Welcome to JMU LACROSSE

A Message From Coach Shelley Klaes-Bawcombe

Welcome to James Madison University lacrosse. As the head lacrosse coach it is with great pride that I share our nationally-ranked program and university with you. It is an honor and privilege to be the head coach of my alma mater. The opportunity to come back to JMU has been a dream come true.

Entering my third year back at JMU, the school has grown, the town has grown with it, but the feeling you get being on this campus and the sense of community still remains the same. JMU has always valued every individual on its campus and creates an environment like no other university to learn and grow as a person. Student-athletes have an excellent support system surrounding them with our coaches, student-athletes services staff, strength and conditioning, sports medicine, sports psychology, sports media and administrative staff. They work tirelessly to coordinate their efforts to provide the best possible experience for the JMU student-athlete. "All Together One" is the JMU motto, and it is truly what our student-athletes experience.

JMU encourages a well balanced person and will challenge every aspect of the student-athlete -- academically, athletically and socially. JMU goes beyond the student and teaches about social responsibility within the community and prepares you for any obstacle you may face in the future. The University has established itself with national recognitions in many academic categories and is always evolving to chase its goal of being the best undergraduate university in the nation.

As the coach, I am looking to recruit hard-working individuals who are team players and are committed to being the very best they can be both on the field and in the classroom. Our goal is to win the CAA conference annually and compete for the national championship. We are excited about the future of JMU lacrosse and hope you will join us.

Shelley Klaes-Bawcombe
Head Lacrosse Coach
JMU's beautiful campus includes 102 major buildings on 676 acres. The original campus is built around the Quadrangle, where buildings are constructed of native blue limestone and have ivy coverings.

The university's more than 17,000 students may choose from 106 degree programs in seven colleges -- College of Arts and Letters, College of Business, College of Education, College of Integrated Science and Technology, College of Science and Mathematics, College of Visual and Performing Arts, and Graduate School.

JMU's academic program combines the liberal arts tradition with preparation for technology in a rapidly changing world. All students receive a strong foundation of knowledge through a rigorous general education program.

- Female/male Ratio: 61/39
- Student/Professor Ratio: 17/1
- Average Class Size: 29
"JMU is nestled in the beautiful Shenandoah Valley away from the hustle and bustle of the city. The people are friendly, the campus is safe and the community is committed to JMU athletics."

- Shelley Klaes-Bawcombe, JMU lacrosse head coach
• U.S. News & World Report in its 2008 America’s Best Colleges guidebook ranked JMU first in the South among public universities for the 14th straight year and the 18th time overall.
• JMU is Virginia’s most-popular college or university, drawing applications from the greatest percentage of the state’s graduating high school seniors.
• Kiplinger’s Personal Finance in 2008 ranked JMU 22nd nationally on its list of 100 best values in public colleges -- schools that offer a first-class education at a reasonable price.
• Yahoo! Internet Life included JMU on its 2001 listing of “The Nation’s 100 Most Wired Universities,” listing JMU 53rd among larger institutions.
• JMU was included in the 2002 edition of The Unofficial, Unbiased, Insider’s Guide to the 320 Most Interesting Colleges with one author saying “JMU is almost too perfect to be believed.”
• JMU has been described as “one of the best managed, most dynamic public universities in the nation” in The Guide to 101 of the Best Values in America’s Colleges and Universities.
• BusinessWeek magazine in 2008 ranked JMU’s College of Business 20th nationally among business schools at public universities and 54th among all universities.
• Princeton Review has ranked JMU seventh in the country for “great food.”
• JMU is among schools “that prove activism and community service are alive and well on campus,” says Mother Jones Magazine.
• JMU’s exemplary programs for first-year students are “cornerstones of the University’s strong commitment to student learning and success”, says The Temple Guide: Colleges That Encourage Character Development.
• Princeton Review’s Best 361 Colleges in 2006 recognized JMU for its “welcoming environment,” “friendly and outgoing student body,” and “well-ranked activities.”
Harrisonburg is convenient to the metropolitan areas of Washington, D.C., and Richmond while providing JMU students the comforts of the picturesque setting of Virginia’s Shenandoah Valley.

