

Christopher Newport Field Hockey - 2008



Ashley Cybulski



Courtney Russ



Haylie Black



Nicole Kuykendall



Captains' Quarters



The Freeman Center



Tennis Complex



Field Hockey/Lacrosse



Baseball Stadium



Pomoco Stadium & Belk Track



Softball Stadium



Soccer Stadium

CNU Athletic Facilities



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CNU Quick Facts/Directory

Location Newport News, Va.
 Area Population 500,000 est.
 Founded 1961
 Enrollment 4,800
 Nickname Captains
 Colors Royal Blue and Silver
 Conference USA South Athletic Conference
 President Sen. Paul S. Trible, Jr.
 Director of Athletics C.J. Woollum
 Athletic Department Phone 757-594-7025

Athletic Department Staff

All phone numbers area code 757

Football Matt Kelchner 594-7584
 Men's Soccer Steve Shaw 594-7383
 Women's Soccer Ruth Keegan 594-7381
 Volleyball Lindsay Birch 594-7890
 Cross Country Keith Maurer 594-7213
 Field Hockey Carrie Moura 594-7920
 Men's Basketball C.J. Woollum 594-7217
 Women's Basketball Carolyn Hunter 594-7103
 Track Tyler Wingard 594-7289

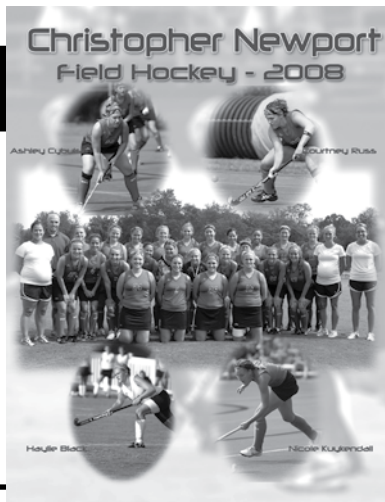
Baseball John Harvell 594-7054
 Softball Keith Parr 594-7352
 Men's Tennis Rush Cole 594-7372
 Women's Tennis Jenny Nuttycombe 594-8751
 Golf TBA 594-7891
 Women's Lacrosse Carolyn Raveia 594-7381
 Men's Lacrosse Chris Swanenburg 594-7976
 Sailing Dan Winters 886-2838
 Cheerleading Erica Flanigan 594-7694
 Head Athletic Trainer Chris Jones 594-7023
 Director-Athletic
 Outreach Roland Ross 594-7041
 Administrative
 Assistant Judy Stenzhorn 594-7290
 Business Manager Shanika Ellis 594-7288
 Program Support Cindy Sutphin 594-8821
 Program Support Sandra Johnson 594-7291
 Faculty Athletic
 Representative Dr. Kip Redick 594-7370
 Athletic Dept. Fax 594-7839
 Internet web site www.cnu.edu/athletics

2008 SCHEDULE

Date	Day	Opponent	Time
August			
30-31	Sat-Sun	Black Eyed Susan Tr.	Owings Mills, Md.
30	Sat	CNU vs. Johns Hopkins	12:00
31	Sun	CNU vs. Morrisville St.	TBA
September			
10	Wed	at Salisbury	Salisbury, Md. 6:00
13	Sat	Gettysburg	Captains Field 3:30
14	Sun	Catawba	Captains Field 1:00
17	Wed	Randolph-Macon	Captains Field 4:30
20	Sat	McDaniel	Captains Field 1:00
24	Wed	at Virginia Wesleyan	Virginia Beach, Va. 4:00
27	Sat	Catholic	Captains Field 1:00
October			
1	Wed	at Mary Washington	Fredericksburg, Va. 4:30
4	Sat	at Eastern Mennonite	Harrisonburg, Va. 2:00
8	Wed	Lynchburg	Captains Field 4:30
11	Sat	vs. Kenyon	Lexington, Va. 1:00
13	Mon	Ursinus	Captains Field 12:00
19	Sun	at St. Mary's	St. Mary's City, Md. 3:00
26	Sun	at Washington & Lee	Lexington, Va. 2:00
November			
1-2	Sat-Sun	Independent schools Tourn.	Frederick, Md. TBA

Athletic Communications Staff

NAME	POSITION	PHONE (Area code 757)
Block, Wayne	Asst. to A.D. Athletic Comm.	594-7382
Tommasino, Francis	Dir. Athletic Communications	594-7884
Gosselin, Dave	Asst. Dir. Athletic Comm.	594-7886
Beverly Waller	Student Assistant	594-7886
Chris Inzirillo	Student Assistant	594-7886
Rich Bell	Student Assistant	594-7886
Kaitlyn Vincie	Student Assistant	594-7886
Craig Lilly	Student Assistant	594-7886



ON THE COVER

CNU's seniors, clockwise from top left: Ashley Cybulski, Courtney Russ, Nicole Kuykendall and Haylie Black will lead the Captains in 2007.

CREDITS

The 2008 Field Hockey Media Guide is a publication of the Christopher Newport University Department of Athletic Communications.

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HEAD COACH CARRIE MOURA

NCAA ELITE 8 2006, NCAA SWEET 16 2007

Carrie Moura took over a Christopher Newport field hockey team which was faring relatively well, but had no consistency. She was the fourth head coach in the team's four-year existence.

But Moura has provided far more than consistency for CNU field hockey. She has brought a winning way that has propelled the program to national recognition.

The first sign of that recognition came when the team was ranked No. 18 in the nation early in the 2006 season for CNU's first-ever national ranking. By the end of the regular season the Captains would climb to No. 13.

Next, CNU not only earned its first berth in the NCAA, but was awarded a home game in the first round.

Playing as an independent, Christopher Newport did not benefit from an automatic bid. The Captains responded with a solid, 5-1, win over Alvernia (Pa.).

That put them in the Sweet 16 against perennial national power, and defending national champion Salisbury, a team that CNU had twice taken to the wire in one goal losses, but had not beaten in four previous tries.

Christopher Newport fought its way into the Elite 8 with a thrilling, 2-1, win in overtime on a goal by sophomore Haylie Black with 1:14 to play in the OT. A day later CNU fell to host Lebanon Valley, 3-0, but had made unbelievable strides in 2006.

In 2007 the Captains were accorded the respect that a nationally prominent program deserves. They opened the season with a No. 13 ranking, rose to as high as No. 4, and earned their second consecutive NCAA bid.

That's not to say that the two previous teams were weak. The Captains posted 12-3 and 12-4 records in Moura's second and third seasons at the helm in 2004 and 2005.

Another factor that made the 2006 season even more amazing was that CNU had no seniors at all on the roster and played almost the entire year without it's leading scorer from 2005, sophomore Anne Gehring.

Moura is a native of Litchfield, Connecticut and a 1998 graduate of Keene State College in New Hampshire, with a Bachelor of Science Degree in Physical Education. She also received her Master's Degree in Educational Leadership in May of 2003 from Lynchburg College.

She was an assistant field hockey coach at Lynchburg College in 2001 and 2002, where her squads went 39-6 overall and 23-1 in conference play. She also served as head coach of the lacrosse program at Keene State College in New Hampshire from 1999 to 2001.



MOURA VS.

OPPONENTS

Alvernia	1-0
Bridgewater	5-0
Catawba	4-0
Catholic	3-2
Davidson	0-2
Denison	1-0
Eastern Mennonite	2-0
Frostburg St.	4-1
Gettysburg	1-0
Johns Hopkins	2-0
Juniata	2-0
Lebanon Valley	0-1
Lynchburg	2-3
Mary Baldwin	1-0
Mary Washington	3-2
McDaniel	1-0
Randolph-Macon	5-0
Rhodes	1-0
Roanoke	3-1
St. Mary's (Md.)	3-2
Salem	1-0
Salisbury	2-4
Shenandoah	4-0
Springfield	0-1
Sweet Briar	3-0
Ursinus	0-2
Ville Julia	1-0
Virginia Wesleyan	1-1
Washington & Lee	4-0
Wesley	0-1

MOURA'S RECORD

Year	Overall		Post Season
	W-L	Pct.	
2003	6-8	.429	
2004	12-3	.800	
2005	12-4	.750	
2006	14-4	.778	NCAA Elite 8
2007	16-3	.842	NCAA Sweet 16
Career	60-22	.732	



THE MOURA FACT SHEET

Hometown: Litchfield, Connecticut
 Education:
 Keene State College: Bachelors - Physical Education
 Lynchburg College: Masters - Educational Leadership
 Coaching:
 Keene State College: Lacrosse Head Coach 1999-2001
 Lynchburg College: Assistant Coach 2001-02
 Christopher Newport - Head Coach 2003-



ASSISTANT COACH KIM IMAN



Kim Iman begins her fifth year as an assistant coach at Christopher Newport University. She has a strong field hockey background, having won three state championships at Cox High School and was a two-time first team All-American selection at Longwood University. At CNU she works primarily with the goalies and defense.

Four years ago, Iman was instrumental in helping Samantha Pelstring earn second team All-State honors at the goalkeeper position. Three years ago Hannah Brown was fourth in the nation in goals-against average. That helped lead a defense that was ninth in the nation in scoring defense. Two seasons ago, Ashley Whipple set a school record in goal with six shutouts. Last year Elexa Nosonchuk led the nation in saves percentage.

Over the last two years, CNU gave up just 35 goals in 37 games, an average of 0.95 per game.

Iman has also coached at Ocean Lakes High School for four years and lives in Virginia Beach where she is an Olympic Development Program head coach and a special education teacher.

ASSISTANT COACH JESSICA MORRIS

Jessica Morris begins her fifth year as an assistant to Carrie Moura. Morris played four years at the University of Mary Washington. In 2001, her senior year, Morris was the Capital Athletic Conference Player of the Year.

She also set several scoring records during her career at Mary Washington. Morris is the university's all-time leader in goals (59), assists (27) and total points (145). She was an All-American her junior and senior years and set a season record with 23 goals as a senior.

Morris was also recognized recently as one of the top 100 athletes in Virginia high school history in a Daily Press special section.

She specializes in working with the offense which is always among the top in the nation in scoring and margin of victory.



STUDENT ASSISTANT COACH DIANA GOLDEN



A two-time all-region selection at Christopher Newport, Diana Golden begins her first season on head coach Carrie Moura's staff.

Golden earned the honor in both her junior and senior seasons from the National Field Hockey Coaches Association.

She was also a second team all-Virginia Division II-III choice both years.

Golden completed her career with 25 goals and 17 assists, ranking fourth all-time at CNU in the former and fifth in the latter. Her 67 career points put her fifth on CNU's all-time list.



2008 ROSTER

Numerical

No	Name	Class	Pos	Ht.	Hometown	High School
0	Brittany Bradsher	Fr.	GK	5-1	Hampton, Va.	Bethel
1	Anna Stout**	Jr.	A/M	5-5	Fredericksburg, Va.	Courtland
3	Nicole Kuykendall***	Sr.	D/M	5-3	Newport News, Va.	Menchville
4	Emma Mehrabi*	So.	D/M	5-2	Fredericksburg, Va.	James Monroe
5	Lauren Cherry	Fr.	M/A	5-1	Yorktown, Va.	Tabb
6	Anne Gehring**	Jr.	A	4-11	Fredericksburg, Va.	Stafford
7	Chelsea Dawson	Fr.	D	5-8	Newport News, Va.	Warwick
9	Alexandria Freudenberg	Fr.	M	5-3	Norfolk, Va.	Granby
10	Brianna Milne	Fr.	D	5-6	Virginia Beach, Va.	Cox
12	Taylor Redfearn	Fr.	D/M	5-7	Midlothian, Va.	Monacan
13	Mary Keenehan	Fr.	M/A	5-4	Moyock, N.C.	Bishop Sullivan
14	Kylie Cale*	So.	M	5-6	Chester, Va.	Thomas Dale
15	Katie Germain*	So.	M/A	5-1	Chantilly, Va.	Chantilly
16	Haylie Black***	Sr.	A	5-9	Newport News, Va.	Menchville
17	Katelyn Yandle*	So.	A	5-2	Portsmouth, Va.	Nansemond River
18	Taylor Harrell*	So.	A	5-6	Virginia Beach, Va.	Cox
19	Stephanie Bair*	So.	M	5-6	Virginia Beach, Va.	Ocean Lakes
22	Paige Childers	Fr.	D	5-4	Virginia Beach, Va.	First Colonial
23	Kim Tomlin*	Jr.	M/A	5-3	Virginia Beach, Va.	Landstown
24	Ashley Cybulski***	Sr.	M/A	5-6	Oakton, Va.	James Madison
26	Courtney Russ***	Sr.	D	5-3	Hampton, Va.	Kecoughtan
29	Corey Rigby	Fr.	M/A	5-1	Falmouth, Mass.	Falmouth
30	Kelsey Rigby	Fr.	M/A	5-3	Falmouth, Mass.	Falmouth
35	Elexa Nosonchuk*	So.	GK	5-3	Virginia Beach, Va.	Salem
45	Emma Stout**	Jr.	GK	5-2	Fredericksburg, Va.	Courtland

