

HERONews

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The Heron Society of WILLIAM SMITH COLLEGE

2004-05: A new era in Heron Hoops

The 2004-05 William Smith basketball season will mark the start of a new era for the program. Interim Head Coach **OLYMPIA SCOTT-RICHARDSON** (see sidebar) begins her first season at the helm with a roster that is short on experience, but long on heart and talent.

Just five players remain from last season's 13-13 team, a squad that featured only one senior and became the first Heron five to fail to post a winning record in back-to-back seasons since 1982-83 and '83-84.

Seniors **TARA BRISSON** and **IVY PARKER** will be called on to lead this inexperienced bunch. A guard, Brisson has averaged 25 minutes a game over the past two years, while contributing 7.0 points and 2.2 assists. A forward Parker (3.5 ppg, 2.1 rpg) has seen limited minutes entering her senior season, but she has impressed the coaching staff with her work ethic and has made great strides during preseason practice.

Brisson is penciled into a talented and deep backcourt rotation, while Parker has cracked the starting lineup for the first time in her career.

Juniors **SERAPHINE HAMILTON**, **TANYA RICHVALSKY**, and **PRIA YOUNG** are the only other players on the roster with collegiate playing experience.

Hamilton, who has averaged 3.3 ppg and 3.7 rpg in two seasons, will only be available for the first half of the season, before departing for South Africa during a second semester study abroad program. A fierce rebounder, her presence will be missed during conference play.

Richvalsky is a tough low post defender and a strong rebounder. She has averaged more than a steal per game over two plus seasons and boasts 26 blocks.

Young is a gunner on the offensive end and a stalwart defender. She has dropped in 10 points per game and sports

an 84.2 success rate at the free throw line. At the other end of the floor, she boasts more than 100 career steals.

The rest of the roster is a big question mark, but, if the first five games of the season are any indication, they have a great deal of potential.

Three first-years—guards **MARISA VESPA** (Watertown, N.Y.) and **BRITTANY CLAIR** (Shaker Heights, Ohio) and forward **STEPHANIE CZAJKOWSKI** (Syracuse, N.Y.)—have started all five games.

Vespa is clearly the cream of the crop. She leads the team in scoring (13.4 ppg), three-point shooting (.625), and assists (3.4 apg) and already has two Liberty League Rookie of the Week Awards. Czajkowski is second in scoring (10.0) and leads the Herons in rebounding (7.0) and field goal percentage (.511), while Clair is contributing 3.8 ppg and 4.4 rpg, while sporting a team-best .833 free throw percentage.

Sophomore **PAULA FOOTE** (Sidney, N.Y.) and first-years **AMANDA NANN** (Schuylerville, N.Y.) and **KRISTEN SUATONI** (Liverpool, N.Y.) have also seen quality minutes in the early part of the season. Foote missed her entire rookie campaign due to an injury but is healthy and ready to contribute at point guard. Forwards Nann (6-foot) and Suatoni (5-foot-10) are expected to rotate in at the three and four, respectively.

The Herons opened the season with back-to-back home wins, but dropped their next three, including set backs to 2004 NCAA Tournament teams Ithaca and Rochester, heading into the semester break. William Smith has three more non-conference games to kickoff the New Year before diving headlong into the Liberty League fray. The Herons are focused on earning a spot in the conference tournament and from there, the NCAAs are only a good weekend away.

Hérons tap WNBA for new hoops coach

On Sept. 30, William Smith Director of Athletics **SUSAN BASSETT** announced the appointment of **OLYMPIA SCOTT-RICHARDSON** to serve as the interim head coach of the Herons' basketball team. A graduate of Stanford



Scott-Richardson

University, Scott-Richardson is a member of the WNBA's Charlotte Sting.

"Olympia Scott-Richardson is the right person at the right time to assume the interim head coaching

position for the William Smith basketball program," Bassett said. "We are fortunate to have attracted an individual who has played for one of the best coaches in women's college basketball [Stanford's Tara VanDerveer] and who has played at the highest level in the WNBA.

"Olympia is an impressive leader and we're thrilled to have her join our staff."

Scott-Richardson brings a wealth of playing and coaching experience to the Herons. A veteran of six seasons in the WNBA, she was selected in the second round (11th overall) by the Utah Starzz in 1998. During the 1999 season, Scott-Richardson was traded to the Detroit Shock, where she played parts of two seasons, taking a brief time out for the birth of her daughter, BreAzia.

Scott-Richardson enjoyed her greatest playing success during the 2001 and 2002 seasons as a member of the Indiana Fever. She averaged 9.1 ppg and 5.9 rpg in 63 games with the Fever, before losing the 2003 season to a knee injury.

