HAMPTON ROADS, VA
Quick Facts

GENERAL INFORMATION
Location: Norfolk, VA 23529
Nickname: Monarchs
Founded: 1930 (as the Norfolk Division of the College of William & Mary)
Enrollment: 22,287
School Colors: Slate Blue (PMS 540), Silver (PMS 877), & Light Blue (PMS 283)
President: John R. Broderick (interim) (Northeastern)
Athletic Director: Dr. Jim Jarrett (SIU-Carbondale '59)
Office Phone: 757-683-3369
Sr. Women's Administrator: Deb Polca
Athletic Department Phone: 757-683-3375
Ticket Office Phone: 757-683-4444
Athletic Trainer: Marty Bradley
Official Website: www.odusports.com

COACHING STAFF
Head Coach: Heather Weisel (Purdue '88)
Office Phone: 757-683-6715

ASSISTANT COACHES
First Assistant Coach: Daniel Garbutt (Princeton '01)
Assistant Coach: Lisa Milne (Ohio University '02)
Volunteer Assistant Coach: Joseph Drebaum (Worcester Polytechnic Institute '03)

SPORTS INFORMATION
Sports Information Dir: Carol Hudson, Jr.
Office Phone: 757-683-3372
E-mail: chudson@odu.edu
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Associate SID / Rowing Contact: Jamar Ross
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Mail Address: Rm 1102 / Athletic Admin. Bldg
Norfolk, VA 23529-0201
Athletic Ticket Office: 757-683-4444

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Credits
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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, and Virginia Polytechnic Institute in Blacksburg, 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 650 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 1990, Old Dominion faculty have won three professor of the year awards from the Carnegie Institute for the Advancement of Teaching, one Humbolt 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, and residence halls.

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.
Rollins Hall houses the University’s admissions, financial aid, and other support offices. Koch Hall houses the University Administration. The Webb Student Center houses student services and many dining options. The Ted Constant Convocation Center is the site of many campus events and is home of the university’s men’s and women’s basketball programs. The University Bookstore.
Norfolk serves as the cultural, financial and business hub of the Hampton Roads Metropolitan Area, which comprises the cities of Norfolk, Portsmouth, Virginia Beach, Chesapeake, Suffolk, Hampton, and Newport News. With a combined population of 1.5 million, the Hampton Roads area is the 27th largest Metropolitan Statistical Area in the U.S.

Founded in 1682, Norfolk has been a gateway to Virginia for commerce and industry since the early 17th century. The city is home to the Norfolk Naval Base, the world’s largest naval installation and homeport to the U.S. Navy’s Atlantic and Mediterranean fleets; the MacArthur Memorial, the final resting place of famed General Douglas MacArthur; The Chrysler Museum, an art museum showcasing the collection of Walter P. Chrysler, son of the auto company founder; and Norfolk Botanical Garden, host to many celebrations including the International Azalea Festival.

Norfolk’s 12,000-seat Harbor Park is home to the Norfolk Tides, the top minor league team in the Baltimore Orioles organization. Waterside marketplace and Town Point Park create a lively waterfront activity center for outdoor concerts, many festivals, and dining with the best sunset views around.

Tall ship cruises, harborside shops, the quaint whistle of the Elizabeth River Ferry, the new Nauticus, one of the nation’s premier maritime museums and learning centers, and a climate ranked among the nation’s most desirable, all make Norfolk an exciting location for university studies.

Just 20 minutes from downtown Norfolk is the oceanfront resort city of Virginia Beach, with its miles of beaches on the Atlantic Ocean and the Chesapeake Bay.

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

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

Also within an easy drive are Richmond, the capital of Virginia and former capital of the Confederacy during the Civil War; the North Carolina Outer Banks, including the Wright Brothers Memorial at Kitty Hawk and the Cape Hatteras National Seashore; and the nation’s capital in Washington, D.C.
Opposite page: (top) 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. (far left) The Pagoda (a.k.a. Marine Observation Tower) was a gift to the Commonwealth of Virginia from the Provincial Government of Taiwan of the Republic of China in 1989 to celebrate trading ties. The Garden features over 125 species of Asian plantings and the largest Koi pond on the East Coast. (right) Norfolk has become the perfect mid-Atlantic port for launching cruise vacations to Bermuda, the Bahamas, the Caribbean and Canada/New England.

This page: (top) The Virginia Beach ocean front is only minutes from the Old Dominion campus. (left top) The sand castle competition is the highlight of the annual Neptune festival in Virginia Beach. (left bottom) The Virginia Zoo in Norfolk. (below) Harbor Park is proud to be the home of the Norfolk Tides, the Baltimore Orioles AAA baseball team.
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., A.T.C., and his two full-time assistants, along with a staff of graduate assistants and student assistants.

