



SAINT
MARY'S
COLLEGE
NOTRE DAME, IN



ATHLETICS MEDIA GUIDE 2017-18

CROSS COUNTRY



ATHLETICS CONTACT INFORMATION

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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 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.



ANGELA ATHLETIC & WELLNESS COMPLEX



The \$25 million-plus Angela Athletic & Wellness Complex project includes two phases. **PHASE I** was the construction of the Patricia Wiedner Purcell '69 Athletic Fields, which were ready for play in the fall of 2016. **PHASE II** has provided a complete overhaul and renovation to the former Angela Athletic Facility.

The new complex features:

- A three-court field house for varsity teams and club sports practices, intramurals, and other student activities
- An elevated running track
- Dedicated spaces for yoga, pilates, spinning, and other fitness classes
- A cafe and social areas for meeting with friends
- The Health and Counseling Center

Why is it called Angela?

This is the third gym at the College and all three have been named Angela for Mother Angela Gillespie. She was the first American to head Saint Mary's Academy, which would become Saint Mary's College.

EXCELLING *in Academics*

Academic Achievements 2016-17

Total number of student-athletes: **122**

Athletic Department cumulative GPA (8 sports): **3.43**

Athletic Department cumulative GPA for seniors: **3.54**

Number of student-athletes above a 3.0 GPA for entire academic year: **101**

Teams earning MIAA Academic Honor Roll (minimum 3.3 cumulative GPA): **7**

Number of times student-athletes earned Dean's List honors: **108**
(55 Fall 2016, 53 Spring 2017)

Student-athletes on MIAA Honor Roll (minimum 3.5 GPA required): **62**

QUICK FACTS

about Saint Mary's College

- Catholic college in Notre Dame, Indiana, established in 1844 by the Sisters of the Holy Cross
- Academic programs that foster skills in communication, problem solving, and critical thinking, as well as leadership experience, internships, research, and other hands-on activities
- 100% of incoming students receive scholarships from Saint Mary's
- Nationally recognized study abroad program that offers learning opportunities in 20 countries
- 80% of students participate in volunteer/service work, compared to national average of 55%
- 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 student organizations, clubs, club sports, and cheer in the student section at Irish football games and other sporting events
- Women's college for undergraduate programs and co-ed for graduate programs
- 94% of graduates are working full-time or in graduate school one year after graduation

Schedule your Saint Mary's campus visit today at saintmarys.edu/Visit





Adele Edmonds '19



Katie Glenn '20



Maura Honan '20

A Steady Threat



The Saint Mary's cross country team continues to be a steady threat in the MIAA and beyond as the Belles forge ahead in 2017. Under the guidance of veteran head coach Jackie Bauters '04, the team has their sights set on a successful fall season.

Anna McClowry '18 and Adele Edmonds '19 will help pace the squad this fall. McClowry was a top-five finisher for the squad in each race of 2016 while putting up four personal record times. Edmonds was in the top five for Saint Mary's in nearly every race of her sophomore year and posted two of her three fastest races of the year in the final weeks of the season.

Also returning to the team in 2017 are a trio of sophomores — Katie Glenn '20, Maura Honan '20, and Fiona Winfrey '20 — who all will contribute to the Belles' efforts this fall.

Away from the course, cross country student-athletes have had a full range of experiences at Saint Mary's. As a team, the Belles give back through community service by volunteering with Habitat for Humanity, LOGAN Center, and other local organizations. Several past and present cross country Belles have participated in study abroad programs, and members of the team are actively involved in clubs on campus and beyond.

In the past 20 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 seven seasons. The squad has received the MIAA Team GPA Award 16 times by maintaining at least a 3.30 cumulative GPA for the entire academic year.



