

# The 2008 Garnish Scholar-Athlete Awards

## From the Director's Chair

**George VanderZwaag**

Director of Athletics and Recreation

Today we recognize some of our senior student-athletes as Garnish Scholars. The Garnish Program was created in honor of Lysle "Spike" Garnish, coach and mentor to many Rochester student-athletes from 1930 to 1948. He became a trainer and assistant basketball coach in 1931. He was named an assistant baseball coach in 1932. Spike was an assistant football coach from 1945-48.

The Friends of Rochester Athletics, through an alumni committee, reviews nominations of students from our varsity teams who have achieved at a high level in both their athletic and academic pursuits through their junior year. From these nominees, a small number are selected as Garnish Scholars.

Periodically, the Garnish Memorial Citation is given to an alumnus, faculty member, or a staff member for dedication and contributions to the intercollegiate athletic program.

These students represent the ideal of the scholar-athlete. They lead our teams on the field of play, while doing outstanding work in the classroom. I am continually inspired by what our students are able to achieve when given the opportunities at a great institution like Rochester. What we know about the students that we recruit is that they set high goals for themselves inside and outside the classroom. What we learn from our Garnish Scholars, and reaffirm today, is that Rochester students are able to demonstrate educational excellence through an outstanding combination of athletic and academic achievement.

The Garnish Committee is proud to present to you these exemplary University of Rochester undergraduates and the Friends of Rochester Athletics continues to remind us of the values of this institution through the Garnish Program.



In 2006, the committee awarded its Garnish Citation to Sally Morales (l.), longtime administrative assistant to the Director of Athletics. The presentation was made by University President Joel Seligman (c.) and George VanderZwaag (r.).



Stephen Goodridge (c.) won the 2006 NCAA Division III Golf Championship. He is shown here with Pat Stark (l.) of the Garnish Committee and Dr. John Garnish (r.).

## The Garnish Scholars Excel in the Classroom and on the Field...



Andy Rape (c.), a two-time Academic All-American, is joined by Garnish Committee members (l-r) Halford Johnson '52, Pat Stark, Dr. John Garnish '51, and Mark Palvino '85.



Kelly Fischer was a top scholar and earned All-UAA honors in swimming.



**By Dana Hilfinger '10**  
**Sports Information Assistant**

As the third child in his family to participate in track and field in college and the second to come to the University of Rochester, it could be concluded that Travis Buttaccio is simply following in the footsteps of his older siblings. But appearances are deceiving, and while his family members have always been his biggest supporters, Buttaccio's reasons for doing track and field go a little deeper than simply family roots.

"I decided to run track in school, because I liked the idea of doing my own thing," he said. "In track, you can work out on your own time. It is so much more flexible."

To that end, Buttaccio has been successful competing on a collegiate level because he has made his experience his own, and that has worked for him. And while his oldest brother attending UR was a big factor in why the Clifton Springs, N.Y. native attended UR in the first place, ultimately, Buttaccio's choice to continue track and study Mechanical Engineering at UR was his own.

But with playing a sport, there are inevitably challenges, and, especially in track and field, there are a number of hurdles to overcome that aren't necessarily present in other sports. As a soccer and basketball player in high school, Buttaccio has acknowledged that one of the biggest difficulties while on the track is that you are essentially out there alone motivating yourself.

"You don't have your teammates beside you as much as in soccer," he notes. "It makes it kind of tough. You really have to pump yourself up, because if you mess up, it's all on you"

Additionally, as track and field is such a diverse sport, it poses challenges in terms of team unity.

"You have problems coming together as a team, because everyone is in their own area," Buttaccio said. "We try and do things that build that team environment, but it's tough."

But perhaps Buttaccio's biggest challenge in the realm of sports would be overcoming the embarrassment of his least favorite sports memory.

"It was in a game against Geneva," he explained of an experience with his high school soccer team. "The score was tied 0-0, and I was playing defense."

