

# The 2014 Garnish Scholar-Athlete Awards

## From the Director's Chair

**George VanderZwaag**

Director of Athletics and Recreation

Today we recognize ten 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.



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



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...



Jackie Walker (c.) of the women's basketball team graduated with Phi Beta Kappa honors and helped Rochester to three NCAA playoff bids. She was honored by University President Joel Seligman (l.) and Athletics Director George VanderZwaag (r.).



Adam Bossert (c.) of the men's swimming and diving team was an Academic All-American and a multi-event Liberty League champion. Participants in the background include (l-r): Hal Johnson of the Garnish Committee, Jackie Walker, Jakob Seidlitz, and Jon Menke.

# Lauren Bailey

**SPORT:** Women's Swimming  
**HOMETOWN:** Ossining, NY  
**MAJOR:** Chemical Engineering



By Dana Hilfinger '10

Senior swimmer Lauren Bailey got lucky when choosing her major. As a freshman, the chemical engineering major knew she was interested in applying her interest in math and sciences, but didn't know exactly what route to go down, so she landed on ChemE. Three years later, she's happy she did.

"After I took a few courses going into my sophomore year, I really enjoyed my courses and the professors. I got lucky choosing this path," Bailey explains. "I really liked the different applications of it. We have classes in fluid dynamics and reactors – you get to see a wide variety of topics and see how these concepts apply in a variety of different settings."

The success she's experienced is complemented by her tremendous career so far swimming at UR. She is one of 10 scholar athletes this fall selected for the Lysle "Spike" Garnish Award honoring athletes who demonstrate excellence both in athletics and academics.

Bailey, who is also a member of Chi Omega Sorority, is thankful she made the decision to come upstate from her hometown of Ossining, NY, just north of New York City – especially after this past summer, where she worked as an intern at Regeneron, a biopharmaceutical company in Tarrytown, N.Y.

"School has certainly lived up to my expectations," says Bailey. "I've met a lot of great people and the professors are really knowledgeable about what they're teaching. Having this internship this summer has reinforced the fact that the teachers do an excellent job – I felt very prepared for the internship. I felt confident that I could do the tasks asked of me."

What finally attracted her to UR, however, was not just the academics, but the feeling she had while on campus.

"It was the place I felt most comfortable in my college search," Bailey explains. "The swim coach actually walked around campus with me, and I felt very comfortable and very at home."

As for swimming, Bailey initially jumped in the pool to follow in the footsteps of her sister, who also swam growing up.

"She didn't follow it as long as I did but that's what got me started – I saw how much fun she had and it looked like a really good environment," explains Bailey. "I really liked

## Quotable:

"...when you achieve a goal, you reflect on all the hard work you did and you just feel an overwhelming sense of accomplishment..."

how individual the sport is when you're competing but how you have this whole support system when you get out of the water."

That balance between individual achievement and the team has been huge for Bailey. The senior has been tremendously successful over her three years here, culminating in her impressive run last season, where she earned honorable mention All American honors in four events and was named Liberty League Swimmer of the Year (for the second consecutive year).

Bailey doesn't focus on that. For her, the sense of accomplishment she gets from completing a fast time or trying her hardest is more rewarding than the additional accolades.

"It's definitely rewarding, because when you achieve a goal, you reflect on all the hard work you did and you just feel an overwhelming sense of accomplishment and feel so proud of yourself," Bailey explains. "But at the same time, I would not be competing in swimming if there was not a team involved. I need that sense of community and support as well. While it's nice to have it individualized, it means the world to me to know that I have my team and friends behind me."

Bailey knows she also wouldn't have made it this far without her parents. Her dad, who stayed at home while Bailey was growing up, taking her to swim practices growing up and going to all of her swim meets. Her mom, a partner at an accounting firm in New York City, has had a big influence in her academic career and in helping Bailey navigate her post-graduation options.

"I have a really healthy balance of parents who are supportive and encouraging but who let me make my own decisions," she explains.

After graduation, Bailey is looking at entering into the field of biopharmaceuticals or pharmaceuticals, even thinking that at some point down the road she might pursue a masters in business. No doubt, given her track record so far, she is line to succeed wherever she goes.



# Griffin Drake

**SPORT:** Men's Soccer  
**HOMETOWN:** Indianapolis, IN  
**MAJOR:** Political Science & Philosophy

By Dana Hilfinger '10

Senior men's soccer player Griffin Drake hails from Indianapolis, Ind., and is eager to talk about how great of a place it was to grow up.

"I'm from Indianapolis," he says. "That's kind of a big thing for me. ... I like the Midwestern values. It's very friendly; people are very open-minded and welcoming. Anyone can go over to anyone's friend's house and their parents will make you a big home cooked meal, and you can sleep over for three days."

After being recruited to play at Rochester when one of the UR coaches saw him at a soccer tournament in Florida, Drake opted to pack his bags and head to the Northeast. Still, he makes a point to stay true to his roots.

