



LOUISVILLE ROWING 2010-11

ONE TEAM. ONE GOAL.





LOUISVILLE

TARAMcKIERNAN

SAMKAYSER

KIRALAWSON

KRISTINFALOVO





ROWING

LAUREN **MENSCH**

CARA **LITTLETON**

ALLISON **SIU**

ANASTASIA **PROKOPENKO**





WELCOME TO LOUISVILLE ROWING

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Credits

The 2011 University of Louisville Women's Rowing Virtual Viewbook was published by the University of Louisville Athletic Department. **Written and Edited by** Garrett Wall, **Viewbook Designed by** Jamie Barker, Provations Group and **Covers Designed by** David Klotz and Shelley Feller. **Editorial Assistance** by the University of Louisville sports information staff. **Photography** by Jeff Reinking, Michelle Haas, David Klotz and Shelley Feller, University of Louisville photography.





University of Louisville Quick Facts

Location	Louisville, Ky.
Founded	1798
Enrollment	22,000
Nickname	Cardinals
Colors	Red & 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	Laura Aubrey (4th Season)
Alma Mater	North Carolina '01
E-Mail	laura.fogt@louisville.edu
Assistant Coach	Derek Copeland
Alma Mater	Dayton '00
E-Mail	dacope04@gwise.louisville.edu
Assistant Coach	Becky Smith
Alma Mater	Louisville '06
E-Mail	becky.smith@louisville.edu
Graduate Assistant	Kathryn Hagglund
Alma Mater	Louisville '08
Rowing Office Phone	(502) 852-3325
Rowing Office Fax	(502) 852-4932
Facility	Garvin Brown III Rowing Center
Body of Water	Ohio River

Rowing Support Staff

Assistant SID (Rowing Contact)	Garett Wall
Office Phone	(502) 852-3088
Fax	(502) 852-7401
E-Mail	g.wall@louisville.edu
Academic Counselor	Caitlin Dance
Athletic Trainer	Jimmy Dorneman
Strength and Conditioning	Mary Kate Jones



2011 Women's Rowing Schedule

Spring Schedule

Date	Day	Event/Opponent	Location
March 5	Sat.	vs. Dayton	Louisville, Ky.
March 12-18	Sat.-Fri.	at Spring Training Trip	Austin, Texas
March 18-20	Fri.-Sun.	at Longhorn Invitational (Texas, Oklahoma, Kansas State, Wisconsin)	Austin, Texas
March 26	Sat.	vs. Dartmouth, Alabama	Knoxville, Tenn.
April 9	Sat.	vs. Ohio State, Indiana	Columbus, Ohio
April 16-17	Sat.-Sun.	at Charles River Challenge (Northeastern, Columbia, Minnesota, Radcliffe, Ohio State, Boston University, Syracuse, Dartmouth)	Boston, Mass
April 30	Sat.	at BIG EAST Championships	Camden, N.J.
May 14	Sat.	at BIG EAST/ACC Dual (Clemson, Virginia)	Oak Ridge, Tenn.
May 15	Sun.	vs. Clemson, Virginia, Notre Dame, Oklahoma, Tennessee and Texas	Oak Ridge, Tenn.
May 26-29	Thurs.-Sun.	at NCAA Championships	TBA

All Dates are Subject to Change





**Laura
Aubrey
Head Coach**

4th Season
North Carolina, 2001



**CARDINAL
COACHING STAFF**





Derek Copeland
Assistant Coach
1st Season
Dayton, 2000

Kathryn Hagglund
Graduate Assistant Coach
2nd Season
Louisville, 2008

Becky Smith
Assistant Coach/
Novice Team Coach
2nd Season
Louisville, 2006



MEET THE CARDINALS



Erin Bennett
Sophomore
Old Lyme, Conn.
(Old Lyme HS)



Mallorie Campbell
Sophomore
Louisville, Ky.
(Assumption HS)



Catherine Chivers
Sophomore
Fenwick, Ont.
(Notre Dame College)



Morgan Dunham
Freshman
Te Puke, New Zealand
(St. Peter's Cambridge)



Kirsten Elliott
Freshman
Culver, Ind.
(Culver Academies)



Kristin Falovo
Senior
Thorold, Ont.
(Denis Morris HS)



Ellen Fawcett
Sophomore
St. Catharines, Ont.
(Sir Winston Churchill SS)



Sarah Fiske
Senior
Barrington, R.I.
(St. Andrews HS)



Kimberly Fitzpatrick
Sophomore
Evanston, Ill.
(Roycemore)



Chelsea Haack
Junior
Amelia, Ohio
(St. Ursula Academy)



Sam Kayser
Senior
Ottawa, Ont.
(Canterbury HS)



Anna Kirk
Junior
Oklahoma City, Okla.
(Classen SAS)



Brittney Knaszak
Freshman
Orchard Park, N.Y.
(Orchard Park HS)



Elyse Kortier
Freshman
Rossford, Ohio
(St. Ursula Academy)



Kayla Kroninger
Sophomore
Westerville, Ohio
(Westerville Central HS)



Kira Lawson
Senior
London, Ont.
(Saunders HS)



Cara Littleton
Senior
Bowling Green, Ky.
(Western Kentucky)



Tara McKiernan
Senior
Louisville, Ky.
(Mercy Academy)



Lauren Mensch
Senior
Elizabethtown, Ky.
(John Hardin HS)



Katya Monchenko
Sophomore
Moscow, Russia
(Popov HS)



Kathleen O'Connell
Sophomore
Shelbyville, Ky.
(Shelby County HS)



