

# Athletics

Media Guide 2014-15





Dear Family, Friends, and Prospective Student-Athletes,

Aligned with the NCAA Division III philosophy, Saint Mary's College athletics is focused on the support of our student-athletes as they immerse themselves in the college experience. We expect our women to pursue the full spectrum of opportunities available to them over their four years with us. They are students first. They have enrolled in college to earn an academic degree. With this focus in mind, our student-athletes are afforded the same classroom experiences and opportunities as their peers here at Saint Mary's College.



Their choice to participate in athletics is a wise one that only enhances their educational experience. Through sport, student-athletes learn how to lead and take initiative as well as how to work as a member of a team. They learn to set goals and work through the process of accomplishing those goals. If they fall short, they know how to re-evaluate, and if necessary, strategize a new route to success — they do not give up. Student-athletes are masters of time management. They know how to give and take feedback. In short, participation in sports provides the opportunity for athletes to practice skills that will help them to succeed in life.

And succeed they do! Besides the athletic accolades that you will read about on our website and in this media guide, you will also see that several of our student-athletes have even been recognized with the highest honors bestowed upon our graduates.

Participation in athletics is a rich and rewarding experience. Teammates become lifelong sisters. I invite you to look through this media guide and read about the challenges and triumphs of our student-athletes and coaches. Prospective student-athletes, I encourage you to visit our campus. Meet with our coaches, shadow a current student-athlete, and ask questions to learn if Saint Mary's could be a fit for you. Follow your passions and discover your potential at Saint Mary's College.

Once a Belle, always a Belle,

Julie Schroeder-Biek '88  
Director of Athletics and Recreation

*“Follow your passions  
and discover your potential.”*

The mission of the Department of Athletics and Recreation at Saint Mary's College is to provide a comprehensive program designed to be a vital part of the total educational process. The basic purpose is to integrate an intercollegiate athletic program, intramural, club sport, and personal fitness opportunities so our students develop a lifelong appreciation of one's mind, body, and spirit through exercise and participation.

### Athletics Contact Information

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Saint Mary's College ranks 76 among the "Best National Liberal Arts Colleges" for 2014 published by U.S. News.



# Excelling in Academics and Athletics

Quick  
at Saint Mary's College

## Academic Achievements 2013–14

Total number of student-athletes : **113**

Athletic Department cumulative GPA (8 sports): **3.279**

Athletic Department cumulative GPA for sport captains: **3.539**

Number of student-athletes above a 3.0 cumulative GPA: **81** Fall Semester,  
**76** Spring Semester

Teams earning MIAA Academic Honor Roll (minimum 3.3 GPA required): **Three**

Number of times in 2013–14 student-athletes earned Dean's List honors: **70**

Student-athletes on MIAA Honor Roll (minimum 3.5 GPA required): **38**

## Basketball

- School record of 18 overall wins in 2011
- Highest MIAA finish in program history in 2009 with second place
- Three MIAA Players of the Year since 2004

## Cross Country

- Thirteen-time MIAA Team GPA Award recipients
- Highest MIAA finish in program history in 2010 and 2013 with third place
- Nearly 80 personal record times set in the last four seasons

## Golf

- Four consecutive MIAA Championships from 2002–05
- Seven NCAA Division III Championship appearances
- Seven MIAA Season Medalists and one individual NCAA national champion

## Lacrosse

- MIAA Defensive Player of the Week in inaugural season
- Four MIAA Academic Honor Roll recipients in first year
- Cumulative team GPA of 3.22 in 2013–14

## Soccer

- College record 13 victories in 2012
- Twelve consecutive seasons with an All-MIAA honoree
- Nine-time NSCAA Team Academic Award winners since 2004

## Softball

- Nine consecutive seasons with a .500 winning percentage or above
- Four MIAA Most Valuable Players since 2004
- 2004 MIAA Tournament Champions

## Tennis

- Four consecutive MIAA Tournament Championships from 2001–04
- NCAA Division III Tournament appearance in 2002
- At least one All-MIAA honoree every year since joining the MIAA

## Volleyball

- Two MIAA Players of the Year since 2006
- College record 11 MIAA victories and third-place finish in first season of conference membership
- Twelve-time MIAA Team GPA Award recipients

Catholic women's college in Notre Dame, Indiana, established in 1844 by the Sisters of the Holy Cross

Academic programs that require a senior comprehensive project, focus on writing proficiency, and underscore the importance of women's voices, social responsibility, and intercultural competence

Ninety five percent of students receive financial aid.

