

# COMMODORE LACROSSE

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### TOP ROW (L-R):

Natalie Wills  
Ally Carey  
Laura Keenan  
Cara Giordano  
Rachel Woolford

Carter Foote  
Sarah Downing  
Katherine Denkler  
Anastasia Adam  
Catherine Mitchell

### MIDDLE ROW:

Kacie Connors  
Merissa Eide  
Jess Demorest  
Megan Gibson  
Emily Franke

Dianan Keenan  
Meghan Rose  
Allie Frank  
Catherine Carr

### FRONT ROW:

Taylor Lange  
Hannah Clark  
Courtney Kirk  
Kelly Connors  
Claire Leonard  
Kendall Pittinger  
Alex Priddy  
Alex Mundy



# 2009 ROSTER

NO.	NAME	HT.	POSITION	CLASS	HOMETOWN (PREVIOUS SCHOOL)
00	Rachel Woolford	5-9	Goalkeeper	Sr.	Bel Air, Md. (John Carroll)
1	Alex Mundy	5-8	Defense	Jr.	Ellicott City, Md. (Glenelg)
2	Ally Carey	5-8	Midfield	Fr.	Bel Air, Md. (John Carroll)
3	Courtney Kirk	5-3	Attack	Fr.	Baltimore (Roland Park Country School)
4	Catherine Mitchell	5-5	Defense	So.	Millersville, Md. (Severna Park)
5	Emily Franke	5-8	Attack	So.	Towson, Md. (Towson)
6	Diana Keenan	5-7	Midfield	So.	Locust Valley, N.Y. (Our Lady of Mercy Academy)
7	Natalie Wills	5-8	Goalkeeper	Fr.	Kent Island, MD. (St. Mary's)
8	Jess Demorest	5-2	Midfield	Sr.	San Juan Capistrano, Calif. (St. Margaret's Episcopal)
9	Cara Giordano	5-7	Midfield	Sr.	Moorestown, N.J. (Moorestown)
10	Claire Leonard	5-3	Defense	So.	Bethesda, Md. (Holton Arms)
11	Carolyn Gioia	5-6	Attack	Sr.	Suffern, N.Y. (Suffern)
12	Alex Priddy	5-4	Midfield	Fr.	Davidsonville, Md. (Spalding)
13	Catherine Carr	5-5	Defense	Fr.	Edgewater, Md. (St. Mary's)
14	Meghan Rose	5-3	Midfield	So.	Poolesville, Md. (Poolesville)
15	Kendall Pittinger	5-5	Midfield	Fr.	Baltimore (Severna Park)
16	Hannah Clark	5-3	Attack	Fr.	Chatham, N.J. (Chatham)
17	Taylor Lange	5-10	Defense	Fr.	Sparks, Md. (Hereford)
18	Sarah Downing	5-9	Attack	Jr.	Morristown, N.J. (Hotchkiss School, Conn.)
19	Allie Frank	5-6	Midfield	Jr.	Annapolis, Md. (Severn School)
20	Laura Keenan	5-7	Midfield	Jr.	Baltimore, Md. (Roland Park)
21	Kacie Connors	5-6	Midfield	Fr.	St. Davids, Pa. (Radnor)
22	Kelly Connors	5-6	Midfield	Fr.	St. Davids, Pa. (Radnor)
23	Katherine Denkler	5-4	Attack	So.	Alexandria, Va. (St. Stephens/St. Agnes)
24	Carter Foote	5-9	Attack	Jr.	Alexandria, Va. (St. Stephens/St. Agnes)
25	Megan Gibson	5-3	Defense	Jr.	Germantown, Tenn. (Hutchison School)
33	Anastasia Adam	5-6	Midfield	Jr.	Severna Park, Md. (Severn School)
41	Merissa Eide	5-6	Defense	Sr.	Ellicott City, Md. (Mount Hebron)

## COACHING STAFF

Head Coach: **Cathy Swezey**

Assistant Coaches: **Megan Clark, Susan Ellis**

## PRONUNCIATION GUIDE...

Cathy Swezey. . . . . *SWEE-zee*

Jess Demorest. . . . . *DEMOR-rest*

Katherine Denkler. . . . *DENK-lur*

Merissa Eide. . . . . *I-de*

Emily Franke. . . . . *FRANK*

Carolyn Gioia. . . . . *JOY-a*

Cara Giordano. . . . . *GIOR-dano*

D. and L. Keenan. . . . *KEY-nan*

Taylor Lange. . . . . *LANG*

Alex Priddy. . . . . *PRID-dee*



The Vanderbilt Class of 2009. (L-R): Merissa Eide, Jess Demorest, Cara Giordano and Rachel Woolford; (not pictured: Carolyn Gioia).

# COMMODORE LACROSSE

## 2009 Schedule

DATE	OPPONENT	LOCATION	TIME
F15	UNC	NASHVILLE	Noon
F21	UMBC	NASHVILLE	1 p.m.
F27	*NORTHWESTERN	NASHVILLE	5 p.m.
M3	at Virginia Tech	Blacksburg, Va.	4 p.m. ET
M7	at Boston University	Boston	1 p.m. ET
M11	at Duke	Durham, N.C.	3:30 p.m. ET
M15	at Cincinnati	Cincinnati	Noon ET
M22	*at PENN STATE	University Park, Pa.	Noon ET
M28	BINGHAMTON	NASHVILLE	Noon
M30	DELAWARE	NASHVILLE	4 p.m.
A4	*JOHNS HOPKINS	NASHVILLE	1 p.m.
A7	at UNH	Durham, N.H.	1 p.m. ET
A12	*at Ohio State	Columbus, Ohio	Noon ET
A15	Notre Dame	NASHVILLE	3:30 p.m.
A21	at Cornell	Ithaca, N.Y.	4 p.m. ET

All times are local and subject to change. Home matches in **BOLD** will be played at the VU Lacrosse Complex in Nashville (Central Time).; \*American Lacrosse Conference Game

## Vanderbilt Lacrosse Quick Facts

Enrollment: . . . . . 6,532 (Undergraduate)  
 Facility/Capacity: . . . Vanderbilt Lacrosse Complex (2,400)  
 Nickname: . . . . . Commodores  
 Colors: . . . . . Black & Gold  
 Conference: . . . . . American Lacrosse Conference  
 Chancellor: . . . . . Nicholas S. Zeppos  
 Vice Chancellor . . . . . David 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: . . . . . 92-87 (11 seasons)  
 School Record/Years: . . . . . Same  
 Assistant Coaches: . . . . . Megan Clark, Susan Ellis  
 2008 Record: . . . . . 13-6  
 Conference Record/Finish: . . . . . 3-1/2nd  
 Postseason: . . . . . NCAA First Round  
 Letterwinners: . . . . . Returning 18/Lost 7  
 Starters: . . . . . Returning 5/Lost 7  
 Newcomers: . . . . . 10

Lacrosse SID: . . . . . Josh Arntz  
 SID Work Phone: . . . . . (615) 343-4121  
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 . . . . . Nashville, TN 37212



**On the cover (L-R):** Seniors **Rachel Woolford**, **Merissa Eide** and **Cara Giordano**. The 2008 Vanderbilt Lacrosse Media Guide was compiled by Josh Arntz, Vanderbilt Athletic Communications. Cover design by Judy Orr, Vanderbilt Creative Services. Design template and university section by David Lowry, David G. Lowry Grafix. Photography by VU Photography. Printing by Franklin Graphics. Special thanks to Josh Ambrose of Franklin Graphics.

For any assistance in covering the Vanderbilt lacrosse team, please contact Josh Arntz in the Vanderbilt Athletic Communications office. Up-to-date information on the

Commodores is always available at:

[VUcommodores.com](http://VUcommodores.com)

### Postseason

#### ALC TOURNAMENT

May 2-4  
University Park, Pa.



#### NCAA TOURNAMENT

May 10  
First Round

May 16  
Quarterfinals

May 22/24  
Final Four  
Towson, Md.







# SEASON PREVIEW

"We're young, but we're not going to use that as a crutch. We don't plan on having a rebuilding year. One of the things that we're going to emphasize is being fearless, because when you are young, people tend to write you off early. We have to have a little bit of attitude going into the season."

## – VU Head Coach Cathy Swezey

Coach Cathy Swezey's Commodores enter the 2009 season ready for a third-straight NCAA Tournament appearance, with a young team and aspirations to go further.

The squad set another program record in wins last season, with 13, after establishing a new mark in 2007 at 11. The 'Dores have lost seven starters to graduation, however, and feature just five seniors this year.

"We're young, but we're not going to use that as a crutch," said Swezey. "We don't plan on having a rebuilding year."

The head coach will look to senior Cara Giordano for leadership this season. The Regional All-American totaled the third most points (38) and goals (33) for the 2008 club, and will likely fuel the Commodores' attack.

"Cara has been such a tremendous player for us," said the Head Coach. "Her freshman year she scored the game-winning goal with nine seconds on the clock against Ohio State. She has been a competitor from the beginning."

Jess Demorest, Merissa Eide, Carolyn Gioia and Rachel Woolford will also guide this squad.

"I think they're leadership skills are going to be outstanding," Swezey remarked. "I think they're going to set a great example for a young team."

Swezey's junior class saw significant playing time last season as well, and features two of the 2008 squad's top offensive players in Sarah Downing and Carter Foote.

Allie Frank and Laura Keenan have also contributed for the

## RETURNING OFFENSIVE LEADERS

Name	GP/GS	G	A	PTS
Downing	19/19	33	20	53
Giordano	19/19	33	5	38
Foote	19/15	35	3	38
Denkler	16/11	12	7	19
Franke	16/4	9	9	18
L. Keenan	19/8	8	7	15

Commodores. Both appeared in at least 17 games last season, while Keenan started eight contests.

"You're looking at a group of kids who have been on the field since they got to campus," Coach said. "They have a ton of experience, and they are a very competitive group."

Sophomores Katherine Denkler and Emily Franke will try to build off solid, debut performances. Denkler ranked sixth on the team in points and goals in 2008.

"Our sophomores got some valuable experience on a very talented team last year," said Swezey, "and I think they got a taste of what it's going to take."

The head coach has also recruited a very talented freshmen class. Both Ally Carey and Natalie Wills received recognition on the 2008 High School All-Tewaaraton Team, while four other newcomers finished on teams with state championships.

"Last year's senior class was rich with talent," Swezey added. "Fortunately, when we graduate a top class, we have been lucky enough to replace them with an equal or better talent pool. We are very excited about our freshmen this year."

The Commodores will challenge six teams this spring that were ranked at some point last season, including national champion Northwestern. Swezey's team faces a tough road to the Tourney, but they're ready for the journey.

"One of the things that we're going to emphasize is being fearless, because when you are young, people tend to write you off early," she said. "We have to have a little bit of attitude going into the season."

The 2009 team exposes no short-



(L-R): Junior Alex Mundy, sophomore Katherine Denkler and senior Cara Giordano comprise a few of the weapons Coach Swezey can use this season.

# 2008 OUTLOOK



age in talent, as Swezey continues to construct her program with excellent leadership, outstanding depth and a number of unstoppable playmakers.

The 'Dores return over 60 percent of their offensive firepower, with 11 players who saw significant action in 2008. The defense will also feature one of last season's top defenders in junior Alex Mundy.

Mundy started every game for the 'Dores last spring, and helped lead the team in ground balls, caused turnovers and draw controls.

"Certainly, we're very proud of making it to the Tournament the last few years," said the Head Coach, "but, getting past the first round is a goal of ours."

Vanderbilt tips off its season by hosting North Carolina, who finished 2008 ranked No. 12, on Feb. 15, followed two weeks later with a home tilt against ALC-rival Northwestern. The Commodores also continue recent rivalries with Cornell and Boston, while facing Binghamton for the first time.

Last season's ranked opponents, who the 'Dores will face this spring, include, Boston (March 7), Duke (March 11), Johns Hopkins (April 4) and Notre Dame (April 15), in addition to North Carolina and Northwestern. All of those teams achieved top-20 national rankings at some point last season.

