



Anne Hundley



Katie Lernihan



Katie Murphy



FIELD HOCKEY PROGRAM COMPETING AT NEW ATHLETICS COMPLEX DURING 2006

Longwood University Athletics has constructed a new facility for the sport of field hockey. Three of four phases of construction have been completed with the inaugural season of competition scheduled to commence with the 2006 season.

"This project will give our field hockey program an outstanding facility for intercollegiate practice and competition," explained Longwood Director of Athletics **Rick Mazzuto**. "It will give our coaches great opportunities to continue recruiting quality student-athletes and prepare our teams for continued success at the Division I level."

The new facility is located on Johnston Drive in Farmville across the street from the Longwood Golf Club and Longwood Estate, and features a synthetic turf field for field hockey and women's lacrosse. The field has lights and a scoreboard, while the final phase will include spectator bleacher seating for approximately 350 with additional seating on a grass incline along with a press platform.

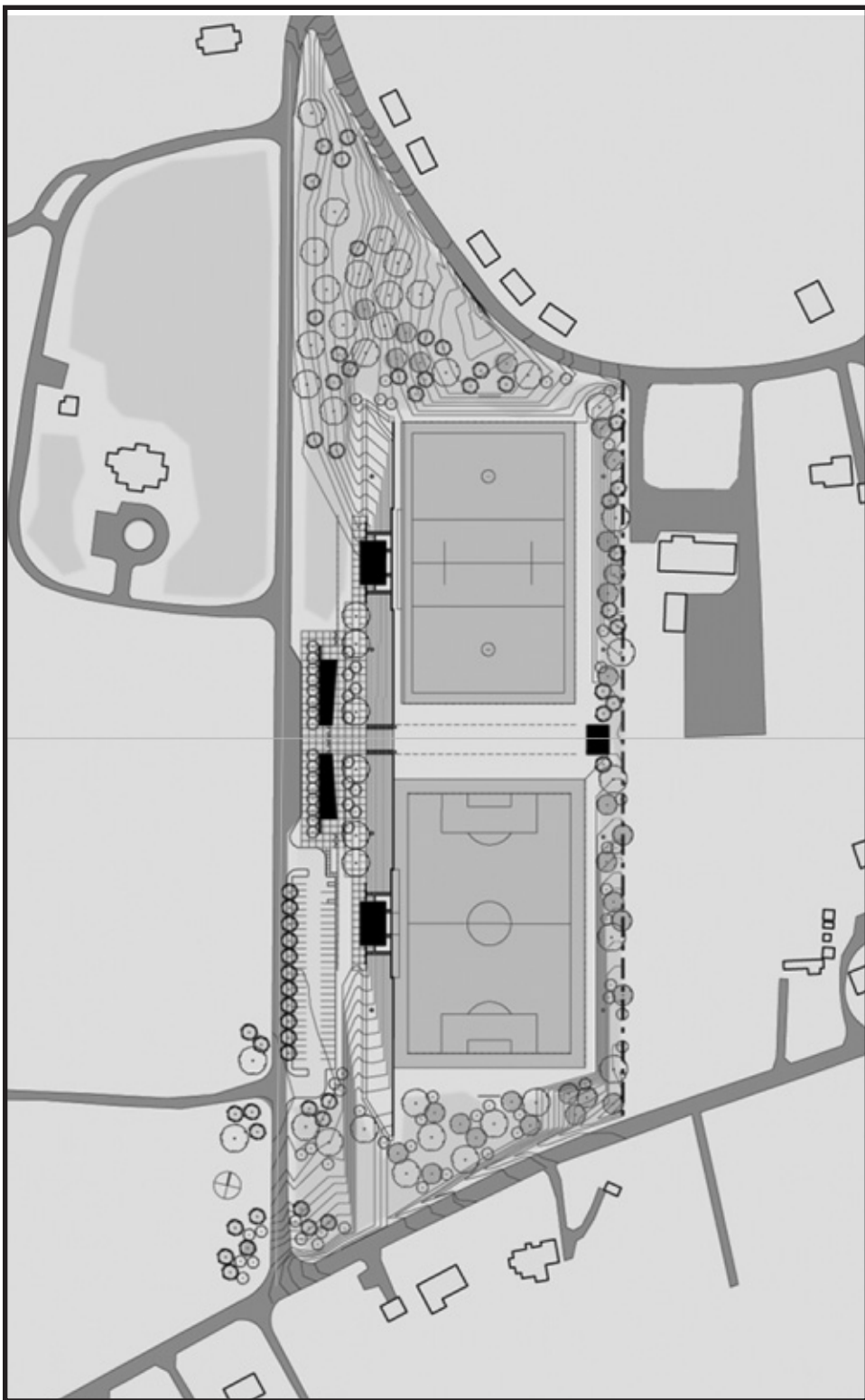
The \$5.5 million project also includes an adjacent Bermuda natural grass turf field for men's and women's soccer.

"These new facilities represent the commitment Longwood University is making in its quest for Division I status," stated Longwood President **Dr. Patricia P. Cormier**. "They will be state-of-the-art fields that will be comparable to the best in intercollegiate athletics in the nation. Longwood will be a highly-desirable place for competitive play."

The supporting structures for the two fields will include an entrance pavilion that will house ticket booths, restrooms, and a concession area. A separate support building will provide team changing/dressing rooms, a maintenance room, and a utility room. Parking and access pathways will also be provided.

The project architect is VMDO Architect's, P.C. of Charlottesville, Virginia. As mentioned, construction is taking place in four phases. The first phase included initial site clearing, grading, and utility services. The second phase was for the playing surfaces for both fields, while the third phase was field lighting. The fourth and final phase includes the support facilities.

Longwood University is competing during 2006-07 in the final year of the institution's four-year *NCAA Division I Reclassification* toward official *Division I Certification* in September 2007 (see inside back cover).



NCAA DIVISION I RECLASSIFICATION TIMELINE

Longwood University President **Dr. Patricia P. Cormier** informed the NCAA in a letter dated November 12, 2002 of Longwood's intention to reclassify its intercollegiate athletic program to Division I status. By doing so, the institution began an NCAA-mandated five-year process, including a one-year "exploratory period" (2002-03), to change its membership from Division II to Division I.

The decision to move to Division I is part of Longwood's overall strategic plan to raise the visibility and profile of the University. According to President Cormier, "We believe that Division I status will enhance both our institutional image and our recruitment efforts. And we think our student-athletes deserve to play at that level. We look forward to developing some great rivalries."

Those sentiments are shared by Longwood Director of Athletics **Rick Mazzuto** who stated, "One of the tremendous positives generated out of moving to Division I is the opportunity to use intercollegiate athletics as a vehicle to raise the public profile of the institution. The increased opportunities to play other high profile educational institutions, and to travel to major metropolitan areas where they are located, will greatly benefit Longwood -- in terms of more media interest and visibility."

2003-04 <i>Reclassification Year One</i> 20.5.2.2.2	2004-05 <i>Reclassification Year Two</i> 20.5.2.2.3	2005-06 <i>Reclassification Year Three</i> 20.5.2.2.4	2006-07 <i>Reclassification Year Four</i> 20.5.2.2.5
<p>(a) Compliance with all minimum contests and participation requirements for sports sponsorship as set forth in Bylaw 20.9.3.3.</p> <p>(b) Submit a strategic plan based on feedback from the previous plan.</p> <p>(c) Apply Division I legislation to the greatest extent possible.</p> <p>(d) Attendance at the NCAA Convention by required institutional representatives.</p> <p>(e) Attendance at an orientation session conducted by the national office by required institutional representatives related to the application Division I legislation and issues impacting Division I.</p> <p>(f) Submit an annual report and updated strategic plan by June 30 based on feedback from the previous year's annual report.</p>	<p>(a) Full compliance with all Division I legislation and membership requirements.</p> <p>(b) Attendance at the NCAA Convention by required institutional representatives.</p> <p>(c) Attendance at a meeting to be conducted at the NCAA Convention by required institutional representatives to discuss issues impacting Division I members.</p> <p>(d) Submit an annual report and updated strategic plan by June 30 based on feedback received from the previous year's annual report.</p>	<p>(a) Attendance at the NCAA Convention by required institutional representatives.</p> <p>(b) Attendance at a meeting to be conducted at the NCAA Convention by required institutional representatives to discuss issues impacting Division I members.</p> <p>(c) Completion of an NCAA athletics certification orientation visit.</p> <p>(d) Completion of a compliance review conducted by the national office and submission of a report with an institutional response to findings.</p> <p>(e) Submit an annual report and updated strategic plan by June 30 based on feedback received from the previous year's annual report.</p>	<p>(a) Successfully complete an NCAA athletics certification self-study and evaluation visit.</p> <p>(b) Attendance at the NCAA Convention by required institutional representatives.</p> <p>(c) Attendance at a meeting conducted at the NCAA Convention by required institutional representatives to discuss issues impacting Division I members.</p> <p>(d) Submit an annual report and updated strategic plan by June 30 based on feedback received from the previous year's annual report.</p>
			<p>2007-08 <i>First Year Of Division I</i> 20.5.3</p> <p>(a) Longwood shall comply with all NCAA championships eligibility requirements.</p> <p>(b) The Lancers shall be eligible for participation in NCAA championships.</p>

MEN'S GOLF, WOMEN'S LACROSSE ACCEPTED INTO MULTIDIVISIONAL RECLASSIFICATION PROCESS

*The NCAA Membership Subcommittee has accepted the Longwood Men's Golf and Women's Lacrosse programs into the **Multidivisional Reclassification** process which will lead to these two sports being officially certified Division I as of September 1, 2006. This certification will come one year ahead of the official certification for Longwood's remaining 12 sport programs.*

*"Selecting sports for this process was not easy," explained Director of Athletics **Rick Mazzuto**. "There are clearly a number of programs that will have the opportunity to compete for an NCAA bid as soon as they become eligible. In the final analysis, we picked two sports that have already proven themselves competitive against Division I competition. I have no doubt that both will be on the board for post-season selection in '06-'07."*

This multidivisional reclassification process is an option available only for those institutions that are reclassifying to Division I. An institution could designate one men's sport, and one women's sport, for the one-year early certification, though not an option for men's and women's basketball.



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General Information

Location	Farmville, Virginia
Founded	1839
Enrollment	4,350
President	Dr. Patricia Cormier
Athletic Director	Rick Mazzuto
Nickname	Lancers
Colors	Blue & White
Affiliation	Reclassifying NCAA Division I
Conference	NorPac
Home Field	Athletics Complex

Field Hockey Information

Head Coach	Nancy Joel
Alma Mater	Keele (England)
Record at Longwood	73-70-1 (8 years)
Overall Record	73-70-1 (8 years)
Office Phone	434.395.2562
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Assistant Coach	Iain Byers
Office Phone	434.395.2272
E-Mail	byersid@longwood.edu
2005 Record	4-13
Starters Returning/Lost	8/3
Letterwinners Returning/Lost	14/9

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Accessibility: Anyone with questions concerning accessibility or accommodations related to a disability should contact Longwood University Disability Support Services at 434.395.2392.

2006 Roster

No.	Name	Pos.	Cl.	Ht.	Hometown/High School
1	Erin West	GK	Jr.	5-7	Stafford, Va./North Stafford
3	Kelsey Turner	D	Fr.	5-7	Virginia Beach, Va./Tallwood
4	Cristin Newbold	MF/F	Jr.	5-4	Norfolk, Va./Maury
5	Jennifer Wysong	MF/F	So.	5-6	New Egypt, N.J./New Egypt
6	Samantha Wesser	D	Fr.	5-3	Williamsburg, Va./Jamestown
7	Jessica Mantel	MF	Fr.	5-3	Virginia Beach, Va./Princess Anne
8	Mary Basye	MF/D	So.	5-6	Lottsburg, Va./Northumberland
9	Lyndsay Owen	D	Jr.	5-2	Virginia Beach, Va./Kellam
10	Anne Hundley	MF	Sr.	5-5	Norfolk, Va./Granby
13	Carra Bunner	F	So.	5-8	Virginia Beach, Va./Kempsville
14	Danielle Woodie	MF	So.	5-5	Fredericksburg, Va./Stafford
15	Michelle Eastlake	MF	So.	5-6	Reston, Va./South Lakes
16	Melissa Strickland	F	Fr.	5-7	Virginia Beach, Va./Princess Anne
17	Katy Lernihan	MF	Sr.	5-4	Fredericksburg, Va./Chancellor
18	Mary Freeman	F	Jr.	5-4	Fredericksburg, Va./Stafford
19	Julie Hernandez	MF	Fr.	5-6	Norfolk, Va./Maury
20	Katie Murphy	D	Sr.	5-5	Virginia Beach, Va./Princess Anne
21	Erin Murphy	MF/F	Jr.	5-6	Stafford, Va./North Stafford
22	Katie Claxton	MF	Jr.	5-8	Virginia Beach, Va./Frank W. Cox
23	Megan Elgin	MF	So.	5-4	Virginia Beach, Va./Kempsville
24	Amy O'Brien	D	Fr.	5-4	Fredericksburg, Va./Chatham Hall
26	Avanell Schmitz	GK	Jr.	5-4	Newport News, Va./Denbigh

Head Coach: Nancy Joel (Keele, England; ninth year)

Assistant Coach: Iain Byers (Canterbury Christ Church; second year)



2006 Outlook

For the Longwood Field Hockey program the 2006 season marks celebration, as the Lancers will play their most home games in the last five years. The Lancers home field will be the new Athletics Complex where the team will play on a synthetic turf surface. Entering its final year of the four-year NCAA reclassification period, the Longwood Field Hockey program will also celebrate its 80th year of playing in 2006, with a number of celebratory events.

Leading Longwood into the 2006 season will be head coach Nancy Joel, who is heading into her ninth season at Longwood. Joel, who has accumulated a 73-70-1 record over the past eight seasons, feels the squad is ready to make noise against both non-conference and conference opponents this season. "It has been a tough transition without an appropriate practice and competition facility. We tested the Division 1 waters last year, now we are ready to dive in and really compete," says Joel. "Two classes at Longwood have never seen a field hockey game, so we are looking forward to re-establishing our fan base and giving them some exciting entertainment." Longwood will enter its second season in the NorPac conference, which consists of Appalachian State, California, Davidson, Pacific, Radford, and Stanford.

