

# VRGINA TEGH 2001 Lacrosse



Coach Brooke Martin and the Hokies look forward to competing in the BIG EAST.

#### 2001 SCHEDULE

Feb.	27	at Duke	4 p.m.
Mar.	3	RUTGERS*	1 p.m.
	7	Georgetown*	1 p.m.
		( at Disney World)	
	13	NOTRE DAME*	4 p.m.
	17	MONMOUTH	4 p.m.
	21	at James Madison	3 p.m.
	27	at North Carolina	5 p.m.
	31	at Boston College*	12 p.m.
Apr.	4	VANDERBILT	3 p.m.
	7	GEORGE MASON	1 p.m.
	10	at Virginia	7 p.m.
	15	at Ohio State	12 p.m.
	21	at Connecticut*	12 p.m.
	25	at Davidson	4 p.m.
	28	SYRACUSE*	1 p.m.
Horr	ne ga	mes in ALL CAPS	

\*BIG EAST Conference games

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The 2001 Virginia Tech Lacrosse Media Guide was written and edited by Assistant SID Bill Dyer. Photography, layout and design by Assistant SID David Knachel. Printing by Southern Printing Company of Blacksburg, Va. Special thanks to Brooke Martin and the lacrosse staff for their assistance.

#### **QUICK FACTS**

Location: Blacksburg, Va. Enrollment: 25.000 President: Dr. Charles Steger Director of Athletics: Jim Weaver Colors: Chicago maroon and burnt orange Founded: 1872 Nickname: Hokies Affiliation: Division I Conference: BIG EAST Stadium (Capacity): Johnson-Miller Complex (1,000) Head Coach: Brooke Martin (Virginia Tech, 1996) Overall Record & Years: 28-20 (3 years) Record at School & Years: 28-20 (3 years) **Assistant Coaches:** Alivian Coates (James Madison, 2000), Jessica Marion (James Madison, 2000) **Volunteer Assistant Coach:** Melissa Herman (Virginia Tech, 1999) Sports Information Contact: Bill Dyer SID Office Phone: (540) 231-8852 or (540) 231-6726 SID Fax: (540) 231-6984 SID Home Phone: (540) 552-8461 SID Email: wdyer@vt.edu Virginia Tech Homepage: www.hokiesports.com 2000 Overall Record: 9-8 2000 Conference Record & Finish: 5-1/Third in the Atlantic 10 Starters Returning/Lost: 7/5 Letterman Returning/Lost: 23/5 **Key Returning Players:** Sam Sybert (So., M) Karen Diacont (Sr., A) Stacy Rainbolt (Sr., GK) Jane Poole (Jr., A)

**On the cover:** Senior co-captain Stacey Rainbolt (*center*) is surrounded by (*clockwise from top left*) senior Kate Bjorke, redshirt junior co-captain Lisa Givens, senior co-captain Karen Diacont and redshirt junior co-captain Jill Engle.



# 2001 Outlook

### With A New Conference, Hokies Are Set To Challenge For National Honors

Coming off of three straight winning seasons, Virginia Tech lacrosse is looking to build on the success of the past in its goal to become one of the nation's premier programs. With a solid base of victories forming the foundation, this year's team looks to the new challenges provided by joining the BIG EAST Conference as a means of reaching their goals.

As a primer for the season, expect the Hokies to be a very aggressive, athletic unit that will use great team chemistry and smart play to make a run at the upper echelon of the BIG EAST Conference. Head coach Brooke Martin expects the Hokies to use solid fundamentals and teamwork to put goals in the net and stop opponents from doing the same.

An experienced group of upperclassmen and a deep and talented freshman class will drive the Hokies on their run at the conference title and a berth in the NCAA Tournament. This is a team that can be effective in every aspect of the game. Outstanding players are numerous on this year's team; any number of Hokies can and will be a threat to opponents this season.

With a strength of schedule that's ranked 14<sup>th</sup> nationally, the Hokies will be challenged every game. But in order to be a national caliber team, you must play strong competition. Playing lacrosse for Tech means, playing the best and becoming one of the nation's elite programs.

Team chemistry is always one of the most important ingredients of a successful team and this year's Hokies should use outstanding teamwork both on and off the field in their drive to the top tier.



Katie Madden will see increased playing time in the midfield in 2001.

Jane Poole returns to the Hokie defense this season.

#### **OFFENSE**

Virginia Tech will continue to be a high-powered offense, but this season, the goals will come from a large number of players. Every player on the field will be a threat to opposing defenses. Senior attack Karen Diacont, the top returning scorer from a year ago, will anchor the attack from her third home position. Sophomore Kellyn Hentz at first home and junior Jane Poole at second home will join the senior co-captain up front.

Diacont, the leader of a very versatile unit, recorded 23 goals in 2000, while starting every game at center. Poole, the team's No. 5 scorer a year ago with 18 goals also started every contest, giving the front lines tremendous experience. Hentz recorded 10 goals and 14 points as a freshman, allowing her to become an offensive force in her freshman season. Hentz continues to improve her overall game and has become more than just a scorer. Versatility is a strength to this season's team and affords the coaching staff a number of options to work with this season.

Lacey Dieringer, Lauren Kenney, Katie Madden and Deanna Cannon are top-quality players who will add significant firepower to the offense. Also expected to see significant playing time for the Hokies on attack are sophomores Kate Mueller and Lindsay Ringle. This wealth of depth should allow the coaching staff to keep fresh players on the field and run an up-tempo offense.

In the midfield, with Diacont moving from center, expect Sam Sybert to step in and become the force in the middle for the Hokies. She started every game for Tech last season and possesses the skills to become one of the top players at Tech for years to come. She is a threat to the opposition at whichever position she plays. Highly touted freshman Lindsey Welch and sophomore Lisa Tsimbidis will start on the wing for the Hokies. Even as a freshman, Welch's attacking skills are already at a collegiate level. Tsimbidis moves from attack to the wing, where her speed and crafty stick skills will make her one of the nation's top players. A pair of freshmen, Kerry Anderson, Ashley Maza and Rachel Urban should also see significant action on the wings.

#### DEFENSE

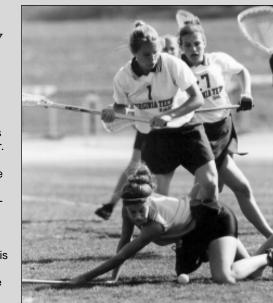
The backbone of any good defense is the goal. Tech is fortunate to return senior co-captain Stacey Rainbolt. The starter in all 17 games in 2000, Rainbolt will lend great experience and intelligence to the defense.

Backing Rainbolt will be freshman Jamie McGraw, who brings the quickness and focus needed to be a top-level collegiate goalie. Lauren DeSomma will also see significant playing time in the goal.

The defensive wings should be manned this season by junior co-captain Lisa Givens and senior Kate Bjorke. Bjorke started all 17 games in 2000 and was seventh on the team with 21 points, while Givens will be returning to the line-up after missing all of last season with two knee surgeries. Givens was sorely missed last season and Bjorke is one of the most consistent and poised players on the team

Also in the midfield, freshmen Kathleen Coolahan and Jessie Goertler will be counted on to contribute immediately. Both players possess the speed and game knowledge needed in the Hokies fast-paced philosophy.

Carrie Birely, who started all 17 games last season, returns at cover point for the Hokies. She is the team's top defender. She will be joined on the line defense by senior cocaptain Jill Engle and junior Kim Geis. Engle is a strong, quick athlete who will be the last line of defense and Geis, who



Jill Engle is a Hokie co-captain this season.

returns after missing the fall with knee surgery, is an in-your-face-defender and is an integral part of the Hokies midfield transition.

