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/SPORTS COMPLEX WRESTLING COACH ROBERT SILSBEE.

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 spring at the conference office in Richmond, Va. and can be obtained through the office’s website at www.caaathletics.com.

PRESS BOX FACILITIES
A fully enclosed press box high above the turf at Powhatan Sports Complex serves a maximum of 10 media members at all home games. 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 Powhatan Sports Complex are asked to contact the sports information office at least two weeks prior to the game. The stadium is located at Powhatan and 43. All radio lines must be secured through the Verizon office in Norfolk, by calling (757) 667-5000.


LADY MONARCH WOMEN’S LACROSSE QUICK FACTS

KEY RETURNING PLAYERS:

<table>
<thead>
<tr>
<th>Name</th>
<th>Pos</th>
<th>Cl</th>
<th>G</th>
<th>A</th>
<th>Pts</th>
<th>GB</th>
<th>CT</th>
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</thead>
<tbody>
<tr>
<td>Kelly Kimener</td>
<td>MF</td>
<td>Sr.</td>
<td>19</td>
<td>13</td>
<td>32</td>
<td>20</td>
<td>13</td>
</tr>
<tr>
<td>Jessica Noone</td>
<td>A</td>
<td>Sr.</td>
<td>16</td>
<td>10</td>
<td>26</td>
<td>20</td>
<td>15</td>
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<tr>
<td>Ashley Kellogg</td>
<td>MF</td>
<td>Jr.</td>
<td>23</td>
<td>6</td>
<td>29</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Brittany Washko</td>
<td>D</td>
<td>Sr.</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>30</td>
<td>21</td>
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<tr>
<td>Lindsey Belle</td>
<td>D</td>
<td>Sr.</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>26</td>
<td>15</td>
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</tbody>
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Media Information

Media Outlets

Print Media
The Virginian Pilot
Sports Desk
150 W. Brambleton Avenue
Norfolk, VA 23510
757-446-2386
FAX: 757-446-9004

Newport News Daily Press
Sports Desk
705 Warner Blvd.
Newport News, VA 23607
757-229-6638
FAX: 757-229-9420

Richmond Times Dispatch
Sports Desk
P.O. Box 85333
Richmond, VA 23293
804-649-5524
FAX: 804-775-8985

The Virginian Pilot
Sports Desk
150 W. Brambleton Avenue
Norfolk, VA 23510
757-446-2386
FAX: 757-446-9004

Radio
EFSN Radio 1310 AM
Tony Mercurio, Sports Director
5599 Greenwich Road
Virginia Beach, VA 23462
757-671-1000
FAX: 757-671-1313

WOUAM 1630
Sports Director
Norfolk, VA 23529
757-663-3441

The Game 102.1 FM/1490 AM
5455 Birdneck Road
Virginia Beach, VA 23451
757-747-1021
FAX: 757-427-3194

National Media
USA Today
Sports Department
100 Wilson Blvd.
Arlington, VA 22223
703-276-3400, ext. 3721
FAX: 703-276-5327

Washington Post
Sports Department
315 15th Street NW
Washington, DC 20071
202-334-7350
FAX: 202-334-7685

Wire Services
Associated Press
Sports Editor
700 East Main Street
Suite 1390
Richmond, VA 23219
804-649-6646
FAX: 804-643-6223

Conference
Colonial Athletic Association
Rob Washburn
8625 Patterson Avenue
Richmond, VA 23229-6349
804-754-1616
FAX: 804-754-1830

Getting to Old Dominion

FROM THE NORTH: Highway 13 down the Eastern Shore, and through the Chesapeake Bay Bridge-Tunnel. Follow 13 (Northampton Blvd.) onto I-64 West. Take the I-564/Naval Base exit (exit 276) off I-64 West, and take the Terminal Blvd. exit of I-564. Turn left onto Hampton Blvd. Proceed approx. 4 miles and turn right onto 49th Street.


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

Finding Your Way To POWHATAN SPORTS COMPLEX

Bus parking is available the Powhatan Sports Complex in the lot located adjacent to the facility. Teams requiring additional information are asked to contact Greg Smith, Asst. A.D. for Event Management, at (757) 683-5924.
Sue Stahl
NINETEENTH SEASON • 124-156 OVERALL

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. 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 head coach of the Philadelphia Women’s Lacrosse team. She also served as a basketball coach at Haverford College in Pennsylvania during that period.

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

Stahl was recognized on the All-Century Women’s Lacrosse team in 1999, perhaps the biggest honor anyone could receive, but it is just one of many coaching distinctions that she has earned throughout her career. Four times, in 1995, 2002, 2003 and 2007, 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 2008.

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.

Stahl and her husband Gray reside in Norfolk. They have two sons, Steve and Kyle, as well as two grandsons. She currently serves on the Hampton Roads Lacrosse Board of Directors.

### Year-by-Year with Sue Stahl

<table>
<thead>
<tr>
<th>YEAR</th>
<th>OVERALL RECORD</th>
<th>CONF RECORD</th>
<th>GF</th>
<th>GA</th>
<th>HIGHEST RANKING/ POST-SEASON</th>
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<td>2-11</td>
<td>N/A*</td>
<td>71</td>
<td>159</td>
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<tr>
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<td>6-11</td>
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<td>91</td>
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<td>9-8</td>
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<td>161</td>
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<tr>
<td>1995</td>
<td>10-7</td>
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<td>175</td>
<td>152</td>
<td>8th/CAA Champions</td>
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<td>8-7</td>
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<td>6-9</td>
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<td>111</td>
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<td>2-4</td>
<td>143</td>
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<td>11th</td>
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<tr>
<td>2001</td>
<td>9-7</td>
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<td>154</td>
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<tr>
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<td>209</td>
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<td>13th/CAA Runner-Up</td>
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<td>170</td>
<td>19th/CAA Runner-Up</td>
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<tr>
<td>2007</td>
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<td>CAA Semi-Finalist</td>
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<td>2008</td>
<td>4-9</td>
<td>0-7</td>
<td>94</td>
<td>159</td>
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* The Lady Monarchs played in the South Atlantic Conference through the 1992 season, when Old Dominion joined the Colonial Athletic Association in all sports.

### Sue Stahl’s LEADERBOARD

#### COACHING CAREER

**Head Coach:** Lacrosse, Field Hockey and Basketball, Lansdowne-Aldan High School (1966-67)

**Assistant Lacrosse Coach:** Ursinus College (1971-1981) responsible for the varsity defense and junior varsity team

**Head Basketball Coach:** Ursinus College (1975-81)

**Assistant Lacrosse Coach:** Temple University (1983-1990) responsible for varsity defense, the junior varsity team, recruiting and scouting

**Head Basketball Coach:** Haverford College (1988-90)

**Head Coach:** United States National Lacrosse Team (1998-2005) While head coach of the U.S. Team, she has guided the team to unprecedented four World Cup Lacrosse Championship titles in 1989, 1993, 1997 and 2001 and runner-up in 2005. In 1992, she coached the U.S. Team during an official USWLA tour of Australia with contests held in Perth, Adelaide, Sydney and Melbourne. The U.S.Team went 9-3 on the trip, including wins in all four test matches against the Australian National Team. In 1996, she coached the U.S. team on a 2-1/2 week tour of England, Scotland, and Wales, guiding the squad to a perfect 7-0 record. In 1997, she led the U.S. team to a 6-1 record, defeating Australia for the gold medal at the World Cup in Japan. In 2000, the team toured Australia compiling an 11-1 record, beating England once and Australia three times in test matches.

**Head Coach:** Old Dominion University (1990-present). The 1994 squad was ranked eighth in the nation and climbed as high as sixth in the nation with two All-Americans. The 1995 squad were CAA champion. She was named CAA Coach of the Year in 1995, 2002, 2003, & 2007.

#### PERSONAL

**Hometown:** Drexel Hill, PA

**Alma Mater:** Ursinus College, 1966, B.S.

degrees in health & physical education and elementary & secondary education.

Stahl and her husband Gray have two sons, Steve and Kyle and two grandsons.
Heather Holt returns for her 11th season as assistant coach under head coach Sue Stahl.

No stranger to Lady Monarch lacrosse, Holt was a member of the 1995 Colonial Athletic Association championship team and a four-year letterwinner in goal for ODU. 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 .596 save percentage and to date ranks fifth on Old Dominion's all-time goaltending leaderboard. Over her playing career, Holt earned spots on the Virginia Women's Lacrosse Association's (VWLA)/Virginia II Regional Select Team and the United States Women's Lacrosse Association's (USWLA) South III National Team.

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

A native of Bryn Mawr, Pennsylvania, Holt and her husband, David, reside in Norfolk along with their two sons, Jackson and Parker and dog Bella.

Jamie is in her second year in the Old Dominion University graduate athletic training program. She will be working with lacrosse this spring. A graduate of Charleston Southern University with a degree in athletic training, she is the daughter of Patricia and Edward Doherty, and has two brothers, Edward and Joe. Jamie is native of Halifax, MA.

ATHLETIC DEPARTMENT SUPPORT STAFF

Deb Polca
Associate Athletic Director

Debbie White
Senior Assoc. Athletic Director/Marketing & Public Relations

Greg Smith
Asst. Athletic Director/Game Management

Marty Bradley
Head Athletic Trainer

Paul Helsel
Strength & Conditioning Coach

Scott Lowery
Business Office & Ticket Manager

David Weisser
Director of Game Atmosphere

Carol Hudson, Jr
Sports Information Director

Jamar Ross
Assoc. Sports Information Director

Kimberly Zivovich
Asst. Sports Info./Director of Lacrosse Contact

Rob Silsbee
Asst. Sports Information Director

Tina Price
Dir. of Athletic Publications & Creative Services

Chisie Henn
Asst. Dir. of Athletic Publications & Creative Services
A s the doors open to the Powhatan Sports Complex revealing a brand new team facility for women's lacrosse and the light posts beam, the 2009 Lady Monarchs open the door to a new season and shine hopes for christening the home field with a winning season. Seven seniors, nine starters and over 80% of the scoring returns for the Lady Monarchs this season as head coach Sue Stahl heads into her 19th season at the helm.

Old Dominion will lean heavily on its veterans this season, with 13 juniors and seniors on the field facing yet another tough schedule. The experience will work as an advantage for ODU as the starting lineup will most likely be filled with the talented upperclassmen. The experience will be complimented by a host of talented newcomers and underclassmen, as redshirt freshman Sarah Geary will take the reigns as the starting goalkeeper and rookies Sarah Wright, Courtney Johnson and Lisa Bernardini also have a shot at cracking the starting lineup.

