



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

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





Angela Bukur '16



Katie Hecklinski '16



Clare McMillan '17

Moving up



NCAA VOLLEYBALL

Fresh off of finishing fourth in the MIAA in each of the past two seasons, the Saint Mary's volleyball team has their sights set on moving up even higher in the conference rankings in the season ahead.

With the graduation of one of the largest classes in recent history for the volleyball program, several returners and newcomers anxiously anticipate stepping up for the Belles in 2015.

Seniors Katie Hecklinski '16 and Angela Bukur '16 will be looked toward for their experience and leadership. The pair have made significant contributions to the team's success over their first three years with the program. Hecklinski has over 1,000 career digs and is quickly closing in on 1,000 kills as one of the squad's starting outside hitters during the past three seasons. Bukur, meanwhile, has been solid in the backcourt as a defensive specialist and has played in well over 100 sets.

Clare McMillan '17, Meaghan Gibbons '17, Rachel Bonek '18, and Leah Buck '18 were all key contributors to the team's success last fall. Last year, McMillan

recorded her 1,000th career assist in just the 30th match of her career. Gibbons led the team with 415 digs after moving from the outside hitter position to being the team's starting libero. Bonek and Buck, meanwhile, were second and third on the team in blocks during their first season with the Belles, respectively. Collectively, the large group of returning players will help lead the way in all facets of the game in 2015.

In the past 18 years of MIAA membership, 11 Saint Mary's volleyball players have been honored with

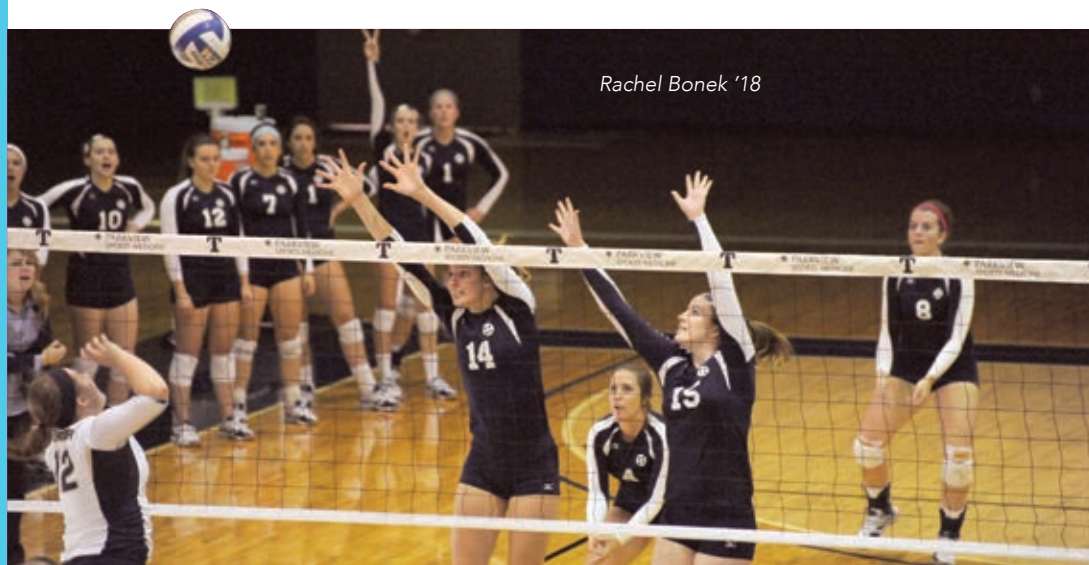
All-MIAA postseason accolades a total of 18 times. Additionally, a member of the Belles volleyball team has been an MIAA Player of the Week nine times in the past six seasons alone.

Academically, the team has excelled and has been a

13-time recipient of the MIAA Team GPA Award while regularly garnering AVCA Team Academic honors. Last year, the team posted a cumulative GPA well above a 3.5 and had four student-athletes maintain a perfect 4.0 for the entire academic year.



