

The 2011 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...



Matt Stack (c.), who was honored by the National Football Foundation as a top scholar, is joined by Dr. John Garnish '51 (l.), and Ralph Kuncel (r.), the University's Provost.



Yaneve Fong '11 (l.), here with George VanderZwaag (r.), was an NCAA national runnerup in track and field.

During her freshman year, now senior field hockey forward Allison Beardsley had a realization that many a University of Rochester student have also had – the natural sciences weren't where she wanted to be.

"Thus far my academic experience has gone smoothly," Beardsley says. "I realized freshman year the natural sciences were not for me and took more interest in the public health field as well as psychology. The flexibility of the U of R curriculum allowed me to take an array of classes and discover what I enjoyed most."

Making those kinds of adjustments have been crucial to Beardsley, both in the classroom and on the field hockey field. A health policy major with a minor in psychology, the Weedsport, N.Y., native has had impressive careers in both fields, culminating in her being honored with the Lysle "Spike" Garnish award this fall for her achievements and commitment.

While her commitment to the team or her academics hasn't wavered, Beardsley notes more than either the importance of family – both in her decision to go to UR, which she chose in part because it is only an hour away from her hometown, and in her role models.

"My grandmother has always been someone I looked up to," Beardsley says. "She was extremely kind hearted and could be very humorous but everyone who ever met her loved her and respected her."

Perhaps it is because of this support and respect that Beardsley has been able to accomplish so much. On the field hockey pitch, she rolled to a very successful season last fall. Beardsley led the team in points and came in second in goals scored. She also earned a rare honor for the Yellowjacket team, making the National Field Hockey Coaches Association All-North Atlantic Region team – the first UR player to receive that honor in four years.

Beardsley hasn't benefitted from the sport nearly as much as her team has benefitted from her playing.

"Playing a sport during college has helped me develop time management skills that I do not think I would have developed otherwise," she explains. "Also, being a part of a team the minute I walked on to campus made the transition from high school to college much easier."

Still, Beardsley does not seem to have had a hard time

finding her niche within the University Public Health department. She credits her own enthusiasm toward the subject in part to two professors she's had over the course of the last three years.

"There have been a couple of professors who have deeply influenced my career decisions and thought processes," Beardsley says. "I took Intro to the U.S. Health System sophomore year with Professor Theodore Brown and his enthusiasm about what he was teaching sparked my interest in health care. Taking his class is what made me decide to major in Health Policy. Then, taking Public Health 101 with Professor Nancy Chin deepened my interest in public health.

She encouraged us to think outside the box and provided an atmosphere where most of the learning was done through class discussions with our peers rather than an average lecture."

In fact, Beardsley would say one of the best parts of her experience at UR has been in her interactions with others – "What I like most about U of R is the people I have surrounded myself with and the lifelong friendships I have developed here," she says.

No doubt, Beardsley will be able to repeat that beyond her time at the UR. Next year, she hopes to pursue a job in the health policy sector before eventually heading back to school to earn her masters.

Beardsley believes, after all, that while she is competitive and hardworking, she would also describe herself as enthusiastic and easy going.

And while Beardsley will finish her field hockey career this fall for UR, it

will not be without remembering the impact it has had on her college experience and will likely have on her life post-grad.

"After high school, I knew I was not ready to stop playing field hockey," Beardsley says. "When I met with Coach Wendy Andreatta, I knew playing field hockey would be a good fit for me and allow me to enjoy my college experience even more."

Still, while the change will undoubtedly be tough, Beardsley has shown in the past that she is more than capable of adapting.



HOMETOWN: Weedsport, NY
MAJOR: Health Policy
MINOR: Psychology

For University of Rochester outfielder Alex Caghan, baseball wasn't always his number one choice.

"I started playing baseball when I was 5 years old. I started playing tee ball and actually I hated it," Caghan says. "I only went because my parents made my sister and me play. But eventually, as I became older and more skilled, I started enjoying the game and loving to play it."

Good thing, too, because over the past three years, Caghan has certainly done himself well on the baseball field. The North Canton, Ohio, native led the team in runs scored, walks and stolen bases, while collecting 13 doubles and 24 RBIs in the 2011 season. He culminated the season by making First Team All-Liberty League and earning All-Region honors.

Caghan's legacy at UR will not just be defined in athletics, though. A financial economics major with a double minor in business and legal studies who completed an internship at AXA Financial last spring, he hopes to attend either law or business school next fall.

"I chose UR because it had a great combination of academics and athletics," Caghan explains. "It not only provided me with a chance to succeed in baseball but also to succeed in life after I graduate."

Academically, the path hasn't always been easy, but Caghan has excelled.

"My academic experience has been challenging at times but yet very satisfying," he explains. "Sometimes it is very difficult to balance my time since I play a sport, but the professors and my coaches have been very understanding and helpful throughout my college experience."

Last spring, the right fielder earned Liberty League All-Academic honors. Now, he is honored with the Lysle "Spike" Garnish award for outstanding achievement in both academic and athletic realms. For Caghan, that success has been both the result of hard work and good role models, like his father.

"My dad has been one of my role models," he says. "He has always been supportive of me whether it be in the classroom or through athletics. He always took time off work to come and drive me to a game no matter how far away it was."

His experience on the field and in the classroom likely wouldn't be what it has been, however, without the people that surround him. That means in the classroom, where older players on the baseball team have helped to guide him through

course selection and mentor him in classes they've taken.

"I like the people the most," Caghan says of his favorite part about the University. "Everyone is very friendly and welcoming. It seems that everyone is always willing to help with my studies. Being an athlete also is beneficial because all of the athletes at Rochester are very close and everyone seems to look out for each other."

