

# SAINT JOSEPH'S **HAWKS**™



## **2008-09 WOMEN'S ROWING MEDIA GUIDE**





# 2008-09 WOMEN'S ROWING

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## QUICK FACTS

### The University

Location ..... Philadelphia, Pa. 19131  
 Founded ..... 1851  
 Enrollment ..... 4,515  
 Denomination ..... Roman Catholic (Jesuit)  
 Nickname ..... Hawks  
 Colors ..... Crimson and Gray  
 Athletic Affiliation ..... NCAA Division I  
 Home Course ..... Schuylkill River

### The Team

Head Coach ..... Gerry Quinlan (Notre Dame '91) – 10th Season  
 Email ..... rowing@sju.edu  
 Rowing Office ..... 610-660-1730  
 Robert M. Gillin, Jr. Boathouse ..... 610-660-1700  
 Assistant Coaches ..... Linda Gallagher (Loyola, Md. '00)  
 ..... Kelly O'Brien (Villanova '01)  
 ..... Jen Goldsack (Oxford '04)  
 Captains ..... Debbie Bateman, Colleen Greway, Lauren Sysol  
 Letterwinners Returning/Lost ..... 22/13

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## CREDITS

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## SEASON OUTLOOK

After a 2008 season that was strong yet did not live up to expectations, the 2009 Saint Joseph's women's rowing team is back and hungrier than ever.

"We were proud of our performances last year," says head coach **Gerry Quinlan**, back for his 10th season at the helm of the Hawk program, "but it was not up to the success to which we are accustomed. That's something we will improve in 2009." Quinlan's charges will look to build on their strengths – the team dynamic, the character of the squad, and the fitness of its athletes – in order to make 2009 a year to remember.

Although the Varsity 8 missed a medal at the Dad Vail Regatta for the first time in three years, SJU had a strong showing at the season-ending event. The Hawks were the only team to advance the Varsity 8, 2nd Varsity 8 and Freshman 8 boats to the Dad Vail Grand Finals, and they did so for the second consecutive year. The Freshman 8 also came away with a medal from Dad Vails.

Despite not medaling at the Dad Vail Regatta, the Varsity 8 earned its first-ever medal at the Atlantic 10 Championships, one of six Hawk sculls to achieve that feat in 2008.

For 2009, expectations are even higher than a year ago. The Varsity 8 boats returns eight of its nine members, but selecting who will row in the top boat this season will not be easy.

"Every year is different," Quinlan says. "Team and boat dynamics change a bit. Competitors change and race tactics change. We don't know the skill set that the Varsity 8, 2nd Varsity 8, and Freshman 8 will need to succeed in 2009."

"We know the fundamentals that we will need and we know that we will need to be in top physical condition and possess tremendous character," he continues. "But boat characteristics of race instincts, tactics, and personality will be determined over the next few months."

The Hawks once again used the fall season to build a more cohesive team.

"The boat lineups were mixed every week," Quinlan reveals. "We tried different lineups to give the athletes a chance to step up and make something happen. The varsity squad also spent half their time racing in doubles to help them develop the feel of boat movement and blade work."

Throughout the fall, SJU raced in both regattas and head-to-head competition. The Hawks turned in particularly strong showings

at the Navy Day and Frostbite Regattas on the Schuylkill. The races gave the Hawks a taste of what to expect this spring.

"We have been aggressive in our scheduling over the past few years," remarks Quinlan. "The race experiences will without a doubt be an asset this spring."

Speaking of experience, the Hawks bring plenty of it to the water this season. Among the eight returning Varsity 8 rowers are senior co-captains **Debbie Bateman** and **Lauren Sysol**, as well as junior co-captain **Colleen Greway**. Also returning to the top boat are senior **Samantha Wilson**, junior **Christina DiSanto**, and sophomores **Danielle Brady** and **Brianne Kammerman**.

In addition to the wealth of experience on the Varsity 8 boat, every returning rower on the roster competed in a Grand Final at the 2008 Dad Vail Regatta and earned at least one medal at last year's Atlantic 10 Championships.

That experience will be a big advantage for Saint Joseph's this spring as the Hawks have a rigorous competition schedule planned out. After a four-way meet with Delaware, Drexel and Lehigh, the Hawks will take part in the Jesuit Invitational on the Cooper River in Pennsauken, N.J. The Murphy Cup and a dual race with Connecticut on the Schuylkill will get SJU prepared for the San Diego Crew Classic on the first weekend in April. The George Washington Invitational on Washington, D.C.'s Potomac River is on the docket for the following weekend before SJU returns to the Cooper River for the Atlantic 10 Championships. The Hawks will close out the season on their home course for the Bergen Cup and, finally, the 2009 Dad Vail Regatta.

Quinlan's squad is not deterred by the challenge ahead. In fact, he is sure that the Hawks will answer the bell in spectacular fashion this season.

"With a great 2007 and 2008 in the books, we are poised to set a new standard for Saint Joseph's women's rowing," Quinlan declares. "We have had a lot of success over the past few years due almost solely to the character of our student-athletes and their dedication to each other. Our training and technique have been practically the same over the past 10 years. What has changed is our team dynamic – the student-athletes are the key to our continued success."

**The Hawk Will Never Die!**

**Senior co-captain Debbie Bateman was chosen as the Atlantic 10 Student-Athlete of the Year in 2008. She was also named the Philadelphia Inquirer's Academic All-Area Performer of the Year and an ESPN Magazine Academic All-District honoree for two consecutive years.**



# HEAD COACH



## Gerry Quinlan

**Head Coach**

**Notre Dame '91 – 10th Season**

**Gerry Quinlan** is in his 10th season as head women's varsity coach at Saint Joseph's University. Including his tenure at Saint Joseph's, Quinlan has amassed nearly two decades of collegiate head coaching experience.

In 2008 Quinlan's charges placed third as a team at the Atlantic 10 Championship. The Varsity 8 boat earned its first-ever medal at A-10s, placing second, while also taking first at the Jesuit Invitational and the Kelly Cup. The rest of the Hawks also dominated at the citywide Kelly Cup races, taking first place in every contest.

Quinlan guided the Hawks to victory in the Varsity 8 at the 2006 Dad Vail Regatta for the first time in the 37-year history of the SJU program. During his tenure the Hawks have won three gold medals, five silvers, and a bronze at the Dad Vail. The Hawks rowed to a silver-medal finish in the Varsity 8 in 2007 while the Freshman 8 took silver in 2008.

Since his arrival at SJU, Quinlan has been one of the driving forces behind the growth of both the women's and men's rowing programs. Nearly doubling in participation during his tenure, Quinlan has been active in the development of the new Robert M. Gillin, Jr. Boathouse, maintaining alumni support and coordinating several local regattas.

Quinlan's résumé includes a six-year stint as the head coach of Northwestern University's men's and women's programs and a three-year stretch as the head women's coach at Notre Dame. His teams have won medals at the Dad Vail Regatta, the Champion International Collegiate Regatta and the Head of the Charles, and have competed in the Henley Royal Regatta and the Mexico City International Championships.

A 1991 graduate of the University of Notre Dame, Quinlan spent his prep career rowing at Monsignor Bonner High School in Drexel Hill, Pa. He currently resides in Philadelphia.

### QUINLAN'S RÉSUMÉ

#### Head Rowing Coach

|                    |              |
|--------------------|--------------|
| Saint Joseph's (W) | 1999-present |
| La Salle (M&W)     | 1997-1998    |
| Northwestern (M&W) | 1991-1997    |
| Notre Dame (W)     | 1989-1991    |

#### Assistant Rowing Coach

|                      |         |
|----------------------|---------|
| Saint Joseph's (M&W) | 1998-99 |
|----------------------|---------|



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# ASSISTANT COACHES



**Linda Gallagher**  
**Loyola (Md.) '00**  
**Ninth Season**

A 2000 graduate of Loyola College, **Linda Gallagher** is in her ninth season as an assistant at SJU. Gallagher works primarily with the freshman squad.

Under her watch, the Freshman 8 has earned four silvers and two bronze medals at the Dad Vail Regatta as well as several gold medals at the ECACS, Jesuit Invitational, and silver medals at the Atlantic 10 Championships.

Gallagher teaches math and science at the Philadelphia High School for Creative and Performing Arts and is completing her master's of education at Saint Joseph's.



**Kelly O'Brien**  
**Villanova '01**  
**Fifth Season**

A former standout at Villanova, **Kelly O'Brien** is in her fifth season as an assistant rowing coach at Saint Joseph's.

As a collegian at VU, O'Brien competed in the Lightweight 8 and captured a National Championship in 1999 and a silver medal at the Henley Royal Regatta that same year.

A Philadelphia-area native, she coached at her high school alma mater, Archbishop Prendergast, in 2003. O'Brien is currently a Behavioral Therapist for the Lovaas Institute and is working towards her master's degree in special education at Saint Joseph's.



**Jen Goldsack**  
**Oxford '04**  
**First Season**

**Jen Goldsack**, a member of the 2008 U.S. Olympic Rowing Team, joins the Hawk staff in 2008 as an assistant women's rowing coach.

Goldsack brings an impressive international rowing resume to Saint Joseph's. At the Beijing Olympics, she teamed with Saint Joseph's alum Renee Hykel '01 in the Lightweight Double Sculls. Goldsack and Hykel advanced to the A/B Semifinal but missed qualifying for the medal final by a small margin. She captured the silver medal in the Lightweight Single Scull at the 2007 World Championships and was a member of the British National Team in 2005 and 2006.

