

CHRISTOPHER NEWPORT UNIVERSITY

HOME

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GUEST

10

CHRISTOPHER NEWPORT

Katie Doherty

2007 1st team All-USA South
2007 All-Tournament Team USA South
2006 2nd team All-USA South

Kylene Jennings

3 Times Regular Season USA South Champions
Twice USA South Tournament Champs
2 NCAA Appearances

Lisa Thomson

2007 2nd Team All-USA South
2006 Honorable Mention All-USA South

WOMEN'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

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CNU Quick Facts/Directory

LocationNewport 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. Triple, 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
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Athletic Dept. Fax	594-7839
Internet web site	www.cnu.edu/athletics

2008 SCHEDULE

Date	Day	Opponent	Site	Time
February				
19	Tue	Salisbury	Captains Field	3:00
23	Sat	Greensboro*	Greensboro, N.C.	11:00
24	Sun	Guilford	Greensboro, N.C.	2:00
March				
1	Sat	Ferrum*	Ferrum, Va.	4:00
2	Sun	Washington & Lee	Lexington, Va.	1:00
16	Sun	Shenandoah*	Captains Field	1:00
18	Tue	Medaille	Captains Field	4:00
24	Mon	Buffalo St.	Captains Field	4:00
26	Wed	Va. Wesleyan	Virginia Beach, Va.	7:00
29	Sat	Catholic	Washington, D.C.	2:00
April				
3	Thu	Randolph-Macon	Ashland, Va.	4:00
6	Sun	Roanoke	Captains Field	2:00
9	Wed	Mary Washington	Fredericksburg, Va.	4:00
12	Sat	Methodist*	Captains Field	12:00
13	Sun	Lynchburg	Captains Field	2:00
15	Tue	USA South 1/4 Finals	TBA	TBA
19-20	Sat-Sun	USA South Tournament	Burlington, N.C.	TBA
26	Sat	Univ. of the South	Captains Field	12:00

*USA South games
Home games 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 Women's Lacrosse Media Guide is a publication of the Christopher Newport University Department of Athletic Communications.

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Editorial Contributors: Dave Gosselin, Francis Tommasino.

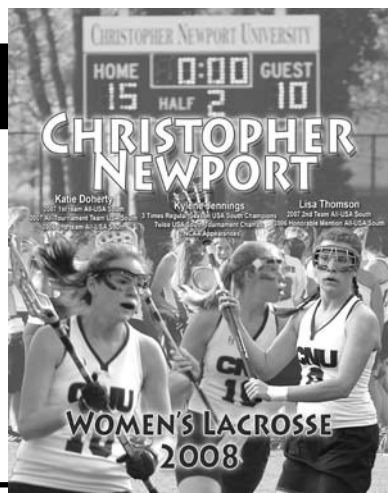
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ON THE COVER

CNU's returning 2008 award winners, left to right: Katie Doherty, Kylene Jennings, Lisa Thomson.



2008 PREVIEW

Christopher Newport's women's lacrosse team will be entering a new era in 2008, in more than one respect.

For one thing, former coach Kwame Lloyd, who directed the program for six of its seven year history, has moved on to Division I University of Vermont.

Carolyn Raveia, the first full-time assistant ever with the team, takes over as Interim Head Coach.

Also, it was just two years ago that CNU produced its first two All-Amer-

icans, juniors Kristin Conques and Kristyn Hankins. Now it will have to deal with replacing two graduated All-Americans.

But Raveia feels that the material is available to do just that, and hopefully win the Captains' third straight NCAA Tournament bid.

She has a strong core of returners from a team that set several school records.

Attack

CNU set a school record with 252 goals last season, and several key people return.

Sophomore Bonnie Hansen is CNU's top returning scorer with 39 goals and 16 assists. She was an honorable mention all-USA South selection.

Junior Shayna Sargent added 26 goals and 11 assists, while sophomore Brooke Falck contributed 16 goals and ten assists.

"They have great ability," says Raveia. "I think we will do well offensively even with the losses.

A couple of newcomers could be a big factor on attack. Meghan Harkey was an all-region player for three years at Loudoun Valley High School, while Kaitie Quigley was also an all-region choice at the same school. Her brother plays on the CNU men's team.

Midfield

"We have great leadership in the midfield," notes Raveia. "I believe they will set the expectations high for our freshmen."

In the attacking midfield, senior Katie Doherty was first team all-USA South and had 19 goals and 24 assists, while Lisa Thomson, also a senior added 15 goals and five assists and was second team all-conference.

Sophomore Christine Mike added 12 goals and 11 assists and will be an important factor.

Freshmen Jacqui Williar, a second team all-county choice in Union Bridge, Md., and Chrissy Rogers, first team all-district from West Springfield H.S., have good speed and will offer fresh legs off the bench.

Defense

Defensively, a strong trio of veterans leads the way, sophomore Rebecca Abood, junior Amy Suddarth and sophomore Alyssa Burke. A couple of newcomers who may also make their presence felt include freshman Morgan Layton and Dara Gruber from Mt. Arlington, N.J.

Goal

Sophomore Gayle Robinson returns after playing a little more than half the minutes in 2007.

"We have some great athletes and fine lacrosse players," notes Raveia. "We're young, but very talented.

Raveia is hoping talented to extend CNU's NCAA string to three years.

2008 ROSTER

Alphabetical

No	Name	Class	Pos	Ht.	Hometown	High School
24	Rebecca Abood*	So.	D	5-6	Fairfax, Va.	Robinson
25	Mea Arnold	Fr.	M	5-5	Manassas, Va.	Forest Park
16	Alyssa Burke*	So.	D	5-8	Fairfax, Va.	Robinson
12	Monique DeGraffenreid	Fr.	M	5-5	Pottstown, Pa.	Pottstown
22	Kelsie Dodd	Fr.	D/M	5-6	Fairfax, Va.	Robinson
10	Katie Doherty**	Jr.	A/M	5-8	Fairfax, Va.	Paul VI
77	Kristen Duca	Fr.	G	5-11	Westhampton, N.Y.	Westhampton Beach
18	Brooke Falck*	So.	A	5-5	Berlin, Md.	Worcester Prep
14	Natalie Gilbert*	So.	M	5-4	Annandale, Va.	Annandale
99	Rachel Giljam	Fr.	G		Easton, Md.	Easton
11	Dara Gruber	Fr.	D	5-6	Mt. Arlington, N.J.	Roxbury
9	Dani Guessford	Fr.	A	5-7	Alexandria, Va.	Mt. Vernon
23	Bonnie Hansen	Fr.	A	5-5	Annandale, Va.	Paul VI
4	Meghan Harkey	Fr.	A	5-3	Purcellville, Va.	Loudoun Valley
19	Kylene Jennings***	Sr.	A	5-10	Fairfax, Va.	Hyde School
5	Morgan Layton	Fr.	M/D	5-6	Ocean City, Md.	Stephen Decatur
6	Christine Mike	So.	M	5-2	Centreville, Va.	Pope Paul VI
20	Marie Pierce*	So.	D	5-7	Annandale, Va.	Annandale
1	Kaitlin Quigley	Fr.	M/A	5-4	Round Hill, Va.	Loudoun Valley
88	Gayle Robinson*	So.	GK	5-9	Reston, Va.	South Lakes
3	Christina Rogers	Fr.	M/A	5-2	Springfield, Va.	West Springfield
15	Shayna Sargent**	Jr.	A	5-3	Woodbridge, Va.	Osborn Park
17	Amy Suddarth**	Jr.	D	5-8	Springfield, Va.	Annandale
8	Lisa Thomson***	Sr.	M	5-5	Orchard Park, NY	Orchard Park
2	Jacqui Williar	Fr.	M	5-8	Arlington, Va.	Arlington

*Previous CNU experience

Interim Head Coach: Carolyn Raveia

Assistant Coach: Wendy Wilson

Numerical

No	Name	Class	Pos	Ht.	Hometown	High School
1	Kaitlin Quigley	Fr.	M/A	5-4	Round Hill, Va.	Loudoun Valley
2	Jacqui Williar	Fr.	M	5-8	Arlington, Va.	Arlington
3	Christina Rogers	Fr.	M/A	5-2	Springfield, Va.	West Springfield
4	Meghan Harkey	Fr.	A	5-3	Purcellville, Va.	Loudoun Valley
5	Morgan Layton	Fr.	M/D	5-6	Ocean City, Md.	Stephen Decatur
6	Christine Mike	So.	M	5-2	Centreville, Va.	Pope Paul VI
8	Lisa Thomson***	Sr.	M	5-5	Orchard Park, NY	Orchard Park
9	Dani Guessford	Fr.	A	5-7	Alexandria, Va.	Mt. Vernon
10	Katie Doherty**	Jr.	A/M	5-8	Fairfax, Va.	Paul VI
11	Dara Gruber	Fr.	D	5-6	Mt. Arlington, N.J.	Roxbury
12	Monique DeGraffenreid	Fr.	M	5-5	Pottstown, Pa.	Pottstown
14	Natalie Gilbert*	So.	M	5-4	Annandale, Va.	Annandale
15	Shayna Sargent**	Jr.	A	5-3	Woodbridge, Va.	Osborn Park
16	Alyssa Burke*	So.	D	5-8	Fairfax, Va.	Robinson
17	Amy Suddarth**	Jr.	D	5-8	Springfield, Va.	Annandale
18	Brooke Falck*	So.	A	5-5	Berlin, Md.	Worcester Prep
19	Kylene Jennings***	Sr.	A	5-10	Fairfax, Va.	Hyde School
20	Marie Pierce*	So.	D	5-7	Annandale, Va.	Annandale
22	Kelsie Dodd	Fr.	D/M	5-6	Fairfax, Va.	Robinson
23	Bonnie Hansen	Fr.	A	5-5	Annandale, Va.	Paul VI
24	Rebecca Abood*	So.	D	5-6	Fairfax, Va.	Robinson
25	Mea Arnold	Fr.	M	5-5	Manassas, Va.	Forest Park
88	Gayle Robinson*	So.	GK	5-9	Reston, Va.	South Lakes
77	Kristen Duca	Fr.	G	5-11	Westhampton, N.Y.	Westhampton Beach
99	Rachel Giljam	Fr.	G		Easton, Md.	Easton

*Previous CNU experience

Interim Head Coach: Carolyn Raveia

Assistant Coach: Wendy Wilson



INTERIM HEAD COACH CAROLYN RAVEIA

Carolyn Raveia will serve as the Interim Head Coach for Christopher Newport women's lacrosse, taking over for six-year coach Kwame Lloyd, who departed for Division I University of Vermont.

Raveia is a 2007 graduate of Monmouth University in West Long Branch, NJ. She graduated magna cum laude with a Bachelor of Arts in Communication. Raveia was also a dean's list member all four years.

