC
- **Enrollment:** 26,878
- **Nickname:** Tar Heels
- **Colors:** Carolina Blue and White
- **Conference:** Atlantic Coast Conference
- **President:** Bynum W. Broyles
- **Athletic Director:** Bob Yerkes
- **Home Field:** Kenan Stadium

- **Head Coach:** Mike Krzyzewski
- **Assistant Coaches:** Joe Dooley, Jon Scheyer
### RICHMOND

**Location:** Richmond, VA  
**March 29th Richmond, VA**

<table>
<thead>
<tr>
<th>February</th>
<th>March 24th Philadelphia, PA</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. UMBC</td>
<td>19. Virginia Tech</td>
</tr>
<tr>
<td>20. VCU</td>
<td>20. Temple</td>
</tr>
<tr>
<td>21. Old Dominion</td>
<td>21. Old Dominion</td>
</tr>
<tr>
<td>22. La Salle</td>
<td>22. La Salle</td>
</tr>
<tr>
<td>23. Duquesne</td>
<td>23. Duquesne</td>
</tr>
</tbody>
</table>

**Coach:** Dave Leitao  
**Record:** 20-16-1  
**Colors:** Gold and Blue  
**Nickname:** Monarchs  
**Sponsor:** Old Dominion Financial Group  
**Conference:** Colonial Athletic Association  
**Athletic Director:** Gear Reimann  
**Tiger Stadium:** Richmond, VA  
**Starters Returning/Lost:** 9/5  

### RUTGERS

**Location:** New Brunswick, NJ  
**March 26th New Brunswick, NJ**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>18. UMBC</td>
<td>19. Virginia Tech</td>
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<tr>
<td>20. VCU</td>
<td>20. Temple</td>
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<tr>
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<tr>
<td>22. La Salle</td>
<td>22. La Salle</td>
</tr>
<tr>
<td>23. Duquesne</td>
<td>23. Duquesne</td>
</tr>
</tbody>
</table>

**Coach:** Joe P.iccacci  
**Record:** 17-10-1  
**Colors:** Scarlet and Black  
**Nickname:** Scarlet Knights  
**Sponsor:** Bank of America  
**Conference:** Big East Conference  
**Athletic Director:** Jim Adams  
**Tosco Arena:** Piscataway, NJ  
**Starters Returning/Lost:** 9/3  

### TOWSON

**Location:** Towson, MD  
**March 11th Towson, MD**

<table>
<thead>
<tr>
<th>February</th>
<th>March 24th Philadelphia, PA</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. UMBC</td>
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<td>21. Old Dominion</td>
</tr>
<tr>
<td>22. La Salle</td>
<td>22. La Salle</td>
</tr>
</tbody>
</table>

**Coach:** John Decollibus  
**Record:** 15-9-1  
**Colors:** Black and Gold  
**Nickname:** Owls  
**Sponsor:** The College of William & Mary  
**Conference:** Colonial Athletic Association  
**Athletic Director:** Terry Driscoll  
**Tiger Stadium:** Towson, MD  
**Starters Returning/Lost:** 9/7  

### Temple

**Location:** Philadelphia, PA  
**March 24th Philadelphia, PA**

<table>
<thead>
<tr>
<th>February</th>
<th>March 24th Philadelphia, PA</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. UMBC</td>
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<td>22. La Salle</td>
<td>22. La Salle</td>
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<tr>
<td>23. Duquesne</td>
<td>23. Duquesne</td>
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</tbody>
</table>

**Coach:** Dawn Staley  
**Record:** 24-8-1  
**Colors:** Cherry and White  
**Nickname:** Owls  
**Sponsor:** University of Pennsylvania  
**Conference:** Big East Conference  
**Athletic Director:** Joe DiGeronimo  
**Geasey Field:** Philadelphia, PA  
**Starters Returning/Lost:** 9/5  

