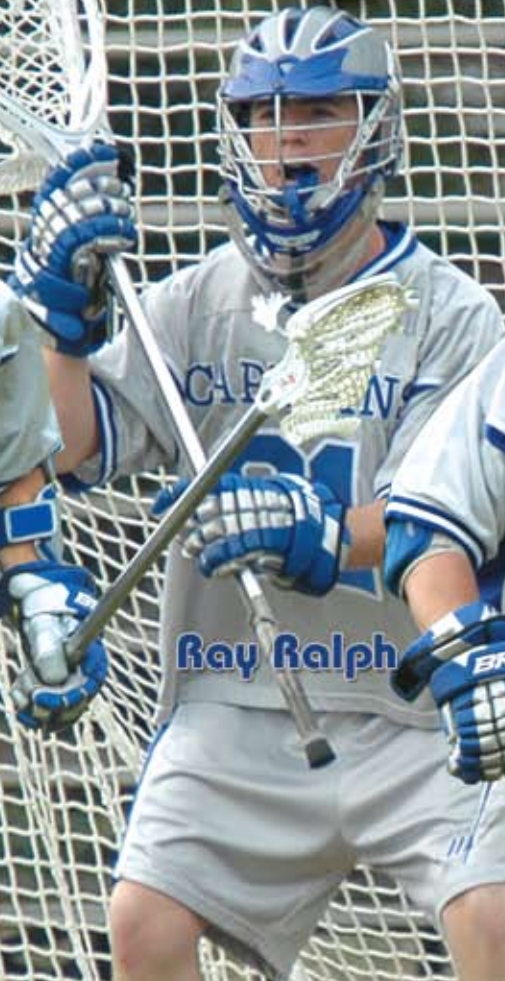


Christopher Newport



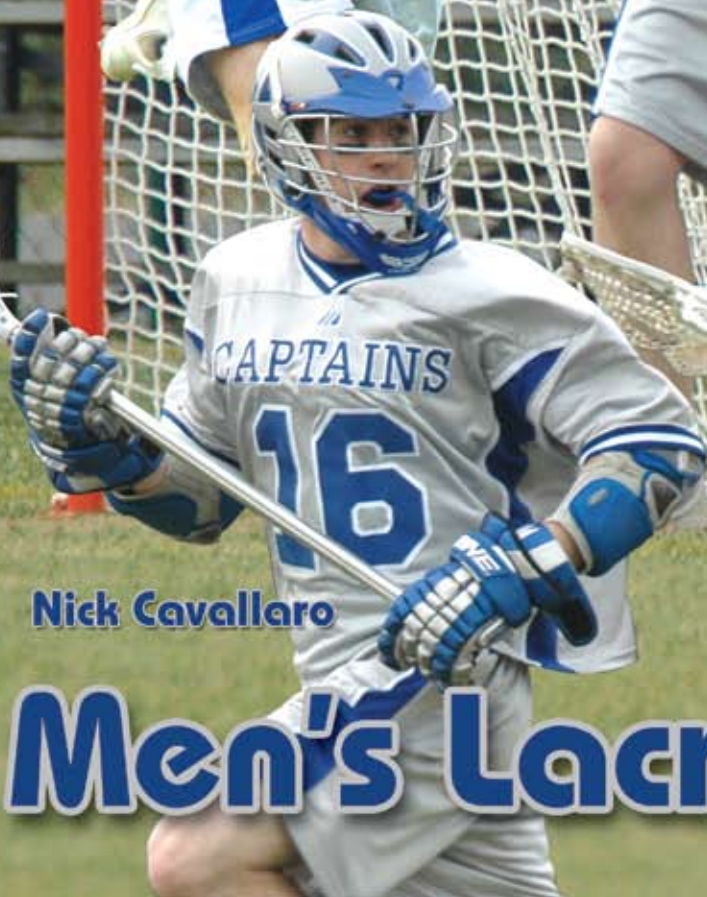
Chris Quigley



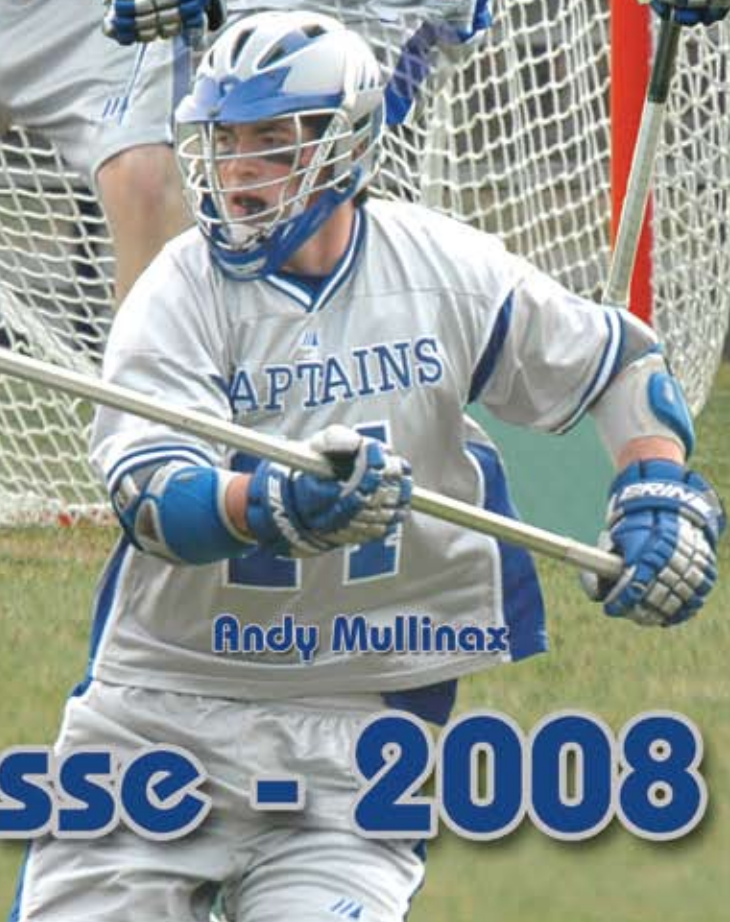
Ray Ralph



Ryan Merrell



Nick Cavallaro



Andy Mullinax

Men's Lacrosse - 2008

Captains' Quarters



The Freeman Center



Field Hockey/Lacrosse



Tennis Complex



Pomoco Stadium & Belk Track



Baseball Stadium



Soccer Stadium



Softball Stadium

CNU Athletic Facilities

Christopher Newport Men's Lacrosse

GENERAL INFORMATION

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| Assistant Coach Kevin Pall | 5 |

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THE PROGRAM

| | |
|----------------------|-----|
| Fantastic Facilities | IFC |
| Home of Champions | 24 |
| Peninsula Area | 25 |

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 | TBA 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 | Chad Wilson 594-7891 |
| Interim 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 |
| Director, Freeman Center | Doug Shipley 594-7444 |
| 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 | Site | Time |
|-----------------------------|-----|--------------------------|-----------------------|-------------|
| February | | | | |
| 23 | Sat | at Marymount | Arlington, Va. | 1:00 |
| 27 | Wed | Adrian | Captains Field | 3:00 |
| March | | | | |
| 2 | Sun | at Guilford | Greensboro, N.C. | 1:00 |
| 5 | Wed | Hampden-Sydney | Captains Field | 3:00 |
| 8 | Sat | Tri-State | Captains Field | 1:00 |
| 12 | Wed | Hendrix | Captains Field | 3:00 |
| 15 | Sat | Eastern | Captains Field | 1:00 |
| 22 | Sat | at St. Mary's (Md.) | St. Mary's City, Md. | 1:00 |
| 26 | Wed | Catholic | Captains Field | 4:00 |
| 29 | Sat | at Mary Washington | Fredericksburg, Va. | 1:00 |
| April | | | | |
| 2 | Wed | at Hood | Frederick, Md. | 3:30 |
| 5 | Sat | Sewanee | Captains Field | 1:00 |
| 12 | Sat | at Greensboro | Greensboro, N.C. | 1:00 |
| 19 | Sat | Randolph-Macon | Captains Field | 1:00 |
| 26 | Sat | Virginia Wesleyan | Captains Field | 3:00 |
| Home matches in bold | | | | |

Athletic Communications Staff

| NAME | POSITION | PHONE |
|--------------------|------------------------------|----------|
| 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 |
| Alan Fontane | Student Assistant | 594-7886 |
| Chris Inzirillo | Student Assistant | 594-7886 |
| Caroline Morris | Student Assistant | 594-7866 |

CREDITS

The 2008 Men's Lacrosse Media Guide is a publication of the Christopher Newport University Department of Athletic Communications.

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ON THE COVER

Clockwise from top left, Chris Quigley, Ray Ralph, Ryan Merrell, Andy Mullinax and Nick Cavallaro were key factors in CNU's inaugural season of men's lacrosse.

Head Coach Chris Swanenburg



Starting a college athletic program from scratch is no easy task, but Chris Swanenburg enjoyed the fruits of his labors last season as CNU played its inaugural men's lacrosse season with a very successful year.

The Captains posted a 4-9 record and were very competitive in almost every game they played, using a roster comprised mostly of freshmen, with a few sophomores sprinkled in.

Swanenburg was introduced November 3, 2005 as the first-ever men's lacrosse coach at Christopher Newport University. He arrived at CNU after three years at Marymount University and with 15 years of college coaching experience. Over his career, Swanenburg has proven to be among the most successful coaches in the country at building and improving programs.

Prior to Marymount, Swanenburg spent the previous two seasons as the top assistant at NCAA Division I playoff participant Stony Brook University. There he handled the majority of recruiting and scouting duties in addition to serving as the Seawolves' defensive coordinator and goalie coach. During his first season, the 2001 campaign, the Seawolves improved on consecutive five-win seasons to 7-7 and were ranked as high as #21 nationally. In 2002, Stony Brook matched its' ranking from 2001 while recording a 10-7 record and winning the America East Championship and earning the school's first-ever trip to the NCAA Division I Tournament. The Seawolves defense finished 10th nationally in goals against average

and set a school mark by allowing no more than 11 goals during any regular season contest.

Before joining Stony Brook, Swanenburg served as the head coach at Division I Radford University for seven seasons. He resigned from his position with the Highlanders following the school's decision to discontinue sponsoring men's lacrosse. While at Radford, Swanenburg made a name for himself as a tireless worker with a knack for developing players to their full potential. Four of his former Radford players have gone on to successful professional playing careers, with two of them, Blaine Manning and Lewis Ratcliff, having been named to the 2005 National Lacrosse League All-Star Game.

Under his guidance, the program at Radford improved from 50th to 30th in the nation and was recognized in a study by US Lacrosse and LaxPower as one of the most improved teams in Division I. Swanenburg left Radford as the winningest coach in school history and as the only one to post a winning season at the Division I level.

A native of Monkton, Md., Swanenburg is a 1990 graduate of Yale University, where he earned All-Ivy and All-New England honors as a goalie. During his career, the Bulldogs won three consecutive Ivy League titles and appeared in two NCAA Division I Tournaments, advancing to the Final Four his senior season. He finished his Yale career having recorded the third highest single-season save percentage in school history and ranks among the school's all-time leaders in career saves and save percentage.

Following graduation, Swanenburg began his coaching career as an assistant at Goucher College. He played an instrumental role in developing the Gophers' club program to Division III status before moving onto Radford.

Swanenburg and his wife Amy, are the parents of two children, Alexandra and Matthew.

Assistant Coaches

Todd Boward

Todd Boward, former head boy's lacrosse coach at the Christchurch School in Christchurch, Va., has been named Head Assistant Men's Lacrosse Coach at Christopher Newport University, it was announced by head coach Chris Swanenburg.

Boward, a native of Baltimore, Md., comes to CNU with four years of head coaching experience and will serve as the Captain's Offensive Coordinator.

"I'm really excited to be a part of a developing program here at CNU and help build things from the ground up," said Boward.

He takes over the position in CNU's second year of men's lacrosse after the departure of Andy Sinclair, who left to return to his alma mater, Winter Park H.S., in Florida, as head coach.

The Captains posted a very respectable 4-9 record in their inaugural season, with an almost entirely freshman squad.

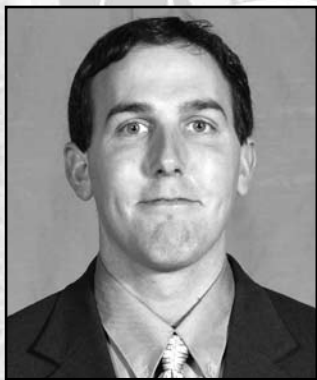
A former player at Frostburg State University, Boward served in the United States Army after graduation, rising to the rank of major before retiring in 2001. Following his military career, Boward returned to lacrosse as an assistant at Forest Park High School in Manassas, VA. After a year as an assistant, Boward took over as head coach of the Bruins and led them to three Cardinal District championship games and a cumulative 30-21-1 record.

He then moved on to head the men's lacrosse program at Indiana University. In his one season with the Hoosiers, Boward led the team to a 10-6 record and was named the Central Collegiate Lacrosse Association Coach of the Year.

"I've known Todd for a number of years," said Swanenburg, "and admire what he has been able to accomplish on both the high school and collegiate levels. He brings a wealth of coaching experience, and a degree of maturity and professionalism, that will greatly benefit our program."



Kevin Pall



Kevin Pall, a former All-American at Stony Brook University, was the first assistant to join Chris Swanenburg's staff and is now in his second season with the Captains.

He works primarily with the Captains' offense and is responsible for the individual development of the team's attack unit.

"Kevin brings a tremendous amount of experience and knowledge to CNU and will play a critical role in the development of our men's lacrosse program," Swanenburg said. "I had the good fortune of knowing Kevin while at Stony Brook and we are very lucky to have a person of his character and ability on our staff."

Pall starred at Stony Brook from 1999-2002, leading the team in scoring as a sophomore, junior and senior. A first-team all-ECAC performer as a junior and a first team all-America East performer his senior year, Pall graduated from Stony Brook as the Seawolves' all-time leading goal scorer and the program's most heralded player.

A native of Merrick, NY, Pall enjoyed a breakout year as a junior, capturing the Division I scoring title by netting 50 goals. He also averaged a nation's best 3.57 goals a game. As a senior, he scored 49 goals while leading the Seawolves to their first-ever NCAA Tournament appearance. For his efforts, he earned honorable mention All-America honors and was selected for the North/South All-Star game. He was also named Stony Brook University's 2001-2002 Male Athlete of the Year.

"I am extremely excited to be joining Christopher Newport University," Pall said. "I look forward to working again with Coach Swanenburg and to building a top-notch program. The school's facilities are amazing and I believe that we will be able to recruit and coach an extremely competitive program in a short amount of time."

