



Top Row (L-R): Leslie Koch, Margie Curran, M.C. Hooper, Merissa Eide, Dana Messenger, Bryn Sedlacek, Molly Frew,
 Rachel Woolford, Alison Sparico, Brooke Shinaberry; Middle Row: Ali Lemons, Sasha Cielak, Alice Dennerle, Kendall Thrift,
 Christine Tubesing, Kate Hickman, Cameron Clark, Carolyn Gioia, Shea MacDonald, Ashley Paschall; Front Row:
 Heather Koutrakos, Nicole Pugno, Cara Giordano, Kasey Pontillo, Jennifer Tapscott, Michele Slotke, Jess Demorest.

2006 Roster

NO.	NAME	HT.	POSITION	CLASS/EXP.	HOMETOWN (PREVIOUS SCHOOL)
00	Rachel Woolford	5-9	Goalkeeper	Fr.-HS	Bel Air, Md. (John Carroll)
2	Kasey Pontillo	5-1	Attack	So.-1L	Fairport, N.Y. (Fairport)
3	Michele Slotke	5-4	Midfield	So.-1L	Timonium, Md. (Roland Park)
4	Kate Hickman*	5-4	Attack	Sr.-3L	Severna Park, Md. (Severna Park)
5	Kendall Thrift	5-6	Attack	Jr.-2L	Reisterstown, Md. (Franklin)
6	Jennifer Tapscott	5-7	Midfield	Jr.-2L	Washington, D.C. (Stone Ridge)
7	Sasha Cielak	5-7	Defense	So.-1L	Sparks, Md. (Hereford)
8	Jess Demorest	5-2	Midfield	Fr.-HS	San Juan Capistrano, Calif. (St. Margaret's Episcopal)
9	Cara Giordano	5-7	Midfield	Fr.-HS	Moorestown, N.J. (Moorestown)
10	Ali Lemons	5-3	Midfield	So.-1L	Ellicott City, Md. (Mount Hebron)
11	Carolyn Gioia	5-6	Attack	Fr.-HS	Suffern, N.Y. (Suffern)
12	Shea MacDonald	5-6	Attack	Fr.-HS	Westfield, N.J. (Kent Place)
13	M.C. Hooper	5-8	Defense	So.-1L	Owings Mills, Md. (Garrison Forest)
15	Leslie Koch	5-7	Defense	So.-1L	Baltimore, Md. (St. Paul's School for Girls)
16	Cameron Clark	5-5	Attack	Fr.-HS	Chatham, N.J. (Chatham)
17	Heather Koutrakos	5-5	Defense	Fr.-RS	Sparks, Md. (Notre Dame Prep)
21	Alison Sparico	5-9	Defense	Jr.-2L	Riverside, Conn. (Greenwich)
22	Nicole Pugno	5-5	Midfield	Jr.-2L	Upper Montclair, N.J. (Kimberley Academy)
23	Molly Frew*	5-8	Defense	Jr.-2L	Baltimore, Md. (Roland Park)
24	Christine Tubesing	5-6	Attack	Sr.-3L	Centreville, Va. (Episcopal)
25	Dana Messinger	5-6	Defense	Sr.-3L	Sudbury, Mass. (Lincoln Sudbury)
26	Brooke Shinaberry	5-8	Goalkeeper	So.-RS	Millersville, Md. (Severna Park)
27	Margie Curran	5-8	Attack	So.-1L	Moorestown, N.J. (Moorestown)
33	Bryn Sedlacek*	5-6	Midfield	Sr.-3L	Golden, Colo. (Colorado Academy)
41	Merissa Eide	5-6	Defense	Fr.-HS	Ellicott City, Md. (Mount Hebron)
44	Ashley Paschall	5-4	Midfield	So.-1L	Annapolis, Md. (Archbishop Spaulding)

* 2006 Captains

Head Coach: Cathy Swezey

Assistant Coaches: Megan Riley, Susan Ellis

PRONUNCIATION GUIDE...

