

LONGWOOD
UNIVERSITY



LONGWOOD LANCERS
LACROSSE

Lacrosse • Media Guide 2007





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Quick Facts

General Information

Location Farmville, Virginia
Founded 1839
Enrollment 4,400
President Dr. Patricia Cormier
Interim Director of Athletics Troy Austin
Nickname Lancers
Colors Blue & White
Affiliation NCAA Division I
Conference Independent
Home Field Athletics Complex

Women's Lacrosse Information

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Credits: The 2007 Longwood University Women's Lacrosse Media Guide has been published by the University's Media Relations Office. Written & Compiled, Editor, Design & Layout by Christina O'Brien, Assistant Sports Information Director. Cover Design by Connie Erikson, Longwood University Printing Services. Printing by Longwood University Printing Services, Tim Trent, Director. Special thanks to Greg Prouty. Photography by the Design & Photo Man; Brian Richie, Gary Brittain and Lewis Carlyle.

Media Message: This publication has been fashioned to enhance your coverage of Lancer Women's Lacrosse. All media requests must be directed to Assistant Sports Information Director Christina O'Brien. The Media Relations 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.

Accessibility: Anyone with questions concerning accessibility or accommodations related to a disability should contact Longwood University Disability Support Services, 434-395-2391.

2007 ROSTER

Numerical Roster

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown/Previous School</u>
1	Shawn Darrell	D	So.	5-4	Chestertown, Md./Long Reach
3	Cathleen Strain	MF	Sr.	5-3	Alexandria, Va./Mount Vernon
4	Carlie Nethken	D	Fr.	5-7	Elkridge, Md./Long Reach
5	Lauren Barnaba	MF	So.	5-5	Bel Air, Md./The John Carroll School
6	Allie Armstrong	D	Jr.	5-8	Chestertown, Md./Queen Anne's
7	Liz Sellmayer	MF	So.	5-7	Baltimore, Md./Mount de Sales Academy
9	Dee Warehime	MF	So.	5-3	Westminster, Md./Westminster
12	Christine Comeau	D	Fr.	5-3	Whitby, Ontario/Sinclair Secondary School
14	Britt Farquharson	MF	So.	5-10	Mississauga, Ontario/Lome Park Secondary School
17	Eliza Coughter	GK	Fr.	5-10	Charlottesville, Va./Charlottesville
18	Jennifer Holliday	GK	Jr.	5-3	Gaithersburg, Md./Quince Orchard
19	Kathleen Barry	ATT	Sr.	5-8	Annandale, Va./W.T. Woodson
20	Page Farmer	MF	Fr.	5-6	Richmond, Va./St. Catherine's
22	Joyce Haines	ATT	Jr.	5-6	Prince Frederick, Md./Calvert
24	Michelle Owen	ATT	So.	5-4	Finksburg, Md./Mount de Sales Academy
32	Missy Rumbley	MF	Sr.	5-8	Baltimore, Md./Parkville
33	Shannon Strain	MF	So.	5-4	Alexandria, Va./Mount Vernon

Alphabetical Roster

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown/Previous School</u>
6	Allie Armstrong	D	Jr.	5-8	Chestertown, Md./Queen Anne's
5	Lauren Barnaba	MF	So.	5-5	Bel Air, Md./The John Carroll School
19	Kathleen Barry	ATT	Sr.	5-8	Annandale, Va./W.T. Woodson
12	Christine Comeau	D	Fr.	5-3	Whitby, Ontario/Sinclair Secondary School
17	Eliza Coughter	GK	Fr.	5-10	Charlottesville, Va./Charlottesville
1	Shawn Darrell	D	So.	5-4	Chestertown, Md./Long Reach
14	Britt Farquharson	MF	So.	5-10	Mississauga, Ontario/Lome Park Secondary School
20	Page Farmer	MF	Fr.	5-6	Richmond, Va./St. Catherine's
22	Joyce Haines	ATT	Jr.	5-6	Prince Frederick, Md./Calvert
18	Jennifer Holliday	GK	Jr.	5-3	Gaithersburg, Md./Quince Orchard
4	Carlie Nethken	D	Fr.	5-7	Elkridge, Md./Long Reach
24	Michelle Owen	ATT	So.	5-4	Finksburg, Md./Mount de Sales Academy
32	Missy Rumbley	MF	Sr.	5-8	Baltimore, Md./Parkville
7	Liz Sellmayer	MF	So.	5-7	Baltimore, Md./Mount de Sales Academy
3	Cathleen Strain	MF	Sr.	5-3	Alexandria, Va./Mount Vernon
33	Shannon Strain	MF	So.	5-4	Alexandria, Va./Mount Vernon
9	Dee Warehime	MF	So.	5-3	Westminster, Md./Westminster

Head Coach: Janet Grubbs

Assistant Coach: Lynz Keys

Volunteer Assistant Coach: Missy Ackerman

SEASON PREVIEW

Longwood University women's lacrosse is competing in its first-year of NCAA Division I eligibility. The Lancers' 16-game schedule against Division I opponents includes five nationally-ranked teams from a year ago; #11 Richmond (Feb. 16, 4 p.m.), #15 William and Mary (Mar. 1, 4 p.m.), #13 James Madison (Mar. 23, 4 p.m.), #5 North Carolina (Apr. 15, 1 p.m.) and national semi finalists #3 Duke (Apr. 22, 1 p.m.). Leading the way for Longwood into the 2007 season will be 13th-year head coach **Janet Grubbs**. During her twelve-year tenure at Longwood, Grubbs has accumulated a 117-59-1 record, leading the Lancers to four NCAA Division II or ECAC appearances from 2000-03. Grubbs will be joined by second-year assistant **Lynz Keys** and first-year volunteer assistant coach **Missy Ackerman**. Both will assist Grubbs in all aspects of the team during the 2007 season.

"We have an amazing coaching staff and I feel privileged to work with two such experienced coaches," stated Grubbs. "Lynz has a broad-spectrum of international playing and coaching and Missy has an extensive background as a head coach. Missy will handle our goalkeeping and defense and Lynz will focus on midfield and attack."

The 2007 squad will welcome back 13 letterwinners from a year ago, including seven starters. Among the seven starters will be this year's senior class of **Kathleen Barry/Annandale, Va. (W.T. Woodson)**, **Missy Rumbley/Baltimore, Md. (Parkville)** and last season's top scorer, **Cathleen Strain/Alexandria, Va. (Mount Vernon)**.

"This year's seniors have had an amazing career and we will look to them for the leadership and skill we need to make the move to Division I," explained Grubbs. "Barry has the calm, controlled stick-work and mental toughness to run our attack, Strain will be our "go to" player and Rumbley will dominate the midfield and organize the defense."

Attack:

Leading the Lancers on the front line will be junior **Joyce Haines/Prince Frederick, Md. (Calvert)**, who finished the 2006 season third on Longwood in points, scoring 17 goals while collecting nine assists for 26 points. Haines, who played in all 16 of Longwood's games last year, closed the season out strong recording a goal in the final six games. Barry is also coming off a successful 2006 campaign, where she led Longwood in assists, recording 15 throughout the season. Barry finished the year with 31 points and appeared in all 16 games for the Lancers. Also getting a hand in the Lancers' attack will be sophomore **Michelle Owen/Finksburg, Md. (Mount de Sales)**. Owen finished her freshman campaign with 11 points, on six goals and five assists, appearing in all but one game for Longwood in 2006.

"Our 2007 attack is well balanced and each player brings a different set of skills to the game," said Grubbs. "We are looking to showcase these individual skills as well as synchronize out attacking performance."

Midfield:

Longwood, with added depth and experience to the midfield line, will look to make a statement in 2007. Leading the way will be Strain who tallied a team-high 34 goals while dishing off 10 assists for 44 points. Strain appeared and started in all 16 games during her junior campaign, recording a goal in every contest except one

for an average of 2.12 goals per game. Rumbley will also add to the mix as the three-year letterwinner also got the starting nod in all 16 contests, accumulating five points on two goals and three assists.

