A Message from the Coach

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 fourth 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

Schedule

February
- 20 Virginia Tech, 3 p.m.
- 27 at George Washington, 1 p.m.

March
- 6 at Yale, 1 p.m.
- 9 at Fairfield, 3 p.m.
- 13 at Richmond, 1 p.m.
- 17 at Princeton, 2 p.m.
- 20 Loyola (Md.), 1 p.m.
- 24 at Virginia, 7 p.m.
- 27 Maryland, 4 p.m.

April
- 9 at Towson*, 7 p.m.
- 11 at Delaware*, 1 p.m.
- 16 Drexel*, 7 p.m.
- 18 Hofstra*, 1 p.m.
- 23 at Old Dominion*, 7 p.m.
- 25 William and Mary*, 1 p.m.
- 29 George Mason*, 7 p.m.

May
- 6 CAA Tournament Semifinals (#1 seed hosts)
- 8 CAA Tournament Championship (#1 seed hosts)

*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.
Energetic Coaches

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 six years (high of #5)
• CAA tournament runner-up 2005, 2006, 2007
• CAA regular season leader 2005
• Eight All-Americas
• One CAA Player of the Year, four CAA Defenders of the Year, two CAA Rookies of the Year
• 13 All-CAA first team selections and 24 total All-CAA selections
• Member of NCAA Division I Championships committee 2008-present
• JMU record is 25-25 (3 seasons)
  • Career record is 75-60 (8 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)
• Top 50 Athletes in JMU History (by The Breeze, JMU student newspaper)
• JMU Female Athlete of the Year (1996-97, by The Breeze)
Meg Dentler
Assistant Coach
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)

Kristin Hopson
Assistant Coach
Notre Dame ’07
• Former defense coach at Delaware (2007-09)
• Three-year defensive starter at Notre Dame (2005-07)
• NCAA Tournament semifinals (2006)
• IWLCA Academic Honor Roll (2006, 2007)
• Main Line Times Athlete of the Year at Radnor H.S. (2003)
• Two-time H.S. All-America (2002, 2003)
• Member of three state champion Radnor teams (2000, 2001, 2003)

For more, visit JMUSports.com
This is...

JMU Lacrosse

More Than 40 Years of Tradition
Building relationships that will last a lifetime

For more, visit JMUSports.com
The lacrosse team was a finalist for the 2009 JMU Athletics Team Community Service Award.

“We graduate student athletes who are ready to make an impact in the community.”

-- Coach Shelley Klaes-Bawcombe

Teams with a collective grade-point average of 3.0 or above are honored by the Intercollegiate Women’s Lacrosse Coaches Association as an IWLCA Academic Squad. JMU has earned this award five times in the last seven years. All three teams under coach Shelley Klaes-Bawcombe (2007, 2008, 2009) have won IWLCA Academic Squad honors.

Juniors and seniors with a grade-point average of 3.2 or above are named to the IWLCA Academic Squad Honor Roll. JMU players have earned that recognition 18 times since 2000. Recipients from the 2009 team include Jess Boshko and Mary Fran Shelton.
#21 Kim Griffin
Redshirt Sr. Midfielder
Accounting major from Jarrettsville, Md.
• All-CAA 2008, 2009
• CAA Commissioner’s Academic Award four times
• All-America and Harford County Player of the Year at North Harford H.S.

“The best view on campus is from the open window in Festival because you can look up and see the Quad and all the mountains surrounding JMU.”

<table>
<thead>
<tr>
<th>Career</th>
<th>GP-GS</th>
<th>G</th>
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<th>Pts</th>
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<td>38</td>
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<td>71</td>
<td>22</td>
<td>93</td>
<td>114</td>
<td>67</td>
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#33 Susan Lines
Sr. Defender
Business and marketing major from South Windsor, Conn.
• CAA Commissioner’s Academic Award two times
• All-Central Connecticut Conference East and school records for assists in a game (10) and season (32) at South Windsor H.S.

“I chose my major because our College of Business is one of the best in the country, and a career in a marketing department would allow me to be creative while interacting with people on a daily basis.”

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<tr>
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<td>8</td>
<td>0</td>
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<td>1</td>
<td>8</td>
<td>0</td>
<td>12</td>
<td>4</td>
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#36 Morgan Kelly
Sr. Goalkeeper
Sport and recreation management major with minors in business and human resource development from Annapolis, Md.
• CAA Commissioner’s Academic Award two times
• 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 JMU lacrosse team is an incredibly close-knit group of talented young women who pride themselves on their dedication to the game of lacrosse.”

