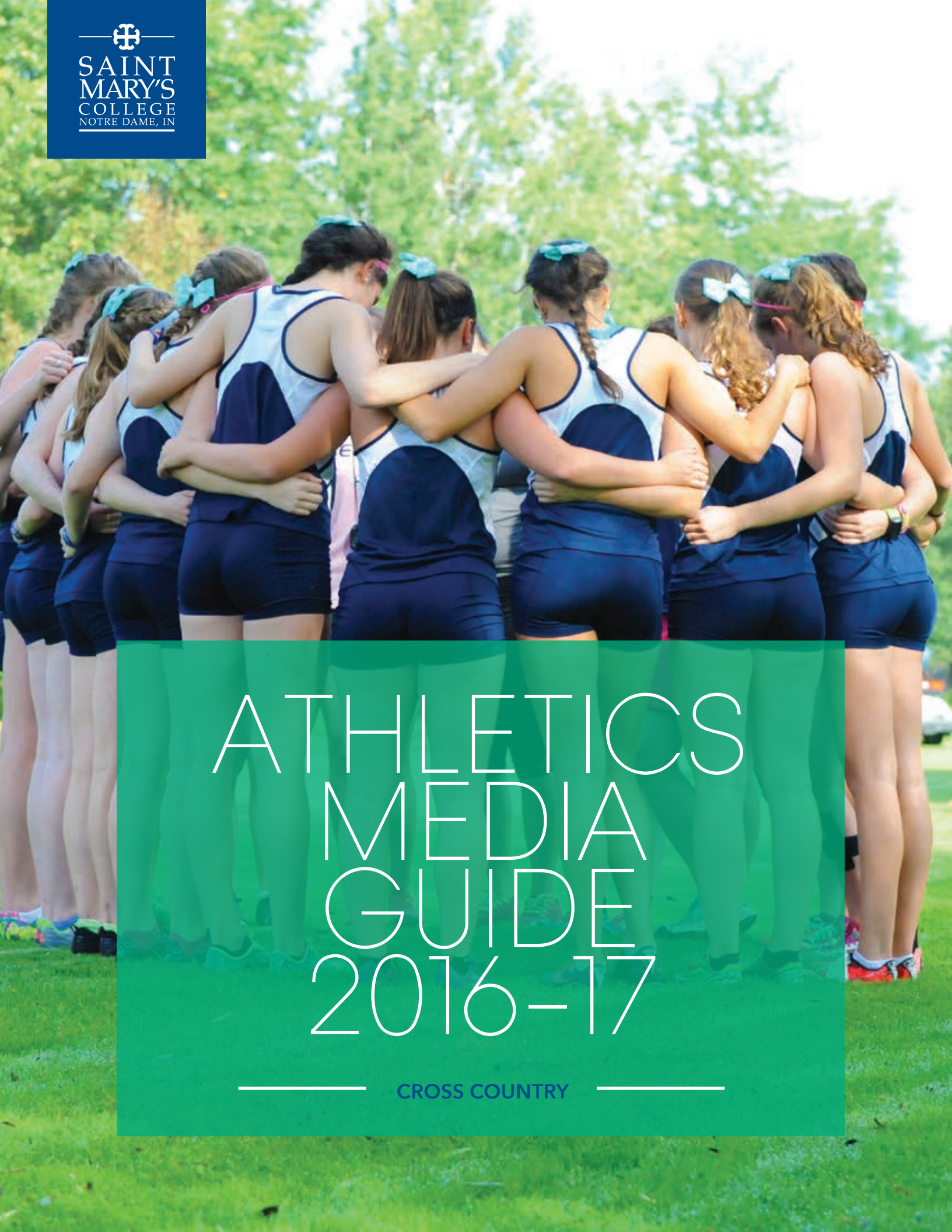




SAINT  
MARY'S  
COLLEGE  
NOTRE DAME, IN



# ATHLETICS MEDIA GUIDE 2016-17

CROSS COUNTRY





ATHLETICS CONTACT INFORMATION

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Saint Mary's College ranks among the top 100 Best National Liberal Arts Colleges for 2016 published by U.S. News & World Report.

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 they do succeed! Besides the athletic accolades 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

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.



