

# The Patriot League



Today's Scholar-Athletes, Tomorrow's Leaders

American University ☆ Bucknell University ☆ Colgate University ☆ College of the Holy Cross  
Lafayette College ☆ Lehigh University ☆ United States Military Academy ☆ United States Naval Academy

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The Patriot League continually demonstrates that student-athletes can excel at both academics and athletics without sacrificing its high standards. The Patriot League's athletic success is achieved while its member institutions remain committed to its founding principle of admitting and graduating student-athletes that are academically representative of their class.

In its second decade of combining academic and athletic excellence, the Patriot League sponsors championships in 23 men's and women's sports. Initially started as an NCAA Division I-AA football conference in 1986, the Patriot League became an all-sport conference in 1990 and includes American, Army, Bucknell, Colgate, Holy Cross, Lafayette, Lehigh and Navy as full members, and Fordham and Georgetown as associate members. These institutions are among the oldest and most prestigious in the nation and their alumni have, and continue to play leadership roles in shaping our country.

Since 1998, the Patriot League has ranked first each year among all Division I conferences awarding athletic aid in the NCAA Graduation Rate Report. In addition, the Patriot League finished first in the new NCAA Academic Progress Report (APR) among all Division I conferences awarding athletic aid (combining with all eight of its full-time member institutions for an average of 984 out of 1,000). The APR is used to measure academic eligibility, retention and graduation of student-athletes.

Patriot League student-athletes and teams continue to enjoy success at the national level, with opening round victories coming in several NCAA Championships, including consecutive wins in men's basketball, a final four appearance in men's lacrosse and a sixth-place finish at the NCAA Cross Country Championship.

The Patriot League's mission is simple, to provide successful competitive athletic experiences while maintaining high academic standards, and to prepare its student-athletes to be leaders in society.

**During the 2005-06 year, Patriot League student-athletes and teams accomplished the following:**

- ◆ Army's Julie Jorgensen (first-team soccer) and Bucknell's Matt Capece (third-team baseball) were named to ESPN The Magazine Academic All-America team.
- ◆ 50 Patriot League student-athletes were named to ESPN The Magazine Academic All-District teams.
- ◆ In addition to automatic qualifiers, the Patriot League sent a second-at-large team to the NCAA I-AA football playoffs for the second-straight season, and to the NCAA Men's Golf Championships for the first time in League history.
- ◆ Bucknell's men's basketball program became the first Patriot League team to crack the *Associated Press* and *ESPN/USA Today* Coaches Top 25 Poll.
- ◆ American's Keira Carlstrom turned in the highest finish in Patriot League history at the NCAA Women's Cross Country Championship, placing sixth overall.
- ◆ Four Patriot League men's lacrosse teams spent portions of the season ranked in the top 20 of the United States Intercollegiate Lacrosse Association Poll, with Navy spending the entire year in the top 15.
- ◆ Holy Cross won the Patriot League's first-ever NCAA postseason contest in women's lacrosse, defeating Le Moyne in the NCAA Play-In Game to advance to the NCAA Women's Lacrosse Tournament.
- ◆ Army's women's basketball program became the first from a service academy to advance to the NCAA Division I Women's Basketball Tournament.
- ◆ Lehigh's Matt McBride became the highest Patriot League student-athlete to be selected in the Major League Baseball College Draft, going in the second round (76th overall).



## Naval Academy Swimming Alumnae



*Lt. Cmdr. Dora (Lockwood) Staggs, USN, earned 15 All-America certificates in her Academy swimming career. After serving a tour in the Pentagon, Staggs recently became the public affairs officer aboard the aircraft carrier USS Nimitz.*



*Former team captain Melissa Hawley now flies helicopters in the Navy.*



*Lt. jg Kelly Welsh captained the Navy swim team during her senior season of 1999-2000. She was promoted to Lt. jg during the summer of 2002 and currently is assigned to the Naval Academy.*

# THE NAVAL ACADEMY

## ANNAPOLIS

The City of Annapolis has been home to the Naval Academy for all but four years since the founding of the school in 1845 on the grounds of what originally was the Army's Fort Severn. The Academy moved its location to Newport, Rhode Island, from 1861-1865 during the Civil War.