Caghan was introduced to who is now his favorite professor, Jim Memmott, because his teammates recommended him.

"He is a terrific teacher that has been around for awhile," Caghan says of Professor Memmott, who teaches journalism

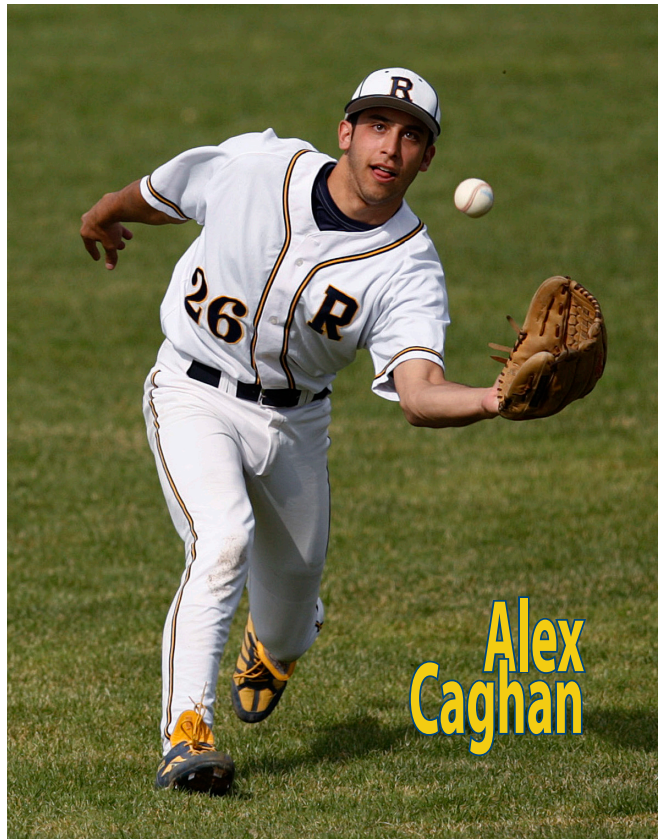
courses at the University. "Many athletes take his classes so he is very understanding of our schedules and is very willing to work around them."

On the field, Caghan and his teammates' camaraderie has resulted in success for both Caghan and the team – the two, in fact, seem intimately intertwined. During his freshman and sophomore year, the Yellowjackets won two-straight University Athletic Association titles; his sophomore year, Caghan was named to the All-Tournament team for his performance. That same year, the Yellowjackets made the Liberty League Championship tournament at the end of the season; Caghan hit .316 and notched a team-best six runs to lead the 'Jackets into the competition. Following that

season, he was named to the Second Team All-UAA and earned a nod to 2010 College Baseball All-America Team as selected by the *Jewish Sports Review*.

Still, it seems to come back to the people for Caghan. In fact, back when Caghan was trying to determine where he wanted to go to college, it wasn't just the academic promise or the strong baseball program that brought him to Rochester.

"I decided to come to UR, because it had the best combination of academics and athletics I could find," Caghan says. "I really liked Coach Reina and on my recruiting trip I saw how close the players were to each other. I wanted to share that camaraderie."



HOMETOWN: North Canton, OH
MAJOR: Financial Economics
MINORS: Business and Legal Studies

Though Ellen Coleman has succeeded plenty individually on the soccer pitch and in the classroom over the last three years – earning All-American honors as a forward and four-year starter on the women's soccer team and most recently receiving the Lysle "Spike" Garnish award for her achievement both on the field and in the classroom – she prefers to talk about the relationships she's built since coming to the University.

And that starts with one's she built before even attending the school.

"My visit to Rochester was what really affected my decision," Coleman says about her choice to come to UR. "I felt that I would fit in really well with the girls that I met and stayed with. Terry and Sike, my coaches, were also a huge part of my decision. They were both extremely welcoming and enthusiastic throughout the entire recruitment process, and I was excited about the opportunity to play for them."

That enthusiasm must have gone both ways, though. The Wauwatosa, Wisc., native was in love with the game – "Soccer was my first love, and my obsession never really died out. I wore my Mia Hamm jersey probably three days a week in grade school" – and it was evident by what she could do on the field.

Coleman showed promise from the get go. As a freshman, she was named University Athletic Association Rookie of the Year in addition to making First Team All-Conference. (She would then follow up her freshman season with two more First Team honors in her sophomore and junior season). Taking her spot at the top of the Rochester offense, Coleman isn't just a scorer – she is a menace to opposing defenses, showing unnerving stamina, gutsy effort and a dangerous finishing touch.

"Knowing that teams know my tendencies on the field can actually be an advantage," says Coleman, who hasn't slowed down since teams have started to learn her number. "So while they may try to be more aware of what I'm doing on the field, it can free up my teammates and create dangerous opportunities. If a team or defender is really hounding me it can be difficult not to get frustrated, but by remaining active and moving I can generally stay productive and relevant on the field."

Coleman's determination and perseverance is mirrored in the classroom, where she will be finishing her degree in

biomedical engineering and minor in chemical engineering this year.

When asked, Coleman thinks people would probably say she's "intense and focused, but still able to have fun." Compartmentalizing has been essential for her success. "Not only do student athletes have to manage their time, but I've learned to manage my attention, trying to be completely focused at the task at hand," she says. "Whether I'm in soccer mode, or school mode, it is important for me to make the distinction, and keep the other distractions out of mind."