The offense will be crucial for ODU this season, returning the top three leading scorers from 2007 and all but two scorers from a year ago. Fifth-year senior and 2008 leading scorer KellyKimener (32 points on 19 goals and 13 assists) returns after being granted a medical waiver by the NCAA and will lead the attack for the Lady Monarchs. She will be joined by junior Ashley Kellogg (29 points on 23 goals and 6 assists in 2008) and senior Jessica Noone (25 points on 16 goals and 10 assists) in 2008 as the three combined to score over 60% of the team's points last year.

Kellogg and Noone will be joined at the top by junior Nicole McMahon, who scored three goals a year ago, and sophomores Taylor Ketcham, Clara Flanagan and Tracy Reed will be in the mix as well. Newcomers to the attack include Mary Berringham, Rebecca Hartrum, and Rebecca Reymann.

In the midfield, Kimener will lead the way playing on both ends as she added a team-high 29 draw controls and caused 13 turnovers while scooping 20 groundballs last season. Juniors Sarauto Dodo, Jessica Capra, and Katie Bruno were all high-impact players a year ago and should be expected to continue playing well in the middle of the field. Senior Brittany Wasylko is a defensive mid who ranked 23rd in the nation in caused turnovers last year and will spend most of the year on defense, but can add intensity to the midfield when called upon.

Sophomore Brienna Faust scored a goal out of the midfield in just five games last year and will be a factor this season as well. Newcomer Sarah Wright could work her way into the starting lineup and rookies Alyssa Dragon and Courtney Johnson will also pressure the vets for playing time.

The Lady Monarchs expect to be a force on the back line this year as all four starters return and are seniors in 2009. The four mainstays from a year ago are Lindsey Belle, Erica Erb, Jordan McKeon, and Brittany Wasylko. All four started every game they played last season and have a wealth of experience under Coach Stahl. Belle will be co-captain with Kimener and will be a leader on defense, while Wasylko and Erb are both vocal leaders on the field. Reserves on defense include senior Hannah Barber, who played in eight games a year ago, and rookies Hannah McBee and Kirkland Lewis. Courtney Johnson will also step back on D if needed.

The goal suffered the most significant loss from a year ago, as ODU graduated full-time starter Sara Larson and will have to lean on relative inexperience this season. Second-year player Sarah Geary could be the frontrunner headed into the season, taking a redshirt last season. Geary was a first team All-American in high school and posted an undefeated senior season as a part of her three-time district champion Springfield High School team. Junior D’Ara Goodfellow logged minutes in seven games last year, improving her career goals against average to 12.72 and will add depth to the pipes for Old Dominion. Goodfellow will certainly pressure Geary for time in net throughout the season.

In her 19th season coaching ODU women’s lacrosse, Sue Stahl maintains her trident of facing top-tier competition. After facing six nationally ranked programs a year ago, the Lady Monarchs will face another five ranked in the pre-season Top 20 this year. Old Dominion will host #4 Virginia and travel to #10 North Carolina this year, as well as face the usually tough CAA schedule including #17 Towson, #18 George Mason, and #20 James Madison.

Also on the schedule this year in non-conference action are home games against American and Longwood, as well as the return of Richmond to the schedule, and road games against UMBC, St. Joseph’s, and Virginia Tech.

With a new facility and a new season, the ODU Lady Monarchs will be trying to turn over a new leaf, powered by the skill and experience of their veteran leadership as well as the talented ranks of the younger players. With that combination, fans can expect an exciting brand of lacrosse on the field for ODU this spring.

THE LADY MONARCHS BY CLASS

<table>
<thead>
<tr>
<th>Senior(s) (7):</th>
<th>Junior(s) (6):</th>
<th>Sophomore(s) (5):</th>
<th>Freshman(s) (8):</th>
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</thead>
<tbody>
<tr>
<td>#1 Jessica Noone</td>
<td>#4 Nicole McMahon</td>
<td>#9 Tracy Reed</td>
<td>#2 Mary Berringham</td>
</tr>
<tr>
<td>#5 Brittany Wasylko</td>
<td>#10 Katherine Bruno</td>
<td>#12 Clara Flanagan</td>
<td>#3 Rebecca Reymann</td>
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<tr>
<td>#6 Kelly Kimener</td>
<td>#13 Ashley Kellogg</td>
<td>#19 Brienna Faust</td>
<td>#8 Sarah Wright</td>
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<tr>
<td>#7 Erica Erb</td>
<td>#15 Sarauto Dodo</td>
<td>#23 Taylor Ketcham</td>
<td>#14 Alyssa Dragon</td>
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<td>#11 Jordan McKeon</td>
<td>#16 Lindsey Belle</td>
<td>#27 D’Ara Goodfellow</td>
<td>#21 Courtney Johnson</td>
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<tr>
<td>#16 Lindsey Belle</td>
<td>#28 Jessica Capra</td>
<td>#32 Sarah Geary</td>
<td>#22 Rebecca Hartrum</td>
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<tr>
<td>#25 Hannah Barber</td>
<td></td>
<td></td>
<td>#26 Kirkland Lewis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>#30 Hannah McBee</td>
</tr>
</tbody>
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# Meet the Lady Monarchs

## 2009 Old Dominion University Numerical Lacrosse Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Pos.</th>
<th>Cl.</th>
<th>Ht.</th>
<th>Hometown/High School</th>
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</thead>
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<td></td>
<td>Jessica Noone</td>
<td>A/MF</td>
<td>Sr.</td>
<td>5-3</td>
<td>Manassas, Va./Stonewall Jackson</td>
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<td>2</td>
<td>Lisa Bernardini</td>
<td>MF</td>
<td>Fr.</td>
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<td>Langhorne, Pa./George School</td>
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<td>Alyssa Dragon</td>
<td>MF</td>
<td>Fr.</td>
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<td>Bridgewater, N.J./Bridgewater-Raritan</td>
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<td>Nicole McMahon</td>
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<td>Brittany Washko</td>
<td>MF/D</td>
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<td>Kelly Kimener</td>
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<td>D</td>
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<td>Sarah Wright</td>
<td>MF</td>
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<td>Cazenovia, N.Y./Cazenovia</td>
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<td>So.</td>
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<td>Crumpton, Md./Queen Anne’s County</td>
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<td>Jr.</td>
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<td>Setauket, N.Y./Ward Melville</td>
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<td>Street, Md./North Hertford</td>
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<td>So.</td>
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<td>Sterling, Va./Pocomac Falls</td>
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<td>Ashley Kellogg</td>
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<td>Jr.</td>
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<td>Downingtown, Pa./Downingtown West</td>
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<td>Catonsville, Md./Catonsville</td>
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**Head Coach:** Sue Stahl (Urisnus ‘66)  
**Assistant Coach:** Heather Holt (Old Dominion ‘95)

## 2009 Alphabetical Roster

| 25   | Hannah Barber          |              |
| 16   | Lindsey Belle          |              |
| 17   | Mary Berrington        |              |
| 2    | Lisa Bernardini        |              |
| 10   | Katherine Bruno        |              |
| 28   | Jessica Capra          |              |
| 32   | Sarah Geary            |              |
| 27   | D’Ana Goodfellow       |              |
| 22   | Rebecca Hartrum        |              |
| 21   | Courtney Johnson       |              |
| 13   | Ashley Kellogg         |              |
| 25   | Hannah Barber          |              |
| 26   | Kirkland Lewis         |              |
| 3    | Alyssa Dragon          |              |
| 7    | Erica Erb              |              |
| 19   | Brienna Faust          |              |
| 12   | Clara Flanagan         |              |
| 30   | Hannah McBee           |              |
| 17   | Mary Berrington        |              |
| 2    | Lisa Bernardini        |              |
| 10   | Katherine Bruno        |              |
| 28   | Jessica Capra          |              |
| 32   | Sarah Geary            |              |
| 27   | D’Ana Goodfellow       |              |
| 22   | Rebecca Hartrum        |              |
| 21   | Courtney Johnson       |              |
| 13   | Ashley Kellogg         |              |
| 25   | Hannah Barber          |              |
| 26   | Kirkland Lewis         |              |
| 3    | Alyssa Dragon          |              |
| 7    | Erica Erb              |              |
| 19   | Brienna Faust          |              |
| 12   | Clara Flanagan         |              |
| 30   | Hannah McBee           |              |
| 17   | Mary Berrington        |              |
| 2    | Lisa Bernardini        |              |
| 10   | Katherine Bruno        |              |
| 28   | Jessica Capra          |              |

## Lady Monarch Hometowns

- **Delaware:**  
  - **Brionna Faust:** Lewes, DE

- **Maryland:**  
  - **Hannah Barber:** Arnold, MD  
  - **Jordan McKeon:** Street, MD  
  - **Courtney Johnson:** Ellicott City, MD  
  - **Cherri McKeen:** Middletown, MD  
  - **Tracy Reed:** Catonsville, MD  
  - **Rebecca Reymann:** Dunkirk, MD

- **New Jersey:**  
  - **Jessica Capra:** New Providence, NJ  
  - **Alyssa Dragon:** Bridgewater, NJ

- **New York:**  
  - **Lindsey Belle:** Baldwinsville, NY  
  - **Katherine Bruno:** Setauket, NY  
  - **D’Ana Goodfellow:** Hauppauge, NY  
  - **Nicole McMahon:** Commack, NY  
  - **Sharon Wright:** Cazenovia, NY

- **North Carolina:**  
  - **Taylor Ketcham:** Hampstead, NC

- **Ohio:**  
  - **Saratu Dodo:** Cleveland Heights, OH

- **Pennsylvania:**  
  - **Lisa Bernardini:** Langhorne, PA  
  - **Erica Erb:** Boyertown, PA  
  - **Sarah Geary:** Springfield, PA  
  - **Rebecca Hartrum:** Downingtown, PA  
  - **Ashley Kellogg:** Lansdale, PA

- **Virginia:**  
  - **Mary Berrington:** Annandale, VA  
  - **Clara Flanagan:** Sterling, VA  
  - **Kelly Kimener:** Oakton, VA  
  - **Jessica Noone:** Manassas, VA
**Hannah Barber**

**OLDEST DOMINICAN**

**Senior**

**Arnold, MD**

**Defense**

**Brookneck**

**5'5"**

**Career Numbers**

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**2008:** Made eight appearances on defense. Scooped up 6 groundballs...

