



● University Quick Facts

Location	Louisville, Ky. 40292
Founded	1798
Enrollment	22,000
Nickname	Cardinals
Colors	Red and Black
Affiliation	NCAA Division I
Conference	BIG EAST
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
Rowing Office Phone	(502) 852-7933
E-Mail	rjru01@louisville.edu
Assistant Coach	Laurie Featherstone
Alma Mater	Waterloo '92
Rowing Office Phone	(502) 852-8121
E-Mail	lfeat01@louisville.edu
Assistant Coach	Laura Fogt
Alma Mater	North Carolina '01
E-Mail	Infogt01@louisville.edu
Volunteer Assistant	Lew Acampora
Volunteer Assistant	Stephanie Baker
Volunteer Assistant	Jenna Sample
Volunteer Assistant	Becky Wohrle
Rowing Office Fax	(502) 852-4932
Facility	Cardinal Boathouse

● Support Staff

Assistant SID (Rowing Contact)	Garett Wall
Office Phone	(502) 852-3088
Fax	(502) 852-7401
Mobile Phone	(502) 553-8030
E-Mail	gOwall01@louisville.edu
Academic Counselor	Anthony Wright
Athletic Trainer	Eric Buckman
Strength and Conditioning	Eric Hammer

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● Credits

The 2006-07 University of Louisville Rowing Media Guide was designed and edited by Garett Wall. Editorial assistance by Lori Korte, Kimberli Pemberton and Kathy Tronzo. Photography for this publication was provided by Dave Klotz, Shelly Feller. Covers designed by Daniel Mehling.

● 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 Garett Wall, U of L's rowing contact, at (502) 852-3088.





Rowing at Louisville

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING

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.



● 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 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 practice. 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 Jim Patterson Stadium (baseball), Ralph W. Wright Natatorium (swimming & diving), 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.

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. For the second straight season and the second time in school history, the Cardinals will compete in a conference championship event at the 2007 BIG EAST Conference Championships on April 30, and as always, U of L will compete at the Central/Southern Region Sprints. This mid-May event brings varsity programs from the NCAA Central/South Regions together for a final competition before bids for the NCAA Rowing Championships are awarded.

University of Louisville Rowing 2005-06 Academic Honors

● CUMULATIVE TEAM GPA OF 3.23 FOR 2005-06

● CRCA NATIONAL SCHOLAR-ATHLETE AWARD

Nicole Alderson Beth Daunhauer Lisa Terreberry

● DEAN'S SCHOLAR - 4.0 GPA

Jen Allen	Fall, 2005
Kristen Bloom	Spring, 2006
Kelly Bowles	Spring, 2006
Beth Daunhauer	Fall, 2005/Spring, 2006
Lisa Grace	Spring, 2006
Melissa Grieshaber	Fall, 2005/Spring, 2006
Katherine Horlander	Fall, 2005/Spring, 2006
Sheila Lindsey	Fall, 2005/Spring, 2006
Tessa Littlejohn	Fall, 2005
Heidi Schomburg	Spring, 2006

● RED & BLACK SCHOLAR - 3.0 GPA or Better

Nicole Alderson	Lisa Grace	Shadea Mitchell
Jen Allen	Melissa Grieshaber	Amanda Moore
Kim Anderson	Jessica Grigsby	Breanne O'Connor
Anna Ardiel	Kathryn Hagglund	Allison Pelette
Kristen Bloom	Mallory Hamman	Jill Reeves
Kelly Bowles	Hannah Heffernan	Jenna Sample
Brianna Bowling	Lindsey Hollin	Heidi Schomburg
Olivia Brittain	Katherine Horlander	Jessica Smith
Laura Cers	Caryn Lasley	Lisa Terreberry
Beth Daunhauer	Sheila Lindsey	Amanda Thorsen
Kelly Dues	Tessa Littlejohn	Liz Van Zeyl
Katie Fitzpatrick	Rachel Mersch	

Head Coach Richard Ruggieri



LOUISVILLE ROWING



● Richard Ruggieri ● Head Coach

Richard Ruggieri enters his seventh season as head coach of the University of Louisville women's rowing team and continues to lead the Cards in joining the nation's elite programs.

In 2005-06, U of L earned the second Top 20 national ranking in school history as the Cards were 20th in the final USRowing/CRCA Varsity Eights Coaches Poll of the season.

Overall, the Cards finished third in the South Region at the NCAA Regional Sprints, were second at the BIG

EAST Conference Championships, the program's first-ever conference championship regatta, and won the Club 4+ event at the Head of the Charles Regatta. The win in Boston marked the fifth straight year the Cards finished fourth or better in at least one race at the Head of the Charles, the largest two-day regatta in the world.

U of L also had five athletes, Jessica Grigsby, Jenna Sample, Beth Daunhauer, Nicole Alderson and Lisa Terreberry, earn CRCA All-Region honors in 2005-06.

Under Ruggieri's guidance, the 2004-05 season included a number of accomplishments for the still young U of L rowing program including the Cards' first-ever Top 20 national ranking on May 5, 2005, and their first All-American selection in CRCA Second Team standout Amelia Buhts.

Overall, the Cards finished fifth in the South Region in 2004-05, earned Varsity 8+ and 4+ wins at the Southern Intercollegiate Rowing Association Championships and was second-place overall in the Collegiate 8+ race at the Head of the Charles Regatta along with being the highest finishing U.S. school in that race for the third straight year.

U of L also had two rowers, Amelia Buhts and Brooke Spence, earn First Team CRCA All-South Region honors, one rower, Beth Daunhaue, earn Second Team CRCA All-South Region honors and four rowers, Amelia Buhts, Beth Daunhauer, Brooke Spence and Lisa Terreberry, earn CRCA National Scholar-Athlete Awards.

During the 2003-04 season, Ruggieri led U of L to a 15th-place finish in the nation and sixth overall in the South Region, and the Cardinals tied for tops in the nation with five rowers earning the 2004 Collegiate Rowing Coaches Association (CRCA) National Scholar-Athlete Award.

In 2003, Ruggieri led the Cardinals' Varsity 8+ crew to a national ranking for the first time in the program's four-year history. Louisville was ranked 29th in the season-opening USRowing/CRCA poll. The Cardinals also earned another medal at the Head of the Charles after finishing third in the collegiate competition.

Five years ago, he guided the Cards to 13 first-place finishes and a bronze medal in the Open 8+ race at the Head of the Charles, the program's first-ever medal at the event. The 2001-02 team also won the CardsCARE Champs award for its dedication to community service, averaging 30.6 hours of service per rower.



"We are thrilled to have someone of Richard's capabilities leading this program," said Julie Hermann, U of L Senior Woman Administrator. "He's been at all levels. He's passionate, committed, hard working and an excellent leader to take the next step to national prominence in women's rowing."

Before arriving in Louisville, Ruggieri coached both the men's and the women's programs at Bates College in Lewiston, Maine. During his one year stay, he quickly led the first-year varsity squads to the national spotlight. As a team, both the men and the women finished seventh nationally among NCAA Division III squads, and the Women's Varsity 8+ crew placed 11th nationally among NCAA Division II and III boats.

Prior to his position at Bates, Ruggieri worked in Philadelphia where he served as head coach of the Vesper Boat Club (1999) and the Penn Athletic Club (1996-98), two of the top club rowing programs in the country.

Ruggieri, 40, is no stranger to international competition. In 1998, he led the women's crew to a seventh-place finish at the World University Games in Zagreb, Croatia. As head coach of the U.S. Nation's Cup team in 1995, he guided the Women's 2- squad to a bronze medal finish at the Under-23 World Championships.

Over the years, Ruggieri has worked extensively with USRowing and the United States National Team and has helped develop some of the top women's boats in the nation. In

"He's passionate, committed, hard working and an excellent leader to take the next step to national prominence in women's rowing."

- Julie Hermann

1993, he served as the women's sculling coach during the Olympic Festival in San Antonio, Texas, and guided his team to a bronze medal.

As the head coach of development from 1994-95 at the U.S. Women's Training Center in Chattanooga, Tenn., Ruggieri's duties were to identify the top collegians, coach them and then help them move to the next level. To say he was successful in this position may be an understatement, as five of the nine members of the 2000 United States Women's 8+ Olympic Team were developed and coached by Ruggieri.

A native of Cranston, R.I., Ruggieri rowed four years at the University of Rhode Island and two more for the Thames River Sculls, a top rowing club in the New England area. He earned a bachelor's degree in physical education at Rhode Island in 1992.



Coach Richard Ruggieri at a Glance...

Full Name: Richard James Ruggieri
Birthdate: June 17, 1966
Birthplace/Hometown: Cranston, R.I.
College: University of Rhode Island
 B.S. in physical education, 1992

Rowing Experience

University of Rhode Island 1988-1992
 Thames River Sculls 1990-1991

Coaching Experience

Thames River Development Center 1991-1994
 U.S. Olympic Training Center 1994-1995
 Penn Athletic Club, Head Coach 1996-1998
 Vesper Boat Club, Head Coach 1999
 Bates College, Head Coach 1999-2000
 University of Louisville, Head Coach 2000-present

International Coaching Experience

U.S. Olympic Festival (Women's Sculling) 1993
 U.S. Nation's Cup (Women's 2-) 1995
 U.S. Olympic Sculling Trials 1995-1996
 World University Games 1998



Assistant Coaches

LOUISVILLE ROWING

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● Laurie Featherstone ● Assistant Coach

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

In six years with the novice program, Featherstone has had 42 members make the jump to the varsity in their second seasons.

In 2005-06, the U of L novice team earned an 8+ race win against Tennessee in March, a first-place finish in the Lightweight 4+ race at the Southern Intercollegiate Row-

ing Association Championships and a pair of fourth-place finishes (8+, 4+) at the BIG EAST Championships.

During the 2004-05 season, Featherstone led the Cards Novice 8+ crew to an eighth-place finish out of 51 teams at the prestigious Head of the Schulykill Regatta in Philadelphia.

In 2003-04, Featherstone led the Novice team to a win in the 8+ race at the Head of the Elk Regatta against BIG EAST and Big Ten competition as well as a Silver Medal finish in the 8+ at the SIRA Championships.

In 2002-03, both of the Cards' Novice 8+ crews advanced to the finals at the SIRA's and the "A" boat earned an impressive fourth-place finish, while in 2001-02, Featherstone led U of L to another Novice 8+ win over BIG EAST and Big Ten competition at the Head of the Elk.

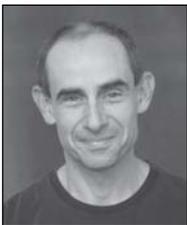
Featherstone came to U of L with 13 continuous years of rowing experience, both as a coach and as a competitor.

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 1995-99, 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 1991-99. 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 at the World Championships 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.



● Lew Acampora ● Volunteer Assistant

Lew Acampora enters his second season as a volunteer coach with the U of L rowing program. Acampora learned to row with the Harvard Varsity Lightweight squad and earned his degree from Harvard in 1981. Following graduation, he taught at St. Mark's School in Mass., where he also coached the varsity boys rowing team for seven years. After rowing and teaching for two years in Orange County, Calif., he moved to Louisville and continues to be

an avid rower competing in several master's sculling races each year. He and his fiancée, Lenore Hoyt, currently reside in Louisville.



● Laura Fogt ● Assistant Coach

Laura Fogt enters her third season as an assistant coach on the Louisville women's rowing staff. Fogt works primarily with the varsity squad while also assisting with the development of the novice squad and the recruitment of the future Cardinal rowing talent.

Fogt joined the U of L rowing program after a combined six years of rowing and coaching experience at the University of North Carolina at Chapel Hill.

While at Carolina, Fogt served as the novice coach and recruiting coordinator. Fogt's crews experienced much success under her guidance with top-5 finishes at the Head of the Chatahoochee for two consecutive years; a bronze medal at the 2004 Dad Vail Championships and a strong finish at the 2004 NCAA South Central Championship.

"It is a very exciting time to be involved with U of L athletics and I look forward to helping take the program to the next level," said Fogt after joining the Cardinal rowing program in the summer of 2004.

A graduate of the University of North Carolina ('01), Fogt received her degree from the School of Journalism and Mass Communication with a concentration in public relations. Fogt helped to bring the Tar Heels to a top-25 finish for the first time and is a two-time letter winner. In her senior year, Fogt earned MVP honors as well as being named to the Central Rowing Coaches Association (CRCA) All-South Region Second Team.



● Stephanie Baker ● Volunteer Assistant

Stephanie Baker enters her second season as a volunteer assistant following a successful collegiate rowing career at U of L. As a student-athlete, Baker fell in love with the sport of rowing and it quickly became a lifestyle for the Louisville native. She earned her bachelor's degree in civil engineering in December, 2004 and her master's in civil and environmental engineering in August, 2005.



● Jenna Sample ● Volunteer Assistant

Jenna Sample enters her first season as a volunteer assistant with U of L rowing following a highly successful collegiate career. Sample was a four-year letterwinner for the Cards, including serving as coxswain for UofL's varsity 8+ crew which closed the 2006 season ranked 20th in the nation. A native of Louisville, Sample is completing her degree in sport administration at U of L.



● Becky Wohrle ● Volunteer Assistant

Becky Wohrle enters her first season as a volunteer assistant with U of L rowing after competing for the Cards the last two seasons as a coxswain. In 2006, Wohrle was the coxswain for the Cards' second varsity 8+ boat which finished second at the BIG EAST Championships and third in the "B" final at the NCAA South/Central Regional.