Buttaccio went on to describe how the other team's shot hit the crossbar and bounced right back to him. And instead of controlling the ball and clearing it, Buttaccio catches the ball, giving the other team a penalty kick which ended up being the game-winning goal.



But despite how momentarily embarrassing or difficult these challenges have been, Buttaccio has apparently come up with a way to bypass them and become even more successful. In high school, he won 12 sectional titles. His sophomore year at UR, he won the long jump title at the New York State Championship meet at St. Lawrence University with a jump of 6.46 meters. Last spring, he finished second at the State Championships and 16<sup>th</sup> in the Eastern College Athletic Conference Championships in the long jump. All of this, while balancing the heavy engineering course load and staying in top shape so as to compete at this level.

"I don't know how I do it," Buttaccio said in reference to balancing his schedule. "I guess I just go by what I need to do."

And in terms of what Buttaccio plans to do with his mechanical engineering degree after he graduates next spring, that is still up in the air. He mentions possibly continuing school in Austin, Texas, where his brother currently resides, or looking for a job in the real world.

"I have no idea what I want to," he admitted. "Although I would like to go somewhere warmer."

**By Dana Hilfinger '10**  
**Sports Information Assistant**

You can draw a few conclusions about Michael Chmielowiec when you watch him take the court in the Palestra on any given night. First of all, he leads by example. Secondly, he is a playmaker. And lastly, he's tough. Take, for instance, last winter. Chmielowiec missed the first nine games of the season due to a broken bone in his shooting hand, then returned to the lineup in the JP Morgan Chase Tournament and scored 10 points in the first half of his first game back. By the end of the season last year, Chmielowiec was playing the most minutes of any Yellowjacket player each game and earning All-UAA Honorable Mention honors.

Leave no doubt, the Batavia, N.Y. native is a hard worker. And that applies to more than just basketball.

"Like any athlete, I'm competitive," he said. "And that competitive nature crosses over into my classes as well. I really just want to do well in both areas."

It was that desire for academic excellence and athletic capability that originally drew Chmielowiec to UR.

"It was where I felt most comfortable," he explained. "I wanted to be part of a team that could compete for a national championship. And as far as academically, I think they speak for themselves."

Chmielowiec started playing basketball with his dad. Although originally drawn to baseball and football, he realized that taking the court came a lot more naturally to him than taking the field. In the end, it was obvious to Chmielowiec that playing basketball was the thing to do.

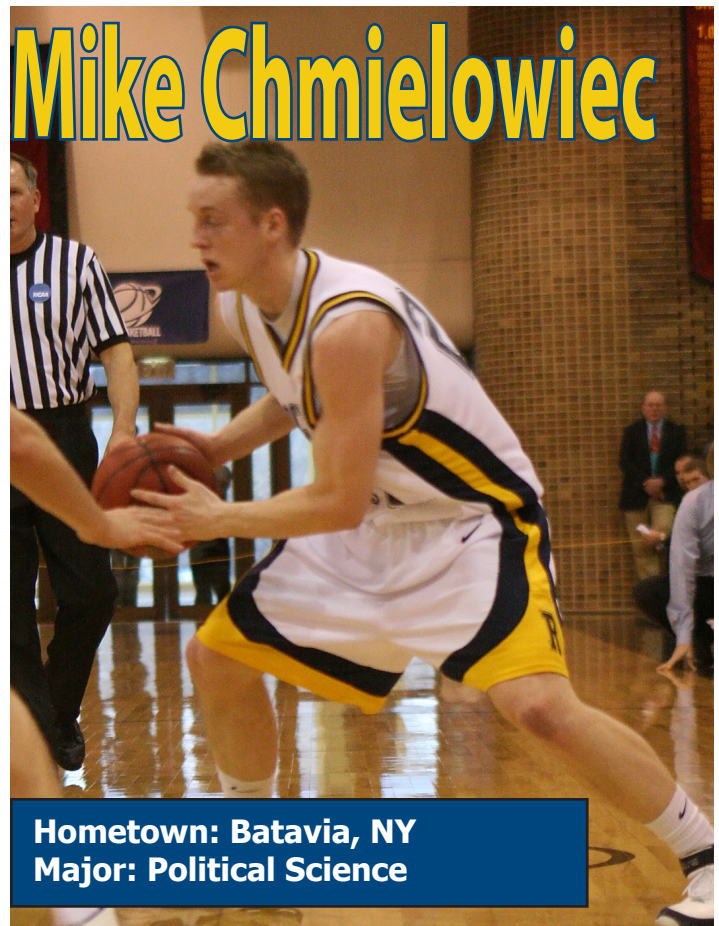
The same situation began when the senior forward was choosing his major here at UR. Chmielowiec originally entered into school as a science major, but after "a week of chemistry, I was done." He soon found an affinity for political science and decided to stick with that. And as a member of the Varsity Student Athlete Advisory Committee and St. Sebastian, Chmielowiec has quite a few activities to juggle in addition to playing basketball.