#### 2001 VIRGINIA TECH ROSTER

1Jill EngleD5-6r-Jr.Falls Church, Va. (McLean)2Kellyn HentzA5-5So.Hampstead, Md. (North Carroll)3Kate MuellerA5-5So.Clifton, Va. (Centreville)4Kerry AndersonM/A5-4Fr.Gambrills, Md. (Severn School)5Lindsay RingleA5-7So.Arnold, Md. (St. Mary's)6Rachel UrbanA5-7Fr.Linthicum, Md. (McDonogh)7Lauren KenneyA5-6So.Clifton, Va. (Centreville)8Lacey DieringerA5-9Fr.Davidsonville, Md. (St. Mary's)9Amanda CountsD5-9Fr.Eavidsonville, Md. (South River)10Lindsey WelchM5-4Fr.Englewood, Colo. (Cherry Creek)11Meredith BarryD5-8Fr.Davidsonville, Md. (South River)12Kate BjorkeM5-2Sr.Annapolis, Md. (Annapolis)13Ashley MazaM5-5Fr.Bidgewater, N.J. (Bridgewater-Raritan)15Kathleen CoolahanM5-4So.Baltimore, Md. (Broadneck)19Lisa TsimbidisA5-4So.Baltimore, Md. (Broadneck)19Lisa TsimbidisA5-4So.Baltimore, Md. (Good Counsel)21Catie VissoeD5-6So.Long Valley, N.J. (West Morris Central)22Katie MaddenM5-10So.Gambrills, Md. (Garrison F	No.	Name	Pos.	Ht.	Yr.	Hometown (High School)
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17Hillary FayM/A5-9Fr.Medford, N.J. (Shawnee)18Carrie BirelyD5-8Jr.Annapolis, Md. (Broadneck)19Lisa TsimbidisA5-4So.Baltimore, Md. (Parkville)20Kiersten HuberD5-9So.Timonium, Md. (St. Paul's School)21Catie VissoeD5-6So.Long Valley, N.J. (West Morris Central)22Katie MaddenM5-10So.Gaithersburg, Md. (Good Counsel)23Karen DiacontA5-5Sr.Gambrills, Md. (Arundel)25Deana CannonM5-6So.Latham, N.Y. (Shaker)26Jessie GoertlerM/A5-6Fr.Ellicott City, Md. (River Hill)27Sarah DuffyD5-6So.Hatboro, Pa. (Upper Moreland)28Carey Ann AprahamiamD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	13	Ashley Maza	Μ	5-5	Fr.	Bridgewater, N.J. (Bridgewater-Raritan)
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22Katie MaddenM5-10So.Gaithersburg, Md. (Good Counsel)23Karen DiacontA5-5Sr.Gambrills, Md. (Arundel)25Deana CannonM5-6So.Latham, N.Y. (Shaker)26Jessie GoertlerM/A5-6Fr.Ellicott City, Md. (River Hill)27Sarah DuffyD5-6So.Hatboro, Pa. (Upper Moreland)28Carey Ann AprahamiamD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	20	Kiersten Huber	D	5-9	So.	Timonium, Md. (St. Paul's School)
23Karen DiacontA5-5Sr.Gambrills, Md. (Arundel)25Deana CannonM5-6So.Latham, N.Y. (Shaker)26Jessie GoertlerM/A5-6Fr.Ellicott City, Md. (River Hill)27Sarah DuffyD5-6So.Hatboro, Pa. (Upper Moreland)28Carey Ann AprahamiamD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	21	Catie Vissoe	D	5-6	So.	Long Valley, N.J. (West Morris Central)
25Deana CannonM5-6So.Latham, N.Y. (Shaker)26Jessie GoertlerM/A5-6Fr.Ellicott City, Md. (River Hill)27Sarah DuffyD5-6So.Hatboro, Pa. (Upper Moreland)28Carey Ann AprahamiamD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	22	Katie Madden	Μ	5-10	So.	Gaithersburg, Md. (Good Counsel)
26Jessie GoertlerM/A5-6Fr.Ellicott City, Md. (River Hill)27Sarah DuffyD5-6So.Hatboro, Pa. (Upper Moreland)28Carey Ann AprahamiamD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	23	Karen Diacont	А	5-5	Sr.	
27Sarah DuffyD5-6So.Hatboro, Pa. (Upper Moreland)28Carey Ann AprahamiamD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	25	Deana Cannon	Μ	5-6	So.	Latham, N.Y. (Shaker)
28Carey Ann Aprahamiam Just GivensD5-8Fr.Towson, Md. (Garrison Forest)29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	26	Jessie Goertler	M/A	5-6	Fr.	Ellicott City, Md. (River Hill)
29Lisa GivensM5-4r-Jr.Crofton, Md. (Arundel)30Jamie McGrawGK5-5Fr.Annapolis, Md. (St. Mary's)31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	27	Sarah Duffy	D	5-6	So.	Hatboro, Pa. (Upper Moreland)
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31Samantha SybertM5-5So.Reston, Va. (South Lakes)32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	29	Lisa Givens	Μ	5-4	r-Jr.	Crofton, Md. (Arundel)
32Jane PooleA5-5Jr.Charlottesville, Va. (Western Albemarle)33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	30	Jamie McGraw	GK	5-5	Fr.	Annapolis, Md. (St. Mary's)
33Lauren DeSommaGK5-4Jr.Burke, Va. (Lake Braddock)35Kim GeisM5-7Jr.Blue Bell, Pa. (Wissahickon)	31	Samantha Sybert	Μ	5-5	So.	Reston, Va. (South Lakes)
35 Kim Geis M 5-7 Jr. Blue Bell, Pa. (Wissahickon)		Jane Poole	А	5-5	Jr.	Charlottesville, Va. (Western Albemarle)
				5-4	Jr.	
44 Stacey Rainbolt GK 5-7 Sr. New Carrollton, Md. (Elizabeth Seton)						
	44	Stacey Rainbolt	GK	5-7	Sr.	New Carrollton, Md. (Elizabeth Seton)

Head Coach: Brooke Martin Assistant Coaches: Alivian Coates, Jess Marion, Melissa Herman Others expected to see significant action for the Hokies are sophomores Catie Vissoe, Sarah Duffy, Kiersten Huber and freshmen Carey Ann Aprahamian, Amanda Counts, Hillary Fay and Meredith Barry. Vissoe, Duffy and Huber, who gained valuable experience as freshmen, will be expected to contribute early for the Hokies.

#### SCHEDULE

Virginia Tech has always competed at the highest level and with the addition of the BIG EAST opponents, the Tech schedule will be the most challenging in school history. The Hokies will open the season with perennial power Duke before the calendar turns to March.

Seven teams from last season's NCAA Tournament highlight the Hokies schedule, including the home finale with BIG EAST foe Syracuse. Road contests against the nation's elite include trips to the aforementioned Duke, Georgetown, North Carolina, Virginia and Final Four participant James Madison. Other non-conference games include Monmouth, Vanderbilt, George Mason, Ohio State and Davidson.

A six-game BIG EAST schedule begins at home on March 3 against Rutgers. Other home league opponents are Notre Dame and Syracuse.

3

## **BROOKE MARTIN** Head Coach



In her three seasons as the head coach at Tech, Brooke Martin has guided the program to new heights each year and now has the team ranking among the nation's best. With this season's BIG EAST schedule, Martin will guide the Hokies into new challenges.

Martin has enjoyed three successful seasons at the helm. In her first season, Tech won an all-time high eight games and then 11 wins in 1999 became the new

mark. The Hokies have posted winning records in all three of her seasons as head coach, despite an ever-strengthening schedule.

In 1999, the Hokies finished 11-6, won the first Atlantic 10 Conference championship and finished 20th in the national polls. For her efforts, Martin was honored as the conference's coach of the year. Martin, who was a Tech assistant, took the reins as interim head coach just weeks prior to the start of the 1998 season. The Charlottesville, Va., native handled the transition with ease and led the Hokies to an 8-6 record.

Martin helped build the Tech program from the ground up,

serving as Tech's team captain in 1995 and 1996. A tough-as-nails competitor, she helped lead the Hokies in their inaugural campaign and to their first winning season in 1996.

In her two seasons as a player at Tech, Martin set numerous defensive records. She still holds the Tech career block record as well as the single season mark. Perhaps her most impressive mark at Tech is her record for most consecutive minutes played. The Hokie captain logged 987 consecutive minutes in her two seasons of play in Blacksburg.

Martin joined the Tech coaching staff after serving as the head coach for Victoria's junior and senior state teams in Australia. She helped lead both squads to runner-up spots in the Australian National Championships while combining for an impressive 10-2 record in her first season as a head coach. She also trained as a player with the Australian National Lacrosse Team and competed for the Williamstown Lacrosse Club.

After graduating from Tech in 1996, Martin pursued her master's in exercise physiology at the University of Virginia. She also served as assistant strength and conditioning coach for the Cavaliers. Martin is married to Virginia All-American goalie, James Ireland. They reside in the Blacksburg area.

### **ALIVIAN COATES** Assistant Coach



Alivian Coates is in her first year as an assistant lacrosse coach for Virginia Tech. Her primary responsibilities are recruiting, defense and midfield, on-field coaching, practice and game preparations.

Coates was a four-year letterwinner in lacrosse at James Madison University, where she was a teammate of fellow assistant Jessica Marion. A defender, Coates was a two-time All-America and

### JESS MARION Assistant Coach



Jess Marion begins her first season on the coaching staff at Virginia Tech. Her primary responsibilities are with the attack and midfield, practice and game preparation and on-field coaching.

Marion comes to Tech from James Madison University, where she was a fouryear letterwinner in lacrosse for the Dukes and a teammate of fellow Tech assistant Alivian Coates. At JMU, Marion was a three-time All-America selection and All-CAA selection and a member of the 2000 All-NCAA Tournament team. The Dukes made four NCAA appearances, including a trip to the Final Four. JMU also won two CAA titles. She and Marion were co-captains for JMU last season.

Also a standout in the classroom, Coates was a member of the IWLCA and GTE/CoSIDA Academic All-America teams last season.

Coates graduated from JMU in 2000 with honors, with a bachelor's in psychology and a minor in coaching. A native of Charlottesville, Va., Coates is single and lives in the Blacksburg area.

two-time All-CAA selection. She was the 2000 CAA Player of the Year and a finalist for the Honda Broderick Award. She also was awarded the IWLCA Midfielder of the Year. She appeared in four NCAA Tournaments, including the 2000 Final Four, and the Dukes won two CAA titles. She and Coates were co-captains at JMU last season.

She also lettered three seasons for the JMU soccer team, making three NCAA appearances in soccer.

Marion, a native of Annapolis, Md., is a 2000 graduate of JMU with a degree in kinesiology with a minor in coaching. She is engaged to be married next summer to T Riley.

### **MELISSA HERMAN** Volunteer Assistant Coach



After finishing an outstanding fouryear career at Tech, Melissa Herman is in her second season as the Hokies' volunteer assistant coach. Her responsibilities include working with goalkeepers and assisting in practices and on-field game coaching.