"Strain is a fearless attacker with a "bring it on" attitude," stated Grubbs. "She will be one of our top scorers. Rumbley is famous for her draw control and is the spark that will ignite our transition game."

Joining the two seniors will be a strong core of five sophomores in **Lauren Barnaba/Bel Air, Md. (The John Carroll School)**, **Britt Farquharson/Mississauga, Ontario (Lorne Parke Secondary)**, **Liz Sellmayer/Baltimore, Md. (Mount de Sales Academy)**, **Shannon Strain/Alexandria (Mount Vernon)** and **Dee Warehime/Westminster, Md. (Westminster)**. Strain leads the strong second-year class, appearing in all 16 games and making the starting line-up 15 times while scoring 15 goals and helping out in six other goals for 21 points on the year. Sellmayer also had a strong freshman campaign, collecting 18 points of her own on 14 goals and four assists, while Warehime picked up a team-high 31 ground balls, and scored six goals along the way in 16 games. Barnaba played in 10 games for the Lancers last season and finished with three goals. Farquharson will also make an impact in the Lancer line-up as the sophomore redshirted last season.

"As our biggest class, our sophomores make an impact both on and off the field," said Grubbs. "This is an incredible class with superior skills and unique personalities!"

Defense:

The back line of the Lancers will be a made-up of young underclassmen, consisting of two sophomores and two freshmen. **Allie Armstrong/Chestertown, Md. (Queen Anne's)** and **Shawn Darrell/Chestertown, Md. (Long Reach)** will lead the young defensive core as the two have a year of college behind them. Armstrong started in all 16 games last season and caused a team-high nine turnovers, while Darrell saw limited action, appearing in eight games. Joining the mix of defenders will be freshmen **Christine Comeau/Whitby, Ontario (Sinclair Secondary School)** and **Page Farmer/Richmond (St. Catherine's)** as both will compete for time this season.

"Led by Allie Armstrong, our defense is a tight unit with great communication skills," explained Grubbs. "They flow easily from one defense to another and their individual skills compliment their team trust."

Goalkeepers:

With the graduation of Emily Wilson this past year, Grubbs will have junior **Jennifer Holliday/Gaithersburg, Md. (Quince Orchard)** and freshman **Eliza Coughter/Charlottesville (Charlottesville)** who will compete for time in the cage. Holliday appeared in 10 games behind Wilson, logging 212:51 of time while recording 31 saves on 87 shots faced.

"We have two solid keepers each with a varied style of play," stated Grubbs. "Holliday is a calm and experienced keeper with patience and poise. She runs the defense with authority and confidence. Although just a freshman, Coughter has the speed and athleticism to become an outstanding keeper in the near future."

HEAD COACH JANET GRUBBS



Janet Grubbs is in her 13th season as head coach of the Longwood University women's lacrosse program and will lead the Lancers into their first year of NCAA Division I eligibility during 2007 season.

She led the Lancers to consecutive appearances in the NCAA Division II National Championships (2002, 2003), including a national runners-up finish in 2003 while finishing 13-2. Longwood was 12-3 during 2005; its first year as a countable Division I opponent and second year of its four-year reclassification period toward official NCAA Division I certification. Grubbs is now 111-49-1 (.693%) through her 11 years at the institution, including a most-recent four-year run of 54-7 (.885%) overall.

Grubbs led the 2002 Lancers to a school-record 15-1 mark while advancing to the NCAA National Semifinals. Longwood was ranked #1 in the IWLCA National Poll for the final seven weeks of the season as the Lancers completed an undefeated regular season at 15-0, earning Grubbs the IWLCA Division II National Coach of the Year honors.

Longwood posted a record of 12-3 during 2001 to equal the previous school-record for season wins. The team also earned the #1 seed for the Eastern College Athletic Conference (ECAC) Championship Tournament. The team was ranked #4 in the final IWLCA Division II Coaches Poll.

Grubbs brought to Longwood an extensive background in both playing and coaching women's lacrosse. As a 10-year member of the U.S. Team, which she captained in 1986, she faced such international opponents as England and Australia. She has also played in the national tournament for both the South and Philadelphia 25 times.

Grubbs Year-By-Year

Janet Grubbs has built a solid Lacrosse program during her 12 seasons with the Lancers. A look at her accomplishments as a head coach:

<u>Year</u>	<u>School</u>	<u>Record</u>	<u>Pct.</u>
1995	Longwood	4-8-0	.333
1996	Longwood	9-5-0	.643
1997	Longwood	3-10-0	.231
1998	Longwood	8-6-0	.571
1999	Longwood	11-4-0	.733
2000	Longwood	10-6-1	.618
2001	Longwood	12-3-0	.800
2002	Longwood	15-1-0	.938
2003	Longwood	13-2-0	.867
2004	Longwood	14-1-0	.933
2005	Longwood	12-3-0	.800
<u>2006</u>	<u>Longwood</u>	<u>6-10-0</u>	<u>.375</u>
Total	12 Seasons	117-59-1	.661

2003 - NCAA Division II National Championship Runners-Up

2002 - NCAA Division II National Championship appearance

2002 - IWLCA Division II National Coach of the Year

2001 - #1 Seed in the Eastern College Athletic Conference (ECAC) Championship Tournament

Grubbs was inducted into the Virginia Lacrosse Hall of Fame by the Charlottesville Lacrosse Foundation, Inc., a regional chapter of US Lacrosse, October 23, 1999 at the Omni Hotel in Charlottesville, Va.. Grubbs was among nine individuals to be inducted, and became the third member of the prestigious hall of fame with Longwood connections. Former Lancer Julie Dayton '81, along with Jane Miller, a former coach at the College, are already in the Virginia Lacrosse Hall of Fame. Grubbs also was inducted into Collegiate High School Athletic Hall of Fame November 6, 2004. She was one of eight individuals inducted into the Hall of Fame and was selected on her athletic accomplishments while at the school.

Grubbs' coaching experience began at Collegiate School in Richmond, where she initiated the school's now powerhouse program. From 1977-90 Grubbs was instrumental in moving the University of Richmond's program from the NCAA Division II level to the NCAA Division I level. While in Division II, the Spiders advanced to the final four three consecutive seasons.

As coach of Longwood's tradition-rich program, Grubbs expects her players to perform to the best of their abilities both on and off the playing field. Academics is a strong focus for the Lancer squad, and Grubbs sees the importance of providing an academic and athletic atmosphere in which her players can succeed.

Grubbs is a graduate of Ursinus (Pa.), and earned her master's degree in outdoor education from the University of Northern Colorado. She resides in the Farmville area.

— ASSISTANT COACH LYNZ KEYS —



Lynz Keys is entering her second season as assistant coach with the Longwood women's lacrosse team in 2007. During her first season Keys helped the Lancers in their first full Division I schedule to a 6-10 overall record. Over the past year Keys has been touring with the U-19 National Canadian Women's Lacrosse team as an assistant coach.

Keys had previously worked for Proboss Lacrosse Company in Pickering, Ontario after a standout career at Ohio University.

Keys earned All-Region and All-American Lacrosse Conference honors during both her junior and senior seasons at Ohio. A senior captain for the Bobcats, she was also named to Inside Lacrosse National All-American Third-team and was a Senior All-Star game participant.

participant.

Keys is a five-year member of the Canadian National Women's Lacrosse Team (2000-05), after two years on the Bronze medal winning U-19 National Team and is currently the assistant coach for the Canadian National Women's Lacrosse U-19 Team. In 2001, she competed in the World Championships in High Wycombe, England. Additionally, Keys has six years (2000-2006) of camp experience with Ohio University Lacrosse Camp, Patterson Lacrosse Camp, International Lacrosse Camp hosted at Rutgers University and Merestead Sports Camps.

A native of Whitby, Ontario, Keys earned her bachelor of science degree in Sport Industry from Ohio University and is currently working on her MBA at Longwood.