"Playing a sport, if anything, has helped me organize and prepare myself even more for classes and other activities," he said.

And impressively, with all of these activities, Chmielowiec still seems somehow immune to the pressure that is coming from so many different directions. Instead, he just focuses on the pressure he puts on himself.

"I've made myself successful because I want to do well, and I know that whatever I earn I earn," he explained. "And that's enough pressure."

In three years as a Yellowjacket, Chmielowiec has



been the leading scorer in 13 games and has an overall three-point percentage of 40%. His sophomore season, he won Most Valuable Player of the JP Morgan Chase Tournament. In two of his three years, the 'Jackets have gone to the NCAA tournament, with last year's team advancing into the Sweet 16. Chmielowiec credits that success to a lot of factors, but most importantly, the dynamic the team has with one another.

"We are so close with each other," he said. "We are all best friends on campus, and it really gives you a better understanding of who you are playing with on the court. It allows you to push your teammates and get on them when they make mistakes, because you know that your relationship is bigger than that."

But in the end, your team can only push you so far, and Chmielowiec, like many great athletes, has a drive that allows him to push himself to strive for excellence. Minor challenges along the road to success are negligible because there is a bigger picture that paints a standard of achievement and aptitude. And for the star forward, perhaps the greatest motivator for his success is the game itself.

"It's not too difficult to get motivated to work hard when I'm on the court," Chmielowiec said. "Just the fact that I love to play basketball makes it so much easier."



**By Dana Hilfinger '10**  
**Sports Information Assistant**

For some, playing a sport is so commonplace that it is difficult to imagine not competing on a team. Take Erica Gelb. The varsity field hockey and lacrosse player has been competing athletically for quite some time.

“Growing up, I played a lot of sports. Soccer, softball and basketball at first and then got introduced to lacrosse and field hockey,” she said. “In high school, I was playing three — basketball, lacrosse and field hockey.”

And that versatility as an athlete has benefited Gelb in ways extending far beyond the field of play. In each of her past three seasons, she was named to the National Field Hockey Coaches Association’s Division III Academic Squad. Last spring, she was part of a UR women’s lacrosse team that had the second highest cumulative grade point average in the country and was named to the Intercollegiate Women’s Lacrosse Coaches Association’s Academic Honor Roll.

Gelb’s schedule is not exactly easy. As an electrical and computer engineering student, she has to juggle a schedule that includes hours of labs and recitations in addition to classes. And while practice on top of her course load does mean a couple extra hours where she could be studying, she claims that athletics have actually always been an asset to her in terms of time management.

“In high school, the academic part was always easier with sports,” she said. “I think, in general, that playing a sport really helps me balance my time.”

In addition to time management, Gelb has taken away more than one life skill from all of her years as an athlete — the biggest one, she says, is being able to work and succeed on a team.

“I’ve learned so much about being able to work with everyone and being able to look past initial flaws or problems and take advantage of the strengths.”