*previous CNU experience
 Head Coach Carrie Moura - 6th season
 Assistant Coaches - Kim Imna, 5th season; Jessica Morris, 5th season
 Student Assistant Coach: Diana Golden, 1st season
 Captains: Courtney Russ, Anne Gehring

PRONUNCIATION GUIDE

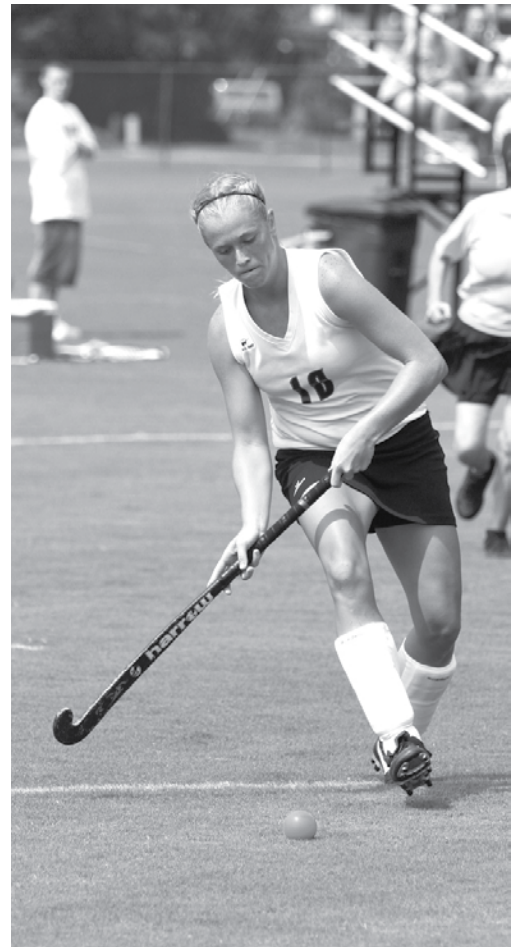
Paige Childers	CHILL-ders
Ashley Cybulski	sigh-BUHL-skee
Alexandria Freudenberg	FROY-den-berg
Anne Gehring	GEAR-ing
Mary Keenehan	KEY-na-han
Nicole Kuykendall	KIRK-n-dall
Emma Mehrabi	ma-ROB-ee
Carrie Moura	MORE-uh
Elexa Nosonchuk	NAZ-un-chuck
Taylor Redfearn	RED-fern

2008 ROSTER

Alphabetical

No	Name	Class	Pos	Ht.	Hometown	High School
19	Stephanie Bair*	So.	M	5-6	Virginia Beach, Va.	Ocean Lakes
16	Haylie Black***	Sr.	A	5-9	Newport News, Va.	Menchville
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14	Kylie Cale*	So.	M	5-6	Chester, Va.	Thomas Dale
5	Lauren Cherry	Fr.	M	5-1	Yorktown, Va.	Tabb
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7	Chelsea Dawson	Fr.	D	5-8	Newport News, Va.	Warwick
9	Alexandria Freudenberg	Fr.	M	5-3	Norfolk, Va.	Granby
6	Anne Gehring**	Jr.	A	4-11	Fredericksburg, Va.	Stafford
15	Katie Germain*	So.	M/A	5-1	Chantilly, Va.	Chantilly
18	Taylor Harrell*	So.	A	5-6	Virginia Beach, Va.	Cox
13	Mary Keenehan	Fr.	M	5-4	Moyock, N.C.	Bishop Sullivan
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12	Taylor Redfearn	Fr.	D/M	5-7	Midlothian, Va.	Monacan
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30	Kelsey Rigby	Fr.	M/A	5-3	Falmouth, Mass.	Falmouth
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45	Emma Stout**	Jr.	GK	5-2	Fredericksburg, Va.	Courtland
23	Kim Tomlin*	Jr.	M	5-3	Virginia Beach, Va.	Landstown
17	Katelyn Yandle*	So.	A	5-2	Portsmouth, Va.	Nansemond River

*previous CNU experience
 Head Coach Carrie Moura - 6th season
 Assistant Coaches - Kim Imna, 5th season; Jessica Morris, 5th season
 Student Assistant Coach: Diana Golden, 1st season
 Captains: Courtney Russ, Anne Gehring



All-Region player Haylie Black

Coach Carrie Moura's Christopher Newport field hockey program has battled its way into national prominence over the past two years. Now, she faces the task of replacing several of the key players who helped build that recognition, in order to keep her team among the nation's elite.

Among those gone are three who earned All-America honors during their careers, Jacque Mayer, Ashley Traylor and Ashley Hay. But the National Field Hockey Coaches Association thinks highly enough of what returns to have ranked the Captains tenth in the nation in their 2008 pre-season poll.

And the ranking probably doesn't really take into consideration the group of newcomers Moura has brought in to help fill some of the gaps.

Offensively, CNU still has the services of last year's top scorer, senior Haylie Black, a two-time all-region choice, who scored ten goals and added 11 assists to CNU's 16-3 NCAA Sweet 16 team. The 11 assists were actually the second best single season total in school history, second only to the 13 Black had in 2006.

Senior Ashley Cybulski, who had a pair of goals a year ago, also has a shot at a starting job, as do three underclassmen.

Junior Annie Gehring was CNU's top scorer in her freshman year, with 13 goals and three assists during the 2005 season. But since then she has suffered two knee injuries that have curtailed both of the following two seasons. A healthy Gehring could give CNU a big lift.

Two sophomores will also battle for starting roles, Katelyn Yandle and Taylor Harrell. Yandle had a goal and three assists last season, and Harrell a goal and two assists.

Newcomer Mary Keenehan could figure into the starting mix, while junior Anna Stout and sophomore Katie Germain will battle for playing time. Twin freshmen, Corey and Kelsey Rigby are also

possibilities.

In the midfield, sophomore Stephanie Bair leads the way. She grabbed a starting role in her rookie season with the Captains' outstanding 2007 squad and contributed two goals and three assists.

Battling to join her in the starting lineup should be senior Nicole Kuykendall, junior Kim Tomlin, who had three goals and three assists last year, and sophomore Kylie Cale who contributed four goals and an assist. A couple of newcomers who will seek playing time in the midfield are freshmen Lauren Cherry and Alexandria Freudenberg.

In the back, senior Courtney Russ helped anchor a defense that allowed just 15 goals in 19 games in 2007.

Freshman Brianna Milne has shown so much promise that she figures to crack the starting lineup immediately.

Other possible starters include Kuykendall and freshmen Taylor Redfearn and Paige Childers. Sophomore Emma Mehrabi could well contribute along with freshman Chelsea Dawson.

Moura has two veteran goalkeepers to call upon. Sophomore Elexa Nosonchuk got most of the playing time a year ago, and wound up leading the nation in saves percentage, at .887, but junior Emma Stout could well see an increase in her playing time this season. Freshman Brittany Bradsher will be in the mix as well.

As befits a nationally-prominent program, Moura has put together a rugged schedule to test her young squad. CNU will face five of the NFHCA pre-season top 20. The Captains will take on #3 Salisbury, #7 Ursinus, #10 Johns Hopkins, #18 Lynchburg and #20 Gettysburg, as they attempt to reach NCAA play for the third straight year.



CNU's defense limited opponents to just 15 goals in 19 games in 2007



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5-6, So., VIRGINIA BEACH, VA.
OCEAN LAKES H.S.

Stephanie Bair

2007 - Freshman Season - Move right into the starting lineup for the Captains in her first season, starting every game but the season opener...Scored goals against Gettysburg and Virginia Wesleyan and added assists versus Catawba, Randolph-Macon and Johns Hopkins... Her goal against Gettysburg was the season opener...A member of the USA South all-academic team.

AT OCEAN LAKES - A first team all-region and first team all-Beach District selection playing for coach Sharpe...Made the district all-tournament team...Also team captain...A member of the National Honor Society, the Spanish Honor Society and SCA...Did church volunteer work.

PERSONAL - Stephanie Amelia Bair was born March 4, 1989 in Honolulu, Hawaii...She's a Psychology major and the daughter of William and Maria Bair...She has three sisters, Nicole, 23; Alicia, 16 and Briana, 16.

COACH MOURA SAYS: An all around complete player who explodes to the ball and can control the pace of the game.

BAIR'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	18	17	2	3	7

16



5-8, Sr., NEWPORT NEWS, VA.
MENCHVILLE H.S.

Haylie Black

2007 - Junior Season - A second team all-South Region selection for the second straight year and an all-state Division II-III choice for the second time as well...Led CNU in scoring with ten goals and 11 assists, ranking 11th in the nation in assists per game with 0.58...Scored twice each against Catawba and Randolph-Macon, and added single goals versus Salisbury, Catholic, Shenandoah, Lynchburg, Mary Washington and Bridgewater. Had the game-winning goals against Catawba, Salisbury and Randolph-Macon...Had two assists in games with McDaniel and Frostburg St.

2006 - Sophomore Season - Earned second team all-South Region honors as well as first team all-Virginia Division II-III...Had 33 points, the fifth highest total in CNU history...Her 13 assists led the team and were a new school record...Had four assists in a win over Roanoke to equal the school single game mark and added two others in games with Johns Hopkins, Randolph-Macon and Lynchburg...Also had ten goals, including the game-winner in overtime in the NCAA Tournament against Salisbury...Scored twice each against Randolph-Macon, Eastern Mennonite and Washington & Lee.

2005 - Freshman Season - Saw action in all 16 games...She scored two goals against Sweet Briar and one against Randolph-Macon.

AT MENCHVILLE - Played three years for coach Kelly Weed...She was second team all Peninsula District, honorable mention all-region and played in the all-star game her junior year...Her senior year, she was first team all district and made the Falcon Invitational all-tournament team.

PERSONAL - She was born Sept. 25, 1987 in Newport News, Va...Her major is Sociology and she is the daughter of David and Joan Black... She has a brother, Michael, 24 and a sister, Heather, 25.

COACH MOURA SAYS: A returning two time all-region attacker, Black will once again light up the forward line as she effortlessly passes and eliminates defenders to get herself and teammates in scoring position.

BLACK'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2005	16	1	3	0	6
2006	18	18	10	13	33
2007	19	19	10	11	31
Career	53	38	23	24	70



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5-6, So., CHESTER, VA.
THOMAS DALE H.S.

Kylie Cale

2007 - Freshman Season - Earned five starts in her rookie year and played in all but one game...Scored twice against Eastern Mennonite, including the game-winner...Also had the winning goal in the Johns Hopkins contest...Added an assist against Virginia Wesleyan...Named to the National Field Hockey Coaches Association all-academic team and a Dean's List student in the Fall semester.

AT THOMAS DALE - Twice an all-Central District choice, once first team and once second team, and a second team all-region player as a junior...Played for coach Beth Jaeckle...Twice a member of the all-academic team...She was captain in her senior year when the team went 21-1...A National Honor Society member...Also a member of FCA and the Spanish Club...A Sunday school aide and teacher.

PERSONAL - Kylie Marie Cale was born Sept. 5, 1989 in Petersburg, Va...The daughter of Kevin and Debbie Cale is an English major and has a sister Lindsay, 22.

COACH MOURA SAYS: She deceives the opposing team's defense with stick fakes and speed changes and has vastly improved her defensive skills, making her a foundation in the midfield.

CALE'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	18	5	4	1	9

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5-6, SR., OAKTON, VA.
JAMES MADISON H.S.

Ashley Cybulski

2007 - Junior Season - Another fine season in the midfield for the Captains...Scored goals against Salisbury, and in CNU's NCAA match with Springfield.

2006 - Sophomore Season - A key player in the midfield and on defense...She had assists in games against Randolph-Macon, Lynchburg and Alvernia, the latter in CNU's first-ever NCAA Tournament game...Started 16 of the 17 games in which she appeared.

2005 - Freshman Season - Saw action in 13 games...She scored a goal against Sweet Briar.

AT JAMES MADISON - Played four years for coach Gideon Sanders...She was first team all-Liberty District as a senior and junior, second team All-region her junior year and made the Herndon Invitational all-tournament team as a senior and junior...Her senior year, she made the all-Journal team, was first team all-region and second team all-state and all-Met...Cybulski also played four years of basketball and lacrosse and was a member of FBLA, DECA and the Spanish Club.

PERSONAL - She was born Oct. 28, 1986 in Oakton, Va...Her major is Political Science and she is the daughter of Alan and Mary Cybulski... She has two brothers, A.J., 19 and William, 17 and a sister, Maddie, 9.

COACH MOURA SAYS: A major contributor to the forward line, she is often the passer that sets up the assist or scoring play.

CYBULSKI'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2005	13	1	1	0	2
2006	17	16	0	3	3
2007	19	12	2	0	4
Career	49	29	3	3	9

6



**4-11, JR., FREDERICKSBURG, VA.
STAFFORD H.S.**

Anne Gehring

2007 - Sophomore Season - After a medical redshirt, amazingly suffered the same knee injury, but to her opposite leg, against the same opponent and on virtually the same spot on the field...Fought her way back into action and scored goals against Bridgewater and Washington & Lee.