The city offers something for everyone. From downtown shopping and restaurants, to nearby national parks and forests, it provides JMU students the opportunity to sample many aspects of life.

Harrisonburg offers a learning environment that is very unique in today’s high-tech, educational world.
Robert & Frances Plecker
Athletic Performance Center

- A $10 million state-of-the-art athletic support facility centrally located on campus
- The Challace McMillin Academic Center
- 7,000-square foot strength and conditioning center with flat-screen televisions for individual instruction
- 5,000-square-foot sports medicine facility
- JMU’s athletic hall of fame
- Student-athlete lounge
"The Robert and Frances Plecker Athletic Performance Center benefits all of our student-athletes with state-of-the-art academic facilities and serves as an entrance and focal point for our athletics program."

- Jeff Bourne, JMU Director of Athletics
Challace McMillin
Academic Center

- Student-athletic computer lab with more than 30 work stations
- Tutoring and meeting facilities for large and small groups
- Offices for each member of JMU’s academic advising staff
- Student-athlete lounge
Casey Carter

• Associate athletics director for student-athlete services.
• Originated JMU’s office of student-athlete services, one of the first of its kind in the nation.
• Directs academic advising, JMU’s life skills program, and progress toward graduation.
• Coordinates tutoring and special academic services.
• Has developed a transition program for freshmen and transfers and a career development program for all JMU student-athletes.

Carli Toliver

• Academic advisor
• Works directly with the lacrosse program.
Providing JMU athletes with "The Total Package"

- Developing athleticism and sports performance
- Seven training facilities encompassing more than 17,000 square feet
- Staff includes five full-time professionals with certifications as strength and conditioning specialists
Justin Jones
Strength & Conditioning Coach
JMU ’07

- Second year at JMU
- Directs field hockey and golf, assists with football, lacrosse, and softball
- Strength and Conditioning Coach Certified (SCCC)
- Certified Strength and Conditioning Specialist (CSCS)
- USA Weight Lifting Club Coach (USAW)

"James Madison Strength and Conditioning provides every athlete with the opportunity to improve their athletic performance by increasing strength, speed, power, flexibility, balance, and mental toughness."

- Justin Jones,
Strength & Conditioning Coach
SPORTS MEDICINE

- Multi-skilled professionals use current research, educational knowledge, and state-of-the-art equipment and technology to provide a comprehensive and progressive approach to assure the holistic well-being of student-athletes
- Staff includes 20 board-certified and licensed athletic trainers
- Team physicians include Dr. Kent Diduch (board-certified in family practice physician) and orthopedic surgeon Dr. Mark Miller a nationally renowned fellowship-trained orthopedist from the University of Virginia
- Local chiropractors, physical therapists, sport psychologists, nutritionists, and orthotists are available to assist in the health care needs of student-athletes
"Our motto is to 'set the standard' in athletic healthcare, and we are proactive and continually look for new and innovative ways to improve our services by keeping abreast of the most recent advances in sports medicine. It is a privilege to work alongside a tremendous group of individuals who are dedicated to taking care of student-athletes."

- Tom Kuster, James Madison '95, Assistant Athletics Director for Sports Medicine

"Whether on the sidelines, in the athletic training room or in the doctor's office, there is a dedicated and qualified professional ready to prevent or treat injuries and illnesses."