The strength training room, built specifically for student-athlete use includes the most up-to-date in nautilus and free weight equipment, all under the supervision of the Head Strength and Conditioning Coach, Paul Helsel.

The Intercollegiate Athletics Building also houses the administrative staff including the athletic director, the associate and assistant athletic directors, the offices of sports information, ODU Sports Properties, athletic camps, and wrestling. The Athletic Support Office and Buildings and Grounds offices are also located in the Intercollegiate Athletics Building, which is located in the middle of the athletic quadrant of the campus that includes the 4,000 seat Old Dominion Soccer Stadium, the 2,500 seat Bud Metheny Baseball Complex, the Folkes-Stevens Indoor Tennis Center, and the Student Recreation Center.

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

Foreman Field, located behind Rollins Hall on the northern edge of the campus, will be the home field for Monarch football in 2009. On September 13, 2008, the university opened the Powhatan Sports Center. This new facility houses the football, field hockey and lacrosse programs. The Center includes offices, locker rooms, meeting rooms, a weight room, football practice fields and a new stadium for field hockey and lacrosse.
Old Dominion University is in the plans to construct a two-story, 9,380 square foot, boathouse that will house the Lady Monarchs rowing program. Set to open in the fall of 2009, the boathouse will feature two heated and air conditioned bays on the first floor with storage space for approximately eight eights, six fours and over 12 pair/doubles and singles. Also on the first floor will be a team locker room that will accommodate up to 60 student-athletes.

The coaches’ offices will be on the second floor, along with a team lounge/study area that will have a flat screen television and wireless internet access. A training area with enough space for 40 rowing machines and other training equipment will also make up the second level.

The Old Dominion University Boathouse will complete the Robertson Rowing Center complex, located on the north side of Lakewood Park on the Lafayette River.
Living Like a Monarch

Above, The Webb Student Center

Above, Cafe 1201 in the Webb Student Center

Basketball at the Ted Constant Convocation Center
Discipline, Effort, Commitment. These are the words associated with the strength and conditioning program at Old Dominion University.

“When I was hired here at ODU, my goal was to create a new attitude concerning the strength and conditioning program,” says head strength and conditioning coach Paul Helsel. “I want this program to be a crucial, vital part in the success of each team. This program is an attitude, a mindset. Discipline, effort and commitment are three characteristics that are vital to the achievement of any goal. These characteristics personify our goals as a strength and conditioning program.”

As with any strength and conditioning program, the main goal is injury prevention and improved athletic performance. In addition to that, Helsel’s goal for each student-athlete is that they acquire the mental and physical attributes necessary to be successful. This is accomplished by an individualized computer-based program that allows each student-athlete to train at an intensity that is reflective of their personal goal for each exercise.

Helsel brings with him to Old Dominion a philosophy that involves the use of Olympic lifts such as cleans, jerks and various pressing movements to develop the explosive strength required in team sports.

Helsel enjoys the importance of his job, as well as the close relationships that are developed between student-athletes and strength coaches.

“I’m here to make every student-athlete better, bottom line, and they know and respect that. The most rewarding part of my job is seeing that athletes’ confidence increase as they improve. Knowing that I have a part in the success of each team makes my job very rewarding.”
Under the direction of head athletic trainer Marty Bradley, the athletic training program at Old Dominion University oversees the medical needs for all varsity sports. A variety of volunteer medical professionals, five certified athletic trainers and seven certified athletic training graduate assistants work with athletes to prevent, treat and rehabilitate injuries.
Heather Weisel is in her second year but first competition season as the University’s first intercollegiate women’s rowing team.

Weisel served as head coach for the men’s and women’s teams at The College of New Jersey (2005), Worcester Polytechnic Institute (WPI) and Lafayette College (1999-2000). In two stints at WPI (1995-99 and 2000-02), Weisel led her crew to first place finishes at the City Championships in Worcester, the Donahue Cup in Boston and the New England Rowing Championships.

No stranger to international competition, Weisel was a member of the United States Rowing coaching staff that competed in Seville, Spain and Milan, Italy, where her women’s double team finished ninth at the FISA World Rowing Championships in September of 2003.

She served as the rowing coach for Old Dominion’s men’s and women’s club team from 1988-1994, guiding the club from six members to 60 during her tenure. She served as an advisor to the ODU club team this past year in addition to her work as a speech language pathologist.