Make sure you add hard-working to that list, though. The All-American forward has earned All-UAA academic honors and was named a Scholar-Athlete by the National Soccer Coaches Association of America. And Coleman's relationships, both with peers and role models, has not only been key to that success, but also instructional in that regard. Coleman describes her favorite professor, Dr. Laurel Carney of the BME department, as one who is extremely dedicated to her students, putting in "so many hours of her own time working with all of us on a personal level."

Then there is Terry Gurnett. It would be hard to talk about Coleman's progression through UR without mentioning the recently retired coach. Gurnett, who held the head coaching post for 34 years, was one of the main factors influencing Coleman's decision to come to the University and has been a huge factor in her positive experience since.

"He has put so much of his time and careful attention into his teams, and his hard work shows in all the success he has had," Coleman says. "I value Terry's opinions and advice over just about anybody I've met in the U of R community. He is the beloved coach of over 30 years worth of women's soccer players, and I consider myself extremely lucky to have played for him for the past three years."

With the productive career Ellen Coleman has had, it's clear that influence has rubbed off.



HOMETOWN: Wauwatosa, WI
MAJOR: Biomedical Engineering
MINOR: Chemical Engineering

For many, learning is either an individual or collective process — some prefer to study alone, while others would rather work in group settings. But Rachel deLahunta of the women's swimming and diving teams has been especially lucky because, for her, learning is both individual and collective.

The various lessons that the Pittsford, NY native has learned by herself and with others have enabled her, above all, to have success both in the classroom and on the diving board. For her resultant expertise in juggling academics and athletics, deLahunta has received the 2011 Lysle "Spike" Garnish Award.

DeLahunta's skill is not newfound — as a student at Pittsford Sutherland High School, she excelled in class and was an asset to the varsity diving team, junior varsity lacrosse team, church group, youth choir and National Honor Society.

When it came time for the brain and cognitive sciences major as well as French and Spanish minors to decide on a college, she did not have to look far. Since her older brother was a UR student, she had visited the campus several times. deLahunta did not have the need to attend a faraway school — she knew that, no matter how close to home her college was, she could still lead an independent lifestyle at school. And when she realized that the UR diving team was a natural fit for her, she knew that she had made the right choice.

As a freshman at UR, deLahunta was involved in numerous organizations, such as the ultimate Frisbee team, badminton club and Susan B. Anthony hall council. In her rookie season on the diving squad, she showcased impressive performances — she won the three-meter board in her first Liberty League Championship meet and was named Liberty League Diver of the Week for her victory.

Throughout her career at UR, deLahunta's interests narrowed. She learned to divide her time between academics, athletics and residential life, and the people who she met along the way deeply changed her.

"The most rewarding part about balancing academics and athletics is being a part of those groups and getting to know different groups of people," deLahunta said. "It always pays off to get to know whoever you're with and learn something about them. I've learned so much from the people I met in class and sports, and I've had so many experiences as an RA. It's always worth trying to meet new people, and it's sort of a shame to miss the opportunity."

deLahunta's efforts to get to know her professors have had lasting impacts. She has been inspired by the teaching methods of French Professor Thomas DiPiero, and she has been fascinated by the research that Brain and Cognitive Sciences Professor David Knill has discussed.

In the summer of 2010, deLahunta learned a lot from Dr. Laura Silverman — as an intern, deLahunta helped perform autism research in a clinic and design a study to determine whether gestures help or hurt children's language development.

"It was a good experience to see all the effort that goes into

figuring out how people learn and how we can help people learn better," deLahunta shared. "But I realized that research is not what I want to do for the rest of my life — I want to do more interacting with people. I'm really glad that I had that experience, so I could better tell what I want to do after graduation."

Although deLahunta has not dismissed careers such as speech pathology or programs such as Teach for America, she aims to attend graduate school for education and become a teacher.

deLahunta's experiences as an employee at Strong Memorial Hospital, counselor at Camp Arrowhead and participant in a study abroad program to Rennes, France — Rochester's sister city — will also help her with the path she pursues after college.

deLahunta spent a month in Rennes, a small town west of Paris, this past summer with six other UR students. She chose the program, offered by the Modern Languages and Cultures Department, largely for its linguistic benefits. By taking a course called "French in France," exploring Rennes, traveling to Paris and living with a host family, deLahunta was able to greatly improve her French.

In addition, deLahunta learned to be a better navigator, have an open mindset and appreciate diverse cultures.

"I understood that even though the culture is different from ours, they do a lot of things similarly," deLahunta explained. "Despite all of the differences, there are more similarities than we tend to think."

The program was also unique for deLahunta because it gave her the chance to dive abroad — with an adult beginner group, she dove

about once a week in a neighborhood pool that her host father knew about.

"I just really enjoy diving," deLahunta said. "There's something exciting and exhilarating about learning a new dive. There's always something to work toward."

deLahunta has dove since she was in sixth grade. The past two years, she has helped the women's swimming and diving teams snag the Liberty League crown and earn Scholar All-America Team accolades. Her junior year, deLahunta recovered from a broken hand, was named to the Liberty League All-Academic Team and placed third in the final round of the three-meter board competition at the University Athletic Association Championships.

With lessons of diligence, leadership, improvement, teamwork, optimism and flexibility in mind, deLahunta is preparing for another successful season on the board and in the classroom.

"You really need confidence to juggle schoolwork and sports," deLahunta explained. "You need that little radar that says, 'This is too much. I'm overwhelmed.' It's a balance between thinking you can handle everything and knowing that enough is enough. I found it this year, and I'm going to try to find it next year."