Goldsack is a native of Banstead, United Kingdom and has dual citizenship in the U.S. and the U.K. She began her rowing career at the University of Oxford and graduated from there in 2004 with a master's degree in chemistry.



Assistant Coach **Jen Goldsack** (left) and SJU alum **Renee Hykel '01** partnered up to represent the United States in the Lightweight Double Sculls at the 2008 Beijing Summer Olympics. The pair advanced to the semifinals.

The Hawk Will Never Die!

# ROBERT M. GILLIN, JR. BOATHOUSE



The Robert M. Gillin, Jr. Boathouse was dedicated in June of 2002 as the new home of the Saint Joseph's University Women's and Men's Rowing Teams.

The 15,540 square foot state-of-the-art boathouse includes four heated boat bays with capacity for 42 eights, 14 fours/quads, and 14 small boats.

The Boathouse sits on 20,381 square feet of land at the 1,000-meter mark of the famed Schuylkill River race course. The Boathouse serves as Saint Joseph's home base for all of its home regattas, including the Dad Vail Regatta, Murphy Cup, and various dual races. The 750-square foot deck is a perfect viewing area for families, fans, and alumni.

The second floor of the boathouse includes locker rooms, showers, etc as well as a large common area for ergs, team meetings, video review and yoga.

The Gillin Boat Club joined the Schuylkill Navy on September 20, 2004, by unanimous vote of the delegates of the Schuylkill Navy's 10 member clubs.

In addition to serving as the home of Hawk rowing, the Gillin Boathouse also hosts several summer camps including the Saint Joseph's University/Fairmount Park Commission's Community Rowing Program.

## The first floor:

- 8,860 square feet
- four bays
- access to the floating dock
- adjoining 270 square foot veranda

## The second floor:

- 6,680 square feet
- common areas for meeting and out-of-water instruction
- wireless internet / satellite television
- locker and bathroom facilities
- 750 square foot second-floor deck
- large windows
- elevator

## Fairmount Park Community Rowing Program

In addition to serving as the home of Hawk rowing, the Gillin Boathouse also hosts the Fairmount Park Commission's Community Rowing Program. The first step in a long-term partnership between the University and the Fairmount Park Commission, the program is designed to provide an experience for youth in the city of Philadelphia who have not had the opportunity to experience the sport of rowing.



## DIRECTIONS TO GILLIN BOATHOUSE:

**From the East:** Follow I-76 West to Exit 340 (Lincoln Drive/Kelly Drive) on the right. Take Exit 340 and get into the left lane, following signs for Kelly Drive. Move to right lane and merge right at the bottom of the Exit ramp. Take Kelly Drive past four traffic lights. Turn right into the first parking lot on the right. The boathouse is located at the end of the parking lot.

**From the Northeast or South:** Follow I-95 to I-76 West to Exit 340 (Lincoln Drive/Kelly Drive) on the right. Take Exit 340 and get into the left lane, following signs for Kelly Drive. Move to right lane and merge right at the bottom of the Exit ramp. Take Kelly Drive past four traffic lights. Turn right into the first parking lot on the right. The boathouse is located at the end of the parking lot.

**From the West:** Follow I-76 East to Exit 340 (Lincoln Drive/Kelly Drive) on the left. Take Exit 340 and get into the left lane, following signs for Kelly Drive. Move to right lane and merge right at the bottom of the Exit ramp. Take Kelly Drive past four traffic lights. Turn right into the first parking lot on the right. The boathouse is located at the end of the parking lot.

## THE HAWK



One of the most famous mascots in college sports, the Saint Joseph's Hawk has been flapping its wings for 52 years.

The Hawk, which celebrated its golden anniversary in 2005-06, is best known for staying in constant motion by flapping its wings throughout every basketball game and representing the Saint Joseph's motto, "The Hawk Will Never Die."

Saint Joseph's athletic teams have been recognized with the nickname "Hawks" since 1929. At that time, the school's yearbook editor initiated a contest among the student body for a symbol. More than 100 submissions were narrowed, with "Hawks" winning out over "Grenadiers" by a slim margin. The name was appropriate because it typified "the fighting spirit of our crimson and gray athletes and it is suggestive of the aerial attack which has made our football team famous." Football, ironically, was discontinued at SJU following the 1939 season.

The Hawk mascot has garnered numerous accolades in its over 50-year history. It has been selected as the nation's top mascot by *The Sporting News*, *Sports Illustrated*, *Sports Illustrated for Kids*, *Street & Smith's Basketball Yearbook*, *ESPN College Basketball* magazine and was nominated for the Mascot Hall of Fame in 2008.



# 2008-09 ROSTER

| Name                 | Year | Hometown            | High School                            |
|----------------------|------|---------------------|--|
| Angela Acuña         | So.  | Philadelphia, Pa.   | Nazareth Academy                       |
| Debbie Bateman       | Sr.  | Longport, N.J.      | Mainland Regional                      |
| Danielle Brady       | So.  | Ocean City, N.J.    | Ocean City                             |
| Clare Burns          | So.  | Bethesda, Md.       | Georgetown Visitation Prep             |
| Erin Butler          | Fr.  | Harleysville, Pa.   | Christopher Dock Mennonite             |
| Jackie Castorino     | Fr.  | Haddonfield, N.J.   | Haddonfield Memorial                   |
| Megan Cleveland      | Fr.  | Ellicott City, Md.  | Centennial                             |
| Melissa Craig        | So.  | Berlin, N.J.        | Eastern                                |
| Carolyn Creedon      | Fr.  | Old Forge, Pa.      | Scranton Prep                          |
| Lynsey Daniels       | Fr.  | Beaver Meadows, Pa. | Mining and Mechanical Institute        |
| Bridget Dempsey      | Fr.  | Forest Park, Ill.   | St. Ignatius Prep                      |
| Norma DiCocco        | Fr.  | Wayne, Pa.          | Country Day School of the Sacred Heart |
| Christina DiSanto    | Jr.  | Sewell, N.J.        | Bishop Eustace Prep                    |
| Gaelan Finnerty      | Fr.  | Locust Valley, N.Y. | Our Lady of Mercy Academy              |
| Mary Cate Fox        | So.  | Media, Pa.          | Merion Mercy Academy                   |
| Alison Gallagher     | Sr.  | Sewell, N.J.        | Washington Township                    |
| Liz Golden           | Sr.  | Vineland, N.J.      | Sacred Heart                           |
| Colleen Greway       | Jr.  | Westmont, N.J.      | Haddon Township                        |
| Andi Hartfield       | Jr.  | West Chester, Pa.   | Bishop Shanahan                        |
| Gabby Hazzouri       | Jr.  | Haddonfield, N.J.   | Haddonfield Memorial                   |
| Katie Herdmann       | So.  | Libertyville, Ill.  | Carmel                                 |
| Alison Jacobs        | Fr.  | Abington, Pa.       | Gwynedd Mercy Academy                  |
| Brianne Kammerman    | So.  | Ventnor City, N.J.  | Holy Spirit                            |
| Juliet Lee           | Jr.  | Cherry Hill, N.J.   | Cherry Hill West                       |
| Katie MacTurk        | Sr.  | Rockville, Md.      | Holy Child                             |
| Ariana McDevitt      | Fr.  | Havertown, Pa.      | Country Day School of the Sacred Heart |
| Tina Regan           | Jr.  | Cherry Hill, N.J.   | Cherry Hill East                       |
| Christine Reilly     | Fr.  | Cherry Hill, N.J.   | Paul VI                                |
| Lauren Rozsits       | Jr.  | Landenberg, Pa.     | Kennett                                |
| Julianne Shillington | Fr.  | Glenside, Pa.       | Saint Basil Academy                    |
| Rachel Shustack      | Fr.  | Gilbertsville, Pa.  | Boyertown Area                         |
| Colleen Smith        | So.  | Seaville, N.J.      | Ocean City                             |
| Lauren Sysol         | Sr.  | Sewell, N.J.        | Bishop Eustace Prep                    |
| Betsy Thompson       | Fr.  | Rye, N.Y.           | Rye                                    |
| Laura Thornton       | Jr.  | Gladwyne, Pa.       | Harriton                               |
| Dominique Welch      | Fr.  | Drexel Hill, Pa.    | Haverford                              |
| Samantha Wilson      | Sr.  | Park Ridge, Ill.    | Loyola Academy                         |
| Ashley Wollman       | So.  | Langhorne, Pa.      | Neshaminy                              |

**Head Coach:** Gerry Quinlan (Notre Dame '91) – 10th season  
**Assistant Coach:** Linda Gallagher (Loyola, Md. '00) – 9th season  
**Assistant Coach:** Kelly O'Brien (Villanova '01) – 5th season  
**Assistant Coach:** Jen Goldsack (Oxford '04) – 1st season  
**Captains:** Debbie Bateman, Colleen Greway, Lauren Sysol

# HAWK PROFILES



**Debbie Bateman**  
**Senior • Varsity 8**  
**Longport, N.J. • Mainland Regional**

Three-year co-captain...**2007-08:** Atlantic 10 Women's Rowing Student-Athlete of the Year...All-Conference Second Team...Member of the Varsity 8 that earned a silver medal at the Atlantic 10 Championships and won the Kelly Cup...Named to the *ESPN the Magazine* Academic All-District Team for the second year in a row...Chosen as the *Philadelphia Inquirer's* Academic All-Area Performer of the Year for her sport...A-10 Academic All-Conference selection for the second time...**2006-07:** Member of the Varsity 8 that won the silver medal at the Dad Vail Regatta and captured Kelly Cup...Earned a silver medal in the Quad at the A-10 meet...Chosen as the *Philadelphia Inquirer's* Academic All-Area Performer of the Year...Spent the Fall 2007 semester studying in Australia...**2005-06:** Member of the Varsity 8 that took first at the Dad Vail Regatta and second in the Kelly Cup...Member of the Hawks' Henley Regatta squad...**Personal:** Named to the Atlantic 10 Commissioner's and SJU Athletic Director's Honor Rolls...Born February 10, 1987...Majoring in marketing.