### Old Dominion

**Location:** Williamsburg, VA  
**March 25th Williamsburg, VA**

<table>
<thead>
<tr>
<th>February</th>
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<tbody>
<tr>
<td>18. UMBC</td>
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<td>21. Old Dominion</td>
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<tr>
<td>22. La Salle</td>
<td>22. La Salle</td>
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</table>

**Coach:** Rick Pizzo  
**Record:** 15-7-1  
**Colors:** Gold and Blue  
**Nickname:** Monarchs  
**Sponsor:** Old Dominion Financial Group  
**Conference:** Colonial Athletic Association  
**Athletic Director:** Gear Reimann  
**Tiger Stadium:** Richmond, VA  
**Starters Returning/Lost:** 9/5  

### UMBC

**Location:** Baltimore, MD  
**March 11th Baltimore, MD**

<table>
<thead>
<tr>
<th>February</th>
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<tbody>
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</tr>
<tr>
<td>22. La Salle</td>
<td>22. La Salle</td>
</tr>
</tbody>
</table>

**Coach:** Czechek  
**Record:** 14-6-1  
**Colors:** Black and Gold with Red  
**Nickname:** Retrievers  
**Sponsor:** The College of William & Mary  
**Conference:** America East  
**Athletic Director:** Charlie Brown  
**Field:** UMBC Stadium  
**Starters Returning/Lost:** 9/5  

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

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

The Monarch used by Old Dominion 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 women’s lacrosse team took part in the annual Susan G. Komen Race For The Cure held at the Virginia Beach oceanfront. The Susan G. Komen Breast Cancer Foundation is the world’s largest funder of community-based breast cancer screening, treatment programs, and health education. The Lady Monarchs took part in the annual 5K event to help raise money to eradicate breast cancer as a life-threatening disease.

The women’s lacrosse team were also featured speakers at National Women and Girls in Sport Day. Keynote speaker Sue Stahl and members of the Lady Monarch squad spoke to many of the Hampton Roads area youth about how sport has transcended into their everyday lives, the important qualities to have as a student-athlete, and the importance of education.

The Lady Monarchs are also active clinicians in the Hampton Roads area teaching the game of lacrosse to the youth of the area. The Old Dominion lacrosse team is featured here at nearby St. Patrick’s instructing the children on the fundamentals of the game.
The Colonial Athletic Association

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

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

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

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

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

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

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

Commissioner Thomas E. Yeager has guided the CAA since its inception. Core members George Mason University, James Madison University, the University of North Carolina at Wilmington, Old Dominion University, Virginia Commonwealth University and the College of William & Mary were joined by the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference prior to the 1995-96 season.

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 schools, 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.

2006 in Review

2006 FINAL CAA STANDINGS

<table>
<thead>
<tr>
<th>Team</th>
<th>Conference Record</th>
<th>Overall Record</th>
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</thead>
<tbody>
<tr>
<td>James Madison</td>
<td>6-1 .857</td>
<td>15-5 .750</td>
</tr>
<tr>
<td>Hofstra</td>
<td>5-2 .714</td>
<td>11-7 .558</td>
</tr>
<tr>
<td>William &amp; Mary</td>
<td>5-2 .714</td>
<td>10-7 .588</td>
</tr>
<tr>
<td>Towson</td>
<td>4-3 .571</td>
<td>7-10 .412</td>
</tr>
<tr>
<td>George Mason</td>
<td>3-4 .429</td>
<td>7-9 .438</td>
</tr>
<tr>
<td>Drexel</td>
<td>2-5 .286</td>
<td>12-5 .706</td>
</tr>
<tr>
<td>Old Dominion</td>
<td>2-5 .286</td>
<td>5-10 .333</td>
</tr>
<tr>
<td>Delaware</td>
<td>1-6 .143</td>
<td>5-12 .294</td>
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</table>