The former Melissa Wagner was the starting goalie for Tech from 1996-99 and holds every goalie record in the

history of the school. She holds the top season spots for saves, least amount of goals allowed, goals against average and save percentage. She also holds the career records in the same category.

As a senior, she finished with 200 saves, only allowed 86 goals, ranked 18th in the nation in save percentage (.570) and was among national leaders in goals against average.

A native of Pasadena, Md., Herman graduated in May 1999 with a bachelor's degree in health promotion. She is married to Josh Herman.



The 2001 Virginia Tech lacrosse team — (front, I to r) Lindsey Welch, Kate Bjorke, Lauren DeSomma, Stacey Rainbolt, Jamie McGraw, Kathleen Coolahan, Lisa Tsimbidis; (second row, I to r), Ashley Maza, Kate Mueller, Catie Vissoe, Jane Poole, Kim Geis, Jill Engle, Lauren Kenney, Kellyn Hentz; (third row, I to r), Lisa Givens, Hillary Fay, Meredith Barry, Jessie Goertler, Sarah Duffy, Deana Cannon, Rachel Urban, Kerry Anderson, Karen Diacont; (fourth row), Sam Sybert, Carey Ann Aprahamiam, Lindsay Ringle, Kiersten Huber, Katie Madden, Lacey Dieringer, Carrie Birely, Amanda Counts; (back row) assistant coach Alivian Coates, head coach Brooke Martin and assistant coach Jess Marion.

#### ADMI TRATION AND 20



**Charles Steger** University President



Jim Weaver Director of Athletics



Senior Associate Director of Athletics



Sharon McCloskey David Chambers Associate Director of Athletics for External Affairs



**Tom Gabbard** Associate Director of Athletics for Internal Affairs



Associate Director of Athletics for Administration



**Bill Dyer** Assistant Sports Information Director (Lacrosse Contact)



Trainer



John Ballein Associate Director of Athletics for Football Operations



Lisa Maddox Lacrosse Secretary

Э



**Randy Butt** Assistant Director of Athletics for Financial Affairs



Tim East Assistant Director of Athletics for Marketing and Promotions



Assistant Director of Athletics for Athletic Performance



**Tim Parker** Assistant Director of Athletics for Compliance





Lacrosse Athletic





### Kate Bjorke

5-3 • Sr. • 2VL • Midfield Annapolis H.S. Annapolis, Md.

Will be a leader in the midfield this season ... Is not only a threat on attack, but is an aggressive defender ... Kate is a versatile player who combines her strong stick skills and knowledge of lacrosse to be a dominant player ... 2000: Started all 17 games for the Hokies ... Fifth on the team in minutes played (811) ... Had 14 goals and seven assists for 21 points, good for seventh on the team in scoring ... Fourth on the team with a .483 shooting percentage ... Had two goals in the win over California ... Recorded two goals and two assists in the win over St. Joseph's ... Had two assists in the win at Dusquesne ... 1999: Played in 17 matches and started 14 ... Seventh on the team in ground balls with 23 ... Also had two interceptions, one block and four draw controls ... Six ground balls at Ohio State (4/3) ... Three ground balls against UMass (4/23) ... Caused three turnovers against Duquesne (4/17) ... 1998: Provided strength in the midfield for the Hokies ... Started in 12 of 14 games ... Scored one goal in the Hokies' 18-3 win over Bucknell ... Picked up 17 ground balls and three blocks for the season ... High School: Lettered four years at



defense wing for Coach David Gehrdes at Annapolis High School ... Helped AHS to the 1996 state lacrosse title and a No. 1 national ranking ... Two-time first-team coaches and capital all-county selection ... Twice selected allcounty by the Baltimore Sun ... Also a three-time Washington Post honorable mention all-metro pick ... Three-time participant in the United States Women's Lacrosse Association National School Girls' Tournament ... Also lettered in soccer, basketball and track while at Annapolis ... Personal: Born May 16, 1979 ... Daughter of Mark and Ann Bjorke ... Enrolled in graphic design.

Kate	Kate Bjorke's Stats													
YEAR	GP-GS	MIN	SOG	GLS	AST	TP	SH	то	BL	GB	INT			
1998	14-12	512	3	1	0	1	.333	6	3	17	0			
1999	17-14	631	4	0	0	0		-		23	2			
2000	17-17	811	29	14	7	21	.483	14	0	12	0			
Totals	48-43	1954	36	15	7	22	.417	27	4	52	2			



Karen Diacont 5-5 • Sr. • 2VL • Midfield Arundel H.S. Gambrills, Md.

One of this year's leaders on attack and is co-captain of the team ... A smart player who creates opportunities with her superb stick work ... Versatile player who has an impact on both ends of the field ... 1999 Atlantic 10 All-Conference selection ... 1999 Atlantic 10 All-Tournament Team ... Two-time member of the dean's list ... **2000:** Started all 17 games for the Hokies ... Third on the team in

scoring with 33 points ... Also third in goals (23) and assists (10) ... Gathered 13 groundballs ... Scored two goals and added one assists in the win over Ohio State ... Had a goal and two assists in the win over American ... Had two goals in the loss at Rutgers ... Had three goals (including the team's first two goals) and three assists in the loss at No. 18 Vanderbilt ... Recorded two goals and an assist in the win over California ... Had two goals in the loss at No. 5 UNC ... Had two goals in the win over Davidson ... Wound up the season with two goals in the loss to UMass in the A-10 tournament ... 1999: Started all 17 matches last season ... Fifth on the team in

minutes played with 877 minutes ...



Fourth-leading goal scorer for the Hokies with 23 goals ... Also finished with one assist .....535 attack percentage .... Sixth on the team in ground balls with 24 ... Led team in draw controls with 63 ... Scored at least one goal in nine contests and multiple goals in eight matches ... Scored three goals at Hofstra (3/26) ... Three goals against St. Joseph's (4/11) ... Three goals and three draw controls at Duke (4/20) ... Three goals and three draw controls against Vanderbilt (4/28) ... Three goals and eight draw controls against UMass in the Atlantic 10 Tournament semifinals (5/1) ... Two goals in the championship game against Temple (5/2) ... Registered seven draw controls against Duguesne (4/17) ... One goal and five draw controls against Denver (3/20) ... Three draw controls against Davidson (3/31) and Virginia (4/14) ... 1998: Played a total of 636 minutes as a freshman ... Started in 12 of 14 games ... Contributed four goals and eight assists for the season ... Led the team in draw controls with 45 ... Was awarded the team award for Best Newcomer ... High School: Lettered four years in soccer and lacrosse at Arundel High School ... Selected to the allstate academic team in lacrosse ... Lacrosse second team allcounty selection ... Helped Coach Thomas Degner's soccer squad to the state finals, earning all-county and all-state honors in the process ... Former teammate of current Hokie Lisa Givens ... Personal: Born July 10, 1979 ... Daughter of George and Priscilla Diacont ... Majoring in accounting information systems.

#### **Karen Diacont's Stats**

YEAR	GP-GS	MIN	SOG	GLS	AST	TP	SH	то	BL	GB	INT	
1998	14-12	636	9	4	8	12	.444	11	5	21	2	
1999	17-17	877	43	23	1	24	.535	22	2	24	0	
2000	17-17	822	56	23	10	33	.411	15	0	13	0	
Totals	48-46	2335	108	50	19	36	.463	48	7	58	2	



### Stacey Rainbolt

5-7 • Sr. • 2VL • Goalie Elizabeth Seton H.S. New Carrollton, Md.

Hokies' biggest threat in the cage ... Team co-captain in 2001 ... Will be an excellent anchor for the defense ... A very poised and focused athlete ... Very stable in the goal ... a great mentor for the younger goalies ... 2000: Started all 17 games for the Hokies, playing 913 minutes in the goal ... Recorded 210 saves ... Had an 11.43 goals against average and a .547 save percentage .... 1999: Played in seven matches and started one ... Saw limited time behind former Tech great Melissa Wagner ... Finished with 44 saves from 85 shots and allowing 41 goals ... Posted a 5.83 goals against average ... Also had a .518 save percentage ... Registered nine saves against UMBC (3/19) ... Nine saves against Denver (3/ 20) ... 1998: Played in nine games for the Hokies with a total of 183 minutes ... Faced 71 shots with 40 saves and allowing only 25 goals ... Added one interception for the season ... High School: Lettered four years in lacrosse and soccer at Elizabeth Seton ... Started three years at goalie for Coach Jean Baker's lacrosse squad ... Fifteen shutouts in career ... Was a first-team Washington Catholic Athletic All-Conference pick ... Voted honorable mention all-metro by The Washington Post ... Served as team captain in 1996 and 1997 ... Helped ESHS soccer team to the league title in 1995 ... Started at goalie for four years ... Personal: Born Sept. 27, 1979 ... Daughter of Arthur and Valerie Fridley ... Majoring in psychology.

#### **Stacey Rainbolt's Stats**

YEAR	GP-GS	MIN	SH	SAV	GLS	GAA	SV%	то	BL	GB	INT
1998	9-0	183	71	40	25	8.20	.615	0	0	0	1
1999	7-1	150	85	44	41	16.4	.518	1	0	0	0
2000	17-17	913	451	210	174	11.43	.547	5	0	1	0
Totals	33-18	1246	607	294	240	11.56	.551	6	0	1	1





### Jill Engle

5-6 • r-Jr. • 1VL • Defense McLean H.S. Falls Church, Va.