<table>
<thead>
<tr>
<th>Career</th>
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<th>GA</th>
<th>GAA</th>
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<td>21-7</td>
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<td>112</td>
<td>84</td>
<td>10.4</td>
<td>.429</td>
<td>14</td>
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#27 Michelle Maier  
Sr. Attacker  
Health studies (pre-physician’s assistant) major from Massapequa Park, N.Y.  
• CAA Commissioner’s Academic Award two times  
• Four-time All-Catholic at Mercy H.S.  
• All-Star Team at U.S. Lacrosse National Tournament  
“My favorite JMU lacrosse memory is playing our last fall ball game at the Georgetown tournament in a monsoon to look around to just see all my teammates smiling at the chance to compete and play with each other one last time.”  

<table>
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<tr>
<th>Year</th>
<th>GP-GS</th>
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#19 Meredith Torr  
Sr. Defender  
Political science and Spanish major from Timonium, Md.  
• CAA Commissioner’s Academic Award three times  
• Two-time Baltimore Sun All-Baltimore City at Bryn-Mawr H.S.  
“I chose my major because I had a great experience traveling abroad in Spain and might like to work in the international political community.”  

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<tr>
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<th>Pts</th>
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<td>13</td>
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<td>Totals</td>
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<td>2</td>
<td>2</td>
<td>25</td>
<td>8</td>
<td>18</td>
<td>18</td>
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</table>
#1 Diana Apel
Jr. Defender
Health services administration major with a minor in business 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
“The JMU lacrosse team is a group of girls with all different personalities coming together to make a family.”

#11 Mary Kate Lomady
Jr. Attacker
Interdisciplinary liberal studies major with a concentration in early childhood education from Abington, Pa.
• Led JMU in goal-scoring 2009
• Two-time US Lacrosse All-America first team at Abington H.S.
• Set school’s season scoring record as a junior
“I chose my major because I like teaching and working with younger kids.”

Liz Walsh
Redshirt Jr. Student Coach
Kinesiology major with a concentration in physical and health education and a minor in coaching from Liverpool, N.Y.
• CAA Commissioner’s Academic Award two times
• 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
“The teammate I admire the most is Kimmy G (Griffin) because she has gone through so much and always has a positive attitude.”

Career GP-GS G A Pts GB CT DC
2007-Fr. 2-0 1 0 1 0 0 0 0
2008-So. 4-0 1 0 1 2 1 0
Totals 6-0 2 0 2 2 1 0

Career GP-GS G A Pts GB CT DC
2008-Fr. 16-4 2 0 2 13 5 5
2009-So. 15-14 0 0 0 20 8 2
Totals 31-18 2 0 2 33 13 7
#2 Lexy Schwabenland
Jr. 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 view on campus is from the top of the parking deck because you can see the entire campus and it’s an exceptionally good sunset view.”

#3 Meghan Wienecke
Jr. Defender
Kinesiology major with a concentration in physical and health education from Baltimore, Md.
- CAA Commissioner’s Academic Award
- All-division at Towson H.S.
- Member of a state runner-up team and a regional champion team at Towson

“The JMU lacrosse team is the best group of girls anyone could ever ask to play with.”

#15 Caitlin Sullivan
Jr. Midfielder
Communications sciences and disorders major with a concentration in exceptional education from Kennesaw, Ga.
- CAA Commissioner’s Academic Award
- 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

“I chose my major because I have always wanted to help people and be involved in medicine. Training for a career in speech pathology is just the best fit for me because I get a chance to help people in need.”
#10 Alex Menghetti
Redshirt So. Goalkeeper
Physical education major with a minor in coaching 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 Phantastixs club

“The best view on campus is from my apartment porch because you can see the beautiful mountains and see the sun rise.”

<table>
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<th>Career</th>
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<th>Min</th>
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<td>56</td>
<td>97</td>
<td>12.11</td>
<td>.366</td>
<td>17</td>
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</table>

#12 Cally Chakrian
So. Defender
Physical education major with a concentration in coaching from East Meadow, N.Y.
- CAA All-Rookie Team 2009, when she led JMU in ground balls
- 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

“My favorite JMU lacrosse memory is when we went to Disney World for spring break.”