Coming off a 4-13 2004 overall record and 1-5 in conference play, Joel feels the 2006 squad is an established group and playing in Farmville will help the Lancers and give them momentum. Longwood will play 10 of its 19 games at home this year, including all NorPac games. "We were the 'new kids on the block' in NorPac last year, this year we intend to make our presence felt, and having all conference games at home on our new field is a real confidence booster for us."

The Lancers will also welcome back 14 returning letterwinners from a year ago including seniors Anne Hundley, Katy Lernihan and Katie Murphy. "Our seniors have only had three home games in their playing careers; I am pleased to be able to finally bring them home to play," stated Joel. "All three have contributed much to our team leadership."

Along with the three seniors, Joel will welcome back a strong junior class containing one of the leading scorers from last year's squad Cristin Newbold, and the backbone of the defense in goalkeeper Avane Schmitz. "We have strength and depth in our junior class this year, and all have seen playing time in the past. I expect them to thrive on the opportunity to play at home, as they have never had a home crowd cheering them on. Peer pressure can do tremendous things to performance levels."

Schmitz was the last line of defense for most of the 2005 season, clocking in 1155:59 minutes in 17 games in goal, tallying a 2.85 goals against average, and earning NorPac Defensive Player of the Week during the season. Also returning and competing for time will be Erin West. With a season of experience behind her, West will look for more time as she only appeared in two game, seeing 42:02 of action in net. "Erin is now fully recovered from her ACL injury, and has had an awesome spring season. I am more comfortable that we can call on two quality players

for our goaltending needs this fall."

Erin Murphy one of seven players that appeared in all 17 games in the 2005 campaign, will be one of the leaders on the back line for the Lancers. Joining the four-year letterwinner will be juniors Lindsay Owen and Danielle Woodie, sophomore Mary Basye and freshmen, Kelsey Turner and Samantha Wesser. "We will be looking at some new defensive concepts this fall, and will be looking at which combination of players works best. All are very strong players, who we will use differently depending on what game strategies we are using. Adaptability will be the key to getting playing time."

The strength of Longwood will be in its senior midfielder Katie Lernihan teaming up with Mary Freeman and transfer student Katie Claxton. "Katie is coming off a strong spring season and will bring real depth to the center of our midfield. Also vying for time will be senior Anne Hundley sophomores Megan Elgin and Jennifer Wysong. Incoming players Michelle Eastlake, Amy O'Brien, Jessica Mantel and Julia Hernandez will add speed and depth to an already stacked midfield. "Our new class is very multi-talented, Julia and Jessie will be just as much at home upfront as in the midfield. Being able to switch players around really help strategically."

Cristin Newbold who recorded a team-high 15 points on six goals and three assists will lead the charge up front for Longwood. With one season of experience, Carrie Bunner will look to add to the Lancer attack as she finished with a goal in the 2005 campaign. Newcomer Melissa Strickland will be added to the mix to give Longwood power on the front line. "We will not be short on fire power. With numbers up from midfield support, I expect to see some crowd-ed circles."

Longwood will have its work cut out for them this season as they take on Saint Joseph's (September 30, 12:00), Bucknell (September 10, 1:00) and Indiana (August 27, 1:00) who ranked 10th in the nation last year. But, unlike a season ago the Lancers will host all of their NorPac conference games, having all six teams travel to Farmville. "I really can't wait for the season to begin! The past three seasons have taken a major toll on the players. To have our own field and our own crowd, without all the travel and night's away. I can finally deliver what I promised them when I recruited them."

Longwood opens the 2006 season with a three-game homestand starting with the tough Indiana Hoosiers on the 27th. The Lancers first conference game will be on September 2nd when they take on Appalachian State for a 1:00 p.m. match-up. Longwood will close their 2006 season playing their final four games at home as NorPac foes California (October 19, 5:00), Stanford (October 22, 1:00) and Radford (October 27, 4:00) will travel to Farmville. Davidson will be the last contest of the season as the Wildcats and Lancers face-off on October 28th for a 3:00 p.m. start.

Head Coach Nancy Joel



Nancy Joel is in her ninth year as the head coach of the Longwood University field hockey program during 2006-07. The Lancers finished 4-13 during the 2005 season, as they headed into their first season in the NorPac Conference turning in an 1-5 record. Coach Joel is now 73-71 through eight seasons with the program for a .507 winning percentage.

Joel led Longwood to a record of 15-5 during 2000, including the prestigious Eastern Collegiate Athletic Conference (ECAC) Tournament Championship -- the institution's first-ever ECAC Title. Joel was selected the 2000 Virginia Sports Information Directors (VaSID) College Division State Coach of the Year. She also led the program to ECAC Tournament appearances following both the 1998 and 1999 campaigns when the Lancers finished 11-6 and 13-8, respectively.

Joel joined the Lancers prior to the 1996 campaign, following four years with the Jamaican

National team. She was the National Director of Coaching for three seasons in Jamaica before becoming head coach in April of 1996. During her time with the Jamaican National team, Joel also was an assistant coach at NCAA Division I Fairfield (Conn.). She has international field hockey experience with the England and Jamaican teams in the World Cup, Pan American Games, and European Championships.

In the past, Joel was a member of the NCAA Division II field hockey committee, as well as chair of the NFHCA Division II All-America committee.

Joel is a native of Ipswich, England and was a high school physical education teacher in England for 21 years prior to her tenure in Jamaica.

Joel Year-By-Year

Nancy Joel brought with her an impressive background in field hockey after being named head coach at Longwood in 1998. A look at her accomplishments as a head coach:

<u>Year</u>	<u>School</u>	<u>Record</u>	<u>Pct.</u>
1998	Longwood	11-6-0	.647
1999	Longwood	13-8-0	.619
2000	Longwood	15-5-0	.750
2001	Longwood	8-10-0	.444
2002	Longwood	7-8-0	.467
2003	Longwood	8-10-1	.421
2004	Longwood	7-10-0	.412
<u>2005</u>	<u>Longwood</u>	<u>4-13-0</u>	<u>.235</u>
Total	Eight Seasons	73-70-1	.507

2000 - Eastern Collegiate Athletic Conference (ECAC) Tournament Champions

2000 - Virginia Sports Information Directors (VaSID) College Division Coach of the Year

1999 - ECAC Tournament Appearance

1998 - ECAC Tournament Appearance



Assistant Coach Iain Byers



Iain Byers is heading into his second season as assistant coach with the field hockey program. Byers helped led the team to a 4-13 record in his first season, as the Lancers took part in the NorPac Conference in 2005.

Byers had previously been the the Operations Manager at the Waverley Sports Centre in Dulwich, London since 2004.

Prior to his time at Waverley Sports Centre, Byers was a volunteer assistant coach with Lock Haven University, in Lock Haven, Pa., during the 2004 season. Byers helped coach the Lady Eagles to a 19-1 overall record and a perfect 8-0 record in the Northeast Conference in their initial NCAA Division I campaign, after reclassifying from NCAA Division II.

Byers, who played three years of field hockey at Canterbury Christ Church University College (1998-2001), has also coached at Sir Joseph Williamson Mathematical School (1998), Canterbury Christ University

College (2000-2001) and Canterbury Hockey Club (2001-05).

A native of Canterbury, Kent, England, Byers earned his bachelor of science degree in sport science and business studies from Canterbury Christ Church University College in 2001.

Northern Pacific Field Hockey Conference (NorPac)



Competition for the NorPac Conference League title began in 1982 when seven schools battled for the championship. The original members were California State-Chico, Pacific, San Jose State, Stanford, University of California Berkeley, University of California Davis, and Washington State.

Three of the original seven teams remain in 2005 as the NorPac Conference again has seven members. Pacific, Stanford, and University of California Berkeley, are joined by Appalachian State, Davidson, Radford and Longwood to make up the current NorPac Conference.

In April 2000, commissioner Carla Konet announced that Appalachian State University and Davidson College had accepted invitations to join the league and would begin conference play in Fall 2000. 2001 saw the addition of Radford University to the conference. Longwood joined the conference in 2005 as a provisional member. The Lancers will not be eligible to compete in the NorPac or NCAA Tournaments until 2007.

The 2005 NorPac Tournament will be the eighth in the league's history. University of California, Berkeley will host the Tournament for the first time. The NorPac Tournament was hosted by Saint Louis University three times, (1998, 2000 and 2003), Stanford hosted the Tournament in 2000 and 2002, while Appalachian State (2001) and Davidson (2004) have each served as the host institution once.

Since 1999, the NorPac conference has received an NCAA play-in opportunity. Over the past six years, NorPac representatives are 5-1 in NCAA play-in games, including five consecutive victories.

The 2005 NorPac Tournament Champion is in contention to earn an automatic berth into the NCAA Tournament for the first time in the history of the conference. An official announcement of automatic berths and conferences that will compete in the two NCAA play-in games will be made by the NCAA in the fall of 2005.

Sixteen teams will begin Nov. 12-13 at four regional sites. The following week on Nov. 18 and 20, the Final Four will be begin. The growth and development of the NorPac Conference was assisted by a \$150,000 grant from the United States Olympic Committee (USOC) and the National Collegiate Athletic Association (NCAA), as well as by a partnership with and support from the United States Field Hockey Association (USFHA).

To further support the growth of the sport, the league members continue to host and conduct instructional clinics. Participation in the FUTURES (top national high school players) and SuperCamp programs (high school and college ages) has proven beneficial to youths pursuing athletic careers in field hockey. These clinics and camps are part of the USFHA's development for future Olympic athletes.

2005 NorPac Final Standings and Honors

Team	Conference		Overall		Scoring						
	W-L	.Pct	W-L	.Pct	G	A	Pts	Svs.	DS	Crns	P-Strokes
Pacific	5-1	.833	8-12	.389	36	26	98	95	1	125	2-4
California*	5-1	.833	12-8	.563	62	49	173	58	1	132	2-4
Stanford	4-2	.667	7-14	.333	32	15	79	73	4	94	3-4
Radford	4-2	.667	9-12	.389	19	17	55	85	12	95	1-1
Davidson	2-4	.200	5-12	.333	36	19	91	113	6	112	0-0
Longwood	1-5	.167	4-12	.250	22	11	55	122	16	61	1-1
Appalachian St.	0-6	.000	4-13	.200	21	12	54	154	6	66	1-1

* Tournament Champion

Player of the Year: Valentina Godfrid, Cal
Offensive Player of the Year: Valentina Godfrid, Cal
Defensive Player of the Year: Jessica Bird, Cal
Rookie of the Year: Carolina Hussey, Stanford

Longwood Player of the Week Honors

Shannon Ratte- Oct. 4th
 Katie Murphy- Oct. 11th
 Avaneil Scmitz- Oct. 18th

First Team All-Conference

Chilly Banuelos, Cal Missy Halliday, Stanford
 Jessica Bird, Cal Caroline Hussey, Stanford
 Molly Blackman, Davidson Kate Ryno, Appalachian
 Vianney Campos, Pacific Alana Smith, Cal
 Teela Crosthwaite, Cal Aska Sturdevan
 Valentina Godfrid, Cal

Second Team All-Conference

Natalie Bowen, Radford Michelle Manson, Pacific
 Jen Chaney, Pacific Kayli Maxwell, Davidson
 Emily Davis, Davidson Erica Muschamp, ASU
 Amy Dietz, Radford **Alexis Ramey, Longwood**
Sarah Hitchings, Longwood Jess Zutz, Stanford
 Jenna Long, Cal

2006 Lancers



2006 Lancers



Anne Hundley
Sr./ 5-5/Midfielder
Norfolk, Va./Granby

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As a junior (2005): Appeared in 15 games, getting the starting nod seven times ... Recorded her first collegiate goal in the 3-2 win over Appalachian State (10/7) ... Finished the season with two points.

As a sophomore (2004): Saw action in 15 games for Longwood, including four starts ... Finished with five shots on goal and one assist ... Lone assist of the season came in a 5-0 victory over Robert Morris (9/26) ... Was named to the NFHCA All-Academic Squad ... Received 2005 Wachovia Minority Academic Scholarship from the College of Business and Economics.

As a freshman (2003): Played in 10 matches for the Lancers ... Was named to the NFHCA Division II National Academic Squad.

Personal: Daughter of William and Antoinette Hundley ... Born June 29, 1985 ... Team Most Valuable Player, Second-Team All-Region and First-Team All-District senior season at Granby High School ... Majoring in business.

Katy Lernihan
Sr./5-4/Midfielder
Fredericksburg, Va./Chancellor

17



As a junior (2005): Started and played in 15 of Longwood's 17 games ... Finished season with three points on a goal and assist ... Recorded the game winning goal against UMBC (9/4) on the team's lone penalty stroke of the season.

As a sophomore (2004): Played and started in all 17 games ... Finished the season with two goals and one assist ... Scored lone goal for the Lancers in 2-1 loss to Radford (9/22) ... Tallied the game-winning goal against C.W. Post (10/17) ... Notched an assist in 3-1 victory over Appalachian State (10/24).

As a freshman (2003): Played in 18 games ... Scored three goals and had two assists ... Named to womensfieldhockey.com All-American Rookie Team.

Personal: Daughter of J.T. and Mindy Lernihan ... Born July 15, 1985 ... 1st-Team All-District, All-Region, All-State and Gatorade Player of the Year in 2002 at Chancellor High School ... Majoring in liberal studies (special education).



Katie Murphy
Sr./5-5/Defender
Virginia Beach, Va./Princess Anne

20

As a junior (2005): Played in all 17 of Longwood's games last season, making the starting line-up 14 times ... Tallied three points on a goal and assist ... Notched four shots and had a team high seven defensive saves ... Earned inaugural Jimmy Yarbrough Inspiration Award at annual Athletics Awards Banquet.