HOMETOWN: Pittsford, NY
MAJOR: Brain and Cognitive Sciences
MINORS: French and Spanish

At the age of three, Sara Hutchinson was on a team — she stepped onto the diamond for the first time as a water girl for her older sister's tee-ball squad. Although, four years later, she joined a travel softball team, and she played pitcher and shortstop for her high school club, the Oak Park, IL native learned the true meaning of the concept, "teamwork" at UR.

The biomedical engineering major with a concentration in biomechanics as well as starter and relief pitcher for the Yellowjackets has learned that, as a member of a team, she must have a strong work ethic. For her diligence, which has translated into success both in the classroom and on the mound, Hutchinson has received the 2011 Lysle "Spike" Garnish Award.

Hutchinson decided that she wanted to study biomedical engineering — a major that she thought had many real-life applications — when she was a senior at Oak Park and River Forest High School. Upon acceptance into a 3-2 B.S./M.S. engineering program and recruitment onto the UR softball team, Hutchinson visited the campus and never looked back.

Since her freshman year at UR, Hutchinson has been part of a close-knit group of scholars. She has spent much time working together with her peers to learn the material necessary for class. Hutchinson is a member of a BME mentoring program that matches juniors and seniors with freshmen in the field of study, and she has used her engineering expertise in real-world settings.

Her sophomore year, she worked in a lab on campus that analyzed light-activated gene therapy as well as its use in cell regrowth and potential implementation in the regrowth of knee cartilage. And this past summer, she was a research intern at the Rehabilitation Institute of Chicago's Center for Bionic Medicine.

"My internship this past summer has showed me how interesting prosthetics can be," Hutchinson shared. "It has pushed me towards the more clinical side of prosthetics, while still having the design aspect in mind. It also improved my ability to design experiments and showed me how people from such varied backgrounds can help each other out to solve hard questions."

After Hutchinson earns her Master's degree in biomedical engineering, she plans to pursue a Master's in prosthetics and practice prosthetics clinically.

Hutchinson's role as an asset to the 'Jacket softball team is a strong indicator of her future contributions to a prosthetics team. In fact, teamwork was the reason why Hutchinson decided to stick with softball over soccer, martial arts, volleyball, floor hockey, basketball and cross-country in the first place.

"It was really my teammates that made me choose softball," Hutchinson explained. "Growing up, a lot of my best memories

take place at softball tournaments, just being with my teammates. I couldn't tell you what my ERA was or what the score of any of the games were, but I can tell you about the fort we built in the hotel room or go-karting when I was 12."

Throughout her softball career, Hutchinson has played almost every position. Despite the pressure that rests with the pitcher, she chose the position because it enabled her to have control over the game and because she knew that she wasn't alone on the hill.

"A lot of how I handle the pressures of being a pitcher is through my teammates," Hutchinson admitted. "If I am having a hard time in a game, I normally look to my teammates for help — either by just joking around or by realizing that the game doesn't rely completely on how I perform, but on how my team does as a whole."

The collective approach has yielded impressive results for Hutchinson and the team thus far — she has helped the Yellowjackets set a single-season victory record, become Liberty League champions and snag berths in the NCAA playoffs.

As a rookie, Hutchinson recorded a 10-3 season, was named two-time Liberty League Pitcher of the Week and was accorded Liberty League Honorable Mention status. She excelled her sophomore season, too, maintaining a 2.17 ERA, striking out 130 batters and receiving First-Team All-Liberty League honors as well as All-University Athletic Association accolades. And last year,

for her skill in juggling academics and athletics, Hutchinson was named to the Liberty League All-Academic team.

"I've learned time management from playing UR softball," she stated. "Being both a BME major and playing softball takes a lot of good planning when it comes to studying and getting everything done that needs to be done. I have become more efficient at getting things done and procrastinate less than I used to. I have also learned that I can rely on other people and that I don't have to take all the pressure on myself."

With time management skills in mind, Hutchinson is looking forward to volunteering in a local prosthetic clinic, taking a Senior Design course, exploring the city of Rochester, attending an Eastman concert and smoothly transitioning the freshmen onto the softball team in her senior year.

"Figuring out how to balance both time commitments is a struggle, but definitely doable," Hutchinson said. "The experience of playing college athletics and being on such a close team makes the balancing act worth it."



HOMETOWN: Oak Park, IL:
MAJOR: Biomedical Engineering
CONCENTRATION: Biomechanics

A power forward and senior on the University of Rochester women's basketball team, Jodie Luther doesn't shy away from trying something different or out of the ordinary. At 6-foot-1-inch, for example, Luther has range, posing a dangerous threat to her opponent. Off the court, the Gibsonia, Pa., native has expanded beyond just her double major in economics and molecular genetics.

Her favorite class, in fact, was a history class she took the first semester she was at UR.

"My favorite class I have taken so far was actually outside both of my majors, a history class called 'The Holocaust,'" Luther says. "It was the first collegiate history class I ever took, but it was awesome because the material was so interesting, and we even got to hear two survivors speak in class."

For Luther, that ability to try new things is crucial. Perhaps, in fact, her willingness to do so in part led to her being one of the student-athlete recipients of the Lysle "Spike" Garnish award, espousing the student who has achieved both academically and athletically.

Luther seems to enjoy breaking the mold. This past summer, for instance, she ventured away from Pennsylvania, studying abroad and interning at the University College London Hospital in England, an opportunity not many basketball players get to experience. The experience included a number of exciting firsts for the UR forward, including experiencing living in the heart of a large city, being outside the country beyond Canada and getting to explore a number of European cities.