Co-captain for 2001 season ... Great athlete with awesome work ethic ... Solid defender and a great leader on and off the field ... **2000:** Appeared in all 17 games, starting three times ... Gathered 11 groundballs ... Caused three turnovers ... **1999:** Played in 11 matches and started two ... Saw action in 227 minutes in first season ... Scored against Denver ... Also finished with five ground balls and two draw controls ... **High School:** A three-sport athlete at McLean ... Lettered four years in lacrosse for Coach Demby Sejd ... Earned first team all-district and second team all-region honors ... Was named most valuable player her freshman year ... Was named McLean student athlete of the year ... Also lettered in field hockey and basketball ... **Personal:** Born July 20, 1979 ... Daughter of Denton and Virginia Engle ... Majoring in biology.

#### **Jill Engle's Stats**

	11310 0	ULU									
YEAR	GP-GS	MIN	SOG	GLS	AST	TP	SH	то	BL	GB	INT
1999	11-2	227	1	1	0	1	1.000	4	0	5	0
2000	17-3	430	0	0	0	0	.000	5	1	11	1
Totals	28-5	657	1	1	0	1	1.000	9	1	16	1

Lisa



#### **Givens** 5-4 • r-Jr. • 2VL • Midfield Arundel H.S.

Arundel H.S. Crofton, Md.

Returns to the field after sitting out last season after having knee surgery ... A co-captain for the 2001 season ... A great athlete with tremendous knowledge of the game ... Great speed, tenacity and work ethic ... Athletic Director's Honor Roll ... 1999: Played in all 17 matches and started six ... Finished with eight goals and six assists ... .400 shooting percentage ... 19 ground balls and 18 draw controls ... A goal and an assist at Ohio State (4/3) ... Goal and an assist at La Salle (4/25) ... Scored a goal against UMass in the Atlantic 10 Tournament semifinals (5/1) ... Also notched a goal against Vanderbilt (4/28) ... 1998: Stepped up as a freshman and played in 13 of the Hokies' 14 games ... Started in two games ... Totaled 272 minutes on the field ... Had two goals, two assists, one block and four ground balls ... High School: Lettered three years for the Arundel soccer and lacrosse teams ... Earned allcounty honors in lacrosse in 1996 and 1997 ... Participated in the 1996 United States Women's Lacrosse Association national tournament ... Tabbed academic all-state in 1997 ... All-county pick in soccer in 1997 ... Helped squad to the state finals ... Teammate of current Hokie Karen Diacont ... Personal: Born Nov. 19, 1979 ... Daughter of Christopher and Mary Givens ... Majoring in human services.

#### **Lisa Givens' Stats**

YEAR	GP-GS	MIN S	SOG	GLS	AST	ΤР	SH	то	BL	GB	INT
1998	13-2	272	10	2	2	4	.200	4	1	4	0
1999	17-6	687	20	8	5	13	.400	15	1	19	1
2000	R	edshirt	ed								
Totals	30-8	959	30	10	7	17	.333	19	2	23	1



### Carrie Birely

5-7 • Jr. • 1VL • Defense Broadneck Senior H.S. Annapolis, Md.

A natural defender with her instinct and intuition ... Anchor of the defense ... Mark up defender ... Has great determination and work ethic ... Worked hard to improve her game ... Good communicator ... Fearless player ... **2000:** Started all 17 games as a sophomore ... Led the team with 931 minutes played ... Gathered 16 ground balls ... Caused seven turnovers ... **1999:** Played in 16 games ... Saw limited time, clocking 307 minutes for the season ... Finished



with five ground balls, three blocks and three draw controls ... High School: A four-year starter at attack wing for Coach Lee Ann Shuck at Broadneck Senior ... Earned selection to the All-School Girls' as well as the Select Chesapeake all-star squads ... Earned MVP honors at the Penn State University lacrosse camp ... Personal: Born Jan. 28, 1980 ... Daughter of Richard and Jovce Birely ... Undecided on a major.

#### **Carrie Birely's Stats**

YEAR	GP-GS	MIN	SOG	GLS	AST	TP	SH	то	BL	GB	INT
1999	16-0	307	1	0	0	0	.000	5	3	5	0
2000	17-17	931	0	0	0	0	.000	5	3	16	1
Totals	33-17	1238	1	0	0	0	.000	10	6	21	1



### Lauren DeSomma

5-4 • Jr. • Goalkeeper Lake Braddock H.S. Burke, Va.

Will challenge for the back-up goalie position ... Gives the Hokies solid depth in the crease ... Hard worker in practice ... **2000**: Appeared in seven games in her first collegiate season ... Recorded 12 saves ... **1999:** Redshirted while gaining experience in her first year ... **High School:** Lettered three seasons for Coach Don West at Lake Braddock High School ... Stopped 70 percent of opponents' shots on goal her senior year ... **Personal:** Born Jan. 14, 1980 ... Daughter of Richard DeSomma and Judy DeSomma ... Majoring in civil engineering.

Laur	en De	Somi	na'	s Si	<b>tats</b>						
YEAR	GP-GS	MIN	SH	SAV	GLS	GAA	SV%	то	BL	GB	INT
2000	7-0	119	44	12	15	7.56	.444	0	0	0	0



### Kim Geis

5-7 • Jr. • Defense Wissahicken H.S. Bluebell, Pa.



A transfer from Fairfield who has proven to be a great defender ... A hard worker, good communicator and overall great athlete ... good coverage skills ... 2000: Appeared in 16 games last season, starting five times ... Had two goals and two assists ... Caused eight turnovers and gathered 10 groundballs ... Scored goals against American and Davidson ... Registered assists vs. California and Duquesne ... 1999: Played one year at Fairfield University ...

Earned varsity letter ... **High School:** Two-year letterwinner for Coach Casey Currie at Wissahicken High School ... Also lettered in field hockey in high school ... **Personal:** Born May 19, 1979 ... Daughter of Allan and Ann Davey ... Majoring in biology.

Kim	<b>Geis</b> '	State	S								
YEAR	GP-GS	MIN	SOG	GLS	AST	TP	SH	то	BL	GB	INT
2000	16-5	419	5	2	2	4	.400	6	1	10	1

Jane



#### **Poole** 5-5 • Jr. • 1VL • Attack Western Albermarle H.S.

Charlottesville, Va.

A returner to the Hokie offensive unit ... Very integral part of the attack ... Great stick skills and has a very good understanding of the game ... 2000: Started in all 17 games as a sophomore ... Fifth on the team in scoring, with 18 goals and six assists for 24 points ... Had a .439 shooting percentage ... Had four goals in the win over American and the win at Duquesne ... Recorded two goals in the win over St. Joseph's ... Had two goals and two assists in the win over Davidson ... 1999: Played in 15 games, adding depth off the bench ... Clocked 342 minutes of action ... Finished with seven goals and three assists for 10 points ... Also had seven ground balls, five draw controls and a blocked shot ... Registered two goals and an assist against Denver (3/20) ... Scored two goals against North Carolina (4/7) ... Scored against La Salle (4/25), at Davidson (3/31) and Duquesne (4/17) ... Posted assists at American (4/18) and at Ohio State (4/3) ... High School: Lettered four seasons at attack wing for Coach Jane Ehnot at Western Albemarle High School ... Earned all-area recognition four consecutive years ... Captained the team and was selected

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most valuable player ... Also lettered four seasons in field hockey ... Was team's most valuable player three times ... Earned all-area four straight years and was player of the year twice ... **Personal:** Born June 21, 1980 ... Daughter of Allen and Teri Poole ... Enrolled in exercise and health promotion.

#### **Jane Poole's Stats**

YEAR	GP-GS	MIN	SOG	GLS	AST	ΤР	SH	то	BL	GB	INT
1999	15-0	342	19	7	3	10	.368	9	1	7	0
2000	17-17	740	41	18	6	24	.439	18	0	12	0
Totals	32-17	1082	60	25	9	34	.417	27	1	19	0



### Deanna Cannon

5-6 • So. • Midfield/Defense Shaker H.S. Niskayuna, N.Y.

Will add depth in the midfield for the Hokies this year ... Has stepped up to be a young leader on the team ... Used the offseason well, coming back to school in great condition ... Brings speed and endurance ... Possesses good fundamentals ... Works hard ... 2000: Appeared in 12 games as a freshman ... Played 164 minutes ... Caused one turnover ... High School: Four-year letterwinner for Coach Michelle Kippen at Shaker High School ... Team's most valuable player as a senior ... Two-time member of the Empire Select Team I, advanced to nationals as a senior ... Suburban Council all-star A team ... Named to the New York Empire Open Select Team ... Three-year letterwinner in field hockey and four-year letterwinner in track ... Selected for elite futures program ... Member of Empire State Games Adirondack team ... Named outstanding distance runner and team's most valuable runner ... Two-time all-around best woman athlete ... Personal: Born October 8, 1981 ... Daughter of John and Sandra Cannon ... Enrolled in university studies.

#### Deanna Cannon's Stats

YEAR	GP-GS	MIN S	OG	GLS	AST	TP	SH	то	BL	GB	INT
2000	12-0	164	0	0	0	0	.000	5	0	1	1



### Lacey Dieringer

5-8 • r-So. • Attack St. Mary's H.S. Davidsonville, Md.