## Academic Achievements 2015-16

- Total number of student-athletes: **121**
- Athletic Department cumulative GPA (8 sports): **3.38**
- Athletic Department cumulative GPA for seniors: **3.47**
- Number of student-athletes above a 3.0 cumulative GPA:  
**90** Fall Semester, **95** Spring Semester
- Teams earning MIAA Academic Honor Roll (minimum 3.3 GPA required): **7**
- Number of times in 2015–16 student-athletes earned Dean's List honors: **93**
- Student-athletes on MIAA Honor Roll (minimum 3.5 GPA required): **57**

### 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

- + Fourteen-time MIAA Team GPA Award recipients
- + Highest MIAA finish in program history in 2010 and 2013 with third place
- + Over 40 personal record times in the past three seasons

### GOLF

- + Four consecutive MIAA Championships from 2002–05
- + Seven NCAA Division III Championship appearances
- + Eight MIAA Season Medalists and one individual NCAA National Champion

### LACROSSE

- + Four All-MIAA honors in three seasons
- + Program records for total wins and MIAA wins in 2016
- + Fifteen MIAA Academic Honor Roll recipients in three seasons

### SOCCER

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

### SOFTBALL

- + Eleven consecutive seasons with a .500 winning percentage or above
- + Five 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
- + Fourteen-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
- + 100% 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:** 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)





# A Steady Threat



The Saint Mary's cross country team continues to be a steady threat in the MIAA and beyond, and the Belles aim to continue that trend in 2016.

After narrowly missing out on a top three finish in the final conference standings a season ago, Brittany Beeler '17, Kaitlyn Alessi '17, Caitlin Blum '18, Adele Edmonds '19, and Aubrey Penn '19 will be looked toward to help set the tone for the Belles this fall.

Beeler has already become one of the best harriers to don a Saint Mary's uniform as she looks to further cement her legacy with a berth in the NCAA Championship race in her final season. A two-time All-Region performer and an All-MIAA First Team honoree, she will help lay the foundation for the team's success in 2016.

Alessi picked up a pair of personal record times while Blum capped off the season with a PR of her own at the MIAA Championship race. The pair were consistently among a pack of Belles who finished within a minute of one another throughout the year. Newcomers Edmonds and Penn were also in that pack which secured several

successful team finishes a season ago. Edmonds was a scoring runner for the team in five races last fall, and Penn was a top three finisher among the team in three races during her first season.

Away from the course, cross country student-athletes have had a full range of experiences at Saint Mary's. Brittany Beeler and Kaitlyn Alessi have studied abroad in Spain while Kathryn Marshall '17 spent a semester in Austria. Maggie Pacana '17 and Allie Danhof '16 traveled to Ireland for a spring break trip with the Education Department. Danhof also went on to serve as the student representative on the Board of Trustees during her senior year. Saint Mary's provides opportunities for all students to pursue their passions and discover the world beyond campus.

In the past 19 years of MIAA membership, the cross country team has established a high level of academic success while finishing third in the conference twice in the last six seasons. The squad has received the MIAA Team GPA Award 15 times by maintaining at least a 3.3 cumulative GPA for the entire academic year.



Adele Edmonds '19



Aubrey Penn '19



Caitlin Blum '18



Brittany Beeler '17



Kaitlyn Alessi '17



## 2016 Schedule

Sept. 3	Sat.	at Calvin Invite	10 a.m.
<b>Sept. 10</b>	<b>Sat.</b>	<b>Alumnae Race</b>	<b>11 a.m.</b>
Sept. 24	Sat.	at MIAA Jamboree (hosted by Alma)	12 p.m.
Oct. 1	Sat.	at Louisville Classic (at Tom Sawyer Park)	TBA
Oct. 7	Fri.	at Bethel Invite (at Saint Patrick's Park)	5 p.m.
Oct. 15	Sat.	at Oberlin Regional Rumble	11:15 a.m. 12:45 p.m.
Oct. 29	Sat.	at MIAA Championship (hosted by Albion)	12 p.m.
Nov. 12	Sat.	at NCAA Regionals (hosted by Hope)	TBA
Nov. 19	Sat.	at NCAA Nationals (Louisville, Ky.)	TBA

### Home meets in BOLD

Start times local to host site  
Schedule subject to change



**Alma Mater**  
Saint Mary's College

**Season**  
Twelfth

**Contact**  
crosscountry@saintmarys.edu  
(574) 284-4027

**Jackie Bauters** | *Head Coach*

“The cross country team fosters academic and personal excellence. Women develop a strong work ethic that is focused on self-success and always striving to improve and meet personal goals.”

— Meaghan Herbst Arzberger, alumna, Class of 2007

## Building a Tradition of Excellence

### All-MIAA Honorees

Jackie Bauters  
Brittany Beeler  
Jessica Biek  
Megan Gray  
Julia Kenney  
Megan McClowry  
Sara Otto

### All-Region Honorees

Brittany Beeler  
Jessica Biek  
Megan Gray  
Julia Kenney

### NCAA Championship Appearances

Megan Gray

### MIAA Team GPA Award

1999 - 2002 - 2004 - 2005  
2006 - 2007 - 2008 - 2009  
2010 - 2011 - 2012 - 2013  
2014 - 2015 - 2016

### Four-Time MIAA Honor Roll

Joanne Almond  
Caitlin Brodmerkel  
Sarah Copi  
Allie Danhof  
Lauren Easton  
Jessica Eaton  
Meaghan Herbst  
Elizabeth Majewski  
Megan McClowry  
Caitlin Stevenson  
Katie White

## VIBRANT COMMUNITY

### 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.

### 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. 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.

## EMPOWERING LEADERS

### STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

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.

