



ATHLETICS MEDIA GUIDE 2018

— LACROSSE —



ATHLETICS CONTACT INFORMATION

Mailing Address

Saint Mary's College
Angela Athletic & Wellness Complex
Notre Dame, IN 46556
Phone: (574) 284-4694
Fax: (574) 284-4797

[SAINTMARYS.EDU/ATHLETICS](http://saintmarys.edu/athletics)

Director of Athletics

Julie Schroeder-Biek '88
(574) 284-4694
jsbiek@saintmarys.edu

Administrative Assistant

Diane Carter
(574) 284-4694
dcarter@saintmarys.edu

Director of Sports Medicine

Ashley Steffey
(574) 284-4694
asteffey@saintmarys.edu

Sports Information Director

Sarah Miesle '07
(574) 284-5290
smiesle@saintmarys.edu

 twitter.com/smcbelles
 facebook.com/GoBelles



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 café 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





Caleigh Gainey '18



Clare Theisen '18



Rachael Leonard '19

Climbing the Ranks



NCAA LACROSSE

The Saint Mary's lacrosse team has become accustomed to charting previously uncharted territory for the program. In four seasons, the Belles have increased both their overall and conference

win totals each season while climbing the ranks of the MIAA. Last spring, the team finished second in the regular season standings and hosted a MIAA Tournament Semifinal. This year, the Belles continue to have their goals set around things previously unaccomplished by the young program.

The foundation of that success in 2018 is likely to be built upon a strong core of junior and senior student-athletes. Clare Theisen '18, Kate Kelly '19, and Rachael Leonard '19 each garnered All-MIAA recognition a season ago and have been versatile contributors for the Belles. Theisen has amassed better than 100 goals, 100 ground balls, 100 draw controls, and 100 caused turnovers in three seasons. Kelly has surpassed the 100-point plateau and is closing in on the century mark in both goals and caused turnovers. Leonard had a breakout season as a sophomore and was one of only three defenders who earned First Team All-MIAA recognition in 2017.

Caleigh Gainey '18, Mary Grace Heller '18, Hanna Makowski '18, Liana O'Grady '18, and Molly Stout '19 round out the Belles' returning senior and junior classes in 2018. Gainey is nearing 100 ground balls in her career. Makowski

has been a steady contributor in goals and assists over the past three seasons. O'Grady picked up a single-season high in ground balls last spring. Stout nearly tripled her point output from her freshman to sophomore seasons and was the fourth-highest point scorer in 2017 for the Belles.

That core group of student-athletes will be complemented by an eager group of underclass talent. Kendra Osinski '20 was third on the team in goals in her first year with the team. Several first-year members of the squad will make an immediate impact on the field for the Belles in 2018.

Outside of lacrosse, several members of the team have taken advantage of the many opportunities available at Saint Mary's and beyond. Theisen, Makowski, O'Grady, Gainey, Kelly, Leonard, Osinski, and Heller have all studied abroad. Gainey and Makowski have served as peer mentors, and the majority of team members are involved with at least one club or organization on campus outside of lacrosse.

The Saint Mary's lacrosse team has set a standard for excellence in and out of the classroom. Last year, eight 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 four seasons.



Kate Kelly '19



2018 Schedule

Mar. 6	Tues.	vs. Elmhurst	7 p.m.
Mar. 10–15		Spring Trip - Portland, Ore.	
Mar. 11	Sun.	vs. Puget Sound (at Pacific)	3 p.m. PDT
Mar. 13	Tues.	at Pacific	4 p.m. PDT
Mar. 14	Wed.	at Linfield	5 p.m. PDT
Mar. 21	Wed.	vs. Illinois Wesleyan	7 p.m.
Mar. 24	Sat.	at Carroll	2 p.m. CDT
Mar. 25	Sun.	at Carthage	1 p.m. CDT
Mar. 29	Thur.	vs. Concordia Chicago	6 p.m.
Mar. 30	Fri.	vs. Alma*	5 p.m.
Apr. 3	Tues.	at Olivet*	6 p.m.
Apr. 7	Sat.	vs. Trine*	1 p.m.
Apr. 11	Wed.	vs. Kalamazoo*	6 p.m.
Apr. 14	Sat.	at Hope*	1 p.m.
Apr. 17	Tues.	vs. Lourdes	7 p.m.
Apr. 21	Sat.	vs. Calvin* (Senior Day)	1 p.m.
Apr. 25	Wed.	at Adrian*	6 p.m.
Apr. 27	Fri.	at Albion*	7 p.m.
May 2–5		MIAA Tournament (Top Four Teams Only)	

ALL TIMES LOCAL TO GAME SITE

* denotes MIAA opponent

Home Games in **BOLD**

Schedule subject to change



Alma Mater
University of Toledo
Ohio

Season
Fifth

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

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

Building a Tradition of Excellence

All-MIAA Honorees

Katlynn Dee '17
Kate Kelly '19
Rachael Leonard '19
Mary Singler '20
Clare Theisen '18
Emilie Vanneste '17

MIAA Player of the Week

Katlynn Dee '17
Cara Givens '18
Kate Kelly '19

Mary Singler '20
Stephanie Szymas '17
Clare Theisen '18
Emilie Vanneste '17

IWLCA Academic Honor Squad

2014-2015-2016-2017
MIAA Academic Honor Roll
Katlynn Dee '17
Rachel Fetterhoff '18
Caleigh Gainey '18
Teresa Guerrero '16

Kate Kelly '19
Hanna Makowski '18
Sarah Neeser '16
Kendra Osinski '20
Anna Perry '19
Mary Singler '20
Lauren Telford '17
Clare Theisen '18

MIAA Offensive Player of the Year

Mary Singler '20

STUDENT-ATHLETE PROFILE



“ Being a Division III student-athlete has allowed me to pursue excellence both on and off the field. It has reminded me of the need for relationships and unity while introducing me to people who have inspired and challenged me.

Playing lacrosse at Saint Mary's is about continuing the dream, prioritizing the 'student' part of student-athlete, and embracing the social part of college off the field. It is not what level you compete at, but rather it is the success you achieve at the level!

—Clare Theisen '18 ”

EMPOWERING LEADERS

Our student-athletes develop 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.

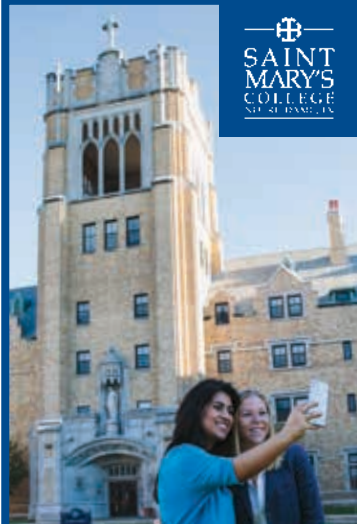


GIVING BACK

The Belles lacrosse team actively gives back to the Saint Mary's and South Bend communities each year. The team has partnered up with the Robert L. Miller Sr. Veteran's Center in South Bend by raising money and collecting cleaning supplies donations for the 24-bed facility for homeless veterans.

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, 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.