This lesson will be especially useful to Gelb in years to come. The Baltimore native plans on getting her Masters in ECE at UR through the University’s 3-2 program. After graduating, she is hoping to get a job working at an engineering company where products are manufactured. This past summer, she got her first taste in the industry, interning at an Intel branch in Colorado.

“It was exciting to actually be using what I’ve learned at school over the last three years,” she said. “That’s one of the reasons why I was so drawn to engineering, because I can actually see the application of what I learn and I can see why I’m learning things.”

Back on the field, Gelb has been able to see her hard

# Erica Gelb



**Hometown: Baltimore, MD**  
**Major: Electrical Engineering**

work pay off as well. In three seasons on the field hockey pitch, she has been an anchor for the Yellowjacket defense, playing in 49 games and starting in 40. She has also seen significant playing time on the lacrosse field, playing in 39 matches in the midfield over the course of three years.

However, it has been what she has gotten off the field from playing these two sports here at UR that seems most significant. In particular, the feelings of belonging and accomplishment have been especially meaningful for Gelb.

“Coming into college, one of the reasons why the transition was pretty easy was because I was a part of a team. I think that that is so important in college,” she said. “And with being on a team, you get such a great feeling from doing well and from individually working hard to get to the point where you are happy with the team’s outcome.”

In her three years as a Yellowjacket, Gelb has certainly proven the potency of hard work and also just how addictive that sense of accomplishment is. And while Gelb might not be competing on a field hockey or lacrosse field for the rest of her life, the skills and tools she has gotten out of her experience will inevitably continue to aid her as she achieves in other fields of life.

**By Alex Moeller '09**  
**Sports Information Assistant**

Talking to Megan Jenkins, a senior defender for the UR women's lacrosse team, reveals a common thread among athletes at Rochester: she places academics above athletics. She has carried that mantra with her throughout her life – going all the way back to grade school.

"I've always liked science," she says. "Even when I was little, people would ask us what we wanted to be when we grew up and kids would say things like 'professional soccer player.' I would always say I wanted to be a doctor."

Judging by her academic career, Jenkins will have no trouble fulfilling her childhood dream. She is set to graduate in May with a degree in Bioinformatics, a relatively new field that combines science and medical studies with mathematics.

Megan has certainly earned her stripes in the field, having done summer research in each of the past three years. She spent the time studying at Syracuse and Cortland, as well as Rochester. Currently, much of her time is spent working on an independent study with professors Dave Mathews and Alan Grossfield. She is studying G-protein coupled receptors which, according to Jenkins, have a great impact on numerous aspects of the human body. In the long run, the goal of the researchers is to impact cancer treatments by developing treatments that have less of an effect on healthy body cells.

Along with the impressive academic accomplishments, Megan has put together a stellar career anchoring the Yellowjackets' defense on the lacrosse field. She picked up the sport in sixth grade after watching a friend's older sister play in her hometown of Baldwinsville, NY. Along with a group of friends, Jenkins decided to start playing indoor lacrosse that year. What followed was six years of middle and high school lacrosse.

"I really like team sports in general," she says, noting that she also played soccer and basketball in high school. "What I like about lacrosse is that it's fun to see how the style of play changes as the sport itself changes."

When choosing a college, Rochester jumped out for a number of reasons.

"I came here for the sciences and the research opportunities, and also for the medical staff at the [Strong Memorial Hospital] Medical Center," she said. "Another plus about UR is that it was clear that they put academics before athletics."

In her time here, it seems Jenkins has had no problem excelling at both. She has been a starter on defense for every game of the three years she has been at UR, and there is no doubt she will continue that trend this year. She has put up consistently strong defensive numbers, but last season set



**Hometown: Baldwinsville, NY**  
**Major: Bioinformatics**

the bar statistically. Megan posted 34 draw controls, tied for tops on the team with her fellow senior defender, Marlena Fischer. She also collected 28 ground balls, third on the team, and forced 18 turnovers.