"We are excited to be playing another challenging schedule in 2009," Swezey remarked. "We especially look forward to the competition in the ALC as our conference has had the highest RPI in Division I lacrosse for the last three years."

Vanderbilt's home matchups will include UMBC, Binghamton, Delaware and Notre Dame. The Commodores' conference contests

feature two road tilts with Penn State (March 22) and Ohio State (April 12), along with the home matches against Northwestern and Johns Hopkins.

The 'Dores, who ended regular-season play ranked No. 9 in 2008, will continue their rivalry with Cornell (April 21, on the road), the series knotted at four wins apiece, and travel to the University of Cincinnati (March 15) for the first time as the Bearcats enter their second season of Division I play.

## 2008 NEWCOMERS

Name (L-R; F-B)	Position
Hannah Clark	Attack
Taylor Lange	Defense
Natalie Wills	Goalkeeper
Kelly Connors	Midfield
Ally Carey	Midfield
Alex Priddy	Midfield
Catherine Carr	Defense
Courtney Kirk	Attack
Kacie Connors	Midfield
Kendall Pittinger	Midfield

## Coach Swezey on the upcoming season...

"We are excited to be playing another challenging schedule in 2009. We especially look forward to the competition in the ALC as our conference has had the highest RPI in Division I lacrosse for the last three years... Certainly, we're very proud of making it to the Tournament the last few years, but, getting past the first round is a goal of ours. That's a sticking point for me and the program."

Penn State will host the ALC conference tournament this season, beginning May 2 with the championship game on May 4. The NCAA Tournament opens first round play on May 10, with the Final Four taking place in Towson, Md., on May 22.

Coach Swezey will look to her five seniors to navigate a young, but experienced Commodore squad through the tough spring slate and further into the NCAA Tournament.

**Note:** Coach Swezey and the Commodores have adopted a local child suffering from a malignant brain tumor through the Friends of Jaclyn Foundation. Look for Makenzie Matthews and her family on the sidelines at VU home games, and stop by to wish them well during this difficult time.



# HEAD COACH

## CATHY SWEZEY

Successful Swezey. The alliteration is convincing. And so are the results of the 12th-year Head Coach of the Vanderbilt women's lacrosse team.

The New Jersey native has transplanted a sport traditionally concentrated in the northeast to one of the South's most dynamic cities.

In 2008, Swezey received recognition for her work with the Commodores, being named the ALC Coach of the Year. The University also honored the coach's efforts, awarding her Vanderbilt Coach of the Year for women's athletics.

In 2007, Nashville played host to a first-round game in the NCAA Division I Women's Lacrosse Tournament for the first time in history. And it was Swezey that brought the first team from the central time zone to the NCAA Final Four in 2004.

Swezey began building her powerful program prior to the 1998 season. Her first team went 7-9, but a mere two years later and Swezey's 2000 squad would defeat a Top-10 team, Boston University, for the first time in the history of the program. Vanderbilt ended the year ranked 13th in the nation -- one spot from reaching the NCAA Tournament. Swezey was nominated as Coach of the Year by the IWLCA.

In 2002, Vanderbilt became a charter member of the American Lacrosse Conference. For guiding her team to its highest ranking ever, No. 8, and its first appearance in the NCAA Tournament, Swezey earned Coach of the Year honors from the ALC and InsideLacrosse.com.

The Commodores' success has produced a snowball effect. Swezey moved her team

into a state-of-the-art facility, the Vanderbilt Lacrosse Complex, in 2003. The team also has created quite a buzz for the sport of lacrosse in and around Nashville, now regularly hosting clinics and workshops to help young Tennesseans improve their game.

Swezey's coaching career began at her alma mater, Trenton State College (now the College of New Jersey). She was a graduate assistant coach for both the field hockey and lacrosse teams from 1994-1996. During that time, the lacrosse team earned two NCAA championship titles, and the field hockey team earned the title in 1995. While coaching, Swezey was able to earn her master's degree in teaching with a health education specialization.

The three-time All-American had an impressive two-sport career at Trenton State in both field hockey and lacrosse. Swezey started for Trenton State's national championship lacrosse teams in 1991, 1992 and 1994, and for the 1990 national runner-up squad. Swezey missed her 1993 season with a knee injury, but returned to the field the following year.

Not only was she an All-American in 1992, she received the honor again in 1994. Swezey captured Regional All-America honors in 1992 and 1994, was named to the NCAA Final Four All-Tournament team in 1992 and 1994, and earned the Attack Player of the Year award from the South Jersey Lacrosse Club her senior season. She became a member of the U.S. lacrosse squad upon graduation in 1994.

Swezey is married to Scooter Gross, and the couple have two children.



### 12th Season at Vanderbilt

#### College

Trenton State (currently TCNJ)  
B.A., Psychology, 1993  
Masters, Teaching, 1996

#### High School

Moorestown (N.J.)

### COACHING CAREER

1997-present ..... **Vanderbilt**  
Head Coach

1996-97 ..... **James Madison**  
Assistant Coach

1994-96 ..... **Trenton State**  
Graduate Assistant Coach

Member, United States Women's Lacrosse Association... 2002 American Lacrosse Conference Coach of the Year... insidelacrosse.com National Coach of the Year (2002)... NCAA Semifinalist (2004).

### PLAYING CAREER

1994-95 ..... **U.S. National Team**

1990-94 ..... **Trenton State**  
NCAA Division III National Champion (1991, 1992, 1994)... NCAA Division III Runner-up (1990)... 1994 Team Captain... Two-time All-American (1992, 1994)... 1994 Attack Player of the Year... NCAA All-Tournament Team (1992, 1994).

1986-89 ..... **Moorestown High**





# ASSISTANT COACHES



**MEGAN  
CLARK**  
Assistant Coach  
Sixth Season  
James Madison, 2000

Megan Clark is in her sixth season as an assistant coach with the Commodores. On the field, Clark works with the goalkeepers and contributes to the team's offensive ideas and concepts.

She has helped lead the Commodores to three NCAA Tournament appearances and assisted goalkeeper Brooke Shinaberry in making the 2007-08 United States Developmental Team.

Prior to coming to Vanderbilt, the former Megan Riley spent two seasons as an assistant coach at Johns Hopkins. While on the Hopkins coaching staff, Clark served in a similar role. She was the Blue Jays offensive coordinator, worked with goalies and assisted with gameday preparations and recruiting. During her two-year stint, the Blue Jays registered an overall mark of 21-14. They claimed an Eastern Collegiate Athletic Conference title in 2001 and an ECAC runner-up finish in 2002.

"Megan continues to be an integral part of our staff," Swezey said. "Her contributions and overall knowledge of the game are impressive. Megan is a highly motivated recruiter, which has been one of the greatest assets for our program."

A 2000 graduate of James Madison, Clark earned a bachelor's degree in kinesiology. She received numerous accolades on four nationally ranked squads, including US Lacrosse first-team All-America honors and two IWLCA first-team selections.

A member of the U.S. Developmental Lacrosse Team from 1998-99, Clark garnered Most Valuable Player recognition at the North-South Senior Game in 1999 and was an All-South Region first-team honoree from 1997-99.

Clark and husband Nathan were married in the Summer of 2006.



**SUSAN  
ELLIS**  
Assistant Coach  
10th Season  
Trenton State, 1994

Susan Ellis is in her 10th season as an assistant coach for the Commodores. Working primarily on the defensive side of the ball, Ellis joined Cathy Swezey's Commodore staff in 2000.

Ellis has been an integral part of the Commodores' success over the past nine seasons. She shaped the defensive unit that advanced to the 2004 NCAA Final Four by holding fifth-ranked Loyola and fourth-ranked James Madison to four goals each in the first two rounds.

Prior to her time at Vanderbilt, the former Susan Pley was the assistant lacrosse and field hockey coach at Moorestown Friends High School (N.J.) from 1997-2000. She helped lead the team to the 1999 Friends League lacrosse championship.

"Our players consistently count on Sue's knowledge and experience to assist them in their development," Swezey said. "She will continue to play an integral part in our success and growth as we position ourselves to remain one of the elite programs in the country."

Ellis, a former collegiate teammate of head coach Cathy Swezey at Trenton State (now called the The College of New Jersey), was a two-time All-America selection. She also received Defensive Player of the Year recognition in 1994 from the IWLCA. She earned a bachelor's degree from Trenton State in sociology.

Off the field, Ellis assists with numerous aspects of team coordination, including travel arrangements. She has also had an important role in building Vanderbilt's CHAMPS/Life Skills program to enrich the off-the-field lives of student-athletes.

Ellis and her husband, James, have three children.



# 2009 COMMODORES



**JESS DEMOREST**  
SENIOR 5'2"  
MIDFIELD

**8**  
San Juan Capistrano, Calif.  
(St. Margaret's)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2006	3/0	0	0	0	0/0	2	0	1
<b>Career</b>	<b>3/0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0/0</b>	<b>2</b>	<b>0</b>	<b>1</b>

## CAREER STATISTICS

**2008:** Did not see game action during the 2008 season due to injury.

**2007:** Did not see game action during the 2007 season due to injury.

**2006:** Played limited minutes in three games for the Commodores... Saw first collegiate action against Virginia... Also played at Duke and vs. Ohio University.

**High School:** Four-year letterwinner in lacrosse and soccer for the St. Margaret's Tartans... Also ran track during her freshman year... Founding member of the school's lacrosse team, beginning with club status during 2001-02 season when Tartans won SCGLA title following an undefeated run... Two-year varsity captain and first-team All-League selection.

**Personal:** Born Jessica Ann Demorest on March 9, 1987 in Calif... Goes by "Jess"... Daughter of Carol and Jon... Sister to Tyler... Double-majoring in human and organizational development and Spanish... Named to the 2007 SEC Academic Honor Roll... Coach Swezey's first signee from California.

### ***Coach Swezey on the senior class...***

"One thing I would say about this group is that their leadership skills are outstanding. Even off the field, they set a positive example. **Cara Giordano** has been such a tremendous player for us. She has been a competitor from the beginning. You add to that the leadership of the other girls, I think they're going to set a great example for a young team."



**MERISSA EIDE**  
SENIOR 5'6"  
DEFENSE

**41**  
Ellicott City, Md.  
(Mount Hebron)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
<b>2008</b>	<b>15/0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0/0</b>	<b>14</b>	<b>8</b>	<b>2</b>
2007	12/3	0	0	0	0/0	11	6	2
2006	3/0	0	0	0	0/0	2	0	1
<b>Career</b>	<b>30/3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0/0</b>	<b>27</b>	<b>14</b>	<b>5</b>

## CAREER STATISTICS

**2008:** Appeared in 15 games... Career highs in ground balls (14) and caused turnovers (eight)... Caused turnovers against UMBC, Lehigh, No. 8 North Carolina, New Hampshire and Cornell.... One of her best performances came against Ohio State, grabbing two ground balls, winning one draw control and forcing a turnover ... Season-highs in ground balls (three) and caused turnovers (two) against Cincinnati.

**2007:** Appeared in 12 games, starting VU's first three contests... Season-highs in ground balls (three) and caused turnovers (two) came against No. 1 Northwestern... Also picked up two ground balls against California.

**2006:** Played a reserve role for the Commodore defense in games against Mount St. Mary's, Virginia and Yale... Contributed ground balls in her first two collegiate appearances.

**High School:** Three-year letterwinner in lacrosse for the Mount Hebron Vikings... Also lettered in basketball... Team went an undefeated 74-0 during Eide's four years at Mount Hebron... No. 1-ranked team in the nation for the past four years... Earned All-County honors from the Washington Post and the Baltimore Sun... Earned Academic All-America honors following senior season.

**Personal:** Born Merissa Amato Eide on April 15, 1987 in Baltimore... Daughter of Annette Amato and Peter Eide... Sister to Kara, 24... Majoring in communication studies... Named to the Dean's List... Recognized on the 2007 SEC Academic Honor Roll.