2006-07 Louisville Varsity Rowing Roster

ROWER	YR	EXP	HOMETOWN (PREVIOUS SCHOOL)
Nicole Alderson	Sr.	3L	Carlisle, Ont. (Waterdown HS)
Jen Allen	Sr.	3L	Cecilia, Ky. (Central Hardin HS)
Kim Anderson	Jr.	2L	Thunder Bay, Ont. (Westgate C&V Institute)
Anna Ardiel	So.	1L	Vittoria, Ont. (Simcoe Composite HS)
Kristin Bloom	Jr.	1L	Louisville, Ky. (Purdue University)
Denise Borders	Sr.	3L	Berea, Ky. (Madison Southern HS)
Laura Cers	So.	1L	Hamilton, Ont. (St. Mary's HS)
Beth Daunhauer	Sr.	3L	Louisville, Ky. (Seneca HS)
Ashley Edwardson	Fr.	HS	St. Catharines, Ont. (Governor Simcoe SS)
Mandey Erdman	So.	1L	Louisville, Ky. (Sacred Heart Academy)
Katie Fitzpatrick	Jr.	2L	Edgewood, Ky. (Villa Madonna Academy)
Lisa Grace	So.	1L	Shepherdsville, Ky. (Presentation Academy)
Kathryn Hagglund	Jr.	2L	London, Ont. (Saunders HS)
Mallory Hamman	So.	1L	Clarksville, Ind. (Clarksville HS)
Caryn Lasley	So.	1L	Lexington, Ky. (Paul Dunbar HS)
Sheila Lindsey	Sr.	1L	Barrie, Ont. (Niagara College)
Rachel Mersch	Jr.	2L	Villa Hills, Ky. (Notre Dame Academy)
Sha'Lori Moore	So.	1L	Louisville, Ky. (Mercy Academy)
Breanne O'Connor	Jr.	2L	Hamilton, Ont. (St. Mary's SS)
Allison Pelette	So.	1L	Welland, Ont. (Notre Dame College)
Anastasia Prokopenko	Fr.	HS	Pskov, Russia (Pskov Lyceum for the Humanities)
Jill Reeves	So.	1L	Louisville, Ky. (Assumption HS)
Kate Rickers	Fr.	HS	St. Catharines, Ont. (Ridley College)
Martha Shults	Sr.	3L	Bowling Green, Ky. (Greenwood HS)
Jessica Smith	So.	1L	Crestwood, Ky. (Oldham County HS)
Kelly Traynor	Fr.	HS	Hamilton, Ont. (Westdale SS)
Liz Van Zeyl	So.	1L	Fonthill, Ont. (E.L. Crossley SS)
Anna Zwanzig	So.	1L	Louisville, Ky. (Home School)

2006-07 Louisville Novice Rowing Roster

ROWER	YR	HOMETOWN (PREVIOUS SCHOOL)
Brittany Andrews	Fr.	Paducah, Ky. (Lone Oak HS)
Greta Aschbacher	Fr.	Louisville, Ky. (Mercy Academy)
Emma Blue	Fr.	Georgetown, Ky. (Scott County HS)
Jennifer Butler	Fr.	Elizabethtown, Ky. (John Hardin HS)
Danielle Christiansen	Fr.	Taylor Mill, Ky. (Scott HS)
Kara Clark	Fr.	Louisville, Ky. (Pleasure Ridge Park HS)
Shannon Cornette	Fr.	Ashland, Ky. (Boyd County HS)
Meghan Dawson	Fr.	Linthicum Heights, Md. (Institute of Notre Dame)
Jaclyn DeKay	So.	Louisville, Ky. (Eastern HS)
Holly Dorning	Fr.	Covington, Ky. (Holy Cross HS)
Jackie Douglas	Fr.	Louisville, Ky. (Butler HS)
Kimberly Feinberg	Fr.	Russell, Ky. (Russell Independent HS)
Ruthie Fligor	Fr.	Richmond, Ky. (Model Laboratory School)
Raquel Ganong	Fr.	Louisville, Ky. (Sacred Heart Academy)
Jacquelyn Gettelfinger	Fr.	Floyds Knob, Ind. (Floyd Central HS)
Shari Grayson	Fr.	Louisville, Ky. (Male HS)
Kristina Hagar	Fr.	Rineyville, Ky. (Parry McCluer HS)
Laura Hauber	Fr.	Louisville, Ky. (Assumption HS)
Annie Hilkey	Fr.	Louisville, Ky. (Sacred Heart Academy)
Lindsey Hollin	So.	Prospect, Ky. (Assumption HS)
Ali Isaacs	Fr.	Edgewood, Ky. (Scott HS)
Niki Jackson	Sr.	Bardstown, Ky. (Bardstown HS)
Ashley May	Jr.	Jeffersonville, Ind. (Jeffersonville HS)
Maria Murray	Fr.	Edgewood, Ky. (Scott HS)
Trisha Parsons	Sr.	Radcliff, Ky. (North Hardin HS)
Sean Raleigh	Fr.	Louisville, Ky. (Sacred Heart Academy)
Maral Razineia	Fr.	Louisville, Ky. (Atherton HS)
Katie Rorer	Fr.	Paducah, Ky. (Lone Oak HS)
Samantha Seldon	Fr.	Louisville, Ky. (Ballard HS)
Becca Stewart	Fr.	LaGrange, Ky. (Oldham County HS)
Amanda Thorsen	So.	Louisville, Ky. (Oldham County HS)
Jenna Williams	Jr.	Louisville, Ky. (Jeffersontown HS)
Aubrey Woolley	So.	Crestwood, Ky. (South Oldham HS)

Head Coach: Richard Ruggieri, 7th Year

Assistant Coaches: Laurie Featherstone, Laura Fogt

Volunteer Assistants: Lew Acampora, Stephanie Baker, Jenna Sample, Becky Wohrle

LOUISVILLE ROWING

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Varsity Profiles

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



● Nicole Alderson SR • Carlisle, Ont. Waterdown HS

2005-06: Earned CRCA National Scholar-Athlete Award ... Rowed in the seven-seat of the Varsity 8+ boat which finished second in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the five-seat of the Varsity 8+ boat at the BIG EAST Championships (second place) and the SIRA Championships (first place) ... Was in the six-seat for the Cards' Varsity 8+ race win over Minnesota

on March 12 ... Opened the fall racing season in the six-seat in the Cards' Open 8+ win at the Head of the Licking and the five-seat in the Cards' Open 8+ win at the Head of the Elk.

2004-05: Spent the spring in the six-seat of the Varsity 8+ boat ... Crew earned first place in the "A" Final at the Southern Intercollegiate Rowing Association Championships, a win over BIG EAST foe Notre Dame, a pair of wins over Murray State and a fourth-place finish in the "B" Final at the NCAA Regionals ... Rowed in the one-seat of the V8+ boat at the Head of the Charles Regatta ... Red & Black Scholar.

2003-04: Rowed in the three-seat of the Varsity 8+ boat at the San Diego Crew Classic, the Head of the Elk Regatta, the Head of the Charles Regatta, the Head of the Licking Regatta and in head-to-head races with Cincinnati, New Hampshire and Duke ... Also rowed in the five-seat against Tennessee and Virginia and in the four-seat at the Head of the Mon Regatta ... Red and Black Scholar.

Prior to UofL: Lettered four years in hockey, two in volleyball, basketball and football, and one in water polo at Waterdown District High School ... Completed 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 ... Has one brother, Chad ...



Majoring in exercise science and physical education and minoring in sport administration ... Post-college ambition is to travel and attend graduate school ... Hobbies and outside interests include ice hockey, camping and spending time with family and friends ... Chose the University of Louisville because of its dedication and support of athletics ... Believes the best thing about the city of Louisville is its commitment to U of L athletics ... Thinks the best thing about U of L rowing is being a part of an amazing team, meeting so many people and being able to travel all over the U.S. ... After graduation, she hopes to participate in the 2010 Olympic Games.



● Jen Allen SR • Cecilia, Ky. Central Hardin HS

Team Captain for 2006-07

2005-06: Spent the final three events of the season in the two-seat of the 2nd Varsity 8+ boat ... Her crew finished second in the "B" Final at the NCAA South/Central Region Sprints, second at the BIG EAST Championships and first in the "A" Final at the Southern Intercollegiate Rowing Association

Championships ... Rowed in the two-seat of the 2nd Varsity 8+ boat's win over Minnesota ... Was in the three-seat for the Cards' first-place finish in the Open 8+ "A" win at the Head of the Licking ... Dean's Scholar with a 4.0 GPA ... Red & Black Scholar.

2004-05: Spent the final few events of the spring in the four-seat of the Varsity 4+ boat as the crew earned a first-place finish in the "A" Final at the Southern Intercollegiate Rowing Association Championship, two wins over Murray State and fifth place in the "B" Final at the NCAA Regionals ... Also rowed in the two-seat of the second Varsity 8+ boat against Tennessee and Minnesota ... Dean's Scholar with a 4.0 GPA in the Fall ... Red & Black Scholar.

2003-04: Rowed in the four-seat for the Novice 8+ boat's second-place finish at the Southern Intercollegiate Rowing Association Championships ... Also rowed in the six-seat of the Novice 8+ boat against Indiana, in the two-seat against Cincinnati, New Hampshire, Duke and at the Head of the Mon Regatta and in the eight-seat at the Derby Collegiate Championships, the Head of the Elk Regatta and the Head of the Eagle Regatta ... Named U of L's Most Improved Novice Rower ... Dean's Scholar earning 4.0 GPA in both the fall and spring semesters ... Red & Black Scholar.

Prior to UofL: Four-year letterwinner in soccer and basketball, three-year letterwinner in softball and earned one letter in lacrosse at Central Hardin.

Personal: Born Jennifer Lynn Allen on Feb. 15, 1985 in Ft. Campbell, Ky. ... Daughter of Lesa and Ken Allen ... Has one sister, Michelle and one brother, Scott



... Majoring in biology ... Hobbies and outside interests include watching sports, running, reading and hanging out ... Chose the University of Louisville because she loves the city and it's a great school ... Believes the best thing about the city of Louisville is that there's always something to do, especially during football and basketball season ... She thinks the best thing about U of L rowing is the team because they do everything together ... Favorite class is biology ... After graduation, she plans to attend graduate school and travel ... Her post-college ambition is to pursue something in the medical field.



● **Denise Borders**
SR • Berea, Ky.
Madison Southern HS

2005-06: Rowed in the one-seat for the Cards at the BIG EAST Championships and the NCAA South/Central Region Sprints ... Teamed with Mandy Moore to finish third in the Doubles "A" Final at the Southern Intercollegiate Rowing Association Championships ... Was in the two-seat for the Cards' first-place finish in the Open 8+ "A" Final at the Head of the Licking ... Rowed in the one-seat for

the Cards' third-place finish in the Open 8+ "B" Final at the Head of the Elk.

2004-05: Opened the spring in the four-seat of the Varsity 4+ boat, but closed the season in the one-seat of the second Varsity 8+ boat ... 2V8+ crew earned a second-place finish in the "A" Final at the Southern Intercollegiate Rowing Association Championships, a first-place finish in the "C" Final at the NCAA Regionals and two wins over Murray State at the Derby Festival Regatta ... Red & Black Scholar.

2003-04: Rowed in the five-seat of the second Novice 8+ boat at the Derby Rowing Championships and the Southern Intercollegiate Rowing Championships, and in head-to-head races with Indiana, Tennessee and Virginia ... Also rowed in the three-seat of the Novice 8+ boat in races against Cincinnati and New Hampshire.

Prior to UofL: Four-year letterwinner in basketball and golf, and three-year letterwinner in softball at Madison Southern ... As a senior, led MSHS in assists and steals and earned the 110% Award, the Academic Award and the Senior Award.

Personal: Born Denise Marie Borders on Dec. 19, 1984 in Berea, Ky. ... Daughter of Harold and Debbie Borders ... Has three siblings, April, Mark and Rocky ... Majoring in communications and minoring in sports administration ... Post-college ambition is to become a publicist or work in public relations with extreme sports ... Hobbies and outside interests include sports, music, motorcycles and FMX ... Chose the University of Louisville because of the beautiful campus and the all-



around good athletic program ... Thinks the best things about the city of Louisville is the Highlands ... Thinks the best thing about U of L rowing is her teammates ... Favorite class is Communications 275: African American Communication ... Lists the 2006 BIG EAST Championships as her best race ... If she could tell her incoming teammates one thing, it would be "Spandex, anyone?"



● **Beth Daunhauer**
SR • Louisville, Ky.
Seneca HS

Team Captain for 2006-07

2005-06: Earned CRCA National Scholar-Athlete Award ... Rowed in the one-seat of the Varsity 8+ boat for the Cards at the NCAA South/Central Region Sprints (second place), BIG EAST Championships (second place) and Southern Intercollegiate Rowing Association Championships (first

place) ... Rowed in the four-seat in the Cards' Varsity 8+ win over Minnesota ... Rowed in the seven-seat in U of L's first-place finish in the Open 8+ "A" Final at the Head of the Elk Regatta ... Dean's Scholar with a 4.0 GPA ... Red & Black Scholar ... Team captain.

2004-05: Named CRCA All-South Region Second Team ... Earned CRCA National Scholar Athlete Award ... Selected as U of L Varsity Oars Woman of the Year ... Spent the spring season in the two-seat of the Varsity 8+ boat ... V8+ crew won the "A" Final at the Southern Intercollegiate Rowing Association Championships, earned a win over Notre Dame, two wins over Murray State and a fourth-place finish in the "B" Final at the NCAA Regionals ... Rowed in the one-seat of the V8+ boat for a second-place finish at the Head of the Charles Regatta ... Selected as a member of the 2005 U.S. Indoor Rowing Team and also competed in the C.R.A.S.H.-B. Sprints ... Dean's Scholar with a 4.0 GPA ... Red & Black Scholar.

2003-04: Rowed in the one-seat of the Varsity 8+ boat at the Lexus Central/South Region Sprints ... Rowed in the seven-seat of the Varsity 8+ boat at the Derby Rowing Championships and against Indiana, Tennessee and Virginia ... Rotated between the Varsity boat and the Novice 8+ boat ... Rowed in the five-seat of the Novice 8+ boat at the Southern Intercollegiate Rowing Association Championships, the Head of the Elk Regatta, the Head of the Eagle Regatta and the Head of the Mon Regatta, and in the seven-seat against Cincinnati, New Hampshire and Duke ... Named Novice Oars Woman of the Year ... Red & Black Scholar.

Prior to UofL: Four-year letterwinner in basketball and softball and two-year letterwinner in cross country at Seneca HS ... Three-year All-District selection in basketball, two-year All-District selection in softball and All-Region in softball.



Personal: Born Mary Beth Daunhauer on Nov. 25, 1984 in Louisville, Ky. ... Daughter of Dennis and Kathi Daunhauer ... Has one sister, Emily ... Majoring in exercise science ... Post-college ambition is to attend graduate school and possibly become a dietitian ... Hobbies and outside interests include running, swimming and watching college basketball ... Chose the University of Louisville because its academic programs are strong and she's always been a huge fan of Cardinal athletics ... Believes the best thing about the city of Louisville is the great support the community gives to U of L athletes ... Says the best thing about U of L rowing is the drive and commitment the coaches and athletes have for the sport. After graduation, she plans to continue competing and rowing and to attend grad school.



Varsity Profiles

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



● Martha Shults SR • Bowling Green, Ky. Greenwood HS

2005-06: Rowed in the six-seat of the Cards' 2nd Varsity 8+ boat for the final three events of the season ... Her crew finished first at the Southern Intercollegiate Rowing Association Championships, second at the BIG EAST Championships, and third at the NCAA South/Central Region Sprints ("B" Final) ... Rowed in the eight-seat in the Cards' second-place finish in the Open 8+ "C" race at the

Head of the Elk Regatta ... Also rowed in the six-seat in the 2nd Varsity 8+ boat against California and Wisconsin, and in the four-seat in the Varsity 4+ boat against Minnesota.

2004-05: Spent the spring racing season in the six-seat of the second Varsity 8+ boat ... 2V8+ crew earned a first-place finish in the "C" Final at the NCAA Regionals, two wins over Murray State at the Derby Festival Regatta and second place in the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Red & Black Scholar.

2003-04: Rowed in the six-seat of the Novice 8+ boat at the Southern Intercollegiate Rowing Association Championships and in head-to-head races against Tennessee, Virginia, Cincinnati, New Hampshire, Minnesota and Duke ... Also rowed in the eight-seat of the Novice 8+ boat at the Derby Rowing Championships, the Head of the Elk Regatta, the Head of the Eagle Regatta, the Head of the Mon Regatta and against Indiana ... Red & Black Scholar.

Prior to UofL: Competitive swimmer for eight years and served as team captain as a senior at Greenwood High School.

