

The 2012 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...



Nate Novosel '12 (l.) won a Garnish Scholar Award in 2011 along with (l-r) Jodie Luther, Sara Hutchinson, and Ellen Coleman.



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



Bossert Has A Scientific Approach to the Pool

By Dana Hilfinger '10

Swimming and studying aren't as different as you might think. Particularly for Adam Bossert. The Ambler, Pa., native has been able to apply his studies to his swimming, and vice versa.

"I think biochemistry has been my favorite class," Bossert explains. "It includes aspects from all aspects of science and also directly relates to my sport. We learned about the exchange of oxygen and buildup of carbon dioxide when you hold your breath and things like why lactic acid builds up in your muscles."

Lessons and benefits learned from swimming are also a crucial component of Bossert's success at UR – and one of the reasons he is receiving the Lysle "Spike" Garnish award in honor of excellence both in the classroom and as an athlete.

While UR's curriculum and the research opportunities were huge attractions for the microbiology major in deciding to come to UR, swimming seemed to really sell him on the University.

"What really cemented my decision was when I came for an overnight stay while I was being recruited by the swim team," Bossert remembers. "After meeting the team and the people who made up the school I knew I'd enjoy being a student here."

Starting swimming in third grade when his mom "forgot to sign him up for soccer," Bossert has been incredibly productive in the pool for the Yellowjackets. Though he enjoys the individual races, Bossert is much more drawn to the relays, particularly the 200 medley freestyle, where he swims two laps of the breaststroke. "The team gets very excited about relays and I love hearing my teammates screaming as I lift my head at each stroke or do a turn against the wall."

Last year in particular, the senior's dedication and commitment really paid off. He set Liberty League records in the 100 breaststroke, the 200 freestyle relay and the 200 and 400 medley relay last season and capped off that success with Liberty League Male Swimmer of the Year honors in the Liberty League Championships. He also holds a top 10 time at UR for both the 50 freestyle and the 200 medley relay.

Perhaps part of that reason for this success is because Bossert seems inclined to look ahead. In high school, this led him to

admire Olympic medalist Brendan Hanson, a Pennsylvania native who also swims the breaststroke and recently captained the U.S. swim team at the age of 30. "Whenever I would go to States in high school, I would see his state record on the board. While I knew I was never going to the Olympics, it was always something to shoot for."

This season, as the team gears up for another competitive year, Bossert's role has moved from simply being a star performer to more of a leadership role. As a senior who's been winning Liberty League championship races since he was a freshman, Bossert has the experience and proven dedication of a role model. "I'm pumped," he says, "to help lead the team through another season."

And while swimming has clearly helped to shape his experience in Rochester, providing him with a group of friends – "the swimming team is my best friend," he quips – and an outlet from the demands of his major, Bossert is also passionate about implications of the work he is doing in and out of the classroom.

When not swimming or studying, Bossert is working in Strong's infectious disease department in a lab focused on HIV research and antiviral drugs. He also volunteers with the Victory Alliance, helping to recruit participants for HIV vaccine trial studies.

"I've always liked science and have been biased toward biology since high school," Bossert explains. "Human diseases and the search for treatment methods or cures ended up interesting me the most."

As for what's next, Bossert is taking it one step at a time.

"Right now I'm focused on graduating, but afterwards, I want to get a job in a lab or clinical setting and start focusing on studying for the MCAT and applying to medical school," explains Bossert, who still isn't sure exactly where he will apply. Rochester though, he says, has been good to him.

HOMETOWN: Ambler, PA
MAJOR: Microbiology
MINOR: Chemistry

Crowther Applies the Language of Success

By Stacy Kravitz '12

Three years ago, Claire Crowther had never heard of linguistics and had no plans to run in college.

Today, she is an expert in the field and a record-breaker on the track.

How she got there: by working hard, gaining confidence and learning to do just what she is passionate about.

“Do what you love, don’t do what you don’t,” the Wellesley, MA native says. “College goes by too fast to invest your time and energy in things you don’t care about.”

Crowther has mastered the skill of balancing her time and energy between academics and athletics. For her excellence both in the classroom and on the track, Crowther has earned the 2012 Lysle “Spike” Garnish Award.

If it weren’t for her passion to pursue just what she thoroughly enjoys, then Crowther would have never made her start in linguistics. Two years ago, an interest in language convinced her to take Linguistics 110, Introduction to Linguistic Analysis, and fascination in the course material motivated her to take more linguistics classes and turn the subject into a major.