2006 - Sophomore Season - After leading CNU in scoring as a freshman, she was injured in the second game of the season and sat out the remainder of the year.

2005 - Freshman Season - Started 15 games and was the team's leading scorer with 13 goals and three assists...Scored twice against Mary Washington, Catawba and Shenandoah and once against Bridgewater, Sweet Briar, Catholic, Randolph-Macon, Washington & Lee, Roanoke and Villa Julie...Her goals against Mary Washington, Sweet Briar, Randolph-Macon and Washington & Lee were game winners and she had an assist against Catawba, Frostburg State and Roanoke...She was also a second team all-state selection.

AT STAFFORD - Played four years for coach Woodie and her team was district champions and placed third in the state tournament...Her senior year, she was first team all-Stafford District, all-region and all-state, as well as regional and district Player of the Year...She was also team MVP and an honorable mention all-area selection...Gehring also played basketball and softball and graduated with honors.

PERSONAL - She was born Feb. 10, 1987 in Fredericksburg, Va...Her major is Sociology and she is the daughter of Paul and Mimi Gehring...She has a brother, Taylor, 26.

COACH MOURA SAYS: Moves well off-ball, distributes, and adds speed to the forward line. Physically and mentally prepared after second ACL surgery to contribute and contend for a starting position.

GEHRING'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2005	16	15	13	3	29
2006	2	2	0	1	1
2007	13	0	2	0	4
Career	31	17	15	4	34

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**5-1, So., CHANTILLY, VA.
CHANTILLY H.S.**

Katie Germain

2007 - Freshman Season - Saw action in 13 games in her first season at CNU...Named to the National Field Hockey Coaches Association all-academic team...Also earned the same award from the USA South and a Dean's List student both semesters.

AT CHANTILLY - A second team all-region and first team all-Concorde District pick as a senior...Also made the all-district tournament team...All-Met honorable mention...Played for coach Ralph Chapman and was team captain...A member of the National Honor Society, Equestrian Club and Interact Club and worked with the Northern Virginia Therapeutic Riding Program...Won a 3.5+ GPA Award.

PERSONAL - Alice Katherine Germain was born July 27, 1989 in Chantilly, Va...She is the daughter of Greg and Suzy Germain and is majoring in Communications...Has a brother Billy, 14 and a sister Sarah, 17...Cousins Brenda Cary and Brian Germain play soccer at Longwood and cousin Kimberly Germain plays soccer at James Madison.

COACH MOURA SAYS: A great ball distributor, Germain will continue to add to the midfield and forward line this season.

GERMAIN'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	13	0	0	0	0



18



5-6, So., VIRGINIA BEACH, VA.
Cox H.S.

Taylor Harrell

2007 - Freshman Season - Played in 16 contests in her rookie season...Had a goal against Eastern Mennonite and assists in contests with Randolph-Macon and Johns Hopkins.

AT COX - Earned second team all-region honors as well as first team all-Beach District playing for coach Julie Swain...The team won the state championship with a 23-0 record.

PERSONAL - Taylor Jordan Harrell was born March 22, 1989 in Virginia Beach, Va...She's majoring in Psychology and is the daughter of Timothy and Kimberly Harrell...Has three sisters: Kindel, 23; Brook, 21 and Morgan, 17.

COACH MOURA SAYS: Has the ability to dominate scoring statistics with an aggressive mentality in the critical scoring area.

HARRELL'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	16	0	1	2	4

3



5-3, SR., NEWPORT NEWS, VA.
MENCHVILLE H.S.

Nicole Kuykendall

2007 - Junior Season - Made one start in her 11 games, recording an assist in the Bridgewater game.

2006 - Sophomore Season - Appeared in 14 of CNU's 18 games...Had two goals and an assists in a victory over Shenandoah and added another goal in a win against Roanoke...Took a total of ten shots, three on goal.

2005 - Freshman Season - Saw action in 13 games and had a goal and an assist against Sweet Briar...She also scored against Shenandoah.

AT MENCHVILLE - Played four years for coach Kelly Weed and was first team all-Peninsula-District her junior and senior years...She was also a Daily Press all-star her senior year and team captain for two seasons...Kuykendall was honorable mention all-district as a freshman and second team all-district as a sophomore and set school records for goals and points in a season...She also played softball, basketball, ran track and was in the FBLA, SCA and the Varsity club.

PERSONAL - She was born March 21, 1987 in Newport News, Va...Her major is Mathematics and she is the daughter of Dale and Leslie Kuykendall...She has a sister, Cassie, 16.

COACH MOURA SAYS: With aggressive play and leadership, she will be needed on the front line, midfield, and in deep defense.

KUYKENDALL'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2005	13	0	2	1	5
2006	14	0	3	1	7
2007	11	1	0	1	1
Career	38	1	5	3	13



4



5-2, So., FREDERICKSBURG, VA.
JAMES MONROE H.S.

Emma Mehrabi

2007 - Freshman Season - Played in seven games in her initial season at CNU...Had an assist against McDaniel...Included on the National Field Hockey Coaches Association all-academic team, the USA South all-academic team and the Dean's List in the Fall semester.

AT JAMES MONROE - Honorable mention all-state, second team all-region and first team all-Battlefield District for coach Janie Tierney... She was also team captain and MVP as a senior...Also district, region and state in track for two years...Was a Monroe Scholar, won the Lowery Underclassman Award, was a Governor's Graduate and had a 4.0 GPA...Lieutenant Governor of the Key Club, and a National Honor Society member.

PERSONAL - Emma Ariana Mehrabi was born Sept. 20, 1988 in Fredericksburg, Va...The daughter of Shah and Martha Hutzel is a Psychology major and has two brothers, Chris, 24 and Joseph, 212.

COACH MOURA SAYS: A die hard worker, Mehrabi's tireless ethic will earn her time on all 3 lines.

MEHRABI'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	7	0	0	1	1

35



5-3, So., VIRGINIA BEACH, VA.
SALEM H.S.

Elexa Nosonchuk

2007 - Freshman Season - Led the nation in saves percentage at .887 and was second in goals against with a 0.47 mark...Had six shutouts, in games with Catholic, Virginia Wesleyan, Lynchburg, Mary Washington, St. Mary's and Washington & Lee...Had a season-high nine saves in a tight, 1-0, loss to nationally-ranked Ursinus and added seven versus St. Mary's and six each in games against Eastern Mennonite and Springfield...Earned first team all-Virginia Division II-III honors and was named state Rookie of the Year...Also earned all-academic honors from the National Field Hockey Coaches Association and the USA South and earned Dean's List honors both semesters.

AT SALEM - An honorable mention all-Beach District choice for coach Sandy Szilassy...Team captain and MVP as well...Also a soccer player...A member of the National Honor Society and Salutatorian of her class...Wendy's High School Heisman...Also a youth field hockey club coach.

PERSONAL - Elexa Laine Nosonchuk was born Feb. 15, 1989 in Virginia Beach, Va...She is the daughter of Alex and Jane Nosonchuk and is majoring in Chemistry.

COACH MOURA SAYS: Returning from a strong freshman campaign as national statistical leader in saves percentage. Nosonchuk is trying to get in game shape.

NOSONCHUK'S CNU CAREER					
Year	Games	Starts	Minutes	GA	Saves
2007	14	14	902:54	6	47



26



5-4, SR., HAMPTON, VA.
KECOUGHTAN H.S.

Courtney Russ

2007 - Junior Season - One of CNU's most important defenders, starting in 17 of the 18 games in which she appeared...Helped lead a defense that ranked third in the nation in goals against average at 0.79.

2006 - Sophomore Season - Started all 18 games for CNU, picking up four goals and an assist...Her goals came against Randolph-Macon, Lynchburg, Mary Washington and Alvernia, the latter in CNU's first-ever NCAA Tournament contest...Also added an assist versus Shenandoah.

2005 - Freshman Season - Started 15 games and was one of the key members of a defense that gave up only 15 goals in 16 games... Named to the all-USA South academic team.

AT KECOUGHTAN - Played four years for coach Scotty Tyson and was first team all-Peninsula District and first team all-region her junior and senior years...She was also first team all-state as a junior and second team all-state and district Player of the Year as a senior...Russ also played soccer, graduated with highest honors and was a member of the Key club, French club and National Honor Society.

PERSONAL - She was born June 12, 1987 in Hampton, Va...Her major is Communications and she is the daughter of Jay and Angie Russ... She has a sister, Caitlyn, 17.

COACH MOURA SAYS: A starter in deep defense and second year Captain, Russ will be anchoring the defense with the same outstanding and consistent play she has displayed the past three season.

RUSS' CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2005	15	15	0	0	0
2006	18	18	4	1	9
2007	18	17	0	0	0
Career	51	50	4	1	9

1



5-4, JR., FREDERICKSBURG, VA.
COURTLAND H.S.

Anna Stout

2007 - Sophomore Season - Saw action in nine games for the Captains...Scored her first career goal against McDaniel...Earned all-academic honors from the USA South and was a Dean's List student in the Spring.

2006 - Freshman Season - Saw action in four games in her rookie year...Named to the National Field Hockey Coaches Association's all-academic squad.

AT COURTLAND - Played four years of field hockey for coach Amy Andersen and her team won the district championship her freshman and sophomore years and won the state championship her junior and senior years...She was a second team all-district selection as a junior and was first team all-district, all-region and all-state her senior year...Anna was also a Free-Lance Star all-Area selection as a senior.

PERSONAL - She was born May 9, 1988 in Cornwall, England...Her major is Chemistry and she is the daughter of Cindy Stout...She has a brother, Derek, 29 and two sisters, Jessica, 24 and Emma, 20...Her twin sister Emma also plays field hockey for CNU. Anna was in the National Honor Society and French Honor Society.

COACH MOURA SAYS: Continuing to step up and connect with teammates, Stout will stay with the attack this season.

STOUT'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2006	4	0	0	0	0
2007	9	0	1	0	2
Career	13	0	1	0	2



45



5-2, JR., FREDERICKSBURG, VA.
COURTLAND H.S.

Emma Stout

2007 - Sophomore Season - Appeared in seven games, including three starts...Had shutouts against Catawba and Gettysburg, and made eight saves against Division I Davidson...Named to the USA South all-academic team and a Dean's List student in the Fall.

2006 - Freshman Season - Played a total of 222 minutes in goal, without giving up a goal...Made four saves in her six games, two against Randolph-Macon and one each versus Mary Washington and Bridgewater...Started in the Mary Washington contest.

AT COURTLAND - Played four years of field hockey for coach Amy Andersen and her team won the district championship her freshman and sophomore years and won the state championship her junior and senior years...She was an honorable mention all-district goalie selection her junior year and she also played in the East Coast all-star game as a sophomore and junior.

PERSONAL - She was born May 9, 1988 in Cornwall, England...Her major is Chemistry and she is the daughter of Cindy Stout...She has a brother, Derek, 29 and two sisters, Jessica, 24 and Anna, 20...Her twin sister Anna also plays field hockey for CNU.

COACH MOURA SAYS: With improved confidence, Stout is determined to be a presence in the cage.

STOUT'S CNU CAREER					
Year	Games	Starts	Minutes	GA	Saves
2006	6	1	222:16	0	4
2007	7	3	368:24	8	22
Career	13	4	590:40	8	26

23



5-3, JR., VIRGINIA BEACH, VA.
LANDSTOWN H.S.

Kim Tomlin

2007 - Sophomore Season - In her first season at CNU she saw action in 18 games, and made a start against Shenandoah...Scored goals against Randolph-Macon, Bridgewater and Frostburg St., with the latter being the game-winner...Also had assists in the Randolph-Macon, Shenandoah and Frostburg St. contests...A member of the USA South all-academic team.

AT LANDSTOWN - An all-region choice as well as first team all-Beach District as a senior and second team in her junior year playing for coach Rayejean McMichael.

AT VIRGINIA WESLEYAN - Played in 16 games, starting five times, in her freshman year...Had four goals and six assists... Made the Honorable Dean's List as a freshman.

PERSONAL - Kimberly Ann Tomlin was born June 13, 1988 in Olongapo, Phillipines...The Business major is the daughter of Robert and Malia Tomlin and has a brother Christopher, 22.

COACH MOURA SAYS: A hustler with solid skills on both offense and defense, Tomlin will look to secure a starting position on the forward line and midfield.

TOMLIN'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	18	1	3	3	9



17



5-2, So., SUFFOLK, VA.
 NANSEMOND RIVER H.S.

Katelyn Yandle

2007 - Freshman Season - During her first season at CNU she played in 14 games...Had a goal against Bridgewater and added two assists in the Eastern Mennonite contest and one versus Bridgewater.

AT NANSEMOND RIVER - Three times a first team all-Southeastern District choice for coach Darryl Yandle, her father...Also first team all-district as a freshman...All-region and honorable mention all-state as a senior...Team MVP twice and captain as a senior...MVP of the James Madison Camp in 2005...A member of the Beta Club, and Key Club and a volunteer tutor.