- Dr. Kent Diduch, Team Physician

Dr. Mark Miller,
Team Orthopedic Surgeon
Head Coach
Shelley Klaes-Bawcombe
JMU '97

- US National Team selector 2007-present
- CAA Coach of the Year 2005
- Teams consistently ranked in the national top 20 last five years (high of #5)
- CAA regular season leader 2005
- Eight All-Americans
- One CAA Player of the Year, four CAA Defenders of the Year, two CAA Rookies of the Year
- 12 All-CAA first team selections and 22 total All-CAA selections
- JMU record is 20-14 (2 seasons)
- Career record is 70-49 (7 seasons)

As a Player
- Two NCAA Tournament teams (1995, 1997)
- Two-time All-America (1996, 1997)
- Two-time All-CAA (1996, 1997)
- CAA champion (1997)
- Formerly held school records for career assists (71), goals by a senior (48) and season points (71)
- Currently ranks in the top nine in three JMU career categories, including fourth in assists (71), seventh in points (196) and ninth in goals (125)
Assistant Coach
Lindsay Lewis
Boston University '06
• Captain, U.S. Developmental Team (2007-present)
• Two-time All-America (2005, 2006)
• Four-time All-America East (2003-06)
• Three NCAA Tournaments (2003, 2005, 2006)
• Three America East Conference championships (2003, 2005, 2006)
• BU career scoring leader (187 goals)

Assistant Coach
Meg Denter
George Mason '05
• Two-time All-America goalkeeper (2004, 2005)
• CAA Player of the Year 2005
• CAA Rookie of the Year 2002
• Four-time All-CAA (2002-05)
• Mason career leader in saves (855) and save percentage (.572)
THIS IS JMU LACROSSE
25 Dukes have been named to a national team

Nora Maguire '92
- U.S. Under-23 Team 1991
- CAA Player of the Year 1992
- SAC Player of the Year 1991
- All-CAA 1992
- All-SAC 1990, 1991
- School record for assists in a game (9)
- JMU Athletics Hall of Fame 2008

Amy Altig '05
- U.S. Touring Team, Prague Cup 2008
- U.S. Elite Team 2007
- All-CAA 2003, 2004

Kelly Berger '07
- U.S. Touring Team, Prague Cup 2008
- U.S. Elite Team 2006, 2007
- U.S. Developmental Team 2005
- Tewaaraton Trophy nominee 2007
- All-America 2006, 2007
- All-South 2005, 2006, 2007
- CAA Player of the Year 2006
- CAA Tournament MVP 2006

2005 Canada World Cup Team members (left to right)
Troyhann Santos ’93 (Canada National Team 1997-2005), former JMU assistant coach Susan Stewart, Brooke McKenzie ’06, Jessica Brownridge ’05

Others include Kathy Altemus ’90 • Amy Brew ’00 (pictured on page 22) • Diane Buch ’88 • Johanna Buchholz ’05 • Rosheen Campbell ’94 (pictured on page 20) • Carolyn Carr ’95 (pictured on page 20) • Traci Davis ’79 • Natasha Fuchs (pictured on page 26) • Diane Hallowell ’94 (pictured on page 21) • Danylle Hefferman ’95 • Lucy Lynch ’08 (pictured on page 22) • Heidi Rogers ’82 • Tracy Schnappinger ’89 • Kim Stark ’88 • Julie Weiss ’00 (pictured on page 22)
Jess Marion ’00
• U.S. Developmental Team 1998
• U.S. Squad 1999
• IWLCA National Midfielder of the Year 2000
• All-America 1998, 1999, 2000
• All-South 1998, 1999, 2000
• CAA Player of the Year 2000
• All-CAA 1999, 2000
• Shares school season record for draw controls (55)

Megan Riley ’03
• U.S. Elite Team 2006
• U.S. Developmental Team 2002, 2003
• Tewaaraton Trophy finalist 2003, nominee 2002
• All-America 2001, 2002, 2003
• All-South 2001, 2002, 2003
• All-CAA 1997, 1998, 1999
• CAA Player of the Year 1999
• CAA Tournament MVP 1999
• CAA Rookie of the Year 1996
• All-CAA 1997, 1998, 1999
• School records for season (41) and career (109) assists
• Three NCAA Tournament appearances 1997, 1998, 1999