While at Monmouth, she helped lead her team to two Northeast Conference championships and an appearance in the NCAA Tournament. She finished her career third on the school's all-time list in goals scored with 174. Raveia was twice named All-Northeast Conference and was also a team captain.

She was also honored as the NJIAW Woman of the Year and named to the Northeast Conference Academic Honor Roll. Raveia received the Bill Boylan Award and was a member of the ESPN the Magazine Academic All-District team as a senior. She was also named the NEC Spring Scholar Athlete of the Year for women's lacrosse and Raveia was a member of the Lambda Sigma Tau Honor Society.

ASSISTANT COACH WENDY WILSON

Wendy Wilson joins the coaching staff for her fourth season at Christopher Newport. Wilson, from Alexandria, Va, had an outstanding lacrosse and field hockey career at Christopher Newport. In field hockey, she set school records for most goals in a game (9), single season (21), and career (41). She is also the school's career scoring leader with 101 total points (41 goals, 19 assists) in three seasons of play. She was also an all-state selection.

Wilson also played lacrosse for two years and her career totals of 73 goals and 81 total points (73 goals, eight assists) are among the best in program history. She was a two-time all-conference, all-tournament and all-state selection and was the conference co-Rookie of the Year in 2001.

Wilson is a graduate of Christopher Newport with a Bachelor's Degree in Physical Education and she coaches field hockey at Tabb High School.



MEET THE CAPTAINS - VETERANS

REBECCA ABOOD

24

FAIRFAX, VA
ROBINSON H.S.
5-6- SOPHOMORE

2007 - Freshman Season - Saw action in 14 games in her rookie season, playing on defense...Had a total of nine ground balls, with two against Shenandoah and caused four turnovers, also with two versus Shenandoah.

AT ROBINSON - Played lacrosse throughout high school for coach Allison Cobb...Her team won three district championships and one regional championship...She was a second team all-district selection as a junior and honorable mention all-district as a senior.

PERSONAL - Rebecca Anne Abood was born Sept. 20, 1987 in Fairfax, Va...Her major is Communications and she is the daughter of Richard and Betteanne Abood.



The Numbers on Rebecca Abood

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2007	14-0	0	0	0	2	.000	2	1.000	0	0-1	9	0	5	4	0-0	.000

ALYSSA BURKE

16

FAIRFAX, VA
ROBINSON H.S.
5-8- SOPHOMORE

2007 - Freshman Season - A key defender for CNU's second straight NCAA team. She made 14 starts in 17 games in her first season at CNU...Had four ground balls against Averett and three versus Mary Washington...Also caused three turnovers in the Averett contest...Scored a goal on her only shot of the season, against N.C. Wesleyan.

AT ROBINSON - Played lacrosse for coaches Allison Cobb and Bob McKoy and was a first team All-District and All-Region selection as a junior and was second team All-District as a senior...Her team won three district championships and finished second in the state.

PERSONAL - Alyssa Burke was born Jan. 2, 1988 in Alexandria, Va...Her major is Communications and she is the daughter of Joseph and Lynn Burke...She has a brother, Kevin, 24 and a sister, Tracy, 26.



The Numbers on Alyssa Burke

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2007	17-14	1	0	1	1	1.000	1	1.000	0	0-0	18	2	4	7	0-0	.000

KATIE DOHERTY

10

CLIFTON, VA
PAUL VI H.S.
5-8- JUNIOR



2007 - Sophomore Season - A first team all-USA South selection in the midfield...Fourth leading scorer on the team with 19 goals and 24 assists for a total of 43 points...Scored four goals against Shenandoah and added three each versus N.C. Wesleyan and Averett...Also had four assists each in games with Ferrum and Averett...Had the game-winning goal against Shenandoah...Contributed four ground balls in the Shenandoah game.

2006 - Freshman Season - Played in 15 games and was the team's third-leading scorer with 26 goals and 17 assists...Doherty scored five goals against Marymount and four goals against Lynchburg. ...She also scored three goals against Shenandoah and twice each against N.C. Wesleyan, Roanoke and Methodist, earning second team all-conference honors.

AT PAUL VI - Played lacrosse throughout high school for coach Joe Dannemann and her team was Washington Catholic Area Conference champions...Her senior year, she was team captain and second team All-WCAC...Doherty was a third team All-WCAC selection her junior year and was a two-time All-State cross country runner...Doherty was a Peer Mentor and volunteer for the mentally challenged.

PERSONAL - Katie Mary Doherty was born Aug. 16, 1987 in Fairfax, Va...Her major is Psychology and she is the daughter of Matthew and Mary Kay Doherty...She has a brother, Nicholas, 25.

The Numbers on Katie Doherty

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2006	15-15	26	17	43	68	.382	48	.706	0	1-6	36	21	23	9	0-0	.000
2007	17-16	19	24	43	47	.404	36	.766	1	2-3	24	25	33	3	1-1	1.000
Career	32-31	45	41	86	115	.391	84	.730	1	3-9	60	46	56	12	1-1	1.000

BROOKE FALCK

18

BERLIN, MD.
WORCESTER PREP H.S.
5-5- SOPHOMORE



2007 - Freshman Season - Made four starts in CNU's 17 games during her first season...Scored three goals against Catholic and Ferrum and added two in the Lynchburg game...Also had three assists versus Shenandoah...Scooped up a pair of ground balls in contests with Salisbury, Averett, Greensboro, Virginia Wesleyan and Lynchburg.

AT WORCESTER PREP - Played lacrosse throughout high school for coach Carol Hartnett and helped her team win three conference championships...She was a first team all-tournament selection her junior year and was team captain and MVP her senior year...She was in the National Honor Society.

PERSONAL - Brooke Falck was born March 9, 1988 in Berlin, Md...Her major is Spanish and she is the daughter of Steve and Patty Falck...She has a sister, Blair, 24.

The Numbers on Brooke Falck

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS		
															W-L	PCT.	
2007	17-4	16	10	26	30	.533	25	.833	0	0-0	14	8	18	18	5	0-0	.000

NATALIE GILBERT

14

ANNANDALE, VA
ANNANDALE H.S.
5-6- SOPHOMORE

2007 - Freshman Season - Earned 12 starting roles and scored 14 goals...Had four scores against Greensboro and three in the Lynchburg game as well as two assists each versus Ferrum and Shenandoah...Scored the game-winning goals against Greensboro and Methodist...Added four ground balls against Mary Washington and caused four turnovers in the Averett contest.

AT ANNANDALE - Played three years of lacrosse and four years of field hockey for coach Cindy Hook...Made first team all-district and second team all-Northern Region...In field hockey, her team went to the state tournament her sophomore year. Natalie was an honor roll student and was in the National Honor Society and DECA.

PERSONAL - Natalie Gilbert was born Sept. 23, 1987 in Alexandria, Va. Her major is Communications Studies and she is the daughter of Thomas and Jana Gilbert. She has a brother, Nolan, 12. She also plays field hockey at CNU and helped the Lady Captains advance to the Elite Eight of the NCAA Division III tournament.



The Numbers on Natalie Gilbert

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2007	17-12	14	6	20	36	.389	26	.722	2	0-4	22	15	25	7	0-0	.000

BONNIE HANSEN

23

FAIRFAX, VA
PAUL VI H.S.
5-5- SOPHOMORE

2007 - Freshman Season - Earned honorable mention all-USA South recognition in her rookie year, playing attack...CNU's third leading scorer with 41 goals and 25 assists for 78 points...Scored four goals on four occasions, against Ferrum, Guilford, Lynchburg and Frostburg St. and had three assists each in games with N.C. Wesleyan, Mary Washington, Virginia Wesleyan and Shenandoah...Three of her goals were game winners, in the Ferrum, Guilford and Frostburg St. games.

AT PAUL VI - Played lacrosse for four years for coach Joe Danneman...Her team finished second in the WCAC conference her junior year...Hansen was on the Triple Edge All-Star team her junior year and was second team All-Conference her senior year.

PERSONAL - Bonnie Alicia Hansen was born May 9, 1988 in Oak Harbor, Wash...Her major is History and she is the daughter of Robert and Jane Hansen...She has a twin brother, Patrick, 19 and two sisters, Katie, 23 and Ginnie, 18.



The Numbers on Bonnie Hansen

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2007	17-16	39	16	55	82	.476	67	.817	0	2-5	16	6	15	1	0-0	.000



KYLENE JENNINGS

19

**FAIRFAX, VA
HYDE SCHOOL
5-10- SENIOR**

2007 - Junior Season - Had two goals each against Shenandoah and Averett and had assists versus Ferrum and Shenandoah...Grabbed four ground balls in the Mary Washington game and caused a turnover versus Averett.

2006 - Sophomore Season - Saw action in all 19 games and scored 10 goals and assisted on another...Jennings scored two goals against Greensboro in the championship game of the conference tournament, including the game-winner in overtime...CNU beat the Pride 10-9, which gave the Lady Captains their first NCAA tournament berth in program history.

2005 - Freshman Season - Played in four games and scored three goals, all against Averett...

AT HYDE - Played basketball as a freshman and lacrosse as a freshman and sophomore at Fairfax High school and then transferred to Hyde School in Bath, Maine...At Hyde, Jennings played varsity basketball, soccer and lacrosse her junior and senior years...At Hyde, she was an all-MAISAD Conference goalie in soccer as a senior and team captain in lacrosse her senior year...She averaged three goals a game as a junior and four goals a game as a senior...Her junior year, the team won the MAISAD tournament...She was an honor roll student and was in the Drama club.

PERSONAL - Kylene Carolyn Jennings was born Aug. 23, 1985 in Fairfax, Va...Her major is Communications with an English Writing minor and she is the daughter of Bruce and Laurie Jennings...She has a sister, Kendall, 26.

The Numbers on Kylene Jennings

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2005	4-0	3	0	3	4	.750	4	1.000	0	1-1	4	2	0	1	0-0	.000
2006	19-9	10	1	11	22	.455	14	.636	1	1-1	27	29	20	3	3-4	.750
2007	16-2	8	2	10	14	.571	11	.786	0	1-2	13	20	11	1	0-0	.000
Career	39-11	21	3	24	40	.525	29	.828	1	3-4	44	51	31	5	3-4	.750

CHRISTINE MIKE

6

**CENTREVILLE, VA
POPE PAUL VI H.S.
5-2- SOPHOMORE**

2007 - Freshman Season - An important player in her very first year, seeing action in all 17 games and starting twice...Scored three times against Averett and had two assists in the Shenandoah game...Her goal against Lynchburg was the game-winner...Had four ground balls in the season opener at Salisbury and caused four turnovers against Shenandoah.

AT POPE PAUL VI - Played lacrosse for two years for coach Joe Danneman...Her team finished second in the WCAC conference her junior year...Mike was on the Triple Edge all-star team her junior year and was second team all-conference and team MVP her senior year...She also ran track and played tennis...She was a member of the French and Art clubs, graduated with honors and was a student-athlete award recipient.