PERSONAL - Katelyn Elizabeth Yandle was born Oct. 14, 1988 in Portsmouth, Va...She is majoring in Mathematics and is the daughter of Darryl and Patty Yandle...Has a brother Mathew, 21.

COACH MOURA SAYS: With extremely deceptive stick skills and speed, Yandle is a constant scoring threat. She will look to lead the attack in goals.

YANDLE'S CNU CAREER					
Year	Games	Starts	Goals	Assists	Points
2007	14	0	1	3	5

NCAA ELITE 8 2006, NCAA SWEET 16 2007



The 2008 Captains



MEET THE CAPTAINS - NEWCOMERS

NCAA ELITE 8 2006, NCAA SWEET 16 2007

0



5-1, FR., HAMPTON, VA.
BETHEL H.S.

**Brittany
Bradsher**

AT BETHEL - Twice a first team all-Peninsula District choice playing for her father, coach Robert Bradsher...Team MVP for three years.

PERSONAL - Brittany Marie Bradsher was born Dec. 20, 1990 in Hampton, Va...She is a Communications major and the daughter of Robert and Cathy Bradsher...Has two brothers, Joshua, 21 and Nick, 19.

COACH MOURA SAYS: Tremendous reactions and quickness, Bradsher is adjusting to collegiate level shots in the cage.

5



5-1, FR., YORKTOWN, VA.
TABB H.S.

**Lauren
Cherry**

AT TABB - Twice second team all-Bay Rivers District and once honorable mention...She was coach Wendy Wilson's team captain for two years and offensive MVP as a senior...A Maryland Future's Camp all-star...An alternate selection for the Future's National Tournament as a junior and then chosen as a senior...Also a fine softball player...An honors student all four years...A member of First Priority, Tiger Friends and Club Earth.

PERSONAL - Kimberly Brooke Robinson was born June 21, 1989 in Fredericksburg, Va...She is the daughter of Wesley and Kathleen Robinson and has not chosen a major...Has three brothers, Chris, 28, Chad, 32 and Jason, 21.

COACH MOURA SAYS: Has tremendous speed and endurance to contribute to the midfield and forward line, working on her vocal game.

22



5-4, FR., VIRGINIA BEACH, VA.
FIRST COLONIAL H.S.

**Paige
Childers**

AT FIRST COLONIAL - Earned second team all-region and first team all-Beach District honors in her senior season playing for coach Wendy Gulden...Named Virginia Beach Sports Club Female Athlete of the Year...Team captain as a senior as well as first team all-Tidewater...An all-district basketball player as well...An Honor Roll member and honors graduate...Worked as an assistant athletic trainer.

PERSONAL - Paige Alexandra Childers was born Sept. 2, 1990 in Subic Bay, Phillipines...The daughter of Clarence and Pat Childers is majoring in Communications.

COACH MOURA SAYS: Extremely aggressive to the ball and to open space, Childers has the athleticism and desire for a great career.

7



5-8, FR., NEWPORT NEWS, VA.
WARWICK H.S.

**Chelsea
Dawson**

AT WARWICK - Second team all-Peninsula District playing for coach Chantel Stith...Team captain for three years and MVP as a junior...Also captain of the softball team twice...An Honor Roll student, member of the National Honor Society and Student Leadership program...Volunteered with the American Cancer Society.

PERSONAL - Chelsea Jordan Dawson was born Dec. 8, 1989 in Newport News, Va...She is majoring in Communications and is the daughter of James and Lorna Dawson...Has a brother James, 17 and two sisters, Brittany, 21 and Megan, 10.

COACH MOURA SAYS: A newcomer to the backfield, Dawson is quickly adjusting to zone defense.

9



5-3, FR., NORFOLK, VA.
GRANBY H.S.

**Alexandria
Freudenberg**

AT GRANBY - Chosen first team all-Eastern District in her final two years after earning second team honors in her first two seasons...Also an honorable mention all-Eastern Region selection as a senior playing for coach Dawn Anderson's team...Also played tennis and club lacrosse...A W.E.B. DuBois honor member and honor society member.

PERSONAL - Alexandria Jewel Freudenberg was born July 17, 1990 in Norfolk, Va...She is the daughter of Von and Kathy Freudenberg and has not yet chosen a major...Has a sister Clair, 21.

COACH MOURA SAYS: A great addition to the midfield, when she is in the zone and finds her comfort level, she will be a dynamic player.

13



5-4, FR., MOYOCK, N.C.
BISHOP SULLIVAN H.S.

**Mary
Keenehan**

AT BISHOP SULLIVAN - Twice a first team all-Tidewater Conference of Independent Schools selection and twice second team while playing for coach Beth Keenehan, her mother...An academic All-American as a senior and an Honor Roll member...Worked at vacation Bible school and with the Catholic Field Hockey League.

PERSONAL - Mary Reilly Keenehan was born July 19, 1990 in Chesapeake, Va...She's a Business major and the daughter of Mike and Beth Keenehan...Has a sister Katie, 21.

COACH MOURA SAYS: Although a freshman, she plays like an experience upperclassman with calculated on and off ball movement and a sharp understanding of the game.



10



5-6, FR., VIRGINIA BEACH, VA.
COX H.S.

**Brianna
Milne**

AT COX - Earned first team all-state, all-region, all-Beach District and all-Tidewater in her senior season...Played for coach Julie Swain...Graduated with honors...Was Chairperson of the Miss Cox Pageant and a member of Virtual Enterprise Business...Did charity volunteer work.

PERSONAL - Brianna Linnae Milne was born April 4, 1990 in Oahu, Hawaii...She is the daughter of Michael Milne and Patrick and Melissa Connolly...Has three brothers, Michael Connolly, 13; Jared Milne, 22 and Zachary Milne, 24 and a sister Katlin Milne, 20.

COACH MOURA SAYS: A great newcomer and fit to backfield because of her defensive mentality, deceptive speed, and impressive stick skills.

12



5-7, FR., MIDLOTHIAN, VA.
MONACAN H.S.

**Taylor
Redfearn**

AT MONACAN - Twice a first team all-Dominion District choice... Earned second team all-region honors as a senior and honorable mention in her junior year...Played for coach Cathy Burgess...An all-academic member for two years and a second team all-district softball player as well...Named the Outstanding Female Athlete in the Class of 2008...A member of the National Honor Society and Latin, Beta and Key Clubs.

PERSONAL - Taylor Elizabeth Redfearn was born June 4, 1990 in Richmond, Va...She is majoring in Accounting and is the daughter of Kathy and Walter Redfearn...Has a brother Robert, 17 and a sister Cameron, 20.

COACH MOURA SAYS: A well-rounded player with tremendous potential. She is working hard to find her niche.

29



5-1, FR., FALMOUTH, MASS.
FALMOUTH H.S.

**Corey
Rigby**

AT FALMOUTH - An Atlantic Coast League all-star as a senior and named to the high school Best of 60...Scored 21 goals and was a Bay State Games selection...An honors graduate.

PERSONAL - Corey Joanne Rigby was born Feb. 20, 1990 in Newburyport, Mass...She is majoring in Political Science and is the daughter of Gerry and Diane Rigby...Her twin sister Kelsey also plays field hockey at CNU...Also has a sister Dawn, 20.

COACH MOURA SAYS: A feisty attacker, she is controlling her speed and getting acclimated to a fast paced passing game.

30



5-3, FR., FALMOUTH, MASS.
FALMOUTH H.S.

**Kelsey
Rigby**

AT FALMOUTH - Earned all-star status from the Atlantic Coast League as a senior...Named to the MIAA Best of 60 and was a Bay State Games selection...Scored 19 goals...A member of the National Honor Society and Math Honor Society.

PERSONAL - Kelsey Nicole Rigby was born Feb. 20, 1990 in Newburyport, Mass...She is majoring in Biology and is the daughter of Gerry and Diane Rigby... Also has a sister Dawn, 20.

COACH MOURA SAYS: Constantly carrying the ball with raw speed into a scoring position, this attacker is working to improve her overall game sense.





BACK TO THE NCAA

The young Christopher Newport field hockey program is beginning to build a national reputation.

The team, just in its eighth season of existence, took a huge first step in 2006 when it not only earned its first-ever NCAA bid, but won two games to advance to the Elite 8.

Now the Captains have begun to make NCAA play a habit by gaining a second straight bid. As an independent, it came in the form of an at-large selection to the tournament.

CNU even received a first round bye after closing the regular season with a 16-2 record.

The Captains fell to Springfield, 2-1, in overtime in the second round of the tournament, but have stamped themselves as a national-quality program.

NATIONAL RANKINGS

The respect that CNU earned during its outstanding 14-4, NCAA Elite 8, season in 2006, translated into national rankings in 2007.

At the very beginning, in the National Field Hockey Coaches Association pre-season poll, CNU was ranked 13th.

That steadily improved until Christopher Newport occupied the No. 4 spot in the rankings of Oct. 14 and 21.

An Oct. 28 loss to number six, Ursinus, only resulted in those two teams switching spots, with CNU finishing sixth in the final poll.

STREAKING

In the middle of CNU's outstanding, 16-3, season in 2007, was a winning streak that was not only a CNU field hockey record, but one of the longest for any of the school's athletic teams.

The Captains opened the season with a 4-2 loss at Division I Davidson.

From that point on, Christopher Newport then ran off 15 straight victories before falling on the road at No. 6 Ursinus.

The 15 straight wins equalled the 11th longest winning streak ever for any CNU athletic program.

ALL-AMERICANS

CNU added to its total of All-Americans in 2007 with two more selections.

Senior Jacque Mayer was named first team All-American by the National Field Hockey Coaches Association and womensfieldhockey.com, while senior Ashley Hay was placed on the second team by both organizations.

HONORS ROLL IN

With an extremely successful season individual honors tend to follow and that certainly was the case for the Christopher Newport field hockey team.

CNU placed four players on the National Field Hockey Coaches Association all-region team.

Seniors Jacque Mayer and Ashley Hay were tabbed for the first team and senior Diana Golden and junior Haylie Black were included on the second squad.

The Virginia Sports Information Directors annually choose a Division II-III all-state team, and CNU was well represented.

Mayer was named state Player of the Year, giving the Captains the award for the second straight year. Ashley Traylor won the award in 2006.

Included on the state first team were Hay and freshman goalie Elexa Nosonchuk, with Black and Golden on the second team.

Nosonchuk was voted state Rookie of the Year and coach Carrie Moura was named Coach of the Year for the second straight season.

Nosonchuk also took home another award, leading the nation in saves percentage with an .887 mark.

FIELD HOCKEY HONORS

National Field Hockey Coaches Association All-America

2006	Ashley Traylor	2nd team
	Jacque Mayer	2nd team
2007	Jacque Mayer	1st team
	Ashley Hay	2nd team

Womensfieldhockey.com

All-America

2006	Ashley Traylor	1st team
	Jacque Mayer	3rd team
2007	Jacque Mayer	1st team
	Ashley Hay	2nd team

National Field Hockey Coaches Association All-South Region

2005	Jacque Mayer	2nd team
2006	Ashley Traylor	1st team
	Jacque Mayer	1st team
	Haylie Black	2nd team
	Diana Golden	2nd team
2007	Jacque Mayer	1st team
	Ashley Hay	1st team
	Diana Golden	2nd team
	Haylie Black	2nd team

Virginia Sports Information

Directors All-State

2005	Hannah Brown	2nd team
	Anne Gehring	2nd team
	Jacque Mayer	2nd team
2006	Ashley Traylor	1st team
	Haylie Black	1st team
	Jacque Mayer	1st team
	Ashley Whipple	1st team
	Diana Golden	2nd team
2007	Jacque Mayer	1st team
	Ashley Hay	1st team
	Elexa Nosonchuk	1st team
	Haylie Black	2nd team
	Diana Golden	2nd team

Virginia Sports Information

Directors Player of the Year

2006	Ashley Traylor
2007	Jacque Mayer

Virginia Sports Information

Directors Rookie of the Year

2007	Elexa Nosonchuk
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Virginia Sports Information

Directors Coach of the Year

2006	Carrie Moura
2007	Carrie Moura

Womensfieldhockey.com

National Coach of the Year

2006	Carrie Moura
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National Field Hockey Coaches

Association All-Academic

2005	Amber Marsh
	Amy Suddarth
2006	Emma Stout
	Amber Marsh
2007	Kylie Cale
	Katie Germain
	Natalie Gilbert
	Amber Marsh
	Emma Mehrabi
	Elexa Nosonchuk