"Living and working in a foreign country, I tried to make the most out of everyday and every experience because I knew the things I was doing, I may never get to do again, or the places I was, I never may be able to return," Luther says.

Following graduation, Luther will likely be taking on other challenges, potentially dental school. That ability to try and be a part of different things is part of the reason Luther wanted to come to UR and a lot of what has defined her experience so far.

"Unique," Luther says in reference to her time here, "in the fact that the Rochester curriculum allows you to take the classes and focus on the areas you want to. I don't think at any other school I could have had the opportunity to pursue my interests in two very different fields, Biology and

Economics, as luckily I have had here."

But to say Luther's learning experience has only taken place in the classroom, where she has certainly excelled, would be to neglect the huge role basketball plays in her life – where, arguably, just as much learning has occurred.

In her three years, Luther's teams have made it to the NCAA postseason tournament each season, including her sophomore season, where the team advanced to the Final Four. Luther played an integral role on that team that season,

starting every game while averaging over 10 points per game. Last season, Luther stepped up to the plate even more, averaging the same number of points, shooting 50 percent from the floor and earning, at the end of the season, Second Team All-University Athletic Association and All-Region honors.

"Playing basketball has enhanced my education far more than I could have ever expected. Personally, I think I have learned just as much on the basketball court and being a member of a team as I have learned in the classroom," Luther says. "Being part of a team forces you to focus on something bigger than yourself, teaches accountability, and makes you want to work hard for your teammates. Basketball has changed my college experience in making me a more confident person

and a better leader."

That much will be tested even more this upcoming year, as the team returns primarily intact, but without the presence of graduate Melissa Alwardt.

Luther, though, just as she has been off the court, certainly seems ready to take advantage of any opportunity that's given to her. Just give her a little bit of time to adapt to it and set her own course. In fact, she might not have been playing basketball at the UR at all had it not been for a bit of patience – and a lot of hard work.

"I started playing basketball in seventh grade and it was only because of my Mom's influence," Luther explains. "My entire family plays, but I was never really interested. She encouraged me to play because I was tall, and as I learned how to play the game and got better, I grew to love the sport."



HOMETOWN: Gibsonia, PA
MAJORS: Biology and Economics

If you take one look at the academic and athletic accomplishments of Nathan Novosel, you will be impressed. But if you take one look at the ways that Novosel has reached those achievements, you will be even more impressed.

Since the Lexington, KY native first picked up a basketball at the age of five, he has been improving his leadership qualities on the court. And since his freshman year of college, when he decided to pursue dual majors in economics and political science, he has been working diligently in the classroom. For his admirable leadership and strong work ethic in athletics and academia, Novosel has earned the 2011 Lysle "Spike" Garnish Award.

The forward excelled scholastically and extracurricularly even before he came to UR — at Lexington Catholic High School, he played varsity hoops for four years, served as class president for two years and participated in student council for two years. As a junior, he founded and served as chairman of the honor council, a judicial group that handled student-behavioral infractions and still operates effectively today.

Although Novosel wanted to go to college outside of Kentucky to experience another part of the country, he did not intend to come to Rochester.

"The coaching staff recruited me and really encouraged me to come up to see the campus," Novosel shared. "I hadn't really taken it seriously until I saw the campus and saw how much of a remarkable school it was. Seeing what the curriculum offered and meeting the team, I learned that it really was a great fit for me."

Throughout his career at UR, Novosel has seen two coaching staffs. With former head coach Mike Neer, Novosel showcased solid performances in his underclassmen seasons. As a first-year starter, he led the team in field goal percentage, shooting .590, and helped the Yellowjackets earn the Sam Schoenfeld Sportsmanship Award. For his 10.6 points and 5.9 rebounds per game, he reaped honorable mention All-University Athletic Association accolades and was named UAA Rookie of the Year. *Division III News* recognized him as one of the division's ten best NCAA freshman basketball players in the country.

His second year on the squad, Novosel led the 'Jackets in both scoring, recording 11.8 points per game, and rebounding, grabbing 5.5 boards per game. He scored a career-high 22 points in an 81-68 victory over New York University, helped UR snag the Holiday Inn Airport Thanksgiving Invitational and Wendy's Collegiate Classic Tournament crowns and received Second Team All-UAA honors.

Novosel did not have his biggest success until he reached his third season, though. When Neer retired, several team members transferred and various players, including he himself, were injured,

UR was left uncertain.

Yet the team responded to the upheaval exemplarily, persevering and growing close. The Yellowjackets recorded a 22-6 season, broke school records by shooting .730 from the field against University of Pittsburgh at Bradford and sinking 17 three-pointers against Rochester Institute of Technology, clinched the UAA title and advanced to the Sweet 16 round of the NCAA playoffs.

Novosel captained the team. He led the 'Jackets for the third consecutive year in blocks and reaped many accolades — First Team All-UAA honors, First Team All-East, National Association of Basketball Coaches Honors Court recognition, the 2011 John Vitone Sportsmanship Award and the 2011 Athletic Leadership Student Life Award. For Novosel, hard work was one of the main reasons for such success.

"Head coach Luke Flockerzi asks us to basically give everything we have on the court every time," Novosel explained. "He doesn't try to take over our lives or make Division III Division I. He understands the balance between basketball and school, but when you're on the court, he demands full effort. He expects a lot, but he knows the rewards you can get from giving your full effort."

Novosel's diligence has been evident off of the court, too. He is a member of the College Democrats, Saint Sebastian Society, All Campus Judicial Council, Varsity Student Athletic Advisory Committee, Keidaeans Society and Alpha Kappa Psi business fraternity.