PERSONAL - Christine Anne Mike was born July 11, 1988 in Chantilly, Va...Her major is Math and she is the daughter of Joseph and Kerry Anne Mike.



The Numbers on Christine Mike

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2007	17-2	12	11	23	28	.429	22	.786	1	0-3	20	17	20	10	0-0	.000

MARIE PIERCE

20

ANNANDALE, VA
ANNANDALE H.S.
5-7- SOPHOMORE

2007 - Freshman Season - Earned two starting assignments in her rookie season...Had three ground balls each versus N.C. Wesleyan, Averett, Virginia Wesleyan and in CNU's NCAA contest with Roanoke...Also led the team in caused turnovers with 11 including three each versus Virginia Wesleyan and Roanoke.

AT ANNANDALE - Played lacrosse for three years for coach Cindy Hook and she was first team all-district, all-region and all-Washington Examiner her junior and senior years...Pierce also played basketball and volleyball throughout high school...She was in the National Art Honor Society and a recipient of the gold and silver keys, which is given to regional and national winners in the Scholastics art and writing contest.

PERSONAL - Marie Elizabeth Pierce was born March 3, 1988 in Alexandria, Va...Her major is Business and she is the daughter of Anne Pierce.



The Numbers on Marie Pierce

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2007	15-2	0	0	0	0	.000	0	.000	0	0-0	23	6	10	11	0-0	

GAYLE ROBINSON

88

RESTON, VA
SOUTH LAKES H.S.
5-9- SOPHOMORE

2007 - Freshman Season - Shared duties in the net, making six starts...Played 60 minutes, allowing just three goals with three saves against Averett and made 11 saves in the Guilford game, as well as ten each versus Randolph-Macon and Frostburg St.

AT SOUTH LAKES - Played lacrosse throughout high school and she was a second team all-district goalie and team captain her senior year...She was also a member of the swimming team as a junior and senior.

PERSONAL - Gayle Elin Robinson was born March 31, 1988 in Reston, Va. Her major is Political Science and she is the daughter of Michael and Kathi Robinson...She has a brother, Brian, 22.



The Numbers on Gayle Robinson

Year	GP-GS	MINUTES	GA	GaAVE	SAVES	SAVEPct.	W	L	T	Shots faced
2007	15-6	524:56	78	8.92	71	.477	5	2	0	192



SHAYNA SARGENT 15

WOODBIDGE, VA
OSBOURN PARK H.S.
5-3- JUNIOR

2007 - Sophomore Season - Poured in a total of 26 goals, with four each against Guilford and Shenandoah...Also had three in a game with Shenandoah...Netted the game-winning goal versus Virginia Wesleyan...Had three assists in a contest with Ferrum...Had a season-high three ground balls against Salisbury.

2006 - Freshman Season - Played in all 19 games and was the team's fourth-leading scorer with 20 goals and eight assists...Sargent scored a season-high three goals against Guilford and scored twice against Ferrum, Lynchburg and Sweet Briar...Sargent was also an honorable mention all-conference selection...Scored CNU's first-ever goal in the NCAA Tournament against Washington & Lee.

AT OSBOURN PARK - Played lacrosse throughout high school for coach Kate Thomas...As a senior, Sargent was a first team all-District, all-Region, all-area and first team Potomac News selection...She scored 64 goals and assisted on 58 more and played in the state all-star game her senior year...Her junior year, Sargent had 49 goals and 27 assists and was a first team all-district and all-region selection...She was an honor roll student and was also in the Key Club, Yearbook staff and also did volunteer work with special education students.

PERSONAL - Shayna Sargent was born June 4, 1987 in Fairfax, Va...Her major is Social Work and she is the daughter of William and Marilyn Sargent...She has a sister, Bailey, 22.

The Numbers on Shayna Sargent

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2006	19-18	20	8	28	53	.377	29	.547	0	0-3	35	16	28	5	0-0	.000
2007	17-16	26	11	37	48	.542	35	.729	1	3-5	14	10	18	0	0-0	.000
Career	36-34	46	19	65	101	.455	64	.634	1	3-8	51	26	46	5	0-0	.000



AMY SUDDARTH 17

SPRINGFIELD, VA
ANNANDALE H.S.
5-8- JUNIOR

2007 - Sophomore Season - Started all but one game, playing primarily on defense...Had a pair of ground balls in seven different games and caused two turnovers versus Catholic.

2006 - Freshman Season - Played in 19 games...Excelled on defense, forcing 16 turnovers and gathering 33 ground balls.

AT ANNANDALE - Played lacrosse for coach Cindy Hook and was an honorable mention all-Patriot District selection her senior year...Suddarth also played field hockey throughout high school and was a first team all-District, first team all-region, first team all-Journal and second team all-state selection her senior year...Suddarth was also second team all-district as a junior and her team was district champions and regional runner-up in her senior season...She also played soccer and ran track...Suddarth was

in the Math and National Honor Societies and was an honor roll student.

PERSONAL - Amy Marie Suddarth was born Nov. 16, 1986 in Fairfax, Va...Her major is Biology and she is the daughter of Dennis and Mary Ann Suddarth...She has twin brothers, Andy and Brian, 29, and a sister, Katie, 31...Andy played four years of lacrosse at the University of Mary Washington.

The Numbers on Katie Doherty

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2006	19-11	0	0	0	2	.000	1	.500	0	0-1	33	5	16	6	1-1	1.000
2007	17-16	0	0	0	1	.000	1	1.000	0	0-1	19	6	5	6	0-0	.000
Career	36-27	0	0	0	3	.000	2	.667	0	0-2	52	11	21	12	1-1	1.000

LISA THOMPSON 8

ORCHARD PARK, NY
ORCHARD PARK H.S.
5-5- SENIOR



2007 - Junior Season - Second team all-USA South in the midfield...Scored 15 goals, including three against Methodist...Also had two assists versus Ferrum...Her goal in the Averett game was the game-winner...Led the team with 45 ground balls, including six against Shenandoah and five versus Salisbury...Also caused a pair of turnovers each in two different games against Shenandoah.

2006 - Sophomore Season - Started all 19 games and had seven goals and three assists...She scored a personal-best four goals against N.C. Wesleyan and was an honorable mention all-conference selection...A member of the USA South all-academic team.

2005 - Freshman Season - Played in 11 games and had a goal against Ferrum and an assist against Bridgewater.

AT ORCHARD PARK - Played lacrosse throughout high school for coach Bridget Callahann...She was the team captain as a sophomore and senior and was the team MVP her senior year...Thomson was an honorable mention all Western New York selection, first team Erie County Division I selection and was on the ECIC all-star team as a senior...She also played soccer her sophomore and junior years...She was an honor roll student and was in the Varsity and Pep clubs.

PERSONAL - Lisa Shields Thomson was born Aug. 27, 1985 in Orchard Park, N.Y...Her major is Biology and she is the daughter of George and Deanne Thomson...She has a sister, Krista, 26 and a brother, David, 20.

The Numbers on Lisa Thompson

Year	GP-GS	G	A	PTS	SH	SH%	SOG	SOG%	GW	FPG-FPS	GB	DC	T/O	CT	FACEOFFS	
															W-L	PCT.
2005	11-10	1	1	2	1	1.000	1	1.000	0	0-0	10	14	7	0	0-0	.000
2006	19-19	7	3	10	17	.412	13	.765	0	0-1	51	29	32	9	0-0	.000
2007	17-17	15	5	20	30	.500	25	.833	1	0-2	45	28	23	5	0-0	.000
Career	47-46	23	9	42	48	.479	39	.813	1	0-3	106	71	62	14	0-0	.000

Stacy Whiting



The 2008 Captains

12 CNU Lacrosse 2008- Four USA South Regular Season Titles, Two Tournament Crowns, Two NCAA Appearances

MEET THE CAPTAINS - FRESHMEN



MEA
ARNOLD

25

MANASSAS, VA
FOREST PARK H.S.
5-5- FRESHMAN

AT FOREST PARK - Twice a first team all-region selection and three times first team all-Cardinal District while playing for coach Bill Clark...Also earned first team all-area honors twice and was Cardinal District Player and Offensive Player of the Year as a senior...Named to the Washington Post all-area team that year as well...As a senior she scored 48 goals, had 15 assists and won 121 draws...Also an all-district and all-region field hockey player...Won an academic letter and was a member of NAHS.

PERSONAL - Mea Arnold was born April 3, 1989 in Hiedelberg, Germany...She is majoring in Sociology and is the daughter of Mike and Soo Arnold...Has a brother Joshua, 16...An aunt, Sandra Ganey, played volleyball at the University of New Hampshire for four years.



MONIQUE
DEGRAFFENREID

12

POTTSTOWN, PA
POTTSTOWN H.S.
5-5- FRESHMAN

AT POTTSTOWN - Earned first team all-league and all-area honors while a junior and a senior, as well as being named second team all-league as a sophomore...She was coach Andy Bachman's team captain as a senior...Also played field hockey and basketball.

PERSONAL - Monique DeGraffenreid was born May 13, 1989 in Pottstown, Pa...The daughter of Sheila and Ralph DeGraffenreid is a sociology major, with a concentration in Criminology...She has a brother Marques, 18 and a sister Lanika, 21.



KELSIE
DODD

22

FAIRFAX, VA
ROBINSON H.S.
5-6- FRESHMAN

AT ROBINSON - A first team all-Concorde District and all-region selection as a senior playing for coach Allison Newn...Her team finished second in the state one year...Also played basketball and golf...An Honor Roll student and President of her class.

PERSONAL - Kelsie Marie Dodd was born March 30, 1989 in Watertown, N.Y...She is the daughter of Jay and Tahlea Dodd and is majoring in Business Accounting...Has a sister McKenzie, 21.



KRISTIN
DUCA

77

WESTHAMPTON, N.Y.
WESTHAMPTON BEACH H.S.
5-11- FRESHMAN

AT WESTHAMPTON BEACH - Twice earned all-Division Section II honors playing for coach Jenn Kast...She was the team's Defensive MVP as a sophomore and junior and Offensive MVP in her senior year when she was also team captain...Also played basketball, soccer and tennis...A National Honor Society member as well as the Principal's Honor Roll and winner of the Fairfield Book Award...A member of Rotary/Interact, the chorus, student government and class President...Did volunteer work on blood drives and community events with the Rotary Club.

PERSONAL - Kristen Kathleen Duca was born Aug. 28, 1989 in St. James, N.Y...She is a Marketing major and the daughter of James and Kathleen Duca...Has a brother Rob, 21, who plays lacrosse at CNU, and a sister Ryan, 15...Kristin also plays basketball at CNU.