2006 CAA SCORING STATS

<table>
<thead>
<tr>
<th>Player</th>
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<th>G</th>
<th>A</th>
<th>Pts.</th>
<th>Avg.</th>
</tr>
</thead>
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<td>1. Kelly Berger (JMU)</td>
<td>20</td>
<td>59</td>
<td>34</td>
<td>93</td>
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</tr>
<tr>
<td>2. Shannon Witzel (Towson)</td>
<td>17</td>
<td>61</td>
<td>13</td>
<td>74</td>
<td>4.35</td>
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<tr>
<td>3. Emily Hoesch (Drexel)</td>
<td>17</td>
<td>54</td>
<td>16</td>
<td>70</td>
<td>4.12</td>
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<tr>
<td>4. Kim Hillier (Hofstra)</td>
<td>18</td>
<td>48</td>
<td>25</td>
<td>73</td>
<td>4.06</td>
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<tr>
<td>5. Casey McGrath (Hofstra)</td>
<td>18</td>
<td>50</td>
<td>16</td>
<td>66</td>
<td>3.67</td>
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<tr>
<td>6. Becky Trubno (Towson)</td>
<td>17</td>
<td>42</td>
<td>20</td>
<td>62</td>
<td>3.65</td>
</tr>
<tr>
<td>6. Terry Kelly (Drexel)</td>
<td>17</td>
<td>41</td>
<td>21</td>
<td>62</td>
<td>3.65</td>
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<tr>
<td>7. Laura King (GMU)</td>
<td>16</td>
<td>48</td>
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<tr>
<td>9. Caroline Jacobs (ODU)</td>
<td>15</td>
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<td>18</td>
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<td>10. Colleen Dalon (W&amp;M)</td>
<td>17</td>
<td>46</td>
<td>11</td>
<td>57</td>
<td>3.35</td>
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2006 CAA GOALTENDING STATS

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| 1983 | Virginia ... L, 4-9  
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</table>
Ashley Stanwick (above) and Katie Veneziale were both named to the IWLCA Academic Honor Roll last season. Stanwick completed the season with a 3.2 gpa in occupational technical studies with a minor in marketing. Veneziale posted a 3.2 grade point average in psychology with a minor in biology.

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

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
2006 Sarah Wosczyna

CAA-All Rookie Team
2006 Jessica Noone

Members of the 1995 Colonial Athletic Association Championship Team.

ALL-COLONIAL ATHLETIC ASSOCIATION
Carly Brown.................................................................1997 (1), 1998 (1)
Ericka Davidheiser......................................................1992 (1)
Karen Davis.................................................................1992 (1)
Jen Deckelman.............................................................1992 (2), 1993 (1)
Barb DiArcangelo.........................................................1992 (2), 1992 (1)
Amy Duerr.................................................................1994 (1), 1995 (2)
Ericka Davidheiser......................................................1993 (2), 1994 (1), 1995 (1)
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), 2006 (1)
Dana Kuchta...............................................................1996 (1)
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 (2), 2002 (1), 2003 (1), 2004 (1)
Carrie Wightman.........................................................1996 (2)

ACADEMIC ALL-CAA
1995 Ericka Davidheiser
   Jenn Karr
1997 Katie Adler
   Jenna Bajus
   Allison Brown
   Carly Brown
   Takiyah Gettys
   Kailynne Ross
   Tara Tibbett
   Amy Wade
   Dana Wisniewski
   2000 Jenna Bajus
   Kendra Finger
   Shannon Harty
   Jennifer Heister
   Danielle Hensil
   Laurie Koller
   Marlaine Smith
   Brooke Thomas
   Amy Wade
   Dana Wisniewski
1998 Katie Adler
   Jenna Bajus
   Carly Brown
   Takiyah Gettys
   Katrina Kapusta
   Kailynne Ross
   Pam Seebald
   Heather Simon
   Amy Wade
   Dana Wisniewski
   2001 Kim Calkin
   Kendra Finger
   Shannon Harty
   Jennifer Heister
   Danielle Hensil
   Laurie Koller
   Marlaine Smith
   Brooke Thomas
   Dana Wisniewski
1999 Jenna Bajus
   Kendra Brown
   Laura Faenster
   Shannon Harty
   Katie Heaney
   Sarah Mendick
   Kailynne Ross
   Pam Seebald
   Jennifer Shaw
   Amy Wade
   Dana Wisniewski
   2002 Kendra Finger
   Valerie Gooch
   Jennifer Heister
   Kelly Jeffreys
   Kelly Kamara
   Lauren Miller
   Marlene Smith
   Brooke Thomas
   Dani Wisniewski
1995 Danielle Hensil
   Kelly Jeffreys
   Marlaine Smith
1996 Valerie Gooch
   Kelly Karana
   Melody Shotwell
   Ashley Stanwick
   Colleen Carver
   Valerie Gooch
   Sara Larson
   Erica Peterson
   Ashley Stanwick
   Krista Townsend
1997 Sara Larson
   Erica Peterson
   Ashley Stanwick
   Katie Venezale
   Hannah Barber
   Karen Rudderow
   Lindsey Belle
   Brittany Washko

