

# Saint Joseph's University

## 2010 WOMEN'S ROWING MEDIA GUIDE



atlantic  
**A10**  
CONFERENCE





# 2009-10 WOMEN'S ROWING

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## QUICK FACTS

**The University**  
 Location ..... Philadelphia, Pa. 19131  
 Founded ..... 1851  
 Enrollment ..... 4,550  
 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) – 11th Season  
 Email ..... gquinlan@sju.edu  
 Rowing Office ..... 610-660-1730  
 Robert M. Gillin, Jr. Boathouse ..... 610-660-1700  
 Assistant Coaches ..... Linda Quinlan (Loyola, Md. '00)  
 ..... Kelly O'Brien (Villanova '01)  
 ..... Jen Goldsack (Oxford '04)  
 Captains ..... Danielle Brady, Christina DiSanto, Colleen Greway

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# WWW.SJUHAWKS.COM



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## CREDITS

The 2009-10 Saint Joseph's University Women's Rowing Media Guide was designed by Joe Greenwich and Jack Jumper was written and edited Marie Wozniak. Editorial assistance was provided by Kristin Santos. Photography by Greg Carroccio of Sideline Photos, Robert MacTurk, Colin P. Varga and U.S. Rowing.



## SEASON OUTLOOK

Coming off the most successful regular season in school history, the Saint Joseph's women's rowing team is poised to take that to an even higher level in 2010, with an experienced senior class, a strong junior class and a promising group of sophomores and freshmen.

In 2009, Saint Joseph's captured its first-ever Atlantic 10 titles, with gold medals in both the Varsity 8 and the Quad at the conference championship. The Hawks also matched their best-ever finish with third place in the team standings.

The 2010 Hawks' crew returns seven athletes from that Varsity 8 boat which also placed first at the Jesuit Invitational and the extremely competitive San Diego Crew Classic.

The Varsity 8 looks to be just as strong this season with the returning group led by All-Conference selection Colleen Greway and fellow seniors Christina DiSanto, Lauren Rozsits and coxswain Andi Hartfield, as well as juniors Danielle Brady, Brianne Kammerman and Colleen Smith.

Among the top candidates to fill the remaining spots in the Varsity 8 are senior Tina Regan, junior Katie Herdmann and sophomores Ariana McDevitt and Bridget Dempsey. Freshman Moira Schanne, a U.S. Youth Nationals participant from Merion Mercy Academy, could make an immediate impact for the Hawks and land a spot in the Varsity 8.

"We have spent the Fall and Winter developing more strengths to add to our attacking style of racing. We are looking forward to eclipsing last year's record-setting season," said 11th-year head coach Gerry Quinlan, who earned the Atlantic 10 Coach of the Year award in 2009.

The Hawks also look to be solid in the Second Varsity 8, which placed second in the Atlantic 10 last year by just five-tenths of a second. The returning members of that crew are seniors Tina Regan and Angela Acuna, juniors Clare Burns, Katie Herdmann, Juliet Lee and Ashley Wollman.

Saint Joseph's Quad also took home the Atlantic 10 title in 2009 and has Danielle Brady and Brianne Kammerman as its returnees for this season.

"From top to bottom, we are more physical this year and have capitalized on that with our winter training. In 2009, we took advantage of our fitness and focused on quickness and a more or



**SJU's 2010 captains (left to right): Colleen Greway, Christina DiSanto and Danielle Brady.**

less one-motion stroke, and it was very effective. This year we will have more power in our bag to be a little more greedy with our length," said Quinlan.

The Hawks get underway on March 13 facing local rivals Delaware, Drexel and La Salle on the Schuylkill River. SJU will defend its Varsity 8 title at the Jesuit Invitational on March 20 on the Cooper River and then at the San Diego Crew Classic in Mission Bay on March 27-28. Other key local races for the Hawks are the Murphy Cup (April 3) and the Bergen Cup (April 24), while they will also participate at the George Washington Invitational on the Potomac on April 9-10. Saint Joseph's will defend its A-10 Varsity 8 and Quad titles at the conference championship on April 17 at Cooper River, and culminate its season with the nation's most prestigious race, the Dad Vail Regatta, which will take place in Philadelphia on May 7 and 8.

With its performances in recent years, and especially in 2009, Saint Joseph's women's rowing has set a new standard of excellence. And with a strong and experienced group of student-athletes, there's every reason to believe that the 2010 Saint Joseph's crew will continue to meet that standard while establishing itself as one of the top programs in the region.



The Hawk Will Never Die!



# HEAD COACH



## Gerry Quinlan

**Head Coach  
Notre Dame '91 – 11th Season**

**Gerry Quinlan** is in his 11th season as head women's rowing coach at Saint Joseph's University and has guided the Hawks to new heights. Including his tenure at Saint Joseph's, Quinlan has amassed nearly two decades of collegiate head coaching experience.

The 2009 Hawks earned a number of firsts for the program. Saint Joseph's won its first-ever Atlantic 10 titles as the Varsity 8 and Quad boats earned the gold medals at the conference championships. Quinlan was recognized as the Atlantic 10 Coach of the Year for the first time in his career while the Hawks matched their best-ever team finish with third place. SJU's Varsity 8 also set a record in becoming the only team to advance to the Grand Final at the Dad Vail Regatta for five consecutive years. The Hawks earned a bronze medal, which gave them the most medals of any team in the past four years. SJU's Freshman 8 also advance to the Grand Final for the seventh consecutive season.

In 2008 Quinlan's charges placed a then best-ever 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. The Hawks rowed to a silver-medal finish in the Varsity 8 in 2007 while the Freshman 8 took silver in 2008.

During his tenure the Hawks have won three gold medals, five silvers, and two bronze medals at the Dad Vail Regatta.

Since his arrival at SJU in 1999, 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 Robert M. Gillin, Jr. Boathouse, which opened in 2002, while 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 and his wife Linda, a Hawks' assistant coach, reside in Philadelphia.