Men's Lacrosse Roster - 2008

2008 Alphabetical Roster

| No | Name | Class | Pos | Ht. | Wt. | Hometown | High School |
|----|-------------------|-------|-----|------|-----|----------------------|--------------------|
| 32 | Tripp Baldwin* | So. | D | 5-11 | 173 | Alexandria, Va. | Mount Vernon |
| 16 | Nick Cavallaro* | So. | M | 5-8 | 165 | Fairfax, Va. | Robinson |
| 9 | Patrick Cavanaugh | Fr. | M | 6-0 | 170 | Greensboro, N.C. | Western Guilford |
| 21 | Dom Coppola | Fr. | D | 6-1 | 205 | Springfield, Va. | West Springfield |
| 11 | Rob Duca* | Jr. | A | 6-2 | 198 | Westhampton, N.Y. | Westhampton Beach |
| 24 | Daniel Elbe* | So. | A | 5-11 | 196 | Springfield, Va. | R.E. Lee |
| 12 | Andrew Evans | Fr. | A | 6-1 | 143 | Rapidan, Va. | Culpeper |
| 1 | Ray Fitzgerald* | So. | A | 6-0 | 175 | Alexandria, Va. | T.C. Williams |
| 33 | Matt Gleisner | Fr. | A | 6-1 | 178 | Greensboro, N.C. | Ragsdale |
| 28 | Carter Hanson | Fr. | D | 6-0 | 184 | Charlottesville, Va. | Tandem Friends |
| 18 | Scott Holmes | Fr. | D | 6-0 | 197 | Springfield, Va. | West Springfield |
| 22 | Danny Huston* | So. | M | 6-0 | 195 | Alexandria, Va. | Mount Vernon |
| 13 | Jon Ims | Fr. | A | 5-9 | 168 | Ballston Spa, N.Y. | Saratoga Springs |
| 4 | Ryan Ingalls | Fr. | D | 5-6 | 150 | Fairfax, Va. | Fairfax |
| 8 | Jackson Kibler* | So. | M | 5-9 | 165 | Oakton, Va. | Oakton |
| 17 | Justin King | Fr. | M | 6-1 | 151 | Crofton, Md. | Spalding |
| 15 | Nick Lynch* | Jr. | D | 5-11 | 183 | Manassas, Va. | Osborn Park |
| 10 | Ryan Merrell* | Jr. | M | 5-10 | 186 | Burke, Va. | Lake Braddock |
| 6 | Matt Miller | Fr. | G | 6-0 | 178 | Oak Hill, Va. | Chantilly |
| 14 | Andy Mullinax* | So. | D | 6-0 | 215 | Clifton, Va. | Robinson |
| 20 | Jake O'Brien | Fr. | D | 5-11 | 201 | Clifton, Va. | Pope Paul VI |
| 7 | Chris Quigley* | So. | A | 5-6 | 154 | Ashburn, Va. | Stone Bridge |
| 31 | Ray Ralph* | So. | G | 5-8 | 145 | Midlothian, Va. | Manchester |
| 30 | Reed Ruddy | Fr. | M | 6-2 | 165 | Clifton, Va. | Robinson |
| 5 | Ryan Schray* | So. | M | 5-10 | 165 | Alexandria, Va. | Mount Vernon |
| 25 | David Smith | Fr. | D | 6-0 | 173 | Forest, Va. | Virginia Episcopal |
| 19 | Donny Stanford* | Sr. | D | 6-1 | 185 | Stafford, Va. | Brooke Point |
| 2 | Brendan Tully | Fr. | G | 5-11 | 143 | Catonsville, Md. | Cardinal Gibbons |

*previous CNU experience

Head Coaches: Chris Swanenburg

Assistant Coach: Todd Boward, Kevin Pall

2008 Numerical Roster

| No | Name | Class | Pos | Ht. | Wt. | Hometown | High School |
|----|-------------------|-------|-----|------|-----|----------------------|--------------------|
| 1 | Ray Fitzgerald* | So. | A | 6-0 | 175 | Alexandria, Va. | T.C. Williams |
| 2 | Brendan Tully | Fr. | G | 5-11 | 143 | Catonsville, Md. | Cardinal Gibbons |
| 4 | Ryan Ingalls | Fr. | D | 5-6 | 150 | Fairfax, Va. | Fairfax |
| 5 | Ryan Schray* | So. | M | 5-10 | 165 | Alexandria, Va. | Mount Vernon |
| 6 | Matt Miller | Fr. | G | 6-0 | 178 | Oak Hill, Va. | Chantilly |
| 7 | Chris Quigley* | So. | A | 5-6 | 154 | Ashburn, Va. | Stone Bridge |
| 8 | Jackson Kibler* | So. | M | 5-9 | 165 | Oakton, Va. | Oakton |
| 9 | Patrick Cavanaugh | Fr. | M | 6-0 | 170 | Greensboro, N.C. | Western Guilford |
| 10 | Ryan Merrell* | Jr. | M | 5-10 | 186 | Burke, Va. | Lake Braddock |
| 11 | Rob Duca* | Jr. | A | 6-2 | 198 | Westhampton, N.Y. | Westhampton Beach |
| 12 | Andrew Evans | Fr. | A | 6-1 | 143 | Rapidan, Va. | Culpeper |
| 13 | Jon Ims | Fr. | A | 5-9 | 168 | Ballston Spa, N.Y. | Saratoga Springs |
| 14 | Andy Mullinax* | So. | D | 6-0 | 215 | Clifton, Va. | Robinson |
| 15 | Nick Lynch* | Jr. | D | 5-11 | 183 | Manassas, Va. | Osborn Park |
| 16 | Nick Cavallaro* | So. | M | 5-8 | 165 | Fairfax, Va. | Robinson |
| 17 | Justin King | Fr. | M | 6-1 | 151 | Crofton, Md. | Spalding |
| 18 | Scott Holmes | Fr. | D | 6-0 | 197 | Springfield, Va. | West Springfield |
| 19 | Donny Stanford* | Sr. | D | 6-1 | 185 | Stafford, Va. | Brooke Point |
| 20 | Jake O'Brien | Fr. | D | 5-11 | 201 | Clifton, Va. | Pope Paul VI |
| 21 | Dom Coppola | Fr. | D | 6-1 | 205 | Springfield, Va. | West Springfield |
| 22 | Danny Huston* | So. | M | 6-0 | 195 | Alexandria, Va. | Mount Vernon |
| 24 | Daniel Elbe* | So. | A | 5-11 | 196 | Springfield, Va. | R.E. Lee |
| 25 | David Smith | Fr. | D | 6-0 | 173 | Forest, Va. | Virginia Episcopal |
| 28 | Carter Hanson | Fr. | D | 6-0 | 184 | Charlottesville, Va. | Tandem Friends |
| 30 | Reed Ruddy | Fr. | M | 6-2 | 165 | Clifton, Va. | Robinson |
| 31 | Ray Ralph* | So. | G | 5-8 | 145 | Midlothian, Va. | Manchester |
| 32 | Tripp Baldwin* | So. | D | 5-11 | 173 | Alexandria, Va. | Mount Vernon |
| 33 | Matt Gleisner | Fr. | A | 6-1 | 178 | Greensboro, N.C. | Ragsdale |

*previous CNU experience

Head Coach: Chris Swanenburg

Assistant Coaches: Todd Boward, Kevin Pall

Previewing the 2008 Season

There is a year of experience to draw from now. A year of being able to evaluate players in actual game situations and a year to truly see where Christopher Newport lacrosse fits into the Division III picture.

It gives CNU head coach Chris Swanenburg a new perspective.

"That year of experience is a big plus," he notes. "We're much tougher now, harder working and deeper. Our freshman class also reflects the fact that we had a true full year of recruiting with a fulltime assistant coach."

With that year's experience and added depth Swanenburg feels it will help his team win some of the games that got away late during a 4-9 inaugural season.

Goal

The incumbent, sophomore Ray Ralph, is back after a fine freshman year that saw him make 151 saves in his 13 games in goal.

But he will be pressured by freshman Matt Miller, an all-region player at Chantilly H.S., in Oak Hill, Va.

Defense

Two starters from 2007 return to bolster the defense. Sophomore Andy Mullinax and senior Donny Stanford both received important experience a year ago.

Working to join them is freshman Dom Coppola, of West Springfield H.S., in Springfield, Va. He was a two-time all-region selection.

Another freshman, Scott Holmes, high school teammate of Coppola's, who will add the cohesion of having played together previously.

Midfield

Defensively, the fight for the long stick midfield spot is a wide open battle.

Two veterans, sophomore Tripp Baldwin and junior Nick Lynch are back from last season and likely will be joined by freshman David Smith, of Virginia Episcopal and Forest, Va. He was a first team all-Virginia Independent Conference choice. Mullinax could well see action here as well.

Sophomore Ryan Schray and freshman Reed Ruddy, from Robinson H.S., and Clifton, Va., are the favorites to assume the role of short stick defensive midfielders.

Offensively in the midfield Swanenburg feels he may have enough depth to run a second mid line.

Sophomore Ryan Merrell returns after pacing CNU with 28 goals last season and earning second team all-Virginia Division II-III honors.

He'll head the first line and handle most face offs. He'll see lots of minutes.

In the mix for spots on the first line are a pair of fine freshmen, Patrick Cavanaugh and Justin King.

Cavanaugh, from Greensboro, N.C., and Western Guilford H.S., was an all-state selection twice, while King, of Crofton, Md., and Spalding H.S., was an all-Maryland Interscholastic Athletic Association A-

Conference choice.

On the second midline could well be three veterans. Sophomore Nick Cavallaro scored six goals a year ago, sophomore Jackson Kibler started seven of the 12 games in which he played and sophomore Ray Fitzgerald gained valuable experience in his rookie year.

Attack

Sophomore Chris Quigley scored 11 goals and added three assists last year and will headline the attack where Swanenburg sees lots of competition for playing time.

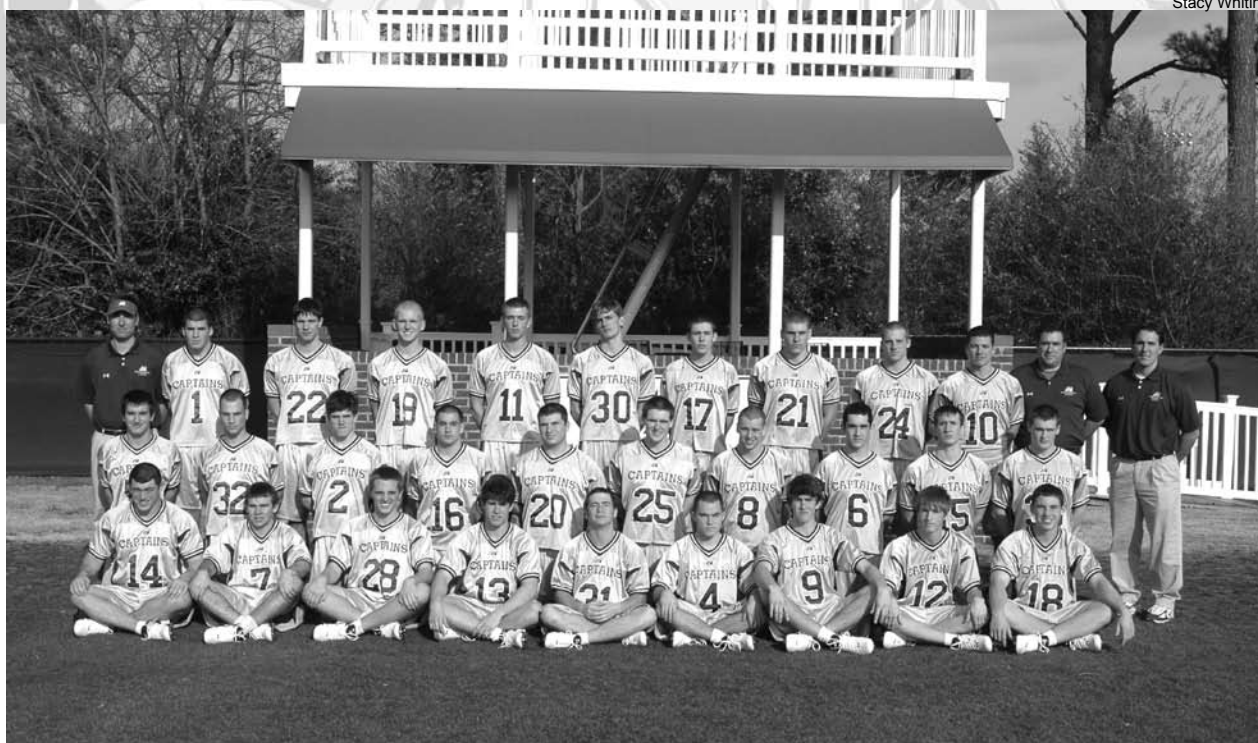
Freshman Jon Ims, of Ballston Spa, N.Y., and Saratoga Springs H.S., is very likely to be an important factor, while the third spot will be a competition between freshmen Andrew Evans and Matt Gleisner as well as junior Rob Duca.

Evans, of Rapidan, Va., is a former all-Cedar Run District choice at Culpeper H.S., while Gleisner was named the best offensive player for three years at Ragsdale H.S., in Greensboro, N.C.

Duca also will benefit from his year's experience with the Captains last year.

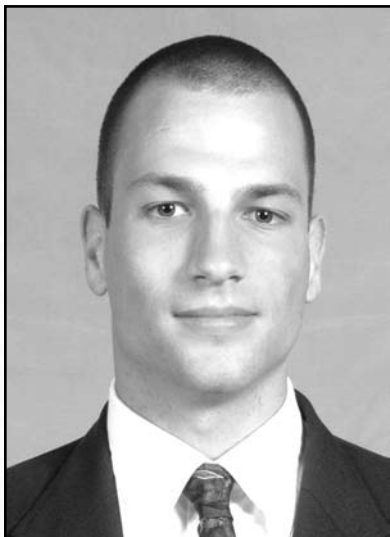
The Captains will be able to play nine of their 15 games at home, including a date with nationally-ranked Hampden-Sydney on March 5. They will also face four teams in which they will be the more experienced club when they play Adrian Feb. 27, Tri-State March 8, Hendrix March 12 and Swanee April 5.

Stacy Whiting



The 2008 Christopher Newport Captains

Meet the Captains



32 Tripp Baldwin

Sophomore - D - 5-11 - 173 - Alexandria, Va. - Mount Vernon H.S.

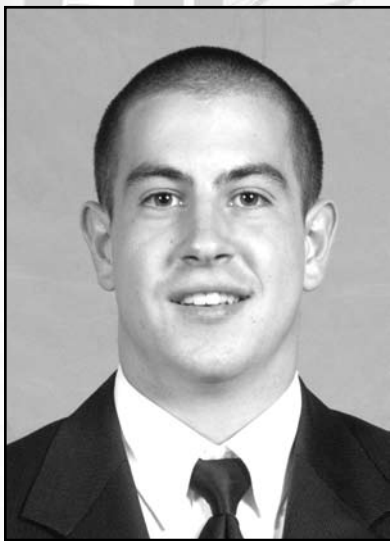
2007 - Freshman Season - Played in six games in CNU's inaugural season.

AT MOUNT VERNON - Played two years of lacrosse for coach Dale Nalls...Also played football and was on the crew...An A/B Honor Roll student

PERSONAL - George Delaware (Tripp) Baldwin was born April 6, 1987 in Alexandria, Va...He's a Business major and the son of Betsy and Del Baldwin.

The Numbers on Tripp Baldwin

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|-------|------|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 6-0 | 0 | 0 | 0 | 0 | .0000 | .000 | 0 | 0 | 0 | 0 | 12 | 0 | 0 | 0-0 | .000 | 0-0 |



16 Nick Cavallaro

Sophomore - M - 5-8 - 165 - Fairfax, Va. - Robinson H.S.

2007 - Freshman Season - A key player in the midfield during CNU's first season of men's lacrosse...He had two goals against Randolph-Macon and one each versus Hampden-Sydney, Catholic, Guilford and Virginia Wesleyan...Also had three assists in the Greensboro game...Collected five ground balls against Medaille and four in a contest with Catholic.

AT ROBINSON - Chosen as a first team all-Concorde District player as a senior and second team in his junior year playing for coach Justin Fitzgerald...