**Christina DiSanto**  
**Junior • Varsity 8**  
**Sewell, N.J. • Bishop Eustace Prep**

**2007-08:** Member of the Varsity 8 that earned a silver medal and the Quad 4 that took bronze at the A-10 Championships...Rowed for Hawks' Kelly Cup champion Varsity 8...Helped the Hawks to a third-place finish at the A-10 meet...**2006-07:** Part of Freshman 8 that placed second at the Kelly Cup and third at the A-10 Championship...**Personal:** Named to the SJU Athletic Director's Honor Roll...Born May 16, 1988...Psychology major.



**Alison Gallagher**  
**Senior • Varsity 4**  
**Sewell, N.J. • Washington Township**

**2007-08:** Rowed for the Varsity 4 that took fourth place at the Atlantic 10 Championships... **2006-07:** On Second Varsity 8 that took silver at the Kelly Cup...**2005-06:** On Freshman 8 that won the Kelly Cup and took silver at the A-10 meet...Also earned a bronze at the Dad Vail Regatta...**Personal:** Named to SJU Athletic Director's Honor Roll...Born July 1, 1987...Finance major.



**Danielle Brady**  
**Sophomore • Varsity 8**  
**Ocean City, N.J. • Ocean City**

**2007-08:** Member of the Varsity 8 that earned a silver medal at the A-10 Championships and won the Kelly Cup...Helped the Hawks to a third-place finish at the conference meet...Rowed for the Freshman 4 that earned silver at the A-10 meet...**Personal:** Named to the Atlantic 10 Commissioner's and SJU Athletic Director's Honor Rolls...Was a high school teammate of SJU sophomore Colleen Smith...Born on December 25, 1988...Majoring in elementary education.



**Liz Golden**  
**Senior • Lightweight 4/2nd Varsity 8**  
**Vineland, N.J. • Sacred Heart**

**2007-08:** Rowed for both the Lightweight 4 and Second Varsity 8 that took bronze medals at the A-10 Championships...**2006-07:** On Second Varsity 8 that took silver at the Kelly Cup...**2005-06:** Bronze medalist in Freshman 8 at Dad Vail Regatta and ECAC Metro Championships...Helped Freshman 8 to silver medal at A-10 Championships...Freshman 8 captured bronze medal at ECAC Metro Championships...**Personal:** Named to SJU Athletic Director's Honor Roll... Born March 31, 1987...Biology major.



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# HAWK PROFILES



**Colleen Greway**  
**Junior • Varsity 8**  
**Westmont, N.J. • Haddon Township**

Team co-captain...**2007-08:** Member of the Varsity 8 that earned a silver medal at the Atlantic 10 Championships and won the Kelly Cup...Also rowed to bronze medal in the Quad at the A-10 meet, while helping the Hawks to a third-place team finish...

Named to the *Philadelphia Inquirer* Area All-Academic Team...**2006-07:** Member of the Varsity 8 that won the silver medal at the Dad Vail Regatta and captured Kelly Cup...**Personal:** Named to the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Born May 26, 1988...Majoring in elementary/special education.



**Brianne Kammerman**  
**Sophomore • Varsity 8**  
**Ventnor City, N.J. • Holy Spirit**

**2007-08:** Member of the Varsity 8 that earned a silver medal at the A-10 Championships and won the Kelly Cup...Helped the Hawks to a third-place finish at the conference meet...Rowed for the Freshman 4 that earned silver at the A-10 meet...**Personal:** Born

July 22, 1989...International relations major.



**Katie MacTurk**  
**Senior • 2nd Varsity 8**  
**Rockville, Md. • Holy Child**

**2007-08:** Rowed for Second Varsity 8 that won a bronze medal at the A-10 Championships...**2006-07:** On Second Varsity 8 that took silver at the Kelly Cup...**2005-06:** Member of the Freshman 8 that won the Kelly Cup and took silver at the A-10 meet...Also

earned a bronze at the Dad Vail Regatta...**Personal:** Named to the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Born March 12, 1987...Psychology major.



**Lauren Sysol**  
**Senior • Varsity 8**  
**Sewell, N.J. • Bishop Eustace Prep**

Team co-captain...**2007-08:** Member of the Varsity 8 that earned a silver medal at the Atlantic 10 Championships and won the Kelly Cup...Helped the Hawks to a third-place finish at the conference meet...**2006-07:** Won the double at the Frostbite

Regatta in the Fall...Missed the Spring season with an injury...**2005-06:** Rowed for the Varsity 8 that won the Dad Vail Regatta and took second in the Kelly Cup...Member of the Hawks' Henley Regatta squad...**Personal:** Named to the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Born November 23, 1986...Criminal justice major.



**Samantha Wilson**  
**Senior • Varsity 8**  
**Park Ridge, Ill. • Loyola Academy**

**2007-08:** Member of the Varsity 8 that earned a silver medal at the A-10 Championships and won the Kelly Cup...Helped the Hawks to a third-place finish at the conference meet...**Personal:** Transferred to SJU from the University of Wisconsin, where she

was part of a Big Ten champion team and NCAA participant...Member of SJU Athletic Director's Honor Roll...Born September 3, 1986... Psychology major.



The Hawk Will Never Die!

# 2008-09 HAWKS



**Angela Acuña**  
Sophomore  
Philadelphia, Pa.  
Nazareth Academy



**Clare Burns**  
Sophomore  
Bethesda, Md.  
Georgetown Visitation



**Erin Butler**  
Freshman  
Harleysville, Pa.  
Christopher Dock



**Jackie Castorino**  
Freshman  
Haddonfield, N.J.  
Haddonfield Memorial



**Megan Cleveland**  
Freshman  
Ellicott City, Md.  
Centennial



**Melissa Craig**  
Sophomore  
Berlin, N.J.  
Eastern



**Carolyn Creedon**  
Freshman  
Old Forge, Pa.  
Scranton Prep



**Lynsey Daniels**  
Freshman  
Beaver Meadows, Pa.  
Mining and Mechanical



**Bridget Dempsey**  
Freshman  
Forest Park, Ill.  
St. Ignatius Prep



**Norma DiCocco**  
Freshman  
Wayne, Pa.  
Country Day School  
of the Sacred Heart



**Gaelan Finnerty**  
Freshman  
Locust Valley, N.Y.  
Our Lady of Mercy



**Mary Cate Fox**  
Sophomore  
Media, Pa.  
Merion Mercy



**Andi Hartfield**  
Junior  
West Chester, Pa.  
Bishop Shanahan



**Gabby Hazzouri**  
Junior  
Haddonfield, N.J.  
Haddonfield Memorial



**Katie Herdmann**  
Sophomore  
Libertyville, Ill.  
Carmel



**Alison Jacobs**  
Freshman  
Abington, Pa.  
Gwynedd Mercy

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# 2008-09 HAWKS



**Juliet Lee**  
Sophomore  
Cherry Hill, N.J.  
Cherry Hill West



**Ariana McDevitt**  
Freshman  
Havertown, Pa.  
Country Day School  
of the Sacred Heart



**Tina Regan**  
Junior  
Cherry Hill, N.J.  
Cherry Hill East



**Christine Reilly**  
Freshman  
Cherry Hill, N.J.  
Paul VI



**Lauren Rozsits**  
Junior  
Landenberg, Pa.  
Kennett



**Julianne Shillington**  
Freshman  
Glenside, Pa.  
Saint Basil Academy



**Rachel Shustack**  
Freshman  
Gilbertsville, Pa.  
Boyertown Area



**Colleen Smith**  
Sophomore  
Seaville, N.J.  
Ocean City



**Betsy Thompson**  
Freshman  
Rye, N.Y.  
Rye



**Laura Thornton**  
Senior  
Gladwyne, Pa.  
Harrilton



**Dominique Welch**  
Freshman  
Drexel Hill, Pa.  
Haverford



**Ashley Wollman**  
Sophomore  
Langhorne, Pa.  
Neshaminy

The Hawk Will Never Die!



# 2007-08 YEAR IN REVIEW



The Saint Joseph's women's rowing team benefited from having an experienced crew in 2007-08, reaching a number of goals set in the preseason while continuing to establish its strong tradition on the water.

The performance of the Varsity 8 boat throughout the season was one of the top highlights for the Hawks. SJU achieved one of its primary goals to medal in the Atlantic 10 Championship, earning its first-ever medal in that event with a second-place finish. The crew was comprised of senior Liz Sauter, juniors Debbie Bateman, Lauren Sysol, and Samantha Wilson, sophomores Colleen Greway, Christina DiSanto and Andi Hartfield (coxswain), and freshmen Brienne Kammerman and Danielle Brady. That capped a strong performance at the A-10s, as Saint Joseph's advanced every boat to the Grand Finals and earned medals in six of seven events.

