

The 2015 Garnish Scholar-Athlete Awards

From the Director's Chair

George VanderZwaag

Executive Director of Athletics

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...



Lauren Bailey '15 (l.) of the women's swimming & diving team graduated with Phi Beta Kappa honors, repeated as an All-American in the pool, and was named a First Team Academic All-American in the spring. She was honored by Athletics Director George VanderZwaag (r.).



Andres Duany (c.) of the squash team was an All-American for three consecutive years. He was honored by University President Joel Seligman (l.) and Executive Director of Athletics George VanderZwaag (r.).

**His code of honor is simple:
do whatever you can to help
the team succeed.**

By Dennis O'Donnell

It's funny how things work out sometimes. Neil Cordell has been playing squash since he was barely in grade school. And the first time his England team won a major European competition, Cordell and his mates were booed lustily by the crowd as they went up to receive their medals.

He was 13 years old, playing in the Under 15 European Junior Championships in Belgium. Teams were comprised of two girls and three boys. Cordell was playing in the #3 position. Jim Bristow – yes, the same Jim Bristow who was an All-American at Rochester in squash – was at #2.

England and France reached the final. The match would pair the two #1 girls against each other and the boys in the numbers one and two positions. The England coaching staff chose Cordell to play in the #2 position.

France took the girls' match. England's #1 player defeated the #2 French player to square it. Cordell was about to step on the court and his opponent was the boy listed as France's #1. Because of the error, officials forfeited the match to England.

No one on the River Campus boos Cordell, especially when he steps on the squash courts in the Goergen Center. He has earned All-American honors for three consecutive years. His dual match record 39-7 in three years, 15-1 in 2014-15.

He plays for the team, not for himself. The individual championships aren't his first priority. His dedication to his teammates and to the program is one of the reasons that he was named the winner of the John Vitone Sportsmanship Award last May at the Athletics & Recreation awards banquet. That dedication, his play on the court, and his academic achievements are reasons why he was selected as a Lysle "Spike" Garnish Scholar-Athlete for 2015.

"I don't care what number (position) I play," Cordell said. "I want to win as many as I can because it will help the team." He played #2 as a freshman, 10 of his 13 matches at #1 in his sophomore year (he was 8-2), and 13 of his 16 at #3 as a junior. He was 13-0 at #3.

His relationship with Bristow went beyond their time representing England. Cordell finished his studies at Joseph Rowntree School in York, England. He played squash full time. He and Bristow talked. Cordell asked about Rochester. Bristow said it could be a good fit.

Cordell wrote to Trinity University in Hartford about playing for the Bantams. He was contacted by UR coach Martin Heath who was very enthusiastic about him coming to campus. Former player (and assistant coach) Hameed Ahmed was very helpful to Cordell. He explained how to obtain a student visa and how to find affordable off-campus housing.

"I wanted to major in business," Cordell said. "But after taking an economics class, it was more appealing." He added political science as a major after taking a class titled Political Science Philosophy.

He finished the political science requirements after two years of study. He will do one class in economics and one in political science



to complete what he needs.

"UR is so flexible," Cordell said. He had been out of school for five years before he enrolled at Rochester. "In England, if I picked business as a major and I wanted to stop, I would have to drop out of college for a year and then re-apply."

His squash career began at the age of four. He lived across the road from a squash club. Someone at the club started a junior program. He joined "and I was pretty good at it".

Cordell's father, Ian, was a big supporter of his son on the courts. Ian played in the English Football Association. Cordell's grandfather played professionally in England at Aston Villa. After granddad's playing career was over, he was a scout for Nottingham Forest.

Neil played and trained under Malcolm Willstrop, a famous coach in England. Willstrop's son reached the number one ranking in the world. Ian Cordell wanted Neil to make a choice – football or squash.

He played in his first tournament at the age of seven. He won his first match, then lost without winning a point. "It was an eye-opener," he said.

At the age of 11, the intensity grows. Youth players move on to the Under-13 teams. Cordell was playing squash all week long.

His experience on the junior circuit took him many times to the European continent and also to Israel. At the age of 17, he played in Bogota, Colombia. He played in Cologne, Germany and the team hopped a bus to the Netherlands for the next tournament. He finished his England junior career without dropping a game.

"For my last two years of school, I knew I wanted to play squash full-time," he said. He played for two years, but put pressure on himself. He couldn't forget the losses.

He's playing for an internationally-renowned coach in Heath. "He'll talk to each of us (before and during matches)", Cordell said of Heath. "I've never had anyone as good at picking apart a game as Martin."

HOMETOWN: York, England MAJORS: Economics, Political Science

A dean's visit to South Africa helped another man become a great student and athlete.

By Dennis O'Donnell

It is general accepted as an athlete's credo: if you focus on the proper technique, successful results will follow. That holds true regardless of the athletic activity: running, jumping, throwing, swimming, hitting a golf ball, a tennis ball, or playing a myriad of other sports.

Boubacar Diallo worked diligently on that credo, urged on by his jumping coach, Jay Petsch. "Jay is very good at getting you comfortable," Diallo said. "(He stressed that I should) focus on my technique and if I get it right, the jump will come right away."

