A Message From the Coach

Dear Alumni, Friends & Parents:

UR women’s tennis had a very rewarding spring season. Our experienced team consisted of two seniors, two juniors, one sophomore and three freshmen. Team senior co-captains, Molly Goodman and Christine Ho, did a fantastic job leading the team to fully maximize their potential on and off the court. The coaching staff was pleased with the consistent performance throughout the season resulting in the team returning to the northeast regional rankings at #19.

There were several highlight moments this spring. Key victories were against William Smith 5-4, Ithaca 9-0 and Coe College 6-3. Key components of those wins consisted of freshman Camila Garcia, sophomore Alex Wolkoff, and junior Darby McCall winning all of their singles matches.

We had a great spring break in Tampa, Florida where we competed against 4 teams. The 'Jackets had tough outings against DI team Creighton and DII team University of Charleston but rebounded with two solid wins over Messiah College and Coe College. The weather was excellent all week allowing us to gain valuable experience playing in the heat before the UAA Championships in Orlando.

Thank you to all the alumni and friends for their gifts to the program. Their generous support has been critical to our success.

GO 'JACKETS!!

-Coach Nielsen

2015-16 Women’s Tennis Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Hometown</th>
<th>Class</th>
</tr>
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<tbody>
<tr>
<td>Grace DiGiovanni</td>
<td>Pittsford, NY</td>
<td>2019</td>
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<tr>
<td>Camila Garcia</td>
<td>San Diego, CA</td>
<td>2019</td>
</tr>
<tr>
<td>Alyssa Gontzes</td>
<td>Redding, CT</td>
<td>2019</td>
</tr>
<tr>
<td>Molly Goodman</td>
<td>Schenectady, NY</td>
<td>2016</td>
</tr>
<tr>
<td>Christine Ho</td>
<td>Scarsdale, NY</td>
<td>2016</td>
</tr>
<tr>
<td>Darby McCall</td>
<td>Bath, PA</td>
<td>2017</td>
</tr>
<tr>
<td>Alex Wolkoff</td>
<td>Wilmette, IL</td>
<td>2018</td>
</tr>
<tr>
<td>Lauren Zickar</td>
<td>Hermitage, PA</td>
<td>2017</td>
</tr>
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Head Coach: Matt Nielsen
Assistant Coach: Maggie Remyne & Frances Tseng ‘13

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Help support Rochester Women’s Tennis by participating in the Athletic Annual Fund Challenge! www.rochester.edu/athletics/friends/challenge.html
Rochester Flies South to Florida for Spring Break

Tampa, FL - - - The team escaped snowy Rochester in early March for a Spring Break trip to Tampa, Florida. We were excited for a chance to play outside and to soak up some much needed sun.

The first two days in Florida were a bit more leisurely, as the team had a day of practice to prepare for the matches and a day of fun. The day of fun was certainly filled with excitement as the team split up and half went to Disney World and the other half went to the beach. It was a nice way to start off the week to get to enjoy the Florida sun a bit.

Early in the week, the Jackets fell to Division I Creighton University, but bounced back nicely with a 9-0 win over Messiah College a day later. After a quick sweep in doubles, each the ladies took care of business in singles, earning easy two set victories on five of the six singles courts. Senior co-captain Molly Goodman was put to the test at 1st singles, emerging victorious in a super tie-breaker after a hard-fought battle, securing the clean sweep.

The ladies were back at it again the following day against Division II University of Charleston where they fell by a score of 2-7 after dropping a handful of close matches. We were able to end their spring break trip on a positive note, earning an exciting 6-3 win over Coe College.

U of R started strong and came out of doubles with a 2-1 lead. In singles play, freshman Camila Garcia and senior Christine Ho earned quick wins at 3rd and 1st singles respectively to give the Jackets both a 4-1 lead and the momentum needed to secure the victory. Sophomore Alex Wolkoff and junior Darby McCall would both be stretched to third sets before coming away with wins to seal the 6-3 victory.

While not on the tennis courts, the ladies found various ways to enjoy their time in Florida in addition to their time on the beach and at Disney. Everyone enjoyed various activities from hitting the hot tub and pool at the hotel to going shopping at the Nordstrom Rack.