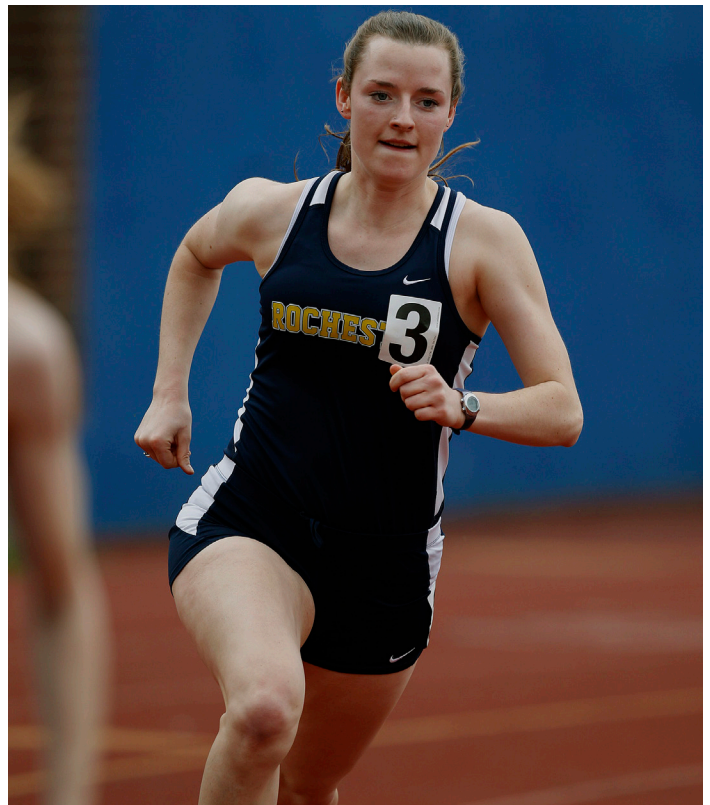
“I’ve liked everything about my major thus far,” Crowther, who also has a minor in French, says. “The department is made up of some great faculty, my classes have been really interesting and the students in my classes have been really interested, which always makes for a nice classroom environment.”

But Crowther has studied linguistics outside of the classroom, too. This past summer, she interned at a text analytics software company, working in the foreign language department with French, Spanish and Portuguese to test models and analyze results for possible improvements. And last fall, she participated in a language and culture immersion program in Morocco, North Africa.

“Studying abroad gave me a whole new perspective on the world and a new understanding of myself,” Crowther says. “It helped me learn to stand up for myself and taught me about living at a more relaxed pace of life, not killing myself to get last credits or things like that. It’s very easy to get caught up in all the little things, so it’s always good to stop and take a second to remember what my semester was like.”

Crowther often stops to remember what she genuinely enjoys about track and field, too. Since she started running her sophomore year of high school, she has liked both the individual and team aspects of the competition. She loves enhancing her friendships, seeing her hard work pay off, staying active and constantly working toward new goals.

Crowther, a member of the a cappella group Vocal Point, has already achieved various goals, despite serious injuries. As a rookie, she was part of the New York state champion 4-by-400 relay. Her sophomore season, she notched the second-fastest



time in the 500 in the Eastern College Athletic Conference, running the event in just under 1:18. The same year, Crowther was crowned state champion of the 500, 800, 4-by-400 and 4-by-800, which clocked in at 9:19.80 and set a school record for the relay.

As a junior, she snapped a school record in the 4-by-400 relay and set a career best in the 400-meter hurdles, finishing in 1:04.20 and earning a spot in the event’s top 50 national times.

Crowther’s success is largely the result of her diligence and enthusiasm — whether doing an interval workout, going for a run in Genesee Valley Park or weightlifting, she remains focused and eager.

Eager, this year, to improve her endurance in the 800 and her speed in the 400.

“Each of my years here, I’ve had different experiences and have learned different lessons,” she says. “They’ve all been equally important. I’d say my sophomore year sticks out in my mind as the most successful, but my junior year sticks out in my mind as the most valuable. Going abroad in the fall definitely had a negative impact on my running and put me behind where I had hoped to start the season. But it reinforced lessons about discipline and has made me more focused than ever for my senior year.”

HOMETOWN: Wellesley, MA
MAJOR: Linguistics
MINOR: French



Duany Reaches for Success in Studies and Squash

By Stacy Kravitz '12

Squash is a fast game. If you've ever watched the Yellowjackets play, then you know what I mean.

But for two-time All-American Andres Duany, the sport is not all physical.

"The biggest challenge of squash is to keep a positive attitude regardless of the opponent and the conditions," the Lima, Peru native says. "It is important to prepare your mind to cut negative impulses and switch them for positive ones. When differences in physical levels are so close, like in college squash, many of the victories are won basically because of a superior mindset."

An economics and business strategies major, Duany knows the importance of a focused mentality in the classroom, too. For his admirable mindset — one of optimism, discipline and determination — as both a student and athlete, Duany has earned the 2012 Lysle "Spike" Garnish Award.

If it weren't for his determination, then Duany would have never come from Peru to the States. While studying at the University of Lima, Duany discovered through some friends the possibility of going to school in the US. He was especially interested in UR because of the balance it presented between its challenging coursework and excellent squash program.

"It sounded like a perfect opportunity to improve," Duany says. "So I took it."

Since his rookie season, when he went 10-5 on the court and dropped just one game in the ten wins, Duany has been driving himself to improve.

And he has succeeded.

Despite injuries his sophomore year, he snagged 13 wins in 18 matches and was named to the Liberty League All-Academic Team. As a junior, he earned Liberty League Player of the Year honors and was ranked number seven of 976 collegiate players in the nation. He reached the quarterfinals of the individual championships, helped the 'Jackets defeat No. 3 Cornell University twice and enabled UR to snag its fifth consecutive Liberty League crown. In between the two seasons, Duany notched runner-up of a South American tournament, falling only to a top-25 in the world.