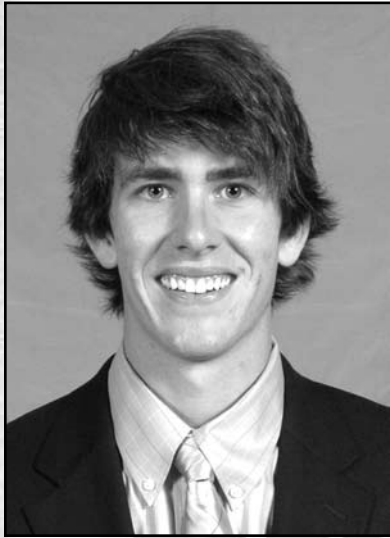
He was also a second team all-region choice as a senior...The team won a state championship and three district titles during his career...Played in the Virginia High School Coaches Association all-star game.

PERSONAL - Nicholas Kevin Cavallaro was born Feb. 27, 1988 in Fairfax, Va...He has chosen Communications as his major...He is the son of K.C. and Angie Cavallaro...Has a brother Carlo, 15 and a sister Marcella, 22.

The Numbers on Nick Cavallaro

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 13-10 | 6 | 8 | 14 | 31 | .194 | 23 | .742 | 0 | 0 | 0 | 21 | 11 | 0 | 0-1 | .000 | 8-7.0 |

Meet the Captains

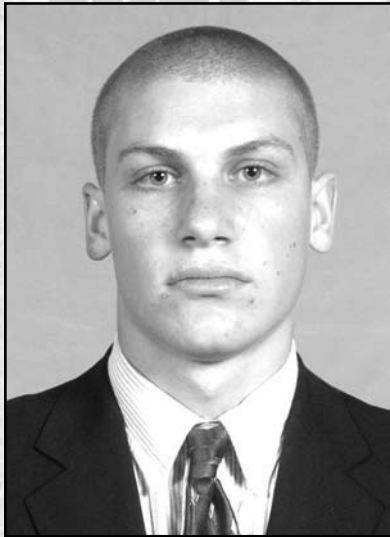


9 Patrick Cavanaugh

Freshman - M - 6-0 - 170 - Greensboro, N.C. - Western Guilford H.S.

AT WESTERN GUILFORD - A first team all-state choice as a senior and second team in his junior year playing for coach Dirk Lambertson...He was offensive MVP of the title game as a senior after scoring four goals...Also first team all-Guilford County...Scored 47 goals as a senior with 24 assists and 202 ground balls...Had a career total of 122 points and 419 ground balls...A member of the National Art Honor Society, Younglife and FCA.

PERSONAL - Patrick Daniel Cavanaugh was born March 23, 1989 in Greensboro, N.C...He is majoring in Political Science and is the son of Terry and Maureen Cavanaugh...Has a sister Maggie, 17.



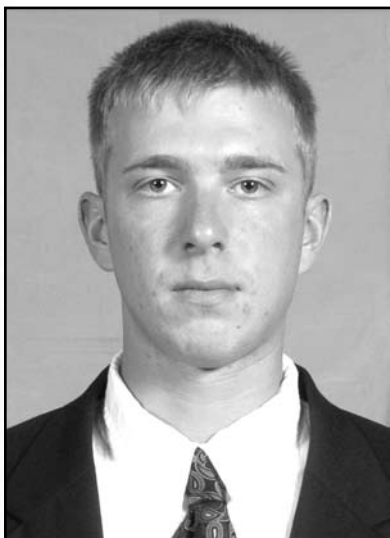
21 Dom Coppola

Freshman - D - 6-1 - 205 - Springfield, Va. - West Springfield H.S.

AT WEST SPRINGFIELD - Twice first team all-Patriot District and twice second team all-region...Played for coach Chris Brengel...Made the Fabulous 40 all-star team at the Top Star Lacrosse Camp as well as the all-star team at the Peak 200 Lacrosse Camp.

PERSONAL - Dominic C. Coppola was born Nov. 18, 1988 in Stamford, Conn...The son of Alfred and Laura Coppola is majoring in Business Finance...He has a brother Vince, 19.

Meet the Captains



11 Rob Duca

Junior - A - 6-2 - 198 - Westhampton, N.Y. - Westhampton Beach H.S.

2007 - Sophomore Season - Saw action in six contests and scored a goal against Virginia Wesleyan...Took four shots in the Medaille game, three of them on goal...Had two ground balls each versus Hood, Medaille, Mary Washington and Virginia Wesleyan.

AT SUFFOLK C.C. - Named the team's Most Improved Player.

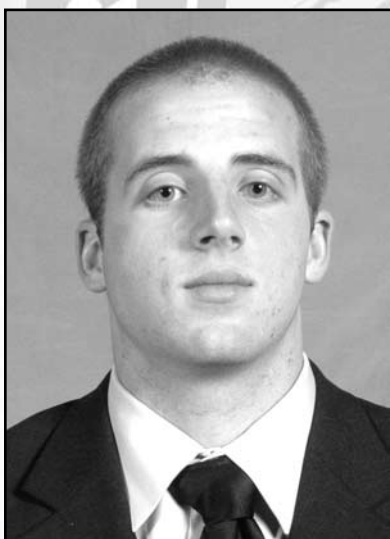
AT WESTHAMPTON BEACH - Named all-county and all-Division 2 in his senior year as well as being coach James Duca's team MVP and co-captain... Chosen as the team's "Unsung Hero" as a junior...

Set a school record for most points as a senior with 51 and scored 47 career goals...Also played football...A member of the Principal's Honor Roll, as well as Friends for Friends and the chorus...Was a volunteer religion teacher.

PERSONAL - Robert James Duca was born May 10, 1986 in St. James, N.Y...He's majoring in History and is the son of James and Kathleen Duca...His father was his lacrosse coach...Has a brother Ryan, 16 and a sister Kristen, 18 who plays basketball and lacrosse at CNU...Previous attended Suffolk (N.Y.) Community College.

The Numbers on Rob Duca

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 6-0 | 1 | 0 | 1 | 6 | .167 | 4 | .667 | 0 | 0 | 0 | 10 | 0 | 0 | 0-0 | .000 | 0-0 |



24 Daniel Elbe

Sophomore - A - 5-11 - 196 - Springfield, Va. - R.E. Lee H.S.

2007 - Freshman Season - Got to play in the Hood and Eastern games...Had a ground ball versus Eastern.

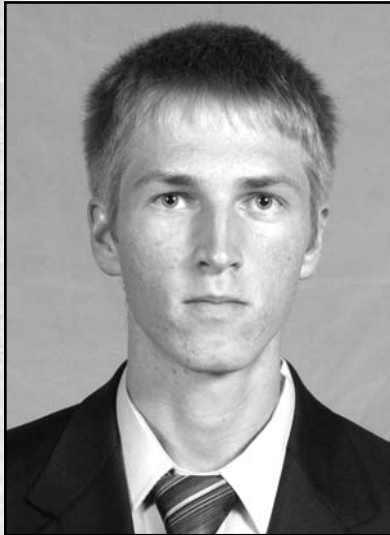
AT R.E. LEE - Chosen honorable mention all-Patriot District in his senior year...Played for coach Grif Barhite...Also played football and wrestled.

PERSONAL - Daniel James Elbe was born Nov. 17, 1987 in Klamath Falls, Ore...The son of Diane and Jim Elbe is majoring in Business...Has a brother Jacob, 22.

The Numbers on Daniel Elbe

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 2-0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 1 | 1 | 0 | 0-0 | .000 | 0-0 |

Meet the Captains

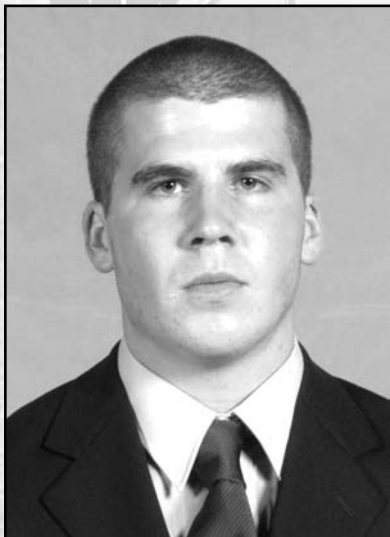


12 Andrew Evans

Freshman - A - 6-1 - 143 - Rapidan, Va. - Culpeper H.S.

AT Culpeper - First team all-Cedar Run District playing for a team that reached the state quarter-finals in his senior year...He was the team's Most Valuable Offensive Player...As a junior he was second team all-district as coach Scott Found's team also reached the state quarter-finals...On the A-B Honor Roll all four years...A member of the National Honor Society and Ski Club.

PERSONAL - Andrew James Evans was born Nov. 1, 1988 in Culpeper, Va...He is majoring in Computer Science...He is the son of Scott and Joan Evans and has two sisters, Rachel, 28 and Sarah, 24.



1 Ray Fitzgerald

Sophomore - A - 6-0 - 175 - Alexandria, Va. - T.C. Williams H.S.

2007 - Freshman Season - In six games he had four shots, one each against Hood, Randolph-Macon, Guilford and Virginia Wesleyan...Had a ground ball in the Virginia Wesleyan contest.

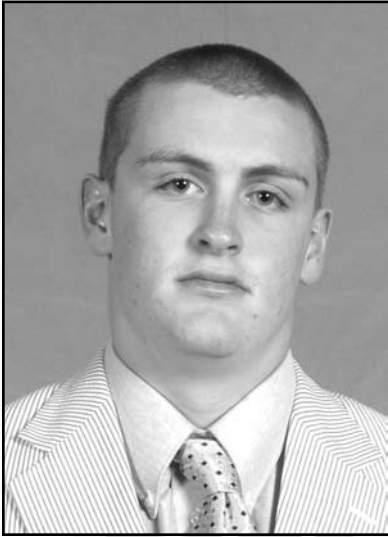
AT T.C. WILLIAMS - Chosen second team all-Patriot District one year and honorable mention another... Coach Charlie Juris' team won the district title in Fitzgerald's senior year, when he was MVP and captain...Also played football where he was honorable mention all-district and team captain...Named the Alexandria Gazette Male Athlete of the Year...An Honor Roll student in his junior and senior years.

PERSONAL - Raphael V. Fitzgerald was born July 9, 1988 in Alexandria, Va...The son of Ray and Lillian Fitzgerald is majoring in Business Marketing...Has a brother Gabe, 17 and a sister Katie, 21.

The Numbers on Ray Fitzgerald

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 6-0 | 0 | 0 | 0 | 4 | .000 | 2 | .500 | 0 | 0 | 0 | 1 | 0 | 0 | 0-0 | .000 | 0-0 |

Meet the Captains



33 Matt Gleisner

Freshman - A - 6-1 - 178 - Greensboro, N.C. - Ragsdale H.S.

AT RAGSDALE - Won the Best Offensive Player award in each of his last three years...Played on the silver medal team at the North Carolina State Games in 2007...Leading scorer and points leader for three seasons...Had 48 goals, 10 assists and 133 ground balls as a junior and 35 goals, 17 assists and 117 ground balls in his senior year...Graduated with honors and a member of the A and A-B Honor Roll...Also a member of FBLA...Some details covered by note.

PERSONAL - Matthew David Gleisner was born June 24, 1989 in Pittsburgh, Pa...The son of Larry and Patty Gleisner is majoring in Business Finance...He has a sister Cari, 20, who is on the cheerleading team at the University of North Carolina.



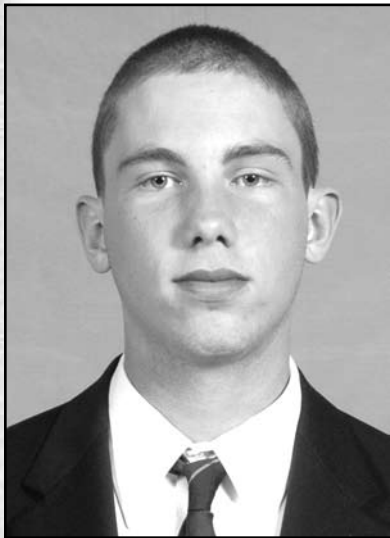
28 Carter Hanson

Freshman - D - 6-0 - 184 - Charlottesville, Va. - Tandem Friends School

AT TANDEM FRIENDS - Set a school record with 99 ground balls in a season...Played for coach Scotty Winterton...Also played soccer and volunteered with Habitat for Humanity.

PERSONAL - Carter Alexander Hanson was born Feb. 4, 1989 in Salem, Va...The son of Craig and Liz Hanson has not yet chosen his major...He has a brother Clayton, 12 and a sister Caroline, 15.

Meet the Captains

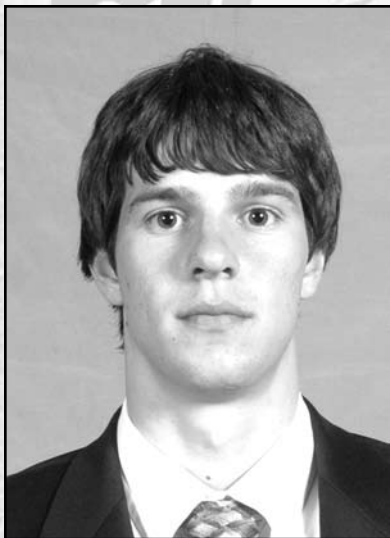


18 Scott Holmes

Freshman - D - 6-0 - 197 - Springfield, Va. - West Springfield H.S.

AT WEST SPRINGFIELD - A first team all-Patriot District selection as a junior and senior and playing for coach Chris Bringel...He was the team's captain both years...A member of DECA.

PERSONAL - Scott Wyatt Holmes was born Sept. 25, 1988 in Guam...The son of Larry and Noreen Holmes is a Business Marketing major and has a brother Jeff, 24.



22 Danny Huston

Sophomore - M - 6-0 - 195 - Alexandria, Va. - Mount Vernon H.S.

2007 - Freshman Season - Participated in five games in his rookie year, but had no stats.

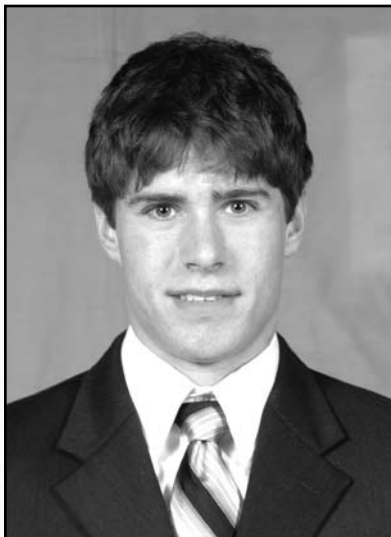
AT MOUNT VERNON - Played two years of lacrosse for coach Dale Nalls...Also played football and was a member of the crew...A member of the National Honor Society and an Honor Roll student...On the Math team.

PERSONAL - Daniel James Huston was born Nov. 20, 1987 in Alexandria, Va...He is a Physics major... He is the son of James and Andrea Huston and has a brother Phillip, 18 and a sister Jennifer, 11.

The Numbers on Danny Huston

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 5-0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 0 | 0 | 0 | 0-0 | .000 | 0-0 |

Meet the Captains



13 Jon Ims

Freshman - A - 5-9 - 168 - Ballston Spa, N.Y. - Saratoga Springs H.S.

AT SARATOGA SPRINGS - Earned honorable mention Suburban Council Section 2 in his senior year when he scored 35 goals despite missing three weeks. Also had 31 goals as a junior...Named to the Saratogian Deam Team for two years and won the Most Impact Player Award as a junior...Earned the New York State Academic Athlete Award that year as well...Also a fine hockey player...A member of the National Honor Society and High Honor Roll.