Kelly O'Connor
Freshman
Potomac, Md.
(Georgetown Visitation Prep)



Lauren Proctor-Brown
Sophomore
Glendale, Wis.
(Nicolet HS)



Anastasia Prokopenko
Senior
Pskov, Wis.
(Pskov Lyceum for the Humanities)



Amanda Ritter
Freshman
St. Charles, Mo.
(Incarnate Word Academy)



Alex Roberts
Freshman
Reedy Creek, Australia
(Somerset College)



Allison Siu
Senior
Louisville, Ky.
(Manual HS)



Shelby Stafford
Freshman
Enon, Ohio
(Greenon HS)



Rebekka Thumhart
Sophomore
Galloway, N.J.
(Absegami HS)



Amy Van Syoc
Freshman
Milford, Ohio
(Milford HS)



Ali Woods
Freshman
Oliver Springs, Tenn.
(Oliver Springs HS)



Kylie Wrenn
Sophomore
Brookfield, Wis.
(Brookfield Academy)

THIS IS LOU ROOV



The Cardinal CASTLE Creed



Courage



Accountability



Service



Truthfulness



Loyalty

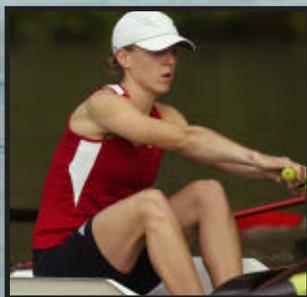


Effectiveness

LOUISVILLE WINNERS



CRCA All-American
Amelia Buhts



CRCA All-American
Beth Daunhauer



CRCA All-American
Kristin Falovo



Erin Bennett, Sophomore

2010 CRCA First Team All-South Region
2010 First Team All-BIG EAST

Lauren Mensch, Senior

2010 CRCA Second Team All-South Region
2010 CRCA Scholar Athlete



Louisville Rowing CRCA Honors

CRCA ALL-AMERICA

Second Team

Amelia Buhts	2004-05
Beth Daunhauer	2006-07
Kristin Falovo	2007-08

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
Beth Daunhauer	2006-07
Mallory Hamman	2007-08
Kristin Falovo	2008-09
Mallory Hamman	2008-09

Second Team

Stephanie George	2001-02
Allison Kemphaus	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
Nicole Alderson	2006-07
Kristin Falovo	2007-08
Erin Bennett	2009-10
Lauren Mensch	2009-10



Home of Louisville Rowing



GARVIN BROWN III CENTER FOR ROWING

The University of Louisville rowing program has a new home with the completion of the 14,000 square foot Cardinal Boathouse at Louisville's Waterfront Park, located on the banks of the Ohio River near downtown Louisville.

The \$2.65 million facility, paid for through

private donations, was built by Koetter Construction. The building features locker rooms, offices, a deck which overlooks the Ohio River and the Louisville skyline, new riverside docks, and indoor training facilities with 40 ergometers (indoor rowing machines) and two 60 x 9 feet rowing tanks,

which will contain nearly 25,000 gallons of water. It is located just west of the Brown Forman Amphitheatre on the riverfront.

"It's a great day not only for our rowing program, but for young women athletes throughout the state of Kentucky as well," said Tom Jurich, U of L's Vice-



BROWN III CENTER

President and Director of Athletics during the announcement of the project on June 8, 2010. "With 20 full scholarships awarded annually, rowing provides more financial aid opportunities for young women than any other NCAA sport while encouraging many walk-ons and novice rowers. We have had

great success and we want to continue to grow and prosper our rowing program to be at the top of the BIG EAST Conference."
"We could not be more excited about the construction and completion of the new boat-house," said U of L rowing head coach Laura Aubrey. "The new facility will have absolutely

everything we need and will be one of the best training facilities for rowing in the country. It will play a critical role in the continued development and success of our program, which will allow us to further develop our rowers at the elite level while also contributing to the recruitment of top-level athletes."

LOUISVILLE SPORTS PERFORMANCE

The Louisville Sports Performance (LSP) program is responsible for all aspects of athlete development, regeneration, and performance nutrition.

Director of Olympic Sports Performance Teena Murray and sports performance coach Mary Kate Jones are focused on delivering the finest training program to reduce injury risk, enhance athletic performance and increase competitive success.

The primary goal of the LSP program is to minimize risk of injury by preparing athletes for the specific demands of competition. It is well established that effective training improves joint mobility and stability, increases muscular strength and power, enhances movement efficiency, and improves sport-specific conditioning. The end result is a heightened ability to manage the physical stress of competition.

The second goal of the program is to elevate sport-specific athleticism. This



Mary Kate Jones

Director of Olympic Sports Performance

is accomplished through consistent, well-planned, sport-specific training that challenges athletes mentally and physically, preparing them to perform optimally during competition.

Philosophically, the LSP program adopts a movement-based approach to training. In sport, the body produces explosive movements at high rates of speed. For training to be effective, it must prepare the body to execute these movements safely, effectively and explosively. As a result, ground-based, multi-joint and multi-plane movements are the foundation of the LSP program. Sport-specific movement training and conditioning, and well-planned active and passive regeneration are also critical components of building the best athletes.

LSP coaches, who all carry (or are working toward) graduate degrees in exercise

physiology and are certified by the National Strength and Conditioning Association, implement performance testing at regular intervals during the year to evaluate training progress and identify strengths and weaknesses. Using the LSP Performance Index, each athlete is able to monitor their personal progress over time, and compete with their teammates and other U of L athletes.

As part of their prevention program, LSP coaches also conduct biomechanical movement assessments to identify movement deficiencies that may predispose athletes to injury. This screening tool allows coaches to implement individualized corrective training to address limitations.