### ***Coach Swezey on the captains...***

"We are proud of **Cara, Merissa** and **Rachel** for being elected captains of our 2008-09 team. They all possess great leadership skills and will provide excellent direction for our team."

**The 2008-09 team captains. (L-R):** Cara Giordano, Rachel Woolford and Merissa Eide. Giordano started all 19 games in the 2008 season, earning recognition as an IWLCA Regional First-Team All-American. Woolford appeared in two games behind ALC Goalkeeper of the Year Brooke Shinaberry, and Eide played 15 games for the Commodores.



# 2009 COMMODORES



**CAROLYN GIOIA**  
SENIOR 5'6"  
ATTACK

**11**  
Suffern, N.Y.  
(Suffern)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	6/0	0	0	0	2/1	0	0	0
2007	3/0	3	0	3	5/1	1	0	1
2006	5/0	0	0	0	2/0	1	0	0
<b>Career</b>	<b>14/0</b>	<b>3</b>	<b>0</b>	<b>3</b>	<b>9/2</b>	<b>2</b>	<b>0</b>	<b>1</b>

## CAREER STATISTICS

**2008:** Appeared in six games... Took two shots, one on-goal, against Albany... saw time against Cincinnati, Virginia Tech and Cornell.

**2007:** Played in three games... Scored all three of her goals in VU's 21-4 win over Lehigh in March... Also had a ground ball and draw control in that game.

**2006:** Saw action in five games... Played against ALC rivals Ohio and Northwestern, and against non-conference foes North Carolina, Hofstra and Notre Dame... Had her first collegiate ground ball at Hofstra.

**High School:** Four-year varsity letterwinner in lacrosse for the Suffern Mounties... Also lettered in field hockey and basketball... Led team to section championships in 2002 and 2005... Named to NYS Empire Team and National Team... Recognized as All-Section and All-County in the Hudson Valley.

**Personal:** Born Carolyn Danielle Gioia on Jan. 28, 1987 in New York City... Daughter of Deirdre Murphy and Robert Gioia... Sister to Matthew... Plans to major in human and organizational development... Named to the 2007 SEC Academic Honor Roll.

## RETURNING DEFENSIVE LEADERS

Name	GP/S	GB	CT	DC
<b>Downing</b>	<b>19/19</b>	<b>23</b>	<b>18</b>	<b>18</b>
<b>Giordano</b>	<b>19/19</b>	<b>13</b>	<b>6</b>	<b>6</b>
<b>Foote</b>	<b>19/15</b>	<b>35</b>	<b>3</b>	<b>38</b>
<b>L. Keenan</b>	<b>19/8</b>	<b>7</b>	<b>3</b>	<b>13</b>
<b>Mundy</b>	<b>19/19</b>	<b>18</b>	<b>7</b>	<b>8</b>



**CARA GIORDANO**  
SENIOR 5'7"  
MIDFIELD

**9**  
Moorestown, N.J.  
(Moorestown)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	19/19	33	5	38	69/19	27	16	34
2007	17/17	26	2	28	51/13	25	12	35
2006	16/16	14	3	17	38/15	23	15	29
<b>Career</b>	<b>52/52</b>	<b>73</b>	<b>10</b>	<b>83</b>	<b>158/47</b>	<b>75</b>	<b>43</b>	<b>98</b>

## CAREER STATISTICS

**2008:** IWLCA Regional, First Team All-American... First-Team All-American Lacrosse Conference... One of nine Commodores to start all 19 games, third-straight year as a starter... Poised to tie Margie Curran (2005-08) in career games played (67)... Tied third on the team in goals... Tied third on the team in points... Fifth on the team in ground balls... Tied second on the team in draw controls... Fourth on the team in caused turnovers... Scored at least one goal in 14 games... Netted four goals in a game three different times (against Duquesne, Albany, and No. 8 Princeton in the First Round of the NCAA Tournament)... Against Albany compiled one of her best games of the season, along with her four goals, added one assist, grabbed three ground balls with three draw controls and two caused turnovers.

**2007:** One of nine Commodores to start all 17 games... Third on team in goals, fourth in points... Season-high four goals against Albany and New Hampshire... Named second-team IWLCA All-West/Midwest Region... Earned second-team All-ALC honors for second straight year... Second in draws, third in GBs.

**2006:** Only VU frosh to start all 16 games... Earned second-team All-ALC honors from league coaches... Fifth on the team in goals and points... Scored the game-winning goal against ALC rival Ohio State on a free-position shot in the final seconds... First goal as a Commodore came against Mount St. Mary's.

**High School:** Three-year varsity letterwinner in lacrosse for the Moorestown Quakers... Also lettered in field hockey and ran indoor track... Three-time New Jersey state champions... Team ranked in nation's top five by Laxpower... Earned All-America honors for impressive senior campaign.

**Personal:** Born Cara Giordano on July 1, 1987 in Philadelphia... Daughter of Carol and Guy... Sister to Justine, Vincen, and Giulia... Majoring in human and organizational development... Named to the 2007 SEC Academic Honor Roll.



# 2009 COMMODORES



**RACHEL WOOLFORD**  
**SENIOR 5'9"**  
**GOALKEEPER**

**00**

**Bel Air, Md.**  
**(John Carroll)**

Year	GP/S	MIN	SV	GA	GAA	SV%	W-L	GB
2008	2/0	41	0	3	4.39	.000	0-0	0
2007	4/0	50	5	10	11.98	.333	0-0	0
2006	3/0	52	6	7	8.11	.462	0-0	3
<b>Totals</b>	<b>9/0</b>	<b>143</b>	<b>11</b>	<b>20</b>	<b>8.16</b>	<b>.265</b>	<b>0-0</b>	<b>3</b>

## CAREER STATISTICS

**2008:** Played in two games against Cincinnati and No. 18 Boston for a total of 41 minutes, all in relief... Goals against average calculated at 4.39.

**2007:** Played in four games for a total of 50 minutes, all in relief... Made five saves against 10 goals for a save percentage of .333... Goals against average calculated at 11.98.

**2006:** Saw action in relief of starter Brooke Shinaberry in three games, playing a total of 51 minutes... Made six saves against seven goals for a save percentage of .462... Goals against average calculated at 8.11.

**High School:** Three-year varsity letterwinner in lacrosse for the John Carroll Patriots... Also lettered in basketball... Led team to IAAM semifinals during senior season... Led county in save percentage during senior campaign, earning All-County honors from the Baltimore Sun and the Aegis paper.

**Personal:** Born Rachel Catherine Woolford on July 7, 1987 in Baltimore... Daughter of Sandra... Majoring in psychology... Named to the 2007 SEC Academic Honor Roll... Twice recognized on the Dean's List.



Sarah Downing (right) constitutes the Commodores returning statistical leader on offense and defensive. The junior ranked second on the 2008 squad in points and third in goals, grabbing the seventh most ground balls and causing the second most turnovers.



**ANASTASIA ADAM**  
**JUNIOR 5'6"**  
**MIDFIELD**

**33**

**Severna Park, Md.**  
**(Severn School)**

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	10/8	6	2	8	18/5	7	2	7
2007	17/7	5	4	9	17/4	6	4	4
<b>Career</b>	<b>27/15</b>	<b>11</b>	<b>6</b>	<b>17</b>	<b>35/9</b>	<b>13</b>	<b>6</b>	<b>11</b>

## CAREER STATISTICS

**2008:** Appeared in 10 games with eight starts in VU's first eight games... Tallied a career-high six goals during the season... Recorded goals against UMBC, Lehigh, Virginia Tech and Cornell.

**2007:** One of only two freshmen to appear in all 17 games... Started seven of VU's first eight games... Scored three points in her first collegiate appearance against Albany... Tallied goals in four separate contests.

**High School:** Named first-team All-County in 2005 by the Capital Gazette and the Baltimore Sun after leading team to an IAAM runner-up finish... Also earned All-America honors and team MVP... Also won the Ground Ball Award and earned Conference All-Star honors.

**Personal:** Born Anastasia Marie Adam on Sept. 7, 1988, in Annapolis, Md... Daughter of Harriet and Brian Adam... Majoring in human and organizational development... Named to the 2007 SEC Academic Honor Roll.



**SARAH DOWNING**  
**JUNIOR 5'9"**  
**ATTACK**

**18**

**Morristown, N.J.**  
**(Hotchkiss School, Conn.)**

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	19/19	33	20	53	69/11	23	18	18
2007	16/5	18	8	26	38/3	18	7	13
<b>Career</b>	<b>35/24</b>	<b>51</b>	<b>28</b>	<b>79</b>	<b>107/14</b>	<b>41</b>	<b>25</b>	<b>31</b>

## CAREER STATISTICS

**2008:** One of nine players to start all 19 games... Tied third on the team in scoring... Second on the team in points and assists... Recorded goals in 15 contests... Recorded at least one goal and one assist in 10 games... Totaled 24 points in first five games... Netted three goals with four assists against Lehigh.

**2007:** Played in 16 games, starting in five of VU's last six contests as a freshman... Led all freshmen in scoring... Tallied goals in 11 games... First career goal came against Albany... Had four goals, one assist and five ground balls against Lehigh... Came up with three draw controls versus Duke and Syracuse.

**High School:** Three-time NEPSWLA All-Star from 2004-06... Won the Kelly Stone Lacrosse Prize in 2006... Named a first-team high school all-american in 2005 and again in 2006... Helped team win three Founder's League titles.

**Personal:** Born Sarah von Stade Downing on Oct. 5, 1987, in London, England... Daughter of Francie and John Downing... Majoring in human and organizational development.

# 2009 COMMODORES



**CARTER FOOTE**  
JUNIOR 5'9"  
ATTACK

24

Alexandria, Va.  
(St. Stephens/St. Agnes)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	19/15	35	3	38	66/1	13	6	6
2007	9/0	4	0	4	7/0	2	1	1
Career	28/15	39	3	42	73/1	15	7	7

## CAREER STATISTICS

**2008:** Started 15 games and appeared in 19 contests... Second on the team in goals... Tied third on the team in points... Scored goals in every game but two... Recorded career, game-high in goals (five) against Cincinnati.

**2007:** Appeared in nine games during her freshman season... Scored a goal in her first collegiate match against Albany... Tallied a hat-trick in VU's 21-4 win over Lehigh... Came up with a crucial draw control against California.

**High School:** Virginia Independent Schools Player of the Year... Earned similar honor from Washington Examiner... Under Armour All-American in 2006... Saints were ranked third or better nationally for three straight years.

**Personal:** Born Margaret Carter Foote on April 23, 1988, in Alexandria, Va... Daughter of Jane and George... Majoring in human and organizational development.



**MEGAN GIBSON**  
JUNIOR 5'3"  
DEFENSE

25

Germantown, Tenn.  
(Hutchison School)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	10/0	2	1	3	4/2	4	2	4
2007	1/0	0	0	0	3/0	1	0	0
Career	11/0	2	1	3	7/2	5	2	4

## CAREER STATISTICS

**2008:** Appeared in 10 games... Scored goals against Cornell and Ohio State... Grabbed one ground ball and caused a turnover against Virginia Tech.

**2007:** Appeared in the Commodores' first game of the season, an 18-5 win over Albany... Took three shots and picked up a ground ball in her only action.

**High School:** Earned first-team all-state honors... Named an All-American following her senior year... Recipient of the Marjorie Hudson Wright Senior Award for outstanding contribution to athletics program... Named to the southeast region team three years running from the Skywalkers club team (Md.).

**Personal:** Born Megan Elizabeth Gibson on May 6, 1988, in Boston... Daughter of Mimi and Greg... Majoring in human and organizational development... Made the dean's list fall of freshman year... Named to the 2007 SEC Academic Honor Roll.



**ALLIE FRANK**  
JUNIOR 5'6"  
MIDFIELD

19

Annapolis, Md.  
(Severn School)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	17/0	4	2	6	12/2	9	0	2
2007	16/0	7	6	13	10/1	3	3	2
Career	33/0	11	8	19	22/3	12	3	4

## CAREER STATISTICS

**2008:** Appeared in 17 games... Recorded two goals and an assist against Albany... Saw action versus Johns Hopkins and Northwestern in the ALC Tournament, and No. 8 Princeton in NCAA Tournament... Has played in all but one game during her career.