The Varsity 8 also led the way at the Kelly Cup, as the Hawks captured that title, representative of the city championship, for the second year in a row. Saint Joseph's swept all of the races there (Freshman 4, Varsity 4, Freshman 8, 2nd Varsity 8 and the Varsity 8) for the first time in school history. And coupled with a strong performance by the Hawks' men's team, it marked the first time ever that both SJU Varsity 8 crews won their races in the same year.

The SJU women also swept all of the Eights at the early-season Jesuit Invitational on the Cooper River.

The Hawk freshmen had a strong campaign, going 9-1 during the season, which included a gold medal at the Atlantic 10 Championships. That crew was comprised of Clare Burns (cox), Christine Stopyra, Katie Herdmann, Ashley Wollman, Colleen Smith, Deanna Bigford, Juliet Lee, Mary Cate Fox and Angela Acuña.

The Hawks held their own among the top-notch competition at the San Diego Crew Classic. The Freshman 8 placed second in the Petite Final while the Varsity 8 won the Third Final. The Varsity 8 faced some adversity in its first heat as Bateman's oar fell in the water. The junior dove into Mission Bay to eliminate the dead weight in the boat and the seven remaining Hawks put up a strong effort, recording the second fastest split in the final 500 meters, but couldn't make up the deficit.

SJU closed out the season with another strong performance in the competitive field at the Dad Vail Regatta, as the Freshman 8 took the silver medal. The Hawks were the only women's team to reach the finals in the Varsity 8 (sixth place), Second Varsity 8 (fifth place) and Freshman 8.

"It was a solid year for us. Although we might not have achieved all of the results we wanted, the fact that we placed all of our Eights in the Dad Vail finals shows the level that this program has reached. We will continue to set the bar high for our goals and expectations," said head coach Gerry Quinlan. Sauter and Alicia Easby-Smith earned Atlantic 10 All-Conference First Team honors while Bateman was a second-team selection. Sauter was also cited as the Hawks' Most Outstanding Performer.

The Hawks, who compiled a 3.3 grade-point average as a team, continue to be honored for their academic performance. Bateman led the way, being chosen the *Philadelphia Inquirer* Academic All-Area Women's Rowing Performer of the Year for the second straight year. She was also named the Atlantic 10 Women's Rowing Student-Athlete of the Year and selected to the *ESPN the Magazine* Academic All-District First Team. The junior was joined on the *Inquirer's* Academic All-Area Team by Greway, Kristen Bonnici, and Caitlin Twaddell.

## SAINT JOSEPH'S WOMEN'S ROWING 2008 RESULTS

### VARSITY 8

| DATE   | EVENT                              | TIME   | PLACE |
|--------|------------------------------------|--------|-------|
| 3/15   | Jesuit Invitational                | 6:48.1 | 1st   |
| 3/29   | Murphy Cup                         | 6:58.4 | 4th   |
| 4/6    | San Diego Crew Classic (3rd Final) | 7:13.2 | 1st   |
| 4/12   | George Washington Invitational     | 6:36.4 | 3rd   |
| 4/19   | Atlantic 10 Championship           | 7:11.9 | 2nd   |
| 4/26   | Kelly Cup                          | 6:37.7 | 1st   |
| 5/9-10 | Dad Vail Regatta                   | 6:45.4 | 6th   |

### SECOND VARSITY 8

| DATE   | EVENT                          | TIME   | PLACE |
|--------|--------------------------------|--------|-------|
| 3/15   | Jesuit Invitational            | 7:09.9 | 1st   |
| 3/29   | Murphy Cup                     | 6:54.9 | 3rd   |
| 4/6    | San Diego Crew Classic         | 6:53.8 | 5th   |
| 4/12   | George Washington Invitational | 6:48.8 | 2nd   |
| 4/19   | Atlantic 10 Championship       | 7:20.2 | 3rd   |
| 4/26   | Kelly Cup                      | 6:57.0 | 1st   |
| 5/9-10 | Dad Vail Regatta               | 6:50.6 | 5th   |

### FRESHMAN 8

| DATE   | EVENT                                 | TIME    | PLACE |
|--------|---------------------------------------|---------|-------|
| 3/15   | Jesuit Invitational                   | 7:15.9  | 1st   |
| 3/29   | Murphy Cup                            | 6:49.15 | 1st   |
| 4/6    | San Diego Crew Classic (Petite Final) | 7:15.8  | 2nd   |
| 4/12   | George Washington Invitational        | 6:10.4  | 1st   |
| 4/19   | Atlantic 10 Championship              | 7:20.8  | 1st   |
| 4/26   | Kelly Cup                             | 7:09.2  | 1st   |
| 5/9-10 | Dad Vail Regatta                      | 6:44.3  | 2nd   |

### VARSITY 4

| DATE | EVENT                          | TIME   | PLACE |
|------|--------------------------------|--------|-------|
| 3/15 | Jesuit Invitational            | 8:36.5 | 3rd   |
| 4/12 | George Washington Invitational | 7:50.4 | 3rd   |
| 4/19 | Atlantic 10 Championship       | 8:49.0 | 4th   |
| 4/26 | Kelly Cup                      | 7:53.1 | 1st   |

### FRESHMAN 4

| DATE | EVENT                    | TIME   | PLACE |
|------|--------------------------|--------|-------|
| 3/15 | Jesuit Invitational      | 8:52.8 | 1st   |
| 4/19 | Atlantic 10 Championship | 8:48.1 | 2nd   |
| 4/26 | Kelly Cup                | 8:02.3 | 1st   |

### LIGHTWEIGHT 4

| DATE | EVENT                    | TIME   | PLACE |
|------|--------------------------|--------|-------|
| 4/19 | Atlantic 10 Championship | 8:34.7 | 3rd   |

### QUAD

| DATE | EVENT                    | TIME   | PLACE |
|------|--------------------------|--------|-------|
| 4/19 | Atlantic 10 Championship | 8:42.1 | 3rd   |

### TEAM FINISHES

| DATE   | EVENT                          | PLACE |
|--------|--------------------------------|-------|
| 4/12   | George Washington Invitational | 3rd   |
| 4/19   | Atlantic 10 Championship       | 3rd   |
| 4/26   | Kelly Cup                      | 1st   |
| 5/9-10 | Dad Vail Regatta               | 4th   |



# 2007-08 YEAR IN REVIEW

**Right:** Saint Joseph's won the Novice 8 Final at the Atlantic 10 Championships for the first time in program history in 2008. It was SJU's first top finish in a race at A-10s since 2006, when the Varsity and Novice Fours each won their respective races.



**Below:** The Hawks were victorious at the Kelly Cup once again in 2008. The Cup, representative of the city championship, will reside on Hawk Hill for the second straight season.



## 2007-08 WOMEN'S ROWING AWARDS

### TEAM AWARDS

- MOST OUTSTANDING ATHLETE:** Liz Sauter
- ACADEMIC AWARD:** Katie Herdmann
- VASQUEZ AWARD:** Alicia Easby-Smith
- LEAHY AWARD:** Kelly McKinley
- SCHOLAR-ATHLETE AWARD:** Tina Sadowski

### OTHER AWARDS

- Atlantic 10 Student-Athlete of the Year:** Debbie Bateman
- Atlantic 10 All-Conference First Team:** Alicia Easby-Smith, Liz Sauter
- Atlantic 10 All-Conference Second Team:** Debbie Bateman
- Atlantic 10 Academic All-Conference:** Debbie Bateman
- ESPN the Magazine Academic All-District At-Large First Team:** Debbie Bateman
- Philadelphia Inquirer/PhillySIDA Academic All-Area Women's Rowing Performer of the Year:** Debbie Bateman
- Philadelphia Inquirer/PhillySIDA Academic All-Area:** Debbie Bateman, Kristen Bonnici, Colleen Greway, Caitlin Twaddell

The Hawk Will Never Die!