Johanna Buchholz ’05
• U.S. Developmental Team 2004, 2005
• Two NCAA Tournament appearances 2003, 2004
• Aimee Willard Award 2004 (top collegiate player at USWLA tournament)

Julianne Hull Elicker ’78
• U.S. National Team 1979-86
• U.S. World Cup champion team 1984
• Co-captain, U.S. World Cup silver-medalist team 1986
• JMU Athletics Hall of Fame 2000

Dee McDonough ’75
• U.S. Squad 1974, 1975
• SAC Coach of the Year 1991
• Diane Geppi-Aikens Lifetime Achievement Award 2004 (award was presented by the Intercollegiate Women’s Lacrosse Coaches Association and honored her work in the sport, which included establishing the first national collegiate championship in 1975, helping form the IWLCA in the early 1980’s, serving two terms as IWCLA president, creating a national poll, serving on the board of directors of The Lacrosse Foundation and chairing the USWLA committee to select the U.S. Lacrosse Squad)
• JMU Athletics Hall of Fame 1993

Lisa Staedt ’03
• U.S. Elite Team 2006
• U.S. Developmental Team 2002, 2003
• Tewaaraton Trophy finalist 2003, nominee 2002
• All-America 2001, 2002, 2003
• All-South 2001, 2002, 2003
• All-CAA 2001, 2002, 2003
• CAA Player of the Year 2002, 2003
• CAA Tournament MVP 2003
• School records for season (76) and career (187) ground balls
HISTORY

ALL-AMERICANS

Dukes have earned All-America honors 47 times

Carolyn Carr ’95
- U.S. Squad 1994
- U.S. Developmental Team 1995
- All-America 1995
- All-South 1994, 1995
- All-CAA 1993, 1994, 1995

Rosheen Campbell ’94
- U.S. Squad 1991, 1992
- All-America 1992
- All-CAA 1992
- All-SCA 1991

Jen Gicking
- All-America 1995, 1996
- All-CAA 1995, 1996

Kylee Dardine ’07
- All-America 2006
- All-South 2006, 2007
- CAA Defender of the Year 2006, 2007
- All-CAA 2006, 2007

11 First Team All-Americas

Kelly Berger
Diane Buch
Carolyn Carr
Alivian Coates
Gail Decker
Shelley Klaes
Nora Maguire
Jess Marion
Megan Riley (2x)
Lisa Staedt

Jessica Beard ’04
- All-America 2004
- Womenslacrosse.com Defender of the Year 2004
- All-South 2003, 2004
- CAA Defender of the Year 2003
- CAA Tournament MVP 2004
- All-CAA 2003, 2004

Gail Decker ’04
- All-America 2003, 2004
- Academic All-America 2004
- Tewaaraton Trophy finalist 2004, nominee 2003
- Honda Award finalist 2004
- Collegiate Women Sports Award finalist 2004
- CSTV Diane Geppi-Aikens Scholarship finalist 2004
- All-South 2003, 2004
- CAA Player of the Year 2004
- All-CAA 2002, 2003, 2004
- School records for goals in a game (8), season (81) and career (201), points in a season (112) and career (267), career draw controls (164)

Ashlee Dardine ’05
- All-America 2005
- Tewaaraton Trophy watch list 2005
- All-South 2004, 2005
- All-CAA 2003, 2004, 2005
- Two NCAA Tournament appearances 2003, 2004
- Shares school record for season draw controls (55)

Diane Hallowell ’94
- U.S. Squad 1993, 1994
- All-America 1993, 1994
- All-South 1993, 1994
- All-CAA 1993, 1994
**HISTORY**

**NCAA TOURNAMENTS**

**Aimee Vaughan '98**
- Two NCAA Tournament appearances 1997, 1998
- School-record five NCAA Tournament appearances, including three in soccer
- All-America 1997
- All-South 1996
- All-CAA 1996, 1998