**2007:** Appeared in all but one game during her freshman season... Scored her first career goal at Duquesne... Also tallied against Lehigh (two), Cornell (three) and Johns Hopkins... Personal-best four points against Lehigh... Made 7-of-10 shot attempts on the season to lead the team in accuracy.

**High School:** Named team MVP after leading team to a nIAAM runner-up finish in 2005... Earned Conference All-Star honors... Recognized on the Mid-Atlantic and All-Galaxy teams... Earned honorable-mention All-Metro honors.

**Personal:** Born Alexandra Marie Frank on Dec. 5, 1988, in Washington, D.C.... Daughter of Karen and Dennis Frank... Named to the 2007 SEC Academic Honor Roll.



**LAURA KEENAN**  
JUNIOR 5'7"  
MIDFIELD

20

Baltimore  
(Roland Park)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	19/8	8	7	15	27/1	7	3	13
2007	5/0	1	0	1	3/0	4	1	0
Career	24/8	9	7	16	30/1	11	4	13

## CAREER STATISTICS

**2008:** Started eight games and appeared in 19... Eighth on the team in goals and points... Scored two goals against Cincinnati, Lehigh and Virginia Tech... Totaled one assist, three ground balls, one draw control and one caused turnover against UMBC.

**2007:** Played in five games as a freshman... Scored a goal in her first career appearance, VU's 18-5 victory over Albany... Scooped two ground balls each against Albany and Lehigh... Also caused a turnover against Lehigh.

**High School:** Won the White Blazer Award for excellence in three varsity sports (including field hockey and indoor soccer)... Second-team All-City selection by the Messenger-Examiner in 2006.

**Personal:** Born Laura Frances Keenan on March 7, 1988, in Baltimore... Daughter of Frances and John... Majoring in human and organizational development... Made the dean's list fall of freshman year... Named to the 2007 SEC Academic Honor Roll.





# 2009 COMMODORES



**ALEX MUNDY**  
JUNIOR 5'8"  
DEFENSE

**Ellicott City, Md.**  
(Glenelg)

**1**

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	19/19	1	0	1	3/-	18	7	8
2007	17/0	0	1	1	2/1	16	9	6
<b>Career</b>	<b>36/19</b>	<b>1</b>	<b>1</b>	<b>2</b>	<b>5/1</b>	<b>34</b>	<b>16</b>	<b>14</b>

**2008:** Started all 19 games... Eighth on the team in ground balls... Scored a goal and grabbed three ground balls against Virginia Tech... Totaled five ground balls and three caused turnovers in both meetings with Northwestern.

**2007:** One of only two freshmen to appear in all 17 games... In her first appearance as a Commodore, caused a turnover against Albany... Personal-best three caused turnovers at Duquesne... Came up with a season-high three ground balls in the ALC Tournament against Johns Hopkins.

**High School:** Earned All-America honors from US Lacrosse and Under Armour... All-County honoree from Baltimore Sun and Howard County Times for the 2005 Maryland state champions... Named to first-team All-Galaxy Lacrosse Team... Named a US Lacrosse Academic All-American.

**Personal:** Born Alexandra Leigh Mundy on March 26, 1988, in Baltimore... Daughter of Cathy and Jim... Majoring in political science... On the 2007 SEC Academic Honor Roll.



**KATHERINE DENKLER**  
SOPHMORE 5'4"  
ATTACK

**Alexandria, Va.**  
(St. Stephens/St. Agnes)

**23**

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	16/11	12	7	19	29/6	7	2	5
<b>Career</b>	<b>16/11</b>	<b>12</b>	<b>7</b>	<b>19</b>	<b>29/6</b>	<b>7</b>	<b>2</b>	<b>5</b>

**2008:** Started 11 games, appeared in 16... Sixth on the team in goals and points... Tied fourth in assists... Netted two goals with an assist in first collegiate contest... Recorded career high, three-goal games against Duke and Ohio State... Dished out three assists against Notre Dame.

**High School:** Four-year starter for Coach Kathy Jenkins' Saints... Two-time All-American... Named to 2007 Tewaaraton list as one of nation's top players... Captain and MVP of her squad as a senior... Teammate of Claire Leonard on Capitol Lacrosse Club team... Also played three years of field hockey.

**Personal:** Katherine Grandy Denkler... Born Nov. 15, 1988 in Alexandria, Va.... Daughter of Margaret Woods and Kirk Denkler... Sister to Will (25) and Lydia (22)... Lydia played two years of lacrosse at Brown University... Planning to major in early childhood education.



**EMILY FRANKE**  
SOPHMORE 5'8"  
ATTACK

**Towson, Md.**  
(Towson)

**5**

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2007	16/4	9	9	18	16/2	6	1	3
<b>Career</b>	<b>16/4</b>	<b>9</b>	<b>9</b>	<b>18</b>	<b>16/2</b>	<b>6</b>	<b>1</b>	<b>3</b>

**2008:** Appeared in 16 games, started four... Seventh on the team in goals and points... Third on the team in assists... Scored two goals with three assists in first two collegiate contests... Recorded career high, three-goal game against Penn State.

**High School:** Four-year starter for Coach Cathy Brave's Generals... Named team captain and MVP as a senior... Selected first-team all-county and all-division... Earned Academic All-America honors... Played for Skywalkers 2007 Blue club team... Also played soccer and basketball at Towson High.

**Personal:** Emily Catherine Franke... Born March 14, 1989 in Baltimore... Daughter of Deedee and Bill Franke... Sister to Jamie (20) and Graham (16)... Jamie plays lacrosse at Binghamton University... Brother is a high school all-american lacrosse player... Both parents played rugby at Towson State... Planning to major in human and organizational development.



**DIANA KEENAN**  
SOPHMORE 5'7"  
MIDFIELD

**Locust Valley, N.Y.**  
(Our Lady of Mercy Academy)

**6**

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	3/0	1	0	1	1/-	0	1	0
<b>Career</b>	<b>3/0</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>1/-</b>	<b>0</b>	<b>1</b>	<b>0</b>

**2008:** Appeared in three games... Scored first collegiate goal in her first contest... Forced one caused turnover against Cincinnati.

**High School:** Four-year starter for Coach Dawn Cerrone's Lady Mustangs... Led team to NSCHSGAA Class A Championship as a senior captain... Earned all-league honors twice... Four-year all-academic selection in lacrosse, swimming and basketball... Played club ball for Long Island Liberty Lax.

**Personal:** Diana Elizabeth Keenan... Born Dec. 6, 1989 in New Hyde Park, N.Y.... Daughter of Laureen and Thomas Keenan... Sister to Laura (15) and Carolyn (13)... Father played baseball at SUNY-Maritime... Undecided as to her major.



# 2009 COMMODORES



**CLAIRE LEONARD**  
SOPHOMORE 5'3"  
DEFENSE

10

Bethesda, Md.  
(Holton Arms)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	7/0	0	0	0	0/-	3	2	0
Career	7/0	0	0	0	0/-	3	2	0

**2008:** Appeared in seven games... Recorded one ground ball and forced one caused turnover against UMBC... Grabbed a ground ball with a caused turnover against Virginia Tech.

**High School:** Two-year starter for Coach Alivian Coates-Jorgensen's Panthers... Named an honorable-mention All-American for leading her team to the 2007 ISL championship game... First-team all-gazette and all-ISL selection... Also started on the field hockey team for two seasons... Competitive horseback rider who twice qualified for Washington International Horseshow... Teammate of Katherine Denkler on Capitol Lacrosse Club team.

**Personal:** Claire Linda Leonard... Born Nov. 7, 1988 in New York City... Daughter of Barbara Krumsiek and Bart Leonard... Sister to Veronica (15)... Planning to major in engineering science.



**MEGHAN ROSE**  
SOPHOMORE 5'3"  
MIDFIELD

14

Poolesville, Md.  
(Poolesville)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	2/0	1	0	1	3/-	0	0	0
Career	2/0	1	0	1	3/-	0	0	0

**2008:** Appeared in two games... Played minutes against Cincinnati and Albany... Scored a goal against Albany.

**High School:** Four-year starter for Coach May Shlash's Falcons... Two-year team captain was named an All-Montgomery Gazette selection in 2005, '06 and '07... Also lettered in soccer and track... Won numerous state championships with the Poolesville track team... Played for M&D Lax as a member of the 07 Black squad.

**Personal:** Meghan Louise Rose... Born Jan. 20, 1989 in Washington, D.C.... Daughter of Diane and Richard Rose... Sister to Emily (21)... Emily attends Penn State University... Planning to major in human and organizational development.



**CATHERINE MITCHELL**  
SOPHOMORE 5'5"  
DEFENSE

4

Millersville, Md.  
(Severna Park)

Year	GP/S	G	A	PTS	SH/FPS	GB	CT	DC
2008	4/0	0	0	0	0/-	2	0	0
Career	4/0	0	0	0	0/-	2	0	0

**2008:** Appeared in four games... Played minutes against Cincinnati, UMBC, Lehigh and Albany... Grabbed a ground ball against UMBC and Lehigh.

**High School:** Three-year starter the Coach Carin Peterson's Falcons... Helped team to state championship in her senior season... Also won three county titles and two regional crowns... Four-time selection to Minds in Motion... Also lettered in track & field... Played for CCLax (Chesapeake Club Lacrosse).

**Personal:** Catherine Light Mitchell... Born Nov. 14, 1989 in Dallas... Daughter of Kathy and Jim Mitchell... Sister to Lauren (23) and Caroline (21)... Lauren played soccer at Vanderbilt... Planning to major in human and organizational development or economics.



**ALLY CAREY**  
FRESHMAN 5'8"  
MIDFIELD

2

Bel Air, Md.  
(John Carroll)

**High School:** Four-year starter for Coach Kristyn Porchella's Patriots... Three-time All-American and twice named Academic All-American... Chosen to the Tewaaraton High School Team in 2007 and 2008... 2008 Baltimore Sun Female Athlete of the Year as well as Lacrosse Player of the Year... Named Harford County Player of the Year in 2008... Selected Player of the Match for Team USA's U-19 Semifinal game vs. England in 2007... Thrice honored as All-Met, All-County, IAAM All-Star.

**Personal:** Allyson Nicole Carey... Born July 23, 1990, in Baltimore... Daughter of Donna and Ben Carey... Sister to Kristina (23) and Samantha (10)... Planning to major in business.



# 2009 COMMODORES



**CATHERINE CARR**  
**FRESHMAN 5'5"**  
**DEFENSE**  
**13** Edgewater, Md.  
(St. Mary's)

**High School:** Three-year starter for Coach Sue Chittim's Saints... Member of the 2005 IAAM Champion team... Saint Mary's Defensive Player of the Year... Received the Saints Star Award... Member of the National Honor Society... A Parvis Scholar... Garnered a National Merit Honorable mention... Distinguished as a Maryland Distinguished Scholar.

**Personal:** Catherine Grace Carr... Born on July 18, 1990, in Annapolis, Md.... Daughter of Patricia and Charles Carr... Sister to Christian (20)... Christian plays lacrosse for Loyola College... Undecided on a major.

## ***Coach Swezey on the 2009 freshmen class...***

"Every four years we graduate the best class I've ever recruited, and then I'm lucky enough to bring in a class that might be a touch better. And this freshmen class, it remains to be seen whether they're better than what we just lost in 2008, but they are very talented, and you have to highlight **Ally Carey** in that class, being the Tewaaronon winner, being all-everything in all the publications. She's been named the top prospect by every publication out there. So, we're very excited about what this class brings."



**HANNAH CLARK**  
**FRESHMAN 5'3"**  
**ATTACK**  
**16** Chatham, N.J.  
(Chatham)

**High School:** Four-year starter for Coach Deb Marriott's Cougars... Member of the 2008 County and State Champion team... 2008 Tournament of Champions finalist... Academic All-American in 2007 and 2008... First Team, all-morris conference and all-area in 2008... Second team all-area all-county and all-conference in 2007... First team all galaxy in 2006... Outstanding Academic Achievement Awards in Spanish and Biology... Received the Nat'l English Merit Award.