PERSONAL - Jonathan Ralph Ims was born May 3, 1989 in Saratoga Springs, N.Y...He's a Biology/Pre-Health major and is the son of Daniel and Mary Ims... Has a brother Michael, 20 and a sister Kimberly, 13.



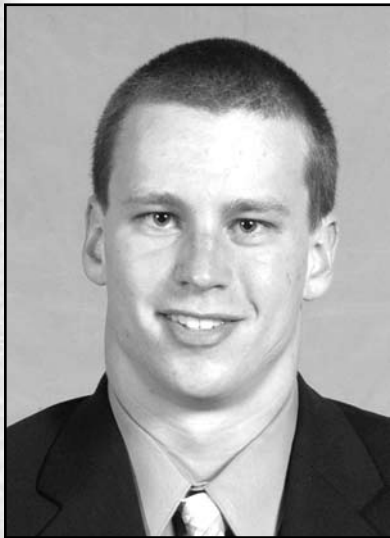
4 Ryan Ingalls

Freshman - D - 5-6 - 150 - Fairfax, Va. - Fairfax H.S.

AT FAIRFAX - An honorable mention all-Concorde District selection as a senior playing for coach Marty Joyner...He was team captain that year and won the Coach's Award...Played on Team Advantage in the summer of 2006.

PERSONAL - Ryan Jeffrey Ingalls was born April 3, 1989 in Las Vegas, Nev...The son of Jeff and Kelly Ingalls is majoring in Marketing...He has a brother Drew, 20.

Meet the Captains



8 Jackson Kibler

Sophomore - M - 5-9 - 165 - Oakton, Va. - Oakton H.S.

2007 - Freshman Season - Made seven starts among the 12 games in which he played...Had an assist against Medaille...Among his 25 ground balls were seven against Hood and four each versus Marymount and Medaille.

AT OAKTON - Second team all-Concorde District... Had 22 goals and 30 assists during his career for coach Tony Gray...Also a second team all-district football player and first team all-district and Northern Region in track...Won eight scholar-athlete awards and

was the 2005-06 Scholar-Athlete of the Year...Named to the 2006 Academic All-Region Boys Lacrosse Team which required a 3.6 GPA and participation in at least three quarters of his team's games...Helped coach youth track.

PERSONAL - Jackson Ross Kibler was born Aug. 10, 1987 in Fairfax, Va...He's majoring in Business Finance and is the son of Andy and Susan Kibler... Has two sisters, Leanne McSween, 23 and Glenna Kibler, 22.

The Numbers on Jackson Kibler

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 12-7 | 0 | 1 | 1 | 2 | .000 | 0 | .000 | 0 | 0 | 0 | 25 | 2 | 1 | 0-0 | .000 | 0-0 |



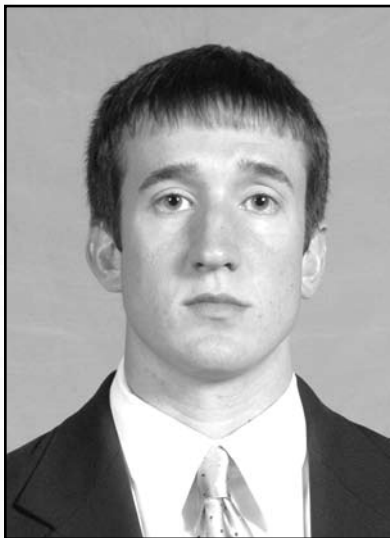
17 Justin King

Freshman - M - 6-1 - 151 - Crofton, Md. - Spalding H.S.

AT SPALDING - Named all-Maryland Interscholastic Athletic Association A-Conference...Earned second team all-Anne Arundel County honors and was team captain for coach Has Franklin...Scored 70 goals and had 35 assists...A three-year starter...Also played soccer and participated in indoor track...A member of FCA.

PERSONAL - Justin Edward King was born May 12, 1989 in Crofton, Md...He's a Business major and the son of Don and Kate King...Has two brothers, Matt, 16 and Peter, 9.

Meet the Captains



15 Nick Lynch

Junior - D - 5-11 - 183 - Manassas, Va. - Osbourn Park H.S.

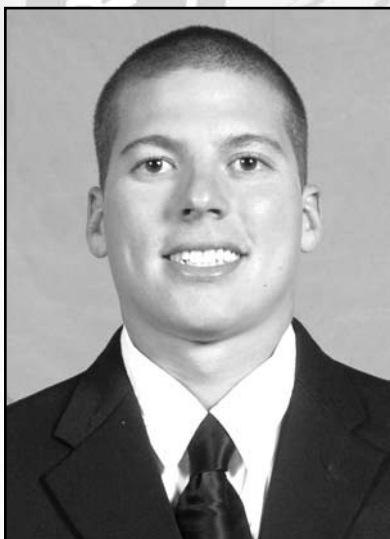
2007 - Freshman Season - A consistent contributor on defense in his rookie season...Had a goal against Mary Washington...Also added four ground balls versus Guilford and three in the Captains' first game ever, against Marymount.

AT OSBOURN PARK - Earned first team all-region honors as a senior, as well as first team all-Cedar Run District...Also second team all-district as a junior...A Washington Post first team all-star and played in the Capital 7 All-Star game...Played for coach Rodney Cornell.

PERSONAL - Nicholas Alexander Lynch was born July 6, 1987 in Alexandria, Va...He's a Journalism major and is the son of John and Elizabeth Lynch...Has a brother Ryan, 16 and a sister Annie, 16. Previously attended George Mason University.

The Numbers on Nick Lynch

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|-------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 12-1 | 1 | 0 | 1 | 4 | .250 | 4 | 1.000 | 0 | 1 | 0 | 19 | 3 | 7 | 0-0 | .000 | 3-3.0 |



10 Ryan Merrell

Junior - M - 5-10 - 186 - Burke, Va. - Lake Braddock H.S.

2007 - Sophomore Season - The leading scorer on CNU's first-ever men's lacrosse team with 28 goals and five assists...Scored what proved to be the winning goal with 4:42 remaining as the Captains defeated Marymount, 9-8, in the first game in school history...At the end of the year he received the first post-season honor ever for a CNU men's lacrosse player when he was named second team all-Virginia Division II-III...Had a season-high five goals against Greensboro and added four versus Fontbonne and three each in games with Marymount, Medaille and Guilford...Three of his goals, against Marymount, Fontbonne and Medaille, were game-winners...Also led the team in ground balls with 70 including nine in the Randolph-Macon game and seven in four other contests...Won 25 of 66 face-offs, with six of 12

against nationally-ranked Hampden-Sydney.

AT VIRGINIA WESLEYAN - Played in five games in his first season in college, but did not score.

AT LAKE BRADDOCK - Named first team all-Patriot District and second team all-region in his senior year...A member of the Athletic Honor Roll as a junior and senior...Scored 28 goals and had 26 assists as a senior...Played for coaches Steve Price and Phil Polizotti...Also played football and basketball, wrestled and participated in track.

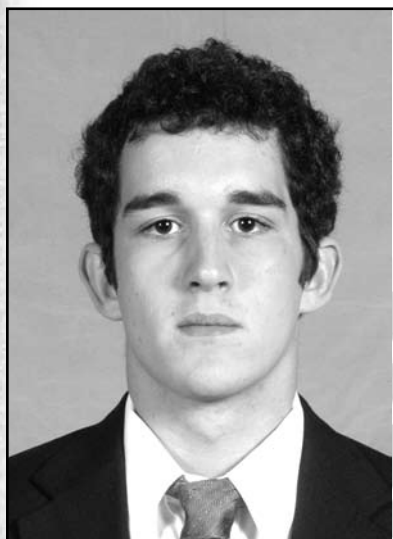
PERSONAL - Ryan C. Merrell was born Oct. 28, 1986 in Burke, Va...The Communications Studies major is the son of Blair Dolinger and has three brothers, Kyle, 16, Chaz, 7 and Ryan, 15 and a sister Kelsey, 14.

The Numbers on Ryan Merrell

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|-------|-------|----|---|-----|----|------|-----|------|----|----|----|----|-----|----|-------|------|---------|
| 2006* | 5-0 | 0 | 0 | 0 | 1 | .000 | 0 | .000 | 0 | 0 | 0 | 2 | 2 | 0 | 0-2 | .000 | 0-0 |
| 2007 | 13-13 | 28 | 5 | 33 | 96 | .292 | 63 | .656 | 3 | 4 | 0 | 70 | 9 | 5 | 25-66 | .379 | 3-2.5 |

*at Virginia Wesleyan

Meet the Captains

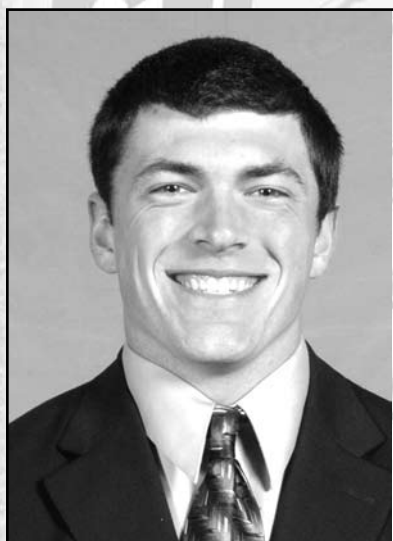


6 Matt Miller

Freshman - G - 6-0 - 178 - Oak Hill, Va. - Chantilly H.S.

AT CHANTILLY - Honorable mention all-region for coach Kevin Broderick...Named first team all-Concorde District as a senior and second team the previous two years...Participated in school theater.

PERSONAL - George Matthew Miller was born April 16, 1989 in Pittsburgh, Pa...The son of George and Katherine Miller is majoring in History and has a sister Katie, 21, who is a student at William & Mary.



14 Andy Mullinax

Sophomore - D - 6-0 - 215 - Clifton, Va. - Robinson H.S.

2007 - Freshman Season - A fine rookie season on defense in CNU's first year of men's lacrosse...Second on the team in ground balls with 58 including nine against Guilford and eight in the Fontbonne game... Scored goals in the Marymount and Medaille contests and added an assist versus St. Mary's.

AT ROBINSON - Twice a second team all-region selection...First team all-Concorde District as a senior and first team all-Patriot District in his junior year as well as second team as a sophomore...Won the Coaches Award as a senior and played in the Northern Region all-star game...He was also coach Jon Warner's team captain and defensive MVP as a

junior...His team won the state championship as a senior and was district champs all four years...Also an outstanding football player earning second team all-state honors as well as first team all-region and all-Concorde District...Played in the Northern Region all-star game as a senior and his team was district champion every year and regional champion once.

PERSONAL - Andrew Lee Mullinax was born April 9, 1988 in Clifton, Va...He is majoring in Business... He's the son of Gary and Katy Mullinax and has two brothers, Justin, 25 and Mitchell, 15 and a sister Ashley, 21.

The Numbers on Andy Mullinax

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|-------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 13-13 | 2 | 1 | 3 | 3 | .667 | 3 | 1.000 | 0 | 0 | 1 | 58 | 6 | 4 | 0-2 | .000 | 11-9.0 |

Meet the Captains

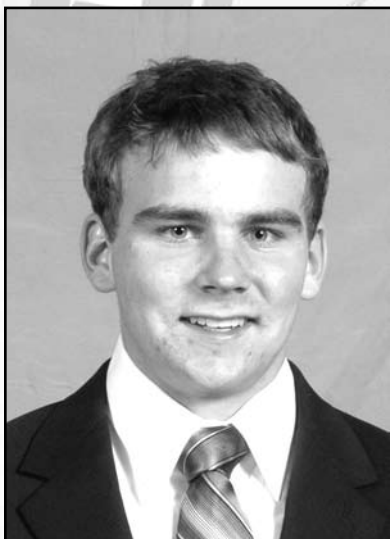


20 Jake O'Brien

Freshman - D - 5-11 - 201 - Clifton, Va. - Pope Paul VI H.S.

AT POPE PAUL VI - An honorable mention Washington Catholic Athletic Conference choice for coach Vic Goeller...Was the team's MVP as a junior

PERSONAL - James Kenneth O'Brien was born Dec. 9, 1988 in Fairfax, Va...He's a Finance major and the son of Jay and Sevea O'Brien...Has three brothers, Benen, 16; Sean, 13 and Kiernan, 11, and a sister Kerry, 19.



7 Chris Quigley

Sophomore - A - 5-6 - 154 - Ashburn, Va. - Stone Bridge H.S.

2007 - Freshman Season - Scored the first goal in CNU history on an unassisted tally just 44 seconds into the Captains' 9-8 win over Marymount...Had two goals that day and then three in the next game, a 15-3 win over Hood...Also had two against Greensboro... Put 21 of his 29 shots on goal, a .724 percentage, second best on the squad...Had 28 ground balls including eight versus Greensboro and five in the Marymount game.

AT STONE BRIDGE - Earned second team all-Dulles District honors as a senior playing for coach Worstell...Also chosen all-Loudoun Extra...Also played ice hockey...Won an Academic Letter.

PERSONAL - Chris Thomas Quigley was born Oct. 26, 1987 in Santa Cruz, Calif...The son of Nancy Shuttleworth and Chris Quigley is majoring in Business...Has two sisters, Theresa, 21 and Katie, 17.

The Numbers on Chris Quigley

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|----|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 13-12 | 11 | 3 | 14 | 29 | .379 | 21 | .724 | 0 | 0 | 0 | 28 | 9 | 3 | 0-0 | .000 | 5-3.5 |

Meet the Captains



31 Ray Ralph

Sophomore - G - 5-8 - 145 - Midlothian, Va. - Manchester H.S.

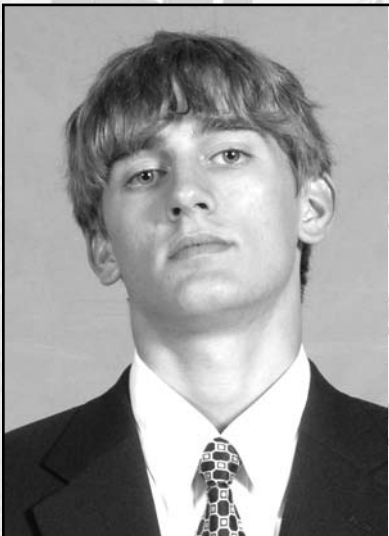
2007 - Freshman Season - The regular goalie in CNU's first-ever season of men's lacrosse...Had a season-high 17 saves against Virginia Wesleyan and Marymount as well as 16 versus Guilford and 15 each in games with Mary Washington and Catholic...Did not allow a goal in 45 minutes against Hood with 14 saves...Had 37 ground balls, with a high of seven in the Marymount game.

AT MANCHESTER - Manchester did not have lacrosse...Played three years for the Richmond Shock club team for coach Larry Cortes.

PERSONAL - Raymond James Ralph was born March 5, 1988 in Oceanside, N.Y...The son of Paul and Peggy Ralph is a History and Education major... He has two sisters, Kandice, 23 and Tricia, 17.

The Numbers on Ray Ralph

| Year | GP-GS | MINUTES | GA | GaAVE | SAVES | SAVEPct. | W | L | T | Shots faced |
|------|-------|---------|-----|-------|-------|----------|---|---|---|-------------|
| 2007 | 13-13 | 709:20 | 145 | 12.27 | 151 | .510 | 4 | 9 | 0 | 439 |



30 Reed Ruddy

Freshman - M - 6-2 - 165 - Clifton, Va. - Robinson H.S.

