



The Bison Pass

A publication for alumni, family & friends of Bucknell Field Hockey

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A message from Head Coach Heather Lewis

Well, as I sit here and write yet another August message, the turf field is literally being laid on its foundation. As the cliché goes, "it's like putting candy in front of a child's face."

The excitement and realization could be all consuming if it weren't for the preseason practices that need to be planned, the paperwork that needs tending to, and the recruit calls that need to be returned.

As our preseason comes to a close I want all of you to share in the pride that I have for our squad today. You see, we've been faced with a "planes, trains & automobiles" scenario since our August 13th arrival date. Unfortunately, due to the rain earlier in the summer and some unfortunate construction delays, our turf completion date is delayed by about 3 weeks - from August 8th to the 29th. Given that, we have been challenged with finding turf practice sites in Selinsgrove, State College, Lock Haven, and Scranton. To say the least, we have been travelling quite a bit. To the credit of every team member, there has not been one word of complaint and, quite remarkably, their attitudes have been tremendously upbeat and positive. We all know, "it could be worse...we could not be staring at the turf carpet but instead another year of dead grass, nasty skunks, and poor weather."

As the season quickly approaches, I remain optimistic that the Bison of 2003 will surprise many folks - not only within the Patriot League but many beyond. We have balanced a first-year class of 11 freshmen with 12 remaining upperclassmen into a unit forged by respect, work ethic and humor...three ingredients I consider essential to success.

And while my attention may be primarily focused on the current players, there isn't a day that I don't have time to reflect on the past and the opportunities that have been presented to me here at Bucknell. I have had the good fortune of coaching so many wonderful young women; I have been welcomed by so many parents and entrusted with the care of their daughter and for all of that, I'm truly grateful!

I know I have been here a few years when my alumni are inviting me to their weddings, sending me announcements on the birth of their first, second, and even third child. These are the moments that help me reflect on how lucky I've been the past 11 years and how fortunate I am to enter year #12 as the mentor of this program. You all mean so much to me and I don't want you to think, for one moment, that it isn't a special journey we share each season.

Enclosed, as always, you'll find our schedule, an "Alumni Day" response card and our annual "Goal-A-Thon" solicitation. Your support has been tremendous and we hope to show you our appreciation the weekend of September 20th!



Save the Dates! September 19-20th!

It's a BIG weekend September 19-20th and it's my hope that all alumni, family members and friends of Bucknell Field Hockey can plan on joining us for the Dedication of Graham Field on Friday night, September 19th and the subsequent "Alumni/Friends Day" on Saturday, September 20th.

Festivities include the official dedication ceremony on Friday night at 7:00pm - of which you should have received an invitation (if not, and you're interested in attending, please call Heather at 570.577.1927 or email her at

hlewis@bucknell.edu) - a Patriot League contest against Holy Cross at noon on Saturday and alumni festivities following the game including an alumni game (if enough of you are daring to put on the shoes and compete on our new turf field!), a tailgate, and social later that evening.

At your earliest convenience, but no later than September 15th, please return the enclosed form if you plan on attending any and/or all events for the weekend.

2003 Promises a Year of the New and Exciting a view from Head Coach, Heather Lewis

If anything, 2003 is sure to be a season full of the unexpected yet exciting, starting with a brand new turf field and an addition to our coaching staff.

As I am sure you are all aware, the new turf field is a significant step forward in the resources

provided our student-athletes in their quest for excellence. In addition, Tara Herrmann has joined our staff and has complemented myself and Sue quite nicely through the preseason period.

When I think about the upcoming season, I am thrilled and, quite honestly, rejuvenated by the resources provided to us over the past six months. In addition, I have found this team to be quite attentive, focused and still very enthusiastic and humorous during our preseason training. We, as a staff, have challenged them on a daily basis and they have risen to the call, both mentally and physically.

The preseason poll has the Bison ranked #4 and I know a motivating factor for 2003 will be to prove that those rankings, once again, underestimated the heart and the character of this program. But, as they have shown every day in practice so far, the focus is not on the outcome, rather it is on the day to day process of just getting one step better. We are all firmly committed to a "team first" mentality and this has made for a very competitive practice structure each day.

We will be lead by 12 upperclassmen, joined by 11 first-year students. The beauty for me, as the coach, is that we are in a position where we do not have to put too much pressure on our first-year students. They have excellent mentors who are paving the way and easing their transition not only into Division I athletics, but into college life itself. With this blend, we will field one of our deepest teams in years and the flexibility in our lineup will provide this coaching staff with many options on any given day.

As always, we invite you to join us for any and/or all games - we love the support!