RACHEL
GILJAM

99

EASTON, MD.
EASTON H.S.
5-6- FRESHMAN

AT EASTON - Team captain in both lacrosse and volleyball for two years...Played lacrosse for coach Dave Morrell...Named an Academic All-American...A member of the Principal's Honor Roll throughout high school.

PERSONAL - Rachel Joy Giljam was born April 17, 1990 in Woodstock, New Brunswick, Canada...She is majoring in Communications and is the daughter of Dan and Sharon Giljam...Has a brother Joel, 20.




DARA
GRUBER

11

MT. ARLINGTON, N.J.
ROXBURY H.S.
5-6- FRESHMAN


AT ROXBURY - Honorable mention all-Iron Hills Conference in her senior year when she was also the team offensive MVP for coach Kevin Bewalder...Scored a career total of 64 goals with 48 assists and 112 ground balls...Also played soccer and basketball...A member of the choir and band, as well as a peer leader...Also a Sunday School teacher.

PERSONAL - Dara Stefani Gruber was born Dec. 19, 1989 in Little Rock, Ark...She has chosen Psychology as her major...The daughter of Rob and Harriet Gruber has a sister Hali, 11...Cousin Jonathan Spiropoulos played football at the U.S. Merchant Marine Academy and another cousin, Kristin Spiros, played soccer at Manhattan.

	DANI GUESSFORD 9
	ALEXANDRIA, VA MOUNT VERNON H.S. 5-7- FRESHMAN

AT MOUNT VERNON - First team all-district as a senior and second team in her junior year for coach Cromwell...Played in the NOVA all-star game and was her high school team's MVP...A member of Young Democrats, the Swim/Dive Team and Interact.

PERSONAL - Danielle Nicole Guessford was born Dec. 16, 1988 in Alexandria, Va...She's a Biology major and the daughter of Said and Sharon Bouiftilen...She has a sister, Raihaanah Guessford, 5.

	MEGAN HARKEY 4
	PURCELLVILLE, VA LOUDOUN VALLEY H.S. 5-3- FRESHMAN


AT LOUDOUN VALLEY - Named first team all-region for three straight years...Washington Post Extra Player of the Year as a senior and on the all-extra team the previous two years...Honorable mention all-met in her final season, when she was also district Player of the Year...Coach Jay Harkey's team captain...Team's leading scorer for three years...A member of the National Honor Society and Student Council officer.

PERSONAL - Meghan Andrea Harkey was born April 7, 1989 in Annapolis, Md...She is the daughter of Jay and Kathy Harkey and is majoring in Business Management...Has a brother JD, 19 and two sisters, Jessie, 17 and Shannon, 15...Her father played lacrosse at the University of Maryland.

	MORGAN LAYTON 5
	OCEAN CITY, MD STEPHEN DECATUR H.S. 5-6- FRESHMAN


AT STEPHEN DECATUR - Earned second team all-Bayside Conference honors in her final two years after taking honorable mention as a sophomore...She was coach Bob Musitano's defensive MVP as a senior...The team won two conference championships as was state runner-up...A member of Minds in Motion, an academic award for athletes who achieved a top GPA...Also a National Honor Society member as well as SGA...Also did work with the Connections Club.

PERSONAL - Morgan Julia Layton was born July 21, 1989 in Ocean City, Md...She is the daughter of Pam and Larry Layton...Has not yet chosen a major...Has a brother Bobby, 14 and two sisters, Lisa, 28 and Shelby, 16.

	KAITIE QUIGLEY 1
	FAIRFAX, VA LOUDOUN VALLEY H.S. 5-4- FRESHMAN


AT LOUDOUN VALLEY - First team all-region and all-National District as a senior playing for coach Jay Harkey...Also first team all-Dulles District as a junior and second team in her sophomore year...Team captain in her final season.

PERSONAL - Kaitlin Taylor Quigley was born Sept. 28, 1989 in Fairfax, Va. and is the daughter of Nancy Shuttleworth and Christopher Quigley...She has not yet chosen her major...Has a brother Chris, 19, who plays lacrosse at CNU, and a sister Theresa, 21.

	CHRISSEY ROGERS 3
	SPRINGFIELD, VA WEST SPRINGFIELD H.S. 5-2- FRESHMAN

AT WEST SPRINGFIELD - Earned first team all-district honors as a senior and was second team in her junior year...Played for coach Brian Puhlick...Did volunteer work at a work camp, Christ House and Summer of Science.

PERSONAL - Christina Elizabeth Rogers was born Nov. 20, 1988 in Springfield, Va...She has not yet declared a major...She is the daughter of Theresa Rogers and has three sisters, Shelley, 26; Joanna, 23 and Magdalene, 20.

	JACQUI WILLIAR 2
	UNION BRIDGE, MD FRANCIS SCOTT KEY H.S. 4-10- FRESHMAN

AT FRANCIS SCOTT KEY - Second team all-county as a senior playing for coach Tim Harrison...Also an all-conference soccer player and played basketball as well...A Maryland Scholar, Principal's Challenge Award winner and winner of the Eagle Award and academic letter...Also a member of the varsity choir, National Honor Society, SGA and CCSGA.

PERSONAL - Jacquelynn Michelle Williar was born Nov. 17, 1989 in Westminster, Md...The daughter of Ed and Colleen Williar is an English major...Has a brother C. David, 13 and a sister Danielle, 15.

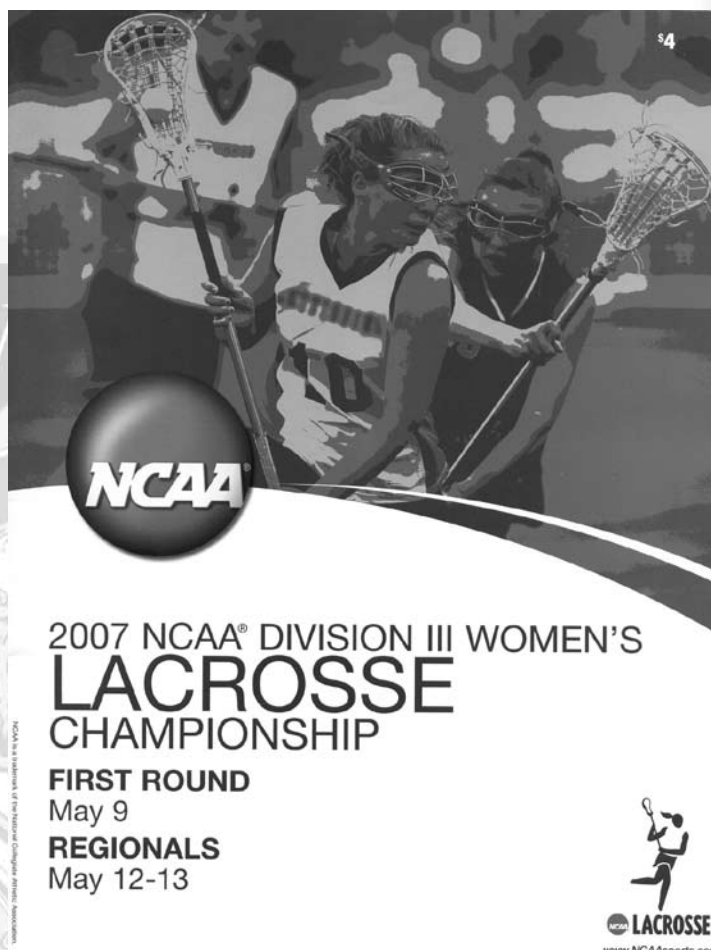
CNU IN THE NCAA



2006 NCAA Regional Washington & Lee 19, CNU 9

The Lady Captains jumped to a 3-0 lead, and trailed by just a 9-7 margin in the second half before falling to a deeper Washington & Lee squad, 19-9, in Lexington, Va.

Kristen Conques led CNU with three goals and an assist, while Kristyn Hankins added two goals.



2007 NCAA Regional Roanoke 14, CNU 6

CNU got off to a slow start, falling behind 9-1 at halftime, then scored three times early in the second half but could not overcome the deficit.

All-American Kristen Conques had two goals and three assists, while All-American Kristyn Hankins had two goals and one assist.



The opening draw in CNU's first
NCAA lacrosse game in history

CAPTAINS VISIT ST. CROIX

The Christopher Newport women's lacrosse team took by far its longest trip ever last Spring when it visited the Island of St. Croix and played a regular season match against Mary Washington.

Below are a few scenes from the trip as captured by the players themselves.



2007 STATISTICS

##	Name	GP	GS	SHOTS				GOALS				GW	GB	T/O	CT
				G	A	Pts	Sh	Shot%	SOG	SOG%					
4	CONQUES, Kristen	17	17	54	34	88	112	.482	98	.875	1	33	27	7	
12	HANKINS, Kristyn	17	17	41	25	66	78	.526	64	.821	3	23	22	8	
7	HANSEN, Bonnie	17	16	39	16	55	82	.476	67	.817	0	16	15	1	
10	DOHERTY, Katie	17	16	19	24	43	47	.404	36	.766	1	24	33	3	
25	SARGENT, Shayna	17	16	26	11	37	48	.542	35	.729	1	14	18	0	
18	FALCK, Brooke	17	4	16	10	26	30	.533	25	.833	0	14	18	5	
6	MIKE, Christine	17	2	12	11	23	28	.429	22	.786	1	20	20	10	
8	THOMSON, Lisa	17	17	15	5	20	30	.500	25	.833	1	45	23	5	
14	GILBERT, Natalie	17	12	14	6	20	36	.389	26	.722	2	22	25	7	
19	JENNINGS, Kylene	16	2	8	2	10	14	.571	11	.786	0	13	11	1	
2	SAWYER, Holli	17	0	6	0	6	19	.316	13	.684	0	2	8	3	
23	SEIDL, Hannah	9	1	1	0	1	4	.250	3	.750	1	2	0	0	
16	BURKE, Alyssa	17	14	1	0	1	1	1.000	1	1.000	0	18	4	7	
15	ROSS, Katie	17	17	0	0	0	4	.000	3	.750	0	10	5	7	
24	ABOOD, Rebecca	14	0	0	0	0	2	.000	2	1.000	0	9	5	4	
9	SOLHEIM, Kimberly	12	0	0	0	0	2	.000	2	1.000	0	6	4	1	
17	SUDDARTH, Amy	17	16	0	0	0	1	.000	1	1.000	0	19	5	6	
3	MITCHELL, Brittany	17	16	0	0	0	1	.000	1	1.000	0	38	9	9	
99	ROBINSON, Gayle	15	6	0	0	0	0	.000	0	.000	0	20	9	3	
88	SPARKS, Theresa	12	11	0	0	0	0	.000	0	.000	0	13	3	1	
20	PIERCE, Marie	15	2	0	0	0	0	.000	0	.000	0	23	10	11	
Total.....		17		252	144	396	539	.468	435	.807	11	384	281	100	
Opponents.....		17		150	59	209	364	.412	286	.786	5	307	266	101	

