

Athletics

Media Guide 2013-14





Dear family, friends, and prospective student-athletes,

“Follow your passions and discover your potential.” This is the positioning statement of the NCAA Division III Identity Initiative. As a member of Division III, Saint Mary’s College has a wonderful forum to share our student-athlete stories.

There are so many misconceptions about NCAA Division III. All that some people know about Division III is that it is the branch of the NCAA that cannot give athletic scholarships. Others refer to the NCAA’s third branch as the “lowest division.” These statements could not be further from the truth!



While it is true that we do not offer financial assistance based on athletic ability, Division III institutions offer need- and merit-based aid that many times matches or exceeds the amounts offered through athletic scholarships. Students choose to participate in NCAA Division III athletics purely for the love of their sport. They are freed from the pressures that athletic scholarships often unintentionally place on student-athletes. Division III encourages full immersion in the college experience and does not limit student-athletes to their competitive arena to experience success. Our student-athletes know that we encourage and expect them to have a life outside of athletics.

Saint Mary’s College has been a proud member of NCAA Division III since 1990. Our membership in Division III offers our student-athletes the full range of the college experience.

Membership on a varsity athletic team does not limit our student-athletes’ choices—it allows them to fully integrate themselves in the campus experience. Our women participate in study abroad programs. They are leaders in clubs and organizations outside of athletics. They make a strong impact through their community service activities. And finally, Saint Mary’s student-athletes achieve at the highest levels in both the competitive arena as well as in the classroom. Division III is hardly the “lowest division” of the NCAA. I would argue that it is the “fullest division,” allowing students the full college experience along with the opportunity to compete within their sport or sports.

Explore this media guide along with our website to learn more about the experiences of our Division III student-athletes at Saint Mary’s College.

Julie Schroeder-Biek '88
Director of Athletics and Recreation

“Follow your passions and discover your potential.”

Athletics Contact Information

Mailing Address

Saint Mary’s College
Angela Athletic Facility
Notre Dame, IN 46556

Phone: (574) 284-4694
Fax: (574) 284-4797
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

Jason Kolean
(574) 284-4694
jkolean@saintmarys.edu

Sports Information Director

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



US News ranks Saint Mary’s College among the top 100 “Best National Liberal Arts Colleges” in *The Best Colleges 2013* guidebook.

Excelling in Academics and Athletics

Quick Look

at Saint Mary's College

Academic Achievements 2012–13

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

Athletic Department cumulative GPA (8 sports): **3.28**

Athletic Department cumulative GPA for sport captains: **3.53**

Number of student-athletes above a 3.0 cumulative GPA: **93** Fall Semester,
91 Spring Semester

Teams earning MIAA Academic Honor Roll (minimum 3.3 GPA required): **Three**

Number of times in 2012–13 student-athletes earned Dean's List honors: **76**

Student-athletes on MIAA Honor Roll (minimum 3.5 GPA required): **49**

Basketball

- School record 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

- Eleven-time MIAA Team GPA Award recipients
- Highest MIAA finish in program history in 2010 with third place
- Over 60 personal record times set in the last three seasons

Golf

- Four consecutive MIAA Championships from 2002–05
- Seven NCAA Division III Championship appearances
- Seven MIAA Season Medalists and one individual NCAA national champion

Lacrosse

- First varsity season - Spring 2014

Soccer

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

Softball

- Eight consecutive winning seasons
- Four 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
- Eleven-time MIAA Team GPA Award recipients

Catholic women's college in Notre Dame, Indiana, established in 1844 by the Sisters of the Holy Cross

An academic program that requires a senior comprehensive project, focuses on writing proficiency, and underscores the importance of women's voices, social responsibility, and intercultural competence

95 percent of students receive financial aid

A nationally recognized study abroad program that offers learning opportunities in 20 countries

Volunteering/service work participation of 80 percent compared to national average of 55 percent

NCAA Division III varsity athletic teams and a wide range of club and intramural sports through Saint Mary's College

A connection with Notre Dame that allows students to take classes, participate in clubs, and cheer in the student section at Irish football games

AND: Pets in a senior residence hall, a Quidditch club, 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



 Golf

Paige Pollak '14



Janice Heffernan '15



Alexi Bown '14

The Saint Mary's golf team to improved throughout last year and the Belles look to translate that improvement into even more success into the 2013–14 academic year. With first-year head coach Kim Moore at the helm of the program, the expectations remain high for the team in the year ahead.