— ASSISTANT COACH MISSY ACKERMAN —

Missy Ackerman is entering her first season with the Longwood women's lacrosse team during the 2007 season. Ackerman brings a wealth of experience and knowledge of lacrosse on the collegiate level to the Lancers.

Prior to joining the Lancer staff, Ackerman was head coach at her alma mater of Sweet Briar College for the past five seasons where she coordinated all facets of the lacrosse program and earned over 120 wins during her five year stint. Before then Ackerman served as both a head lacrosse coach and assistant soccer coach at Randolph-Macon College. While at Randolph-Macon, Ackerman coordinated recruiting for the nationally ranked lacrosse team and assisted in recruiting for women's soccer. Ackerman also advised the Student Athlete Advisory Committee (SAAC) and implemented the APPLE (life skills) program at the college. In 2000, Ackerman led the RMC lacrosse team to its first conference championship and NCAA tournament berth, finishing the season with a national ranking of #13. For her hard work and success with her teams, Ackerman was named the ODAC Coach of the Year in field hockey in 1996 and 1999, and in women's lacrosse in both 1999 and 2000. Also, she has seen many of her players earn all-conference, all-region, and all-American honors, both athletically and academically.



Ackerman's ties with Virginia began in 1983 when she attended Sweet Briar College and played both field hockey and women's lacrosse before earning her degree in 1987. She was named All-American and ODAC Player of the Year in both sports during her senior seasons.

Since her playing career at Sweet Briar, Ackerman has held coaching stints at the Dana Hall School in Wellesley, Mass. (1987) and Smith College (1988-90). She also found herself in Minnesota for a brief stay while attending graduate school at St. Cloud State University prior to accepting a position at Earlham College in Richmond, Indiana, in 1991.

Ackerman is also the owner and president of Merestead Sports Camps in Richmond Virginia and is the director of the Greater Richmond Leagues, Inc. which is a recreational league for both field hockey and lacrosse.

ATHLETICS COMPLEX

Longwood University Athletics has constructed a new facility for women's lacrosse and field hockey. Three of four phases of construction have been completed as of the inaugural season of competition and commenced with the 2006 season.

"This project will give our field hockey program an outstanding facility for intercollegiate practice and competition," explained former 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 lacrosse and field hockey. The field currently 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.

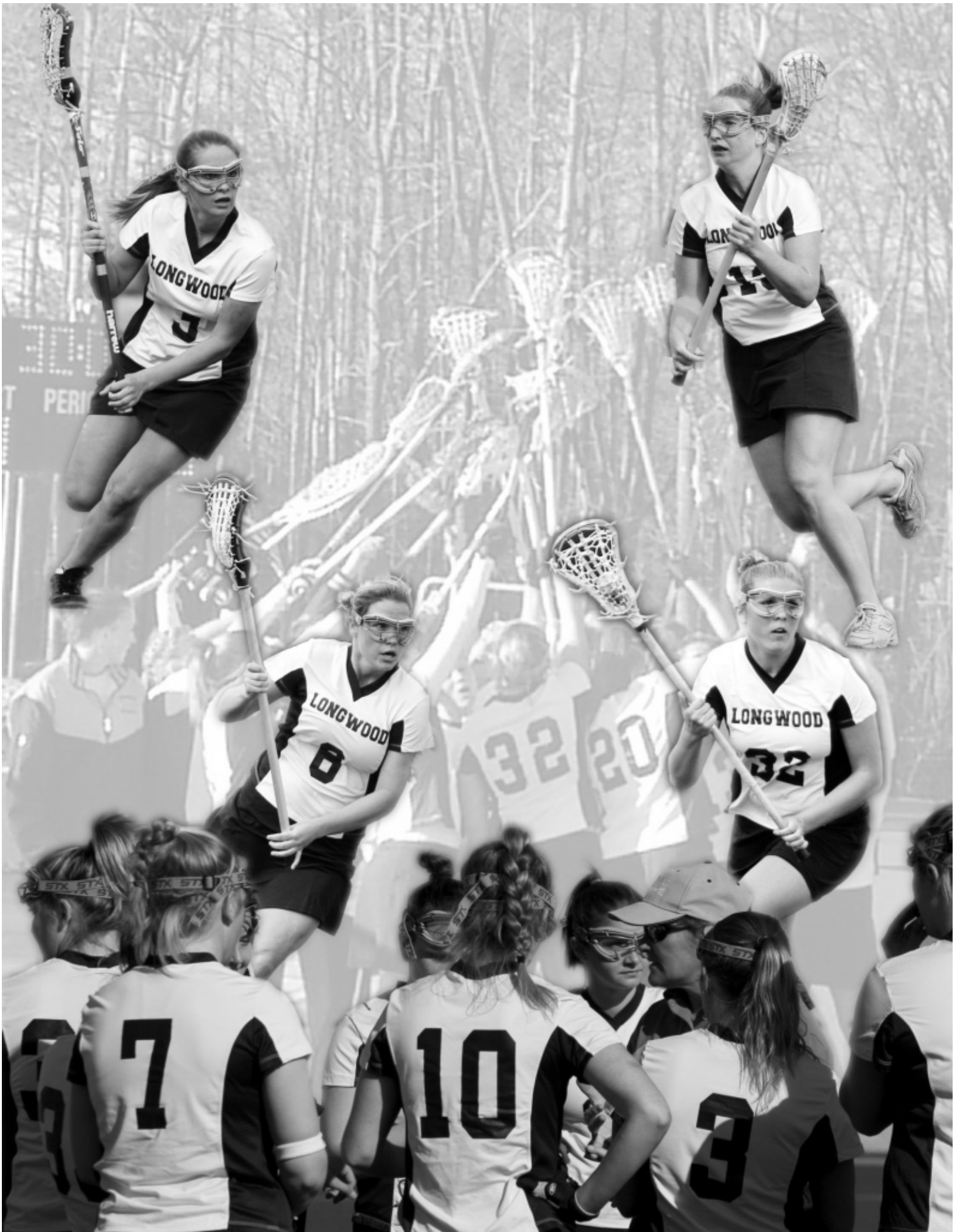
"These new facilities represent the commitment Longwood University is making in its quest for Division I status," stated Longwood President **Dr. Patricia P. Cormier**. "They will be state-of-the-art fields that will be comparable to the best in intercollegiate athletics in the nation. Longwood will 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), though women's lacrosse had eligibility this season via the Multidivisional Reclassification Process.





2007 LANCERS



Kathleen Barry
Senior • 5-8 • Attack
Annandale, Va. • W.T. Woodson

19

Junior Season (2006): Started in all 16 of the Lancers' games ... Recorded 31 points on 16 goals and 15 assists ... Led team in assists (15) and finished season with a .853 percentage for shots on goal ... Tallied a nine-game point streak in the middle of the season ... Recorded five points on three goals, including the gamewinner, and two assists in the 22-10 win over Lafayette ... Against Saint Mary's, had a season-high seven points, netting three goals and dishing off four assists while posting a .467 shooting percentage ... Averaged 1.94 points per game and collected eight ground balls and won five draw controls.

Sophomore Season (2005): Played and started in all 15 matches for Longwood ... Finished the season with 27 points on 19 goals and eight assists ... Scooped up 13 ground balls, had nine draw controls and caused four turnovers ... Scored three goals and assisted on three others for six points in a 22-8 victory against Canisius (4/1) ... Had a hat trick against Davidson (4/28) ... Scored two goals, including the game-winner, in a 14-5 victory over Bucknell (2/27) ... Scored two goals and had one assist in 15-12 win at Saint Mary's (3/15) and in a 15-7 win against Manhattan (4/3).

Freshman Season (2004): Played in 11 matches ... Finished the season with eight points on five goals and three assists ... Scored two goals and tallied two assists in a 18-4 win over Saint Mary's (4/9) ... Scored a goal against Quinnipiac (3/7) and Pfeiffer (4/3).