Personal: Born Martha Shults on April 18, 1985 in Jackson, Tenn. ... Daughter of Mariann and Mark Shults ... Has three sisters, Emily, Katie and Rebecca ... Majoring in civil and environmental engineering ... Hobbies and interests include backpacking, camping and swimming ... Chose U of L because of the great



academic opportunities ... Believes the best thing about the city of Louisville is the attractions of a big city, but with the convenience of a small town ... Says that experiencing the Ohio River in rain, snow, sun, wind, fog and in the dark is the best thing about U of L rowing ... After graduation, she plans to work towards her masters of engineering.



● Sheila Lindsey SR • Barrie, Ont. Niagra College

2005-06: Rowed in the four-seat of the Cards' Varsity 4+ boat, which finished second at the BIG EAST Championships and fifth in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the four-seat of the Cards' 2nd Varsity 8+ boat in the win over Minnesota on March 12 ... Also rowed in the 2nd Varsity boat against Tennessee, California and Wisconsin ... Dean's Scholar with a 4.0

GPA in 2005-06 ... Red & Black Scholar.

Prior to UofL: Competed for two years for the Barrie Rowing Club under the direction of head coach Kelly McCullough ... Was on the President's Honor Roll at Niagara College ... Graduated at the top of the class at Niagara in fitness and health promotions ... Received the Canadian Award of Excellence for academic achievement and leadership in the community ... Two-time recipient of the Lori Dunsmore Award for the embodiment of rowing ... Won silver medal at the Ohio Valley Indoor Regatta in 2005 ... Finished fourth at both the Canadian Indoor Regatta and the Ontario Indoor Regatta in 2004 ... Was team rugby MVP and won the coach's award for alpine racing ... As a prep athlete, she also competed in alpine racing for four years, rugby for three years, volleyball for two years and basketball for two years.

Personal: Born on April 6, 1979 in Toronto, Ont. ... Daughter of Martha and Terry Lindsey ... Has two brothers, James and Evan ... Majoring in exercise science ... Post-college ambition is to become a professional rowing coach and public speaker ... Hobbies and outside interests include cycling, personal training, going to the symphony and coaching ... She chose U of L because the Olympic sports receive a lot of attention, the training ethic of the team and because the professors in her major have articles published in journals ... Believes the best thing about the city of Louisville is the development along the river front and the diversity of Bardstown Road ... Thinks the best part of U of L rowing is the training ethic of the team and the fact that U of L gets faster and faster.



● Kim Anderson JR • Thunder Bay, Ont. Westgate C&V Institute

2005-06: Rowed in the three-seat of the Cards' 2nd Varsity 4+ boat in the season-opening races against Murray State on Kentucky Lake ... Red & Black Scholar.

2004-05: Spent the spring season in the five-seat of the second Varsity 8+ boat ... 2V8+ crew earned a first-place finish in the "C" Final at the

NCAA Regionals, two wins over Murray State and second place in the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Red & Black Scholar.

Prior to UofL: Four-year member of the Thunder Bay Rowing Club ... 2003-2004 Oarsman of the Year and 2002-2003 Junior Rower of the Year ... Member of the 2003 Senior Women's Quad Ontario champions, the Under-23 Women's Doubles champions in 2004 and the 2003 Junior Women's Quad champions.

Personal: Born Kimberly Anderson on Oct. 16, 1986 in Thunder Bay, Ontario ... Daughter of Debbie and Bruce Anderson ... Hobbies and outside interests include shopping, hanging out with friends and sleeping ... Lists the people as the best thing about U of L rowing.

LOUISVILLE



● Kristin Bloom
JR • Louisville, Ky.
Purdue Univ.

2005-06: Spent most of the season rowing in the eight-seat of the Cards' 2nd Varsity 8+ boat, which finished first in the "A" Final at the Southern Intercollegiate Rowing Association Championships, second at the BIG EAST Championships and third at the NCAA South/Central Region Sprints ... Also competed against California, Wisconsin, Tennessee and Minnesota ... Her crew finished second at

the Head of the Licking and third at the Head of the Elk ... Dean's Scholar with a 4.0 GPA ... Red & Black Scholar.

Prior to UofL: Started rowing career at Purdue University ... Earned a third-place finish as a novice at the Elkhart Indoor Rowing Championships in 2004 ... Was undefeated in outdoor events as a novice rower with the Boilermakers ... During her prep career at Sacred Heart Academy, she was a member of the rowing team for four years under the direction of coach Bob Hurley and played basketball for two years.

Personal: Born Kristin Elizabeth Bloom on June 12, 1985 in Malden, Mass. ... Daughter of Kathy Bloom ... Has one brother, Eric Miller ... Majoring in communications at U of L with a minor in graphic design ... Post-college ambition is to work for an advertising company or advertise for a sports team ... She chose U of L because of the great opportunities it opened up ... Thinks the best thing about the city of Louisville is Bardstown Road and city's love college sports ... The best thing about U of L rowing is the great group of girls on the team ... After she graduates, she plans to attend graduate school ... Says her best race came at the 2006 SIRA Championships ... If she could tell her incoming teammates one thing, it would be that you're joining one of the most supportive and hardworking groups of girls that I've ever met.



● Katie Fitzpatrick
JR • Edgewood, Ky.
Villa Madonna Academy

2005-06: Spent most of her second season as the coxswain for the Cards' Varsity 4+ boat ... Led her crew to a second-place finish at the BIG EAST Championships and at the Head of the Licking and fifth in the "B" Final at the NCAA South/Central Region Sprints ... Also led the Cards' Varsity 4+ crew against Tennessee and Minnesota ... Was the coxswain for U of L's third-place finish in the

Open 8+ "B" race at the Head of the Elk ... Red & Black Scholar.

2004-05: Selected as Most Improved Novice Rower ... Spent her first college rowing season as the coxswain for the Novice 8+ boat ... Directed the crew to an eight-place finish in her first-ever race at the Head of the Schuylkill Regatta in Philadelphia ... Also directed the N8+ crew to a fifth-place finish in the "B" Final at the Southern Intercollegiate Rowing Association Championships in Oak Ridge, Tenn., and a pair of wins over Murray State at the Derby Festival Regatta ... Also competed in races against Notre Dame, Indiana, Tennessee and Minnesota ... Red & Black Scholar.

Prior to UofL: As a prep athlete at Villa Madonna Academy, she competed for four years in soccer, three years in track and field and two years in cheerleading ... Was track and field team captain as a senior.

Personal: Born Katie Theresa Fitzpatrick on April 25, 1986 in Covington, Ky. ... Daughter of Jerry and Pam Fitzpatrick ... Has two siblings, Ryan and Erin ... Majoring in biology with a minor in chemistry ... Post-college ambition is to go to medical school ... Chose U of L because of the academic expectations ... Believes the best thing about U of L rowing are her teammates, the coaches, the amazing opportunities to travel and to compete at such a high level ... Favorite class is physiology ... After graduation, she plans to become a pediatrician ... Says her best race was the qualifying heat at the 2006 BIG EAST Championships.



● Kathryn Hagglund
JR • London, Ont.
Saunders HS

Team Captain for 2006-07

2005-06: Closed the season in the five-seat of the Varsity 8+ boat at the NCAA South/Central Region Sprints ... Rowed in the three-seat of the Varsity 8+ boat at the BIG EAST Championships (second place) and SIRA Championships (first place) ... Opened the spring in the 2nd Varsity 8+ boat ...

Rowed in the three-seat for the Cards' first-place finish in the Open 8+ "A" race at the Head of the Elk ... Red & Black Scholar.

2004-05: Spent her first collegiate rowing season in the Varsity 8+ boat ... Was in the four-seat for the V8+ crew which won the "A" Final at the Southern Intercollegiate Rowing Association Championships, earned a win over Notre Dame, two wins over Murray State at the Derby Festival Regatta and a fourth-place finish in the "B" Final at the NCAA Regionals in Oak Ridge, Tenn. ... Rowed in the one-seat of the V8+ boat for a second-place finish at the Head of the Charles Regatta ... Dean's Scholar with a 4.0 GPA in the Spring ... Red & Black Scholar.

Prior to UofL: Competed from 2002-2004 for the London Rowing Club under the direction of coach Erin Boost ... Individual honors include 2002 London Rowing Club Novice Oarsman of the Year, third place at the 2003 Ontario Erg Indoor Championships, 2004 Saunders Rowing Team president, member of the 2004 Canadian CanAmMex team, 2002-03 Saunders rowing team "Rookie of the Year" and first place at the 2003 London Erg Championships ... Team honors include third place in the double at the 2003 Head of the Thames and Head of the Trent, 2004 overall team point trophy at the WOSSA Doug Wells Regatta, 2004 high point trophy at the Silver Lake Regatta, among others ... Lettered in swimming (three years), rowing (two years) and soccer (one year) at Saunders.

Personal: Born Kathryn Hagglund on June 27, 1986 in Toronto, Ontario ... Daughter of Fred and Joanne Hagglund ... Has two sisters, Erin and Heather ... Majoring in exercise science ... Hobbies and interests include rollerblading, scrap booking and baking ... Chose U of L because the atmosphere and individuals are all extremely welcoming, the great rowing team and the strong reputation in education.



● Rachel Mersch
JR • Villa Hills, Ky.
Notre Dame Academy

2005-06: Rowed in the two-seat of the Cards' Varsity 4+ boat which finished second at the BIG EAST Championships ... Was in the two-seat for the Cards' third-place finish in the Open 4+ race at the NCAA South/Central Region Sprints ... Also rowed in the two-seat of the Varsity 4+ boat against Minnesota and Tennessee ... Was in the six-seat for the Cards' second-place finish in the Open 8+

"C" race at the Head of the Elk ... Was in the one-seat in U of L's second-place finish in the Open 8+ "B" race at the Head of the Licking ... Red & Black Scholar.

2004-05: Spent the racing season on the Novice 8+ crew ... Was in the six-seat for the spring races as the N8+ crew earned a fifth-place finish in the "B" Final at the Southern Intercollegiate Rowing Association Championships and a pair of wins over Murray State ... Was in the one-seat of the N8+ boat as the crew earned an eight-place finish at the Head of the Schuylkill Regatta in Philadelphia ... Red & Black Scholar.

Prior to UofL: Competed for three years for the Cincinnati Junior Rowing Club under the direction of coaches Mike Wenker and Andy Piepmier ... Stroked third in the 8+ boat which finished first at the 2004 Midwest Junior Championships ... Stroked third in the 4+ boat which finished third at the 2003 Grand Rapids Regatta in Michigan ... Finished third of 36 rowers at the C.R.A.S.H. B's in Cincinnati in '01.

Personal: Born Rachel Lea Mersch on April 19, 1986 in Ft. Thomas, Ky. ... Daughter of Bill and Sandy Mersch ... Has one brother, Jonathan ... Majoring in elementary education ... Hobbies and outside interests include swimming, camping, skiing and anything outdoors ... Post-college ambition is to be a 1st Grade teacher ... Chose U of L because she loved the rowing program and the campus ... Says the best thing about the city of Louisville for her is that it's close to home and it's not too big or too small ... Believes the best thing about U of L rowing is her teammates ... Favorite class is American Sign Language ... After graduation, she plans to be a 1st Grade teacher at her old grade school, River Ridge Elementary.



Varsity Profiles

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



● Breanne O'Connor JR • Hamilton, Ont. St. Mary's SS

2005-06: Closed the season in the five-seat of the 2nd Varsity 8+ boat which finished third in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the seven-seat of the 2nd Varsity 8+ boat at the BIG EAST Championships (second place) and the Southern Intercollegiate Rowing Association Championships (first place) ... Also rowed in the seven-seat against California and Wisconsin ...

Rowed in the six-seat for the Cards' 2nd Varsity 8+ crew's win over Minnesota ... Also rowed in the six-seat of the 2nd Varsity 8+ boat against Tennessee, the five seat in the Open 8+ "B" race at the Head of the Elk and the seven-seat in the Open 8+ "B" race at the Head of the Licking ... Red & Black Scholar.

2004-05: Spent the spring racing season in the eight-seat of the second Varsity 8+ boat ... Was a part of the crew's first-place finish in the "C" Final at the NCAA Regionals, a second-place finish in the "A" Final at the SIRA's and a pair of wins over Murray State ... Rowed in the three-seat of the V8+ boat at the Head of the Charles Regatta.

Prior to UofL: Four-year member of the Leander Boat Club under the direction of coach Steffan Wagner ... 2001 Rookie of the Year for both St. Mary's and Leander ... 2004 MVP of the St. Mary's Crew.

Personal: Born Breanne Rose O'Connor on Nov. 17, 1986 in Hamilton, Ontario ... Daughter of Larry and Dawn O'Connor ... Has three siblings, Adam, Tim and Victoria ... Majoring in sport administration with a minor in exercise science ... Post-college ambition is to work in college athletics ... Hobbies and outside interests include playing with her puppy, reading and heading to the cottage ... Chose U of L because the team atmosphere is unlike any other college ... Says the best thing about the city of Louisville is that it is unique and each area of the city is different ... Believes the best thing about U of L rowing is the dedication and determination shown by the crew ... After graduation, she plans to write the MCATS with Kathryn ... Says her best race was the 2005 "C" Final at the NCAA Regionals.



● Laura Cers SO • Hamilton, Ont. St. Mary's SS

2005-06: Spent most of the season in the Cards' Varsity 8+ boat, rowing in the four-seat at the BIG EAST Championships (second place) and the NCAA South/Central Region Sprints ... Rowed in the two-seat of the Varsity 8+ boat which won the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Was in the one-seat for the Varsity 8+ crew's win over Minnesota ... Rowed in the

three-seat for the Cards' Club 4+ win at the prestigious Head of the Charles ... Also rowed in the three-seat of the Varsity 8+ boat against California, Wisconsin and Tennessee ... Rowed in the four-seat for the Cards' Open 8+ race win at the Head of the Elk Regatta ... Red & Black Scholar.

Prior to UofL: Five-year member of the Leander Boat Club under the direction of coach Steffan Wagner ... Rowed for coach Kevin Monaco at St. Mary's Catholic Secondary School ... Named Rookie of the Year in 2002 ... Earned Top 10 finishes at the Ontario Indoor Rowing Championships from 2002 to 2005 ... Finished first in the junior doubles at the 2003 Schoolboy and third in the junior doubles at the 2005 Henley ... Also lettered four years in volleyball at St. Mary's ... Joins teammate Breanne O'Connor as graduates of St. Mary's Secondary School.

Personal: Born Laura Amanda Cers on Sept. 16, 1987 in Hamilton, Ontario ... Daughter of Sylvia Cers ... Has one sister, Sandra ... Majoring in accounting ... Post-college ambition is to live in at least five different major cities ... Chose U of L because it has a great rowing team and great academics ... Best thing about U of L rowing are the amazing people she gets to work with every day ... Believes the best thing about the city of Louisville is Kentucky Derby Week ... Says her best race was the finals of the 2006 NCAA South/Central Region Sprints.



● Anna Ardiel SO • Vittoria, Ont. Simcoe Composite HS

2005-06: Closed her first collegiate season in the seven-seat of the Cards' 2nd Varsity 8+ boat which earned third in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the five-seat of the 2nd Varsity 8+ boat which finished second at the BIG EAST Championships and first at the Southern Intercollegiate Rowing Association Championships ... Rowed in the five-seat in the

Cards' 2nd Varsity 8+ race win over Minnesota ... Also rowed in the five-seat of the 2nd Varsity 8+ boat against California, Wisconsin and Tennessee ... Red & Black Scholar.

