

W&M

TRIBE SPORTS



Sarah Jonson '11

Net Impact

It's All Business for Lacrosse's Sarah Jonson '11 ~ BEN KENNEDY '05

Would you dare stand on the field at Cowboys Stadium without a helmet and pads on? ~ Sarah Jonson '11 would. And on March 19, when the Tribe women's lacrosse team traveled to Dallas to take on Northwestern at the site of the past Super Bowl, she got her chance. ~ Her favorite sport, however, is catch. ~ "I have an older brother, and he, my dad and I would always be throwing the baseball, the football, the Frisbee," says Jonson. "Anything that involves hand-eye coordination appeals to me." ~ Jonson is not just playing catch, though. Her lacrosse career at the College has won her the 2010 CAA Defensive Player of the Year award, a selection to the All-CAA first team and a number of other prestigious awards. As a junior, her aggressive style of playing defense helped land her among the top 25 players in the country as a nominee for the Tewaaraton Award, lacrosse's version of the Heisman. ~ "There's a perception that it's kind of difficult to stop [the offense from scoring]," says Jonson. "But what I enjoy the most is my job: to keep an attacker from being able to do what they want to do — from scoring. If they want to go right, keeping them left. If they want to pass, blocking that pass. That's really fun for me." ~ Her trademark maneuver is the "check steal" — hitting the opponent's stick and knocking the ball to the ground. Despite playing only 12 games last season, Jonson caused a school-record 42 turnovers. The only reason she didn't cause more is because she tore her ACL in a game against Drexel. At the time, she led the nation in caused turnovers and ground balls per game. ~ "Last season, I was one of four ACL tears on the team. That's pretty uncommon," she says. "It didn't hurt. It was shocking, but it didn't hurt. When I tore my ACL, there was a peace about it. I thought, I'm finally faced with a big challenge. I relished the opportunity to prove my mettle and show that I can do things when they're not easy."



Sarah Jonson '11

It wasn't easy. Instead of giving her more time to pursue her studies or activities, the ACL tear meant she had to spend an extra 90 minutes in rehab each day. She says the added responsibility meant she had to manage her free time better.

"I have a hard work ethic, so this was an opportunity for me to actually prove that rather than just think it in my head," she says. "It made me be more intentional about the different things I'm involved in and more efficient in my use of time."

One thing she made time for was Net Impact, a student group at the Mason School of Business known for playing a major role in

the College's Do One Thing (or DOT) campaign. Net Impact seeks to make responsible and sustainable change in the world by leveraging the power of business. The interest in making a larger difference has found its way into her studies — she says she's interested in social entrepreneurship.

"I'm a sociology minor, so I'm really captured by social problems," she says. "Then, the business major has given me the toolset to find concrete ways to dealing with these issues."

Even in the lacrosse world, Jonson makes an effort to give back to the community. Outside of the sport's traditional strongholds on the East Coast, growing up in Texas meant that she had few resources to draw on as she began to look toward the collegiate game. Now, having achieved success with William and Mary, Jonson offers her advice to talk to high school students and parents from her area when they have recruiting questions. Her continuing friendship with high school teammate Taylor Thornton — now a stand-out player at Northwestern — helped bring the two schools to Dallas for the game in Cowboys Stadium.

"I really felt a strong responsibility to encourage people that you can be successful on the East Coast," says Jonson. "The perception has changed. Girls that are being recruited out of Texas now are going to come into college feeling a lot better about the situation and what they're able to do."

Each player on the Tribe lacrosse team has a word above their locker that describes their style of play, as determined

by her teammates. Jonson's is "instinct." It's a compliment, she says, because it means she doesn't have to overthink her next move in a tense game situation.

"It's a big blessing for me," she says. "I don't really have to think or analyze situations. I kind of see things at a slowed-down pace. If I'm 99 percent sure the ball's going somewhere next, I can get a jump on it."

Remember: there are no pads or helmets in women's lacrosse. Jonson's aggressive play usually spells disaster for her opponents, but carries some risk to her, as she learned against Drexel last year.