##	Name	GP	GS	GOAL AVERAGE			SAVES		RECORD			Shots Faced
				Minutes	GA	GAAvg	Saves	Pct	W	L	T	
88	SPARKS, Theresa	12	8	495:04	72	8.73	68	.486	7	3	0	172
99	ROBINSON, Gayle	15	2	524:56	78	8.92	71	.477	5	2	0	192
Total.....		17		1020:00	150	8.82	139	.481	12	5	0	364
Opponents.....		17		1020:00	252	14.82	183	.421	5	120		540

Returning players in bold

Date	Opponent	2	Score	Overall	Conf	Goalie	Site
Feb 22	at #7 Salisbury	L	5-19	0-1-0	0-0-0	SPARKS, Theresa	Salisbury, Md.
*Feb 24	FERRUM	W	18-3	1-1-0	1-0-0	SPARKS, Theresa	Newport News, VA
*Feb 28	NC WESLEYAN	W	20-1	2-1-0	2-0-0	SPARKS, Theresa	Newport News, VA
Mar 4	SWEET BRIAR	W	16-2	3-1-0	2-0-0	SPARKS, Theresa	Newport News, VA
Mar 7	vs #12 Mary Washington	L	8-16	3-2-0	2-0-0	SPARKS, Theresa	St. Croix, USVI
*Mar 11	at Shenandoah	W	22-4	4-2-0	3-0-0	SPARKS, Theresa	Winchester, Va.
Mar 15	RANDOLPH-MACON	L	10-11	4-3-0	3-0-0	ROBINSON, Gayle	Newport News, VA
*Mar 17	at Averett	W	19-3	5-3-0	4-0-0	ROBINSON, Gayle	Danville, VA
Mar 18	GUILFORD	W	19-12	6-3-0	4-0-0	ROBINSON, Gayle	Newport News, VA
*Mar 24	GREENSBORO	W	15-11	7-3-0	5-0-0	ROBINSON, Gayle	Newport News, VA
Mar 25	CATHOLIC	L	9-13	7-4-0	5-0-0	ROBINSON, Gayle	Newport News, VA
*Mar 31	at Methodist	W	16-4	8-4-0	6-0-0	SPARKS, Theresa	Fayetteville, NC
Apr 3	VA WESLEYAN	W	15-10	9-4-0	6-0-0	SPARKS, Theresa	Newport News, VA
Apr 14	vs Shenandoah	W	21-3	10-4-0	6-0-0	SPARKS, Theresa	Burlington, NC
Apr 21	at Lynchburg	W	17-15	11-4-0	6-0-0	ROBINSON, Gayle	Lynchburg, VA
Apr 28	at Frostburg State	W	16-9	12-4-0	6-0-0	ROBINSON, Gayle	Frostburg, Md.
May 9	at Roanoke	L	6-14	12-5-0	6-0-0	SPARKS, Theresa	Salem, VA

TEAM RECORD W-L-T

Overall:	12-5-0
Conference:	6-0-0
Home:	6-2-0
Away:	5-2-0
Neutral:	1-1-0
Overtime:	0-0-0

INDIVIDUAL & TEAM RECORDS

Individual

GOALS

Game	9 Wendy Wilson vs. Ferrum, 4/21/01
Season	63 Kristen Conques, 2006
Career	175 Kristen Conques, 2004-2007

ASSISTS

Game	4 Maggie Olson vs. Shenandoah, 4/6/02
	4 Kristin Johnson vs. Trinity (D.C.) 4/15/02
Season	34 Kristen Conques, 2007
Career	88 Kristen Conques, 2004-2007

POINTS

Game	11 Wendy Wilson vs. Ferrum, 4/21/01
Season	91 Kristen Conques, 2006
Career	263 Kristen Conques, 2004-2007

SAVES

Game	31 Robyn Charles vs. Lynchburg, 3/28/01
Season	166 Lindsay Naill, 2005 and 2006
Career	332 Lindsay Naill, 2005-06

Team

GOALS

Game	23 vs. Hollins, 3/3/02
Season	252 in 2007

ASSISTS

Game	8 vs. Shenandoah, 4/6/02
Season	144 in 2007

POINTS

Game	27 vs. Hollins, 3/3/02
Season	396 in 2007

SAVES

Game	40 vs. Lynchburg, 3/28/01
Season	180 in 2006

Misc.

Most Victories	12 in 2007
Fewest Victories	2 in 2001
Most Losses	9 in 2001, 2002, 2004 and 2005
Fewest Losses	5 in 2007
Most Consecutive Wins	5 in 2007
Most Consecutive Losses	7 in 2001
Best Winning Percentage	.706 in 2007
All-Time Home Record	24-27 (.471)
All-Time Road Record	25-24 (.510)
All-Time Neutral Record	4-5 (.444)



Bonnie Hansen

CNU's ALL-TIME ROSTER

Abood, Rebecca 07
Adkisson, Tomisha 01
Allstadt, Sally 03, 04, 05, 06

Bell, Erin 01, 02, 03
Bickham, Lori 04
Blaschke, Ann 03, 04, 05, 06
Brown, Jessica 01, 02
Burke, Alyssa 07
Burns, Melissa 01, 02, 03

Calhoun, Candace 01, 02
Charles, Robyn 01, 02
Cockerille, Sarah 01, 02
Conques, Kristen 04, 05, 06, 07
Cortina, Mary 01
Cullen, April 02, 03

Davis, Emily 06
Delano, Casey 01
Doherty, Katie 06, 07

Elbexe, Dee 03

Falck, Brooke 07
Feciura, April 03
Figueroa, Carlina 01, 02, 03, 04
Figueroa, Jessica 05

Gilbert, Natalie 07

Hankins, Kristyn 04, 05, 06, 07
Hansen, Allison 05, 06
Hansen, Bonnie 07
Hayes, Laura 02, 03

Irwin, Kelly 06

Jennings, Kylene 05, 06, 07
Johnson, Kristin 02, 03

Kazlauskas, Amber 05
Kilpatrick, Christie 05, 06
Kirby, Elaine 02, 03, 04, 05
Kohler, Colby 03

Male-Sterne, Olivia 02
Malick, Arissa 04
Mallory, Celia 04, 05
Mike, Christine 07
Milburn, Lacey 02, 03, 04, 05
Mitchell, Brittney 06, 07
Moreno, Bianca 06
Morris, Caroline 05, 06
Musashe, Natalie 02, 03

Nagle, Renee 04
Naill, Lindsay 05, 06

Olson, Maggie 01, 02

Patton, Fran 01
Pfarr, Meagan 01, 02, 03, 04
Phillips, Kate 02
Pierce, Marie 07
Price, Kristen 05

Rance, Amy Jo 01
Robinson, Gayle 07
Ross, Katie 04, 05, 06, 07

Sargent, Shayna 06, 07
Sawyer, Holli 06, 07
Schadt, Hanna 03
Seidl, Hannah 04, 05, 06, 07
Silver, Hadley 02, 03, 04, 05
Smith, Ashley 06
Solheim, Kimberly 07
Sparks, Theresa 05, 06, 07
Suddarth, Amy 06, 07
Swisher, Katherine 01, 02, 03

Tara Call, Ashley 05
Thiel, Stephanie 03
Thompson, Megan 02, 03, 04
Thomson, Lisa 05, 06, 07

Werbiskis, Elizabeth 02, 03, 04
Wilson, Wendy 01, 02

Zucharo, Amy 02, 03, 04, 05

RECORDS VS. ALL OPPONENTS

Opponent	Record	First Met	Last Met	Last CNU win	Last Opp.	Last Win Score
Averett	5-0	2003	2007	2007	---	19-3
Bridgewater	1-0	2005	2005	2005	---	17-5
Catholic	0-4	2004	2007	---	2007	9-13
Drew	0-1	2002	2002	---	2002	2-14
Ferrum	8-1	2001	2007	2007	2001	18-3
Frostburg St.	1-3	2002	2007	2007	2004	16-9
Goucher	0-1	2004	2004	---	2004	4-13
Greensboro	5-6	2001	2007	2007	2006	15-11
Guilford	2-1	2001	2007	2007	2001	19-12
Hartwick	0-1	2002	2002	---	2002	10-15
Hollins	1-1	2001	2002	2002	2001	23-12
Lynchburg	2-5	2001	2007	2007	2006	17-15
Marymount	3-2	2002	2006	2006	2003	18-8
Mary Washington	0-3	2005	2007	---	2007	8-16
Methodist	7-1	2002	2007	2007	2004	16-4
N.C. Wesleyan	2-0	2006	2007	2007	---	20-1
Randolph-Macon	1-5	2002	2007	2006	2007	10-11
Roanoke	0-4	2004	2007	---	2007	6-14
Salisbury	0-4	2004	2007	---	2006	5-19
St. Mary's	0-1	2001	2001	---	2001	1-27
Shenandoah	8-2	2001	2007	2007	2005	21-3
Sweet Briar	3-3	2001	2007	2007	2005	16-2
Trinity (D.C.)	2-0	2002	2003	2003	---	19-6
Virginia Wesleyan	1-6	2001	2007	2007	2006	15-10
Washington & Lee	0-1	2006	2006	---	2006	9-19

LACROSSE HONORS

All-Region

2006 - Kristen Conques
Kristyn Hankins (2nd team)
2007 - Kristen Conques (2nd team)
Kristyn Hankins (2nd team)

IWLCA All-Star game participant

2007 - Kristen Conques

All-USA South Conference

2001 - Wendy Wilson
Mary Cortina
Meagan Pfarr
Sarah Cockerille (HM)
Maggie Olson (HM)
2002 - Wendy Wilson
Elaine Kirby
Maggie Olson
Kate Phillips
Sarah Cockerille (HM)
Meg Thompson (HM)
Elizabeth Werbiskis (HM)
2003 - Sally Allstadt
Elaine Kirby
Carlina Figueroa
Hadley Silver (HM)
Lacey Milburn (HM)
April Cullen (HM)
Elizabeth Werbiskis (HM)
2004 - Kristen Conques
Elaine Kirby
Kristyn Hankins (HM)
Sally Allstadt (HM)
Celia Mallory (HM)
Carlina Figueroa (HM)
Lacey Milburn (HM)
2005 - Kristen Conques
Sally Allstadt
Kristyn Hankins
Elaine Kirby
Lindsay Naill
Celia Mallory (2nd team)
Lacey Milburn (2nd team)
Katie Ross (HM)
2006 - Kristen Conques
Kristyn Hankins
Katie Doherty (2nd team)
Katie Ross (2nd team)
Lindsay Naill (2nd team)
Shayna Sargent (HM)
Sally Allstadt (HM)

Lisa Thomson (HM)