How to Reach Us



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Introductory remarks from Assistant Coach Tara Herrmann



Before I introduce myself, I would like to express how excited I am to join this exceptional coaching staff and be a part of this hardworking Bucknell field hockey team. In order for you to understand what I represent, I will give you a brief overview of my background. Growing up in Perkasio, PA, I was a multi-sport athlete at Penridge High School. Upon graduation, my passion for field hockey brought me to Old Dominion University in Norfolk, VA. I enrolled in the Honors College choosing to major in Biology and minor in Chemistry in hopes of one day entering the medical field.

I believe that excelling in field hockey and in college studies are both products of hard work, self-control, diligence, and self-motivation, and the ability to succeed at both of these leads to a lifetime of great accomplishments.

In addition to pursuing my degree, I was very fortunate to play competitive field hockey for four years for an extraordinary coach and with a selfless and determined team. During my time at ODU, we were able to capture four CAA Championships and one NCAA national championship.

Using my academic and athletic experiences acquired at ODU, I hope to show the athletes how being a part of a dedicated team is priceless and the importance a hard work ethic will play in your life on and off the field. I look forward to working with Heather and Sue in bringing out the best in each other, the team, and the program.



2003 SCHEDULE

Sat.	Aug. 30	SIENA	12:00pm
Tue.	Sept. 2	DREXEL	5:00pm
Sat.	Sept. 6	at Colgate *	1:00pm
Sun.	Sept. 14	at Monmouth	1:00pm
Sat.	Sept. 20	HOLY CROSS *	12:00pm
Tue.	Sept. 23	at U.M.B.C.	7:00pm
Sat.	Sept. 27	LAFAYETTE *	1:00pm
Tue.	Sept. 30	ST. FRANCIS	4:00pm
Sat.	Oct. 4	at Lehigh *	1:00pm
Tue.	Oct. 7	at La Salle	4:00pm
Sun.	Oct. 12	at Yale	2:00pm
Tue.	Oct. 14	at Quinnipiac	2:00pm
Sat.	Oct. 18	GEORGETOWN	12:00pm
Tue.	Oct. 21	at Penn State	7:00pm
Sat.	Oct. 25	at Fairfield *	12:00pm
Tue.	Oct. 28	at Towson	7:00pm
Sat.	Nov. 1	AMERICAN *	12:00pm
Fr./Sa.	Nov. 7 & 8	Patriot League Tour.	T.B.A.



Captains' Comments



Lindsey Gentel '04

First off, we would like to welcome our incoming first year players and their families to Bucknell field hockey. We are excited about the new talent they will bring and know that each player will be a huge asset to our already strong program.

We find it hard to explain how lucky we feel for the opportunities we've been given this season. With the continued effort of our coaching staff, athletic department and supporters, our program has been given the chance to compete at an even higher level of competition due to the recent addition of a new turf field and Tara Herrmann, the third member of our coaching staff. Embracing these good fortunes and our powerful team, we feel optimistic about this season.

As always we will strive to be one of the top competitors within the Patriot League. But more importantly we head into this season with the ultimate goal of growing together physically and emotionally into a single unit. The tremendous strides made this past spring are a small indication of what the 2003 Bucknell Field Hockey team is capable of. As captains, we personally commit ourselves to motivate our teammates and keep everyone on the common focus of our team goals.

Last but not least, we especially want to thank our families and friends who have supported our team over the years. We wouldn't be where we are today without you and we look forward to your continued support this season. GO BISON!

Sincerely,
Lindsey Gentel and Kate Ruda



Kate Ruda '04



2003 ROSTER

<u>Name</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Hometown</u>	<u>High School</u>
Meiko Boynton	Jr.	For.	Bernardsville, NJ	Pingry School
Steph Cabral	Jr.	Mid.	Glastonbury, CT	Glastonbury
Carli Cataldo	So.	Mid.	Warrington, PA	Central Bucks East
Callista Costopoulos	Fr.	Mid.	Shermans Dale, PA	West Perry
Lindsey Gentel	Sr.	Def.	Sudbury, MA	Lincoln-Sudbury
Emily Groendyke	Fr.	GK	Glen Gardner, NJ	Voorhees
Laura Harabedian	Fr.	Mid.	Basking Ridge, NJ	Ridge
Roxannah Hunter	Fr.	Def.	Lititz, PA	Warwick
Corin Inderbitzin-Brooks	Jr.	Def.	Springfield, VA	Annandale
Liz Jordan	So.	GK	Towson, MD	St. Paul's
Sheri Keener	Fr.	Mid.	Elizabethtown, PA	Lanc. Mennonite
Alex Kyzmir	Fr.	For.	Lisle, NY	Whitney Point
Anne Lutz	Fr.	For.	Allentown, PA	Wm. Allen
Kirsten Nilsen	So.	Mid.	Lewisberry, PA	Cedar Cliff
Kelly O'Brien	So.	For.	Rye, NY	Rye
Suzanne Peloquin	Fr.	GK	New Canaan, CT	St. Luke's
Cara Reichenbach	Jr.	Mid.	Richfield, PA	Middleburg
Heather Rogers	Fr.	Def.	Wyoming, DE	Caesar Rodney
Haley Rosengarten	Fr.	For.	Greenwich, CT	Greenwich Acad.
Kate Ruda	Sr.	Def.	Mountaintop, PA	Crestwood
Cara Turner	Jr.	Mid.	West Chester, PA	Henderson
Jenni Turner	Jr.	Mid.	West Chester, PA	Henderson
Katie Urosevich	Fr.	For.	Lewisburg, PA	Lewisburg



I'm back again...
Mr. Bison Giving...and
we're setting some very lofty
goals for annual giving
for the Field Hockey
Program...can we raise
\$20,000?