Finally, building the best athletes and increasing competitive success extends beyond the physical. Desire, work ethic, attitude, mental toughness, leadership and character are intangibles that must be developed off the field. Through creative and competitive training the LSP staff takes pride in developing the anatomy of a champion- body, mind and spirit!



Injuries are a part of sports - they come with every aspect of the game. Dealing with athletic injuries falls into the capable hands of the University of Louisville Sports Medicine Staff.

The Department of Sports Medicine at the University of Louisville is a team of health care professionals dedicated to athlete care, research and education.

Located in state-of-the-art facilities at Cardinal Park, the department features a sophisticated array of diagnostic and therapeutic

equipment. U of L has entered into a unique partnership with Jewish Hospital and Frazier Rehab, giving access of their facilities and medical personnel to our athletes in a manner unmatched by any other such agreement.

The philosophy of the sports medicine staff is twofold; to help prevent injuries as much as possible through effective preventative programs, and to facilitate an effective rehabilitation program after an injury. In all cases, the ultimate well-being of each individual is considered the top priority.

Integration of the sports medicine staff into all aspects of year-round nutrition, cardiovascular conditioning, psychological preparation and visual training give the University of Louisville intercollegiate sports teams the competitive edge. Research conducted by the staff and associated departments keep U of L coaches and athletes on the cutting edge of innovation. In addition, the Sports Medicine staff routinely participates in regional and national meetings presented in the sports medicine field.



SPORTS MEDICINE



OLGA S. PEERS ACADEMIC CENTER

CRCA Scholar-Athlete

Allison Kemphaus	2001-02	Liz Van Zeyl	2006-07
Lucy Svehla	2001-02	Anna Ardiel	2007-08
Leslie Walters	2001-02	Laura Cers	2007-08
Allison Kemphaus	2002-03	Ashley Edwardson	2007-08
Leslie Walters	2002-03	Lisa Grace	2007-08
Amelia Buhts	2003-04	Kathryn Hagglund	2007-08
Allison Kemphaus	2003-04	Mallory Hamman	2007-08
Christy Ochsner	2003-04	Allison Pelette	2007-08
Lisa Terreberry	2003-04	Samantha Seldon	2007-08
Leslie Walters	2003-04	Kelly Traynor	2007-08
Amelia Buhts	2004-05	Liz Van Zeyl	2007-08
Beth Daunhauer	2004-05	Laura Cers	2008-09
Brooke Spence	2004-05	Ashley Edwardson	2008-09
Lisa Terreberry	2004-05	Lisa Grace	2008-09
Nicole Alderson	2005-06	Mallory Hamman	2008-09
Beth Daunhauer	2005-06	Sam Kayser	2008-09
Lisa Terreberry	2005-06	Lauren Mensch	2008-09
Nicole Alderson	2006-07	Allison Pelette	2008-09
Jen Allen	2006-07	Anastasia Prokopenko	2008-09
Anna Ardiel	2006-07	Samantha Seldon	2008-09
Laura Cers	2006-07	Liz Van Zeyl	2008-09
Beth Daunhauer	2006-07	Sam Kayser	2009-10
Lisa Grace	2006-07	Anastasia Prokopenko	2009-10
Kathryn Hagglund	2006-07	Katie Rorer	2009-10
Mallory Hamman	2006-07	Samantha Seldon	2009-10
Allison Pelette	2006-07		

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.



University of Louisville athletic director Tom Jurich has developed The Corporate Playbook Cardinal Athletic Career Center and it is up and running at its on-campus office in Cardinal Park.

The Center is designed for current and alumni student-athletes from the University. The Center at the U of L Athletic Department is one of the first of its kind in college athletics and is in partnership with the U of L Career Center who will continue to provide support in this area.

The Center, which will be co-directed by a former football Cardinal Chad Pinkston, will be used by student-athletes/alumni for interviews with potential career employers as well as a place to conduct general meetings focused career coaching sessions. There will be small workshops conducted as well as tape-recorded sessions for student-athletes to improve their career skills.

The Corporate Playbook's official website, www.thecorporate-playbook.com, allows student-athletes and Cardinal alumni the opportunity to research companies, upload, post and work on their resume', and network with alumni. The Center will have a place to view career development DVD's and videos on interviewing techniques, dress for success, resume writing and career assessment tests.

Chief Executive Officer of The Corporate Playbook, Chad Smith shares "We are excited about the opportunities created



through this unique partnership with The University of Louisville Athletic Department. Our new 'Cardinal Athlete Career Center' is one of a kind within collegiate athletics, and true to par, its great to see U of L take the initiative to provide top resources to their current and alumni student-athletes in preparing for a life after sports. We look forward to helping U of L athletes make the transition 'From the Locker Room to the Board Room' and help make connections with community business leaders for employment opportunities."

Each month there will be approximately nine events held where student-athletes can focus on professional development - resume' writing, cover letters, or choosing a major. The events will also provide opportunities for networking and interviewing with companies as well as a forum for being mentored and networking with Alumni.

Derek Smith Leadership Academy



The Derek Smith Leadership Academy is a four-year comprehensive student-athlete leadership program on the campus of the University of Louisville (UofL).

Through this academy, student athletes will learn the theories, skills and application necessary to be successful leaders at UofL, on their team, in their communities, and for their personal and professional lives. The program consists of four phases of leadership development focusing on skill development, practical application, experiential learning, and self-reflection.