The key to his outstanding performances: mental preparation. Before every matchup, Duany has a long warm-up, thoroughly

stretching his muscles and strategizing his game. During each match, he blocks out pressure, focuses and keeps cool.

"Coach Martin Heath is always talking about being relaxed on the court and loosening up the body," Duany says. "The wrist and the mind allow you to play at a fast pace, without losing precision, and be efficient with your movement."

Duany has transferred these lessons to kids in Peru the past few summers — he organized a squash camp in Piura, a small northern city, and taught lessons to youngsters. In his home country, he has also gained experience in the field of market research, teaming up with a colleague to start a business.

"I enjoy analyzing people's behavior affected by incentives and money," Duany, a member of the Alexander Hamilton Institution, says. "It is very interesting to see how decision-making can be analyzed and sometimes predicted, which is essential in order to create effective corporate strategies and optimal decisions and policies."

Yet Duany's post-graduation options are open — he is considering playing professional squash for a couple years, attending graduate school or working in a corporation.

His goals for his senior year are more concrete. He wants to finish among the top three players in the country, and he aims for the team to advance to the final round of the nation's championships.

Winning the Nationals has been an aspiration for Duany for years. He first tried squash at age 10, and since he committed to the sport as a teenager, he has kept the goal in the back of his mind.

"Squash became addictive," Duany says. "Training has to be complete, and it involves on-court, off-court and gym training. Basically, off-court you want to build the strength, fitness and speed. As you get closer to competition, the workout becomes more squash-specific, and we train mostly doing drills and condition games on the court. During the season, the best training is to think about strategy and apply it in real-match situations. Squash is very complete since you need real fitness, speed, strategy, precision and determination. It has it all."

HOMETOWN: Lima, Peru
MAJOR: Economics & Business Strategies
MINOR: Organizational Psychology

Fischer Displays A Calm Demeanor and Great Skill

By Dana Hilfinger '10

The transition from high school to college isn't easy for many students. Try making that transition while also coming from another country. Squash player Beni Fisher, a native of Lucerne, Switzerland, did just that four years ago.

"It was tough to learn about a whole new school system when I first came," Fischer explains. "I had previously never even been to the U.S."

That doesn't seem to have stopped Fisher too much though – both on the court and in the classroom. Fisher is one of the 10 student athletes this year receiving the Lysle "Spike" Garnish award for both academic and athletic excellence.

It hasn't, of course, been an easy process. Fischer has come up against very practical problems due to his Swiss background. This hasn't seemed to faze him too much – in fact, he's been able to find a pretty good bright side.

"Every day I run into new language barriers, but I guess I'm quite lucky that my girlfriend, who's a native English speaker, thinks they're rather cute than annoying."

Very much his style, Fischer has been able to meld a laid back attitude with fierce competitiveness and enjoy great success. His style has been the conglomeration of a wide variety of influences.

"There are lots of people I look up to, some of them for their athletic abilities, others for different reasons," he explains. "Having many different idols is a good way to incorporate what they are doing well to my game and life."

On the court, he is one of only two squash players at UR to earn All-American honors for four years. He has made it to at least the round of 16 in the College Squash Association (CSA) championship tournament each year, including making it to the semifinals in 2010.

For Fischer, that success has been due in large part to help he's received off the court.

"My game has become more versatile," he explains. "Working together with head coach Martin Heath has been amazing. He's been able to teach me lots of new things

that I can add to my game, especially when it comes to my technique. As former world No. 4, he's got lots of experience and chose the way that I want to go, too."

Fischer's path in the world of squash is only beginning, too. Far removed from the first time he picked up a racket.

"When I was 11, my dad used to play and had a racket lying around at home so I tried it one day and the head coach at the club thought I was talented so I kept going with it."

Fischer is unique among many Yellowjacket athletes. He hopes, after he finishes one final semester of school this fall, to return to Switzerland and play in the professional circuit.

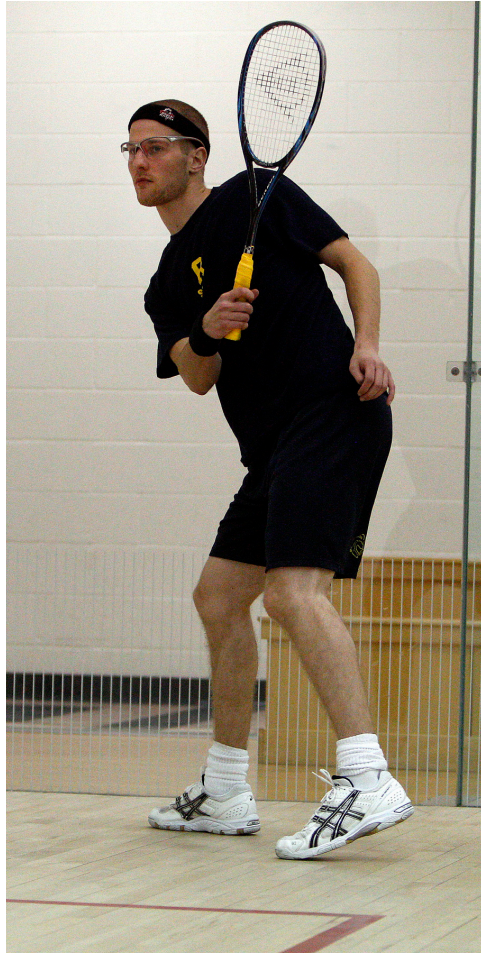
With such high hopes in the squash realm, it might have been easy for Fischer to ignore his schooling. But the economics major has done just the opposite, as indicated by the Garnish award standards.