QUINLAN'S RÉSUMÉ	
<b>Head Rowing Coach</b>	
Saint Joseph's (W)	1999-present
La Salle (M&W)	1997-1998
Northwestern (M&W)	1991-1997
Notre Dame (W)	1989-1991
<b>Assistant Rowing Coach</b>	
Saint Joseph's (M&W)	1998-99



Gerry Quinlan was named the 2009 Atlantic 10 Coach of the Year after guiding the Hawks to wins in the Varsity 8 and the Quad at the league championship.



www.sjuhawks.com



# ASSISTANT COACHES



## Linda Quinlan

Loyola (Md.) '00  
10th Season

Linda Quinlan is in her 10th season as an assistant coach at Saint Joseph's and 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 ECAC Meet, the Jesuit Invitational, and silver medals at the Atlantic 10 Championships.

Quinlan, a 2000 graduate of Loyola College, 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. She and husband

Gerry, the Hawks' head coach, reside in Philadelphia.



## Kelly O'Brien

Villanova '01  
Sixth Season

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

As a collegian, 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  
Second Season

Jen Goldsack, a member of the 2008 U.S. Olympic Rowing Team, is in her second year at Saint Joseph's as assistant women's rowing coach.

Goldsack owns an impressive international rowing resume. 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 (front) and SJU alum Renee Hykel '01 partnered 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!



# GILLIN BOATHOUSE

The Robert M. Gillin, Jr. Boathouse was dedicated in June 2002 as the 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 SJU'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 (2200 Kelly Drive, Philadelphia)

**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 54 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.

www.sjuhawks.com



## 2009-10 ROSTER

Name	Year	Hometown	High School
Angela Acuña	Sr.	Philadelphia, Pa.	Nazareth Academy
Sarah Bell	Fr.	Northfield, N.J.	Mainland Regional
Danielle Brady	Jr.	Ocean City, N.J.	Ocean City
Jenni Broring	Fr.	Silver Spring, Md.	Academy of The Holy Cross
Clare Burns	Jr.	Bethesda, Md.	Georgetown Visitation Prep
Erin Butler	So.	Harleysville, Pa.	Christopher Dock Mennonite
Jackie Castorino	So.	Haddonfield, N.J.	Haddonfield Memorial
Bridget Dempsey	So.	Forest Park, Ill.	St. Ignatius Prep
Christina DiSanto	Sr.	Sewell, N.J.	Bishop Eustace Prep
Mary Cate Fox	Jr.	Media, Pa.	Merion Mercy Academy
Colleen Greway	Sr.	Westmont, N.J.	Haddon Township
Andi Hartfield	Sr.	West Chester, Pa.	Bishop Shanahan
Katie Herdmann	Jr.	Libertyville, Ill.	Carmel
Alison Jacobs	So.	Abington, Pa.	Gwynedd Mercy Academy
Brianne Kammerman	Jr.	Ventnor City, N.J.	Holy Spirit
Alex Karls	Jr.	Fisher, Pa.	Clarion-Limestone
Juliet Lee	Sr.	Cherry Hill, N.J.	Cherry Hill West
Anna Martucci	So.	Hamden, Conn.	Sacred Heart Academy
Meg McCabe	Fr.	Mt. Laurel, N.J.	Bishop Eustace Prep
Ariana McDevitt	So.	Havertown, Pa.	Country Day School of the Sacred Heart
Emily McVan	Fr.	Cornwall, N.Y.	Cornwall Central
Katherine Messina	Fr.	Havertown, Pa.	Merion Mercy Academy
Brittany Middleman	Jr.	Merchantville, N.J.	Camden Catholic
Elise Miller	Fr.	Cape May, N.J.	Lower Cape May Regional
Molly Murray	Fr.	Ft. Washington, Pa.	Germantown Academy
Gabriella Parker	Fr.	Egg Harbor Twp., N.J.	Egg Harbor Township
Tina Regan	Sr.	Cherry Hill, N.J.	Cherry Hill East
Jess Romano	So.	Washingtonville, N.Y.	Washingtonville
Brittany Roth	So.	Audubon, Pa.	Methacton
Lauren Rozsits	Sr.	Landenberg, Pa.	Kennett
Moirra Schanne	Fr.	Bryn Mawr, Pa.	Merion Mercy Academy
Kaitlin Scher	Fr.	Glenside, Pa.	Mt. St. Joseph Academy
Meaghan Scher	Fr.	Glenside, Pa.	Mt. St. Joseph Academy
Julianne Shillington	So.	Glenside, Pa.	Saint Basil Academy
Rachel Shustack	So.	Gilbertsville, Pa.	Boyertown Area
Colleen Smith	Jr.	Seaville, N.J.	Ocean City
Betsy Thompson	So.	Rye, N.Y.	Rye
Kathleen Welsh	Fr.	Lafayette Hill, Pa.	Mount Saint Joseph's Academy
Ashley Wollman	Jr.	Langhorne, Pa.	Neshaminy

**Head Coach:** Gerry Quinlan (Notre Dame '91) – 11th season

**Assistant Coach:** Linda Quinlan (Loyola, Md. '00) – 10th season

**Assistant Coach:** Kelly O'Brien (Villanova '01) – 6th season

**Assistant Coach:** Jen Goldsack (Oxford '04) – 2nd season

**Captains:** Danielle Brady, Christina DiSanto, Colleen Greway

# SENIORS



**Angela Acuña**  
Senior • Varsity 8  
Philadelphia, Pa. • Nazareth Academy

**2008-09:** On Second Varsity 8 that placed second at the A-10 Championship...Rowed for Second V8 that won the Jesuit Invitational...**2007-08:** Member of Atlantic 10 champion Freshman 8...Also on Freshman 8 that won the Murphy Cup... **Personal:** Silver medalist in the 2005 World Dragon Boat Championships in Berlin...National team member from 2003-07...Won gold medal in two National Dragon Boat Championships...Served as team captain of the Philadelphia Youth Dragon Boat Team...Named to both the Atlantic 10 Commissioner's and SJU Athletic Director's Honor Rolls...International Business major...Born September 10, 1989.