As a competitor at Purdue University, Weisel competed three years for the Boilermakers, winning a gold medal at the 1986 Mid-West Championships.

Weisel is a 1988 graduate of Purdue University, where she earned a Bachelor of Science degree in audio/speech science and a Bachelor of Arts degree in psychology. She holds an MS degree in speech pathology from Old Dominion. She resides in Virginia Beach with her husband Brett and their daughter Caitlyn Joy.
ASSISTANT COACHES

FIRST ASSISTANT COACH

Daniel Garbutt

Daniel Garbutt joined the Monarch coaching staff in July of 2008 as the first assistant coach for the women’s varsity rowing team.

A 2001 graduate of Princeton University, Garbutt’s collegiate career began in 1998 with him winning the Freshman Award and being named a member of the United States National Team, while the Tigers captured the Intercollegiate Rowing Association (IRA) Championship. He went on to earn three varsity letters in men’s heavyweight crew as Princeton won three Eastern Association of Rowing Colleges (EARC) Championships (1998, 1999, 2001). As a senior in 2001 he received All-Ivy League honors.

Garbutt’s collegiate coaching career began as an intern and technical assistant at the University of Washington in 2001. He then went on to spend two years as an assistant men’s rowing coach at Northeastern from 2002 to 2004. Since then Garbutt has spent time as a volunteer coach with several high school programs and most recently Princeton’s lightweight men’s crew, while working full-time as a senior specialist for the Centralized Business Review Unit of Merrill Lynch.

ASSISTANT COACH

Lisa Milne

Lisa Milne is in her first season as an assistant coach with the Old Dominion University rowing program.

Milne spent the past two years overseeing the program at William & Mary and before that she spent two seasons guiding the club team at her alma mater Ohio University from 2002 to 2004. There she led her squad to several top performances, including a first place finish at Speakmon Regatta and a second place finish at SIRAs.

A 2002 graduate of Ohio University, Milne obtained her undergraduate degree in exercise physiology with a minor in coaching. She rowed for two years at OU with her boats winning MACRA, Head of the Muskingum and Speakmon Regattas.

VOLUNTEER ASSISTANT COACH

Joseph Drebaum

Joseph Drebaum is in his first year as a volunteer assistant coach for the women’s varsity rowing team at Old Dominion University.

“Coach Drebaum is an invaluable and integral part of our coaching staff. He brings an incredible work ethic and dedication to the sport of rowing,” added head coach Heather Weisel. “As a role model he is outstanding and as a coach he is a patient and skilled communicator. We are so fortunate to have him join our staff.”

A 2003 graduate of Worcester Polytechnic Institute where he earned his degree in biology biotechnology, Drebaum was a four-year letterman in varsity rowing for the Engineers. He most recently spent the past two years as the Novice women’s crew coach for the ODU Rowing Club.