**Personal:** Hannah Hargrove Clark... Born on Oct. 7, 1989, in Morristown, N.J.... Daughter of Garrett and Gerry Clark... Sister to Cameron (21) and Emery (16)... Cameron is a senior at Vanderbilt... Undecided on a major.



**KELLY CONNORS**  
**FRESHMAN 5'6"**  
**MIDFIELD**  
**22** St. Davids, Pa.  
(Radnor)

**High School:** Started for Coach Phyllis Kilgour's Raiders... AAA Pennsylvania district State Champs in 2008... Team went undefeated 23-0, first time since 1986... HS squad finished runner-up to rival Conestoga in the finals 2005... Received All-Mainline recognition in 2007.

**Personal:** Kelly Leigh Connors... Born on Feb. 6, 1990, in Bryn Mawr, Pa.... Daughter of Wendy and John Connors... Sister to Kristin (27), Kim (24), John (20)... Twin sister to teammate Kacie Connors... Kristin played lacrosse at Columbia University... Kim won a NCAA I lacrosse championship at University of Virginia... John played club lacrosse at Hobart College... Undecided on a major.



**KACIE CONNORS**  
**FRESHMAN 5'6"**  
**MIDFIELD**  
**21** St. Davids, Pa.  
(Radnor)

**High School:** Two-year starter for Coach Phyllis Kilgour's Raiders... AAA Pennsylvania district State Champs in 2008... Team went undefeated 23-0, first time since 1986... HS squad finished runner-up to rival Conestoga in the finals 2005... Received All Main Line-honorable Mention in 2007... Second Team Central League in 2008.

**Personal:** Kacie Lynn Connors... Born on Feb. 6, 1990, in Bryn Mawr, Pa.... Daughter of Wendy and John Connors... Sister to Kristin (27), Kim (24), John (20)... Twin sister to teammate Kelly Connors... Kristin played lacrosse at Columbia University... Kim won a NCAA I lacrosse championship at University of Virginia... John played club lacrosse at Hobart College... Undecided on a major.



**COURTNEY KIRK**  
**FRESHMAN 5'3"**  
**ATTACK**  
**3** Baltimore  
(Roland Park Co. School)

**High School:** Three-year starter for Coach Erin Brown Millon's Reds... Towson Times Player of the Year... IAAM All-Star... All City First Team... "Meledin Athletic Merit" Award as a senior... "Excellence in Lacrosse" Award as a junior... Member of the Spanish Honors Society.

**Personal:** Courtney Victoria Kirk... Born Feb. 24, 1990, in Baltimore... Daughter of Joy and Harvey Kirk... Sister to Lindsey (35), Austin (33) and Chelsea (20)... Mother played college lacrosse at Dennison... Chelsea plays lacrosse at Dartmouth... Planning to major in business.





# 2009 COMMODORES



**TAYLOR LANGE**  
FRESHMAN 5'10"  
DEFENSE

**Sparks, Md.**  
(Hereford)

**17**

**High School:** Three-year starter for Coach Anne Ensor's Bulls... Chosen to try out in final round for 2006 U-19 Women's National Team... Attended the Duke Super Elite Women's Lacrosse Camp, Stanford Girls' Elite Lacrosse Camp and UNC Girls' Elite Lacrosse Camp... Member of the National Honor Society and the National Art Honor Society... Army Reserve National Scholar Athlete... Maryland Distinguished Scholar Honorable Mention.

**Personal:** Taylor Anne Lange... Born Sept. 17, 1989, in San Diego... Daughter of Karen and Robert Lange... Sister to MacKenzie (13) and Jeremy (13)... Majoring in human and organizational development.



**ALEX PRIDDY**  
FRESHMAN 5'4"  
MIDFIELD

**Davidsonville, Md.**  
(Spalding)

**12**

**High School:** Two-year starter for Coach Renie Sotiropoulos's Admirals... Received All County recognition junior and senior years... Baltimore Sun All Met in senior year... Academic All American junior and senior years... Helped team to state finals junior year and semifinals senior year... Awarded team MVP junior year and best offensive player senior year... Member of the National Honor society and Cum Laude Society.

**Personal:** Alexandra Marie Priddy... Born Sept. 8, 1990, in Baltimore... Daughter of Denise and David Priddy... Sister to Kevin (15) and Ben (13)... Undecided on a major.



**KENDALL PITTINGER**  
FRESHMAN 5'5"  
MIDFIELD

**Baltimore**  
(Severna Park)

**15**

**High School:** Three-year starter for Coach Carin Peterson's Falcons... Second Team All County from 2006-08... Helped her team win the state championship in 2007 and 2008... Member of the the state finalist team in 2006... An Academic All American in 2007.

**Personal:** Kendall Blair Pittinger... Born Nov. 4, 1990, in Baltimore... Daughter of Kara and Craig Pittinger... Sister to Bryn (19) and Tyler (15)... Undecided on a major.



**NATALIE WILLS**  
FRESHMAN 5'8"  
GOALKEEPER

**Kent Island, Md.**  
(St. Mary's)

**7**

**High School:** Three-year starter for Coach Sue Chittim's Saints... Chosen to the Tewaarton High School Team in 2008... An Under Armour All American... Member of the Lacrosse Mid Atlantic Team 1... First-Team All County 2007-08... Named Second-Team by the Baltimore Sun in 2007 and 2008, Honorable Mention Washington Post 2007 and 2008... Member of the National Honor Society... Received the U.S. President's Academic Excellence Award in 2008.

**Personal:** Natalie Dunn Wills... Born June 12, 1990, in Baltimore... Daughter of Bucky and Jim Wills... Sister to Laura (23)... Majoring in human and organizational development.



# 2008 REVIEW

Vanderbilt opened its 2008 season with high expectations after completing a 2007 schedule which saw the Commodores set a school record in regular-season wins, while hosting their first-ever NCAA Tournament home game.

Coach Swezey's team returned six starters from the 2007 squad – seniors Margie Curran, Heather Koutrakos, Ashley Paschall, Brooke Shinaberry and Michele Slotke, and junior Cara Giordano. The returners did not disappoint.

"Everybody in that class was significant and they all started," said Swezey. "They're a huge loss."

Curran set school records with 80 points and 33 assists last season, jumping to the top of Vanderbilt's career charts in both categories (244 points, 81 assists) during a 17-7 victory over Ohio State on April 11.

The American Lacrosse Conference recognized Shinaberry for her excellent work in the net – saving 148 shots and maintaining a 9.37 goals against average – naming her the league's Goalkeeper of the Year.

The Commodores also received recognition on the national stage, where Cielak joined the list of 2008 First-Team All-Americans. The IWLCA

named Curran to Second-Team All-American as well. Giordano and Shinaberry qualified for First and Second-Team Regional All-Americans, respectively.

"Margie and Sasha certainly have left their mark on our program," said Swezey. "We had one of them leading us on offense and the other leading us on defense. They both were great leaders and great players."

Vanderbilt excelled in the classroom as well as on the field. The IWLCA honored the team as an Academic Squad for the second consecutive year and third time in four years. Paschall qualified for the Academic Honor Roll, which is the IWLCA's version of Academic

All-American, for her second-straight year, while Shinaberry and Slotke also made the list.

"Something we emphasize here is academic success and community service," said Swezey. "Those things are all really important to us, and we emphasize the well-roundedness of our athletes."

To get these rewards, the Commodores first had to navigate a brutal schedule, which featured eight top-20 opponents (six of which were ranked in the top 10).

Despite the challenge, Swezey's squad once



Margie Curran (left) broke school records in career points and assists against OSU.

## OVERALL RECORD: 13-6

## ALC RECORD: 3-1

HOME: 7-2 • AWAY: 5-4 • NEUTRAL: 1-0 • OVERTIME: 1-0

DATE	OPPONENT	SCORE	ATTEND.	GOAL SCORERS (#)
2/17	CINCINNATI	W, 20-4	241	Foote (5), Downing (4), Curran (3), Denkler (2), L. Keenan (2), Paschall, Frank, Giordano, D. Keenan
2/23	at UMBC	W, 16-7	285	Downing (3), Curran (3), Franke (2), Adam (2), Giordano (2), Foote (2), Denkler, Paschall
2/24	at Lehigh	W, 18-8	236	Curran (6), Downing (3), Foote (3), L. Keenan (2), Adam (2), Paschall, Frank
3/1	DUQUESNE	W, 12-10	159	Giordano (4), Downing (3), Curran (3), Paschall, Foote
3/4	VIRGINIA TECH	W, 12-8	76	Downing (4), L. Keenan (2), Foote (2), Curran, Giordano, Mundy, Adam
3/8	at No. 8 UNC	L, 5-12	415	Curran (2), Foote, Downing, L. Keenan
3/12	No. 18 BOSTON	L, 7-17	140	Curran (3), Giordano (3), Koch
3/15	NEW HAMPSHIRE	L, 7-10	84	Curran (3), Giordano (2), Downing, Foote
3/17	CORNELL	W, 15-6	160	Curran (3), Downing (2), Giordano (2), Paschall (2), Franke (2), Foote, Adam, Gibson L. Keenan
3/23	*PENN STATE	W, 10-7	123	Curran (3), Franke (3), Downing (2), Foote, Koch
3/30	*at No. 1 Northwestern	L, 8-14	421	Foote (3), Giordano (2), Koch, Denkler, Paschall
4/6	*at No. 14 Johns Hopkins	WO2, 11-10	425	Curran (3), Foote (3), Giordano (2), Denkler, Koch, Paschall
4/11	*OHIO STATE	W, 17-7	128	Foote (3), Giordano (3), Denkler (3), Curran (2), Paschall (2), Downing, Koch, Franke, Gibson
4/13	at Albany	W, 15-5	155	Giordano (4), Foote (3), Paschall (2), Frank (2), Downing, Curran, Rose
4/16	at No. 8 Notre Dame	W, 9-6	201	Foote (3), Curran (2), Giordano (2), Downing, Paschall
4/20	No. 7 Duke	W, 11-10	241	Denkler (3), Curran (2), Paschall (2), Downing, Koch, Giordano, Franke
5/3	! vs JOHNS HOPKINS	W, 10-7	496	Curran (4), Downing (4), Foote, Paschall
5/4	+ at No. 2 Northwestern	L, 3-14	721	Curran, Foote, Paschall
5/11	% at No. 8 Princeton	L, 10-14		Giordano (4), Curran (2), Denkler, Foote, Downing, Koch

\*denotes American Lacrosse Conference game; ! ALC Tournament game; + ALC Tournament Championship; % NCAA Tournament game

# 2008 REVIEW

again set a new school record with 12 regular-season victories. The seniors led Vanderbilt to its third NCAA Tournament appearance in four years, with consecutive wins over ranked opponents – at No. 14 Johns Hopkins, at No. 8 Notre Dame and versus No. 7 Duke (the two latter games were back-to-back).

The Commodores also defeated Johns Hopkins in the American Lacrosse Conference Tournament, advancing to the Championship game where they fell to eventual national champion Northwestern.

The team finished the season with a 13-6 record, including a 3-1 mark in conference play. The Commodores started out 5-0 before three straight losses, two at the hands of No. 8 North Carolina and No. 18 Boston University.

Vanderbilt bounced back, however, with strong wins against Cornell and Penn State before a loss at Northwestern. Swezey quickly righted the ship, and the Dores reeled off five straight victories to end the regular season.

Vanderbilt faced a very challenging schedule in 2008, but still managed to achieve national rankings for most of the year. Swezey's team climbed as high as No. 8 during their string of six straight wins.

"We feel like any time we step on the field we can beat anyone," said Swezey. "That's my goal for this program -- for people to stop raising their eyebrows and being surprised by our successes."