See **SCOTT-RICHARDSON**, p. 2



SCOTT-RICHARDSON (from p. 2)

Scott-Richardson played in 34 games during the 2004 season with the Sting. A team captain in both Detroit and Indiana, she was the defensive captain for Charlotte and was among the league leaders in blocks per 40 minutes this season.

A former assistant coach at the College of the Sequoias in Visalia, Calif., Scott-Richardson has coached AAU basketball, as well as numerous camps and clinics. In 2002, she started her own business, Olympia Hoops, which provides a wide-range of services for kids and families, including basketball camps and clinics, motivational speeches, personal fitness training and parenting seminars.

"I'm very excited to have this opportunity," Scott-Richardson said. "I look forward to switching gears from player to coach, to meeting the players and establishing a relationship with them as we build this program."

A 1998 graduate of Stanford with a bachelor's degree in sociology, Scott-Richardson was a two-time All-Pac 10 first-team selection. She helped the Cardinal to three Final Four appearances and four Pac 10 championships. Following her senior year with the Cardinal, Scott-Richardson was named both an Associated Press honorable mention All-American and a Kodak All-Region selection.

A native of Los Angeles, Scott-Richardson was born on August 5, 1976, the final day of the Montreal Olympics, hence her first name.

2004-05 Liberty League Squash Champions



Top row (l-r): Lee Lee Robinson, Sarah Coffin, Shelley Ryan. Middle Row: Meghan Kelley, Maddie Brooks, Head Coach Chip Fishback, Emily Gailun. Front Row: Helen Grassi, Shaila Pandole, Katie Hendricks, Heidi Ambrozaitis.

Hérons focused on maintaining momentum

Returning its top three players and six of their nine starters from a year ago, the William Smith College squash team had its sights set on opening the season with a Liberty League Championship. And that's exactly what the Herons did, breezing past Vassar 8-1 and Hamilton 6-3, before dethroning defending champion and 14th-ranked St. Lawrence, 5-4 in the deciding match.

Entering its seventh season as a varsity program, William Smith is aiming to build on its championship run behind the experience of the veteran players and a few talented rookie additions.

Sophomore **KATIE HENDRICKS** (Haverford, Pa.), who started her rookie season at No. 1 before battling injuries in the second half of the season, is the Herons' top player, while classmate **SHAILA PANDOLE** (Mumbai, India) will fill the No. 2 slot after taking over the top spot and posting a 9-7 mark last year.

Senior **SARAH COFFIN** (Bryn Mawr, Pa.) will round out the top third of the lineup for William Smith. A consistent player, she compiled an 11-6 record last year, advancing to the quarterfinals of the consolation bracket at the College Squash Individual Championships.

Also returning from the starting lineup for the Herons are sophomore **HELEN GRASSI** (Chevy Chase, Md.), junior **LEE LEE ROBINSON** (East Norwich,

N.Y.), and **SHELLEY RYAN** (Allamunchy, N.J.).

After playing much of her rookie season at No. 5, Grassi has found success in the fourth spot with a 2-1 record at the Liberty League Championships. Robinson and Ryan will continue to compete for the No. 7 and No.8 positions.

First-years **MADDIE BROOKS** (New Canaan, Conn.) and **EMILY GAILUN** (Longmeadow, Mass.) come to William Smith from one of the strongest girls' squash programs in New England in the Westminster School. Brooks and Gailun have jumped right into the action, taking the fifth and sixth spots in the middle of the lineup.

Junior **HEIDI AMBROZAITIS** (Manchester, Vt.) and sophomore **MEGHAN KELLEY** (Norwell, Mass.) also joined the squad after finishing a successful tennis season in the fall. They will round out the top nine players for William Smith in the eighth and ninth positions.

When the second semester begins, the Herons also will welcome back senior **ALICIA SANDS** and junior **KINCEY CRUICE**, who were in the semester abroad program during the first semester.

Under the direction of Head Coach **CHIP FISHBACK**, the Herons will continue to test themselves in the New Year.

See SQUASH PREVIEW, p. 3

Swimming & Diving team aims for higher standing

The William Smith College Swimming & Diving team begins its 2004-05 season at 3 p.m., on Nov. 6, when Buffalo State visits Bristol Pool. Under the leadership of 16th-year Head Coach **KELLY KISNER**, the Herons have their sights set on improving their standing in the Liberty League and in the New York State Championship standings.

William Smith welcomes back 17 veteran swimmers and divers to go with 13 new team members. "We've got a good combination of returnees that were significant contributors last year, as well as some new Herons that are showing some potential," Kisner said.