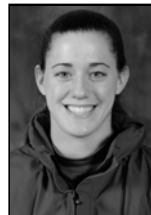
**Andi Hartfield**  
Senior • Varsity 8 • Coxswain  
Philadelphia, Pa. • Nazareth Academy

**2008-09:** Coxswain for the Atlantic 10 champion in the Varsity 8... Rowed for crew that captured SJU's first-ever Cal Cup at the San Diego Crew Classic...On Varsity 8 that set a Dad Vail record by becoming the only team to advance to the Grand Final five straight years...Won the Varsity 8 at the Jesuit Invitational...Captured silver at the Murphy Cup...**2007-08:** Cox for Varsity 8 that placed second at the A-10 Championship... Member of Second Varsity 8 that took third at Murphy Cup...**Personal:** Marketing major...Born July 14, 1987.



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

**2008-09:** Atlantic 10 champion in the Varsity 8 while Hawks took third place in the team standings...Rowed for crew that captured SJU's first-ever Cal Cup at the San Diego Crew Classic...On Varsity 8 that set a Dad Vail record by becoming the only team to advance to the Grand Final five straight years...Won the Varsity 8 at the Jesuit Invitational...Captured silver at the Murphy Cup...**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...**High School/Personal:** Named to both the Atlantic 10 Commissioner's and SJU Athletic Director's Honor Rolls...Born May 16, 1988...Psychology major.



**Juliet Lee**  
Senior  
Cherry Hill, N.J. • Cherry Hill West

**2008-09:** On Second Varsity 8 that placed second at the A-10 Championship...Rowed for Second V8 that won the Jesuit Invitational...**2007-08:** Member of Freshman 8 that captured the Atlantic 10 title as well as the Murphy Cup...Helped that boat to second-place finish at Dad Vails...**Personal:** Transferred to SJU from the University of Scranton...Marketing major...Born May 26, 1988.



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

**2008-09:** Atlantic 10 champion in the Varsity 8 while Hawks took third place in the team standings...Earned All-Conference Second Team honors...Also named to Atlantic 10 All-Academic Team...Rowed for crew that captured SJU's first-ever Cal Cup at the San Diego Crew Classic...Member of Varsity 8 that set a Dad Vail record by becoming the only team to advance to the Grand Final five straight years...Won the Varsity 8 at the Jesuit Invitational...Captured silver at the Murphy Cup...Named to the *Philadelphia Inquirer* Area All-Academic Team for second year in a row...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... **2006-07:** Member of the Varsity 8 that won the silver medal at the Dad Vail Regatta and captured the Kelly Cup...**Personal:** Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Born May 26, 1988...Majoring in elementary/special education.



**Tina Regan**  
Senior  
Cherry Hill, N.J. • Cherry Hill East

**2008-09:** On Second Varsity 8 that placed second at the A-10 Championship...Member of Lightweight 4 that took silver in the A-10 race...Rowed for Second V8 that won the Jesuit Invitational...**2007-08:** Member of Lightweight 4 that placed third at the Atlantic 10 Championship...Rowed for the Second Varsity 8 that took third at the Murphy Cup...**High School/Personal:** Named to both the Atlantic 10 Commissioner's and SJU Athletic Director's Honor Rolls...Food marketing major...Born September 22, 1987.



**Lauren Rozsits**  
Senior • Varsity 8  
Landenberg, Pa. • Kennett

**2008-09:** Atlantic 10 champion in the Varsity 8 while Hawks took third place in the team standings...Named to the *Philadelphia Inquirer* Area All-Academic Team...Rowed for crew that captured SJU's first-ever Cal Cup at the San Diego Crew Classic...On Varsity 8 that set a Dad Vail record by becoming the only team to advance to the Grand Final five straight years...Won the Varsity 8 at the Jesuit Invitational...Captured silver at the Murphy Cup...**2007-08:** On Second Varsity 8 which took third at the Murphy Cup and won at the Jesuit Invitational...**Personal:** Named to both the Atlantic 10 Commissioner's and SJU Athletic Director's Honor Rolls...Finance major...Born May 3, 1988.



# JUNIORS



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

**2008-09:** Helped SJU to first-ever Atlantic 10 titles in both the Varsity 8 and Quad, as Hawks took third place in the team standings...Named to the *Philadelphia Inquirer* Area All-Academic Team...Rowed for crew that captured SJU's first-ever Cal Cup at the San Diego Crew Classic...On Varsity 8 that set a Dad Vail record by becoming the only team to advance to the Grand Final five straight years...Won the Varsity 8 at the Jesuit Invitational...Captured silver at the Murphy Cup...**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 A-10s...**Personal:** Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Elementary education major...December 25, 1988.



**Clare Burns**  
Junior • Coxswain  
Bethesda, Md. • Georgetown Visitation Prep

**2008-09:** Coxswain for Second Varsity 8 that placed second at the Atlantic 10 Championship...Was on Varsity 8 that won the Jesuit Invitational...**2007-08:** Coxswain for Freshman 8 that won Atlantic 10 title and placed second at Dad Vails...Also member of boat that placed first at the Murphy Cup...**Personal:** Cox for Lightweight 4 that took first at the NCC Championship...Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Decision and system sciences major...Born August 18, 1989.



**Mary Cate Fox**  
Junior  
Media, Pa. • Merion Mercy Academy

**2008-09:** Member of the Varsity 4 which placed first in the Petite Final at the A-10 Championship...**2007-08:** Rowed for A-10 Champion Freshman 8...Crew also placed second at Dad Vails...Member of Freshman 4 that took third at the Murphy Cup...**Personal:** Fine arts major...Born July 5, 1988.



**Katie Herdmann**  
Junior  
Libertyville, Ill. • Carmel

**2008-09:** Member of Second Varsity 8 that placed second at the Atlantic 10 Championship and took first at the Jesuit Invitational...**2007-08:** Member of Atlantic 10 champion Freshman 8...Also on crew that took second at Dad Vails and won the Murphy Cup...**Personal:** Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Psychology major...Born December 8, 1988.



**Brienne Kammerman**  
Junior • Varsity 8  
Ventnor City, N.J. • Holy Spirit

**2008-09:** Helped SJU to first-ever Atlantic 10 titles in both the Varsity 8 and Quad, as Hawks took third place in the team standings...**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:** International relations major...Born July 22, 1989



**Alex Karls**  
Junior  
Fisher, Pa. • Clarion-Limestone

First year on the squad... **Personal:** Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls for the Fall 2009...Philosophy major...Born February 26, 1989.