Before Longwood: Participated in lacrosse and field hockey at W.T. Woodson High School ... Helped lead field hockey team to first Regional Title in school history ... Selected to the field hockey and lacrosse All-District First-Teams as a senior ... Was selected team captain senior year and earned team "Cavalier" award ... Helped Woodson win 2002 Triple crown- District Championship, Regional Championship and State Championship... Member of the lacrosse district championship teams from 2001-2003.

Personal: Born Kathleen Bridget Barry to John and Rosemary Barry ... Sister Meaghan played field hockey at Longwood ... Sister Jen played soccer at the University of Albany ... Enjoys shopping, movies, music and being with friends ... Majoring in history and minoring in political science and women's studies.



2007 LANCERS



Missy Rumbley
Senior • 5-8 • Midfielder
Baltimore, Md. • Parkville

32

Junior Season (2006): Appeared and started in all 16 games for the Lancers ... Finished the season with two goals, three assists for five points, while collecting 21 ground balls ... Tallied a team-high 37 draw controls and caused seven turnovers ... Posted two back-to-back two-point games, recording a goal and assist in the wins over Howard and Lafayette.



Sophomore Season (2005): Played in all 15 matches for the Lancers, getting the starting nod one time ... Finished the season with six goals and two assists for eight points ... Also had 19 ground balls, 16 draw controls and six caused turnovers ... Tallied one goal and had one assist in a 14-5 victory over Bucknell (14/5) ... Scored two goals in a 22-8 victory over Canisius (4/1) and in a 12-9 win at Lehigh (4/10).

Freshman Season (2004): Appeared in nine matches for the Lancers ... Scored first collegiate goal in a 17-4 victory over Pfeiffer (4/3) ... Had four caused turnovers.

Before Longwood: Participated in soccer, basketball, and lacrosse at Parkville High School ... Named a lacrosse All-County honorable mention ... Played in the lacrosse and soccer all-star games during her senior year ... Received an American Legion scholarship for lacrosse.

Personal: Born Melissa Kelly Rumbley to Glenn and Kathleen Rumbley ... Father Glenn played soccer at the collegiate level ... Enjoys going to the beach and hanging out with friends ... Majoring in business finance.

2007 LANCERS



Cathleen Strain
Senior • 5-3 • Midfielder
Alexandria, Va. • Mount Vernon

3

Junior Season (2006): Appeared and started in all 16 games ... Led the team in points (44), shots (74), goals (34) and shots on goal (56) ... Five of her 34 goals came off free position shots, best on the Lancers ... Tallied a point in all but one game in 2006, including five three-point games, two four-point, and one five and eight-point performances ...

Against Saint Mary's, netted five goals and dished out three assists to lead the way in the 20-13 win ... Finished season with a 2.75 points per game average and 2.12 goals per game average ... Recorded four hat-tricks ... Collected 26 ground balls and was second on the team in draw controls with 33.

Sophomore Season (2005): Played and started in all 15 matches for the Lancers ... Was second on the team in goals (29), third in total points (38) and fourth in assists (9) ... Led the team in ground balls (41) and draw controls (30) and was fourth in caused turnovers (14) ... Finished with four assists in a 10-8 victory at UC Davis (3/14) ... Scored three goals and notched two assists in a 15-4 win over Howard (4/12) ... Scored a hat-trick in a 17-14 loss at Massachusetts (4/22) ... Scored four goals in a 15-6 win over Davidson (4/28).

Freshman Season (2004): Played in all 15 matches ... Registered 13 points on eight goals and five assists ... Scored two goals in a 15-7 victory at Philadelphia (3/26) ... Finished with two goals in an 18-4 win against Saint Mary's (4/9) ... Had 37 ground balls and five caused turnovers.

Before Longwood: Participated in lacrosse, field hockey, basketball, and indoor track at Mount Vernon High School ... Received 1st-Team All-Region and All-District honors in both lacrosse and field hockey ... Also named Mount Vernon Female Athlete of the Year as a senior ... Received the sportsmanship award in field hockey as a freshman.

Personal: Born Cathleen Anne Strain to Mairead O'Clisham ... Plans to pursue a career as an elementary school teacher ... Sister Shannon is a sophomore on the Longwood squad, and sister Brigid plays lacrosse at James Madison University ... Majoring in liberal studies with a minor in history.



2007 LANCERS



Joyce Haines
Junior • 5-6 • Attack
Prince Frederick, Md. • Calvert

22

Sophomore Season (2006): Played and started in all 16 games, finishing with 14 goals and nine assists for 26 points ... Tallied four hat-trick games against Duquesne (2/18), Oregon (3/12), Davidson (4/23) and American (4/24) ... Closed season collecting a point in each of the last seven matches ... Third on Longwood for free position goals, tallying three ... Scooped up 16 ground balls, while posting 10 draw controls and caused three turnovers.



Freshman Season (2005): Played in all 15 games as a freshman ... Scored 18 goals and tallied two assists for a total of 20 points ... Also had seven ground balls, four draw controls and one caused turnover ... Had two assists in a 10-8 victory at UC Davis (3/14) ... Scored three goals, including the game-winner, in a 15-12 win at Saint Mary's (3/15) ... Finished with three goals in a 14-6 win at Lafayette (4/9) ... Scored two goals, four different times; versus Canisius (4/1), Lehigh (4/10), Massachusetts (4/22) and Quinnipiac (4/24).

Before Longwood: Participated in soccer, basketball, and lacrosse for four years at Calvert High School ... Freshman and sophomore year was named All-Conference, All-County and Washing Post All-xtra in lacrosse ... Junior year received All-Conference, All-Conference Most Valuable Player, Washington Post All-xtra, Washington Post All-xtra MVP for lacrosse ... As a senior named lacrosse All-County, All-County MVP, All-Conference, All-Conference MVP, Washington Post All-xtra, Washington All-xtra MVP.

Personal: Born Joyce Ann Haines to Jay and Gayle Haines ... Majoring in elementary education.

2007 LANCERS



Jennifer Holliday
Junior • 5-3 • Goalkeeper
Gaithersburg, Md. • Quince Orchard

18

Sophomore Season (2006): Appeared in 14 games, 10 of which were in net for Longwood ... Saw 212:51 of time in between the posts finishing with 37 saves for a .369 save percentage ... Tallied a season-high seven saves in the win over Lafayette and the loss to Boston College, and had two six-save performances against Denver (2/16) and Howard (3/28).

Freshman Season (2005): Saw limited action behind starting goalkeeper Emily Wilson ... Played in seven matches for a total of 107:41 minutes ... Allowed 17 goals for a 9.47 goals against average ... Made 19 saves for a .514 save percentage ... Finished with five saves over 12 minutes of action in a 15-7 win versus Manhattan (4/3) ... Had four saves against Canisius (4/1) and Howard (4/12).

Before Longwood: Participated in soccer and lacrosse for four years ... Received sportsmanship award as a freshman and sophomore ... 1st-Team All-County as a junior ... Earned MVP honors and Marine Core Athletic Award as a senior at Quince Orchard High School.

Personal: Born Jennifer Holliday to Frank and Tammy Holliday ... Uncle Mike Halak played soccer for Delaware, while uncle Brian Halak played soccer for the University of Pennsylvania and the Philly Freedom and Washington Warthogs ... Majoring in exercise science and plans to pursue a job in physical therapy.



2007 LANCERS



Allison Armstrong
Junior • 5-8 • Defender
Chestertown, Md. • Queen Anne's

6

Sophomore Season (2006): Played and started in all 16 games in first season as a Lancer ... Recorded her first collegiate goal in the 19-8 win over Howard ... Finished the season with one goal ... Recorded 21 ground balls and three draw controls ... Was second on the team in caused turnovers, finishing with nine.

Before Longwood: Participated in field hockey and lacrosse for four years and track for three years at Queen Anne's County High School ... Named offensive player of the year as a junior ... Was a two time member of the Mid-Atlantic National Team her junior and senior years ... Help lead her team to a first place finish in the Galaxy National Tournament her senior year ... Earned a spot in the National Honor Society three years of high school and was awarded Excellence in Academic Achievement in Athletics for keeping a 3.0 or higher GPA for three semesters.

