



Louisville Quick Facts

Location	Louisville, Ky. 40292
Founded	1798
Enrollment	22,000
Nickname	Cardinals
Colors	Red, Black and White
Affiliation	NCAA Division I
Conference	Conference USA (Rowing is Independent)
President	Dr. James Ramsey
Faculty Representative	Elaine Wise
Director of Athletics	Tom Jurich
Senior Woman Administrator	Julie Hermann

Rowing Quick Facts

Head Coach	Richard Ruggieri
Alma Mater	Rhode Island '92
E-Mail	rjugg01@louisville.edu
Assistant Coach	Laurie Featherstone
Alma Mater	Waterloo '92
E-Mail	lfeather@hotmail.com
Volunteer Assistant	Teri Amundson
Alma Mater	SUNY Buffalo '00
Volunteer Assistant	Matthew Galas
Alma Mater	Vanderbilt '00
Rowing Office Phone	(502) 852-7933 or 8121
Rowing Office Fax	(502) 852-4932
Facility	Cardinal Boathouse

Support Staff

Assistant SID (Rowing Contact)	J.D. Barlow
Office Phone	(502) 852-3088
Fax	(502) 852-7401
Home Phone	(502) 961-9376
E-Mail	jdbarlow@louisville.edu
Academic Counselor	Sheila Padgett
Athletic Trainer	Brad Farrell
Equipment Manager	Josh Eberenz
Marketing	Sean Moth
Strength and Conditioning	Joe Lively
Managers	Tia Alton, Aaron Mitchell

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Credits

The 2003-04 University of Louisville Rowing Media Guide was designed and edited by J.D. Barlow. Editorial assistance by Lori Korte, Kimberli Pemberton and Kathy Tronzo. Photography for this publication was provided by George Thompson, Shelly Feller, Dave Klotz, Lesley Prather, J.D. Barlow and Teri Amundson. Front cover designed by Dave Klotz; inside and back covers by J.D. Barlow.

Media Information

This publication has been written to provide assistance to members of the media in covering Cardinal Rowing. All interviews with student-athletes and coaches should be arranged through the U of L Sports Information Office. Additional information is available through J.D. Barlow, U of L's rowing contact, at (502) 852-3088.



Rowing at Louisville

Louisville Rowing is an exciting program with loads of opportunity for interested young women with and without rowing experience. Members of the team come from wide and varied backgrounds, which makes for a rewarding team atmosphere. With team members from all parts of the United States and Canada, and with athletic backgrounds in swimming, running, volleyball, basketball and rowing, just to mention a few, the team can learn a great deal from each other.

Many young women with and without rowing experience come together to make the team. The wide variety creates a team dynamic which is different from most other sports. At the University of Louisville, the team is looking for people with strong athletic backgrounds who are ready for a new sport and rowers who are ready to step up to the next level. Team members are hard working, dedicated and determined people who are willing to not only accept a challenge, but to rise up and meet it.

While rowing is not for everyone, if you enjoy a challenge, such as trying new sports and have the drive to work hard, rowing may be your sport. If you choose to become a member of the team, you will find new satisfaction in participating in what has been called the "ultimate team sport." There are no MVP's and no superstars in the sport of rowing - just individuals working together as one team in order to make their boat go as fast as possible. Rowing will help you develop a sense of belonging, camaraderie, team spirit and unselfishness that is unparalleled.



700+ spectators watched the Derby Rowing Championships last year aboard the Belle of Louisville. Louisville won all five races.

Training

The University of Louisville rowing team holds practices daily in the fall, winter and spring. In the fall, two groups of student-athletes work to develop a strong base which is built upon throughout the winter in preparation for the spring season.

Walk-on Novices: This group is made up of first-time rowers. They spend the fall season learning the skills of rowing on the water while increasing strength in the weight room and endurance on the land.

Varsity: Student-athletes in their second, third and fourth year of rowing spend the fall with a technical focus on the water, utilizing long, steady distance to build endurance and refine the fundamentals of moving the boat. This group also spends time in the weight room and on rowing machines for strength and endurance work.

In the winter, both groups of student-athletes take the development made on the water in the fall and work to improve fitness levels and strength with a variety of activities including lifting, rowing and running. The winter also provides the opportunity for specialized water skill instruction in small boats and a training camp in New Orleans.

In the spring, the team is focused on putting all of the training, fitness and teamwork into boats in an effort to generate the most power and speed for each stroke.

The Cardinal rowing team trains on the Ohio River for water prac-

Kentucky State Championships

The Kentucky State Rowing Championships has become an annual event for Louisville Murray State and Louisville have competed the past two years on the Ohio River between Six Mile Island and the Jeffersonville, Ind., shoreline.



Last year, the Cardinals swept all five races from Murray State to win the title. More than 700 spectators aboard the Belle of Louisville watched both teams battle it out on the Ohio.

The tradition will continue this season as the two schools will compete again on Saturday, April 24th. More information will be available in the spring.

For strength and conditioning, the student-athletes work out in the weight room at the Cardinal Sports Complex. When training on land, the student-athletes utilize rowing machines such as the Concept II and Rowperfect. Additionally, training is individualized through lactate testing and 1RM test in the weightroom. Athletes also receive nutritional screening, body composition, sport psychology breakdown and unlimited support in any area of the student-athlete profile.

Resources

The University of Louisville is one of the best places in the nation to be a female student-athlete. In 1999, U of L took a huge leap towards gender equity when it added three women's programs; golf, rowing and softball. In addition, Director of Athletics Tom Jurich increased budgets for and added support staff to women's programs.

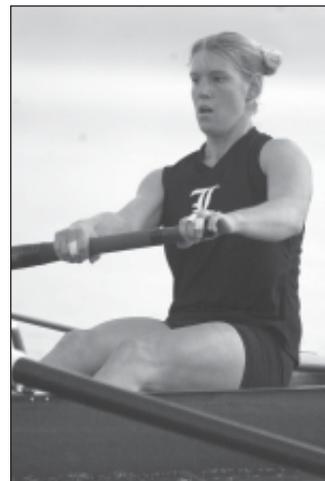
Brand new facilities such as Ulmer Stadium (softball), Trager Stadium (field hockey), Cardinal Club Golf Course and the Cardinal Park Soccer and Track Stadium, coupled with Freedom Hall (basketball), Papa John's Cardinal Stadium (football), Cardinal Arena (volleyball) and the Bass-Rudd Tennis Center provide some of the top collegiate facilities in the country. Plans are in place to build a boathouse on the Ohio River and a natatorium and baseball stadium on campus.

All student-athletes have access to the state-of-the-art strength and conditioning and sports medicine facility at Cardinal Park, as well as personal attention from strength and conditioning professionals, trainers, coaches and academic counselors.

Competition

The competition in the fall consists of multiple-school regattas on river courses about three miles in length. Louisville rowing competes in regattas throughout the Midwest in addition to an annual trip to Boston for the world's largest rowing event, the Head of the Charles Regatta.

Spring competition consists primarily of duals and tri-meets throughout March and April with larger competitions in May. The Cardinals compete annually at the San Diego Crew Classic in California and also at the Central/Southern Region Sprints, which brings varsity programs from the NCAA Central/South Regions together for a final competition before bids for the NCAA Rowing Championships are awarded.



Assistant Coaches / Support Staff

Louisville Rowing • Louisville Rowing • Louisville Rowing



Laurie Featherstone Assistant Coach

Laurie Featherstone enters her fourth season as an assistant coach with the Louisville women's rowing program and works mainly with the novices.

In three years with the novice program, Featherstone has had 21 members make the jump to the varsity in their second seasons, including 13 for this season.

Last season, both of the Cardinals' Novice 8+ crews advanced to the finals at the Southern Intercollegiate Rowing Association Championships. The two novice boats also defeated Murray State at the annual Kentucky State Rowing Championships to claim the title as state champions.

Featherstone came to U of L with 13 continuous years of rowing experience, both as a coach and as a competitor.

Most recently, she served as a coach for the West Coast Rowing Club in Victoria, British Columbia, after spending one season as a sculling coach at the Florida Rowing Center in Wellington, Fla.

From 1995-1999, Featherstone worked as the rowing coach for the University of Toronto, University of Western Ontario and Argonaut Rowing Clubs.

Featherstone raced for the Canadian National Team six times between 1991-1999. She won a gold medal in the Lightweight 2- at the 1991 Pan Am Games in Havana, Cuba, a bronze medal in the Lightweight 4- in 1992 in Montreal and earned a ninth-place ranking in the Lightweight Single at the 1997 World Rowing Championships in Aiguebelette, France.

A four-year rower at the University of Waterloo (Ont.), Featherstone earned a Bachelor of Environmental Studies in 1992. The Stoney Creek, Ontario, native holds a Level II Canadian National Coaching Certificate.



Teri Amundson Volunteer Assistant

Teri Amundson is in her second year as a volunteer assistant with the Louisville rowing program.

Before arriving in Louisville, Amundson competed 10 years with several successful club programs including the University of Minnesota, Minnesota-Duluth and the University of Rochester (N.Y.). During that time, she placed at four North Western International Rowing Association

(NWIRA) Championships and was one-half of a pair that won the 1993 Death Row race, a 17-mile race hosted by the Duluth Rowing Club.

Amundson earned a bachelor's degree in communications disorders and sciences in 2000 and a bachelor's degree in gerontology in 2001 from the State University of New York at Buffalo.

A native of St. Paul, Minn., Amundson is currently pursuing a doctorate in audiology in the Department of Head and Neck Surgery at the University of Louisville School of Medicine.



Matthew Galas Volunteer Assistant

Matthew Galas is in his first season as a volunteer assistant coach with the Louisville rowing program.

Galas coached the Vanderbilt University men and women from 1998-2000, where he oversaw conditioning, practice schedules and regatta organization.

Prior to coaching at Vanderbilt, Galas rowed three years for the Commodores, competing in both the lightweight and heavyweight divisions.

He led the team to medals at the Head of the Chattahoochee and SIRA Championships and also helped Vandy to the finals in the Lightweight 4 at the Dad Vail Regatta. In 1999, Galas qualified for the Riverside Lightweight National Team Developmental Camp, but was unable to attend due to surgery.

A native of Milford, Mass., Galas earned a Bachelor's of Arts degree from Vandy in 2000 with a double major in mathematics and economics. He is pursuing an Associateship in the Society of Actuaries.



Tia Alton
Office Manager



Carole Banda
Dir. Olympic Sports Medicine



J.D. Barlow
Sports Information



John Carns
Assoc. AD for Compliance



Josh Eberenz
Equipment Manager



Brad Farrell
Athletic Trainer



Julie Hermann
Senior Woman Adm.



Joe Lively
Strength & Conditioning



Aaron Mitchell
Boathouse Manager



Sean Moth
Marketing



Sheila Padgett
Academic Counselor



Lesley Prather
CardsCARE Coordinator



Angela Todd
KFEC Complex Asst.



Elaine Wise
Faculty Representative



Stephanie George

5-9 • Senior
Louisville, Ky.
Ballard HS

2002-03: Helped lead Cards to pair of gold medals in Open 4+ and Open 8+ races at Head of the Licking and a gold at LemonHead Regatta during the fall ... Also led team to bronze medal in Collegiate 8+ race at Head of the Charles ...

Switched to the five-seat in early spring before moving back to her familiar seat in the three position midway through the season ... Varsity 4+ crew defeated Cincinnati and Dartmouth ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Member of Athletic Director's Honor Roll in fall and spring ... Named to Dean's List in the fall ... Red and Black Scholar Athlete.

2001-02: One of two team captains ... Named Most Improved Varsity Rower ... Rowed in the three-seat for most of the season with the Varsity 8+ ... Led Cards to fourth-place finish in Club 8+ at Head of the Charles, earning U of L's first-ever medal at the world's largest regatta ... Helped Varsity 8+ to three wins at Cincinnati Regatta ... Guided Varsity 8+ to ninth-fastest time at Lexus Central Sprints ... Named to Collegiate Rowing Coaches Association South Region Second Team ... Named to AD Honor Roll in fall and spring.