Mission: The mission of the Derek Smith Leadership Academy is to support and counsel our student-athletes so they will maximize their potential at UofL and be successful in preparing for their future lives. Our mission follows in line with our overall mission of the UofL athletic department and in particular our mission of the Cardinal Life Skills Program (LCARE).

LCARE: LCARE is an all-encompassing program that wraps itself around the individual during his/her collegiate career. This comprehensive student support system serves as a link between the student-athlete and the campus-wide opportunities they often have difficulty accessing due to their commitments as a student-athlete.

The Leadership Academy is named in honor of **Derek Ervin Smith (November 1, 1961-August 9, 1996)**. Smith attended UofL from 1979 to 1982 then later went on to play in the NBA. He was a member of the 1980 University of Louisville Cardinals basketball team. That team won the NCAA championship by defeating UCLA 59-54. Smith was later selected by the Golden State Warriors in the 1982 NBA draft. He played for the Los Angeles Clippers, the Sacramento Kings, the

Philadelphia 76ers and the Boston Celtics. During his NBA career, he scored over 5,000 points.

Smith's life ended too soon when he died of an apparent heart attack while on a cruise ship in the Atlantic Ocean near Bermuda in 1996. But, his memory lives on through the Derek Smith Leadership Academy. Smith was a leader on and off the court. It is our hope that UofL student-athletes follow in the giant footsteps of such a legend ... a legend that is the true definition of "a leader."



CARDINAL CAREER CENTER

STUDENT HOUSING

Live Like a Cardinal



Among the campus living options at the University of Louisville is Kurz Hall and Bettie Johnson Hall among others. Campus life continues to build at U of L with the addition of Cardinal Park athletic facilities, new student housing, and many on-campus student events.

The new student quarters are equipped with modern kitchens and private bedrooms featuring individual phone, computer and cable television connections. The complex also contains a pool, sand volleyball court, fitness center, television room, game room and laundry facilities.

When it comes to student living the University of Louisville sets the bar high. They are among the elite when it student living options, offering some of the finest living quarters in the nation. Students have the luxury of having many fine amenities, dining options and stores right at the palm of their hand.



DINING AT LOUISVILLE

University of Louisville rowers can frequently be found at some of the great eats throughout the U of L campus, including McAlister's Select, Einstein's Bro's Bagel, Subway and Damon's Grill.



No training program can be successful without a commitment to nutrition and recovery. This includes high performance eating, high quality sleeping, and the consistent use of regeneration tools and techniques. Without question, the time and energy invested in nutrition and regeneration creates an inside "edge" to you as an athlete. Our student-athletes at Louisville are provided with one-on-one skill instruction to arm themselves with the necessary tools to make good, healthy decisions with how they fuel their body on campus or at home. The U of L campus and athletic department work very closely to ensure that healthy food options are available to all university students to ensure they are receiving the best nutritionally-packed food options to prepare for success in the classroom.





Historic Old Louisville ...
History you can see and touch

OFF-CAMPUS HOUSING



Besides traditional dorm life, the neighborhoods adjacent to campus have become a popular off-campus location for UofL students.

From the southern edge of downtown Louisville to the UofL's Belknap Campus, Old Louisville is one of the city's most historic and exciting neighborhoods.

Over 17,000 people, representing a wide spectrum of ages, incomes, races and lifestyles make Old Louisville, which has the largest collection of Victorian mansions



in the United States, their home.

Old Louisville is architecturally splendid. Examples of Victorian Gothic, Arts and Crafts, Richardsonian Romanesque, Queen Anne, Italianate, Chateausque and Beaux Arts can be found in abundance. Leaded and stained-glass windows, turrets, gargoyles and wrought iron fences contribute to the elaborate detailing seen along Old Louisville's tree-lined streets.

Development of the neighborhood now known as Old Louisville began in the 1830's. The earliest homes were country residences. Following the Civil War, Louisville experienced a tremendous surge of growth and prosperity, largely due to the Southern

Exposition of 1883. The exposition closed in 1887, its structures dismantled, and the site was parceled off for development into Louisville's first suburb.

Old Louisville today is a story of urban revitalization. Within the heart of the city, Old Louisville contains three historic districts and numerous structures which are included on the National Register of Historic Places. In addition, the city's Historic Landmarks and Preservation Districts Commission have designated two local preservation districts in the neighborhood.

- The Old Louisville Preservation District includes approximately 48 blocks of

the residential core between Kentucky and Bloom Streets to the north and south, and between Sixth Street and Interstate 65 on the east and west.

- The Limerick Preservation District includes much of the northwestern portion of the neighborhood bounded roughly by Breckinridge, Oak, Eighth and Fifth Streets.

- The University of Louisville Campus is the third historic district.

It is this diversity, as well as the attractiveness of its beautiful, turn-of-the-century Victorian homes, which make Old Louisville such an exciting place to live, work and study.

“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



UNIVERSITY OF

The University of Louisville attracts many of the nation’s the best and brightest young minds to its friendly, park-like campus in the heart of Kentucky’s largest city.

Since 2003, 34 UofL students have won Fulbright awards, more than any other Kentucky university. This success is based in part on the fact that UofL faculty not only are some of the best in their fields, but that they take a personal interest in students and push them to do their best too.

Students at UofL are presented a wide range of study options more than 170 fields in 11 schools and colleges — with many nationally ranked programs among them. UofL’s location in an area of more than a million people is also an asset, giving students many

opportunities to apply the critical thinking skills they hone in the classroom to relevant, hands-on experiences in the community.

UofL students benefit from superb facilities, including a library system ranked among the top 100 research libraries in North America and one of the nation’s top clean rooms, where work in bioengineering, nanotechnology and other high-demand fields occurs.