As a sophomore (2004): Played and started in all 17 games for Longwood ... Finished with two goals and one assist for five points ... Led the team in defensive saves with two ... Scored first goal of the season in a 5-0 victory at Robert Morris (9/26) ... Tallied the game-winning goal in a 3-1 victory at Appalachian State (10/24) ... Notched an assist in 6-1 victory versus Bellarmine (10/30).

As a freshman (2003): Played in all 19 games, scoring one goal and assisting on another ... Named to NFHCA Division II National Academic Squad.

Personal: Daughter of Danny and Sandy Murphy ... Born March 18, 1985 ... Named Female Athlete of the Year senior season at Princess Anne High School ... Also named to Second-Team All-Beach District ... Majoring in therapeutic recreation.

2006 Lancers



Mary Basye
So./5-6/Midfield-Defender
Lottsburg, Va./Northumberland

8

As a freshman (2005): Saw action in 14 games, starting in four ... Recorded one shot and one defensive save.

Personal: Daughter of Louis and Laurie Basye ... Born October 17, 1987 ... Helped Northumberland High School to the field hockey District and Regional Group A Championships in both 2003 and 2004 ... Was a two-year captain with the field hockey team, earning Best Defensive Player as both a junior and senior ... Also played four years of basketball and softball ... Majoring in Kinesiology at Longwood and wants to become an athletic trainer.

Carra Bunner
So./5-8/Forward
Virginia Beach, Va./Kempsville

13



As a freshman (2005): Appeared in 13 games, starting seven ... Tallied her first goal in the 6-1 win over Robert Morris (9/3) ... Finished the season with two points and eight shots.

Personal: Daughter of Bill and Ritter Bunner ... Born October 26, 1986 ... As a junior helped Kempsville to District Championship ... Also participated in track all four years of high school ... Participated in 2005 USFHA National Futures Tournament ... Is majoring in elementary education and plans to become a school teacher after graduation.



Megan Elgin
So./5-4/Midfielder
Virginia Beach, Va./Kempsville

23

As a freshman (2005): Missed the season with an injury.

Personal: Daughter of David and Debbie Elgin ... Born May 20, 1987 ... Earned Second-Team All-Beach honors senior season at Kempsville High School ... Also played four years of softball ... Is majoring in business, with a concentration in marketing ... Wants to pursue a job in the marketing field after graduation.

2006 Lancers



Mary Freeman
Jr./5-3/Forward
Fredericksburg, Va./Stafford

18

As a sophomore (2005): Played in all 17 games, getting the starting nod in 12 of them ... Posted one assist and put up five shots.

As a freshman (2004): Played in all 17 games for the Lancers, including 15 starts ... Scored four goals for eight points ... Scored first collegiate goal in 2-0 victory over Georgetown (9/5) ... Tallied lone goal in 11-1 loss to Virginia Commonwealth (9/12) ... Scored a goal against Catawba (10/8) and Bellarmine (10/30).

Personal: Daughter of James and Nancy Freeman ... Born January 18, 1986 ... Named 2004 Female Athlete of the Year, Offensive Player of the Year and All-State honorable mention senior year at Stafford High School ... Also played soccer and basketball at Stafford ... Majoring in exercise science.

Erin Murphy
Jr./5-6/Midfielder-Forward
Stafford, Va./North Stafford

21



As a sophomore (2005): Started and played in all 17 games ... Tallied her first goal in the 6-2 win over Saint Francis (Pa.) on October 2 ... Finished the season with three shots and one defensive save.

As a freshman (2004): Played in 15 games for the Lancers, including one start ... Finished with three shots on goal.

Personal: Daughter of Brian and Linda Murphy ... Born May 16, 1986 ... Named to First-Team All-Commonwealth District, All-Region and All-Area teams at North Stafford High School ... Played in 2001 and 2003 state championship playoffs ... Majoring in communication.



Cristin Newbold
Jr./5-4/Midfielder-Forward
Norfolk, Va./Maury

4

As a sophomore (2005): Played and started in all 17 games ... Was tied for the most points on the Lancers tallying 15 on six goals and team-high three assists ... Finished with 22 shots, third highest on the team.

As a freshman (2004): Played in eight games, getting the starting nod six times ... Scored two goals and had one assist for five points ... First collegiate goal came in a 2-1 victory over Monmouth (8/29) ... Scored a goal and tallied an assist in 2-0 victory over Georgetown (9/5).

Personal: Daughter of Donald and Clair Newbold ... Born March 30, 1986 ... Earned First-Team All-District, All-Tidewater and honorable mention All-State honors senior season at Maury High School ... Also played four years of lacrosse ... Majoring in exercise science.

2006 Lancers



Lyndsay Owen
Jr./5-4/Defender
Virginia Beach, Va./Kellam

9

As a sophomore (2005): Appeared in eight games, starting in three.

As a freshman (2004): Saw action in 12 games, including nine starts ... Was named to the NFHCA All-Academic Squad.

Personal: Daughter of Steven and Becky Owen ... Born July 7, 1986 ... Earned 2nd-Team All-District honors senior year at Kellam High School ... Was team captain and was awarded the Coaches Award in 2003 ... Majoring in liberal studies and intends to be a teacher.

Avanell Schmitz
Jr./5-4/Goalkeeper
Newport News, Va./Denbigh

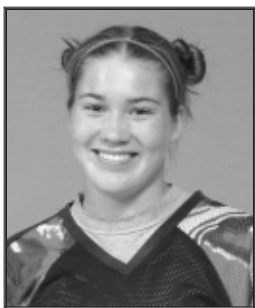
26



As a sophomore (2005): Played in all 17 match-ups for Longwood, including 16 starts ... Finished with 1155:59 of time in net, making 116 saves for a .712 save percentage ... Finished second in the conference for saves (116) and save percentage .712 in the NorPac conference ... Awarded NorPac Defender of the Week on October 18 ... Made a career high 17 saves in the loss to Stanford.

As a freshman (2004): Saw action in six contests ... Allowed eight goals in 116 minutes of action ... Tallied 19 saves for a .704 save percentage.

Personal: Daughter of Frank and Lynn Schmitz ... Born May 14, 1986 ... First-Team All-District and All-Region in 2003 ... Female Athlete of the Year senior year at Denbigh High School ... Majoring in music.



Erin West
Jr./5-7/Goalkeeper
Stafford, Va./North Stafford

1

As a sophomore (2005): Appeared in three games, including two in net for the Lancers ... Recorded three saves in 42:02 minutes of action in net ... Was named to the NFHCA All-Academic Squad.

Personal: Redshirted her first season with the Lancers ... Was named to the NFHCA All-Academic Squad ... Daughter of Linwood and Kathleen West ... Born December 19, 1985 ... Earned First-Team All-Area and Second-Team All-District honors senior year at North Stafford ... Also played softball and was a part of the swimming team ... Majoring in graphic design.

2006 Lancers



Danielle Woodie
Jr./5-5/Defender
Fredericksburg, Va./Chancellor

14

As a sophomore (2005): Played in all 17 games, making eight starts ... Was named to the NFHCA All-Academic Squad

As a freshman (2004): Played and started in all 17 games for the Lancers ... Finished with four shots on goal ... Was named to the NFHCA All-Academic Squad.

Personal: Daughter of Kenneth and Robin Woodie ... Born October 21, 1985 ... Earned First-Team All-District, All-Region and All-State honors senior year at Chancellor High School ... Majoring in English education.

Jennifer Wysong
So./5-6/Midfielder-Forward
New Egypt, N.J./New Egypt

5



As a freshman (2005): Appeared in seven games making one start.

Personal: Daughter of Michael and Patty Wysong ... Born July 29, 1987 ... Earned First-Team All-Ocean County, All-Area and All-State Group 1 honors senior season at New Egypt High School ... Team claimed the Group 1 New Jersey State Sectional Championships in 2003 and 2004 ... Also played lacrosse and basketball.



2006 Lancers

Katie Claxton
Jr./5-8/Midfielder
Virginia Beach, Va./Frank W. Cox

22

Personal: Daughter of Charles and Sandra Claxton ... Born December 18, 1984 ... Transfer from Old Dominion ... While at ODU named CAA Player of the Week after scoring her first career goal against University of Delaware ... Four-year letterwinner in both field hockey and basketball at Frank W. Cox ... Named Virginia Beach Sports Club Female Athlete of the Year ... Felthousen Award winner given to the Most Outstanding Female Athlete of the Year ... Earned Gatorade "Will To Win" Award ... Member of the Honor Roll ... Would like to be a science teacher and field hockey coach after graduation.

15

Michelle Eastlake
So./5-6/Midfielder
Reston, Va./South Lakes

Personal: Daughter of Robin Eastlake ... Born May 7, 1987 ... Awarded the Commonwealth Gold Medal in 2005 ... Earned a spot on her high school Honor Roll and was named to Longwood's Dean's List ... Also played basketball and lacrosse ... Would like to teach after graduation.

Julie Hernandez
Fr./5-6/Midfielder
Norfolk, Va./Maury

19

Personal: Daughter of Randy Hernandez and Lori Wagoner ... Born November 29, 1987 ... Was a two-time First-Team All-Tidewater, All-Region and All-District...Earned Maury's MVP her junior and senior years ... Named Eastern District Player of the Year her junior year ... Graduated with honors, earning the Sweetie Howlett Scholarship ... Played at the Norfolk Fury National Festival and also took part in soccer, lacrosse, and indoor track.

7

Jessica Mantel
Fr./5-3/Midfielder
Virginia Beach, Va./Princess Anne

Personal: Daughter of Scott and Terry Mantel... Born May 30, 1988 ... Earned First Team All-Beach, All-Tidewater, All-Region and All-State her junior year ... Two time Second Team All-Beach and All-Tidewater...Took part in the Futures Elite Festival and the Canadian-American Games ... Helped her team to a U-16 National Festival Outdoor Championship ... Earned Honor Roll recognition ... Was also a member of the Varsity Soccer Team for a year.

2006 Lancers

Amy O'Brien
Fr./5-4/Defender
Fredericksburg, Va./Chatham Hall

24

Personal: Daughter of Michael and Patty O'Brien ... Born April 21, 1988 Three-year starter on Chatham Hall's Varsity Team ... Named Captain her senior year ... Awarded the Lala Harrison Field Hockey trophy in 2005 ... Two-time member of the Blue Ridge All-Conference Team ... Was a member of the Blue Ridge Conference runners-up squads in 2004 and 2005 and helped lead her team to a seventh seed by the Virginia Independent School Field Hockey Association in 2005 ... Also participated in soccer 2004-2006 ... Member of the Chatham Athletic Council and secretary of the Chatham Hall Student Senate.

16

Melissa Strickland
Fr./5-7/Forward
Virginia Beach, Va./Princess Anne

Personal: Daughter of Mark and Mary Anne Strickland ... Born November 8, 1987 ... Helped team to a Regional Championship throughout her four-year career at Princess Anne ... Were runners-up in the Virginia State Tournament her senior year and Virginia State Champions her junior year ... Took part in the Commonwealth Games and National Festival Field Hockey in 2005...Earned All-Beach District Honorable Mention her sophomore, junior and seniors years ... Relieved the Hermitage Foundation Award at the 2004 Student Art Show.

Kelsey Turner
Fr./5-7/Defender
Virginia Beach, Va./Tallwood

4

Personal: Daughter of Russell and Marilyn Turner ... Born February 16, 1988 ... Named to the First Team All-Beach and All-Region senior year ... Two time team MVP ... Was a part of the Beach District Championship and Regional runner-up 2003 team ...Awarded the Academic Letter all four years ... Was a member of the soccer team also.

6

Samantha Wesser
Fr./5-3/Defender
Williamsburg, Va./Jamestown

Personal: Daughter of Chris and Sandra Wesser ... Born July 1, 1988 ...Named District and Virginia Gazette's Player of the Year in 2005 ... Was a two-time First-Team All District, All-Region and All- State member ... Help lead her team to Regionals her senior year ... Earned Honor Roll throughout High School.

2005 Results/Statistics

Overall: 4-13 • Home: 4-3 • Away: 0-10 • Neutral: 0-0

	<u>Date</u>	<u>Opponent</u>	<u>W/L</u>	<u>Score</u>
	August			
	29	@James Madison	L	0-4
	September			
	3	Robert Morris	W	6-1
	4	UMBC	W	1-0
	7	@George Washington	L	2-3 (OT)
	11	@VCU	L	0-1
	18	Rider	L	
1-2				
	24	@Temple	L	
0-1				
	25	@#4 American	L	
1-6				
	28	@Virginia	L	
1-3				
	October			
	1	St. Francis	W	
6-2				
	3	Appalachian State*	W	3-2
	9	@Radford*	L	0-1

Individual Statistics

<u>Name</u>	<u>GP-GS</u>	<u>G</u>	<u>A</u>	<u>Pts</u>	<u>Sh</u>	<u>Sh%</u>	<u>GW</u>	<u>PS-ATT</u>	<u>DSv</u>
Alexis Ramey	15-15	7	1	15	29	.241	1	0-0	0
Cristin Newbold	17-17	6	3	15	22	.273	0	0-0	0
Sarah Hitchings	17-17	3	1	7	25	.120	0	0-0	0
Katy Lernihan	15-15	1	1	3	8	.125	1	1-1	0
Katie Murphy	17-14	1	1	3	4	.250	0	0-0	7
Carrie Bunner	13-7	1	0	2	8	.125	1	0-0	0
Julie Price	13-2	0	2	2	6	.000	0	0-0	0
Erin Murphy	17-17	1	0	2	3	.333	0	0-0	1
Shannon Ratte	17-16	1	0	2	2	.500	0	0-0	7
Anne Hundley	15-7	1	0	2	2	.500	0	0-0	0
Mary Freeman	17-12	0	1	1	5	.000	0	0-0	0
Marina Sizow	9-8	0	1	1	3	.000	0	0-0	0
Cherie Ratte	4-0	0	0	0	1	.000	0	0-0	0
Sarah Pedersen	8-7	0	0	0	1	.000	0	0-0	0
Mary Bayse	14-4	0	0	0	1	.000	0	0-0	1
Jennifer Wysong	7-1	0	0	0	0	.000	0	0-0	0
Lyndsay Owen	8-3	0	0	0	0	.000	0	0-0	0
Avanell Schmitz	17-16	0	0	0	0	.000	0	0-0	0
Leah Evans	2-0	0	0	0	0	.000	0	0-0	0
Danielle Woodie	17-8	0	0	0	0	.000	0	0-0	0
Erin West	3-0	0	0	0	0	.000	0	0-0	0
Longwood	17	22	11	55	120	.183	3	1-1	16
Opponents	17	49	23	121	300	.163	12	6-7	5
Name	GP-GS	Minutes	GA	Avg	Svs	Sv%	Record	SO	
Avanell Schmitz	17-16	1155:59	47	2.85	116	.712	4-13-0	1	
Erin West	2-0	42:02	2	3.33	3	.600	0-0-0	0	
Longwood	17	1198:01	49	2.86	122	.713	4-13-0	1	
Opponents	17	1198:01	22	1.29	47	.681	13-4-0	8	
Team saves: 3									

80 Years Of Field Hockey

Longwood Field Hockey 1926-2006 – 80 Glorious Years.
A historical overview by Nancy Joel



Field Hockey has been played on the Longwood campus for close to half of the institution's existence. Longwood has always promoted pioneering opportunities for women which certainly was the case in 1926 when it adopted field hockey as a sport for its students to participate in, seeing as the sport itself was at that time deemed far too dangerous for women to play! Even today the sport continues to elicit comments regarding danger and levels of safety particularly from our male observers. I am not exactly sure what is frightening to men about 22 women running around a field wielding large sticks!