2000-01: Raced with both Varsity 8+ and Novice 8+ squads in the spring after competing with only the novices in the fall ... Helped lead Novice 8+ to a dual-race win over Cincinnati in the spring ... Member of AD Honor Roll and Dean's List in the spring.

1999-00: Competed with the Cardinal swimming team ... Recorded NCAA consideration time in 200m free relay and placed third in 50m at regional ... Named to AD Honor Roll in fall and spring.



Prior to UofL: Four-year letterwinner in swimming and soccer at Ballard High School ... Led BHS to KHSAA state championship in soccer (1997) and swimming (1999) during prep career.

Personal: Born Stephanie Rose George on May 9, 1981 in Greeley, Colo. ... Daughter of David and Patricia George ... Majoring in nursing ... Post-college ambition is to be a nurse in the Peace Corps ... Person with the greatest influence on her athletic career is her dad ... Role model is Allison Kemphaus ... Most prized possession is her faith ... Hobbies include slacklining and yoga ... Person she'd most like to meet is U2's Bono ... Her sister, Mary, is the most impressive person she's met ... Favorite movie is The Princess Bride ... Favorite food is ice cream ... Favorite group is Crosby, Stills, Nash & Young ... Three people she'd like to have dinner with are Lucy Svehla, Andy Roddick and Joan of Arc.



Allison Kemphaus

5-6 • Senior
Fort Wright, Ky.
Notre Dame Academy

2002-03: One of two team captains ... Moved from stroke to bow in the varsity boats during the spring ... Helped lead Cards to pair of gold medals in Open 4+ and Open 8+ races at Head of the Licking ... Varsity 8+ and Varsity 4+ also won

gold medals at LemonHead Regatta during the fall ... Also led team to bronze medal in Collegiate 8+ race at Head of the Charles ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Placed third among collegians and 12th overall in the lightweight division at the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships in Boston ... Earned Verizon Academic All-District Second Team and Collegiate Rowing Coaches Association Scholar Athlete honors ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Dean's Scholar (4.0 gpa) in the spring ... Red and Black Scholar Athlete.

2001-02: Named Varsity Oars Woman of the Year ... Rowed stroke for most of the season with the Varsity 8+ ... Led Cards to fourth-place finish in Club 8+ at Head of the Charles, earning U of L's first-ever medal at the world's largest regatta ... Helped Varsity 8+ to three wins at Cincinnati Regatta ... Guided Varsity 8+ to ninth-fastest time at Lexus Central Sprints ... Voted to Verizon Academic All-District Third Team ... Named to Collegiate Rowing Coaches Association South Region Second Team ... Also garnered CRCA Scholar Athlete honors ... Named to AD Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

2000-01: Rowed with both the Varsity 8+ and Novice 8+ ... Helped lead Novice 8+ to a dual race win over Cincinnati in the spring ... Received Cardinal Pride Award, which is presented annually to the student-athlete who demonstrates a commitment to team excellence and success ... Member of AD Honor Roll and



Dean's List in fall and spring ... Earned Dean's Scholar distinction in the fall ... Red and Black Scholar Athlete.

Prior to UofL: Lettered four years in cross country, three in track and one in diving at Notre Dame Academy ... Rowed one year for Cincinnati Junior Rowing Club (CJRC) ... Helped lead CJRC to a first-place finish at Midwest Scholastic Championships, second at Royal Canadian Henley and third at the U.S. Summer Nationals.

Personal: Born Allison Michele Kemphaus on September 25, 1981 in Cincinnati, Ohio ... Daughter of Jim and Michele Kemphaus ... Majoring in sports medicine/exercise science ... Post-college ambition is to travel, learn and help people ... Hobbies include camping, rock climbing and biking ... People with the greatest influence on her athletic career are her mom, dad, brother and Stephanie George ... Favorite foods are cereal and spaghetti.



Carmen Noltemeyer

6-3 • Senior
Louisville, Ky.
Presentation Academy

2002-03: Predominately rowed in the four-seat for the Varsity 8+, but also spent time in the six-seat ... Helped lead Varsity 8+ to gold medals at Head of the Licking and LemonHead Regatta during the fall ... Also led team to bronze medal

in Collegiate 8+ race at Head of the Charles ... Led Varsity 4+ to silver medal at Head of the Elk ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Named to Athletic Director's Honor Roll in the spring ... Red and Black Scholar Athlete.

2001-02: Rowed in the four-seat for most of the season with the Varsity 8+ ... Won three gold medals during fall campaign ... Led Cards to fourth-place finish in Club 8+ at Head of the Charles, earning U of L's first-ever medal at the world's largest regatta ... Helped Varsity 8+ to three wins at Cincinnati Regatta ... Guided Varsity 8+ to ninth-fastest time at Lexus Central Sprints ... Named to AD Honor Roll in the fall ... Red and Black Scholar Athlete.

2000-01: Former Cardinal volleyball player who joined rowing team in the spring ... Raced with the Novice 8+ boat and helped lead crew to dual race win over Cincinnati ... Named Most Improved Novice Rower ... Member of AD Honor Roll in the spring.

Prior to UofL: Lettered four years in volleyball and one in swimming and basketball at Presentation Academy ... Guided volleyball team to state semifinals and two regional championships during prep career ... Garnered academic all-state, Volleyball Inspiration Award and Swimming Spirit Award honors.



Personal: Born Carmen Michelle Noltemeyer on December 31, 1980 ... Daughter of Denis and Patti Noltemeyer ... Majoring in civil engineering ... Post-college ambition is to start a civil engineering firm ... Person with the greatest influence on her athletic career is Beth Feger, her high school volleyball coach ... Role model is Morrie from "Tuesday's with Morrie" ... Most prized possession is her electric blanket ... Outside interests include drawing and painting ... Would most like to meet Daniel Rudiger ... Favorite movie is Rudy ... Favorite TV shows are Trading Spaces and A Wedding Story ... Most impressive person she's met is Tori Murden ... Favorite singers are Willie Nelson and Alan Jackson ... Favorite food is lasagna ... Three people she'd like to have dinner with are Troy, Gram and her mom.



Christy Ochsner

5-4 • Senior • Coxswain
Cold Spring, Ky.
Bishop Brossart HS

2002-03: One of two team captains ... Coxswain for the varsity crews ... Led Cards to pair of gold medals in Open 4+ and Open 8+ races at Head of the Licking ... Varsity 8+ also won gold medal at LemonHead Regatta and bronze medal at

Chattahoochee Chase during the fall ... Coxed Varsity 4+ to silver medal at Head of the Elk ... Guided Varsity 8+ to a win over Murray State and Varsity 4+ to wins over Cincinnati and Dartmouth ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

2001-02: Recipient of Cardinal Pride Award, which is presented annually to the student-athlete who demonstrates a commitment to team excellence and success ... Rejoined squad midway through fall season and served as coxswain for the varsity crews ... Helped Varsity 8+ to three wins at Cincinnati Regatta ... Coxed Varsity 8+ to ninth-fastest time at Lexus Central Sprints ... Named to AD Honor Roll in fall and spring ... Dean's List member in the fall ... Red and Black Scholar Athlete.

2000-01: Rowed for the Novice 8+ squad during the fall season before moving into the coxswain seat for both the Varsity 8+ and 4+ squads in the spring ... Led Varsity 4+ crew to a dual-race win at Dayton and also to a third-place finish at the Southern Intercollegiate Rowing Association Championships ... Member of AD Honor Roll and Dean's List in fall and spring ... Red & Black Scholar Athlete.

Prior to UofL: Lettered four years in soccer and one in softball at Bishop Brossart High School ... Garnered Best Defense Award in soccer ... Placed first in "Voice of Democracy Speech."



Personal: Born Christina Marie Ochsner on February 1, 1982 in Cincinnati, Ohio ... Daughter of Paul and Sue Ochsner ... Majoring in marketing ... Post-college ambition is to attend graduate school ... Would like to backpack through Europe ... Person with the greatest influence on her athletic career is her dad ... Role model is her mom ... Most prized possessions are her sister, boyfriend and friends ... Outside interests include reading, exercising, camping, golfing, playing soccer, fishing, going to concerts and spending time with family and friends ... Person she'd most like to meet is her grandma ... Most impressive person she's met is Dwayne Woodruff ... Favorite movie is Happy Gilmore ... Favorite TV shows are Reality shows ... Favorite groups and singers are 311, DMB, Bjork and Tracy Chapman ... Favorite food is buffalo chicken ... Three people she'd like to have dinner with are Barry Larkin, Dave Matthews and Abraham Lincoln.



Miranda Popp
 5-5 • Senior
 Clarksville, Ind.
 Portland Christian HS

2002-03: Settled into the five-seat in the Cards' First Novice 8+ boat in the spring ... Helped crew to bronze medals at LemonHead Regatta and Head of the Eagle during the fall ... Led team to wins over Cincinnati, Tennessee and Murray State

in the spring ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Lettered four years in softball and three each in cross country and cheerleading at Portland Christian High School ... Named most valuable runner ... Earned all-region honors in softball ... Member of KCAC cheerleading runner-up squad ... Valedictorian in senior class.

Personal: Born Miranda Gayle Elliot on October 11, 1980 in Louisville, Ky. ... Daughter of Woodrow and Susan Elliot ... Majoring in biology with a minor in psychology ... Post-college ambition is to become a physician ... Person with the greatest influence on her athletic career is Rick Folden ... Athlete she most admires and the person she'd most like to meet is Tiger Woods ... Likes to play golf.



Leslie Walters
 5-11 • Senior • Co-Captain
 Hodgenville, Ky.
 LaRue County HS

2002-03: Rowed stroke for the Varsity 8+ after beginning the fall season in the six-seat ... Helped lead Cards to a gold and silver medal in the Open 8+ and Open 4+ races, respectively, at Head of the Licking ... Led Cards to a pair of gold medals

in Open 4+ and Open 8+ races at LemonHead Regatta ... Also led team to bronze medal in Collegiate 8+ race at Head of the Charles ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Earned Collegiate Rowing Coaches Association Scholar Athlete honors ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

2001-02: Recipient of Cardinal Pride Award, which is presented annually to the student-athlete who demonstrates a commitment to team excellence and success ... Rowed in the six-seat on the Varsity 8+ ... Also competed for the novice crew during the first half of the spring season ... Helped Varsity 8+ to three wins at Cincinnati Regatta ... Guided Varsity 8+ to ninth-fastest time at Lexus Central Sprints ... Named to Collegiate Rowing Coaches Association South Region Second Team ... Also garnered CRCA Scholar Athlete honors ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Dean's Scholar with perfect 4.0 in fall ... Red and Black Scholar.

Prior to UofL: Attended Elizabethtown Community College ... Lettered four years in basketball and two in track and cross country at LaRue County High School.



Personal: Born Leslie Marian Walters on August 9, 1981 in Oneonta, Ala. ... Daughter of David and Jamie Walters ... Majoring in economics with a minor in international business ... Post-college ambition is to make the national team ... People with the greatest influence on her athletic career are Laurie Featherstone and Emily Egge ... Athlete she most admires is Lance Armstrong ... Hobbies include cycling, rock climbing and playing with her dog ... Names Allison Kempheus as the most impressive person she's met ... Favorite movie is Remember the Titans ... Favorite TV show is Good Morning America ... Favorite musician is Jimi Hendrix ... Favorite food is peanut butter.





Karen Bramer

5-10 • Junior
Louisville, Ky.
Assumption HS

2002-03: Rowed in the two-seat in the Varsity 4+ B boat against Minnesota ... Cardinal Pride Award winner, which is presented annually to the student-athlete who demonstrates a commitment to team excellence and success ... Member of

Athletic Director's Honor Roll in fall and spring ... Named to Dean's List in the fall ... Red and Black Scholar Athlete.

2001-02: Rowed bow for the novice squads during the spring ... Named Most Improved Novice Rower ... Led squad to wins over Eastern Michigan and Dayton at Cincinnati Regatta ... Guided Novice 4+ to third-place showing at Southern Intercollegiate Rowing Association Championships ... Helped Novice 4+ to come-from-behind win versus Murray State at Kentucky State Championship ... Member of Athletic Director's Honor Roll and Dean's List in the spring.