That philosophy and Diallo's strong work ethic produced two outstanding results in the triple jump. The first one came late in April at the SUNY Cortland Invitational. Diallo's jump of 14.87 meters (48' 9.5") was one foot, 1.5 inches shy of matching Anthony Palumbo's school record (49' 11") set in 1974. It was also the second longest jump by a Division III performer to date. Palumbo won the NCAA National Championship with his jump.

Diallo was selected to compete in the NCAA Division III Championships at St. Lawrence University last May. He was seeded fourth. Petsch worked with him. "If you hit your marks properly, it's a good jump," Diallo said. "Practice went very, very well."

When it came time to jump, Diallo produced the best jump of his career – 14.90 meters (48' 10.75"), just one foot and three-quarters of an inch away from Palumbo's school record. He finished fourth overall and earned All-America honors.

His ability to concentrate on proper technique and then follow through – regardless of the activity – is one of the reasons he has been selected as a winner of the Lysle "Spike" Garnish Scholar-Athlete Award. It is given for a combination of academic and athletic achievement through the junior year at the University. Garnish was a former trainer and assistant coach at Rochester.

Diallo arrived on the River Campus partially due to a presentation made by Dean Jonathan Burdick, currently the University's Vice-Provost. Burdick was in South Africa – at the African Leadership Academy – to speak to a group of students about Rochester. Diallo was one of the students who attended. Up to that time, he was thinking of attending Brandeis University. Burdick's presentation changed that. Diallo absorbed what he heard and liked it. He interviewed with Burdick after the presentation and they talked for quite a while.

The African Leadership Academy is a long way from Diallo's home in Senegal. One of his teachers who obtained the African Leadership Academy admissions brochure strongly urged him to apply. He would succeed there, the teacher insisted.

ALA receives more than 3,000 applications yearly and selects no more than 100 to attend. "They evaluate everything," Diallo says. "Academics, leadership and entrepreneurial ability, your passion for Africa." The school is all-encompassing. It (helps students who graduated from ALA get internships and job opportunities throughout Africa and it holds gatherings of alumni and current students in wide-ranging locales including both the east and west coasts of the United States, Nigeria, South Africa, and Morocco. Burdick's efforts as a recruiter on the African Continent are successful. There are



approximately 25 graduates of the African Leadership Academy on campus.

It is a two-year academic program. ALA seeks to transform the African continent by developing a powerful network of leaders who will work together to tackle Africa's biggest challenges. Diallo estimates that his class had 30-40 countries represented. He is multi-lingual. He speaks four languages fluently – French (the colonial language of Senegal), English (one of the primary languages of South Africa), Wolof (the native language in Senegal), and Pulaar (his mother-tongue). He understands a fifth language – Joola – (common to Southern Senegal), but does not speak it very well.

When he determined that Rochester would be his college choice in the United States, he contacted the men's track and field coaching staff. He told them that he was a long jumper. His early workouts were impressive. The coaches suggested that he try the triple jump. His first 'official' result in the triple jump came in an intrasquad scrimmage – he cleared 43 feet.

His studies took him in the direction of mechanical engineering. He thought about that, civil engineering, and mathematics.

In early August, he returned to Rochester after an internship in Morocco. He worked with a foundry company which made metal castings. As an intern, he worked on three-dimensional modeling using Solidworks, and also shadowed several products going through the manufacturing process.

His senior year is just beginning and the track and field season is a few short months away. Then commencement, and work in the real world. As an engineer out there, Boubacar is looking for position that will get him to interact with people, and travel around the world.

That's an excellent technique – and he has shown what he can do with proper technique when it involves athletic competition.

HOMETOWN: Bignona, Senegal MAJOR: Mechanical Engineering

It's how one professor's love for a subject can help a student to enjoy it as well.

By Dana Hilfinger '10

No matter whether it's volleyball or chemical engineering, Webster native Jennie Ford has sought out a supportive, encouraging environment. That support from her coach and teammates has been key to her success both on the volleyball court, but also in the classroom.

"I like the academic focus on my interests and I have always felt that the professors in my major have always shown a lot of care and attention the success of their students," Ford explains. "One of my professors, Professor Foster who taught Fluid Dynamics, was one of my favorite professors at UR. I have worked as his TA since being in his class as well as being in his group of a few students working on CFD (computational fluid dynamics) projects.

"Before taking his course I wasn't sure about whether I liked my major or not, or what I was going to do with it, but his course and teaching ability made me enjoy the material and know that I was doing the right thing for me. Also, he gave me opportunities that I didn't think I would get in college (like being in the CFD group) as well as the confidence to know that I can be successful at whatever I may want to do in the future."

Now, Ford, a chemical engineering major, is honored as one of 10 Lysle "Spike" Garnish award winners for both her achievement in the classroom and as an athlete.