This season, the team looks to improve on back-to-back 5-9 seasons with Jenkins anchoring the back line.

"We'll set our team goals (during) fall ball," she says, "but I know we want to make the Liberty League Tournament. We've been a game away from it the past two seasons. I want to take on more of a leadership role on defense."

Whatever happens, Jenkins will be able to take away quite a bit from her role as a student athlete here. She says that playing a sport on campus has helped her focus in the classroom and given her skills that she can carry after she leaves school.

"I am better at managing time in-season," she says. "When I have free time [during the season] I'm working, and I get things done very efficiently. Being busy is a good thing for me."

After graduating, Jenkins plans on going to medical school. She is currently looking into NYU, Cornell and UR, and she already has an interview scheduled at Columbia.

Going from ground balls to grad school might seem like a tall order, but it's just like Jenkins said – being busy is a good thing.



**By Dana Hilfinger '10**  
**Sports Information Assistant**

10-2. That was the score of Julie Marriott's first basketball game.

"My dad wanted me to play," Marriott explained. "I didn't know the rules and didn't like it at all to start out."

Fast forward ten years and you would never believe that this native of Fairport, NY resented her first experiences on a basketball court. The all-conference forward has had quite a career as a Yellowjacket. She has earned All-UAA honors the past two seasons, including becoming only the tenth player in UR history to be named to the First Team at the culmination of the 2007-08 season.

Basketball, however, didn't even come into the picture for Marriott until she got to Martha Brown Middle School. She played soccer starting in kindergarten all the way up through high school. In the end, however, after she became more acquainted with the rules and strategies of the game, it was basketball she fell in love with.

"When I was looking at colleges, I already knew that Rochester was a great school academically," Marriott said. "And then when I started to get recruited for basketball, it basically sealed the deal."

And while Marriott has excelled on the basketball court, she certainly hasn't forgotten that great academic aspect that originally drew her to UR. As a math major, she has learned just how important effort is to success.

"I'm really not even that good at math," she claims. "I really have to work hard at it and put in a lot of work to do well."

This attitude has translated on the court as well. If you have spent any time in the athletic center, chances are you've seen the women's basketball team running stairs in the Palestra or practicing drills on the court. But motivating herself to work hard with her team isn't really a problem for Marriott.

"Team chemistry is so huge for a team," she said. "Work ethic and working hard will come if you have good chemistry. Our team is so close, both on and off the court, and it makes it so much easier to come to practice every day."

Marriott returns this year as one of seven seniors on a team laden with experience and skilled players. Last year, the 'Jackets made it to the Sweet 16 of the NCAA tournament. This year, the senior forward is set on going the distance.

"With so much experience, we really have no reason not to go the championships," she said. "I know it is said all the time, but I really feel as if it is our year."



A lot of pressure? Not for Marriott. Throughout her career, the forward has shown she has a cool head when the spotlight is turned on her. As a sophomore, she tallied 17 points in the second round of a postseason game against SUNY Cortland. Last February, Marriott scored 19 points to lead UR past eventual UAA-champion University of Chicago, a game that kept the Yellowjackets in the hunt for the conference title.

"I'm always nervous when I first get on the court. Even for practice, I have nerves. But I settle down eventually after a couple points and just play."

And in the classroom?

"I really just don't like getting bad grades, so I stress out about them," she said. "There is a lot more pressure to do well."

But Marriott has risen to the challenge she has set for herself, just as she has done time and again in the Palestra. And while this upcoming year may be her last time playing on the court, Marriott can't seem to stay away from the game.

"I would definitely want to be involved with basketball after I graduate. In what way, I'm not quite sure but somehow."

That's quite a change for a person whose original reaction to the game was indifference bordering on distaste.

**By Alex Moeller '09**  
**Sports Information Assistant**

When senior football player Matt Stack graduates this May, he'll likely be starting a job at a top-tier financial firm. Economics and statistics have been on his mind since settling into the double major early in his academic career – he considers himself “a numbers guy.” Funny that he uses that specific phrase to describe his academic mindset, because it also fits his collegiate career on the football field. Stack, a defensive back, has put up impressive numbers on and off the gridiron, and he has been recognized as a Garnish award winner for just that.