Personal: Born Allison Burr Armstrong to Tim Keefe and Beth Armstrong-Keefe ... Mother played field hockey and lacrosse at Ursinus and was a participant on the US field hockey and lacrosse teams ... Is a member of the SAAC Habitat For Humanity sub-committee ... Officer of Public Relations of Political Science Club ... Made Dean's List junior year ... Enjoys tennis, boating, sailing, tubing and spending time with her family ... Plans to attend Grad school after graduation ... Majoring in political science and English.

Lauren Barnaba
Sophomore • 5-5 • Midfielder
Bel Air, Md. • The John Carroll School

5



Freshman Season (2006): Played and started in 10 games her first year as a Lancer ... Finished with three points on three goals ... Recorded her first collegiate goal in the 13-11 loss to Lehigh (3/19) ... Also scored against Howard (3/28) and Virginia Tech (4/12) ... Collected one ground ball and caused one turnover.

Before Longwood: Participated in soccer, lacrosse and basketball at The John Carroll High School ... Earned Honorable Mention all-conference as a junior and senior ... Helped lead high school team to an IAAM soccer championships in 2005.

Personal: Born Lauren Marie Barnaba to Michael and Jane Barnaba ... Interests include hanging out with friends, painting and playing cards ... Majoring in business.

2007 LANCERS



Shawn Darrell
Sophomore • 5-4 • Defender
Chestertown, Md. • Queen Anne's

1

Freshman Season (2006): Saw limited action in eight games during her freshman year ... Finished with four ground balls on the season.

Before Longwood: Participated in lacrosse, field hockey and swimming all four years at Queen Anne's County High School ... Named Defensive Player of the Year as a senior ... Earned All-Mid Shore First-Team and the Distinguished Athlete Award as a senior ... Was a member of the National Honor Society.

Personal: Born Shawn Allison Darrell to Wayne and Richelle Darrell ... Father Wayne Darrell played baseball at Potomac State College ... Sister Leigh Darrell swam at Sweet Briar ... Majoring in communication studies with a minor in business administration.

Britt Farquharson
Sophomore • 5-10 • Midfielder
Mississauga, Ontario • Lorne Park Secondary School

14



Before Longwood: Participated in lacrosse, alpine racing, basketball, cross country and swimming at Lorne Park Secondary School ... Earned Greatest Contribution to Athletics Award at Lorne Park Secondary School ... Named Most Valuable Player honors as a senior for both lacrosse and basketball.

Personal: Born Brittani Farquharson to Lyell and Taylor Farquharson ... Interests include skiing, playing basketball and squash ... Is a current member of the U-19 Canadian National Team ... Sister Kara is a member of the U-23 Canadian Crew Team ... Wants to attend medical school after graduation ... Majoring in biology with a concentration in molecular biology/health.

2007 LANCERS



Michelle Owen
Sophomore • 5-4 • Attack
Finksburg, Md. • Mount de Sales Academy

24

Freshman Season (2006): Appeared in 15 games, finishing freshman season with 11 points on six goals and five assists ... Recorded first collegiate goal in the 15-10 win over Oregon ... Recorded a hat-trick in game against Saint Mary's, finishing contest with four points ... Tallied 14 ground balls and 12 draw controls.

Before Longwood: Participated in lacrosse and basketball all four years at Mount de Sales Academy ... Was part of the M&D Black 2005 Club Team that went undefeated and won all three national championship tournaments: Galaxy, Vail Shootout, National Draw ... 2004 All-Galaxy Lacrosse Award ... Awarded Unsung Hero and captain honors for varsity basketball two years in a row.

Personal: Born Michelle Elizabeth Owen to Bob and Patty Owen ... Mother Patty Owen played field hockey at Catonsville Community College and was an NJCAA All-American (1978) ... Enjoys playing lacrosse and basketball, drawing and painting, going to concerts and shopping ... Member of Longwood University Judicial Board ... SAAC Secretary ... Coach of the Farmville Comets ... Plans to teach art and coach either basketball or lacrosse at the high school level ... Majoring in art education.

Liz Sellmayer
Sophomore • 5-7 • Midfielder
Baltimore, Md. • Mount de Sales Academy

7



Freshman Season (2006): Played in 14 games, getting the starting nod one time ... Finished season with 18 points on 14 goals and four assists ... Tallied six multi point contests, including three three-point contests against Lehigh (3/19), Lafayette (4/8) and Davidson (4/23) ... Posted a hat trick in the 22-10 win over Lafayette ... Recorded the game-winning goal against Virginia Tech (4/12) and Davidson ... Went a perfect 2-2 on free position opportunities ... Collected eight ground balls and seven draw controls.

Before Longwood: Participated in lacrosse, field hockey and indoor track all four years at Mount de Sales Academy ... Earned the Triple Threat Award as a senior, which is awarded to a three-letter varsity athlete.

Personal: Born Elizabeth Cole Sellmayer to Joe and Kate Sellmayer ... Mother Kate Sellmayer played field hockey at Mount St. Mary's ... Hobbies include going to the beach and hanging out with friends ... Majoring in elementary education.

2007 LANCERS



Shannon Strain
Sophomore • 5-4 • Midfielder
Alexandria, Va. • Mount Vernon

33

Freshman Season (2006): Played in all 16 games, making the starting line-up 15 times ... Finished freshman year with 21 points on 15 goals and six assists ... Recorded first collegiate goal against Boston College (3/8), finishing the contest with two goals and one assist ... Tallied six multi-point games, including a four-goal game against Lafayette (4/8) ... Collected 20 ground balls, eight draw controls and caused three turnovers.

Before Longwood: Participated in lacrosse, field hockey, basketball and track at Mount Vernon High School ... Earned All-District all four years, including First-Team her sophomore and junior years ... Earned All-Region her junior year.

Personal: Born Shannon Strain to Mairead O'Clisham ... Interests include all sports and rock collecting ... Sister Cathleen is a senior on the Longwood lacrosse team ... Sister Brigid Strain plays lacrosse for James Madison ... Majoring in exercise science.

Dee Warehime
Sophomore/5-3/Midfielder
Westminster, Md./Westminster

9



Freshman Season (2006): Appeared in all 16 games, making the starting line-up 11 times ... Finished the season with 10 points on six goals and four assists ... Tallied a point in 10 of the Lancers' 16 games ... Ranked third on the team for ground balls, collecting 31, while winning three draw controls and causing eight turnovers.

Before Longwood: Participated in lacrosse, basketball and soccer at Westminster High School ... Earned First-Team All-MVAL Conference as a junior and senior and Second-Team All-Metro as a senior.

Personal: Born Deirdre Warehime to Jim and Dawn Warehime ... Interests include weight lifting, working, and spending time with her grandparents ... Majoring in exercise science.

2007 LANCERS



Christine Comeau
Freshman • 5-3 • Defender
Whitby, Ontario • Sinclair Secondary School

12

Before Longwood: Four-time Athlete of the Year nominee at Sinclair Secondary School ... Awarded the OFSSA Sports award senior year ... Member of Team Canada for lacrosse ... Was Team Ontario All-Star Game MVP in 2003 ... Helped lead team to OFSSA lacrosse championship 2003-06 ... Honor student throughout high school.

Personal: Born Christine Nicole Comeau to John and Cathy Comeau ... Enjoys ice hockey, snowboarding and field hockey ... Majoring in kinesiology.

Eliza Coughter
Freshman • 5-10 • Goalkeeper
Charlottesville, Va. • Charlottesville

17



Before Longwood: Four-year letterwinner for lacrosse at Charlottesville High School ... First-Team All-Jefferson District and All-Region during senior year ... Earned Second Team All-Jefferson District and All-Central junior and sophomore years ... Was a member of the Blue Ridge Lacrosse Club team.