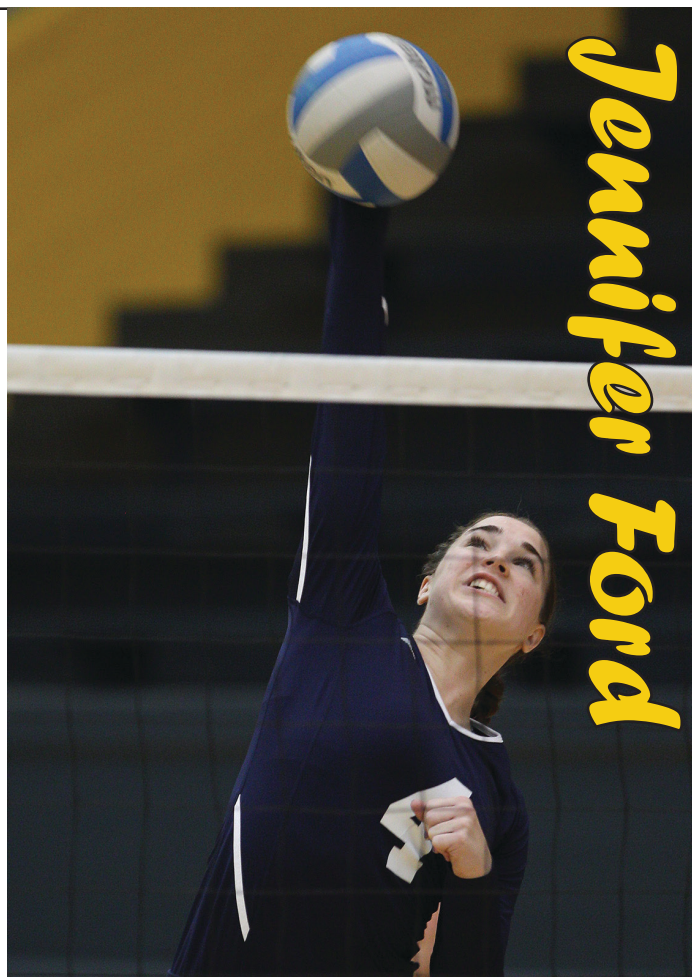
The athlete part of the equation was almost always an assumption for Ford, who has been playing sports since she was a kid – everything from basketball and soccer to softball and volleyball, which she began to focus on in high school. A setter in high school, Ford made an easy transition to outside hitter at UR. As she notes, the decision was pretty simple: "We had no outsides."

The volleyball court is the setting for a lot of practical learning for Ford. Much of that is fueled by the supportive but teaching environment created by Coach Ladi Iya.

"Coach is a person who is there for you," describes Ford. "She has focused a lot on leadership with me, on being louder and more enthusiastic – they're things that will apply outside of volleyball. They're tools for the future."

Ford has also taken away some important qualities from her time playing volleyball, such as perseverance, time management and people skills. And from her brother, four years older and also a volleyball player, she learned toughness.

"My older brother, Andrew, has always been my role model for volleyball and I honestly don't think I would have ever started playing if it wasn't for him," explains Ford. "He taught



me how to play before I ever started playing, he taught me to be competitive, as only a brother can, and he taught me to have an passion and love for the game which I know I will never lose. Outside of volleyball, I look up to his charisma and his outgoing personality that I always strive to emulate."

What's next for Ford? She hopes to use her chemical engineering degree to go into the drug development field. She has been working in the Emergency Department at Strong doing research since her junior year, and hopes to use that experience, in addition to her involvement in the CFD group, to work on making pharmaceuticals.

But of course, in the meantime, Ford has a great support system, one other way that the game of volleyball has prepared her for her future.

"Your team really does become your family away from home," says Ford. "You spend all your time hanging out with them even outside of the season, and I am now even living with a few girls on the team. It has definitely made me a better student and more organized because of the time commitment involved with playing a sport in college.

"Playing a sport also just teaches an attitude of hard work and perseverance that has helped me through a number of the tough classes associated with my major, my job and really anything that could happen in college."

HOMETOWN: Webster, NY MAJOR: Chemical Engineering

Her passion and drive comes from her teammates and her classmates at Rochester.

By Dana Hilfinger '10

There was a time when senior lacrosse defender Megan Fujiyoshi wasn't even sure if she wanted to play a sport in college. It was the end of her junior year in high school, as Fujiyoshi was beginning to think of post high school plans and was unsure whether she could handle the demands of being a college athlete.

"I wasn't sure if I wanted to play, but my dad talked with me about it and encouraged me," she recalls. "He didn't really know anything about college lacrosse, but told me that if you're going to do it, you have to be motivated in order to get to the level I needed to be at. He said, 'how do you know if you can or can't do it if you don't even know what it is.'"

That conversation was the turning point, Fujiyoshi remembers, and she hasn't looked back since. Now, a senior captain for the UR team and a psychology and Brain and Cognitive Science double major, Fujiyoshi is the recipient of the Lysle "Spike" Garnish award for her achievement both in the classroom and on the field.

"Being at UR you really are a student athlete," Fujiyoshi says, emphasizing the "student" part of the phrase. "You are a student first and an athlete second, and it is exciting to be around people who shared that priority."

The focus - athletically and academically - drove her and her teammates last spring. Rochester defeated RIT on the final day of the regular season to claim a Liberty League playoff berth.

Academic honors followed. Rochester was named an Academic Honor Squad team by the Intercollegiate Women's Lacrosse Coaches Association. Fujiyoshi was named to the IWLCAs Academic Honor Roll.

For the Hopkinton, Mass., native, she couldn't have gotten to this point without the encouragement and influence of her peers.

