

General Information

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2007 Schedule

AUGUST

31	Howard	4 p.m.
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SEPTEMBER

3	The Citadel	4 p.m.
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7	at Wofford	6 p.m.
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9	at South Carolina State	1 p.m.
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13	at Campbell	7 p.m.
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16	at Richmond	1 p.m.
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19	at Delaware State	5 p.m.
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22	Appalachian State	1 p.m.
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25	at Navy	7 p.m.
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29	Coastal Carolina*	1 p.m.
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OCTOBER

2	Southern Virginia	4 p.m.
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6	at Liberty*	7 p.m.
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10	at Radford*	7 p.m.
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14	High Point*	3 p.m.
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17	Longwood	4 p.m.
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21	Presbyterian	1 p.m.
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24	at Winthrop*	7 p.m.
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28	UNC Asheville*	Noon
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NOVEMBER

3	at Charleston Southern*	6 p.m.
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8-11	at Big South Championship	TBD
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*-Denotes Big South Contest

Home Matches in **BOLD**

All Times Eastern

2007 Quick Facts

LocationLexington, Va.
 Founded1839
 Enrollment1,300
 NicknameKeydets
 ColorsRed, White & Yellow
 Home Field . . .Patchin Field (Grass/Cap. 1000)
 AffiliationNCAA Division I
 ConferenceBig South
 Superintendent . . .Gen. J.H. Binford Peay, III '62
 Athletic DirectorDonny White '65

Coaching Staff

Head CoachBryan Williams
 Alma MaterWashington & Lee '81
 Phone540-464-7608
 Fax540-464-7790
 Record at VMI12-24/Third season
 Career Record42-102-9/Eighth season
 Assistant CoachKerry Smith
 Alma MaterNova Southeastern (Fla.) '06

Team Information

2006 Record5-12, 0-8 Big South
 Starters Returning/Lost6/5
 Letterwinners Returning/Lost9/7
 Newcomers6

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Credits

The 2007 Virginia Military Institute Women's Soccer Media Guide is a publication of the VMI Sports Information Office.

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Editorial Assistance By: Wade Branner, Sports Information Director and Joel Balthaser, Assistant Sports Information Director

Photography By: Andre Studios of Lexington, Va. and Chuck Steenburgh '86

Printing By: Collinsville Printing Co., Martinsville, Va.

It's VMI Please

When referring to our athletic teams, it is requested that members of the media refer to this institution as "VMI", or "Virginia Military Institute", not "Virginia Military" or the cryptic "Va. Military" or V.M.I. Any help in using the correct moniker would be greatly appreciated.



2007 Team Preview

Prior to the beginning of the 2007 season, head coach Bryan Williams took a few minutes to discuss different aspects of the upcoming campaign. Here is preview for what 2007 might hold for the VMI Women's Soccer program.

A pair of seniors will serve as co-captains of this year's squad. What do you look for out of Alexa Bernas and Erin Squires this season?

"As we enter the 2007 season, it marks the first time that the program has taken the field without the inaugural recruiting class of Karen Bill, Vanessa Berrios, Hatley Clifford, Raevon Pulliam and Anya Kovarik. However, into that leadership role step two women that have really grown up together, and I believe that our program is in good hands as **Alexa Bernas** (Mechanicsville, Va./Atlee) and **Erin Squires** (Mechanicsville, Va./Atlee) serve as team co-captains this season.

Alexa has proven herself to be a skilled, hard-nosed player as a three-year starter for this program, and I look for her leadership to help to stabilize a young group that is building and looking to continue the improvement that has been evident over the past two years. I'm excited for Alexa to have not only a great senior year, but also to help the team establish new records and have the best season VMI women's soccer has ever had. A versatile player, Alexa's ability to role play for this team will continue to see her playing not only an attacking role, but also helping to stabilize the defense this season.

Erin also returns for her fourth year as a three-year starter as an outside midfielder. I look forward to Erin continuing in her success in that role, as she possesses the ability to attack in but also the skill to create and generate assists that will help our attacking players be much more successful this season."

With three goalkeepers on the roster this season, where does that battle stand right now and what can we expect to see out of the two newcomers at the position?

"I'm very pleased with the three goalkeepers that we have in the fold this season. **Kathleen Underwood** (Spotsylvania, Va./Courtland) has a great deal of potential and a year of experience under her belt, and had a great winter working on her technique and skills before what was really a severe accident. First off, we're glad to have her physically back and walking, but she's still fighting to come back to the field and we're hoping that she can be ready to go in the first few weeks of the season. That will give us an opportunity to see what we have in our two newcomers, **Heidi Beemer** (Virginia Beach, Va./Ocean Lakes) and **Angela Redmond** (Fairfax Station, Va./Woodson). Heidi has a great physical presence and the potential over her career to be a dominant goalkeeper not only in the Big South Conference, but potentially in the Region as well. Angela has shown a great deal of desire, hustle and intensity already in practice, and I think she has a great deal of potential just like Heidi, and is gifted with good basic fundamentals and skills that will allow her to excel at this level. Overall, I think that all three of our goalkeepers have moved us ahead of where we have been and will help us defensively to keep our heads in matches and provide us the opportunity than we have been over the past two seasons."