Personal: Born Helen Elizabeth Coughter to Jeff and Elizabeth Coughter ... Majoring in psychology.



Page Farmer
Freshman • 5-6 • Midfield
Richmond, Va. • St. Catherine's

20

Before Longwood: Four-year letterwinner for lacrosse, field hockey and basketball at St. Catherine's ... Two-time All-LIS in lacrosse and awarded I.M.P.A.C.T. Character Award her senior and junior years ... Two-time member of the All-State field hockey team ... Helped lead St. Catherine's to state title.

Personal: Born Lucy Page Farmer to Stuart and Leigh Farmer ... Plans to go to graduate school for physical therapy after graduation ... Majoring in biology.

Carlie Nethken
Freshman • 5-7 • Defender
Hanover, Md. • Long Reach

4



Before Longwood: Four-year letterwinner in lacrosse, field hockey and basketball ... Named First-Team All-County in lacrosse and basketball and was team's MVP of lacrosse senior year ... Also Named Long Reach's Athlete of the Year her senior year ... Was a two time Second-Team All-County member senior and junior year ... Was a member of the National Honor Society and earned the Principal's Award while at Long Reach.

Personal: Born Carlie Nethken to Chuck and Michele Nethken ... Majoring in kinesiology.

2006 RESULTS/STATISTICS

Overall: 6-10 • Home: 4-5 • Away: 2-4 • Neutral: 0-1

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Score</u>
February			
14	vs. #2 Duke	Farmville, Va.	L, 3-19
16	at Denver	Denver, Colo.	L, 4-18
18	vs. Duquesne	Denver, Colo.	L, 7-10
26	at James Madison	Harrisonburg, Va.	L, 6-22
28	vs. William and Mary	Farmville, Va.	L, 6-18
March			
8	vs Boston College	Farmville, Va.	L, 8-15
12	vs. Oregon	Farmville, Va.	W, 15-10
18	at LaSalle	Philadelphia, Pa.	L, 9-13
19	at Lehigh	Bethlehem, Pa.	W, 11-13
26	vs UC Davis	Farmville, Va.	L, 7-9
28	at Howard	Washington, D.C.	W, 19-8
April			
8	vs. Lafayette	Farmville, Va.	W, 22-10
12	vs. Virginia Tech	Farmville, Va.	W, 15-13
21	vs. Saint Mary's	Farmville, Va.	W, 20-13
23	at Davidson	Davidson, N.C.	W, 17-11
24	vs. American	Farmville, Va.	L, 10-13

<u>Name</u>	<u>GP-GS</u>	<u>G</u>	<u>A</u>	<u>Pts</u>	<u>Sh</u>	<u>GB</u>	<u>DC</u>	<u>T/O</u>	<u>CT</u>
Cathleen Strain	16-16	34	10	44	74	26	33	32	2
Emily Bikowski	16-16	28	5	33	67	22	29	24	5
Ali Shafer	16-16	17	10	17	41	24	28	23	4
Joyce Haines	16-16	17	9	26	40	16	10	18	3
Kathleen Barry	16-16	16	15	31	34	8	5	33	2
Shannon Strain	16-15	15	6	21	41	20	8	17	3
Liz Sellmayer	14-1	14	4	18	27	8	7	11	0
Ann Rae Keel	16-16	10	5	15	21	23	20	19	6
Kristen McLain	11-0	8	2	10	16	1	1	6	0
Michelle Owen	15-0	6	5	11	13	14	12	7	2
Dee Warehime	16-11	6	4	10	11	31	3	21	8
Lauren Barnaba	10-0	3	0	3	6	1	0	3	1
Emily Wilson	16-16	2	0	2	3	50	0	7	7
Missy Rumbley	16-16	2	3	5	4	21	37	13	7
Allison Armstrong	16-16	1	0	1	0	20	3	9	9
Meghan Thompson	6-6	0	0	0	0	4	0	1	1
Jen Holliday	14-0	0	0	0	1	10	0	4	0
Shawn Darrell	8-0	0	0	0	0	3	0	1	0
Kelly Gaines	15-15	0	0	0	1	39	5	14	15
Longwood	16	179	78	257	400	343	204	265	75
Opponents	16	216	88	304	516	364	208	234	128
<u>Name</u>	<u>GP</u>	<u>Minutes</u>	<u>GA</u>	<u>Avg</u>	<u>Svs</u>	<u>Pct.</u>	<u>Record</u>	<u>ShotsFaced</u>	
Emily Wilson	16	743:58	162	13.07	133	.451	6-10-0	342	
Jen Holliday	10	212:51	53	14.94	31	.369	0-0-0	87	
Longwood	16	956:49	215	13.48	164	.433	6-10-0	429	
Opponents	16	956:49	179	11.22	131	.423	10-6-0	358	

LONGWOOD VS. OPPONENTS

<u>Opponent</u>	<u>Series</u>	<u>Last Played</u>	<u>Result</u>
Alban	0-1	1998	L, 8-15
American	0-4	2006	L, 10-13
Bloomsburg	5-3	2004	W, 16-6
Boston College	0-1	2006	L, 8-15
Bridgewater	11-6	1999	W, 13-6
Bucknell	1-0	2005	W, 14-5
Canisius	1-0	2005	W, 22-8
Colby	1-4	2000	W, 9-8
Davidson	4-3	2006	W, 17-11
Denver	0-1	2006	L, 4-18
Duke	0-1	2006	L, 3-19
Duquesne	0-1	2006	L, 7-10
Earlham	2-0	1993	W, 10-6
East Stroudsburg	2-0	2004	W, 18-8
Gannon	2-5	2003	W, 16-7
George Washington	0-2	2005	L, 11-10
Georgetown	0-4	1990	L, 6-17
Greensboro	4-0	1995	W, 15-2
Guilford	12-2	2000	W, 19-4
Hollins	11-2	1998	W, 19-1
Howard	10-0	2006	W, 19-8
James Madison	0-1	2006	L, 6-22
Kenyon	2-0	1998	W, 10-7
Lafayette	2-0	2006	W, 22-10
La Salle	0-1	2006	L, 9-13
Lehigh	1-1	2006	L, 11-13
LeMoyne	1-0	1996	W, 17-12
Limestone	7-4	2004	W, 16-10
Lock Haven	4-0	2003	W, 13-7
Lynchburg	5-11-1	2000	T, 10-10
Manhattan	2-0	2005	W, 15-7
Marist	1-0	1997	W, 13-7
Mary Baldwin	4-1	1994	W, 15-2
Mary Washington	4-9	1998	L, 7-13
Marymount	3-0	1999	W, 13-2
Massachusetts	0-1	2005	L, 17-14
Mercyhurst	1-1	2003	W, 14-5

<u>Opponent</u>	<u>Series</u>	<u>Last Played</u>	<u>Result</u>
Millersville	6-0	2004	W, 13-8
Mount St. Mary's	1-0	2002	W, 14-11
North Carolina State	0-1	1989	L, 8-11
Oberlin	1-0	1992	W, 12-7
Oneonta State	0-1	1998	L, 15-16 ot
Oregon	2-0	2006	W, 15-10
Pfeiffer	7-0	2004	W, 17-4
Philadelphia	3-1	2004	W, 15-7
Plymouth State	2-0	1994	W, 13-4
Quinnipiac	2-0	2005	W, 8-4
Randolph Macon	11-11	2002	W, 17-4
Randolph Macon-W	5-2	1997	W, 15-4
Regis	3-0	2003	W, 17-10
Roanoke	2-6	2001	W, 13-9
Shenandoah	2-0	1999	W, 17-3
Shippensburg	3-4	2004	W, 7-4
Siena	1-0	2004	W, 12-5
Springfield	0-1	1995	L, 3-12
St. Bonaventure	0-1	2005	L, 16-6
Saint Francis (Pa.)	1-0	2004	W, 13-1
Saint Mary's	3-0	2006	W, 20-13
Saint Michael's	1-0	2000	W, 11-1
Stonehill	3-1	2004	W, 13-9
Sweet Briar	7-6	1997	W, 14-3
UC Berkley	0-1	2000	L, 5-8
UC Davis	2-3	2006	L, 7-9
UC Santa Barbara	0-1	1991	L, 7-8
UMBC	0-6	1989	L, 11-1
Villa Julia	2-0	1999	W, 13-10
Virginia Tech	2-0	2006	W, 15-13
Washington and Lee	2-3	2003	W, 16-2
Wellesley	0-1	1997	L, 2-12
West Chester	3-2	2004	W, 16-10
William and Mary	1-1	2006	L, 6-18
Wittenberg	2-0	1994	W, 14-3