**Brittany Middleman**  
Junior  
Merchantville, N.J. • Camden Catholic

**Personal:** Elementary/Special education major...Born February 24, 1989.



**Colleen Smith**  
Junior  
Seaville, N.J. • Ocean City

**2008-09:** Atlantic 10 champion in the Varsity 8 while Hawks took third place in the team standings...Rowed for crew that captured SJU's first-ever Cal Cup at the San Diego Crew Classic...On Varsity 8 that set a Dad Vail record by becoming the only team to advance to the Grand Final five straight years...Won the Varsity 8 at the Jesuit Invitational...Captured silver at the Murphy Cup...**2007-08:** Member of Atlantic 10 champion Freshman 8... Also helped crew in that event win the Murphy Cup and take silver at Dad Vails...**Personal:** Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...English major...Born March 18, 1989.



**Ashley Wollman**  
Junior  
Langhorne, Pa. • Neshaminy

**2008-09:** Member of Second Varsity 8 that placed second at the Atlantic 10 Championship and took first at the Jesuit Invitational...Rowed for Lighthweight 4 that earned second at the A-10s...**2007-08:** Member of Freshman 8 which won A-10s and took second at Dad Vails and won the Murphy Cup...**Personal:** Named to both the A-10 Commissioner's and SJU Athletic Director's Honor Rolls...Interdisciplinary health services major...Born June 28, 1989.

The Hawk Will Never Die!

# 2009-10 HAWKS



**Sarah Bell**  
Freshman  
Northfield, N.J.  
Mainland Regional



**Jenni Broring**  
Freshman  
Silver Spring, Md.  
Acad. of the Holy Cross



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



**Jackie Castorino**  
Sophomore  
Haddonfield, N.J.  
Haddonfield



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



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



**Anna Martucci**  
Sophomore  
Old Forge, Pa.  
Scranton Prep



**Meg McCabe**  
Freshman  
Mt. Laurel, N.J.  
Bishop Eustace Prep



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



**Emily McVan**  
Freshman  
Cornwall, N.Y.  
Cornwall Central



**Katherine Messina**  
Freshman  
Havertown, Pa.  
Merion Mercy Acad.



**Elise Miller**  
Freshman  
Cape May, N.J.  
Lower Cape May Reg.



**Molly Murray**  
Freshman  
Ft. Washington, Pa.  
Germantown Acad.



**Gabriella Parker**  
Freshman  
Egg Harbor Twp., N.J.  
Egg Harbor Twp.



**Jess Romano**  
Sophomore  
Washingtonville, N.Y.  
Washingtonville



**Brittany Roth**  
Sophomore  
Audubon, Pa.  
Methacton



# 2009-10 HAWKS



**Moira Schanne**  
Freshman  
Bryn Mawr, Pa.  
Merion Mercy Acad.



**Kaitlin Scher**  
Freshman  
Glenside, Pa.  
Mt. St. Joseph Acad.



**Meaghan Scher**  
Freshman  
Glenside, Pa.  
Mt. St. Joseph Acad.



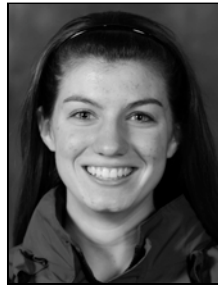
**Julianne Shillington**  
Sophomore  
Glenside, Pa.  
Saint Basil Academy



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



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



**Kathleen Welsh**  
Freshman  
Lafayette Hill, Pa.  
Saint Basil Academy



The Hawk Will Never Die!

**Tina Regan**



**Lauren Rozsits**

# 2008-09 YEAR IN REVIEW



The Saint Joseph's women's rowing team had another outstanding season in 2008-09, highlighted by a number of firsts for the program, led by a strong Varsity 8 boat.

The Hawks won their first-ever Atlantic 10 titles when both the Varsity 8 and Quad boats took home the gold medals at the conference championships.

The Varsity 8 was comprised of seniors **Debbie Bateman** and **Lauren Sysol**; juniors **Colleen Greway**, **Christina DiSanto**, **Lauren Rozsits**, and **Andi Hartfield**; and sophomores **Brianne Kammerman**, **Danielle Brady** and **Colleen Smith**. Bateman, Kammerman, Brady and Sysol also doubled as A-10 champions in the Quad. The Second Varsity 8 just missed first place, finishing in second by a slim margin of 0.5 seconds. As a team, the Hawks placed third, matching the squad's finish from the previous year.

Hawk mentor Gerry Quinlan was named the Atlantic 10 Coach of the Year while Bateman and Sysol earned All-Conference First Team honors. Greway was a Second-Team All-League selection.

Saint Joseph's made its annual appearance in the competitive San Diego Crew Classic and captured its first-ever Varsity 8 title there, winning the Cal Cup.

The Varsity 8 set a record in becoming the only team to advance to the Grand Final at the Dad Vail Regatta for five consecutive years. The Hawks earned the bronze medal, which gave them the most medals of any team in the past four years (gold, silver, bronze). The Freshman 8 also advanced to the Grand Final, marking the seventh consecutive year it has done so, but finished in sixth place. The Second Varsity 8 and Varsity 4 boats also had a strong effort at Dad Vail's and narrowly missed reaching the semi-finals.

SJU got 2009 off to a good start in the Jesuit Invitational as the Hawks emerged victorious in both the Varsity 8 and Second Varsity 8 for the second straight year.

At the Murphy Cup, the Hawks advanced all eights to the Grand Finals in a large, competitive field. The Varsity 8 and Freshman 8 each finished the day with silver medal performances while the Second Varsity 8 raced a barnburner to finish fourth in a photo-finish with Navy.

Bateman, who was an All-Region First Team selection by the Collegiate Rowing Coaches Association, continued to make her mark as one of the top scholar-athletes in SJU history. She was named the Atlantic 10's Women's Rowing Student-Athlete of the Year for the second time and was chosen the *Philadelphia Inquirer* Academic All-Area Performer of the Year for the third time. The Hawks compiled an impressive 3.4 team grade-point average and saw Bateman and Greway earn A-10 All-Academic team honors while Bateman, Greway, Brady and Rozsits were chosen to the Academic All-Area squad.