Graduation looks to have shaken up the defense from last season. Who should Keydet fans look for along the back line this season?

"Last season we were able to, through trial-and-error, put together a great group of backs in a flat-back-four that reduced our goals-against-average and made us competitive in the middle part of the season. But we have had to bid farewell to three of those four players, leaving us with a new look on our back line. Returning, **Celine Ziobro** (Henderson, Nev./Green Valley) is a highly-overlooked player in the Big South Conference. She's a tremendous athlete who is very gifted technically and is dominant physically with her speed. Celine has played two years at sweeper for us, but now we will move her to outside back where she can play her true game in building from the back line as well as stabilizing us defensively. I believe that she should vie for All-Big South honors this season.

Among the players that we will be looking at to help us defensively include **Alexi Staton** (Roanoke, Va./Northside), who will make the transition from midfield to outside back, allowing us to take advantage of her ball skills and technical ability. Her experience of having played a year for us and having a good spring season with the program while developing both technically and physically will serve her well as she comes back for her sophomore season. **Megan Strand** (Fredericksburg, Va./Stafford) returns to her role in the defensive midfield, or perhaps as our central defender. Megan's a versatile player with tremendous power and ability not only on the field throughout the match, but also her prowess at striking the ball for set pieces and corner kicks fills serves as a potent weapon for us. Megan has been a tremendous starter for the program, and has seen her role spread throughout the field, but we feel can best be utilized as a dominant defensive midfield player for us.

As far as the newcomers go, **Jennifer Ball** (Hurricane, W.Va./Hurricane) will be pressured early on to step up and play at the Division I level. Jennifer hails from West Virginia and has an extensive club background, and has already shown physical strength and endurance which will serve her well as she learns to play at this level early on. Also helping us defensively, we're looking to **Katherine Hindley** (North Canton, Ohio/Hoover) to potentially be able to step in, along with **Carolyn Kenaley** (Houston, Texas/Klein Forest). Katherine has a good high school background and will grow within the program, and the same is true from Carolyn. We're hoping that Carolyn can bring her impressive club and high school experience to our program and contribute as an outside back or perhaps move up into the midfield."

It looks to be a strong nucleus returning in the midfield. Who should we expect at the top of the scoring charts this season out of the midfield and forward slots?

Anchoring the center of the field for us this year will be a combination of players. The key to the success that we've had at midfield are our returning starters, **Jessica Robbins** (Williamsburg, Va./Bruton), **Audrey Falconi** (Las Vegas, Nev./Centennial) and Erin Squires.

Jessica brings her technical brilliance to the field once again. The sophomore returns as our true center halfback, where her ability and field vision will help create attacking opportunities. My hope is to see Jessica find her scoring touch this season and secure her place within the Big South as not only one of the leaders in assists but also among goal scorers this year. Joining Jessica will be Audrey Falconi, who returns as the Big South Freshman of the Year. She is a very durable and versatile player, and she will be moved to the inside this season to take advantage of her creativity and her technical skills.

Chrissy Beach (Las Vegas, Nev./Rancho) returns for her second season with the women's soccer program as a strong outside halfback or left-footed forward. Our hope is that Chrissy can add to our scoring potential by both generating and finishing scoring opportunities either of the positions we look for her to play. Chrissy had a very good spring season for the program as she became much more confident in her play and much more intelligent in her decisions on and around the ball.

Newcomer **A.J. Baker** (Powder Springs, Ga./Dominion Christian) comes off of a very good high school season in Georgia. She possesses quickness and speed, which will help her to fit into where the program needs her and also develop as a player that will contribute to the success of the team.

How does the non-conference schedule shape up as compared to previous seasons?

"This year's non-conference schedule reflects the return of several non-conference rivals, along with the addition of a few new adversaries of a high caliber. I feel that this will help to make an exciting season for us when paired with our Big South slate, in particular with the additions of Richmond, Navy and Campbell. We have definitely upgraded our schedule and will be challenging some very strong and apt programs. Navy comes off a tremendous season in 2006 when they were 19th in the country, Richmond is a perennial power and the likes of Wofford, Appalachian State, Campbell and Longwood will certainly test exactly where this program is in 2007. We look forward to playing The Citadel again, this time at home, and we're very excited about the prospects of that game and the opener against Howard on Aug. 31."

In the preseason poll, your squad was picked eighth. What kind of mindset does that give the program, especially coming into a season that will see the team's first appearance in the Big South Championship?

