



SAINT
MARY'S
COLLEGE
NOTRE DAME, IN



ATHLETICS MEDIA GUIDE 2016-17

VOLLEYBALL



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





Clare McMillan '17

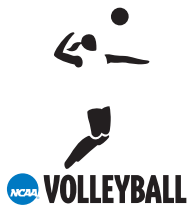


Alexis Grady '17



Meaghan Gibbons '17

Leading the Way



The Saint Mary's volleyball team finished one win away from fourth place in the highly competitive MIAA a season ago while posting their second 15-win season in as many years.

The Belles are motivated to build upon last season's success and return to the MIAA Tournament while aiming to put together three consecutive 15-plus win seasons for the first time since 1987-89.

A group of four seniors lead the way in 2016. Meaghan Gibbons '17, Alexis Grady '17, Clare McMillan '17, and Colleen Kilgallon '17. Gibbons and Grady each had breakout seasons last fall. Gibbons was a two-time all-tournament selection while finishing the year first in aces, second in kills, third in digs, and fifth in blocks on the team. Grady posted two triple-doubles while being a threat across the floor. McMillan kept pace with becoming one of the most accomplished setters to play for the Belles while surpassing 2,000 career assists during her junior season. Kilgallon was second on the squad in blocks while more than doubling her career kill and dig totals.



Colleen Kilgallon '17

Leah Buck '18 and Rachel Bonek '18 each had an impact at the net a season ago. Buck led the team in blocks while Bonek was third. Both players surpassed 100 kills on the year while appearing in over 90 sets. Away from the court, the pair are pursuing degrees through the Dual Degree in Engineering Program through Saint Mary's and the University of Notre Dame. Buck spent last summer conducting research at the University of Notre Dame while Bonek completed an internship in information technology at Kar Auction Services near Indianapolis.

In the past 19 years of MIAA membership, 11 Saint Mary's volleyball players have been honored with All-MIAA postseason accolades a total of 19 times.

Additionally, a member of the Belles volleyball team has been an MIAA Player of the Week eleven times in the past seven seasons alone.

Academically, the team has excelled and has been a 14-time recipient of the MIAA Team GPA Award while regularly garnering AVCA Team Academic honors. Last year, the team posted a cumulative GPA above a 3.4 and a student-athlete maintained a perfect 4.0 for a semester on four occasions. Six Belles earned a spot on the MIAA Academic Honor Roll for posting a 3.5 GPA or higher for the entire academic year in 2015-16.



2016 Schedule

Sept. 2-3	Fri.-Sat.	Emory Tournament	Atlanta, Ga.
Sept. 2	Fri.	vs. College of Saint Benedict	2 p.m.
		vs. Birmingham Southern	7 p.m.
Sept. 3	Sat.	vs. St. Thomas	11 a.m.
		at Emory	1:30 p.m.
Sept. 7	Wed.	at Manchester	7 p.m.
Sept. 9	Fri.	vs. Adrian*	7 p.m.
Sept. 10	Sat.	at Calvin*	1 p.m.
Sept. 14	Wed.	at Kalamazoo*	7 p.m.
Sept. 17	Sat.	vs. Rockford	1 p.m. CDT
		at Illinois Tech	3 p.m. CDT
Sept. 20	Tues.	vs. Alma*	7 p.m.
Sept. 23	Fri.	at Hope*	7 p.m.
Sept. 24	Sat.	vs. Olivet*	12 p.m.
Sept. 28	Wed.	at Albion*	7 p.m.
Sept. 30-Oct. 1	Fri.-Sat.	Wisconsin-Oshkosh Tournament	Oshkosh, Wis.
Sept. 30	Fri.	vs. UW-Whitewater	4 p.m. CDT
		vs. UW-La Crosse	8 p.m. CDT
Oct. 1	Sat.	at UW-Oshkosh	10 a.m. CDT
		vs. Dominican	12 p.m. CDT
Oct. 4	Tues.	vs. Trine*	7 p.m.
Oct. 8	Sat.	at Adrian*	1 p.m.
		vs. Siena Heights	3 p.m.
Oct. 12	Wed	vs. Calvin*	7 p.m.
Oct. 18	Tues.	vs. Kalamazoo*	7 p.m.
Oct. 21	Fri.	at Alma*	7 p.m.
Oct. 22	Sat.	vs. Hope*	12 p.m.
Oct. 25	Tues.	at Olivet*	7 p.m.
Oct. 28	Fri.	vs. Albion*	7 p.m.
Oct. 29	Sat.	at Trine*	11 a.m.
Nov. 4-5	Fri.-Sat.	MIAA Tournament	TBA
		(Top Four Teams Only)	

ALL TIMES LOCAL TO GAME SITE

* designates MIAA competition

Home Matches in **BOLD**



Alma Mater
Ball State University

Season
Second

Contact
volleyball@saintmarys.edu
(574) 284-4908

Denise Van De Walle | *Head Coach*

“ I am incredibly proud of having been a Division III student-athlete. The skills that come with playing volleyball at Saint Mary’s – balance, academics, athletics, leadership, working with a team – those are the things that set me apart from everyone else. ”

– Katie Hecklinski '16

Building a Tradition of Excellence

Saint Mary’s Hall of Fame Inductee

Karen Lorton '93

MIAA Players of the Year

Anne Cusack (Most Valuable Defensive Player)

Lorna Slupczynski (Freshman Player of the Year)

Multi-All-MIAA Honorees

Agnes Bill

Anne Cusack

Katie Hecklinski

Kristen Playko

Kati Schneider

Lorna Slupczynski

MIAA Players of the Week

Agnes Bill

Danie Brink

Anne Cusack

Katie Hecklinski

Melanie Kuczek

Suzanne Martin

Angela Meyers

Kristen Playko

Meghann Rose

Kati Schneider

Alison Shevik

Lorna Slupczynski

McKenzie Todd

MIAA Team GPA Award

1999 - 2000 - 2001 - 2004

2006 - 2007 - 2009 - 2010 - 2011

2012 - 2013 - 2014 - 2015 - 2016

Four-Time MIAA Honor Roll

Taylor Etzell Liana Rohr

Marisa Gross Kati Schneider

Fifteen-Plus Win Seasons

1978 - 1980 - 1981 - 1984 - 1986

1987 - 1988 - 1989 - 1992 - 1993

1996 - 1998 - 1999 - 2003 - 2006

2008 - 2014 - 2015

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.

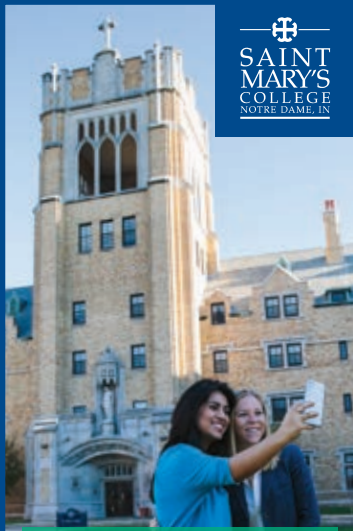


Additionally, there is now an NCAA Division III standardized Celebratory Signing Form available to accepted student-athletes. Contact the director of athletics at jsbiek@saintmarys.edu for more information.



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, 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 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.