The class of 2008 (L-R) (B-F) -- Margie Curran, Ashley Paschall, Leslie Koch, Sasha Cielak, Heather Koutrakos, Brooke Shinaberry and Michele Slotke -- made three NCAA Tournament appearances in four years as Commodores.

## GOALS BY PERIOD

	1st	2nd	OT1	OT2	OT3	Total
<b>Vanderbilt</b>	<b>121</b>	<b>93</b>	<b>1</b>	<b>1</b>	<b>-</b>	<b>216</b>
<b>Opponents</b>	<b>92</b>	<b>83</b>	<b>1</b>	<b>0</b>	<b>-</b>	<b>176</b>

## INDIVIDUAL STATISTICS

##	NAME	GP	GS	G	A	PTS	SH	GWG	FPG	FPS	GB	DC	T/O	CT	FOULS
27	Curran, Margie	19	19	47	33	80	104	3	11	22	25	54	50	13	10
18	Downing, Sarah	19	19	33	20	53	81	0	5	11	23	18	49	18	16
24	Foote, Carter	19	15	35	3	38	66	2	0	1	13	6	16	6	12
9	Giordano, Cara	19	19	33	5	38	69	3	12	19	27	34	22	16	23
44	Paschall, Ashley	19	19	17	7	24	33	0	3	6	17	20	19	9	8
23	Denkler, Katerine	16	11	12	7	19	29	1	1	6	7	5	9	2	3
5	Franke, Emily	16	4	9	9	18	16	1	1	2	6	3	9	1	3
20	Keenan, Laura	19	8	8	7	15	27	0	1	1	7	13	21	3	4
15	Koch, Leslie	18	11	7	5	12	19	0	0	1	27	13	16	13	8
33	Adam, Anastasia	10	8	6	2	8	18	1	1	5	7	7	4	2	2
19	Frank, Allie	17	0	4	2	6	12	1	0	2	9	2	11	0	2
25	Gibson, Megan	10	0	2	1	3	4	0	0	2	4	4	3	2	1
14	Rose, Meghan	2	0	1	0	1	3	0	-	-	0	0	0	0	0
1	Mundy, Alex	19	19	1	0	1	3	0	-	-	18	8	16	7	22
6	Keenan, Diana	3	0	1	0	1	1	0	-	-	0	0	1	1	0
11	Gioia, Carolyn	6	0	0	0	0	2	0	0	1	0	0	3	0	0
41	Eide, Merissa	15	0	0	0	0	0	0	-	-	14	2	5	8	3
26	Shinaberry, Brooke	19	19	0	0	0	0	0	-	-	36	0	8	5	2
17	Koutrakos, Heather	19	19	0	0	0	0	0	-	-	28	9	5	15	21
10	Leonard, Claire	7	0	0	0	0	0	0	-	-	3	0	1	2	0
7	Cielak, Sasha	19	19	0	0	0	0	0	-	-	49	34	8	37	37
4	Mitchell, Catherine	4	0	0	0	0	0	0	-	-	2	0	1	0	4
3	Slotke, Michele	19	19	0	0	0	0	0	-	-	35	8	5	17	15
00	Woolford, Rachel	2	0	0	0	0	0	0	-	-	0	0	0	0	0
<b>Total</b>		<b>19</b>		<b>216</b>	<b>101</b>	<b>317</b>	<b>487</b>	<b>12</b>	<b>35</b>	<b>79</b>	<b>357</b>	<b>240</b>	<b>283</b>	<b>177</b>	<b>321</b>
<b>Opponents</b>		<b>19</b>		<b>176</b>	<b>57</b>	<b>233</b>	<b>421</b>	<b>6</b>	<b>33</b>	<b>79</b>	<b>316</b>	<b>185</b>	<b>283</b>	<b>145</b>	<b>331</b>

##	NAME	GP	GS	MINUTES	GA	GA AVG	SAVES	PCT	W	L	T
26	Shinaberry, Brooke	19	19	1107:43	173	9.37	148	.461	13	6	0
00	Woolford, Rachel	2	0	41:00	3	4.39	0	.000	0	0	0
<b>Total</b>		<b>19</b>		<b>1148:43</b>	<b>176</b>	<b>9.19</b>	<b>148</b>	<b>.457</b>	<b>13</b>	<b>6</b>	<b>0</b>
<b>Opponents</b>		<b>19</b>		<b>1148:43</b>	<b>216</b>	<b>11.28</b>	<b>166</b>	<b>.435</b>	<b>6</b>	<b>13</b>	<b>0</b>





# LEAGUE AFFILIATION

## American Lacrosse Conference



### Current Membership

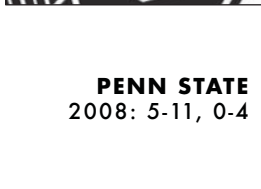


**JOHNS HOPKINS**  
2008: 8-9, 2-2

**NORTHWESTERN**  
2008: 21-1, 4-0  
NATIONAL CHAMPIONS



**OHIO STATE**  
2008: 10-8, 1-4



**PENN STATE**  
2008: 5-11, 0-4



**VANDERBILT**  
2008: 13-6, 3-1

### Future Additions



**FLORIDA**  
PROJECTED: 2010

**SOUTH CAROLINA**  
PROJECTED: 2010



Vanderbilt is a charter member of the American Lacrosse Conference, which played its inaugural season in 2002. The Commodores won the league championship that season with a perfect 6-0 record. Two seasons later, Vanderbilt would capture the 2004 conference title and earned the ALC's first-ever automatic bid to the NCAA Tournament.

The league added a conference tournament for the 2007 season, which was hosted at Johns Hopkins University's Homewood Field in Baltimore. The tournament will rotate among campus sites, heading to Penn State in University Park, Pa., in 2009.

The ALC alliance was established for independent lacrosse schools to have an opportunity to play for automatic qualification into the NCAA Tournament, and in September of 2003 the league's promise was fulfilled.

Johns Hopkins, Northwestern, Ohio State, Penn State and Vanderbilt battle not only for supremacy within the league, but also for a chance at national glory.

In 2007 and 2005, three ALC teams earned berths in the NCAA Tournament, including eventual national champion Northwestern, who repeated in 2008.

In 2004, five of the league's seven teams found their way into the IWLCA national rankings, the most from any conference. Three of those squads, including semifinalist Vanderbilt, reached the NCAA Tournament.

In the summer of 2003, the ALC and College Sports TV inked an agreement to nationally broadcast a number of key conference matchups in the years to come, beginning in 2004.

Following the 2005 season, the league saw its first modification, as original member Davidson removed itself from the American Lacrosse Conference. Prior to the 2007 season, charter member Ohio University ended its women's lacrosse program.

The league is scheduled to receive two additions prior to the 2010 season, as Florida and South Carolina have announced their intentions to join the American Lacrosse Conference.



Jess Roguski assisted on three goals, including the game-winner in overtime, to give Vanderbilt the ALC's first automatic berth to the NCAA Tournament in 2004.

## Vanderbilt Lacrosse Complex



The Vanderbilt Lacrosse & Soccer Complex is one of the nation's premier facilities.

Completed prior to the 2002-03 school year, the main structure of the stadium includes seating for over 2,400 fans. The playing surface consists of a TifSport grass on top of sand cap drainage and water cannon irrigation systems. The field's new lighting system, installed on four 90-foot towers, offers perfect visibility during night games.

"This has been great for our program," Head Coach Cathy Swezey said. "It shows how well-supported we are by the administration. It is an impressive facility to tour and prospects routinely have said that it is among the best facilities they have seen."

Vanderbilt's perceived home-field advantage is supported statistically. The Commodores have posted a 25-10 record in American Lacrosse Conference games played in Nashville, winning 70 percent of conference home games against one of the strongest leagues in the nation.

Locker rooms, meeting rooms, public restrooms and a



concession stand are all located underneath the grandstands. A state-of-the-art press box sits atop the grandstands, facilitating game workers and media, including television crews.

"Our team has really enjoyed playing in the stadium," Swezey said. "I think that they sense the commitment that has been made to our program, and it makes them proud to be wearing a Vanderbilt uniform."



## Support Staff



**BRIAN REESE**  
DIRECTOR OF  
SPORT OPERATIONS



**DANIEL MACLEA**  
ATHLETIC TRAINER



**TASHA WEDDLE**  
STRENGTH &  
CONDITIONING COACH



**CANDICE STOREY**  
SENIOR WOMEN'S  
ADMINISTRATOR



# CANDID COMMODORES

2009 VANDERBILT LACROSSE





# VU RECORDS

## CAREER LEADERS LISTS

### GOALS

1. Sue Napolitano . . . .	167
2. Margie Curran . . . .	163
3. Kristin Ehst. . . . .	136
4. Kate Hickman . . . .	133
5. Jess Roguski . . . . .	117
6. April Tellam . . . . .	110
7. Andrea Legath. . . . .	93
8. Kendall Thrift. . . . .	78
T-9. Jeannie Crawley . .	76
T-9. Lauren Peck. . . . .	76

### ASSISTS

1. Margie Curran . . . . .	81
2. Kendall Thrift. . . . .	66
T-3. Michelle Allen . . . .	57
T-3. Kristin Ehst . . . . .	57
4. Michelle Dillow . . . .	56
5. April Tellam . . . . .	55

### POINTS

1. Margie Curran . . . .	244
2. Sue Napolitano . . . .	219
3. Kristin Ehst. . . . .	193
T-4. Kate Hickman . . . .	165
T-4. April Tellam . . . . .	165
5. Kendall Thrift. . . . .	144
6. Jess Roguski . . . . .	141
7. Michelle Allen . . . .	132
8. Andrea Legath. . . .	130
9. Michelle Dillow . . . .	109

### GOALS AGAINST AVERAGE

1. Shana Crabtree . . .	8.52
2. Brooke Shinaberry .	9.79
3. Ashley Bastinelli. .	10.29
4. Emily Lough. . . . .	10.66
5. Blair Palmer. . . . .	11.21

### GOALS

#### Game

8, Sue Napolitano  
(vs. VT, 3/25/1996)

#### Season

53, Sue Napolitano  
(1996)

#### Career

167, Sue Napolitano  
(1996-2000)

#### 2008 Game High

6, Margie Curran  
(at Lehigh, 2/24)

### ASSISTS

#### Game

7, April Tellam  
(at Davidson, 3/1/1999)

#### Season

33, Margie Curran  
(2008)

#### Career

81, Margie Curran  
(2005-08)

#### 2008 Game High

5, Margie Curran  
(vs. Ohio State, 4/11)

## Individual Records

### POINTS

#### Game

12, April Tellam  
(at Davidson, 3/1/1999)

#### Season

80, Margie Curran (2008)

#### Career

244, Margie Curran  
(2005-2008)

#### 2008 Game High

9, Margie Curran  
(at Lehigh, 2/24)

### GOALS AGAINST AVG.

#### Season

7.36, Shana Crabtree (2000)

#### Career

8.52, Shana Crabtree  
(1997-2000)

#### 2008 Leader

9.37, Brooke Shinaberry



VU Career Leaders (L-R): Sue Napolitano, Margie Curran and Emily Lough.