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<td>26</td>
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#5 Annie Brophy
So. Midfielder
Media arts and design major with a minor in computer information systems from Berwyn, Pa.
- CAA Commissioner’s Academic Award
- U.S. Lacrosse All-America at Archbishop Carroll H.S.
- Member of four Catholic League champion teams at Archbishop Carroll
- Played with Phantastix club

“The JMU lacrosse team is an eclectic group of fun, hardworking laxers.”

<table>
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<th>Career</th>
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<td>12</td>
<td>6</td>
<td>7</td>
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</table>
#6 Caitlin McHugh
So. Midfielder
Health sciences major with a concentration in health studies from Westminster, Md.
• CAA Commissioner’s Academic Award
• Team leader in goals and assists 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 my major because I have always wanted to help and cure people in the medical field and make a difference in their lives.”

<table>
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<tr>
<th>Career</th>
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#18 Ariel Lane
So. 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
“My favorite JMU lacrosse memory is when we played the U.S. World Cup team during preseason play.”

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<th>Career</th>
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#8 Ashley Kimener
So. Midfielder
Psychology major from Oakton, Va.
• CAA All-Rookie Team 2009
• 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 best view on campus is from Wilson Hall because the Quad is very pretty.”

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<td>6</td>
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</table>

For more, visit JMUSports.com
#13 Alex Napoli
So. Attacker
Nursing major from Highland, Md.
- CAA Commissioner’s Academic Award
- 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
“The teammate I admire the most is Kimmy G (Griffin) because she is resilient and even when things are hard she maintains an awesome attitude and always puts the team first.”

<table>
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<th>Year</th>
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#7 Casey Ancarrow
Redshirt Fr. Midfielder, Attacker
Psychology major with a minor in religion from Jarrettsville, Md.
- CAA Rookie of the Week after her first college game
- 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 dream job is working to end oppression in Africa while somehow coaching lacrosse.”

<table>
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<tr>
<th>Year</th>
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<td>12</td>
<td>5</td>
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<td>6</td>
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<td>Totals</td>
<td>4-4</td>
<td>10</td>
<td>2</td>
<td>12</td>
<td>5</td>
<td>2</td>
<td>6</td>
</tr>
</tbody>
</table>

#25 Monica Zabel
So. Attacker
International affairs major with a minor in Spanish from Ellicott City, Md.
- CAA All-Rookie Team 2009
- CAA Commissioner’s Academic Award
- All-Metro Baltimore Sun and All-Metro Washington Post at Mt. Hebron H.S.
- Member of three state champion teams at Mt. Hebron
- M&D club team member for six years
“My favorite JMU lacrosse memory is getting to play the USA team in World Cup year.”

<table>
<thead>
<tr>
<th>Year</th>
<th>GP-GS</th>
<th>G</th>
<th>A</th>
<th>Pts</th>
<th>GB</th>
<th>CT</th>
<th>DC</th>
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<tr>
<td>2009-Fr.</td>
<td>16-15</td>
<td>13</td>
<td>12</td>
<td>25</td>
<td>18</td>
<td>14</td>
<td>39</td>
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<tr>
<td>Totals</td>
<td>16-15</td>
<td>13</td>
<td>12</td>
<td>25</td>
<td>18</td>
<td>14</td>
<td>39</td>
</tr>
</tbody>
</table>
#20 Alisa Konishi
Redshirt Fr. Goalkeeper
Health studies Goalkeeper with minors in biology and pre-physician’s assistant from Littleton, Colo.
• CAA Commissioner’s Academic Award
• 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

“The teammate I admire the most is Cally (Chakrian) because she never gives up and fights until the end with or without recognition.”

#22 Rebecca McLouth
Redshirt Fr. Midfielder
Kinesiology major with a concentration in physical and health education teacher education 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

“My favorite JMU lacrosse memory is singing on the bus before our last game at George Mason.”
#24 Emily Biondi
Fr. Midfielder
From Brewster, N.Y.
• Five-time all-league at Brewster H.S.
• Her Hudson Valley team was runner-up at 2007 Empire State Games
• Career totals of 265 goals and 63 assists plus 2009
“Something about me that would surprise people is I used to be a competitive figure skater.”