Stack started playing football for his local Pop Warner team when he was just 7 years old. He was drawn from baseball to football by the intensity and physicality of the sport. “I just thought I'd try it, and it all worked out,” he says.

Coming out of Monroe, NY, Stack looked at football programs as high as Division I-AA when trying to select a college. High on his list were Air Force, Lehigh, and Lafayette, but he decided to enroll at Rochester for the same reason so many student athletes do – the combination of competitive sports and top-notch academics.

“Academics is my number one priority,” he says, “but football is right behind. Rochester is a place that can give me both.”

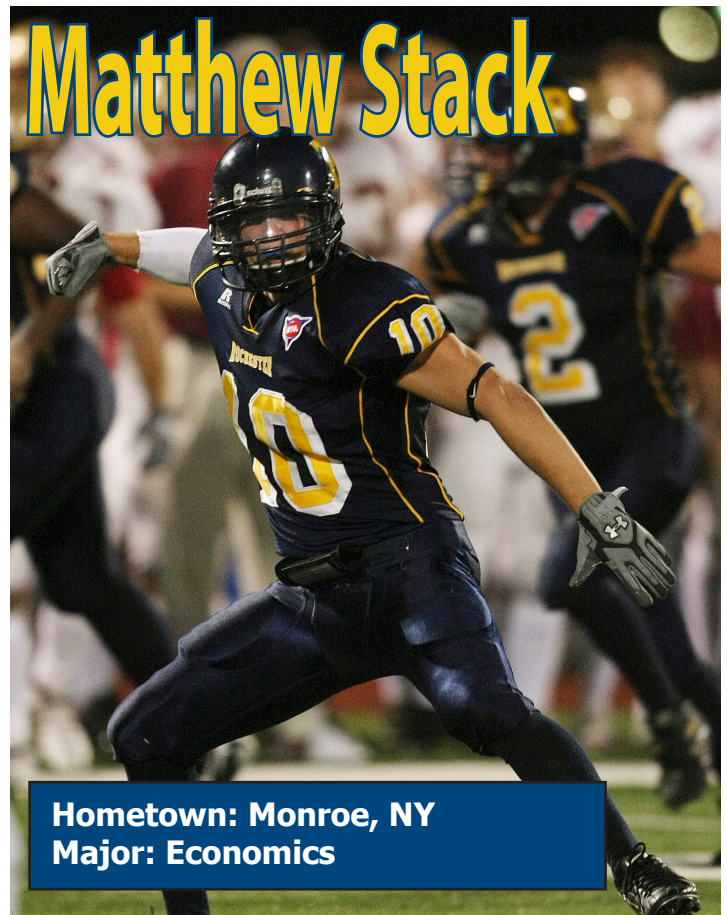
Stack came to UR intending to major in engineering, but says he quickly learned that it just wasn't for him. Next on his list was business, and the combination of degrees in financial economics and statistics was just to his liking.

“I always liked money,” he says with a laugh, “and I associated that with finance and business. There are limitless opportunities in the financial world.”

Matt is a perfect example of that last idea – he has used his summers to gain a wealth of experience in the financial field. Before coming to Rochester, he worked at a small accounting firm in his hometown. Two summers ago, he worked on Wall Street as an intern with the IBM sales group, which exposed him to the financial setting.

This past summer's internship search sent Stack on somewhat of a roller coaster ride. He was originally hired into the sales and training program by Bear Stearns, but after that company fell into financial troubles, he was left wondering if he would have any summer job at all. Fortunately, the group he was planning to work for was picked up by JP Morgan, and Matt got hired into their fixed income program.