"I owe a lot of what I've learned to other people, especially from the athletic staff," says Fujiyoshi, who works part-time for the Goergen Athletic Center. "The athletic community is very tight knit - coaches know your name and ask what you do. It's my second season as a captain on the lacrosse team. But I never thought of myself as a leader until I came here, and I never thought others would see me as a leader until I came here.

"I'm really driven by the people around me. This school attracts a lot of passionate, hardworking people. If I wasn't motivated after that talk by my dad, then I would certainly be motivated by all the hardworking people around me. It really makes me want to work harder."



Following graduation, Fujiyoshi plans to use her dual degree to pursue a career as a nurse, potentially specializing in the mental health field. Motivated by an abnormal psychology class she took as an undergraduate, Fujiyoshi was intrigued by the concept of treating mental issues holistically. Her brother, encouraging the interest in the subject, gave her a book that looked at societal views of normality and abnormality.

Her original interest in the field of nursing generally, however, stemmed from her mom, who is a nurse.

"I didn't really do needles and blood for a long time," Fujiyoshi remembers, "but thought more about it and how much my mom loves her job. She has worked at the same hospital for a number of years and has a big impact."

"The world needs nurses. I had exposure to a mental health hospital, and noticed how little time patients had with doctors and that a lot of care was given by nurses. I find it fascinating because mental health patients are so delicate and need a person to relate to - often that is the nurses."

Fujiyoshi still sees some uncertainty in her future, not knowing exactly where she'd like to end up geographically. There is no uncertainty, though, that the decision she made four years ago to play lacrosse in college was a good one.

"Honestly I can't even imagine what it would have been like without playing a sport," Fujiyoshi notes. "It's taught me incredible time management skills (and I thought I had that down in high school), introduced me to a team of young women who are continuously inspiring me, and showed me the importance of working hard even during the most stressful of times. I was never really intrinsically motivated until I came to Rochester, but being surrounded by not only high-achieving students, but also hardworking athletes is really motivating."

HOMETOWN: Hopkinton, MA MAJORS: Brain & Cognitive Science, Psychology

It's the relief pitcher's mantra: get past this challenge, then take on the next one.

By Dennis O'Donnell

In his freshman year, Evan Janifer was sitting in his dorm room, headphones on, music quite loud. His roommate walked in and asked him to turn off the music.

"Sorry," Janifer explained. "Studying."

The course was the History of Rock, taught by Professor John Covach. It may be the best class Janifer has ever taken on the River Campus.

When he arrived in Rochester in the fall of 2012 from Montclair, New Jersey, he knew he would focus on an economics track as a major. "I took eco courses in high school," he said. "When I got here, I knew I wanted to go into that."

Professor Covach's class made sense as an elective. Janifer started playing the guitar as early as fourth grade. "My dad has thousands of vinyls," he said, "and I've got a large amount of music digitally."

A class like that might look like the students sit there all day listening to The Beatles and the Rolling Stones, but this transcends more than that. It is accurately called the History of Rock – and it studies the Harlem Renaissance, the blues, and the development of the genre as music, including the British invasion.

Now, he is taking a course titled Signed, Sealed, and Delivered which discusses things that changed the music industry, starting with the invention of the phonograph by Thomas Edison.

His ability to succeed in class and on the baseball diamond is one of the reasons he has been chosen as a Lysle "Spike" Garnish Scholar-Athlete for 2015.

Janifer wasn't sure what to expect of the program – either baseball or academics. At Montclair High School, he was the everyday second baseman since the first day of his sophomore year. He relieved in one game that season, made a couple of starts, too. He pitched in one or two games in his junior and senior years.

The baseball coaches here wanted to keep him as a middle infielder, this time as a shortstop. "In my sophomore year, we had some injuries (among the pitchers)," he said. "They needed people to throw and I volunteered. Coach (Joe) Reina had me practice as a pitcher and liked what he saw. He decided to continue it."

They wanted to make him a reliever, but his first appearance in that role didn't go very well. "I blew it," he said with a slight smile. Rochester was playing in the UAA Championships in Florida and Janifer came in against Case Western Reserve. He didn't pitch badly, he just made a mistake. "I didn't back up third base," he said. A throw from the outfield was too long, but no one was there to catch it. A Case runner scored and the Spartans won.

You learn from your mistakes and he learned from his. It was the last lead he surrendered. He appeared in 20 games, recording a 2-0 record and a Rochester record nine saves with a 0.45 ERA in 20 innings. He allowed just 11 hits (.162 avg.), two runs (one earned) with five walks and 16 strikeouts. He was named First Team All-Region by *D3baseball.com*, Second Team All-Region by Rawlings/ABCA and was a unanimous First Team All-Liberty League selection.

His mental approach was fine. "Coach wanted to make me available for every game (if needed)," he said. "As a closer, you have to forget about the previous game. Take the task at hand."



Last spring, he was named a Pre-Season All-American by *D3baseball.com*. In his second outing in Florida, he pitched three innings against Emory. That was the most he pitched in college up to that point. The Yellowjacket offense was clicking, building larger leads that did not need a relief ace to finish. So, he and Reina had another chat. They decided to put him in the starting rotation.

A reliever usually works with the thought process of get this guy out, then get the next guy out, then get the next guy and get back in the dugout. Some starters think about getting through longer stretches – get into the fifth or sixth inning, maybe longer. Janifer succeeded as a starter because he approached it like a reliever: get the first guy out, get the second guy, then the third guy and get back in the dugout. Next inning, go through the same process all over again.