26
**IW LCA ALL-SOUTH REGION**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>1987</td>
<td>Shelly Behrens (1), Carly Brown (1), Ericka Davidheiser (2), Barb DiArcangelo (1)</td>
</tr>
<tr>
<td>1988</td>
<td>Amy Duerr (1), Karen Davis (1), Jen Deckelman (2), Takiyah Gettys (1), Pam Moyer (1)</td>
</tr>
<tr>
<td>1990</td>
<td>Lisa Doran (1), Rachael Edlich (1), Cathy Large (1), Pam Neiss (1), Carolyn Sarr (1)</td>
</tr>
<tr>
<td>1991</td>
<td>Jen Deckelman (1), Barb DiArcangelo (1), Ericka Davidheiser (1), Amy Clement (1)</td>
</tr>
</tbody>
</table>

**REGIONAL SELECT TEAMS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>Karen Davis (1), Amy Cordes (1), Barb DiArcangelo (1)</td>
</tr>
<tr>
<td>1992</td>
<td>Amy Clement (1), Jen Deckelman (1), Barb DiArcangelo (1)</td>
</tr>
<tr>
<td>1993</td>
<td>Ericka Davidheiser (1), Jen Deckelman (1), Barb DiArcangelo (1)</td>
</tr>
<tr>
<td>1994</td>
<td>Barb DiArcangelo (1), Jen Deckelman (1), Barb DiArcangelo (1)</td>
</tr>
<tr>
<td>1995</td>
<td>Barb DiArcangelo (1), Barb DiArcangelo (1), Pam Moyer (1)</td>
</tr>
<tr>
<td>1996</td>
<td>Barb DiArcangelo (1), Ericka Davidheiser (1), Jen Deckelman (1)</td>
</tr>
</tbody>
</table>

**VIL ALL-TOURNAMENT**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>1984</td>
<td>Lenore Tornetta, Adele Mears</td>
</tr>
</tbody>
</table>

**USWLA NATIONAL TOURNAMENT**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
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</thead>
<tbody>
<tr>
<td>1992</td>
<td>Karen Davis (South III), Ericka Davidheiser (South II), Jen Deckelman (South IV)</td>
</tr>
<tr>
<td>1993</td>
<td>Ericka Davidheiser (South I), Jen Deckelman (South II), Barb DiArcangelo (South III)</td>
</tr>
<tr>
<td>1994</td>
<td>Ericka Davidheiser (South I), Jen Deckelman (South II), Barb DiArcangelo (South III)</td>
</tr>
<tr>
<td>1995</td>
<td>Ericka Davidheiser (South I), Jen Deckelman (South II), Barb DiArcangelo (South III)</td>
</tr>
</tbody>
</table>

**NCAA POSTGRADUATE SCHOLARSHIP**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>Takiyah Gettys (Ethnic Minority Award)</td>
</tr>
</tbody>
</table>