He has also proved restrained and professional, despite the competition. Last year, he earned the Skillman Award, given annually to a senior men's squash player who has demonstrated outstanding sportsmanship during his college career. Fischer's favorite professor at UR also embodies this ability to be calm and respectful under pressure.

"Journalism Professor Jim Memmott is a true inspiration for me," says Fischer. "I've never seen any other professor handle the class room with more coolness and ease."

That appears to be the same way Fischer has handled his time at UR, both on the court, where he has been up against some of the best young talent in the world, and in the classroom, where he faces the challenge of all college students. Fischer, though, despite these challenges, is just happy to be where he is in his life.

"It can be hard to still believe in yourself after a bad or a tough loss," he explains, "but being able to do what I love is priceless."



HOMETOWN: Lucerne, Switzerland
MAJOR: Economics

Hall Relishes Challenges On and Off the Field

By Stacy Kravitz '12

Some athletes choose to play forward because they think it's the easiest position. Shelby Hall chose it because it's the hardest.

And she has mastered the challenge. Explosive and competitive, Hall has netted 24 goals and recorded 12 assists for the Yellowjackets. Off the field, the Hamburg, NY native has tackled molecular genetics with focus and diligence. For her exemplary skill in juggling athletics and academics, Hall has been selected to receive the 2012 Lysle "Spike" Garnish Award.

As a freshman in high school, Hall played midfield on the junior varsity field hockey squad. Even then, her keenness shone — her coach had to constantly remind her to get back and play defense.

"I love being by the goal and making plays happen," Hall says. "As a forward, you get to see the field in front of you and play off your fellow forwards to help carry the ball up the field. All forwards enjoy scoring goals, but I also enjoy knowing that I was an important part of a goal being scored — whether it is passing the ball or having an assist."

This unselfishness is just one of the features that defines the close-knit team that Hall calls her family. And it explains the squad's success — last season, the 'Jackets, who spent part of the 2011 summer in Barbados on a training trip, won 13 of 19 games; the year before, they snagged the Division III National Academic Team Award, and Hall's freshman season, UR went 11-7.

"I think my greatest successes with field hockey are ones that I share with my team," says Hall, who superstitiously braids her hair before every game. "Coming back from a four-goal deficit to beat an opponent, winning a game in overtime, setting season records for our school... these things show the tenacity and heart our team has."

Hall's tenacity and heart, too, speak for themselves. Each week, she divides her time with three goals in mind: involvement in the community, achievement in the classroom and excellence on the field.

She stops nowhere on her way to them.

Take her leadership experience, for one. Hall is the secretary of the Varsity Student Athlete Advisory Committee, a biochemistry teaching assistant and a member of UR Uganda, a group that aims to bring healthcare and other opportunities to the 26,000 people of Lugala, Uganda.

Take academics, for another. Hall earned Liberty League All-Academic honors and was named to the National Academic Squad of the National Field Hockey Coaches Association.

Over the summer, she worked at the Nationwide Children's Hospital in Ohio, researching vaccines and immunity, and this semester, she is performing experiments on naked mole rats to determine if they have the same genetic makeup as cancerous cells. Hall has also interned in the fields of microbiology, pharmacy and chemistry, and she plans to become a physician's assistant.



Above all, Hall's assorted experiences over the past few years have transformed her way of thinking and learning.

"Rochester has pushed me outside my comfort zone and forced me to look at things from a different perspective, which has been invaluable to me as a student and person," she says. "The diversity at Rochester has been a fruitful experience — I have made so many friends and met so many people that have had a wide array of experiences and backgrounds. I really enjoy hearing about people's stories, and it has opened my eyes to all that the world has to offer."

Not only do Hall's peers inspire her, but she also motivates herself — she knows that all experiences are learning ones, and she knows that honest persistence is immeasurable.

"I've learned that progress and improvement occurs when nobody is watching," Hall says. "You become a better player when you are putting in the extra time outside of scheduled practices, and you become a better student for all the work you put in outside of the classroom — the power of one's own potential is really motivating. People have accomplished so much in life, and all it takes is one person with a dream. I think the power of self is a great motivator."

HOMETOWN: Hamburg, NY
MAJOR: Molecular Genetics

The Ability to Help Others Is A Driving Force for Lang

By Dana Hilfinger '10

From an early age, Bridget Lang has looked up to her dad. With her father playing goalie in college, it's no wonder that the Chesterfield, N.J., native is in the position she is in.

"One of my biggest inspirations in the sport is my Dad. He has been my biggest supporter since the very beginning and has provided me with resources to develop as a player so that I could take my game to the level in which I'm currently playing," Lang explains. "Although he never once pushed me into becoming a goalkeeper, I wanted to be just like him. At a young age, I dreamed of playing goalkeeper in college, just like my Dad. He never once gave up on me and never let me give up on myself."