AT ROBINSON - Scored six goals and had six assists as a junior with two goals and 12 assists in his senior season playing for coach Justin Fitzgerald...His team won the 2006 and 2007 state championships... Also played basketball and baseball...A member of the Honor Roll and Boy's State, as well as an Eagle Scout.

PERSONAL - George Reed Ruddy was born Sept. 14, 1988 in Arlington, Va...The son of Richard and Jeanne Ruddy is a Computer Science major...Has three brothers, Jack, 20; Connor, 15 and Keegan, 12.



5 Ryan Schray

Sophomore - M - 5-10 - 165 - Alexandria, Va. - Mount Vernon H.S.

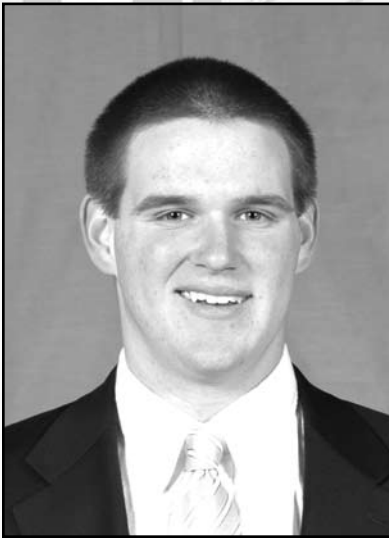
2007 - Freshman Season - Saw action in eight games...Had seven ground balls with two against Virginia Wesleyan and one each versus Hood, Mary Washington, Catholic, Greensboro and Guilford...Won 22 of 49 face-offs, including seven of 22 in the Virginia Wesleyan game.

AT MOUNT VERNON - Won second team all-National District honors as a senior...Played for coach Dale Nalls...Also played football.

PERSONAL - Ryan Paul Schray was born April 5, 1988 in Oregon City, Ore...He is the son of Paul and Vickie Schray and is a Computer Applied Physics major...Has three sisters; Nicole, 21, Megan, 15 and Allie, 13.

The Numbers on Ryan Schray

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-------|------|---------|
| 2007 | 8-0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 7 | 2 | 0 | 22-49 | .449 | 0-0 |

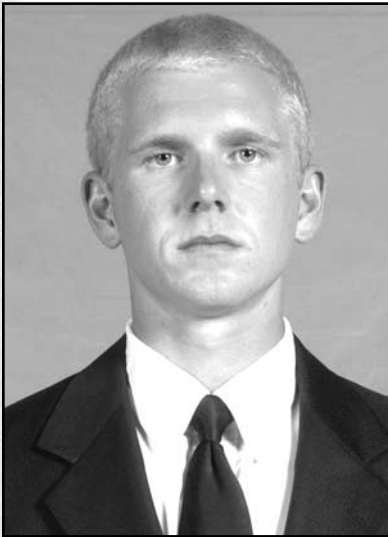


25 David Smith

Freshman - D - 6-0 - 173 - Forest, Va. - Virginia Episcopal H.S.

AT VIRGINIA EPISCOPAL - First team all-Virginia Independent Conference as a junior for coach Brian Hemming...Won the Coach's Award that year and was team captain for three years...Also played football and participated in indoor track...An Honor Roll student and an Eagle Scout and member of a church youth group.

PERSONAL - David M. Smith was born Jan. 6, 1989 in Lynchburg, Va...He is the son of Fred and Judy Smith and is a Biology major...Has a brother Brian, 26 and a sister Karen, 26.



19 Donny Stanford

Senior - D - 6-1 - 185 - Stafford, Va. - Brooke Point H.S.

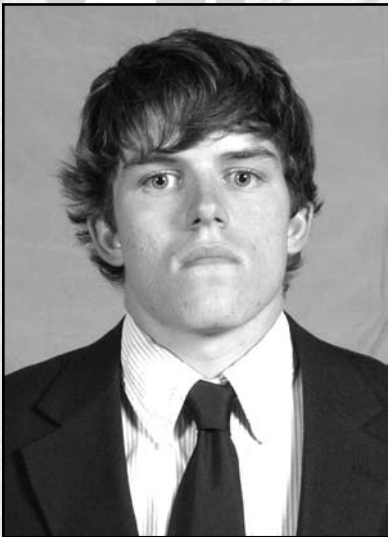
2007 - Freshman Season - One of the key defenders for the Captains in CNU's inaugural year of men's lacrosse...Collected 16 ground balls with a high of four against Randolph-Macon.

AT BROOKE POINT - Second team all-district in his senior year for coach Ron Jones...Was also a member of the swimming team...A member of the Marching band and church youth group.

PERSONAL - Donald J. Stanford was born Nov. 11, 1985 in Pensacola, Fla...He's majoring in History and is the son of Jim and Dina Stanford...Has a brother Kristopher, 18 and a sister Kristin, 22...Previously attended SUNY Oswego and Northern Virginia C.C.

The Numbers on Donny Stanford

| Year | GP-GS | G | A | PTS | SH | SH% | SOG | SOG% | GW | UP | DN | GB | T/O | CT | W-L | PCT. | PEN-MIN |
|------|-------|---|---|-----|----|------|-----|------|----|----|----|----|-----|----|-----|------|---------|
| 2007 | 13-8 | 0 | 0 | 0 | 2 | .000 | 0 | .000 | 0 | 0 | 0 | 16 | 2 | 2 | 0-0 | .000 | 4-3.5 |



2 Brendan Tully

Freshman - G - 5-11 - 143 - Catonsville, Md. - Cardinal Gibbons H.S.

AT CARDINAL GIBBONS - Twice a Maryland Interscholastic Athletic Association choice on coach James Carver's team...He was the team MVP as a sophomore and was listed among the Baltimore Sun's Players to Watch in his senior year...Won the Letterman's Award...A member of the National Honor Society and won a Journalism Award...Also a member of the Drama Club and Pro-Life Club.

PERSONAL - Brendan James Tully was born Dec. 13, 1989 in Towson, Md...His major is undeclared...He is the son of Jim and Rhonda Tully and has three brothers, Michael, 24; John, 16 and Brian, 11, as well as a sister Rhiana, 23.

CNU's Opponents

ADRIAN

Wed., February 27, 3:00, Captains Field
Location - Adrian, Mich.
Enrollment - 1,100
Colors - Black & Gold
Nickname - Bulldogs
Conference - Michigan Intercollegiate A.C.
President - Jeff Docking
Athletic Director - Mike Duffy
2007 Record - First year
Head Coach - Chris Delfausse
SID - Ryan Thompson
SID Phone - 517-265-5161
E-mail - rthompson@adrian.edu
Web Site Address - adrianbulldogs.cstv.com

GREENSBORO

Sat., April 12, 1:00, Greensboro, N.C.
Location - Greensboro, N.C.
Enrollment - 1,300
Colors - Green, White & Silver
Nickname - Pride
Conference - Independent (USA South)
President - Dr. Craven E. Williams
Athletic Director - Kim Strable
2007 Record - 5-9
Head Coach - Dan Cetrone
SID - Bob Lowe
SID Phone - 336-272-7102 Ext. 279
E-mail - blowe@gborocollege.edu
Web Site Address - www.gborocollege.edu

HENDRIX

Wed. March 12, 3:00, Captains Field
Location - Conway, Ark.
Enrollment - 1,100
Colors - Black & Orange
Nickname - Warriors
Conference - Southern Collegiate A.C.
President - J. Timothy Cloyd
Athletic Director - Danny Powell
2007 Record - First year
Head Coach - Jeremy Lichtig
SID - Parker Griffith
SID Phone - 501-450-1426
E-mail - griffith@hendrix.edu
Web Site Address - hendrixwarriors.com

CATHOLIC

Wed., March 26, 4:00, Captains Field
Location - Washington, D.C.
Enrollment - 2,400
Colors - Cardinal Red & Black
Nickname - Cardinals
Conference - Capital A.C.
President - Very Rev. David M. O'Connell
Athletic Director - Michael Allen
2007 Record - 5-10
Head Coach - Brooks Singer
SID - Barbara Jonas
SID Phone - 202-319-5610
E-mail - jonasb@cua.edu
Web Site Address - cuacardinals.com

GUILFORD

Sun., March 2, 1:00, Greensboro, N.C.
Location - Greensboro, N.C.
Enrollment - 2,687
Colors - Crimson & Gray
Nickname - Quakers
Conference - Old Dominion AC
President - Kent Chabotar
Interim Athletic Director - Tom Palombo
2007 Record - 3-10
Head Coach - Andrew Rowe
SID - Dave Walters
SID Phone - 336-316-2107
E-mail - dwalters@guilford.edu
Web Site Address - www.guilford.edu/athletics

HOOD

Wed. April 2, 3:30, Frederick, Md.
Location - Frederick, Md.
Enrollment - 2,248
Colors - Blue & Gray
Nickname - Blazers
Conference - Capital A.C.
President - Dr. Ronald J. Volpe
Athletic Director - Gib Romaine
2007 Record - 0-15
Head Coach - Eric Dummann
SID - Adrienne Gonzalez
SID Phone - 301-696-3978
E-mail - gonzalez@hood.edu
Web Site Address - www.hood.edu/athletics

EASTERN

Sat., March 15, 1:00, Captains Field
Location - St. David's, Pa.
Enrollment - 1,800
Colors - Maroon & White
Nickname - Eagles
Conference - Pennsylvania A.C.
President - David Black
Athletic Director - Mark Wagner
2007 Record - 7-10
Head Coach - John Levis
SID - Dan Mouw
SID Phone - 610-225-5677
E-mail - dmouw@eastern.edu
Web Site Address - goeasterneagles.com

HAMPDEN-SYDNEY

Wed., March 5, 3:00, Captains Field
Location - Hampden-Sydney, Va.
Enrollment - 1,040
Colors - Garnet & Gray
Nickname - Tigers
Conference - Old Dominion AC
President - Dr. Walter M. Bortz
Athletic Director - Joe Bush
2007 Record - 12-3
Head Coach - Ray Rostan
SID - Bryan Hicks
SID Phone - 434-223-6156
E-mail - bhicks@hsc.edu
Web Site Address - www.hsc.edu/athletics

MARYMOUNT

Sat. February 23, 1:00, Arlington, Va.
Location - Arlington, Va.
Enrollment - 4,100
Colors - Royal Blue & White
Nickname - Saints
Conference - Capital A.C.
President - Dr. James Bundschuh
Athletic Director - Bill Finney
2007 Record - 5-11
Head Coach - Jon Reynolds
SID - Judy Finney
SID Phone - 703-284-3838
E-mail - judy.finney@marymount.edu
Web Site Address - www.marymount.edu



Nick Lynch (15)

CNU's Opponents

MARY WASHINGTON

Sat. March 29, 1:00, Fredericksburg, Va.

Location - Fredericksburg, Va.
Enrollment - 4,000
Colors - Navy Blue, Gray & White
Nickname - Eagles
Conference - Capital A.C.
Acting President - Richard Hurley
Athletic Director - Edward Hegmann
2007 Record - 4-9
Head Coach - Kurt Glaeser
SID - Clint Often
SID Phone - 540-654-1743
E-mail - coffen@umw.edu
Web Site Address - athletics.umw.edu

SEWANEE

Sat. April 5, 1:00, Captains Field

Location - Sewanee, Tenn.
Enrollment - 1,385
Colors - Purple, Gold & White
Nickname - Tigers
Conference - Southern Collegiate A.C.
President - Joel Cunningham
Athletic Director - Mark Webb
2007 Record - First year
Head Coach - Marty Watters
SID - Pratt Paterson
SID Phone - 931-598-1136
E-mail - dpaterso@sewanee.edu
Web Site Address - athletics.sewanee.edu

RANDOLPH-MACON

Sat. April 19, 1:00, Captains Field

Location - Ashland, Va.
Enrollment - 1,100
Colors - Lemon & Black
Nickname - Yellow Jackets
Conference - Old Dominion A.C.
President - Robert R. Lindgren
Athletic Director - Denis Kanach
2007 Record - 6-9
Head Coach - Mike Plantholt
SID - Chris Kilcoyne
SID Phone - 804-752-7387
E-mail - christopherkilcoyne@rmc.edu
Web Site Address - www.rmc.edu/athletics

TRI-STATE

Sat. March 8, 1:00, Captains Field

Location - Angola, Ind.
Enrollment - 1,400
Colors - Royal Blue & White
Nickname - Thunder
Conference - Michigan Intercollegiate A.C.
President - Earl Brooks, II
Athletic Director - Dave Anspaugh
2007 Record - First year
Head Coach - Bryan Poole
SID - Melissa Cope
SID Phone - 260-665-4446
E-mail - copem@tristate.edu
Web Site Address - www.tristate.edu/tsuathletics

ST. MARY'S

Sat. March 22, 1:00, St. Mary's City, Md.

Location - St. Mary's City, Md.
Enrollment - 1,900
Colors - Blue & Gold
Nickname - Seahawks
Conference - Capital A.C.
President - Dr. Margaret O'Brien
Athletic Director - Scott Devine
2007 Record - 12-6
Head Coach - Jayme Block
SID - Nairem Moran
SID Phone - 240-895-4482
E-mail - nmoran@smcm.edu
Web Site Address - athletics.smcm.edu

VIRGINIA WESLEYAN

Sat. April 26, 3:00, Captains Field

Location - Virginia Beach, Va.
Enrollment - 1,450
Colors - Navy Blue & Silver
Nickname - Marlins
Conference - Old Dominion AC
President - William T. Greer, Jr.
Athletic Director - Joanne Renn
2007 Record - 10-5
Head Coach - J.P. Stewart
SID - Joe Wasiluk
SID Phone - 757-455-3393
E-mail - jwasiluk@vwc.edu
Web Site Address - www.vwc.edu/athletics



The Captains get ready for their first game ever, a 9-8 win over Marymount

Captains Field

DIRECTIONS TO CAPTAINS FIELD

From Chesapeake, Suffolk and Portsmouth

Follow routes to the Monitor-Merrimack Bridge Tunnel (I-664). Cross the tunnel into Newport News and take Exit 5 to 35th Street and Warwick Blvd. (Route 60 West). After about five miles on Warwick Blvd. (Route 60) turn left on Avenue of the Arts at J. Clyde Morris Blvd. Follow that to a traffic circle. Go 3/4 of the way around the circle. Then make the next right turn onto Moore's Lane. After an S turn the stadium is on the right.

From Norfolk and Virginia Beach

Take I-64 West across the Hampton Roads Bridge Tunnel. About 10 miles west of the tunnel take Exit 258B (Route 17 South, J. Clyde Morris Blvd.). Continue on J. Clyde Morris Blvd. to Warwick Blvd. where J. Clyde Morris becomes Avenue of the Arts. Follow that to a traffic circle. Go 3/4 of the way around the circle. Then make the next right turn onto Moore's Lane. After an S turn the stadium is on the right.

From Richmond and Northern Virginia

Take I-64 East. Exit at Exit 258 A (Route 17 South, J. Clyde Morris Blvd). Continue on J. Clyde Morris Blvd. to Warwick Blvd. where J. Clyde Morris becomes Avenue of the Arts. Follow that to a traffic circle. Go 3/4 of the way around the circle. Then make the next right turn onto Moore's Lane. After an S turn the stadium is on the right.