National Statistical Leader - Saves Percentage

2007	Elexa Nosonchuk
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2007 STATS AND RESULTS



NCAA ELITE 8 2006, NCAA SWEET 16 2007

NO. PLAYER	GP	G	A	Pts	Sh	Shot%	SOG	SOG%	GW	PS-AT
16 BLACK, Haylie	19	10	11	31	65	.154	37	.569	3	0-0
5 GOLDEN, Diana	19	10	4	24	32	.312	22	.688	5	0-0
9 TRAYLOR, Ashley	19	9	1	19	56	.161	31	.554	2	0-0
7 HAY, Ashley	19	5	4	14	27	.185	14	.519	1	0-0
14 CALE, Kylie	18	4	1	9	14	.286	11	.786	2	0-0
11 THOMASSON, Rhiannon	19	3	3	9	31	.097	14	.452	0	0-0
23 TOMLIN, Kim	18	3	3	9	13	.231	7	.538	1	0-0
19 BAIR, Stephanie	18	2	3	7	9	.222	6	.667	1	1-2
22 TOUCHARD, Brittany	18	2	2	6	7	.286	4	.571	0	0-0
17 YANDLE, Katelyn	14	1	3	5	12	.083	4	.333	0	0-0
24 CYBULSKI, Ashley	19	2	0	4	13	.154	9	.692	0	0-0
6 GEHRING, Anne	13	2	0	4	9	.222	5	.556	1	0-0
8 GILBERT, Natalie	15	2	0	4	8	.250	5	.625	0	0-0
25 GRAY, Andrea	8	2	0	4	5	.400	4	.800	0	0-0
10 MAYER, Jacque	19	1	2	4	8	.125	4	.500	0	0-0
18 HARRELL, Taylor	16	1	2	4	7	.143	4	.571	0	0-0
13 BROADHURST, Kelly Jo	19	1	1	3	2	.500	2	1.000	0	0-0
2 RAWLEY, Lindsay	12	1	0	2	6	.167	4	.667	0	0-0
1 STOUT, Anna	9	1	0	2	4	.250	2	.500	0	0-0
4 MEHRABI, Emma	7	0	1	1	1	.000	0	.000	0	0-0
3 KUYKENDALL, Nicole	11	0	1	1	0	.000	0	.000	0	0-0
26 RUSS, Courtney	18	0	0	0	3	.000	1	.333	0	0-0
15 GERMAIN, Katie	13	0	0	0	2	.000	1	.500	0	0-0
55 PRYOR-GRAVES, Zuri	4	0	0	0	0	.000	0	.000	0	0-0
45 STOUT, Emma	9	0	0	0	0	.000	0	.000	0	0-0
35 NOSONCHUK, Elexa	14	0	0	0	0	.000	0	.000	0	0-0
28 MARSH, Amber	10	0	0	0	0	.000	0	.000	0	0-0
20 ROBINSON, Kim	10	0	0	0	0	.000	0	.000	0	0-0
Total.....	19	62	42	166	334	.186	191	.572	16	1-2
Opponents.....	19	15	13	43	133	.113	81	.609	3	0-0

NO. GOALTENDERS	GP	Minutes	GA	Avg	Save	Pct	W	L	T	Sho
35 NOSONCHUK, Elexa	14	902:54	6	0.47	47	.887	12	2	0	6
55 PRYOR-GRAVES, Zuri	3	60:38	1	1.15	0	.000	0	0	0	0
45 STOUT, Emma	7	368:24	8	1.52	22	.733	4	1	0	2
Total.....	19	1331:56	15	0.79	70	.824	16	3	0	10
Opponents.....	19	1331:56	70	3.68	124	.639	3	15	0	1

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL GAMES	16-3-0	9-0-0	7-2-0	0-1-0
CONFERENCE	0-0-0	0-0-0	0-0-0	0-0-0
NON-CONFERENCE	16-3-0	9-0-0	7-2-0	0-1-0

Date	Opponent	W/L	Score
Sep 1	at Davidson	L	2-4
Sep 2	at Catawba	W	3-0
Sep 5	#6 SALISBURY	W	2-1
Sep 8	at Gettysburg	W	4-0
Sep 12	at Randolph-Macon	W	7-0
Sep 16	CATHOLIC	W	2-0
Sep 23	at Shenandoah	W	6-0
Sep 26	VA WESLEYAN	W	2-0
Sep 29	at Lynchburg	W	2-0
Oct 3	MARY WASHINGTON	W	2-0
Oct 6	ST. MARY'S	W	2-0
Oct 8	at #9 Johns Hopkins	W	3-1
Oct 9	at McDaniel	W	3-2
Oct 13	BRIDGEWATER	W	8-2
Oct 21	WASHINGTON & LEE	W	3-0
Oct 23	EASTERN MENNONITE	W	6-1
Oct 28	at #6 Ursinus	L	0-1
Nov 3	FROSTBURG ST.	W	4-1
\$Nov 10	vs #14 Springfield	L OT	1-2

\$ - NCAA Tournament



INDIVIDUAL AND TEAM GAME HIGHS

NCAA ELITE 8 2006, NCAA SWEET 16 2007

Christopher Newport - TEAM GAME HIGHS

POINTS	19 vs Eastern Mennonite (Oct 23)
	19 at Randolph-Macon (Sep 12)
GOALS	8 vs Bridgewater (Oct 13)
	7 at Randolph-Macon (Sep 12)
ASSISTS	7 vs Eastern Mennonite (Oct 23)
	5 at Randolph-Macon (Sep 12)
SHOTS	36 vs Bridgewater (Oct 13)
	27 vs Eastern Mennonite (Oct 23)
SHOTS ON GOAL	22 vs Eastern Mennonite (Oct 23)
	15 at Randolph-Macon (Sep 12)
SAVES	9 at Ursinus (Oct 28)
	8 at Davidson (Sep 01)
PENALTY CORNERS	17 vs Washington & Lee (Oct 21)
	14 at Shenandoah (Sep 23)
FOULS	63 vs Springfield (Nov 10)
	34 vs Mary Washington (Oct 03)

Opponent - GAME HIGHS

POINTS	12 at Davidson (Sep 01)
	6 vs Springfield (Nov 10)
	6 at McDaniel (Oct 09)
GOALS	4 at Davidson (Sep 01)
	2 vs Springfield (Nov 10)
	2 vs Bridgewater (Oct 13)
	2 at McDaniel (Oct 09)
ASSISTS	4 at Davidson (Sep 01)
	2 vs Springfield (Nov 10)
	2 at McDaniel (Oct 09)
SHOTS	18 at Ursinus (Oct 28)
	18 at Davidson (Sep 01)
SHOTS ON GOAL	12 at Davidson (Sep 01)
	9 vs Springfield (Nov 10)
SAVES	16 vs Eastern Mennonite (Oct 23)
	11 vs VA Wesleyan (Sep 26)
PENALTY CORNERS	18 at Ursinus (Oct 28)
	13 vs Springfield (Nov 10)
FOULS	65 vs Springfield (Nov 10)
	47 at Shenandoah (Sep 23)

TEAM STATISTICS

Overall: 16-3-0 Conf: 0-0-0 Home: 9-0-0 Away: 7-2-0 Neut: 0-1-0

TEAM STATISTICS	CNU	OPP
SHOT STATISTICS		
Goals-Shot attempts	62-334	15-133
Goals scored average	3.68	0.79
Shot pct.	.186	.113
Shots on goal-Attempts	191-334	81-133
SOG pct.	.572	.609
Shots/Game	17.6	7.0
Assists	42	13
PENALTY CORNERS	183	96
PENALTY STROKES	1-2	0-0
PENALTIES		
Green cards	3	1
Yellow cards	0	1
Red cards	0	0
ATTENDANCE		
Total	1542	852
Dates/Avg Per Date	9/171	9/95
Neutral Site #/Avg	1/302	

GOALS BY PERIOD	1st	2nd	OT	Total
Christopher Newport	33	29	0	62
Opponents	4	10	1	15

SHOTS BY PERIOD	1st	2nd	OT	Total
Christopher Newport	182	152	0	334
Opponents	67	63	2	132

SAVES BY PERIOD	1st	2nd	OT	Total
Christopher Newport	38	31	1	70
Opponents	65	59	0	124

PENALTY CORNERS	1st	2nd	OT	Total
Christopher Newport	83	100	0	183
Opponents	39	54	3	96

Christopher Newport - INDIVIDUAL GAME HIGHS

POINTS	5	BLACK, Haylie at Randolph-Macon (Sep 12)
	4	THOMASSON, Rhiannon vs Frostburg St. (Nov 3)
	4	CALE, Kylie vs Eastern Mennonite (Oct 23)
	4	TRAYLOR, Ashley at Randolph-Macon (Sep 12)
	4	BLACK, Haylie at Catawba (Sep 2)
GOALS	2	THOMASSON, Rhiannon vs Frostburg St. (Nov 3)
	2	CALE, Kylie vs Eastern Mennonite (Oct 23)
	2	BLACK, Haylie at Randolph-Macon (Sep 12)
	2	TRAYLOR, Ashley at Randolph-Macon (Sep 12)
	2	BLACK, Haylie at Catawba (Sep 2)
ASSISTS	2	BLACK, Haylie vs Frostburg St. (Nov 3)
	2	YANDLE, Katelyn vs Eastern Mennonite (Oct 23)
	2	BLACK, Haylie at McDaniel (Oct 9)
SHOTS	9	BLACK, Haylie vs VA Wesleyan (Sep 26)
	8	BLACK, Haylie vs Catholic (Sep 16)
SHOTS ON GOAL	5	BLACK, Haylie vs St. Mary's (Oct 6)
	5	BLACK, Haylie vs VA Wesleyan (Sep 26)
SAVES	9	NOSONCHUK, Elexa at Ursinus (Oct 28)
	8	STOUT, Emma at Davidson (Sep 1)

CATEGORY LEADERS



NCAA ELITE 8 2006, NCAA SWEET 16 2007

NO.	POINTS	GP	G	A	Pts	Shots
16	BLACK, Haylie	19	10	11	31	65
5	GOLDEN, Diana	19	10	4	24	32
9	TRAYLOR, Ashley	19	9	1	19	56
7	HAY, Ashley	19	5	4	14	27
14	CALE, Kylie	18	4	1	9	14

NO.	GOALS	GP	G	A	Pts	Shots
5	GOLDEN, Diana	19	10	4	24	32
16	BLACK, Haylie	19	10	11	31	65
9	TRAYLOR, Ashley	19	9	1	19	56
7	HAY, Ashley	19	5	4	14	27
14	CALE, Kylie	18	4	1	9	14

NO.	GAME WINNING GOALS	GP	GWG
5	GOLDEN, Diana	19	5
16	BLACK, Haylie	19	3
14	CALE, Kylie	18	2
9	TRAYLOR, Ashley	19	2
7	HAY, Ashley	19	1
19	BAIR, Stephanie	18	1
6	GEHRING, Anne	13	1
23	TOMLIN, Kim	18	1

NO.	ASSISTS	GP	G	A	Pts	Shots
16	BLACK, Haylie	19	10	11	31	65
7	HAY, Ashley	19	5	4	14	27
5	GOLDEN, Diana	19	10	4	24	32
17	YANDLE, Katelyn	14	1	3	5	12
23	TOMLIN, Kim	18	3	3	9	13

NO.	SHOTS	GP	G	A	Sh	Shot%
16	BLACK, Haylie	19	10	11	65	.154
9	TRAYLOR, Ashley	19	9	1	56	.161
5	GOLDEN, Diana	19	10	4	32	.312
11	THOMASSON, Rhiannon	19	3	3	31	.097
7	HAY, Ashley	19	5	4	27	.185

NO.	SHOT PCT	GP	G	A	Sh	Shot%
13	BROADHURST, Kelly Jo	19	1	1	2	.500
25	GRAY, Andrea	8	2	0	5	.400
5	GOLDEN, Diana	19	10	4	32	.312
14	CALE, Kylie	18	4	1	14	.286
22	TOUCHARD, Brittney	18	2	2	7	.286

NO.	SHOTS ON GOAL	GP	G	A	Sh	SOG	SOG%
16	BLACK, Haylie	19	10	11	65	37	.569
9	TRAYLOR, Ashley	19	9	1	56	31	.554
5	GOLDEN, Diana	19	10	4	32	22	.688
11	THOMASSON, Rhiannon	19	3	3	31	14	.452
7	HAY, Ashley	19	5	4	27	14	.519

NO.	SOG PCT	GP	G	A	Sh	SOG	SOG%
13	BROADHURST, Kelly Jo	19	1	1	2	2	1.000
25	GRAY, Andrea	8	2	0	5	4	.800
14	CALE, Kylie	18	4	1	14	11	.786
24	CYBULSKI, Ashley	19	2	0	13	9	.692
5	GOLDEN, Diana	19	10	4	32	22	.688



Points in a Game

Pts.	Name
22	Wendy Wilson vs. Trinity, 9/28/01
9	Megan McCreedy vs. Sweet Briar, 10/8/03
7	Wendy Wilson vs. Sweet Briar, 10/15/00
7	Ashley Traylor vs. Randolph-Macon, 9/13/06
6	several times

Goals in a Game

Goals	Name
9	Wendy Wilson vs. Trinity, 9/28/01
4	Megan McCreedy vs. Sweet Briar, 10/8/03
4	Wendy Wilson vs. Sweet Briar, 10/15/00
3	Wendy Wilson vs. Va. Wesleyan, 10/16/01
3	Megan McCreedy vs. Catawba, 9/4/04
3	Ashley Hay vs. Sweet Briar, 9/19/04
3	Megan McCreedy vs. Roanoke, 10/17/04
3	Ashley Traylor vs. Lynchburg, 9/20/06
3	Ashley Traylor vs. Bridgewater, 10/21/06