His wealth of experience extends beyond the world of finance and on to the field, however. After playing in six games as a freshman, Stack burst onto the scene in a big



first in interceptions with two – both of which he returned for touchdowns – and tied for second in passes defended. The following season, Stack solidified himself as a force to be reckoned with in the secondary. Aside from leading the team in passes defended with nine, Stack recorded 70 tackles – good for second on the team.

He had quite a bit to say when asked about the positive aspects of playing football.

“A lot of it is the camaraderie of my teammates – knowing you are going out and working alongside 80-100 people for the same goal is special,” he says. “It's also important to have that ability to go out and release all of your aggression.”

Despite the incredibly full plate Stack has taken on while at school, he is very calm and collected when talking about how he handles the workload.

“It's all about time management,” he says. “You have to be organized, and sometimes you have to make sacrifices. People sometimes ask me why I work so much, but I know it sets me up for success after I leave school. Being goal oriented is really what it is all about.”

Speaking of goals, Matt has a number he's like to fulfill after graduation. He plans on taking a job in financial services as a trader or investment banker. He also would like to get an M.B.A., but says he has no plans to do so right after finishing his undergraduate work.



**By Dana Hilfinger '10**  
**Sports Information Assistant**

As a double major in English and Biology, a pre-veterinary student, a sister of sorority Sigma Delta Tau, not to mention a varsity athlete, most would classify Kelsey Turley as ambitious. The women's soccer star defender certainly has accomplished a lot at a school that she was never really sure she wanted to attend.

"I actually have no idea why I came here," Turley said. "But obviously it has worked out pretty well."

In the end, one of the major factors that swayed her to choosing UR was the soccer team. Growing up, Turley was an all-around athlete. She "played everything" and that athleticism has only benefited her on the soccer field. She eventually ended up focusing on soccer, playing club in high school in addition to her school's team. Turley makes sure to note that her athletic career has not been without obstacles.

"I feel most challenged with my fitness and the motivation to be at the physical level necessary for me to do my job on the field," she said.

But in three years as a 'Jacket, Turley has proven very capable of overcoming that challenge. As an anchor for UR's back line, Turley has started more than 50 games in her career and has received All-University Athletic Association honors in each of her three seasons. As a sophomore, Turley also picked up Third Team All-Region recognition.

The Rochester native was quick to credit the support of her family as vital to her athletic success.

"My mom is my biggest fan," she said. "And my dad used to be a collegiate athlete. Both my parents and my sister have always been very supportive."

From an academic stand point, Turley is also very accomplished. Part of that she credits to the structure that playing soccer has given her, remarking that it has allowed her to budget her time and stay organized. But a whole other aspect of Turley's good work ethic comes from her motivation to join the Peace Corps after she graduates and work in some capacity with the environment.

"I've always liked outdoors and have been a tree-hugger," Turley claims. "And I really like to do something with the environment and be able to help out."

As to where, that is still up in the air. Turley would be most interested in Africa or South America, but is still unsure of where she will be assigned.

And with the rigorous selection process of the Peace Corps, it is no wonder that Turley claims she stresses most about her academics. Surprisingly, however, Turley rarely stresses about pressure on the field.

"I have never been nervous about a game," she said. "If you are prepared enough, you shouldn't be nervous."

Academics, on the other hand, provide Turley with



challenges both difficult and different from those she has overcome in Fauver Stadium.

"I am forced to look at things differently," Turley said of what she finds most challenging in the classroom.

But it seems that forcing academic creativity has suited the Bio and English major, perhaps in ways extending beyond the classroom and onto the field, where Turley has become accustomed to the success that has resulted from her hard work and athleticism. In her career playing club soccer during high school, the defender's team won the State Championship. As a Yellowjacket, Turley's teams have amassed a record of 42-9-9 and have made it to the NCAA tournament twice.

As for this year, Turley sees no reason why UR's team can't go far and set their sights high.

"We are a young team," she said. "But with the talent we have, we can definitely make it to NCAAs."

One last run to cap off Turley's tenure here as a 'Jacket — it would be the perfect end to the accomplished career of this star defender.