Sasha CielakCEE-lack
 Margie CurranMAR-ghee
 Merissa Eide.....EYE-dee
 Carolyn Gioia.....JOY-yuh
 Leslie Koch.....COOK
 Heather Koutrakos.....coo-TROCH-ohs
 Ashley Paschall PASH-kul
 Kasey Pontillo..... pon-TILL-oh
 Nicole Pugno POON-yo
 Bryn SedlacekSED-la-check
 Michele Slotke SLOT-key
 Alison Sparico.....SPARE-eh-coe
 Cathy SwezeySWEE-zee



*The Vanderbilt Class of 2006 (left to right):
 Kate Hickman, Christine Tubesing, Bryn Sedlacek and Dana Messinger.*

Quick Facts / Table of Contents

VANDERBILT LACROSSE QUICK FACTS

Enrollment:6,402 (Undergraduate)
Facility/Capacity:...Vanderbilt Lacrosse Complex (2,400)
Nickname:Commodores
Colors:Black & Gold
Conference:.....American Lacrosse Conference

Chancellor:Dr. E. Gordon Gee
Vice ChancellorDavid Williams II
Director of Sport Operations:.....Brian Reese
Director of Compliance/SWA:.....Candice Storey
Department Phone:.....(615) 322-4727

Head Coach:Cathy Swezey (Trenton State, 1993)
Career Record/Years:62-65 (Eight seasons)
School Record/Years:Same
Assistant Coaches:Megan Riley, Susan Ellis

2005 Record/Final Ranking:6-9/No. 19
Conference Record/Finish:3-3/T-3rd
Postseason:N/A
Letterwinners:.....Returning 18/Lost 6
Starters:.....Returning 8/Lost 4
Newcomers:.....7

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For any assistance in covering the Vanderbilt lacrosse team, please contact Chris Weinman in the Vanderbilt Media Relations office. For up-to-date information on the Commodores, visit:

vucommodores.com

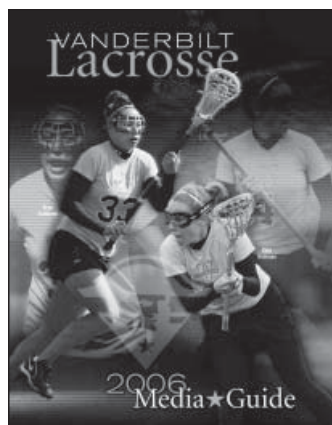


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2006 SCHEDULE

DATE	OPPONENT	TIME
F14	at Mount St. Mary's	2 p.m.
F19	VIRGINIA	1 p.m.
F25	PENN STATE*	1 p.m.
M5	at Stanford	1 p.m.
M7	at California	3:30 p.m.
M11	YALE.....	Noon
M14	NEW HAMPSHIRE.....	3 p.m.
M21	CORNELL.....	4 p.m.
M26	at Duke	1 p.m.
A2	at Johns Hopkins*	1 p.m.
A7	at North Carolina.....	7 p.m.
A14	OHIO UNIVERSITY	5 p.m.
A16	OHIO STATE.....	Noon
A23	at Hofstra	Noon
M5	at Northwestern*	4 p.m.
M7	at Notre Dame.....	Noon
M12	NCAA First Round.....	TBA
M15	NCAA Quarterfinals	TBA
M25	NCAA Final Four	TBA

All home matches in BOLD

will be played at the VU Lacrosse Complex.

Cover (L-R): Senior captains Bryn Sedlacek and Kate Hickman. The 2006 Vanderbilt Lacrosse Media Guide was compiled and written by Chris Weinman. Cover by Mike Smeltzer, Vanderbilt Creative Services. Design template by David Lowry. Photography by Neil Brake, VU Photography. Printing by Franklin Graphics, Nashville, Tenn. Special thanks to Josh Ambrose of Franklin Graphics and to the Vanderbilt Athletic Media Relations Staff.

2006 Preview

The 2006 Vanderbilt women's lacrosse team looks to rebound from a 6-9 record during the 2005 season. With a solid core of returning players and a wealth of young talent, the Commodores look ready to make a return trip to the NCAA Tournament.

Options abound for the Commodore attack, which returns its top five scorers from a season ago.

"We are very excited about the fire power of our offense this year," Head Coach Cathy Swezey said. "We have several threats and know that if one of them is shut down, someone else is sure to step up and fill her shoes. I think it will be tough for defenses to limit our scoring."

Senior captain Kate Hickman enters the 2006 season as Vanderbilt's top returning scorer for the second straight year. Hickman has scored 41 goals in each of the last two seasons (an average of 2.3 goals per game in 2004 and 2.7 gpg in 2005). She currently ranks sixth all-time in goals scored at Vanderbilt with 87 career tallies.

But defenses learned quickly a year ago that there is not a single source for Vanderbilt's offense. Sophomore Margie Curran burst onto the collegiate lacrosse scene



Junior Kendall Thrift (5) led the Dores in assists a year ago.

as a top-10 prep recruit a year ago. Her impressive season made the prognosticators look brilliant, as she scored 30 goals and added 11 assists en route to earning All-Rookie honors from womenslacrosse.com. Her five-goal performance at Cornell was a feat matched only by Hickman in 2005.