Signing her up at a young age to play soccer, Lang's father – and her mother – has been a constant source of encouragement, traveling around the country for her games, spending hours in the car and flying from Atlanta, Ga., to St. Louis, Mo., to see her play.

That family encouragement has, of course, also been present off the field, helping Lang be one of 10 athletes honored with the Lysle "Spike" Garnish award for excellence both on the field and in the classroom. Her aunt and uncle, UR alumni, were a big reason why she chose to come to Rochester, encouraging her to apply to the school.

Upon arrival for a campus visit, Lang was looking for a family that gave her the support and encouragement that she had grown up with – and she found one.

"Education aside, I was also drawn in by the friendly campus atmosphere," she explains. "When I first set foot on campus for my tour in the dead of winter, students and faculty were warm and welcoming (despite the freezing temperatures)."

Then, of course, there was the atmosphere on the women's soccer team. A three-year starter in between the pipes, Lang knows pressure all too well. "The goalkeeper is the last line of defense. You are not allowed to make mistakes. Everyone else on the field has someone behind them to back them up in case they make a mistake. The only thing behind a goalkeeper is an empty net."

While she may literally be the last line of defense – a line she doesn't often let opponents cross – she has always had the support of her team behind her.

"My teammates have always made bouncing back after another team scores much easier. They are always there to tell me 'shake it off', or 'we'll get one back for you'," Lang explains. "I love and respect each and everyone one of my teammates, and know that they support and respect me just the same."

True to the Garnish award's theme, Lang doesn't just excel on the field. She is as focused and motivated off the field as she has been on it.

A biochemistry major Lang appreciates "how biochemistry



integrated multiple facets of biology and chemistry. I was able to connect genetics, molecular biology, and organic chemistry through studying various chemical processes involved in living organisms."

It hasn't always been easy – trying to develop effective study habits with a busy schedule never is. "When I became a workshop leader for a biochemistry course, I took a leader training class where I learned the significance of applications and integration of material in learning and understanding," she explains. "I found that in my other classes, I started looking more at the 'big-picture' and making connections within the material."

Tying together various experiences has been one of the most important parts of Lang's time out of the classroom, too. This past summer, she conducted research in Dr. Mark Dupont's lab in the biochemistry department as a part of the DeKiewiet fellowship, while also coaching a youth soccer league in Rush Henrietta with teammate Allison Bernstein. As a result of varied experience, Lang aims to integrate working with children and her interest in the sciences.

Thanks to shadowing experiences at Strong with Dr. David Korones, Lang plans to pursue a career as a doctor, potentially working in pediatric oncology. "I have observed how Dr. Korones connects with and touches the families of the children whom he treats, and I would love to have a similar experience in my career," Lang explains.

Whether it was from a parent, teammate or mentor, Lang has learned the importance of support and encouragement. Now going forward, she hopes to be a source of those values to others.

HOMETOWN: Chesterfield, NJ
MAJOR: Biochemistry

Hard Work Helps Menke Become One of the Best

By Stacy Kravitz '12

At age six, kids were struggling to throw the baseball across the infield. Jonathan Menke was launching it from left field to the pitcher's mound.

But talent is only half the story for the Highland Park, IL native. Diligence is the other key factor — with hard work, Menke was able to change his majors from chemistry to mathematics and financial economics halfway through college. It has also enabled him to shine on the mound, earning Liberty League Pitcher of the Year and All-New York Region accolades last season. For his skill and diligence on the diamond and in the classroom, Menke has been selected to receive the 2012 Lysle "Spike" Garnish Award.

Menke has been playing baseball almost his whole life. He started by tossing the ball around in the front yard with his dad — a hard worker both at his job and in his home, and Menke's role model. Menke then played in a league with players so young that the coaches had to pitch to them because they couldn't yet pitch to themselves.

Menke has come a long way since then. He has played in various baseball leagues the past 13 summers, and his post-graduation goal is to become a professional pitcher.

The right-hander was not always a pitcher. Before college, he was a basketball player and runner, and in his freshman and sophomore seasons at UR, he was a pitcher, first baseman and third baseman. As a rookie, Menke batted .355 and helped the 'Jackets snag the University Athletic Association crown. As a sophomore, he booked a .989 fielding percentage and led the team's pitchers in strikeouts.

"No greater feeling exists than the feeling you get when you strike out a batter," Menke says. "Every time a hitter steps into the box against me, it's simply me verse him. Who will win the battle? I love watching as I fool a hitter into taking a called third strike, [and I love watching] him wave and miss at the ball and take that slow walk back to the dugout."

Almost 50 batters took that dreaded stroll against Menke last season. He went 5-2, recording a 3.18 ERA and holding opponents to a .223 batting average. He pitched three complete games, notched two shutouts and earned Second Team All-UAA as well as First Team All-Liberty League honors.

But the talent does not come without the hard work. Menke knows how tough it is to record 27 outs, especially the final one, and to win without playing his best game. His strategy: plan ahead.

"I'm very big on visualization," he says. "Usually the night before a start, I'll start my visualization process, where I'll visualize beating the other team. I focus on my mechanics and throwing strikes in my head, which I feel helps me do that in the game. Through all my preparation, I feel very confident



when I step on that mound, so the pressure doesn't get to me."