**US DEVELOPMENTAL SQUAD**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
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<tbody>
<tr>
<td>1998</td>
<td>Kailynne Ross (1), Sue Wolfgang (1)</td>
</tr>
<tr>
<td>2002</td>
<td>Kailynne Ross (1), Laura Foerster (1), Sara Swart (1)</td>
</tr>
<tr>
<td>2001</td>
<td>Laura Foerster (1), Sue Wolfgang (1)</td>
</tr>
<tr>
<td>2002</td>
<td>Laura Foerster (1)</td>
</tr>
</tbody>
</table>

**U.S. NATIONAL TEAM**

<table>
<thead>
<tr>
<th>Year</th>
<th>Select Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>Barb DiArcangelo</td>
</tr>
</tbody>
</table>

Ericka Davidheiser
Barb DiArcangelo
All-Time Letterwinners

Aikens, Maurine 1983-86
Amatulli, Lori 1986-88
Asimos, Carol 1989
Adler, Katie 1997-00

Bajus, Jenna 1997-00
Baro, Cindy 1991
Barker, Debra 1980-81
Barnes, Kim 1980-83
Baumgartner, Amy 1993-96
Behrens, Shelly 1985-88
Bellomo, Karyn 1991
Bellotti, 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, Jacqueline 2003-
Brown, Carly 1995-98

Caddick, Cathy 1993-94
Calkin, Kim 1989-93
Carver, Colleen 2004-05
Catania, Lauren 1995-98
Chamberlain, Celii 1985-88
Claude, Carolyn 1983
Clieary, Patti 1984-87
Clements, Amy 1991-93
Coane, Molly 2001-04
Colonna, Lisa 2003-04
Connor, Cassandra 2002-05
Coppola, Wendy 1988
Cordes, Amy 1989-92
Corwin, Deana 2000-02
Crews, Nathalie 1998-01
Currie, Lyen 1995-87
Cutler, Joyce 1988

Davidheiser, Ericka 1992-95
Davis, Karen 1989-92
Davis, Tameka 2003-06
Davidheiser, Ericka 1992-95
Cutler, Kim 1988-90
Cutler, Joyce 1988

Edlich, Rachael 1988-91
Eddo, Juliana 2003
Erb, Erica 2006-
Evans, Jackie 1987

Farrell, Amy 1985-87
Farrand, Amy 1986-88
Finger, Kendra 1998-99
Fisher, Jill 1986-89
Foerster, Laura 1996-99
Fosina, Kathy 1989-92
Freelich, Monika 1967-89
Funston, Meredith 1995

Gannon, Michelle 2003-06
Gentile, Janice 1981-83
Gettys, Takiyah 1995-98
Gooch, Valerie 2002-05
Goodrich, Susan 1994-97
Grady, Jackie 1984-87
Greenawalt, Bridget 1995-98
Gulden, Wendy 1995-98

Hagan, Brittany 2006
Hagen, Helen 1980-81
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, Jennifer 1999-02
Hensel, Danielle 2000-03
Herbert, Karen 1997
Hill, Dawn 1983-86
Hightower, Yogi 1981-84
Hines, Kim 1989
Hoinsky, Lynn 1987-90
Holder, Mary Beth 1980-82

Jacobs, Caroline 2004-
James, Carolyn 1990
James, Kelli 1989-90
Jefferys, Kelly 2001-04
Kaish, Tanya 1983-86
Kanara, Kelly 2001-04
Karasek, Alica 1997-98
Kerr, Jess 1992-95
Kelly, Margaret 1983-86
Kennedy, Sallie 1992
Kimmer, Kelly 2005-
Knott, Laura 1990
Koller, Laurie 1998-01
Kuchta, Dana 1993-96

Labrado, Lisa 1986-89
Lalekos, Amy 1995
Large, Cathy 1985-88
Larson, Sarah 2005-
Larham, Sharon 1986-89
Lautenbach, Sarah 2004-06
Leopold, Karla 1993-94
Lima, Stephanie 1991
Lindsey, Erin 2000-04
Lucas, Kate 1989-90