SAINT JOSEPH'S WOMEN'S ROWING 2009 RESULTS			
VARSITY 8			
DATE	EVENT	TIME	PLACE
3/14	vs. Delaware, Drexel, La Salle, Lehigh #	6:48.2	1st
3/21	Jesuit Invitational &		1st
3/28	Murphy Cup #	6:42	2nd
3/29	vs. Connecticut, Dayton #	6:45.6	1st
4/5-6	San Diego Crew Classic (Cal Cup)	7:12.2	1st
4/11	GW Invitational		1st
4/18	Atlantic 10 Championship &	6:42	1st
4/25	Bergen/Kelly Cup #	6:59.3	2nd (A)
5/8-9	Dad Vail Regatta #	6:46.7	3rd
SECOND VARSITY 8			
3/14	vs. Delaware, Drexel, La Salle, Lehigh #	7:19.5	1st
3/21	Jesuit Invitational &	7:16.1	1st
3/28	Murphy Cup #	7:03	4th
3/29	vs. Connecticut, Dayton #	7:08.5	2nd
4/11	GW Invitational		
4/18	Atlantic 10 Championship &	6:58.8	2nd
FRESHMAN 8			
3/14	vs. Delaware, Drexel, La Salle, Lehigh #	7:35.9	1st
3/28	Murphy Cup &	7:06.38	2nd
3/29	vs. Connecticut, Dayton #	7:11.3	2nd
4/11	GW Invitational		1st
4/18	Atlantic 10 Championship &	7:22.6	4th
4/25	Bergen/Kelly Cup #	7:35.9	3rd
5/8-9	Dad Vail Regatta #	7:43.9	6th
VARSITY 4			
3/14	vs. Delaware, Drexel, La Salle, Lehigh #	8:35.9	1st
3/21	Jesuit Invitational &	8:37.9	4th
3/28	Murphy Cup &	8:02	4th
3/29	vs. Connecticut, Dayton #	8:06.4	1st
4/18	Atlantic 10 Championship (Petite Final) &	8:37.5	1st
4/25	Bergen/Kelly Cup #	8:39.4	5th
FRESHMAN 4			
4/11	GW Invitational		1st
4/25	Bergen/Kelly Cup #	8:17	1st
LIGHTWEIGHT 4			
4/18	Atlantic 10 Championship &	8:10.4	2nd
QUAD			
4/18	Atlantic 10 Championship &	7:20	1st
PAIR			
4/18	Atlantic 10 Championship (Exhibition)	9:37.1	2nd
TEAM FINISHES			
4/11	GW Invitational	2nd	
4/18	Atlantic 10 Championship &	3rd	
5/8-9	Dad Vail Regatta #	5th	
# Schuylkill River (Philadelphia, Pa.) & Cooper River (Pennsauken, N.J.)			

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# 2008-09 YEAR IN REVIEW

(Right) In 2009, Saint Joseph's Varsity 8 won championships at the Jesuit Invitational, San Diego Crew Classic, and the Atlantic 10.



(Below) SJU's Quad of Brianne Kammerman, Debbie Bateman, Lauren Sysol and Danielle Brady took home an Atlantic 10 title for the first time ever.

(Below right) The Hawks were the Varsity 8 champions at the San Diego Crew Classic, winning the Cal Cup.



## 2008-09 WOMEN'S ROWING AWARDS

### TEAM AWARDS

- Most Outstanding Performer:** Debbie Bateman
- Vasquez Award:** Lauren Sysol
- Dorie Leahy Award:** Liz Golden
- Scholar-Athlete Award:** Colleen Greway

### OTHER AWARDS

- Atlantic 10 Women's Rowing Student-Athlete of the Year:** Debbie Bateman
- Atlantic 10 All-Conference First Team:** Debbie Bateman, Lauren Sysol
- Atlantic 10 All-Conference Second Team:** Colleen Greway
- Atlantic 10 Academic All-Conference Team:** Debbie Bateman, Colleen Greway
- Philadelphia Inquirer Academic All-Area Women's Rowing Performer of the Year:** Debbie Bateman
- Philadelphia Inquirer Academic All-Area:** Debbie Bateman, Danielle Brady, Colleen Greway, Lauren Rozsits

The Hawk Will Never Die!

# ATLANTIC 10 CHAMPIONSHIP



2009 Atlantic 10 Championship  
April 18  
Cooper River Park - Pennsauken, N.J.

## Team Standings

1. Massachusetts	141
2. Rhode Island	117
3. Saint Joseph's	110
4. Dayton	102
5. Temple	78
6. Duquesne	62
7. George Washington	43
8. Fordham	35
9. La Salle	16

## Varsity 8

1. Saint Joseph's	6:42.0
2. Massachusetts	6:46.8
3. Rhode Island	6:50.9
4. Dayton	6:54.5
5. Temple	6:57.6
6. Fordham	6:58.9

## Second Varsity 8

1. Massachusetts	6:58.3
2. Saint Joseph's	6:58.8
3. Rhode Island	7:02.1
4. Duquesne	7:34.0
5. Dayton	7:48.0

## Varsity 4

1. Rhode Island	7:52.1
2. Massachusetts	7:55.5
3. Dayton	7:57.6
4. George Washington	8:33.3
5. Temple	8:37.3

## Lightweight 8

1. Duquesne	7:24.6
2. Massachusetts	7:28.4
3. Rhode Island	8:13.0

## Lightweight 4

1. Massachusetts	7:51.9
2. Saint Joseph's	8:10.4
3. Rhode Island	8:13.0
4. Temple	8:35.5
5. Dayton	8:44.6
6. Duquesne	8:51.2

## Quad

1. Saint Joseph's	7:20.0
2. Massachusetts	7:30.8
3. Rhode Island	8:00.4
4. Temple	8:12.3
5. Dayton	8:36.2

## Novice 8

1. Massachusetts	6:58.5
2. Dayton	7:06.0
3. Temple	7:09.9
4. Saint Joseph's	7:22.6
5. Rhode Island	7:25.0
6. George Washington	7:40.6