Sarah Costanza

The Heron that made the biggest splash last season, relied on not making a splash at all, junior diver **SARAH COSTANZA**. The native of Ambler, Pa., became the first William Smith diver to earn All-America honors last season, finishing 13th at the NCAA Championships in the 1-meter competition. The defending Liberty League (times two) and New York State 1-meter champion already owns three of the school's four diving records, including a score of 398.9 for 11 dives on the 3-meter board during the 2004 Liberty League Championships.

Add in junior divers **BECCA STEVENS** and **JILL BOWMAN** and first-year **ADRIA BARATTA** and William Smith has one of the most talented diving corps in the conference.

In the sprint events, senior **JENNY FOWLER** and junior **KATE FELLER** return as the team's top two sprinters. Both swimmers made the finals of the NYSWCAA Championships in the 50 and 100-yard freestyle. Feller placed third in both events with times of 25.41 and 56.59, respectively, while Fowler was eighth in both at 25.67 and 56.97. First-years **MEREDITH EPPERS** and **MEGHAN MOSHER** have shown the potential to contribute right away.

In the middle distance freestyle events, Kisner will look to sophomore **CHARLOTTE MCINTOSH**, junior **ADRIENNE BROCKWAY**, and junior **JULIA BREL**.



KEVIN COULTON/SPORTSPICS.NET

Junior **Becky Grossman** narrowly missed a conference championship, finishing second in the 50-yard freestyle and fourth in the 100 butterfly during the 2004 Liberty League Championships. Classmate **Sarah Costanza** won the 1-meter diving championship for the second straight season.

McIntosh, who also will be a big contributor in the backstroke, helped the Herons to a third place finish in the 200 medley relay and a sixth place showing in the 400 medley relay, while placing eighth individually in the 200 backstroke during the 2003 Liberty League Championships. Two months later in the state championships, she was 14th in the 200 free and sixth in the 200 backstroke.

Sophomore **LAURA JONES** will shoulder the load in the distance events. She turned in an 11th place finish in the 1,650 in the Liberty League Championships.

In addition to McIntosh, junior **SUZIE OPALKA** is expected to contribute to the Herons' fortunes in the backstroke. She is a dedicated student-athlete, who made steady progress over the past two seasons and is poised for a breakthrough year.

William Smith will have its biggest shoes to fill in the breaststroke. **LISBETH ENGST '04** finished third and fourth in the 200 and 400 breaststroke, respectively, at the Liberty League meet. First-year **THEA ENGST**, Lisbeth's younger sister, will be called on to help fill the void.

In the butterfly events, senior **BECKY GROSSMAN** and Feller are expected to shine. Grossman swam an NCAA B cut time last season, but was slowed by injury during the preseason. That injury appears to have worked to her benefit in the early stages of the 2004-05 campaign. She reached the finals of six of the seven events she swam in December's Liberty League Championships, including two spot on the podium with a second in the

50 free and a third in the 200 free relay.

The individual medley events will belong to Fowler, Jones, and Eppers. The IM puts a premium on endurance, versatility, and mental toughness and those three words describe that quartet to a T.

Following a sixth place finish in the Liberty League Championships in early December, the Herons have turned their attention to their slate of dual meets leading up to the NYSWCAA Championships, Feb. 16-19.

"The kids have set their own individual goals and they've got some pretty big goals," Kisner said. "That's the part that's exciting, to see where they want to go, what they want to do. And they're putting in the time and effort to get there."

SQUASH PREVIEW (from p. 3)

Ranked 13th in the nation—the highest standing in the program's history—William Smith will get things started with a four-match homestand which includes defending national champion and top-ranked Yale University and No. 8 Williams College.

Heron E-Mail Updates

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Happy Holidays from the William Smith Herons



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▲ Val Dolan '06 recorded the first Heron hole in one during the 2004 New York State Championships hosted by William Smith.

▶ Leanne Roncolato '07 led the William Smith cross country team across the finish line in all 10 races this past fall.



KEVIN COLTON/SPORTSPICS.NET



▲ Molly Patterson '05 earned first-team All-Liberty League honors, after leading the Herons to a fourth place finish in the conference tournament.

▶ The Heron soccer team finished the year 13-4-3 and reached the semifinals of the ECAC Upstate Tournament.

p.s. Heather Philip '07 (foreground) ended up scoring this goal against RPI.



KEVIN COLTON/SPORTSPICS.NET

▲ Bolstered by the prolific scoring of All-American Sophie Dennis '07 (22-9-53), the field hockey team (18-3) won the Liberty League and reached the NCAA Semifinals. She was joined on the All-America teams by Sarah Silverio '05 and Maggie Dolan '06.



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