He finished the year with a 5-3 record, 3.13 ERA and one save in 54.2 innings. He appeared in 14 games, making seven starts, ending with two complete games and two shutouts. He allowed 59 hits, 23 runs (19 earned) and just seven walks while striking out 38 batters. He earned Second Team All-Liberty League and All-UAA honors.

Game (and real life) situations can be tough at times, especially when the pressure builds. When any individual can be relaxed and calm, success comes easier.

With his senior year just a couple of weeks old, Janifer is very relaxed. He's already accepted a job offer. He did numerous internships over the years. The summer after his sophomore year, he worked at Vornado Realty Trust in New York City, working with the retail team which handled stores in Union Square and Times Square. This past summer, he interned at UBS in Wealth Management. He worked with the credit card program and its benefits and rewards. UBS offered him a job and he has accepted it.

Following graduation, he will join the Graduate Training Program in Wealth Management at UBS. He will spend four months at a time in different divisions – six rotations covering a two-year period. "It's a chance for a young person to find out what they like," Janifer said, "and the company will decide where you fit in the best."

First he has to graduate. And he'll approach that with the relief pitcher's mantra: pass this class, pass that class, pass that class, and so on.

It's been a great solution for him so far.

HOMETOWN: Montclair, NJ **MAJOR:** Financial Economics

Her ability to focus - on the course and in the classroom - reaps rewards.

By Dennis O'Donnell

Swimming with the sharks is a business expression – sometimes used to describe an extremely competitive environment. Swimming *behind* a shark is something that Katie Knox did several months ago.

Knox is back on campus now, in good shape, and getting used to the first couple of weeks of classes as a senior and the first couple of cross country competitions at the University of Rochester.

She has the resume to succeed in both. As a junior, Knox earned First Team All-UAA honors for her performance at the league championship meet, and First Team All-Atlantic Region honors for her finish at the NCAA Regional Championship. It booked a place for her at the NCAA National Championships.

Academically, she was named to the Capital One Academic All-District III First Team by the College Sports Information Directors of America. She was also named to the UAA's All-Academic Team for the second straight year.

The combination of athletic and academic excellence is one of the reasons Knox has been selected as a Lysle "Spike" Garnish Scholar for the 2015-16 academic year. The award is named in memory of Garnish who served the University as both a trainer and assistant coach.

Now that she's a senior, Knox would like to return to NAAs and bring her teammates with her. "I want us to go to nationals as a team," she said, "and I want to place higher than I did last year."

In rough numbers, she out-ran 93 percent of the opponents she faced last season.

Of course, there is the shark. Knox spent the spring semester in the Study Abroad Program at the University of New South Wales in Sydney, located on the Southern East Coast of Australia.

She had classes during the day. First thing in the morning, she'd go on a run, then go to class. That left the rest of the day for exploring.

About a month into her studies, she went snorkeling and saw the shark. "I was about 50 to 70 meters behind it," she recalled. Knox knew it was not a Great White, the predator made famous in the movie *Jaws*. She stayed at that safe distance, then waited for the opportunity to come out of the water and get back on dry land.

It probably wasn't the first topic of discussion the next time she texted mom and dad back in Worcester, Mass.



Phone calls were out of the question. Sydney is 16 hours ahead of the Eastern Time Zone in the United States.

In her junior year at Notre Dame Academy in Worcester, Knox stopped playing field hockey and began running cross country. It was an appealing sport. She was already running track and enjoying success. When she looked at colleges, she liked the size of Rochester. "It had the facilities of a big school," she said.

She enjoys the Mechanical Engineering classes. When she departed for Sydney in February, she took two mechanical engineering classes and two other classes on Australia itself. UNSW has an undergraduate population of 50,000 students which includes nearly 1,000 foreign exchange students. Knox had natives of China, Australia, Germany, Italy, and England in her classes.

At UNSW, the classes were larger. "You had to study on your own," she said. It gave me a chance to focus on my ME classes."

Running in the morning in the Land Down Under was satisfying as well. It gave her the opportunity to run along the beaches by herself and just sort things out for the day. She prepped for the time away from a steady diet of training by going on "some easy runs to stay motivated".

She's happy to be back on campus, joining her teammates. "I missed it a lot more than I thought I would," she said of the extended time away. "I'm excited to get back."

She may be back in the pack, to use the cliché, but when she runs wearing Rochester colors, you will more than likely find her in the front.

HOMETOWN: Worcester, MA **MAJOR:** Mechanical Engineering

Playing her sport gave her the confidence and skills to succeed in society when the athletic career concludes.

By Dana Hilfinger '10

With both parents working in the psychology field, senior field hockey goalie Tara Lamberti wasn't just predisposed to the discipline from an early age – she benefitted from it.

“Growing up, I was headstrong and had a lot of energy,” Lamberti, a psychology major, recalls. “And my parents were always someone who I could have a rational talk. Hands down, Mom & Pops are two of my biggest life role models. I wouldn't be where I am today without their support and encouragement. Together, they are the perfect team and have created an environment where I feel totally comfortable and secure to just myself.”