"I've learned the east coast is a little faster pace," Drake notes. "People are a little bit more concerned with outward experience. Whereas back home, things kind of roll off your back a bit easier – people don't worry so much – it's just life. I still carry around my Spiderman backpack just to remind myself not to get caught up in things. I learned growing up not to let days pass you by."

Even with the culture shock, Drake has excelled both on the soccer field and in the classroom. He is one of 10 scholar athletes honored this year with the Lysle "Spike" Garnish award for excellence both in the classroom and on the field. Drake, a philosophy and political science double major, has found his niche at UR. With hopes of going to law school after graduating, Drake has enjoyed the thought experiments and application of his classes at Rochester.

"The philosophy classes were the most interesting classes I took freshman year," he says. "I like looking at different ethical theories – especially the idea of what's right and what's wrong. I feel like it's relevant to my everyday life. It's more training for a thought process versus training for a certain skill. It helps me take a step back and realize there are other ways to look at things."

Drake's biggest influences have spanned both academics and athletics. Family is important to the senior. His dad made sure he was involved in everything as a kid. Now, even though he can't be at all of his son's games, his dad and brother



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watch the games online.

"He pushed me since I was 10," Drake says of his dad. "[My family] were always huge, huge supporters."

Drake also credits his mom and Aunt Mary, who works in a psychiatric ward, for helping to shape him. His mom "raised me right," teaching him how to act, to treat people well, and a lot about self-sacrifice. Meanwhile, his aunt encouraged him to always broaden his horizons and to "do your best and be happy and try to have a good time in life."

"I've had people tell me in the past, don't let people walk all over you and I tell them I'm not, I'm just helping friends," he explains. "Just treat other people well."

As for soccer, it wasn't a hard decision for Drake to focus on it going into high school. The choice came down to wrestling or soccer – "It became 'oh shoot, I have to go to wrestling practice,' and 'oh shoot, I *get* to go to soccer practice.' The decision was pretty easy."

Playing at UR was an exciting prospect for Drake. The school had the academic caliber and the soccer team, even as a Division III program was serious.

"We treat it like a Division 1 program and everyone has really high expectations," says Drake. "I didn't want to go to a school to just kick the ball around."

In the end, though Drake approaches the soccer field like he tries to approach all aspects of his life – with a positive attitude and a thirst for life experience. He dreams of traveling to Europe after graduation to live abroad and work before heading to law school, playing soccer all the while. For Drake, it's about the joy he gets from being out on the field.

"I've been playing soccer for 17 years, and I go out every day playing with a smile on my face."

# James Frauen

**SPORT: Men's Swimming**  
**HOMETOWN: Pittsburgh, PA**  
**MAJOR: Mathematics & Financial Economics**



**By Dana Hilfinger '10**

Senior swimmer James Frauen didn't always know that he wanted to go into the world of finance. His dad manages the finances of an architecture firm and his mom does engineering work for a gas company. But when it came time for the Pittsburgh, Pa., native to consider his career direction, he only had to look at the brand that adorns many a stadium and building in his hometown – PNC bank.

For the past two summers, Frauen has interned with the bank in the loan syndication department.

"Finance is cool for me because you can look at trends in the overall economy and the world in general and certain events, and at the same time it's math centric," Frauen explains. "The underlying concepts are all math based. And I really relate to something I learned in my first UR class which is a basis for all economics: people respond to incentives. And if you put yourself in other people's shoes, you can understand their choices."

Right up his alley. Frauen, a financial economics and mathematics double major, has excelled in these fields. He is one of 10 student athletes at UR to win the Lysle "Spike" Garnish award this fall for excellence as a student athlete.

Frauen's abilities are diverse, though – a fact that he's contemplated while at UR. "I took a step back at the end of my freshman year and evaluated my skill set and thought that I would be a good fit for finance and that that would be something that I liked," he explains. "In finance, you get a chance to talk to people a lot and that's a part that I really like about it. I'm looking forward to more client interaction in my job."

Swimming, meanwhile, is in his blood. His parents, high school sweethearts who met on the swim team in 9<sup>th</sup> grade, and his aunt and uncle anchor the swimming tradition in the family. Frauen's youngest brother is a swimmer – the only exception is the middle Frauen brother, who "doesn't like the water."

But while Frauen has been competing in the pool throughout childhood, it didn't always come naturally to him – "I wasn't that great at it growing up, but then I grew and became a little bit better." – and it took him until college to settle into a particular stroke.

## Quotable:

"...when you get up on the block, it's just you – you're going to do your best and your opponent is going to do their best...That's something I really like. There's nothing like a pure test."

"My dad and uncles were backstrokers and my mom and aunts were freestylers, so I guess I was a bit of a blend," he explains. "I swam only freestyle in high school and didn't add the backstroke until I came to college. But now, I'm more of a backstroker than I am a freestyler."

Swimming is not the only trait that Frauen has inherited from his family, though. "My parents have showed me that hard work pays off," says Frauen. "If you work hard and stay true to yourself, it will pay off. It's been true in swimming and true in school. They're the ones who gave me that lesson, and it's core to who I am."