2007 - Kristyn Hankins
Kristen Conques
Katie Doherty
Lisa Thompson (2nd team)
Brittany Mitchell (2nd team)
Katie Ross (2nd team)
Bonnie Hansen (HM)
Theresa Sparks (HM)

All-USA South Conf. Tournament

2001 - Wendy Wilson
Mary Cortina
Maggie Olson
Meagan Pfarr
2002 - Wendy Wilson
Meagan Pfarr
Maggie Olson
Carlina Figueroa
2003 - Elaine Kirby
Carlina Figueroa
2004 - Kristen Conques
2005 - Elaine Kirby
2006 - Kristen Conques
Kristyn Hankins (MVP)
Katie Ross
Lindsay Naill
2007 - Kristen Conques
Lisa Thompson
Katie Doherty
Brittany Mitchell
Katie Ross

USA South Rookie of the Year

2001 - Wendy Wilson

USA South Coach of the Year

2002 - Kwame Lloyd
2005 - Kwame Lloyd
2007 - Kwame Lloyd

Virginia Sports Information Directors (VaSID) All-State
2004 - Kristen Conques (2nd team)
2005 - Kristyn Hankins (2nd team)
Sally Allstadt (2nd team)

2006 - Kristen Conques
Kristyn Hankins
2007 - Kristen Conques
Kristyn Hankins
Katie Ross (2nd team)

SEASON, CAREER LEADERS

Career

Goals

1.	Kristen Conques	2004-07	175
2.	Kristyn Hankins	2004-07	150
3.	Elaine Kirby	2002-05	114
4.	Sally Allstadt	2003-06	99
5.	Wendy Wilson	2001-02	73
6.	Shayna Sargent	2006-	46
7.	Katie Doherty	2006-	45
8.	Bonnie Hansen	2007-	39
9.	Maggie Olson	2001-02	37
10.	Allison Hansen	2005-06	25

Assists

1.	Kristen Conques	2004-07	88
2.	Kristyn Hankins	2004-07	51
3.	Katie Doherty	2006-	41
4.	Shayna Sargent	2006-	19
5.	Sally Allstadt	2003-06	18
	Elaine Kirby	2002-05	18
7.	Bonnie Hansen	2007-	16
8.	Kristin Johnson	2002-03	15
9.	Maggie Olson	2001-02	13
10.	Allison Hansen	2005-06	12

Points

1.	Kristen Conques	2004-07	263
2.	Kristyn Hankins	2004-07	201
3.	Elaine Kirby	2002-05	132
4.	Sally Allstadt	2003-06	117
5.	Katie Doherty	2006-	86
6.	Wendy Wilson	2001-02	81
7.	Shayna Sargent	2006-	65
8.	Bonnie Hansen	2007-	55
9.	Maggie Olson	2001-02	50
10.	Allison Hansen	2005-06	37
	Kristin Johnson	2002-03	37

Season

Goals

1.	Kristen Conques	2006	63
2.	Kristyn Hankins	2006	56
3.	Kristen Conques	2007	54
4.	Wendy Wilson	2002	52
5.	Kristyn Hankins	2007	41
6.	Bonnie Hansen	2007	39
7.	Kristyn Hankins	2005	35
	Sally Allstadt	2003	35
8.	Elaine Kirby	2003	34
9.	Maggie Olson	2002	31
	Elaine Kirby	2002	31

Assists

1.	Kristen Conques	2007	34
2.	Kristen Conques	2006	28
3.	Kristyn Hankins	2007	25
4.	Katie Doherty	2007	24
5.	Kristen Conques	2005	17
	Katie Doherty	2006	17
7.	Kristyn Hankins	2005	14
8.	Lori Bickham	2004	12
	Maggie Olson	2002	12
10.	Kristin Johnson	2002	11
	Kristyn Hankins	2006	11
	Shayna Sargeant	2007	11
	Christine Mike	2007	11

Points

1.	Kristen Conques	2006	91
2.	Kristen Conques	2007	88
3.	Kristyn Hankins	2006	67
4.	Kristyn Hankins	2007	66
5.	Wendy Wilson	2002	56
6.	Bonnie Hansen	2007	55
7.	Kristyn Hankins	2005	49
8.	Kristen Conques	2005	47
9.	Maggie Olson	2002	43
	Katie Doherty	2006	43
	Katie Doherty	2007	43

CNU LACROSSE HISTORY

Year	Record	GF-GA	Pct.	Conf.	Pct.	Pos.	Coach
2001	2-9	48-149	.182	1-2	.333	3rd	Nancy Billger
2002	7-9	163-191	.438	4-0	1.000	1st	Kwame Lloyd
2003	7-7	149-138	.500	4-1	.800	2nd	Kwame Lloyd
2004	6-9	136-157	.400	4-1	.800	t1st	Kwame Lloyd
2005	7-9	177-151	.438	5-0	1.000	1st	Kwame Lloyd
2006	11-8	226-216	.579	5-1	.833	2nd	Kwame Lloyd
2007	12-5	252-150	.706	6-0	1.000	1st	Kwame Lloyd
Total	52-56	1,151-1,153	.481	29-5	.853		

COACHING RECORDS

Coach	Years	Seasons	W-L	Pct.	Conf.	Pct.
Nancy Billger	2001	1	2-9	.182	1-2	.333
Kwame Lloyd	2002-07	6	50-47	.515	28-3	.903

YEARLY LEADERS

Year	Goals	Assists	Points
2001	Wendy Wilson	21	Wendy Wilson 4
2002	Wendy Wilson	52	Maggie Olson 12
2003	Sally Allstadt	35	Laura Hayes 9
			Hadley Silver 9
2004	Kristen Conques	28	Lori Bickham 12
2005	Kristyn Hankins	35	Kristen Conques 17
2006	Kristen Conques	63	Kristyn Conques 28
2007	Kristen Conques	54	Kristen Conques 34

DIRECTIONS TO CNU 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.

ALL-TIME SCORES



2001 (2-9)

Coach: Nancy Billger

St. Mary's	3/16	H/L	1-27
Va. Wesleyan	3/20	H/L	1-17
Guilford	3/24	A/L	3-9
Sweet Briar	3/25	A/L	4-13
Lynchburg	3/28	A/L	0-19
Ferrum*	3/31	H/L	4-12
Hollins	4/6	A/L	4-14
Shenandoah*	4/7	A/W	12-7
Greensboro*	4/14	H/L	3-11
Ferrum*	4/21	H/W	17-12
Greensboro*	4/22	H/L	6-8



2002 (7-9)

Coach: Kwame Lloyd

Hollins	3/3	H/W	23-12
Marymount	3/7	A/L	7-17
Frostburg St.	3/9	H/L	6-16
Drew	3/12	H/L	2-14
Ferrum*	3/16	A/W	18-12
Sweet Briar	3/17	A/L	7-9
Virginia Wesleyan	3/19	A/L	9-19
Methodist*	3/23	H/W	13-12
Hartwick	3/27	H/L	10-15
Randolph-Macon	4/3	A/L	1-17
Shenandoah*	4/6	H/W	15-4
Lynchburg	4/9	H/L	9-16
Greensboro*	4/13	A/W	12-8
Trinity (D.C.)	4/15	H/W	11-1
Ferrum#	4/20	A/W	12-10
Greensboro#	4/21	A/L	8-9 OT

2003 (7-7)

Coach: Kwame Lloyd

Ferrum*	2/22	H/W	15-4
Marymount	3/4	H/L	3-14
Frostburg St.	3/16	H/L	3-17
Virginia Wesleyan	3/19	H/L	8-9
Methodist*	3/23	A/W	14-4
Randolph-Macon	3/25	H/L	6-16
Averett*	3/29	A/W	21-3
Shenandoah*	4/4	A/W	14-4
Sweet Briar	4/6	H/W	10-3
Lynchburg	4/8	A/L	6-14
Greensboro*	4/12	H/L	9-18
Trinity (D.C.)	4/15	A/W	19-6
Methodist#	4/18	A/W	16-7
Greensboro#	4/19	A/L	7-18

2004 (6-9)

Coach: Kwame Lloyd

Salisbury	2/28	H/L	3-23
Frostburg St.	3/6	H/L	2-9
Catholic	3/13	A/L	7-16
Goucher	3/14	A/L	4-13
Lynchburg	3/16	H/W	9-5
Greensboro*	3/20	A/W	12-7
Roanoke	3/21	A/L	2-12
Randolph-Macon	3/25	A/L	8-11
Ferrum*	3/27	A/W	18-3
Methodist*	3/28	H/L	10-11
Virginia Wesleyan	3/30	A/L	4-19
Marymount	4/3	A/W	10-9
Averett*	4/4	H/W	22-3
Shenandoah*	4/7	H/W	16-5
Shenandoah#	4/16	N/L	9-11

2005 (7-9)

Coach: Kwame Lloyd

Randolph-Macon	2/23	H/L	8-9
Sweet Briar	2/27	H/L	5-6
Greensboro*	3/5	H/W	12-8
Bridgewater	3/6	H/W	17-5
Salisbury	3/9	A/L	7-20
Roanoke	3/12	H/L	9-10
Catholic	3/13	H/L	11-12
Lynchburg	3/15	A/L11-12	OT
Ferrum*	3/18	H/W	17-2
Methodist*	3/20	A/W	12-7
Virginia Wesleyan	3/23	H/L	11-12
Averett*	4/2	A/W	18-1
Marymount	4/3	H/W	11-10
Shenandoah*	4/7	A/W	9-7
Mary Washington	4/9	A/L	8-15
Shenandoah#	4/16	N/L	11-15

2006 (11-8)

Coach: Kwame Lloyd

N.C. Wesleyan*	2/21	A/W	19-7
Ferrum*	2/25	A/W	18-4
Salisbury	2/26	H/L	4-15
Randolph-Macon	2/28	A/W	14-11
Shenandoah*	3/11	H/W	16-6
Catholic	3/12	A/L	8-12
Averett*	3/18	H/W	16-8
Lynchburg	3/19	H/L	8-11
Va. Wesleyan	3/22	A/L	12-15
Methodist*	3/25	H/W	13-9
Greensboro*	4/1	A/L	9-17
Guilford	4/2	A/L	16-12
Mary Washington	4/5	H/L	4-16
Sweet Briar	4/7	A/W	11-10
Methodist#	4/14	N/W	15-12
Greensboro#	4/15	N/W10-9	OT
Marymount	4/19	A/W	18-8
Roanoke	4/22	A/L	6-15
Wash. & Lee%	5/10	A/L	9-19

2007 (12-5)

Coach: Kwame Lloyd

Salisbury	2/22	A/L	5-19
Ferrum*	2/24	H/W	18-3
N.C. Wesleyan*	2/18	H/W	20-1
Sweet Briar	3/4	H/W	16-2
Mary Washington ¹	3/7	N/L	8-16
Shenandoah*	3/11	A/W	22-4
Randolph-Macon	3/15	H/L	10-11
Averett*	3/17	A/W	19-3
Guilford	3/18	H/W	19-12
Greensboro*	3/24	H/W	15-11
Catholic	3/25	H/L	9-13
Methodist*	3/31	A/W	16-4
Virginia Wesleyan	4/3	H/W	15-10
Shenandoah*	4/14	N/W	21-3
Lynchburg	4/21	A/W	17-15
Frostburg St.	4/28	A/W	16-9
Roanoke*	5/9	A/W	6-14

*USA South Conf. games

#USA South Tourn. games

%NCAA tournament game

¹at St. Croix, V.I.

