



ATHLETICS MEDIA GUIDE 2015-16

- + BASKETBALL
- + CROSS COUNTRY
- + GOLF
- + LACROSSE
- + SOCCER
- + SOFTBALL
- + TENNIS
- + VOLLEYBALL



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 succeed they do! Besides the athletic accolades that 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.

ATHLETICS CONTACT INFORMATION

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Saint Mary's College ranks among the top 100 Best National Liberal Arts Colleges for 2015 published by *U.S. News & World Report*.

Academic Achievements 2014-15

- Total number of student-athletes: **124**
- Athletic Department cumulative GPA (8 sports): **3.36**
- Athletic Department cumulative GPA for seniors: **3.44**
- Number of student-athletes above a 3.0 cumulative GPA: **94** Fall Semester, **91** Spring Semester
- Teams earning MIAA Academic Honor Roll (minimum 3.3 GPA required): **six**
- Number of times in 2014–15 student-athletes earned Dean's List honors: **95**
- Student-athletes on MIAA Honor Roll (minimum 3.5 GPA required): **48**

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
- + Nearly 50 personal record times in the past four 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

- + Two All-MIAA Second Team honorees in 2015 season
- + More than tripled total wins from first to second season
- + Eight MIAA Academic Honor Roll recipients in two seasons

SOCCER

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

SOFTBALL

- + Ten consecutive seasons with a .500 winning percentage or above
- + 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
- + Thirteen-time MIAA Team GPA Award recipients

QUICK FACTS at Saint Mary's College

- + 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
- + Ninety five 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 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





Allie Danhof '16



Kathryn Marshall '17



Caitlin Blum '18

Racing ahead



The Saint Mary's cross country team is poised for even more success in the 2015 season. Brittany Beeler '17, Allie Danhof '16, Kaitlyn Alessi '17, Kathryn Marshall '17, and Caitlin Blum '18 are just

a handful of returning student-athletes looking to lead the way this upcoming fall for the Belles.

Beeler had an outstanding sophomore season and was on the cusp of becoming just the second Saint Mary's harrier to earn a spot in the NCAA Championship race. Twelve seconds stood between Beeler and a chance to compete at the Division III Cross Country Championship in 2014. The junior looks to improve upon her All-MIAA Second Team and All-Region performances from a year ago and lead the Belles to a successful 2015 season.

Danhof was in the Belles' top five finishers consistently for a second consecutive year and will look to help the team move back into the top tier of the MIAA. Alessi and Marshall had strong sophomore campaigns a year ago as they regularly joined Beeler and Danhof in the top five for the team. The pair competed in the 2014 NCAA Regional race for Saint Mary's and

were scoring finishers at the event for the Belles, and both had big personal record 6k times in their sophomore seasons which they will look to improve upon in 2015. Blum, meanwhile, was in the top five for the team once and regularly finished in the team's top seven throughout her first year on the squad.

Away from the course, cross country student-athletes have had a full range of experiences at Saint Mary's. This past spring, Brittany Beeler and Kaitlyn Alessi studied abroad in Spain while Kathryn Marshall spent the semester in Austria. Allie Danhof, meanwhile, was named the student representative on the Board of Trustees.

Saint Mary's provides opportunities for all students to pursue their passions and discover the world beyond campus.

In the past 18 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 five seasons. The squad has received the MIAA Team GPA Award 14 times by maintaining at least a 3.30 cumulative GPA for the entire academic year.



Brittany Beeler '17



Kaitlyn Alessi '17

2015–16 Schedule

Sept. 1	Tue.	at Tri-Meet w/Olivet, Albion (Turkeyville Farm - Marshall, Mich.)	6 p.m.
Sept. 5	Sat.	Alumnae Race (Bertrand Park)	11 a.m.
Sept. 12	Sat.	at Calvin Knight Invitational	10 a.m.
Sept. 18	Fri.	at Spartan Invitational	11:50 a.m.
Sept. 26	Sat.	at MIAA Jamboree (Hope)	11 a.m.
Oct. 9	Fri.	at Benedictine Invitational	4 p.m.*
Oct. 17	Sat.	at Wis.-Oshkosh Invite	10:30 a.m.*
Oct. 31	Sat.	at MIAA Championships (Olivet)	11 a.m.
Nov. 14	Sat.	at NCAA Regionals (Terre Haute, Ind.)	11 a.m.
Nov. 21	Sat.	at NCAA Nationals (Winnecone, Wis.)	11 a.m.

Home meets in BOLD

Start times local to host site

Schedule subject to change

* Central Daylight Time



Alma Mater
Saint Mary's College

Season
Eleventh

Contact
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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 '07

Building a Tradition of Excellence

All-MIAA Honorees

Jackie Bauters
Brittany Beeler
Jessica Biek
Megan Gray
Julia Kenney
Megan McCloyry
Sara Otto

All-Region Honorees

Brittany Beeler
Jessica Biek
Megan Gray
Julia Kenney

NCAA Championship Appearances

Megan Gray

Four-Time MIAA Honor Roll

Joanne Almond
Caitlin Brodmerkel
Sarah Copi
Lauren Easton
Jessica Eaton
Meaghan Herbst
Elizabeth Majewski
Megan McCloyry
Caitlin Stevenson
Katie White

MIAA Honor Roll

1999 - 2002 - 2004 - 2005
2006 - 2007 - 2008 - 2009
2010 - 2011 - 2012 - 2013
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. 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.

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 in the past 12 years. 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 Wieczorek 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.



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:

- + 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 platforms—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 now a NCAA Division III standardized Celebratory Signing Form available to accepted student-athletes. Contact the director of athletics at jsbiek@saintmarys.edu for more information.



SAINT MARY'S
COLLEGE

15-16

FOOTBALL

\$20

Park and tailgate at Saint Mary's
on home Notre Dame Football Saturdays.
All proceeds benefit the Athletic Department! *Go Belles!*



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 2015 golf outing sponsors



Join us for our third annual golf outing in May 2016.
Visit saintmarys.edu/GolfOuting for details.