Our first team in the fall of 1926, as the Rotunda reported, was an honorary varsity as at the time it was considered not advisable to engage in intercollegiate combat in such a new sport.

Field hockey was first demonstrated in America in the early 1900's at a Harvard University summer course for professors of Physical Education. Miss Constance Appleby from England gave that demonstration. The sport was quickly adopted by many of the women's colleges of the time, as another opportunity for women to participate in physical exercise. Longwood actually has a connection to Miss Appleby and during the 40's and 50's she came to Farmville to visit with a Dr. Libby Jackson. Libby started her field hockey career at Longwood but met Miss Appleby when she transferred to the College of

William and Mary. When Libby captained the US women's field hockey team for seven years whilst a member of faculty here at Longwood, her mentor and friend would often visit. Other Longwood students knew Miss Appleby through their involvement in her summer camp for field hockey held in the Pocono Mountains in Pennsylvania each summer. This camp was the only one in America that stopped all activities each afternoon at 4:00 p.m. to partake of "afternoon tea and cakes"!

The early teams at Longwood were coached and advised by Dr. Olive T. Iler, a legendary figure on campus for many years. Records show that she was involved from 1927 till 1965. The early opponents were William and Mary, Harrisonburg, JMU, and Westhampton (University of Richmond), though in 1962, Longwood did record a 6-0 win against ODU! During the 1939-1945 war years, tire shortages and gas rationing stopped any varsity playing opportunity, but field hockey was still enjoyed by the class teams and the Color Wars were as competitive as ever each fall.

1965 saw Dr. Eleanor Bobbitt take over the coaching responsibilities for the team, and she still boasts about her three undefeated seasons. Her trademark was the poetry she used to write to motivate her team. She was indeed successful as six members of her 1967 team were selected to the Tidewater regional team, and one player: Anna Pettis, attended the National Tournament, where selection to the US national team took place annually.

Dr. Nancy Andrews took over the coaching responsibilities in the late 1960's.

1972 saw the arrival of Dr. Carolyn Hodges Crosby and one of the most successful eras of Longwood field hockey began, culminating in the 1975 team attending the AIAW- USFHA National Championship and placing 6th in the nation. Sally Cluster, Carolyn's assistant went on to coach the 1976 winning team, while Carolyn moved offices to become Longwood's first woman Director of Athletics, a position she held till 1989.

Dee McDonough took over the team in 1977, followed by Dr. Bette Harris in 1979. After 12 years of coaching at the Division III level, Sue Finnie was appointed to coach here at Longwood in 1985, and completed a winning five years. Indeed in her first year, she compiled the best team record since the 1974 team, while starting seven freshmen players. During these years the scheduling opportunities changed, as the NCAA increased playing opportunities for field hockey through the creation of Division I, Division II, and Division III levels. By choosing the Division II route, Longwood began traveling north more regularly to compete against the powerhouse Division II schools, Bloomsburg, Lock Haven and others, in Pennsylvania. As many of our past opponents chose the Division I route, their appearance on our schedule slowly disappeared.

Sue Finnie was succeeded by Sandy Bridgeman who has gone on from Longwood to have a stellar career as the head coach of lacrosse at NCAA Division I University of New Hampshire.

Janet Grubbs joined Longwood in 1994 following a successful career at the University of Richmond, and held both the head coaching positions in field hockey and women's lacrosse until I took over the reigns for field hockey in 1998. Janet still produces championship level lacrosse teams here at Longwood.

Following 1998 the Longwood field hockey team made three ECAC Championship appearances, culminating in a Championship win in 2000. Also at this time, the institution indicated its intention to pursue reclassification to the NCAA Division I arena.

The present Longwood team is facing the upward battle of re-establishing itself to compete at the NCAA Division I level. For us it is really a final coming home, to reconnect and compete against all the local schools that Longwood played back in the early days. This exciting transition will be greatly assisted by the recent construction of a state of the art artificial turf field. Modeled on the US Field Hockey National Center in Virginia Beach, it will have the capacity to host conference and national level games, and make Longwood a sought after venue for high levels of play.

So as the program steps into the future, with four score years behind it, it is still as healthy and exciting as it was for those pioneering women in 1926. The young players today will enjoy the Longwood experience, and continue to strive to sustain the traditions that made this opportunity so special in the past.

100 years here we come!



All-Time Records

Individual Records

Single Game

Goals	6	Delo Dove	1958
Assists	4	Patty Boyle	1986
Defensive Saves	4	Missy Moran	1991
Goalkeeper Saves	57	Kim Howells	1989

Season

Goals	33	Terry Voit	1975
Assists	12	Brianne Baylor	2001
Defensive Saves	19	Carver Potts	1989
Goalkeeper Saves	182	Julie Patterson	2003
Goalkeeper Shutouts	10	Jane Grier	1975
	10	Dana Hutcherson	1973
Goals Against Average	0.93	Haidee Shiftlet	1985

Team Records

Highest National Ranking	6th	1975
Highest Regional Ranking	2nd	1992
Best Overall Record	14-1-0	1974
Best NCAA Record	15-5	2000
Most Wins in a Season	16	1975
Most Consecutive Wins	7	1974, 77
Fewest Loses in a Season	1	1972, 73, 74
Most Shutouts in a Season	10	1973, 75
Most Consecutive Shutouts	7	1973
Fewest Times Shutout	0	1975
Most Goals Scored in a Season	68	1975
Most Goals Scored in a Game	18	1996
Fewest Goals Allowed in a Season	5	1973



Julie Patterson



Lorrie Watts

Career Records

Goals

1. Terry Voit	93	1974-77
2. Sue Groff	47	1982-85
3. Cheryl Andrukonis	41	1998-01
4. Brianne Baylor	40	2000-01
5. Carol Filo	35	1974-77
6. Julie Dayton	34	1977-80
7. Elizabeth Mann	33	1996-99
8. Janelle Kern	27	1995-98
9. Sharon Bruce	26	1982-85
10. Heather Kinstler	26	1997-00

Assists

1. Lorrie Watts	25	2001-04
2. Cheryl Andrukonis	24	1998-01
3. Heather Kinstler	24	1997-00
4. Missy Moran	22	1990-93
5. Brianne Baylor	21	2001-01
Traci Strickland	21	1984-87
7. Melanie Panza	18	1986-89
Sue Groff	18	1982-85
9. Liz Annet	17	1986-89
10. Janelle Kern	16	1995-98

All-Time Honors

Longwood Female Athlete of the Year

Claire Reyes	2000
Kim Iman	1999
Mari Willen	1994
Lara Cini	1992
Sue Groff	1986
Julie Dayton	1981

Longwood Female Freshman of the Year

Kim Iman	1996
Lara Cini	1989
Melissa Gwinn	1987
Sue Groff	1983

Longwood Female ECAC Student-Athlete of the Year

Brianne Baylor	2001
Janelle Kearn	1998
Lori Clark	1997

Longwood Senior All-Stars

Brianne Baylor	2001
Megan O'Day	2001
Heather Kinstler	2000
Melanie Panza	1999
Janelle Kearn	1998
Melissa Miranda	1998
Theresa Birr	1996
Tonia Harris	1992
Jenny Wuebker	1992

Longwood Scholar-Athlete of the Year

Anita Warford	1993
Meyon Puent	1992
Tammy Marshall	1986
Mindy Allman	1983

Longwood Jimmy Yarbrough Inspiration Award

Katie Murphy	2006
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NCAA Virginia Woman of the Year

Claire Reyes	2001
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All-American

Alexis Ramey	2002-03
Lorrie Watts	2001-04
Brianne Baylor	2001-02
Cheryl Andrukonis	1998-01
Megan O'Day	1998-01
Claire Reyes	1997-00
Heather Kinstler	1997-00
Kim Iman	1996-99
Catherine Howard	1995-98
Janelle Kern	1995-98
Lori Clark	1994-97
Teresa Birr	1994-96
Mari Willen	1991-94
Sara Hogan	1991-94

Missy Moran	1990-93
Anita Warford	1990-93
Tonia Harris	1989-92

All-South Region (Honorable Mention)

Beanie Felch	1989
Claye Conkwright	1986-87
Sue Groff	1985

All-State

VaSID 1st-Team

Lorrie Watts	2002
Brianne Baylor	2001
Heather Kinstler	2000
Claire Reyes	2000

VaSID Honorable Mention

Sarah Grossi	2001
Cheryl Andrukonis	2000
Brianne Baylor	2000
Stephanie Potter	2000

All-State (cont.)

VAIAW Div. I

Mindy Allman	1981
Janet Long	1981
Jule Dayton	1980
Kim Garber	1980

All- Conference Team

2nd-Sarah Hitchings	2005
2nd-Alexis Ramey	2005

All-American Rookie Team womensfieldhockey.com

Katy Lernihan	2003
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NFHCA All-Academic

Anne Hundley	2005
Erin West	2005
Danielle Woodie	2005
Lyndsay Owen	2004
Julie Patterson	2004
Cherie Ratte	2004
Erin West	2004
Danielle Woodie	2004
Anne Hundley	2003-04
Kathleen Murphy	2003
Monique Shelton	2001-03
Lorrie Watts	2001-03
Kelly Gaines	2002
Kay Dee Lemn	2001-02
Megan O'Day	2001
Emily Prothero	2000-01
Rashel Teach	2001
Jenn Cope	2000
Laura Eynon	2000
Heather Kinstler	1998-00
Claire Reyes	1998-00
Lori Clark	1997
Emily Stone	1996

CFHCA All-Academic

Meyon Puent	1992
Traci Strickland	1987-88

CoSIDA All-District

Traci Strickland	1987-88
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CoSIDA All-American

Mindy Allman	1983
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Verizon All-District

Mindy Allman	1983
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U.S. Development Camp A Camp

Kim Iman	1998-99
Claire Reyes	1999
Janelle Kern	1998
Missy Moran	1993

B Camp

Mari Willen	1993-94
Sara Hogan	1994
Teresa Birr	1993
Missy Moran	1993
Anita Warford	1993
Diane Brown	1986
Laura Goetz	1986
Shanon Bruce	1984



Alexis Ramey

All Americans



24
Alexis Ramey
2003-05
Midfielder
Westminster,
Calif.



12
Lorrie Watts
2000-04
Midfielder
Fredericksburg,
Va.



10
Brianne Baylor
2001-02
Forward
Virginia Beach,
Va.



14
Cheryl
Andrukonis
1998-01
Forward
Fairfax, Va.



20
Megan O'Day
1998-01
Defender
Annandale, Va.



7
Claire Reyes
1997-00
Defender
Virginia Beach,
Va.



24
Heather Kinstler
1997-00
Midfielder
Virginia Beach,
Va.



2
Kim Iman
1996-99
Keeper
Virginia Beach,
Va.



32
Catherine
Howard
1995-98
Sweeper
Virginia Beach,
Va.



17
Janelle Kern
1995-98
Forward
Marysville, Pa.



9
Lori Clark
1994-97
Midfielder
Virginia Beach,
Va.



19
Theresa Birr
1994-96
Defender
Centreville, Va.



15
Mari Willen
1991-94
Midfielder
Mechanicsville,
Md.



1
Sara Hogan
1991-94
Keeper
Charlottesville,
Va.



5
Missy Moran
1990-93
Midfielder
Virginia Beach,
Va.



18
Anita Warford
1990-93
Forward
Stafford, Va.



22
Tonia Harris
1989-92
Sweeper
Virginia Beach,
Va.

Coaching History/CHAMPS/Life Skills

Year	Record	Coach	Overall
1972	5-1-2	Carolyn Hodges	5-1-2
1973	11-1-1	Carolyn Hodges	16-2-3
1974	14-1-0	Carolyn Hodges	30-3-3
1975	16-5-4	Carolyn Hodges (4)	46-8-7
1976	12-4-3	Sally Cluster (1)	12-4-3
1977	11-6-2	Dee McDonough	11-6-2
1978	5-11-3	Dee McDonough (2)	16-17-5
1979	3-11-1	Bette Harris	3-11-1
1980	11-7-0	Bette Harris	14-18-1
1981	7-11-1	Bette Harris	21-29-2
1982	8-7-0	Bette Harris	29-36-2
1983	9-4-3	Bette Harris	38-40-5
1984	10-7-0	Bette Harris (6)	48-47-5
1985	11-4-0	Sue Finnie	11-4-0
1986	10-6-1	Sue Finnie	21-10-1
1987	13-6-1	Sue Finnie	34-16-2
1988	3-7-2	Sue Finnie	37-23-4
1989	6-8-3	Sue Finnie (5)	43-31-7
1990	1-10-1	Sandy Bridgeman	1-10-1
1991	3-9-1	Sandy Bridgeman	4-19-2
1992	10-5-1	Sandy Bridgeman	14-24-3
1993	9-7-0	Sandy Bridgeman (4)	23-31-3
1994	5-12-0	Janet Grubbs	5-12-0
1995	6-9-1	Janet Grubbs	11-21-1
1996	13-5-0	Janet Grubbs	24-26-1
1997	10-8-0	Janet Grubbs (4)	34-34-1
1998	11-6-0	Nancy Joel	11-6-0
1999	13-8-0	Nancy Joel	24-14-0
2000	15-5-0	Nancy Joel	39-19-0
2001	8-10-0	Nancy Joel	47-29-0
2002	7-8-0	Nancy Joel	54-37-0
2003	8-10-1	Nancy Joel	62-47-1
2004	7-10-0	Nancy Joel	69-57-1
2005	4-13-0	Nancy Joel	73-70-1
Total	287-232-32 (.521)		

NCAA CHAMPS/LIFE SKILLS PROGRAM

Longwood University is a member of the NCAA CHAMPS/Life Skills Program. The mission of the program is to assist student-athletes in acquiring education and experiences that develop, challenge, and prepare them for future success in life.