Prior to UofL: Two-year letterwinner in track at Assumption High School ... Also played tennis.

Personal: Born Karen Lynn Bramer on August 1, 1983 in Louisville, Ky. ... Daughter of William and Judith Bramer ... Pursuing a dual certification in elementary education (P-5) and learning and behavior disorders ... Post-college ambition is to become a teacher ... Person with the greatest influence on her athletic career is her dad ... Role model is Lucy Svehla ... Most prized possessions are her photo albums ... Hobbies include water skiing, rollerblading, hiking, dancing and doing aerobics ... Most impressive person she's met is Beulah Sapp ... Favorite movies are Dirty Dancing and Steel Magnolias ... Favorite food is chocolate cake with chocolate icing ... Proudest moment in her athletic career was winning the Cardinal Pride Award ... Person she most admires is Natalie Semaria, mother of Stephanie Semaria.



Amelia Buhts

5-9 • Junior
Prospect, Ky.
South Oldham HS

2002-03: Joined team in the spring ... Rowed in the six-seat for the Cards' First Novice 8+ crew ... Guided squad to wins over Tennessee and Murray State ... Named to Athletic Director's Honor Roll and Dean's List in the spring.

2000-02: Member of Cardinal women's soccer team ... Redshirted in 2000 and missed 2001 and most of 2002 due to injuries ... Named to Conference USA Commissioner's and AD Honor Rolls during that time.

Prior to UofL: Lettered four years in soccer as a defender and three in track at South Oldham High School ... Ran 100m, 200m and 400m in track for the Dragons ... Set school records in both 100m and 400m dashes ... Led soccer team to three state championships during prep career ... Earned all-region and all-state honorable mention honors as a senior.

Personal: Born Amelia Jane Buhts on August 14, 1982 in Volusia, Fla. ... Daughter of Bob and Carole Buhts ... Majoring in liberal studies and pre-med/pre-dental with concentrations in chemistry, biology, exercise science and sign language ... Post-college ambition is to attend either medical school or dental school ... Role model is her grandma, Jane Reaves ... Most prized possession is her faith ... Outside interests include coaching soccer, church, Fellowship of Christian Athletes and biking ... Person she'd most like to meet is Effie Reaves ... Favorite movies are Moulin Rouge and Office Space ... Favorite TV show is Friends ... Favorite food is Reeses cups ... One of four children ... Brother, Kurt, played hockey on the U of L ice hockey club team.



Diana Golub

5-5 • Junior • Coxswain
Louisville, Ky.
Sacred Heart Academy

2002-03: One of two coxswains for the varsity crews ... Led Varsity 8+ to a gold medal at LemonHead Regatta and Varsity 4+ B to silver medal at Head of the Licking during the fall ...

Also coxed Cardinals to a bronze medal in Collegiate 8+ race at Head of the Charles ... In the spring, led Varsity 4+ to wins over Duke and Tennessee ... Guided Varsity 8+ to a win over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

2001-02: One of two coxswains for Novice 4+ and Novice 8+ boats during fall and spring seasons ... Led Novice 4+ to gold medals at Head of the Eagle, Head of the Elk and Cincinnati Regatta ... Guided Novice 4+ to third-place showing at SIRA Championships ... Coxed Novice 4+ to come-from-behind win versus Murray State at Kentucky State Championship.

Prior to UofL: Lettered two years in cross country and one in rowing at Sacred Heart Academy ... Also played soccer and tennis.

Personal: Born Diana Vladimirovna Golub on October 28, 1983 in Chernigov, Ukraine ... Daughter of Vladimir and Olga Golub ... Majoring in nursing ... Post-college ambition is to become a nurse ... People with the greatest influence on her athletic career are her parents ... Role models are her parents because they work hard and lead by example ... Most prized possessions are her family and her dog, Glossy ... Person she'd most like to meet is Ayn Rand ... Favorite movies are The Matrix and The Usual Suspects ... Favorite groups are Blink 182, Dave Matthews Band and New Found Glory ... Favorite food is anything from the Cracker Barrel breakfast menu ... Three people she'd like to have dinner with are Adam Sandler and both of her grandfathers.





Brooke Spence

5-8 • Junior
North Vancouver, B.C.
Sutherland SS

2002-03: Named Varsity Oars Woman of the Year ... Moved from two-seat to six-seat midway through the spring ... Helped lead Cards to gold medals in Open 4+ and Open 8+ races at Head of the Licking ... Captured silver medal in Open

Single at same event ... Led Varsity 8+ to gold medal and paired with Stephanie Hutton to win silver medal at LemondHead Regatta ... Also led team to bronze medal in Collegiate 8+ race at Head of the Charles ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Earned Collegiate Rowing Coaches Association Second Team All-South Region honors ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

2001-02: Rowed in the two-seat for the Varsity 8+ ... Led Cards to fourth-place finish in Club 8+ at Head of the Charles, earning U of L's first-ever medal at the world's largest regatta ... Helped Varsity 8+ to three wins at Cincinnati Regatta ... Guided Varsity 8+ to ninth-fastest time at Lexus Central Sprints ... Named to AD Honor Roll in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Competed for the North Shore Rowing Club for three years ... Lettered five years in rowing, volleyball and basketball and one in soccer and rugby at Sutherland Secondary School ... Had a pair of second-place finishes in rowing in the 4x and 4+ at the B.C. Summer Games ... Also placed third in skiing at the B.C. Winter Games.

Personal: Born Brooke Alana Spence on May 16, 1982 ... Daughter of Keith and Judi Spence ... Majoring in sports administration ... Twin sister of former Cardinal rower Ashley Spence ... Names her dad as the person who has had the greatest influence on her athletic career ... Hobbies include snowboarding, hiking and skiing ... Favorite TV show is Seinfeld.



Rania Attum

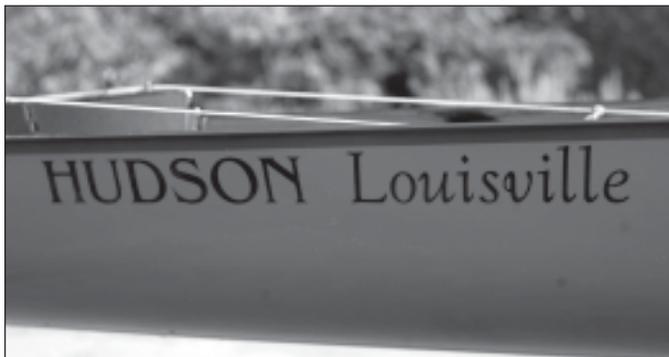
5-8 • Sophomore
Louisville, Ky.
Kentucky Country Day School

2002-03: Rowed stroke in the Cards' Second Novice 8+ boat during the spring ... Helped crew to a silver medal at the Southern Intercollegiate Rowing Association Championships ... Novice team also won bronze medals at LemonHead Regatta and Head of the Eagle ... Named to Athletic Director's Honor Roll in the fall.

gatta and Head of the Eagle ... Named to Athletic Director's Honor Roll in the fall.

Prior to UofL: Lettered five years in field hockey, two in softball and one in basketball at Kentucky Country Day School ... Earned Visual Arts honors ... Governor School for Arts student.

Personal: Born Rania Abdulla Attum on June 24, 1983 in Louisville, Ky. ... Daughter of Mervat and Abdulla Attum ... Major undecided ... One of four children.



Mandy Botelho

5-6 • Sophomore
Fort Campbell, Ky.
Fort Campbell HS

Named 2003 Homecoming Queen.

2002-03: Rowed stroke in the Cards' First Novice 8+ boat ... Led team to wins over Tennessee and Murray State during the spring ... Novice team also won bronze medals at LemonHead Regatta and Head of the Eagle ... Earned Oars Woman of the Year honors for the novice team ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.



gatta and Head of the Eagle ... Earned Oars Woman of the Year honors for the novice team ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Lettered three years in cheerleading and two each in tennis and soccer at Fort Campbell High School ... Cheerleading squad advanced to nationals her senior year.

Personal: Born Amanda Marie Botelho on July 20, 1983 at the Holloman Air Force Base in New Mexico ... Daughter of David and Maria Botelho ... Majoring in biology ... Member of Kappa Delta sorority ... Post-college ambition is to attend medical school ... Person with greatest influence on her athletic career is her sister, Charis ... Enjoys singing and meeting new people ... Person she'd most like to meet is President Bush.



Olivia Brittain

5-8 • Sophomore
Upton Ky.
Hart County HS

2002-03: Rowed in the two-seat for the Novice 8+ squad ... Led novice crew to wins over Tennessee and Murray State ... Guided Novice 4+ to gold medal at Head of the Eagle in the fall ... Named Most Improved Novice Rower.

Prior to UofL: Lettered five years in tennis and two in volleyball at Hart County High School ... Played both singles and doubles in tennis.

Personal: Born Olivia LeMoyné Brittain on December 27, 1983 in Bardstown, Ky. ... Daughter of John and Elizabeth Brittain ... Major undecided ... Post-college ambition is to travel the world ... Person with the greatest influence on her athletic career is U of L novice coach Laurie Featherstone ... Role models are her mother and father ... Outside interests include swimming, camping, hiking and shopping ... Favorite movie is Shag ... Favorite TV show is CSI ... Favorite group is the Dixie Chicks ... Father played lacrosse at Oberlin College.





Courtney Graham

5-6 • Sophomore
Harrods Creek, Ky.
Ballard HS

2002-03: Moved to bow in the Cards' First Novice 8+ boat in the spring after spending the fall in the three-seat ... Led team to wins over Tennessee and Murray State during the spring ... Novice team also won bronze medals at LemonHead

Regatta and Head of the Eagle ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Lettered two years in golf and one in basketball at Ballard High School.

Personal: Born Courtney Lauren Graham on November 7, 1983 in Louisville, Ky. ... Daughter of James and Judy Graham ... Majoring in justice administration ... Post-college ambition is to join the Air Force ... Her family has had the greatest influence on her athletic career ... Role model and person she'd most like to meet is Andy Pettitte ... Outside interests include photography and traveling ... Most impressive person she has met is Laurie Featherstone ... Favorite movie is Top Gun ... Favorite TV show is ER ... Favorite food is jumbalaya ... Three people she would like to have dinner with are Emeril Lagasse, John Gotti and Lance Armstrong.



Jessica Grigsby

5-10 • Sophomore
Shelbyville, Ky.
Shelby County HS

2002-03: Helped lead Cards to silver medal in Open 4+ race at Head of the Licking ... Paired with Lisa Terreberry and won gold at LemonHead Regatta during the fall ... Secured a seat in Varsity 8+ boat in the spring ... Started in the four-

seat before moving to the two-seat midway through the season ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Garnered Varsity Most Improved Rower honors ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Rowed on the Clemson University Club team for one year ... Won novice indoor erg championship in Chattanooga, Tenn. ... Competed in swimming for six years at Shelby County High School ... Placed in top-10 at state swimming championships five straight years.

Personal: Born Jessica S. Grigsby on January 18, 1983 in Charlotte, N.C. ... Daughter of William and Donna Grigsby ... Majoring in economics ... People with the greatest influence on her athletic career are her parents ... Role models are her parents ... Outside interests include swimming, playing outside and being with friends ... Most impressive person she's met is her grandmother ... Favorite food is a chicken burrito at Qdoba.



K.C. McCrocklin

5-11 • Sophomore
Prospect, Ky.
Christian Academy

2002-03: Predominately rowed in the four-seat in the Cards' First Novice 8+ boat ... Led team to wins over Tennessee and Murray State during the spring ... Novice team also won bronze medals at LemonHead Regatta and Head of the Eagle ...

Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Earned Dean's Scholar (4.0 gpa) honors both semesters ... Red and Black Scholar Athlete.

Prior to UofL: Transferred to Louisville from Samford University ... Lettered four years in swimming and one in field hockey and lacrosse at Christian Academy of Louisville.