UofL is committed to building a nurturing and challenging intellectual climate, a respect for diversity and a genuine understanding of how diversity enriches a vibrant metropolitan research university. One of the university’s goals is to give every arts and sciences student the chance to study

abroad at least once during his or her undergraduate career.

The university is also one of the fastest-growing research institutions in the nation, yielding many milestone discoveries. UofL faculty conducted the world’s first successful implantation of a fully implantable artificial heart, developed the world’s first 100 percent effective cervical cancer vaccine, conducted the world’s first FDA-approved clinical trial using adult cardiac stem cells to treat heart disease and completed the nation’s first successful hand transplant. In 2009, UofL and the Commonwealth of Kentucky announced the establishment of the Conn Center for Renewable Energy Research and Environmental Stewardship. And UofL’s





OF LOUISVILLE

School of Public Health and Information Sciences received \$2.3 million to lead research in preparation for, prevention of and communication during pandemics.

UofL also stands out in community service. The university's curricular engagement, outreach and partnerships recently earned it a Carnegie Community Engagement ranking, a designation held by fewer than 200 institutions nationwide. In one year alone, UofL students, faculty and staff contributed more than \$25.1 million to charitable organizations through volunteerism and direct donations.

Among the university's many outreach programs is the Signature Partnership, working with community organizations and

businesses to improve the social, cultural, educational, health care and economic development services in a historically underserved area of Louisville.

UofL was environmentally minded long before "green" became a buzzword, cofounding the Partnership for a Green City several years ago with the city of Louisville and the local public school system to reduce waste, increase energy efficiency and improve the health and education of area children.

UofL is a major player in the downtown arts scene, too, helping bring fine arts programming to Louisville to create a more vibrant city center. The Cressman Center for the Visual Arts is just one result of this

effort. It features a glass hot shop, cold-working, metal and woodworking studios and three galleries open daily to the public.

But the greatest way in which UofL is making its mark is through the contributions its students make to society. They graduate to become valuable citizens such as current Republican Leader and U.S. Sen. Mitch McConnell; U.S. Sen. and recent presidential candidate Christopher Dodd; Sirius/XM Radio personality Bob Edwards; best-selling author Sue Grafton; and Sharon Darling, founder and president of the National Center for Family Literacy.

They truly help demonstrate that UofL's slogan, "It's Happening Here," isn't just a marketing tagline. It's a way of life.

Lauren Proctor-Brown
Class of 2013
Major: Biology
Dean's List, AD Honor
Red & Black Scholar
BIG EAST All-Academic Team
U of L Rowing Team



With a student population of over 22,000, the University of Louisville offers graduate, professional, baccalaureate, and associate degrees, as well as certificates, in over 170 fields of study through 12 schools and colleges.

WORLD CLASS ACADEMICS



Undergraduate Majors & Programs

- Accountancy
- Aerospace Studies
- Air Force ROTC
- Anthropology
- Army ROTC
- Art
- Art Education
- Art History
- Bioengineering
- Biology
- Business Administration
- Chemical Engineering
- Chemistry
- Chinese Studies
- Civil Engineering
- Classical Languages
- Communication
- Computer Engineering and Computer Science
- Computer Information Systems
- Dental Hygiene
- Early Elementary Education
- Economics
- Electrical and Computer Engineering
- English
- Entrepreneurship
- Equine
- Exercise Science
- Finance
- Foreign Language
- Foreign Literature
- French
- Geography
- Health and Human Performance
- History
- Honors Program
- Humanities
- Industrial Engineering
- International Business
- Italian
- Jazz
- Justice Administration
- Latin
- Latin American and Latino Studies
- Liberal Studies
- Management
- Marketing
- Mathematics
- Mechanical Engineering
- Middle Grades Education
- Military Science
- Music
- Music Composition
- Music Education
- Music History
- Music Instrumental & Vocal Performance
- Music Theory
- Music Therapy
- Nursing
- Pan-African Studies
- Paralegal Studies
- Philosophy
- Physics
- Political Science
- Psychology
- Religious Studies
- Secondary Education
- Social Work (BSW)
- Sociology
- Spanish
- Sport Administration
- Theatre Arts
- Urban and Regional Analysis
- Women's and Gender Studies
- Workforce Leadership



“Taking on the challenge of being a student-athlete is the way to go if you want to learn how to push yourself. You will be surprised at how many things you can overcome in order to reach your goals. Requirements are the determination, commitment and love for the sport. So get on board for a journey that you will remember for the rest of your life and that will prepare you for life outside of college.”