The NCAA CHAMPS/Life Skills Program focuses on five areas of commitment to guide student-athletes in their pursuit of excellence:

Academic Success

The primary purpose of this commitment is to provide support for student-athletes in their progression toward intellectual development and the goal of graduation.

Athletic Achievement

The foundation of having students strive toward athletic excellence is based upon the philosophy that programs which are broad-based, equitable, and dedicated to the well-being of the student-athlete, help enrich other aspects of their lives.

Personal Development

This commitment strives to offer a variety of programs and support, which focus on the emotional well being, and personal growth of the individual.

Career Development

In preparation for the game of life, this area of commitment focuses the student-athlete for life beyond college. Emphasis is on Career Development, Workshops, and Job Searches.

Service

Students are given opportunities and are encouraged to engage in activities that allow them to contribute and serve others on campus as well as in the surrounding community.

For further information about the Longwood University NCAA CHAMPS/Life Skills Program, please contact:

Michelle Meadows

NCAA CHAMPS/Life Skills Coordinator

Longwood University
201 High Street
Farmville, Virginia 23909

Office Phone:

434.395.2429

E-Mail:

meadowsme@longwood.edu



All-Time Series

<u>Opponent</u>	<u>Series</u>	<u>Last Played</u>	<u>Result</u>	<u>Opponent</u>	<u>Series</u>	<u>Last Played</u>	<u>Result</u>
American	0-6	2005	L, 1-6	Mercyhurst	3-0	2001	W, 6-2
Appalachian State	10-5	2005	W, 3-2	Millersville	3-6	2002	L, 0-1
Assumption	2-2	2000	W, 3-1	Monmouth	0-2	2004	L, 1-2
Bellarmino	6-0	2004	W, 6-1	Mount St. Mary's	3-0-1	1990	T, 1-1 (2OT)
Bentley	0-1	1999	L, 1-2	Ohio University	1-0	1990	W, 4-3
Bridgewater	12-0	2000	W, 11-0	Ohio Wesleyan	0-1	1995	L, 2-3 (OT)
California	0-1	2005	L, 0-8	Pacific	0-1	2005	L, 1-6
C.W. Post	3-0	2004	W, 2-1 (OT)	Pfeiffer	3-2	1992	W, 6-0
Catawba	12-4	2004	W, 5-0	Philadelphia	8-0	2003	W, 3-0
Catholic	1-0	1992	W, 4-1	Radford	5-8-3	2005	L, 0-1
Chris. Newport	1-0	2002	W, 3-2 (OT)	Randolph-Macon	14-2-1	2001	W, 7-0
Davidson	3-6-1	2005	L, 0-1	Randolph-Macon W	3-0	1996	W, 18-0
Davis and Elkins	5-4	1999	W, 4-1	Richmond	2-10-1	2001	L, 2-6
Denison	2-0	1993	W, 2-0	Rider	0-3	2005	L, 1-2
Drexel	1-0	1987	W, 3-1	Roanoke	3-1	2003	W, 6-1
Duke	0-8	1989	L, 5-0	Robert Morris	2-0	2005	W, 6-1
East Stroudsburg	4-4	2001	W, 2-1 (2OT)	Saint Francis	3-0	2005	W, 6-2
Eastern Kentucky	0-2-1	1989	L, 3-0	Saint Joseph's	0-1	2004	L, 0-3
Eastern Mennonite	3-9	2001	W, 7-1	Shippensburg	4-8	2003	L, 1-7
Ferrum	1-0	1999	W, 11-0	Slippery Rock	2-0	2001	W, 6-0
Frostburg State	2-0	1994	W, 4-0	Southern Conn. St.	1-1	1999	L, 3-4 (2OT)
Georgetown	4-6	2005	L, 2-3 (OT)	Southwest Missouri	0-1	1991	L, 2-1
High Point	3-1	1987	W, 5-0	Saint Michael's (Vt.)	1-0	1999	W, 1-0
Hollins	1-0	1982	W, 3-0	Stanford	0-2	2005	L, 0-3
Houghton	0-1	1999	L, 2-3 (OT)	Temple	0-1	2005	L, 0-1
IUP	6-5	2003	W, 3-1	Toledo	0-1	1990	L, 2-1
James Madison	0-7	2005	L, 0-4	Towson	2-2-1	2004	L, 0-2
Kent State	1-0	1986	W, 3-1	U. of the South	2-0	1993	W, 5-0
Kutztown	4-7	2003	W, 2-1 (OT)	UMBC	6-1	2005	W, 1-0
La Salle	0-3	1989	L, 2-1	VCU	6-13	2005	L, 0-1
Lehigh	0-1	2003	L, 1-4	Va. Wesleyan	2-1	2003	L, 3-4 (2OT)
Lock Haven	2-11-1	2005	L, 0-5	Virginia	0-3	2005	L, 1-3
Louisville	0-1	1992	L, 0-1	Virginia Tech	7-1	1996	W, 2-0
Loyola	1-2	1989	L, 7-1	Wake Forest	2-4-2	1994	L, 0-8
Lynchburg	8-6-1	1999	W, 2-1	William and Mary	0-6	1990	L, 5-0
Mansfield	4-2	2003	W, 6-3				
Mary Washington	7-1	1990	L, 1-0				

* Results are only from 1982-present

When We Last Met (2006 Opponents)

<u>Team</u>	<u>Results</u>	<u>Score</u>	<u>Date</u>
Appalachian State	W	3-2	October 7, 2005
Bucknell		First Meeting	
California	L	0-8	October 16, 2005
Davidson	L	0-1	October 29, 2005
Georgetown	L	2-3 (OT)	September 7, 2005
Indiana		First Meeting	
James Madison	L	0-4	August 28, 2005
Lock Haven	L	0-5	October 31, 2005
Pacific	L	1-6	October 18, 2005
Radford	L	0-11	October 9, 2005
Richmond	L	2-6	August 29, 2001
Rider	L	1-2	September 18, 2005
Saint Joseph's	L	0-3	October 2, 2004
Stanford	L	0-3	October 14, 2005
Temple	L	0-1	September 24, 2005
Towson	L	0-2	October 15, 2004
UMBC	W	1-0	September 4, 2005
Virginia	L	1-3	September 28, 2005
Virginia Commonwealth	L	0-1	September 11, 2005

2006 Opponents

APPALACHIAN STATE

Saturday September, 2 - 1:00 p.m.
@ Farmville, Va.

Location: Boone, N.C.

Conference: NorPac

Colors: Black and Gold

Chancellor: Dr. Kenneth E. Peacock

Athletics Director: Charlie Cobb

Head Coach: Brandi Alexander

Assistant Coach: Janelle Bickford

2005 Record: 4-13

2005 Conference Record/Finish: 0-6/7th

SID Contact: Simon Ault

SID Phone: TBA

SID Fax: 828.262.6106

SID E-Mail: TBA

Website: www.GoASU.com

BUCKNELL

Sunday, September 10 - 1:00 p.m.
@ Lewisburg, Pa.

Location: Lewisburg, Pa.

Conference: Patriot League

Colors: Orange and Blue

President: Brian C. Mitchell

Athletics Director: John P. Hardt

Head Coach: Heather Lewis

Assistant Coaches: Melissa Bostwick, Michelle Marks

2005 Record: 8-10

2005 Conference Record/Finish: 4-1/2nd

SID Contact: Julie Moses

SID Phone: 570.577.3068

SID Fax: 570.577.1660

SID E-Mail: jlm061@bucknell.edu

Website: www.bucknellbison.com

CALIFORNIA

Thursday, October 19 - 5:00 p.m.
@ Farmville, Va.

Location: Berkeley, Calif.

Conference: NorPac

Colors: Blue and Gold

Chancellor: Robert J. Birgeneau

Athletics Director: Sandy Barbour

Head Coach: Shelie Onstead

Assistant Coaches: Megan Sainsbury, Peter Milkovich

2005 Record: 12-8

2005 Conference Record/Finish: 5-1/1st (West)

SID Contact: Anton Malko

SID Phone: 510.643.5846

SID Fax: 510.643.7778

SID E-Mail: amalko@berkeley.edu

Website: www.calbears.com

DAVIDSON

Saturday, October 28 - 3:00 p.m.
@ Farmville, Va.

Location: Davidson, N.C.

Conference: Southern

Colors: Red and Black

President: Bobby Vagt

Athletics Director: Jim Murphy

Head Coach: Lisa Thompson

Assistant Coach: Ginny Sutton

2005 Record: 5-12

2005 Conference Record/Finish: 2-4/5th

SID Contact: Lauren Biggers

SID Phone: 704.894.2815

SID Fax: 704.894.2636

SID E-Mail: labiggersi@davidson.edu

Website: www.davidson.edu/athletics

GEORGETOWN

Saturday, September 16 - 1:00 p.m.
@ Farmville, Va.

Location: Washington, D.C.

Conference: Big East

Colors: Blue and Gray

President: John J. DeGioia

Athletics Director: Bernard Muir

Head Coach: Laurie Carroll

Assistant Coach: Homero Pardi

2005 Record: 3-15

2005 Conference Record/Finish: n/a

SID Contact: Diana T. Pulupa

SID Phone: 202.687.6564

SID Fax: 202.687.2491

SID E-Mail: dtp24@georgetown.edu

Website: www.guhoyas.collegesports.com

INDIANA

Sunday, August 27 - 1:00 p.m.
@ Farmville, Va.

Location: Bloomington, Ind.

Conference: Big Ten

Colors: Cream and Crimson

President: Dr. Adam Herbert

Athletics Director: Rick Greenspan

Head Coach: Amy Robertson

Assistant Coaches: Gina Lucido, Jen Myers

2005 Record: 17-5

2005 Conference Record/Finish: 4-2/2nd

SID Contact: Ashley Thornburg

SID Phone: 812.855.4770

SID Fax: 812.855.9401

SID E-Mail: athornb@indiana.edu

Website: www.IUHOOSIERS.com

2006 Opponents

JAMES MADISON

Sunday, October 14 - 1:00 p.m.
@Harrisonburg, Va.

Location: Harrisonburg, Va.

Conference: Colonial Athletic Association (CAA)

Colors: Purple and Gold

President: Dr. Linwood H. Rose

Athletics Director: Jeff Bourne

Head Coach: Antoinette Lucas

Assistant Coaches: Julie Munson, Cathy Coakley

2005 Record: 11-9

2005 Conference Record/Finish: 5-3/T-3rd

SID Contact: Milla Sue Wisecarver

SID Phone: 540.568.6154

SID Fax: 540.568.3703

SID E-Mail: wisecams@jmu.edu

Website: www.jmusports.com

LOCK HAVEN

Saturday, September 9 - 1:00 p.m.
@Lock Haven, Pa.

Location: Lock Haven, Pa.

Conference: Northeast (NEC)

Colors: Crimson and White

President: Dr. Keith T. Miller

Athletics Director: Sharon E. Taylor

Head Coach: Pat Rudy

Assistant Coaches: Shanna Vitale, Lacey Pustizzi

2005 Record: 15-5

2005 Conference Record/Finish: 7-1/T-1st

SID Contact: Al Weston

SID Phone: 570.893.2350

SID Fax: 570.893.7025

SID E-Mail: aweston@lhup.edu

Website: www.lhup.edu/athletics

PACIFIC

Sunday, October 8 - 12:00 p.m.
@Farmville, Va.

Location: Stockton, Calif.

Conference: NorPac

Colors: Orange and Blue

President: Don DeRosa

Athletics Director: Lynn King

Head Coach: Linda MacDonald

Assistant Coaches: Veronica Torrez, Heather Maurin

2005 Record: 11-7

2005 Conference Record/Finish: 5-1/T-1st (West)

SID Contact: Glen Sisk

SID Phone: 209.946.2289

SID Fax: 209.946.2757

SID E-Mail: gsisk@pacific.edu

Website: www.pacifictigers.com

RADFORD

Friday, October 27 - 4:00 p.m.
@Farmville, Va.

Location: Radford, Va.

Conference: NorPac

Colors: Red, Blue, Green and White

President: Penelope W. Kyle

Athletics Director: Greig Denny

Head Coach: Jeff Woods

Assistant Coach: TBA

2005 Record: 9-12

2005 Conference Record/Finish: 4-2/T-3rd

SID Contact: Brian Stanley

SID Phone: 540.831.5211

SID Fax: 540.831.5556

SID E-Mail: bmstanley@radford.edu

Website: www.radford.edu/athletics

RIDER

Saturday, September 23 - 1:00 p.m.
@Baltimore, Md.

Location: Lawrenceville, N.J.