Nationally recognized study abroad program that offers learning opportunities in 20 countries

Eighty percent of students participate in volunteer/service work, compared to national average of 55 percent

NCAA Division III varsity athletic teams and a wide range of club and intramural sports

A connection with Notre Dame that allows students to take classes, participate in clubs, and cheer in the student section at Irish football games

PLUS: Pets in a senior residence hall, a Quidditch club, a picturesque island, a lake perfect for canoe races, a medieval-looking tower, a tunnel, and lifelong friendships with intelligent, confident women leaders committed to changing the world

**Schedule your Saint Mary's campus visit today at [saintmarys.edu/visit](http://saintmarys.edu/visit)**



 Golf

*Janice Heffernan '15*



*Katie Zielinski '16*



*Courtney Carlson '17*

The 2014–15 golf team has their sights set on regaining the top spot in the MIAA. They are also vying for a trip to the 2015 NCAA Championship tournament next spring after finishing second in league standings a year ago.

Janice Heffernan '15 looks to conclude her career with the Belles in the same way her freshman season came to a close — with a trip to the NCAA Division III Women's Golf Championship. Heffernan added an All-MIAA First Team accolade to her resume last fall while leading the team in scoring average throughout the spring season.

Heffernan, a nursing major, is a three-time WGCA All-American Scholar for maintaining a cumulative GPA of 3.50 or above while playing a minimum of 12 rounds and holding an adjusted scoring average of 95.00 or less. This year she was one of only five students from her nursing class to participate in a six-week summer practicum program for Saint Mary's education and nursing students to work with the Sisters of the Holy Cross in Kyarusozzi, Uganda.

A handful of experienced players are joining Heffernan in the Belles' quest to prevail at the top of the MIAA. Among that group are Katie Zielinski '16, Courtney Carlson '17, and Ali Mahoney '17, all of whom contributed to the team's success last year.

In the past 11 seasons of conference play, seven Belles have earned MIAA Season Medalist honors by posting the lowest scoring average in the fall portion of conference play. No other conference member has had seven different student athletes earn league medalist honors in the history of the sport in the MIAA. Moreover, Saint Mary's golfers have recorded five of the nine lowest all-time MIAA season stroke averages among league medalists.

The most decorated of any team in the past 17 years of Saint Mary's athletics, the team has had 28 student-athletes named to an All-MIAA squad 43 times since 1999 and boasts six All-Americans since 2003.



*Ali Mahoney '17*

***In the past 17 years of Saint Mary's athletics, the golf team has had 28 student-athletes named to an All-MIAA squad 43 times.***

# Head Coach **Kim Moore**



**Alma Mater**  
University of Indianapolis

**Season**  
Second

**Contact**  
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## Fall 2014 Schedule

Aug. 30-31	at Olivet Labor Day Tournament (The Medalist GC)	Day One Day Two
<b>Sept. 14-15</b>	<b>O'Brien National Invitational</b> (Warren GC)	<b>Day One 11 a.m.</b> <b>Day Two 9 a.m.</b>
Sept. 20-21	at DePauw Small College Classic (Deer Creek GC)	Day One Day Two
<b>Sept. 24</b>	<b>at Saint Mary's - Blackthorn (MIAA #1)</b>	<b>1 p.m.</b>
Sept. 27	at Alma - Pine River CC (MIAA #2)	1 p.m.
Sept. 30	at Hope - The Ravines GC (MIAA #3)	1 p.m.
Oct. 4	at Adrian - Lenawee CC (MIAA #4)	1 p.m.
Oct. 10-11	MIAA End of Season Weekend Jamboree (at Bedford Valley - host Albion)	Day One 1 p.m. Day Two 10 a.m.