**Amy Brew '00**
- U.S. Developmental Team 1998
- All-South 1998, 1999, 2000
- CAA Rookie of the Year 1997

**Julie Weiss '00**
- U.S. Developmental Team 1998

**JMU's 2000 NCAA Final Four Team**
• JMU has qualified for the NCAA Tournament nine times in the last 14 years
• The Dukes have advanced to the quarterfinals six times and the semifinals one time
• JMU has more NCAA appearances than any other CAA team

Alivian Coates
• All-America 1999, 2000
• All-South 1999, 2000
• All-CAA 1999, 2000

Shelley Klaes ’97
• Two NCAA Tournament appearances 1995, 1997
• All-America 1996, 1997
• All-South 1996, 1997
• All-CAA 1996, 1997

Julie Martinez
• All-America 1998, 2000
• All-South 1998, 2000
• All-CAA 1997, 1998, 2000

Jen Ulehla
• NCAA Tournament semifinals 2000
• CAA Coach of the Year 1995, 2000
CAA lacrosse

- Top four teams advance to CAA postseason tournament
- Champion receives an automatic bid to 16-team NCAA Tournament
- Multiple teams in NCAA tournament seven times in last 15 seasons

JMU in the CAA*

- Defensive Player of the Year 2003, 2006, 2007
- Rookie of the Year 1996, 1997
- 95 All-CAA selections
- 22 CAA All-Tournament team selections

*figures include the CAA’s predecessor, the SAC (1985-91)

Annie Wagner ’08

- CAA Player of the Year 2007
- Tewaaraton Trophy watch list 2007, 2008
- Preseason All-America 2008
- All-South 2007

JMU fans celebrate at the 2007 CAA championship
The 1997 Dukes display their CAA championship rings

Jen Corradini ’01
- CAA Tournament MVP 2001
- School record for season saves (203)

The Dukes’ 2006 CAA Championship celebration

JMU’s 2006 CAA Champion and NCAA quarterfinal team

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# 5 ~ Jessica Brophy
Sr. Defender
Marketing major from Berwyn, Pa.
- Among team leaders in caused turnovers last two years
- CAA Commissioner’s Academic Award two times
- U.S. Lacrosse All-America honorable mention and Main Line Life Player of the Year at Archbishop Carroll H.S

“The song that pumps me up the most before games is the JMU Fight Song on the bus ride up to the field.”

# 9 ~ Jaime Dardine
Sr. Attacker
Sports management major from Broomall, Pa.
- Second on team in shooting percentage and third in assist.
- Three-time All-Central League and All-Delaware County at Marple Newtown H.S.
- Her West Line club team won under-17 championship at Vail Shootout

“The Stanford game was memorable because it was one time when we came together as a team and showed our true potential.”

# 4 ~ Mary Fran Shelton
Sr. Defender
Special education major from Hatfield, Pa.
- CAA Commissioner’s Academic Award three times
- All-America and three-time All-Suburban I League at North Penn H.S.

“My favorite class at JMU is EXED (Exceptional Education) practicum because I actually get to go into the classroom and work with children with special needs.”
#21 ~ Kim Griffin
Redshirt Jr.  Midfielder
Accounting major from Jarrettsville, Md.
- All-CAA second team 2008
- CAA Commissioner’s Academic Award three times
- All-America and Harford County Player of the Year at North Harford H.S.

“My greatest contribution to the JMU lacrosse program has been my hardwork, team play and determination.”

#28 ~ Jess Boshko
Jr.  Midfielder
Business marketing major from Huntington, N.Y.
- CAA Commissioner’s Academic Award two times
- Two-time All-Suffolk County at Huntington H.S.
- Member of silver medalist team at 2005 Empire State Games

“My advice for youth lacrosse players is don’t forget that at the end of the day lacrosse is just a game, and to love it just for that reason.”

#36 ~ Morgan Kelly
Jr.  Goalkeeper
Sports management major from Annapolis, Md.
- CAA Commissioner’s Academic Award
- Played on IAAM conference championship team St. Mary’s H.S.
- Her St. Mary’s team was ranked second in the country in 2005

“The best thing about JMU is the community in it, which allows students to feel supported and welcomed each year.”