STUDENT MANAGER

Melanie Krogh

Sophomore
Norfolk, Va.
Granby HS

PERSONAL:
Born December 21, 1987… daughter of Gary and Sharon Krogh… majoring in graphic design.
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<tr>
<th>Name</th>
<th>Cl.</th>
<th>Hometown/High School/Transfer</th>
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<tr>
<td>Laurel Bransfield</td>
<td>Fr.</td>
<td>Glastonbury, Conn. / Glastonbury</td>
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<td>Beth Doughtie</td>
<td>Jr.</td>
<td>Virginia Beach, Va. / Floyd E. Kellam / James Madison</td>
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<td>Heather Earle</td>
<td>Fr</td>
<td>Ontario, Canada / Brockville Collegiate Institute</td>
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<td>Jennifer Easterling</td>
<td>Jr.</td>
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<td>Marie Gately</td>
<td>Fr.</td>
<td>Montclair, Va. / Forest Park</td>
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<td>Christina Gravelle</td>
<td>Fr.</td>
<td>Ontario, Canada / St. Catharines</td>
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<tr>
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<td>Fr.</td>
<td>Hayes, Va. / Gloucester</td>
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<tr>
<td>Shelby Hernandez</td>
<td>Fr.</td>
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<td>Elizabeth Hess</td>
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<td>Ana Kudlack</td>
<td>Fr.</td>
<td>Saddle Brook, N.J. / Immaculate Heart Academy</td>
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<td>Heather Leach</td>
<td>Fr.</td>
<td>Virginia Beach, Va. / First Colonial</td>
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<td>Diana Lewis</td>
<td>Fr.</td>
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<tr>
<td>Mia Maceren</td>
<td>Jr.</td>
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<tr>
<td>Jenna Marcinko</td>
<td>Fr.</td>
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<tr>
<td>Meredith Marlowe</td>
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<tr>
<td>Amanda May</td>
<td>Fr.</td>
<td>Chester, Va. / Thomas Dale</td>
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<tr>
<td>Meredith McPherson</td>
<td>Sr.</td>
<td>Yorktown, Va. / Tabb</td>
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<td>Nicole Meyer</td>
<td>Fr.</td>
<td>Woodbridge, Va. / Forest Park</td>
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<td>Suzanne Miller</td>
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<tr>
<td>Jessica Nightingale</td>
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<td>Lindsey Novak</td>
<td>So.</td>
<td>Ashburn, Va. / Briar Woods</td>
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<td>Ashley Olmstead</td>
<td>So.</td>
<td>Hampton, Va. / Varden (Calif.)</td>
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<tr>
<td>Callie Roadcap</td>
<td>Fr.</td>
<td>Woodbridge, Va. / Potomac</td>
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<tr>
<td>Antonia Sergi</td>
<td>Jr.</td>
<td>San Antonio, Texas / John Marshall (Texas) / Tidewater CC</td>
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<tr>
<td>Alicia Smith</td>
<td>Sr.</td>
<td>Norfolk, Va. / Granby</td>
</tr>
<tr>
<td>Kady Stapp</td>
<td>So.</td>
<td>Stafford, Va. / Brooke Point</td>
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**Head Coach:** Heather Weisel (Purdue '88)
**Assistant Coach:** Lisa Milne (Ohio '02)
**Assistant Coach:** Daniel Garbutt (Princeton '01)
**Volunteer Assistant Coach:** Joseph Drebaum (Worcester Polytechnic Institute '03)
**Student Manager:** Melanie Krogh
Laurel Bransfield
Freshman
Glastonbury, Conn.
Glastonbury HS

HIGH SCHOOL: Four-year rower at Glastonbury...rowed in the varsity 8 for five seasons...rowed in Head of the Charles two years...team captain as a senior where the varsity 8 made it to the finals of the championships, placing third...made all academic each semester...volunteered with Habitat for Humanity.

PERSONAL: Born June 23, 1990...daughter of Peter and Francene Bransfield...majoring in psychology.

Beth Doughtie
Junior
Virginia Beach, Va.
Floyd E. Kellam HS / James Madison

HIGH SCHOOL: Lettered in both track and field and gymnastics...also competed for the Ocean Tumblers, a private gymnastics club where she reached the highest level of a level 9 gymnast...member of the National Honor Society and the French National Honor Society...won Academic Achievement Award.

PERSONAL: Born February 1, 1988...daughter of Paul and Daneen Doughtie...majoring in exercise science.

Heather Earle
Freshman
Brockville, Ontario, Canada
Brockville Collegiate Institute

HIGH SCHOOL: Named Most Improved Rower at Brockville Collegiate in 2006...in 2006 helped guide the junior women's lightweight 8, junior women's lightweight 4+, under 17 women's 4+ and the high school women's 8 to first place finishes...also added a pair of fourth place finishes and a fifth place finish at the Canadian Schoolboy in 2007 and 2008...invited to compete in the Ontario Summer Games where she placed second in the 4+...four-year honor student.

PERSONAL: Born May 10, 1990...daughter of Tom and Pam Earle...majoring in biology.

Jennifer Easterling
Junior
Virginia Beach, Va.
Salem HS

HIGH SCHOOL: Played four years of basketball for Coach Tim Carr at the center position.

PERSONAL: Born August 10, 1988...daughter of William and Tammy Easterling...has one younger sister Amanda (12)...majoring in mechanical engineering.

Marie Gately
Freshman
Montclair, Va.
Forest Park HS

HIGH SCHOOL: Earned two varsity letters in crew, three in swimming and one in bowling...second place in the state 2nd quad and sixth nationally in 1st quad as a senior...helped guide Forest Park to a district championship in swimming and a conference title in bowling...member of the National Honor Society.

PERSONAL: Born July 8, 1990 in Monterey, California...daughter of Bernie and Karen Gately...majoring in nursing.

Christina Gravelle
Freshman
Ontario, Canada
St. Catharines

HIGH SCHOOL: Won gold at the Canadian Henley and the Ontario Championships in 2006 and 2007...also captured first place finishes in 2008 at the Stotesbury Cup and the Canadian Schoolboy...silver medalist at the Canadian Henley in 2006 and the Canadian Schoolboy in 2006 and 2007.

PERSONAL: Born June 29, 1990...daughter of Robert and Rosa Gravelle...majoring in speech pathology.