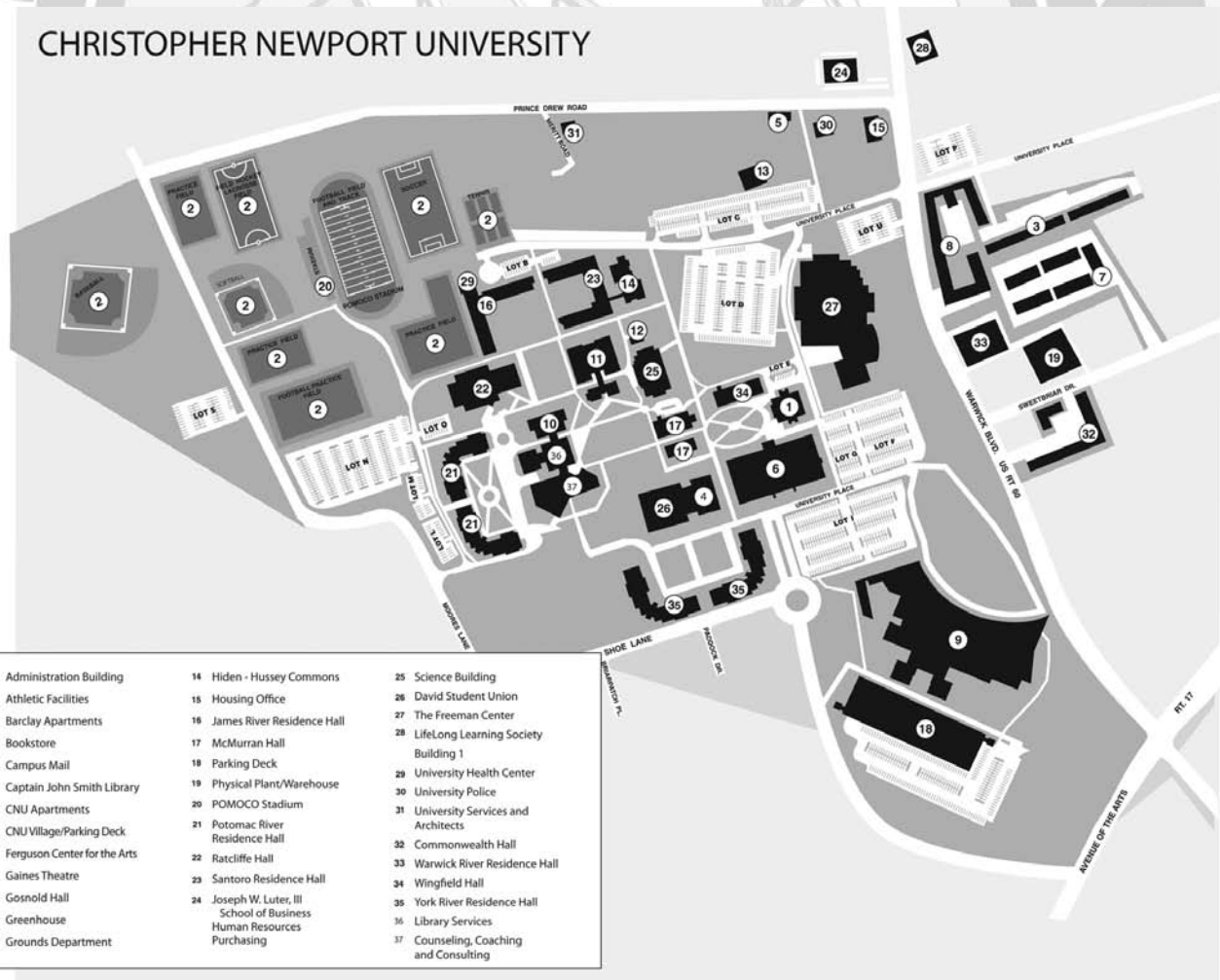
From Northwestern Virginia

Travel to I-95 South the head South around Richmond on I-295 until it meets I-64. Then take I 64 East. Exit at Exit 258 A (Route 17 South, J. Clyde Morris Blvd). Continue on J. Clyde Morris Blvd. to Warwick Blvd. where J. Clyde Morris becomes Avenue of the Arts. Follow that to a traffic circle. Go 3/4 of the way around the circle. Then make the next right turn onto Moore's Lane. After an S turn the stadium is on the right.

From Western Virginia

Depending upon your location travel to I-81 North until it meets I-64 East and then follow I-64 around Richmond (you may elect to take the by-pass I-295 in case of heavy traffic in downtown Richmond). Then take I 64 East. Exit at Exit 258 A (Route 17 South, J. Clyde Morris Blvd). Continue on J. Clyde Morris Blvd. to Warwick Blvd. where J. Clyde Morris becomes Avenue of the Arts. Follow that to a traffic circle. Go 3/4 of the way around the circle. Then make the next right turn onto Moore's Lane. After an S turn the stadium is on the left. If you are nearer to U.S. 58, take it East until it meets I-664 heading toward the Monitor Merrimack Bridge Tunnel. Cross the tunnel into Newport News and take Exit 5 to 35th Street and Warwick Blvd. (Route 60 West). After about five miles on Warwick Blvd. (Route 60) turn left on Avenue of the Arts at J. Clyde Morris Blvd. Follow that to a traffic circle. Go 3/4 of the way around the circle. Then make the next right turn onto Moore's Lane. After an S turn the stadium is on the right.

CHRISTOPHER NEWPORT UNIVERSITY



Review of 2007

Great Start

It wasn't just a great start to a season, but an entire program.

CNU inaugurated men's lacrosse in 2007 with what turned out to be an outstanding season.

Playing with a roster comprised almost entirely of freshmen, the Captains burst to a 4-0 start.

It all began with a thrilling, 9-8, win over Marymount at Captains Field on Feb. 25, as men's lacrosse became a reality at Christopher Newport.

The young Captains built a 6-2 lead at halftime, and were on top, 8-3, at the end of three quarters, when the more experienced Saints mounted a comeback.

CNU led just 8-7, with 4:42 to play, when the few Captains' with previous experience made himself known in the person of an unassisted goal by sophomore Ryan Merrell. Merrell, one of only three players on the squad with previous college experience, had played a year at Virginia Wesleyan before transferring.

It proved to be the winning margin as Marymount added another goal with a little more than a minute remaining.

The win was especially sweet for CNU head coach Chris Swanenburg, who had left the position of head coach at Marymount to form the CNU program just two years earlier.

Biggest win

The victory over Marymount was followed by what would be the Captains' biggest win of the year, a 15-3 victory over Hood.

In that game four players, Eric Huggins, Logan Keyser, Chris Quigley and Mike Burns each scored three goals and Ryan Merrell added two more as the Captains raced to a 9-0 halftime lead.

First Year Battle

CNU had the unique experience of taking on another team in its inaugural season, when it hosted Fontbonne, of St. Louis.

The Captains came out on top, 9-8, in overtime, as Ryan Merrell scored at 2:23 of overtime to secure the victory. It was CNU's third consecutive victory to start the season. The Captains gained the victory by scoring the last five goals, rallying from an 8-4 deficit with under ten minutes to play.

First Time Honor

Since the USA South, CNU's home for most sports, does not sponsor men's lacrosse, the number of honors available to CNU players is somewhat limited, but Ryan Merrell has the distinction of earning CNU's

first-ever post-season honor.

He was named Virginia Sports Information Directors (VaSID) second team all-state Division II-III.

Tough at Home

CNU has already established something of a home field advantage, posting a 4-4 home

record in 2007.

The four wins came over Marymount, Hood, Fontbonne and Medallie, while the losses came against powerful St. Mary's, and established programs Mary Washington, Greensboro and Guilford.



Ryan Merrell

Statistics 2007

| ## | Name | GP | GS | SHOTS | | | GOALS | | | | | GW | UP | DN | GB | T/O | CT | Faceoff | Pct | Pen | Min |
|----------------|-----------------|----|----|-------|----|-----|-------|-------|-----|-------|---|----|----|-----|-----|-----|---------|---------|-----|------|-----|
| | | | | G | A | Pts | Sh | Shot% | SOG | SOG% | | | | | | | | | | | |
| 10 | MERRELL, Ryan | 13 | 13 | 28 | 5 | 33 | 96 | .292 | 63 | .656 | 3 | 4 | 0 | 70 | 9 | 5 | 25-66 | .379 | 3 | 2.5 | |
| 3 | KEYSER, Logan | 12 | 9 | 20 | 11 | 31 | 80 | .250 | 51 | .637 | 0 | 0 | 0 | 41 | 6 | 3 | 0-0 | .000 | 10 | 8.0 | |
| 2 | BURNS, Mike | 13 | 9 | 13 | 6 | 19 | 54 | .241 | 34 | .630 | 0 | 1 | 1 | 31 | 16 | 2 | 0-0 | .000 | 2 | 1.0 | |
| 39 | TURK, Michael | 13 | 1 | 10 | 7 | 17 | 52 | .192 | 31 | .596 | 0 | 1 | 0 | 35 | 7 | 0 | 52-111 | .468 | 3 | 1.5 | |
| 7 | QUIGLEY, Chris | 13 | 12 | 11 | 3 | 14 | 29 | .379 | 21 | .724 | 0 | 0 | 0 | 28 | 9 | 3 | 0-0 | .000 | 5 | 3.5 | |
| 16 | CAVALLARO, Nick | 13 | 10 | 6 | 8 | 14 | 31 | .194 | 23 | .742 | 0 | 0 | 0 | 21 | 11 | 0 | 0-1 | .000 | 8 | 7.0 | |
| 12 | GANNON, James | 13 | 9 | 7 | 3 | 10 | 41 | .171 | 21 | .512 | 0 | 0 | 1 | 32 | 11 | 1 | 7-15 | .467 | 3 | 1.5 | |
| 9 | HUGGINS, Eric | 13 | 8 | 6 | 0 | 6 | 22 | .273 | 13 | .591 | 1 | 1 | 1 | 26 | 6 | 1 | 0-0 | .000 | 4 | 3.0 | |
| 14 | MULLINAX, Andy | 13 | 13 | 2 | 1 | 3 | 3 | .667 | 3 | 1.000 | 0 | 0 | 1 | 58 | 6 | 4 | 0-2 | .000 | 11 | 9.0 | |
| 11 | DUCA, Rob | 6 | 0 | 1 | 0 | 1 | 6 | .167 | 4 | .667 | 0 | 0 | 0 | 10 | 0 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 15 | LYNCH, Nick | 12 | 1 | 1 | 0 | 1 | 4 | .250 | 4 | 1.000 | 0 | 1 | 0 | 19 | 3 | 7 | 0-0 | .000 | 3 | 3.0 | |
| 6 | POWERS, Buddy | 11 | 0 | 0 | 1 | 1 | 9 | .000 | 4 | .444 | 0 | 0 | 0 | 18 | 1 | 1 | 20-43 | .465 | 3 | 2.5 | |
| 8 | KIBLER, Jackson | 12 | 7 | 0 | 1 | 1 | 2 | .000 | 0 | .000 | 0 | 0 | 0 | 25 | 2 | 1 | 0-0 | .000 | 0 | 0.0 | |
| 1 | FITZGERALD, Ray | 7 | 0 | 0 | 0 | 0 | 4 | .000 | 2 | .500 | 0 | 0 | 0 | 1 | 0 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 19 | STANFORD, Donny | 13 | 8 | 0 | 0 | 0 | 2 | .000 | 0 | .000 | 0 | 0 | 0 | 16 | 2 | 2 | 0-0 | .000 | 4 | 3.5 | |
| 13 | LUNDBERG, Alex | 5 | 0 | 0 | 0 | 0 | 1 | .000 | 0 | .000 | 0 | 0 | 0 | 2 | 2 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 4 | FARQUHAR, Greg | 13 | 9 | 0 | 0 | 0 | 1 | .000 | 1 | 1.000 | 0 | 0 | 0 | 21 | 5 | 8 | 0-0 | .000 | 4 | 3.0 | |
| 35 | CARLTON, Daniel | 3 | 0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 1 | 0 | 0 | 0-0 | .000 | 1 | 1.0 | |
| 32 | BALDWIN, Tripp | 6 | 0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 1 | 0 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 31 | RALPH, Ray | 13 | 13 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 37 | 12 | 1 | 0-0 | .000 | 0 | 0.0 | |
| 24 | ELBE, Daniel | 2 | 0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 1 | 1 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 23 | WEMMER, Mike | 5 | 0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 2 | 0 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 22 | HUSTON, Danny | 6 | 0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 0 | 0 | 0 | 0-0 | .000 | 0 | 0.0 | |
| 5 | SCHRAY, Ryan | 8 | 0 | 0 | 0 | 0 | 0 | .000 | 0 | .000 | 0 | 0 | 0 | 7 | 2 | 0 | 22-49 | .449 | 0 | 0.0 | |
| Total..... | | 13 | | 105 | 46 | 151 | 437 | .240 | 275 | .629 | 4 | 8 | 4 | 503 | 150 | 39 | 126-287 | .439 | 65 | 50.5 | |
| Opponents..... | | 13 | | 166 | 83 | 249 | 450 | .369 | 300 | .667 | 9 | 10 | 1 | 437 | 151 | 43 | 152-266 | .571 | 69 | 55.5 | |

| ## | Name | GP | GS | GOAL AVERAGE | | | SAVES | | RECORD | | | Shots | |
|----------------|--------------|----|----|--------------|-----|-------|-------|------|--------|---|---|-------|--|
| | | | | Minutes | GA | GAAvg | Saves | Pct | W | L | T | Faced | |
| 31 | RALPH, Ray | 13 | 11 | 709:20 | 145 | 12.27 | 151 | .510 | 4 | 9 | 0 | 439 | |
| 23 | WEMMER, Mike | 5 | 0 | 72:17 | 21 | 17.43 | 14 | .400 | 0 | 0 | 0 | 41 | |
| Total..... | | 13 | | 781:37 | 166 | 12.74 | 165 | .498 | 4 | 9 | 0 | 480 | |
| Opponents..... | | 13 | | 781:37 | 105 | 7.98 | 171 | .622 | 9 | 4 | 0 | 407 | |

returning players in bold

| GOALS BY PERIOD | 1st | 2nd | 3rd | 4th | OT | Total |
|---------------------|-----|-----|-----|-----|----|-------|
| Christopher Newport | 27 | 22 | 26 | 29 | 1 | 105 |
| Opponents | 42 | 43 | 33 | 48 | 0 | 166 |

| SHOTS BY PERIOD | 1st | 2nd | 3rd | 4th | OT | Total |
|---------------------|-----|-----|-----|-----|----|-------|
| Christopher Newport | 103 | 109 | 109 | 113 | 3 | 437 |
| Opponents | 125 | 128 | 120 | 129 | 0 | 502 |

| SHOTS ON GOAL BY PRD | 1st | 2nd | 3rd | 4th | OT | Total |
|----------------------|-----|-----|-----|-----|----|-------|
| Christopher Newport | 61 | 66 | 69 | 78 | 1 | 275 |
| Opponents | 87 | 83 | 76 | 85 | 0 | 331 |

| SAVES BY PERIOD | 1st | 2nd | 3rd | 4th | OT | Total |
|---------------------|-----|-----|-----|-----|----|-------|
| Christopher Newport | 45 | 40 | 43 | 37 | 0 | 165 |
| Opponents | 34 | 44 | 44 | 49 | 0 | 171 |