Looks to add depth at line attack ... Returns to the team after missing last season due to a knee surgery ... Making her debut after two years out with a knee injury ... Has great stick skills and is a good finisher ... A quiet but deceptive player who will serve as a great threat for the Hokies ... **High School:** Lettered four years for Coach Erika Bristow at St. Mary's High School ... Played the first home position for her team which was ranked No. 1 in the nation in 1997 ... Team also captured the 1997 A.I.S. Championship ... **Personal:** Born Aug. 8, 1980 ... Daughter of Jeff and Suzie Dieringer ... Majoring in residential property management.



### Sarah Duffy

5-6 • So. • Defense Upper Moreland H.S. Hatboro, Pa.

Adds depth to a strong Hokie defense ... A solid and very strong defender with a great work ethic ... Her quick step and aggressive play will serve as a definite force in the defense ... Tenacious player

... Fundamentally solid ... **2000:** Appeared in seven games as a freshman ... **High School:** Three-year letterwinner and four-year team member for Coach Pam Remmey at Upper Moreland High School ... Two-year firstteam all-suburban 1 league ... Two-year second-team all-area selection by the



Montgomery County Record ... First-team all-area by the Philadelphia Inquirer as a senior ... Second-team as a junior ... Three-year letterwinner and four-year team member of field hockey team ... **Personal:** Born November 6, 1981 ... Daughter of Dennis and Gwyn Duffy ... Majoring in communications.

#### Sarah Duffy's Stats

		-							
YEAR GP-GS	MIN SOG	GLS /	AST	TP	SH	то	BL	GB	INT
2000 7-0	107 1	1	0	1	1.000	0	1	1	0



#### Kellyn Hentz

5-5 • So. • Attack North Carroll H.S. Hampstead, Md.

A natural athlete with a good nose for the goal ... Excellent oneon-one player who also has a good ability to create scoring opportunities ... 2000: Appeared in 16 games for the Hokies ... Eighth on the team in scoring ... Top scorer among reserves and second-best among the freshmen ... Had 10 goals and four assists for 14 points ... Scored her first collegiate goal in the win over American ... Recorded career-high four goals in the win over St. Bonaventure ... Had one goal in the loss to UMass in the Atlantic 10 Tournament ... High School: Three-year letterwinner for Coach Denean Koontz at North Carroll High School ... Three-time allcounty selection by the Carroll County Times and the Baltimore Sun ... Two-time US Lacrosse Player of the Year ... Numerous player of the week honors by the Baltimore Sun, Union National Bank, WTTR Radio and Fox 45 TV ... Two-year member of the Chesapeake national team ... Four-year letterwinner in soccer and also lettered in basketball ... Three-time all-county selection by the Carroll County Times and the Baltimore Sun ... Helped lead her team to the soccer state championship game as a senior ... Personal: Born May 14, 1981 ... Daughter of Lawrence and Patricia Hentz ... Enrolled in university studies.

#### **Kellyn Hentz' Stats**

YEAR	GP-GS	MIN S	SOG	GLS	AST	ΤР	SH	то	BL	GB	INT
2000	16-0	272	35	10	4	14	.286	9	0	4	4



#### Kiersten Huber

5-9 • So. • Defense St. Paul's H.S. Timonium, Md.

Will help strengthen the defense this season ... Is a hard worker with a great work ethic ... Strong defender with a great game sense ... **2000**: Appeared in nine games as a freshman ... Scored one goal (in the win against St. Bonaventure) and one assist ... Caused two turnovers and gathered five groundballs... **High School:** Three-year letterwinner for coaches Traci Magness and Eileen Alban at St. Paul's School for Girls ... Named team's best defensive player ... Led the team in most charges taken ... Awarded the Unsung Hero Award as a senior ... Recipient of the Stacey Ellen Hooper Class of 1972 Award for sportsmanship ... Also lettered in field hockey and basketball ... Given the Sash Award for a three-sport letterwinner ... **Personal:** Born September 8, 1981 ... Daughter of Don and Carol Huber ... Majoring in marketing.

<b>Kiers</b>	Kiersten Huber's Stats										
YEAR G	P-GS	MIN S	OG G	SLS /	AST	TP	SH	то	BL	GB	INT
2000	9-0	114	2	1	1	2	.500	0	0	5	0



### Lauren Kenney

5-6 • So. •Attack/Midfield Centreville H.S. Clifton, Va.

A versatile player who will serve as another threat on both ends of the field ... Good stick skills and plays with composure and finesse ... Former high school teammate of Kate Mueller ... **2000**: Appeared in seven games for the Hokies ... Scored two goals (in the wins over La Salle and St. Bonaventure) and an assist (in the win over St. Joseph's) ... **High School:** Four-year letterwinner for Coach Michelle Maxwell-Gold at Centreville High School ... Firstteam all-district ... First-team all-region ... Honorable-mention all-Metro ... Two-time offensive most valuable player ... Also lettered in field hockey ... Named first-team all-district ... Second team allregion ... Selected for the Coaches Award for her dedication to the team ... Helped lead her team to a national indoor championship ... **Personal:** Born July 16, 1981 ... Daughter of Lawrence and Mary Ellen Kenney ... Enrolled in university studies.

Lauren Kennev's Stats YEAR GP-GS MIN SOG GLS AST TP SH то BL GB INT 122 2000 7-0 5 2 3 .400 2 0 2 Virginia The university's official logo



AND STATE UNIVERSITY

10 Virginia Tech Lacrosse 2001

The university's official logo encorporates both the popular name of the school — Virginia Tech — and the formal name — Virginia Polytechnic Institute and State University.



### Katie Madden

5-11 • So. • Attack Our Lady of Good Counsel H.S. Gaithersburg, Md.

Will see a lot of playing time at line attack ... Returned to practice "on fire" ... Can create opportunities with her stick work ... Uses her height to her advantage ... Adds another quality scorer to the team ... Has the attitude and skill level to be successful ... Works hard ... **2000:** Appeared in all 17 games as a freshman, starting three times ... Had nine goals and two assists for 11 points, third-

best among freshmen ... Scored her first collegiate goal in the win over Ohio State ... Had two goals in the win over California ... Registered a career-high three goals and added an assist in the win at Duquesne... **High School:** Four-year letterwinner for Coach Beth Have at Our Lady of Good Counsel High School ... Three-time firstteam all-league ... Three-time first-



Team's leading scorer as a junior and senior ... Earned all-metro honors ... Senior all-star ... Also lettered in soccer and basketball ... Selected all-league and all-county ... Helped lead the team to the state championship and a final ranking of ninth in the nation ... Earned first honors, principal's list and National Honor Society ... **Personal:** Born June 28, 1981 ... Daughter of Walter and Judy Madden ... Majoring in business-management science.

Katie Madd YEAR GP-GS 2000 17-3	MIN SO	G GLS			<b>SH</b> .346	<b>TO</b> 11	<b>BL</b> 1	<b>GB</b> 7	INT 0
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(25)	8	M	ue		<b>)</b>			l	
2		Cen	• So. trev ton,	ille H	idfiel I.S.	d			
Adde dopth to th	o midfi	old on	oin th	ie cor		\\/;11	cont	ribute	- hor

Adds depth to the midfield again this season ... Will contribute her stick skills and ability to score in transition ... Former high school teammate of Lauren Kenney ... **2000:** Appeared in five games as a freshman .. Caused one turnover and gathered two groundballs ... **High School:** Three-year letterwinner for Coach Michelle Maxwell-Gold ... Second-team all-district as a senior and honorablemention as a junior ... Four-time scholar-athlete ... Also lettered in field hockey ... National honor society ... National merit scholar ... **Personal:** Born September 2, 1981 ... Daughter of Bill and Lynda Mueller ... Father played lacrosse at Navy and uncle played at Brown ... Father was a two-time All-American ... Majoring in biomedical engineering.

#### **Kate Mueller's Stats**

YEAR C	P-GS	MIN S	OG	GLS	AST	ΤР	SH	то	BL	GB	INT
2000	5-0	58	0	0	0	0	.000	0	0	2	0



### Lindsay Ringle

5-7 • So. • Attack St. Mary's H.S. Annapolis, Md.

Will add depth at line attack ... Good lateral movement, can throw off defenders... Needs to mature in the Tech system ... Adds speed and quickness ... **2000**: Did not appear in a game in 2000 due to injury ... **High School**: Three-year letterwinner and played four years for Coach Erica Bristow at St. Mary's High School ... 1997 A.I.S. state champions ... Second-team all-county ... Honorable-mention all-state ... Team's most valuable player ... Selected among the "Rising Seniors" by the United States Women's Lacrosse Association ... Also participated in soccer ... three-year letterwinner ... Who's Who Academic Student of the Year ... Principal's honors ... **Personal:** Born August 19, 1981 ... Daughter of Thomas and Julia Ringle ... Majoring in human development.



#### Sam Sybert

5-5 • So. • Defense South Lakes H.S. Reston, Va.