**2007:** Made five appearances. Took the field against American *(3/4)*, at #1 UNLV *(3/14)*, at #19 Rutgers *(3/28)*, at #6 James Madison *(4/19)*, and against William & Mary *(4/25)*. **2006:** Made three appearances. Took the field against #4 Maryland *(3/18)*, at George Mason *(4/9)*, and at Drexel *(4/14)*. **Prior to Old Dominion:** A four-year women’s lacrosse letterwinner at Broadneck High School. Three-time state champion, two-time county champion, and regional champion...Named "Most Aggressive Player" and given the "Heart Award"...Also a three-year member of the track team for the three-time county champions...Also played goalkeeper for soccer for a season. **Personal:** Born June 25, 1987. Daughter of Greg and Amy Barber. Has one sister, Jillian *(25)*, and one brother, Ryan *(18)*. Brother plays football at Salisbury University. Father’s cousin is Joe Letteri, pitcher for the Boston Red Sox. Majoring in sports management.

**Lindsey Belle**

**OLDEST DOMINICAN**

**Senior**

**Baldwinville, NY**

**Defense**

**Baker**

**5'8"**

**Career Numbers**

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**2008:** Started 12 games on defense. Ran up 23 groundballs to place thirchon the team. Controlled 7 draws...Caused 15 turnovers, tied for third on the team. **2007:** Second Team All-CAA Defender...Started all 15 games for the second straight season on defense. Grabbed 24 groundballs, ranking fourth on the team...Picked up season-high four groundballs against #5 UVA & #20 Delaware...Caused 13 turnovers, fifth on the team, and won 12 draws... **2006:** Started all 15 games as a freshman on defense. Recorded an assist against #6 North Carolina *(4/12)*. Collected 23 groundballs to rank fifth on the team...Registered a season-high five against #18 James Madison *(4/7)*. Won eight draws including a season-high four against the Dukes...Caused 12 turnovers to tie for second on the team...Scored four caused turnovers in a win over UMBC *(3/11)*. **Prior to Old Dominion:** Three-year varsity member of the women’s lacrosse team at Becker High School...Named Goulds Pumps Defensive Player of the Year...Named First Team All-League during her junior and senior seasons...Was named Second Team All-League as a sophomore...Member of the Coyaic Club Team...Named First Team All- Galaxy. **Personal:** Born August 31, 1987. Daughter of Cheryl and Robert Belle. Has one brother, Colin *(26)*, and a sister, Lauren *(23)*. Majoring in English education.

**Erica Erb**

**OLDEST DOMINICAN**

**Senior**

**Boytown, PA**

**Defense**

**Boyntown**

**5'4"**

**Career Numbers**

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**2008:** Key defender for the Monarchs, playing and starting all 13 games... Registered 3 goals on 7 shots...Scooped up 22 groundballs, won a draw, caused 16 turnovers. **2007:** Was a key reserve for the ODU defense, playing in 14 games for the Lady Monarchs. Tapped four groundballs and four caused turnovers on the season. Also won two draws. Caused two turnovers at UMBC *(3/11)*. **2006:** Appeared in seven games...Recorded two groundballs on the season...Groundballs came against George Mason *(4/3)* and at Hofstra *(4/10)*...Registered two goals...Won a draw at George Mason and at Drexel *(4/14)*...Caused a turnover against the Pride *(4/16)*. **Prior to Old Dominion:** Four-year varsity letterwinner in women's lacrosse at Boyntown High School. An Honorably Mention All-American...Most Valuable Player and Player of the Year in the league...First Team Defense...Also named team captain. Second Team All-PAC-10 Midfielder as a junior...Second Team All-PAC-10 Defense during her sophomore season. Four-year letterwinner in basketball...Co-captain her senior season. Named Honorable Mention All-Area as a freshman. Also played four years of field hockey...First Team All-League as a senior, Second Team as a junior, and Honorable Mention All-Area as a freshman...Named Co-MVP. **Personal:** Born October 19, 1986. Daughter of Jeff and Lori Erb. Has one brother, Matt *(18)*. Majoring in political science.
MEET THE Lady Monarchs

Kelly Kimener

Senior
Oakton, VA
5’9”

Midfield
Oakton

2008: Started all 13 games for the third straight season. Second on the team in goals with 19 and leads ODU in points with 32...Led Lady Monarchs with 13 assists...Tied for fourth in shots with 43...Tied for second in goals with 19...One of the top five players in the nation in goals...Scooped up 20 groundballs and won a team high 29 draws...Forced career high 13 turnovers...2007: Started all 15 games for the second consecutive season...Second on the team in goals with 25 and third in scoring with 33 points...Tied for second on the team with eight assists...Won 21 draws, good for second on the team...Scored a career-high 6 points against American (3/4) on career-high five goals and one assist...Notched gamewinning goal at UNBC (3/11)...Picked up 18 groundballs...Scooped season-high three groundballs against #5 Virginia and at Towson (4/13)...Had season-high five draw controls at #9 James Madison...Caused 11 turnovers...2006: Started all 15 games. Second on the team in scoring behind Caroline Jacobs. Recorded 34 points from 29 goals and five assists...Performed seven hat tricks...Netted a career-high four goals in the regular season finale at #13 William & Mary (4/26)...Had two-assist games against Rutgers (3/28) and Delaware (4/2)...Scooped up 14 groundballs including a season-high two in contests against George Mason (4/13), Drexel (4/14), and William & Mary (4/26)...Won 16 draws to tie for third on the team...Won a season-high five at George Mason (9/19)...Caused five turnovers including a season-high three in the season opener at American (3/14)...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 (3/21) in the season opener and two against UNBC (3/12) and Richmond (3/18)...Collected four groundballs and two draws in the win over the Retrievers (3/17)...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 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, Matt, Tim, and Tony, and a sister, Ashley...Majoring in sports management.

Jordan McKeon

Senior
Street, MD
5’7”

Defense
North Hartford

2008: Started all 13 games for ODU on defense...Won 21 draws...Scooped up 16 groundballs...Caused 6 turnovers...2007: Appeared in 6 games for the Lady Monarchs on defense...Won one draw at #20 Richmond (3/29)...Played in three conference games including against #9 James Madison (4/19)...2006: Made 11 appearances...Scooped up eight groundballs including a season-high three at Virginia (4/10)...Won one draw against Richmond (3/15)...Caused four turnovers including a season-high two at Drexel (4/14) and at Hofstra (4/7)...Prior to Old Dominion: A four-year women’s lacrosse letterwinner at North Hartford High School...Named “Player of the Week” by the Baltimore Sun during her senior season...First Team All-County as a junior and senior...Also a four-year letterwinner in soccer...Personal: Born August 20, 1987. Daughter of Meredith and Steven...Has one sister, Kelsey (18)...Majoring in physical education.

Jessica Noone

Senior
Manassas, VA
5’3”

Attack/Midfield
Stonewall Jackson

2008: Started all 13 games for ODU for the second straight year...Third on the team in goals with 16...Second on the team in assists with 10...Registered 55 shots, 43 of which were on goal (tied for team lead)...Tied for most game winning goals with 2...Scooped up 20 groundballs...Won 9 draws...Tied for third on team with 15 forced turnovers...2007: Started all 15 games for the Lady Monarchs...Tied for third on the team in goals with 21 and assists with eight...Topped the team in scoring with 28 points...Had at least one goal in all but three contests...Also among top three on the team in draw controls, groundballs and caused turnovers...Tied for career-high four goals at #20 Richmond (3/29)...Scooped career-high five groundballs against Hofstra (4/8)...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 #9 Virginia (4/16)...Caused 10 turnovers...Caused turnovers came against Hofstra (4/26) and at William & Mary (4/26)...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 in the 2004 and 2005 national tournament...First Team All-County and First Team All-Region...Was also named Honorable Mention All-Metropolitan...Played four seasons of basketball...Personal: Born October 10, 1988. Daughter of JoAnne and Stephen Noone...Has two sisters, Kimberly (24) and Allison (27), and one brother, Stephen (6)...Majoring in communication.
MEET THE LADY MONARCHS

Brittany Washko

2008: Started all 13 games for ODU. Scored 1 goal on 2 shots. Team leader in groundballs with 30...Won 5 draws...Forced a team-high 21 turnovers...2007: Appeared in seven games for the Lady Monarchs...Scored four groundballs, including a season-high two at #8 James Madison (4/19). Won a draw control at #9 James Madison (4/19)...2006: Made seven appearances...Recorded two draw controls...Won a draw at #4 Maryland (3/28) 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 Gaylord. Additionally participated in basketball and cheerleading...Personal: Born January 9, 1987...Is the only child of Bruce and Denise Washko...Majoring in dental hygiene.

Brittany Washko’s Career Numbers

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Katherine Bruno

2008: Appeared in twelve games for ODU. Logged 5 points, scoring 4 goals and registering 1 assist...Took 9 shots, 8 of which were on goal...Scored up 4 groundballs, won 6 draws and forced a turnover...2007: Appeared in three games for the Lady Monarchs...Registered a caused turnover at Richmond (2/29). Also played against American (3/4) and at #1 UNC (3/14)...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 13, 1988...Daughter of Robert and Kathleen Bruno...Has one sister, Jenna (16)...Majoring in Psychology.

Katherine Bruno’s Career Numbers

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Jessica Capra

2008: Started in all 13 games for ODU. Tallied 3 points, scoring two goals and providing 1 assist...Tallied 6 shots, all of which were on goal...Scored up 5 groundballs, won 5 draws and forced 2 turnovers...2007: Appeared in three games for the Lady Monarchs...Registered one assist against #18 Rutgers (3/23)...Controlled one draw, against American (3/4). Also played against #1 UNC...Prior to Old Dominion: A four-year varsity letterwinner 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”...Was chosen to play in the Senior All-Star Game and scored three goals in helping her team to victory in the game...Also played three season with Leading Edge, a club lacrosse team...Was also her club’s leading scorer...Personal: Born May 19, 1989...Daughter of Douglas Capra and Sherry Zabel. Has three brothers, Douglas (17), Robert (18), and Michael (18), and two sisters, Katie (12) and Cara (7)...Majoring in Communication.

Jessica Capra’s Career Numbers

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Saratu Dodo

2008: Played in all 13 games for ODU, starting 12 of them. Registered 8 points, scoring 6 goals including 2 game winners and adding 2 assists. Took 17 shots, 10 of which were on goal...Scored up 4 groundballs, won 21 draws and forced 13 turnovers...2007: Played in 17 games on defense for the ODU Women’s Soccer team...Scored a goal in first game of the season against Loyola College (Md)...2006: Did not play in 17 games on defense for the ODU Women’s Soccer team...Prior to Old Dominion: Helped lead Cleveland Heights to the 2006 Ohio State girl’s lacrosse championships...The team was a runner-up in 2009...National Honor Society recipient...Personal: Born November 20, 1987...Daughter of Iris and Virginia Bodo...Has two brothers, Muhammad (21) and Hanza (15)...Majoring in Exercise Science.