Results 2007

| Date | Opponent | W/L | Score | Overall | Goalie | Site |
|--------|-----------------------|-----|-------|---------|------------|--------------------|
| Feb 25 | MARYMOUNT | W | 9-8 | 1-0-0 | RALPH, Ray | Newport News, VA |
| Mar 3 | HOOD | W | 15-3 | 2-0-0 | RALPH, Ray | Newport News, VA |
| Mar 10 | FONTBONNE | WOT | 9-8 | 3-0-0 | RALPH, Ray | Newport News, VA |
| Mar 14 | MEDAILLE | W | 14-9 | 4-0-0 | RALPH, Ray | Newport News, VA |
| Mar 24 | ST. MARY'S (MD) | L | 1-20 | 4-1-0 | RALPH, Ray | Newport News, VA |
| Mar 28 | at #15 Hampden-Sydney | L | 4-19 | 4-2-0 | RALPH, Ray | Hampden-Sydney, VA |
| Mar 31 | MARY WASHINGTON | L | 4-13 | 4-3-0 | RALPH, Ray | Newport News, VA |
| Apr 3 | at Catholic | L | 7-11 | 4-4-0 | RALPH, Ray | Washington, D.C. |
| Apr 11 | at Randolph-Macon | L | 11-12 | 4-5-0 | RALPH, Ray | Ashland, VA |
| Apr 14 | GREENSBORO | L | 10-19 | 4-6-0 | RALPH, Ray | Newport News, VA |
| Apr 16 | at Eastern | L | 8-11 | 4-7-0 | RALPH, Ray | St. David's, PA |
| Apr 21 | GUILFORD | L | 6-12 | 4-8-0 | RALPH, Ray | Newport News, VA |
| Apr 27 | at Virginia Wesleyan | L | 6-21 | 4-9-0 | RALPH, Ray | Virginia Beach, VA |

TEAM RECORD W-L-T

| | |
|-----------|-------|
| Overall: | 4-9-0 |
| Home: | 4-4-0 |
| Away: | 0-5-0 |
| Neutral: | 0-0-0 |
| Overtime: | 1-0-0 |



Andy Mullinax

Single Game, Season, Career Records

Game

POINTS

1. Logan Keyser vs. Medaille, March 14, 2007 7
- Logan Keyser vs. Hood, March 3, 2007 7

GOALS

1. Ryan Merrell vs. Eastern, April 16, 2007 5
- Logan Keyser vs. Greensboro, April 14, 2007 5

ASSISTS

1. Logan Keyser vs. Hood, March 3, 2007 4
2. Nick Cavallaro vs. Greensboro, April 14, 2007 3
- Logan Keyser vs. Medaille, March 14, 2007 3
- Michael Turk vs. Fontbonne, March 10, 2007 3

SHOTS

1. Ryan Merrell vs. Greensboro, April 14, 2007 15
2. Ryan Merrell vs. Va. Wesleyan, April 27, 2007 12
- Logan Keyser vs. Medaille, March 14, 2007 12

FACEOFFS WON

1. Michael Turk vs. Greensboro, April 14, 2007 12
2. Michael Turk vs. Randolph-Macon, April 7, 2007 10
- Michael Turk vs. Eastern, April 16, 2007 10

FACEOFFS TAKEN

1. Michael Turk vs. Greensboro, April 14, 2007 23
2. Michael Turk vs. Eastern, April 16, 2007 21
3. Michael Turk vs. Randolph-Macon, April 7, 2007 20

FACEOFF PCT.

1. Buddy Powers vs. Medaille, March 14, 2007 (7-11) .636
2. Michael Turk vs. Greensboro, April 14, 2007 (12-23) .522

GROUND BALLS

1. Michael Turk vs. Greensboro, April 14, 2007 13
2. Logan Keyser vs. Medaille, March 14, 2007 11

SAVES

1. Ray Ralph vs. Va. Wesleyan, April 27, 2007 17
- Ray Ralph vs. Marymount, Feb. 25, 2007 17
2. Ray Ralph vs. Guilford, April 21, 2007 16

Season

POINTS

1. Ryan Merrell (2007) 33
2. Logan Keyser (2007) 31
3. Mike Burns (2007) 19
4. Michael Turk (2007) 17
5. Chris Quigley (2007) 14
- Nick Cavallaro (2007) 14

GOALS

1. Ryan Merrell (2007) 28
2. Logan Keyser (2007) 20
3. Mike Burns (2007) 13
4. Chris Quigley (2007) 11
5. Michael Turk (2007) 10

ASSISTS

1. Logan Keyser (2007) 11
2. Nick Cavallaro (2007) 8
3. Michael Turk (2007) 7
4. Mike Burns (2007) 6
5. Ryan Merrell (2007) 5

SHOTS

1. Ryan Merrell (2007) 96
2. Logan Keyser (2007) 80
3. Mike Burns (2007) 54
4. Michael Turk (2007) 52
5. James Gannon (2007) 41

FACEOFFS WON

1. Michael Turk (2007) 52
2. Ryan Merrell (2007) 25
3. Buddy Powers (2007) 20

FACEOFFS TAKEN

1. Michael Turk (2007) 111
2. Ryan Merrell (2007) 66
3. Buddy Powers (2007) 43

FACEOFF PCT.

1. Michael Turk (2007) .468
2. Buddy Powers (2007) .465
3. Ryan Merrell (2007) .379

GROUND BALLS

1. Ryan Merrell (2007) 70
2. Andy Mullinax (2007) 58
3. Logan Keyser (2007) 41
4. Ray Ralph (2007) 37
5. Michael Turk (2007) 35

SAVES

1. Ray Ralph (2007) 151

Career

POINTS

1. Ryan Merrell (2007-) 33
2. Logan Keyser (2007-) 31
3. Mike Burns (2007-) 19
4. Michael Turk (2007-) 17
5. Chris Quigley (2007-) 14
- Nick Cavallaro (2007-) 14

GOALS

1. Ryan Merrell (2007-) 28
2. Logan Keyser (2007-) 20
3. Mike Burns (2007-) 13
4. Chris Quigley (2007-) 11
5. Michael Turk (2007-) 10

ASSISTS

1. Logan Keyser (2007-) 11
2. Nick Cavallaro (2007-) 8
3. Michael Turk (2007-) 7
4. Mike Burns (2007-) 6
5. Ryan Merrell (2007-) 5

SHOTS

1. Ryan Merrell (2007-) 96
2. Logan Keyser (2007-) 80
3. Mike Burns (2007-) 54
4. Michael Turk (2007-) 52
5. James Gannon (2007-) 41

FACEOFFS WON

1. Michael Turk (2007-) 52
2. Ryan Merrell (2007-) 25
3. Buddy Powers (2007-) 20

FACEOFFS TAKEN

1. Michael Turk (2007-) 111
2. Ryan Merrell (2007-) 66
3. Buddy Powers (2007-) 43

FACEOFF PCT.

1. Michael Turk (2007-) .468
2. Buddy Powers (2007-) .465
3. Ryan Merrell (2007-) .379

GROUND BALLS

1. Ryan Merrell (2007-) 70
2. Andy Mullinax (2007-) 58
3. Logan Keyser (2007-) 41
4. Ray Ralph (2007-) 37
5. Michael Turk (2007-) 35

SAVES

1. Ray Ralph (2007-) 151

Year-By-Year Leaders

| | | | | |
|--------------------|-----------------|-----------------|--------------------|-----------------|
| YEAR POINTS | GOALS | ASSISTS | GROUNDBALLS | FACEOFFS |
| 2007 Ryan Merrell | 33 Ryan Merrell | 28 Logan Keyser | 11 Ryan Merrell | 70 Michael Turk |

Yearly Stat Leaders

| | | | | | | |
|-------------|-----------------|-----------------|-----------------|--------------------|-----------------|----------------------|
| Year | Points | Goals | Assists | Groundballs | Faceoffs | Saves (Pct.) |
| 2007 | 33 Ryan Merrell | 28 Ryan Merrell | 11 Logan Keyser | 70 Ryan Merrell | 52 Michael Turk | 151 (.510) Ray Ralph |

All-Time Records vs. Opponents

| OPPONENT | Record | Streak | First Met | Last Met | Last CNU Win | Last Opp. Win |
|-----------------------|--------|--------|-----------|----------|--------------|---------------|
| Catholic (D.C.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (11-7) |
| Eastern (Pa.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (11-8) |
| Fontbonne (Mo.) | 1-0 | +1 | 2007 | 2007 | 2007 (9-8) | --- |
| Greensboro (N.C.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (19-10) |
| Guilford (N.C.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (12-6) |
| Hampden-Sydney (Va.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (19-4) |
| Hood (Md.) | 1-0 | +1 | 2007 | 2007 | 2007 (15-3) | --- |
| Marymount (Va.) | 1-0 | +1 | 2007 | 2007 | 2007 (9-8) | --- |
| Mary Washington (Va.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (13-4) |
| Medaille (N.Y.) | 1-0 | +1 | 2007 | 2007 | 2007 (14-9) | --- |
| Randolph-Macon (Va.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (12-11) |
| St. Mary's (Md.) | 0-1 | -1 | 2007 | 2007 | --- | 2007 (20-1) |
| Va. Wesleyan | 0-1 | -1 | 2007 | 2007 | --- | 2007 (21-6) |

All-Time Records vs. Conferences

Allegheny Mountain C.C.

| | |
|--------------------|--------------------|
| Medaille | 1-0 |
| Total | 1-0 (1,000) |

Capital A.C.

| | |
|----------------------|-------------------|
| Catholic..... | 0-1 |
| Hood..... | 1-0 |
| Marymount..... | 1-0 |
| Mary Washington..... | 0-1 |
| St. Mary's..... | 0-1 |
| Total | 2-3 (.400) |

Old Dominion A.C.

| | |
|------------------------|-------------------|
| Hampden-Sydney..... | 0-1 |
| Randolph-Macon..... | 0-1 |
| Virginia Wesleyan..... | 0-1 |
| Total | 0-3 (.000) |

Pennsylvania A.C.

| | |
|--------------------|-------------------|
| Eastern..... | 0-1 |
| Total | 0-1 (.000) |

St. Louis Intercollegiate A.C.

| | |
|--------------------|--------------------|
| Fontbonne | 1-0 |
| Total | 1-0 (1,000) |

Lacrosse Honors

All-Virginia Division II-III

| | |
|------|-------------------------|
| 2007 | Ryan Merrell (2nd team) |
|------|-------------------------|

Record Book

Individual

Points
 Game 7 Logan Keyser vs. Medaille, March 14, 2007
 7 Logan Keyser vs. Hood, March 3, 2007
 Season 33 Ryan Merrell, 2007
 Career 33 Ryan Merrell, 2007-

Goals
 Game 5 Logan Keyser vs. Eastern, April 16, 2007
 5 Ryan Merrell vs. Greensboro, April 14, 2007
 Season 28 Ryan Merrell, 2007
 Career 28 Ryan Merrell, 2007-

Assists
 Game 4 Logan Keyser vs. Hood, March 3, 2007
 Season 11 Logan Keyser, 2007
 Career 11 Logan Keyser, 2007-

Shots
 Game 15 Ryan Merrell vs. Greensboro, April 14, 2007
 Season 96 Ryan Merrell, 2007
 Career 96 Ryan Merrell, 2007-

Shots on Goal
 Game 12 Ryan Merrell vs. Greensboro, April 14, 2007
 Season 63 Ryan Merrell, 2007
 Career 63 Ryan Merrell, 2007-

Faceoffs Won
 Game 12 Michael Turk vs. Greensboro, April 14, 2007
 Season 52 Michael Turk, 2007
 Career 52 Michael Turk, 2007-

Faceoffs Taken
 Game 23 Michael Turk vs. Greensboro, April 14, 2007
 Season 111 Michael Turk, 2007
 Career 111 Michael Turk, 2007-

Ground Balls
 Game 13 Michael Turk vs. Greensboro, April 14, 2007
 Season 70 Ryan Merrell, 2007
 Career 70 Ryan Merrell, 2007-

Caused Turnovers
 Game 3 Chris Quigley vs. Eastern, April 16, 2007
 3 Ryan Merrell vs. Eastern, April 16, 2007
 3 Nick Lynch vs. Eastern, April 16, 2007
 3 Greg Farquhar vs. Mary Washington, March 31, 2007
 Season 8 Greg Farquhar, 2007
 Career 8 Greg Farquhar, 2007

Saves
 Game 17 Ray Ralph vs. Va. Wesleyan, April 27, 2007
 Season 151 Ray Ralph, 2007
 Career 151 Ray Ralph, 2007-

Team

Points
 Game 26 vs. Hood, March 3, 2007
 Season 151 in 2007

Goals
 Game 15 vs. Hood, March 3, 2007
 Season 105 in 2007

Assists
 Game 11 vs. Hood, March 3, 2007
 Season 46 in 2007

Shots
 Game 47 vs. Fontbonne, March 10, 2007
 47 vs. Hood, March 3, 2007
 Season 437 in 2007

Shots on Goal
 Game 31 vs. Medaille, March 14, 2007

Faceoffs Won
 Season 126 in 2007

Faceoffs Taken
 Season 287 in 2007

Faceoff Percentage
 Season .439 (126-287) in 2007

Ground Balls
 Game 57 vs. Guilford, April 14, 2007
 Season 503 in 2007

Caused Turnovers
 Game 17 vs. Eastern, April 16, 2007
 Season 39 in 2007

Saves
 Game 19 vs. Hood, March 3, 2007
 Season 165 in 2007

All-Time Results



2007 (4-9)

Coach: Chris Swannenberg

| | | | |
|------|-------------------|---|-------|
| 2/25 | Marymount | W | 9-8 |
| 3/3 | Hood | W | 15-3 |
| 3/10 | Fontbonne | W | 9-8 |
| 3/14 | Medaille | W | 14-9 |
| 3/24 | St. Mary's | L | 1-20 |
| 3/28 | at Hampden-Sydney | L | 4-19 |
| 3/31 | Mary Washington | L | 4-13 |
| 4/3 | at Catholic | L | 7-11 |
| 4/11 | at Randolph-Macon | L | 11-12 |
| 4/14 | Greensboro | L | 10-19 |
| 4/16 | at Eastern | L | 8-11 |
| 4/21 | Guilford | L | 6-12 |
| 4/27 | at Va. Wesleyan | L | 6-21 |

All-Time Roster

| | | |
|----------------|------|----------------------|
| B | | |
| Tripp Baldwin | 2007 | Alexandria, Va. |
| Mike Burns | 2007 | Fairfax Station, Va. |
| C | | |
| Daniel Carlton | 2007 | Chantilly, Va. |
| Nick Cavallaro | 2007 | Fairfax, Va. |
| D | | |
| Rob Duca | 2007 | Westhampton, NY |
| E | | |
| Daniel Elbe | 2007 | Springfield, Va. |
| F | | |
| Greg Farquhar | 2007 | Alexandria, Va. |
| Ray Fitzgerald | 2007 | Alexandria, Va. |
| G | | |
| James Gannon | 2007 | Alexandria, Va. |
| H | | |
| Eric Huggins | 2007 | Alexandria, Va. |
| Danny Huston | 2007 | Alexandria, Va. |
| K | | |
| Logan Keyser | 2007 | Midlothian, Va. |
| Jackson Kibler | 2007 | Oakton, Va. |
| L | | |
| Alex Lundberg | 2007 | Blacksburg, Va. |
| Nick Lynch | 2007 | Manassas, Va. |
| M | | |
| Ryan Merrell | 2007 | Burke, Va. |
| Andy Mullinax | 2007 | Clifton, Va. |
| P | | |
| Buddy Powers | 2007 | Annandale, Va. |
| Q | | |
| Chris Quigley | 2007 | Ashburn, Va. |
| R | | |
| Ray Ralph | 2007 | Midlothian, Va. |
| S | | |
| Ryan Schray | 2007 | Alexandria, Va. |
| Donny Stanford | 2007 | Stafford, Va. |
| T | | |
| Michael Turk | 2007 | Salem, Va. |
| W | | |
| Mike Wemmer | 2007 | Easton, Md. |



Ray Fitzgerald

Home of Champions

Few, if any, Division III schools have had the overall success of the Christopher Newport athletic program.