ANNUAL GIVING



It has crossed my mind lately that I haven't ever taken the time to explain to you why our annual fund-raising efforts are so critical to the continued success of our field hockey program. Did you ever wonder how the money is spent? Well, here's just a sample of expenditures that come out of the field hockey annual giving account

(also known as our "Club Account" or "Bison Club Account"):

- Insurance for 2 assistant coaches ~ \$2650/year
- Spring tournament fees & travel ~ \$2500/year
- Recruiting not covered by budget ~ \$1700/year
- Turf shoes for our student-athletes ~ \$1650/year

In addition, if the program is ever looking to purchase the "little extras" (i.e., new warm-ups, travel gear, new uniforms), those expenses are also covered by the club account. And finally, if we were ever to entertain the idea of traveling out of region by plane (i.e. St. Louis or California), this must be funded in its entirety by the club account.

So, as you can see, while the costs of running a competitive Division I program are escalating, unfortunately the budget dollars are not rising at the same rate. Heather, along with every other Bison head coach, is responsible, annually, for raising a targeted amount from her alumni, parents and friends. If we all "pitch in" and do our small part, we can not only help Heather meet her lofty goals but we can play a BIG PART in providing future Bucknell alumnae a first-rate student-athlete experience. We are, after all, a part of the Bison Field Hockey Family.

How can I participate in the annual giving?
Straight donations via our "on-line" giving program
Goal-A-Thon / Defensive Shutout Pledge
Buy a T-shirt or Sweatshirt
.....
ON-LINE GIVING LINK - specific for field hockey designated funds

<http://bucknellbison.ocsn.com/sports/w-fieldh/buck-w-fieldh-body.html>



Bucknell Field Hockey T-Shirts & Sweatshirts for Sale

The Bison Field Hockey Program is selling white, short-sleeved t-shirts with the "Bucknell Field Hockey" logo (in blue & orange) on the front



and the "Bison B" logo (in blue & orange) on the back, at the base of the neck.



In addition, we are also selling really "cool" navy blue heavy weight sweatshirts with the "Bucknell Field

Hockey" logo on the front and the "Bison B" logo on the back at the base of the neck.

If you'd like to buy one or both, just complete the enclosed order form and payment and we'll send them your way or contact Assistant Coach Sue Barnes at: sbarnes@bucknell.edu.

Make checks payable to "Bucknell Field Hockey"

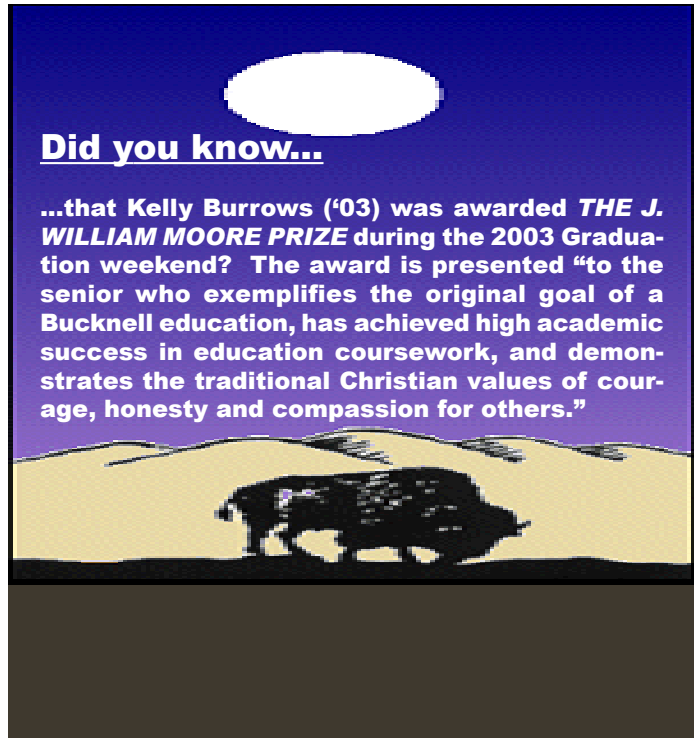
T-shirts = \$12.00
Sweatshirts = \$30.00





What's New With Bison Field Hockey

- The Bison of 2003 have welcomed 11 first-year student-athletes into the program.
- The Bison of 2003 welcome back 9 of 11 starters and 5 of their top 6 scorers from a season ago.
- We're hoping for a large enough turnout the weekend of September 20th to hold another alumni game - please RSVP!!
- If you're interested in being an "Alumni Sideline Coach" - either at a home game here in Lewisburg or at an away game near your home - contact assistant coach Tara Herrmann at therrman@bucknell.edu or **570.577.1079**. This is a new program we're trying to get off the ground and any alumni, parent and/or friend of the program is welcome to participate!