Saratu Dodo’s Career Numbers

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MEET THE Lady Monarchs

D’Ana Goodfellow

27
Goalkeeper
Hauppauge, NY
Hauppauge

Junior

2008: Played in 7 games for ODU...Recorded 3 saves...Faced 80 shots...2007: Played in two contests for the Lady Monarchs...Recorded one groundball on the season. Groundball came against #29 Richmond (3/29)...Also played against #1 UNC (3/14)...Prior to Old Dominion: Four-sport varsity lettermen at Hauppauge High School. Registered 899 career saves in net for the women’s lacrosse team...Named team’s MVP. All-league and all-county selection...Named to the all-tournament team...Was a goalkeeper for the women’s soccer team...Also played basketball and swam the backstroke and 100 meter freestyle. National Honor Society and Spanish Honor Society member...High Honor Roll member...Personal: Born February 3, 1988...Daughter of Jerome and Ana Goodfellow...Has three sisters, Victoria (18), Zen Lynn (15) and Catherine (11), as well as one brother, Roy (25)...Member of the Navy ROTC...Majoring in psychology.

Ashley Kellogg

13
Midfield/Attack
Downington, PA
Dowounding West

Senior

2008: Started all 13 games for ODU...Led team with 23 goals and 57 shots...Recorded 6 assists...Scored up 6 groundballs...Won 8 draws...2007: Started all 15 games for the Lady Monarchs...Named to All-CAA Rookie team. Tied for second in the CAA in game-winning goals, including the game winner against George Mason to send the Lady Monarchs back to the CAA Tournament for the first time since 2003. Fifth on the team in goals (18) and points (20)...Second on the team in goals in CAA action (12)...Had season-high four goals on six shots against William & Mary (4/25)...Prior to Old Dominion: A two-sport varsity athlete at Downingtown West High School. Honorable Mention All-American in women’s lacrosse...All-Chesmont Team...All-area team...Also a member of the field hockey team...Defender for the 2006 Chesmon Champions...An Academic All-American...National Honor Society member...Personal: Born February 15, 1988...Daughter of John and Deena Kellogg...Has one sister, Casey (16)...Majoring in physical education.

Nicole McMahon

4
Attack
Commack, NY
Commack

Junior

2008: Appeared in 11 of 13 games for ODU. Recorded 4 points, scoring 3 goals and adding an assist. Took 21 shots, 15 of which were on goal...Scored up 3 groundballs...Won 2 draws...2007: Deans list student at ODU. Key reserve for the Lady Monarchs, playing in 12 games...Scored two goals on just four shots...Found the net against Drexel (4/6) and against William & Mary (4/25)...Collected one groundball at Towson (4/13). Caused a turnover at Temple (3/24)...Prior to Old Dominion: Four-sport varsity athlete at Commack High School. A four-year lettermen 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...Daughter of Rich and Christine McMahon...Has one brother, Shaun (12)...Majoring in physical education.

Brienna Faust

19
Midfield/Attack
Lewes, DE
Cape Henlopen

Sophomore

2008: Played in 5 games...Scored 1 goal on 2 shots. Picked up 2 groundballs and won a draw...Prior to Old Dominion: Four-year varsity lacrosse player at Cape Henlopen High School at midfield/attack. Two-time First Team All-State. Voted MVF and Most Dedicated Player both junior and senior year. Holds single season and career scoring records at Cape Henlopen. Also a two-year varsity field hockey player as a forward. First Team All-Conference and Most Improved Player Award. Former All-State and All-American...Honors Society all four years...Personal: Born January 19, 1989...Full name is Brienna Leigh Faust. Daughter of Michael Faust and Terri Green. Has two brothers, Alec (14) and Dylan (7), and one sister, Sydney (9). Favorite sports personality is Reggie Bush. Person in history most like to meet is John F. Kennedy. Favorite book is “The Notebook”...Majoring in speech pathology and audiology.

Nicole McMahon’s Career Numbers

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**MEET THE Lady Monarchs**

**Clara Flanagan**
Sophomore
Sterling, VA
Attack/Midfield
Potomac Falls
5’3”

2008: Played in 6 games for ODU...fenced a turnover against #13 James Madison (4/18)...Prior to Old Dominion: Played three years of lacrosse and four years of volleyball at Potomac Falls high school...First Team All-District, Second Team All-Region and MVP twice...Two-Time Team Captain...Member of Virginia Commonwealth Tournament Team...Washington Post All-Extra Team...Captain of volleyball team as well as being an All-Tournament setter/libero...Personal: Born October 7, 1988...Full name is Clara Louise Flanagan...Daughter of Tom and Wanda Flanagan...Has one brother, Chad (23)...Great Grandfather, Steamer Flanagan, played on the Pittsburgh Pirates with Hall of Famers Honus Wagner and Fred Clarke...Favorite sports personality is Misty May...Majoring in exercise science.

**Sarah Geary**
Sophomore
Springfield, PA
Goalkeeper
5’6”

Prior to Old Dominion: Three-sport athlete at Springfield High School...Played four years of lacrosse as goalkeeper...First Team All-American her senior year...First Team All-Delco and First Team All-Central for three years...All-Southassem junior and senior year...District Champions three years including undefeated 21-0 campaign for senior year...Also played four years of field hockey and was named MVP her senior year...First Team All-Delco and First Team All-Central junior and senior year...Captain and MVP freshman year on basketball team...Personal: Born November 4, 1988...Daughter of Stephen and Judy Geary...Has one sister, Lauren (21)...Volunteers as a special needs teacher at summer camp...Majoring in elementary education/special education.

**Taylor Ketcham**
Sophomore
Hempstead, NC
Attack/Midfield
5’6”

2008: Played in 5 games for the Lady Monarchs...Prior to Old Dominion: Played three years of basketball and four years of lacrosse at Topsail High School...Academic All-American three years...MVF and Captain of the offense all four seasons...North Carolina Player of the Year...Leading scorer in North Carolina for two seasons...All-Conference all four years...First Team All-State...Member of the Lower Atlantic National Tournament Team twice...National Honor Society Member...Personal: Born October 17, 1988...Full name is Taylor Sparlock Ketcham...Daughter of Bruce and Jan Ketcham...Has one brother, Clarke Ketcham (23)...Most impressive person ever met is her late sister, Jennifer Rowe...Doesn’t like to be called “Taylor”...Favorite sports personality is Kelly Slater...Person in history she’d most like to meet is Jimi Hendrix...Majoring in English with a concentration in education.

**Tracy Reed**
Sophomore
Crumpton, MD
Attack
Queen Anne’s County
5’5”

2008: Appeared in 1 game for ODU...Prior to Old Dominion: Two-sport athlete at Queen Anne’s County High School in Maryland...Three-time offensive player of the year and twice team captain...First Team All-Midshore...All-Galaxy (CC) Lax...Leading scorer/junior and senior seasons while leading team to 2A East Regional championship and to the state semi’s in 2007...213 career goals...Also played varsity soccer for three years...Class president and Honor Roll student...Personal: Born May 12, 1989...Full name is Tracy Lynn Reed...Daughter of Linda Reed...Has one brother, Mark (27) and one sister, Megan (18)...Dreams of vacationing in Greece...Has set a goal in life to be a successful event coordinator...Favorite movie is “P.S. I Love You”...Favorite book is “My Sister’s Keeper”...Majoring in communication.
Meet the Lady Monarchs

Mary Birmingham
17
Freshman
Ambridge, VA
Attack
5'8"
Prior to Old Dominion: Played four years of lacrosse and field hockey under head coach Cindy Hack at Ambridge High School...Named First Team All-District twice, Honorable Mention once...First Team All-Region once and Second Team All-Region once...First Team All-District and First Team All-Region in field hockey senior year...Also All-District sophomore and junior year...Played two years of basketball...Personal: Born August 14, 1993...Daughter of Bob and Kathy Birmingham...Has two sisters, Maggie (16) and Kate (19), and one brother, Joe (13)...Favorite sports personality is Michael Phelps...Dream vacation would be a trip to Australia...Person in history she'd most like to meet is John F. Kennedy...Most impressive person met is her grandfather...Superstitions include wearing the same pair of spandex each game...Favorite movie is "Buddy"...Majoring in elementary education.

Lisa Bernardini
2
Freshman
Langhorne, PA
Midfield
5'7"
Prior to Old Dominion: Four-year varsity starter in high school...Team Captain her senior year for three sports...Named Bucks County Courier Times 2004-2008 Lacrosse Player of the Year...Scored 245 goals and 117 assists in her career...All-League player all four seasons...All-Region First Team all four years...Led team in scoring, ground balls and caused turnovers all four seasons...Started all four years in the varsity basketball and soccer teams as well...Player of the Year her senior year and All-League all four years in soccer...Personal: Born July 8, 1989...Daughter of Steve and Nancy Bernardini...Has one brother, Mike (21), who plays NCAA D-III Basketball at Muhlenberg College...Favorite sport personality is Michael Jordan...Favorite movie is "Love & Basketball"...Favorite book is "Inherit the Wind"...Mother is a Ursinus College Hall of Fame inductee...Favorite athlete is a three-sport athlete (field hockey, basketball, and lacrosse) and was a member of the U.S. Field Hockey team in the 1970s...Also plays women's soccer for the Lady Monarchs...Majoring in speech, language & pathology.

Alyssa Dragon
3
Freshman
Bridgewater, NJ
Midfield
5'5"
Prep: Played four years of lacrosse and field hockey for head coach Kathy Dehon...First Team All-American senior year, Honorable Mention All-American junior year...Two-Time Courier News Player of the Year...Named to First Team All-Conference, All County, All-Area, and All-State in both her junior and senior years...Named First Team All-Conference, All County, and All-Area her sophomore season, and named Second Team All State...Logged 274 career goals and 140 career assists...Also named All-Conference, All County and All-Area in the midfield for the field hockey team...A member of the National Honor Society...Personal: Born June 15, 1990...Daughter of Roy and Tamara Dragon...Has one brother, Roy (28), and one sister, Carlee (18)...Brother Roy is a wrestler for ODU...Favorite sports personality is John Clayton...Dream vacation would be a trip to Italy...Person in history she'd most like to meet is Martin Luther King, Jr...Hobbies include drawing...Favorite movie is "Gone at 16"...Favorite book is "Lucky Every Day" by Chip Siliverstein...Majoring in physical education.