Through the end of the 2006-07 season, CNU teams had won 12 national championships, either won or shared 150 conference titles and have produced an amazing number of individual accomplishments.

CNU athletes have won All-America recognition an amazing 516 times and have captured 64 individual national championships.

In the USA South Athletic Conference, CNU has won ten consecutive President's Cups and 16 of the last 24. Statewide, in Virginia, Christopher Newport has had the best win-loss record of any school in the state for six of the last ten years.

Nationally, CNU teams have made 59 NCAA appearances since 1982, not counting hundreds of individuals in track, cross country and golf.



ROSTER OF CHAMPIONSHIPS

A LIST OF CHAMPIONSHIPS AND NCAA APPEARANCES

BY CHRISTOPHER NEWPORT TEAMS OVER THE YEARS

| | | |
|----------------------------|------------------------------|----------------------------------|
| FOOTBALL | 2000 Dixie Conference | 1993 Dixie Conference |
| 2001 Dixie Conference | 2001 Dixie Conference | 2006 USA South |
| 2001 NCAA | 2001 Mason-Dixon Conf. | |
| 2002 Dixie Conference | 2002 Dixie Conference | MEN'S TRACK & FIELD |
| 2002 NCAA | 2003 Mason-Dixon Conf. | 1980 Dixie Conference |
| 2003 USA South | 2003 USA South | 1981 Dixie Conference |
| 2003 NCAA | 2004 Mason-Dixon Conf. | 1982 Dixie Conference |
| 2004 USA South | 2004 USA South | 1983 Dixie Conference |
| 2004 NCAA | 2005 USA South | 1984 Dixie Conference |
| 2006 USA South | 2006 USA South | 1985 Dixie Conference |
| 2006 NCAA | 2007 USA South | 1986 Dixie Conference |
| | | 1986 Mason-Dixon Conf. Out. |
| BASEBALL | WOMEN'S CROSS COUNTRY | 1994 Mason-Dixon Conf. Ind. |
| 2001 Dixie Conference | 1994 Dixie Conference | 1995 Mason-Dixon Conf. Ind. |
| 2001 NCAA Regional | 1995 Dixie Conference | 1995 Mason-Dixon Conf. Out. |
| 2002 Dixie Conference | 1998 Dixie Conference | 1996 Mason-Dixon Conf. Ind. |
| 2002 NCAA 3rd place | 1999 Dixie Conference | 1998 Mason-Dixon Conf. Ind. |
| 2003 NCAA Regional | 2000 Dixie Conference | 1999 Mason-Dixon Conf. Ind. |
| 2003 NCAA 2nd place | 2001 Dixie Conference | 1999 Mason-Dixon Conf. Out. |
| | 2001 Mason-Dixon Conf. | 2000 Mason-Dixon Conf. Ind. |
| MEN'S BASKETBALL | 2002 Dixie Conference | 2001 Mason-Dixon Conf. Ind. |
| 1986 Dixie Conference | 2003 Mason-Dixon Conf. | 2001 Mason-Dixon Conf. Out. |
| 1986 NCAA First Round | 2003 USA South | 2002 Mason-Dixon Conf. Ind. |
| 1988 Dixie Conference | 2004 Mason-Dixon Conf. | 2002 Mason-Dixon Conf. Out. |
| 1988 NCAA First Round | 2004 USA South | 2003 Mason-Dixon Conf. Ind. |
| 1989 Dixie Conference | 2005 USA South | 2003 Mason-Dixon Conf. Out. |
| 1989 NCAA First Round | 2006 USA South | 2004 Mason-Dixon Conf. Ind. |
| 1990 NCAA First Round | 2007 USA South | 2004 Mason-Dixon Conf. Out. |
| 1991 Dixie Conference | | 2005 Mason-Dixon Conf. Ind. |
| 1991 NCAA Sweet 16 | GOLF | 2005 Mason-Dixon Conf. Out. |
| 1993 Dixie Conference | 1990 NCAA Nationals | 2006 Mason-Dixon Conf. Ind. |
| 1993 NCAA Sweet 16 | 1991 NCAA Nationals | 2006 Mason-Dixon Conf. Out. |
| 1994 NCAA Second Round | 1992 NCAA Nationals | 2007 Mason-Dixon Conf. Ind. |
| 1995 NCAA First Round | 1994 NCAA Nationals | 2007 Mason-Dixon Conf. Out. |
| 1996 Dixie Conference | 1995 NCAA Nationals | |
| 1996 NCAA Sweet 16 | 1996 NCAA Nationals | WOMEN'S TRACK & FIELD |
| 1997 NCAA Second Round | 2000 NCAA Nationals | 1987 Mason-Dixon Conf. Out. |
| 1998 Dixie Conference | | 1987 NCAA Outdoor Champs |
| 1998 NCAA Sweet 16 | FIELD HOCKEY | 1988 NCAA Indoor Champs |
| 1999 Dixie Conference | 2006 NCAA Elite 8 | 1988 NCAA Outdoor Champs |
| 1999 NCAA First Round | 2007 NCAA Sweet 16 | 1989 NCAA Indoor Champs |
| 2000 Dixie Conference | | 1989 NCAA Outdoor Champs |
| 2000 NCAA Second Round | WOMEN'S SOCCER | 1990 Mason-Dixon Conf. Ind. |
| 2001 Dixie Conference | 2000 Dixie Conference | 1990 NCAA Indoor Champs |
| 2001 NCAA Elite 8 | 2000 NCAA First Round | 1990 Mason-Dixon Conf. Out. |
| 2003 Dixie Conference | 2004 USA South | 1991 Mason-Dixon Conf. Out. |
| 2003 NCAA First Round | 2004 NCAA Elite 8 | 1991 Mason-Dixon Conf. Out. |
| 2006 USA South | 2005 USA South | 1992 Mason-Dixon Conf. Ind. |
| 2006 NCAA First Round | 2005 NCAA | 1992 NCAA Indoor Champs |
| | 2006 USA South | 1992 NCAA Outdoor Champs |
| | 2006 NCAA | 1992 Mason-Dixon Conf. Out. |
| WOMEN'S BASKETBALL | | 1994 Mason-Dixon Conf. Ind. |
| 1980 AIAW Regionals | MEN'S SOCCER | 1994 Mason-Dixon Conf. Out. |
| 1982 NCAA First Round | 1986 NCAA First Round | 1994 NCAA Outdoor Champs |
| 1986 Dixie Conference | 2000 Dixie Conference | 1995 Mason-Dixon Conf. Ind. |
| 1986 NCAA Regional | 2000 NCAA Elite 8 | 1996 Mason-Dixon Conf. Ind. |
| 1990 Dixie Conference | 2006 NCAA Second Round | 1997 NCAA Indoor Champs |
| 1992 NCAA Sweet 16 | | 1998 Mason-Dixon Conf. Ind. |
| 1993 Dixie Conference | SOFTBALL | 1998 Mason-Dixon Conf. Out. |
| 1993 NCAA First Round | 1993 Dixie Conference | 1998 NCAA Indoor Champs |
| 1995 NCAA First Round | 1993 NCAA Regionals | 1998 NCAA Outdoor Champs |
| 1997 NCAA First Round | 1994 Dixie Conference | 2000 Mason-Dixon Conf. Ind. |
| 1998 Dixie Conference | 1995 Dixie Conference | 2000 Mason-Dixon Conf. Out. |
| 1998 NCAA Second Round | 1995 NCAA Regionals | 2001 Mason-Dixon Conf. Ind. |
| 2001 Dixie Conference | 1997 Dixie Conference | 2002 Mason-Dixon Conf. Ind. |
| 2001 NCAA First Round | 1998 NCAA Regionals | 2002 Mason-Dixon Conf. Out. |
| 2002 NCAA Second Round | 2001 Dixie Conference | 2003 Mason-Dixon Conf. Ind. |
| 2006 USA South | 2001 NCAA Regionals | 2003 Mason-Dixon Conf. Out. |
| 2006 NCAA Second Round | 2006 NCAA Regionals | 2004 Mason-Dixon Conf. Ind. |
| | | 2004 Mason-Dixon Conf. Out. |
| MEN'S CROSS COUNTRY | WOMEN'S LACROSSE | 2005 Mason-Dixon Conf. Ind. |
| 1980 Dixie Conference | 2006 USA South | 2005 Mason-Dixon Conf. Out. |
| 1981 Dixie Conference | 2006 NCAA First Round | 2006 Mason-Dixon Conf. Ind. |
| 1982 Dixie Conference | 2006 USA South | 2006 Mason-Dixon Conf. Out. |
| 1983 Dixie Conference | 2006 NCAA Regionals | 2007 Mason-Dixon Conf. Ind. |
| 1984 Dixie Conference | | |
| 1984 NCAA Nationals | MEN'S TENNIS | VOLLEYBALL |
| 1985 Dixie Conference | 1976 Dixie Conference | 2001 Dixie Conference |
| 1986 Dixie Conference | 1977 Dixie Conference | 2001 NCAA Regionals |
| 1988-92 No competition | 1978 Dixie Conference | 2002 Dixie Conference |
| 1993 Dixie Conference | 1979 Dixie Conference | 2002 NCAA Regionals |
| 1993 Mason-Dixon Conf. | 1980 Dixie Conference | 2004 USA South |
| 1994 Dixie Conference | 1982 Dixie Conference | 2004 NCAA Regionals |
| 1994 NCAA Nationals | 1983 Dixie Conference | 2005 USA South |
| 1994 Mason-Dixon Conf. | 1990 Dixie Conference | 2005 NCAA Regionals |
| 1995 Dixie Conference | 1993 Dixie Conference | 2007 USA South |
| 1996 Dixie Conference | 2006 USA South | 2007 NCAA Regionals |
| 1997 Dixie Conference | | |
| 1998 Dixie Conference | WOMEN'S TENNIS | |
| 1999 Dixie Conference | | |

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.

Christopher Newport University



Fast Facts

Christopher Newport University is a small, selective public university. It offers baccalaureate programs through its College of Liberal Arts and Sciences and the Joseph W. Luter, III School of Business, which earned international accreditation in 2005 by the world's top business accrediting organization – the Association to Advance Collegiate Schools of Business. The University also offers a five-year bachelor's to masters program in teaching and graduate programs in applied physics and computer science and environmental science.

Location

CNU's 260-acre campus is located in Newport News, Va., two and a half hours south of Washington, D.C., less than an hour from Williamsburg and Virginia Beach, and just a few blocks from where the tidal James River flows into the Chesapeake Bay.

Student Profile

Forty-five percent of CNU's 4,800 students are male; 55 percent are female. Students come to CNU from every region in Virginia, 32 other states, and several foreign nations. The average high school GPA is 3.4 (on a 4.0 scale). The average SAT score is 1165 (critical reading and math sections).

History

Founded in 1960 as a two-year branch of the College of William and Mary, CNU became independent in 1977 and gained university status in 1991. Today, CNU is the youngest comprehensive university in the Commonwealth.

Class Size

With an average class size of 25 students, CNU has much smaller classes than most state universities. More than 90 percent of classes are seminars, and no classes are taught by graduate teaching assistants.

Facilities

With a \$400 million building campaign nearly complete, CNU's campus is bursting with new buildings and

CNU's Residence Halls offer students the latest state-of-the-art accommodations.

improvements. Recent additions include state-of-the-art residential facilities, a \$16 million sports and convocation center, the new Ferguson Center for the Arts, and residential facility restaurants and stores. Opening in fall 2006 is a state-of-the-art student union; and an expansion project that will double the size of CNU's library is scheduled for completion in fall 2007.

Ferguson Center for the Arts

The \$60 million Ferguson Center for the Arts is the crowning jewel of Christopher Newport University. Teaching and learning are celebrated in the 1,700-seat Concert Hall, 440-seat Music and Theatre Hall, 200-seat Studio Theatre, classrooms, sound-isolated music practice spaces, rehearsal halls, dance studios, costume shops, lighting labs and set design studios. The Center's inaugural season, which began in September 2005, included world-class classical, pop, Broadway and dance performances, attracting more than 120,000 patrons and ticket revenue in excess of \$3.2 million.

Athletics

CNU athletes compete in 21 NCAA sports, including football, lacrosse and sailing. The University ranks fifth nationally in NCAA Division III Team Championships, and the school has produced 500 All-Americans.

Residence Halls

Nearly 3,000 students are housed in the University's state-of-the-art residential facilities that include four new resi-

dence halls and two new apartment complexes that win raves from students and parents, as well as architectural awards. New residential living includes CNU Village, a unique mixed-use development on campus that houses restaurants and stores that serve the entire community as well as students, faculty and staff. Every residential room has high-speed Internet, basic satellite cable TV, digital local phone service, 24-hour security, and electronic room access. All rooms are equipped with a microwave and mini-refrigerator or have kitchen access.

Faculty

Eighty-five percent of CNU's 932 faculty members hold the Ph.D. or highest degree in their fields. Fifty-five new faculty members have been added since 2003.

Cost

For in-state, full-time undergraduates, tuition and fees are \$6,460, and room and board is \$8,100. Christopher Newport University offers a variety of financial aid programs to help students and their parents pay for college; 43 percent of students receive some form of aid.

Campus Life

CNU's 100 clubs and organizations include academic organizations, fraternities and sororities, and special-interest groups. From Altered Xpressionz to Vibes of Our Vernacular, students are sure to find something to spark their interests.



Outstanding teaching with a strong commitment to undergraduate education and the liberal studies core are the hallmarks of Christopher Newport University. A dramatic transformation spanning the past decade has placed it among the United States' pre-eminent liberal arts universities. As the youngest university in the Commonwealth of Virginia's excellent system of higher education, CNU is getting better, not bigger.

CNU offers an unbeatable combination of great teaching, small classes and a commitment to placing students first, which means that the quality of teaching, advising and student life is the University's first concern. Classes average only 25 students, and are taught by faculty members – 85 percent of which hold a doctorate or the highest degree in their field – not teaching assistants.

These scholars desire to engage and challenge students inside and outside the classroom and are committed to playing an active role in campus life.

**www.cnu.edu
(757) 594-7000**





Christopher Newport Lacrosse Schedule 2008

| Date | Day | Opponent | Site | Time |
|-----------------|-----|--------------------------|-----------------------|-------------|
| February | | | | |
| 23 | Sat | at Marymount | Arlington, Va. | 1:00 |
| 27 | Wed | Adrian | Captains Field | 3:00 |
| March | | | | |
| 2 | Sun | at Guilford | Greensboro, N.C. | 1:00 |
| 5 | Wed | Hampden-Sydney | Captains Field | 3:00 |
| 8 | Sat | Tri-State | Captains Field | 1:00 |
| 12 | Wed | Hendrix | Captains Field | 3:00 |
| 15 | Sat | Eastern | Captains Field | 1:00 |
| 22 | Sat | at St. Mary's (Md.) | St. Mary's City, Md. | 1:00 |
| 26 | Wed | Catholic | Captains Field | 4:00 |
| 29 | Sat | at Mary Washington | Fredericksburg, Va. | 1:00 |
| April | | | | |
| 2 | Wed | at Hood | Frederick, Md. | 3:30 |
| 5 | Sat | Sewanee | Captains Field | 1:00 |
| 12 | Sat | at Greensboro | Greensboro, N.C. | 1:00 |
| 19 | Sat | Randolph-Macon | Captains Field | 1:00 |
| 26 | Sat | Virginia Wesleyan | Captains Field | 3:00 |

Home matches in bold