Personal: Born Katherine Carol McCrocklin on September 18, 1983 in Agana, Guam ... Daughter of Tom and Julie McCrocklin ... Majoring in elementary education ... Post-college ambition is to teach elementary school ... People with the greatest influence on her athletic career are her parents ... Athlete she most admires is Mary T. Meagher ... Outside interests include swimming and reading ... Person she'd most like to meet is Tom Cruise.



Mandy Moore

5-10 • Sophomore
Louisville, Ky.
duPont Manual HS

2002-03: Joined Cards for the spring season ... Rowed in the five-seat for the Second Novice 8+ boat ... Helped crew to a silver medal at the Southern Intercollegiate Rowing Association Championships.

Prior to UofL: Lettered four years in volleyball, three in track and field and two in basketball at duPont Manual High School ... State qualifier in high jump in 1999 and 2000 ... Won district high jump title in 2000 after finishing runner-up in 1999.

Personal: Born Amanda Moore on January 25, 1983 in Louisville, Ky. ... Daughter of Jim and Lou Ann Moore ... Majoring in civil engineering ... Post-college ambition is to practice in structural engineering and obtain a professional license ... Would also like to attend law school ... Person with the greatest influence on her athletic career is her father ... Role model is her boss, Sam Rangaswamy ... Most prized possessions are her artwork and photographs ... Hobbies include photography and reading ... Big Star Wars fan and collector ... Person she'd most like to meet is Harrison Ford ... Most impressive person she's met is Emily Roberson ... Favorite movies are the original Star Wars Trilogy flicks ... Favorite TV show is Seinfeld ... Favorite group is Radiohead ... Favorite food is potatoes ... Three people she would like to have dinner with are George Lucas, J.R.R. Tolkien and Tom Hanks ... She loves animals ... Her dad played basketball and ran track and field at Illinois Valley Community College ... Sister, Sarah, plays volleyball at Wisconsin-Milwaukee.



Natalie Richards

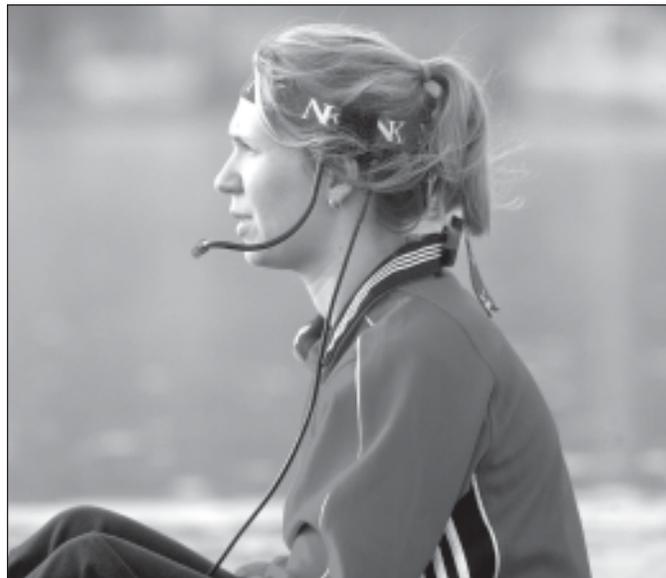
5-11 • Sophomore
Richmond, Ky.
Lexington Catholic HS

2002-03: Earned Oars Woman of the Year honors for the novice squad ... Secured a spot in the seven-seat in the First Novice 8+ boat in just the second race of the fall ... Led team to bronze medals at LemonHead Regatta and Head of the

Eagle during the fall season ... Helped crew to wins over Cincinnati, Tennessee and Murray State in the spring ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Attended Centre College before transferring to Louisville ... Lettered four years in cheerleading at Lexington Catholic High School.

Personal: Born Natalie M. Richards on September 23, 1983 in Louisville, Ky. ... Daughter of Alan and Michelle Richards ... Sister, Megan, is a member of the Cards' novice team ... Majoring in fine arts (2-D focus) and art history ... Post-college ambition is to become a famous painter and work with a respectable art gallery or auction house ... Person with the greatest influence on her athletic career and the most impressive person she's met is Laurie Featherstone ... Her parents are her role models ... Most prized possessions are her art and craft supplies ... Hobbies include drawing, reading and making personalized craft cards for everyone she knows ... Person she'd most like to meet is Kermit the Frog ... Favorite movies are Gone with the Wind and Breakfast at Tiffany's ... Favorite TV show is Sex and the City ... Favorite group is Nickelback ... Favorite food is bocadilla de tortilla espanola.



Jenna Sample

5-3 • Sophomore • Coxswain
Louisville, Ky.
Oldham County HS

2002-03: Rowed in the four-seat with Second Novice 8+ and two-seat with Second Novice 4+ during the spring ... Helped crew to a silver medal at the Southern Intercollegiate Rowing Association Championships ... Also led team to a win

over Murray State at Kentucky State Championships.

Prior to UofL: Graduated from Oldham County High School ... Homecoming Princess in 2000.

Personal: Born Jenna Lorraine Sample on January 9, 1984 in Louisville, Ky. ... Daughter of Steve Sample and Lorraine Houghton ... Majoring in business ... Has four brothers and sisters ... Post-college ambition is to attend graduate school ... Person with the greatest influence on her athletic career is Laurie Featherstone ... Role model and person she'd most like to meet is Reese Witherspoon ... Outside interests include family, friends, running and TaeBo ... Most impressive person she's met is Jim Lovell, Spacecraft Commander of Apollo 13 ... Favorite movie is Legally Blonde ... Favorite TV shows are The Simpsons and Regis and Kelly ... Favorite singer is Mariah Carey ... Favorite food is pasta ... Three people she would like to have dinner with are Reese Witherspoon, Josh Hartnett and Prince William ... Favorite color is pink.



Dena Scott

5-2 • Sophomore • Coxswain
Bowling Green, Ky.
Bowling Green HS

2002-03: Joined Cardinals in the spring ... Rowed in the two-seat for the Second Novice 8+ crew during the spring ... Helped stroke squad to a silver medal at the Southern Intercollegiate Rowing Association Championships ... Named to Ath-

letic Director's Honor Roll in the spring.

Prior to UofL: Three-year letterwinner in swimming at Bowling Green High School ... Also a member of the cross country and dance teams at BGHS.

Personal: Born Dena Scott on May 2, 1984 in Ypsilanti, Mich. ... Daughter of Sandra Scott ... Majoring in health and human performance ... Twin sister of Cardinal teammate Devon Scott ... Post-college ambition is to become an athletic trainer ... Most prized possession is her hair ... Outside interests include sleeping and playing on her computer ... Most impressive person she's met is her grandfather ... Favorite movie is Men of Honor ... Favorite TV show is Queer Eye for the Straight Guy ... Favorite group is Boyz II Men ... Favorite food is rice ... Also likes ketchup sandwiches.



Devon Scott

5-2 • Sophomore • Coxswain
Bowling Green, Ky.
Bowling Green HS

2002-03: Joined Cards for the spring season ... Rowed bow for the Second Novice 8+ boat ... Helped crew to a silver medal at the Southern Intercollegiate Rowing Association Championships.

Prior to UofL: Lettered three years in swimming, one year in cross country and one in track and field at Bowling Green High School ... Competed in the pole vault during prep career.

Personal: Born Devon Scott on May 2, 1984 in Ypsilanti, Mich. ... Daughter of Sandra Scott ... Majoring in communications ... Twin sister of Cardinal teammate Dena Scott ... Post-college ambition is to work as a special events coordinator ... Most prized possession is her cell phone ... Enjoys shopping ... Favorite movie is Die Hard With a Vengeance ... Favorite TV show is Queer Eye for the Straight Guy ... Favorite singer is Brian McKnight ... Favorite foods are ketchup, barbecue sauce and mustard ... Three people she would like to have dinner with are Tiki Barber, Rhonde Barber and her Uncle Hawk.





Lisa Terreberry
 5-9 • Sophomore • Co-Captain
 Fonthill, Ontario
 E.L. Crossley SS

2002-03: Rowed bow in the fall before moving to the seven-seat in the spring ... Helped lead Cards to gold and silver medals in the Open 8+ and Open 4+ races at Head of the Licking ... Led Varsity 8+ to gold medal, teamed with Jessica

Grigsby to win gold in the Pair and rowed solo to win silver at LemonHead Regatta ... Also led team to bronze medal in Collegiate 8+ race at Head of the Charles ... Guided Varsity 8+ to two wins over Murray State and a bronze medal at the Southern Intercollegiate Rowing Association Championships ... Named to Athletic Director's Honor Roll and Dean's List in fall and spring ... Red and Black Scholar Athlete.

Prior to UofL: Rowed for Coach John Riscutti, an assistant with the Canadian Junior National Team, at E.L. Crossley Secondary School ... Competed four years for South Niagara Rowing Club ... Won gold medal in Senior Lightweight 2- at 2002 Canadian School Boy Regatta ... Also took home gold medal in Junior Lightweight 4+ at 2001 competition ... Recorded impressive wins in Youth 8+ at Head of the Charles, Junior 2x at Royal Canadian Henley and Junior 4x at Canada Cup Regatta in 2001 ... Represented Canada at 2001 Canamex Regatta in Manitoba.

Personal: Born Lisa Kristen Terreberry on September 20, 1984 in Welland, Ont. ... Daughter of Alan and Cathy Terreberry ... Majoring in education ... Post-college ambition is to stay involved with rowing on a coaching level and work with underprivileged children ... People with the greatest influence on her athletic career are her parents, who have always helped her out and have given her the opportunities, and Pa and Ga, who are always at the finish line ... Role models are her teammates who give 100% every day to be better people and athletes ... Most prized possession is a letter from her grandpa ... Outside interests include watching hockey and other sports ... Favorite movies are Top Gun and Love and Basketball ... Favorite food is steak ... Three people she would like to have dinner with are Jose Theodore, Saku Koivu and Paul Kariya.

Central/Southern Region Sprints

When the NCAA decided to add rowing to its docket of sponsored collegiate sports and institute a national championship event, the governing body also divided up the schools that fielded rowing teams into five regions: New England, Mid-Atlantic, Central, South and West.

With the establishment of the groupings, regional championships were also developed. In the Central Region, Melton Hill Lake in Oak Ridge, Tenn., was chosen as the site of the inaugural competition in 1997 and has hosted the event ever since. The venue was selected by the coaches because of its geographically-centralized location and its recognition as one of the nation's best courses.

Unlike the New England, Mid-Atlantic and West Regions, the Central Region Championships event is the only regatta of its kind in the NCAA, and the competition is relegated to intercollegiate programs which compete in both the Central and South Regions.

Totaling 29 teams in 2003, the Central and South Regions are comprised of squads from Florida in the South, to Maryland in the East, Nebraska in the West and Minnesota in the North.

Central & South Regions

- Central Florida
- Cincinnati
- Clemson
- Creighton
- Dayton
- Drake
- Duke
- Eastern Michigan
- Indiana
- Iowa
- Jacksonville
- Kansas
- Kansas State
- **Louisville**
- Miami (Fla.)
- Michigan
- Michigan State
- Minnesota
- Murray State
- North Carolina
- Notre Dame
- Ohio State
- Stetson
- SMU
- Tennessee
- Texas
- Tulsa
- Virginia
- Wisconsin



Nicole Alderson
 5-10 • Freshman
 Carlisle, Ontario
 Waterdown HS

Prior to UofL: Lettered four years in hockey, two in volleyball, basketball and football, and one in waterpolo at Waterdown District High School ... Competed for the Leander Rowing Club ... Two-time captain in ice hockey ... Also captain for

football team in high school ... Led her Youth 8+ crew to a 10th-place finish at the 2002 Head of the Charles ... Finished fifth in the Junior Women's Category at the 2002 Canadian Indoor Ergatta and 13th in the Under 23 race in 2003 ... Guided her novice crew to wins at the Head of the Ohio in the Novice 8+ and Youth 4+ races.