Rebecca Hartrum
22
Freshman
Springfield, PA
Attack
5'6"
Prep: Four-sport athlete at Springfield High School...Academic All-American in track...Second Team All-Belco...Set multiple school records as a sprinter in winter track...Named to Honor Mention All-Delco team in tennis...Also played two years of soccer...Personal: Born February 6, 1990...Daughter of David and Nancy Hartrum...Has two sisters, Kim (23) and Heather (23)...Cousin Donna Couter played for the U.S. Lacrosse team... Goes by the nickname "Bail"...Favorite sports personalities are Brett Favre and Andy Roddick...Dream vacation would be in Hawaii...Person in history she'd most like to meet is Walt Disney...Hobbies include skiing, surfing and going to the beach...Most impressive people met are her parents...Favorite movie is "Uptown Girls"...Favorite book is "The Five People You Meet in Heaven"...Undecided on major.

Courtney Johnson
21
Freshman
Ellicott City, MD
Defense
6'0"
Prep: Three-sport athlete at Marriotts Ridge High School...Played four years of high school lacrosse...Earned Coaches Award on defense...MVP of the women's basketball team for two years, averaging 15 points per game...Also played middle hitter for the volleyball team...Personal: Born April 3, 1990...Daughter of Steven and Diana Johnson...Has one brother, Chris (15), and one sister, Samantha (13)...Goes by the nickname "Cory"...Favorite sports personality is Brian Piccolo...Dream vacation would be in Greece...Person in history most like to meet is Teddy Roosevelt...Most impressive person met is Becky Cipp...Favorite movies are "Rocky" and "Rocky III"...Undecided on major.

Kirkland Lewis
26
Freshman
Lansdale, PA
Defense
5'7"
Prep: Two-sport athlete at North Penn High School...Named "One to Watch" in North Penn Life...Played three years on defense and in goal...Also swam for two years, earning two district titles...Personal: Born January 25, 1990...Daughter of Anthony and Carolyn Lewis...Has one sister, Kirstin (23), and one brother, Kellen (17)...Favorite sports personalities are Cullen Jones, Reuben Loche and Ray Lewis...Most impressive person met is her father...Favorite movies are "Aladdin" and "Friday"...Favorite book is "Gossip Girl"...Undecided on major.
Why Monarchs?

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

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

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

The Monarch used by Old Dominion 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.

Hannah McBee


Rebecca Reymann

Prep: Named All-Baltimore County, First Team All-Division and All-County. Second Team All-Digital Sports. Valedictorian All-Tournament Team. Scholar Athlete Award. Led team in goals and total points. Also played four years of field hockey, named First Team All-Division twice and Second Team All-Division once. Honor Roll student. Personal: Born March 9, 1990. Daughter of David and Tammy Reymann. Has two brothers, Justin (20) and Colin (13). Goes by the nickname Becca. Dream vacation would be in Tahiti. Person in history she’d most like to meet is Bob Marley. Favorite movie is “It Takes Two.” Favorite book is “The Ploys of Being a Wallflower.” Majoring in physical education.

Sarah Wright

Prep: Three-sport athlete at Cazenovia High School in New York. Named First Team All-League and Most Valuable Player in lacrosse. Team Captain. Also named First Team All-League in Soccer and Track. Sectional champions in track. MP and team captain of soccer team as well. Personal: Born February 1, 1991. Daughter of Benjamin Wright and Shelly Kempton. Has three brothers, James Wright (16), Tim Kempton (11), and George Wright (5), and one sister, Marion Wright (19). Father was a Division Trooper for the Naval Academy. Mother was a Division I Skier at St. Lawrence University. Hobbies include swimming, beach volleyball, dancing and hanging out with friends. Favorite book is “Sisterhood of the Traveling Pants.” Undecided on major.
Lady Monarchs bid farewell to Foreman Field

The 2008 season looked promising early for the Lady Monarchs as the team was trying to make a return trip to the CAA Tournament for the first time since 2002-03. ODU won four straight to open the season, setting a new program-high for wins to start a season. However, the Lady Monarchs then suffered nine straight losses, finishing the season 4-9.

Led by senior goalie Sera Larson and a strong back line, the Lady Monarchs dropped American 9-5, St. Joseph’s 12-11, UMBC 9-5, and Rutgers 7-6 to open the year. The schedule then reared its ugly head as the next three games came against teams ranked in the nation’s top 20, including two on the road. On the season, five of the nine losses came against ranked teams: #4 Virginia, #9 George Mason, #10 North Carolina, #15 Towson, and #19 James Madison.

On April 20, the Lady Monarchs hosted #15 Towson in the final women’s lacrosse game at Foreman Field. The team moved to the Pocahatan Sports Complex in the summer of 2008. Old Dominion came out firing against the Tigers on a dreary day and went into the half up 7-5 on the nationally ranked CAA foe. The defense struggled in the second half, though, suffering a 6-1 run to end the game, losing to the eventual conference champions 11-8.

Junior midfielder Brittany Washko was an aggressive force all season for the Lady Monarchs, leading the team in caused turnovers (21) and groundballs (30). She was ranked 23rd in the nation in caused turnovers per game with 1.62. Senior Kelly Kimener led the offensive attack for ODU, scoring 19 goals and assisting on 13 more for 32 total points. Sophomore Ashley Kellogg and junior Jessica Noone added 29 and 26 points respectively. Kellogg led the team in goals with 23, giving her 41 during her first two years.

Kimener continues to climb the all-time charts for Old Dominion with her successful senior campaign. The Oakton, Virginia native is tied for 10th all-time in career goals with 79 and she is just two points and two assists away from being in the top 10 in each of those categories. She will return next season after being granted a fifth year by the NCAA.
## 2008 Review

### Women’s Lacrosse Statistics

Overall Record: 4-9 / 0-7

The Automated ScoreBook for Lacrosse
Old Dominion Overall Individual Statistics
All games (as of Jun 20, 2008)

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Total shots: 13

Opponents: 13

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Number of Shots by Player:

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Number of Shots by Team:

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Number of Shots on Goal by Team:

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Clears: Old Dominion 146-211 .659, Opponents 161-194 .830.
2009 Opponents

Blue Hen Schedule

February
13: at Longwood
26: at St. Joseph's
March
4: at Delaware
12: at Hofstra
23: vs. Delaware

Delaware
April 3
Location: Newark, Delaware
Tiger Schedule
March
1: at Mount St. Mary's
8: at UCSC
15: vs. UMW
22: vs. Washington College
29: at Maryland

April
1: vs. William & Mary
8: vs. Hofstra
15: vs. George Mason
22: vs. Delaware

Towson
April 5
Location: Towson, MD

www.bluehens.com
www.towsontigers.com

Patriot Schedule
February
27: vs. Johns Hopkins
28: vs. Virginia Tech
March
7: vs. George Washington
8: at St. Joseph's
14: vs. Boston University
18: vs. Georgetown
21: vs. UConn
25: vs. Temple
28: vs. Delaware
March 1: at Towson

April
2: at Hofstra
10: vs. Old Dominion
16: vs. William & Mary
23: vs. Virginia
27: vs. Towson
29: vs. James Madison

www.georgemasonva.com
www.jmusports.com

Pride Schedule
February
21: vs. Iowa
22: vs. Connecticut
28: vs. Brown
March
17: vs. Cornell
18: vs. Northwestern
19: vs. Notre Dame
21: vs. Mt. St. Mary's
23: vs. Rutgers
26: vs. Stony Brook
March 1: at Delaware
4: vs. Delaware
7: vs. Old Dominion
15: vs. William & Mary
25: vs. Delaware

Hofstra
April 17
Location: Hempstead, NY

March
14: vs. Hofstra
15: vs. Hofstra
21: vs. Hofstra
23: vs. Hofstra

April
10: vs. Hofstra
17: vs. Hofstra
24: vs. Hofstra
31: vs. Hofstra

Wax SD: Gary Stein
SD Phone: (516) 323-5274
SD Fax: (516) 323-0241
SD E-mail: gstein@hofstra.edu
www.hofstra.edu/athletics.com

Tribe Schedule
February
19: vs. Longwood
21: vs. Delaware
22: vs. James Madison
23: vs. George Mason
25: vs. Old Dominion
March
16: vs. Towson
17: vs. Delaware
21: vs. James Madison
23: vs. George Mason
24: vs. Old Dominion
March 1: vs. Towson
4: vs. Delaware
11: vs. James Madison
13: vs. George Mason
15: vs. Old Dominion
22: vs. Old Dominion

April
2: vs. Hofstra
9: vs. Hofstra
16: vs. Hofstra
23: vs. Hofstra
30: vs. Hofstra

Wax SD: Rob Turner
SD Phone: (757) 221-2270
SD Fax: (757) 221-2248
SD E-mail: rturner@odu.edu
www.tribeathletics.com

Drake Schedule
February
18: vs. Virginia Tech
20: vs. American
22: vs. Penn
28: vs. Villanova
March
6: vs. Hofstra
8: vs. Hofstra
15: vs. Hofstra
April
12: vs. Hofstra
19: vs. Hofstra
26: vs. Hofstra

Wax SD: James A. Scott
SD Phone: (410) 704-2136
SD Fax: (410) 704-2135
SD E-mail: jas@towson.edu
www.tribeathletics.com

www.hofstra.edu/athletics.com
www.drexeldragons.com

www.georgemasonva.com
www.jmusports.com

www.bluehens.com
www.towsontigers.com

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www.jmusports.com

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www.towsontigers.com

www.hofstra.edu/athletics.com
www.drexeldragons.com

www.tribeathletics.com
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 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 their everyday lives, the important qualities to have as a student-athlete, and the importance of education.

During the fall semester, the ODU women’s lacrosse team, with the Norfolk Rotary Club, took the time to read to elementary school students at Dreamkeepers Academy. The team also returned to distribute books for the children to keep. Above are freshman Mary Berntingham (left) and sophomore Brienna Faust (right) reading to the students.

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 school instructing the children on the fundamentals of the game.
With more than two decades of success athletically and academically, the Colonial Athletic Association has established a reputation as one of the nation’s top collegiate conferences.