## Second Novice 8

1. Dayton	7:43.6
2. Rhode Island	8:02.2
3. Massachusetts	8:12.1

## Novice 4

1. Dayton	7:43.6
2. George Washington	8:40.9
3. Fordham	9:11.4

## Varsity 8 Petite

1. George Washington	7:13.9
2. Duquesne	7:19.0
3. La Salle	7:36.7

## Second Varsity 8 Petite

1. Fordham	7:30.3
2. Temple	8:07.4

## Varsity 4 Petite

1. Saint Joseph's	8:37.5
2. Duquesne	8:48.4

## Novice 8 Petite

1. La Salle	7:18.4
2. Duquesne	7:48.2

## HAWKS' HONOREES

**Coach of the Year:**  
Gerry Quinlan

**All-Conference 1st Team:**  
Debbie Bateman  
Lauren Sysol

**All-Conference 2nd Team:**  
Colleen Greway



## Past Atlantic 10 Championship Results

### Team Finish/Location

2009	3. Cooper River	110
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

2009	1st	6:42.0
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

### Second Varsity 8

2009	2nd	6:58.8
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

2001	1st	7:25.15
2000	1st	7:32.80
1998	3rd	7:03.51
1996	4th	7:21.66

### Lightweight 4

2009	2nd	8:10.4
2008	3rd	8:34.7
2006	3rd	11:14.2

2003	2nd	8:23.9
1997	1st	8:06.97

### Novice 8

2009	4th	7:22.6
2008	1st	7:20.8
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

### Second Novice 8

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

### Quad

2009	1st	7:20.0
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

2009	1st (Petite)	8:37.5
2008	4th	8:49.0
2007	2nd (Petite)	8:43.9
2006	1st	9:44.0
2004	2nd	8:17.1
2001	6th	9:05.05
1998	4th	7:58.56

### Novice 4

2008	2nd	8:48.1
2007	2nd	8:15.3
2006	1st	9:33.0
2005	1st	8:32.9
2002	4th	8:59.23
1996	4th	8:49.30

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# DAD VAIL REGATTA

## Dad Vail M/W Overall Points

2007	2nd	31
2006	1st	47
2005	1st	40
2004	2nd	48
2000	T-2nd	32
1999	2nd	41

## Women's Points Trophy

2009	4th	16
2008	4th	14
2007	T-3rd	17
2006	2nd	16
2005	3rd	13
2004	2nd	20

## Varsity 8 Final Results

2009	3rd	6:46.77
2008	6th	6:45.45
2007	2nd	6:34.49

2006	1st	6:40.02
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

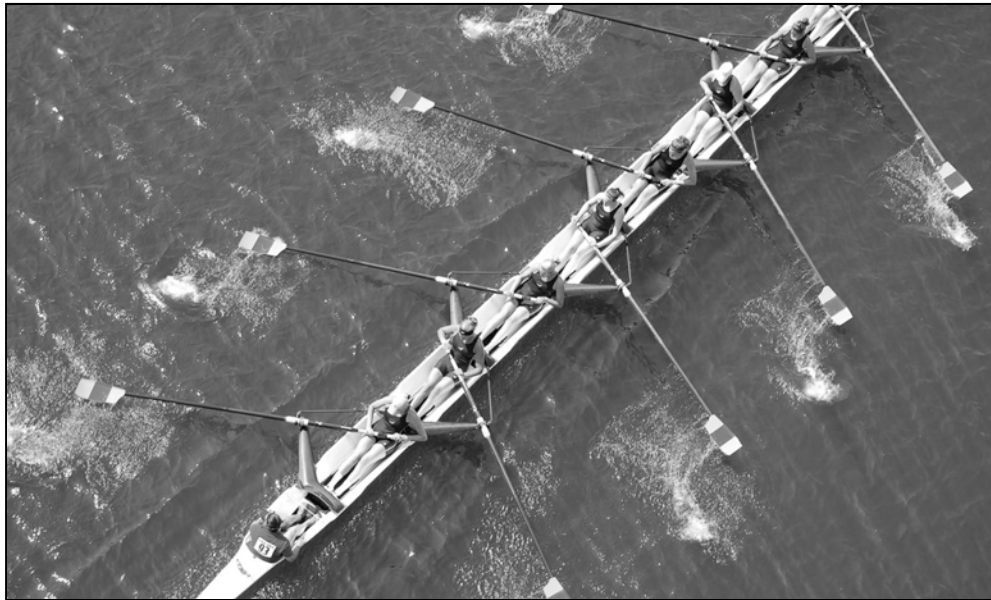
2009	6th	7:43.90
2008	2nd	6:44.32
2007	4th	7:15.21
2006	3rd	7:08.59
2005	4th	7:54.41
2004	2nd	6:54.40
2003	2nd	6:52.20
2002	2nd	7:08.00
1998	5th	No Time Available

## Lightweight Freshman 8 Final Results

2005	1st	8:05.47
1998	5th	4:40.54

## Lightweight 4 Final Results

1998	3rd	5:10.17
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The Hawks' silver medal-winning Varsity 8 at the 2007 Dad Vail Regatta.

## 2009 Dad Vail Regatta - May 8-9 Schuylkill River, Philadelphia, Pa.

### Varsity 8

1. Grand Valley
2. Buffalo
3. **Saint Joseph's**
4. San Diego
5. Drexel
6. Purdue

### Time

1. 6:41.20
2. 6:45.21
3. **6:46:77**
4. 6:50.25
5. 6:53.52
6. 6:54.17

### Freshman 8

1. Buffalo
2. Old Dominion
3. Connecticut
4. Temple
5. Drexel
6. **Saint Joseph's**

### Time

1. 7:19.20
2. 7:20.32
3. 7:22.05
4. 7:23.74
5. 7:27.85
6. **7:43.90**

The Hawk Will Never Die!