#4 Jess Giles
Fr. Midfielder
Kinesiology major from Ellicott City, Md.
• Four-time All-Howard County at national champion Mount Hebron H.S.
• Scored winning goal in 2007 state championship game
• All-Galaxy first team as a member of M&D ‘09 Black club team
“The accomplishments of which I am proudest are winning state championships and nationals at Mount Hebron.”

#9 Kelsey MacDonald
Fr. Midfielder
Finance/accounting major from Glyndon, Md.
• All-America honorable mention at Bryn Mawr H.S.
• Selected for Mid-Atlantic team for US Lacrosse National Tournament two years.
• Played with TLC club
“I chose to come to JMU because of the people, campus and academics.”
#16 Amanda Mathews  
Fr. Defender  
Biology or health sciences major from Ellicott City, Md.  
• Two-time first team All-Howard County at regional champion Centennial H.S.  
• Member of M&D club team that won Galaxy League tournament  
“My favorite lacrosse memory is being the first team in Howard County to beat Mount Hebron in 18 years.”

#14 Megan Piotrowicz  
Fr. Attacker  
Nursing major from Plymouth Meeting, Pa.  
• Three-time All-Suburban One League at Plymouth Whitemarsh H.S.  
• Team scoring leader three seasons with career totals of 209 goals and 50 assists  
• Played with Phantastix Elite club  
“My favorite thing about playing lacrosse is when your teammates become your best friends.”