– Anastasia Prokopenko



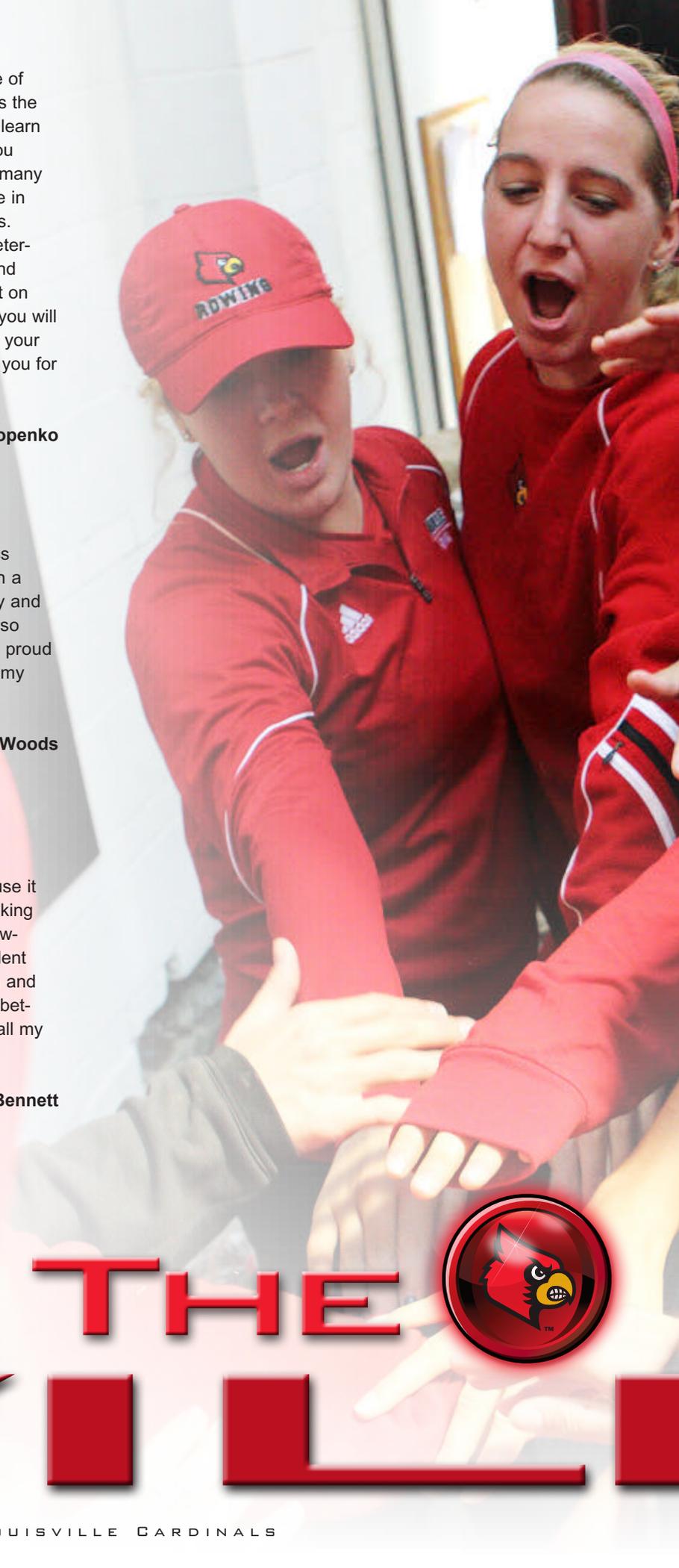
“I love Louisville athletics because sports are such a big deal to the university and everyone on campus is so supportive; it makes me proud to walk around wearing my cardinal gear.”

– Ali Woods



“I chose Louisville because it had everything I was looking for in a college and in rowing. The support for student athletes here is amazing and I couldn’t have picked a better group of women to call my teammates!”

– Erin Bennett



WHY
V

THE
ALL

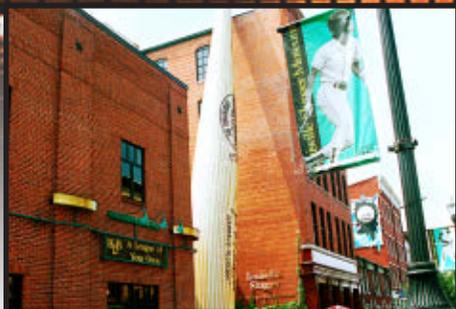




LEE

LOUISVILLE KENTUCKY

The Best College Sports
Town in America.



The Louisville area owes its existence to the Falls of the Ohio, the only place where the 981-mile river flows over bed-rock. 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 for 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 of 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.

Louisville Quick Facts

- **Metropolitan area size:** 2,179 square miles (includes eight neighboring counties).
- **Population:** approximately one million, the nation's 16th-largest urban area in population.
- **Median Age:** 32.5
- **Weather:** average annual rainfall is 44 inches; average summer/fall temperature is 84 degrees; winter/spring temp. is 64.
- Louisville ranks among the top 25 convention cities in the United States. More than 3.5 million visitors visit annually, including over 700,000 convention delegates.
- Louisville is home to legendary Churchill Downs and the Kentucky Derby, known as "the greatest two minutes in sports."
- The Jefferson County Public School System is the nation's 25th largest public school system, with 96,000 students.
- Louisville's top local manufacturers: Ford Motor Company, General Electric Company, Publishers Printing Company, Brown-Forman Corp.
- The area's largest private employer is UPS, the worldwide shipping business which uses Louisville International Airport as a hub. Louisville's airport ranks fourth in the U.S. — and sixth in the world — in tons of air freight handled.
- Hillerich & Bradsby's Louisville Slugger baseball bats are a hit at ballparks.



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 business 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 UofL 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, which sold out nearly a year in advance, were staged at Valhalla Golf Course in eastern Jefferson County. The Louisville Bats, the triple-A baseball team of the Cincinnati Reds, drew over one 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.

Yet 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 past time.

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

**BIG EAST
SUCCESS**

5

**Tournament
Champions**

11

Players of the Year

5

**Coaches of the
Year**

12

**Individual
Champions**

1

**Regular Season
Champion**

85

**All-BIG EAST
Selections**



**BIG EAST
SUCCESS**



NATIONAL ESSS

NATIONAL SUCCESS

2
NCAA Individual
National
Champions

1
NCAA Individual
Runner-Up

26
All-Americans

20
Regional
Selections

14
Nationally Ranked
Teams

13
NCAA Tournament
Appearances

1
NCAA Post
Graduate Award
Winner



CARDINAL ATHLETIC FACILITIES





Louisville athletic facilities are on par with anyone's in the country. Every facility on campus is state of the art and next to none.