Menke's superstitions ease the challenge, too. He can't pitch without his chap stick in his back pocket. He has to warm up the exact same way every time he pitches, and he focuses best if he replays one or two pump-up songs in his head.

But Menke is not just focused on the mound. He and his friend are forming a sports business club on campus, and he succeeds in the classroom by getting work done in advance and, on nights when practices end around eleven and begin again the next morning at six, sacrificing sleep for schoolwork.

To him, the balance is not a burden. It's more like a mathematical equation — you cannot reach the solution until you find a way for the parts to work together.

"Baseball is very good at taking away some of the stresses of my academic life," he says. "Some days I'll have a mountain of work that I've been picking away at for the whole day. I'll stress over it and strain to keep going, but then I'll have baseball practice, where I can go for a couple hours and forget all about my work and just play baseball. That eases my mind, and I can go back to work more relaxed."

Taking breaks is essential to working hard, and, for Menke, working hard is essential to excelling.

"Hard work beats talent over time," he says. "If you want to be the best at something, all you have to do is outwork everybody else."

HOMETOWN: Highland Park, IL
MAJORS: Mathematics and Financial Economics

Norton Displays Determination and Drive

By Dana Hilfinger '10

Lauren Norton knows a thing or two about perseverance. The senior cross country and track long distance runner has been plagued by injury, yet has the resiliency to not stop running. Her freshman and sophomore years of college, Norton qualified for the NCAA meet as an individual, seeing incredible success on the course, facing injuries along the way.

In an article in the *Campus Times* last February, Norton recalls working hard to recover. "In the beginning of cross-country my freshman year, I developed an injury," she explained. "I had just come off of a great summer of training, but I didn't let that stop me from competing. I spent hours in the pool aqua-jogging and working my butt off, and then managed to have the best season of my career up to that point."

In September of last year, Norton sustained a season-ending injury and faced a long road to recovery. Again, the tall task didn't faze the runner – by February, she was already back to her regular form, qualifying for the Eastern College Athletic Conference Championships in the 3000 meter race.

"I love competition and I have an affinity to running, so despite a long battle with injuries, I have kept coming back to the sport," Norton explains.

The native of Troy, Pa., shows that toughness in other areas of her life as well. For that reason, she is one of 10 student athletes to be honored with the Lysle "Spike" Garnish Award this year for excellence both in the classroom and as an athlete.

A mathematics major, Norton wasn't always sure which direction she wanted to go academically but was encouraged by another female academic.

"I started out as a chemical engineering major here, but ultimately chose to be a math major after really enjoying the math classes and the math department," Norton explains. "I really enjoyed Algebra with Professor Naomi last semester because she was the first female professor I had in my three years of college here."

But the senior doesn't plan to limit herself to one field.

She hopes to go to law school eventually, though plans to take some time between graduating in the spring and starting a graduate program. "I would like to work a few years before going since I have never really known much outside of academics up to this point in my life, and think I still have a lot to learn about myself and what I want to do with my life."

One thing people should know about her is that she is determined. Following a freshman season where she earned a postseason berth, Norton came right back to have an even more successful 2010 season. At the Oneonta Airfield Invitational, she set a University of Rochester record in the 6K, with a time of 21:59.3, earning fourth place in a field of over 200 runners. Later that season on a muddy course, she ran the Paul Short Run in just over 22 minutes. She has been named University Athletic Association Athlete of the Week, as well as earning New York State Collegiate Track Conference Athlete of the Week honors.

And she's sacrificed other activities so that she can succeed, noting that with year round training and school, she doesn't have time for too much else by way of extracurriculars. Running has always been a mainstay for Norton, in part thanks to the support of family. "I have been running competitively since I was 13," says Norton. "Both my parents were great runners, and I always remember looking at their

collection of awards thinking, 'I want to be like them someday.' They have been very supportive of my running career, and I look to them for advice on many occasions."

Whatever advice they've been giving her, it's clearly worked well. Norton has shown the quality and toughness across the board – the Garnish award she is receiving isn't so much a culmination of that work, but a precipice for more accomplishment. That drive will take the senior runner far.

"It can be a lot of pressure," she admits of being a student athlete, "but it is worth it."



HOMETOWN: Troy, PA
MAJOR: Mathematics

It's A Perfect Mix of Soccer and Studies for Seidlitz

By Dana Hilfinger '10

For senior Jakob Seidlitz, coming into balance in various aspects of his life have been crucial. The balance between soccer and academics has always been at the forefront for the Washington, D.C., native, personifying the values of the term student athlete.

That balance between “competitive soccer” and “rigorous academics” was what drew him to UR in the first place, and that balance has been what has kept him engaged ever since. For Seidlitz, a brain and cognitive science major, both components of his day are necessary. His mastery of this is why he is one of 10 student athletes honored with the Lysle “Spike” Garnish award this year for excellence in the classroom as well as on the playing field.

“I continued with soccer after grade school, because I was good at it and then I realized how much fun it is,” Seidlitz recalls. “And as I got older, the competition aspect of the game allowed me to have an outlet of positive stress relief.”