"I like to be in the 'cellar-dweller' position; it kind of gets us back to where we were two years ago. I think that allows us to go into games more relaxed, gives us the ability to play to our strengths, and to potentially catch a team that is either looking past us or thinks that our program doesn't deserve the respect that I believe it has earned. I believe we're going to be in a much better position in terms of our focus already and where it ultimately will finish as long as we can stay healthy through the year, in contrast to either of the past two years. This will be an exciting year for us and hopefully one during which we can surpass what we have already achieved here."

Numerical Roster

No.	Name	Cl.	Pos.	Ht.	Hometown/Previous School
0	Kathleen Underwood*	So.	GK	5-6	Spotsylvania, Va./Courtland
00	Angela Redmond	Fr.	GK	5-6	Fairfax Station, Va./Woodson
1	Heidi Beemer	Fr.	GK	5-10	Virginia Beach, Va./Ocean Lakes
2	Megan Strand**	Jr.	M/D	5-4	Fredericksburg, Va./Stafford
4	Alexi Staton*	So.	M/D	5-4	Roanoke, Va./Northside
5	Erin Squires***	Sr.	F/M	5-0	Mechanicsville, Va./Atlee
7	Chrissy Beach*	So.	F/M	5-9	Las Vegas, Nev./Rancho
8	Carolyn Kenaley	Fr.	M/D	5-2	Houston, Texas/Klein Forest
9	A.J. Baker	Fr.	M	5-6	Powder Springs, Ga./Dominion Christian
12	Audrey Falconi*	So.	F/M	5-1	Las Vegas, Nev./Centennial
15	Celine Ziobro**	Jr.	D	5-6	Henderson, Nev./Green Valley
16	Alexa Bernas***	Sr.	F/M	5-5	Mechanicsville, Va./Atlee
17	Jennifer Ball	Fr.	D	5-4	Hurricane, W.Va./Hurricane
19	Katherine Hindley	Fr.	D	5-7	North Canton, Ohio/Hoover
20	Alexa Tarbona**	Jr.	M	5-8	Richmond, Va./Mills Godwin
21	Jessica Robbins*	So.	F/M	5-7	Williamsburg, Va./Bruton

Head Coach: Bryan Williams (Washington & Lee '81), Third Season

Assistant Coach: Kerry Smith (Nova Southeastern '06), First Season

Pronunciation Guide

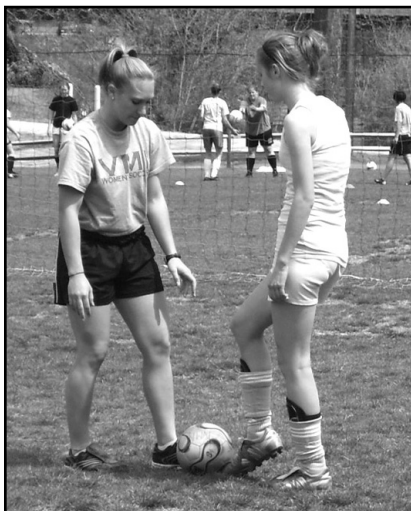
Bernas- BURN-us

Staton- STAY-ton

Falconi- fal-CO-nee

Ziobro- zee-AH-bro

Second Annual VMI Spring Skills Clinic



Last spring, the VMI women's soccer program hosted their Second Annual Spring Skills Clinic for area girls on Saturday, April 28. The event, held at both Jordan's Point Park and Delaney Field, drew 68 girls that enjoyed instruction from the VMI coaching staff, as well as current and former players from the program.

"We were very impressed with the turnout of this year's clinic; we more than doubled our numbers from last year's event," said a pleased VMI head coach Bryan Williams. "I really couldn't be happier with the way that it turned out, in not only promoting the game of soccer but also the VMI women's soccer program. I think that our athletes had a great time serving as coaches and helping the young ladies appreciate the game. The event also showed the great strides that our program is making and the great success that women are having at VMI as well. All five of my seniors were also there to help out, which was absolutely smashing. Overall, it was a really fun afternoon for everybody, and we look forward to the next time we're able to do it."



The clinic was broken down by age group, with the 31 participants aged 13 and over going to Jordan's Point Park adjacent to the Maury River, while the 37 young ladies from ages 4-12 remaining at Delaney Field, the practice field located behind Foster Stadium. At each location, cadet-athletes led the girls through workshops showcasing particular skills before wrapping up the day with scrimmages. All participants also received a commemorative T-shirt.



Alphabetical Roster

9	Andrea Baker	M
17	Jennifer Ball	D
7	Chrissy Beach*	F/M
1	Heidi Beemer	GK
16	Alexa Bernas***	F/M
12	Audrey Falconi*	F/M
19	Katherine Hindley	D
8	Carolyn Kenaley	M/D
00	Angela Redmond	GK
21	Jessica Robbins*	F/M
5	Erin Squires***	F/M
4	Alexi Staton*	M/D
2	Megan Strand**	M/D
0	Kathleen Underwood*	GK
15	Celine Ziobro**	D