USA South CONFERENCE

FINAL 2007 STANDINGS

School	W-L-T	USA South			W-L-T	Overall		
		PCT.	GF	GA		PCT.	GF	GA
Christopher Newport	6-0-0	1.000	110	26	12-5-0	.706	252	150
Greensboro	5-1-0	.833	101	37	10-7-0	.588	218	141
Methodist	4-2-0	.667	73	76	6-11-0	.353	173	233
Shenandoah	2-4-0	.333	62	87	5-11-0	.312	143	224
Averett	2-4-0	.333	49	98	3-10-0	.231	100	214
Ferrum	1-5-0	.167	40	74	5-9-0	.357	115	155
N.C. Wesleyan	1-5-0	.167	51	88	3-13-0	.188	132	238

2007 USA SOUTH ALL-CONFERENCE TEAM

First Team

Attack

Christie Hebert Greensboro
Kelly Matagiese Shenandoah

Kristyn hankins CNU

Midfield

Kristen Conques CNU
Lauren McGonagle Methodist

Stephanie Perih Ferrum

Darcie Jones Averett

Katie Doherty CNU

Defense

Megan Barbieri Greensboro
Lauren Carpinello Shenandoah

Tiffany DeLoatch Averett

Goalkeeper

Kristen McGuire Greensboro

Player of the Year - Lauren McGonagle, Methodist

Rookie of the Year - Christie Hebert, Greensboro

Coach of the Year - Kwame Lloyd, CNU

Second Team

Attack

Andrea DiStefano Methodist
Allie Stylc N.C. Wesleyan
Vanessa Jordan Averett

Midfield

Lisa Thompson CNU
Caroline Young Greensboro
Christina Layson Methodist
Monika Hulcher Greensboro
Katelyn Guinn N.C. Wesleyan

Defense

Brittany Mitchell CNU
Katie Ross CNU
Alexa Ashworth N.C. Wesleyan

Goalkeeper

Sarah Seligman N.C. Wesleyan

Honorable Mention

Attack

Bonnie Hansen CNU
Jennifer Donah Greensboro
Jenna Gast Greensboro

Midfield

Lauren Stearns N.C. Wesleyan
Jen Franco Shenandoah
Christine Muders Averett

Defense

Courtney Beard Shenandoah
Jenni Duncan Greensboro
Nikki Huffman Averett
Kim Collier Methodist

Goalkeeper

Theresa Sparks CNU

2007 ALL-TOURNAMENT TEAM

Attack

Jennifer Donah Greensboro
Kelly Matagiese Shenandoah

Jenna Gast Greensboro

Midfield

Kristen Conques CNU

Lisa Thompson CNU

Monika Hulcher Greensboro

Katie Doherty CNU

Defense

Megan Barbieri Greensboro

Brittany Mitchell CNU

Katie Ross CNU

Goalkeeper

Kristen McGuire Greensboro

MVP - None awarded



Christine Mike

USA SOUTH OPPONENTS

FERRUM

Sat. March 1, 4:00 at Ferrum, Va.
Series record: CNU leads 8-1

Location: Ferrum, Va.
Enrollment: 1,020
Colors: Black & Gold
Nickname: Panthers
Stadium: Panther Field
President: Dr. Jennifer L. Braaten
Athletic Director: Abe Naff
2006 Record: 23-21, 9-6 in USA South
Head Coach: Vickie Van Kleek
Coach Van Kleek's Record: 368-356-1 (16 years)
Record at FC: 302-274-1 (15 years)
Assistant Coaches: Glenn Byrd, George Matherly, Robin Moore
Starters Returning/Lost: 8/4
Lettermen Returning/Lost: 8/6
SID: Gary Holden (540) 365-4306
e-mail: gholden@ferrum.edu
Web Site: www.ferrum.edu/athletics

GREENSBORO

Sat. Feb. 23, 11:00 at Greensboro, N.C.
Series record: GC leads 6-5

Location: Greensboro, N.C.
Enrollment: 1,310
Colors: Green, White & Silver
Nickname: Pride
Stadium: Pride/Salvation Army Field
President: Dr. Craven E. Williams
Athletic Director: Kim Strable
2006 Record: 29-15, 11-3 in USA South
Head Coach: Kama Tucker
Coach Tucker's Record: 67-47-2 (3 years)
Record at GC: 67-47-2 (3 years)
Assistant Coach: Chip Simms
Starters Returning/Lost: N/A
Lettermen Returning/Lost: 13-6
SID: Bob Lowe (336) 272-7102 Ext. 279
e-mail: blowe@gborocollege.edu
Web Site: www.gborocollege.edu

METHODIST

Sat. April 12, 1:00 Captains Field
Series record: CNU leads 7-1

Location: Fayetteville, N.C.
Enrollment: 2,255
Colors: Green & Gold
Nickname: Monarchs
Stadium: Monarch Field
President: Dr. M. Elton Hendricks
Athletic Director: Bob McEvoy
2006 Record: 39-8, 13-1 in USA South
Head Coach: Ron Simpson
Coach Simpson's Record: 318-185-2 (11 years)
Record at MC: 256-105-2 (8 years)
Assistant Coaches: Miguel Justiniano, Ray Harrington, Lin Wheeler
Starters Returning/Lost: 8/5
Lettermen Returning/Lost: 14/7
SID: Kirbie Britt(910) 630-7172
e-mail: sportsinfo@methodist.edu
Web Site: www.methodist.edu/athletics

SHENANDOAH

Sun. March 16, 1:00 Captains Field
Series record: CNU leads 8-2

Location: Fayetteville, N.C.
Enrollment: 2,255
Colors: Green & Gold
Nickname: Monarchs
Stadium: Monarch Field
President: Dr. M. Elton Hendricks
Athletic Director: Bob McEvoy
2006 Record: 39-8, 13-1 in USA South
Head Coach: Ron Simpson
Coach Simpson's Record: 318-185-2 (11 years)
Record at MC: 256-105-2 (8 years)
Assistant Coaches: Miguel Justiniano, Ray Harrington, Lin Wheeler
Starters Returning/Lost: 8/5
Lettermen Returning/Lost: 14/7
SID: Kirbie Britt(910) 630-7172
e-mail: sportsinfo@methodist.edu
Web Site: www.methodist.edu/athletics



Natalie Gilbert

NON-CONFERENCE OPPONENTS

BUFFALO ST.

*Mon., March 24, 4:00, Captains Field
Series record: First meeting*

Location - Buffalo, N.Y.
Enrollment - 11,000
Colors - Black & Orange
Nickname - Bengals
Conference - State University of New York AC
President - Muriel A. Howard
Athletic Director - Jerry Boyes
2007 Record - 10-5
Head Coach - Meg Stevens
SID - Jeff Ventura
SID Phone - 716-878-6030
E-mail - venturjm@buffalostate.edu
Web Site Address - www.buffalostate.edu/athletics

LYNCHBURG

*Sun., April 13, 3:00, Captains Field
Series record: LC leads 5-2*

Location - Lynchburg, Va.
Enrollment - 2,000
Colors - Crimson & Gray
Nickname - Hornets
Conference - Old Dominion AC
President - Kenneth Garren
Athletic Director - Jack Toms
2006 Record - 18-23-1
Head Coach - Shannon Farley
SID - Mike Carpenter
SID Phone - 434-544-8495
E-mail - carpenter@lynchburg.edu
Web Site Address - www.lynchburg.edu/athletics

RANDOLPH-MACON

*Thu. April 3, 4:00, Ashland, Va.
Series record: RMC leads 5-1*

Location - Ashland, Va.
Enrollment - 1,100
Colors - Lemon & Black
Nickname - Yellow Jackets
Conference - Old Dominion AC
President - Robert R. Lindgren
Athletic Director - Denis Kanach
2007 Record - 10-5
Head Coach - Dan Kanach
SID - Chris Kilcoyne
SID Phone - 804-752-7387
E-mail - christopherkilcoyne@rmc.edu
Web Site Address - www.rmc.edu/athletics

VIRGINIA WESLEYAN

*Wed. March 26, 7:00, Virginia Beach, Va.
Series record: VWC leads 6-1*

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 - 7-10
Head Coach - Fran Amasia
SID - Joe Wasiluk
SID Phone - 757-455-3393
E-mail - jwasiluk@vwc.edu
Web Site Address - www.vwc.edu/athletics

CATHOLIC

*Sat., March 29, 2:00, Washington, D.C.
Series record: CU leads 4-0*

Location - Washington, D.C.
Enrollment - 2,400
Colors - Cardinal Red & Black
Nickname - Cardinals
Conference - Independent
President - Very Rev. David M. O'Connell
Athletic Director - Michael Allen
2007 Record - 11-5
Head Coach - Meghan McDonough
SID - Barbara Jonas
SID Phone - 202-319-5610
E-mail - jonashb@cua.edu
Web Site Address - www.cuacardinals.com

MARY WASHINGTON

*Wed., April 9, 4:00, Fredericksburg, Va.
Series record: UMW leads 3-0*

Location - Fredericksburg, Va.
Enrollment - 4,000
Colors - Navy Blue, Gray & White
Nickname - Eagles
Conference - Capital AC
President - TBA
Athletic Director - Ed Hegmann
2007 Record - 16-7
Head Coach - Dana Hall
SID - Clint Often
SID Phone - 540-654-1743
E-mail - coften@umw.edu
Web Site Address - www.umw.edu/athletics

ROANOKE

*Sun. April 6, 1:00, Captains Field
Series record: RC leads 4-0*

Location - Salem, Va.
Enrollment - 1,700
Colors - Maroon & White
Nickname - Maroons
Conference - Old Dominion AC
President - Michael Maxey
Athletic Director - Scott Allison
2006 Record - 27-15
Head Coach - Dee Conway
SID - Brad Moore
SID Phone - 540-375-2344
E-mail - moore@roanoke.edu
Web Site Address - www.roanoke.edu/athletics

WASHINGTON & LEE

*Sun. March 2, 1:00, Lexington, Va.
Series record: W&L leads 1-0*

Location - Lexington, Va.
Enrollment - 1,760
Colors - Royal Blue & White
Nickname - Generals
Conference - Old Dominion A.C.
President - Ken Ruscio
Athletic Director - Jan Hathorn
2007 Record - 15-4
Head Coach - Brooke Diamond
SID - Brian Laubscher
SID Phone - 540-458-8676
E-mail - blaubsch@wlu.edu
Web Site Address - www.wlu.edu