McAlittle, Barb 1983-86
McCullough, Nori 1986-89
McDuffee, Helen 1995-96
McKeon, Jordan 2006-
Magee, Susan 1981-84
Mahoney, Mary 1990
Marquez, Roxi 2006
Mears, Adele 1983-84
Michelle, Denise 1986-89

Miller, Regan 2001-02
Mirick, Sarah 1996
Morgan, Christy 1982-85
Moyer, Pam 1992-95
Muller, Liz 1983-86

Nagowski, Alica 1997-98
Nies, Pam 1989-90
Nichols, Lauren 1997
Nicholsen, Gretta 1980-82

Noone, Jessica 2006-

O’Connell, Denise 1983-86
O’Leary, Beth 2001-02
Palmeri, Candy 1985-88
Patley, Kim 1988-91
Paulus, Sigrid 2005-
Perahim, Rachel 2003
Perella, Carla 1991-93
Peterson, Erica 2005-
Petrie, Meagan 1993-97
Pfeiffer, Nancy 1984-87
Phantionitis, Georgia 1983-86
Powers, JoAnne 1985-87
Pulliams, Donylee 1994-97

Randazzo, Cecilia 1998-99
Reese, Jen 1994-97
Reeve, Jill 1989-90
Renniger, Leigh 1992-93
Reinhagen, Julie 1983-85
Richmond, Geri 1983-83
Ritchie, Carla 1998-99
Ritchie, Rebecca 1994-95
Roberts, Linda 1985-87
Rodio, Donna 1984-87
Rodriguez, Janine 2004-05
Rogers, Kelly 1980-81
Rohr, Kailynne 1991

Simon, Heather 1998
Smith, Marla 2000-03
Smith, Robin 1989-90
Smoot, Stephanie 1999-02
Soares, Judy 1986-87
Spedden, Stacy 1987-90

Stamwick, Ashley 2004-
Stein, Angela 1995-98
Steinman, Stefi 1983
Stewart, Mandy 1980-83
Suarez, Tiffany 2000-01
Sutherland, Amy 1991-93
Szatkowski, Denise 1992-95

Van Kuren, Cheryl 1983-86
Venezia, Katie 2004-

Wade, Amy 1997-00
Walden, Heather 1992-95
Waltosi, Cindy 1982-87
Walsh, Jennifer 1983-86

Washko, Britanny 2006-
Wightman, Carrie 1993-96
Windover, Anne 1993-96
Williams, Brenda 1983-86
Williams, Michelle 1982
Wisniewski, Diana 1998-01
Wolgast, Sue 1994-99
Wood, Tracy 1989-92
Wosczyna, Sarah 2002-06
Wosczyna, Suzanne 2000-04

Yost, Margie 1982
Zylka, Michelle 1986-89
Dr. Roseann Runte

Dr. Roseann Runte became the seventh president of Old Dominion University in the summer of 2001. She has more than 20 years’ experience as a professor and senior administrator. Her publications include books, articles and chapters on topics ranging from economic and cultural development to creative writing. She has served on national and international boards, including The National Bank of Canada, the National Library, the Club of Rome, UNESCO and the Royal College of Physicians and Surgeons. She is currently president of the American Council on Education’s Commission on International Education, a board member of the Commission on Colleges of the Southern Association of Colleges and Schools and a member of the Executive Advisory Council for SunGard SCT.

Dr. Runte’s work has been recognized with many awards and honors, including the Order of Canada, the French Order of Merit, fellowship in the Royal Society and the World Academy of Arts and Science, several honorary degrees and a prize from the French Academy.

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 36th year as athletic director in 2006, taking over the reigns in 1970 when Bud Metheny stepped down from that position. As one of the youngest athletic directors in the nation at that time, Jarrett quickly began to make a name for himself and ODU. He committed early on to a philosophy of “selective excellence,” whereby the department “selected” its competitive sports and committed itself financially, academically and competitively to the sports it felt the University could best excel.