#31 Nicole Stiles  
Fr. Defender  
From Mooresville, N.C.  
• All-Western Conference at Lake Norman H.S.  
• Formerly a three-year player at John Jay H.S. (South Salem, N.Y.)  
“The accomplishments of which I am proudest are when I made my grandma this really cool scrapbook and playing lacrosse at JMU!”
<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Elig.</th>
<th>Position</th>
<th>Hometown</th>
<th>High School/Last School</th>
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<tr>
<td>7</td>
<td>Ancarrow, Casey</td>
<td>Fr.-r</td>
<td>Attacker</td>
<td>Jarretsville, Md.</td>
<td>John Carroll</td>
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<tr>
<td>1</td>
<td>Apel, Diana</td>
<td>Jr.</td>
<td>Defender</td>
<td>Glenwood, Md.</td>
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<tr>
<td>24</td>
<td>Biondi, Emily</td>
<td>Fr.</td>
<td>Midfielder</td>
<td>Brewster, N.Y.</td>
<td>Brewster</td>
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<tr>
<td>5</td>
<td>Brophy, Annie</td>
<td>So.</td>
<td>Midfielder</td>
<td>Bervyn, Pa.</td>
<td>Archbishop Carroll</td>
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<tr>
<td>12</td>
<td>Chakrian, Cally</td>
<td>So.</td>
<td>Defender</td>
<td>East Meadow, N.Y.</td>
<td>East Meadow</td>
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<tr>
<td>4</td>
<td>Giles, Jessica</td>
<td>Fr.</td>
<td>Midfielder</td>
<td>Ellicott City, Md.</td>
<td>Mount Hebron</td>
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<tr>
<td>21</td>
<td>Griffin, Kim</td>
<td>Sr.-r</td>
<td>Midfielder</td>
<td>Jarretsville, Md.</td>
<td>North Harford</td>
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<tr>
<td>36</td>
<td>Kelly, Morgan</td>
<td>Sr.</td>
<td>Goalkeeper</td>
<td>Annapolis, Md.</td>
<td>St. Mary’s</td>
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<tr>
<td>8</td>
<td>Kimener, Ashley</td>
<td>So.</td>
<td>Midfielder</td>
<td>Oakton, Va.</td>
<td>Oakton</td>
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<tr>
<td>20</td>
<td>Konishi, Alisa</td>
<td>Fr.-r</td>
<td>Goalkeeper</td>
<td>Littleton, Colo.</td>
<td>J.K. Mullen</td>
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<tr>
<td>18</td>
<td>Lane, Ariel</td>
<td>So.</td>
<td>Attacker</td>
<td>Vero Beach, Fla.</td>
<td>Vero Beach</td>
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<tr>
<td>33</td>
<td>Lines, Susan</td>
<td>Sr.</td>
<td>Defender</td>
<td>South Windsor, Conn.</td>
<td>South Windsor</td>
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<tr>
<td>11</td>
<td>Lomady, Mary Kate</td>
<td>Jr.</td>
<td>Attacker</td>
<td>Abington, Pa.</td>
<td>Abington</td>
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<tr>
<td>9</td>
<td>MacDonald, Kelsey</td>
<td>Fr.</td>
<td>Midfielder</td>
<td>Glyndon, Md.</td>
<td>Bryn Maw</td>
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<tr>
<td>27</td>
<td>Maier, Michelle</td>
<td>Sr.</td>
<td>Attacker</td>
<td>Massapequa Park, N.Y.</td>
<td>Our Lady of Mercy</td>
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<td>16</td>
<td>Mathews, Amanda</td>
<td>Fr.</td>
<td>Defender</td>
<td>Ellicott City, Md.</td>
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<td>6</td>
<td>McHugh, Caitlin</td>
<td>So.</td>
<td>Midfielder</td>
<td>Westminster, Md.</td>
<td>Mercy</td>
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<tr>
<td>22</td>
<td>McLouth, Rebecca</td>
<td>Fr.-r</td>
<td>Midfielder</td>
<td>Cincinnati, Ohio</td>
<td>Sycamore</td>
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<td>10</td>
<td>Menghetti, Alex</td>
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<td>Goalkeeper</td>
<td>Media, Pa.</td>
<td>Penncrest</td>
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<td>Napoli, Alex</td>
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<td>Attacker</td>
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<td>River Hill</td>
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<td>14</td>
<td>Piotrowicz, Megan</td>
<td>Fr.</td>
<td>Attacker</td>
<td>Plymouth Meeting, Pa.</td>
<td>Plymouth-Whitemarsh</td>
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<td>2</td>
<td>Schwabenland, Lexy</td>
<td>Jr.</td>
<td>Defender</td>
<td>Annapolis, Md.</td>
<td>Broadneck</td>
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<td>31</td>
<td>Stiles, Nicole</td>
<td>Fr.</td>
<td>Defender</td>
<td>Mooresville, N.C.</td>
<td>Lake Norman*</td>
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<td>15</td>
<td>Sullivan, Caitlin</td>
<td>Jr.</td>
<td>Midfielder</td>
<td>Kennesaw, Ga.</td>
<td>Harrison</td>
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<td>19</td>
<td>Torr, Meredith</td>
<td>Sr.</td>
<td>Defender</td>
<td>Timonium, Md.</td>
<td>Bryn Maw</td>
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<td>Wienecke, Meghan</td>
<td>Jr.</td>
<td>Defender</td>
<td>Baltimore, Md.</td>
<td>Towson</td>
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<td>25</td>
<td>Zabel, Monica</td>
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<td>Attacker</td>
<td>Ellicott City, Md.</td>
<td>Mt. Hebron</td>
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<td></td>
<td>Walsh, Liz</td>
<td>Jr.-r</td>
<td>Student Coach</td>
<td>Liverpool, N.Y.</td>
<td>Liverpool</td>
</tr>
</tbody>
</table>
History
National Team

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 IWLCA 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

Nora Maguire ‘92
• U.S. Under-23 Team 1991
• U.S. Squad 1989, 1990, 1992
• All-America 1990, 1991, 1992
• 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

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
• All-CAA 2005, 2006, 2007
• CAA Player of the Year 2006
• CAA Tournament MVP 2006

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

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
Megan Riley ’99
- U.S. Developmental Team 1998
- U.S. Squad 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

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

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

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)

Jess Marion ’00
- U.S. Developmental Team 1998
- U.S. Squad 1999
- IWLCA National Midfielder of the Year 2000
- All-South 1998, 1999, 2000
- CAA Player of the Year 2000
- All-CAA 1999, 2000
- Shares school season record for draw controls (55)

Others include Kathy Altemus ’90 • Amy Brew ’00 (pictured on page 25) • Diane Buch ’88 • Johanna Buchholz ’05 • Rosheen Campbell ’94 (pictured on page 22) • Carolyn Carr ’95 (pictured on page 23) • Traci Davis ’79 • Natasha Fuchs ’08 • Diane Hallowell ’94 (pictured on page 23) • Danyel Heffernan ’95 • Lucy Lynch ’08 • Heidi Rogers ’82 • Tracy Schnappinger ’89 • Kim Stark ’88 • Julie Weiss ’00 (pictured on page 24)