At UR, Frauen's work ethic has enabled him ample success. And Frauen has also found an academic path that peaks his interest and challenges his competencies. Like with math – Frauen started taking math classes with the finance major and found that they helped him a lot in his financial economics classes.

"What I like about it is that it helps my problem solving abilities," he says. "The finance classes come more naturally to me than the math, but since I have to work through the math and get through to one answer, it's helped with my problem solving."

Frauen's natural inclinations are illustrated both as a swimmer and as a student.

"I've always been competitive but a lot of it is internal," Frauen explains. "I don't think a lot of people would guess it from interacting with me. My parents know it though – my brothers and I would always compete and I would get upset if I didn't come out on top. It's a nice outlet when you swim because when you get up on the block, it's just you – you're going to do your best and your opponent is going to do their best, and you'll see who come out on top. That's something I really like. There's nothing like a pure test."

# Cara Genbauffe

**SPORT:** Women's Tennis  
**HOMETOWN:** Loveland, OH  
**MAJOR:** Psychology  
**MINOR:** French

By Dana Hilfinger '10

It's easy to tell that senior tennis player Cara Genbauffe is a people's person: her major, psychology, focuses on people, her experience on the women's tennis team is punctuated by the comradery she has developed amongst her teammates; even her experience studying abroad in Denmark was defined by the people she met.

"While I was there, I really wanted to go to France, but I made a lot of really close friendships with the people I lived with, and I figured I had the rest of my life to go to France but right now is the only time I will be living with these people," she explains.

Genbauffe's ability to seamlessly blend her gregarious personality with her academic career has been crucial to her success. She is one of 10 scholar athletes this fall to receive the Lysle "Spike" Garnish Award, for excellence both in the classroom and on the court.

For Genbauffe, who was born in Massachusetts, but grew up primarily in Cincinnati, Ohio, tennis was a part of her routine at a young age. A large part of that was the tennis culture present in Cincinnati. One of the major tennis tournaments was played each year about 25 minutes from her house. In August, two professional Polish tennis players were staying at her parents' house. Tennis was all around.

When it came to playing in college, Genbauffe "couldn't imagine it not being a part of my life." Tennis has taught her a number of lessons that apply beyond the court, such as dealing with failure.

"When you go into the classroom, you have to get above a 92 or so to get an A. But to win a tennis match, you only have to get 51% of the points," she says. "So you're constantly being faced with failure because you can't win every point in a match. Yes, you're going to lose points, but how are you going to react?"

Academically, Genbauffe has proven herself capable of demonstrating that same resiliency and mental toughness. In part she credits UR's atmosphere: "people aren't competing and going in with the attitude that you have to fail so I succeed. Instead, it's 'let's both succeed.'" But a large part of that centers around Genbauffe's interest in the work she's



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"...I really like people and talking to people and helping them understand what's going on in their lives."

doing in the psychology field, where's she's interested in someday working on the clinical side.

"For me, the main thing I thought of in psychology was therapist," she explains. "I would like to do research and be a professor as well, but I really like people and talking to people and helping them understand what's going on in their lives."

This past summer, she did research in clinical psychology in the child and adolescent out-patient services at Strong Hospital in Rochester. Work that will tie into her honors thesis that she will be working on over the coming year.

"I help with a group therapy session that's in the in-patient unit," she explains. "I go there every so often and help run the group. What I'm doing is taking the pre group data and taking those same measures in an out-patient setting and compare those to see if it makes a difference whether you're in-patient or out-patient."

The inquisitive nature of a researcher spills over into other areas of her life as well. While in studying in Denmark, Genbauffe became intrigued by the Danish way of living.

"I had met people from Europe before and thought that people would speak a different language and dress differently, but everything else would be the same," she says. "I never thought about how the food is different and people bike everywhere. There were so many things that were different that I didn't even expect could be different."

In the end, however, the tennis player thrives on the energy she gets from being a part of a team unit. At UR, and especially with the tennis team, Genbauffe enjoys succeeding not only by herself, but also with her peers.

"Everyone on the team is really close," she says. "The atmosphere is amazing and it's really unique coming from junior tennis where everything is really individual. In college, there's more of a team that you're cheering for – you want your friends to win and to succeed along with you."



# Blair Landolfi

**SPORT: Women's Basketball**  
**HOMETOWN: No. Arlington, NJ**  
**MAJOR: Financial Economics**  
**MINORS: History & Business**

By Dana Hilfinger '10

New Jersey native Blair Landolfi will readily admit how much she misses her home state.

"I love New Jersey," the women's basketball guard says. "I definitely want to move back there when I graduate. A lot of my family lives there. And I like how everything is central [with New York City] and localized. And I love the bagels."

Landolfi, who spent her first summer away from the Garden state this past year, hasn't allowed the lack of good bagels to sour her experience in Rochester, though. The financial economics major, who also has minors in history and business, has made a name for herself, both on the court and in the classroom. She is one of 10 athletes this fall to be honored with the Lysle "Spike" Garnish award for excellence both in the classroom and in athletics.

The decision to leave her home state came down to the UR's reputable academics and women's basketball program.