A definite force in the midfield ... Possesses great speed and quickness ... A natural midfielder who loves to be involved all over the field ... Very consistent player who is an equal threat at both ends of the field ... Extremely coachable player ... Made an immediate impact as a freshman ... True diamond in the rough ... Speed and quickness ... Good anticipation ... Solid defender ... Loves to assist on double teams and strip the ball away ... **2000:** Started all 17 games as a freshman ... Scored 11 goals (tops among freshmen) and added one assist for 12 points ... Led the

groundballs and 32 caused turnovers ... Scored a goal in her first three collegiate games ... Scored two goals in the wins over American and La Salle ... Registered a careerhigh three goals in the win over St. Bonaventure ... High School: Threeyear letterwinner for Coach Jamie Frank at South Lakes High School ... First-team all-region ... Firstteam all-district ... Selected for U.S. lacrosse all-star state games ...

team with 37



Helped lead team to regional final in 1997 ... Also lettered in field hockey and basketball ... All-district, all-region and all-metro in both ... Voted most athletic by senior class ... Named the Spirit of Sport Award recipient, given by the National Women's Sports Foundation ... U.S. Marine Corps scholar-athlete ... Also a member of the Spanish Honor Society ... **Personal:** Born December 30, 1980 ... Daughter of Mary Lou Sybert ... Majoring in political science.

#### Sam Sybert's Stats

 YEAR GP-GS
 MIN SOG GLS AST
 TP
 SH
 TO
 BL
 GB
 INT

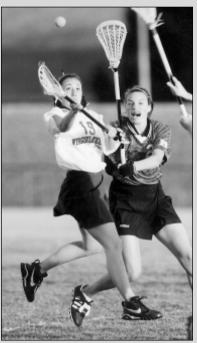
 2000
 17-17
 833
 22
 11
 1
 12
 .500
 12
 5
 32
 11



### Lisa Tsimbidis

5-4 • So. • Attack Parkville H.S. Baltimore, Md.

Will be a major threat in the midfield this season ... Good stick skills ... Excellent attacker around the crease ... Plays with heart and passion ... Has excellent transition speed and crafty stick skills ... Good goal scorer ... **2000:** Appeared in 16 games, starting three times as a freshman ... Scored 18 goals and added five



... Twice selected second-team all-city-county ... Named to the junior and senior allstar teams ... Led team in scoring and assists as a senior ... Helped the team to the regional championship in 1997 ... Also lettered in soccer and basketball ... Given the triple threat award for the athlete that participates in three sports ... Named the outstanding performer in lacrosse ... Scholar-athlete ... Honor Roll student ... National Art Honor Society ... **Personal:** Born May 20, 1981 ... Daughter of Manuel Tsimbidis and Linda Cumino ... Enrolled in university studies.

#### **Lisa Tsimbidis' Stats**

YEAR	GP-GS	MIN S	SOG	GLS	AST	TP	SH	то	BL	GB	INT
2000	16-3	458	36	18	5	23	.500	13	0	9	1

high 23 points ... Scored a goal in her first two collegiate games ... Had two goals and an assist in the loss at Vanderbilt ... Had two goals in the loss at Temple ... Recorded a career-high three goals in the loss to Virginia and followed that with three goals in the win over La Salle ... Had a goal and two assists in the win over St. Bonaventure ... Wrapped up the year with two goals in the loss to UMass in the Atlantic 10 Tournament ... High School: Four-year letterwinner for Coach Nancy Gross at Parkville High School ... Two-time first-team all-county and named second team once

assists for a freshman-



### Catherine Vissoe

5-6 • So. • Defense West Morris Central H.S. Long Valley, N.J.

A good, solid defender with great hustle and work ethic ... A good understanding of defense and will be another great threat for the Hokies ... Hard worker ... Very coachable ... **2000:** Appeared in four games as a freshman ... Caused two turnovers and gathered two groundballs ... **High School:** Three-year letterwinner for Coach Mike Walsh at West Morris Central High School ... Secondteam all-state ... North Jersey all-star team ... First-team alldivision ... First-team all-conference ... First-team all-county ... Also lettered in soccer ... Helped lead team to the state sectional championship her senior year ... **Personal:** Born February 2, 1981 ... Daughter of David and Beverly Vissoe ... Majoring in science of food, nutrition and exercise.

#### **Catherine Vissoe's Stats**

YEAR	GP-GS	MIN S	OG	GLS	AST	ΤР	SH	то	BL	GB	INT
2000	4-0	65	0	0	5	0	.000	1	0	2	0



### Kerry Anderson

5-4 • Fr. • Midfield/Attack Severn School Gambrills, Md.

An incredible athlete who shows a tremendous amount of heart and desire on the field ... Her natural athletic ability and outstanding work ethic will add a great amount to the Hokies' midfield ... **High School:** Lettered four years for Coach Renee Sotropolus at Severn School ... Team captain as a senior ... Played in the North/South All-Star Game as a junior ... Won Team Award as a senior ... Also lettered four years in soccer, where she was team captain as a senior ... Won the Senior Athletic Award as the school's outstanding senior athlete ... Member of the National Honor Society ... Peer counselor ... Attended leadership seminar at Naval Academy ... **Personal:** Born September 30, 1982 ... Daughter of Scott and Cindy Anderson ... Enrolled in graphic design.



#### Carey Ann Aprahamian

5-8 • Fr. • Defense Garrison Forest High School Towson, Md.

A strong athlete with tremendous speed ... Will create midfeld opportunities for the Hokies ... Will add depth to the defense ... **High School:** Lettered at Garrison Forest High School ... Also lettered four years in field hockey and basketball ... **Personal:** Born June 23, 1982 ... Daughter of John and Judy Aprahamian.



### Meredith Barry

5-8 • Fr. • Defense South River High School Davidsonville, Md.

An aggressive and solid defender with a good work ethic ... Will add depth to the cover point ... **High School:** Lettered four years for her father, Stephen Barry at South River High School ... First team all-county as a senior ... Also lettered three years in track and two years field hockey at South River ... U.S. Marine Corps Scholar Athlete as a senior ... **Personal:** Born August 14, 1982 ... Daughter of Stephen and Susan Barry ... older sister, Megan, played lacrosse at Yale.



### Kathleen Coolahan

5-4 • Fr. • Midfield Mount de Sales Academy Ellicott City, Md.

An incredible athlete with outstanding speed and hustle ... Has excellent game sense and will have a large impact on defense, as well as being a threat in the midfield ... **High School:** Lettered three years for Coach Mary Gagnon at Mount de Sales Academy ... High School Heisman nominee ... Marine Corps Student Athlete of the Year as a senior ... Member of the National Honor Society ... **Personal:** Born April 19, 1982 ... Daughter of Jim and Liz Coolahan.



### Amanda Counts

5-9 • Fr. • Defense W.T. Woodson High School Fairfax, Va.

With her natural instincts as a defender and good stick skills, Counts will add a great deal to the Hokie defense ... **High School:** Lettered three years for Coach Darah Bonham at Woodson High School ... First team all-district as a senior ... Second team all-region as a senior ... Team was undefeated and won the state championship as a junior .... Also lettered one year in both volleyball and field hockey at Woodson ... **Personal:** Born December 18, 1981 ... Daughter of David and Paige Counts.



Virginia Tech's athletic department logo — a streamlined VT — has been in use since 1984. As the Hokies' outstanding athletic program has seen increased visibility over the past few years, so has the emblem. Virginia Tech became an allsports member of the BIG EAST Conference in 2000. The Hokies have played football in the BIG EAST since 1993.





### Hillary

Fay

5-9 • Fr. • Midfield/Attack Shawnee High School Medford, N.J.

Has great speed and will be a threat in the midfield ... Will add depth to the midfield this season... **High School:** Lettered three years for Coach Susan Rudderow at Shawnee High School ... First team all-conference as a senior ... Also lettered two years in track and cross country at Shawnee ... Team won state championship in 1998 and conference titles in 1999 and 2000 ... Member of the National Honor Society ... **Personal:** Born July 26, 1982 ... Daughter of Scott and Joyce Fay.



#### Jessie Goertler

5-6 • Fr. • Midfield/Attack River Hill High School Ellicott City, Md.

Expected to see immediate playing time on attack this season ... Has outstanding knowledge of the game ... Great speed and collegiate level stick skills, which will be used in Tech's midfield transition ... **High School:** Lettered four years for Coach Rebecca Stefano at River Hill High School ... First team all-county as a junior and senior ... Team captain and team MVP as a senior ... Also lettered four years in soccer, where team won the state championship her sophomore and senior seasons ... **Personal:** Born September 13, 1982 ... Daughter of John and Karen Goertler.



### Ashley Maza

5-5 • Fr. • Midfield Bridgewater-Raritan High School Bridgewater, N.J.

A quick and feisty midfielder ... A very hard worker ... Has crafty stick skills ... **High School:** Lettered four years for Coach Kathie DeBonis at Bridgewater-Raritan High School ... First team all-area, third team all-state as a senior ... Peddie Winter League All-Star ... Skyland Conference Scholar Athlete ... Also lettered three years in field hockey at B-R ... Student Council President ... Member of the National Honor Society ... **Personal:** Born December 8, 1981 ... Daughter of Carole Jean and Jeffrey Maza..



### Jamie McGraw

5-5 • Fr. • Goal St. Mary's High School Annapolis, Md.

A very quick, smart player in the goal ... A good mixture of skill and athleticism ... Will gain valuable experience and knowledge backing Stacey Rainbolt this season ... **High School:** Lettered one year for Coach Erika Bristow at St. Mary's ... Second team allcounty as a senior ... Team won championship at 1999 Vail Shootout ... Also played in the 1999 national tournament ... Also lettered three years in field hockey ... **Personal:** Born September 17, 1982 ... Daughter of Robert and Lori McGraw.