# ATLANTIC 10 CHAMPIONSHIPS



2008 Atlantic 10 Championship  
Cooper River Park  
Pennsauken, N.J.

## Prior Atlantic 10 Championship Results

### Team Standings

|                          |            |
|--------------------------|------------|
| 1. Rhode Island          | 135        |
| 2. Massachusetts         | 119        |
| <b>3. Saint Joseph's</b> | <b>113</b> |
| 4. Dayton                | 81         |
| 5. Duquesne              | 78         |
| 6. George Washington     | 72         |
| 7. Temple                | 61         |
| 8. Fordham               | 47         |
| 9. La Salle              | 18         |

### Varsity 8 Final

|                          |               |
|--------------------------|---------------|
| 1. Rhode Island          | 7:09.0        |
| <b>2. Saint Joseph's</b> | <b>7:11.9</b> |
| 3. Massachusetts         | 7:12.3        |
| 4. Dayton                | 7:19.1        |
| 5. George Washington     | 7:24.9        |
| 6. Fordham               | 7:27.4        |

### Second Varsity 8 Final

|                          |               |
|--------------------------|---------------|
| 1. Massachusetts         | 7:11.7        |
| 2. Rhode Island          | 7:15.3        |
| <b>3. Saint Joseph's</b> | <b>7:20.2</b> |
| 4. Dayton                | 7:23.7        |
| 5. George Washington     | 7:40.0        |
| 6. Duquesne              | 8:00.8        |

### Varsity 4 Final

|                          |               |
|--------------------------|---------------|
| 1. Rhode Island          | 8:24.2        |
| 2. Massachusetts         | 8:45.3        |
| 3. Temple                | 8:48.0        |
| <b>4. Saint Joseph's</b> | <b>8:49.0</b> |
| 5. Duquesne              | 9:06.1        |

### Lightweight 8 Final

|                 |        |
|-----------------|--------|
| 1. Duquesne     | 7:32.3 |
| 2. Dayton       | 7:43.3 |
| 3. Temple       | 8:05.6 |
| 4. Rhode Island | 8:26.0 |

### Lightweight 4 Final

|                          |               |
|--------------------------|---------------|
| 1. Rhode Island          | 8:05.7        |
| 2. Fordham               | 8:07.3        |
| <b>3. Saint Joseph's</b> | <b>8:34.7</b> |
| 4. Duquesne              | 8:46.5        |
| 5. Massachusetts         | 8:56.3        |
| 6. Dayton                | 9:52.1        |

### Quad Final

|                          |               |
|--------------------------|---------------|
| 1. Massachusetts         | 7:47.7        |
| 2. Duquesne              | 8:13.4        |
| <b>3. Saint Joseph's</b> | <b>8:42.1</b> |
| 4. Rhode Island          | 8:49.3        |
| 5. George Washington     | 9:08.7        |

### Novice 8 Final

|                          |               |
|--------------------------|---------------|
| <b>1. Saint Joseph's</b> | <b>7:20.8</b> |
| 2. Massachusetts         | 7:24.4        |
| 3. Rhode Island          | 7:35.5        |
| 4. George Washington     | 7:36.7        |
| 5. Temple                | 7:48.2        |
| 6. Dayton                | 7:53.2        |

### Second Novice 8 Final

|                      |        |
|----------------------|--------|
| 1. George Washington | 7:53.6 |
| 2. Rhode Island      | 7:56.8 |
| 3. Duquesne          | 8:18.0 |

### Novice 4 Final

|                          |               |
|--------------------------|---------------|
| 1. Massachusetts         | 8:25.9        |
| <b>2. Saint Joseph's</b> | <b>8:48.1</b> |
| 3. George Washington     | 9:08.2        |

### Varsity 8 Petite

|             |        |
|-------------|--------|
| 1. Temple   | 7:24.2 |
| 2. Duquesne | 7:40.6 |
| 3. La Salle | 8:06.5 |

### Second Varsity 8 Petite

|            |        |
|------------|--------|
| 1. Fordham | 7:14.0 |
| 2. Temple  | 7:45.8 |

### Varsity 4 Petite

|             |        |
|-------------|--------|
| 1. La Salle | 9:01.0 |
| 2. Dayton   | 9:19.9 |

### Novice 8 Petite

|             |        |
|-------------|--------|
| 1. Duquesne | 8:29.5 |
| 2. Fordham  | 8:59.4 |

### Team Standings/Location

|      |                       |     |
|------|-----------------------|-----|
| 2008 | 3. Cooper River       | 113 |
| 2007 | 4. Cooper River       | 24  |
| 2006 | 2. Cooper River       | 33  |
| 2005 | T-5. Cooper River     | 23  |
| 2004 | 3. Cooper River       | 24  |
| 2003 | 4. Cooper River       | 28  |
| 2002 | 6. Cooper River       | 15  |
| 2001 | 3. Cooper River       | 23  |
| 2000 | 3. Cooper River       | 26  |
| 1999 | 3. Cooper River       | 19  |
| 1998 | 6. Cooper River       | 14  |
| 1997 | 5. Cooper River       | 15  |
| 1996 | T-5. Schuylkill River | 10  |

### Varsity 8 Final Results

|      |              |         |
|------|--------------|---------|
| 2008 | 2nd          | 7:11.9  |
| 2007 | 4th          | 6:52.5  |
| 2006 | 5th          | 8:14.1  |
| 2005 | 4th          | 7:05.6  |
| 2004 | 4th          | 7:02.7  |
| 2003 | 5th          | 7:38.1  |
| 2002 | 1st (Petite) | 7:30.17 |
| 2001 | 5th          | 7:46.08 |
| 2000 | 5th          | 7:16.8  |
| 1999 | 4th          | 7:16.44 |
| 1997 | 6th          | 7:45.10 |

### 2nd Varsity 8 Final Results

|      |              |         |
|------|--------------|---------|
| 2008 | 3rd          | 7:20.2  |
| 2007 | 5th          | 7:16.1  |
| 2006 | 5th          | 9:21.8  |
| 2005 | 1st (Petite) | 8:17.6  |
| 2004 | 3rd          | 7:04.2  |
| 2003 | 5th          | 7:57.4  |
| 2002 | 4th          | 7:25.05 |
| 2000 | 3rd          | 7:58.5  |
| 1999 | 3rd          | 7:31.62 |

### Lightweight 8 Final Results

|                 |                |
|-----------------|----------------|
| <b>2001 1st</b> | <b>7:25.15</b> |
| <b>2000 1st</b> | <b>7:32.80</b> |
| 1998 3rd        | 7:03.51        |
| 1996 4th        | 7:21.66        |

### Lightweight 4 Final Results

|                 |                |
|-----------------|----------------|
| 2008 3rd        | 8:34.7         |
| 2006 3rd        | 11:14.2        |
| 2003 2nd        | 8:23.9         |
| <b>1997 1st</b> | <b>8:06.97</b> |

### Novice 8 Final Results

|                 |               |
|-----------------|---------------|
| <b>2008 1st</b> | <b>7:20.8</b> |
| 2007 3rd        | 7:34.0        |
| 2006 2nd        | 9:02.9        |
| 2005 6th        | 8:11.1        |
| 2004 5th        | 7:36.4        |
| 2003 2nd        | 7:28.9        |
| 2002 3rd        | 7:38.00       |
| 2001 5th        | 7:31.81       |
| 2000 3rd        | 7:56.0        |
| 1999 5th        | 7:53.57       |
| 1997 4th        | 7:30.07       |
| 1996 4th        | 7:24.03       |

### 2nd Novice 8 Final Results

|          |         |
|----------|---------|
| 2005 3rd | 8:01.1  |
| 2003 2nd | 8:05.8  |
| 1998 5th | 8:45.18 |

### Varsity Quad Final Results

|          |         |
|----------|---------|
| 2008 3rd | 8:42.1  |
| 2007 3rd | 7:50.0  |
| 2006 3rd | 9:32.0  |
| 2005 3rd | 8:21.5  |
| 2004 3rd | 8:09.0  |
| 2003 2nd | 8:15.6  |
| 2002 4th | 8:29.38 |
| 2001 2nd | 8:05.77 |
| 2000 5th | 8:27.9  |
| 1999 4th | 8:28.87 |
| 1998 3rd | 8:27.60 |

### Varsity 4 Final Results

|                   |               |
|-------------------|---------------|
| 2008 4th          | 8:49.0        |
| 2007 2nd (Petite) | 8:43.9        |
| <b>2006 1st</b>   | <b>9:44.0</b> |
| 2004 2nd          | 8:17.1        |
| 2001 6th          | 9:05.05       |
| 1998 4th          | 7:58.56       |

### Novice 4 Final Results

|                 |               |
|-----------------|---------------|
| 2008 2nd        | 8:48.1        |
| 2007 2nd        | 8:15.3        |
| <b>2006 1st</b> | <b>9:33.0</b> |
| <b>2005 1st</b> | <b>8:32.9</b> |
| 2002 4th        | 8:59.23       |
| 1996 4th        | 8:49.30       |

Bold indicates first-place finish



# 2008 DAD VAIL REGATTA

## 2008 Dad Vail Regatta Final Results Schuylkill River, Philadelphia, Pa.

### Overall Team Standings

|                 | <u>Points</u> |
|-----------------|---------------|
| 1. Purdue       | 36            |
| 2. Grand Valley | 32            |
| 3. Delaware     | 29            |

### Women's Standings

|                          | <u>Points</u> |
|--------------------------|---------------|
| 1. Buffalo               | 21            |
| 2. Purdue                | 18            |
| 3. Grand Valley          | 16            |
| 4. <b>Saint Joseph's</b> | <b>14</b>     |

### Varsity 8

|                          | <u>Time</u>    |
|--------------------------|----------------|
| 1. UC-Davis              | 6:34.01        |
| 2. Sacramento State      | 6:35.77        |
| 3. Purdue                | 6:36.90        |
| 4. Buffalo               | 6:42.13        |
| 5. San Diego             | 6:43.10        |
| 6. <b>Saint Joseph's</b> | <b>6:45.45</b> |

### Second Varsity 8

|                          | <u>Time</u>    |
|--------------------------|----------------|
| 1. Purdue                | 6:36.29        |
| 2. Massachusetts         | 6:40.49        |
| 3. Buffalo               | 6:42.69        |
| 4. George Mason          | 6:49.95        |
| 5. <b>Saint Joseph's</b> | <b>6:50.62</b> |
| 6. Tulsa                 | 6:52.41        |

### Freshman 8

|                          | <u>Time</u>    |
|--------------------------|----------------|
| 1. Grand Valley          | 6:39.82        |
| 2. <b>Saint Joseph's</b> | <b>6:44.32</b> |
| 3. Bucknell              | 6:48.15        |
| 4. Alabama               | 6:51.86        |
| 5. Orange Coast          | 6:56.29        |
| 6. Massachusetts         | 7:00.12        |



The Hawk Will Never Die!