Did you know...

...that Kelly Burrows ('03) was awarded **THE J. WILLIAM MOORE PRIZE** during the 2003 Graduation weekend? The award is presented "to the senior who exemplifies the original goal of a Bucknell education, has achieved high academic success in educational coursework, and demonstrates the traditional Christian values of courage, honesty and compassion for others."



what heather's heard recently and what she's also telling you!

It's been a crazy few months since the last issue of *The Bison Pass* and Heather has run into or heard from so many different alumni. In no particular order, here's what she's heard lately...**Sarah Catlin ('98)** and **Dena Ebert ('02)** both worked the first-ever nhQ Inc. field hockey camp here at Bucknell...the camp was a great success and Heather couldn't have done it without her outstanding staff...Sarah is entering her 3rd season as Head Field Hockey Coach at LaSalle University and is doing a great job...watch for a very competitive game at LaSalle when Bucknell travels to Philly for a 4:00pm contest on Tuesday, October 7th...Dena, too, is entering her 2nd season as an assistant coach at Monmouth University, while at the same time pursuing a master's degree...the Bison also travel to Monmouth on Sunday, September 14th for a 1:00pm contest...**Almira Baldwin Arnold ('94)** wrote me in August to catch me up on her very busy life!...Almira is living in St. Louis and is the proud mother of two girls with her third child

- a boy - on his way Christmas Day!...Almira has been dabbling in so much since her days in Lewisburg working in real estate, at an Art Gallery, in marketing, coaching, teaching English and even waitressing...she's been very active athletically playing tons of tennis (and even won the St. Louis City Tournament a few years ago) and paddle tennis...**Amy Marvel ('03)** moved to England in June and has found a job teaching 10-11 year olds...she's excited for the new challenges that living abroad will bring her...classmate **Kelly Burrows ('03)** secured a job teaching at an Indian Reservation in South Dakota...I just heard from Kelly a few weeks ago and she loves the people she has met, the families & children are so grateful she has joined them and she's truly enjoying the land out west...**Annie Hunsicker ('02)** returned from a year in Spain and has moved to Boston...she was looking into using her Spanish speaking skills in possibly a Paralegal position...I ran into **Kathy Kline**

Grove ('80) at the National Futures Tournament in Virginia Beach, VA over the July 4th weekend...Kathy was at the tournament working on securing her National rating for field hockey officiating...In addition, **Ann Kennedy Walton ('80)** stopped by my office this past summer as she was travelling with her three kids to visit family on the east coast...Ann and family are living in Orange County, CA...**Kate McIlvain Smith ('97)** got married on August 9th of this year...included in the wedding party were **Megan Bossuyt ('97)** and **Sally Keith ('96)**...also in attendance was **Tricia Way ('94)**...as you can imagine...there was plenty of laughter the entire weekend...the wedding was held at the Roads End Farm in New Hampshire and was absolutely beautiful...I also had a chance to catch up with Megan & Sally's parents who are all doing wonderfully...Kate will be returning to The Bullis School to continue her teaching & coaching career...her husband, Dave, is also an English teacher & coach at The Landon School...Sally has just secured a teaching position at the University of Rochester...Megan is still living and working in NYC...Tricia is working at Rosemont College, teaching in

their Continuing Education program...everyone is doing well and as funny as ever...also had a chance to catch up with **Barb Jordan (former assistant coach and head women's lacrosse coach)** who is entering her second season as head field hockey/assistant lacrosse coach at Gettysburg College...Barb is happy in Gettysburg and looks forward to a successful season this fall...I caught up with **Jen Ball ('97)** who spent some of her summer vacation working at White Mountain Field Hockey Camp...all is well in her life and she's enjoying her engineering job...she tells me that the "Boston Crew" - **Tracey LaPorte ('95)**, **Tracy Bass ('96)** and **Dani Johnston ('97)** are all doing well...Randomly, while visiting the Mohegan Sun entertainment complex to watch the Connecticut Sun of the WNBA play a game, I ran into **Steve & Linda Bass (parents of Tracy)** who were also heading to the game - it's a very small world out there!

As always, feel free to drop me a note or send an email and I'll make sure to get you in the next issue of *The Bison Pass*.