As Lamberti enters her senior year at the UR, the Penfield, NY, native has clearly excelled, thanks in large part to that environment. Lamberti is honored this fall as one of 10 Lysle “Spike” Garnish award winners for her academic and athletic excellence.

That dual focus has been crucial for Lamberti. It was also one of the reasons that she came to UR in the first place. Lamberti was looking at mostly Division I field hockey programs in order to get a scholarship. But most of the coaches were “not as excited about my interest in a science degree.” Conversations she had on recruiting trips focused mainly around field hockey and her playing career.

Lamberti originally checked out UR because of their academic reputation. And when she sat down with Coach Wendy Andreatta when she came for a visit, that's what they talked about.

“The entire conversation was about life and academic interests,” Lamberti recalls. “It really speaks a lot about an institution when the athletic coach talks so much about the academics. Wendy was so caring and put me as a person first, and as a field hockey player second.”

Not to say that playing a sport in college has not dramatically shaped her outlook on life.

“Everything from, leadership, teamwork, respect, discipline and patience have all been major themes in field hockey,” says Lamberti. “I believe playing a sport in college has given me the confidence and skills I need to become a successful and helpful member in society. ... For me, not playing field hockey in college was never an option- I love the game too much. Plus, field hockey is a great break from academics, I need to be able to push



myself mentally and physically.”

Lamberti is hoping to apply these skills to a career as a nurse, specifically by entering the Advanced Bachelor Program for Non-Nurses at UR after graduating. That interest originally stemmed from an internship in a psychiatric outpatient ward.

“Working with patients was humbling, particularly around those who are so often stigmatized,” says Lamberti. “And with nursing, I liked how nurses could be in a hospital environment and do pretty much everything a doctor does. And they work like dogs!”

There is still a hint of uncertainty in Lamberti's immediate future however – she looks to possibly take a year off before pursuing the nursing profession, exploring the world or potentially just the city of Rochester. There's a lot more to learn – something that Lamberti is very adept at doing.

“Field hockey has taught me a lot in life, from big life lesson to little life lessons,” she reflects. “I've matured a lot on the field hockey field. My parents taught me my life lessons when I was younger, and field hockey taught lessons beyond that.”

HOMETOWN: Penfield, NY MAJOR: Psychology

She looks forward to being an ambassador for the university and for the team - as others were for her.

By Dennis O'Donnell

With her senior year only a few weeks old, Vicky Luan has two prominent emotions. "I'm excited and nervous," she says.

"It's my last year (as a student) and the end to my college career," she continued.

It's been a very successful career. Luan earned multiple All-America honors as a sophomore and a junior. She swam on a number of All-America relays in both years and earned an individual All-America honor as a junior, when she was 10th in the 50-yard freestyle at nationals. At the NCAAs, Luan broke the Rochester record for the 50 free.

Finding her name in the Rochester record book is easy because she is one of the school's best sprint freestylers. Luan's skill in the water has helped Rochester dominate the Liberty League swimming championships in recent years (UR has won six straight team crowns) and be a challenger at the UAA championships on an annual basis. As a sophomore, she finished third in the 50 free to earn All-UAA honors in the event.

"I'm excited to swim again," Luan says. "I love to compete and to race. I'll see my friends again. Most of them are on the team."

She has formed a very strong bond with the swim team members and it started when she was being recruited by the University.

In the fall of her senior year at Semiahmoo Secondary School (located in Western Canada), Luan began seriously looking at colleges. She thought about art and design. Luan's family had strong professional ties. Her father is an artist. He instilled a strong work ethic in his daughter. "Dad always told me to keep working hard," Vicky said. Her mother worked in the biotech industry. Her paternal grandmother was a pediatrician.

When she graduated from Semiahmoo, she elected to follow a pre-med track with chemistry as the base. She was communicating with Peter Thompson, Rochester head swimming coach at the time. "Coach Thompson made the team seem very welcoming," Luan said. "He understood the demands. He expressed the importance of academics and the swimming. If I needed a day off to concentrate on academics, he would provide it with full flexibility and would help rearrange my schedule to that I could make up the practice(s) I missed."

She was in touch with professors and she discovered what Rochester's pre-med students were achieving.

Locale was another factor. Luan lived in San Francisco for



five years before moving to Vancouver, British Columbia. "I had never seen the Eastern half of North America," she said.

A number of the Rochester swimmers emailed her. Thousands of miles away, she made friends. Luan remembered that – and she has been an ambassador for the program and the University as well.

It is for those reasons – the swimming, the academics, the championing of the University and what it can do – that Luan has been selected as one of the Lysle "Spike" Garnish Scholar-Athletes for 2015.

Over the summer, she worked as a coach at home in the Vancouver area. She did take part in Study Abroad in France where she immersed herself in French culture. After she returned to Vancouver, Luan and her friends made a road trip from Vancouver to San Francisco. They visited Fisherman's Wharf, took a boat trip under the Golden Gate Bridge, and visited the beaches in Northern California.

She started swimming at 10 years old. Her mother helped with numerous activities and saw Vicky's skill in the pool. "She used to throw rings in the water and I had to get all of them out with just one breath," Luan said. Her mother took her to the community center so her skill could be evaluated. She swam through the summer.

At the age of 11, her parents moved to Vancouver and Vicky started swimming competitively. She competed in age group nationals at the age of 15. She swam in the Western Canadian Championships and qualified for the national 15-year-old championships.