The CAA encompasses five of the nation’s nine largest metropolitan areas with a geographic footprint that extends from Boston, Mass., to Baltimore, Md. The conference has produced 16 national team champions in five different sports. 33 individual national champions, 12 national players of the year, 11 national coaches of the year and 12 honorary award winners. Even more impressive, however, are the more than 1,700 of our 4,000 student-athletes who have earned the Commissioner’s Academic Award after posting at least a 3.2 grade point average while lettering in a varsity sport.

The landscape of the conference 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 (7), Washington, D.C. (8), Atlanta (9) and Baltimore (24). The number of television homes in the CAA market exceeds 19.7 million.

The CAA currently sponsors 22 sports with the addition of a 12-team football league in 2007. Male athletes compete for championships in baseball, basketball, football, men’s golf, men’s 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.

In 2007, the league produced six players receiving academic honors. All-America honors were earned by Patricia Donnelly of Hofstra, Emily Weidenhammer of Towson, Emily Rupp of James Madison, Jessica Cogliano of Hofstra, Courtney Johnson of William & Mary and Jayla Washington of Delaware.

In 2002, two faculty members from CAA institutions were awarded the American Academy of Achievement’s Distinguished Educator Award – Dr. John Fenn of the University of Pennsylvania and Dr. John Fenn of the University of Pennsylvania. The award recognizes outstanding contributions to the quality of life in society.

Commissioner Thomas E. Yeager has guided the CAA since its inception. The conference traces its roots back to 1953 when three of its current members – George Mason University, James Madison University, and the College of William and Mary – were founded as a 12-team basketball league (ECAC South). The league expanded to include football in 1967, followed by baseball in 1979 and soccer in 1981. The conference added the University of Delaware, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.

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.
1980 (7-4)
St. Mary's W, 21-0
James Madison L, 6-20
La Salle W, 9-7
Iona W, 6-2
Virginia L, 12-11
Mary Washington W, 12-11
Syracuse L, 9-14
Richmond W, 13-8
William & Mary* L, 6-20
James Madison* L, 10-15

* YIAW Tournament
Coach: Nikki Flowers

1981 (6-0)
James Madison L, 1-5
Virginia L, 1-6
La Salle W, 9-3
Virginia L, 0-0
Syracuse W, 7-1
James Madison* L, 5-8
Virginia* L, 1-6

* YIAW Tournament
Coach: Bath Anders

1982 (3-5)
William & Mary L, 1-11
James Madison L, 9-12
Virginia L, 6-0
Syracuse W, 7-1
William & Mary L, 3-8
Richmond W, 10-4
Maryland L, 1-7
Rutgers W, 11-5

1983 (0-11)
Richmond L, 7-10
James Madison L, 5-13
Massachusetts L, 0-10
William & Mary L, 2-9
Virginia L, 0-4
Lafayette L, 4-10
Virginia L, 3-12
James Madison L, 8-15
Maryland L, 3-13
Trenton L, 5-10
Rutgers L, 9-10

1984 (2-9)
Northwestern L, 2-7
James Madison L, 9-6
Virginia L, 6-9
William & Mary W, 4-5
Loyola L, 8-8
Temple L, 1-9
Richmond L, 4-8
Syracuse W, 7-1
Virginia* L, 5-6
James Madison* L, 1-3
Maryland L, 3-16

* State Tournament
Coach: Marla Karwas

1985 (2-10)
Boston College W, 5-6
Colgate W, 6-4
Northwestern L, 7-12
James Madison L, 2-17

1986 (4-9)
Colgate L, 7-5
James Madison L, 4-0
Virginia L, 5-0
Virginia L, 5-0
Virginia L, 4-2
James Madison* L, 4-4
Syracuse W, 14-6
Lehigh L, 5-2

* YIAW Tournament
Coach: Melissa Magee

1987 (7-8)
Colgate L, 7-8
Vermont W, 4-3
La Salle L, 11-5
Virginia L, 5-11
Virginia W, 17-10
Virginia W, 5-10
William & Mary* L, 5-12
Loyola* L, 7-8

* South Atlantic Tournament
Coach: Melissa Magee

1988 (5-7)
Virginia W, 10-4
Boston College W, 12-3
Northwestern W, 11-2
Virginia L, 17-6
UMBC W, 12-4
Virginia L, 17-6
Richmond L, 10-1
James Madison L, 5-8
Maryland L, 5-12
Loyola* L, 7-6

* South Atlantic Tournament

Coach: Carla Hisler

1989 (5-6-0 CAA)
Princeton L, 1-25
New Hampshire W, 1-11
UMBC W, 13-6
Virginia L, 1-15
James Madison L, 1-13
William & Mary L, 1-12
Virginia W, 9-7
Loyola L, 2-7
Richmond W, 7-4
Virginia L, 11-4

* South Atlantic Tournament
Coach: Beth Anders

1990 (5-8)
Georgetown W, 9-4
Lafayette L, 6-13
Northeastern W, 11-12
Dartmouth W, 7-3
Virginia L, 1-7
Virginia L, 1-7
Richmond L, 1-7

* South Atlantic Tournament
Coach: Marla Karwas

1991 (2-11)
Maryland L, 5-14
Virginia L, 4-14
Boston College W, 7-10
North Carolina W, 15-7
William & Mary W, 6-15
UMBC W, 9-4
Richmond L, 3-11
Loyola W, 1-0
Virginia W, 14-6
Lehigh L, 6-18

* CAA Tournament at Loyola
Coach: Beth Anders

1992 (6-11-2-3 CAA)
Virginia L, 5-6
Virginia W, 2-4
Richmond L, 3-18
Loyola* L, 3-18

* South Atlantic Tournament

Coach: Dave Glaze

1993 (7-10-3-3 CAA)
Penn State L, 9-11
Virginia L, 3-8
Lehigh W, 11-9
William & Mary W, 7-6
Loyola W, 17-12
Temple W, 7-4
Virginia L, 17-6
American* L, 11-16

*CAA Tournament at Old Dominion
Coach: Tom Golding

1994 (9-8-5-2 CAA)
George Mason W, 17-3
at #1 Virginia L, 1-11
Lafayette W, 13-8
#3 Dartmouth L, 14-14
Richmond W, 12-11
#6 Delaware W, 10-10
UMBC L, 10-13
#5 Harvard L, 1-13
#11 James Madison W, 6-16
at #3 Loyola L, 1-12
Richmond* L, 1-12
at #10 William & Mary L, 6-8
at #9 Penn State L, 1-10

*CAA Tournament at American
Coach: Sue Stahl

1995 (10-7-5-2 CAA)
Colonial Athletic Association Champions
#5 Penn State W, 7-6
#3 Virginia W, 6-14
#19 Delaware W, 10-15
#20 Richmond W, 10-16
#13 James Madison W, 13-13
#12 William & Mary W, 5-10
#3 Loyola W, 17-4
#12 UMBC W, 3-13
#16 William & Mary L, 10-13
American* W, 2-13
#17 George Mason* W, 1-4
American W, 2-20
#13 Delaware W, 9-3

*CAA Tournament at Richmond
Coach: Sue Stahl

1996 (8-7-4-2 CAA)
vs #4 Virginia L, 1-0
at #1 Virginia L, 0-2
Richmond W, 17-2
#10 Delaware W, 15-9
vs #25 James Madison W, 9-3
at #1 Maryland W, 14-15
vs #2 Penn State L, 4-15
at Virginia Tech W, 6-8
#12 Temple L, 11-5
UMBC W, 13-2
#17 George Mason L, 3-23
American W, 2-20
vs #19 George Mason W, 1-4
vs #18 William & Mary* L, 1-16

*CAA Tournament at Old Dominion
Coach: Don Moir

1997 (7-10-3-3 CAA)
Penn State W, 4-12
UMBC L, 1-12
#10 William & Mary L, 7-4
at #9 Penn State L, 1-10

*CAA Tournament at Richmond
Coach: Sue Stahl

1998 (5-10-2-4 CAA)
vs #3 Virginia L, 1-13
Delaware L, 7-8
Richmond L, 10-3
Brown L, 2-9
#9 James Madison L, 4-12
at #8 Penn State L, 7-11
at George Mason L, 9-11
at American L, 1-16
at #8 William & Mary L, 6-4
#5 Loyola W, 1-6
UMBC L, 6-18
George Mason* L, 1-10
Rutgers L, 7-10

*CAA Tournament at Richmond
Coach: Sue Stahl

1999 (6-9-3-3 CAA)
#3 Virginia L, 3-4
at #9 Loyola L, 5-14
at #13 Delaware W, 12-7
#12 William & Mary L, 5-10
at #12 Rutgers L, 6-5
#20 George Mason W, 9-4
at #9 Temple L, 7-4
#13 Boston Univ. W, 6-5
#17 JMU W, 2-7
#11 Maryland L, 9-16
#17 George Mason* L, 4-5
American W, 7-4
vs #13 Delaware L, 7-10
at UMBC L, 9-11
#7 Penn State L, 7-18

*CAA Tournament at Richmond
Coach: Sue Stahl

2000 (5-11-2-4 CAA)
#4 Virginia L, 6-15
#14 Delaware W, 9-14
#13 Delaware L, 10-5
Rutgers W, 9-8
#19 Temple L, 5-10
#12 William & Mary* L, 7-12
at #1 Maryland L, 4-21
at American L, 17-6
UMBC W, 13-12
#8 Loyola W, 6-14
#3 Ohio State W, 7-3
at #13 George Mason L, 7-14
at #11 Boston Univ. L, 6-10
at New Hampshire W, 8-3
vs. #1 William & Mary* L, 9-18

*CAA Tournament at Old Dominion
Coach: Don Moir

2001 (9-7-3-3 CAA)
#8 Virginia W, 9-14
at #13 Delaware L, 11-4
Pennsylvania L, 7-3
#5 James Madison W, 1-6
at Temple L, 10-8
#20 George Mason W, 16-13
#9 American*, W, 7-6
at Richmond* L, 7-10
at UMBC W, 17-8
#10 William & Mary L, 6-12

*CAA Tournament at Richmond
Coach: Sue Stahl
2002 (13-5/6-2 CAA)

LADY MONARCHS VS. OPPONENTS

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2003 (12-4/7-0 CAA)

Colonial Athletic Association Regular Season Champions

American | W, 16-11
#2 Virginia | L, 5-17
at UMBR | W, 15-10
at #2 Richmond | W, 13-12
George Mason | W, 11-6
#10 James Madison | W, 13-12
William & Mary | W, 15-12
vs. Boston Univ | L, 12-14
at Hofstra | W, 12-10
Drexel | W, 5-7
at Delaware | W, 12-11
at Towson | L, 4-18
vs. Hofstra* | W, 14-10
vs. #4 James Madison* | L, 6-11