He displayed his hard work as an intern in 2009 and assistant to the Compliance and Finance Department in 2010 for Kentucky representative Jack Conway, who was running for U.S. Senate at the time. And this past summer, Novosel interned in Washington, D.C. for Congressman Ben Chandler.

Novosel's ability to lead others and work diligently will help him with the path he pursues after college. Before attending law school, he hopes to receive a Rhodes Scholarship, which would enable him to study for one year in England, or work for a year on some of the campaigns for the 2012 election cycle.

But before he takes the next step, Novosel is looking forward to transitioning seven freshmen onto the basketball team, seeing Bill Clinton on Meliora Weekend and enjoying his last year with the people and groups that have so heavily impacted him at UR.

"One of my goals for my senior year is making the most of it and trying to make a lasting legacy on all the activities I'm involved in," Novosel said. "I know if I do that, I'll feel accomplished in my senior year and career at Rochester."



HOMETOWN: Lexington, KY
MAJORS: Political Science and Economics

You could say that University of Rochester cross country runner and senior Hilary Snyder has always been able to see a finish line.

"I think I am very goal driven," she says. "When I want to accomplish something I really try hard to do it. When I realized last year that qualifying for nationals was a real possibility, I focused a lot of my energy on trying to qualify. I also am very driven in academics and push myself to better myself every semester."

Academic and athletic success for Snyder, a native of Fairport, N.Y., has never been mutually exclusive, however.

As a brain and cognitive science and film studies double major, Snyder has been nominated to numerous All-Academic teams, most recently earning a spot on the United States Track and Field and Cross Country Coaches Association's Scholar-Athlete Team. She's conducted research outside of class in the Rochester Baby Lab, where the focus is on language development. And now, she's being honored for that academic achievement, as well as her athletic commitment, with the Lysle "Spike" Garnish award.

But Snyder says she wouldn't be where she was academically without her runner other half – a realization she had when she was deciding whether or not to run competitively in college.

"I had been running since seventh grade, and I knew I wouldn't be able to give up the sport I loved," Snyder explains. "I was so nervous that I wouldn't be able to achieve what I wanted academically and be on a team, but I feel as though being on the team has really allowed me to manage my time well and driven me to achieve more academically."

For Snyder, her career as a runner didn't exactly get off on the right foot. "I started because my dad thought I could benefit from a sport and he suggested that cross country might be a good one to try," she says. "I had never heard of cross country before my dad mentioned it to me. My first practice was terrible, I think I walked every fifty feet and eventually the coach just told me and my friends that was enough for the day."

But running slowly became a place where Snyder would meet some of her best friends and foster lasting relationships. Not only has Snyder succeeded on the

course, making NCAA National appearances and breaking UR records, but she's also succeeded in finding a group of people she can rely on. Today, like many athletes, it would be hard for her to imagine what her college experience would be without the influence of those friends.

"I feel so connected to the team and am motivated by them to do as well as I can to help the team," she says. "My college experience would be so different if I wasn't on the team."

That experience would also be different if she had chosen another school. At UR, Snyder has been able to pursue her varied interests, as opposed to being tethered to one course of study. Her second major in Film Studies with a concentration on production and her desire to take studio arts classes are testaments to that freedom.

"I have been able to take many classes that I never thought I would be able to take," Snyder says. "For example I never thought I would learn to weld at college but last year in my Intro 3-D (sculpture) class, I learned how. How many people learn to weld in college? Not many."

Beyond the classroom, Snyder has benefitted from her work in the Baby Lab, where she gets "to see cute kids all day"; working the lab, she adds, has also been a great, hands-on learning experience. Next year, she hopes to continue that hands-on experience, working in a lab for a year before pursuing a graduate degree in language development.

Over the course of her time at UR, though, Snyder has gained a lot. The next step into graduate school and beyond will be, for the driven runner, one more goal – one more hurdle – that she will undoubtedly be capable of accomplishing in stride.

"I would describe my experience as adaptive," Snyder explains about her time at UR. "I have been able to change my classes to better suit what I am interested in at the time. I take the classes that I believe will be most interesting to me and I think that is why I have enjoyed my experience at Rochester so much. I am constantly learning new things and adapting my studies in order to learn more."



HOMETOWN: Fairport, NY
MAJORS: Brain and Cognitive Science
Film Studies

Student-athletes and coaches alike often place particular emphasis on mental qualities, such as motivation, or physical attributes, such as quickness. But for James Vavra of the men's cross country and track and field teams, the balance between mind and body is equal.

In the classroom, the biology major displays a passion for learning about the ways that the human body works, and in meets, the All-American — cross country's first in 14 years — translates perseverance, discipline and enjoyment into success. Neither his academic interests nor his admirable attitude is limited to one setting, though, and for his skill in juggling the overlap in class and on the track, Vavra has received the 2011 Lysle "Spike" Garnish Award.

UR's dual attention to academics and athletics attracted Vavra from Newark Valley High School — he decided to come to Rochester because he liked the atmosphere of the campus and knew that he could study at a high level and participate in strong running programs at the same time.

Vavra took a variety of classes his freshman year and settled on biology as a sophomore. He plans to use his fascination with human anatomy as a physical therapist. Before attending graduate school to earn a doctorate degree in the field, which Vavra will prepare to do as a senior, he gained valuable experience in the profession.

"Over this summer, I volunteered at a physical therapy practice in my hometown of Owego," Vavra shared. "[There,] I learned that people can overcome any physical setbacks if you have the right mindset. Also, encouragement, as little as one might give, can still go a long way."