The silver medal-winning Varsity 8 boat at the 2007 Dad Vail Regatta

# DAD VAIL ALL-TIME RESULTS



Saint Joseph's took first place in the Varsity 8 at the Dad Vail Regatta in 2006. The Hawks also won the men's and women's combined overall points championship in both 2005 and 2006.

## Dad Vail M/W Overall Points

|             |            |           |
|-------------|------------|-----------|
| 2007        | 2nd        | 31        |
| <b>2006</b> | <b>1st</b> | <b>47</b> |
| <b>2005</b> | <b>1st</b> | <b>40</b> |
| 2004        | 2nd        | 48        |
| 2000        | T-2nd      | 32        |
| 1999        | 2nd        | 41        |

## Women's Points Trophy

|      |       |    |
|------|-------|----|
| 2008 | 4th   | 14 |
| 2007 | T-3rd | 17 |
| 2006 | 2nd   | 16 |
| 2005 | 3rd   | 13 |
| 2004 | 2nd   | 20 |

## Varsity 8 Final Results

|             |              |                |
|-------------|--------------|----------------|
| 2008        | 6th          | 6:45.45        |
| 2007        | 2nd          | 6:34.49        |
| <b>2006</b> | <b>1st</b>   | <b>6:40.02</b> |
| 2005        | 2nd (Petite) | 7:25.02        |

|      |              |         |
|------|--------------|---------|
| 2004 | 4th          | 7:02.40 |
| 2003 | 1st (Petite) | 6:47.10 |
| 2000 | 5th          | 6:51.62 |
| 1999 | 5th          | 7:01.02 |

## Lightweight Varsity 8 Final Results

|      |     |         |
|------|-----|---------|
| 2001 | 4th | 7:41.00 |
| 2000 | 3rd | 7:03.60 |
| 1998 | 2nd | 4:33.99 |

## Second Varsity 8 Final Results

|      |     |         |
|------|-----|---------|
| 2008 | 5th | 6:50.62 |
| 2007 | 5th | 7:05.93 |
| 2004 | 2nd | 7:07.30 |
| 2003 | 5th | 7:18.60 |
| 2002 | 4th | 7:04.37 |
| 2000 | 4th | 7:07.05 |
| 1999 | 3rd | 7:57.16 |

## Freshman 8 Final Results

|      |     |                   |
|------|-----|-------------------|
| 2008 | 2nd | 6:44.32           |
| 2007 | 4th | 7:15.21           |
| 2006 | 3rd | 7:08.59           |
| 2005 | 4th | 7:54.41           |
| 2004 | 2nd | 6:54.40           |
| 2003 | 2nd | 6:52.20           |
| 2002 | 2nd | 7:08.00           |
| 1998 | 5th | No Time Available |

## Lightweight Freshman 8 Final Results

|             |            |                |
|-------------|------------|----------------|
| <b>2005</b> | <b>1st</b> | <b>8:05.47</b> |
| 1998        | 5th        | 4:40.54        |

## Lightweight 4 Final Results

|      |     |         |
|------|-----|---------|
| 1998 | 3rd | 5:10.17 |
|------|-----|---------|

**Bold** indicates first-place finish



The Saint Joseph's rowing programs have a proud history of success on the water, but a number of alums have achieved a great amount of post-graduate success in the sport as well. Michael Teti '78, Teresa Zarzeczny Bell '88 and Renee Hykel '01 are three SJU legends that have gone on to even greater successes since their days on Hawk Hill. All three have taken their rowing careers to the highest levels of international competition, making the Saint Joseph's rowing program a cradle of champions.

Arguably the best-known oarsman in America, Michael Teti was a top Hawk rower, graduating from SJU with a sociology degree in 1978.

"Saint Joseph's gave me the opportunity to compete and also the opportunity for a great education," Teti says. "I owe SJU a great debt for all of the opportunities I received."

From 1977-93, Teti rowed on 11 national teams, including three trips to the Olympic Games. He won 24 national championships, a gold medal in the men's eight at the 1987 World Championships and a bronze medal in the same event at the 1988 Olympics. He was named the 1987 United States Rowing Male Athlete of the Year.

Teti achieved even greater notoriety as a coach, guiding the U.S. men's open eight squad to an unprecedented three straight world championships. He also coached the men's four with coxswain to world championship gold. In 1996 he led the lightweight men's four to an Olympic bronze medal before being named USRowing's Head Men's Sweep Coach, the highest coaching honor in the country, in October of that year.



**Mike Teti**

## A PROUD TRADITION

Teti remained with USRowing until 2008. His men's eight boat won the gold in Athens in 2004, a feat that the United States had not achieved since 1964 when another coach with Hawk ties, Al Rosenberg, led the Americans to victory.

Teti is currently the head coach of the men's crew team at the University of California.



**Teresa Bell**

Teresa Bell is no stranger to success on the international level, either. Her Olympic dream began in the fall of 1992 when the International Olympic Committee announced that her event, the lightweight double sculls, would be a part of the Olympic Games in 1996.

In truth, Bell's journey really began back in 1985. In that year the sophomore joined the Saint Joseph's women's rowing club team. By 1988, she was a part-time member of the varsity squad, and her Hawk Hill career culminated in victory in the women's singles event at the prestigious Dad Vail Regatta. Bell later went on to be a member of both the Crescent Boat Club and the Fairmount Rowing Club, for whom she still rows when she is in Philadelphia.

In 1996, Bell was preparing for Olympic competition with intense workouts three times a day. She put in most of her work in Tennessee, the home of the United States Women's Rowing Center. She also spent time training in Georgia in preparation for the Olympic Trials. Before the Olympic Games, she spent a month rowing in Europe before returning home for the Atlanta games.

This exhausting routine helped prepare Bell for the rigors of the highest level of international competition, but all of the work paid off in the end as Bell and her partner, Lindsay Burns, took the silver medal in the lightweight double sculls.

From Hawk Hill to the Olympic medal stand, Bell never forgot her roots.

"I enjoyed my experience at Saint Joseph's," Bell says. "It made me who I am today. Besides rowing, Saint Joseph's taught me to be open-minded and that has really helped me."



# A PROUD TRADITION

Following the Olympics, Bell placed fifth in the same event at the 1997 World Championships. She was inducted, along with Teti, as a member of the inaugural class on the Saint Joseph's Athletics Hall of Fame in 1999.

SJU's influence is still being felt in the rowing community as Class of 2001 alum Renee Hykel has emerged as one of the top names in the sport. She is a five-time member of the U.S. National Team and competed at the World Championships every year from 2003 to 2006. In 2005, the former Saint Joseph's walk-on took silver in the lightweight double sculls at the World Championships in Gifu, Japan. In 2007, Hykel was the U.S. National Champion in the lightweight single sculls.

The year 2008 marked Hykel's first trip to the Olympic Games as she traveled to Beijing to compete in the lightweight double sculls event, the same event Teresa Bell took silver in at the 1996 Games. Unfortunately, Hykel and her partner, current Saint Joseph's assistant rowing coach Jen Goldsack, just missed the medal final after reaching the A/B semifinal.

Teti, Bell and Hykel are just three of more than a dozen Hawks to compete internationally, as athletes such as Sean Drea and the Flanigan brothers, Donald and Richard, have done Saint Joseph's proud at the highest levels of the sport.

In addition to these individuals, the Saint Joseph's rowing program continues to write new chapters in its ever-expanding legacy. Since 1999, the Hawk men's and women's teams have combined to finish first or second in the race for the coveted

Jack Bratten Trophy, awarded to the Dad Vail Regatta's overall points champion, four times, taking the title in 2005.

The women's program, meanwhile, has developed into one of the region's most formidable.

The Freshman 8 has advanced to the Dad Vail Finals in seven successive seasons, while the Varsity 8 took gold in 2006. The 2006 season was also a banner one for the Hawk program as a whole, as SJU turned in its best-ever finishes at the San Diego Crew Classic, the Atlantic 10 Championships, and the Dad Vail Regatta. The 2006 team also competed in the prestigious Henley Royal Regatta in the United Kingdom, a first for Saint Joseph's.

The Hawks were also the only team to advance all three eights to the Grand Finals of the Dad Vail Regatta in 2007. In a display of consistency, SJU repeated this feat at the 2008 event, taking silver in the Freshman 8.



**Saint Joseph's alum Renee Hykel '01 has had great success at the international level since leaving Hawk Hill.**

**Left:** As a Hawk, Hykel (fourth from left) was part of the Varsity 8 that took gold at the Kerr Cup in 2000.

**Above:** Hykel (rear) rowed for the United States in the 2008 Beijing Olympics with current SJU assistant coach Jen Goldsack.



www.sjuhawks.com



# ALL-TIME ROSTER

The Hawk Will Never Die!