#14 ~ Morgan Kimberly
Redshirt Jr.  Defender
Biotechnology major from Arnold, Md.
- CAA Commissioner’s Academic Award
- Washington Post All-Metro and two-time All-Anne Arundel County at Broadneck H.S.
- Member of one state champion and one state runner-up team at Broadneck

“My greatest contribution to the JMU lacrosse program has been a great attitude and the laughs.”
#27 ~ Michelle Maier  
Jr. Midfielder  
Health sciences (pre-physician’s assistant) major from Massapequa Park, N.Y.  
- CAA Commissioner’s Academic Award  
- Four-time All-Catholic at Mercy H.S.  
- All-Star Team at U.S. Lacrosse National Tournament  
“*When I am not playing lacrosse at JMU, you can find saving lives with the rescue squad.*”

#33 ~ Susan Lines  
Jr. Midfielder  
Business marketing major from South Windsor, Conn.  
- CAA Commissioner’s Academic Award  
- All-Central Connecticut Conference East and school records for assists in a game (10) and season (32) at South Windsor H.S.  
“The 2007 Georgetown game was memorable because there was an energy across the field and throughout the stadium that words can’t describe, the kind that makes you remember what playing sports is all about.”

#23 ~ Jessie Heisterman  
Redshirt So. Midfielder  
Dietetics major from Arnold, Md.  
- Transfer from Loyola where she was a freshman starter in 2007  
- All-America honorable mention at Broadneck H.S.  
- Member of one state champion and one state runner-up team at Broadneck  
“When I am not playing lacrosse at JMU, you can find me on the Quad.”
#19 ~ Meredith Torr
Jr. Defender
Sociology major from Timonium, Md.
- CAA Commissioner’s Academic Award two times
- Two-time Baltimore Sun All-Baltimore City at Bryn-Mawr H.S.

"The teammate I have learned the most from is all of them because it’s impossible to name just one. Someone teaches me something new every day."

#1 ~ Diana Apel
So. Defender
Health services administration major from Glenwood, Md.
- All-Howard County at Glenelg H.S.
- Member of one state champion and two regional champion teams at Glenelg
- Her Hero’s club team won Vail Tournament championship 2007

"A quote that inspires/motivates me is 'Don’t limit your challenges -- challenge your limits.'"

#17 ~ Liz Walsh
Jr. Attacker
Kinesiology major from Liverpool, N.Y.
- CAA Commissioner’s Academic Award
- Two-time All-Central New York and three-time All-Onondaga League at Liverpool H.S.
- Member of gold-medal (2004) and bronze-medal (2005) winning teams at Empire State Games

"My favorite class at JMU is any coaching class, because not only do they prepare me for the future but also for every day on the lacrosse field."

#11 ~ Mary Kate Lomady
So. Midfielder
Sociology major from Abington, Pa.
- Two-time U.S. Lacrosse All-America first team at Abington H.S.
- Set school’s season scoring record as a junior

"My favorite class at JMU is psychology because the human mind is amazing."
#10 ~ Alex Menghetti
Redshirt Fr. Goalkeeper
Sports management major from Media, Pa.
• Two-time All-Delco honorable mention at Penncrest H.S.
• All-Star selection at USWLA National Tournament 2007
• Defensive MVP of the 2005 Lax.com Midwest Showcase while playing for Phantastics club
  “JMU women’s lacrosse is where you play the top lacrosse in the nation as well as finding the greatest women to play with.”

#2 ~ Lexy Schwabenland
So. Defender
Marketing major from Annapolis, Md.
• Two-time All-Anne Arundel County at Broadneck H.S.
• Member of one state champion and one state runner-up team at Broadneck
  “The best piece of advice I’ve received is ‘Have fun, try as hard as you can and laugh while doing the things you absolutely love.’”