Assists in a Game

Asst.	Name
4	Wendy Wilson vs. Trinity, 9/28/01
4	Haylie Black vs. Roanoke, 9/17/06
3	Samantha Howard vs. Mary Baldwin, 10/22/04

Saves in a Game

Saves	Name
24	Samantha Pelstring vs. Mary Washington, 10/19/03
22	Elizabeth Werbiskis vs. Salisbury, 9/14/03
20	Elizabeth Werbiskis vs. Longwood, 10/18/02
18	Elizabeth Werbiskis vs. Bridgewater, 10/24/03
18	Elizabeth Werbiskis vs. Mary Washington, 10/20/02

Points in a Season

Pts.	Name
52	Wendy Wilson (21g, 10a) - 2001
46	Ashley Traylor (20h, 6a) - 2006
38	Megan McCreedy (15g, 8a) - 2004
34	Jennifer Byrum (17g) - 2001
33	Haylie Black (10g, 13a) - 2006
31	Haylie Black (10g, 11a) - 2007
30	Diana Golden (10g, 10a) - 2006
29	Anne Gehring (13g, 3a) - 2005
27	Ashley Traylor (12g, 3a) - 2005
25	Wendy Wilson (10g, 5a) - 2002

Goals in a Season

Goals	Name
21	Wendy Wilson - 2001
20	Ashley Traylor - 2006
17	Jennifer Byrum - 2001
15	Megan McCreedy - 2004
13	Anne Gehring - 2005
13	Haylie Black - 2006
12	Ashley Traylor - 2005
10	Diana Golden - 2006
10	Wendy Wilson - 2000
10	Wendy Wilson - 2002
10	Haylie Black - 2007
10	Diana Golden - 2007

Assists in a Season

Asst.	Name
13	Haylie Black - 2006
11	Haylie Black - 2007
10	Wendy Wilson - 2001
10	Diana Golden - 2006
9	Samantha Howard - 2004
8	Megan McCreedy - 2004
6	Ashley Traylor - 2006
5	Ashley Robertson - 2004
5	April Cullen - 2001
5	Wendy Wilson - 2002
5	Lynsi Matthews - 2005

Saves in a Season

Saves	Name
127	Samantha Pelstring (26GA, 127 saves) - 2002
94	Elizabeth Werbiskis (20GA, 94 saves) - 2003
80	Amy Snead (11GA, 80 saves) - 2000
75	Jessica Trosclair (24GA, 75 saves) - 2001
72	Samantha Pelstring (21GA, 72 saves) - 2003
62	Courtney Seddon (12GA, 62 saves) - 2001
58	Ashley Whipple (20GA, 58 saves) - 2006
55	Elizabeth Werbiskis (6GA, 55 saves) - 2001
52	Samantha Pelstring (15GA, 52 saves) - 2004
47	Elexa Nosonchuk (6GA, 47 saves) - 2007

Points in a Career

Pts.	Name
101	Wendy Wilson (41g, 19a) - 2000-02
92	Ashley Traylor (41g, 10a) - 2005-07
85	Megan McCreedy (33g, 19a) - 2001-04
70	Haylie Black (23g, 24a) - 2005-07
67	Diana Golden (25g, 17a) - 2004-07
49	Ashley Roberson (19g, 11a) - 2001-04
47	Brittany Touchard (20g, 7a) - 2004-07
40	Ashley Hay (15g, 10a) - 2004-07
37	Jonelle Hanson (14g, 9a) - 2001-0
34	Anne Gehring (15g, 4a) - 2005-07

Goals in a Career

Goals	Name
41	Wendy Wilson - 2000-02
41	Ashley Traylor - 2005-07
33	Megan McCreedy - 2001-04
25	Diana Golden - 2004-07
23	Haylie Black - 2005-07
21	Brittany Touchard - 2004-07
19	Ashley Roberson - 2001-04
15	Anne Gehring - 2005-07
15	Ashley Hay - 2004-07
14	Jonelle Hanson - 2001-04

Assists in a Career

Asst.	Name
24	Haylie Black - 2005-07
19	Wendy Wilson - 2000-02
19	Megan McCreedy - 2001-04
17	Diana Golden - 2004-07
11	Ashley Roberson - 2001-04
11	Rhiannon Thomasson - 2004-07
10	Ashley Traylor - 2005-07
9	Samantha Howard - 2004
9	Jonelle Hanson - 2001-04
9	Jacque Mayer - 2004-07

Saves in a Career

Saves	Name
318	Elizabeth Werbiskis (58GA, 318 saves) - 2000-03
144	Samantha Pelstring (42GA, 144 saves) - 2003-06
80	Amy Snead (11GA, 80 saves) - 2000
75	Jessica Trosclair (24GA, 75 saves) - 2001
62	Courtney Seddon (12GA, 62 saves) - 2001
58	Ashley Whipple (20GA, 58 saves) - 2006
53	Hannah Brown (12GA, 53 saves) - 2004-05
47	Elexa Nosonchuk (6GA, 47 saves) - 2007-

YEARLY LEADERS

Year	Goals	Assists	Points
2000	Wendy Wilson 10	Wendy Wilson 4	Wendy Wilson 24
		Sarah Hastings 4	
2001	Wendy Wilson 21	Wendy Wilson 10	Wendy Wilson 52
2002	Wendy Wilson 10	Wendy Wilson 5	Wendy Wilson 25
2003	Megan McCreedy 8	Ashley Roberson 3	Megan McCreedy 18
		Jonelle Hanson 3	
2004	Megan McCreedy 15	Samantha Howard 9	Megan McCreedy 38
2005	Anne Gehring 13	Lynsi Matthews 5	Anne Gehring 29
2006	Ashley Traylor 20	Haylie Black 13	Ashley Traylor 46
2007	Haylie Black 10	Haylie Black 11	Haylie Black 31
	Diana Golden 10		



RECORDS VS. ALL OPPONENTS

Opponent	Record	Streak	First Met	Last Met	Last CNU win	Last Opp. Win	Last Score
Alvernia	1-0	+1	2006	2006	2006	---	5-1
Bridgewater	7-1	+7	2000	2007	2007	2000	8-2
Catawba	4-0	+4	2003	2007	2007	---	3-0
Catholic	3-4	+2	2001	2007	2007	2005	2-0
Davidson	0-2	-2	2006	2007	---	2007	2-4
Denison	1-0	+1	2003	2003	2003	---	2-1
Eastern Mennonite	2-0	+2	2006	2007	2007	---	6-1
Frostburg St.	6-1	+5	2002	2007	2007	2003	4-1
Gettysburg	1-0	+1	2007	2007	2007	---	4-0
Goucher	1-0	+1	2000	2000	2000	---	2-1
Hollins	1-0	+1	2000	2000	2000	---	4-0
Hood	1-0	+1	2002	2002	2002	---	6-0
Johns Hopkins	2-0	+2	2006	2007	2007	---	3-1
Juniata	2-0	+2	2005	2006	2006	---	4-2
Lebanon Valley	0-1	-1	2006	2006	---	2006	0-3
Longwood	0-1	-1	2002	2002	---	2002	2-3 OT
Lynchburg	2-6	+2	2000	2007	2007	2005	2-0
Mary Baldwin	3-0	+	2000	2004	2004	---	7-1
Mary Washington	4-3	+4	2002	2007	2007	2004	2-0
McDaniel	1-0	+1	2007	2007	2007	---	3-2
Notre Dame (Md.)	1-0	+1	2000	2000	2000	---	3-1
Randolph-Macon	7-0	+7	2001	2007	2007	---	7-0
Randolph-Macon W.C.	1-0	+1	2000	2000	2000	---	1-0
Rhodes	1-0	+1	2005	2005	2005	---	2-1 PS
Roanoke	4-3	+4	2001	2006	2006	2003	8-0
Salem	1-0	+1	2004	2004	2004	---	7-0
Salisbury	2-6	+2	2001	2007	2007	2006	2-1
Shenandoah	4-0	+4	2004	2007	2007	---	6-0
Springfield (Mass.)	0-1	-1	2007	2007	---	2007	1-2
St. Mary's	5-2	+1	2001	2007	2007	2006	2-0
Sweet Briar	5-1	+5	2000	2005	2005	2001	8-0
Trinity (D.C.)	1-0	+1	2001	2001	2001	---	15-0
Ursinus (Pa.)	0-1	-1	2007	2007	---	2007	0-1
Villa Julie	2-0	+2	2001	2005	2005	---	8-1
Virginia Wesleyan	2-3	+1	2000	2007	2007	2003	2-0
Washington & Lee	6-0	+6	2000	2007	2007	---	3-0
Wesley	0-1	-1	2003	2003	---	2003	1-4
Western Maryland	0-1	-1	2000	2000	---	2000	3-5
Wilson	2-0	+2	2000	2001	2001	---	2-1

CNU FIELD HOCKEY HISTORY

Year	Record	GF-GA	Pct.	Coach	Post Season
1967	1-3		.250	Lillian Seats	
1968	2-2		.500	Lillian Seats	
1969	2-2-1		.500	Lillian Seats	
1970	3-2-1		.583	Lillian Seats	
1971	Not available				Unknown
2000	8-4	25-26	.667	Nancy Billger	
2001	9-5	46-42	.643	June Lugo	
2002	6-7	30-26	.462	Sue Mancha	
2003	6-8	21-41	.429	Carrie Moura	
2004	12-3	65-18	.800	Carrie Moura	
2005	12-4	56-15	.750	Carrie Moura	
2006	14-4	67-20	.778	Carrie Moura	NCAA Elite 8
2007	16-3	62-15	.842	Carrie Moura	NCAA Sweet 16
Total	91-47-2	316-188	.657		

COACHING RECORDS

Coach	Years	Seasons	W	L	T	Pct.
Lillian Seats	1967-70	4	8	9	2	.474
Nancy Billger	2000	1	8	4	0	.667
June Lugo	2001	1	9	5	0	.643
Sue Mancha	2002	1	6	7	0	.462
Carrie Moura	2003-07	5	60	22	0	.732

NCAA ELITE 8 2006, NCAA SWEET 16 2007



Paige Childers



ALL-TIME RESULTS

NCAA ELITE 8 2006, NCAA SWEET 16 2007



2000 (8-4)

Coach: Nancy Billger

Notre Dame (Md.)	9/3	H/W	3-1
Mary Baldwin	9/8	A/W	1-0*
Rand.-Mac. WC	9/9	A/W	1-0
Bridgewater	9/15	A/L	0-2
Washington & Lee	9/16	A/W	2-0
Wilson	9/23	H/W	3-0
Lynchburg	9/29	H/L	1-6
Hollins	9/30	H/W	4-0
Va. Wesleyan	10/3	A/L	1-9
Sweet Briar	10/15	H/W	4-2
Goucher	10/21	A/W	2-1
West. Maryland	10/22	A/L	3-5



2001 (9-5)

Coach: June Lugo

Randolph-Macon	9/5	A/W	6-4
Mary Baldwin	9/7	H/W	4-0
Sweet Briar	9/9	A/L	3-4*
Salisbury	9/20	A/L	0-11
Villa Julie	9/22	H/W	2-1
Lynchburg	9/23	A/L	1-6
Trinity (D.C.)	9/28	A/W	15-0
Catholic	9/29	A/L	0-7
Bridgewater	10/5	H/W	3-1
St. Mary's	10/14	H/W	3-2
Va. Wesleyan	10/16	H/W	5-2
Roanoke	10/20	A/L	0-2
Washington & Lee	10/21	A/W	2-1
Wilson	10/23	A/W	2-1



2002 (6-7)

Coach: Sue Mancha

Sweet Briar	9/1	H/W	5-0
Catholic	9/7	H/L	1-3
Salisbury	9/10	A/L	1-4
Frostburg St.	9/15	H/W	2-1
Randolph-Macon	9/20	H/W	3-1
Bridgewater	9/28	A/W	4-2
Va. Wesleyan	10/1	A/L	1-2*
Roanoke	10/6	H/L	1-2*
Longwood	10/8	A/L	2-3*
Lynchburg	10/19	H/L	0-4
Mary Washington	10/20	A/L	2-3*
St. Mary's	10/23	A/W	2-1**
Hood College	10/26	A/W	6-0



2003 (6-8)

Coach: Carrie Moura

Randolph-Macon	9/3	A/W	2-0
Catawba	9/7	H/W	2-1
Wesley	9/13	A/L	1-4
Denison	9/13	A/W	2-1
Salisbury	9/14	A/L	0-4
Catholic	9/28	A/L	0-4
Roanoke	9/30	A/L	0-7
Lynchburg	10/5	A/L	0-3
Sweet Briar	10/8	A/W	6-1