Prior to UofL: Four-year member of the Silver Lake Rowing Club under the direction of coach Sue Fairley ... Earned a gold medal finish in the singles events at the 2005 Head of the Fish ... Earned gold in the 63kg single at the Canadian High School Championships ... Finished second in the singles event at the 2005 Ontario Championships and third in 2006 ... Along with rowing, she also competed in cross country and track at Simcoe Composite School.

Personal: Born on June 14, 1987 in Simcoe, Ontario ... Daughter of Beth and Bob Ardiel ... Has two brothers, Evan and Liam ... Majoring in exercise science at U of L ... Post-college ambition is to attend teacher's college ... Hobbies and outside interests include running and snowboarding ... Chose the University of Louisville because the team and coaches were so welcoming, and everyone has such positive attitudes ... Believes the best thing about the city of Louisville are the friendly people and the support from the city for college athletics ... Says the best thing about U of L rowing are her awesome teammates and coaches ... After graduation, she plans to attend teacher's college.



● Mandey Erdman SO • Louisville, Ky. Sacred Heart Academy

2005-06: Spent her first collegiate rowing season as a coxswain for the Novice team ... Closed the season as the coxswain for the Novice 4+ boat which finished fourth at the BIG EAST Championships ... Led Lightweight Novice 4+ boat to a win in the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Opened collegiate career as the coxswain for the Cards' 2nd

Novice 8+ boat against Minnesota on March 12, 2006.

Prior to UofL: Four-year member of the rowing team at Sacred Heart Academy under the direction of coach Bob Hurley ... She rowed and was coxswain her first year at SHA, then was coxswain for her final three prep seasons ... Was president of the Environmental Science Club as a senior at Sacred Heart.

Personal: Born Amanda Nicole Erdman on Dec. 5, 1986 in Ft. Mitchell, Ky. ... Daughter of Debbie and Marty White ... Has one sibling, Sam White ... Majoring in communications at U of L ... Post-college ambition is to possibly work in marketing ... Chose the University of Louisville because she loves the city and it was close to her family ... Says the best thing about the city of Louisville is the liberal aspect, the art shows and the parks ... Believes the best thing about U of L rowing is the drive and that everyone is very ambitious and great role models ... Her favorite class is English ... After graduation, she plans to travel ... Says her best race was the first-place finish in the Lightweight Novice 4+ race at the 2006 Southern Intercollegiate Rowing Association Championships.



● **Lisa Grace**
SO • Shepherdsville, Ky.
Presentation Academy

2005-06: Named Co-Most Improved Novice Rower ... Closed out her first collegiate rowing season in the three-seat for the Cards' third-place finish in the Open 4+ race at the NCAA South/Central Region Sprints ... Rowed in the five-seat for the Cards' Novice 8+ crew at the BIG EAST Championships and the three-seat for U of L's Novice 8+ crew at the Southern Intercollegiate

Rowing Association Championships ... Also rowed in the three-seat for the Cards' Novice 8+ crew against Wisconsin, Tennessee and Minnesota, and at the Head of the Elk ... Dean's Scholar with a 4.0 GPA ... Red & Black Scholar.

Prior to UofL: Was an strong prep athlete at Presentation Academy competing for four seasons in swimming and three seasons in track ... Earned the coach's award in swimming as a senior and the 110% award in swimming ... Earned first-place honors in the 4x800-meter relay as junior at the regionals.

Personal: Born Lisa Christine Grace on Aug. 5, 1987 in Louisville, Ky. ... Daughter of Jim and Susan Grace ... Has two siblings, Becky and Michael ... Majoring in nursing at U of L ... Post-college ambition is be a nurse anesthetist ... Hobbies and outside interests include swimming ... Chose the University of Louisville because it's close to home and she was interested in rowing ... Says the best thing about the city of Louisville is the small size and the close community ... Believes the best thing about U of L rowing is being with her teammates and working hard together ... Favorite classes are anatomy and physiology ... After graduation, she plans to work as a nurse and work towards being a nurse anesthetist ... Selected the 2006 NCAA South/Central Region Sprints as her best race.



● **Mallory Hamman**
SO • Clarksville, Ind.
Clarksville HS

2005-06: Named Co-Most Improved Novice Rower ... Finished her freshman season in the four-seat in the Open 4+ race at the NCAA South/Central Region Sprints ... Also rowed in the four-seat of the Novice 4+ boat at the BIG EAST Championships ... Rowed in the eight-seat for the Novice 8+ "A" Final at the Southern Intercollegiate Rowing Association Championships ... Rowed in

the eight-seat of the Novice 8+ boat against Wisconsin and Tennessee, and in the two-seat of the Novice 8+ boat against Minnesota ... Was in the two-seat for the Cards' third-place finish in the Novice 8+ "A" race at the Head of the Elk ... Red & Black Scholar.

Prior to UofL: Lettered in four sports at Clarksville High School, including cross country (three years), track and field (two years), golf (one year) and tennis (one year) ... Named All Mid-Southern Conference in track and cross country ... Earned Most Improved Award in track and cross country.

Personal: Born Mallory Sarah Hamman on March 31, 1987 in Floyd, Ind. ... Daughter of Ted and Anna Hamman ... Has four siblings, Laine, Bailey, Madison and Cassy ... Majoring in physical education at U of L ... Hobbies and outside interests include cycling, running, camping and anything outdoors ... She chose the University of Louisville because it was close to home ... Says the best thing about the city of Louisville are all of the Kentucky Derby activities ... Believes the best thing about U of L rowing is the wonderful team, being able to travel to so many great places and all of the hard work ... Favorite class is biology ... After she graduates, she plans to teach at a small school in Indiana ... If she could tell her incoming teammates one thing, it would be to learn to love the erg!



● **Caryn Lasley**
SO • Lexington, Ky.
Paul Dunbar HS

2005-06: Named Novice Rower of the Year ... Closed out her first collegiate rowing season in the six-seat of the Cards' Novice 8+ boat at the BIG EAST Championships ... Also rowed in the six-seat of U of L's Novice 8+ boat at the Southern Intercollegiate Rowing Association Championships and against Wisconsin and Tennessee ... Rowed in the eight-seat of the Novice 8+ boat against Minne-

sota and at the Head of the Elk ... Red & Black Scholar.

Prior to UofL: Participated in the colorguard and winterguard at Dunbar High School from 2002 through 2005.

Personal: Born Caryn Michelle Lasley on Nov. 6, 1986 in Lexington, Ky. ... Daughter of Jennifer and Del Lasley ... Has four siblings including Kevin, Brandon, Jacob and Robin ... Post-college ambition is to become a doctor ... Hobbies and outside interests include participating in drum corps ... She chose the University of Louisville because she wanted to branch out from home, but didn't want to be too far away ... Says the best thing about the city of Louisville is that there's always something to do and someone to do it with ... Believes the best thing about Cardinal rowing is how everyone on the team pushes one another every day to become better people in all aspects of life ... Says her favorite class is biology ... After graduation, she plans to go to medical school ... Lists the race against Tennessee or the 2006 NCAA South/Central Region Sprints ... If she could tell her incoming teammates one thing, it would be that times might get hard and you might fall, but we'll be there to pick you up. We can do anything.



● **Sha'Lori Moore**
SO • Louisville, Ky.
Mercy Academy

2005-06: Spent most of her freshman season in the three-seat of the Cards' 2nd Varsity 8+ boat which finished first in the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Her crew finished second at the BIG EAST Championships and third in the "B" Final at the NCAA South/Central Region Sprints ... Was in the three-seat for the 2nd Varsity 8+ crew's win over Minne-

sota and the second-place finish in the "C" race at the Head of the Elk ... She also rowed against California, Wisconsin and Tennessee.

Prior to UofL: Lettered in three sports at Mercy Academy including basketball (four years), softball (two years) and volleyball (one year) ... She played center and forward for her basketball team, second base in softball and middle hitter/blocker in volleyball ... Was named MVP at the KPP Classic ... Earned All-Tournament honors at the LIT ... Also named to All-District Tournament Team.

Personal: Born Sha'Lori Lynn Moore on Nov. 4, 1986 in East Point, Ga. ... Daughter of Lori and Edward Moore, Sr. ... Has two siblings, Edward and Kendra ... Majoring in nursing at U of L ... Post-college ambition is to pursue a career in nursing ... Hobbies and outside interests include dancing, reading a good book, watching movies, card games, cooking and hanging with friends ... She chose the University of Louisville because of the competitive atmosphere, the closeness to home, the diverse population and because she earned an academic scholarship ... Says the best thing about the city of Louisville is the commitment to U of L Athletics and the variety of things to do ... Believes the best thing about U of L rowing are the friendships she's made, the traveling opportunities and the competitive spirit ... Says the finals at the 2006 Southern Intercollegiate Rowing Association Championships was her best race.



Varsity Profiles

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



● Allison Pelette SO • Welland, Ont. Notre Dame College

2005-06: Finished her freshman season in the three-seat of the Cards' Varsity 8+ boat which finished second in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the seven-seat of the Varsity 8+ boat which finished second at the BIG EAST Championships and first at the Southern Intercollegiate Rowing Association Championships ... Rowed in the two-seat for the Cards' Varsity 8+

win over Minnesota ... Also rowed in the two-seat of the Varsity 8+ boat against California, Wisconsin and Tennessee ... Rowed in the one-seat for U of L's first-place finish in the Open 8+ "A" race at the Head of the Elk ... Rowed in the eight-seat for the Cards' first-place finish in the Open 8+ race at the Head of the Licking ... Red & Black Scholar.

Prior to UofL: Four-year member of the Notre Dame College rowing team and a member of the South Niagara Rowing Club under the direction of coach Tom Blacquiore ... Won the silver medal in the 63kg pair at the Canadian Schoolboy in 2003 and the silver medal in the senior pairs at the 2004 Canadian Schoolboy ... Finished third in the junior women's fours at the 2004 Royal Canadian Henley ... Named Senior Oarswoman of the Year in 2004 at NDC ... Named Junior A Oarswoman of the Year for the South Niagara Rowing Club in 2004 ... Named rowing MVP at Notre Dame in 2003.

Personal: Born Allison Marie Pelette on April 22, 1986 in Welland, Ont. ... Daughter of Phyllis and Dave Pellete ... Has two sisters, Tara and Julie ... Majoring in exercise science with a minor in sport administration... Post-college ambition is to work as a physiotherapist ... Hobbies and outside interests include shopping, hanging out with friends and running ... Chose U of L because of the team, coaches and the great academic support ... Believes the best thing about U of L rowing is the team and the coaches ... Thinks her top two races were the 2005 Head of the Charles Regatta and the finals at the 2006 NCAA South/Central Region Sprints.



● Jessica Smith SO • Crestwood, Ky. Oldham County HS

2005-06: Opened her collegiate rowing career as a coxswain for the Cards' Novice team ... Closed the season as the coxswain for U of L's third-place finish in the Open 4+ "B" Final at the NCAA South/Central Region Sprints ... Was the coxswain for the Cards' Novice 8+ boat at the BIG EAST Championships and the Southern Intercollegiate Rowing Association Championships, and in races against

Wisconsin, Tennessee and Minnesota ... Made first-ever collegiate racing appearance as the coxswain for the Cards in the Novice 8+ "C" race at the Head of the Elk Regatta ... Red & Black Scholar.

Prior to UofL: Participated in swimming, cheerleading, track & field and Tae Kwon Do ... Did not participate in rowing prior to joining the novice team last season.

Personal: Born Jessica Rose Smith on Sept. 28, 1987 ... Daughter of Kris and Paul Smith ... She has one brother, Chris ... Undecided on a major at U of L ... Post-college ambition is to become a stunt person in action films ... Hobbies and outside interests include Tae Kwon Do, kickboxing, surfing and snowboarding ... She chose the University of Louisville because she wanted to stay close to home with her family and friends ... Says the best thing about the city of Louisville is the friendly atmosphere ... Believes the best thing about Cardinal rowing are her teammates and the desire to win that keeps the team strong ... Her favorite class is English 101 and Humanities 101 ... After graduation, she plans to become a stuntwoman in action films ... Says her best race was the Novice win over Tennessee last season ... If she could tell her incoming teammates one thing, it would be that if you work hard, you can be sure you've got 20-something other girls working hard with you that won't let you down. It's an awesome team!



● Jill Reeves SO • Louisville, Ky. Assumption HS

2005-06: Closed the season in the two-seat of the Novice 8+ boat which finished fourth at the BIG EAST Championships ... Rowed in the four-seat of the Novice 8+ boat against Wisconsin and Tennessee ... Rowed in the six-seat Novice 8+ boat against Minnesota ... Red & Black Scholar.

Prior to UofL: Four-year member of the Louisville Rowing Club and Assumption HS rowing team ... Earned a first-place finish in the 2- at 2005 Indy Regatta ... Placed second in the 2- at the 2005 Midwest Junior Championship ... Also competed for four years in cross country and swimming.

Personal: Born Jillian Renee Reeves on Nov. 27, 1986 in Louisville, Ky. ... Daughter of Pat and Jeff Reeves ... Has two siblings, Chelsea and Morgan ... Majoring in nursing at U of L ... Post-college ambition is to do service, travel and have a great job ... Hobbies and outside interests include being outdoors, sports, dancing and anything new and exciting ... She chose the University of Louisville because it's a great sports city and U of L has a great rowing team with talented coaches ... Says the best thing about the city of Louisville is the love of U of L athletics and that there's always something to do ... Believes the best thing about U of L rowing is that the love for rowing is seen through the coaches and athletes, and everyone is so driven ... Favorite classes are communications and sociology ... Says her best race was either the 2006 BIG EAST Championships or the race against Tennessee in March ... If she could tell her incoming teammates one thing, it would be to love your sport, coaches and especially your teammates.



● Liz Van Zeyl SO • Fonthill, Ont. E.L. Crossley SS

2005-06: Named Most Improved Varsity Rower ... Completed a successful freshman campaign in the six-seat of the Cards' Varsity 8+ boat which finished second in the "B" Final at the NCAA South/Central Region Sprints ... Rowed in the four-seat of the Varsity 8+ boat which won the "A" Final at the Southern Intercollegiate Rowing Association Championships ... Rowed in the one-seat of the Varsity

8+ boat against California, Wisconsin and Tennessee ... Rowed in the three-seat of the Varsity 8+ boat in the Cards' win over Minnesota ... Was in the seven-seat for the Open 8+ "B" race and the Open 4+ "A" race at the Head of the Elk ... Also rowed in the five-seat in the Open 8+ "B" race at the Head of the Licking Regatta ... Red & Black Scholar.

Prior to UofL: Five-year member of the South Niagara Rowing Club ... Captain as a senior of E.L. Crossley rowing team ... Won gold medal at 2003 Schoolboy in quad ... Won silver medal in the doubles at the 2004 Schoolboy ... Earned bronze medal in the quad at the 2005 Schoolboy ... Won silver medal in the doubles at the 2005 Statesbury ... Also lettered in basketball, volleyball and badminton at E.L. Crossley.