CARDINAL **CREED**

I am **C**ommitted to the University of Louisville and its athletic department

I am **A**ccountable to myself, my team, my family and my community

I am **R**espectful to my body, mind and spirit and those of others

I am **D**etermined to excel in competition and the classroom

Student DEVELOPMENT

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

Olga Peers ACADEMIC UNIT

- Academic Advising
- Study Hall
- Tutoring Program
- Four Computer Labs
- Faculty Guest Coach
- Learning Specialist
- Chi Sigma Alpha Honor Society
- Athletic Director's Honor Roll
- Red & Black Scholar Athlete
- Houston-Bridgeman Fellow Program/Cardinal Degree Completion Program

Sports MEDICINE

- Recruiting Visit Evaluation
- Pre-Fitness Program
- Campus Physical Assessment
- Health Performance Design
- Case Management
- Drug Testing

Career PLANNING

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



Jewish Hospital &
Frazier Rehab Institute

Student OUTREACH



THE
DEREK SMITH
LEADERSHIP ACADEMY



Cardinal Medical Advisory Board

Dr. John Lach
Dr. John Ellis
Dr. Raymond Shea
Dr. Dave Caborn
Dr. Craig Roberts
Dr. Mark Smith
Dr. Akbar Nawab
Dr. Edward Tillett
Dr. Judah Skolnick
Dr. Steven Smith
Dr. Jessica Stumbo
Dr. Christopher Pitcock
Kentuckiana Oral
and Maxillofacial
Surgery Associates
Dr. Christopher Peters
Dr. Kleinert, Dr. Kutz &
Associates
The Eye Care Institute
Louisville Heart Specialists
Louisville Neurology Associates

Dr. Warren Shaiken
Rehab Associates
Dr. Thomas Becherer
Dr. Stacie Grossfeld
Dr. Jonathan Becker
Dr. Greg Karem
Dr. Jeffery Tuvlin
Dr. Lesley Campbell
Kentuckiana ENT
Dr. Timothy Ford
Dr. Kerri Rimmel
Dr. Paul McKee
Dr. James Whorton
Dr. Julie Temes-Ellis
Dr. Michael Salamon
Dr. Walter Badenhausen

Performance Team Systems

HIGH PERFORMANCE

Performance Nutrition
Regeneration
Mental Skills

LIFE PERFORMANCE

Healthy Lifestyles
Substance Use/Misuse
Financial Fitness
Relationship Management

Performance Team Members

Dr. Burns Brady
Brian Buford
Dr. Kevin Chapman
Michelle Eckhart
Cheryl Kolander
Sharon LaRue
Dr. Andy Meyer
Dawn Aulick

The Morton Center
Our Lady of Peace
Susan Peacock
Gail Peitzmeier
John Walsh
Dr. Terri White
Denise Wooldridge
The Center for Women
and Families

With 30 years under its belt, The BIG EAST Conference continues on a path of success in and out of the athletic arena. The goals have always been the same. The league wants and expects to compete at the highest level and does so with integrity and sportsmanship. The commendable performances of the student-athletes at BIG EAST schools are the indicators of the league's proud tradition of success.



**Louisville's Varsity 8+
BIG EAST Champion**

The BIG EAST has gone through membership changes since its birth, but the 2009-10 academic year will mark the conference's fifth straight with the same 16-member group, the nation's largest Division I-A conference.

In 2008-09, BIG EAST student-athletes again succeeded on the national stage. The Connecticut women's basketball team won its sixth national championship by defeating conference foe Louisville in an all-BIG EAST NCAA title game.

The Notre Dame women's soccer team reached the NCAA championship game and the Syracuse field hockey squad advanced to the NCAA Final Four. Three BIG EAST women's cross country teams finished in the top 10 at the NCAA Championships. West Virginia was fourth followed by Villanova in sixth place and Georgetown in ninth.

Individually in women's sports, Providence's Dannette Doetzel won the 10,000 meters at the NCAA Outdoor Track & Field Championships. Connecticut's Maya Moore was the conference's sixth winner of the Wade Trophy as the top player in women's basketball. Notre Dame's Kerri Hanks won the Hermann Trophy, the top award in women's soccer.

On the men's side, Connecticut and Villanova advanced to the Final Four in basketball. The 2008-09 campaign was arguably the best men's basketball season in the history of the BIG EAST with the league setting NCAA standards with three No. 1 tournament seeds, four teams in the round of the Elite Eight and five in the Sweet 16. The St. John's men's soccer team

reached the NCAA College Cup before losing in the national semifinals.

BIG EAST football has maintained its high profile and its reputation as a balanced group. Seven of the league's eight squads were nationally ranked or received votes in the national polls in 2008. Cincinnati was the league champion. The BIG EAST, a charter member of the Bowl Championship Series, has won three of its last four BCS bowl games. West Virginia, Louisville and Connecticut also have won or shared league crowns over the past four seasons.

The BIG EAST has continued to produce student-athletes who were at the forefront of athletic and academic achievement. In 2008-09, 19 BIG EAST players were chosen to their respective ESPN The Magazine Academic All-America Teams, including eight first-team selections. Nearly 400 student-athletes have earned academic all-America honors.

The BIG EAST became the nation's largest Division I-A conference in 2005-06 when five new members began competing. The new schools were: University of Cincinnati, DePaul University, University of Louisville, Marquette University and the University of South Florida.

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 contain almost one fourth of all television households in the U.S.

Since opening its doors in 1979, the league has won 26 national championships in six different sports and 126 student-athletes have won individual national titles.