**A**  
 Angela Acuña ..... 2008  
 Carissa Adams ..... 1995  
 Marci Armetta ..... 2001-04  
 Hilary Armstrong ..... 2005-08

**B**  
 Lauren Bair ..... 2002-03  
 Sarah Banfer ..... 2001-03  
 Gina Barbone ..... 2006  
 Jessica Barsky ..... 2005-07  
**Debbie Bateman ..... 2006-08**  
 Kara Beres ..... 2001  
 Catherine Best ..... 2005-07  
 Deanna Bigford ..... 2008  
 Kaitlin Bonaskiewich ..... 2006  
 Kristen Bonnici ..... 2006-08  
**Danielle Brady ..... 2008**  
 Carrianna Brogan ..... 1993-94  
 Erin Brown ..... 1997-2000  
**Clare Burns ..... 2008**  
 Jess Buzas ..... 2000-01

**C**  
 Kim Caccese ..... 1997  
 Madeleine Campbell ..... 1996-97  
 Corey Cella ..... 2007  
 Rebecca Celotto ..... 2001-04  
 Jenffer Ciglar ..... 1998-99  
 Megan Coakley ..... 2001-02  
 Julie Conroy ..... 2001-02  
 Colleen Cooney ..... 1996  
 Debbie Cosmetis ..... 1998-99  
**Melissa Craig ..... 2008**  
 Dawn Critchfield ..... 1997-99  
 Courtney Cronauer ..... 2003-04  
 Rachel Cruse ..... 1992-93  
 Jen Cunningham ..... 1994-95  
 Sarah Curran ..... 1996-99

**D**  
 Elizabeth Daly ..... 2003-06  
 Stephane D'Angelo ..... 2007  
 Jane Day ..... 1993  
 Lisa DeBerardinis ..... 1995-97  
 Shannon Deegan ..... 2001-03  
 Maureen Demer ..... 2002-04  
 Tracy Demorest ..... 1995-96  
 Jen DiBona ..... 1995-97  
**Christina DiSanto ..... 2007-08**  
 Melissa Doyle ..... 1998-2001  
 Jennifer Drum ..... 1992

**E**  
 Alicia Easby-Smith ..... 2005-08  
 Deanna Ettore ..... 2001

**F**  
 Kristen Fiorino ..... 1998  
 Kate Frantantoro ..... 2001  
 Rachel Fonorow ..... 2003-04  
 Jordan Foster ..... 1999-2001  
**Mary Cate Fox ..... 2008**  
 Heather Franz ..... 1999-2001  
 Danielle Frolow ..... 1996-99

**G**  
**Allison Gallagher ..... 2006-08**  
 Lauren Gallagher ..... 2002-04  
 Tara Garrett ..... 1994, 1996  
 Maria Gaudio ..... 2007  
 Shelly Germana ..... 1999  
 Kristin Giacchino ..... 1997  
 Samantha Gitman ..... 2004  
 Ashley Glidden ..... 2007  
**Liz Golden ..... 2006-08**  
 Kristin Greenbaum ..... 2004-05  
**Colleen Greway ..... 2007-08**

**H**  
 Tai Haluszka ..... 2007  
 Emma Harmon ..... 2007-08  
 Kate Harron ..... 2002-03  
**Andi Hartfield ..... 2007-08**  
 Erin Hartshorn ..... 1995  
 Caroline Hatten ..... 1992-93  
 Marie Houghton ..... 1993-94  
**Gabby Hazzouri ..... 2007-08**  
 Karen Hellberg ..... 1992-94  
 Meghan Henry ..... 2004-07  
**Katie Herdmann ..... 2008**  
 Laura Hill ..... 2003-04  
 Cynthia Hoffman ..... 1995  
 Amanda Holland ..... 2003-06  
 Tracey Howard ..... 1992  
 Renee Hykel ..... 1998-2001

**J**  
 Sharon Jacob ..... 1999  
 Mary Jameson ..... 2001-04  
 Diana Janik ..... 2001  
 Molly Johnson ..... 1999-2000

**K**  
**Brianne Kammerman ..... 2008**  
 Brianna Kearns ..... 2003-06  
 Kelly Koritko ..... 1997-2000  
 Patti Kryst ..... 1995-98

**L**  
 Stephanie Lang ..... 2006  
 Kristen Lauber ..... 2005-06  
**Juliet Lee ..... 2008**  
 Martha Limbach ..... 2001-04  
 Jenn Linck ..... 2003-06  
 Anissa Liska ..... 1993  
 Kim Lonergan ..... 1996-97  
 Jessica Lytle ..... 2001  
 Genevieve Lynch ..... 1992-94

**M**  
**Katie MacTurk ..... 2006-08**  
 Shannon Maguire ..... 1992  
 Jenn Malsbury ..... 1996-98  
 Carolyn Manion ..... 1995-97  
 Emily Martin ..... 2003-04  
 Lauren Marvello ..... 2000-02  
 Cheryl Maslanek ..... 1998-2001  
 Marissa Mazza ..... 2005-07  
 Jennifer McBreaty ..... 1999-2000  
 Maria McCann ..... 2000-01  
 Carolyn McCloskey ..... 1997, 1999  
 Kathleen McHugh ..... 1999-2001

Kelly McKinley ..... 2005-08  
 Tara McLaren ..... 1997  
 Meghan McLaughlin ..... 1998-2001  
 Cheryl McNamara ..... 1993-95  
 Bernice McPherson ..... 2002-04  
 Sue Migliaccio ..... 1996-97  
 Ashley Milspaw ..... 2002-03  
 Natalia Molina ..... 1994  
 Kerry Moore ..... 2001  
 Erin Moran ..... 1996  
**Allison Morrison ..... 2007-08**  
 Ashley Morrison ..... 2006  
 Brigid Morrison ..... 2003-04  
 Bonnie Mueller ..... 1991-92

**N**  
 Melisa Nagurny ..... 1994  
 Joanne Nasife ..... 1997  
 Sonia Navarro ..... 1994  
 Megan Nechanicky ..... 2002-04  
 Nancy Neves ..... 1996-99  
 Dina Nicolosi ..... 1992

**O**  
 Debra Occhipinti ..... 1997-2000  
 Corrinne O'Connell ..... 1995-96  
 Honora O'Connell ..... 1992-94  
 Erin O'Hanlon ..... 2003-06  
 Carrie O'Rourke ..... 1996-97  
 Jennifer Olbrich ..... 1992-93  
 Maureen Owston ..... 2003-06

**P**  
 Katie Parry ..... 2003-06  
 Theresa Penetar ..... 2008  
 Suzanne Phillips ..... 2000-03  
 Amy Platt ..... 2000-03

**R**  
 Kathleen Radebaugh ..... 2005-08  
 Kaitlin Reehill ..... 2006-07  
**Tina Regan ..... 2007-08**  
 Karen Rensman ..... 1999-2002  
 Meredith Richter ..... 2003-04  
 Rebecca Riegert ..... 1998-2000  
 Rebecca Roberts ..... 1993  
**Lauren Rozsits ..... 2007-08**  
 Beth Ruiz ..... 2000-01  
 Dominique Russo ..... 2007  
 Erin Ryan ..... 1994

**S**  
 Jamie Sabella ..... 1998-2001  
 Tina Sadowski ..... 2005-08  
 Mary Sangemino ..... 1996-97  
 Liz Sauter ..... 2005-08  
 Jennifer Schorn ..... 1992-94  
 MaryBeth Schulte ..... 1996  
 Christina Scollin ..... 2005-06  
 Mary Seery ..... 2006  
 Faith Seher ..... 1999-2002  
 Caterina Silvestrini ..... 2002-03  
**Colleen Smith ..... 2008**  
 Janine Smith ..... 1997-2000  
 Stephanie Smith ..... 2000-03  
 Tara Smith ..... 2002-03  
 Laurie Sparano ..... 2000-03

Jamie Speranzo ..... 2005-06  
 Meaghan Stanton ..... 2005-07  
 Jennifer Steel ..... 2001-03  
 Amanda Stooks ..... 2008  
 Christine Stopyra ..... 2008  
 Lauren Sumser ..... 1999-2002  
 Christie Sweet ..... 1999-2001  
**Lauren Sysol ..... 2006-08**

**T**  
 Michelle Tacconelli ..... 1998-2001  
 Dawn Tancredi ..... 1994-96  
 Kate Tarpey ..... 2004-06  
 Sue Telesca ..... 1994  
 Carla Tesoro ..... 1996-97  
 Sheryl Tharp ..... 1998  
 Megan Thomas ..... 1997-2000  
 Kelly Thompson ..... 1999  
 Lindsay Thompson ..... 2005-06  
**Laura Thornton ..... 2007-08**  
 Kathleen Tierney ..... 1996-98  
 Raelene Tiz ..... 1996-97  
 Sarah Toman ..... 1999  
 Allison Toner ..... 2006-07  
 Elisa Tosatti ..... 2005-07  
 Donna Tozer ..... 1994-97  
 Sarah Trainer ..... 2008  
 Caitlin Twaddell ..... 2005-08

**V**  
 Allison Vaughn ..... 2002-04

**W**  
 Jeanne Wells ..... 2005-08  
 Kaitlyn Weston ..... 2005-07  
 Beth Whelan ..... 1995-97  
 Jenn Wilson ..... 2001-04  
**Samantha Wilson ..... 2008**  
 Rebecca Wintz ..... 2001  
 Jen Wolfe ..... 1996-97  
**Ashley Wollman ..... 2008**  
 Marrison Woodland ..... 1999