Personal: Born Nicole Christina Alderson on October 20, 1984 in Burlington, Ontario ... Daughter of Murray and Maria Alderson ... Majoring in health and human performance ... Post-college ambition is to become a physical education teacher ... People with the greatest influence on her athletic career are her parents and coaches ... Role model is Lia Renaud ... Likes the sport of hockey ... Favorite movie is A League of Their Own ... Favorite TV show is Friends ... Favorite food is Italian.



Lia Renaud
 6-0 • Freshman
 Woodstock, Ontario
 St. Mary's Catholic HS

Prior to UofL: Lettered three years in basketball, two in cross country and one in volleyball at St. Mary's Catholic High School in Woodstock, Ontario ... One of the stronger junior rowers in Canada with balanced performances in both the 2,000m and 6,000m erg tests ... Helped Canada to second-place finishes in the Women's 8+ and Women's Double races at 2002 Canamex Regatta ... Also competed at the Royal Canadian Henley Regatta in the Jr. 1x, Under 23 Double and Under 23 Quad ... Placed third in the Junior Single at 2002 Canadian Schoolboys Regatta ... Competed for the St. Catharines Rowing Club in 2003.

Personal: Born Lia Renaud on October 23, 1984 in Woodstock, Ontario ... Daughter of David and Susan Renaud ... Majoring in arts/humanities ... Post-college ambition is to become a lawyer ... Person with the greatest influence on her athletic career is Doug Argent, one of her former rowing coaches ... Role model is Nicole Alderson.



Novice Team / 2003 Fall Results



Louisville Rowing • Louisville Rowing • Louisville Rowing



Jen Allen
5-7 • Freshman
Cecilia, Ky.
Central Hardin HS



Stephanie Baker
5-6 • Freshman
Louisville, Ky.
Atherton HS



Brittany Bengel
5-7 • Freshman
Richmond, Ky.
Model Lab School



Erica Boils
5-8 • Freshman
Elizabethtown, Ky.
Central Hardin HS



Christina Caudill
5-4 • Freshman
Shepherdsville, Ky.
North Bullitt HS



Beth Daunhauer
5-8 • Freshman
Louisville, Ky.
Seneca HS



Charly Day
5-9 • Freshman
New Albany, Ind.
Providence HS



Melissa Grieshaber
5-3 • Freshman
Versailles, Ky.
Woodford County HS



Bethany Kramer
5-2 • Freshman
Cold Spring, Ky.
Bishop Brossart HS



Alyssa Neider
5-1 • Freshman
Middleton, Wis.
Middleton HS



Dana Osoffsky
5-7 • Freshman
Louisville, Ky.
duPont Manual HS



Becky Popham
5-9 • Freshman
Crestview Hills, Ky.
Notre Dame Academy



Katie Prince
5-7 • Freshman
Virginia Beach, Va.
Gateway Christian HS



Megan Richards
5-11 • Freshman
Richmond, Ky.
Lexington Catholic HS



Adrienne Roman
5-8 • Freshman
Paducah, Ky.
Paducah Tilghman HS



Bijaya Shrestha
5-5 • Freshman
Lexington, Ky.
Henry Clay HS



Martha Shults
6-0 • Freshman
Bowling Green, Ky.
Greenwood HS



Kate Tarter
5-5 • Freshman
Louisville, Ky.
Seneca HS



Melinda Varner
5-10 • Freshman
Louisville, Ky.
Eastern HS



Ashley Welsh
5-11 • Sophomore
Seattle, Wash.
St. Paul's School for Girls



2003 Fall Results

Head of the Licking Regatta Wilders, Ky. • Sept. 27

Open 8+	1st of 5	20:13	Louisville B
.....	2nd of 5	21:26	Louisville A
Open 4+	1st of 6	21:49	Louisville A
.....	3rd of 6	23:20	Louisville B
Open 2-	1st of 5	23:27	Lisa Terreberry/Brooke Spence
.....	2nd of 5	24:44	Leslie Walters/Lia Renaud
.....	3rd of 5	25:42	Allison Kemphaus/Amelia Buhts
.....	4th of 5	26:31	Nicole Alderson/Jessica Grigsby

Head of the Mon Regatta Morgantown, W.Va. • Oct. 4

Varsity 8+	7th of 15	20:56.17	Louisville A
.....	14th of 15	21:57.26	Louisville B
Varsity 4+	11th of 18	23:20.27	Louisville A
.....	17th of 18	24:51.47	Louisville B
Varsity 2-	2nd of 7	24:14.93	Lisa Terreberry/Brooke Spence
.....	3rd of 7	24:30.75	Lia Renaud/Leslie Walters
.....	7th of 7	26:28.33	Carmen Noltemeyer/Stephanie George
Novice 8+	3rd of 7	22:58.29	Louisville

Head of the Eagle Regatta Indianapolis, Ind. • Oct. 18

Open 8+	4th of 8	14:44	Louisville
Novice 8+	2nd of 10	15:30	Louisville A
.....	6th of 10	17:00	Louisville B

Head of the Charles Regatta Boston, Mass. • Oct. 19

Collegiate 8+ ...	2nd of 38 ...	17:01.362	Louisville
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Head of the Elk Regatta Elkhart, Ind. • Oct. 27

Open 8+ A	2nd of 16	14:43.9	Louisville
Open 8+ B	3rd of 11	15:36.8	Louisville
Open 4+ A	3rd of 25	16:23.5	Louisville
Open 4+ B	3rd of 17	16:41.8	Louisville
Novice 8+ A	1st of 18	15:56.7	Louisville
Novice 8+ B	4th of 10	18:00.3	Louisville



2002 Fall Results

Head of the Licking Regatta

Newport, Ky. • Sept. 28

Open 4+	1st of 12	Louisville B	20:34.6
.....	2nd of 12	Louisville A	21:05.3
Open 8+	1st of 4	Louisville	18:58.1
Open Single	2nd of 4	Brooke Spence	24:40.3

LemonHead Regatta

Bloomington, Ind. • Oct. 5

Open 4+	1st of 5	Louisville	18:02
Open 8+	1st of 4	Louisville	16:07
Pair	1st of 4	Jessica Grigsby/Lisa Terreberry	19:50
.....	2nd of 4	Stephanie Hutton/Brooke Spence	20:03
Single	2nd of 3	Lisa Terreberry	22:11
Novice 8+	3rd of 5	Louisville	20:00

Head of the Charles Regatta

Boston, Mass. • Oct. 19

Collegiate 8+	3rd of 34	Louisville	17:29.55
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Head of the Eagle Regatta

Indianapolis, Ind. • Oct. 19

Novice 8+	3rd of 10	Louisville	18:09.27
Novice 4+	1st of 2	Louisville	21:05.14

Head of the Elk Regatta

Elkhart, Ind. • Oct. 27

Open 8+	4th of 25	Louisville	14:23.3
Open 4+	2nd of 21	Louisville	15:30.4
Novice 8+	10th of 13	Louisville	16:03.5

Head of the Chattahoochee Regatta

Gainesville, Ga. • Nov. 2

Championship 8+	8th of 21	Louisville	19:03.2
Club 4+	4th of 39	Louisville	21:19.5
Championship 4+	3rd of 26	Louisville	20:36.9

Chattahoochee Chase

Gainesville, Ga. • Nov. 3

Varsity 8+	3rd of 10	Louisville	18:53.3
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2002-03 Highlights

- Louisville was ranked 29th in USRowing/CRCA season-opening poll, marking the first national ranking in the program's four-year history.
- Brooke Spence was selected to the Collegiate Rowing Coaches Association (CRCA) South Region Second Team.
- Leslie Walters and Allison Kemphaus earned CRCA Scholar-Athlete distinction for the 2002-03 academic year.
- Kemphaus earned Verizon Academic All-District IV Second Team honors.
- Louisville swept Murray State at the Second Annual Kentucky State Championship April 27 on the Ohio River. More than 700 spectators gathered on the Belle of Louisville to cheer on the Cards as they won all five races.
- Kemphaus finished third among lightweight collegians and 12th overall at the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships.
- U of L won a bronze medal in the Collegiate 8+ at the Head of the Charles.
- The Cards placed 25 members (74.1%) on the Fall AD Honor Roll and 22 (68.75%) on the Spring list.



2002-03 Captains Christy Ochsner and Allison Kemphaus



2003 Spring Results

vs. Duke

Oak Ridge, Tenn. • March 15

Varsity 4+	1st of 3	Louisville	7:27.7
Varsity 8+	2nd of 3	Louisville	6:45.7
Novice 4+	2nd of 4	Louisville A	7:56.2
.....	4th of 4	Louisville B	8:09.2
Novice 8+	2nd of 2	Louisville	7:18.9

vs. Minnesota

Oak Ridge, Tenn. • March 16

Varsity 4+	2nd of 4	Louisville A	7:44.9
.....	4th of 4	Louisville B	8:09.9
Varsity 8+	2nd of 3	Louisville	6:38.3
Novice 4+	3rd of 4	Louisville A	8:15.79
.....	4th of 4	Louisville B	8:46.22
Novice 8+	3rd of 4	Louisville	7:23.5

vs. Cincinnati, Dartmouth

Oak Ridge, Tenn. • March 22

Varsity 4+	1st of 5	Louisville	8:07.9
Varsity 8+	2nd of 3	Louisville	6:59.1
1st Novice 8+	2nd of 3	Louisville	7:19.3
2nd Novice 8+	2nd of 2	Louisville	8:14.5

at Tennessee

Knoxville, Tenn. • March 29

Varsity 4+	1st of 3	Louisville	7:31.1
Varsity 8+	2nd of 3	Louisville	6:29.9
1st Novice 8+	1st of 2	Louisville	7:06.0
2nd Novice 8+	2nd of 2	Louisville	8:15.7

at San Diego Crew Classic

San Diego, Calif. • April 5-6

Varsity 8+ Heats	1st of 7	Louisville	7:19.60
Varsity 8+ Finals	4th of 6	Louisville	6:58.53

SIRA Championships

Oak Ridge, Tenn. • April 18-19

Varsity 8+ Heats	1st of 6	Louisville	6:41.2
Varsity 8+ Semis	2nd of 6	Louisville	6:41.3
Varsity 8+ Finals	3rd of 6	Louisville	6:36.1
Novice 8+ Heats	1st of 5	Louisville A	7:09.3
Novice 8+ Semis	2nd of 6	Louisville A	7:10.7
Novice 8+ Finals	4th of 6	Louisville A	7:07.3
Novice 8+ Finals	2nd of 4	Louisville B	7:41.0

Kentucky State Championship

Louisville, Ky. • April 27

Varsity 8+	1st of 2	Louisville	6:33.60
Varsity 8+ Sprint	1st of 2	Louisville	2:09.84
1st Novice 8+	1st of 2	Louisville	7:02.33
2nd Novice 8+	1st of 2	Louisville	7:23.90
Novice 8+ Sprint	1st of 4	Louisville A	2:21.10
.....	3rd of 4	Louisville B	2:30.89

Lexus Central/South Region Sprints

Oak Ridge, Tenn. • May 16-17

Varsity 8+ Heats	4th of 6	Louisville	6:42.7
Varsity 8+ Semis	3rd of 4	Louisville	6:53.6
Varsity 8+ C Finals	3rd of 6	Louisville	6:45.4

(Varsity 8+ finished 7th overall in South Region)

All-Time Team Award Winners

OARS WOMEN OF THE YEAR

1999-00 (Novice)	Melissa Campbell
2000-01 (Varsity)	Melissa Campbell
2000-01 (Novice)	Katie Hoetker
2001-02 (Varsity)	Allison Kemphaus
2001-02 (Novice)	Andrea Murray
2002-03 (Varsity)	Brooke Spence
2002-03 (Novice)	Natalie Richards, Mandy Botelho

MOST IMPROVED ROWERS

2000-01 (Varsity)	Kate O'Bryan
2000-01 (Novice)	Carmen Noltemeyer, Elissa Peak
2001-02 (Varsity)	Stephanie George
2001-02 (Novice)	Karen Brammer
2002-03 (Varsity)	Jessica Grigsby
2002-03 (Novice)	Olivia Brittain

CARDINAL PRIDE

2000-01	Allison Kemphaus
2001-02	Christy Ochsner, Leslie Walters
2002-03	Karen Brammer

CAPTAINS

1999-00	Kelly Drescher
2000-01	Nikki Lee, Melissa Campbell
2001-02	Stephanie George, Jennifer Klipple
2002-03	Allison Kemphaus, Christy Ochsner

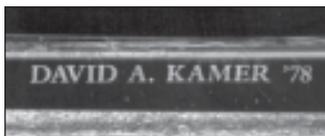
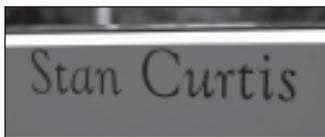
Boat Dedications

Louisville Rowing began a tradition two years ago by showing its appreciation to special supporters of the program by dedicating shells and/or oars in their honor. With the honor, each person's name is placed on the bow of the shell named in his or her honor.