Conference: Northeast (NEC)

Colors: Cranberry and White

President: Dr. Mordechai Rozanski

Athletics Director: Don Harnum

Head Coach: Lori Hussong

Assistant Coach: Dan Hussong

2005 Record: 14-6

2005 Conference Record/Finish: 7-1/T-1st

SID Contact: Brian Solomon

SID Phone: 609.896.5135

SID Fax: 609.896.0341

SID E-Mail: bsolomon@rider.edu

Website: www.gobroncs.com

SAINT JOSEPH'S

Saturday, September 30 - 12:00 p.m.
@Philadelphia, Pa.

Location: Philadelphia, Pa.

Conference: Atlantic 10 (A-10)

Colors: Crimson and Gray

President: Timothy R. Lannon, S.J.

Athletics Director: Don DiJulia

Head Coach: Michele Finegan

Assistant Coaches: Aislinn Richards, Colleen Quinn, Aly Winsky

2005 Record: 10-10

2005 Conference Record/Finish: 3-4/4th

SID Contact: TBA

SID Phone: 610.660.1738

SID Fax: 610.660.1724

SID E-Mail: TBA

Website: www.sjuhawks.com

2006 Opponents

STANFORD

Sunday, October 22 - 1:00 p.m.

@Farmville, Va.

Location: Stanford, Calif.

Conference: NorPac

Colors: Cardinal and White

President: John Hennessy

Athletics Director: Dr. Ted Leland

Head Coach: Lesley Irvine

Assistant Coaches: Jordan Steele, Saleema Rogers

2005 Record: 7-14

2005 Conference Record/Finish: 4-2/T-3rd (West)

SID Contact: Kyle McRae

SID Phone: 650.725.2959

SID Fax: 650.725.2957

SID E-Mail: kyle.mcrae@stanford.edu

Website: www.gostanford.collegesports.com

TEMPLE

Sunday, October 1 - 12:00 p.m.

@Philadelphia, Pa.

Location: Philadelphia, Pa.

Conference: Atlantic 10

Colors: Cherry and White

President: Dr. David Adamary

Athletics Director: Bill Bradshaw

Head Coach: Amanda Janney

Assistant Coach: Ryan Langford

2005 Record: 11-10

2005 Conference Record/Finish: 6-1/2nd

SID Contact: Brian Beacham

SID Phone: 215.204.7445

SID Fax: 215.204.7499

SID E-Mail: bbeach44@temple.edu

Website: www.owlsports.com

TOWSON

Friday, September 1 - 3:00 p.m.

@Farmville, Va.

Location: Towson, Md.

Conference: Colonial Athletic Association (CAA)

Colors: Gold, Black, White

President: Dr. Robert L. Caret

Athletics Director: Mike Hermann

Head Coach: Lynette Mitzel

Assistant Coaches: Michell Webber, John Kovach

2005 Record: 9-10

2005 Conference Record/Finish: 3-5/6th

SID Contact: Dan O'Connell

SID Phone: 410.704.3102

SID Fax: 410.704.3861

SID E-Mail: doconnell@towson.edu

Website: www.TowsonTigers.com

UMBC

Friday, September 22 - 4:00 p.m.

@Baltimore, Md.

Location: Baltimore, Md.

Conference: America East

Colors: Black and Gold with Red

President: Dr. Freeman Hrabowski

Athletics Director: Dr. Charles Brown

Head Coach: Lauren Fuchs

Assistant Coach: Julie Pettit

2005 Record: 3-13

2005 Conference Record/Finish: 0-5/6th

SID Contact: Jessica Bernheim

SID Phone: 410.455.1530

SID Fax: 410.455.3994

SID E-Mail: jbernheim@umbc.edu

Website: www.umbcretreivers.com

VIRGINIA COMMONWEALTH

Sunday, September 17 - 1:00 p.m.

@Farmville, Va.

Location: Richmond, Va.

Conference: Colonial Athletic Association (CAA)

Colors: Black and Gold

President: Dr. Eugene P. Trani

Athletics Director: Dr. Richard L. Sander

Head Coach: Shelly Behrens

Assistant Coach: Adrian Clewlow

2005 Record: 6-11

2005 Conference Record/Finish: 2-6/8th

SID Contact: TBA

SID Phone: 804.828.7000

SID Fax: 804.828.9428

SID E-Mail: TBD

Website: www.vcurams.vcu.edu

VIRGINIA

Tuesday, October 17 - 6:00 p.m.

@Charlottesville, Va.

Location: Charlottesville, Va.

Conference: Atlantic Coast Conference (ACC)

Colors: Orange and Blue

President: John T. Casteen, III

Athletics Director: Craig Littlepage

Head Coach: Michele Madison

Assistant Coach: Alex Kyser

2005 Record: 8-11

2005 Conference Record/Finish: 0-5/6th

SID Contact: Chip Rogers

SID Phone: 434.982.5977

SID Fax: 434.982.5525

SID E-Mail: chipr@virginia.edu

Website: virginiasports.collegesports.com

Longwood University

With a legacy of learning dating back over 165 years, Longwood University has developed a meaningful learning environment that extends far beyond the classroom. Founded in 1839 as the Farmville Female Seminary Association, the school was a pioneer first in private and later in public education. The State of Virginia acquired the school in 1884 and renamed it as the Normal School, the first state institution of higher learning for women in Virginia. Over the years, the school expanded its curricula and had a succession of names, becoming Longwood College in 1949 and fully coeducational in 1976. On April 24, 2002, history was again made at Longwood when Governor Mark Warner signed legislation that designated Longwood as a university, effective July 1, 2002.

The legacy that began in 1839 continues today as Longwood University offers over 100 majors, minors and concentrations through its various academic programs. Given its historical roots, Longwood University enjoys an enviable reputation for teacher preparation. But the excellence has expanded throughout the university with strong programs in the liberal arts and sciences, business, professional and pre-professional programs. Today, the coeducational, comprehensive state university has an enrollment of over 4300 students and is comprised of three separate colleges: the College of Arts and Sciences, the College of Business and Economics, and the College of Education and Human Services and a graduate division offering programs in education, English, sociology, and a new MBA in Retail Management.

Under the leadership of President Patricia P. Cormier, Longwood is committed to developing citizen leaders and provides a meaningful learning environment where students learn skills, knowledge and theory and then translate learning into action by doing research, internships, field work and community service. Recognizing the value of experiential learning, Longwood is one of the few universities in the country to require all students to complete an internship or similar learning experience before graduation. Additionally, Longwood was the first institution in Virginia to require that every freshman have a laptop computer. Technology is integrated throughout the learning process—an essential element for preparing the leaders of tomorrow.

The Longwood learning environment is enriched further by the Greenwood Library that holds 245,000 book titles, 2,100 print journal subscriptions, and some 100 electronic

data bases including access to 11,000 full-text electronic journals and provides integrated technology for information retrieval from libraries throughout the world, as well as satellite reception of foreign programs and web access. This state-of-the-art facility is named in honor of Longwood's 22nd president, Dr. Janet Daly Greenwood.

Longwood students continue to rate their university as one of the most engaging in the country, according to results from the National Survey of Student Engagement (NSSE). In the 2002 survey, seniors rated Longwood at or above the 80th percentile on 6 of the 9 NSSE benchmarks when compared with Masters institutions; freshmen rated Longwood at or above the 60th percentile on all 9 benchmarks when compared with Masters institutions. "Student Engagement with Technology"



continued to lead the way at the 90th percentile or higher. The survey was developed by national assessment experts as an alternative to the U.S. News & World Report rankings, which are strongly influenced by resources and reputation. NSSE is sponsored by The Carnegie Foundation for the Advancement of Teaching and The Pew Forum for Undergraduate Learning.

Additionally, Longwood University is one of only 20 "high performing" institutions nationwide selected to participate in the Documenting Effective Educational Practices (DEEP) project being conducted by the National Survey of Student Engagement (NSSE) and the American Association for Higher Education (AAHE). Basically, the main purposes of the project will be to discover what practices enhance the learning process for college students and then to share that information with colleges and universities throughout the nation. Longwood was selected for

the project because it was identified as an "educationally effective institution" based upon NSSE benchmark results and "promising persistence and graduation rates." In addition, the new U.S. News & World Report Best Colleges Survey ranks Longwood with the 10th highest graduation rate (61 percent) among all master's level universities in the South.

Longwood provides a range of business services to the region and state through the Longwood Small Business Development Center, while the Longwood Center for the Visual Arts serves as an important and innovative study center and cultural resource for the Commonwealth of Virginia.

Longwood University

Longwood University also has a tremendous economic and cultural impact on Farmville and the surrounding communities. A recent study conducted by the Longwood Small Business Development Center estimates that university employees, students, and visitors spent over \$100 million in 2001--with 54 percent of that amount being spent in Farmville and the eight surrounding counties.

The Longwood campus, located in the heart of historic Farmville, Virginia, provides excellent facilities while reflecting the charm, beauty, and character associated with its long heritage. The campus community was enhanced recently with the opening of Brock Commons, a beautiful pedestrian promenade that provides a central focal point for the Longwood campus while eliminating traffic congestion and safety hazards. Fountains, walkways, outdoor sculpture and beautiful landscaping contribute to Brock Commons, creating a park-like atmosphere for students, faculty, staff, and the public.

The University has completely recovered from the devastating fire of April 24, 2001 that destroyed several historic buildings on campus including the Ruffners, Grainger Hall, and the signature Rotunda. A completely rebuilt Grainger Hall opened in 2004 and Ruffner Hall and the Rotunda were re-dedicated on April 23, 2005. Construction is also underway for a new Health and Fitness Center that will feature a wide range of programs and amenities for students, faculty, and staff. A new science center opened in 2006 and provides the latest technology and scientific equipment for students and faculty.

One of the more popular buildings on campus is the two-story, 60,000 square foot Dorrill Dining Hall located on Brock Commons across from the Lankford Student Union. Named in honor of Dr. William Franklin Dorrill, Longwood's 23rd president, this multi-purpose facility, with its curved, colonnaded portico overlooking Iler Field, is the first on campus to utilize geothermal heating and cooling. The flexible interior design provides space for banquets, meetings, and special events along with a Grand Dining Room seating 500 and an arcade seating an additional 700.

Behind and alongside this area are broad malls, lawns, 11 tennis courts, four athletic fields, an indoor-outdoor swimming pool, and numerous late-20th century buildings, including the

library, residence halls, the Lankford Student Union, and various academic facilities. The campus has six auditoriums ranging in size from 150 seats to over 1200.

Willett Hall, named in honor of Longwood's 21st president, Dr. Henry Irving Willett Jr., is a \$4.5 million health, physical education, and recreation complex. It has a gymnasium with 3,000 seats; a complete weight-training laboratory; an Olympic-size pool with a three-meter board and underwater sound, lighting, and observation window; a 500-seat natatorium; a modern dance studio with a floating floor and staging capacity; and one of the state's best-equipped laboratories for

the study of human performance as it relates to exercise, sports, health, and the arts. Nearby, is a nine-hole golf course and Longwood Estate, the home of the President.

Longwood University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award bachelors and masters degrees. Other accreditation includes the National Council for Accreditation of Teacher Education, the Virginia State Board of Education, the National Association of Schools of Theatre, and the National Association of Schools of Music. Specific program endorsements include the undergraduate Social Work Program that is accredited by the Council on Social Work Education; the undergraduate Therapeutic Recreation Program that is accredited by the National Recreation and Park Association in cooperation with the American Association for Leisure and Recreation; and the undergraduate Business Administration Program that is accredited by Association to Advance Collegiate Schools of Business (AACSB- International).

Finally, for the eighth year in a row, Longwood is ranked among the top regional public schools in the South in the 2006 U.S. News & World Report "Best Colleges" Guide. The university moved up from 37th to 36th for public and private Southern universities offering master's degrees. In addition, Longwood was included in two favorable categories: Highest Graduation Rates (61 percent) and Least Debt. The percentage of graduates with debt has dropped from 84 to 77 percent, and the average debt has decreased from \$14,574 to \$14,326.



Farmville Area, Commonwealth of Virginia

THE FARMVILLE AREA

Longwood University is located in historic Farmville, Virginia -- 65 miles west of Richmond, 48 miles east of Lynchburg, and 60 miles south of Charlottesville -- the Heart of Virginia. The Town of Farmville has a population of 6,500.

The Farmville Area is comprised of the town of Farmville, along with the counties of Prince Edward and Cumberland. This area serves as a retail hub and commercial activity center for eight counties of Southside Virginia and has a service market of more than 100,000 people. Education is a dominant factor in the area, with three outstanding colleges offering educational and training opportunities. In addition to Longwood University, Hampden-Sydney and Southside Virginia Community colleges are located in the area.

The Farmville Area has a diversified economy with strong manufacturing, trade, service, and agricultural sectors. Manufacturing activity centers around natural resources, textiles, and a variety of industrial and consumer goods.

The Town of Farmville is also home to the annual Heart of Virginia Festival (first Saturday in May) and many historical sites, including Appomattox Courthouse and Sailors Creek Battlefield. These points of interest make the Farmville Area a very attractive place to be. Located in and near town are churches, hotels, motels, a country club, a municipal airport, and a community hospital. Many additional points of interest are within a short distance of the Farmville area.

COMMONWEALTH OF VIRGINIA

The Commonwealth of Virginia is one of the original 13 colonies. Named for the Virgin Queen, Elizabeth I of England, Virginia was England's first successful overseas colony and the site of the first permanent English settlement in America. West Virginia was part of Virginia until 1863.

Virginia's rich political heritage helped shape the democratic principles on which the United States was founded. Virginia played an important role in the American Revolution (1775-1783), and it entered the Union as the tenth of the original 13 states on June 25, 1788. During the American Civil War (1861-1865) the state's capital, Richmond, was also capital of the Confederacy. The state has long been nicknamed Old Dominion.

George Washington, Thomas Jefferson, James Madison, and James Monroe, all Virginians, were founding fathers of the United States and were among the first five U.S. presidents. Virginia is also the birthplace of U.S. presidents William Henry Harrison, John Tyler, Zachary Taylor, and Woodrow Wilson.