St. Mary's (Md.)	10/11	H/W	3-2
Virginia Wesleyan	10/17	H/L	0-4
Mary Washington	10/19	H/L	0-4
Bridgewater	10/24	H/W	3-2*
Frostburg St.	10/26	H/L	2-4

2004 (12-3)

Coach: Carrie Moura

Catawba	9/4	A/W	6-1
Salem	9/5	A/W	2-0
Salisbury	9/8	A/L	0-1
Randolph-Macon	9/15	H/W	7-1
Frostburg St.	9/18	H/W	3-2
Sweet Briar	9/19	H/W	7-0
Shenandoah	9/25	H/W	11-0
Catholic	9/26	H/W	3-2*
Bridgewater	10/1	A/W	3-1
Lynchburg	10/3	H/L	3-4
Mary Washington	10/6	A/L	0-3
St. Mary's (Md.)	10/9	A/W	3-0
Roanoke	10/17	H/W	6-2
Mary Baldwin	10/22	H/W	7-1
Washington & Lee	10/24	A/W	1-0

2005 (12-4)

Coach: Carrie Moura

Catawba	9/3	H/W	3-1
Salisbury	9/7	H/L	2-4
Bridgewater	9/11	H/W	2-1*
Lynchburg	9/16	A/L	1-2*
Sweet Briar	9/21	A/W	8-0
Catholic	9/25	A/L	1-2
Randolph-Macon	9/28	A/W	5-1
Frostburg St.	10/1	H/W	5-0
Washington & Lee	10/2	H/W	4-1
Mary Washington	10/5	H/W	4-0
Shenandoah	10/11	A/W	7-0
Rhodes	10/15	N/W	2-1^
Roanoke	10/16	A/W	4-0
Villa Julie	10/22	H/W	8-1
St. Mary's (Md.)	10/27	H/L	0-1
Juniata	10/29	A/W	1-0

2006 (14-4)

Coach: Carrie Moura

Davidson	9/2	N/L	0-3
Salisbury	9/6	A/L	1-2
Johns Hopkins	9/10	H/W	3-1
Randolph-Macon	9/13	H/W	8-0
Shenandoah	9/16	H/W	13-0
Roanoke	9/17	H/W	8-0
Lynchburg	9/20	H/W	7-3
E. Mennonite	9/28	A/W	2-1
Mary Washington	10/4	A/W	4-0
Catholic	10/9	A/W	2-1
St. Mary's (Md.)	10/14	A/L	0-1
Bridgewater	10/21	A/W	3-0
Washington & Lee	10/22	A/W	3-0
Juniata	10/28	H/W	4-2
Frostburg St.	11/4	A/W	4-2
Alvernia ¹	11/8	H/W	5-1
Salisbury ²	11/11	N/W	2-1*
Lebanon Valley ³	11/12	A/L	0-3

2007 (16-3)

Coach: Carrie Moura

Davidson	9/1	A/L	2-4
Catawba	9/2	A/W	3-0
Salisbury	9/5	H/W	2-1
Gettysburg	9/8	A/W	4-0
Randolph-Macon	9/12	A/W	7-0
Catholic	9/16	H/W	2-0
Shenandoah	9/23	A/W	6-0
Virginia Wesleyan	9/26	H/W	2-0
Lynchburg	9/29	A/W	2-0
Mary Washington	10/3	H/W	2-0
St. Mary's (Md.)	10/6	H/W	2-0
Johns Hopkins	10/8	A/W	3-0
McDaniel	10/9	A/W	3-2
Bridgewater	10/13	H/W	8-2
Washington & Lee	10/21	H/W	3-0
E. Mennonite	10/23	H/W	6-1
Ursinus	10/28	A/L	0-1
Frostburg St.	11/3	H/W	4-1
Springfield	11/10	N/L	1-2*

*overtime
¹penalty strokes
²NCAA First Round
³NCAA Sweet 16
⁴NCAA Elite 8



Stephanie Bair





INDIVIDUAL & TEAM RECORDS

		Individual
GOALS		
Game	9	Wendy Wilson vs. Trinity (D.C.), 9/28/01
Season	21	Wendy Wilson, 2001
Career	41	Wendy Wilson, 2000-02
	41	Ashley Traylor, 2004-07
ASSISTS		
Game	4	Wendy Wilson vs. Trinity (D.C.), 9/28/01
	4	Haylie Black vs. Roanoke, 9/17/06
Season	13	Haylie Black, 2006
Career	20	Megan McCreedy, 2001-04
POINTS		
Game	22	Wendy Wilson vs. Trinity (D.C.), 9/28/01
Season	52	Wendy Wilson, 2001
Career	101	Wendy Wilson, 2000-02
SHUTOUTS		
Season	6	Ashley Whipple, 2006
	6	Elexa Nosonchuk, 2007
Career	6	Ashley Whipple, 2006
	6	Elexa Nosonchuk, 2007-
SAVES		
Game	20	Elizabeth Werbiskis vs. Longwood, 10/19/02
Season	117	Elizabeth Werbiskis, 2002
Career	318	Elizabeth Werbiskis, 2000-03
GOALS AGAINST AVERAGE		
Season	0.47	Elexa Nosonchuk, 2007
Career	0.82	Hannah Brown, 2004-05
		Team
GOALS		
Game	15	vs. Trinity (D.C.), 9/28/01
Season	67	in 2004 & 2006
ASSISTS		
Game	12	vs. Trinity (D.C.), 9/28/01
Season	49	in 2006
POINTS		
Game	42	vs. Trinity (D.C.), 9/28/01
Season	183	in 2006
SHUTOUTS		
Season	10	in 2007
SAVES		
Game	24	vs. Bridgewater, 9/15/00
Season	192	in 2001
GOALS AGAINST AVERAGE		
Season	0.91	in 2005
		Misc.
Most Victories	16	in 2007
Fewest Victories	6	in 2002 and 2003
Most Losses	8	in 2003
Fewest Losses	3	in 2004 and 2007
Most Consecutive Wins	15	in 2007
Most Consecutive Losses	5	in 2002
Most Consecutive Shutouts	8	in 2007
Best Winning Percentage	.842	in 2007
All-Time Home Record	38-8 (.826)	
All-Time Road Record	31-23 (.574)	
Most Goals in Single Game	15	vs. Trinity (D.C.), 2001
Most Goals Allowed in Single Game	11	vs. Salisbury, 2001

ALL-TIME ROSTER

Field hockey was actually one of the first sports started by the young Christopher Newport College. The team played from 1967 to 1971.

Listed below are the members of those teams.

Alston, Ashley 00,01,02	Lia, Shannon 00,01,02	Walker, Lynn 68,69,70
Anderson, Lauren 02, 03, 04	Lovell, Kathy 69	Waller, Beverly 04
	Lugo, June 00	Watson, Carolyn 67
Bair, Stephanie 07		Watson, Linda 67,68,69
Baker, Katie 04,05	Marsh, Amber 04,05,06,07	Webster, Michele 67
Bass, Frances 67,68	Matthews, Lynsi 05	Werbiskis, Elizabeth 00,01,02, 03
Black, Haylie .05,06,07	Mayer, Jacque 04,05,06,07	West, Carol 67
Bossieux, Anda 68	McArthur, Abbey 03, 04	Whipple, Ashley 06
Brannan, Elizabeth 68,69,70,71	McCreedy, Megan 01,02, 03, 04	Wilson, Wendy 00,01,02
Broadhurst, Kelly Jo 04,05,06,07	McKinney, Annette 67	Wist, Laura 03, 04
Brown, Adele 69	Meadows, Amanda 01	
Brown, Hannah 04,05	Mehrabi, Emma 07	
Burnette, Brenda 67,68	Meiklejohn, Amanda 03	Yandle, Katelyn 07
Burns, Abby 00	Miller, Ashley 03	
Burns, Melissa 01,02, 03	Moore, Carolyn 71	
Byrum, Jennifer 01,02,03,04	Moran, Danielle 06	
	Morgan, Karen 68,69	
	Morris, Jaclyn 00	
	Murphy, Dinah 67,68	
Cale, Kylie 07		
Castano, Marge 71	Newton, Mary 67	
Charles, Alicia 70	Nolan, Monica 03	
Clinginpeel, Vicky 71	Nosonchuk, Elexa 07	
Cocke, Carolyn 69,70,71		
Cooper, Courtney 00,01,02	Outerbridge, Aleta 71	
Cralle, Andrea 03		
Crickenberger, Ashley 00,02, 03	Pannocchia, Jennifer 06	
Cullen, April 00,01,02, 03	Parker, Kristi 00,01,02, 03	
Cybulski, Ashley 05,06,07	Pelstring, Samantha 03, 04,05	
	Personte, Pat 70	
Dingeldein, Linda 67	Pfarr, Megan 00,01,02, 03	
Dusch, Kelsey 06	Phelps, Patsy 67,68	
	Plott, Tena 71	
Emery, Kay 70,71	Poole, Brenda 67	
Evans, Kate 03	Pryor-Graves, Zuri 06,07	
Fowler, Mary 67	Rance, Amy 00	
Fredo, Samantha 01	Rawley, Lindsay 06,07	
	Rawls, Mona 67	
Gardner, Jean 68,69,71	Reynolds, Katie 03,04,06	
Garrett, Diane 69	Richards, Crys 00	
Garrett, Kimberly 00	Ricks, Suzanne 70	
Gehring, Anne 05,06,07	Roberson, Ashley 01,02, 03, 04	
Germain, Katie 07	Robinson, Kim 07	
Gilbert, Natalie 06,07	Rodgers, Maralyn 71	
Godfrey, Amber 00,01	Russ, Courtney 06,07	
Golden, Diana 04,05,06,07		
Gooding, Terry 68,69,70	Schmidt, Colleen 03, 04	
Gray, Andrea 07	Seddon, Courtney 01	
Gray, Linda 67	Shifflett, Kari 03	
Gunnoe, Haylee 06	Slingerland, Amanda 00,01,02	
	Snead, Amy 00	
Hall, Ashley 06	Spence, Dawn 70	
Hanson, Jonelle 01,02, 03, 04	Stills, Susan 67	
Harper, Laura 05	Stout, Anna 06,07	
Harrell, Taylor 07	Stout, Emma 06,07	
Hastings 00	Swisher, Katherine 00,01,02, 03	
Hay, Ashley 04,05,06,07		
Herr, Alicia 67,68,69		
Hildson, Patty 67,68		
Howard, Samantha 04	Therault, Pam 71	
Huddleston, Rose Ann 70	Thomas, Pat 67	
Hughes, Sandy 69,70,71	Thomasson, Rhiannon 04,05,06,07	
	Thompson, Krystle 03	
Ireland, Mary 69	Thompson, Megan 02, 03	
	Tomcheck, Sharon 70	
Janczewski, Marcella 05	Tomlin, Kim 07	
Johnson, Amanda 03, 04	Touchard, Brittney 04,05,06,07	
	Traylor, Ashley 05,06,07	
Kelly, Lindsay 05	Trosclair, Jessica 01	
Kirby, Elaine 01,02	Turner, Jennifer 00	
Kuykendall, Nicole 05,06,07		
	Veach, Jennifer 00	
LaCoy, Lori 69		
Lawrence, Lynda 00		



2006

CNU 5, Alvernia 1

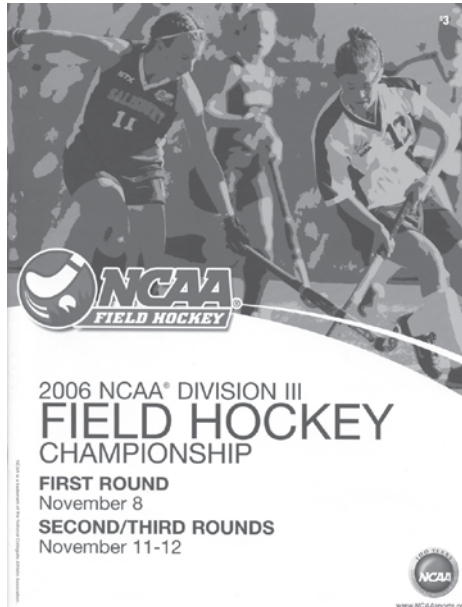
Playing the first post season game in Christopher Newport field hockey history, the 13th-ranked Captains jumped out to a 3-0 lead and coasted to a 5-1 victory over 17th-ranked Alvernia at Captains Field.

It was the first time in school history that a team had won its initial post season contest.

Getting two goals from All-American Ashley Traylor and one from Ashley Hay, CNU had a 3-0 not even 14 minutes into the contest. Alvernia's Janelle Lynch made the halftime margin 3-1 with a goal less than two minutes before the break.

But CNU put things out of reach as Courtney Russ tallied in the 41st minute and Diana Golden in the 46th. CNU goalie Ashley Whipple made ten saves.