Anna McClowry '18

2017 Schedule

| | | | |
|----------|------|---|------------|
| Sept. 1 | Fri. | Olivet Comet Open at Broadway Acres GC – Charlotte, MI | 6 p.m. |
| Sept. 2 | Sat. | Alumnae Race | 9 a.m. |
| Sept. 9 | Sat. | Calvin Knight Invitational at Grand Rapids, MI | 10 a.m. |
| Sept. 23 | Sat. | MIAA Jamboree at Hope | 11 a.m. |
| Oct. 6 | Fri. | Bethel Invitational at Saint Patrick's County Park | 5 p.m. |
| Oct. 14 | Sat. | Oberlin Inter-Regional Rumble at Oberlin, OH | 10:30 a.m. |
| Oct. 28 | Sat. | MIAA Championship at Adrian, MI | 12 p.m. |
| Nov. 11 | Sat. | NCAA Great Lakes Regional at Powell, OH | 11 a.m. |

Home meets in BOLD

Start times local to host site
Schedule subject to change



Alma Mater
Saint Mary's College

Season
Thirteenth

Contact
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(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 (3x)
Jessica Biek
Megan Gray (2x)
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 - 2017

Four-Time MIAA Honor Roll

Joanne Almond
Brittany Beeler
Caitlin Brodmerkel
Sarah Copi
Allie Danhof
Lauren Easton
Jessica Eaton
Meaghan Herbst
Elizabeth Majewski
Kathryn Marshall
Megan McClowry
Maggie Pacana
Caitlin Stevenson
Katie White

STUDENT-ATHLETE PROFILE



“ Division III athletics has allowed me to grow and discover myself on and off the cross country course. I have been blessed with friends, coaches, professors, and teammates who challenge me to be my best. I am a better athlete, but even more a better person because of Saint Mary's cross country. There is truly nothing better than wearing the French Cross and being surrounded by my teammates. ”

—Adele Edmonds '19

EMPOWERING LEADERS

Our student-athletes have developed into leaders in and out of their sports.

Our Belles have been members and executive officers in more than **40** clubs and organizations on campus, attended conference-wide leadership programming, and volunteered more than **200** hours in the 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.



MIAA AND NCAA INFORMATION

MIAA

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). 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.



NCAA DIVISION III

The NCAA's largest division in both number of participants and member schools, the Division III experience challenges student-athletes to develop into leaders both in and out of athletics. We encourage you to visit ncaa.org/d3 to learn more and to create a profile on the Student-Athletes tab!

OUTSIDE SCHOLARSHIPS

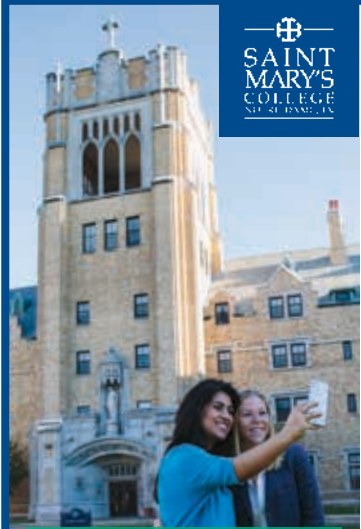
NCAA Division III regulations prevent student-athletes from receiving renewable outside scholarships which are awarded based on athletic participation, ability or leadership in any sport which is also an NCAA sport (e.g., basketball, volleyball, etc.). It is the student-athlete's responsibility to check with the Financial Aid Office when they expect to receive funding from an outside source to ensure the terms of the scholarship will not interfere with the student's ability to participate in varsity athletics.



GIVING BACK

The Belles cross country team actively gives back to the Saint Mary's and South Bend communities each year. The team has annually participated in Rebuilding Together, which is a nonprofit, community-based partnership of volunteers from local government, businesses, and other nonprofits, whose purpose is to improve neighborhoods by rehabilitating the homes of low-income homeowners.

The Belles have embraced the athletic department's annual **National Girls and Women in Sports Day Clinic**. The free clinic annually brings between 80 and 100 participants between the ages of six and 12 to campus and introduces young athletes to the Belles' eight varsity sports programs.



WHERE A SINGLE STEP CAN CHANGE YOUR LIFE

#DiscoverSMC

SENIOR PREVIEW DAY

For high school seniors (limited to 45 students)

MONDAY, NOVEMBER 6, 2017

MONDAY, FEBRUARY 19, 2018

- + 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 15, 2018

- + 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.

RETURNING JULY 2018



SAINT MARY'S COLLEGE ATHLETICS SUMMER CAMPS 2018 JULY 8-12, 15-19

IN OUR NEW ANGELA ATHLETIC & WELLNESS COMPLEX

Visit events.saintmarys.edu for more info.

Thank you

to our 2017 golf outing sponsors



Join us for our fourth annual golf outing in **June 2018**. Visit saintmarys.edu/GolfOuting for details.

