

2003 Keydets



Colleen Redmond

- Freshman • Forward • 5-6
- Brownsburg, Ind.
- Brebeuf Jesuit
- Biology Major

On Redmond: A 5-6 forward...spent her freshman season of 2002 at the University of Arkansas, where she was originally recruited by Davis...played in four games for the Lady Razorbacks before receiving a medical redshirt...helped Brebeuf Jesuit to two county championships as well as a regional and sectional championship in her freshman year...holds the school's single season record for goals (19)...also played for the Carmel Cosmos II club team that was the under-18 runner-up in her sophomore year and regional runner-up the following year at the United States Youth Soccer Association national championships...was a member of the Indiana State Olympic Development team for seven years...daughter of Mary and William Redmond...sister, Katie played soccer at Purdue...brother Michael, played soccer at the University of Indianapolis.



Colleen Redmond

THE BIG SOUTH

On July 1, 2003, nine of VMI's varsity sports transferred conference affiliation from the Southern Conference (of which VMI had been a member of since 1924) to the Big South Conference.

In the fall of 2004, VMI women's soccer will be the 10th team to join the conference. As part of the team's inaugural season of 2003, the Keydets are provisional members of the Big South, but will not be able to compete for the conference championship or league honors.

Other sports at VMI affiliated with the Big South include baseball, men's basketball, football, men's and women's cross country, men's and women's indoor and outdoor track and field and men's soccer.

Big South members that boast women's soccer programs include Birmingham-Southern College, Charleston Southern University, Coastal Carolina University, Liberty University, Radford University, High Point University, University of North Carolina-Asheville and Winthrop University. Five of the Big South schools are on VMI's schedule in 2003, but none of those contests will count in the league standings.

The Big South women's soccer conference was established in 1993, crowing Campbell University as its first champion. Since then, seven different schools have won the championship. Liberty and University of North Carolina Greensboro have both won two titles a piece.



A Note From Coach Davis

Dear Prospective Cadet:

As the dawning of a new era begins in women's athletics here at VMI, the tradition, service and excellence that is instilled into every woman that enters the realm of VMI will have everlasting changes in how she is perceived by those around her and how she sees herself. It is our mission here to recruit the **best of the best**. We want the types of women who see them selves willing to take on challenges that once conquered are true believers in their ability to achieve any obstacle.

The beginning of women's soccer is here to build and implement a competitive NCAA Division I women's soccer program in the VMI tradition that will provide you with an environment where female student-athletes can learn discipline, leadership, and the commitment that will allow for the making of successful students, cadets and women.

We base the vision of our mission on 3 principles: tradition, service and excellence:

Tradition

VMI is a unique and positive environment. This program will only take disciplined, committed, and leadership-oriented female student athletes that seek to become better students, players, cadets and most importantly women. This is truly the VMI tradition- we are always cadets on and off the field.

Service

VMI seeks to develop leaders. The first quality of a great leader is her ability to serve. Service will be the cornerstone of the VMI women's soccer program. We as team members must realize that we are to be of positive service to ourselves, our team, our Corps, the VMI tradition and to our community. We must never cheat VMI and the cadets that we represent. In any endeavor, we must put others first rather than ourselves. Our collective goal is to exemplify the leadership qualities necessary to be a successful player, cadet and woman. Service is the key to success for VMI women's soccer.

Excellence

Excellence is not perfection. Excellence is the pursuit of perfection. Every VMI women's soccer team member must commit to excellence in the following areas:

Academics. Everyday I must strive to be a better student and meet the imposed demands of a rigorous academic environment.

Athletics. Everyday I must strive to be the best player that I can be. I must obey team rules, meet the demands of a dynamic game, and give my total best effort in training, in matches, and in overall team participation.

Cadet Life. Everyday I must strive to reach my fullest potential as a cadet. This will require a disciplined and dedicated life style. I must always honor my cadet code and realize its significance.