## ANCHORS AWEIGH

"Anchors Aweigh" was written by Lt. Charles Zimmerman, musical director of the Naval Academy, in 1906, with the lyrics provided by Alfred H. Miles '06 as a fight song for the 1907 graduating class. The song made its debut at the 1906 Army-Navy game and when the Mids won, the song became traditional at the contest.

Stand Navy down the field,  
Sails set to the sky,  
We'll never change our course,  
So Army you steer shy.  
Roll up the score, Navy,  
Anchors Aweigh,  
Sail Navy down the field,  
And sink the Army,  
sink the Army Grey

## BANCROFT HALL

Named after the former Secretary of the Navy (1845-46) and founder of the Naval Academy George Bancroft, Bancroft Hall serves as the dormitory for the entire Brigade of Midshipmen. Its 33 acres of floor space and nearly five miles of hallways makes it one of the largest dorms in the world.

## BRIGADE OF MIDSHIPMEN

The 4,000-member student body at the Naval Academy is called the Brigade of Midshipmen.

The Brigade is organized into ...

- 2 regiments
- 6 battalions
- 30 companies

## BILL THE GOAT

The first recorded use of a goat as the mascot for Navy teams was in 1893 when an animal named El Cid (the Chief) was presented to the Brigade by officers of the USS New York. El Cid helped Navy to a 6-4 win over Army that year and a goat became the permanent mascot of the Academy in 1904.

## BLUE & GOLD

Now, colleges from sea to sea  
May sing of colors true;  
But who has better right than we  
To hoist a symbol hue?  
For sailors brave in battle fair,  
Since fighting days of old,  
Have proved the sailor's right to wear  
The Navy Blue and Gold

## CLASS RANKS

First-year students at the Naval Academy are referred to as "plebes" during their initial or "Fourth Class" year in school, while sophomores at Navy, members of the "Third Class," are called "youngsters." Juniors at the school are designated as "Second Class," with seniors called "Firsties" in reference to their "First Class" year.

## CO-ED

Women were first admitted to the Naval Academy during the summer of 1976. Today, women comprise roughly 15 percent of the student body.

## COMMISSIONED OFFICERS

When a student graduates from the Naval Academy, they have the option to enter either the Navy or the Marine Corps as an officer. If they choose to join the Navy, they are commissioned as Ensigns, while those entering the Marine Corps are given the rank of Second Lieutenant.

## JOHN PAUL JONES

The crypt of John Paul Jones, considered America's first naval leader and hero, is located below the Naval Academy Chapel.

The native of Scotland was born in 1747, and traveled to the colonies to assist America during the Revolutionary War. His ship never lost a battle as he reached a rank of captain in the Continental Navy.

Jones died in 1792 in Paris, France, and was buried there. His remains were returned to the United States in 1905 and he was interred at the Naval Academy eight years later.

## MARINE CORPS

Those officers entering the Marine Corps have the choice of service selecting one of the following fields ...

- Aviation -- air command and control, anti-air warfare, aviation maintenance, aviation supply, pilot, naval flight officer.
- Ground -- armor\*, artillery\*, communications (information systems), engineering, financial management, infantry\*, logistics, military police (\* = not available to women)



## MIDSHIPMAN

The original 17th Century meaning of the word “midshipsmen” designated those men who stood watch “amidships”, or in the middle portion of a ship. The middle “s” was later dropped to give the current form of the word.

Midshipmen were originally young boys who were apprenticed to sea captains to learn the trade.

In the early days of the Navy, midshipmen were trained aboard ship until they were commissioned as ensigns.

## NAVY

Graduates of the Naval Academy entering the Navy have the following service options available to them ...

- Aviation -- flight officer, pilot
- Nuclear Propulsion -- ships, submarines\*
- Restricted Line and Staff Corps -- civil engineering, cryptology, intelligence, maintenance, medicine, meteorology/oceanography, supply
- Special Operations -- explosive ordinance disposal, explosive ordinance management, mine countermeasures, operational diving and salvage,
- Navy SEALs\*
- Surface Warfare -- conventional, nuclear powered
- Submarines\*

(\* = not available to women)

## NICKNAME

The official nickname for all of Navy’s athletic teams is Midshipmen. “Mids” is an appropriate nickname, while “Middie” is inappropriate.