Now, it's her turn to be the ambassador and to help others. "I had good role models, especially as a freshman," she said. "Lauren Bailey had a strong influence on me. She was strong in the pool, in the library and in class."

They made a pretty good tandem, swimming on those All-America relays with Emily Simon and Khamai Simpson at NCAAs in the past two years.

"Lauren would remind me that swimming is fun," Luan says. "I will try to bring that support to our freshmen this year. Ask how their day is going, how class is going."

After all, they have plenty of friends on campus – as Luan can verify.

HOMETOWN: South Surrey, Canada MAJOR: Chemistry

He wants to make a difference - on the field and off. He accomplishes that on a regular basis.

By Dana Hilfinger '10

Biomedical engineering major Matthew Mender knew he wanted to be an engineer since high school. But four years ago, the decision on where to pursue his career goals was unclear. Growing up an hour north of Albany in Glenn Falls, NY, Mender had his pick of engineering schools in the capital area. But when he got accepted to UR, the question of where to go to school became a lot easier.

"It was definitely the best school I got into, where I could play football and get a good degree," he explains. "I liked that UR was a small school with very good academics. It's small enough that I usually know some other kids in my class and the professors can get to know each of the students."

And his proven dedication both to academics and athletics has paid off – Mender is one of 10 athletes honored as a Lysle "Spike" Garnish award winner for his accomplishments both in the classroom, as well as on the football field.

Look at last season: he earned Second Team All-Liberty League honors. After the season, he was elected to the Capital One Academic All-America Division III Football Team. And that honor came with even one more distinction: Mender was the only player from a New York State college to make the Division III team.

For Mender, a defensive tackle, playing football in college was a foregone conclusion. "I enjoy football and having something to be competitive in," he explains simply. In high school, Mender was a three sport athlete, competing in wrestling, lacrosse and football - as he quips, "I like to stay busy."

But lacrosse was never serious and when he wrestled, he would get so nervous before matches. Football was the perfect mix of camaraderie and competition.

"It's rewarding when you can make a play and to be surrounded by teammates. Or when the team scores and everyone gets excited – it's a fun atmosphere to be in."

Self-described as very competitive, Mender appreciates football as an outlet.

"I honestly can't think of any specific role models that I have had," Mender explains. "I think that I'm just competitive so I pick people that I want to beat rather than picking role models that I want to be like."

Mender enjoys the support of not just his teammates though, but his parents – his dad making the trip each week to come to every football game in the fall.

His engineering degree, meanwhile, is the manifestation of Mender's interest in biology and math. Biomedical engineering, in particular, he recalls, was the best mix of the engineering



disciplines, the most well-rounded. That experience, with the help of one his professors, spurned an interest in other fields as well.

"Dr. Laurel Carney, whose lab I have worked in for the past year and a half, has helped a lot," Mender notes. "Specifically her core BME class helped me decide that I wanted to get a minor in Electrical engineering."

Mender hopes to apply that degree quickly coming out of undergraduate. While eventually he would like to pursue a masters, he's eager to get some industry experience.

"I'd like to work for a smaller company, somewhere where I am making a difference," he notes. In particular, he was looking at the prosthetics field, where he could work on arm prosthetics or cochlear implants.

In the meantime, though, Mender finds ways to keep himself busy. In addition to playing football, he works in a BME research lab, is in a fraternity, an honor society and a BME group. Key to his UR experience, however, has been his time on the gridiron.

"Playing a sport has had a huge effect on my experience here," Mender says. "Most of my friends are on the football team, I joined a frat with mostly football players. Of course, it has made life a little more difficult with the 6:30am lifts and such. But football helped teach me discipline. After making it through football camp, other things are easier in comparison."

HOMETOWN: Glens Falls, NY MAJOR: Biomedical Engineering

He may find his future as a coach, perhaps in the media, after his academic and athletic experiences here.

By Dana Hilfinger '10

Westchester county native Ben Shapiro started playing tennis as a kid, hitting the ball against the wall for practice. Now a senior at UR, Shapiro's childhood interest has become much more.

"I've enjoyed being a part of a team, and playing college tennis has been a lot of fun for me, so I would love to be able to help other players also have a great experience," he notes. "They say if you love what you do, you'll never work a day in your life, and I feel like that might be the case for me with coaching, so going further with it is definitely a major consideration for me."

Following interests has led Shapiro down some interesting paths. In addition to tennis, the English major always enjoyed reading non-fiction writing and articles. "I was interested in what makes a good story," notes Shapiro, who's tried his hand at journalism, writing for the *Campus Times*, interning at *Messenger Post Media* and writing stories for the UR Athletic Department.

Shapiro, for his achievement both on the tennis courts and in the classroom, is one of 10 student athletes receiving the Lysle "Spike" Garnish award this fall.

Perhaps some of Shapiro's relaxed attitude and perspective are the result of his parents. His mom, who has been a model of steadiness and calm, influenced his demeanor. His dad, who also plays tennis, helped shape Shapiro's outlook on the sport – and, as a result, on other endeavors.