"The neat thing about women's lacrosse is it's sort of an art," she says. "You have to harness the aggression in a controlled manner. It's a difficult balance to find. Being able to dictate what an opposing player does without getting fouls is a challenge, but a very rewarding one."

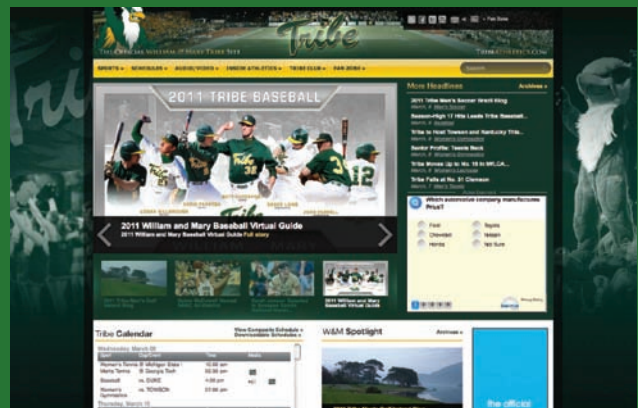
While she may be an aggressive lacrosse player, she is not an aggressive guitar player. As a self-taught guitarist on her mother's well-traveled 1970s Yamaha acoustic, Jonson tries to relax from her busy schedule with a little music — a welcome release from practice, school and her activities. It's a life in balance that she appreciates, though.

"I just appreciate that every success is celebrated somewhat equally at William and Mary," she says. "My friend does great chemistry research and that's celebrated just as much as being good at lacrosse. Everything is upheld as an achievement. The fact that everyone is on the same playing field — I like that."

Tribe Athletics Unveils New Website

At the beginning of 2011, the William and Mary Athletic Department rolled out a revamped and redesigned website, www.TribeAthletics.com. The site, with site support by Neulion, features rotating news features for main homepage and individual sports as well as embedded video features. They also unveiled the TribeAthletics.TV streaming service, which allows fans to view select Tribe home games and audio events. The site will continue to feature photo galleries, schedules and roster pages, as well as a new on-demand video library. As always, the site offers ticket purchasing, e-mail alerts and Tribe Club information.

For more on Tribe Athletics, follow @tribeathletics on Twitter, visit www.youtube.com/TribeAthletics, friend them on Facebook or visit www.TribeAthletics.com.



TOP PHOTO: SKIP ROWLAND '83; BOTTOM IMAGE COURTESY OF SPORTS INFORMATION

Student-Athletes Use Bracelets to Remember Todd Weaver '08

“One Tribe, One Family” is a lot more than a slogan on a bracelet. It’s a philosophy. While it started as an idea from track and field athlete Brandon Heroux '12, it has since become a movement, involving athletes, students, parents, alumni and staff of the College.

The bands were created by members of the Student-Athlete Advisory Council (SAAC) in memory of Lt. Todd Weaver '08, who was killed in the line of duty in Afghanistan last year. Proceeds will benefit the 1st Lt. Todd Weaver Memorial Award.

“We got into contact with his family and they were all for it,” says SAAC president and gymnast Max Sabert '11. “From there, it’s almost been us catching up to how fast it’s been moving. We ordered 2,000 wristbands and we ran out in two days.”

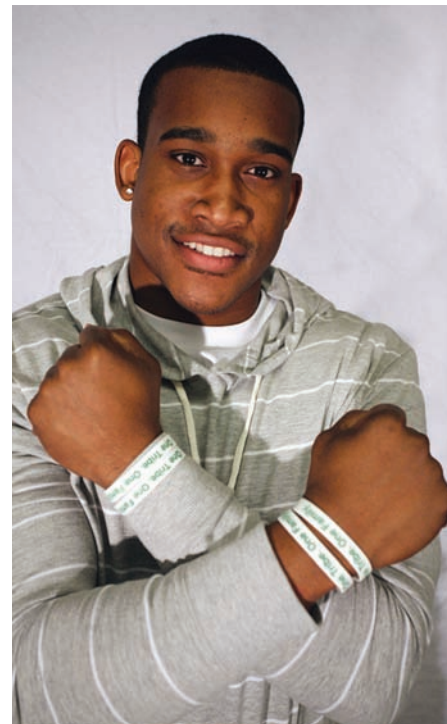
The bracelets, modeled after the famous yellow Livestrong bracelets championed by Lance Armstrong, cost \$3 and have already been seen on the arms of former Tribe athletes like Derek Cox '09 and Adrian Tracy '10, both now playing in the NFL. Through sales of the bracelet and independent donations, the Tribe Bands Initiative aims to raise \$50,000 to endow the Weaver Memorial Award for years to come.