2004 (5-11/1-6 CAA)

at American | W, 15-8
umbc | W, 15-11
Richmond | L, 6-15
at #7 Maryland | L, 7-13
#7 James Madison | L, 8-19
at #6 Virginia | L, 6-17
at Hofstra | L, 7-8
drexel | L, 7-8
#7 North Carolina | L, 7-11
Delaware | L, 10-18
towson* | L, 15-19
at #17 William & Mary | W, 13-12
at Rutgers | W, 9-8

COACHING RECORDS

Miki Flowers | 7-4 (1980)
Beth Bowers | 22-12 (1981-82, 88-90)
Carol Hauser | 6-11 (1983)
Marcia Kunas | 4-11 (1984-85)
Melissa Magoe | 11-17 (1987-90)
Sue Stahl | 129-136 (1981-present)

* indicates Colonial Athletic Association Opponents
# All-Time Statistics

## Points Leaders

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## Save Percentage Leaders

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| Lenore Tornetta (1984-1987) | 68.2%
| Margie Kelly (1983-1986) | 67.3% |
| Mandy Stewart (1980-1983) | 63.0% |
| Heather Walden (1992-1995) | 59.4% |
| Barb DiArcangelo (1992-1993) | 59.0% |
| Angie Stead (1995-1998)  | 54.7% |
| Mary Lib Delong (1986-1989) | 50.0% |
| Shelly Behrens (1985-1988) | 48.6% |
| Laurie Koller (1998-2001) | 47.6% |

## Goals Against Average Leaders

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## Seasonal Leaders

### Goal Leaders

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Ashley Stanwick (above) and Katie Venziale were both named to the IWLCA Academic Honor Roll in 2006. Stanwick completed the season with a 3.2 gpa in occupational technical studies with a minor in marketing. Venziale posted a 3.2 grade point average in psychology with a minor in biology.

Suzanne Woszyna became the first Lady Monarch to earn three All-America titles. Woszyna 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
2007  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 Woscyna
2003  Suzanne Woscyna
2004  Suzanne Woscyna
2005  Caroline Jacobs
2006  Sarah Woscyna
2007  Caroline Jacobs

CAA-All Rookie Team
2006  Jessica Noone
2007  Ashley Kellogg
2007  Jillian Taylor

ALL-COLONIAL ATHLETIC ASSOCIATION

Lindsey Belle...........................................2007 (2)
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)
Takyah 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), 2007 (2)
Dana Kuchta..........................................1996 (2)
Pam Moyer.............................................1995 (1)
Kailynne Ross........................................1998 (2), 1999 (1)
Pam Seebald...........................................2000 (2)
Melody Shotwell.....................................2002 (2)
Marlaine Smith......................................2002 (2)
Angie Stead..........................................1997 (1)
Brooke Thomas......................................2001 (2), 2002 (2)
Katie Veneziale......................................2007 (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)
Carrie Wightman....................................1996 (2)

ACADEMIC ALL-CAA

1995  Ericka Davidheiser  Jenn Karr
1997  Katie Adler  Jenn Bajus  Kendra Finger  Shannon Hart
1998  Katie Adler  Jenn Bajus  Carly Brown  Kailynne Ross  Pam Seebald  Amy Wade
2001  Katie Adler  Jenn Bajus  Carly Brown  Kailynne Ross  Pam Seebald  Heather Simon  Amy Wade  Dana Wostinski
2002  Kenda Finger  Valene Gloch  Jennifer Hester  Kelly Jeffreys  Kelly Kanara
2003  Kenda Finger  Valene Gloch  Jennifer Hester  Kelly Jeffreys  Kelly Kanara

2004  Danielle Hensil  Kelly Jeffrey  Marlaine Smith
2005  Colleen Canver  Valerie Gloch  Sara Lason  Erica Peterson  Ashley Starwick  Krista Townsend
2006  Marlaine Smith  Ashley Starwick  Carrie Vanderlind  Vanna Vanderlind  Marilyn Wescott
2007  Danielle Hensil  Kelly Jeffrey  Marlaine Smith

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

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## VIL All-Tournament

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## USWLA National Tournament

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<td>1994</td>
<td>Jen Deckelman</td>
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<td>1994</td>
<td>Barb DiArcangelo</td>
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<td>1995</td>
<td>Pam Moyer</td>
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<td>1995</td>
<td>Jenn Karr</td>
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<td>1996</td>
<td>Heather Walden</td>
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<td>1996</td>
<td>Takeyah Gettys</td>
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<td>1998</td>
<td>Pam Moyer</td>
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<td>1998</td>
<td>Heather Walden</td>
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<td>1998</td>
<td>Ericka Davidheiser</td>
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<td>1999</td>
<td>Amy Duerr</td>
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<td>1999</td>
<td>Sara Swart</td>
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<tr>
<td>2002</td>
<td>Kailynne Ross</td>
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<td>2002</td>
<td>Sue Wolfgang</td>
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<td>2002</td>
<td>Laura Foerster</td>
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<td>2002</td>
<td>Sara Swart</td>
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<td>2002</td>
<td>Sue Wolfgang</td>
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<td>2001</td>
<td>Laura Foerster</td>
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<td>2002</td>
<td>Laura Foerster</td>
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</tbody>
</table>

## NCAA Postgraduate Scholarship

- 1998: Takeyah Gettys (Ethnic Minority Award)

## US Developmental Squad

- 1998: Takeyah Gettys
- 2003: Suzanne Woszczyna

## U.S. National Team

- Ericka Davidheiser
- Barb DiArcangelo
- A -
Aiken, Maureen 1983-85
Aranžulis, Lori 1986-88
Asmus, Carol 1989
Aster, Katie 1997-00

- B -
Bajus, Jenna 1997-00
Bann, Cindy 1991
Barber, Hannah 2006-
Barber, Debra 1980-81
Barnes, Kim 1983-83
Baumgartner, Amy 1993-95
Berg, Alan 2007
Rehren, Shelly 1985-88

- C -
Bell, Lindsey 2006-
Bellomo, Karyn 1991
Billger, Nancy 1991-94
Boettli, Dina 1990
Bosworth, Martha 1991-92
Bracant, Diane 1983-85
Brandon, Margaret 1989-90
Brinsfield, Judy 1980-82
Brown, Alison 1994-97
Brown, Jacqueline 2003-07
Brown, Carly 1995-98
Bruno, Katherine 2007-

- D -
Caddick, Cathy 1993-94
Calkin, Kim 1999-03
Carver, Colleen 2004-05
Carp, Jessica 2007-
Catania, Lauren 1995-98
Chamberlain, Celina 1995-98
Clements, Carol 1993
Clement, Amy 1993-95
Conway, Molly 2000-02
Cronin, Natasha 1991-94
Culley, Lynn 1986

- E -
David, Shana 1992-95
Davis, Tamera 2003-06
Davis, Karen 1989-92
Deckelman, Jen 1990-93
DeLong, Mary Lib 1996-98
DePaz, Nicole 2005
DiCicco, Greg 2002-03
Dobbs, Bridget 2006

- F -
Dodd, Sarah 2008-
Driscoll, Lisa 1877-90
Dwyer, Amy 1992-95
Duggin, Jacqueline 2007
Farrell, Amy 1986-87
Farrell, Amy 1986-88
Faust, Brianna 2008-

- G -
Gannon, Michelle 2003-06
Gary, Sarah 2008-
Gentile, Janie 1981-83
Getts, Sherry 1995-96
Geoco, Valeria 2002-05

- H -
Hagan, Brittany 2006
Hagen, Helen 1980-81
Haley, Danielle 2004-07
Halperek, Patricia 1980-83
Hersford, Lori 1992-95
Harty, Shannon 1980-91
Havers, Peggy 1980-92
Hayes, Terry 1989-93
Heaney, Katie 1997-00
Heister, Jennifer 1999-02
Hersi, Danielle 2000-03
Hepburn, Stacia 1994-97
Herbert, Carol Anne 1988-89
Herbert, Karen 1989
Hill, Dawn 1983-86
Hightower, Yogi 1981-84
Heinzes, Kim 1989
Heinsky, Lynn 1987-90
Heldor, Mary Beth 1980-82

- J -
Jacobs, Caroline 2004-07
James, Carolyn 1990
James, Kelly 1989-90
Jeffreys, Kelly 2001-04

- K -
Kash, Tanya 1983-86
Kanara, Kelly 2001-04
Kapusta, Kristen 1998
Karr, Jon 1992-95
Kellogg, Ashley 2007-
Kelly, Margaret 1983-86
Kennedy, Jessica 1995
Ketcham, Taylor 2008-

- L -
Kramer, Kelly 2005-06
Keller, Lauree 1989-91
Kuchta, Dana 1993-96

- M -
Malan, Kendra 1999-02
Fisher, Jill 1995-96
Friedman, Clara 2008-
Freer, Laura 1996-99
Frosa, Cathy 1989-92
Frech, Miken 1987-92
Froelich, Monica 1987-92
Fursten, Meredith 1995

- N -
Nagornyi, Alicia 1997-98
Neff, Pam 1989-90
Nichols, Lauren 1997
Nicholson, Greta 1980-82

- O -
O’Connell, Denise 1993-96
O’Leary, Beth 2001-02

- P -
Palmer, Cathy 1986-88
Padley, Kim 1989-91
Paul, Sigrid 2000-08
Peregrin, Rachel 2003
Perella, Carina 1991-92
Peterson, Erica 2002-08
Petrie, Megan 1989-97
Pfeifer, Nancy 1994-97
Ponzi, Shannon 1998-99
Powers, Joanne 1989-97
Pulliam, Doris 1994-97
Randoz, Cecilia 1998-99
Reed, Tracy 2008-

- R -
Reese, Jen 1994-97
Reese, Jill 1998-99
Reminger, Leigh 1992-93
Reinhagen, Julie 1985-90
Richard, Gabby 1985-92
Ritchie, Carina 1995-96
Ritchie, Rebecca 1994
Roberts, Linda 1985-97
Rodriguez, Janine 2001-04
Roble, Donna 1984-87
Rogers, Kelly 1990-97
Rogers, Kelly 1991
Ross, Kelly 1995-96
Rudderow, Karen 2009-07

- S -
Sarr, Carolyn 1989-90
Schwal, Kaelin 2005-08
Seabold, Pam 1997-98
Shaw, Jennifer 2002-04
Shoemaker, Melody 2002-06
Shepherd, Jennifer 1989-96
Smith, Marjorie 2002-07
Smith, Robin 1993-98
Smol, Stephanie 2001-04
Snoek, Judy 1989-97
Spodden, Stacy 1997-00
Stanwick, Ashley 2007-08
Stein, Angie 1995-98

- T -
Stahl, Shelly 1983
Stewart, Andy 1980-83
Storer, Tiffany 2000-01
Suthland, Amy 1991-93
Szatkowski, Berne 1992-95

- V -
Van Kuren, Cheryl 1983-86
Venezia, Katie 2004-07

- W -
Wade, Amy 1997-90
Walden, Heather 1992-95
Wallace, Cindy 1982-85
Walsh, Jennifer 1983-86

- Y -
Yost, Margie 1982

- Z -
Zylka, Michelle 1986-89
John R. Broderick became acting president of Old Dominion University July 1, 2008. Broderick joined Old Dominion in 1993 as director of public information and has served as vice president of institutional advancement and admissions since 1995. In 2003, he was given the additional responsibilities of chief of staff. His areas of responsibility include admissions, athletics, community relations, governmental relations, licensing, marketing, media relations, military affairs, photography, publications, special events, student financial aid and the campus Visitor Center.