GUILFORD

*Sun., Feb. 24, 2:00, Greensboro, N.C.
Series record: CNU leads 2-1*

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 - 8-9
Head Coach - Matthew Grosso
SID - Dave Walters
SID Phone - 336-316-2107
E-mail - dwalters@guilford.edu
Web Site Address - www.guilford.edu/athletics

MEDAILLE

*Tue., March 18, 4:00, Captains Field
Series record: First meeting*

Location - Buffalo, N.Y.
Enrollment - 2,300
Colors - Navy, Gold & White
Nickname - Mavericks
Conference - Allegheny Mountain AC
President - Richard T. Jurasek
Athletic Director - Pete Lonergan
2007 Record - 6-3
Head Coach - Sarah Royer
SID - Michael Carbery
SID Phone - 716-880-2357
E-mail - mcarbery2@medaille.edu
Web Site Address - www.medaille.edu/mavericks

SALISBURY

*Tue. Feb. 19, 3:00, Captains Field
Series record: SU leads 4-0*

Location - Salisbury, Md.
Enrollment - 6,900
Colors - Maroon & Gold
Nickname - Sea Gulls
Conference - Capital AC
President - Janet Dudey-Eshbach
Athletic Director - Michael Vienna
2007 Record - 21=2
Head Coach - Jim Nestor
SID - Sam Atkinson
SID Phone - 410-543-6016
E-mail - jsatkinson@salisbury.edu
Web Site Address - www.suseagulls.com

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

2001	Dixie Conference
2001	NCAA
2002	Dixie Conference
2002	NCAA
2003	USA South
2003	NCAA
2004	USA South
2004	NCAA
2006	USA South
2006	NCAA

BASEBALL

2001	Dixie Conference
2001	NCAA Regional
2002	Dixie Conference
2002	NCAA 3rd place
2003	NCAA Regional
2003	NCAA 2nd place

MEN'S BASKETBALL

1986	Dixie Conference
1986	NCAA First Round
1988	Dixie Conference
1988	NCAA First Round
1989	Dixie Conference
1989	NCAA First Round
1990	NCAA First Round
1991	Dixie Conference
1991	NCAA Sweet 16
1993	Dixie Conference
1993	NCAA Sweet 16
1994	NCAA Second Round
1995	NCAA First Round
1996	Dixie Conference
1996	NCAA Sweet 16
1997	NCAA Second Round
1998	Dixie Conference
1998	NCAA Sweet 16
1999	Dixie Conference
1999	NCAA First Round
2000	Dixie Conference
2000	NCAA Second Round
2001	Dixie Conference
2001	NCAA Elite 8
2003	Dixie Conference
2003	NCAA First Round
2006	USA South
2006	NCAA First Round

WOMEN'S BASKETBALL

1980	AIAW Regionals
1982	NCAA First Round
1986	Dixie Conference
1986	NCAA Regional
1990	Dixie Conference
1992	NCAA Sweet 16
1993	Dixie Conference
1993	NCAA First Round
1995	NCAA First Round
1997	NCAA First Round
1998	Dixie Conference
1998	NCAA Second Round
2001	Dixie Conference
2001	NCAA First Round
2002	NCAA Second Round
2006	USA South
2006	NCAA Second Round

MEN'S CROSS COUNTRY

1980	Dixie Conference
1981	Dixie Conference
1982	Dixie Conference
1983	Dixie Conference
1984	Dixie Conference
1984	NCAA Regionals
1985	Dixie Conference
1986	Dixie Conference
1988-92	No competition
1993	Dixie Conference
1993	Mason-Dixon Conf.
1994	Dixie Conference
1994	NCAA Regionals
1994	Mason-Dixon Conf.
1995	Dixie Conference
1996	Dixie Conference
1997	Dixie Conference
1998	Dixie Conference
1999	Dixie Conference

2000	Dixie Conference
2001	Dixie Conference
2001	Mason-Dixon Conf.
2002	Dixie Conference
2003	Mason-Dixon Conf.
2003	USA South
2004	Mason-Dixon Conf.
2004	USA South
2005	USA South
2006	USA South
2007	USA South

WOMEN'S CROSS COUNTRY

1994	Dixie Conference
1995	Dixie Conference
1998	Dixie Conference
1999	Dixie Conference
2000	Dixie Conference
2001	Dixie Conference
2001	Mason-Dixon Conf.
2002	Dixie Conference
2003	Mason-Dixon Conf.
2003	USA South
2004	Mason-Dixon Conf.
2004	USA South
2005	USA South
2006	USA South
2007	USA South

GOLF

1990	NCAA Nationals
1991	NCAA Nationals
1992	NCAA Nationals
1994	NCAA Nationals
1995	NCAA Nationals
1996	NCAA Nationals
2000	NCAA Nationals

FIELD HOCKEY

2006	NCAA Elite 8
2007	NCAA Sweet 16

WOMEN'S SOCCER

2000	Dixie Conference
2000	NCAA First Round
2004	USA South
2004	NCAA Elite 8
2005	USA South
2005	NCAA
2006	USA South
2006	NCAA

MEN'S SOCCER

1986	NCAA First Round
2000	Dixie Conference
2000	NCAA Elite 8
2006	NCAA Second Round

SOFTBALL

1993	Dixie Conference
1993	NCAA Regionals
1994	Dixie Conference
1995	Dixie Conference
1995	NCAA Regionals
1997	Dixie Conference
1998	NCAA Regionals
2001	Dixie Conference
2001	NCAA Regionals
2006	NCAA Regionals

WOMEN'S LACROSSE

2006	USA South
2006	NCAA First Round
2006	USA South
2006	NCAA Regionals

MEN'S TENNIS

1976	Dixie Conference
1977	Dixie Conference
1978	Dixie Conference
1979	Dixie Conference
1980	Dixie Conference
1982	Dixie Conference
1983	Dixie Conference
1990	Dixie Conference
1993	Dixie Conference
2006	USA South

WOMEN'S TENNIS

1993	Dixie Conference
2006	USA South

MEN'S TRACK & FIELD

1980	Dixie Conference
1981	Dixie Conference
1982	Dixie Conference
1983	Dixie Conference
1984	Dixie Conference
1985	Dixie Conference
1986	Dixie Conference
1986	Mason-Dixon Conf. Out.
1994	Mason-Dixon Conf. Ind.
1995	Mason-Dixon Conf. Ind.
1995	Mason-Dixon Conf. Out.
1996	Mason-Dixon Conf. Ind.
1998	Mason-Dixon Conf. Ind.
1999	Mason-Dixon Conf. Ind.
1999	Mason-Dixon Conf. Out.
2000	Mason-Dixon Conf. Ind.
2001	Mason-Dixon Conf. Ind.
2001	Mason-Dixon Conf. Out.
2002	Mason-Dixon Conf. Ind.
2002	Mason-Dixon Conf. Out.
2003	Mason-Dixon Conf. Ind.
2003	Mason-Dixon Conf. Out.
2004	Mason-Dixon Conf. Ind.
2004	Mason-Dixon Conf. Out.
2005	Mason-Dixon Conf. Ind.
2005	Mason-Dixon Conf. Out.
2006	Mason-Dixon Conf. Ind.
2006	Mason-Dixon Conf. Out.
2007	Mason-Dixon Conf. Ind.
2007	Mason-Dixon Conf. Out.

WOMEN'S TRACK & FIELD

1987	Mason-Dixon Conf. Out.
1987	NCAA Outdoor Champs
1988	NCAA Indoor Champs
1988	NCAA Outdoor Champs
1989	NCAA Indoor Champs
1989	NCAA Outdoor Champs
1990	Mason-Dixon Conf. Ind.
1990	NCAA Indoor Champs
1990	Mason-Dixon Conf. Out.
1991	Mason-Dixon Conf. Ind.
1991	Mason-Dixon Conf. Out.
1992	Mason-Dixon Conf. Ind.
1992	NCAA Indoor Champs
1992	NCAA Outdoor Champs
1992	Mason-Dixon Conf. Out.
1994	Mason-Dixon Conf. Ind.
1994	Mason-Dixon Conf. Out.
1994	NCAA Outdoor Champs
1995	Mason-Dixon Conf. Ind.
1996	Mason-Dixon Conf. Ind.
1997	NCAA Indoor Champs
1998	Mason-Dixon Conf. Ind.
1998	Mason-Dixon Conf. Out.
1998	NCAA Indoor Champs
1998	NCAA Outdoor Champs
2000	Mason-Dixon Conf. Ind.
2000	Mason-Dixon Conf. Out.
2001	Mason-Dixon Conf. Ind.
2002	Mason-Dixon Conf. Ind.
2002	Mason-Dixon Conf. Out.
2003	Mason-Dixon Conf. Ind.
2003	Mason-Dixon Conf. Out.
2004	Mason-Dixon Conf. Ind.
2004	Mason-Dixon Conf. Out.
2005	Mason-Dixon Conf. Ind.
2005	Mason-Dixon Conf. Out.
2006	Mason-Dixon Conf. Ind.
2006	Mason-Dixon Conf. Out.
2007	Mason-Dixon Conf. Ind.

VOLLEYBALL

2001	Dixie Conference
2001	NCAA Regionals
2002	Dixie Conference
2002	NCAA Regionals
2004	USA South
2004	NCAA Regionals
2005	USA South
2005	NCAA Regionals
2007	USA South
2007	NCAA Regionals

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**





2008 Schedule

Date	Day	Opponent	Site	Time
February				
19	Tue	Salisbury	Captains Field	3:00
23	Sat	Greensboro*	Greensboro, N.C.	11:00
24	Sun	Guilford	Greensboro, N.C.	2:00
March				
1	Sat	Ferrum*	Ferrum, Va.	4:00
2	Sun	Washington & Lee	Lexington, Va.	1:00
16	Sun	Shenandoah*	Captains Field	1:00
18	Tue	Medaille	Captains Field	4:00
24	Mon	Buffalo St.	Captains Field	4:00
26	Wed	Va. Wesleyan	Virginia Beach, Va.	7:00
29	Sat	Catholic	Washington, D.C.	2:00
April				
3	Thu	Randolph-Macon	Ashland, Va.	4:00
6	Sun	Roanoke	Captains Field	2:00
9	Wed	Mary Washington	Fredericksburg, Va.	4:00
12	Sat	Methodist*	Captains Field	12:00
13	Sun	Lynchburg	Captains Field	2:00
15	Tue	USA South ¼ Finals	TBA	TBA
19-20	Sat-Sun	USA South Tournament	Burlington, N.C.	TBA
26	Sat	Univ. of the South	Captains Field	12:00

*USA South games

Home games in bold