This was not the first time that Vavra witnessed the power of perseverance and inspiration — he has been putting the outlooks into practice since he began running in seventh grade. Since his rookie year as a Yellowjacket, Vavra has run 8,000-meter courses in the fall as well as 5,000- and 10,000-meter races in the winter and spring.

As a freshman, Vavra participated in the 10K run at the United States Track and Field Association Junior National Championship meet. Two years later, he was the runner-up in the 10K course at the Eastern College Athletic Conference Track and Field Championships and won the 10K run at the New York State Collegiate Track Conference Championships. He snagged back-to-back victories in the 10Ks at the 2010 and 2011 UR Invitationals, too.

Participating in the 10K race — 25 laps around a track

— in particular and running all year round in general has taught Vavra long-lasting lessons about physical and mental discipline.

It has also shown him the importance of teamwork. The groups' camaraderie and diligence have yielded impressive outcomes — in Vavra's first season on the men's cross-country squad, he helped the team earn the NYSCTC title, and in his second and third years as a member of the group, he helped the squad finish second at the state meet and reap Division III All-Academic accolades from the U.S. Track and Field and Cross Country Coaches Association.

"We are a very close-knit group," Vavra said. "We are all friends on the team, and we hang out with each other all the time. When it comes to practices, we cheer and encourage each other during the hard workouts. It's like a big family."

Despite the collectivity, Vavra acknowledges the competition as individual, as well. As a result of the solid performances that he showcased throughout his freshman year, which include state- and ECAC-qualifying times in the 5,000-meter race, Vavra was named New York State Rookie of the Year and earned First-Team All-State honors. Last season, he experienced his biggest success on the UR cross-country team thus far — he placed 28th out of 279 runners in the 8K course at the NCAA National Championships in Waverly, Iowa.

"It's nice to know that you are solely responsible for you," Vavra explained. "How you raced that day was not affected by anyone else on the team.

On the same note, it's hard not being able to help someone if they are having a bad day. Everyone has them, but you wish you could do something for that person. Unfortunately, they have to suffer through it."

Vavra's mental reminders to be a dependable teammate and leave everything on the track are significant helpers, but his belief in always being himself and enjoying what he does speaks just as loudly.

"I've learned from running to enjoy what you do," Vavra shared. "I've been running for a long time, and if I didn't enjoy it, I would have stopped long ago. Running with my team — runners who also enjoy what they do — has taught me that running isn't only a sport, but a way to enjoy life."



Although John Whiting of the football team has teamwork, perseverance and diligence to thank for his excellence on the field and in the classroom, he also has his family to thank for the exemplary balance.

Whiting's older brothers introduced him to the sport, and since the age of eight, he has not looked back. Whiting's father, a UR alumnus, encouraged him to attend the school, and since his freshman year, he has excelled academically. For such athletic and scholastic success, Whiting has received the 2011 Lysle "Spike" Garnish Award.

Growing up, the Le Roy, NY native played football, baseball and basketball, but his older brothers' influence and the nature of football as a collective sport persuaded him to stick with the game.

"I loved all the sports that I played, but football to me is the ultimate team sport and really tests you both physically and mentally," Whiting shared. "Coming together with ten other guys on the field to accomplish one goal is really what separated football from the other sports that I played."

Whiting's lessons in teamwork have resulted in impressive performances on the offensive line — he helped the Le Roy High School football squad snag three Section V crowns, and his efforts at both guard and tackle for the Yellowjackets have enabled the team to improve throughout the past three years.

As a sophomore, Whiting contributed to a line that surrendered just 16 sacks in 10 games and, as a junior, he helped the 'Jackets record 2,751 yards of total offense and win the last four games of the season, defeating No. 20 Alfred University and topping Hobart College by one point in double overtime.

The Liberty League recognized the four-year starter for his strength on the field — he achieved All-Liberty League Honorable Mention status his second season on the squad and was named to the Liberty League Second Team his third year with the group.

Whiting's academic merits shine as brightly as his athletic ones. In 2009, he earned a National Football Foundation Scholar-Athlete Award and, in 2010, he was selected to the ESPN Academic All-District One First Team, which placed him in the national ballot for consideration as an Academic All-American. Both years, Whiting reaped Liberty League All-Academic accolades.

For Whiting, perseverance in training and diligence in class have been the keys to expertise in balancing football and coursework.

"Two of the hardest things about juggling academics and

athletics is time management and just having the discipline to get schoolwork done when you're tired from practice," Whiting said. "Between practice and games and the time it takes to complete schoolwork, there isn't much time for anything else."

But Whiting, who plans to attend law school next fall, has found time to participate in other activities — on campus, he is a member of Athletes in Action, St. Sebastian Society and the National Society of Collegiate Scholars. And Whiting had the opportunity to showcase his passion for politics in high school as a member of the youth court, freshman year of college as a participant in the UR/Paychex Leadership Institute and last spring as an intern for Congresswoman Gwen Moore.

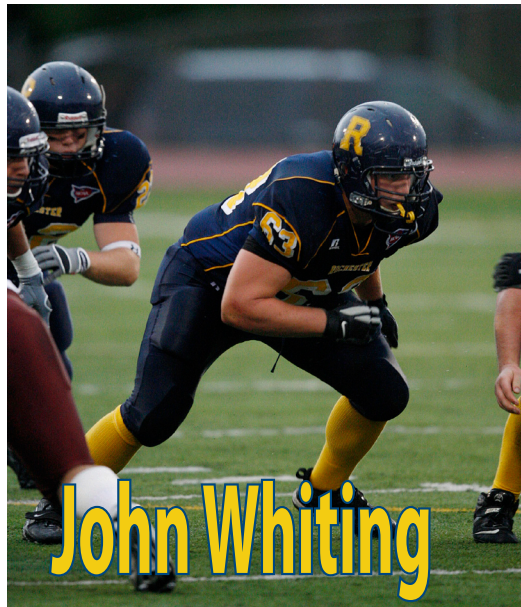
Whiting spent the past semester in Washington, D.C., interning in Congress, taking a course about the American Intelligence Community and performing community service as well as other projects. It was the first time that Whiting had ever been to D.C., but he thoroughly enjoyed the experience.