### Rachel Urban

5-7 • Fr. • Attack McDonogh High School Linthicum, Md.

After sitting out the fall due to a stress fracture, Urban has proven herself in the preseason to be a hard-working and dedicated individual ... With her excellent stick skills and natural athletic ability, she will be a great addition to the Hokie midfield ... **High School:** Lettered four years for Coach Margarette Bitz at McDonogh High School ... Also lettered four seasons in volleyball ...Honor Roll student... **Personal:** Born July 18, 1982 ... Daughter of Joe and Sue Urban ... Older sister, Teri, played volleyball in college ... Older sister, Mary, played basketball at Loyola ... Older brother, James, played basketball at Randolph-Macon.



### Lindsey Welch

5-4 • Fr. • Midfield Cherry Creek High School Englewood, Colo.

Shows a tremendous amount of heart, hustle and desire on the field ... With her incredible athletic ability, stick skills and game sense, Welch will be a huge threat on attack, as well as in the midfield ... High School: Lettered four years for Coach Charlie Waldbaum at Cherry Creek High School ... Team captain as a junior and senior ... All-American as a junior and senior ... MVP of the state championship game as a junior ... All-state as a sophomore, junior and senior ... Team won State Championship as a freshman and junior ... Denver Post Player of the Year as a junior and senior ... Selected to the Under-19 National Team ... Also lettered four years in cross country, where she was MVP as a senior and the team won the state championship as a freshman and sophomore ... Member of the National Honor Society ... Personal: Born October 29, 1981 ... Daughter of Bill and Connie Welch ... Father, Bill, ran track and cross country at Notre Dame ... Grandfather, William, was a lacrosse All-American at Syracuse.

## 2000 Review

### Tech Closes Out Atlantic 10 Era With a Winning Record and National Rankings

The 2000 season brought Virginia Tech another winning campaign. Tech's 9-8 overall record and 5-1 Atlantic 10 mark closed the books on a very successful run for the Hokies in the A-10.

The season opened with a 17-6 loss at home to No. 2 Duke. Dawn Will started strong with four goals for the Hokies. Tech picked up its first victory two weeks later with a 13-10 win over Ohio State in Blacksburg, as Will tossed in five goals in the win.

Tech had its second-largest offensive barrage of the season in the next game, as the Hokies downed American, 20-8. Will had six goals and eight other Hokies scored in the contest. Tech dropped its next game, a 7-6 heartbreaker at Rutgers.

Next on the agenda was No. 16 Vanderbilt, who defeated Tech, 19-16, in Nashville, despite seven goals and an assist from Will. A return to Blacksburg did Tech some good, as they handled California, 19-5, as Kellyn Hentz, Karen Diacont and Courtney Hubbard each recorded a pair of goals in the win.

A trip to No. 5 North Carolina saw the Hokies fall, 18-7 to open the April schedule, but a return home saw Tech begin its final Atlantic 10 season with a 17-5 win over St. Joseph's. No. 18 Temple registered the only regular season conference loss for Tech with an 18-6 victory in Philadelphia.

Tech suffered its only back-to-back losses of the season, as No. 7 Virginia downed the Hokies, 17-9 in Blacksburg, despite three goals from Lisa Tsimbidis and Courtney Hubbard. A trip to perennial A-10 power UMass saw the Hokies come away with an 8-6 win to move their league mark to 2-1. The record would improve to 3-1 when Tech downed La Salle, 17-7.

Following a 14-13 overtime loss to Hofstra in Blacksburg, Tech won a hard-fought 20-19 victory at Duquesne, behind nine goals and two assists from Will. The final A-10 regular season game would see Tech demolish St. Bonaventure, 19-1 in Blacksburg, with Hentz scoring four goals and Sam Sybert adding three more.

The regular season ended in Blacksburg on an up note, as Tech defeated Davidson, 21-8, in the team's top offensive game of the season. Ten different Hokies recorded goals in the game. The Hokies averaged 20 goals per game over the final three regular season games.

The season came to an end in Amherst, Mass., on May 6, as host UMass avenged an earlier loss to the Hokies with a 10-9 win in the Atlantic 10 Tournament. Diacont, Tsimbidis and Katie Trevisan each recorded two goals for the Hokies.

Despite the loss to UMass, the 2000 season had many positive notes. The Hokies had a winning record, earned a spot in the national rankings and won the A-10 regular season championship in their last year in the league. These highlights set the stage for bigger and better things to come, as Tech moves into the tough BIG EAST Conference in 2001.

#### A GAME-BY-GAME LOOK AT THE 2000 SEASON

2/29/00	DUKE (No. 2)	L, 6-17	Will, Will, Will, Sybert (Madden), Tsimbidis, Will (O'Doherty)
3/10/00	OHIO STATE	W, 13-10	Diacont, Hubbard, Bjorke, Will (Diacont), Diacont (Pfeiffer), Sybert (Hubbard), Hubbard, Will , Will, Madden (Hubbard), Will, Will, Tsimbidis (Hubbard)
3/12/00	AMERICAN	W, 20-8	Will, Pfeiffer (Hubbard), Will (O'Doherty), Hubbard, Sybert (Diacont), Sybert, Poole (Diacont), Hubbard, Will, Diacont (O' Doherty), O'Doherty, Poole (Hubbard), Geis, Will, Will, Hentz, Poole (Diacont), Hubbard, Will (Bjorke), Poole (O'Doherty)
3/20/00	at Rutgers	L, 6-7	Bjorke, Diacont, Will (Hubbard), Hubbard, Diacont, O'Doherty
3/24/00	at Vanderbilt (No. 18)	L, 16-19	Diacont, Diacont, Madden (Diacont), Will, Will, Will, Will, Will, Tsimbidis (Will), Diacont, Tsimbidis, Will, Bjorke (Tsimbidis), Diacont, Poole (Diacont), Will
3/28/00	CALIFORNIA	W, 19-5	Bjorke, Tsimbidis, Will (Diacont), Hubbard, Diacont, Bjorke (Hubbard), Will, Poole, Sybert, Will (Tsimbidis), Madden, Will, Diacont, Will, Hubbard (Will), Madden, Hentz (Geis), Hentz, Trevisan
4/2/00	at N. Carolina (No. 5)	L, 7-18	Bjorke, Hubbard (O'Doherty), Diacont, Tsimbidis (Madden), Diacont, O'Doherty, Will
4/7/00	ST. JOSEPH'S*	W, 17-5	Hubbard, Will (Bjorke), Hubbard, Will, Bjorke (Diacont), Poole (Diacont), Hubbard, Diacont (Hubbard), Will, Tsimbidis, O'Doherty (Tsimbidis), Poole (Sybert), O'Doherty, O'Doherty (Bjorke), Madden (Kenney), Bjorke (Hentz), Kenney
4/10/00	at Temple* (No. 18)	L, 6-18	Diacont, Will (Madden), Tsimbidis, Tsimbidis, Will, Hubbard (Poole)
4/12/00	VIRGINIA (No. 7)	L, 9-17	Tsimbidis, Will, Hubbard, Hubbard, Tsimbidis, Bjorke, Will, Hubbard, Tsimbidis
4/14/00	at Massachusetts*	W, 8-6	Diacont, Hubbard (Will), Will, Will, Will, O'Doherty (Diacont), Curran, Hubbard
4/16/00	LA SALLE*	W, 17-7	Hubbard, O'Doherty (Bjorke), Will, Hubbard, Sybert (Will), Will, O'Doherty, Diacont, Poole, Tsimbidis, Sybert, Will, O'Doherty (Hubbard), Will, Kenney, Tsimbidis, Tsimbidis (Hentz)
4/18/00	HOFSTRA (OT)	L, 13-14	O'Doherty, O'Doherty, Bjorke, Hubbard, O'Doherty, Will, Will, Will, Will, Hentz, Sybert, Hubbard, Diacont
4/21/00	at Duquesne*	W, 20-19	Madden, Will (Bjorke), Bjorke, Madden, Diacont (Madden), Bjorke (Will), Poole (Curran), Will (Bjorke), Will (Geis), Will, Madden, Will, Poole, Will, Will, Will, Bjorke (Will), Poole (Dougherty), Will, Poole
4/23/00	ST. BONAVENTURE	W, 19-1	Sybert, Bjorke, Hubbard, Sybert (Poole), Hubbard, Poole, Will, Sybert, Will, Will, Madden, Dougherty (Tsimbidis), Hentz (Trevisan), Hentz, Hentz, Huber (Tsimbidis), Kenney, Hentz, Tsimbidis
4/27/00	DAVIDSON	W, 21-8	Diacont (Pfeiffer), Poole (Will), Hubbard, Will, Diacont (Will), Hubbard (O'Doherty), O'Doherty (Will), Geis (Hubbard), Poole (Will), Hubbard, Will, Hentz (Madden), Hubbard, Poole (O'Doherty), O'Doherty (Poole), O'Doherty, Trevisan (Poole), Trevisan, Poole (Will), Pfeiffer, Hubbard
5/6/00	at Massachusetts^	L, 9-10	O'Doherty, Hubbard, Diacont, Trevisan, Tsimbidis, Diacont, Tsimbidis, Trevisan, Hentz
* - Atlanti	ic 10 Conference Match	n; ^ - Atlani	tic 10 Tournament Match