Kelsey Hazelwood
Freshman
Hayes, Va.
Gloucester HS

HIGH SCHOOL: Competed in five years of rowing as a coxswain.

PERSONAL: Born May 29, 1990...daughter of Ken and Nancy Hazelwood.
HIGH SCHOOL: Four-sport athlete at Denbigh… played four years of field hockey, earning MVP honors twice and a second team all-district selection… four-year letterman in tennis… named MVP and first team all-district twice… district champion in singles and doubles… won MVP for swimming and Coach’s Award for performance in varsity track… honored as the best student-athlete.

PERSONAL: Born April 4, 1990… daughter of Terri Hernandez… has two sisters, Jillian (21) and Cheyenne (17) and two younger brothers, Dillion (16) and Trey (13)... majoring in nursing.

__Elizabeth Hess__

Freshman
Ontario, Canada
Brockville Collegiate Institute

HIGH SCHOOL: Four-year letterwinner while at Brockville Collegiate Institute… helped the high school women’s 8 to a first place finish at the Head of the Trent in 2007… also part of the winning senior women’s 4+ team at the South Niagara High School Invitational and the Canadian Secondary School Rowing Association Championships in 2006 and 2008… in 2007 added a second place finish in the high school women’s 4 at the Head of the Fish… named Brockville Collegiate’s Most Improved Female Rower in 2004.


__Diana Lewis__

Freshman
Virginia Beach, Va.
Frank W. Cox HS

HIGH SCHOOL: Four-year varsity letterman in rowing… as a senior captured first place in women’s doubles at the Head of the Lafayette and the Head of the James Regatta… registered third place finishes in the women’s varsity double at the Virginia Scholastic Rowing Championships and the Head of the Occoquan… turned in three first place finishes as a junior winning women’s doubles events at the Head of the James Regatta, the Head of the Gardens Regatta and at the Head of the Lafayette.


__Ana Kudlack__

Freshman
Saddle Brook, N.J.
Immaculate Heart Academy

HIGH SCHOOL: Three-year letterman on the volleyball team where she played outside hitter.

PERSONAL: Born October 28, 1990… daughter of Eric and Dina Kudlack… has an older brother Frank (23)... majoring in nursing.

__Mia Maceren__

Junior
Springfield, Va.
West Springfield HS

HIGH SCHOOL: Two-year letterman in cross country and indoor track and field… captain of the 2006-07 ODU Rowing Club novice women’s team.

PERSONAL: Born June 20, 1988… daughter of Mario and Maria Maceren… has an older brother Mark (24) and an older sister Camille (28)... majoring in international studies with a minor in economics.
MEET THE Lady MONARCHS

Jenna Marcinko
Freshman
Chesapeake, Va.
Hickory HS

HIGH SCHOOL: Four-year rower at Hickory... stroked the WV4 for Hickory in her senior year... will be transitioning to the coxswain position for ODU.

PERSONAL: Born July 4, 1990... daughter of Paul and Jeannine Marcinko... majoring in international studies.

Meredith McPherson
Senior
Yorktown, Va.
Tabb HS

HIGH SCHOOL: Two-year letterman in field hockey.

PERSONAL: Born December 18, 1985... daughter of Douglas and Pamela McPherson... has an older sister Lindsay (24) and two older brothers, Joshua (20) and Aaron (18)... majoring in biology and oceanography.

Meredith Marlowe
Sophomore
Poquoson, Va.
Poquoson HS

HIGH SCHOOL: Two-year letterman in track and volleyball... competed in the high jump and discus in track and was a middle hitter in volleyball.

PERSONAL: Born April 26, 1989... daughter of Dwain and Laura Marlowe... has an older brother Matthew (25) and an older sister Maureen (23)... majoring in nursing.

Nicole Meyer
Freshman
Woodbridge, Va.
Forest Park HS

HIGH SCHOOL: Earned two varsity letters in crew, four in indoor track, one in outdoor track and three in cross country... as a senior member of the crew team placed first in the1500m sprint at the High School Erg Sprints and in the father/daughter 500m sprint at the Mid-Atlantic Erg Sprints... helped the women's quad to a win at the Smokey Jacob's Regatta, second place finishes at the Polar Bear Regatta and the Virginia Rowing Championships and a sixth place effort at the Scholastic National Regatta... as a junior won the Boat Power Award at the High School Erg Sprints... helped the women's novice 8 take first place and the novice mixed 8 second place at the Matthew's Regatta... second in the 1500m sprint at the High School Erg Sprints... named to the all-district team... helped Forest Park win two district championships in cross country... competed in sprints, middle distance, distance, relays, high jump and the pole vault as a member of the track team.