His work classroom, meanwhile, has helped him hone his interests and manage his time. “The biggest academic challenge I have to face is to be able to keep up with each class,” he explains. “I know that I have only certain windows to do my schoolwork which means I actually have to get it done during that time. Actually doing the work on time and motivating myself to do it has definitely been a challenge at times, but I think I have developed a good system to keep myself on track.”

The system certainly seems to be working. On the field, the senior midfielder played consistently on the pitch since he was a freshman. Sophomore year, he played in all 15 games and started six. Last year, Seidlitz repeatedly rose to the occasion, earning Defensive MVP honors at the Flower City Classic and All-UAA 2nd Team status at the culmination of the season. Repeatedly, Seidlitz showed his ability to rise to the top when his team needs him most, testaments to his preparation and commitment.

“The most challenging part is being consistently at your best both mentally and physically. Getting into good

habits with nutrition, sleep and studying coupled with time management help me stay on track with being able to focus on soccer during practice and games,” he explains.

Off the field, this is undoubtedly a challenge as well. But the senior appears to have this under control. Perhaps he’s

taken a cue from some professional soccer players he admires, who have taken their talents on the field and used them to raise awareness, as with Thierry Henry, or better efforts off the field.

This past year, Seidlitz was named to the CoSIDA Academic All-District team at the culmination of the season. And he’s managed to both excel in his BCS classes while also taking on extra responsibility by doing research in the musculoskeletal department at Strong. He also has spent two summers working at the Naval Medical Research Center looking into possible oxygen and adjuvant therapeutic combinations to treat traumatic brain injury during combat, an experience that taught him a lot.

“I was able to gain experience with specific surgical procedures, data management, and new scientific techniques,” explains Seidlitz.

The myriad of experience is also what drew Seidlitz to the field of Brain and Cognitive Science in the first place. “I like the balance between neuroscience and psychology as well as

the freedom to choose a pathway of study as I went along,” Seidlitz explains. “The beginning core courses gave me a general overview of the brain and tastes from different areas of research, which helped me form a more pointed course of study later on.”

What lies ahead is still a mystery for Seidlitz – unsure of what direction he wants to go in after graduation, he plans to apply to graduate schools, as well as fellowships and gap year programs. But while Seidlitz may trouble deciding on his next course of action, no doubt he will be well prepared and balanced where ever he ends up.



HOMETOWN: Washington, DC
MAJOR: Brain and Cognitive Sciences

Walker Finds the Time to Excel, on-and-off the Court

By Dana Hilfinger '10

Coming off the bench as a freshman is never easy, but Jackie Walker has proven, as with many of her experiences at the University of Rochester, that she can learn and adapt. Her sophomore year, the wing player started nine games and played in all 25, and her junior year she saw her most productive year to date, mostly coming off the bench and shooting 41% from the floor.

"Having a short term memory has been a difficult skill to develop and by no means have I developed this skill fully," Walker says. "Each year I've become better at playing each possession and forgetting the previous – not letting a mistake from a previous play holds me back in the next play. It's been a challenge but each year it becomes a bit better."

That perseverance and progression has led to tremendous success off the court as well. It is also one reason why Walker is receiving the Lysle "Spike" Garnish award this year for excellence both in the realm of athletics and the classroom.

An Ann Arbor, Mich., native, Walker knew that she wanted to find a university that would allow her to do research and explore the sciences.

"I wanted to go to a smaller undergraduate school that had an excellent science program," Walker explains. "I knew in high school I wanted to pursue a degree related to biology. In addition to that, I also wanted to play collegiate basketball at a high level. UR gave me the opportunity to do both!"

That balance has been beneficial for the biochemistry major's success. On the court, Walker challenges herself physically and hones her mental focus – a focus that has been critical for her studies. More than that, Walker has proven herself a quick learner. She started playing basketball competitively, for example, her freshman year of high school, and a time when most players had been involved in leagues or school teams for three or more years. Walker picked it up quick.

"I had always enjoyed playing and shooting around with my brother and dad in the backyard before then," she says, explaining how after her freshman year, her coach encouraged her to join a club team. "In high school, I realized I was a decent player and could potentially play in college."

Playing basketball while taking on a full load of courses, including labs and Teaching Assistant positions, wasn't easy. Here, Walker has also had to learn quickly in order to be successful.

"Time management was a skill I had to learn to master," she explains. "It's difficult rushing between classes, scheduling meetings, holding office hours, going to practice, and studying. It's a lot to get done on a daily basis and can easily become overwhelming without proper time managing. The stress level it causes rises quite quickly too."

Still, Walker appears to handle the pressure of it all well.



And the myriad of experiences and rigor of her classes is paying off in helping her determine what her plans will be after she graduates in May.

This past summer, she did research for a University professor who taught on the graduate classes she took last year. "I've been working on sensitivities to metabolic derangements of colon cancer cells," she says. "It's been a great experience getting to dabble in the realm of research. I'm continuing my research into this fall semester."

Her interest in exploring different things is also reflected in the classes she's taken while at UR – while she really enjoyed her biochemistry class that talked about metabolism and sparked her interest in the broader topic, her favorite classes were sign language classes she took. "It was a complete 180 degrees from any of my other classes, which was a breath of fresh air."