Leah Buck '18



Rachel Bonek '18

2015 Schedule

Sept. 1	Tues.	vs. Manchester	7 p.m.
Sept. 4–5 Fri.–Sat. at Elmhurst Tournament			
Sept. 4	Fri.	vs. North Park	3 p.m. CDT
Sept. 4	Fri.	vs. Lawrence	5 p.m. CDT
Sept. 5	Sat.	at Elmhurst	10 a.m. CDT
Sept. 5	Sat.	vs. Wheaton	2 p.m. CDT
Sept. 9	Wed.	vs. Calvin*	7 p.m.
Sept. 11	Fri.	at Trine*	7 p.m.
Sept. 12	Sat.	vs. Adrian*	12 p.m.
Sept. 18	Fri.	vs. Webster (at Millikin)	4 p.m. CDT
Sept. 18	Fri.	vs. Rose-Hulman (at Millikin)	8 p.m. CDT
Sept. 22	Tues.	vs. Kalamazoo*	7 p.m.
Sept. 25	Fri.	vs. Hope*	7 p.m.
Sept. 26	Sat.	at Olivet*	12 p.m.
Sept. 30	Wed.	vs. Albion*	7 p.m.
Oct. 2–3 Fri.–Sat. at Wheaton Tournament			
Oct. 2	Fri.	vs. North Central	4 p.m. CDT
Oct. 2	Fri.	vs. Wis.-Stevens Point	8:30 p.m. CDT
Oct. 3	Sat.	at Wheaton	12:15 p.m. CDT
Oct. 3	Sat.	vs. Wis.-Eau Claire	2:30 p.m. CDT
Oct. 6	Tues.	at Alma*	7 p.m.
Oct. 9	Fri.	at Calvin*	7 p.m.
Oct. 10	Sat.	vs. Trine*	11 a.m.
Oct. 14	Wed.	at Adrian*	7 p.m.
Oct. 23	Fri.	at Kalamazoo*	7 p.m.
Oct. 24	Sat.	at Hope*	2:30 p.m.
Oct. 27	Tues.	vs. Olivet*	7 p.m.
Oct. 30	Fri.	vs. Alma* (Senior Night)	7 p.m.
Oct. 31	Sat.	at Albion*	12 p.m.
Oct. 31	Sat.	vs. Kenyon (at Albion)	2 p.m.
Nov. 6–7 Fri.–Sat. MIAA Tournament Top Four Teams Only			

* denotes MIAA contest
Home matches in **BOLD**
Schedule subject to change



Alma Mater
Ball State University

Season
First

Contact
volleyball@ saintmarys.edu
(574) 284-4908

Denise Van De Walle | *Head Coach*

“ I am incredibly proud of being a Division III student-athlete. The skills that come with playing volleyball at Saint Mary’s — balance, academics, athletics, leadership, working with a team — those are the things that set me apart from everyone else. ”

— Katie Hecklinski '16

Building a Tradition of Excellence

Saint Mary’s Hall of Fame Inductee

Karen Lorton '93

MIAA Players of the Year

Anne Cusack (Most Valuable Defensive Player)
Lorna Slupczynski (Freshman Player of the Year)

Multi-All-MIAA Honorees

Agnes Bill
Anne Cusack
Kristen Playko
Kati Schneider
Lorna Slupczynski

MIAA Players of the Week

Agnes Bill
Danie Brink
Anne Cusack
Katie Hecklinski
Melanie Kuczek
Suzanne Martin
Angela Meyers
Kristen Playko
Meghann Rose
Kati Schneider
Alison Shevik
Lorna Slupczynski

MIAA Team GPA Award

1999 - 2000 - 2001 - 2004
2006 - 2007 - 2009 - 2010 - 2011
2012 - 2013 - 2014 - 2015

Four-Time MIAA Honor Roll

Taylor Etzell Liana Rohr
Marisa Gross Kati Schneider

Fifteen-Plus Win Seasons

1978 - 1980 - 1981 - 1984 - 1986
1987 - 1988 - 1989 - 1992 - 1993
1996 - 1998 - 1999 - 2003 - 2006
2008 - 2014

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.

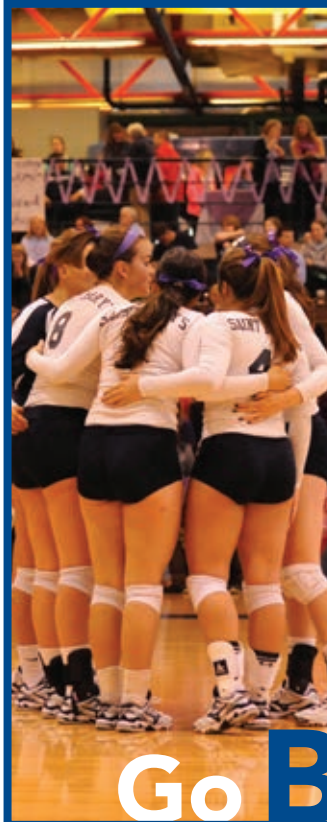
Additionally, there is now a NCAA Division III standardized Celebratory Signing Form available to accepted student-athletes. Contact the director of athletics at jsbiek@saintmarys.edu for more information.



**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.