## N-STAR

Members of varsity teams who qualify for the varsity letter receive an N-Star for their letter sweaters if they participate in a victory over Army in any sport-designated Star Game.

The varsity N and corresponding N-Star were initiated during the early 1890s.

## SCHOOL COLORS

Each class at the Naval Academy produced their own set of class colors until 1892 when Navy Blue and Gold were established as the official colors for the entire Naval Academy.

## SUMMER TRAINING

Summers remain a busy and challenging time of year for midshipmen. Their initial tenure at the Naval Academy begins around July 1 prior to the start of the freshman year at the school with “Plebe Summer.” Instead of taking academic classes, plebes receive military indoctrination and learn basic seamanship and sailing.

The summer following plebe year is spent aboard various ships to gain knowledge and experience of the workings of the Navy. Included in this time is a three-week cruise aboard either a 44-foot Naval Academy sailboat or a Yard Patrol craft traveling on the East Coast.

Portions of the summer before the start of a second-class year is spent visiting bases of both the Navy and the Marine Corps. That leads up to the next summer when midshipmen join an operational unit of the Navy or Marine Corps for several weeks. In addition, rising firsties also begin to accept leadership roles at either the Naval Academy for plebe summer, the Naval Academy Prep School (Newport, R.I.) or aboard a yard patrol or sailing cruise.



## TECUMSEH

Tecumseh is the Native American figurehead which has been facing Bancroft Hall since 1866.

The statue originally was the figurehead of the USS Delaware and named after Tamanend, a Delaware chief. The name was later changed to Tecumseh after a Shawnee chieftain who lived from 1768-1813.

The original wooden statue was replaced after 50 years by the current bronze version.

Tecumseh is painted prior to football games and during Commissioning Week he is adorned with the shoulder boards of a Navy ensign on one side and that of a Marine Corps second lieutenant on the other.

## THE YARD

“The Yard” is another name for the grounds of the Naval Academy. Originally just 10 acres, The Yard has grown to a size of 338 acres.

## NAVAL ACADEMY LEADERSHIP



VICE ADM.  
RODNEY P. REMPT, USN  
Superintendent



CAPT. BRUCE GROOMS,  
USN  
Commandant of Midshipmen

# ACADEMIC SUCCESS

## MAJORS

Students at the Naval Academy can select one of 43 different majors within the following 19 fields of study ...

### Division of Engineering & Weapons

Aerospace Engineering, Electrical Engineering, General Engineering, Mechanical Engineering, Naval Architecture, Ocean Engineering, Systems Engineering

### Division of Math & Science

Chemistry, Computer Science, General Science, Information Technology, Math, Oceanography, Physics, Quantitative Economics

### Division of Humanities & Social Science

Economics, English, History, Political Science

In addition to graduating with a Bachelor's of Science, students can also attain a minor in one of seven different languages.

## GRADUATE SCHOOL

There are no graduate school classes offered at the Naval Academy, but opportunities for midshipmen to attain a postgraduate degree at a civilian school or university are available. The ability to attend medical school, as former Navy football player Terrence Anderson '00 and women's swimmer Sara Saltzstein '90 did, is another option.

In addition to furthering their education at schools across the country, students at the Naval Academy annually are in competition for one of the prestigious Rhodes Scholarships to study at the University of Oxford in England.

Since Navy's first Rhodes Scholar, E. Van Meter '28, a total of 43 Naval Academy graduates have received the Rhodes Scholarship, including 10 over the last six years. Among Navy's recent recipients is former baseball player Trevor Thompson '05.

## COSIDA ACADEMIC ALL-AMERICANS

Naval Academy student-athletes have been selected as an Academic All-American by the College Sports Information Directors of America 42 times over the years, with Mids garnering 16 awards since 2000.

The list of recent honorees includes two-time Academic All-American Courtney Davidson (women's basketball, 2003 & '04) and first-team recipients Michl Koch (tennis/at-large, 2000), Andrew Sause (water polo/at-large, 2001), Kate Macfarlane (soccer, 2002) and Trevor Thompson (baseball, 2005).