# JESUIT INVITATIONAL

Saint Joseph's Rowing established the Jesuit Invitational in 1999 and it has become a major race in the collegiate rowing season, featuring solely Jesuit colleges. The Jesuit Invitational is held every year in March on the Cooper River in Pennsauken, N.J.

The Casey Ferrone Memorial Trophy is awarded to the Men's Varsity 8 champion, while the Robert Gillin, Jr., Memorial Trophy is awarded to the Women's Varsity 8 winner.

The Cannonball Trophy is given to the overall team champion. It is named in honor of Saint Ignatius Loyola, the founder of the Society of Jesus, who had his leg shattered by a cannonball while defending Spain from an attack by France. The Cannonball Trophy serves as a reminder that all good things start with pain. The glory of winning is only possible by withstanding the mental and physical pain of the 2000m race course. The trophy is awarded to the school with the highest combined points in the day's races. It is a traveling trophy which the winner returns every year. The winning team receives a small cannonball that is theirs to keep as a reminder of their championship performance.

	<b>Casey Ferrone Memorial Trophy (Men's V8 Champion)</b>	<b>Robert Gillin, Jr. Memorial Trophy (Women's V8 Champion)</b>	<b>Cannonball Trophy (Team Champion)</b>
1999	Saint Joseph's	Fordham	Saint Joseph's
2000	Saint Joseph's	Saint Joseph's	Saint Joseph's
2001	Georgetown	Boston College	Georgetown
2002	Georgetown	Holy Cross	Georgetown
2003	Georgetown	Boston College	Georgetown
2004	Georgetown	Boston College	Georgetown
2005	Georgetown	Boston College	Georgetown
2006	Georgetown	Boston College	Georgetown
2007	Race Cancelled	---	---
2008	Georgetown	Saint Joseph's	Georgetown
2009	Georgetown	Saint Joseph's	Georgetown

## 2009 Jesuit Invitational - March 21 Cooper River, Pennsauken, N.J.

### Varsity 8

1. Saint Joseph's
2. Boston College
3. Georgetown B
4. Fordham
5. Georgetown A
6. Fairfield

### 2nd Varsity 8

1. Saint Joseph's
2. Boston College
3. Georgetown A
4. Georgetown B

### Freshman 8

1. Georgetown
2. Saint Joseph's
3. Fairfield
4. Loyola
5. Fordham

### Freshman 4

1. Loyola A
2. Boston College
3. Loyola B
4. Fordham

### Varsity 4

1. Loyola
2. Fairfield A
3. Boston College
4. Saint Joseph's
5. Fordham
6. Fairfield B

### 2nd Freshman 8

1. Georgetown
2. Fairfield

The Hawks' Varsity 8 crew which captured the Jesuit Invitational in 2008.





## A PROUD TRADITION

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 SJU 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.

Teti became the U.S. Olympic coach following the 2000 Games, and led the men's eight boat to 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. He also guided the U.S. Men to the bronze medal at the 2008 Olympics in Beijing.

Teti is currently the head coach of the men's crew team at the University of California and was inducted into the National Rowing Federation's Hall of Fame in 2010.

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."

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.

In 2009, the Hawks set a record in becoming the only team to advance to the Grand Final of the Dad Vail Regatta for five consecutive years. SJU's Freshman 8 also advanced to the Grand Final, marking the seventh consecutive year it has done so.



**Teresa Bell**



**Mike Teti**

The Hawk Will Never Die!

# A PROUD TRADITION



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

(Middle) The Hawks competed at the prestigious Henley Royal Regatta in 2006.



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, a world class competitor, rowed for the United States in the 2008 Beijing Olympics with current SJU assistant coach Jen Goldsack.



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# ALL-TIME ROSTER

## 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-  
 Carrienne Brogan .....1993-94  
 Erin Brown .....1997-2000  
 Clare Burns .....2008-  
 Erin Butler .....2009-  
 Jess Buzas .....2000-01

## C

Kim Caccese .....1997  
 Madeleine Campbell .....1996-97  
 Jackie Castorino .....2009-  
 Corey Cella .....2007  
 Rebecca Celotto .....2001-04  
 Jennfer 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  
 Bridget Dempsey .....2009-  
 Jen DiBona .....1995-97  
 Christina DiSanto .....2007-  
 Melissa Doyle .....1998-2001  
 Jennifer Drum .....1992

## E

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

## F

Kristen Fiorino .....1998  
 Kate Fratantoro .....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-

## H

Tai Haluszka .....2007  
 Emma Harmon .....2007-08  
 Kate Harron .....2002-03  
 Andi Hartfield .....2007-  
 Erin Hartshorn .....1995  
 Caroline Hatten .....1992-93  
 Marie Haughton .....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  
 Allison Jacobs .....2009-  
 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 .....2006-09  
 Shannon Maguire .....1992  
 Jenn Malsbury .....1996-98  
 Carolyn Manion .....1995-97  
 Emily Martin .....2003-04  
 Anna Martucci .....2009-  
 Lauren Marvello .....2000-02  
 Cheryl Maslanek .....1998-2001  
 Marissa Mazza .....2005-07

Jennifer McBrearty .....1999-2000  
 Maria McCann .....2000-01  
 Carolyn McCloskey .....1997, 1999  
 Arianna McDevitt .....2009-  
 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  
 Nancy Moore .....2001  
 Erin Moran .....1996  
 Allison Morrison .....2007-08  
 Ashley Morrison .....2006  
 Bridgid 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-  
 Karen Rensman .....1999-2002  
 Meredith Richter .....2003-04  
 Rebecca Riegert .....1998-2000  
 Rebecca Roberts .....1993  
 Lauren Rozsits .....2007-  
 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  
 Julianne Shillington .....2009-

Rachel Shustack .....2009-  
 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 .....2006-09

## 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  
 Betsy Thompson .....2009-  
 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-  
 Marrisaa Woodland .....1999

## Z

Tori Zunino .....2002-03

- Years listed are spring seasons; for example, "2009" indicates 2008-09 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/  
Director of Athletics

## ATHLETIC DIRECTORY

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

[www.sju.edu](http://www.sju.edu)  
[www.sjuhawks.com](http://www.sjuhawks.com)