## FOSTERING EXCELLENCE

### 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 Dr. 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

Outstanding Senior Award. Lumen Christi Award. Valedictorian. Our student-athletes have been recognized with these special honors. 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 Saint Mary's. The Lumen Christi Award is bestowed upon 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.



### BIG SISTERS PROGRAM

The Big Sisters program helps acclimate first-year Belles to the demands of being a collegiate student-athlete, brings awareness to campus resources, personnel, and tools to help Belles succeed, and connects them with their peers in the athletic department.

### LUMEN CHRISTI AWARD:

Patty Duffy '10  
Liz Palmer '13  
Samantha Grady '15

### OUTSTANDING SENIOR:

Caitlin Brodmerkel '09

### VALEDICTORIANS:

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





# MIAA AND NCAA INFORMATION

## MIAA HISTORY

Compete for championships. Create a legacy. Rewrite the history books. Those opportunities and more are what await when competing for the Belles in the Michigan Intercollegiate Athletic Association (MIAA). America's oldest collegiate athletic conference, the MIAA conducts full-season championships in 22 sports for men and women. Affiliated with NCAA Division III, the conference provides our student-athletes with the opportunity to compete for championships at the MIAA level and beyond. Learn more at [miaa.org](http://miaa.org).



Many forms of communication through social media, however, have restrictions. Two of the more popular social media platforms – Facebook and Twitter – are permissible only as follows:



**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.

## NCAA DIVISION III

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:

- + A Prospective Student-Athlete (PSA) is a student who has started classes for the ninth grade.
- + There are no restrictions on the timing of providing recruiting materials, sending letters, or making phone calls to a PSA. The PSA may also 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. Text messages, emails, instant messenger, and social networking sites are all approved means of communication as long as the communication is private between the sender and recipient.

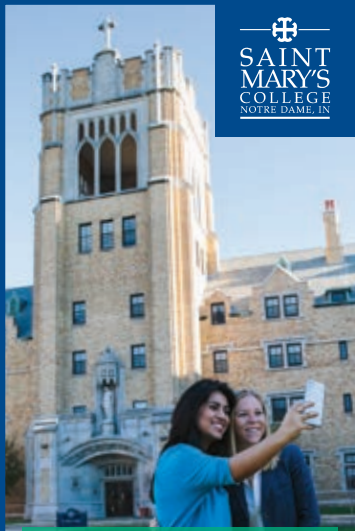


Additionally, there is now an NCAA Division III standardized Celebratory Signing Form available to accepted student-athletes. Contact the director of athletics at [jsbiek@saintmarys.edu](mailto:jsbiek@saintmarys.edu) for more information.



Team IMPACT is an organization that improves the quality of life for children facing life-threatening and chronic illnesses by matching them with local college athletic teams. Through these pairings, the organization has successfully enhanced the lives of hundreds of these courageous kids and positively impacted thousands of athletes' lives across the country.

Saint Mary's is a proud partner of Team IMPACT and has added three young athletes to our athletics programs.



WHERE A SINGLE STEP CAN CHANGE YOUR LIFE

#DiscoverSMC

### SENIOR PREVIEW DAY

*For high school seniors (limited to 45 students)*

- MONDAY, SEPTEMBER 26, 2016
- MONDAY, OCTOBER 10, 2016
- MONDAY, NOVEMBER 14, 2016
- MONDAY, FEBRUARY 20, 2017

+ Experience a day in the life of a Belle as your own student guide takes you to morning classes, lunch, and a tour of her room in a residence hall.

### SPRING DAY ON CAMPUS

*For high school sophomores and juniors*

SUNDAY, APRIL 9, 2017

- + Meet an admission counselor and discuss your preparation for college.
- + Visit with inspiring coaches, friendly students, and dedicated parents who will share their Saint Mary's experiences.

Go to [saintmarys.edu/Visit](http://saintmarys.edu/Visit) to schedule an individual visit or register at [saintmarys.edu/SpecialPrograms](http://saintmarys.edu/SpecialPrograms) for one of our on campus events.



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

A fun and exciting time for the whole family.

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

# Go Belles!

## Thank you to our 2016 golf outing sponsors



Join us for our fourth annual golf outing in May 2017. Visit [saintmarys.edu/GolfOuting](http://saintmarys.edu/GolfOuting) for details.