PERSONAL: Born Feb. 6, 1990 at Mountain Home Air Force Base in Idaho... daughter of Marty and Sharon Meyer... majoring in biology.

Amanda May
Freshman
Chester, Va.
Thomas Dale HS

HIGH SCHOOL: Member of the National Honor Society and Quill & Scroll.

PERSONAL: Born December 25, 1989... daughter of Martin and Susan May... has one younger brother Austin (16)... majoring in biology.

Suzanne Miller
Freshman
Centreville, Va.
Centreville HS

HIGH SCHOOL: Two-year letterman in track and field where she threw the discus and the shot put.

PERSONAL: Born April 27, 1990... daughter of Jeffrey and Laura Miller... has an older brother Cash (19)... majoring in international business.
**Meet the Lady Monarchs**

**Jessica Nightingale**
Junior  
Newport News, Va.  
Menchville HS

**HIGH SCHOOL:** Four-year letterman in cross country where she was team captain and MVP... also played softball where she was team captain and an honorable mention catcher, ran track for one year, competing in the 800-meter, 4x800, 4x400, 400-meter dash and the pole vault... graduated in top 20 of her class... member of the math honor society and Mau Alpha Theta.

**PERSONAL:** Born April 23, 1989... daughter of John and Lisa Nightingale... has one younger brother Ian (14)... majoring in mechanical engineering.

**Callie Roadcap**
Freshman  
Woodbridge, Va.  
Potomac HS

**HIGH SCHOOL:** Participated in crew during each of her four years at Potomac... honorable mention as a freshman and first team as a sophomore and junior... named captain for crew during her final two seasons... named Most Valuable Rower as a junior... finished third in the state three times and qualified for nationals twice... was a member of the cheerleading squad as well... co-captain for cheerleading as a senior.

**PERSONAL:** Born September 19, 1990... daughter of Jerry Roadcap... father Jerry played football at James Madison.

**Lindsey Novak**
Sophomore  
Ashburn, Va.  
Briar Woods HS

**PERSONAL:** Born March 7, 1989... daughter of Paul and Karen Novak... has one older sister Kimberly (21), and a younger brother Joey (18)... majoring in international studies.

**Antonia Sergi**
Junior  
San Antonio, Texas  
John Marshall HS / Tidewater CC

**PERSONAL:** Born August 9, 1983... daughter of David Silva, and Penny DeGraw... has two older brothers, David Silva (27) and Ryan DeGraw (28)... majoring in exercise science.

**Ashley Olmstead**
Sophomore  
Hampton, Va.  
Varden HS (Calif.)

**HIGH SCHOOL:** Played four years of varsity soccer... three-time captain, three-time MVP, three-time all-conference selection... also ran cross country for one season and was an all-conference performer there as well... member of the National Honor Society.

**PERSONAL:** Born July 30, 1989... daughter of Michael and Judy Olmstead... has one older brother Michael (23)... majoring in exercise science.

**Alicia Smith**
Senior  
Norfolk, Va.  
Granby HS

**HIGH SCHOOL:** Four-year letterman in tennis, playing for Coach Bill Lloyd... graduated with honors and an IB diploma.

**PERSONAL:** Born January 3, 1986... daughter of Anthony and Jennie Smith... has an older brother Anthony (21) and an older sister Christina (26)... majoring in exercise science.

**Kady Stapp**
Sophomore  
Stafford, Va.  
Brooke Point HS

**PERSONAL:** Born May 15, 1989... daughter of Shannon Lupo... majoring in biology.
John R. Broderick became acting president of Old Dominion University, June 2008. Broderick joined Old Dominion in 1993 as director of public information and has served as vice president of institutional advancement and admissions since 1996. In 2003, he was given the additional responsibilities of chief of staff. His areas of responsibility included 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 Quest, 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 Relations and Politics 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, Virginian-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.
The success of the Old Dominion University athletic program is unprecedented in the state of Virginia over the course of the last four decades, with 28 team national titles and four individual national titles, countless Olympians, All Americans and conference titles and a 90 per cent exhausted eligibility graduation rate. Dr. Jim Jarrett has been providing the guidance and leadership for the Monarchs during all four decades as one of the most respected athletic director’s in the nation.