## 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

**(Gillin Boathouse Directions on page 5)**

**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](http://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 4,550. 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

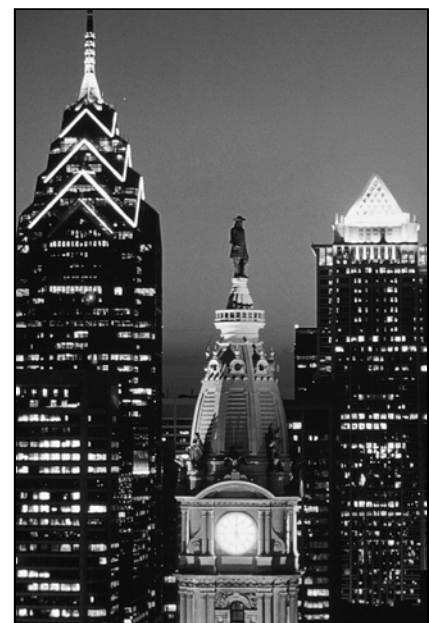
Men and women leave Saint Joseph's prepared. The University boasts an excellent record of placing its graduates in first-time jobs, professional schools and other advanced degree programs. Part-time work and internships provide real-world experiences, the kind which delight future employers. And with 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.

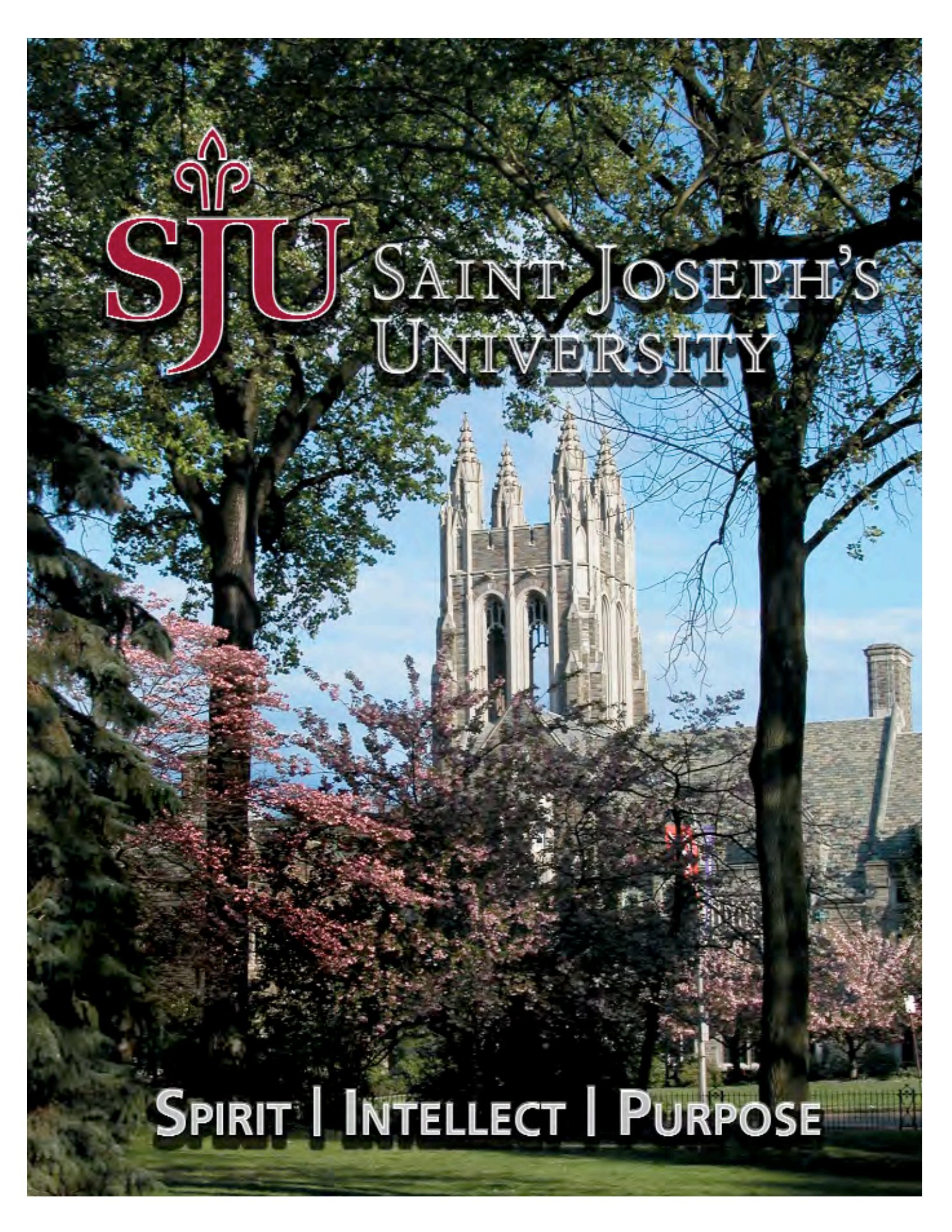
### PHILADELPHIA

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 professional sports teams in the city, particularly the Eagles, Flyers, Phillies and 76ers.



The Hawk Will Never Die!



**SJU** SAINT JOSEPH'S  
UNIVERSITY

**SPIRIT | INTELLECT | PURPOSE**



## 2009 CAL CUP CHAMPIONS

# 2010 SCHEDULE

<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Location</b>
Sat.	March 13	vs. Delaware, Drexel, La Salle	Philadelphia, Pa.
Sat.	March 20	Jesuit Invitational	Pennsauken, N.J.
Sat.-Sun .	March 27-28	San Diego Crew Classic	San Diego, Calif.
Fri.	April 2	vs. Penn	Philadelphia, Pa.
Sat.	April 3	Murphy Cup	Philadelphia, Pa.
Sat.-Sun.	April 9-10	George Washington Invitational	Washington, D.C.
Sat.	April 17	Atlantic 10 Championship	Pennsauken, N.J.
Sat .	April 24	Bergen Cup	Philadelphia, Pa.
Fri.-Sat.	May 7-8	Dad Vail Regatta	Philadelphia, Pa.

# HAWKS