"I had never heard of Rochester before I was recruited," Landolfi remembers. "But I came up to visit and really loved the campus and school atmosphere."

Her decision to go down the financial economics route was based largely on a budding interest in the field.

"I knew I wanted to do something in business for a while," she explains. "I took an economics class in high school where we played the stock market game and thought it was really interesting. I was always interested in history, too, but wasn't sure what I would do with just the history degree."

Landolfi received good encouragement early on in her economics career at UR.

"I took Economics 108 [Introduction to Economics] and loved professor [Michael] Rizzo," Landolfi says. "He was a really good lecturer. You learn a lot about different aspects of the economy and how you're supposed to think like an economist."

This past summer, Landolfi stayed in Rochester to apply what she learned in classes, working for Life Mark Securities, a broker/dealer firm. She was exposed to working as a financial planner, and is considering that as a potential career path going forward.

"I think it's really interesting – people give you their



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"...(My economics professor) was a really good lecturer. You learn a lot about different aspects of the economy and how you're supposed to think like an economist."

money and trust you to do what's best for them," Landolfi says. "It's an interesting way to help people."

Landolfi has also enjoyed the ability to explore the curriculum while at UR. She took a women's studies class, where she "realized that she was not quite the feminist that other people are." And she was able, in addition to her financial economics major, to tack on minors in both business and history.

As for basketball, Landolfi had been playing since she was a kid – though it wasn't always clear that would be the sport she would pursue.

"Until the eighth grade soccer was my favorite sport," Landolfi recalls. "Then all the kids caught up to me in height and ability and soccer wasn't as much fun when I couldn't beat people. I think basketball was always more appealing to me though, because I was a little better at it."

The shooting guard has been integral to UR's success – last year, she manned the wing for the Yellowjackets, starting in all but one game for UR. With basketball in Rochester, though, Landolfi has found more than just a competitive outlet, though. She has also found a group of friends. Coming upstate, for Landolfi, has paid off.

"I love the girls on our basketball team," Landolfi says. "We have a great culture on our team where everyone has everyone's back. Coming in as a freshman, it was so nice to know I had 15 girls on my team who essentially had to like me. I was super homesick when I came here, and I don't know if I would have made it without the team."

# Kevin Sheehy

**SPORT:** Men's Basketball  
**HOMETOWN:** Syosset, NY  
**MAJOR:** English  
**MINOR:** Business

**By Dana Hilfinger '10**

Being the youngest of seven kids isn't always easy, but Syosset, N.Y., native Kevin Sheehy wouldn't have it any other way.

"As you can probably imagine, my parents are going to be crying at my last basketball game," Sheehy quips. "But [growing up the youngest of seven kids] was a pretty unique experience. I was able to see what my older siblings went through and learn from them."

This came into play in a number of ways, and is one of the biggest reasons Sheehy came to UR. When his older brother went on a basketball recruiting trip to UR when Sheehy was in the eighth grade, he got to tag along and really liked the school. His brother ended up going to another school, but UR left its imprint on his younger brother. Now, eight years later, Sheehy is manning the point for the UR basketball team.

But the English major and business minor doesn't just excel on the court. He is one of 10 student athletes honored this year as a Lysle "Spike" Garnish award recipient, honoring athletes who demonstrate excellence both in the classroom and their sport.

The right academic path wasn't initially clear to Sheehy, though. Sheehy came into school intending to major in economics with hopes of becoming a sports agent. After a summer working for an agency, however, he opted for another path. He switched his major to English, with a concentration in communication and journalism, picked up a business minor, and now looks to go into finance after he graduates, knowing the skills he's learned in journalism classes will apply nicely in the work of finance. This past summer, he had his first internship in finance, working with Atlantic Trust in New York City as a summer analyst on their investment team.

"The whole journalistic approach was something I really enjoyed and encouraged me to take more classes. Journalism will definitely help me with interpersonal skills," Sheehy adds, "And everyone needs to know how to write."

Sheehy has found some good mentors within the English department. Taking classes with Curt Smith and completing an independent study with Jim Memmott, researching sports economics and addressing questions on whether Division 1 athletes should be paid, are highlights of his academic career.

On the basketball court, he's benefitted from similarly strong role models, starting with his brothers, all of whom were



## Quotable:

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point guards, and his dad.

"I look at him and he's working hard every day – I don't think I've ever heard him complain about anything his entire life," Sheehy explains about his dad. "He was always the coach of my teams – and he would be the first one to make an example out of me if I did something wrong, and I look back on that and am grateful for that. It taught me to be tough and to be myself."

Self-reliance and mental toughness epitomize Sheehy on the court and off. And Sheehy is eager to be the student. As a freshman, he cut his teeth playing defense against UR All-American Point Guard John DiBartolomeo.

"At a place like Rochester where you're not going to play as much your first couple years it's really worth it, because it's about the learning experience," Sheehy says. "It could be about how many games you won, but it's definitely about the learning experience."

In his first two seasons, he did play a good deal, 13 minutes a night as a freshman, 18 as a sophomore. And Rochester won, earning 39 victories in two seasons, reaching the NCAA second round, and spending a brief period ranked #1.