### SAVES

#### Game

39, Shana Crabtree  
(at Boston Univ., 4/6/1997)

#### Season

176, Emily Lough (2001)

#### Career

488, Ashley Bastinelli  
(2002-05)

#### 2008 Game High

13, Brooke Shinaberry  
(at Northwestern, 3/30)

### MISCELLANEOUS/ DEFENSIVE

#### Ground Balls

62, April Tellam (2001)

#### Caused Turnovers

47, Becky Kehl (1999)

#### Draw Controls

56, Margie Curran (2007)

## Season-by-Season Leaders

### GOALS

1996	Sue Napolitano	53
2007	Margie Curran	50
2000	Sue Napolitano	48
<b>2008</b>	<b>Margie Curran</b>	<b>47</b>
2006	Kate Hickman	46
2004	Jess Roguski	42
1999	April Tellam	42
2005	Kate Hickman	41
1997	Sue Napolitano	40
2002	Jeannie Crawley	38
<b>2008</b>	<b>Carter Foote</b>	<b>35</b>
2003	Lauren Peck	35

### ASSISTS

<b>2008</b>	<b>Margie Curran</b>	<b>33</b>
2007	Kendall Thrift	30
2004	Michelle Allen	29
2002	Liz Drennan	27
1998	Michelle Dillow	27
1999	April Tellam	26
2006	Margie Curran	23
2003	Michelle Allen	23
1996	Sue Napolitano	23
2000	Kinsey Osberg	21
<b>2008</b>	<b>Sarah Downing</b>	<b>20</b>
2005	Kendall Thrift	19

### POINTS

<b>2008</b>	<b>Margie Curran</b>	<b>80</b>
1996	Sue Napolitano	76
1999	April Tellam	68
2004	Michelle Allen	67
2007	Margie Curran	64
2006	Kate Hickman	64
2000	Sue Napolitano	58
1997	Kristin Ehst	54
<b>2008</b>	<b>Sarah Downing</b>	<b>53</b>
2003	Michelle Allen	51
2005	Kate Hickman	47
1998	Michelle Dillow	49

### SAVES

2001	Emily Lough	176
1999	Emily Lough	168
1998	Shana Crabtree	163
1997	Shana Crabtree	156
1996	Blair Palmer	149
<b>2008</b>	<b>Brooke Shinaberry</b>	<b>148</b>
2005	Ashley Bastinelli	137
2003	Ashley Bastinelli	129
2006	Brooke Shinaberry	127
2007	Brooke Shinaberry	125
2002	Ashley Bastinelli	122
2000	Shana Crabtree	110



# COMMODORE HISTORY

## Vanderbilt's Record vs...

Albany	2-0	Drexel	2-0	Maryland	0-2	Richmond	0-1
American	1-0	<b>Duke</b>	<b>3-11</b>	<b>UMBC</b>	<b>3-0</b>	St. Joseph's	2-1
<b>Boston University</b>	<b>2-4</b>	Duquesne	2-0	Monmouth	1-0	Stanford	4-3
Brown	1-1	George Mason	1-1	Mt. St. Mary's	2-0	Syracuse	0-1
California	2-0	Georgetown	0-6	New Hampshire	8-3	Temple	0-1
<b>Cincinnati</b>	<b>1-0</b>	Harvard	1-0	<b>North Carolina</b>	<b>1-12</b>	Towson	1-0
Colgate	0-1	Hofstra	2-3	<b>Northwestern</b>	<b>3-5</b>	Virginia	0-8
Connecticut	2-1	James Madison	1-0	<b>Notre Dame</b>	<b>8-4</b>	<b>Virginia Tech</b>	<b>5-2</b>
<b>Cornell</b>	<b>5-4</b>	<b>Johns Hopkins</b>	<b>4-5</b>	<b>Ohio State</b>	<b>12-1</b>	Yale	3-3
Davidson	9-1	Lafayette	0-1	Ohio University	6-0	*2009 opponents in bold	
<b>Delaware</b>	<b>1-3</b>	Lehigh	3-0	<b>Penn State</b>	<b>5-6</b>		
Denver	2-0	Loyola	1-0	Princeton	0-2		



April Tellam contributed 12 points to VU's win over Davidson in 1999.

## Miscellaneous Records

### MARGIN OF VICTORY

- 20, Denver (22-2)  
Apr. 16, 2000
- 18, Mt. St. Mary's (21-3)  
Mar. 1, 1996
- 17, Lehigh (21-4)  
March 6, 2007
- 17, Davidson (20-3)  
Apr. 10, 2005
- 16, Cincinnati (20-4)  
Feb. 17, 2008
- 16, American (20-4)  
Mar. 6, 1996
- 15, Denver (22-7)  
Mar. 14, 1999
- 15, Davidson (20-5)  
Apr. 11, 2004
- 14, Ohio State (21-7)  
Mar. 21, 1996
- 14, Davidson (18-4)  
Apr. 12, 1998

### 10-POINT GAMES

- April Tellam (12)  
Mar. 1, 1999 at Davidson
- Kristin Ehst (10)  
Mar. 1, 1996 at Mt. St. Mary's
- Sue Napolitano (10)  
Apr. 11, 1996 at Monmouth
- April Tellam (10)  
Apr. 13, 1999 vs. Notre Dame

### CAREER GAMES PLAYED

- Margie Curran . . . . . 67
- Molly Frew . . . . . 66
- Jess Roguski . . . . . 65
- Kelly Devlin . . . . . 63
- Becky Kehl . . . . . 63
- Bridget Morris . . . . . 63
- Tara Schmucker . . . . . 63
- Meredith Shuey . . . . . 63
- Kelly Sloan . . . . . 63

## All-Time Letterwinners

Anastasia Adam . . . . . 2007-Present	Dana Messinger . . . . . 2003-06
Michelle Allen . . . . . 2002-04	Catherine Mitchell . . . . . 2008-Present
Ashley Bastinelli . . . . . 2002-05	Joanna Mooney . . . . . 2001-04
Danielle Bajus . . . . . 1998	Bridget Morris . . . . . 2001-04
Julie Bender . . . . . 1996-98	Colleen Morris . . . . . 2000-03
Jenny Bennethum . . . . . 1997-98	Jessica Mundt . . . . . 2001-03
Wendy Blue . . . . . 2005	Alex Mundy . . . . . 2007-Present
Millie Canter . . . . . 2004	Sue Napolitano . . . . . 1996-2000
Sasha Cielak . . . . . 2005-08	Lindsey Nauman . . . . . 2001-03
Cameron Clark . . . . . 2006-07	Sarah Odell . . . . . 1998-99
Shana Crabtree . . . . . 1997-2000	Lauren O'Hearn . . . . . 2003
Jeannie Crawley . . . . . 2000-03	Kinsey Osberg . . . . . 1999-2002
Margie Curran . . . . . 2005-08	Sarah Pacini . . . . . 2001
Krstin Delmonico . . . . . 1996-97	Blair Palmer . . . . . 1996-98
Margie DeLorenzo . . . . . 1996-98	Brooke Palmer . . . . . 1996-98
Jess Demorest . . . . . 2006-Present	Ashley Paschall . . . . . 2005-08
Katherine Denkler . . . . . 2008-Present	Lauren Peake . . . . . 1996
Kelly Devlin . . . . . 2001-04	Lauren Peck . . . . . 2003-04
Michelle Dillow . . . . . 1996-98	Kasey Pontillo . . . . . 2005-06
Dana DiStefano . . . . . 1997-2000	Casey Pugatch . . . . . 2007
Sarah Downing . . . . . 2007-Present	Nicole Pugno . . . . . 2004-Present
Liz Drennan . . . . . 1999-2002	Margaret Raines . . . . . 1997-99
Merissa Eide . . . . . 2006-Present	Amanda Rice . . . . . 1998-2001
Kristin Ehst . . . . . 1996-98	Amy Richards . . . . . 1996-97
Liz Exline . . . . . 2002-04	Jess Roguski . . . . . 2001-04
Rebecca Ferrell . . . . . 2000-03	Meghan Rose . . . . . 2008-Present
Erin Flaherty . . . . . 2000-03	Tara Schmucker . . . . . 2000-03
Carter Foote . . . . . 2007-Present	Michelle Sebastian . . . . . 1996-97
Allie Frank . . . . . 2007-Present	Bryn Sedlacek . . . . . 2003-06
Emily Franke . . . . . 2008-Present	Christiana Serle . . . . . 2001-04
Molly Frew . . . . . 2004-07	Lindsay Shea . . . . . 1998
Kim Gianis . . . . . 2003-05	Brooke Shinaberry . . . . . 2004-08
Carolyn Gioia . . . . . 2006-Present	Meredith Shuey . . . . . 1997-2000
Cara Giordano . . . . . 2006-Present	Kelly Sloan . . . . . 1997-2000
Kate Hickman . . . . . 2003-06	Michele Slotke . . . . . 2005-08
M.C. Hooper . . . . . 2005-06	Alison Sparico . . . . . 2004-06
Kate Jerde . . . . . 2002	Meg Spies . . . . . 2002-05
Becky Kehl . . . . . 1997-2000	Meredith St. Lawrence . . . . . 2005
Diana Keenan . . . . . 2008-Present	Lindsay Stanley . . . . . 1996-97
Laura Keenan . . . . . 2007-Present	Megan Steenberge . . . . . 1996
Leslie Koch . . . . . 2005-08	Jennifer Tapscott . . . . . 2004-07
Heather Koutrakos . . . . . 2006-08	April Tellam . . . . . 1998-2001
Maggie Kopf . . . . . 1996	Kendall Thrift . . . . . 2004-07
Andrea Legath . . . . . 1996-99	Christine Tubesing . . . . . 2003-06
Ali Lemons . . . . . 2005-Present	Jenny Wing . . . . . 2001-04
Claire Leonard . . . . . 2008-Present	Rachel Woolford . . . . . 2006-Present
Megan Lewis . . . . . 1999-2002	Amy Worden . . . . . 1997-98
Emily Lough . . . . . 1998-2001	Maggie Yekenchik . . . . . 1996-98
Caroline Mans . . . . . 1997-2000	Ashley Zaleski . . . . . 2004-05
Mary McConeny . . . . . 2001-03	

# VU HONORS

## National Honors

### ALL-AMERICANS

IWLCA, US Lacrosse, Inside Lacrosse

#### First Team

Michelle Allen . . . . . 2004  
Sasha Cielak . . . . . 2008

#### Second Team

Jess Roguski . . . . . 2004  
Sasha Cielak . . . . . 2007  
Margie Curran . . . 2007, 08

#### Third Team

Meredith Shuey . . . . . 2000  
Megan Lewis . . . . . 2002  
Michelle Allen . . . . . 2003  
Bridget Morris . . . . . 2004  
Lauren Peck . . . . . 2004  
Sasha Cielak . . . . . 2005

### Honorable Mention

Sue Napolitano . . . . . 2000

### ALL-ROOKIE TEAM

womenslacrosse.com

Sasha Cielak . . . . . 2005  
Margie Curran . . . . . 2005

### IWLCA REGIONAL ALL-AMERICANS

#### First Team

Megan Lewis . . . . . 2002  
Michelle Allen . . . . . 2004  
Jess Roguski . . . . . 2004  
Kate Hickman . . . . . 2006  
Sasha Cielak . . 2006, 07, 08  
Margie Curran . . . 2007, 08  
Cara Giordano . . . . . 2008

### Second Team

Sue Napolitano . . . . . 2000  
Meredith Shuey . . . . . 2000  
Megan Lewis . . . . . 2001  
Tara Schmucker. . 2002, 03  
Michelle Allen . . . . . 2003  
Bridget Morris . . . . . 2004  
Lauren Peck . . . . . 2004  
Sasha Cielak . . . . . 2005  
Kate Hickman . . . . . 2005  
Margie Curran . . . . . 2006  
Molly Frew . . . . . 2006  
Cara Giordano . . . . . 2007  
Brooke Shinaberry. . 2008

### NCAA

### ALL-TOURNAMENT TEAM

Ashley Bastinelli . . . . 2004  
Bridget Morris . . . . . 2004

### IWLCA ACADEMIC HONOR ROLL

Kristin Ehst . . . . . 1998, 99  
Andrea Legath. . . . . 1998  
Becky Kehl . . . . . 2000  
Meredith Shuey . . . . . 2000  
Megan Lewis . . . . . 2001  
Mary McCeney . . . . . 2003  
Tara Schmucker. . . . . 2003  
Chrstitiana Serle . . . . . 2004  
Jenny Wing . . . . . 2004  
Meg Spies . . . . . 2005  
Christine Tubesing. . . 2005  
Kate Hickman . . . 2005, 06  
Molly Frew . . . . . 2006, 07  
Kendall Thrift . . . . . 2007  
Ashley Paschall . . 2007, 08  
Michele Slotke. . . . . 2008  
Brooke Shinaberry. . 2008