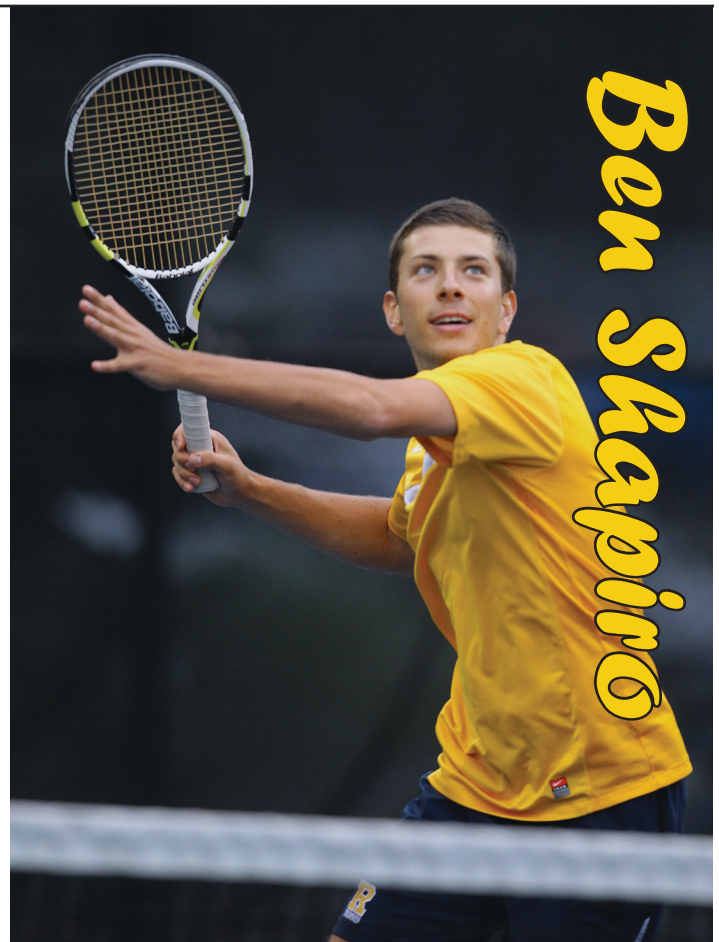
"He emphasized that I should appreciate the journey more than the results," Shapiro recalls. "When I was younger, before matches, he always told me, 'have fun,' not good luck. It was important that I enjoyed not just winning, but the competition of the game."

That lesson has shaped Shapiro's outlook, as well as his experience playing tennis at UR.

"College tennis is the highest level of the sport I will play, and it has been a blast fully investing myself in the experience. It's been a very good example of the saying, 'you get out what you put in.' To me, having essentially unlimited access to training facilities, courts, coaching, and other players at my level also wanting to improve, is the equivalent of a kid in a candy store.

"I would say I've been shaped more by my experiences as an athlete than by someone I look up to. I've definitely evolved as a tennis player and athlete over the years, but the main reason I am where I am today is because after so much time I've gotten a better idea of what works and what doesn't in terms of attitude, work ethic, and just general mentality."

Shapiro's assistant coach and former UR tennis player Brian Bowman helped him see the value in making decisions based on what interested him.



"He led by example when it came to fully committing yourself to the team, as he routinely went above and beyond his duties as an assistant coach to help everyone wherever he could," Shapiro recalls.

"Specifically, there were countless days throughout the seasons where he would find time in his schedule to hit with me and others individually so we could work on our games. He was a great person to talk to about both tennis and just life in general, as he also played tennis at UR and was extremely relatable, particularly for me, as someone who is also interested in coaching after college."

In the near future, Shapiro isn't too concerned about getting ahead as quickly as possible. Achievement isn't an accident then, but simply occurs naturally for Shapiro when he pursues his passion.

"While there is still a lot up in the air, there are a few things that are definite: tennis will still be a big part of my life in some capacity and I'll be doing something I enjoy," says Shapiro. "Maybe I'll be coaching, maybe I'll be working in the media world, or maybe I'll be doing something that I never could have predicted now. It's a bit daunting to have such an uncertain future in a lot of ways, but it is also exciting. I'm pretty confident that wherever I end up in five years I'll be happy doing it, so it should be interesting to see what opportunities I find and where they take me."

HOMETOWN: Scarsdale, NY MAJOR: English

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 11 years, 15 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, one was lauded as an Academic All-American last year. Matt Mender was named to the AAA Football Team last year - the only player chosen from a New York State College.

All-Americans are even more prevalent. Twenty-one Garnish winners have earned All-America honors in their sport between 2006 and 2014. That number rises to 24 All-Americans if you count the 10 Garnish winners this year.

In the 2014-15 athletic season, Neil Cordell earned All-America honors from the College Squash Association (for the third straight year). Boubacar Diallo earned All-America status in the triple jump at the NCAA Division III Outdoor Track & Field Championships. Vicky Luan earned All-America honors at the NCAA Division III Women's Swimming and Diving Championships, and Tara Lamberti was named an All-American by the National Field Hockey Coaches Association.

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 the morning of the fourth day of NCAAs, he went to his coach's



Associate AD Terry Gurnett and Karen Meess '14.

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

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)
2015	Neil Cordell (Squash) Boubacar Diallo (Men's Track & Field) Tara Lamberti (Field Hockey) Vicky Luan (Women's Swimming & Diving)

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)
2015	Matt Mender (Football)