Looking to lead the way for the Belles are Paige Pollak '14 and Janice Heffernan '15. The two competed for Saint Mary's in the 2012 NCAA Division III Golf Championships and have continued to drop their scores over their careers. Pollak posted her career-best season stroke average last spring without a single round above an 87.

After earning All-MIAA Second Team honors in the fall, Heffernan went on to have a strong spring season while breaking into the 70s for the first time in her collegiate career.

With a combination of experienced returning players and in-coming first-year talent, the Belles look to vie for

their seventh MIAA title, which would be the most of any school in MIAA history.

In the past ten seasons of conference play, seven Belles have earned MIAA Season Medalist honors by posting the lowest score in the fall portion of conference play. No other conference member has had seven different student-athletes earn league medalist honors in the history of the sport in the MIAA. Moreover, Saint Mary's golfers have recorded five of the seven lowest all-time MIAA season stroke averages among league medalists.

The most decorated of any team in the past 16 years of Saint Mary's athletics, the team has had 26 student-athletes named to an All-MIAA squad 41 times since 1999 and boasts six All-Americans since 2003.



Saint Mary's golfers have recorded five of the seven lowest all-time MIAA season stroke averages among league medalists.

Head Coach **Kim Moore**



Alma Mater
University of Indianapolis

Season
First

Contact
golf@saintmarys.edu
(574) 284-4817

2013–14 Schedule

Aug. 31– Sept. 1	at Olivet Fall Invitational (The Medalist GC)	Day One - 11:30 a.m. Day Two - 9 a.m.
Sept. 15–16	O'Brien Invitational (Warren Golf Course)	Day One - 11 a.m. Day Two - 8:30 a.m.
Sept. 24	at Albion - The Medalist GC (MIAA #1)	1 p.m.
Sept. 28	at Kalamazoo - Milham Park (MIAA #2)	1 p.m.
Oct. 2	at Calvin - Thornapple Pointe (MIAA #3)	1 p.m.
Oct. 5	at Trine - Zolner GC (MIAA #4)	1 p.m.
Oct. 11–12	MIAA End of Season Weekend Jamboree at Bedford Valley (Olivet host)	Day One - 1 p.m. Day Two - 10 a.m.

Home rounds in **bold**
Schedule subject to change
All times local to competition site

Building a Tradition of Excellence

Individual National Champion	Megan Mattia
Stefanie Simmerman	Martyna Mierzwa
All-Americans	Katie O'Brien
Julia Adams	Rosie O'Connor
Mary Kate Boyce	Stefanie Simmerman
Megan Mattia	Multi-All-MIAA Honorees
Natalie Matuszak	Julia Adams
Doyle O'Brien	Nicole Bellino
Stefanie Simmerman	Mary Kate Boyce
Women's Golf Coaches Association All-American Scholars	Chrissy Dunham
Julia Adams	Megan Mattia
Marin Beagley	Natalie Matuszak
Mary Kate Boyce	Katie O'Brien
Janice Heffernan	Rosie O'Connor
NCAA Division III Championship Appearances	Stefanie Simmerman
2003 - 2004 - 2005 - 2009 - 2010 - 2011 - 2012	MIAA Championships
MIAA Most Valuable Golfers	2002 - 2003 - 2004 - 2005 - 2009 - 2010
Julia Adams	MIAA Spring NCAA Qualifying Titles
Mary Kate Boyce	2009 - 2010 - 2011 - 2012

Be Supported

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. Faculty advisors help to spread the word amongst their colleagues of the exciting accomplishments of our student-athletes and teams.