Navy student-athletes garnered a pair of Academic All-American awards last season, with Sean Blackman (gymnastics) and Kirsten Andrews (cross country/track & field) each earning third-team accolades.

## GRADUATION RATES

The Naval Academy athletic program is ranked the best in the country among the 117 schools with Division IA football programs in graduation rates according to a report released by the NCAA in January.

### Top Five Graduation Rates Among Division I-A Schools

Rank	Institution	Graduation Rate
1	Navy	99%
2	Notre Dame	98%
3	Clemson	97%
	Northwestern	97%
5	Duke	96%



Top to Bottom: Terrence Anderson; Abi Campbell; Trevor Thompson; Courtney Davidson; Lisa Steinmetz; Nicole Annapu

# MIDSHIPMEN IN THE COMMUNITY

One of the challenges we continue to face is helping our children understand the importance of education and helping them realize that lofty goals are attainable. With an increasing number of collegiate athletes dropping out of school early to pursue lucrative contracts in the professional arena, we are left with the question "who are our children's role models?"

At the United States Naval Academy, the Midshipmen have to balance the rigorous requirements of education, athletics and basic military training. With Navy athletes competing at the Division I level, the demands of their sports heighten the importance of maintaining solid grades. Navy is one of the few Division I schools in which all athletes must meet stringent academic expectations. This is what makes our Midshipmen such tremendous role models, successfully maintaining that balance between athletics and academics at a highly competitive level.

The Naval Academy Athletic Association works with local schools to expose youth to the Midshipmen, with the hope of providing a lasting impression. Typically, in assembly style, the Midshipmen speak to the students about life at the Academy, the experiences of competing in Division I athletics and what they've learned while at Navy, in addition to answering the multitude of questions that the students have.



# BEAT ARMY

At the Naval Academy, beating Army is important. Plebes yell "Beat Army!" in Bancroft Hall, "Beat Army" is on every weight in the Naval Academy weight room and alums and fans alike scream "Beat Army!" at the end of Blue & Gold, the Naval Academy alma mater.

Navy has dominated Army over the last 30-plus years, posting a winning record against the Black Knights 32 of the last 35 years and winning the N-Star series 10-consecutive years.

Over the past nine years the Midshipmen have won 66 percent of all athletic contests played against West Point, including an astounding 70 percent of all N-Star contests.

2005-06 Record Against Army .....	18-14 (.563)
2005-06 N-Star Record Against Army .....	14-8 (.636)
Nine-Year Record Against Army .....	184-95-5 (.657)
Nine-Year N-Star Record Against Army .....	134-57-5 (.698)

## 2005-06 N-STAR WINNERS

- |                      |                                 |
|----------------------|---------------------------------|
| • Sprint Football    | • Men's Indoor Track & Field    |
| • Women's Volleyball | • Women's Indoor Track & Field  |
| • Men's Soccer       | • Gymnastics                    |
| • Women's Swimming   | • Wrestling                     |
| • Men's Swimming     | • Women's Outdoor Track & Field |
| • Football           | • Lacrosse                      |
| • Men's Basketball   | • Tennis                        |

★ **Wrestling:** Heavyweight **Tanner Garrett** helped Navy to its sixth win in a row over the Black Knights with a 3-2 victory in the 50th meeting between the two rivals. Navy owns an incredible 40-5-5 record all-time against Army.

★ **Tennis:** Navy scored its first victory over Army since the 2002 season with a thrilling 4-3 triumph over the 2006 Patriot League Champions. Navy used a young lineup, starting three freshmen, two juniors and a senior to knock off the Black Knights. **Adrian Lai**, a 2006 All-Patriot League honoree, won both of his matches against Army.

★ **Men's Lacrosse:** Face-off specialist **William Wallace** dominated the "x" where he won 16 of the 23 draws and also added a goal in leading the Midshipmen to an 11-10 Star Game victory over Army. Richie Meade has led his Midshipmen to nine-straight Star Game wins and owns an 11-game winning streak heading into 2006-07.



◀ **TANNER GARRETT**

◀ **ADRIAN LAI**

◀ **WILLIAM WALLACE**

★ **Men's Basketball:** In earning their 13th N-Star in the last 14 years, **Greg Sprink** paced the Mids with 23 points, making clutch free throws down the stretch to lead Navy to a 67-62 overtime win over Army on national television.