Virginia is the 35th largest state in the United States, bounded on the east by the Atlantic Ocean, on the north and east by Maryland and the District of Columbia, on the west by West Virginia and Kentucky, and on the south by

Tennessee and North Carolina.

According to the 2000 national census, Virginia's population was 7,078,515, ranking it 12th among the states. Virginia Beach (425,257) is one of the most popular resort destinations on the East Coast, as well as Virginia's largest city. Richmond (197,790) is the state capital and a center of banking and insurance, and of both retail and wholesale trade. The Naval Base at Norfolk (234,403) and the Naval Shipyard at Portsmouth (100,565) employ thousands of civilians and military personnel. Hampton (146,437) is important for its aviation activities such as Langley Air Force Base and a National Aeronautics and Space Administration (NASA) facility. In Newport News (180,150) is a shipyard that builds naval ships, including aircraft carriers. Alexandria (128,283) is part of the Washington, D.C., metropolitan area. Lynchburg (65,269) is the site of light industries. Roanoke (94,911) is the largest city in western Virginia.

Civilian and military employment, mostly with the federal government, is an essential part of the Virginia economy. The Pentagon, which houses the Department of Defense, is located in Virginia and is the leading federal employer in the northern part of the state. There are also important military bases in Virginia, particularly the massive complex of army, navy, and air force bases in the vicinity of Norfolk.

Average January temperatures range from less than 32°F in the west to more than 42°F in southeastern Virginia. Average July temperatures range from more than 78°F in the southeast to less than 68°F in the western mountains. Total precipitation ranges from about 35 to more than 50 inches. Snowfalls are moderate, except in the mountain regions.

Besides Virginia, three other states - Kentucky, Massachusetts and Pennsylvania - use the term commonwealth as part of their official names. The delegates to the convention in Williamsburg, when the first Constitution of Virginia was adopted on June 29, 1776, used commonwealth as the name for the new form of government. It is very likely they had in mind the Puritans' rebellion against the Crown in England more than 100 years earlier.

Pennsylvania and Massachusetts also chose to be called commonwealths after independence from Great Britain. The other 10 former colonies took the name "state," the term used in the Declaration of Independence. Kentucky was once part of Virginia. When Kentuckians joined the Union as the 15th state in 1792, it also kept the name commonwealth.

Source(s):
Farmville Area Chamber of Commerce;
Commonwealth of Virginia
(via Encarta Encyclopedia, MSN Learning & Research);
Virginia Tourism Corporation

University President/Administration

PRESIDENT PATRICIA PICARD CORMIER

Known for her warmth, enthusiasm and dynamic personality, Dr. Cormier is now in her eleventh year as president of Longwood University.



She has been an administrator in higher education for over 38 years, serving as chief academic officer at Winthrop University, in key vice presidential positions at the University of Pennsylvania where she was also an associate dean and a tenured member of the faculty, and as vice president for development and alumni relations at the Medical College of Pennsylvania.

Dr. Cormier has master's and doctoral degrees in education from the University of Virginia and a bachelor's degree in health education from Boston University. Her honors include selection as one of 30 fellows nationwide to participate in the American Council on Education's fellowship program in academic administration in 1982-83, a master's degree *Honoris causa* from the University of Pennsylvania in 1982, election to three national honor societies, and selection as a Fellow of the College of Physicians of Philadelphia. She has published two highly regarded books in her field: *Community Oral Health: A Systems Approach* and *Educating the Dentists of the Future*.

In addition to her many community and collegiate responsibilities, Dr. Cormier serves as vice-chair of the Lead Virginia Board, was appointed by the Governor to serve on the Philpott Commission and also serves on the Faculty Development Committee of the University of Virginia Medical School, and Executive Leadership in Academic Medicine Board at Drexel University. She is the past chair of the Executive Committee of the Renaissance Group, past chair of the NCAA Division II Presidents' Council, and past chair of the Council of Fellows of the American Council on Education. She served as a Commissioner on the Southern Association of Colleges and Schools' Commission on Colleges, and is the past Chair of the Board of the American Association of State Colleges and Universities (AASCU), a higher education organization whose membership is comprised of more than 430 colleges, universities, and systems of public higher education throughout the United States and its territories.

Dr. Cormier has worked with the campus community to develop and implement a new Mission, Vision, and Goals Statement for the University. This strategic plan for the future of Longwood is embodied in the first sentence of the Mission Statement: "Longwood is an institution of higher learning dedicated to the development of citizen leaders who are prepared to make positive contributions to the common good of society."

LONGWOOD UNIVERSITY

Location: Farmville, Virginia

Founded: 1839

Enrollment: 4,350

President: Dr. Patricia P. Cormier

Vice President for Academic Affairs:
Dr. Wayne E. McWee

Vice President for Administration and Finance:
Ms. Kathy S. Worster

Vice President for Facilities Management and Public Safety: Mr. Richard W. Bratcher

Vice President for Student Affairs:
Dr. Tim J. Pierson

Assistant Dean for Student Affairs:
Dr. Laura A. Bayless

Vice President for University Advancement:
Ms. Bobbie S. Burton

Associate Vice President for Marketing and Communications: Mr. Dennis A. Sercombe

Vice President for Information and Instructional Technology Services: Dr. Frank X. Moore

Executive Director of Governmental Affairs and Special Projects: Ms. Brenda L. Atkins

Dean of Enrollment Management:
Mr. Robert J. Chonko

Dean, College of Arts and Sciences:
Dr. Charles D. Ross

Interim Dean, College of Business and Economics:
Dr. James S. Cross

Dean, College of Education and Human Services:
Dr. Deneese L. Jones

Dean of Graduate Studies: Dr. C. Sue McCullough

Director of Facilities Management: TBD

Director of Public Safety and Chief of Police:
Mr. Charles Lowe

Director of Athletics/Coaching Staff

DIRECTOR OF ATHLETICS RICK MAZZUTO

Rick Mazzuto is in his fifth full year as Director of Athletics for Longwood University's 14-sport intercollegiate athletics program.



He is guiding the Lancers during the final year (2006-07) of their four-year NCAA Division I Reclassification toward official Division I Certification in September 2007. He began at Longwood University on March 1, 2002.

Mazzuto previously was the Director of Athletics at Division I Saint Mary's (Calif.) College from 1989-2000 after serving as Director of Athletics at Division I Iona (N.Y.) College from 1980-89.

At Longwood, Mazzuto has led the transition to Division I while spearheading the institution's Strategic Plan for intercollegiate athletics. He has guided the program through many changes since his arrival, including increases in operating budgets, scholarships, and department personnel -- both administrative and coaching while also overseeing distinct scheduling, fundraising, and marketing changes. Additionally, Mazzuto has been instrumental in developing a comprehensive master plan at the University for new athletics facilities and the complete renovation of some existing facilities.

While at Saint Mary's in Moraga, California for 11 years, Mazzuto oversaw a \$5-million budget, 16-sport intercollegiate athletics program with 60-plus employees. During his time there, Saint Mary's participated in the 1999 NCAA Division I Women's Basketball Tournament, the 1997 Division I Men's Basketball Tournament, and the 1992 Division I Women's Soccer Tournament. The 2000 women's basketball team participated in the National Invitation Tournament (NIT) as well, while the women's cross country team won the 1990 West Coast Conference Championship, and the softball team won three Western Intercollegiate Softball League titles.

At Iona in New Rochelle, New York for nine years, Mazzuto managed a 20-sport Division I program with 40-plus employees. While there, Iona participated in two NCAA Division I Men's Basketball Tournaments, and made two NIT appearances. The school won five conference championships in men's cross country, three in men's basketball, two each in baseball and softball, and one in men's ice hockey. Additionally, the men's cross country and water polo programs were nationally-ranked annually. Mazzuto worked at Iona from 1977-80 as the institution's associate AD.

Mazzuto has served on numerous committees during his career, including the NCAA Division I Women's Basketball Committee from 1991-97. He has also served as an instructor at both California-Berkeley's extension program and at Iona. Mazzuto has extensive community service activities, serving on the Board of Directors of both the Moraga, Calif. and New Rochelle, N.Y. Rotary Clubs. He is a past president of the Moraga, Calif. Rotary Club, and is a current member of the Farmville Rotary.

Mazzuto earned both his bachelor's and master's degrees in political science from Trinity (Conn.) College where he began his career in intercollegiate athletics as the school's sports information director for two years. He also served as SID at Lafayette (Pa.) College for four years, and was the publicity director for the East Coast Conference (ECC) for two years.

Mazzuto is married to the former Janet Johnstone.

2006-07 COACHING STAFF

Baseball

Head Coach: Buddy Bolding

Assistant: Rick Blanc

Assistant: TBD

Men's Basketball

Head Coach: Mike Gillian

Assistant: Bill Reinson

Assistant: Doug Thibault

Assistant: Michael Huger

Women's Basketball

Head Coach: Pam Bass

Assistant: Andrea Gross

Assistant: Colleen Kelly

Men's & Women's Cross Country

Head Coach: Rich Firth

Assistant: TBD

Field Hockey

Head Coach: Nancy Joel

Assistant: Iain Byers

Men's Golf

Head Coach: Kevin Fillman

Women's Golf

Head Coach: Ali Wright

Women's Lacrosse

Head Coach: Janet Grubbs

Assistant: Lynz Keys

Men's Soccer

Head Coach: Jon Atkinson

Assistant: Matt Kirkpatrick

Women's Soccer

Head Coach: Todd Dyer

Assistant: Steve Brdarski

Softball

Head Coach: Kathy Riley

Associate Head Coach: Mickey Dean

Assistant: Kayla Miller

Men's & Women's Tennis

Head Coach: Pat Breen

Assistant: Nick Mueller

Athletics Administration

ASSOCIATE AD/BUSINESS & SWA BARBARA DEARING

Barbara Dearing is in her third year directing the athletic department's business operations at Longwood University during 2006-07. She was also named Senior Woman Administrator in September, 2004 and brings to her appointment a multitude of experience both as an administrator and former head coach. Dearing holds degrees from Bob Jones University (B.S.), Temple University (M.Ed.), and Franklin University (MBA). She is also a NACWAA/HERS Leadership Institute graduate.



Prior to her arrival at Longwood, Dearing held head coaching positions at Presbyterian College, The Ohio State University, Liberty University, and Columbus

State Community College. Her administrative experience as the former athletic director for New Albany (Ohio) Country Club and as assistant to the VP for business and finance (Franklin University) will be valuable to the athletic department administration team in the development of new business operations, process and procedures to transition Longwood's athletics programs to Division I status. Her insights as a former coach will support the coaching staff in their endeavors to transition their programs for the Division I competitive arena.

A native of Beckley, West Virginia, Dearing's hobbies and interests include opera and classical music, outdoor recreational activities, and tournament bass fishing.

ASSISTANT AD/COMPLIANCE MICHELLE MEADOWS

Michelle Meadows is in her second year as assistant athletics director for compliance at Longwood University during 2006-07. She serves as the institution's NCAA compliance officer and athletics academic advisor while also coordinating the CHAMPS/Life Skills program and serving as a member of the department's senior management team. Meadows previously had been the assistant compliance director at VCU since 2003, earning her master of science in sport leadership that same year from the VCU SportsCenter.



In her first year at Longwood, Meadows has enhanced the compliance program, revived the Student-Athlete

Advisory Committee, and has worked to create new opportunities for the student-athlete that has included bringing the Competitive Resource Group to campus and implementing this year's Student-Athlete Kickoff.

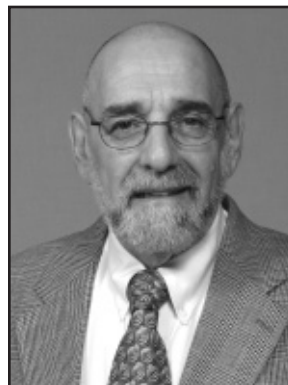
At VCU, Meadows monitored recruiting, financial aid, admissions, camps, promotions, employment, along with playing and practice seasons for 16 sports while also serving as a liaison between the NCAA Clearinghouse and prospective student-

athletes and coaches. She provided legislative interpretations for coaches and staff, and enhanced the rules education program while collaborating on the development of an NCAA rules education video and construction of a compliance website. Meadows has conducted numerous presentations to educate the local community organizations and schools about current NCAA legislation as well. While pursuing her post-graduate degree at VCU, Meadows assisted with completing the NCAA Certification for the institution. In doing so, she investigated athletics department policies and procedures, compiled results of the initial Self-Study and organized dissemination to the NCAA and Peer Review Team, and served as a liaison for steering committees, subcommittees, and the NCAA.

A Richmond native, Meadows graduated summa cum laude from Virginia Tech in 2001 with a bachelor of science degree in human nutrition, foods, and exercise. She was a four-year starter in softball for the Hokies and a three-time Academic All-American. At Monacan High School for her final three prep years, after one year at Powhatan High, Meadows was a four-time All-State selection. She earned Richmond Times-Dispatch All-Metro first-team and Player of the Year honors as a junior.

FACULTY ATHLETICS REPRESENTATIVE DR. NORM BREGMAN

Dr. Norm Bregman, professor of psychology, is in his second year as faculty athletics representative at Longwood University during 2006-07. In his role as FAR, he works on a variety of issues relating to academics, student-athletes, and student-athlete advising.



Dr. Bregman was Provost and Vice President for Academic Affairs at Longwood from 1997-2004. Previously, he worked at the University of Evansville (1995-97, Professor and VP for Academic Affairs), Butler University (1991-95, Associate Provost), Henderson State University in Arkansas (1990-91, Professor and Dean), Southeastern Louisiana University (1978-89, Professor and Department Head; 1976-82, Associate Professor; 1972-76, Assistant Professor), George Mason University (1987-88, ACE Fellow and Assistant Senior VP), University of Southern California (1969-72, Research Assistant), and Stephen F. Austin State University (1966-68, Teaching Assistant).

