



# Monarch Times

Volume 1, Issue 1

January 2012

An update from the Old Dominion Women's Lacrosse Program

## Included in this issue:

- ODU Lacrosse in the community
- Fall ball tournament at Duke
- Alumni game recap
- Sue Stahl Update
- Upcoming 2012 game schedule & Alumni Tailgate

## 2012 Game Schedule

2/26	Louisville	12PM	H
3/3	American	1PM	A
3/7	Richmond	4PM	H
3/10	Oregon	12PM	A
3/14	Navy	3PM	A
3/17	St. Joe's	12PM	H
3/18	UNC	1PM	H
3/21	Longwood	4PM	A
3/24	VA Tech	1PM	H
3/28	UVA	7PM	A
4/1	W & M	130PM	A
4/6	Delaware	7PM	H
4/8	Towson	1PM	H
4/13	GMU	7PM	A
4/15	JMU	1PM	H
4/20	Hofstra	5PM	A
4/22	Drexel	2PM	A
4/27-29	CAA's	TBA	

## Lady Monarchs Travel to Duke for Fall Ball Competition

Halloween weekend the 2011-2012 lady monarch lacrosse team traveled to Duke to put their hard work in fall ball practices to the ultimate test. The Monarchs faced top competition including Duke University, University of Florida, Virginia Tech and High Point. It was a cold



and windy day in Durham, NC but the team came out strong easily defeating High Point in their first match up. The monarchs then faced Duke and Florida, giving both teams very competitive games. In the final game of the day the monarchs went head to head with Virginia Tech in a hard fought game. Ultimately ODU came out on top making for a successful trip to Duke. Senior Sarah Wright was a huge

factor in the teams success, leading the offense and scoring multiple goals. ODU also competed against William and Mary in a home match this fall, and came home with another win.



Senior Becca Reymann (left) and Sarah Wright (right) were key factors in ODU's scoring.

## 2011 ODU Lacrosse Alumni Game A Huge Success

This year's annual alumni game was held September 17, 2011 in conjunction with the ODU Football's game against Hampton University. It was a cold, wet and windy Saturday, but the annual battle between the current and former Lady Monarchs was still played. The alumni squad came out to a strong start. However, they were unable to outlast the current team. A record setting 33 alumni returned for the event that included the alumni lacrosse game, alumni tailgate, an exciting win for

the football monarchs and an alumni social to follow the game. A huge thanks to everyone who came in 2011! We are looking forward to another great alumni weekend in 2012!



## Mark Your Calendar...Upcoming Alumni Tailgate at Drexel

We would like to start an annual alumni tailgate following one of the lady monarchs spring games for alumni of all ages to come out and see a game and socialize afterwards. We would like to hold the first tailgate following this years game at Drexel at 2PM on Sunday, April 22nd. We would like to have a joint tailgate with the alumni, current team, parents and friends. If you are interested in volunteering as the ALUMNI organizer of this event please email Ashley Kellogg at [akellogg@odu.edu](mailto:akellogg@odu.edu).



Senior goalkeeper Sarah Geary

### Contact us:

Powhatan Sports Complex  
4251 Powhatan Ave.  
Norfolk, VA 23508

#### Head Coach

Heather Holt: hwalden@odu.edu

#### Assistant Coaches:

Melody Shotwell: mshotwel@odu.edu

Ashley Kellogg: akellogg@odu.edu

Follow us this season at  
[www.odusports.com](http://www.odusports.com)

### Old Dominion Athletic Foundation

The Big Blue Club has recently changed names to the **Old Dominion Athletic Foundation (ODAF)**. This transition has allowed donors to donate to specific sports as opposed to donating to the athletic department in general. If you are interested in making a donation to the Women's Lacrosse Program or to the ODAF please visit the website below for more information. If you are donating online and would like to donate directly to the lacrosse program, you may type "lacrosse" in the comments box. Donations of any denomination are greatly appreciated.

[www.olddominionodaf.com](http://www.olddominionodaf.com)

#### WE WANT YOU!!

Help us to stay in touch with you with our season updates, upcoming alumni events, team newsletter and more! Complete the alumni form on the [www.odusports.com](http://www.odusports.com) by clicking the ALUMNI LAX tab and help us compile a more complete alumni database.

Like the ODU ALUMNI page on Facebook!!



2012 Team Photo (Missing: Sarah Geary and Lisa Bernardini)



### Where is Sue Stahl Now?

Following her retirement September 1, 2011, Sue Stahl has been spending her free time traveling with her husband Gray. They are staying busy playing golf and spending time with their family and grand children.

### Old Dominion Women's Lacrosse Team in the Community

#### "got sole project"

Throughout the fall semester the Women's Lacrosse team has been very active in the community. The lady monarchs participated in benefit walks for both the American Heart Association and Breast Cancer Awareness. Additionally the team went to the on-campus preschool during their sports week and gave a brief lacrosse clinic. The kids were very excited, especially when mascot BIG BLUE arrived at the end of the clinic. The team's big project of the fall was collecting gently used shoes for the "GOT SOLE PROJECT". This organization collects gently worn shoes and donates them to migrant workers on the eastern shore of Virginia. We felt that this project was the perfect fit for

our team, as each player on the team receives two pairs of shoes per year. The girls made a deal with Heather that if they collected more than 100 pairs of shoes they would not have to run the mile that week. After cleaning out their closets, locker room and asking the other athletic teams, the team came up with over 130 pairs of shoes to donate...and got out of running the mile. (for that week at least). The project has become a huge success and the migrant workers look forward to receiving shoes each year. We are hoping to get the chance for some of the girls to be a part of a shoe delivery to the eastern shore on one of the next trips.



Senior Rebecca Hartrum giving clinic to local youth