Weaver, who was not an athlete at the College, was a member of William and Mary’s ROTC corps of cadets and was known for his love of world travel. The award in his memory will help fund a study-abroad experience for a government or international relations major.

“The goal is to unite past, present and future William and Mary students and supporters in a meaningful way under the mantra of ‘One Tribe, One Family.’”

“Todd was a perfect person to circle all of this around, just because he was so diversified in what he did,” says Sabert. “He was well-traveled, he was in ROTC, he was Phi Beta Kappa, he served our country — he’s always been a part of the William and Mary community.”

The wristbands are intended to both fund the scholarship and unite the William and Mary community around Weaver’s example



NFL players Derek Cox '09 (left) of the Jacksonville Jaguars and Adrian Tracy '10 (right) of the New York Giants are only two of the many athletes and alumni who wear the One Tribe, One Family bracelets.

— “he embodied what the William and Mary student should be,” according to Heroux. Their website states that one goal is to “to unite past, present and future William and Mary students and supporters in a meaningful way under the mantra of ‘One Tribe, One Family.’”

SAAC members were out in force at College athletic events, selling wristbands at football playoff games and such by the dozen. Alumni and friends of the College from all over the

country have become proud wearers of the bracelet. The Board of Visitors, President Taylor Reveley, Student Assembly President Christina Scott '11, Mason School of Business Dean Lawrence Pulley '74 and Mason School of Business Undergraduate Program Director Chris Adkins '95, Ph.D. '09 all have donned the white band. The initiative has been featured in the *Flat Hat*, the *Virginia Informer* and local television outlets WTKR and WVEC. Bracelets have been spotted at local restaurants and on the golf course. Sabert says that SAAC has sold hundreds of bracelets to soldiers in the Middle East — to alumni and Weaver’s fellow soldiers alike.

“Whatever you do, you’re still part of the Tribe,” says Sabert. “No matter where you are, whether you’re overseas fighting in a war, on Wall Street, whether you’re Jon Stewart '84, D.A. '04 or in the NFL, you’re still part of the Tribe family.”

— Ben Kennedy '05

For more on the One Tribe, One Family bracelets, visit www.onetribefamily.com.

[2011SPORTSCAMPS]

2011 FRANK LEONI SUMMER BASEBALL CAMP AT WILLIAM AND MARY

June 27-July 1, 9 a.m.-3 p.m.

Day camp for ages 6-15. Cost: \$245. Visit www.TribeBaseballCamps.com or contact Head Coach Frank Leoni at 757.221.3399.

2011 W&M BOYS' BASKETBALL DAY CAMP

June 21-24

Day camp for boys ages 7-17. Cost: \$250. For information, contact Austin Shaver, W&M Men's Basketball Director of Basketball Operations, at 757.221.3487 or washaver@wm.edu.

COLONIAL FIELD HOCKEY CAMP AT W&M

June 18-20; June 21-23; August 1-4

Ages 12-18. Beginner, intermediate, elite levels plus specialized goalkeeping. Overnight camp/commuters. Teams and individuals. Applications and information available at www.TribeAthletics.com. E-mail

tellis@wm.edu or wadrew@email.wm.edu or call 757.221.1594.