In addition, he serves as executive editor of both the alumni magazine and Queste, the faculty research magazine. Broderick recently chaired the committee to select ODU's provost, and he currently heads university-wide initiatives for branding, enrollment management and emergency communications. Broderick was one of four finalists for the PR News' 2006-07 Professional of the Year award for an academic institution.

In addition to his administrative duties, he annually teaches the School, Community and Political Science course to graduate students in the Darden College of Education and has written articles for the Chronicle of Higher Education, Hartford Courant, Baltimore Sun, Sporting News, Pittsburgh Post-Gazette, Richmond Times Dispatch, Virginia Pilot and Daily Press.

Prior to coming to ODU, Broderick was a faculty member at the University of Pittsburgh and an administrator at St. Bonaventure University. He also served as the tourism director for The Island of Martha's Vineyard and as a reporter for several newspapers in Massachusetts and Connecticut.

Dr. Jim Jarrett

When Jim Jarrett arrived on the campus of Old Dominion University in the fall of 1987 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 39th year as athletic director in 2008, taking over the reins in 1970 when Bud Metheny stepped down from that position. As one of the youngest athletic directors in the nation at that time, Jarrett quickly began to make a name for himself and ODU. In 1974, Jarrett became the first athletic director in the state of Virginia to award grant-in-aid scholarships 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, the ODU Sailing Center, the Athletic Administration Building, the ODU Soccer Complex, the 8,500-seat Constant Convocation Center, the Folkes-Stevens Indoor Tennis Center, the Powhatan Sports Center and renovations to the Athletic Administration Building. Currently, Jarrett is overseeing Foreman Field renovations that will support the addition of a football program at Old Dominion. For all his efforts, Jarrett has been honored many times by national and local groups. Most recently, he 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. Jarrett 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, Jarrett and his wife Suege reside in Norfolk.
Old Dominion University began its tradition of excellence when it was founded in 1930 by the College of William and Mary, the second oldest university in the United States. Established as an extension of William and Mary in Williamsburg, Old Dominion began educating teachers and engineers. The two-year school rapidly evolved into a four-year institution, and was granted independence in 1962 as Old Dominion College. It attained university status in 1969.

Today, Old Dominion enrolls more than 22,000 students, including approximately 6,200 graduate students. The university offers 70 bachelor’s degrees, 60 master’s degrees, 36 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. The university has achieved designation as a Research University (high research activity) from the Carnegie Foundation for the Advancement of Teaching.

Proud of its past, Old Dominion constantly looks to the future and prides itself on its continually expanding research and teaching programs. A forward-focused, public doctoral research university, it serves students from around the world who want a rigorous academic experience in a profoundly multicultural community. At Old Dominion, nationally recognized faculty use real-world expertise and innovative teaching methods to challenge students to achieve their highest goals. The university’s entrepreneurial approach to problem solving drives cutting-edge research, eminent scholarship and strategic partnerships with government, business, industry, organizations and the arts.

Approximately 730 full-time and 550 part-time faculty members bring a wealth of talent to Old Dominion classrooms each day. Many have been recognized on the state and national levels with awards for teaching, research and service. Since 1996, Old Dominion faculty have won three professor of the year awards from the Carnegie Institute for the Advancement of Teaching, one Humboldt Award, three Virginia Outstanding Scientist awards, and 22 Virginia Outstanding Faculty Awards that are sponsored by the State Council of Higher Education for Virginia.

The students at Old Dominion share a special sense of excitement derived in part from the rich tapestry of backgrounds, cultures and ages represented on campus. Students hail from all 50 states and more than 100 countries. Studying in this multicultural environment, and taking advantage of a guaranteed internship program, offers students a true edge after they graduate and begin to compete for jobs. Among ODU’s outstanding students in recent years are a Rhodes Scholar, Truman Scholar and three USA Today Academic All-Americans, as well as the first undergraduate in Virginia to earn a patent.

Situated on 188 acres near downtown Norfolk, Old Dominion’s main campus stretches from the Elizabeth River to the Lafayette River. With its garden areas, reflecting pools and spacious green lawns bordered by tree-lined walkways, the campus offers the best of both worlds – a beautiful setting and just minutes away from Hampton Roads’ largest cities.

One of the most exciting developments on the campus today is the University Village, with its impressive centerpiece, the Ted Constant Convocation Center, which opened its doors in 2002 and hosts everything from basketball games to concerts to commencements. This 75-acre development at the east end of campus is home to 960 modern student apartments, a variety of restaurants and shops, a hotel, research facilities, an art gallery and bookstore.

On the main campus, at the west end of the grassy, five-acre Kaufman Mall, lies Webb University Center, a spacious facility for student life that dazzles with its two-story glass facade. At the north end of campus is the Williamsburg Lawn, with its towering willow oak trees and 1930s-era buildings, offering students and visitors a trip back in time to the beginnings of the university. Recent additions to the campus include an indoor tennis center, orchid conservatory and research building.

Scheduled to open during the 2008-09 academic year are a student recreational center, physical sciences building and sports complex for the football, field hockey and lacrosse programs.

The university is located approximately 200 miles south of Washington, D.C., and is a short drive to Virginia Beach, Williamsburg and the Outer Banks of North Carolina. Prospective students and families are welcome to visit the campus Monday through Saturday throughout the year.
The Ted Constant Convocation Center is the site of many campus events and is home to the university’s men’s and women’s basketball programs.

Koch Hall houses the university administrative offices.

Old Dominion University campus.

The Old Dominion University dance team with Big Blue.
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 underwent 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 is also the home of the Jacobson Athletic Academic Center.

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 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., AT.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, includes the most up-to-date in nautilus and free weight equipment, all under the supervision of the Head Strength and Conditioning Coach.

The Intercollegiate Athletics Building also houses the administrative staff including the athletic director, the associate and assistant athletic directors, the offices of sports information, marketing, athletic camps, 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 quadrants of the campus that includes the 4,000 seat Old Dominion Soccer Stadium, the 2,500 seat Bud Metheny Baseball Complex, the Folkes-Stevens Indoor Tennis Center, and the Student Recreation Center, which is undergoing major renovation and expansion.

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 launchers, 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.

Foreman Field, located behind Rollins Hall on the northern edge of the campus, is currently home to the field hockey and lacrosse teams. In 2008, the field will be the home field for Monarch football.

In August 2008, the university officially opened the Powhatan Sports Complex. This new facility houses the football, field hockey, and lacrosse programs. It includes offices, locker rooms, meeting rooms, a weight room, football practice fields and a new stadium for field hockey and lacrosse.
The Lacrosse Stadium includes:
- 1,500 permanent seats, with room for an additional 1,500 temporary/expansion seats,
- “AstroTurf 12”, the most preferred playing surface by collegiate and professional players and coaches,
- A “water cannon” watering system,
- The latest in technology for scoreboards, the press box and field lighting,
- Concessions and restrooms,
- Easy access and parking for lacrosse games and athletic camps.

Sports Center- A state-of-the-art facility that includes:
- Offices, locker rooms, athletic training and strength training areas,
- Two-story terrazzo entrance lobby, that will include display areas,
- Outdoor second level balcony, suitable for entertaining, overlooking the lacrosse stadium,
- Over 6,000 square feet for strength training, that includes the latest in fitness and weight equipment.
- Over 3,000 square foot athletic training facility.
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 15 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; and 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 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 Nautilus, 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, debared 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 Virginia Beach ocean front is only minutes from the Old Dominion campus.

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 Zoo in Norfolk.

The totally refurbished Harrison Opera House offers the premiere facility for elegant affairs. Dramatic towers frame the dynamic new façade and enclose elegant staircase to the grand foyer and balcony levels.

Mermaids on Parade: One of the most distinctive sights around Norfolk is the individually designed mermaids. Fashioned after the city’s logo celebrating a New Norfolk, the Mermaids on Parade were conceived as a community campaign to benefit the arts.

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

Harbor Park is proud to be the home of the Norfolk Tides, the Baltimore Orioles AAA baseball team.
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 April Brecht, life skills program director/academic advisor and Devon Utenwyl, Erik Bennett and Julian Williams, academic advisors for student-athletes. Their offices are located in the Jacobson Athletic Academic Center inside the Athletic Administration Building, with convenient access to all the student-athletes.

Among the programs available to student-athletes:

**SUPERVISED STUDY SESSIONS**
Supervised study sessions are required for all freshmen, transfer student-athletes, and select upperclassmen. Study sessions are held in the Jacobson Athletic Academic Center. Students can attend day or evening hours for a minimum of six hours 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
- Tutoring program by request and/or referral
- UNIV 100 (University Orientation) class
- Academic progress/attendance reports during each semester
- Intervention - illness, injuries, etc. reported to faculty
- Laptop checkout for athletic travel

**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

**The Service Commitment**
- Monarch ReachOut service project referrals and contacts
- CAA Blood Drive

**The Career Development Commitment**
- Networking and referral are provided in cooperation with our career management center
- Educational programming
- UNIV 120 (Career Planning) class
- Interview, cover letter, and resume techniques

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**STUDENT ATHLETE ADVISORY COMMITTEE (SAAC)**

The SAAC serves as a voice for student-athletes to address issues common to all teams. The committee allows student-athletes to address concerns with administrators to improve the student-athlete experience.

The CAA selects an athlete from each school in the conference to attend a student-athlete advisory meeting in the spring of each year. The selected college representatives are given the opportunity to discuss issues at the conference level.