- 1. 6:23 CNU HAY, Ashley
TRAYLOR, Ashley - Penalty corner
- 2. 11:09 CNU TRAYLOR, Ashley
(unassisted)
- 3. 13:50 CNU TRAYLOR, Ashley
BLACK, Haylie; GOLDEN, Diana
- 4. 33:17 AC Janelle Lynch
(unassisted)
- 5. 40:09 CNU RUSS, Courtney
Penalty stroke
- 6. 45:46 CNU GOLDEN, Diana
CYBULSKI, Ashley



CNU 2, Salisbury 1 OT Sweet 16

Facing the defending national champions for the second time in the season, CNU got a sudden-death overtime goal from Haylie Black to eliminate the Seagulls, 2-1.

The Captains grabbed a 1-0 lead in the 21st minute on a goal by Brittany Touchard. They then kept Salisbury off the board until the 55th minute when Ashley Twigg tied the score.

Black then got loose on a breakaway and dodged the keeper for the winning goal with just 1:14 remaining in the overtime.

- 1. 20:44 CNU TOUCHARD, Brittany
DUSCH, Kelsey
- 2. 54:15 SAL Ashley Twigg
Megan Powell
- 3. 78:46 CNU BLACK, Haylie
(unassisted)

Lebanon Valley 3, CNU 0 Elite 8

CNU's run through its first NCAA tournament ended as host Lebanon Valley took a 3-0 win in the Elite 8.

LVC scored just 12 minutes into the game, and then added second half goals at the 48th minute and 65th to secure the win.

- 1. 11:20 LVC Steph Marguglio
(unassisted)
- 2. 47:23 LVC Mimi Sullivan
Claire Behney
- 3. 64:15 LVC Alex Wolfe
Steph Marguglio

2007

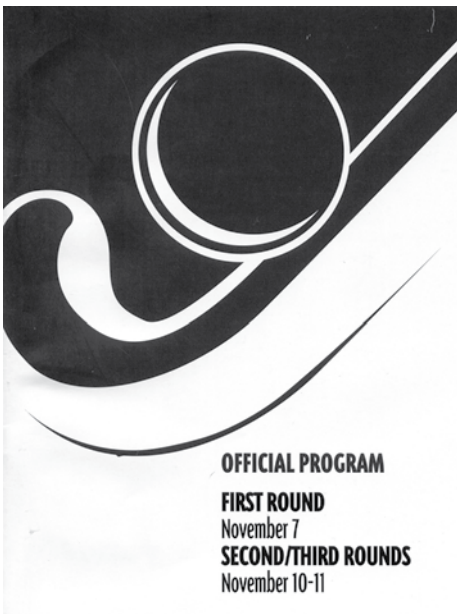
Springfield 2, CNU 1 OT Sweet 16

Playing on a neutral field at Salisbury, Md., CNU took a 1-0 halftime lead, but fell in overtime to the 14th ranked Pride.

The Captains' Ashley Cybulski tallied at 15:52 of the first half on an assist from Diana Golden.

Springfield tied it midway through the second half and got the winner about three minutes into overtime to advance in the tournament.

- 1. 15:52 CNU CYBULSKI, Ashley
GOLDEN, Diana
- 2. 45:22 SC Jane Kelleher
Emily Murray
- 3. 73:02 SC Allie Eisele
Eileen Jenkins





Catawba

Sun. Sept. 14 at Captains Field
CNU leads series 3-0

Location: Salisbury, N.C.
Enrollment: 1,300
President: Craig Turner
Athletic Director: Dennis Davidson
Conference: South Atlantic
Nickname: Catawba Indians
Colors: Royal Navy blue & White
Head Coach: Adrian Gantt
2007 Record: 5-9
SID: Jim Lewis, 740-637-4720
e-mail: jdlewis@catawba.edu
Website: <http://www.gocatawbaindians.com>

Johns Hopkins

Sat. Aug. 30 at Baltimore, Md.
CNU leads series 2-0

Location: Baltimore, Md.
Enrollment: 4,417
President: William Brody
Athletic Director: Tom Calder
Conference: Centennial
Nickname: Blue Jays
Colors: Columbia Blue & Black
Head Coach: Megan Callahan Fraser
2007 Record: 14-6
SID: Ernie Larossa, 410-516-0552
e-mail: elarossa@jhu.edu
Website: <http://hopkinssports.cstv.com>

McDaniel

Sat. Sept. 20 at Captains Field
CNU leads: 1-0

Location: Westminster, Md.
Enrollment: 1,600
President: Joan Coley
Athletic Director: Jamie Smith
Conference: Centennial
Nickname: Green Terror
Colors: Green & Gold
Head Coach: Melissa Miranda Jones
2007 Record: 6-12
SID: Luke Stillson, 410-857-2291
e-mail: sid@mcdaniel.edu
Website: <http://www.mcdaniel.edu/athletics>

Salisbury

Wed. Sept. 10 at Salisbury, Md.
SU leads series 6-2

Location: Salisbury, Md.
Enrollment: 6,900
President: Janet Dudley-Eshbach
Athletic Director: Michael Vienna
Conference: Capital AC
Nickname: Sea Gulls
Colors: Maroon & Gold
Head Coach: Dawn Chamberlain
2007 Record: 20-2
SID: Sam Atkinson, 410-543-6016
e-mail: satkinson@salisbury.edu
Website: <http://www.salisbury.edu/athletics>

Catholic

Sat. Sept. 27 at Captains Field
CU leads series 4-3

Location: Washington, D.C.
Enrollment: 2,400
President: Rev. David M. O'Connell
Athletic Director: Michael Allen
Conference: Capital A.C.
Nickname: Cardinals
Colors: Cardinal Red & Black
Head Coach: Gia Cillizza
2007 Record: 11-9
SID: Barbara Jonas, 202-319-5610
e-mail: jonasb@cua.edu
Website: <http://www.cuacardinals.com>

Kenyon

Sat. Oct. 11 at Gambier, Ohio
First Meeting

Location: Gambier, Ohio
Enrollment: 1,650
President: Georgia Nugent
Athletic Director: Peter Smith
Conference: North Coast
Nickname: Ladies
Colors: Purple & White
Head Coach: Jen Johnstone
2007 Record: 11-12
SID: Marty Fuller, 740-427-5471
e-mail: fullerm@kenyon.edu
Website: <http://athletics.kenyon.edu>

Morrisville St.

Sun. Aug. 31 at Baltimore, Md.
First meeting

Location: Morrisville, N.Y.
Enrollment: 3,385
President: Raymond W. Cross
Athletic Director: Greg Carroll
Conference: Ind.
Nickname: Mustangs
Colors: Green, White & Black
Head Coach: Adair Milmoie
2007 Record: 4-14
SID: Brandy Wilcox Thurston, 315-684-6250
e-mail: wilcoxbl@morrisville.edu
Website: <http://athletics.morrisville.edu>

Ursinus

Mon. Oct. 13 at Captains Field
UC leads: 1-0

Location: Collegeville, Pa.
Enrollment: 1,550
President: John Strassburger
Athletic Director: Brian Thomas
Conference: Centennial
Nickname: Bears
Colors: Red, Old gold & Black
Head Coach: Laura Moliken
2007 Record: 18-3
SID: James Wagner, 610-409-3612
e-mail: jwagner@ursinus.edu
Website: <http://www.ursinus.edu/section/athletics/index.asp>

Eastern Mennonite

Sat. Oct. 4 at Harrisonburg, Va.
CNU leads series 2-0

Location: Harrisonburg, Va.
Enrollment: 1,450
President: Loren Swartzendruber
Athletic Director: David King
Conference: Old Dominion AC
Nickname: Lady Royals
Colors: Royal Blue & White
Head Coach: Brenda Bechler
2007 Record: 10-7
SID: Mike Zucconi, 540-432-4441
e-mail: michael.zucconi@emu.edu
Website: <http://www.emu.edu/athletics>

Lynchburg

Wed. Oct. 8 at Captains Field
LC leads series 6-2

Location: Lynchburg, Va.
Enrollment: 2,000
President: Kenneth Garren
Athletic Director: Jack Toms
Conference: Old Dominion AC
Nickname: Hornets
Colors: Crimson & Gray
Head Coach: Enza Steele
2007 Record: 19-5
SID: Mike Carpenter, 434-544-8495
e-mail: carpenter@lynchburg.edu
Website: <http://www.lynchburg.edu/athletics>

Randolph-Macon

Wed. Sept. 17 at Captains Field
CNU leads series 7-0

Location: Ashland, Va.
Enrollment: 1,100
President: Robert R. Lindgren
Athletic Director: Denis Kanach
Conference: Old Dominion AC
Nickname: Yellow Jackets
Colors: Red, Lemon & Black
Head Coach: Crystal Carper
2007 Record: 7-11
SID: Chris Kilcoyne, 804-752-7387
e-mail: christopherkilcoyne@rmc.edu
Website: <http://www.rmc.edu/athletics>

Virginia Wesleyan

Wed. Sept. 24 at Virginia Beach, Va.
VWC leads series 3-2

Location: Virginia Beach, Va.
Enrollment: 1,400
President: William T. Greer, Jr.
Athletic Director: Joanne Renn
Conference: Old Dominion AC
Nickname: Marlins
Colors: Navy Blue & Silver
Head Coach: Joyce Anne Koubaroulis
2007 Record: 4-12
SID: Joe Wasiluk, 757-455-3393
e-mail: jwasiluk@vwc.edu
Website: <http://www.vwc.edu/athletics>

Gettysburg

Sat. Sept. 13 at Captains Field
CNU leads: 1-0

Location: Gettysburg, Pa.
Enrollment: 2,400
Interim President: Janet Riggs
Athletic Director: David Wright
Conference: Centennial
Nickname: Bullets
Colors: Orange & Blue
Head Coach: Bryan Snyder
2006 Record: 10-8
SID: Susan Fumagalli, 717-337-6401
e-mail: sfumagal@gettysburg.edu
Website: <http://www.gettysburgsports.com>

Mary Washington

Wed. Oct. 1 at Fredericksburg, Va.
UMW leads series 4-3

Location: Fredericksburg, Va.
Enrollment: 4,000
President: Judith Hample
Athletic Director: Ed Hegmann
Conference: Capital AC
Nickname: Eagles
Colors: Navy Blue, Gray & White
Head Coach: Dana Hall
2006 Record: 11-9
SID: Clint Often, 540-654-1743
e-mail: coften@umw.edu
Website: <http://www.umw.edu/athletics>

St. Mary's

Sun. Oct. 19 at St. Mary's City, Md.
CNU leads series 5-2

Location: St. Mary's City, Md.
Enrollment: 1,900
President: Margaret O'Brien
Athletic Director: Scott Devine
Conference: Capital AC
Nickname: Seahawks
Colors: Blue & Gold
Head Coach: Katie Lange
2007 Record: 12-5
SID: Nairem Moran, 240-895-4482
e-mail: nmoran@smcm.edu
Website: <http://www.smcm.edu/athletics>

Washington & Lee

Sun. Oct. 26 at Lexington, Va.
CNU leads series 6-0

Location: Lexington, Va.
Enrollment: 1,760
President: Ken Ruscio
Athletic Director: Jan Hathorn
Conference: Old Dominion AC
Nickname: Generals
Colors: Royal Blue & white
Head Coach: Wendy Orrison
2007 Record: 11-7
SID: Brian Laubscher, 540-458-8668
e-mail: blaubsc@wlu.edu
Website: <http://www.athletics.wlu.edu>

The Virginia Peninsula

A Great Place To Live



The Virginia Peninsula is an exciting place to live with all kinds of entertainment and history right at your doorstep.

Some of the best entertainment in the world can be found in numerous venues, as well as on the CNU campus.

Then, of course, there are the beaches, many historical attractions, pro sports, theme parks such as Busch Gardens and Water Country and much more.

There's always lots to do on the Peninsula and in the Tidewater area.

Fast Facts

Location

- Newport News, Va.

Enrollment

- 4,800 students (1,200 freshmen)

Student Profile

- Average high school GPA: 3.6 (4.0 scale)
- Average SAT score: 1181 (Critical Reading and Math)
- 43 percent male; 57 percent female
- Students representing every region in Virginia, 32 additional states, and foreign countries

Faculty

- Nearly 90 percent hold Ph.D. or highest degree in their fields

Average Class Size

- 25 students

New State-of-the-Art Facilities

- The Freeman Sports and Convocation Center
- The Ferguson Center for the Arts
- The David Student Union
- The Tribble Library

NCAA Athletics

- 11 varsity men's teams;
12 varsity women's teams

Campus Life

- More than 100 student organizations — academic, special-interest, Greek and more

Residence Life

- 3,000 students residing on campus
- Four new residence halls; two new apartment complexes
- Phone, cable and Internet connections



Christopher Newport University

“Where students come first”

A dramatic transformation spanning the past decade has placed CNU among the United States' preeminent public liberal arts universities. The youngest university in Virginia, CNU is getting better, not bigger.

Our students enroll in rigorous academic programs through the College of Liberal Arts and the Joseph W. Luter, III College of Business and Leadership. CNU offers an unbeatable combination of a personal approach to teaching, small classes, and an emphasis on leadership, civic engagement and honor. In everything we do — both inside and outside the classroom — students remain our No. 1 priority.

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UNIVERSITY



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