Commitment to the vision of Virginia Military Institute women's soccer program will require tremendous physical, mental and emotional effort. However, realizing this vision and the effort required of it will allow you as a female to be the student, athlete, cadet and woman that you choose to be. And remember one thing, you will never do it alone.

The VMI women's soccer staff consists of two full-time coaches, a strength and conditioning coach, manager and trainer. We are all committed to success both on and off the field. Family is a great way to describe the support of the VMI Alumni who are eager for our year to be underway. The concept of long-term friendship thrives as a positive outcome in a cadet's life here. Family and friends of our team and our VMI Alumni are the bread and butter of our organization and we thank you.

Building this program and creating a team of players here at VMI has been an endless feeling of satisfaction and pleasure. To be able to work with a group of young, energetic, goal-oriented woman day in and day out such as these has an exceptional facet of desire that continues on a memorable journey of history in the making at VMI.

Sincerely,

Julie Davis
Head Women's Soccer Coach
Virginia Military Institute



Keydet Facilities

The Institute prides itself on providing the student-athlete with the tools to improve oneself not just intellectually, but physically.

The ability to help every Keydet soccer player reach his maximum potential has itself been brought to a new level in 1995 with a massive renovation and refurbishing of the Charles S. Luck '20 Memorial Weight Room, located in Cocke Hall.

With over 7,000 square feet of space, the Luck Weight Room now contains over 15,000 lbs. of free weights, and 2,000 lbs. of dumbbell weights. Over 70 pieces of free weight training equipment are available for the use of the student-athlete, and over 40 pieces of resistive training machine-type equipment.

Among the key acquisitions of the recent renovations was the addition and enlargement of the dumbbell training area, which almost tripled in size and now contains weights ranging from five to 140 pounds. Auto-spot benches were installed, among the newest and safest pieces of weight training equipment available on the market. New Olympic platforms were installed, with increased cushioning and padding for the weights. Four heavy-duty power racks, weighing 400 pounds each, were installed, and a number of back, leg, and neck machines were installed to complement existing equipment. Finally, the entire area was recarpeted and repainted to provide athletes with comfortable surroundings in which to weight train.

A new addition to the list of facilities available to the student-athlete opened this spring - the Cardio Room. Located next to the Luck Weight Room, the Cardio Room is equipped with the latest in cardiovascular workout and fitness equipment - all in a pleasant atmosphere for Keydet athletes to train and excel.

The Athletic Training Room is located in Cameron Hall, with smaller auxiliary training rooms located in Clarkson-McKenna Hall and Patchin Field House. Under the supervision of Director of Sports Medicine Lance Fujiwara, M.S., ATC, the sports medicine staff implement prevention of injury and immediate treatment, and rehabilitation procedures for the injured athlete, as directed by a physician. The Cameron Hall Athletic Training Room features four whirlpools, seven treatment beds, and taping bench, and various pieces of rehabilitation and treatment equipment.

Across from the Athletic Training Room is the sports medicine department's rehabilitation center, which houses lifecycles, a stairmaster, and a versa-climber for cardiovascular conditioning of rehabilitating athletes.



PATCHIN FIELD

All of VMI's home games are played within the cozy confines of Patchin Field, which is adjacent to the baseball and tennis facilities at VMI.

Located to the north of Institute Hill and built over top Woods Creek, which still runs beneath it, Patchin Field offers separate practice and game fields for VMI soccer and lacrosse. Patchin Field House, located next to the baseball diamond, houses soccer locker room facilities, a storage room, and an auxiliary training room that features two whirlpools, a taping bench, and four treatment tables.

In 2000, a new brute Bermuda grass was laid out, vastly improving the quality of the playing surface. Also, the construction of a new sprinkler system as well as the addition of a new scoreboard have further improved the confines of Patchin Field. Plans are in the works to expand the facilities at Patchin Field, further enhancing the what VMI is able to offer the student-athlete.