Personal: Born Elizabeth Maria Van Zeyl on Oct. 3, 1986 in Fonthill, Ont. ... Daughter of Betty and Casey Van Zeyl ... Has three siblings, Chris, Adrian and Janine ... Majoring in exercise science ... Post-college ambition is to attend graduate school ... Chose U of L because it felt like home ... Best thing about the city of Louisville is Nancy's Bagels, the parks and Thunder! ... Best thing about U of L rowing is everything! ... Says her best race was the final of the 2006 NCAA South/Central Region Sprints.



● **Anna Zwanzig**
SO • Louisville, Ky.
Home School

2005-06: Finished her freshman season in the three-seat of the Novice 4+ boat which finished fourth at the BIG EAST Championships ... Rowed in the three-seat for the Cards' first-place finish in the Lightweight Novice 4+ "A" Final at the Southern Intercollegiate Rowing Association Championships ... Was in the six-seat of the 2nd Novice 8+ boat against Wisconsin on April 8 ... Rowed in the eight-seat of the 2nd Novice 8+ boat against Tennessee ... Was in the five-seat of the 2nd Novice 8+ boat against Minnesota and for the Cards in the Novice 8+ "C" race at the Head of the Elk.

Prior to UofL: Did not participate in rowing prior to joining the Louisville novice program in 2005-06.

Personal: Born Anna Marie Zwanzig on Feb. 18, 1987 in Louisville, Ky. ... Daughter of Evelyn and Darrell Zwanzig ... Has two siblings, Stephen and Rebekah ... Majoring in biology at U of L ... Post-college ambition is to work in environmental research ... Hobbies and outside interests include photography ... Chose U of L because it was close to home ... Says the best thing about the city of Louisville is that it's not too big or too small, and Bardstown Road is awesome! ... Believes the best thing about U of L rowing is being with everybody and traveling ... Favorite class is Forensic Psychology ... After she graduates, she plans to earn a master's degree.



● **Anastasia Prokopenko**
FR • Pskov, Russia
Pskov Lyceum for Humanities

Prior to UofL: She finished first in the U-18 2- and 2x events at the 2005 Russian Games and was second in Russia's U-18 national championship in the 2- event in 2005 ... In 2004, she was second in the U-16 4x event at the Russian national championships, and was third in the 4+ event at the 2003 national championships.

Personal: Born on Aug. 28, 1989 in Pskov, Russia ... Daughter of Valerij Prokopenko and Nima Ivanova ... Has one sibling, Ekaterina ... Chose U of L because of the rowing program and the nice academic choices ... Says the best thing about U of L rowing is the great team, the great coaches and the awesome equipment ... Favorite class is Healthy Lifestyles ... Her father, Valerij Prokopenko, was a highly honored rowing coach of Russia and the former USSR at the 1980 and 1996 Olympic Games and the World Championships in 1979, 1981-1982.



● **Kelly Traynor**
FR • Hamilton, Ont.
Westdale SS

Prior to UofL: Earned four years of rowing experience at Westdale and with the Leander Boat Club ... While competing for Westdale, she finished fourth in the junior women's "A" singles race at the 2006 Canadian High School Championships, third in the junior heavyweight women's double at the 2005 Canadian High School Championships, and was named Westdale Female Rower

of the Year in 2005-06 and 2003-04 ... While competing for the Leander Boat Club, she was first in the junior "A" women's heavy single at the 2005 RowOntario Championships and third in the junior "A" women's heavy double at 2005 the Royal Canadian Henley Regatta ... In 2004, she finished first in the junior heavyweight event at the Ontario Indoor Rowing Championships, was first in the high school women's doubles at the Head of the Ohio, first in the junior "A" women's heavy quads at the Ontario Summer Games, second in the junior "B" women's heavy singles at the Royal Canadian Henley Regatta, and was named 2004 Leander Boat Club Rookie of the Year.

Personal: Born Kelly Anne Wood Traynor on May 22, 1988 in Regina, Saskatchewan ... Daughter of Heather Wood and Dave Traynor ... Has two siblings, Cory and Jaime ... Post-college ambition is to attend teacher's college ... Hobbies and outside interests include reading and animals ... Chose U of L because there was so much support for one another and the passion and desire was infectious ... Believes the best thing about U of L rowing is the team unity.



● **Ashley Edwardson**
FR • St. Catharines, Ont.
Governor Simcoe SS

Prior to UofL: Competed for the St. Catharine's Rowing Club under the direction of coaches Tim Tope and Tim Dumont ... As a coxswain, she led her crews to several strong finishes in 2006 including a gold medal finish in the senior men's 4+ event at the CSSRA Championships and a bronze medal finish in the senior men's 4+ event at the Stotesbury Cup Regatta ... In 2005, she led her

crew to a second-place finish in the junior "A" men's 4+ event at the Royal Canadian Henley, a gold medal in the junior "A" men's 4+ race at the RowOntario Championships, a silver medal in the senior men's 66kg 4+ event and a bronze medal finish in the senior men's 4+ race at the CSSRA Championships and a silver medal in the senior men's 4+ event at the Stotesbury Cup Regatta.

Personal: Born Ashley Vivian Edwardson on Sept. 12, 1988 in Halifax, Nova Scotia ... Daughter of Greg and Linda Edwardson ... Has one sibling, Marnie ... Majoring in art history with a minor in French ... Post-college ambition is to be a high school art teacher ... Hobbies and outside interests include art, art history, travel and photography ... She chose the University of Louisville because of its rowing program and the team atmosphere ... Says the best thing about the city of Louisville is how friendly everyone is and the amazing team spirit ... Believes the best thing about U of L rowing is that her teammates and coaches really support one another through all of the stressful times.



● **Kate Rickers**
FR • St. Catharines, Ont.
Ridley College

Prior to UofL: Earned three years of rowing experience with the St. Catharines Rowing Club, the Ridley Boat Club and Ridley College ... She earned gold medals in the youth eights and youth fours events at the 2005 Head of the Ohio, a gold medal in the women's U17 Double at the 2004 Ontario Summer Games, and a third-place finish in the junior "B" women's quads at the 2004

Royal Canadian Henley Regatta ... While competing for the Canadian Junior National Development Team in 2005, she won silver in the eights event and bronze in the doubles event at the CanAmMex Camp in Oak Ridge, Tenn. ... As a prep rower at Ridley, she won gold in the senior quads at both the 2006 and 2005 Canadian High School Rowing Championships, and silver in the junior 4+ race in 2004.

Personal: Born Katelyn Elizabeth Ruth Rickers on Jan. 15, 1988 in Hamilton, Ontario ... Daughter of Don and Karen Rickers ... Post-college ambition is to attend grad school and/or chiropractic college ... Hobbies and outside interests include piano, writing, camping and going out with friends ... Believes the best thing about U of L rowing is having 40 teammates encouraging her on a daily basis ... Says the best thing about the city of Louisville are the people!

● **2006-07 U of L Rowing Generosity List**

- Gary Smith
- Fred Meijer of Meijer Inc.
- Stan Curtis
- Bob Leidgen of Alpha Leasing
- Marylyn Foulke
- Bob Diehl
- Cardinal Dames
- Central Cardinal Club
- Jim & Nancy Leese
- Joe York and the L-Club
- Hamilton Printing
- Doug Hampton
- Louisville Rowing Club
- Bob Hurley
- Parents of Louisville Rowing
- Derby Festival Inc.
- Dixie Florists
- Famous Dave's BBQ



● The U of L rowing truck was donated by Bob Leidgen of Alpha Leasing.



2006-07 Novice Team

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



Brittany Andrews
FR • Paducah, Ky.
Lone Oak HS



Greta Aschbacher
FR • Louisville, Ky.
Mercy Academy



Emma Blue
FR • Georgetown, Ky.
Scott County HS



Jennifer Butler
FR • Elizabethtown, Ky.
John Hardin HS



Danielle Christiansen
FR • Taylor Mill, Ky.
Scott HS



Kara Clark
FR • Louisville, Ky.
Pleasure Ridge Park HS



Shannon Cornette
FR • Ashland, Ky.
Boyd County HS



Jaclyn DeKay
SO • Louisville, Ky.
Eastern HS



Holly Dorning
FR • Covington, Ky.
Holy Cross HS



Jackie Douglas
FR • Louisville, Ky.
Butler HS



Kimberly Feinberg
FR • Russell, Ky.
Russell Independent HS



Raquel Ganong
FR • Louisville, Ky.
Sacred Heart Academy



Jacquelyn Gettelfinger
FR • Floyds Knob, Ind.
Floyd Central HS



Shari Grayson
FR • Louisville, Ky.
Male HS



Kristina Hagar
FR • Rineyville, Ky.
Perry McCuer HS



Laura Hauber
FR • Louisville, Ky.
Assumption HS



Annie Hilkey
FR • Louisville, Ky.
Sacred Heart Academy



Lindsey Hollin
SO • Prospect, Ky.
Assumption HS



Ali Isaacs
FR • Edgewood, Ky.
Scott HS



Niki Jackson
SR • Bardstown, Ky.
Bardstown HS



Ashley May
JR • Jeffersonville, Ind.
Jeffersonville HS



Maria Murray
FR • Edgewood, Ky.
Scott HS



Trisha Parsons
SR • Radcliff, Ky.
North Hardin HS



Sean Raleigh
FR • Louisville, Ky.
Sacred Heart Academy



Maral Razinea
FR • Louisville, Ky.
Atherton HS



Katie Rorer
FR • Paducah, Ky.
Lone Oak HS



Samantha Seldon
FR • Louisville, Ky.
Ballard HS



Amanda Thorsen
SO • Louisville, Ky.
Oldham County HS



Jenna Williams
JR • Louisville, Ky.
Jeffersonton HS



Aubrey Woolley
SO • Crestwood, Ky.
South Oldham HS

LOUISVILLE

BIG EAST CONFERENCE

Louisville Rowing...2006 Fall Pictures



LOUISVILLE ROWING

◆ LOUISVILLE ROWING

◆ LOUISVILLE ROWING

2005-06 Results

at Head of the Licking Cincinnati, Ohio • Sept. 24, 2005

Race	Finish	Time
Open 8+ ("A")	1st	19:07.73
Open 8+ ("B")	2nd	19:18.54
Open 4+ ("B")	1st	20:47.46
Open 4+ ("A")	2nd	20:53.01
Open 2- ("A")	1st	22:56.29
Novice 4+	1st	22:19.98

at Head of the Charles Boston, Mass. • Oct. 22-23, 2005

Race	Finish	Time
Club 4+	1st of 34	19:06.038
Collegiate 2X	2nd of 6	21:20.343

at Head of the Elk Elkhart, Ind. • Oct. 30, 2005

Race	Finish	Time
Open 8+ "A"	1st of 19	14:11.515
Open 8+ "B"	3rd of 10	15:13.574
Open 8+ "C"	2nd of 6	16:27.475
Open 4+ "A"	3rd of 23	16:45.506
Novice 8+ "A"	3rd of 8	16:41.640
Novice 8+ "B"	4th of 8	18:03.610
Novice 8+ "C"	4th of 6	18:15.661

vs. Minnesota Oak Ridge, Tenn. • March 12, 2006

Race	Finish	Time
Varsity 8+	1st of 2	6:47.47
2nd Varsity 8+	1st of 2	7:05.95
Varsity 4+	2nd of 2	8:14.31
Novice 8+	2nd of 2	7:47.15
2nd Novice 8+	2nd of 2	8:18.14

vs. Tennessee Knoxville, Tenn. • March 25, 2006

Race	Finish	Time
Varsity 8+	2nd of 2	6:57.47
2nd Varsity 8+	2nd of 2	7:22.23
Varsity 4+	2nd of 2	8:22.70
Novice 8+	1st of 2	7:35.09
2nd Novice 8+	2nd of 2	7:58.09

vs. California, Wisconsin Indianapolis, Ind. • April 8, 2006

Race	Finish	Time
Varsity 8+	3rd of 3	6:31.02
2nd Varsity 8+	3rd of 3	6:44.79

vs. Wisconsin Indianapolis, Ind. • April 8, 2006

Race	Finish	Time
Novice 8+	2nd of 2	7:25.80
2nd Novice 8+	2nd of 2	7:30.47

at Southern Intercollegiate Rowing Association Championships Oak Ridge, Tenn. • April 14-15, 2006

Race	Finish	Time
Varsity 8+ "A" Final	1st of 6	6:50.7
Varsity 8+ "A" Semi #2	1st of 6	6:52.3
Jr Varsity 8+ "A" Final	1st of 6	6:58.1
Jr Varsity 8+ "A" Semi #2	1st of 6	6:57.5
Doubles "A" Final	3rd of 6	9:12.4
Doubles "A" Heat #6	2nd of 4	9:23.2
Novice 8+ "A" Final	5th of 7	7:33.1
LW Novice 4+ "A" Final	1st of 3	8:15.4
Novice 4+ "A" Final	6th of 6	8:38.9
Novice 4+ "A" Semi #1	1st of 5	8:15.8

● 2005-06 Louisville Rowing Highlights

- Five Louisville Rowers earned CRCA All-Region honors, the most by any school in the Southern Region and tied for tops in the nation. Beth Daunhauer, Jessica Grigsby and Jenna Sample earned CRCA South Region First Team honors, while Nicole Alderson and Lisa Terreberry were named to the CRCA All-South Region Second Team.
- Three Cardinal rowers, Nicole Alderson, Beth Daunhauer and Lisa Terreberry earned the 2006 CRCA National Scholar-Athlete Award.
- Louisville rowing closed the 2006 season ranked 20th in the final USRowing/CRCA Varsity Eights Coaches Poll.
- Cardinals finish third in the South and ninth overall at the 2006 NCAA South/Central Regional Championships in Oak Ridge, Tenn.

at BIG EAST Championships Worcester, Mass. • April 30, 2006

WORCESTER, Mass. - In its first venture into a conference championship regatta, the University of Louisville rowing program finished second overall behind back-to-back champion Notre Dame at the 2006 BIG EAST Rowing Championships at Lake Quinsigamond.

The Cards scored 103 points overall while the Fighting Irish led the field of nine teams with 122 points to successfully defend their 2005 title. Syracuse was third with 76 points while Rutgers finished fourth with 73 points.

U of L earned three second-place finishes in its six racing events. The Cards were second in the Varsity 8+ Grand Final with a time of 6 minutes, 34.83 seconds to finish behind Notre Dame at 6:28.32, and were second to the Irish in the Second Varsity 8+ Grand Final with a time of 6:46.74. Louisville's third second-place finish was in the Varsity 4+ Grand Final with a time of 7:40.41 while Notre Dame again led the way with a time of 7:33.

Race	Finish	Time
Varsity 8+ Final	2nd of 6	6:34.83
Varsity 8+ Heat #2	1st of 4	6:33.47
2nd Varsity 8+ Final	2nd of 6	6:46.74
2nd Varsity 8+ Heat #2	1st of 3	6:42.83
Varsity 4+ Final	2nd of 6	7:40.41
Varsity 4+ Heat #2	1st of 4	7:41.53
2nd Varsity 4+ Final	5th of 5	8:36.87
Novice 8+ Final	4th of 6	7:12.23
Novice 4+ Final	4th of 6	8:19.27

at NCAA South/Central Region Sprints Oak Ridge, Tenn. • May 13-14, 2006

OAK RIDGE, Tenn. - Led by a strong second-place finish in the Varsity 8+ "B" Final, the University of Louisville rowing program earned an impressive third-place finish overall in the South at the NCAA South/Central Region Sprints Sunday morning on Melton Hill Lake in Oak Ridge, Tenn.