For more, visit JMUSports.com
History

All-Americas

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)

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

Dukes have earned All-America honors 47 times

Others (with years honored) include
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

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)

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-SAC 1991

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

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

For more, visit JMUSports.com
History
NCAA Tournaments

- JMU has qualified for the NCAA Tournament nine times in the last 15 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

Julie Martinez
- All-America 1998, 2000
- All-South 1998, 2000

Julie Weiss ‘00
- U.S. Developmental Team 1998

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

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

For more, visit JMUSports.com
Amy Brew ’00
• U.S. Developmental Team 1998
• All-America 1998, 1999, 2000
• All-South 1998, 1999, 2000
• All-CAA 1998, 1999, 2000
• CAA Rookie of the Year 1997

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

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

JMU’s 2000 NCAA Final Four Team

For more, visit JMUSports.com
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 16 seasons

JMU in the CAA*
- Defensive Player of the Year 2003, 2006, 2007
- Rookie of the Year 1996, 1997
- 97 All-CAA selections
- 22 CAA All-Tournament team selections

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

For more, visit JMUSports.com

The CAA extends from Boston in the north to Atlanta in the south.

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

Annie Wagner ‘08
- CAA Player of the Year 2007
- Tewaaraton Trophy watch list 2007, 2008
- Preseason All-America 2008
- All-South 2007

By the numbers
- 12 member schools
- 8 states represented
- 5 of the nine largest television markets in the nation -- New York (1), Philadelphia (4), Boston (6), Washington, D.C, (8) and Atlanta (9)

The Dukes’ 2006 CAA Championship celebration

JMU fans celebrate at the 2007 CAA championship

JMU’s 2006 CAA Champion and NCAA quarterfinal team

For more, visit JMUSports.com
JMU’s beautiful campus includes 108 major buildings on 696 acres. The original campus is built around the Quadrangle, where buildings are constructed of native blue limestone and have ivy coverings.

The University’s 18,000 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, 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: 60/40
- Student/Professor Ratio: 17/1
- Average Class Size: 29
For more, visit JMUSports.com
• U.S. News & World Report in its 2009 America’s Best Colleges guidebook ranked JMU first in the South among public universities for the 15th straight year.

• 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 2009 ranked JMU 28th 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 2009 ranked JMU’s College of Business 16th nationally among business schools at public universities and 44th among all universities.

• 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.

• JMU is recognized as one of the nation’s top 50 “Best Value” public universities in the 2009 Princeton Review “Best Value Colleges.” The list recognizes schools that provide high-quality academics at a reasonable price.”
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.

Dr. Linwood H. Rose
James Madison University President
Academic Advising

- Located in the Plecker Athletic Performance Center, named in honor of Robert & Frances Plecker
- A $10 million state-of-the-art athletic support facility
- Computer lab with more than 30 work stations
- Student-athlete lounge
- Tutoring and small group meeting facilities

Plecker Center also houses
- 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
Strength & Conditioning

- 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

Corey Anderson
Strength & Conditioning Coach
Texas State '05
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

Stephanie Demers, ATC
Team Athletic Trainer
Quinnipiac ’08

Tom Kuster, ATC
Assistant Athletics Director for Sports Medicine
James Madison ’95

Dr. Kent Diduch
Team Physician

Dr. Mark Miller
Team Orthopedic Surgeon

For more, visit JMUSports.com
Lacrosse

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:
Lacrosse
James Madison University
800 S Main St MSC 2301
Harrisonburg, VA 22807
(For overnight delivery, add Godwin 332 to address)

Head Coach
Shelley Klaes-Bawcombe, (540) 568-3618
klaessc@jmu.edu

Assistant Coaches
Kristin Hopson, (540) 568-7356
hopsonkf@jmu.edu
Meg Dentler, (540) 568-6326
dentlemk@jmu.edu

Administrative Assistant
Cassidy Zaccaria, (540) 568-6692

Strength & Conditioning Coaches
Corey Anderson
Justin Jones

Directions & Maps
A map of the JMU campus (including a PDF printable map) is available at www.jmu.edu/mapping. For directions visit JMUSports.com and click on Facilities.

Credits:
Interior Layout Special Assistance: Teresa Craig
Photography: Cathy Kushner, Diane Elliott, David Lonnquest, Tommy Thompson, and others