Following this year, Walker certainly has high aspirations. In mid August, Walker took her MCATs and hopes to apply for medical school within the next couple years.

In the mean time, though, more adventure abounds for the senior. Walker hopes to spend a gap year either working as an EMT or working and travelling abroad – a new experience that Walker will undoubtedly take full advantage of.

HOMETOWN: Ann Arbor, MI
MAJOR: Biochemistry
MINOR: Chemistry

Bob Witmer Has Contributed in So Many Ways

From the reception area on the 13th floor of the Nixon Peabody complex at Clinton Square, a visitor can see the tower of Rush-Rhees Library.

It serves as a reminder of the University's position in the city, in the region, and in the nation. And it is another way by which retired partner G. Robert Witmer '59 can stay in touch with his alma mater.

Bob Witmer has always been involved with the institution, from his days as an undergraduate through his professional career and his role with the University's senior leadership. It is for these reasons that he will be honored with the Lysle "Spike" Garnish Memorial Citation at halftime of this afternoon's football game versus St. Lawrence University. The citation is presented annually to an alumnus or staff member for unending contributions to student-athletes on the River Campus.

"Bob has given tirelessly to his alma mater in a variety of roles, including as chair and chair emeritus of its Board of Trustees," says University President Joel Seligman, "His enthusiasm is particularly evident in his favorite spot in the Palestra bleachers."

Witmer earned All-Monroe County honors at Webster High School in both football and basketball. He played basketball for Bill O'Rourke, the legendary Section V coach. He was injured in football as a senior and had to be put into a 10-pound body cast.

He kept beseeching the doctors to let him play basketball. Finally, they relented with a stipulation: you have to wear the cast for all practices and all games. He did.

At Rochester, he played freshman basketball for Don Smith. The varsity coach was Lou Alexander. Witmer worked hard – on the court and in the classroom. He was the sixth man for the frosh. He played for Alexander as a sophomore. When Alexander retired, Lyle Brown took over. Brown was the assistant coach and came to Rochester with the understanding that when Alexander retired, he would be named to replace him. Between them, Alexander (247) and Brown (222) won 469 games in 45 years. Witmer played as a junior and a senior. He and Ted Zornow '59, were co-captains of the team as seniors.

During his junior and senior years, he was admitted to the Honors Program, which consisted of two seminars a term. Each seminar consisted of up to eight students who met once a week for three hours, usually at a professor's home. Every other week in each seminar, students prepared, circulated and defended a research paper. He learned discipline, the ability to organize his thoughts, the ability to put those thoughts on paper, and the skill to defend his position.

After Rochester, he enrolled at Harvard University's School of Law. "Sixty percent of the class were graduates of Harvard, Yale, and Princeton," Witmer said. "I realized what I had gotten at Rochester was good a preparatory education as any of my classmates at Harvard Law."

He still had a desire to play basketball and formed a team in the Law School basketball league. Bob Burnham, son of former Rochester

football coach Elmer Burnham, graduated from Harvard Law, went to work at Nixon Peabody's predecessor firm for a couple years, and then enrolled at the Harvard Business School. Witmer found him, convinced him to play on his team, and then was accused of using a ringer! Burnham's youthful appearance made people believe he was an undergraduate freshman at Harvard College.

Witmer's post-graduate involvement with Rochester started with a request from Al Brewer '40 and Roger Lathan '54. The University was sponsoring two recruiting days each fall. The coaches would invite prospective student-athletes and their families to campus. They would have lunch, and then the students would meet with current student-athletes and alumni, before rejoining their families later in the afternoon.

"I loved that," Witmer said. "It let me meet some of these young men and let them know of my experiences here."

He chuckles when he remembers one such luncheon. A prospective linebacker from a neighboring state sat with Witmer and talked about how excited he was to be recruited and how much he was looking

forward to attending.

"How did you do on your SATs?" Witmer asked. The student replied with one word: Great! Witmer asked for a definition of the word 'Great!'. The student said his score was 750. For one test, that is great. For a combined score, less so.

Contributions can be measured sometimes by dollar amounts, sometimes by wins and losses, sometimes by honors. Coaches are educators, first and foremost. Witmer knows it and he saw it blossom five years ago.

In 2007, former Rochester swimming and diving coach Bill "Buzz" Boomer was inducted into the Athletics Hall of Fame. Boomer's former athletes collected en masse for the honor. They held a special reception for him, separate from the Hall of Fame banquet.

This was unlike some team reunions – full of ribbing former teammates and coaches. "One after one, the students couldn't wait to get their hands on the microphone to talk about Buzz," Witmer remembered. They came from all professional fields – education, finance, law, medicine, business.

They praised him for teaching them how to break down any problem – in the pool, in the classroom, in life. They talked about learning preparation and perseverance. "Some swimmers admitted they didn't get in the water at practice for a week or more at the start," Witmer said. "They had to learn the training regimen first." And the major part of that regimen was discipline.

That's the mark of a successful educator, not the wins and losses.

Getting involved with the athletic program is relatively easy, Witmer believes. "If you've played sports and are interested in sports, talk to prospects in your home town," he said. "Be aware of what the University has to offer and how it is changing in so many exciting ways."