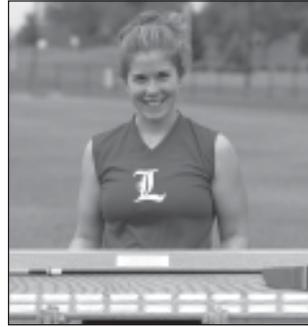


At a ceremony following the First Kentucky State Championship on April 28, 2002, the Cardinals honored the first three individuals; Gianina Marie, the three-year old granddaughter of Rocky's Italian Grill owner John Fondrisi; David Kamer, a 1978 U of L graduate and donor to the rowing program; and Tori Murden-McClure, the first woman and first American to row solo across the Atlantic Ocean.

Last year, the honorees were Fred Meijer, Chairman Emeritus of Meijer, Stan Curtis, Senior Vice President for Hilliard Lyons, and Julie Hermann, Senior Woman Administrator at U of L. A set of oars was also dedicated to the Central Cardinal Club.



2002-03 Team Award Winners



Brooke Spence
Varsity "Oars Woman of the Year"



Natalie Richards and Mandy Botelho
Novice "Oars Women of the Year"



Olivia Brittain and Jessica Grigsby
Most Improved Rowers



Karen Brammer
Cardinal Pride Award winner

Cardinal Honors

VERIZON ACADEMIC ALL-DISTRICT IV

Second Team	Third Team
Allison Kemphaus 2002-03	Allison Kemphaus 2001-02

CRCA SCHOLAR-ATHLETE

Allison Kemphaus 2001-02
Lucy Svehla 2001-02
Leslie Walters 2001-02
Allison Kemphaus 2002-03
Leslie Walters 2002-03

CRCA ALL-SOUTH REGION

Second Team
Stephanie George 2001-02
Allison Kemphaus 2001-02
Lucy Svehla 2001-02
Leslie Walters 2001-02
Brooke Spence 2002-03



Lucy Svehla earned CRCA Scholar-Athlete All-South Region
Second Team honors in 2002



Dr. James Ramsey President

An educator with more than 20 years of experience in state government, Dr. James R. Ramsey was named president of the University of Louisville in November 2002 after serving as its acting president for just over two months. Only a few days after he expressed interest in the permanent position, the university's presidential search committee unanimously

recommended him as the number one pick for the job. Two days later, the U of L Board of Trustees hired him by unanimous vote with an immediate start date.

Faculty, student and staff leaders, alumni and community members reacted to the news with enthusiasm. They describe Dr. Ramsey as "personable, easy to talk to, genuine and as nice as they come." He's also been called "bright and extremely capable, organized and diligent" and the kind of person who "inspires trust and confidence in others."

Dr. Ramsey holds a bachelor's degree in business administration from Western Kentucky University and a Ph.D. in economics from the University of Kentucky. He is an accomplished scholar and teacher, having held numerous administrative and faculty positions at the University of North Carolina at Chapel Hill, Western Kentucky University, Middle Tennessee State University, Loyola University and the University of Louisville. He has published more than 60 articles on issues ranging from zero-based budgeting to state road taxes.

Dr. Ramsey has a long history of public service. Besides twice serving as Kentucky's budget director and working as the state's chief economist, he has headed both the Office of Financial Management and Economic Analysis and the Office of Investment and Debt Management. He has been interim commissioner of the Office of the New Economy, special adviser to the chairman of the Kentucky Council on Postsecondary Education and an adviser to five governors. Dr. Ramsey was a primary architect of legislation in the 1990s to improve Kentucky's higher education system, which resulted in the passage of a major reform bill.

In fact, he is so devoted to education that when Gov. Paul Patton recruited Dr. Ramsey in 1999 from his job as vice chancellor for finance and administration at UNC-Chapel Hill to become Kentucky's senior policy adviser and budget director, he agreed to do so on one condition: that he be allowed to continue teaching.

U of L eagerly stepped in, offering him a spot as senior professor of economics and public administration.

Since assuming the presidency on Nov. 14, 2002, Dr. Ramsey has focused much of his attention on strengthening the university through partnerships with local, state and federal agencies to boost funding opportunities and reinforce U of L's commitment to its community. Dr. Ramsey wants to improve academic services for students and develop innovative ways to fund new state-of-the-art facilities that will help U of L take the national lead in research ranging from health care to manufacturing.

Among the benefits realized to date are partnerships with other education institutions that are helping improve learning at all levels throughout the state. The university is moving forward in its efforts to achieve Comprehensive Cancer Center status and to create a partnership leading to a Cardiac Innovation Institute that will conduct research on and help build devices to improve cardiac care. And, during his brief tenure, the university has opened a medical research facility and broken ground for a home for high-tech research in nanotechnology, microfabrication and other areas.

During his short time as president, Dr. Ramsey has been credited with being a primary catalyst behind the successful movement to convince the Kentucky legislature to support a third round of funding for the state's Research Challenge Trust Fund (also known as Bucks for Brains). This is an initiative in which the state provides millions of dollars to its public universities to recruit researchers in key areas that will enhance economic development, with the universities matching the funds dollar-for-dollar through private fundraising. It has brought \$230 million in state funds matched by an additional \$230 million in private funds to the universities since it began in 1998.

Dr. Ramsey is married to Jane Ramsey, a Western Kentucky University graduate who earned a master's degree in education from Georgetown College. She taught in parochial schools in New Orleans while her husband was associate dean and director of public administration in the College of Business Administration at Loyola University. She is now on call as a substitute teacher in the Oldham County School district.

The couple has two daughters, Jennifer, a junior majoring in zoology at Auburn University, and Jacqueline, a junior at South Oldham High School.

The University

Dare to be great.

When the University of Louisville adopted that simple motto in the winter of 2000, it challenged itself and its community to strive for excellence. It also sent a message to the nation that Kentucky's metropolitan research university is on the verge of greatness.

One of the nation's oldest metropolitan universities, U of L has a longstanding reputation in areas such as business, law, engineering and medicine. The university is building on that reputation, establishing itself as a national leader in areas ranging from the humanities to



entrepreneurship, from logistics and distribution to music composition, from social work to nursing and dentistry.

In 1998, U of L announced the Challenge for Excellence, a program designed to raise the university to national prominence within 10 years. U of L administrators have worked closely with Kentucky Gov. Paul Patton and the legislature to increase funding in key areas. Efficiency on campus has been improved in recent years, and university funds have been refocused on high-priority programs.

The effort already has paid off through national attention on the university and through benefits to the citizens of Louisville, Kentucky, Indiana and others around the nation and the world.

In recent years, the university was one of 147 universities to achieve the Doctoral/Research University-Extensive designation from the Carnegie Foundation for the Advancement of Teaching.





U of L's transplantation research program received international acclaim after performing only the second successful hand transplant in the world.

The university also was the first in the world to implant the Abiocor artificial heart in a patient. U of L continues to work with the company and other universities on the program.

The Institute for Cellular Therapeutics is working on leading-edge immunosuppression research that soon may lead to better, less risky transplantation procedures and treatments for diseases ranging from cancer to sickle cell anemia.

U of L's entrepreneurship program is ranked among the nation's best by Success magazine.

Its logistics and distribution program works with the United Parcel Service hub and other Louisville-area businesses to improve delivery systems throughout the world.

Its college of Education and Human Development works closely with area and state schools to continue refining Kentucky's nationally acclaimed efforts to reform education in grades P-12.

Through the presentation of the \$200,000 Grawemeyer Award for Music Composition, U of L's music school has built the world's top collection of contemporary music.

And U of L's Brandeis School of Law boasts a student body that has won several national competitions in recent years.

The university continues to upgrade its research facilities. In recent years, U of L has opened two medical research facilities and broken ground on a building for nanotechnology, microfabrication and other high-tech research. It currently is planning for a third new medical research facility to help house the dozens of nationally-renowned researchers joining its faculty.

And the university is continuing its drive for Comprehensive Cancer Center status, a designation for the top cancer research centers in the nation. It would be the only such facility in the area.

Located in the heart of Kentucky's largest city, U of L offers its students a chance to learn in a "real world" setting, interacting with the community's education, corporate and civic leaders. Through programs like the Grawemeyer Awards and U of L's McConnell Center for Political Leadership, students are exposed to many of the world's most powerful citizens, including Sen. Hillary Rodham Clinton, Supreme Court Justice Clarence Thomas, Secretary of State Colin Powell and former Soviet President Mikhail Gorbachev.

The City

The Louisville area owes its existence to the Falls of the Ohio, the only place where the 981-mile river flows over bedrock. The falls were really a rapids where the river dropped about 27 feet in three miles, usually blocking passage by boat.

Early explorers recognized the strategic importance of the Falls. George Rogers Clark established the first settlement there in 1778, to use as a base of his invasion of British territory in Southern Illinois and Indiana. Two years later that settlement became Louisville — named for King Louis XVI of France, who was supporting the American Revolution.



Churchill Downs



Louisville quickly became a vital transportation center for the young nation. Ports were established above and below the Falls. Passengers and freight moved overland around the rapids. Trails and road connected the ports to inland settlements in Kentucky and Indiana. The steamboat brought prosperity and growth to the area; by 1850, Louisville was the 10th largest city in the nation.

In the decades that followed, railroads greatly improved connections with cities throughout the nation, and Louisville became known as the "Gateway to the South." Businesses and industries were attracted by the strong and convenient transportation network and Louisville became an industrial center.

In recent years, the economy of the Louisville area has shifted from a heavy reliance on industry to an increasing emphasis on services, including transportation. Once again, location is a key factor. Louisville is located near the center for the eastern half of the contiguous 48 states, with nearly half of the nation's consumer markets within a 500-mile radius. The climate is mild enough that Louisville's airport is rarely closed because of weather.

Climate, location and a good transportation system helped convince United Parcel Service to establish its national hub in Louisville in the early 1980s. UPS, in turn, is attracting businesses that depend on fast and efficient transportation of their goods to other parts of the nation and throughout the world.

The Kentucky Center for the Arts is one of the nation's premier performing arts facilities, housing three spacious theatres.

Sports, including U of L athletics, are an important facet of life in the Louisville area. Churchill Downs has hosted three Breeders' Cups and continues its traditional Run for the Roses each May. The 1996 and 2000 PGA Championships were held at Valhalla Golf Course in eastern Jefferson County, while

"The best college sports town in America."

the Ryder Cup will be held on the same course in 2007. The Louisville Bats, the triple-A baseball team of the Cincinnati Reds, play at the new downtown Louisville Slugger Field and have drawn over a million fans to games in a single season in years past. Over 140 public parks, 20 public golf courses and 226 public tennis courts also provide outdoor entertainment.

Even though Louisville has changed over the years, it still has the flavor and gentleness of a Southern town. The Belle of Louisville steamboat still paddles its way up and down the Ohio River daily, mint juleps are still served under an old oak tree during the hot and muggy summers and fishing in the many lakes and rivers of the city and surrounding counties is still a favorite pastime.

Another favorite in Louisville is trying to figure out the correct pronunciation of the city. So if you're a tourist, don't say Louie-ville or Lewis-ville. Natives claim it's Lou-a-vuhl. Either way, Louisville is still the same happy place.