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. Under the direction of cross country coach, Jackie Bauters, 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.

Get Involved

Student-Athlete Advisory Committee (SAAC)

In 1989 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 such as LOGAN Center and St. Margaret's House.

They also read to elementary school children, raise money for foundations, participate in charitable walks and runs, and support local food pantries.

Be Recognized

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, 29 individuals and two 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 athlete 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

Saint Mary's student-athletes have had an impact on the College community that extends well past the realm of competition. Over the past ten years, student-athletes have earned the distinguished honors of being their class's Lumen Christi Award winner and valedictorian.



Liz Palmer '13

The Lumen Christi Award is awarded to the senior who stands out in the College community as an outstanding 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.

Lumen Christi Award:

Patty Duffy '10
Liz Palmer '13

Valedictorians:

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

MIAA and NCAA Information

MIAA History

The Michigan Intercollegiate Athletic Association (MIAA) is America's oldest collegiate athletic conference.

The 2013–14 school year will mark the 126th consecutive year of operation for the NCAA Division III affiliated conference. From the very beginning, the MIAA has conducted full-season championships in multiple sports. There have been changes in some of the sports, but these changes have served to develop the MIAA into one of America's finest NCAA Division III conferences, today offering 20 sports for men and women.

The MIAA's continuity is noteworthy. Of the 13 schools that have had full membership, nine are still members—Adrian, Albion, Alma, Calvin, Hope, Kalamazoo, Olivet, Saint Mary's, and Trine. Albion and Olivet were charter members, although Albion is the only member to hold continuous membership. Ex-members are Michigan State University (1888–1907), Eastern Michigan University (1892–1926), and Hillsdale College (1888–1960).



The MIAA's membership list went unchanged from 1954 to 1997, when Defiance College of Ohio and Saint Mary's College of Indiana were invited to join. It also marked the first time that the league added members outside Michigan. The league stipulated, however, that the name of the conference would not change. The inaugural year of current members are: Adrian (1908), Albion (1888), Alma (1902), Calvin (1953), Hope (1926), Kalamazoo (1896), Olivet (1888), Saint Mary's (1997), and Trine (2004).

MIAA Women's All-Sports Award Results

Since 1998, a trophy has been awarded at the conclusion of the spring sports season to the school with the highest cumulative point total in the final standing in the MIAA championships. Saint Mary's earned their highest-ever finish in the MIAA's Women's All-Sport Standings at the conclusion of the 2008–09 academic year. The Saint Mary's teams combined for a third-place finish among all MIAA schools. Points are awarded based upon each MIAA school's final conference standing in each sport.



DISCOVER | DEVELOP | DEDICATE

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:

- Prospects may receive printed materials at any time from NCAA Division III coaches.
- There is no limit on the number or timing of phone calls or emails at the NCAA Division III level, and the prospect may 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. Phone calls, text messages, emails, facsimiles, instant messenger, and private communication through social networking sites are all approved means of communication.
- Correspondence through electronic communication is permitted provided that the communication is private between the sender and the recipient. There are no restrictions on the timing for sending private electronic correspondences to prospective student-athletes, and enrolled student-athletes may send private electronic correspondence to prospective student-athletes for recruitment purposes.

Many forms of communication through social media, however, are prohibited. Two of the more popular social media platform—Facebook and Twitter—have the following restrictions:

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.

Additionally, there is no Letter of Intent or Signing Day for NCAA Division III.

Saint Mary's College CAMPS 2014

Athletics Camps

Week 1: July 6–10

Week 2: July 13–17

Visit saintmarys.edu/camp
for updated sports camps
as they are posted.

Camp registration begins
November 25, 2013



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

A fun and exciting time
for the whole family.

Visit
saintmarys.edu/athletics
for team schedules.

Go **Belles!**



Follow Saint Mary's
Athletics on:



Please visit us online at
saintmarys.edu/athletics
for up-to-date information,
rosters, team schedules,
recruiting, and contact
information.

Information is subject to change