Basketball has served as a microcosm for life's greater lessons for the senior point guard. Part of that is due to men's basketball head coach Luke Flockerzi. "He has a way of making these quick little quibbles. I thought about this the first day of my internship," Sheehy recalls. "Every game, he says before we go out there in the locker room, control the controllables. Control what you can do and don't let anything else outside of your control affect what you do."

"If something doesn't go your way, people aren't going to be feeling bad for you," Sheehy says. "You have to be tough and move on. I think it's the biggest part of your life moving forward – if you have a stressful job, you need to have the mental capacity to power through it."

# Max Sims

**SPORT: Men's Track and Field**  
**HOMETOWN: Marietta, GA**  
**MAJORS: Neuroscience & Business**  
**MINOR: Health Psychology**

**By Dana Hilfinger '10**

When senior runner Max Sims was looking at where to go to school, he knew he wanted to a mid-sized school specializing in the sciences. The Atlanta, Ga., native also knew that he needed a change of scenery.

"I felt like if I didn't leave [for college], I never would," Sims explains about deciding to leave Georgia for college. "I wanted to try something different. I always get the questions on why I decided on Rochester – my answer is that that I came on a really nice day and they tricked me," he adds with a laugh.

Rochester, though, ended up being a good fit for the neuroscience and business double major. Sims excels both in the classroom and on the track – for these reasons, he is one of 10 student athletes honored this fall with the Lysle "Spike" Garnish award for excellence as a student athlete.

And like many successful student athletes, Sims sees his work in the classroom complemented by what he does on the track. In high school, Sims competed in three sports – cross country, basketball and track, though, he quips that his high school "didn't even have facilities for track. We'd just run around a grass soccer field." When he first came to Rochester, he wasn't even planning to run track.

"Running was not even on my radar when I got there," Sims says. "But in the first couple months, I saw a flyer [for track] and realized I missed the competitiveness. After the informational meeting, I was hooked."

Sims experience over the last three years at UR is marked with the benefits of that decision.

"One of the highlights at UR has been being on the track team," Sims explains. "Getting to know the guys and the girls – a lot come from the northeast, but we also have people from Africa and all over the United States. Having the older guys guide me when I was younger and now being in the position of guiding the younger guys is something that I really enjoy."

Mentorship has been crucial for Sims. For role models, he makes sure to recognize his mom, who raised him, put him through school and in general was "pretty huge" to his development as a person. And his high school basketball coach – who was "not only a great coach, but a great human being," who took every opportunity to impart life lessons on his players.

"Sports in general are just a tool to teach life lessons to people – and he was really great about using basketball to make



## Quotable:

"...I like to think that I'm one of the more hard working (students)... I think this helps me as a TA – I've had to work at it and I think that gives me a different perspective..."

us into better people," Sims explains.

His high school's partnership with the CDC, which afforded him the opportunity to intern at hospitals during summers through high school, turned him on to what life would be like as a physician and exposed him to the clinical side of medicine. Now, older teammates on the track team, who also went the pre-med route, are guiding Sims as he applies to medical school.

And Sims has embraced a pay-it-forward mentality to mentorship, on the track team, as co-president of the Brain and Cognitive Sciences and Neuroscience Undergraduate Council, where he enjoys "helping undergraduates figure out how to get through the neuro major and what classes play to their strength," and as a Teaching Assistant.

"I'm not by any means the brightest students, but I like to think that I'm one of the more hard working," Sims says. "I think this helps me as a TA – I've had to work at it and I think that gives me a different perspective than someone like the professor who's been teaching the subject for a while and they don't remember what it's like to be learning it for the first time."

Sims's career plans look to combine his interest in medicine with his business major. After a year in UR's Take 5 program, Sims is interested in applying to both medical schools and MD/MBA programs, hoping to be a part of a growing movement to better link the research and clinical side of medicine with the business component of health care.

Even with ambitious goals, Sims appears to have positioned himself well to be successful. For now, he relishes his classwork and the bond and comradery that his decision to join the track team afforded.



# Alex Swanger

**SPORT: Men's Soccer**  
**HOMETOWN: Penfield, NY**  
**MAJOR: Financial Economics**

By Dana Hilfinger '10

Men's soccer's Alex Swanger's Yellowjacket lineage runs deep. Both his grandpa and his dad attended the school – his dad even played soccer for UR. So when it came time to choose a school, the decision was a no brainer.

"I like Rochester, I like the city and I like being here," Swanger says. "It's a good school and a good soccer team. I just don't know a whole lot else. I like it and like being here – I wasn't sure I wanted to move away. I don't know a whole lot of the city and so it's been new to me."

Staying close to home, the Penfield, NY, native has excelled. He is one of 10 scholar athletes this fall selected for the Lysle "Spike" Garnish Award honoring athletes who demonstrate excellence both in athletics and academics.