The junior duo of Jennifer Tapscott and Kendall Thrift can also put points on the board. Thrift posted 19 goals and 19 assists a year ago, while Tapscott had 21 goals and 12 assists. The pair com-

bined for goals on eight occasions, including the sudden-victory goal at Ohio State when a Tapscott-assisted goal by Thrift helped VU defeat the Buckeyes, 14-13.

Senior captain Bryn Sedlacek, junior Nicole Pugno, and sophomores Ali Lemons and Ashley Paschall give the Commodores four more viable scoring options while also adding depth to the VU midfield. Each scored at least seven points for the 2005 Dores. Sedlacek is a reliable midfielder who started all 15 games a year ago. Pugno, Lemons and Paschall all came off the bench to contribute a year ago, and will be aided by the experi-

Head Coach Cathy Swezey returns eight starters from last year's squad, including key players on both sides of the ball.

Returning Leaders: Offense

Name	GP/GS	G	A	PTS
Hickman	15/15	41*	6	47*
Curran	15/15	30	11	41
Thrift	15/15	19	19*	38
Tapscott	14/14	21	12	33
Sedlacek	15/15	5	7	12

Returning Leaders: Defense

Name	GP/GS	GB	CT
Frew	15/15	40*	25*
Cielak	15/15	36	25*
Slotke	13/13	18	6
Paschall	14/0	7	6

* led all field players in 2005



Senior Kate Hickman (4) is VU's top returning scorer for the second straight year.

2006 Preview



Sophomore Sasha Cielak (7) earned numerous post-season honors in 2005.

ence and confidence they gained.

"The number one difference in our team this year will be the speed and depth we have in the midfield," Swezey said. "We can go several players deep into our bench and sustain a high-paced game against opponents."

On the other side of field, the Commodore defense will combine experienced veterans with talented newcomers to protect sophomore goalkeeper Brooke Shinaberry.

"Our defense is the most athletic group of girls we have ever had protecting the eight-meter," Swezey said. "Although youthful, I am certain that our aggression and speed will show a significant difference in the number of goals we allow. And with Brooke Shinaberry returning from a red-shirt season, we know that our goal is well protected."

Junior captain Molly Frew is the anchor of the VU defense. A second-team All-ALC selection a year ago, Frew tied for the team lead in caused turnovers and was second in ground balls. Entering her third year, Frew already has started 33 career games for the Commodores.

Sasha Cielak drew the assignment of marking the opponent's best player during games last season, and as a freshman earned third-team All-America recognition from *Inside Lacrosse* magazine.

The defense will also be bolstered by the return

of redshirt-freshman Heather Koutrakos. A native of Sparks, Md., Koutrakos was featured in Coach Swezey's starting lineup in Vanderbilt's first game of the 2005 season, but an injury in that contest forced her to miss the rest of the year.

Sophomore Michele Slotke missed two games a year ago due to injury, but started the remaining 13 contests. She is a steady midfielder who helps the Commodores' transition game with her speed and stickhandling.

Behind the defense, Shinaberry returns to the Commodore lineup after redshirting in 2005. A former U-19 National Team goalkeeper, Shinaberry saw action in 10 games during her freshman year, allowing an average of only 9.11 goals per game and finishing with a 5-2 record.

Coach Swezey brought another stellar class to Vanderbilt this spring, as seven former prep standouts became Commodore freshmen this fall. Below is a complete list of the class with positions:

Name.....	Position
Cameron Clark.....	Attack
Jess Demorest.....	Midfield
Merissa Eide.....	Defense
Carolyn Gioia.....	Attack
Cara Giordano	Midfield
Shea MacDonald.....	Attack
Rachel Woolford	Goalkeeper

The Commodores will again face one of the nation's most challenging schedules. Of Vanderbilt's 16 opponents, 10 ended the season in the IWLCA's Top 25. Three of Vanderbilt's conference foes were ranked in the top 10 a year ago, including Northwestern (No. 1), Penn State (No. 7) and Johns Hopkins (No. 10).

Rule No. 13

New for the 2006 season, the IWLCA has instated a rule creating "hard boundaries." Unlike prior years, players throwing or running the ball out of bounds will not regain possession of the ball following a stoppage. In the case of a deflection on a pass or a loose ball situation, "the player/team that last touched the ball before it went out of bounds will lose possession of it."

One exception to this rule occurs following shots. If a shot or deflected shot goes out of bounds, the player closest to the ball at the time it crosses the boundary line shall gain possession. This portion of the rule is similar to previous years.

For a complete list of rules and interpretations, visit
<http://www.iwlca.org>.