The Cards, looking to earn the program's first-ever bid to the NCAA Championships, scored 227 points to earn the best-ever finish at the event for the seven-year program trailing only Tennessee with 294 points and Virginia with 284 points. UCF was fourth with 193 points followed by Duke with 185, Miami with 142, Texas with 136, Clemson with 86, North Carolina with 59 and SMU with nine points.

Leading the way for the Cards at the South/Central Sprints was the Varsity 8+ crew, ranked 23rd in this week's USRowing/CRCA Division I Varsity Eight Coaches Poll, which knocked off three crews ranked among the nation's top 22 with a second-place time of 6:37.15 in the "B" Final. The U of L crew put together a strong sprint over the final 500 meters to defeat No. 15 Virginia in third place at 6:39.17, No. 22 Duke in fourth place at 6:40.64 and No. 19 UCF in fifth place at 6:41.47. No. 14 Michigan State won the "B" Final with a time of 6:34.90.

Along with the strong performance in the Varsity 8+ event, the Cards also earned third-place finishes in the 2nd Varsity 8+ "B" Final and the Open 4+ "B" Final and a fifth-place finish in the Varsity 4+ "B" Final. In the 2nd Varsity 8+ event, U of L completed the course with a time of 6:50.82, while Minnesota led the way at 6:41.90 followed by Tennessee at 6:42.84. Duke was fourth at 6:53.68 followed by Texas in fifth at 6:54.07 and UCF in sixth at 6:58.65.

In the Open 4+ event, Miami led the way with a time of 7:52.60, while Michigan was second at 7:54.60. Texas was fourth at 8:00.07 followed by Cincinnati in fifth at 8:10.61 and Duke in sixth at 8:19.71. Texas won the Varsity 4+ "B" Final with a time of 7:38.40, while Tennessee was second at 7:45.13. UCF was third at 7:47.56 followed by Notre Dame in fourth at 7:47.87 and Kansas State was sixth at 7:56.44.

Overall, Ohio State won the combined South/Central Region championship with 366 points to edge Wisconsin in second with 361 points. U of L was ninth in the combined standings out of 21 teams with 227 points.

Race	Finish	Time
Varsity 8+ "B" Final	2nd of 6	6:37.15
Varsity 8+ Semi #2	5th of 6	6:52.16
Varsity 8+ Heat #3	3rd of 5	6:58.3
2nd Varsity 8+ "B" Final	3rd of 6	6:50.82
2nd Varsity 8+ Semi #1	5th of 6	7:09.15
2nd Varsity 8+ Heat #2	3rd of 5	7:04.7
Varsity 4+ "B" Final	5th of 6	7:51.16
Varsity 4+ Semi #1	6th of 6	8:22.30
Varsity 4+ Heat #1	4th of 6	7:52.0
Open 4+ "B" Final	3rd of 6	7:56.64
Open 4+ Semi #1	5th of 6	8:15.63
Open 4+ Heat #2	4th of 6	7:53.2

- UofL wins the team trophy at the Southern Intercollegiate Rowing Association Championships after winning race titles in the Varsity 8+, Second Varsity 8+ and Novice Lightweight 4+ events.

- Beth Daunhauer is named the recipient of the 2006 Sherrill Brakmeier Award, presented to a UofL female student-athlete who has at least a 3.0 GPA and exemplifies outstanding qualities of leadership, dedication to the community, service and scholarship as well as commitment and loyalty to the University of Louisville.

- Beth Daunhauer earned a strong third-place finish among collegiate rowers at the 2006 C.R.A.S.H.-B. Sprints Indoor World Championships.

- The Cards earn first-place honors in the Club 4+ event at the 2006 Head of the Charles, marking the fifth consecutive year the Cards have medaled at the world's largest regatta.



● All-Time Team Award Winners

ROWER/OARS WOMAN OF THE YEAR

1999-00 (Novice)	Melissa Campbell
2000-01 (Varsity)	Melissa Campbell
2000-01 (Novice)	Katie Hoetker
2001-02 (Varsity)	Allison Kempheus
2001-02 (Novice)	Andrea Murray
2002-03 (Varsity)	Brooke Spence
2002-03 (Novice)	Natalie Richards, Mandy Botelho
2003-04 (Varsity)	Christy Ochsner
2003-04 (Novice)	Beth Daunhauer, Dana Osoffsky
2004-05 (Varsity)	Beth Daunhauer
2004-05 (Novice)	Becky Wohrle
2005-06 (Varsity)	Jessica Grigsby, Jenna Sample
2005-06 (Novice)	Caryn Lasley

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 Bramer
2002-03 (Varsity)	Jessica Grigsby
2002-03 (Novice)	Olivia Brittain
2003-04 (Varsity)	Mandy Moore
2003-04 (Novice)	Jen Allen
2004-05 (Varsity)	Katie Prince
2004-05 (Novice)	Katie Fitzpatrick
2005-06 (Varsity)	Liz Van Zeyl
2005-06 (Novice)	Mallory Hamman, Lisa Grace

CARDINAL PRIDE (Selected by the Team)

2000-01	Allison Kempheus
2001-02	Christy Ochsner, Leslie Walters
2002-03	Karen Bramer
2003-04	Carmen Noltemeyer
2004-05	Jenna Sample
2005-06	Lisa Terreberry

CAPTAINS

1999-00	Kelly Drescher
2000-01	Nikki Lee, Melissa Campbell
2001-02	Stephanie George, Jennifer Klipple
2002-03	Allison Kempheus, Christy Ochsner
2003-04	Lisa Terreberry, Leslie Walters
2004-05	Karen Bramer, Lisa Terreberry
2005-06	Jenna Sample, Beth Daunhauer

● 2006-07 Seniors

The five seniors on the 2006-07 University of Louisville rowing team are (left to right) Jen Allen, Nicole Alderson, Martha Shults, Beth Daunhauer and Denise Borders.



● 2005-06 Team Award Winners



Jessica Grigsby
Varsity "Rower of the Year"



Jenna Sample
Varsity "Rower of the Year"



Liz Van Zeyl
Most Improved Varsity Rower



Lisa Terreberry
Cardinal Pride Award winner



Caryn Lasley
Novice "Rower of the Year"



Mallory Hamman & Lisa Grace
Most Improved Novice Rowers

● Cardinal Honors

CRCA ALL-SOUTH REGION First Team

Amelia Buhts	2004-05
Brooke Spence	2004-05
Beth Daunhauer	2005-06
Jessica Grigsby	2005-06
Jenna Sample	2005-06

Second Team

Stephanie George	2001-02
Allison Kempheus	2001-02
Lucy Svehla	2001-02
Leslie Walters	2001-02
Brooke Spence	2002-03
Beth Daunhauer	2004-05
Nicole Alderson	2005-06
Lisa Terreberry	2005-06

CRCA SCHOLAR-ATHLETE

Allison Kempheus	2001-02
Lucy Svehla	2001-02
Leslie Walters	2001-02
Allison Kempheus	2002-03
Leslie Walters	2002-03
Amelia Buhts	2003-04
Allison Kempheus	2003-04
Christy Ochsner	2003-04
Lisa Terreberry	2003-04
Leslie Walters	2003-04
Amelia Buhts	2004-05
Beth Daunhauer	2004-05
Brooke Spence	2004-05
Lisa Terreberry	2004-05
Nicole Alderson	2005-06
Beth Daunhauer	2005-06
Lisa Terreberry	2005-06



● 2006-07 Captains - Jen Allen, Beth Daunhauer & Kathryn Hagglund



Rowing Center

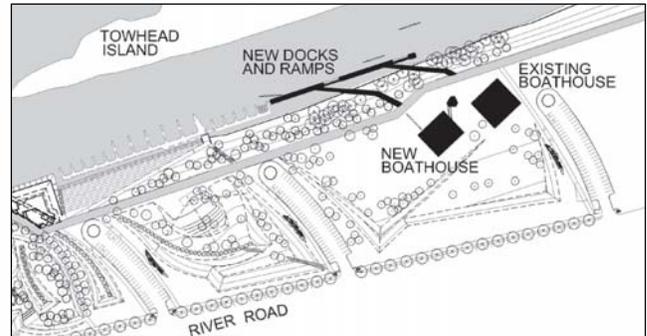
As the city of Louisville's riverfront is developed into beautiful parks and recreational areas, its growth has included a new rowing center on the Ohio River which will be the new home of the University of Louisville Women's Rowing Program and will also house the adaptive rowing program for disabled community rowers. As the first phase of the Waterfront Development center is complete, the new rowing center is slated to become the focal point of the project's second phase.

With combined efforts from the community, the new facility plans to include two boat bays for the U of L Women's Rowing Team and an additional bay for use by the adaptive program.

In addition to the boathouse, a 120-foot rowing dock and 160-feet of a wakeless launch dock will be installed. The designated location for the new boathouse and dock will still yield the same protected launching and docking area currently provided by Towhead Island. The two-story facility will also include a meeting room, a training room, a multipurpose locker room with showers, office space and a beautiful balcony overlooking the Ohio River.

This proposed new facility is only one example of the University of Louisville's commitment to women's rowing and the rest of its sports. It also serves as a tremendous resource for the rowing program and its goal of being No. 1.

Rendering of the Rowing Center, the future home of Louisville Rowing



LOUISVILLE

● Cardinals' Current Home

The Cardinal Boathouse, the current home for the U of L rowing team, is a beautifully renovated brick warehouse with ample storage for the fleet of shells, sliding racks, oars, cox-boxes, bench pull stands and other accessories. The launching site is a chute created by Towhead Island, creating a protected stretch of water for launching and docking. The boathouse is adjacent to the Louisville Rowing Club, which features year-round activities for rowers as well as the nationally known Adaptive Rowing Program.



LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING

Cardinal Sports Complex



LOUISVILLE ROWING

LOUISVILLE ROWING

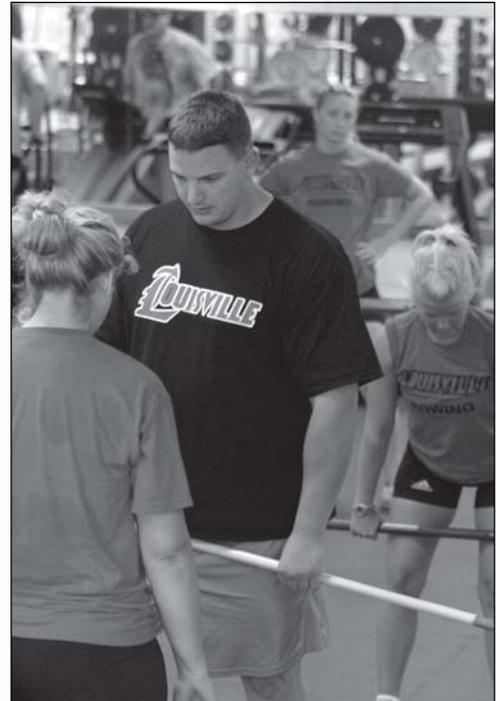
LOUISVILLE ROWING



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 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.



First Class

All-Americans

Janelle Avila, Field Hockey
Tone Belt, Track and Field
Kelley Bowman, Track and Field
Elvis Dumervil, Football
Jennifer Hoffman, Volleyball
Jessica Javelet, Field Hockey
Travis Leffew, Football
Mario Urrutia, Football
Lena Ustymeko, Volleyball
Eric Wood, Football
Lacy Wood, Softball



Along with being named to numerous All-American teams, Elvis Dumervil also won the Bronco Nagurski Award



The Cardinal volleyball team had two players earn All-American honors, senior Lena Ustymeko was the first Louisville player to earn first team honors

Conference C

Volleyball ▶ Men's Tennis ▶ V

Individual Conference Champions

Adrienne White – Women's golf
Tone Belt, High Jump and Long Jump Indoor and Outdoor – Track and Field
Andre Black, Triple Jump Indoor and Outdoor – Track and Field
Arthur Turland, Hammer Outdoor -- Track and Field
Kelley Bowman, High Jump Outdoor – Track and Field
Heather Trimiew, 400m Indoor, 400m Hurdles Outdoor – Track and Field
Arthur Turland, Weight Throw Indoor – Track and Field
Vali Preda, 100m breast, 200m breast, 200IM – Men's swimming
Leslie Van Winkle, 200 IM – Women's swimming
Heather Ming, 100 breast – Women's swimming



S Athletics

Coaching Excellence

2005-06 Coach of the Year Honors

Rex Ecarma, Men's Tennis

Kelly Meyers Rothberg, Women's Golf

Softball Coaching Staff

(Sandy Pearsall, Carole Bruggeman, Karen Marr)

2005-06 BIG EAST Conference Honors

Women's Basketball:

Jazz Covington

Men's Cross Country:

Cory Thorne

Wesley Korir

Field Hockey:

Janelle Avila

Rachel Overton

Jessica Javelet

Football:

Brian Brohm

Michael Bush

Art Carmody

Elvis Dumervil

Travis Leffew

Jason Spitz

Joshua Tinch

Men's Golf:

Daryl Fathauer

Derek Fathauer

Women's Golf:

Cristina Gonzalez

Cindy LaCrosse

Adrienne White

Men's Soccer:

David Guzman

Women's Soccer:

Jamie Craft

Softball:

Catherine Bishop

Audrey Rendon

Lacy Wood

Men's Tennis:

Jhonny Berrido

Jeremy Clark

Jakob Gustafsson

Damar Johnson

Slavko Radman

Women's Tennis:

Robyn White

Volleyball:

Lena Ustyenko

Jennifer Hoffman

BIG EAST Players of the Year

Catherine Bishop – Softball

Brian Brohm – Football

Elvis Dumervil – Football

Jessica Javelet – Field Hockey

Lena Ustyenko – Volleyball

BIG EAST Tournament MVP

Slavko Radman – Men's Tennis



Champions

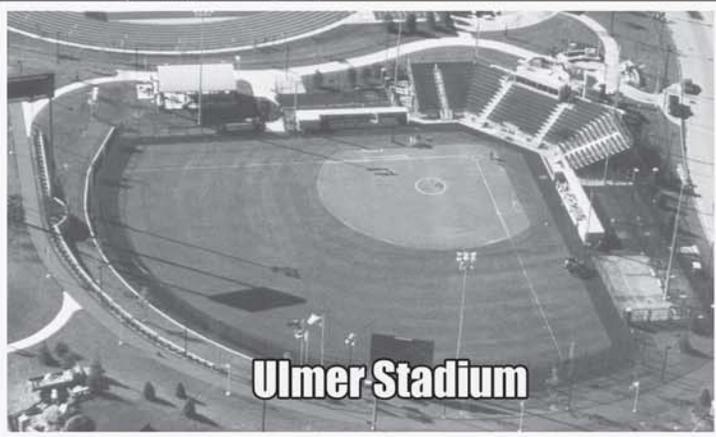
Women's Golf ▶ Softball

State-of-the-Art

Papa John's Cardinal Stadium



Freedom Hall



Ulmer Stadium



Cardinal Park Track and Soccer Field



Trager Stadium



Jim Patterson Stadium

Art Facilities



The Cardinal Club



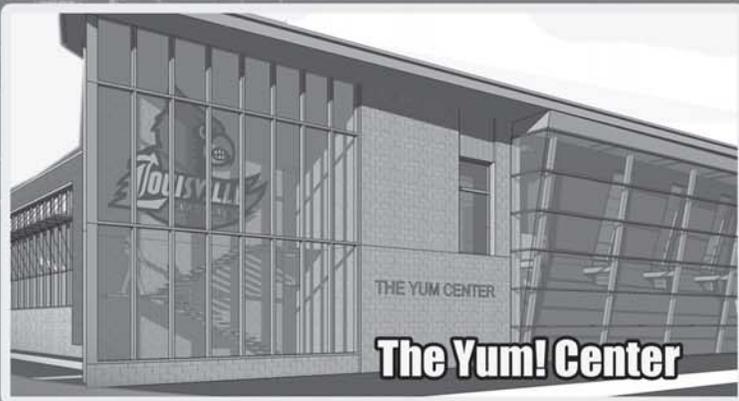
Trager Indoor Practice Facility



Cardinal Arena



Ralph Wright Natatorium



The Yum! Center



Bass Rudd Tennis Center



Olga Peers ACADEMIC UNIT

- New-Student Athlete Orientation
- CARDStart
- **OBSH** - Objective Based Study Hall
- Academic Advising
- Study Hall
- Tutoring Program
- Four Computer Labs for Distance Learning
- **C.S.C./C.A.R.D.S** (Cardinal Scholar Champions/Cardinals Are Really Dedicated Students)
- Faculty Guest Coach

Student DEVELOPMENT

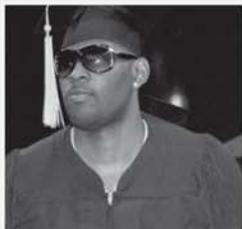
- Welcome Back
- Cardinal Creed
- Healthy Lifestyles
- Menu Picks
- Seminars
- Professional Panels
- **L.I.F.E.** - Louisville International Family Enrichment Program
- **S.C.O.R.E.** - Student-Athletes Combining Opportunity and Responsibility for Excellence
- **SAAC** - Student-Athlete Advisory Council
- Senior Exit Interview

Academic Impact

University of Louisville
Graduation Rates 2000-2007
(1993-2000 freshmen cohorts)

2000 (1993)	44%
2001 (1994)	35%
2002 (1995)	49%
2003 (1996)	49%
2004 (1997)	48%

2005 (1998) 55%



Ellis Myles

Tom Jurich became the University of Louisville Athletic Director in October of 1997. Since his arrival, the graduation rates have been increasing and are expected to continue to do so.



Eric Shelton
S.C.O.R.E President



Performance Team Members

- Dr. Burns Brady
- John Walsh
- Fred Hina
- Carole Banda
- Gail Peitzmeier
- Dwayne Treolo
- Michelle Schuppe
- Denise Wooldridge
- Anne-Marie Brown
- Abbie Beecham
- Raymond Ganong
- Teena Murray
- Joe Lively
- Brook Norton
- Sheena Binford
- Eric Buckman
- Kim Demling-Castelluzzo
- Julie Hermann
- Steve Hoelscher
- Melanie Hof
- Cheryl Kolander
- Tia Suter
- Jason Veltkamp
- Meleesa Wohleber

Cardinal Medical Advisory Board

- Dr. Christopher Pitcock
- Dr. John Lach
- Dr. John Ellis
- Dr. Raymond Shea
- Dr. Dave Caborn
- Dr. Craig Roberts
- Dr. Kerry Rimmel
- Dr. Greg Potts
- Dr. Mark Smith
- Dr. Walter Badenhausen
- Dr. Akbar Nawab
- Dr. Edward Tillet
- Dr. Donald Pomeroy
- Dr. Judah Skolnick
- Dr. David Watkins
- Dr. John Guarnaschelli
- Dr. Staci Grossfeld
- Dr. Scott Black
- Dr. Andy Meyer
- Dr. Greg Karem
- Dr. Randy Sheen
- Dr. Julie Ellis
- Dr. Mark Petrik,
- Dr. Christopher Peters,
- Dr. Divya Cantor
- Dr. Kleinert & Dr. Kutz & Associates
- The Eye Care Institute

VIRE™

Comprehensive Student Support System

Student OUTREACH

- CardsCare
- Speaker's Bureau
- Cardsfit
- Fit-4-me

Sports MEDICINE

- Recruiting Visit Evaluation
- Fitness Rehab
- On Campus Physical
- Health Performance Design
- Case Management
- Drug Testing

Career PLANNING

- Discover
- Shadows
- Career Panels
- Job Prep
- Sports Mentors
- Life After Sports
- CAF Member



Jewish Hospital and Frazier Rehab Institute





The University of Louisville

“ One of the Nation’s Top Metropolitan Universities ”
The University of Louisville offers a real-world education for its students and much-needed services for the community.

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



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 its Challenge for Excellence, a program designed to raise the university to national prominence within 10 years. 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 other areas around the nation and the world.

In fall 2000, 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 in 1999 after performing only the second successful hand transplant in the world.

A new Cardiovascular Innovation Institute, a partnership with Louisville’s Jewish Hospital, will focus on the development, testing and clinical delivery of leading-edge treatments for heart failure.

The Institute for Cellular Therapeutics, which relocated to U of L from Philadelphia in 1998 as part of the Challenge for Excellence, 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, ranked among the nation’s top 10 by Success magazine, has helped its students launch several successful ventures and is grooming tomorrow’s business leaders.

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 School of Education works closely with Louisville-area schools and others throughout the state to continue refining Kentucky’s nationally acclaimed efforts to reform education in grades K through 12.

Through the presentation of its \$200,000 Grawemeyer Award for Music Composition, U of L’s music school has built one of the world’s best collections of contemporary music.

And U of L’s Brandeis School of Law, which was one of the first in the nation to require pro bono work as part of its curriculum, boasts a student body that has won several national competitions in recent years.

U of L has begun to gain recognition on the national level in a variety of ways. A Wall Street Journal article cited U of L as being among the top 30 schools in the nation for sending students to elite



Grawemeyer Hall, U of L’s administration building, is located on Belknap Campus.

Why students consider U of L

Strong Academic Programs

The University of Louisville offers undergraduate, graduate and professional degrees and certificates in 178 fields of study. Thirteen schools, colleges and divisions are housed on three campuses.

Tradition

One of the oldest metropolitan universities in the nation, tracing its heritage to 1798, U of L alumni and faculty lead prominent professional and civic roles from Washington D.C. to the California coast and beyond.

Location

Our campuses are in the heart of Kentucky’s business, health and cultural center in Louisville, the state’s largest metropolis. Easily accessible from three interstate highways (1-64, 1-65 and 1-71) and a major airport within reach of nearby states.

Diversity

U of L’s 22,000 plus students offer a cultural and international diversity to create lasting friendships and improve the learning environment for all students.

Great Environment

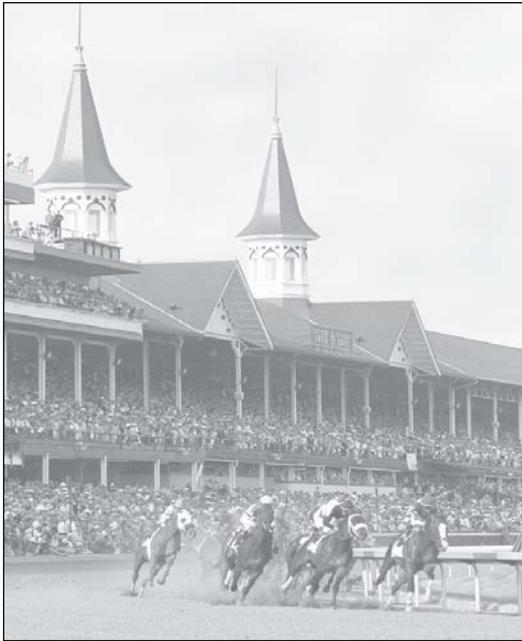
U of L’s main campus (Belknap) has a park-like setting with stately buildings, mixed with contemporary structures. Complemented by a city named as one of the “most livable” by Rand McNally, U of L makes it easy to combine the business of learning with pleasure.

graduate schools. And Consumers Digest rated the university 25th in the Top 50 Best Values for Public Colleges and Universities based on academic excellence, educational quality and costs of attendance for the 2003-2004 academic year.

U of L’s students also have gained national recognition in 2004. U of L ranked seventh in the nation in the number of students receiving Fulbright English teaching assistantships in 2004. The university ranked seventh among schools in the South for producing Fulbright research fellows.

And U of L’s Debate Program finished fifth in the National Debate Tournament.

Most students study on the Belknap Campus. Located in the heart of Kentucky’s largest city, the park-like campus is noted for its combination of historical and contemporary buildings. Three motion picture companies filmed on campus this year alone.



The Run for the Roses caps off two weeks of events which makes Louisville known as Derby Town.

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 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.

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 roads 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. The Louisville Bats, the triple-A baseball team of the Cincinnati Reds, drew over a million fans to games in a single season. Over 140 public parks, 20 public golf courses and 226 public tennis courts also provide outdoor entertainment.

Even though Louisville has changed through 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 Louisville and surrounding counties is still a favorite pastime.

Louisville Facts

- Population: approximately 700,000, the nation's 16th largest metropolitan area in population.
 - Median Age: 32.5
 - Weather: average annual rainfall is 43 inches; average summer/fall temperature is 88 degrees; winter/spring temp. is 68.
 - Louisville is home to legendary Churchill Downs and the Kentucky Derby, known as "the greatest two minutes in sports."
 - Hillerich & Bradsby's Louisville Slugger baseball bats are a hit at ballparks.
- Louisville is home to...**
- the Kentucky Derby
 - Papa John's Pizza
 - The first electric trolley
 - Derby Pie
 - The first cheeseburger
 - "Thunder Over Louisville," the nation's largest annual fireworks display

Famous Louisvillians

- Muhammad Ali - Heavyweight Boxing Champion
- Ned Beatty - Actor
- Foster Brooks- Comedian
- Denny Crum - Basketball Coach
- Thomas A. Edison- Inventor
- Sue Grafton- Author
- Darrell Griffith- Athlete
- Lionel Hampton - Jazz musician
- Paul Hornung - Heisman Trophy Winner, 1957
- Mary T. Meagher - Olympic Swimmer
- Tori Murden-McClure- Solo rower across the Atlantic Ocean
- John Ed Pearce - Pulitzer Prize Winning Journalist
- Georgia Powers - 1st Female African American Senator
- Pee Wee Reese- Hall of Fame Baseball Player
- Colonel Harland Sanders- Founder of Kentucky Fried Chicken
- Diane Sawyer- Newscaster
- Phil Simms - Super Bowl Winning Quarterback
- Sean Young - Actress

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING





Director of Athletics Tom Jurich

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING



- **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 Tom Jurich, who enters his ninth year at Louisville and his 17th as a Division I athletic director.

From facilities to gender equity, from community involvement to national leadership, Jurich's actions prompted one state media outlet to recently write that "It all shows yet again that the hiring of Tom Jurich, the architect of this Louisville emergence, as U of L AD in the fall of 1997 stands as one of the most significant events in our state's modern sports history." After just eight years working his constructive efforts, he was inducted into the state of Kentucky Athletic Hall of Fame in 2006.

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 for Athletics at U of L in 2003.

"Tom is an energetic leader," said U of L President Dr. James Ramsey. "He has the advantage of being able to see the world of collegiate athletics from the viewpoint of a coach, an administrator, an athlete and a parent because he has worn all of those hats in his career. He has the vision to create a model program, assemble an ambitious group of talented coaches and staff, build world-class facilities and create educational as well as championship opportunities for hundreds of student-athletes. He is committed to creating a forward moving, competitive and compliant culture that reflects well on our university."

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.

"The pride and passion this community has in our athletics program inspire me to do my absolute best every day," said Jurich. "This department and I have grown together significantly at a rapid pace. We have many building blocks in place but have so much to accomplish. I feel very privileged to be in this position."

Jurich continues to push U of L to the forefront of college athletics, turning heads while quickly guiding major changes in the face of Cardinal Athletics including:

- Engineering U of L's historic move to the Big East Conference, which has a long-term relationship with the lucrative Bowl Championship Series. This is the Cards' second year in the league.
- Attracting sixth-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 quickly restored it to a position among the nation's top teams. U of L capped a 33-5 record in 2004-05 by returning to the Final Four for the first time in 19 years.
- Taking a major step in achieving gender equity, upgrading funding and support staff for existing women's programs while adding four new sports — softball, golf, rowing and lacrosse (in 2008). 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 and was honored as the Louisvillian of the Year in 2005 by the Louisville Urban League Guild.

"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."

- Hiring football coach Bobby Petrino. Petrino is the architect of four different teams which led the nation in total offense. He quickly molded U of L into a national force, achieving top 20 national rankings in each of the last three years.

- Addressing multiple facility needs, including an extensive sports park to serve as a front lawn for the University. Owsley B. Frazier Cardinal Park features Ulmer Stadium (softball), Trager Stadium (field hockey artificial surface field), a soccer field surrounded by a state-of-the-art track, fitness trail, outdoor basketball and sand volleyball courts and a playground. Three new facilities opened in 2005: Jim Patterson Stadium (baseball), Ralph Wright Natatorium and the Trager Center indoor fieldhouse.

- 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 with a comprehensive partnership with Louisville's world-renowned Jewish Hospital.

- Bolstering the community outreach arm of U of L athletics, developing CardsCare and CardsFIT to promote student-athlete community involvement.

- Academic success has risen dramatically during Jurich's watch as well. Honorees on the Commissioner's Honor Roll (cumulative 3.0 GPA or better) rose from 44 in 1996 to 164 in 2005. 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 288 for the 2008 fall semester, a figure which represents half of the total students involved in U of L Athletics.

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.

Jurich has been active in the scope of college athletics on a national level, within conference issues, and in his local community. He served three years as a member of the NCAA Management Council, one of the top legislative bodies of the NCAA, and the NCAA Division I Baseball Committee. He sits on the Board of Directors for Republic Bank, Willpower Foundation and American Heart Association.

Jurich recently received the Louisvillian of the Year Award by the Louisville Ad Club and the Dan Mangeot Memorial Award, for contributions to the advancement of tourism and hospitality.

Guiding Colorado State University as its athletics director for the four years prior to his arrival at U of L, Jurich oversaw not only one of the most successful time periods 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 ('84-86). 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, an outfielder in the Atlanta Braves organization, and Brian; and twin daughters, Haley and Lacey.



● Dr. James Ramsey ● President

An Moving forward with change while respecting and building on the University of Louisville's great history and tradition.

This describes U of L President James R. Ramsey.

As U of L's 17th president, Ramsey has worked aggressively to move the university closer to its goal of becoming a pre-eminent metropolitan in-

stitution of higher learning.