All in all, it was a great spring break trip filled with great matches, beautiful weather, bad tan lines, and incredible memories.

- By: Darby McCall

2015-16 Women’s Tennis Results

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Opponent</th>
<th>Score</th>
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<tbody>
<tr>
<td>9/12-13</td>
<td>Mary Hosking Invitational (Geneva, NY)</td>
<td>---</td>
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<tr>
<td>9/19-20</td>
<td>Canton Classic (Canton, NY)</td>
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<tr>
<td>9/26-28</td>
<td>ITA Northeast Reg’l Champ. (Geneva, NY)</td>
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</tr>
<tr>
<td>2/20</td>
<td>In FL, Creighton</td>
<td>L 1-6</td>
<td>---</td>
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<tr>
<td>2/28</td>
<td>In FL, Messiah</td>
<td>W 9-0</td>
<td>---</td>
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<tr>
<td>3/7</td>
<td>In FL, Charleston</td>
<td>L 2-7</td>
<td>---</td>
</tr>
<tr>
<td>3/8</td>
<td>In FL, Coe College</td>
<td>W 6-3</td>
<td>---</td>
</tr>
<tr>
<td>3/9</td>
<td>@ Brandeis *</td>
<td>L 1-5</td>
<td>---</td>
</tr>
<tr>
<td>3/23</td>
<td>@ William Smith College</td>
<td>W 5-4</td>
<td>---</td>
</tr>
<tr>
<td>4/2</td>
<td>ITHACA</td>
<td>W 9-0</td>
<td>---</td>
</tr>
<tr>
<td>4/5</td>
<td>NAZARETH COLLEGE</td>
<td>W 9-0</td>
<td>---</td>
</tr>
<tr>
<td>4/9</td>
<td>@ St. Lawrence</td>
<td>L 4-5</td>
<td>---</td>
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<tr>
<td>4/12</td>
<td>SUNY GENESEO</td>
<td>L 4-5</td>
<td>---</td>
</tr>
<tr>
<td>4/16</td>
<td>NEW YORK UNIVERSITY *</td>
<td>L 2-7</td>
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</tr>
<tr>
<td>4/22-24</td>
<td>UAA Championships (Orlando, FL)</td>
<td>0-3</td>
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</table>

HOME MATCHES IN ALL CAPS

Awards & Rankings

ITA Northeast Regional Team Ranking: #19
Christine Ho & Camila Garcia Doubles Ranking: #15

UAA All-Academic
Molly Goodman
Darby McCall
Lauren Zickar
Freshman Perspective

The feeling of moving to the opposite side of the country was very two-sided. On one side I was extremely excited about leaving home and going into the unknown to begin a new life in a place different from San Diego, which although is perfect, it lacks changes in status quo. However, I also had all my nerves creeping up on me as I was leaving to go to a college all by myself. I had no friends coming with me, no family that could come at a moment’s notice, and no roots to build upon like many of my classmates had. I also had the scary thought of moving to a place that hibernates during an eternal winter with temperatures that I could not even imagine being in. However, moving from San Diego to Rochester was one of the best decisions I have ever made in my life.

When I arrived on campus, I was immediately comforted by the support of the team. From what I needed to buy to survive a Rochester winter to how I needed to deal with the time constraints of playing a college sport, they were all there to help me at anytime. Another thing about living so far away from home was that I gradually built my own family in Rochester. It was not a typical family structure, but all the people of the team became my close-knit family in New York. We had our family dinners at the library and a couple too many times where I had to be comforted after losing a tough match. Even though there were moments where I missed my home in California, I can honestly say that I was never truly homesick.

In addition to the other players on the team, the coaches were the foundation of my freshman year at Rochester. To begin with, I arrived to campus to Coach Matt, who was one of the reasons why I chose to come to Rochester. He was always there for moral support and really helped me see what my biggest strengths in matches were. My other biggest transition was with Maggie who turned my whole tennis game around at the most unexpected moment, but who transformed my playing style into one that can compete with high level players.