#### **2000 VIRGINIA TECH INDIVIDUAL STATISTICS**

No.	Player	GP	GS	Min.	SOG	GLS	AST	TP	SH%	FPS	то	ст	BL	GB	INT	DC	Fls
15	Dawn Will	17	16	810	165	61	13	74	0.370	28	27	12	1	27	3	54	42
11	Courtney Hubbard	16	15	755	64	30	12	42	0.469	18	16	4	0	18	0	10	15
23	Karen Diacont	17	17	822	56	23	10	33	0.411	9	15	7	0	13	0	31	20
28	Maeghan O'Doherty	13	13	648	49	17	8	25	0.347	6	19	2	1	17	0	12	9
32	Jane Poole	17	17	740	41	18	6	24	0.439	3	18	4	0	12	0	12	5
19	Lisa Tsmibidis	16	3	458	36	18	5	23	0.500	8	13	2	0	9	1	3	6
12	Kate Bjorke	17	17	811	29	14	7	21	0.483	7	14	2	0	12	0	11	13
2	Kellen Hentz	16	0	272	35	10	4	14	0.286	2	9	0	0	4	4	2	6
31	Sam Sybert	17	17	833	22	11	1	12	0.500	3	12	32	5	37	11	25	22
22	Katie Madden	17	3	415	26	9	2	11	0.346	5	11	3	1	7	0	18	7
24	Katie Trevison	8	0	155	10	5	2	7	0.500	0	2	1	1	3	0	1	1
35	Kim Geis	16	5	419	5	2	2	4	0.400	1	6	8	1	10	1	4	8
7	Lauren Kenney	7	0	122	5	2	1	3	0.000	0	2	0	0	2	1	1	2
6	Lisa Pfeiffer	16	15	784	8	2	1	3	0.250	1	13	13	6	20	3	14	35
13	Erin Curran	16	16	795	4	1	1	2	0.000	0	6	14	5	21	2	6	26
14	Wendy Dougherty	17	14	644	1	1	1	2	0.000	0	5	4	1	13	0	12	9
20	Kiersten Huber	9	0	114	2	1	1	2	0.000	1	0	2	0	5	0	0	3
27	Sarah Duffy	7	0	107	1	1	0	1	0.000	1	0	1	0	1	0	0	2
18	Carrie Birely	17	17	931	0	0	0	0	0.000	0	5	7	3	16	1	1	20
1	Jill Engle	17	3	430	0	0	0	0	0.000	0	5	3	1	11	1	11	6
25	Deana Cannon	12	0	164	0	0	0	0	0.000	0	5	1	0	1	1	3	0
21	Catherine Vissoe	4	0	65	0	0	0	0	0.000	0	1	2	0	2	0	2	0
3	Kate Mueller	5	0	58	0	0	0	0	0.000	0	0	1	0	2	0	2	0
44	Stacey Rainbolt	17	17	913	0	0	0	0	0.000	0	5	0	0	1	0	0	0
33	Lauren DeSomma	7	0	119	0	0	0	0	0.000	0	0	0	0	0	0	0	0
Team	n Totals	17		1032	559	226	77	303	0.404	93	209	125	26	264	29	235	257
Орро	onent Totals	17		1032	495	189	72	261	0.382		239	173		372		183	230
200	O Virginio Tooh			Coolk	0000	r Ctati	intinn			Charles I.	2.5.76	100	100	Sett.	-	1	100

#### 2000 Virginia Tech Lacrosse Goalkeeper Statistics

Player	GP	GS	Min.	Shots	Saves	Goals	GAA	Sv. %
Rainbolt	17	17	913	451	210	174	11.43	.547
DeSomma	7	0	119	44	12	15	7.56	.444
Team	17	17	1032	495	222	189	10.99	.540
Орр.	17	17	1032	559	250	226	13.14	.525
Score by	Perio		nd OT	тот	Final	Da	wn Will	led the

Hokies with 61 Virginia Tech 121 2 2 102 1 226 100 Opponents 86 189 goals in 2000. 1





The Hokies are honored in front of more than 50,000 fans at Lane Stadium during halftime of a football game.

YE/	AR-E	<b>SY-YEAF</b>	RESULT
Year	Rec.	Coach	Captains
1995	2-7	Dipi Bhaya	Brooke Martin
1996	8-6	Dipi Bhaya	Brooke Martin, Heather Dent
1997	4-11	Dipi Bhaya	Heather Dent, Amy Mantooth, Kendra King
1998	8-6	Brooke Martin	Kendra King, Amy Mantooth
1999	11-6	Brooke Martin	Melissa Wagner, Kristen Wolff, Lisa Pfeiffer
2000	9-8	Brooke Martin	Dawn Will, Courtney Hubbard, Lisa Pfeiffer, Karen Diacont



#### STUDENT ATHLETE OFFICE OF ACADEMIC ENRICHMENT

Finding a balance between academic accomplishments and athletic success is the focus for student athletes at Virginia Tech. and the Student Athlete Office of Academic Enrichment Programs (SAOAEP) takes a very personal role in the supervision and support of all student-athletes. The advising office continuously engages with other campus agencies to help student athletes in their continuing pursuit of academic achievement.

The Student Athlete Office of Academic Enrichment Programs provides programming for student athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education.

Tech has made tremendous strides in recent years. The 2000 NCAA Division I Graduation Report states that for overall student athletes who have exhausted their eligibility at Tech, 81 percent have graduated.

Last spring, the Athletic Director's Honors Breakfast paid tribute to a record 358 student athletes, student trainers, student managers, cheerleaders and HighTechs who posted 3.0 or greater QCAs in the 1999 calendar year.

Academic facilities for student athletes include the Monogram Room, a large room used as a study hall area adjacent to the SAOAEP office in Cassell Coliseum. The HEAT (Hokies Engaging



in Advanced Technology) Lab houses over 25 computers on the second floor of Cassell Coliseum. Room 160 in Cassell Coliseum provides an area for private quiet study for the athletes' convenience. Additionally, student athletes can use the Center for Academic Enrichment and Excellence site offices located in Hillcrest and Femoyer Halls.

Chris Helms

The Student Athlete Office of Academic Enrichment Programs is comprised of coordinator Chris Helms, associate coordinator Lois Berg and

three assistant coordinators - Renia Edwards, Colin Howlett and Katie Ammons. Terrie Repass is the secretary and "first contact" person for the SAOAEP.

Edwards handles the coordinating for the lacrosse team and is also responsible for the administration of the tutorial program. Ammons, is a former Hokie student athlete who is charged with the operation of the HEAT lab and other computing resources available for student athletes.



Renia Edwards

#### STRENGTH AND CONDITIONING

For the Virginia Tech lacrosse team, the strength and conditioning program, under the direction of Assistant Athletics Director for Athletic Performance Mike Gentry, plays a very important role.

A Durham, N.C., native, Gentry received a bachelor's in physical education from Western Carolina University in 1979. Gentry received his master's degree from the University of North Carolina at Chapel Hill in 1981 where he worked as an assistant strength coach. He then went to East Carolina University and was elevated to head strength coach there in 1982. He worked at ECU until he came to Virginia Tech in 1987.

Gentry earned an Ed.D, in curriculum and instruction at Virginia Tech in 1999, with an emphasis in motor behavior.

Assisting Gentry this year are three full-time assistant strength and conditioning coaches: Sonny Sano, director of strength and

conditioning, Jay Johnson, strength and conditioning coordinator for men's Olympic sports and Michelle Boswell, strength and conditioning coordinator for women's Olympic sports.

Boswell, in her first year at Tech after serving as strength coach at East Carolina University, handles strength and conditioning for the women's lacrosse team. She received a bachelor's of science degree in exercise physiology from East Carolina in 1998.



**Michelle Boswell** 

Boswell earned a master's degree in athletic administration from ECU in 2000. She is currently a competitive track and field athlete in the hammer throw. Boswell recently competed in the 2000 Olympic Trials and was an NCAA All-American in 1999.

#### **MEDICINE AND TRAINING** SPORTS

The Virginia Tech Sports Medicine Department prides itself on providing the most current and comprehensive care available to all of its student-athletes.

Under the leadership and guidance of Dr. Duane Lagan, director of sports medicine, and Mike Goforth, director of athletic training, the team of general practitioners, orthopedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists and sports psychologists have assembled to form one of the finest sports medicine partnerships in the nation.



Dr. Duane Lagan

The Hokies are fortunate to have the services of a full complement of professional medical personnel available, including orthopedic, physical therapy, chiropractic, dental, and nutritional consultants.

Plans are underway to further enhance the training support by consolidating the training rooms in Cassell Coliseum to one centralized area. This will further enhance the availability of the training staff as well as better equip the staff to care for the needs of the student-athletes. The centralized area in Cassell will provide all the training services and that will allow the Merryman Center to be used for physical therapy, chiropractic care and massage therapy.

Student-athletes also have access to the Schiffert Student Health Center in McComas Hall. A health center and counseling services are available on one side of McComas Hall, while recreation sports and fitness programs are available on the other. The center also has a fully-operational diagnostic laboratory, X-ray

facilities and eight full-time physicians. A staff psychologist, located in the Cook Counseling Center, is also available to all studentathletes for personal and performance issues.

Ron Esteban is in his first year in charge of the athletic training for the women's lacrosse team, but he is no stranger to the Virginia Tech athletic program. He earned a bachelor's degree in sports medicine in 1991 and a master's in athletic administration from Tech in 1993.



Ron Esteban

## The Excitement of Virginia Tech Athletics