Home rounds in **bold**

*Schedule subject to change. All times local to competition site.*

*Spring 2015 Schedule*

*TBA*

### Building a Tradition of Excellence

**Individual National Champion**

Stefanie Simmerman

**All-Americans**

Julia Adams  
Mary Kate Boyce  
Megan Mattia  
Natalie Matuszak  
Doyle O'Brien  
Stefanie Simmerman

**Women's Golf Coaches Association**

**All-American Scholars**

Julia Adams  
Marin Beagley  
Mary Kate Boyce  
Janice Heffernan

**NCAA Division III  
Championship Appearances**

2003 - 2004 - 2005 - 2009  
2010 - 2011 - 2012

**MIAA Most Valuable  
Golfers**

Julia Adams  
Mary Kate Boyce  
Megan Mattia  
Martyna Mierzwa  
Katie O'Brien  
Rosie O'Connor  
Stefanie Simmerman

**Multi-All-MIAA Honorees**

Julia Adams  
Nicole Bellino  
Mary Kate Boyce  
Chrissy Dunham  
Janice Heffernan  
Megan Mattia  
Natalie Matuszak  
Katie O'Brien  
Rosie O'Connor  
Stefanie Simmerman

**MIAA Championships**

2002 - 2003 - 2004 - 2005  
2009 - 2010

**MIAA Spring NCAA  
Qualifying Titles**

2009 - 2010 - 2011 - 2012



# Be Supported

## Faculty Advisors

Each varsity team has a faculty advisor who serves as a liaison between athletics and our academic departments. Our faculty advisors support our student-athletes in a variety of ways. They are available to discuss schedule planning and choosing a major while also mentoring student-athletes facing academic challenges. They attend competitions, team meetings, and banquets. Faculty advisors help to spread the word amongst their colleagues of the exciting accomplishments of our student-athletes and teams.

## NCAA Student-Athlete Affairs (SAA)

SAA assists student-athletes with success outside of the athletic arena through monitoring academic progress and mentoring individuals as needed. Under the direction of cross country coach, Jackie Bauters, SAA also hosts the annual CHAMPS (Challenging Athletes' Minds for Personal Success) Cup competition to encourage individual growth while fostering athletic unity. Each of the eight varsity teams earn points through achievement, participation, and/or attendance in a variety of venues: academic achievement, personal development, career development, community service, and Belles spirit.

# Get Involved

## Student-Athlete Advisory Committee (SAAC)

In 1989 the NCAA adopted the idea to have an association-wide Student-Athlete Advisory Committee.

*The mission of the committee is to enhance the total student athlete experience by promoting opportunity, reviewing legislation, protecting student-athlete welfare, and fostering a positive student-athlete image.*

At Saint Mary's, the SAAC goes above and beyond the call to serve as a liaison between athletes and the athletic administration. Each year the athletic teams perform on- and off-campus community service projects while supporting organizations such as LOGAN Center and St. Margaret's House.

They also read to elementary school children, raise money for foundations, participate in charitable walks and runs, and support local food pantries.



# Be Recognized

## Athlete of the Week

Saint Mary's College honors outstanding student-athletes each week. At the end of the academic year, all of our Athlete of the Week recipients are recognized for their accomplishments at a reception in which they have the opportunity to invite a professor or staff member who has influenced them.

## Athletic Hall of Fame

In 1993 former Athletic Director JoAnn Nester created the Saint Mary's College Athletic Hall of Fame to recognize outstanding Saint Mary's athletes, coaches, and athletic administrators for their numerous contributions to Saint Mary's athletics. Since the inception of the Hall of Fame, 32 individuals and four teams have been inducted.

## Senior Awards Reception

Each spring the Athletic Department honors its senior student-athletes at a special recognition reception. In addition to each senior athletes receiving a watch to commemorate their athletic careers, a select few seniors are recognized with special awards, including the Don Miller Belles Spirit Award and the Marvin Wood Outstanding Senior Athlete Award.

## Distinguished Honors

Saint Mary's student-athletes have had an impact on the College community that extends well past the realm of competition. Over the past 11 years, student-athletes have earned the distinguished honors of Outstanding Senior, Lumen Christi Award winner, and valedictorian. These three senior honors recognize students who excel in one or more components of the College's mission.

The College's Alumnae Association Board of Directors presents the Outstanding Senior Award to a member of the senior class who exemplifies the spirit and values of the College. The Lumen Christi Award is awarded to the senior who stands out in the College community as an exemplary Christian woman. The recipient of the award is traditionally someone who has excelled in leadership and loyalty to Saint Mary's and whose presence has had a profound effect on the College community.

### Lumen Christi Award:

Patty Duffy '10  
Liz Palmer '13

### Outstanding Senior:

Caitlin Brodmerkel '09

### Valedictorians:

Amy Kleinfehn '04  
Julia Adams '05  
Samantha Wiczorek Wassel '11



Liz Palmer '13

# MIAA and NCAA Information

## MIAA History

The Michigan Intercollegiate Athletic Association (MIAA) is America's oldest collegiate athletic conference.