Swanger's time as a forward for the Yellowjackets has not been without its challenges. His freshman year, he injured his ankle, and "didn't play the way I thought I could or should" for the rest of the season. He proved his resiliency, though, returning his sophomore and then junior seasons with outstanding performances that garnered him 3<sup>rd</sup> Team All-American and University Athletic Association Player of the Year honors. He was chosen to the Capital One Academic All-America Team last fall as selected by the College Sports Information Directors of America.

Coming to Rochester was about more than just an opportunity to play on a team with a track record of success, though. "I was contacted by some Division 1 schools, but if I was going to do that, I would need to push to play professionally at some level," Swanger explains. "But that wasn't really what I wanted. UR gave me the best chance to be successful at a career other than soccer."

Swanger has found ample success in the classroom. A financial economics major, he plans to apply to medical school next year after taking a year off. The unorthodox approach to pre-med was spurred by an interest in economics and business after taking AP government and economics in high school.

"I really liked the economics part," he explains. "I was never really sure that I wanted to go into finance or economics – I was interested in it but was always interested in going to medical school. Still, I thought that an economics background would serve me well – it has real world applications."

Swanger's exposure to medicine came at a young age – his dad, an internist, works at Strong Memorial Hospital. His parents, he notes, have always been his biggest supporters, pushing him to do his best both in school and in soccer.

During his time at UR, Swanger has had the opportunity to test his interest in medicine. He worked this past summer for



## Quotable:

"Doing research...opened my eyes to what research is – it's very meticulous, you have to check all your work and be very careful. It's very different from what I'm doing with the surgical research, but through both experiences I've gained an appreciation for research in general."

SHORE, the Surgical Health Outcomes and Research Enterprise at Strong, where he assisted in research. He also volunteered time at St. Mary's hospital, assisting in administering patient satisfaction surveys to the homeless once they had received treatment at the hospital.

"A lot of the clients weren't able to read or write so we would read the survey to them," explains Swanger. "It was amazing to see how grateful they were – most people don't take the time to help them or acknowledge them and they're really out on their own."

These experiences helped to solidify Swanger's conviction to go into medicine and, in particular, surgery. "I would love to be some type of surgeon. I like doing things with my hands," says Swanger, who whittles as a hobby.

Swanger also got to experience in a very different type of research, assisting political science professor Gerald Gamm on a study on state legislatures.

"He's not my advisor, I've never taken one of his classes but you can tell that he enjoys learning and enjoys what he does," Swanger explains. "I like working with him. Doing research with him opened my eyes to what research is – it's very meticulous, you have to check all your work and be very careful. It's very different from what I'm doing with the surgical research, but through both experiences I've gained an appreciation for research in general."

Swanger plans to take a break before applying for medical school. In that time, he may spend time in Paraguay – his grandma grew up there and a lot of his family still lives in the country. His uncle, a cardiologist, has his own clinic where he might be able to shadow.

If nothing else, it certainly has other advantages – "It's nice down there. The weather is always nice and they're always playing soccer," he notes. After many a Rochester winter, those are two things Alex Swanger would certainly enjoy.

# Emily Widra

**SPORT:** Women's Rowing  
**HOMETOWN:** Washington, D.C.  
**MAJORS:** English, Anthropology, Psychology

**By Dana Hilfinger '10**

Senior rower Emily Widra's path through college is fairly atypical – the Washington, DC, native is a triple major, having accumulated degrees in English, anthropology and psychology as her interests have evolved.

"I'm still trying to figure out how I decided to do that," Widra explains of being a triple major. "I came into school knowing I wanted to be an English major – I loved reading and I loved writing about reading. But I also knew that I didn't want to be a writer, so I needed another area of academic interest to pursue. I added anthropology because I took Anthropology 101 and fell in love with the idea of anthropology and working in the field and meeting people who are different from you."

The psychology major, meanwhile, has been a more recent addition, evolving over the last year out of Widra's cluster, but is the field Widra hopes will be most applicable for her career going forward. Regardless of the area of study, however, Widra has excelled. She is one of 10 scholar athletes this fall selected for the Lysle "Spike" Garnish Award honoring athletes who demonstrate excellence both in athletics and academics.

She was named to the All-America team by the College Rowing Coaches Association in 2014. Rochester finished the season ranked 14<sup>th</sup> among collegiate rowing programs.

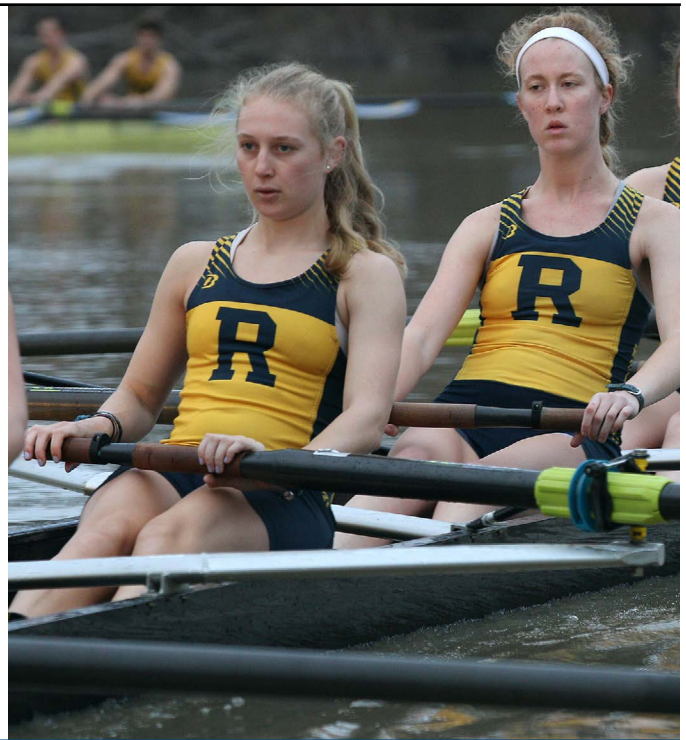
Following this year, Widra looks to apply her psychology major to a career in social work.

