

ATHLETICS MEDIA GUIDE 2015-16

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



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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*.

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.

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

- + 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





Kaitlyn Cartone '18



Katie Zielinski '16



Courtney Carlson '17

Aiming for the Top



The Saint Mary's golf team is looking at the 2015–16 year with excitement and anticipation as the Belles aim to regain the top spot in the MIAA and return to the NCAA Championship tournament. Katie Zielinski '16, Courtney Carlson '17, Ali Mahoney '17, and

Kaitlyn Cartone '18 bring experience and leadership to the squad in their pursuit of a championship.

Zielinski and Carlson are both coming off spring seasons in which they each posted personal best scores. The pair have shown continued improvements to their scores over the past two years and return as two of the most experienced competitors for the program.

Mahoney is a two-time All-MIAA Second Team honoree and is one of the team's and conference's top returning players. Cartone, meanwhile, was a mainstay in the scoring lineup for the Belles during her first season on the squad and will be a key factor for a successful year ahead.

Away from the course, golf student-athletes have had a full range of experiences at Saint Mary's. Last spring, Ali Mahoney studied abroad in the College's Rome Program. While there, she had the opportunity to give the Palm Sunday Mass reading in front of St. Peter's Basilica before

a crowd from all over the world. Janice Heffernan, a 2015 graduate and nursing major, spent the summer prior to her senior year with other Saint Mary's nursing and education students working alongside the Sisters of the Holy Cross in Kyarusozzi, Uganda in a healthcare clinic and school. The educational experience of Saint Mary's reaches well beyond the boundaries of northern Indiana.

Additionally, the golf team has earned a wide range of recognition for their academic success. Katie Zielinski, Kelsey Conkright, and Janice Heffernan were all named WGCA All-American Scholars for maintaining a cumulative GPA of 3.5 or above while playing a minimum of 12 rounds and holding an adjusted scoring average of 95.00 or less.

In the past 12 seasons of conference play, seven Belles have earned MIAA Season Medalist honors by posting the lowest scoring average in the fall portion of conference play. Moreover, Saint Mary's golfers have recorded five of the ten lowest all-time MIAA season stroke averages among league medalists.

The most decorated of any team in the past 18 years of Saint Mary's athletics, the team has had 28 student-athletes named to an All-MIAA squad 45 times since 1999 and boasts six All-Americans since 2003.



Ali Mahoney '17

Fall 2015 Golf Schedule

Aug. 28– Aug. 29	Fri. Cross Town Rivalry Round 1 - Knollwood CC Round 2 - Elbel GC	Day One: 2 p.m. Day Two: 12 p.m.
Sept. 5–6	Sat.–Sun. at Olivet Labor Day Invite The Medalist GC Marshall, Mich.	Day One: 11:45 a.m. Day Two: 9 a.m.
Sept. 13–14	Sun.–Mon. The O'Brien National Invitational Knollwood Country Club, Granger, Ind. Day One: 12:30 p.m. Day Two: 9 a.m.	
Sept. 23	Wed. at Olivet - The Medalist GC MIAA Jamboree #1	1 p.m.
Sept. 26	Sat. at Kalamazoo - Milham Park GC MIAA Jamboree #2	1 p.m.
Oct. 1	Thur. at Calvin - Thornapple Pointe GC MIAA Jamboree #3	1 p.m.
Oct. 3	Sat. at Trine - Zollner GC MIAA Jamboree #4	1 p.m.
Oct. 9–10	Fri.–Sat. MIAA End of Season Weekend Jamboree (at Bedford Valley - host Adrian) Day One: 1 p.m. Day Two: 10 a.m.	

Schedule subject to change



Kim Moore | Head Coach

Alma Mater
University of Indianapolis

Season
Third

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

“Our team gives 100% effort on the course and in the classroom. Our players have a passion to be the best and work hard to achieve their personal goals while also helping the team achieve our collective goals.”

– Kim Moore

Building a Tradition of Excellence

Individual National Champion

Stefanie Simmerman

All-Americans

Julia Adams
Mary Kate Boyce
Megan Mattia
Natalie Matuszak
Doyle O'Brien
Stefanie Simmerman

Women's Golf Coaches

Association All-American Scholars

Julia Adams
Marin Beagley
Mary Kate Boyce
Kelsey Conkright
Janice Heffernan
Katie Zielinski

NCAA Division III Championship Appearances

2003 - 2004 - 2005 - 2009
2010 - 2011 - 2012

MIAA Most Valuable Golfers

Julia Adams
Mary Kate Boyce
Megan Mattia
Martyna Mierzwa
Katie O'Brien
Rosie O'Connor
Stefanie Simmerman

Multi-All-MIAA Honorees

Julia Adams
Nicole Bellino
Mary Kate Boyce
Chrissy Dunham

Janice Heffernan
Ali Mahoney
Megan Mattia
Natalie Matuszak
Katie O'Brien
Rosie O'Connor
Stefanie Simmerman

MIAA Championships

2002 - 2003 - 2004 - 2005
2009 - 2010

MIAA Spring NCAA Qualifying Titles

2009 - 2010 - 2011 - 2012

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.

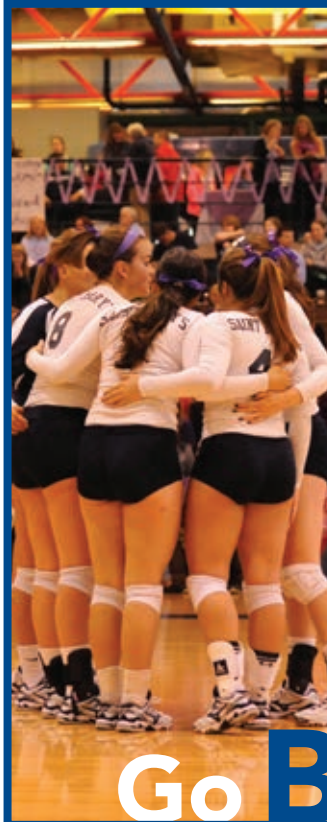
Additionally, there is now a NCAA Division III standardized Celebratory Signing Form available to accepted student-athletes. Contact the director of athletics at jsbiek@saintmarys.edu for more information.



**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.