"Some of the most exciting parts of my internship came from just being around all the activity going on," Whiting explained. "Walking through the Capitol everyday going to work, touring the White House and walking by senators or representatives that I had only seen on TV was something I could only do by interning in Congress."

"One of the coolest things that happened, though, came later on in my internship when I got to go to the Marine base at Quantico, VA. We got to test out some weapons and see some demonstrations. I came to find out one of the most interesting parts about that trip a couple days later, though. As we were sitting on a military transport plane, waiting to take off from Andrews Air Force Base to go to Quantico, our takeoff was delayed for about 45 minutes. Come to find out, we were delayed because Air Force One was waiting for President Obama to give the order to take out Osama bin Laden."

The lessons that Whiting learned and the skills that he acquired in D.C. will serve him well in the future, but before he prepares for work as a lawyer, he has one more year at UR to enjoy with his friends and teammates.

"When I graduate, I will miss being around my teammates," Whiting said. "After going through so much with this group of guys, it will be difficult to walk away from the team and the sport."



HOMETOWN: LeRoy, NY
MAJOR: Political Science

Richard Aslin Listened to a Very Good Proposal

The phone rang in Richard Aslin's office in mid-November in 1983. Before he picked up the phone, he wondered, briefly, who was calling. Was this a fellow faculty member seeking a lunch date? A student, looking for guidance with final exams about a month away?

He picked up the handset and he listened.

Aslin's spent much of his life listening, especially since he entered the college environment. He earned his undergraduate degree at Michigan State University and his advanced degree at the University of Minnesota. He ran cross country and track at Michigan State, so he listened – and observed – what his professors and his coaches said, and did.

He joined the faculty at Indiana University in 1975 and spent nine years there before coming to the University of Rochester in 1984.

The caller to Aslin's Indiana office on that brisk fall afternoon was Jim Ison, chairperson of the psychology department at Rochester. Was Aslin interested in joining the faculty on the River Campus?

"Remember," Aslin said, "at that point, I had spent my entire life in Big Ten college towns. Here was a medium-sized city with good academics."

Pretty good athletic teams as well. The Yellowjackets played a heady mix of athletically-and-academically-oriented schools. Aslin came for a visit in February, 1984. "I remember the lake effect snow on the ground," he said and joined the department of psychology that fall.

Psychology is a wide-ranging discipline. Clinical and Social Psychology is one focus. Brain and Cognitive Science is another. BCS is a "...mixture of experimental psychology, neuroscience, and a little computer science," Aslin explains.

Currently, he studies human beings, especially young children, to discover what effect the environment has on learning. His official title is the William R. Kenan Professor of Brain and Cognitive Sciences.

His work these days focuses on how the brain functions and when people learn something, especially children, which parts of the brain are used.

There is some tie to athletics. The author Malcolm Gladwell writes '...if you have talent, you have to practice...'.

The same is true in the athletic area and it's more than running drills in practice or working on set plays in an offense. Out-thinking the opponent can sometimes be as effective as outplaying the foe physically.

At halftime of the Rochester-Union football game, he will receive the Lysle "Spike" Garnish Memorial Citation for his unending contributions to student-athletes on the River Campus.

He's always felt a strong tie to the athletic department. Aslin ran for Michigan State's 1968 Big Ten cross country champions and ran in the NCAA Championships. At Indiana, he became an NCAA official for track and field.

"Dick has been a strong advocate for athletics at Rochester and I value his support and guidance," says George VanderZwaag, the Director of Athletics and Recreation at Rochester. "He understands our educational role and appreciates our ability to attract some of the very best students. For his enduring support, I am pleased that he is being recognized with this honor."

Aslin rose to chairperson of the psychology department in 1988. In 1991, he was named Dean of the College of Arts and Sciences, a role he filled for three years. From 1994-96, he served as Vice-Provost and Dean of the College.

In 1996, he rotated back to the Brain and Cognitive Science faculty. Two years later, Dean of Students Paul Burgett asked Aslin to chair a search committee of students, faculty, and athletics department people which would name a new Director of Athletics.

A large number of candidates applied. The committee culled out between eight and 10 for a series of interviews. That group included VanderZwaag, who was the Senior Associate Director of Athletics at Princeton University.

There's a lot to like about the athletic program at the University.

"I really like the University Athletic Association," Aslin says. "Dennis O'Brien, Dick Rasmussen, and John Reeves worked on a great concept." O'Brien was Rochester's President when the UAA was in its founding stage and its early years. Reeves was the Director of Athletics at that time (through 1987). Rasmussen, a former student-athlete, coach, and athletic administrator at Rochester, is the UAA's Executive Secretary. The UAA will celebrate its 25th anniversary in 2012 at the NCAA Convention.

"Division III is a mixed bag," Aslin says. "The members vary tremendously. The UAA is comprised of national research universities and allows students to travel."

He's had the opportunity to watch Rochester succeed in the UAA and on the national stage, and sustain a high level of academic excellence among its student athletes.

And while he has watched, he has spent a great deal of time listening.