#15 ~ Caitlin Sullivan
So. Midfielder
Communications sciences and disorders major from Kennesaw, Ga.
• All-America first team and two-time all-state first team at Harrison H.S.
• Marietta Daily Journal Player of the Year as a senior
  “The song that pumps me up the most before games is the Irish dance song from ‘The Departed’ that plays as we walk on the field.”

#3 ~ Meghan Wienecke
So. Defender
Kinesiology major from Baltimore, Md.
• All-division at Towson H.S.
• Member of a state runner-up team and a regional champion team at Towson
  “The athlete who inspires me the most is my sister, Jill. When I was younger I always looked up to her when she was playing lacrosse, and she inspires me to keep working hard and to keep improving.”
#7 ~ Casey Ancarrow
Fr. Midfielder, Attacker
From Jarrettsville, Md.
- Two-time All-America at nationally top-ranked John Carroll H.S.
- Regional All-Tewaaraton Team (Baltimore-Washington area)
- John Carroll won IAAM conference championships last two years
  “My favorite non-lacrosse memory was tent-camping across the United States for three weeks.”

#12 ~ Cally Chakrian
Fr. Defender
Kinesiology (education) major from East Meadow, N.Y.
- Leading scorer at East Meadow H.S.
- Senior All-Star Game at USWLA National Tournament
- Member of New York I team that won USWLA national championship
  “The accomplishment of which I am proudest is maintaining honor roll status from elementary school through high school while participating in lacrosse and soccer at the varsity and elite club level.”

#5 ~ Annie Brophy
Fr. Midfielder, Defender
Business major from Berwyn, Pa.
- U.S. Lacrosse All-America at Archbishop Carroll H.S.
- Member of four Catholic League champion teams at Archbishop Carroll
- Played with Phantastix club
  “A person who is an inspiration to me is my mom because she is a good role model.”

#8 ~ Ashley Kimener
Fr. Midfielder
From Oakton, Va.
- Three-time U.S. Lacrosse All-America at three-time state champion Oakton H.S.
- National Schoolgirls Tournament three years
- Played with Capital club 2007 and Future Elite club 2006
  “The accomplishment of which I am proudest is belonging to and leading a team of diverse players to three state championships.”
#20 ~ Alisa Konishi
Fr. Goalkeeper
Kinesiology (pre-physician's assistant) major from Littleton, Colo.
• U.S. Lacrosse All-America at J.K. Mullen H.S.
• Honors graduate
• Her Team 180 club team won under-17 championship at Vail Shootout
  “My favorite lacrosse memory was when my club team (Team 180) won the under-17 Vail Shootout four years ago, and we were the youngest team there.”

#18 ~ Ariel Lane
Fr. Midfielder, Attacker
Nursing major from Vero Beach, Fla.
• Two-time U.S. Lacrosse All-America at three-time state champion Vero Beach H.S.
• Vero Beach Press Journal Player of the Year
• Played with Team Stickbenders and Team FLC club teams
  “A quote that inspires/motivates me is ‘Make history or be history.’”

#6 ~ Caitlin McHugh
Fr. Midfielder
Nursing major from Westminster, Md.
• Team leader in goals and assists last two years at Mercy H.S.
• Played two years on Mid-Atlantic III at USWLA National Tournament
• Rome club team member for six years
  "I chose to come to JMU because of its excellent nursing program and how I felt at home the moment I stepped on campus.”

#22 ~ Rebecca McLouth
Fr. Defender, Midfielder
Accounting major from Cincinnati, Ohio
• Two-time All-America at Sycamore H.S.
• Team leader in goals (70) her senior season
• Rome club team member for six years
  "A person who is an inspiration to me is my sister, Kiersten, because she has overcome many hardships but never gives up.”
#35 ~ Monica Zabel
Fr. Midfielder
From Ellicott City, Md.
- All-Metro Baltimore Sun and All-Metro Washington Post at Mt. Hebron H.S.
- Member of three state champion teams at Mt. Hebron H.S.
- M&D club team member for six years
  "My dream job is traveling the world doing something I love."