Dr. Bregman has served-on and chaired an enumerable amount of committees during his three-plus decade academic career. He has either individually authored or collaborated on 41 publications since 1972, and has made numerous presentations at national conventions and at regional and local levels as well.

A native of Irvington, New Jersey, Dr. Bregman earned his doctorate degree from Southern California (1972, Ph.D., experimental psychology), his master's degree from Stephen F. Austin (1970, M.A., experimental psychology), and his bachelor's degree from Kean University in New Jersey (1966, B.A., mathematics). He also attended Syracuse University (1962-64).

Dr. Bregman is married to Debby Colby.

Media Relations/Sports Information

ASSISTANT AD/MEDIA RELATIONS SPORTS INFORMATION DIRECTOR GREG PROUTY

Greg Prouty is in his 10th year as sports information director at Longwood University during 2006-07, and his 14th year overall at Longwood. He was promoted to assistant athletics director for media relations October 1, 2004, and is responsible for the coordination of all publicity and promotion for the 14-sport intercollegiate athletics program and its student-athletes, including administration of the athletics website while overseeing the daily operation of the office and serving as a member of the department's senior management team.



Prouty was the assistant sports information director at Longwood from 1991-95 before serving two years (1995-97) as the SID at Lynchburg College. He is a member of both the College Sports Information Directors of America (CoSIDA) and the Virginia Sports Information Directors (VaSID), and currently serves on the CoSIDA Charity Committee for the fifth year after previous stints with the organization's ethics, publications contest, and publications awards publicity committees. Prouty has received six citations of excellence from CoSIDA for publications, including two 'Best in the Nation' awards, and a 'Third in the Nation' award for the 2001-02 men's basketball media guide.

Prouty has served as media coordinator at four NCAA Division II Soccer Championships, including the 2002 and 2003 men's and women's national championships that were co-hosted by the City of Virginia Beach and Longwood. He has also served as the assistant media coordinator for five NCAA Division II Softball Championships (2002, 2001, 1999, 1997, 1995) in Salem, Virginia, championships that were co-hosted by the City of Salem and Longwood. Additionally, Prouty served as the official scorer at the 1999 softball championship. He was also elected and served as chairperson of the Carolinas-Virginia Athletic Conference (CVAC) sports information directors from February 1999 until August 2000, and has previously coordinated selections for three All-State (VaSID) and All-Region (DAKTRONICS) teams (1994-2004).

Prouty is a December 1988 graduate of Eastern Kentucky University, earning a B.A. in public relations with an option in sports information. He completed a one-year internship at ABC affiliate WTVQ-TV in Lexington, Ky., and then worked with the Indianapolis Colts during the 1989 NFL season as a public relations intern.

A native of Norwich, Ohio, Prouty and his wife Paula, a 1985 Longwood graduate, have a daughter, Megan Leigh (8).

ASSISTANT SPORTS INFORMATION DIRECTOR CHRISTINA O'BRIEN

Christina O'Brien is in her first year as the assistant sports information director at Longwood University during 2006-07. A two-sport student-athlete and graduate of Neumann (Pa.) College, she previously worked as an intern in sports information at Brown University during the past two years (2004-06).



At Longwood, O'Brien will assist in the daily operation of the sports information office while having direct responsibility for the sports of women's basketball, field hockey, men's soccer, women's lacrosse, softball, along with men's and women's tennis. She will also assist in the administration of the Internet athletics website: long-

woodlancers.com, as well as game operations and management activities, supervision of the student assistants' staff, and other duties as assigned.

At Brown, O'Brien served as the primary media contact for eight sports; including softball, volleyball, men's and women's water polo, equestrian, women's ice hockey, gymnastics, and fencing. In addition, she worked various other events that included women's basketball, field hockey, men's soccer, lacrosse, men's hockey, and football. O'Brien also assisted in the maintenance of the athletics website, game management, and supervised student workers within sports information. Additionally, she served as the 2005 Summer Athletics Coordinator for sports camps.

A native of Bethpage, New York, O'Brien earned her bachelor of science degree in sport management with a minor in business administration from Neumann (2004) where she was a four-year letterwinner in women's soccer and two-years in softball. A two-year captain of the women's soccer team, she was also a two-time All-Academic selection within the Pennsylvania Athletic Conference. O'Brien worked in the Neumann athletic department as a student assistant in sports information as well.

Media Message: This publication has been fashioned to enhance your coverage of Lancer Field Hockey. All media requests must be directed to Assistant Sports Information Director Christina O'Brien. The Sports Information Office must arrange all interviews with athletics administration, coaching staff members, and/or student-athletes. Thank you for your interest in the program, and for your consideration of this policy.

Athletic Training

HEAD ATHLETIC TRAINER DANNY STERLING, ATC

Danny Sterling is in his second year as Head Athletic Trainer at Longwood University during 2006-07, and serves as a member of the department's senior management team. Sterling previously had been the head athletic trainer at the University of Virginia at Wise since 1995, additionally serving as an assistant director of athletics at UVA-Wise since 2004 while assisting with the day-to-day operations of the department.



At UVA-Wise, Sterling oversaw the athletic training department that included the rehabilitation and first aid for approximately 300 student-athletes while supervising two assistant athletic trainers and 10 student athletic trainers. He developed

and maintained off campus treatment networks, provided and/or arranged for appropriate coverage of all athletic contests, managed the athletic training budget with inventory control and supplies, was responsible for the athletic insurance program and policies that included insurance claims and budget oversight, and also taught and advised physical education students.

Prior to his experience at UVA-Wise, Sterling was a graduate assistant athletic trainer at Virginia Tech (1994-95) after serving as a student assistant athletic trainer at Virginia Tech (1990-94). He worked with soccer, wrestling, and baseball as a graduate student with additional experience assisting with tennis along with swimming and diving. As an undergraduate, Sterling assisted with Hokies football.

A native of Pound, Va., Sterling earned his bachelor of science degree in health and physical education (exercise science) from Virginia Tech. He also earned his master of science degree in health and physical education (motor behavior/sports studies) from Virginia Tech. Sterling has been a National Athletic Trainers Association (NATA) certified athletic trainer since 1995, and also is an American Red Cross certified CPR, First Aid, AED instructor.

Sterling and his wife, Kim, have a daughter, Marley (5).

ASSISTANT ATHLETIC TRAINER DARLENE ABRAMOVICH, MS, LATC

Darlene Abramovich is in her second year in athletic training at Longwood University during 2006-07. She previously was an assistant at Boston College while completing her masters degree.



Abramovich was responsible for football, women's lacrosse, and women's volleyball at Boston College (2003-05) while also assisting with the design and planning of a new athletic training facility. She was also an approved clinical instructor for athletic training students from both Boston University and Lasell (Mass.) College.

Prior to her time at BC, Abramovich was an assistant at Babson College (2002-03) where she was responsible for women's

basketball, field hockey, and women's lacrosse.

A native of Peabody, Massachusetts, Abramovich

earned her bachelor of science degree in athletic training from Hofstra University with minors in both psychology and physical education. She earned her master of science degree in administrative studies from Boston College.

ASSISTANT ATHLETIC TRAINER JAMIE MESSER, ATC

Jamie Messer is in his second year in athletic training at Longwood University during 2006-07. He previously was an athletic trainer for the de Barros Chiropractic Clinic in Mechanicsville.



Messer was responsible for various therapeutic modalities in treatment and instruction on corrective rehabilitative exercises at de Barros (2005).

Prior to that, he was an athletic trainer at Capitol Rehab in Arlington (2004) after serving as head athletic trainer for the Memphis Xplorers of Arena Football League 2 during the 2004 season.

Messer was a graduate assistant at VCU (2002-04) during which time he served as co-head athletic trainer for the Richmond Speed, also of the AFL2, during the 2003 season. He was also the head football athletic trainer at John Marshall High School (2001) as well as an intern for the Atlanta Braves spring training organization in Orlando, Florida (2001).

A native of Richmond, Messer earned his bachelor of science degree in health and physical education with a concentration in athletic training and pre-physical therapy from VCU.

Messer and his wife, Sarah, have a daughter, Emma (1).

ASSISTANT ATHLETIC TRAINER JOHN WEN '04, ATC, NASM-PES

John Wen '04 is in his second year in athletic training at Longwood University during 2006-07. He previously was a graduate assistant at Ringgold (Pa.) High School while completing his masters degree at California (Pa.).



Wen was responsible for 15 sports at Ringgold High (2004-05), providing therapeutic modalities, first aid care, and preventative techniques.

Prior to that, he was simultaneously serving as an intern at the United States Merchant Marine Academy (2004), Biodex Medical Systems (2004) in Shirley, New York, and the Hospital for Special Surgery (2004) in New York City.

Wen was an athletic training student assistant for men's and women's basketball at Longwood (2001-03) during his undergraduate studies. He also worked with football (2003) and men's lacrosse (2001) at Hampden-Sydney College as an undergraduate.

A native of Burke, Wen earned his bachelor of science degree in athletic training with a minor in biology from Longwood. He earned his master of science degree in athletic training from California (Pa.).

Lancer Club

**Join the Lancer Club -
and Lead the Charge to Victory!**

Your Lancer Club membership provides crucial financial support to all 14 intercollegiate Longwood Athletics' programs - and gets you involved with the action.

Membership funds the University's foundation for Division I success. With your support we can:

- Provide student-athlete scholarships - encourage academic and athletic pursuits!
- Offset the increased costs of team travel - compete against the best!
- Develop athletic department infrastructure - maximize D-I value!

And with D-I success, Longwood University can:

- Enhance its reputation - become associated with other top institutions!
- Raise its public profile - recruit students, faculty and staff!

**NO STATE MONEY CAN BE USED
FOR ATHLETIC-RELATED EXPENSES**

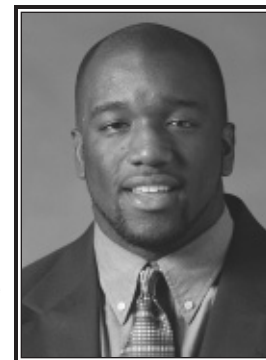
Support Longwood University. Support the Lancers. Join the Lancer Club today.

Membership has its Perks. It's easy. You can make a pledge online at longwoodlancers.com, send a check, use your credit card, gift stock or contribute through a company's matching gifts program.

The Lancer Club will give back, too, connecting you to Longwood Athletics and helping you show your Lancer pride.



DIRECTOR OF DEVELOPMENT FOR INTERCOLLEGIATE ATHLETICS: TROY AUSTIN



Troy Austin is in his second year as director of development for intercollegiate athletics at Longwood University during 2006-07. In this position, Austin oversees all aspects of Longwood athletics' fundraising. This includes directing the Longwood University Lancer Club and its Executive Council, and assisting with the department's external relations efforts. He previously had been the director of program development and marketing relations for the National Football League Coaches Association (NFLCA) (2003-05).

At the NFLCA, Austin directed the development and marketing of NFLCA programs, properties, and special events. In this capacity he sought marketing partners for the NFLCA, and negotiated marketing opportunities for NFL assistant and head coaches.

While pursuing his post-graduate degree at VCU (2002-03), Austin served an internship within VCU Athletics Marketing and Promotions Department.

Prior to this, Austin served an internship within Duke University Athletics as Life Skills Coordinator and Special Events (2001-02) where he directed the nationally renowned educational program, "Verizon Read with the Blue Devils," supervised a peer mentoring program for student-athletes, and assisted the development office in stewardship and execution of various special events.

A native of Orange, New Jersey, Austin earned his bachelor of arts degree in sociology and a certificate in markets & management from Duke (December 2000) where he was a four-year football letterman and team captain as a senior. He earned his master of science degree in sports leadership from the VCU SportsCenter.

Lancer Club Membership Benefit Levels

	Lancers (\$1-\$99)	Blue & White Club (\$100-\$249)	Varsity Club (\$250-\$499)	Victory Club (\$500-\$999)	President's Circle (\$1000-\$2499)	Royal Lancers (\$2500-\$4999)	Champion's Club (\$5000+)
Lancer Club Auto Decal	*	*	*	*	*	*	*
The Lance (Lancer Club Newsletter)	*	*	*	*	*	*	*
Pass to Hospitality Room - Basketball *		*	*	*	*	*	
Invitation to Pre-Game Events	*	*	*	*	*	*	*
Preferred Team Media Guides		*	*	*	*	*	
Recognition in Media Guides *		*	*	*	*	*	
Lancer Club Merchandise				*	*	*	*
President's Circle Privileges				*	*	*	
Invitation to VIP Athletics Events					*	*	*
Lancer Club Apparel						*	*
Honorary Coach Invitation							*

For more information, please contact the Lancer Club at 800.281.4677, extension 3, or LancerClub@longwood.edu.

2006 Women's Field Hockey Schedule

AUGUST

27 Sunday **Indiana** Farmville, Va. 1:00

SEPTEMBER

1 Friday **Towson** Farmville, Va. 3:00
 2 Saturday **Appalachian State** Farmville, Va. 1:00 **NORF**
 9 Saturday Lock Haven Lock Haven, Pa. 1:00
 10 Sunday Bucknell Lewisburg, Pa. 1:00
 16 Saturday **Georgetown** Farmville, Va. 1:00
 17 Sunday **VCU** Farmville, Va. 1:00
 22 Friday **UMBC** Baltimore, Md. 4:00
 23 Saturday **Rider** Baltimore, Md. (UMBC) 1:00
 30 Saturday **St. Joseph's** Philadelphia, Pa. 12:00

OCTOBER

1 Sunday Temple Philadelphia, Pa. 12:00
 8 Sunday **Pacific** Farmville, Va. 12:00 **NORF**
 14 Saturday James Madison Harrisonburg, Va. 1:00
 17 Tuesday Virginia Charlottesville, Va. 6:00
 19 Thursday **California** Farmville, Va. 5:00 **NORF**
 22 Sunday **Stanford** Farmville, Va. 1:00 **NORF**
 27 Friday **Radford** Farmville, Va. 4:00 **NORF**
 28 Saturday **Davidson** Farmville, Va. 3:00 **NORF**



Danielle Woodie

Cristin Newbold

Erin Murphy