"My mother is psychiatrist and after talking with her, I thought social work would be a good path because I'm not sure I would want to be in an office and have people come talk to me," Widra explains. "I'd rather go out and talk with people and be a part of a changing community and be more involved."

This past summer, Widra spent two months studying and interning abroad in Ireland, where she completed an internship working with the elderly in a social services position. During high school, she volunteered at a senior center, engaging seniors through social interaction. Drawing on these experiences, Widra is interested in working with seniors going forward.

"It's a field that's not so much underappreciated as it is overlooked," Widra explains. "A lot of people say they want to work with children and I think that's very important but it shines the light away from other groups of people."

Widra's rowing career at UR has been equally successful, despite her newness to the sport. After playing lacrosse and riding horses in high school, Widra opted to try crew in college on the urging of her dad, who also rowed for UR. Joining a team that just



## Quotable:

"I could maintain three majors and be on the crew team for three years. That was an experience I would only be able to get here at Rochester."

became a varsity sport in the last five years, Widra has found a team atmosphere that wasn't always present in other situations, like when she went to row in a lightweight division with a club in Philadelphia after her sophomore year of college.

"I thought it would be more people my size and that I would like it more, but it ended up being very cut throat and not like the rowing at Rochester, which is very team oriented," Widra explained. "It's competitive but in the team sense of it – the team is trying to improve, not I'm trying to beat one girl out of the boat."

The fact that Widra followed in her dad's footsteps as a rower and attended UR has been especially important to her dad. "He really cares about the fact that I went to his alma mater. I don't think it's necessarily as important but at the same time he has really helped me in that he doesn't need me to follow the same path that he went down," Widra explains of her dad, who is a doctor. "He's very supportive that I'm not going to be a doctor but at the same time has helped to usher me along in the direction that I want to go."

Both Widra's parents have been tremendous influences on her life and have helped to shape the direction Widra aims to go in the future while being supportive of her decisions. Her mom, working in the mental health field, has been particularly helpful in directing her career path.

"She's demonstrated the importance of the mental health field," Widra explains. "I think I found what I wanted to do by getting to know her and her field and talking to her about that."

And in the end, Widra is thankful that at UR, triple majoring was even possible.

"I could maintain three majors and be on the crew team for three years," she says. "That was an experience I would only be able to get here at Rochester."



# Kailee Zornow

**SPORT:** Women's Soccer  
**HOMETOWN:** Penfield, NY  
**MAJOR:** Microbiology

By Dana Hilfinger '10

For women's soccer's Kailee Zornow, the choice to go down the pre-veterinary path was a simple one.

"I always had dogs growing up and knew that I wanted to do some kind of medicine," Zornow explains. "Then I got the opportunity to shadow a vet and work on a horse farm and a goat farm. The exposure has been incredible. I've witnessed and been able to scrub in on surgeries."

Veterinary school is notoriously tough to get accepted in to – there are many schools in the country and the standards are high – but Zornow has set herself up well to succeed. She is one of 10 student athletes this fall to receive the Lysle "Spike" Garnish award for excellence both in athletics and academics.

For someone who didn't even initially look at UR when she was applying to colleges, Zornow, a Penfield, N.Y., native, has valued her time as a Yellowjacket. A big part of why she decided to come was women's head soccer coach Thomas Dardaganis, known to most people as "Sike."

"I was convinced that I wanted to go far away, but Sike made me look twice at Rochester and brought me in," she explains. "I wasn't looking anywhere close to home, but he kept nagging me to look at it, and I went on my overnight visit and loved the school. Plus the science reputation drew me in, because I knew I was interested in veterinary medicine."

Part of what's sold her on the school since she's been here has been the community she's found – both academically and athletically.

"It's been the best of both worlds for me," Zornow explains. "I've been able to make a name for myself academically and athletically. I work for Terry Gurnett, and when I walk into the Georgen Athletic Center all the coaches know me by name, which is incredible. I feel at home here – not just because I'm from here but because I've been able to have an impact."

Zornow's impact on the soccer team is crucial. Last year, she anchored a defense that allowed just 1.3 goals per game and posted five shutouts, starting all 17 games in the center back position. She received All UAA honorable mention as a sophomore.