#13 ~ Alex Napoli
Fr. Attacker
Nursing major from Highland, Md.
- Three-time All-Howard County at River Hill H.S.
- Scored 108 career goals
- Member of M&D club team that won Vail and Charm City tournaments
  "My favorite thing about playing lacrosse is the adrenaline rush I get when playing in a competitive game with a close score."

Caitlin O’Malley
Manager
Marketing major from Ellicott City, Md.
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<th>No.</th>
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<tbody>
<tr>
<td>7</td>
<td>Ancarrow, Casey</td>
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<td>Mt. Hebron</td>
</tr>
</tbody>
</table>
WHO’S WHO IN JMU ATHLETICS

Jeff Bourne
Director of Athletics

Shelia Moorman
Associate Athletics Director,
Senior Woman Administrator

Kevin White
Associate Athletics Director
for Sport Programs

Geoff Polglase
Associate Athletics Director for
Marketing & Development

Casey Carter
Associate Athletics Director
for Academics
Lacrosse Information
Home Field & Capacity/Surface: JMU Lacrosse Complex
(1,860/grass)
Office Location: Godwin Hall 332, 331, 328
Telephone: (540) 568-3618
Fax: (540) 568-3901
E-mail: w-lacrosse@jmu.edu
Mailing Address
MSC 2301 Lacrosse
James Madison University
Harrisonburg, VA 22807
(For overnight delivery, add Godwin 103 to address)
Head Coach
Shelley Klaes-Bawcombe, James Madison ‘97
E-mail: klaessc@jmu.edu
Telephone: (540) 568-3618
Assistant Coaches
Lindsay Lewis, Boston University ‘06
Telephone: (540) 568-7356
E-mail: lewisln@jmu.edu
Meg Dentler, George Mason ‘05
Telephone: (540) 568-6326
E-mail: dentlemk@jmu.edu
Administrative Assistant
Cassidy Zaccaria
Telephone: (540) 568-6692
Strength & Conditioning Coach
Justin Jones, James Madison ‘07

Directions & Maps
Directions: Click on Facilities at JMU sports.com.
Map: A map of the JMU campus (including a PDF printable map) is available at www.jmu.edu/map

Credits
Design: Grant Hawkins Design, Dallas
Interior Layout: Teresa Craig
Photography: Cathy Kushner, Diane Elliott, Melinda Westhoff, Tommy Thompson and others
Printing: Mid-Valley Press, Verona, Inc.

Schedule
February
21 Virginia Tech Blacksburg, Va. TBA
28 Yale Home 1:00 p.m.
March
4 Longwood Farmville, Va. 7:00 p.m.
10 Notre Dame Orlando, Fla. TBA
14 Richmond Richmond, Va. 1:00 p.m.
18 Princeton Home 7:00 p.m.
21 Loyola (Md.) Baltimore, Md. TBA
24 Virginia Home 7:00 p.m.
27 Maryland Home 7:00 p.m.
April
3 Hofstra Hempstead, N.Y. 7:00 p.m.
5 Drexel* Philadelphia, Pa. 1:00 p.m.
10 William and Mary* Williamsburg, Va. 7:00 p.m.
12 Old Dominion* Home 1:00 p.m.
17 Delaware* Home 7:00 p.m.
19 Towson* Home 1:00 p.m.
23 George Mason* Away TBA
May
1 CAA Semifinals highest seed
3 CAA Championship highest seed
10 NCAA First Round Home or Away
16 NCAA Quarterfinals Home or Away
22 NCAA Semifinals Towson, Md.
24 NCAA Championship Towson, Md.

*Colonial Athletic Association opponent
NCAA Tournament dates available at ncaasports.com
Game dates and times are subject to change. Go to jmusports.com or call the Sports Hotline at (540) JMU-News for updated information.
ROBERT & FRANCES PLECKER
ATHLETIC PERFORMANCE CENTER