Tom Jurich Director of Athletics Vice President, U of L

Amazing. Incredible. Model program. Unbelievable. Doing it the right way. Stable. Astounding.

Many across the nation have used those words to describe the positive, upward direction the University of Louisville athletic program is progressing under the leadership of Tom Jurich.

In nearly six years, Jurich has guided a whirlwind of accomplishments that have caught the eye of those who follow collegiate athletics across the nation. Special things are happening in Louisville, with a vibrant personality leading the way.

U of L took a dramatic step toward maintaining that upward trend by signing Jurich to an unprecedented contract extension in August of 2002 that will keep him with the Cardinals through 2016. In an unprecedented appointment, he was named Vice President at U of L in 2003.

Since Jurich was named Director of Athletics for the Cardinals on Oct. 21, 1997, there has been an unmatched flurry of activity on the U of L campus and Louisville area since his arrival.

Jurich continues to push U of L to the forefront of college athletics. While diligently working to keep the Cardinals on the cutting edge nationally, Jurich has turned heads while quickly guiding major changes in the face of Cardinal Athletics including:

- Attracting first-year football coach Bobby Petrino. The energetic Petrino is the architect of three different teams which led the nation in total offense and U of L is confident that he can build upon a program that has reached five consecutive bowl games.

- Taking a major step in achieving gender equity, upgrading funding and support staff for existing women's programs while adding three new sports - softball, golf and rowing, which began competition in the 1999-2000 season. Jurich's efforts also moved field hockey, women's soccer and baseball to fully-funded programs. He received the Citizens for Sports Equity 2000 Sports Leadership Award.

"We want an athletic program that is strong across the board," said Jurich. "We want all of our sports to have an opportunity to be competitive and win championships. I believe strongly in having a complete athletic department, not just fielding teams that meet prescribed numbers."

- Addressing multiple facility needs, including an extensive sports park - the first components of which were completed in 1999 - to serve as a front lawn for the University. Cardinal Park features a softball stadium, field hockey artificial surface field, soccer field surrounded by a state-of-the-art track, fitness trail, outdoor basketball and sand volleyball courts and a playground. A baseball stadium, natatorium, field house and boat house are also planned.

Women's basketball games were moved to Freedom Hall, some volleyball events are played at Louisville Gardens, and baseball occupies the Kentucky Fair and Exposition Center stadium and the training and office complex.

- Attracting third-year men's basketball coach Rick Pitino to U of L, a move many deemed impossible. Pitino's arrival has energized the Cards' tradition-rich program and he has quickly restored U of L to national prominence.

- Strengthening U of L's athletic administration by enlarging the compliance department with the school's first associate athletic director for compliance and adding the school's first female associate athletic director/senior woman administrator.

- Placing U of L on the cutting edge of sports medicine by developing a comprehensive partnership with Louisville's world-renowned Jewish Hospital.

- Bolstering the community outreach arm of U of L athletics, developing CardsCare. The Community Action Response Effort promotes student-athlete community involvement.

- Academic success has risen dramatically during Jurich's watch as well. Honorees on the Conference USA Commissioner's Honor Roll (cumulative 3.0 GPA or better) rose from 44 in 1996 to 147 in 2002. Those earning recognition on the U of L Athletic Director's Honor Roll (3.0 or better grade point average for a semester) increased to a record 256 for the 2001 fall semester, a figure which represents nearly half of the total students involved in athletics for the Cardinals.

Jurich has been active in the scope of college athletics on a national level, within Conference USA, and in his local community. He served three years as a member of the NCAA Management Council, the one of the top legislative bodies of the NCAA, and the NCAA Division

I Baseball Committee. He currently sits on the Board of Directors for Republic Bank, Jewish Hospital and the American Heart Association.

Jurich's high energy, community and family-minded approach has been contagious, infecting the university, city and U of L fans everywhere with a positive outlook for the future of Cardinal Athletics. It is a formula that has provided a trail of success in each situation Jurich has touched.

Guiding Colorado State University for the four years prior to his arrival at

U of L in a similar position, Jurich oversaw not only the most successful time period in the school's history in terms of on-field competitiveness, but he was the driving force behind a successful capital campaign drive that included facility renovation.

Prior to his constructive efforts at Colorado State, Jurich operated as director of athletics for eight years at his alma mater, Northern Arizona University. When appointed at NAU, he was the youngest director of athletics at the NCAA Division I level at the age of 29.

He became athletic director at Northern Arizona in 1988, after previously serving as co-director (1986-88) and assistant director (1984-86). He was inducted to the NAU Sports Hall of Fame in 1989.

Jurich is among the finest football players in Northern Arizona history. A punter, placekicker and backup quarterback for the Lumberjacks, Jurich earned first-team Kodak All-America honors in 1977 - the first collegiate kicker to make the Kodak honor list - and also received All-America acclaim from *The Sporting News*. He is the only kicker in Big Sky Conference history to be named the league's offensive player of the year (1977).

A 10th-round NFL draft pick of the Pittsburgh Steelers, Jurich later played with the Minnesota Vikings before a brief coaching stint at the University of Minnesota.

He and his wife, Terrilynn, a former Miss Wyoming, have four children: sons Mark, 23, a senior outfielder at U of L, and Brian, 21, a junior at U of L; and twin daughters, Haley and Lacey, who are 13.

"We are going to invest heavily in rowing because it is a very big sport in the Northeast. We have a wonderful coach in Richard Ruggieri and I want to make sure we give him the opportunity to compete for a national title. It has been amazing the support rowing has gotten from this community."

- Tom Jurich

(on the move to the BIG EAST Conference)



Among some of the finest facilities in college athletics, the University of Louisville offers its student-athletes and entire student body one of the top physical plants in the mid-South.

The brightest jewel in the Cards' crown of facilities is **Papa John's Cardinal Stadium**. Funded by U of L supporters and fans for U of L supporters and fans, PJCS features the revolutionary SportGrass surface which allows natural grass to grow through a synthetic base for year-round durability.

Adjacent to PJCS is the Cardinal football complex which houses offices for the U of L football and support staff. Along with team meeting space and locker facilities, the Cardinal football complex owns more than 9,100 square feet for strength and conditioning and 4,000 square feet for training and rehabilitation needs. The BellSouth / Johnny Unitas Football Museum serves as an entrance way to the football complex.

With the move to PJCS, the U of L baseball team acquired the old football facilities at the Kentucky Fair and Exposition Center, as well as practicing and playing in football's former home - **Cardinal Stadium**.

With its artificial surface, Cardinal Stadium allows the baseball team the freedom to schedule and not worry about inclement weather. Inside the complex is a strength room along with training, equipment and locker facilities.

The U of L men's and women's basketball teams play their home games in the legendary **Freedom Hall** located two miles from campus on the KFEC grounds. Host to six NCAA Division I men's basketball finals, Freedom Hall will serve as the men's home for the 48th consecutive season while the women's team will play its home games in the hallowed halls for the sixth year.

The Cardinal volleyball team plays in **Cardinal Arena**, which also serves as a practice facility for the hoops teams during the winter. With a capacity of 1,000 and located on campus at the Student Activities Center, the venue provides an intimidating venue for boisterous Cardinal fans. Strength and training facilities along with the administrative offices for the entire athletic department are also included in the SAC.

Home to the Cardinal tennis teams, the **Bass-Rudd Tennis Center** has been recognized as one of the nation's top facilities with six indoor and eight outdoor courts located on the southeast corner of campus.

Cardinal Park serves as a front lawn for the University and features a cardiovascular path to serve the entire Louisville community encircling the various facilities.

Ulmer Stadium, located on the north section of Cardinal Park, serves as home to the Cardinals' softball team. One of the nicest playing complexes in all of college athletics, the venue features stadium lighting, chairback seating for more than 700 and an enclosed press box.

In the middle of Cardinal Park is the **Track and Soccer Stadium**, which provides a state-of-the-art track encircling a playing field for the Cardinal soccer teams. This area boasts field lighting, men's and women's locker rooms for soccer, softball and track, meeting rooms, coaches' dressing rooms, a fully equipped training room and a climate-controlled press box. Bleachers accommodate approximately 2,200 fans.

Trager Stadium, located on the south section of Cardinal Park, serves as home to the Cardinal's field hockey team. The artificial turf surface field is surrounded by bleachers and a seating area that accommodates up to 1,000 fans. Trager Stadium was the site of the 2002 NCAA Field Hockey Championships.

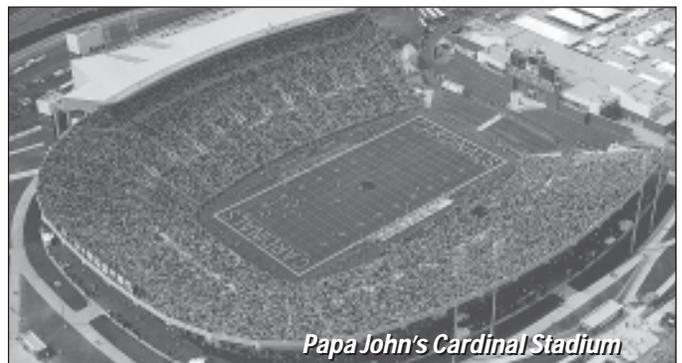
The recently opened Spencer Holt-designed **Cardinal Club Golf Course** gives the U of L golf teams one of the nation's finest facilities. The 20-acre practice facility set aside just for Cardinal golfers features three chipping greens, two practice putting greens and a two-tiered driving range.



Freedom Hall



Bass-Rudd Tennis Center



Papa John's Cardinal Stadium



Ulmer Stadium



Cardinal Club Golf Course



The University of Louisville's Cardinal Life Skills Program is an all-encompassing program that wraps itself around the individual during his/her collegiate career and serves as a link between the student-athlete and the campus-wide opportunities they often have difficulty accessing due to their commitments as a student-athlete. This program is supported by the NCAA CHAMPS/Life Skills (CHallenging Athletes Minds for Personal Success) Program.

Our mission is to provide programming, in conjunction with established university systems, which encourages student-athletes to further enhance themselves academically, athletically, and emotionally. The program aims to afford each student-athlete the opportunity to discover and develop his/her strengths, values, goals, and vision as an individual, focusing on the well being of the whole person, not just the student or the athlete.

The Cardinal Life Skills Program consists of five vital commitments to our student-athletes: *Academic Excellence, Personal Development, Community Service, Career Development, and Athletic Excellence*. Through these five commitments, the University of Louisville seeks to assist student-athletes in developing the necessary "life skills" to lead productive lives, and become leaders and contributors in their biggest game: the game of life.

Commitment to Academic Excellence

The Cardinal Life Skills commitment to Academic Excellence supports the academic growth of the student-athlete toward intellectual growth and graduation. The Olga S. Peers Academic Center for Student-Athletes assists each student-athlete in planning their academic career through a variety of services. Academic enrichment is offered through training in study skills, time management, academic integrity, and goal setting. Athletic academic counselors work closely with their student-athletes to assist in planning for their own academic success and progress towards a degree. Services are directed at the whole person – the student, the athlete, and the individual.

Commitment to Personal Development

This commitment supports the development of a well-balanced lifestyle for student-athletes, encouraging emotional well being, personal growth and decision-making skills. Freshman student-athletes are strongly encouraged to take the Healthy Lifestyles class (HPES 184). This course provides vital information to student-athletes on topics ranging from nutrition for peak performance to alcohol and drug abuse.

The Performance Team assists in the personal and athletic development of the Cardinal student-athlete. The education, assistance, and action models are supported by a team of talented athletic trainers, nutritionists, strength and conditioning coaches, physicians, sport psychologists, athletic department administrators and numerous other specialists. Performance team programming affords student-athletes and coaches the opportunity to gather information to support a healthy lifestyle and achieve optimum athletic performance.



The Cardinal Life Skills Program sponsors seminars to address the student-athletes, spirit groups, and coaching staffs during each academic year. Guest speakers are asked to address personal development and social issues.