The university has made great strides in five strategic areas:

- Educational quality
- Extramural research
- Campus diversity
- Community partnerships
- Accountability

The quality of U of L's freshman class has improved each year, with the average ACT score of incoming freshmen climbing to 24.2 in 2006 from 20.7 in 1995. What's more, the university's students are claiming a much larger share of the nation's most prestigious academic honors.

Two U of L students recently were named Goldwater Scholars, receiving the most coveted undergraduate award in math, natural sciences and engineering. Another student earned a Fulbright teaching assistantship to work and study in Malaysia, while nine others received awards to study in places such as Korea, Tanzania and Turkey. Many of these students will return to Kentucky to live and work.

Ramsey also has created a university culture focused on conducting research that improves the quality of life for people in Kentucky and beyond. This research already has led to major milestones in health care, business and the environment. Today, U of L's volume of federal research funding is four times higher than it was seven years ago, and the university has become America's fastest growing research university in National Institutes of Health funding.

Ramsey also has set the tone for encouraging diversity on campus. U of L has reached or made substantial progress on all eight of its goals set in The Kentucky Plan for Equal Opportunities.



The university's ties with its community have never been stronger. Not only has U of L been a major player in the award-winning Partnership for a Green City with Jefferson County Public Schools and Louisville Metro government, it has launched a Signature Partnership Initiative to improve education, health care, social services and economic opportunity in Louisville's West End.

As U of L has continued to advance toward meeting its state-mandated goals, it has been significantly underfunded by the state relative to its peer institutions — a true indicator of its accountability and stewardship.

A strong commitment to serving the community and commonwealth is nothing new for Ramsey. Before assuming U of L's top post, he served as senior policy advisor and state budget director for the Commonwealth of Kentucky and senior professor of economics and public policy at U of L.

He also has held several other positions in state government, serving as interim commissioner of the Office of the New Economy and special advisor to the chairman of the Kentucky Council on Postsecondary Education.



On the academic side, he has served as vice chancellor for finance and administration at both University of North Carolina at Chapel Hill and Western Kentucky University. He has been associate dean, assistant dean and director of public administration in the College of Business Administration at Loyola University and a research associate for the University of Kentucky's Center for Public Affairs.

He has taught on the faculties of UNC, WKU, UK, Loyola University and Middle Tennessee State University.

A frequent national speaker and writer on economic issues in the public sector, Ramsey received the National Governors Association's Outstanding Public Service Award in 2001 and was named Kentucky's Distinguished Economist of the Year in 1999.

A Kentucky native, he holds a bachelor's degree in business administration from Western Kentucky University and master's and doctoral degrees in economics from UK.

Sharing his love for public service is his wife, Jane Ramsey, who is involved in a host of community activities and organizations. She heads an effort to beautify U of L's Belknap Campus and revitalize its surrounding South Louisville neighborhood, and she recently returned from a trip to the Gulf Coast, where she joined a group helping rebuild neighborhoods ravaged by Hurricane Katrina.

The Ramseys' two daughters attend U of L. Jenny, an Auburn University graduate, is studying nursing. Jacque is a sophomore.



Olga S. Peers Academic Center for Student Athletes

• The mission of the Olga S. Peers Academic Center for Student Athletes is to provide academic support, counseling and guidance to the student-athletes participating in the University of Louisville's intercollegiate athletic programs by promoting self-responsibility, personal growth and academic development.



● Marvin Mitchell ● Associate Athletic Director

Marvin Mitchell enters his seventh year as Associate Athletic Director for Academic Services.

Mitchell is the school's first Associate Athletic Director in the area of academics. He joined the U of L Athletics staff in 1999 as the Cards' Director of Academic Services after three years in a similar capacity at East Carolina. Prior to his stint there, Mitchell worked five years at his alma mater Wake

Forest in many roles, including serving as assistant director of academic services from 1994-96.

A four-year letterman on the defensive line at Wake Forest (1987-91), Mitchell is an accomplished speaker and has delivered presentations at the National Association of Academic Advisors for Athletics (N4A) national convention. He is an active member of the Black Coaches Association (BCA) and the National Consortium for Academics and Sport (NCAS). He serves on national and local boards, including 100 Black Men of America and Chestnut Street YMCA.

A native of Eastville, Va. and graduate of Northampton High School, Mitchell earned a bachelor's degree in psychology with a minor in speech communications at Wake Forest in 1992 and a master's degree in education there in 1995.



● Bryan Hicks ● Assistant Athletic Director

Bryan Hicks is in his 10th year with the U of L Athletic Department and fourth as Assistant Athletic Director for Academics. He is responsible for overseeing academics for the Cardinal football team and managing the Papa John's Cardinal Stadium Computer Lab.

Hicks serves on the University's Commission on Diversity and Racial Equality (CODRE), the Directors Council for University Wide Advising and is coordinator for the athletics department program S.C.O.R.E. (Student-Athletes of Color Combining Opportunity and Responsibility for Excellence).

A native of Huntsville, Ala., Hicks attended Tuskegee University and played on the basketball and baseball teams there. He received his bachelors degree in Marketing from Alabama A&M University in 1992 and went on to receive his Masters in Public Administration (MPA) degree from Portland State University in 1996.

Hicks came to U of L after serving as assistant men's basketball coach and coordinator of multicultural admissions at Warner Pacific College in Portland, Oregon.

Hicks and his wife, Kellie, are the parents of three children — two daughters, Hailey and Sydney, and one son, Garrett.



● Scott Sallade ● Director of Student Services

Scott Sallade, Associate Director for Academic Services, is in his 10th year as a member of the Olga S. Peers Academic Center staff. He currently works with Women's Soccer, Softball, Swimming and Diving, as well as coordinating the Cardinal Degree Completion Program.

He has been at U of L since 1987 and has worked in several areas of the university including Housing and Residence Life, Admissions and

Orientation and Intramural and Recreational Sports. He currently serves as a part-time instructor for the Health, Physical Education and Sports Studies Department.

Sallade earned his B.S in Sport Administration (1992) and his Master of Education (1994), both from the University of Louisville.

He and his wife, Tami, have a son, Casey.



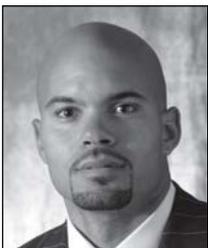
● Christine Jackson ● Associate Director

Christine Jackson is the Assistant Director of Academic Services and is responsible for Women's Basketball, Field Hockey and Women's Golf as well as the Spirit Groups. She also coordinates the New Student-Athlete Orientation as well as the Senior Reception and serves as the liaison to the Colleges of Education and Nursing.

Jackson came to U of L after working for the University of Kentucky for more than three years. At UK, she was the Academic Counselor for Track and Field, Volleyball, Rifle and Men's Tennis. She also served as the Director of Tutoring and advisor to the Student-Athlete Advisory Committee.

Jackson earned her bachelor's degree in Kinesiology in 1997 and master's degree in Sport Management in 1999 from Kentucky.

Christine and her husband, Richard, have two sons, Trey and Reese and a daughter, LaPorsha.



● Ed Scott ● Assistant Director

Ed Scott is in his first year at UofL as Assistant Director of Athletic Academic Support Services. He oversees the academic support for the Cardinals' basketball team.

A native of Kingston, N.Y., Scott served for two years in a similar capacity at the University at Albany, his alma mater. There he was responsible for providing academic guidance to approximately 250 student-athletes, oversaw the tutoring and study session

programs for all 19 intercollegiate teams, and was the faculty advisor for the Student-Athlete Advisory Committee. He also taught two sections of the Student-Athlete Academic Recovery Class (STAAR 101) for new and returning at-risk student-athletes.

Scott graduated magna cum laude from the University at Albany in 2002 with a B.A. in psychology and minor in sociology. He earned an M.S. in Educational Administration and Policy Studies, with a concentration in higher education from the University at Albany in 2006.

Scott was an assistant coach in two NCAA sanctioned collegiate wooden bat leagues: the Spartanburg (S.C.) Stingers of the Coastal Plains League in 2005; and the Saratoga (N.Y.) Phillies of the New York Collegiate Baseball League in 2006 when the Phillies won the league title.



● Anthony Wright ● Academic Counselor

Anthony Wright is in his second year at the University of Louisville as the academic counselor working primarily with the rowing and baseball teams.

Prior to joining the staff at the University of Louisville, Anthony worked at Iowa State University as the men's basketball counselor. Anthony also spent three years at the University of Arizona. While at the University of Arizona, he worked with the men's basketball, football, women's volleyball, and men's and women's track teams. Anthony was also the coordinator for student-athlete post-graduate scholarships.

Anthony received his bachelor's degree in History in 1999 from the University of Maine and is currently pursuing his master's degree in Education from the University of Louisville. He is a native of New Jersey.

LOUISVILLE



In 2006-07, the BIG EAST will be in its second year as the nation's largest Division I-A conference. The first year with 16 members was wrought with curiosity among those in the world of collegiate athletics and in the media, but the league thrived in its new alignment, enjoying significant success in the athletic arenas, on the playing fields and in the classroom.

The goals of the BIG EAST have remained constant throughout its history – to compete at the highest level and to do so with integrity and sportsmanship.

In men's basketball last year, BIG EAST squads secured a league-record eight NCAA bids. Seven BIG EAST women's basketball teams earned NCAA berths. In football, West Virginia garnered the attention of the college football world with its victory over Georgia in the Nokia Sugar Bowl. The Mountaineers were the BIG EAST's representative in the Bowl Championship Series.

In 2005-06, the BIG EAST welcomed five new members to increase its membership to 16: University of Cincinnati, DePaul University, University of Louisville, Marquette University and the University of South Florida. Some were ready to call the new BIG EAST alignment too unwieldy, but the league showed that there can be strength in numbers even when that number is a large one.

BIG EAST institutions reside in nine of the nation's top 34 largest media markets, including New York, Chicago, Philadelphia, Washington, D.C., Tampa, Pittsburgh, Hartford, Milwaukee and Cincinnati. With its newest members, BIG EAST markets will contain almost one fourth of all television households in the U.S.

Since opening its doors in 1979, the league has won 25 national championships in six different sports and 124 student-athletes have won individual national titles.

In 2005-06, Providence College's Mary Cullen won the NCAA 5,000-meters crown. Also, the Villanova women's cross country team was named the NCAA's Silver Anniversary Cross Country Program. The Wildcats have won seven NCAA team titles since 1981. Former Wildcat standout Carole Zajac was named the top individual performer of the women's cross country era.

The BIG EAST has always been able to boast that some of its best students are also some of its best athletes. More than 350 student-athletes have earned Academic All-America honors. Last year, West Virginia's Joe Herber was named the ESPN The Magazine Academic All-American of the Year in men's basketball.

The BIG EAST has continued its basketball success in the 21st century. In 2003-04, Connecticut became the first school in NCAA history to win the men's and women's NCAA titles in the same season. With the Syracuse men and the UConn women grabbing NCAA crowns the previous year, the BIG EAST became the first

BIG EAST CONFERENCE

conference in NCAA history to win the men's and women's titles in consecutive seasons. In fact, the BIG EAST has won five of the last seven women's basketball crowns and

three of the last eight men's titles.

Moving proactively has been a consistent strategy for the conference that was formed in 1979. The BIG EAST has continually turned challenges into opportunities to become stronger.

In the spring of 2001, the BIG EAST added women's lacrosse and rowing to its growing list of sports. The inaugural women's golf championship was held in the spring of 2003.

The BIG EAST became a reality on May 31, 1979, following a meeting of athletic directors from Providence College, St. John's, Georgetown and Syracuse Universities. Seton Hall, Connecticut and Boston College completed the original seven school alliance.

While the membership has both increased and changed, the focus of the BIG EAST has not wavered. The conference reflects a tradition of broad based programs, led by administrators and coaches who place a constant emphasis on academic integrity. The BIG EAST Conference has enjoyed a leadership role nationally. Its student athletes own significantly high graduation rates and their record of scholastic achievement notably show a balance between intercollegiate athletics and academics.

Any successful organization needs outstanding leadership. Michael Tranghese, the league's first full-time employee, and for 11 years the associate to Dave Gavitt, moved into the Commissioner's chair in 1990. In his first year, he administered the formation of The BIG EAST Football Conference.

The league has long been considered a leader in innovative concepts in promotion and publicity, particularly regarding television. Those efforts have resulted in unparalleled visibility for BIG EAST student athletes. The conference has enjoyed long-standing relationships with CBS, ESPN, Inc. and ABC.

While BIG EAST basketball games are regular sellouts at campus and major public arenas, including the annual men's BIG EAST Championship in Madison Square Garden, attendance figures also are significant at BIG EAST soccer, women's basketball and baseball games.

More than 550 BIG EAST athletes have earned All America recognition and dozens have won individual NCAA national championships. The BIG EAST has been well represented in U.S. or foreign national and Olympic teams. Several athletes earned gold medals in each of the last five summer Olympiads.

The BIG EAST has its headquarters in Providence where the conference administers to more than 5,500 athletes in 23 sports.

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING

The BIG EAST Conference



2006-07 BIG EAST Rowing Members

- Cincinnati / Cincinnati, Ohio
- Connecticut / Storrs, Conn.
- Georgetown / Washington, D.C.
- Louisville / Louisville, Ky.
- Notre Dame / South Bend, Ind.
- Rutgers / New Brunswick, N.J.
- Syracuse / Syracuse, N.Y.
- Villanova / Villanova, Pa.
- West Virginia / Morgantown, W.V.



Rowing 101

LOUISVILLE ROWING

LOUISVILLE ROWING

LOUISVILLE ROWING

● Rowing Technology

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.

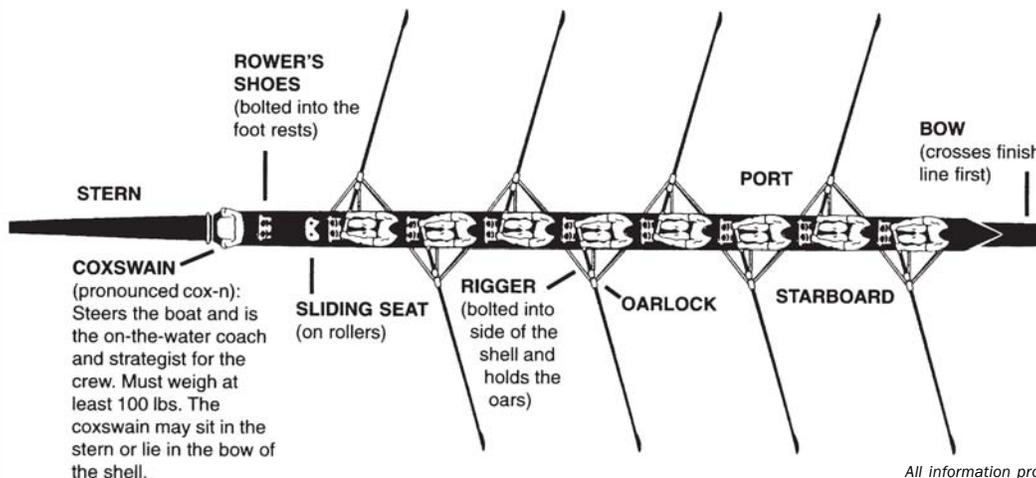
● Race Watching

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.