18TH ANNUAL COLONIAL ALL-PRO FOOTBALL CAMP

June 16-29

Ages: 8 thru rising seniors. Specialized instruction from the W&M coaching staff and NFL superstars. Overnight and day campers. Overnight campers - \$435; day campers - \$335. Contact: Coach Bob Solderitch; W&M Football; P.O. Box 399; Williamsburg, VA 23187; Telephone: 757.221.3337. Camp information available online at www.TribeAthletics.com

W&M NIKE GOLF CAMP

July 24-28.

Resident and Day junior golf camp for boys and girls ages 10-18. All levels welcome. For more information or to register, visit www.usportscamps.com/golf or call Coach Pete Gyscek, PGA at 757.221.7840. Experience our new home at Williamsburg National Golf Club.

COLONIAL KICKS SOCCER CAMP AT W&M July 3-6 and July 24-27

Overnight camp for boys ages 10-18. For information, contact: Chris Norris, Head Men's Soccer Coach at 757.221.3385 or by e-mail at cmnorr@wm.edu. <http://colonialkicks.webnode.com/>

JOHN DALY WOMEN'S SOCCER CAMP

Two sessions: July 10-14 and July 17-21

Resident \$550 (\$530 if paid in full by May 1); Commuter \$350 (\$330 if paid in full by May 1). For more information or to register, e-mail jbdaly@wm.edu or visit www.JohnDalySoccerCamp.com/

PEAK PERFORMANCE AND DEVELOPMENTAL TENNIS CAMP AT W&M

Two sessions: June 21-25; July 5-9.

Resident junior tennis camp for boys and girls ages 9-18. For more information or to register, visit www.ppanddtenniscamp.com or contact Assistant Coach J.P. Ritchie at 757.221.7375 or e-mail: jpritchie@wm.edu.

[SPORTSBRIEFS]

Men's Swimming and Diving Places Fifth at the CAA Championships

At the CAA Championships in February, the Tribe men's swimming and diving team put its mark on the 1,650 freestyle, placing three



McVeigh '13

swimmers in the top 16 and two in the top eight.

The trio was led by sophomore Kyle McVeigh '13, who would not only set the school record in the 1,650 free, but also the 1,000 free.

Also in the 1,650 free, freshman Michael Mowen '14 placed eighth with a personal-best time of 16:02.19, while classmate Tyler Poling '14 finished 16th with a lifetime-best time of 16:13.56. With their times, Mowen and Poling now rank seventh and 10th all-time in the event in school history.

Women's Swimming and Diving Fourth at the CAA Championships

The Tribe women's swimming and diving team

placed fourth at the CAA Championships with 408 points, wrapping up a very successful meet for the Green and Gold. Overall, the women's team would set eight school records at the conference meet, including three on Feb. 26. Sophomore Caylyn Tate '13



Baker '13

broke the 1,650 freestyle school record, timing in at 16:54.47. In the same heat, freshman Jen Bentley '14 touched the wall in a time of 16:57.93, ranking her fourth all-time in school history. In the final heat of the 1,650, sophomore Meghan Baker '13 eclipsed the new school record set hours earlier by Tate, timing in at 16:53.22, ninth overall.

Tribe's Chuck Connelly Named One of Nation's Top Assistant Coaches

Associate head coach Chuck Connelly was named one of the top assistant coaches in 2011 by College Soccer News. Connelly became a full-time assistant coach in 2004

under head coach Chris Norris, working primarily with goalkeepers. Connelly, a former goalkeeper for Old Dominion, helped senior goalkeeper Andrew McAdams '11 post a goals against average of 0.81.

Tribe Hoops Advances to Quarterfinals, Garners Awards

A quintet of William and Mary men's basketball players was honored at the CAA Awards Banquet on March 3. Forward Quinn McDowell '12 earned Third-Team All-CAA honors for the second straight season and won the Dean Ehlers Leadership Award, the second consecutive such award for W&M. Freshman guard Brandon Britt '14 was a CAA All-Rookie Team selection, while McDowell, senior Marcus Kitts '11 and sophomores Andrew Pavloff '13 and Doug Howard '13 garnered CAA All-Academic Team honors. In the first-round tournament victory over JMU, McDowell scored 35 points, setting an all-time CAA Tournament scoring record.