** Results from 1983-present

When We Last Met (2007 Opponents)

<u>Team</u>	<u>Date</u>	<u>Location</u>	<u>Result</u>
Albany	March 21, 1998	Gaffney, S.C.	L, 8-15
American	April 24, 2006	Farmville, Va.	L, 10-13
Davidson	April 23, 2006	Davidson, N.C.	W, 17-11
Denver	February 16, 2006	Denver, Colo.	L, 4-18
Duke	February 14, 2006	Farmville, Va.	L, 3-19
Howard	March 28, 2006	Washington, D.C.	W, 19-8
James Madison	February 26, 2006	Harrisonburg, Va.	L, 6-22
Lafayette	April 8, 2006	Farmville, Va.	W, 22-10
LaSalle	March 18, 2006	Philadelphia, Pa.	L, 9-13
Oregon	March 12, 2006	Farmville, Va.	W, 15-10
Richmond	*****	First Meeting	*****
North Carolina	*****	First Meeting	*****
Vermont	*****	First Meeting	*****
Villanova	*****	First Meeting	*****
Virginia Tech	April 12, 2006	Farmville, Va.	W, 15-13
William and Mary	February 28, 2006	Farmville, Va.	L, 6-18

ALL-TIME RECORDS

CAREER LEADERS

POINTS			GOALS			ASSISTS		
1. Natalie Smith	266	1998-01	1. Natalie Buritsch	208	1993-96	1. Natalie Smith	105	1998-01
2. Natalie Buritsch	237	1993-96	2. Sue Groff	188	1983-86	2. Kristy Taylor	93	2000-04
3. Carlee Ullery	241	2000-04	3. Natalie Smith	161	1998-01	3. Carlee Ullery	84	2000-04
4. Kristy Taylor	206	2000-04	4. Carlee Ullery	130	2000-04	4. Jen Hilbert	42	1999-03
5. Sue Groff	188	1983-86	5. Laurie Hogan	126	1996-99	5. Isa Cohen	70	2001-05

SEASON LEADERS

POINTS			GOALS			ASSISTS		
1. Natalie Smith	78	1998	1. Sue Groff	60	1986	1. Carlee Ullery	32	2003
2. Emily Bikowski	68	2003	2. Natalie Buritsch	59	1996	2. Kristy Taylor	32	2003
3. Natalie Smith	67	2000	3. Natalie Buritsch	56	1994	3. Natalie Smith	31	2000
4. Natalie Burtisch	65	1996	4. Natalie Smith	55	1998	4. Natalie Smith	30	2001
5. Natalie Burtisch	64	1994	5. Emily Bikowski	54	2003	5. Kristy Taylor	27	2002

GAME LEADERS

POINTS			GOALS			ASSISTS		
1. Sue Groff	14	1986	1. Sue Groff	14	1986	1. Natalie Smith	7	2000
2. Natalie Smith	10	2000	2. Natalie Buritsch	9	1996	2. Natalie Smith	5	2000
Natalie Buritsch	10	1996	Sue Groff	9	1985	3. *Cathleen Strain	4	2005
Natalie Burtisch	10	1995	4. Natalie Buritsch	8	1996	Leanne Kibler	4	2004
Sarah Hogan	10	1995	Sara Hogan	8	1995	Kristy Taylor	4	2004
			Natalie Buritsch	8	1994	Carlee Ullery	4	2004
			Sue Groff	8	1983	* 13 with 4 assists, most recent		

GOALKEEPING LEADERS

CAREER SAVES			SEASON SAVES			SEASON SAVE PERCENTAGE		
1. Rachel Bunn	800	1998-01	1. Rachel Bunn	232	2000	1. Rachel Bunn	.627	2001
2. Stacey Schmidt	389	2000-04	2. Rachel Bunn	209	1998	2. Stacey Schmidt	.626	2003
3. Karen Holleman	378	1988-91	3. Rachel Bunn	191	1999	Rachel Bunn	.626	1999
4. Kelli Jo Haynes	342	1995-97	4. Rachel Bunn	168	2001	4. Rachel Bunn	.622	2000
5. Diana Biondi	245	1993-95	5. Kelli Jo Haynes	155	1997	5. Emily Wilson	.617	2004

GOALKEEPING LEADERS

SEASON GOALS AGAINST AVERAGE		
1. Stacey Schmidt	6.03	2004
2. Stacey Schmidt	6.25	2002
3. Stacey Schmidt	6.84	2003
4. Rachel Bunn	7.60	1999
5. Rachel Bunn	7.61	2001

TEAM LEADERS

Highest National Ranking	1st (DII)	2002
Best Won-Loss Record	12-0	1993
Most Wins in a Season	15	2002
Consecutive Wins	16	1992-94
Fewest Losses in a Season	0	1993
Most Points in a Season	390	2003
Most Goals in a Season	230	2002
Most Goals in a Game	24 vs. R-MC	1984
Fewest Goals Allowed in a Season	59	2003
Most Assists in a Season	166	2003

ALL-AMERICANS



20
Emily Bikowski
2002, 2003, 2004
Midfielder
Fairfax, Va.



2
Sophie Dress
2004
Midfielder
Ellicott City, Md.



18
Stacey Schmidt
2002, 2003
Goalkeeper
Berlin, N.J.



4
Kristy Taylor
2002, 2003, 2004
Attack
Lorton, Va.



14
Carlee Ullery
2004, 2001
Attack
Keswick, Va.



3
Kristin Wydra
2003
Defender
Casselberry, Fla.



11
Rachel Bunn
2000, 2001
Goalkeeper
Baltimore, Md.



22
Kris Denson
2000, 2001, 2002
Midfielder
Fredericksburg,
Va.



23
Beth Hadrys
2001, 2002
Midfielder
Vandalia, Ohio



20
Natalie Smith
1998, 1999, 2000,
2001
Attack
Charlottesville,
Va.



13
Laurie Hogan
1999
Attack
Charlottesville,
Va.



30
Natalie Burtisch
1994, 1995, 1996
Midfielder
Pasadena, Md.



18
Anita Warford
1993, 1994
Attack
Stafford, Va.



34
Denise Hanley
1993
Midfielder
Springfield, Pa.



24
Susie Lindsay
1992, 1993
Defender
Charlottesville,
Va.



32
Lara Cini
1990, 1991, 1992
Attack
Boothwyn, Pa.



5
Terri Pugh
1990
Defender
Springfield, Va.



20
Sue Groff
1983, 1984, 1985,
1986
Midfielder
West Chester,
Pa.

ALL-AMERICANS



17
Mindy Allman
1984
Defender
Baltimore, Md.



32
Mariana Johnson
1983
Midfielder
Farmville, Va.



24
Cherie Stevens
1983
Attack
Annandale, Va.



11
Julie Dayton
1981
Attack
Laurel, Del.

UNITED STATES NATIONAL TEAM MEMBERS

Kris Denson - 2002
Julie Dayton - 1982-91
Sue Groff - 1986-88

ACADEMIC ALL-AMERICANS

Rachel Bunn - 2000
Heather Wentzel - 1999, 2000
Laurie Hogan - 1999
Anita Warford - 1994
Mindy Allman - 1984