## Quotable:

"I went on my overnight visit and loved the school. Plus the science reputation drew me in, because I knew I was interested in veterinary medicine."

"I always played defense when I was younger," Zornow says. "I love playing center back because you get to see the entire field and you get to command not just the back line but the entire team. One thing I'm always doing on the field is talking, whether I'm involved in the play or not."

When she finds the time, Zornow keeps herself busy by editing the weekly online publication, *Her Campus Rochester*. And she's a huge basketball fan – "I grew up in a Syracuse basketball family," she quips. Rarely does she miss a women's basketball game at UR, either – some of her closest friends are on the team.

Athletically, Zornow's career has been shaped by two major influences. Former UR goalkeeper Bridget Lang, who was a junior when Zornow was a freshman, was a mentor both on and off the field.

"She was a biochemistry major and my upperclassmen mentor for the soccer team," Zornow says. "She gave me textbooks and is applying to medical school now. In general, she's just an awesome person to look up to."

But in the end, the family support has been huge for the Penfield native. Zornow's other major sports influence has been her older brother. A graduate of SUNY Binghamton, Zornow grew up playing baseball and soccer with him.

"I got to see him go through college and be successful, and he's always been my sports role model," Zornow says. "He's working in Rochester, comes to all of my games which is great. Having the whole family crowd up the in the stands is awesome."

# Traditionally, Garnish Winners Excel on the National Stage Too

The Garnish Scholar Awards recognize the top senior scholar-athletes each year. These young men and women achieve at the highest levels – in a variety of academic concentrations and a wide range of athletic activity.

Over the last 10 years, 14 Garnish scholar winners have been named to the Capital One Academic All-America team as selected by the members of the College Sports Information Directors of America.

Pick a sport: men's soccer, women's volleyball, football, field hockey, golf, women's soccer, men's basketball, women's track and field, men's swimming and diving, men's cross country and track and field, and women's swimming and diving.

Of the 10 honorees this year, two of them were lauded as Academic All-Americans last year. Alex Swanger was named to the Men's Soccer Academic All-America team in the fall. Lauren Bailey was named to the At-Large team for Women's Swimming and Diving in the spring.

All-Americans are even more prevalent. Seventeen Garnish winners have earned All-America honors in their sport between 2006 and 2013. That number rises to 20 All-Americans if you count the 10 Garnish winners this year.

In the 2013-14 athletic season, Alex Swanger was named an All-American in men's soccer. Lauren Bailey earned four All-America honors at the NCAA Division III Swimming and Diving Championships. And Emily Widra was selected in the spring to the All-America team by the College Rowing Coaches Association. She is the first women's rowing All-American in school history.

Stephen Goodridge was honored as a Garnish Scholar winner in 2007, the fall of his senior year. In the Spring 2006 season, when Goodridge was a sophomore, he won the NCAA Division III individual national championship in golf. He is the first Rochester golfer to accomplish the feat.

Goodridge pulled off his feat in unusual circumstances. On



**Associate AD Terry Gurnett and Karen Meess '14.**

the morning of the fourth day of NCAAs, he went to his coach's motel room and spent 90 minutes taking the first half of a final examination for his optics major. He went to the course and won nationals by a total of two strokes. After the awards banquet, he returned to the coach's room and spent another 90 minutes taking the second half of the final.

Yaneve Fonge of the women's indoor track and field team finished as the NCAA Division III national runnerup in the 20 lb. weight throw as a senior.

## All-Americans

## Academic All-Americans

### **Yr. Athlete (Sport)**

2005	Jeremy Goico (Men's Soccer)
2006	Susan Johnson (Women's Volleyball) Nick Zappia (Football)
2007	Rachel Cahan (Field Hockey) Stephen Goodridge (Golf) Andrew Rape (Football) Ashley VanVechten (Women's Soccer)
2010	Mike Labanowski (Men's Basketball) Yaneve Fonge (Women's Track & Field)
2012	Adam Bossert (Men's Swimming & Diving) Shelby Hall (Field Hockey)
2013	Adam Pacheck (M. Cross Country/Track & Field)
2014	Lauren Bailey (Women's Swimming & Diving) Alex Swanger (Men's Soccer)

### **Yr. Athlete (Sport)**

2006	Emily Bango (Women's Basketball) Susan Johnson (Women's Volleyball)
2007	Rachel Cahan (Field Hockey) Stephen Goodridge (Golf) Jon Onyiriuka (Men's Basketball) Ashley VanVechten (Women's Soccer)
2008	Julie Marriott (Women's Basketball)
2009	James Bristow (Squash)
2010	Melissa Alwardt (Women's Basketball) Yaneve Fonge (Women's Indoor Track & Field) Lia Weiner (Women's Tennis)
2011	Ellen Coleman (Women's Soccer) Jodie Luther (Women's Basketball)
2012	Andres Duany (Squash) Beni Fischer (Squash) Lauren Norton (Women's Cross Country)
2013	Karen Meess (Women's Swimming & Diving)
2014	Lauren Bailey (Women's Swimming & Diving) Alex Swanger (Men's Soccer) Emily Widra (Women's Rowing)