



SAINT
MARY'S
COLLEGE
NOTRE DAME, IN



ATHLETICS MEDIA GUIDE 2016-17

LACROSSE



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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





Katlynn Dee '17



Lauren Telford '17



Clare Theisen '18

Big Impact On and Off the Field



NCAA LACROSSE

The Saint Mary's lacrosse team was on the verge of earning a spot in the top four MIAA Tournament a year ago. The Belles are poised to be one of those top four teams this spring as the program continues to grow and compete at a high level.

The team looks to the leadership and experience of a growing group of returning players to lead the way in 2017. Emilie Vanneste '17, Lauren Telford '17, Katlynn Dee '17, Shannon Weyer '17, and Gabby Bravo '17 have all helped lay the foundation for the program. The five are the first group to have been members of the lacrosse team for four seasons as the Belles enter their fourth spring of competition. That group has also led Saint Mary's to establishing one of the best defenses in the MIAA as the Belles continue to grow in strength in all capacities of the game.

Vanneste and Telford each have high expectations to help pace the offense in 2016. Vanneste became the first player for the program to eclipse 100 career points last spring. Telford posted her best season to-date with career-bests for goals, assists, and points. The pair are rejoined by Clare Theisen '18, Kate Kelly '19, and Hanna Makowski '18. Theisen has already surpassed 100 career ground balls and aims to become the first Belle with 100+ points, 100+ draw controls, and 100 career ground balls. Kelly stormed onto the scene by leading the team in points, assists, and ground balls while earning the program's first All-MIAA First Team recognition. Makowski has been a consistent contributor during her first two seasons and was fourth on the team in points a year ago.

Dee, an All-MIAA Second Team honoree in each of the past two seasons, along with goalkeepers Weyer and Cara Givens '19 were key components of a stingy and effective

defense. The trio helped the team set new benchmarks for most caused turnovers in a season, lowest goals against average in a season, and highest save percentage in a season.

Outside of lacrosse, several members of the team have taken advantage of the many opportunities available at Saint Mary's and beyond. Dee, Theisen, Makowski, Kelly, Mary Grace Heller '18, Liana O'Grady '18, and Caleigh Gainey '18 have all studied abroad. Vanneste is active in the Notre Dame Army ROTC program.



Kate Kelly '19

The Saint Mary's lacrosse team has set a standard for excellence in and out of the classroom. Last year, seven 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 have earned Academic Honor Squad recognition from the Intercollegiate Women's Lacrosse Coaches Association for maintaining at least a 3.0 cumulative grade point average in each of their first three seasons.



Emilie Vanneste '17

2016–17 Schedule

Mar. 11–19	Spring Trip - Florida		
Mar. 14	Tues.	vs. Smith	2:30 p.m.
Mar. 15	Wed.	vs. Wooster	11:00 a.m.
Mar. 21	Tues.	at Illinois Tech	6:00 p.m. CDT
Mar. 25	Sat.	vs. Ohio Northern	1:00 p.m.
Mar. 28	Tues.	at Elmhurst	6:00 p.m. CDT
Mar. 29	Wed.	vs. North Central	7:00 p.m.
Apr. 1	Sat.	at Illinois Wesleyan	3:00 p.m. CDT
Apr. 5	Wed.	vs. Olivet*	6:00 p.m.
Apr. 8	Sat.	at Trine*	1:00 p.m.
Apr. 11	Tues.	vs. Calvin*	6:00 p.m.
Apr. 13	Thur.	at Alma*	7:00 p.m.
Apr. 14	Fri.	at Albion*	5:00 p.m.
Apr. 22	Sat.	vs. Kalamazoo* (Senior Day)	6:00 p.m.
Apr. 27	Thur.	vs. Hope*	6:00 p.m.
Apr. 29	Sat.	at Adrian*	1:00 p.m.
May 4–6	MIAA Tournament		

ALL TIMES LOCAL TO GAME SITE

* denotes MIAA opponent

Home Games in **BOLD**

Schedule subject to change



Alma Mater
University of Toledo
Ohio

Season
Fourth

Contact
lacrosse@saintmarys.edu
(574) 284-4468

Amy Long | *Head Coach*

“Our team empowers our student-athletes to become leaders on and off the field through community service, event organization, and mentoring in countless other opportunities away from the playing field.”
—Amy Long



Hanna Makowski '18

Building a Tradition of Excellence

All-MIAA Honorees

Katlynn Dee '17
Kate Kelly '19
Emilie Vanneste '17

MIAA Player of the Week

Katlynn Dee '17
Kate Kelly '19
Stephanie Szymas '17
Clare Theisen '18

IWLCA Academic Honor Squad

2014-2015-2016

MIAA Academic Honor Roll

Katlynn Dee '17
Rachel Fetterhoff '18
Teresa Guerrero '16
Kate Kelly '19
Hanna Makowski '18
Sarah Neeser '16
Anna Perry '19
Lauren Telford '17
Clare Theisen '18

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.



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. 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.

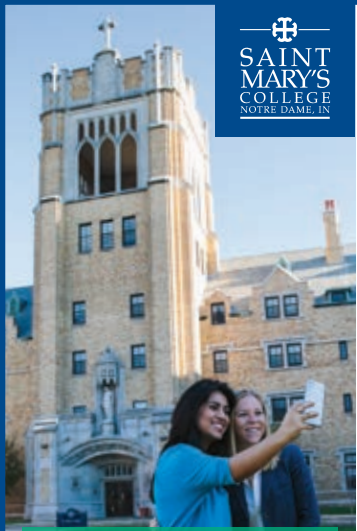


Additionally, there is now an NCAA Division III standardized Celebratory Signing Form available to accepted student-athletes. Contact the director of athletics at jsbiek@saintmarys.edu for more information.



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, 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 to schedule an individual visit or register at 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 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 for details.