Overall, my freshman year was full of changes that I was scared to make at the beginning, but which made me into a more confident person today. I have become much more independent and confident in who I am and it all happened with the support of the team. I am very proud to be a part of the Yellowjackets and I am very excited to see how we do as a team in the future.

- By: Camila Garcia

Meet-a-’Jacket

Lauren Zickar ’17
Hometown: Hermitage, PA
High School: Hickory
Major: Financial Economics
Minor: Chemistry & Business

Lauren became a fixture in our line-up in both singles and doubles this year. She teamed up with Alex Wolkoff to be the second winningest duo this year for us. This summer, beyond playing tennis, Lauren is going to be working for Excellus Blue Cross Blue Shield as a finance intern.

Favorite Tennis Player: Roger Federer
Other Hobbies: Running, crafting, and hanging out with friends
Favorite Team Memory: Spring break trips to California and Florida
Career Ambitions: Work in consulting at a Big 4 firm and eventually get my MBA
Interesting Fact About You: I can stand on my head for a really long time

’Jackets Return to Drive for Miracles Radiothon

Rochester, NY --- For the third consecutive year, the Yellowjackets volunteered their time at Strong Memorial Hospital for the Drive for Miracles Radiothon. Members of the team partnered with 100.5 The Drive and 1180 WHAM to raise money for Golisano Children’s Hospital.

On February 11th and 12th, Rochester players manned the phone lines during the event, taking donations and pledges from numerous community members and former patients of the hospital. Between personal pledges and matches from area businesses, the drive raised nearly $225,000.

Overall, it was a great experience for the team to have an opportunity to support such an amazing cause.

- By: Alyssa Gontzes
2016 marked the end to myself, Molly Goodman, and Christine Ho’s amazing careers on UR’s women’s team. The last four years have been one of the best experiences of my life. I have been blessed to meet some of my best friends and have come away with some of my favorite memories. Tennis hasn’t been just a sport to us, but it has really taught us a new perspective on life and how to work hard every day for the things we want to accomplish.

Christine Ho started all four years in the line-up for the team. As a freshman, Christine faced some difficulties off the court with illness and injuries, but it didn’t keep her from excelling. She used those trying times as motivation to start off her sophomore year strong, getting to the quarterfinals of the Northeast ITA Regional Championships in doubles with me. Christine also had a lot of success her junior year as she took over the number one singles position, which she would hold through her senior year. That year she defeated the number 29 ranked player in the country at the UAA tournament. Her senior year she had great success in doubles. In the fall of 2015 she was the A doubles flight champion with partner Camila Garcia at the SLU Canton Classic. She was the doubles consolation champion at the Northeast ITA Regional Championships that same season again with Camila. By the end of the season they were able to get as high as number 7 in the regional rankings and achieved a fifteen match win streak against DIII opponents, finishing the year ranked number 10.

I also started all four years for the women’s team. I ended my freshmen year strong by earning the matching clinching victory against NYU at UAA’s which I still think of as one of my biggest on-court highlights. I was able to keep that momentum going into my sophomore year, getting to the quarterfinals of the Northeast ITA Regional Championships in doubles Christine. Another great on-court moment for me came as a junior came when I won the fourth singles flight at the SLU Canton Classic. My success as a tennis player is most apparent from the fact that I was the leader in singles wins in both my sophomore and junior seasons. In addition to my successful tennis career, I have also worked hard to be successful in the classroom receiving many honors. I was named to the UAA All-Academic Team three straight years and was a recipient of the ITA Scholar Athlete Award twice.

I ended my career at number 9 on UR women’s tennis all-time win list while Christine finished at number 17. We both served as co-captain’s of the women’s team for our senior year. Apart from tennis, Christine has enjoyed being a member of the Habitat for Humanity Club and I held the position of being VSAAC Vice President as well being a member of Delta Gamma.

Even though this is the end of our tennis careers at UR, I know it won’t be the end of our love and support of the team. We are so excited to see the future success of the team as I pursue my dream of attending medical school and Christine goes on to be a data analyst. I am sad to see my time end here, I am so grateful for the time I was able to be a member of this team. In our hearts, we will always be Yellowjackets!

- By: Molly Goodman