2003 Opponents

**Bridgewater College
at Patchin Field
August 29, 2003**

Location: Bridgewater, Va.
Head Coach: Nino Altomonte (James Madison)
School/ Career Record (Years): 15-15-4 (2) / Same
Assistant: TBA
Starters Returning/ Lost: 5/6
Letterwinners Returning/ Lost: 15/6
2002 Record: 9-7-2 (5-4-2 ODAC)
SID: Steve Cox (540) 828-5360



**Randolph-Macon Woman's College
at Patchin Field
August 31, 2003**

Location: Lynchburg, Va.
Head Coach: Kevin Porterfield (Longwood '97)
School/ Career Record (Years): 17-14-2 (2) / Same
Assistant: Robert Heath
Starters Returning/ Lost: 8/3
Letterwinners Returning/ Lost: 16/3
2002 Record: 11-7-1 (4-7 ODAC)
SID: Amy Rowland (434) 947-8542



**Rowan University
In Glassboro, N.J.
September 5, 2003**

Location: Glassboro, N.J.
Head Coach: Scott Leacott (Rowan '98)
School/ Career Record (Years): 51-20-7 (4) / Same
Assistant: Michele McGowan
Starters Returning/ Lost: 8/3
Letterwinners Returning/ Lost: 15/5
2002 Record: 12-4-2 (5-3-1 NJAC)
SID: Sheila Stevenson (856) 256-4252



**Mercer University
at Patchin Field
September 7, 2003**

Location: Macon, Ga.
Head Coach: Jodie Smith (LSU '85)
School/ Career Record (Years): 13-38-3 (3) / Same
Assistants: 72-71-11 (8)
Starters Returning/ Lost: 7/4
Letterwinners Returning/ Lost: 10/9
2002 Record: 1-16-2 (1-10 Atlantic Sun)
SID: Kevin Coulombe (478) 301-2735



**Radford University
at Radford, Va.
September 14, 2003**

Location: Radford, Va.
Head Coach: Ben Sohrabi (Maryville '92)
School/ Career Record (Years): 70-15-3 (7) / 99-69-16 (9)
Assistant: Ian Spooner
Starters Returning/ Lost: 14/7
Letterwinners Returning/ Lost: 7/4
2002 Record: 15-5-1 (4-1-1 Big South)
SID: Brian Stanley (540) 831-5211



**Longwood University
at Farmville, Va.
September 19, 2003**

Location: Farmville, Va.
Head Coach: Todd Dyer (Longwood '93)
School Record/ Career (Years): 114-46-7 (9) / Same
Assistant: Kayla Miller
Starters Returning/ Lost: 6/5
Letterwinners Returning/ Lost: 14/9
2002 Record: 15-3-1 (10-1 CVAC)
SID: Lauren Cooper (434) 395-2718



**Coastal Carolina University
at Patchin Field
September 21, 2003**

Location: Conway, S.C.
Head Coach: Karrie Miller (Erskine '90)
School/ Career Record (Years): 17-24-2 (3) / 41-37-13 (5)
Assistant: Pam Wilson
Starters Returning/ Lost: 9/2
Letterwinners Returning/ Lost: 13/2
2002 Record: 8-6-4 (3-3 Big South)
SID: TBA (843) 349-2822



**Morehead State University
in Morehead, Ky.
September 26, 2003**

Location: Morehead, Ky.
Head Coach: Leslie Faber (East Texas State '96)
School/ Career Record (Years): 19-69-2 (5) / Same
Assistant: Derek Reid
Starters Returning/ Lost: 9/2
Letterwinners Returning/ Lost: 12/5
2002 Record: 2-12-1 (0-5-1 OVC)
SID: Brad Laux (606) 783-2500



**Midway
at Midway, Ky.
September 28, 2003**

Location: Midway, Ky.
Head Coach: Michael Fulton (Kentucky '00)
School/ Career Record (Years): 10-24 (2) / Same
Assistants: Gurneet Sagger and Joy Hurley
Starters Returning/ Lost: 5/6
Letterwinners Returning/ Lost: 5/4
2002 Record: 3-16 (1-4 KAC)
SID: Tim Southers (859) 846-5386