**Z**  
 Tori Zunino ..... 2002-03

- Current athletes in **BOLD**
- Years listed are spring seasons; for example, "2008" indicates 2007-08 academic year
- All athletes listed have earned at least one varsity letter

# ADMINISTRATION



**Timothy R. Lannon, S. J.**  
University President



**Dr. Cary Anderson**  
Vice President for Student Life



**Don DiJulia**  
Associate Vice President  
Athletic Director

## ATHLETIC DIRECTORY

|  |                      |              |
|--|----------------------|--------------|
| Associate Vice President/Athletic Director.....          | <b>Don DiJulia</b>   | 610-660-1707 |
| Assistant Vice President/Athletic Business Affairs ..... | <b>Jim Brown</b>     | 610-660-1726 |
| Associate Athletic Director/Facilities .....             | <b>Al Pendleton</b>  | 610-660-3292 |
| Associate Athletic Director/Varsity Programs .....       | <b>Ellen Ryan</b>    | 610-660-1714 |
| Associate AD/Marketing/Corporate Partnerships .....      | <b>Tim Curran</b>    | 610-660-1702 |
| Assistant AD/Recreation & Intramurals .....              | <b>Corey Shannon</b> | 610-660-3052 |
| Executive Director of Athletic Development .....         | <b>Katie Shields</b> | 610-660-1231 |
| Director of Compliance .....                             | <b>Renie Shields</b> | 610-660-2584 |
| Director of Academic Services .....                      | <b>Janet Greder</b>  | 610-660-1728 |
| Director of Sports Medicine.....                         | <b>Lori Rafferty</b> | 610-660-1699 |
| Equipment Manager.....                                   | <b>Joe DeLacy</b>    | 610-660-1720 |
| Assistant Athletic Director/Communications .....         | <b>Marie Wozniak</b> | 610-660-1727 |
|  |                      |              |
| Athletic Office Phone .....                              | 610-660-1707         |              |
| Athletic Office Fax .....                                | 610-660-1716         |              |

## SAINT JOSEPH'S UNIVERSITY ATHLETICS MISSION STATEMENT



The Mission of the Athletics Department at Saint Joseph's University reflects the Mission of the University by using the programs within Athletics as a way to develop the whole person and preparing men and women for others.

- To educate the whole person by complementing the academic experience with athletic and recreational programs and activities outside the classroom.
- To create an environment for personal growth through openness, respect, and a concern for others.
- To communicate the value of community and family through team work and sportsmanship.
- To provide opportunities for students to learn self-discipline, responsibility, decision-making, and attainment of goals.
- To provide opportunities for students to participate and compete in a first-class manner.
- To provide equitable opportunities for all students and staff, including women and minorities.
- To advance the University regionally and nationally through intercollegiate athletics.

## DIRECTIONS TO SAINT JOSEPH'S UNIVERSITY

**From the North:** N.J. Turnpike to Exit 6 (Pa. Turnpike connector). Follow Pa. Turnpike to Exit 326 (Rte. 476). Follow 476 South to Rte. 76 East, towards Philadelphia. Follow Rte. 76 East to exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

**From the East:** Take either the Ben Franklin Bridge (via Rte. 676) or the Walt Whitman Bridge; Follow Rte. 76 West to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

**From the South:** I-95 North to 476 North. Follow 476 North to Exit 5 (Rte. 1). Follow Rte. 1 North to SJU, approximately 10 miles.

**From the West:** PA Turnpike to Exit 326 (Valley Forge). Follow Rte. 76 East, toward Philadelphia, to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

**From the Airport:** I-95 North to Rte. 76 West towards Valley Forge. Follow Rte. 76 West to Exit 339 (Rte. 1, City Avenue). Follow two miles to SJU.

www.sjuhawks.com



# THE UNIVERSITY

Founded in 1851, Saint Joseph's is an independent, Catholic, Jesuit university teaching disciplined reasoning, effective communication and a love of learning. From Willings Alley in Old City Philadelphia to Stiles Street in North Philadelphia to its current location on City Avenue, Saint Joseph's has continued to grow and change with the times. The University combines the Jesuit tradition of academic excellence, a history of service and an ideal campus location to produce successful students who seek to make a good world even better.

Full-time, undergraduate day enrollment is approximately 4,515. Graduate, evening and executive programs push total enrollment to more than 7,400.

### THE JESUIT TRADITION OF ACADEMIC EXCELLENCE

Saint Joseph's nationally recognized academic reputation is confirmed by ongoing acknowledgment in Barron's, U.S. News & World Report and Peterson's. The Jesuit tradition of intellectual inquiry and personal concern manifests itself in small, challenging classes taught by a caring faculty. Graduate assistants do not teach, so undergraduates can be sure they are receiving the very best educational experience. One-on-one interaction between students and faculty is a reality at Saint Joseph's.

A solid liberal arts curriculum provides across-the-board learning for every student. Supporting that curriculum are comprehensive academic majors and learning facilities. The result is a broad education which prepares students not only for employment and graduate school, but for life itself.

In the fall of 1998, SJU opened the \$25 million Owen A. Mandeville Hall, which houses the Erivan K. Haub School of Business, the Center for Food Marketing and the region's first "Teletorium" and "Moot Boardrooms." An 87,000-square-foot international academic center featuring state-of-the-art distance learning technology, it is located near the corner of 54th Street and City Avenue.

### A HISTORY OF SERVICE

The students of Saint Joseph's University are dedicated to making today's world even better. A natural spirit of volunteerism has enabled the University's community service programs to become the most popular extracurricular activities on campus. In addition, a Service Learning program allows students to receive academic credit for their work outside the classroom.

SJU offers local, national, and international opportunities for student service. From parts of Philadelphia to New Jersey; from Tijuana, Mexico, to the Appalachian Mountains; and from



Ecuador to Tanzania, Saint Joseph's students embrace the Jesuit mission of serving those in need. The Thanksgiving Dinner Dance for area senior citizens and the Hand-in-Hand Festival for the handicapped are two annual student-run events which draw thousands of special visitors to campus for fun and friendship.

### IDEAL CAMPUS LOCATION

SJU's City Avenue location combines the best of dynamic Philadelphia with the suburban, residential setting of the elegant Main Line. Saint Joseph's 65 acres span two counties, allowing students literally to enjoy the best of both worlds. The city of Philadelphia, with its tremendous wealth of historical, cultural, social and athletic attractions, is easily accessible, while the safety, serenity and greenery of a suburban campus are right at hand.

The friendly atmosphere and close-knit campus ensure that students don't get lost in either the literal or the figurative sense at Saint Joseph's. Expanded library, computer and athletic facilities add a big-time "feel" to this growing university.

### SUCCESSFUL STUDENTS

Men and women leave Saint Joseph's prepared. The University boasts an excellent record of placing its graduates in first-time jobs, professional schools and other advanced degree programs. Part-time work and internships provide real-world experiences, the kind which delight future employers. And with its many diverse student organizations, SJU offers ample opportunities to assume leadership positions.

An extensive on-campus recruitment program provides graduates with a head start in their employment search. Regular meetings with faculty advisors, along with advisory programs in the health professions and in pre-law, assist students who wish to further their schooling.

### PHILADELPHIA

SJU's Philadelphia location gives students access to two worlds. The campus resembles a

park, surrounded by the stately homes of Philadelphia's historic Main Line suburbs. Yet students have access to the cultural, commercial and recreational activities of downtown Philadelphia - only a short ride away.

SJU's Philadelphia location gives students access to two worlds. The campus resembles a park, surrounded by the stately homes of Philadelphia's historic Main Line suburbs. Center City's cultural, commercial, and recreational activities are only a short ride away. SJU students take frequent advantage of the artistic and cultural resources Philadelphia offers - the Philadelphia Museum of Art, the Franklin Institute Science Museum, and the new Kimmel Center, to name a few. In addition to rooting for their beloved Hawks, SJU students can be found cheering on the eight professional sports teams in the city, particularly the Eagles, Flyers, Phillies and 76ers.



Saint Joseph's University



**SJU** SAINT JOSEPH'S  
UNIVERSITY

**SPIRIT | INTELLECT | PURPOSE**



***THE HAWKS AT THE HENLEY ROYAL REGATTA***

***SPRING 2009 SCHEDULE***

| <b>Day</b> | <b>Date</b> | <b>Event</b>                             | <b>Location</b>   |
|------------|-------------|--|-------------------|
| Sat.       | March 14    | vs. DELAWARE, DREXEL, LA SALLE, & LEHIGH | Philadelphia, Pa. |
| Sat.       | March 21    | Jesuit Invitational Regatta              | Pennsauken, N.J.  |
| Sat.       | March 28    | Murphy Cup                               | Philadelphia, Pa. |
| Sun.       | March 29    | vs. CONNECTICUT & DAYTON                 | Philadelphia, Pa. |
| Sat.-Sun.  | April 4-5   | San Diego Crew Classic                   | San Diego, Calif. |
| Fri.-Sat.  | April 10-11 | George Washington Invitational           | Washington, D.C.  |
| Sat.       | April 18    | Atlantic 10 Championship                 | Pennsauken, N.J.  |
| Sat.       | April 25    | Bergen Cup                               | Philadelphia, Pa. |
| Fri.-Sat.  | May 8-9     | Dad Vail Regatta                         | Philadelphia, Pa. |

**HAWKS**  
Home races in CAPS on Schuylkill River