## Conference Honors

### NATIONAL COACH OF THE YEAR

insidelacrosse.com

Cathy Swezey . . . . . 2002

### IWLCA ACADEMIC SQUAD

. . . . . 2003, 05, 07, 08

### FIRST-TEAM ALL-CONFERENCE

Megan Lewis . . . . . 2002  
Michelle Allen . . . 2003, 04  
Lauren Peck . . . . . 2003

Tara Schmucker. . . . . 2003  
Jess Roguski . . . . . 2004  
Kate Hickman . . . 2005, 06  
Sasha Cielak . . 2006, 07, 08  
Margie Curran . . . 2007, 08  
Cara Giordano . . . . . 2008  
Brooke Shinaberry. . 2008

### ALC PLAYER OF THE YEAR

Michelle Allen . . . . . 2004

### ALC GOALKEEPER OF THE YEAR

Brooke Shinaberry. . 2008

### SECOND-TEAM ALL-CONFERENCE

Jess Roguski . . . . . 2003  
Kim Gianis . . . . . 2004  
Joanna Mooney. . . . . 2004  
Bridget Morris . . . . . 2004  
Lauren Peck . . . . . 2004  
Christiana Serle. . . . . 2004  
Sasha Cielak . . . . . 2005  
Margie Curran . . . 2005, 06  
Molly Frew . . . . . 2005, 06  
Cara Giordano . . . 2006, 07  
Nicole Pugno . . . . . 2007  
Kendall Thrift . . . . . 2007

Carter Foote . . . . . 2008  
Heather Koutrakos . . 2008

### ALC COACH OF THE YEAR

Cathy Swezey . . . 2002, 08

### SEC GOOD WORKS TEAM

Jess Roguski . . . 2002, 03

### VU INGRAM SCHOLAR

Diana Keenan . . . . . 2008

### WOMENSLAX.COM PLAYER OF THE WEEK

Brooke Shinaberry  
. . . . . April 21, 2008

## Team Honors

### VU TOLBERT CUP

2003



### 2004 NCAA FINAL FOUR

*Vanderbilt advanced to the  
NCAA Tournament Final Four in 2004*



Brooke Shinaberry was 2008 ALC Goalkeeper of the Year.

### ALC PLAYER OF THE WEEK

Ashley Bastinelli  
. . . . . March 5, 2002  
Tara Schmucker  
. . . . . April 23, 2002  
Michelle Allen  
. . . . . April 21, 2003  
Jess Roguski  
. . . . . March 1, 2004  
Kate Hickman  
. . . . . April 12, 2004  
Michelle Allen  
. . . . . April 19, 2004

Michelle Allen  
. . . . . May 10, 2004  
Kate Hickman  
. . . . . April 18, 2006  
Nicole Pugno  
. . . . . March 27, 2007  
Kendall Thrift  
. . . . . April 9, 2007  
Margie Curran  
. . . . . Feb. 26, 2008  
Brooke Shinaberry  
. . . . . April 7, 2008  
Brooke Shinaberry  
. . . . . April 22, 2008





# COMMODORE RESULTS

\*denotes American Lacrosse Conference game  
\$denotes ALC Tournament game

#denotes NCAA Tournament game

Head Coach: Cathy Swezey (92-87)

## 1998

(7-9)

Mar. 3	at North Carolina	L	6-9
Mar. 7	at Georgetown	L	7-15
Mar. 13	at St. Joseph's	W	19-6
Mar. 15	New Hampshire	W	12-9
Mar. 16	Virginia Tech	W	14-7
Mar. 18	Cornell	W	13-8
Mar./20	vs. Colgate	L	8-13
Mar. 22	Notre Dame	W	19-6
Mar. 27	at Delaware	L	10-13
Mar. 30	at Maryland	L	4-16
April 5	at Ohio State	W	11-7
April 9	Boston Univ.	L	5-7
April 12	Davidson	W	18-4
April 14	at Duke	L	3-6
April 17	at Yale	L	7-11
May 1	at Penn State	L	7-17

## 1999

(5-10)

Mar. 1	at Davidson	W	15-5
Mar. 6	Georgetown	Lot	8-11
Mar. 10	Penn State	L	7-9
Mar. 12	at Denver	W	22-7
Mar. 16	George Mason	W	12-10
Mar. 19	Duke	L	9-17
Mar. 26	at New Hampshire	W	11-7
Mar. 28	at Boston Univ.	L	7-8
Mar. 31	at Cornell	L	6-7
April 3	Delaware	L	11-12
April 11	at Virginia	L	9-13
April 13	Notre Dame	W	18-9
April 17	North Carolina	L	5-10
April 24	at Ohio State	L	11-12
April 28	at Virginia Tech	L	13-14

## 2000

(10-6)

Mar. 5	at Georgetown	L	7-15
Mar. 7	at George Mason	L	10-12
Mar. 12	at North Carolina	L	8-13
Mar. 14	New Hampshire	W	16-7
Mar. 19	Towson	W	9-5
Mar. 22	at Duke	L	7-13
Mar. 24	Virginia Tech	W	19-16
Mar. 26	Boston Univ.	Wot	9-8
Mar. 31	Cornell (at Hopkins)	W	12-6
April 2	at Notre Dame	W	10-6
April 8	at Delaware	L	8-10
April 14	Davidson	W	19-7
April 16	Denver	W	22-2
April 21	Ohio State	W	9-7
April 23	at Penn State	W	9-7
April 30	Virginia	L	11-12

## OVERALL RECORD (112-98)

Home record . . . . . 62-13

Conference Record . . . 26-11

Postseason Record . . . . 3-6

Away Record . . . . . 47-61

Home ALC Record . . . 14-5

Overtime Record . . . . 7-4

Neutral Record . . . . . 3-3

Away ALC Record . . . 12-6

## 2001

(5-11)

Mar. 4	Georgetown	L	4-10
Mar. 9	at Stanford	L	11-16
Mar. 14	Duke	L	2-22
Mar. 20	Cornell (@ Hopkins)	L	6-8
Mar. 23	at New Hampshire	L	5-7
Mar. 25	at Boston Univ.	L	7-15
Mar. 30	Delaware	W	7-6
April 1	Notre Dame	W	11-9
April 4	at Virginia Tech	Lot	16-17
April 9	at Brown	L	9-12
April 14	North Carolina	L	5-9
April 16	Davidson	L	5-11
April 20	at Ohio State	W	10-9
April 22	Ohio University	W	17-10
April 29	at Virginia	L	6-13
May 5	at Connecticut	W	12-6

## 2002

(10-6, 6-0)

Feb. 24	*at Johns Hopkins	W	7-4
Mar. 4	*Penn State	W	7-6
Mar. 6	at Georgetown	L	5-19
Mar. 9	at Duke	L	7-11
Mar. 17	Connecticut	W	9-7
Mar. 20	New Hampshire	W	9-5
Mar. 24	Brown	W	13-12
Mar. 28	Stanford	W	15-10
April 5	*Ohio University	W	17-8
April 12	at North Carolina	L	6-14
April 14	*at Davidson	W	11-10
April 21	*Ohio State	W	12-11
April 28	Virginia	L	13-17
May 3	at Notre Dame	Lot	9-10
May 4	*at Northwestern	W	13-7
May 9	#at Duke	L	5-10

## 2003

(7-8, 4-2)

Mar. 1	*at Penn State	L	11-12
Mar. 9	Hofstra	W	10-7
Mar. 14	at Yale	L	9-15
Mar. 16	at UNH	W	12-9
Mar. 22	UConn (@ Disney)	L	12-15
Mar. 25	*Northwestern	W	15-8
Mar. 30	*Hopkins	L	5-8
April 2	Duke	W	8-6
April 6	at Cornell	L	6-14
April 12	UNC	L	11-12
April 13	*Davidson	W	17-4
April 18	*at Ohio Univ.	W	8-6
April 20	*at Ohio State	Wot	12-11
April 27	at Virginia	L	8-13
May 2	Notre Dame	L	11-22

## 2004

(12-6, 5-1)

Feb. 22	Virginia	L	10-14
Feb. 29	*Penn State	W	16-12
Mar. 7	at Stanford	W	6-5
Mar. 13	Yale	W	17-11
Mar. 15	UNH	W	10-3
Mar. 21	Cornell	W	9-8
Mar. 28	at Duke	L	13-16
April 4	*at Hopkins	L	11-12
April 9	at UNC	W	12-8
April 11	*at Davidson	W	20-5
April 16	*Ohio Univ.	W	12-11
April 18	*Ohio State	W	12-9
April 24	at Hofstra	Lsv	13-14
May 6	*at Northwestern	Wot	10-9
May 8	at Notre Dame	L	8-11
May 13	#at Loyola	W	5-4
May 16	#at JMU	W	10-4
May 21	#at Princeton	L	3-11

## 2005

(6-9, 3-3)

Feb. 26	*at Penn State	L	7-15
Mar. 9	Notre Dame	Wot	10-9
Mar. 12	at Yale	W	8-7
Mar. 18	*Johns Hopkins	L	6-13
Mar. 20	Hofstra	L	8-10
Mar. 24	Duke	L	4-13
Mar. 28	Stanford	W	10-9
April 1	at New Hampshire	L	6-8
April 8	North Carolina	L	9-14
April 10	*Davidson	W	20-3
April 15	*at Ohio	W	9-6
April 17	*at Ohio State	Wsv	14-13
April 24	at Virginia	L	11-12
May 1	*Northwestern	L	8-18
May 7	at Cornell	L	10-13

## 2006

(6-10, 2-3)

Feb. 14	vs. Mount St. Mary's	W	14-5
Feb. 19	Virginia	L	9-10
Feb. 25	*Penn State	L	8-9
Mar. 5	at Stanford	L	9-1
Mar. 7	at California	W	13-7
Mar. 11	Yale	W	14-9
Mar. 14	New Hampshire	W	16-7
Mar. 21	Cornell	L	8-14
Mar. 26	at Duke	L	11-15
April 2	*at Johns Hopkins	L	8-11
April 7	at North Carolina	L	9-13
April 14	*Ohio	W	13-3
April 16	*Ohio State	W	9-8
April 23	at Hofstra	L	6-10
May 5	*at Northwestern	L	9-14
May 7	at Notre Dame	L	11-12

## 2007

(11-6, 3-1)

Feb. 19	Albany	W	18-5
Feb. 25	*Northwestern	L	2-20
Mar. 4	at Duquesne	W	18-9
Mar. 6	Lehigh	W	21-4
Mar. 10	North Carolina	L	11-14
Mar. 14	at Duke	L	6-18
Mar. 18	Hofstra	W	12-7
Mar. 25	*at Penn State	W	9-7
Mar. 28	California	W	9-6
Mar. 31	Stanford	L	9-10
April 4	at New Hampshire	W	18-12
April 8	*Johns Hopkins	Wsv	11-10
April 15	*at Ohio State	W	10-9
April 18	Notre Dame	W	13-9
April 29	at Cornell	W	16-10
May 4	\$at Johns Hopkins	L	10-12
May 13	#Syracuse	L	10-16

## 2008

(13-6, 3-1)

Feb. 17	Cincinnati	W	20-4
Feb. 23	at UMBC	W	16-7
Feb. 24	at Lehigh	W	18-8
Mar. 1	Duquesne	W	12-10
Mar. 4	Virginia Tech	W	12-8
Mar. 8	at North Carolina	L	5-12
Mar. 12	Boston University	L	7-17
Mar. 15	New Hampshire	L	7-10
Mar. 17	Cornell	W	15-6
Mar. 23	*Penn State	W	10-7
Mar. 30	*at Northwestern	L	8-14
April 6	*at Johns Hopkins	Wot	11-10
April 11	*Ohio State	W	17-7
April 13	at Albany	W	15-5
April 16	at Notre Dame	W	9-6
April 20	Duke	W	11-10
May 3	\$Johns Hopkins	W	10-7
May 4	\$ at Northwestern	L	3-14
May 11	# at Princeton	L	10-14



The Class of 2007 (L-R) -- Kendall Thrift, Molly Frew, Ali Lemons, Nicole Pugno and Jennifer Tapscott.