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

Under his leadership, the department’s athletic venues have tripled and are considered state of the art facilities. They include the construction of the Bud Metheny Baseball Complex, the Sailing Center, the Athletic Administration Building and the 8,500 seat Constant Convocation Center. Currently, Jarrett is overseeing construction of the ODU Soccer Building, an indoor tennis facility and renovations to the Athletic Administration Building, which include a new weight room, training room and academic advising area.

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

An avid golfer and tennis player, Jarrett and his wife Sugie reside in Norfolk.
Old Dominion University opened its doors 76 years ago in an abandoned public school building to 206 students. Known at the time as the Norfolk Division of the College of William and Mary, it became an independent, four-year institution in 1962 and attained university status in 1969. Today, Old Dominion enrolls more than 21,000 students, including approximately 6,200 graduate students. Its 185-acre Norfolk campus is the primary hub of activity, along with four additional higher education centers (Virginia Beach Center, Peninsula Center, Tri-Cities Center and Northern Virginia Center). Old Dominion is a versatile university, committed to its students, their education, personal development and overall success.

The University offers 68 bachelor’s degrees, 60 master’s degrees, 35 doctoral degrees and two educational specialist degrees, and consists of six colleges: Arts and Letters, Business and Public Administration, Education, Engineering and Technology, Health Sciences and Sciences.

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

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

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

In the classroom, Old Dominion students continue to earn high marks. The University boasts three USA Today Academic All-Americans and a Truman Fellow. ODU’s first Rhodes Scholar is former field hockey All-American Samantha Salvia, a 1996 graduate.

Through its distance learning operation, Old Dominion offers nationally ranked programs in the sciences, engineering, arts and letters, health sciences, business and education. Its network includes nearly 50 locations throughout Virginia and as far away as Arizona, Georgia, Washington state, and even U.S. Navy ships and submarines deployed around the globe.

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

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

The University is located approximately 200 miles south of Washington, D.C., and is but a short drive to Virginia Beach and the Outer Banks of North Carolina.
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 ODU Tennis Complex, Soccer Stadium and the Health & Physical Education Building will also undergo major renovation and expansion during the 2006-07 academic year.

Foreman Field, located behind Rollins Hall on the northern edge of the campus, is currently home to the field hockey and lacrosse teams. In 2009, the field will be the home field for Monarch football.

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.

The crown jewel of the university’s athletic facilities is the 8,600 seat Ted Constant Convocation Center. The arena hosts all home men’s and women’s basketball games, graduation, concerts and other university events.
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 Women’s Lacrosse 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 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 in 1998 was rated the number one city 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, the top minor league team in the Baltimore Orioles organization.

Waterside marketplace and Town Point Park create
Hampton Roads

Hampton Roads, the National Maritime Museum, is the home of the USS Battleship Wisconsin and is a popular destination for visitors.

The Virginia Zoo is located in Norfolk.

Nauticus, the National Maritime Museum, is the home of the USS Battleship Wisconsin.

MacArthur Memorial in Norfolk is the resting place of Gen. Douglas MacArthur, and contains many of the general’s personal awards and belongings.

The Virginia Beach ocean front is only minutes from the Old Dominion campus.

The sandcastle competition is the highlight of the annual Neptune festival in Virginia Beach.

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, the new Nauticus, one of the nation’s premier maritime museums and learning centers, and a climate ranked among the nation’s most desirable, all make Norfolk an exciting location 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.

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 west of Norfolk is the Jamestown-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, Life Skills Program Director/Academic Advisor. Their offices are located in Webb Center, within convenient access to all the student-athletes.

Among the programs available to all student-athletes:

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

**“RISING STARS” - THE LIFE SKILLS PROGRAM**
The Life Skills Program provides a comprehensive approach to the overall academic and personal development of student-athletes at Old Dominion University. With the student-athlete welfare in mind, the Athletic Department provides:

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

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

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

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.