The 2014–15 school year will mark the 127th consecutive year of operation for the NCAA Division III affiliated conference. From the very beginning, the MIAA has conducted full-season championships in multiple sports. There have been changes in some of the sports, but these changes have served to develop the MIAA into one of America's finest NCAA Division III conferences, today offering 20 sports for men and women.

The MIAA's continuity is noteworthy. Of the 13 schools that have had full membership, nine are still members—Adrian, Albion, Alma, Calvin, Hope, Kalamazoo, Olivet, Saint Mary's College, and Trine. Albion and Olivet were charter members, although Albion is the only member to hold continuous membership. Ex-members are Michigan State University (1888–1907), Eastern Michigan University (1892–1926), and Hillsdale College (1888–1960).



The MIAA's membership list went unchanged from 1954 to 1997, when Defiance College of Ohio and Saint Mary's College of Indiana were invited to join. It also marked the first time that the league added members outside Michigan. The league stipulated, however, that the name of the conference would not change. The inaugural years of current members are: Adrian (1908), Albion (1888), Alma (1902), Calvin (1953), Hope (1926), Kalamazoo (1896), Olivet (1888), Saint Mary's College (1997), and Trine (2004).

## MIAA Women's All-Sports Award Results

Since 1998, a trophy has been awarded at the conclusion of the spring sports season to the school with the highest cumulative point total in the final standing in the MIAA championships. Saint Mary's earned their highest ever finish in the MIAA's Women's All-Sport Standings at the conclusion of the 2008–09 academic year. The Saint Mary's teams combined for a third-place finish among all MIAA schools. Points are awarded based upon each MIAA school's final conference standing in each sport.



DISCOVER | DEVELOP | DEDICATE

To read more on how Saint Mary's exemplifies what it means to be Division III, please visit: [saintmarys.edu/athletics](http://saintmarys.edu/athletics)

Rules about recruiting prospective student-athletes at a Division III institution include, but are not limited to the following:

- Prospects may receive printed materials at any time from NCAA Division III coaches.
- There is no limit on the number or timing of phone calls or emails at the NCAA Division III level, and the prospect may make calls to the coach at their own expense.
- Electronically transmitted communication, particularly through the means of social media, has many regulations as it pertains to NCAA Division III athletics. Phone calls, text messages, emails, facsimiles, instant messenger, and private communication through social networking sites are all approved means of communication.
- Correspondence through electronic communication is permitted provided that the communication is private between the sender and the recipient. There are no restrictions on the timing for sending private electronic correspondences to prospective student-athletes, and enrolled student-athletes may send private electronic correspondence to prospective student-athletes for recruitment purposes.

Many forms of communication through social media, however, are prohibited. Two of the more popular social media platforms — Facebook and Twitter — have the following restrictions:

**Facebook:** NCAA Division III coaches are allowed to private message prospective student-athletes. Coaches are not allowed to engage in chat functions, group messages, posts on a prospective student-athlete's wall, "like" or "comment" on a photo, or send/accept friend requests with prospective student-athletes.

**Twitter:** NCAA Division III coaches can have a prospective student-athlete follow them as well as direct message. Coaches are not allowed to follow prospective student-athletes, re-tweet a prospective student-athlete, or tweet using a prospective student-athlete's handle.

Additionally, there is no Letter of Intent or Signing Day for NCAA Division III.



# Saint Mary's College CAMPS 2015

## Athletics Camps

**Week 1: July 12–16**

**Week 2: July 19–23**

Visit [saintmarys.edu/camps](http://saintmarys.edu/camps)  
for updated sports camps  
as they are posted.

Camp registration begins  
December 1, 2014.



Cheer on one of  
Saint Mary's eight varsity  
athletic teams  
as they compete in the  
MIAA conference.

A fun and exciting time  
for the whole family.

Visit  
[saintmarys.edu/athletics](http://saintmarys.edu/athletics)  
for team schedules.

Go **Belles!**



Follow Saint Mary's  
Athletics on:



Please visit us online at  
[saintmarys.edu/athletics](http://saintmarys.edu/athletics)  
for up-to-date information,  
rosters, team schedules,  
recruiting, and contact  
information.

*Information is subject to change.*