Jarrett began his 38th year as athletic director in 2008, taking over the reigns in 1970 when Bud Metheny stepped down from that position. As one of the youngest athletic directors in the nation at that time, Jarrett quickly began to make a name for himself and ODU. In 1974, Jarrett became the first athletic director in the state of Virginia to award grant-in-aids to women student-athletes. It was a bold move at the time for a young athletic director and equally young university, but one that paid great dividends. Just five years later, in 1979, the Lady Monarchs won the first of three national championships in women’s basketball, and led the nation in attendance.

Under his leadership, the department’s athletic venues have tripled. They include the construction of the Bud Metheny Baseball Complex, 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 and the Powhatan Sports Complex. Currently, Jarrett is overseeing the renovation of Foreman Field, where the Monarchs will begin a football program in 2009. For all his efforts, Jarrett has been honored many times by national and local groups. Most recently, Jarrett was given Lifetime Achievement awards from NACDA and VaSID. In 2003, he was named the Southeast Regional Athletic Director of the Year by NACDA. Other awards he’s received include the Collegiate Director’s Award from the Women’s Basketball Coaches Association, and the Norfolk Sports Club Man of the Year. He served as a member of the NCAA Women’s Basketball Committee and is a past president of the Colonial Athletic Association and the Virginia Sports Hall of Fame.

An avid golfer and tennis player, Jarrett and his wife Sugie reside in Norfolk.

In the school’s young history, Old Dominion student athletes have won 28 Team and four individual national championships since 1969.

**SAILING (15)**
ICSAs (Intercollegiate Sailing Association)
1982 Women's
1987 Women's
1989 Sloop
1989 Singlehanded
1989 Dinghy
1990 Sloop
1990 Team Race
1992 Sloop
1996 Singlehanded
1998 Team Race
1998 Co-ed Dinghy
2002 Women's
2002 W. Singlehanded
2003 W. Singlehanded
2004 W. Singlehanded

**FIELD HOCKEY (9)**
NCAA
1982 (29-0-1), 1983 (19-1), 1984 (23-0)
1988 (26-1)
1990 (23-2-1)
1991 (26-0)
1992 (25-0)
1998 (23-2)
2000 (25-1)

**WOMEN’S BASKETBALL (3)**
AIAW & NCAA
1979 (35-1) AIAW
1980 (37-1) AIAW
1985 (31-3) NCAA

**MEN’S BASKETBALL (1)**
1975 (NCAA Div. II)

**INDIVIDUAL NATIONAL CHAMPIONS (4)**
Wrestling (3) NCAA Div. II
- Carl Ragland (152 lbs) in 1969
- Wayne Bright (142 lbs) in 1970
- Terry Perdew (118 lbs) in 1974

Women’s Tennis (NCAA)
- Tzipi Obziler : National Clay Court in Fall of 1995

**NATIONAL CHAMPIONSHIP TOURNAMENT HOSTS**
Field Hockey –
NCAA in 1985, 1986, and 2000 at Foreman Field

Women’s Basketball –
NCAA Final Four in 1982 & 1983 at Norfolk Scope

Sailing:
ICSA Championships in 1985
(Team Race & Women’s Dinghy)
ICSA Championships in 1993 (Team Race)
ICSA Championships in 2001
(Men’s and Women’s Singlehanded)
ACADEMIC SUPPORT

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 Uiterwyk, academic advisor 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
• 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.

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.
Dear Rower,

We are so excited to be hosting our first ever Monarch Summer Rowing Camp. We are just coming off our inaugural year of competition and our new boathouse is about to begin construction. All in all, it is an amazing time to get to know the new ODU campus and our rowing complex, the Robertson Rowing Center and revving up the rowing skills of high school rowers entering grades 10-12. The Old Dominion rowing coaching staff has, combined, over 50 years of coaching expertise with half the staff having rowed for or coached for the US National team. Camp will be focused on improving sweep skills in 8’s and 2’s, with water time, and video review. Every camper will be housed in an ODU resident hall. Come and join us as we build our national caliber team right here at Old Dominion University.

Row Hard!!

Heather Weisel

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**Overnight Camp I**

June 22 – 26th, 2009
Ages 15 – 18
Camper - $500

**Overnight Camp I**

June 29 – July 3rd, 2009
Ages 15 – 18
Camper - $500

Register online at...