The Student-Athlete Advisory Committee (SAAC) is composed of two student-athlete representatives from every team. The SAAC provides a forum for team representatives to voice their concerns on a wide range of issues that are important to the student-athlete population. Through their participation, SAAC members are afforded many responsibilities and opportunities, such as:

- promote communication between athletics administration and student-athletes
- provide a voice for student-athletes
- encourage participation in community projects and campus organizations
- promote special events for student-athletes
- communicate information to teammates
- participate in opportunities to enhance leadership skills
- promote a positive student-athlete image

Commitment to Community Service

The Cardinal Life Skills Commitment to Service aims to engage student-athletes in volunteer service to the University of Louisville and throughout the greater Louisville community.

CARDSCARE (Community Action Response Effort) is a program designed specifically for student-athletes to give back to many organizations throughout the greater Louisville community. Student-athletes, coaches, and athletic department staff volunteer over 10,000 hours each academic year. Their activities range from reading to local schools, speaking to groups on various topics, hosting sports clinics, feeding the hungry, and mentoring younger children.



Commitment to Career Development

The commitment to Career Development assists the student-athlete in developing career objectives and pursuing life goals. Student-athletes are strongly encouraged to visit the U of L Career Center, where they can receive information on career counseling, career workshops, internship information, creating resumes and cover letters, preparing for interviews and job placement assistance. In addition, student-athletes receive assistance from their athletic academic and Life Skills staff on developing resumes and cover letters, making job contacts and preparing for job interviews.

2002-03 Academic Honors

VERIZON ACADEMIC

ALL-DISTRICT IV

Allison Kemphaus Second Team

CRCA SCHOLAR-ATHLETE

Allison Kemphaus
Leslie Walters

DEAN'S SCHOLAR (4.0)

K.C. McCrocklin Fall
Jenni Vadney Fall
Shannon Gilland Spring
Allison Kemphaus Spring
K.C. McCrocklin Spring

RED & BLACK SCHOLAR

Megan Baxter	Sandy McCoy
Tabatha Boekhout	K.C. McCrocklin
Mandy Botelho	Carmen Noltemeyer
Megan Bowden	Christy Ochsner
Karen Bramer	Miranda Popp
Stephanie George	Vanessa Price
Shannon Gilland	Natalie Richards
Diana Golub	Brooke Spence
Courtney Graham	Lucy Svehla
Jessica Grigsby	Lisa Terreberry
Allison Kemphaus	Jenni Vadney
Meredith McBride	Leslie Walters



The Shadows Program provides student-athletes an opportunity to shadow a professional on the job, by observing day to day activities of employers in their specific career interests.

Professional Panels afford student-athletes the opportunity to network with local businessmen and women from various professions. Panelists share their career paths and provide student-athletes with

advice on preparing for interviews, preparing for their future, and making the transition from college to the real world.

The Life After Sports Mentor Program is designed to assist student-athletes who have exhausted their eligibility by matching each student with a mentor in the Louisville community that holds a similar field of interest. Mentors assist student-athletes in developing a network outside of athletics and with their transition to the work world.

The Corporate Playbook consists of resumes of graduating student-athletes and is distributed to local and regional and national companies.

Commitment to Athletic Excellence

The U of L Athletic Department is fully committed and focused on providing championship opportunities throughout its programming that allows every student-athlete the opportunity to experience the highest level of collegiate competition and academic excellence.

The University is dedicated to providing all the necessary components that allow for this pursuit including outstanding facilities, equitable financial support and the assistance of outstanding professionals coaches, counselors, specialized training and administrators all concentrating on creating the most comprehensive college experience possible for every Cardinal student-athlete.

Performance Team

The University of Louisville Athletic Department Performance Team has been created to assist in the personal and athletic development of the Cardinal student-athletes.

With the support of hand-picked physicians, counselors, strength and conditioning coaches, athletic trainers, psychologists, a nutritionist and numerous other specialists, student-athletes and coaches have the opportunity to gather information to support a healthy lifestyle and achieve optimum athletic performance.

We're grateful to these outstanding professionals that serve us by educating and counseling.



Everiste Ambris
Alcohol & Drug Coordinator
U of L Student Counseling



Ashley Armstrong
Asst. Athletic Director
U of L Athletics



Carole Banda
Dir. Olympic Sports Medicine
U of L Athletics



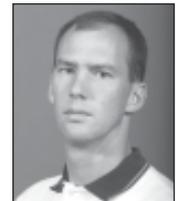
Dr. Burns Brady
Medical Director, Kentucky
Physicians Health Foundation



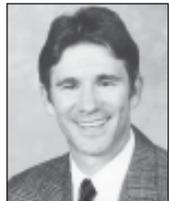
Anne-Marie Brown
MSW, Jewish Hospital/
Frazier Rehab Institute



Wiley Brown
Asst. Strength & Conditioning
U of L Athletics



Heath Clifford
Asst. Athletic Trainer
U of L Athletics



Derek Coleman
Cornerstone Christian
Academy



Kim Demling-Casteluzzo
Dir. of Physical Education
U of L HPES Department



Ray Ganong
Head Strength & Conditioning
U of L Athletics



Julie Hermann
Sr. Woman Administrator
U of L Athletics



Donna Huber
MSW, U of L
Student Counseling



Cheryl Kolander
Professor
U of L HPES Department



Joe Lively
Asst. Strength & Conditioning
U of L Athletics



Andy Meyer
Ph.D
Meyer & Associates



Gail Peitzmeier
Nutritionist
UofL



Michelle Schuppe
Registered Dietician
Jewish Hospital



Dwayne Treolo
Head Athletic Trainer
U of L Football



Dr. John Walsh
Executive Director
The Morton Center



Denise Wooldridge
Manager, Sports Medicine
Jewish Hospital/Frazier Inst.





Located less than one mile from the Belknap Campus, the Cardinal Sports Complex serves as a home to the U of L women's rowing program as well as the men's and women's golf, baseball and field hockey programs.

Formerly the home of the U of L football team prior to the construction of Papa John's Cardinal Stadium, the Cardinal Sports Complex gives U of L student-athletes everything they need to succeed on and off the field.

Along with office space for coaching staffs and administrators, the complex houses an academic lab with Internet-ready computer facilities, a fully-outfitted training and rehabilitation area, a state-of-the-art strength and conditioning room and a spacious locker room.



Rowing Terminology

- Blade:** the end of the oar which pulls the boat through the water.
- Bow:** the forward end of the boat which crosses the finish line first; the rower in the seat nearest the forward end of a shell, who typically has a quick catch, stable technique and a shorter arc.
- Bucket Rigging:** two riggers on the same side next to each other instead of alternated.
- Coxswain (cox):** person who steers the shell from a seat located in the stern or a lying position in the bow.
- Ergs:** short for ergometer; individualized rowing simulators that help strength and conditioning.
- Lightweight:** a crew on which each athlete weighs under a specific amount (130 pounds for women).
- Novice:** a rower in the first year of collegiate competition.
- Regatta:** the name of rowing events in which several crews compete.
- Repechage:** a second chance race for those crews which did not automatically advance to the finals of an event.
- Rigger:** the part which attaches an oar to the shell.
- Run:** the distance the shell moves during one stroke.
- Sculling:** type of rowing where each rower uses two oars.
- Shell:** boat used in the rowing races. It seats nine people for an Eight and five people for a Four, and ranges in length from 45 feet for a Four to 58 feet for an Eight.
- Sprints:** used in collegiate competition, this type of race features a course which is 2000 meters long, usually with four to six unmarked or buoyed lanes and a floating or staked start.
- Stern:** the back of the boat; the end the rowers face during competitions.
- Stroke:** a complete cycle of moving the shell through the water; the rower who sits closest to the stern, looks directly at the coxswain in a stern-coxed boat and sets the rhythm for the shell.
- Sweeping:** type of rowing where each rower uses one oar.
- Varsity:** the collegiate rower who competes beyond the novice level.
- 8+ and 4+:** eights (8+) and fours (4+) are the most common collegiate competitions and the two events held at the NCAA Championships. The plus indicates a coxswain on board.

2000-meter Competition

National, World and Olympic competitions are 2000 meters, or approximately 1.25 miles. Most courses are divided into six buoyed lanes, allowing six boats to participate at any one time. This racing utilizes a double-elimination system which allows each participant at least two opportunities to row.

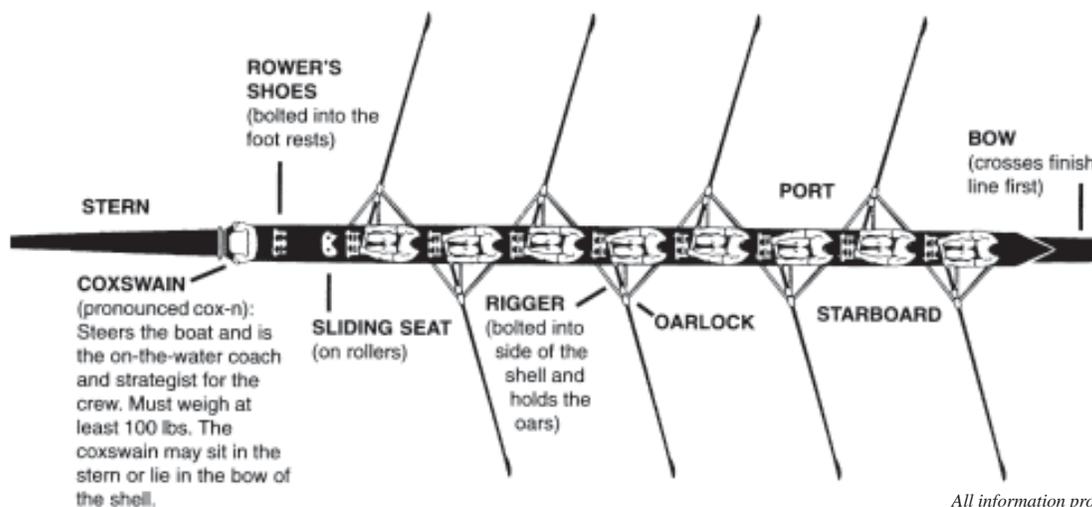
Race Watching

The crew that's making it look easy is most likely the one doing the best job. While you're watching, look for –

- *Continuous, fluid motion of the rowers.* The rowing motion shouldn't have a discernible end or beginning.
- *Synchronization.* Rowers strive for perfect synchronization.
- *Clean catches of the oarblade.* If you see a lot of splash, the oarblades aren't entering the water correctly. The catch should happen at the end of the recovery, when the hands are as far ahead of the rower as possible. Rowers who uncoil before they drop the oarblades are sacrificing speed and not getting a complete drive.
- *Even oarblade feathering.* When the blades are brought out of the water, they should all move horizontally close to the water and at the same height. It's not easy, especially if the water is rough.
- *The most consistent speed.* Shells don't move like a car – they're slowest at the catch, quickest at the release. The good crews time the catch at just the right moment to maintain speed.
- *Rowing looks graceful, elegant and sometimes effortless when it's done well.* Don't be fooled. Rowers haven't been called the world's most physically-fit athletes for nothing. A 2,000-meter rowing race demands virtually everything a human being can physically bring to an athletic competition – aerobic ability, technical talent, exceptional mental discipline, ability to utilize oxygen efficiently and in huge amounts, balance, pain tolerance, and the ability to continue to work when the body is demanding that you stop.
- *A "Power 10" is a call by the coxswain for 10 of the crew's best, most powerful strokes.* Good coxswains read the course to know how many strokes remain for their crew to count down to the finish.
- *It doesn't matter whether you win an Olympic medal or don't make the finals – each crew still carries their boat back to the rack.*
- *Coxswains from first-place boats worldwide are thrown into the water by their crews.*
- *Coxswains don't now and probably never did yell "stroke! stroke!"* Similar to a jockey, their job is to implement the coach's strategy during the race, in addition to steering and letting the rowers know where they stand in the race and what they need to do to win.

Head Races

Head Races are the traditional fall regattas, in which boats cross the starting line at full speed at roughly 15 second intervals. The course usually involves navigating three miles of river, around bends and under bridges. Whichever team completes the course in the shortest amount of time wins.



All information provided by USRowing.