**Southern Virginia University
at Patchin Field
October 2, 2003**

Location: Buena Vista, Va.
Head Coach: John Butler
School/ Career Record (Years): First Season
Assistant: Tim Burton
Starters Returning/ Lost: 4/7
Letterwinners Returning/ Lost: 8/10
2002 Record: 10-10-1
SID: Amber Clark (540) 261-8520



2003 Opponents

**The Citadel
at Patchin Field
October 5, 2003**

Location: Charleston, S.C.
Head Coach: Megan Hjerling (Wheeling Jesuit '98)
School/ Career Record (Years): 8-28-2 (3) / same
Assistant: Matt Gwilliam
Starters Returning/ Lost: 10/1
Letterwinners Returning/ Lost: 13/1
2002 Record: 5-11-2 (0-10 SoCon)
SID: Erica Brammer (843) 953-5120



**High Point University
at Patchin Field
October 24, 2003**

Location: High Point, N.C.
Head Coach: Tracie Foels (UNC Greensboro '92)
School/ Career Record (Years): 17-45-10 (4) / Same
Assistant: Catey Conner
Starters Returning/ Lost: 8/3
Letterwinners Returning/ Lost: 16/4
2002 Record: 4-10-4 (1-2-3 Big South)
SID: Lee Owen (336) 841-4605



**Roanoke College
in Salem, Va.
October 7, 2003**

Location: Salem, Va.
Head Coach: Phil Benne (Wittenberg '86)
School/ Career Record (Years): 163-92-16 (14) / Same
Assistant: TBA
Starters Returning/ Lost: 8/3
Letterwinners Returning/ Lost: 11/5
2002 Record: 14-5 (9-2 ODAC)
SID: Chris Cummings (540) 375-2382



**Carson-Newman College
in Jefferson City, Tenn.
October 31, 2003**

Location: Jefferson City, Tenn.
Head Coach: Philip McNamara (King College '00)
School/ Career Record (Years): 11-7 (1) / 28-19-3 (3)
Assistant: Julie Dills
Starters Returning/ Lost: 8/3
Letterwinners Returning/ Lost: 12/4
2002 Record: 11-7 (4-3 SAC)
SID: Marlin Curnutt (865) 471-3477



**UNC Asheville
at Patchin Field
October 12, 2003**

Location: Asheville, N.C.
Head Coach: Michelle Cornish (George Mason '90)
School/ Career Record (Years): 76-73-9 (9) / Same
Assistant: TBA
Starters Returning/ Lost: 8/3
Letterwinners Returning/ Lost: 13/4
2002 Record: 9-8-1 (2-4-1 Big South)
SID: Mike Gore (828) 251-6923



**Emory & Henry College
in Emory, Va.
November 2, 2003**

Location: Emory, Va.
Head Coach: Jimi Meyer (Emory & Henry '00)
School/ Career Record (Years): 11-23-1 (2) / Same
Assistant: None
Starters Returning/ Lost: 13/3
Letterwinners Returning/ Lost: 9/2
2002 Record: 5-12 (2-9 ODAC)
SID: Nathan Graybeal (276) 944-6830



**Birmingham Southern College
in Birmingham, Ala.
October 17, 2003**

Location: Birmingham, Ala.
Head Coach: Keidane McApline (Birmingham Southern '97)
School/ Career Record (Years): 13-17-5 (3) / Same
Assistant: Nikki Smith
Starters Returning/ Lost: 10/2
Letterwinners Returning/ Lost: 18/7
2002 Record: 5-11-2 (1-5-1 Big South)
SID: Bailey Mlxon (205) 226-7764



**Alabama A&M University
in Huntsville, Ala.
October 19, 2003**

Location: Normal, Ala.
Head Coach: Frank Davies (UA-Huntsville '89)
School/ Career Record (Years): 10-41-1 (3) / 25-61-2 (2)
Assistants: Jerry Blount and Ike Udeh
Starters Returning/ Lost: 9/2
Letterwinners Returning/ Lost: 16-3
2002 Record: 6-11
SID: Stephen Underwood (256) 372-4005