Please call the Old Dominion University Athletic Camp Office for more information at 757-683-3375
MEDIA INFORMATION

Print Media
Virginia Pilot
Rich Radford
150 W. Brambleton Avenue
Norfolk, VA. 23510
Phone: (757)446-2366
Fax: (757)533-9004
Website: www.pilotonline.com

Daily Press
Dave Fairbank/Dave Johnson
7505 Warwick Blvd
Newport News, VA. 23607
Phone: (757)247-4630 or 4643
Fax: (757)247-9420
Website: www.dailypress.com

Richmond Times Dispatch
John Packett
7005 Warwick Blvd
Newport News, VA. 23607
Phone: (757)247-4630 or 4643
Fax: (757)247-9420
Website: www.dailypress.com

Electronic Media
WTKR TV(CBS)
Ted Alexander
720 Bush Street
Norfolk, VA. 23510
Phone: (757)446-6531
Fax: (757)446-7620
Website: www.wtkr.com

WAVY TV(NBC)
Bruce Rader, Sports Director
300 Wavy Street
Portsmouth, VA. 23704
Phone: (757)397-8279
Fax: (757)397-8279
Website: www.wavy.com

WVEC TV(ABC)
Scott Cash, Sports Director
300 Wavy Street
Portsmouth, VA. 23704
Phone: (757)397-8279
Fax: (757)397-8279
Website: www.wvec.com

WVBT TV 43 (Fox)
301 Wythe Street
Portsmouth, VA. 23704
Phone: (757)397-8279
Fax: (757)397-8279
Website: www.wvbtv.com

WSKY TV (Independent)
920 Corporation Lane
Chesapeake, VA. 23320
Phone: (757)397-8279
Fax: (757)397-8279
Website: www.wsky4.com

COMCAST Sportsnet
7700 Wisconsin Ave.
Bethesda, MD. 20814
Phone: (301)718-3200
Fax: (301)718-3200
Website: www.comcast.com

Wire Services
Associated Press
Suite 1380, 700 E. Main Street
Richmond, VA. 23219
Phone: (804)643-6646
Fax: (804)643-6646
Website: www.associatedpress.com

SPORTS INFORMATION OFFICE PHONE NUMBERS:

Phone - (757) 683-3372
Fax - (757) 683-3119
**FROM THE NORTH:** Highway 13 down the Eastern Shore, and through the Chesapeake Bay Bridge-Tunnel. Follow 13 (Northampton Blvd.) to exit 64 W to Richmond. Take Terminal Blvd. exit approximately 2 miles, turn left on Hampton Blvd. Approximately 4 miles, turn right on to 49th or 43rd Streets.

**FROM THE SOUTH:** I-95 North to U.S. 58 (Emporia, Va.) OR I-85 North to U.S. 58 East (South Hill, Va.). Follow U.S. 58 East to Norfolk. Take 64 E to 264 to downtown Norfolk. Take Waterside Drive to Brambleton Ave. Left on Brambleton Ave. Follow Brambleton around to Hampton Blvd. Take Hampton Blvd for approx. two miles. Turn left onto 43rd or 49th Streets.

**FROM THE WEST:** I-64 East through the Hampton Roads Bridge-Tunnel. Take Terminal Blvd. exit. Approximately 2 miles, turn left on Hampton Blvd. Approximately 4 miles, turn right on to 49th or 43rd Streets.
For many years, the athletic teams of the Norfolk Division of the College of William & Mary (as Old Dominion was formerly called) were known as the Braves. This was a derivation of the William & Mary nickname of Indians. As Old Dominion achieved its own four-year status and saw its enrollment surpass that of its Williamsburg neighbor, it was no longer suitable or acceptable to have its teams called the Braves.

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

The Monarch used by Old Dominion has a royal crown on a lion’s head, representing an historic past and a strong future.
<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent / Event</th>
<th>Location</th>
<th>Time/Result</th>
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<tbody>
<tr>
<td>03/29/09</td>
<td>Class Day</td>
<td>Norfolk, Va.</td>
<td>All Day</td>
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<tr>
<td>04/04/09</td>
<td>at Clemson</td>
<td>Clemson, S.C.</td>
<td>TBA</td>
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<tr>
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<td>Knecht Cup</td>
<td>Cherry Hill, N.J.</td>
<td>All Day</td>
</tr>
<tr>
<td>04/11/09</td>
<td>Knecht Cup</td>
<td>Cherry Hill, N.J.</td>
<td>All Day</td>
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<td>04/18/09</td>
<td>Kerr Cup / CAA Regatta</td>
<td>Philadelphia, Pa.</td>
<td>All Day</td>
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<td>04/25/09</td>
<td>at North Carolina</td>
<td>Raleigh, N.C.</td>
<td>TBA</td>
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<tr>
<td>05/02/09</td>
<td>ECAC Metro League Champions</td>
<td>Camden County, N.J.</td>
<td>All Day</td>
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<tr>
<td>05/09/09</td>
<td>Dad Vail Regatta</td>
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