COACHING HISTORY

<u>Year</u>	<u>Record</u>	<u>Coach</u>	<u>Overall</u>
1972	3-4-0	Anne Huffman	3-4-0
1973	3-4-0	Anne Huffman	6-8-0
1974	4-3-0	Anne Huffman	10-11-0
1975	4-3-0	Anne Huffman	14-14-0
1976	4-4-0	Anne Huffman	18-18-0
1977	1-7-0	Anne Huffman	19-25-0
1978	2-5-0	Anne Huffman	21-30-0
1979	4-6-1	Dee McDonough	4-6-1
1980	6-9-0	Jane Miller	6-9-0
1981	10-5-1	Jane Miller	16-14-1
1982	7-4-1	Jane Miller	23-18-2
1983	5-2-0	Jane Miller	28-20-2
1984	5-5-0	Mary Willson Schill	5-5-0
1985	6-3-0	Dr. Carolyn Hodges	6-3-0
1986	7-2-0	Sue Finnie	7-2-0
1987	2-6-0	Sue Finnie	9-8-0
1988	2-10-0	Sue Finnie	11-18-0
1989	3-8-0	Sue Finnie	14-26-0
1990	4-7-0	Sue Finnie	18-33-0
1991	9-1-0	Sandy Bridgeman	9-1-0
1992	9-2-0	Sandy Bridgeman	18-3-0
1993	12-0-0	Sandy Bridgeman	30-3-0
1994	8-5-0	Sandy Bridgeman	38-8-0
1995	4-8-0	Janet Grubbs	4-8-0
1996	9-5-0	Janet Grubbs	13-13-0
1997	3-10-0	Janet Grubbs	16-23-0
1998	8-6-0	Janet Grubbs	24-29-0
1999	11-4-0	Janet Grubbs	35-33-0
2000	10-6-1	Janet Grubbs	45-39-1
2001	12-3-0	Janet Grubbs	57-42-1
2002	15-1-0	Janet Grubbs	72-43-1
2003	13-2-0	Janet Grubbs	85-45-1
2004	14-1-0	Janet Grubbs	99-46-1
2005	12-3-0	Janet Grubbs	111-49-1
<u>2006</u>	<u>6-10-0</u>	Janet Grubbs	117-59-1 (.661)
Total	35 Seasons	8 Head Coaches	308-224-31 (.547)



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, 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 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: 4,400

President: Dr. Patricia P. Cormier

Vice President for Academic Affairs/Provost:
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

INTERIM DIRECTOR OF ATHLETICS

INTERIM DIRECTOR OF ATHLETICS TROY AUSTIN



Longwood University President Dr. Patricia P. Cormier has announced the appointment of Troy Austin as Interim Director of Athletics for 2006-07, effective August 28. He has served Longwood as Director of Development for Intercollegiate Athletics since last October 10. Austin had been the director of program development and marketing relations for the National Football League Coaches Association (NFLCA) from 2003-05. Longwood will be competing in the final year of its

four-year NCAA Division I Reclassification during 2006-07.

"Troy Austin will serve in a critical role as Longwood moves its candidacy forward to Division I," explained Dr. Cormier. "He is the ideal person to serve in this important capacity given his background, experience and familiarity with Longwood athletics. I have every confidence in his ability to lead and manage intercollegiate athletics on this campus."

During the past year, Austin oversaw all aspects of Longwood's athletics fundraising. This included directing the Longwood University Lancer Club and its Executive Council, and assisting with the department's external relations efforts. At the NFLCA, he directed the development and marketing of NFLCA programs, properties, and special events. In this capacity, Austin sought marketing partners for the NFLCA, and negotiated marketing opportunities for NFL assistant and head coaches. In addition, he oversaw the membership benefits program for the 750 active and retired NFL coaches, facilitated sponsorships with corporate partners, and served as a liaison between NFLCA and marketing partners among many other duties and responsibilities.

"Dr. Cormier has provided me an extraordinary opportunity to represent Longwood during this exciting time as we transition to Division I," said Austin. "I look forward to working on behalf of the student-athletes and coaches."

While pursuing his post-graduate degree at VCU (2002-03), Austin served an internship within VCU Athletics Marketing and Promotions where he contributed to the development of promotional efforts for creating and maintaining fan interest while assisting with marketing efforts to attain new sponsors. Prior to his time at VCU, he served an internship within Duke University Athletics as Life Skills Coordinator and Director of Special Events where he directed the nationally renowned educational program, 'Verizon Read with the Blue Devils', for elementary school children.

A native of Orange, New Jersey, Austin earned his bachelor of arts degree in sociology, along with a certificate in markets & management from Duke where he was a four-year football letterman. A team captain as a senior, he earned the William J. Griffith Service Award and was named the team's Most Outstanding Defensive Lineman. Austin earned his master of science degree in sports leadership from the VCU SportsCenter.

2006-07 COACHING STAFF

Baseball

Head Coach: Buddy Bolding

Assistant: Rick Blanc

Assistant: Spencer Schmitz

Men's Basketball

Head Coach: Mike Gillian

Assistant: Bill Reinson

Assistant: Doug Thibault

Assistant: Michael Huger

Women's Basketball

Head Coach: Pamela Bass

Assistant: Andrea Gross

Assistant: Colleen Kelly

Men's & Women's Cross Country

Head Coach: Rich Firth

Assistant: Ray Kuhles

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

Assistant: Missy Ackerman

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

Assistant: Wes Holly

Assistant: Kayla Miller

Men's & Women's Tennis

Head Coach: Pat Breen

Assistant: Felipe Montenegro

Cheerleading

Head Coach: Shauna Bass

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 liai-

son 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.

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.

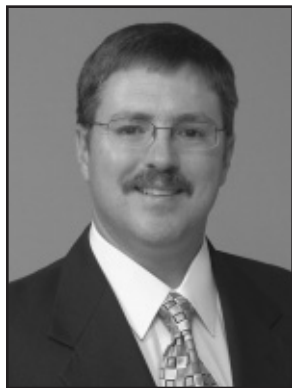
Prior to that, he was simultaneously serving as an intern at the United States Merchant Marine Academy (2004), Biodex Medical Systems (2004) in Shirley, New York, and the Hospital for Special Surgery (2004) in New York City.

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.).

ATHLETICS MEDIA RELATIONS

ASSISTANT AD FOR 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: longwoodlancers.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.

CHAMPS/LIFE SKILLS

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

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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."

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 style="text-align: center;">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 DIVISION I-ELIGIBLE THIS YEAR (2006-07) VIA MULTIDIVISIONAL RECLASSIFICATION

*The NCAA Membership Subcommittee accepted the Longwood Men's Golf and Women's Lacrosse programs into the **Multidivisional Reclassification** process which has led these two sports to official Division I certification as of September 1, 2006.*

*"Selecting sports for this process was not easy," explained former 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."*

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.



2007 LACROSSE SCHEDULE

February

16	Friday	Richmond	Farmville, Va.	4:00
22	Thursday	Albany	Farmville, Va.	4:00

March

1	Thursday	William and Mary	Williamsburg, Va.	4:00
4	Sunday	Denver	Farmville, Va.	1:00
10	Saturday	West Chester	Farmville, Va.	9:30 a.m.
10	Saturday	Navy	Farmville, Va.	1:00
15	Thursday	Oregon	Eugene, Ore.	10:00
17	Saturday	vs. Vermont	Eugene, Ore.	2:00
23	Friday	James Madison	Farmville, Va.	4:00
25	Sunday	La Salle	Farmville, Va.	12:00
30	Friday	Villanova	Villanova, Pa.	5:30

April

1	Sunday	Lafayette	Easton, Pa.	12:00
10	Tuesday	Virginia Tech	Blacksburg, Va.	4:00
13	Friday	Howard	Farmville, Va.	4:00
15	Sunday	North Carolina	Chapel Hill, N.C.	1:00
18	Wednesday	American	Washington, D.C.	3:00
22	Sunday	Duke	Durham, N.C.	1:00
25	Wednesday	Davidson	Farmville, Va.	4:00

Bold Denotes Home Matches
All Times Eastern

www.longwoodlancers.com