The BIG EAST has enjoyed tremendous basketball success, especially in this decade. In 2008-09, the BIG EAST produced four of the eight Final Four teams in men's and women's basketball. It was only the second time in NCAA history that one conference placed that many Final Four teams in the same season.

In 2003-04, Connecticut became the first school in NCAA history to win the men's and women's NCAA basketball titles in the same season. In '02-03, the BIG EAST became the first conference in NCAA history to win the men's and women's titles in the same year when the Syracuse men and the Connecticut women captured their respective national championships. In men's basketball, BIG EAST squads have won three of the last 11 NCAA championships. BIG EAST women's teams have taken six of the last 10 NCAA titles.

Proactive movement has been a signature strategy for the conference that was born in 1979. The BIG EAST continually turns challenges into opportunities to become stronger.

In 2009-10, the BIG EAST will add men's lacrosse to its growing list of sports, which will increase its total to 24 sport championships. The first women's golf championship was held in the spring of 2003. Women's lacrosse and rowing were added in 2001.

The BIG EAST became a reality on



**T H E
BIG EAST
C O N F E R E N C E**

All-Time BIG EAST Championship Results

2010

Overall Finish: 4th of 8 (80 points)
 Varsity 8+ Final: 2nd of 6
 Second Varsity 8+ Final: 3rd of 6
 Novice 8+ Final: 5th of 6
 Varsity 4+ Final: 7th of 7

2009

Overall Finish: 3rd of 8 (92 points)
 Varsity 8+ Final: 1st of 6
 Second Varsity 8+ Final: 2nd of 6
 Varsity 4+ Final: 4th of 6
 Second Varsity 4+ Final: 4th of 4
 Novice 8+ Petite Final: 2nd of 2

2008

Overall Finish: 2nd of 8 (105 points)
 Novice 4+ Final: 2nd of 4
 Second Varsity 4+ Final: 3rd of 6
 Novice 8+ Final: 2nd of 6
 Varsity 4+ Final: 4th of 6
 Second Varsity 8+ Final: 2nd of 6
 Varsity 8+ Final: 2nd of 6

2007

Overall Finish: 2nd of 8 (101 points)
 Varsity 8+ Final: 2nd of 6
 2nd Varsity 8+ Final: 1st of 6
 Varsity 4+ Final: 4th of 6
 Novice 8+ Final: 5th of 6
 2nd Varsity 4+ Final: 1st of 5
 Novice 4+ Final: 6th of 6

2006

Overall Finish: 2nd of 9 (103 points)
 Varsity 8+ Final: 2nd of 6
 2nd Varsity 8+ Final: 2nd of 6
 Varsity 4+ Final: 2nd of 6
 Novice 8+ Final: 4th of 6
 2nd Varsity 4+ Final: 5th of 5
 Novice 4+ Final: 4th of 6

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. Its student athletes own significantly high graduation rates and their record of scholastic achievement notably

2010 All-BIG EAST Selections

First Team

Erin Bennett

Second Team

Ashley Edwardson
 Samantha Seldon

show a balance between intercollegiate athletics and academics.

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

For 2009-10, the BIG EAST will undergo one significant change. Tranghese stepped down from his position on June 30, 2009. John Marinatto, who has served as senior associate commissioner, has moved into the Commissioner's chair.

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.

BIG EAST men's basketball games are regular sellouts at campus and major public arenas, including the annual men's BIG EAST Championship in Madison Square Garden. The women's basketball championship has led all conferences in attendance for the past six years. Attendance figures also are significant in soccer and baseball.

More than 550 BIG EAST student-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 six summer Olympiads.

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





LOUISVILLE

COURAGE **A**CCOUNTABILITY **S**ERVICE **T**RUTH





EROWING

UTHFULNESS **L**OVE & LOYALTY **E**FFECTIVENS



LOUISVILLE

ROWING 2010-11

ONE
TEAM.



ONE
GOAL.

FALL SCHEDULE

Date	Day	Event/Opponent	Location
Sept. 18	Sat.	at Lemonhead Regatta	Bloomington, Ind.
Oct. 16	Sat.	RED & BLACK DAY	LOUISVILLE, KY.
Nov. 5-7	Thurs.-Sat.	at Head of the Hooch	Chattanooga, Tenn.

SPRING SCHEDULE

Date	Day	Event/Opponent	Location
Jan. 1-8	Sat.-Sat.	Winter Training Trip	Tampa, Fla.
March 5	Sat.	vs. DAYTON	LOUISVILLE, KY.
March 12-18	Sat.-Fri.	at Spring Training Trip	Austin, Texas
March 18-20	Fri.-Sun.	at Longhorn Invitational (Texas, Oklahoma, Kansas State, Wisconsin)	Austin, Texas
March 26	Sat.	vs. Dartmouth, Alabama	Knoxville, Tenn.
April 9	Sat.	vs. Ohio State, Indiana	Columbus, Ohio
April 16-17	Sat.-Sun.	at Charles River Challenge (Northeastern, Columbia, Minnesota, Radcliffe, Ohio State, Boston University, Syracuse, Dartmouth)	Boston, Mass.
April 30	Sat.	at BIG EAST Championships	Camden, N.J.
May 14	Sat.	at BIG EAST/ACC Dual (Clemson, Virginia)	Oak Ridge, Tenn.
May 15	Sun.	vs. Clemson, Virginia, Notre Dame, Oklahoma, Tennessee and Texas	Oak Ridge, Tenn.
May 26-29	Thurs.-Sun.	at NCAA Championships	Gold River, Calif.

All Dates are Subject to Change

