



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 among the top 100 Best National Liberal Arts Colleges for 2015 published by *U.S. News & World Report.*

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



 Lacrosse

Sarah Nesser '16



Kristen Whalen '16



Lauren Telford '17

Success is measured in a myriad of ways, and that held true for the inaugural season of varsity lacrosse at Saint Mary's. Last spring saw the young Belles team battle in each contest while handling challenges in stride during the 2014 season. With a year of experience under their belts and some new, talented players joining the squad, the team looks to achieve even more success in the spring of 2015.

Several key returning players will take the field for the Belles in the spring. Among that group are Aubrey Golembieski '17, Tess Guerrero '16, Lauren Telford '17, and Sarah Nesser '16.

Golembieski, Guerrero, and Telford were mainstays on offense for the Belles a year ago. Golembieski led the team with 39 goals, 47 ground balls, and 69 draw controls. In the team's 15 games, she tallied multiple goals in ten contests while posting eight hat tricks. Guerrero had eight goals and a team-high eight assists in the Belles' first season of lacrosse. Telford contributed six goals, 18 draw controls, and 23 ground balls in 2014.

Neser was a big contributor on both ends of the field a year ago for the young Belles squad. A co-captain in 2014, she added a boost on offense as she scored 12 goals and was second on the team in ground balls and draw controls while playing both defense and offense.

Outside of lacrosse, several members of the team are highly involved in the Saint Mary's, Notre Dame, and local communities. Neeser has assisted with summer camps at Saint Mary's the past few summers and was a member of the lacrosse club team prior to the program's installment as a varsity sport. Guerrero studied abroad in Rome during the fall 2013 semester and has also participated in Notre Dame's field hockey and rugby clubs.

The Saint Mary's lacrosse team has set a standard for excellence in and out of the classroom. Last year, four members of the team earned MIAA Academic Honor Roll recognition for maintaining at least a 3.5 cumulative grade point average for the entire academic year. As a team, the Belles were one of 254 NCAA Division I, II, and III programs to earn Academic Honor Squad recognition from the Intercollegiate Women's Lacrosse Coaches Association for maintaining at least a 3.0 cumulative grade point average.



Aubrey Golembieski '17

2015 Schedule

DATE	DAY	OPPONENT	TIME
Mar. 7-12		Spring Break	
Mar. 9	Mon.	at George Fox	6 p.m. PDT
Mar. 10	Tues.	at Pacific	5 p.m. PDT
Mar. 11	Wed.	at Linfield	6 p.m. PDT
Mar. 19	Thur.	vs. Defiance	5 p.m.
Mar. 21	Sat.	at Elmhurst	2 p.m. CDT
Mar. 26	Thur.	at Illinois Tech	6 p.m. CDT
Mar. 28	Sat.	vs. John Carroll	4 p.m.
Mar. 30	Mon.	vs. Loras	4:30 p.m.
Apr. 1	Wed.	vs. Hope*	5 p.m.
Apr. 3	Fri.	at Adrian*	12 p.m.
Apr. 7	Tues.	vs. Olivet*	5 p.m.
Apr. 11	Sat.	at Trine*	1 p.m.
Apr. 15	Wed.	vs. Calvin*	5 p.m.
Apr. 18	Sat.	at Albion*	3:30 p.m.
Apr. 21	Tues.	at Alma*	5 p.m.
Apr. 23	Thur.	vs. Kalamazoo*	5 p.m.
Apr. 25	Sat.	vs. Dallas	1 p.m.

ALL TIMES LOCAL TO GAME SITE

Spring Break games played in Oregon

*denotes MIAA opponent

Home games in bold played at Saint Mary's College lacrosse field

Schedule subject to change

Head Coach **Amy Long**



Alma Mater
University of Toledo
Ohio

Season
Second

Contact
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(574) 631-9522

In their first season as a varsity program, the lacrosse team had one of their members recognized as MIAA Defensive Player of the Week.

Building a Tradition of Excellence

MIAA Honor Roll Honorees

Cathy Baxter
Katlynn Dee
Sarah Neeser
Lauren Telford

MIAA Defensive Player of the Week

Stephanie Szymas

IWLCA Honor Squad

2014



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.



Division III

DISCOVER | DEVELOP | DEDICATE

To read more on how Saint Mary's exemplifies what it means to be Division III, please visit: 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
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
for team schedules.

Go Belles!



Follow Saint Mary's
Athletics on:



Please visit us online at
saintmarys.edu/athletics
for up-to-date information,
rosters, team schedules,
recruiting, and contact
information.

Information is subject to change.