★ Three victories in last year's dual meet allowed **Mike Linn** to conclude his career having never lost a race to an Army swimmer in any of his 12 individual or relay events against the Black Knights.

★ **Volleyball:** **Beth McArthur** totaled 31 kills, 31 digs and 11 blocks in helping lead Navy to a pair of victories over Army. In addition to their two wins over the Black Knights, the Mids also defeated Air Force in Colorado Springs.

★ **Women's Track & Field:** Led by **Kirsten Andrews'** four combined first-place performances against Army, Navy defeated the Black Knights in both the women's indoor and outdoor Star Meets for the fourth time in the last seven seasons. Andrews won the 100-meter hurdles, pole vault and long jump to lead the Mids to a 104-99 outdoor victory, while Navy claimed a 99.5-81.5 win in the indoor meet as Andrews topped the field in the pole vault.

★ **Men's Soccer:** Four different players scored goals and Navy ran it's record against Army to 2-0-3 in the last five years with a convincing 4-2 victory in front of a national-television audience. **Kris Huff** scored a goal and assist and was named CSTV's Player of the Game.

★ **Football:** **Adam Ballard** rushed for 192 of Navy's 490 yards and scored a touchdown, leading the Mids to a 42-23 victory over Army in the 106th meeting between the service academies. The win marked Navy sixth Star Game win in the last seven years.

★ **Women's Swimming:** **Aubra Thomas** won a trio of individual events for the third-straight year as Navy posted its 17th-straight win in the series.



**GREG SPRINK**



**MIKE LINN**



**BETH McARTHUR**



**KIRSTEN ANDREWS**



**ADAM BALLARD**



**KRIS HUFF**

## LeJeune Hall

### Lt. Gen. John Archer Lejeune, USMC

Navy's swimming and wrestling complex is named after the 13th Commandant of the Marine Corp and an 1888 graduate of the Naval Academy. He served more than 45 years in uniform, fought in World War I and completed nearly three terms as Commandant of the Marine Corps until his retirement in 1929.

### Lejeune Hall

Opened in 1982 at a cost of \$13.5 million, it was the first building at the Academy to be named for a Marine Corps officer.

### Lighting

The pools are illuminated with bright overhead lights that provide 100-foot candle power at water surface. The large sky-lights supplement lighting and add to the aesthetic beauty of Lejeune Hall.

### Pool

The large pool is 25-meters-by-50-meters with an eight-foot depth. A movable bulkhead enables Navy's teams to train at any distance. The pool provides 23 25-meter short course lanes or 10 50-meter long course lanes.



### Diving

The diving pool is 60-by-52 feet with depths varying from 14-17 feet. Diving equipment consists of two one-meter maxi-cheese boards, two three-meter platforms and a diving tower with one, five, seven and a half and 10-meter platforms. There is a powerful bubbler system under each level and a trampoline-dry land board port-a-pit spotting apparatus located on the pool deck to assist in training. In addition, the diving wall has three underwater observation windows.

### Seating Area

The gallery around the pool seats 1,000 spectators in comfortable armchair seats. Although the building is completely modern in conception and materials, its regularly placed columns and raised roof area complement the traditional turn of the century French Renaissance style campus with its vocabulary of granite walls and mansard roofs.

### Timing Scoreboard

The Colorado Time Systems scoreboard and timing system is the most up-to-date automatic system in the world. The system determines elapsed time, order of finish and lap splits for each competitive lane to a thousandth of a second. The system records the results and transmits them to the scoreboard.

The diving pool is equipped with a judges system that displays the awards, stores 11 dives for up to 99 divers, handles the addition and multiplication to compute degrees of difficulty, show the leading diver and flash if the current diver takes the lead.

### Competitors Facilities

Facilities for athletes include separate entrances, locker rooms, showers, three saunas, a large classroom, team locker rooms and a fully-equipped first aid/training room.

*“ I believe it to be almost universally accepted as sound policy that the cultivation of athletics in a military organization is extremely beneficial to the personnel from the standpoint both of improved physique and improved morale. ”*

*— John A. Lejeune, 1930*