

2017

ATHLETIC
AWARDS



ATHLETIC DEPARTMENT AWARDS

RAY THARAN AWARD: **Caroline Cosby '17**

The Ray Tharan Award is given in memory of Ray Tharan, coach and instructor in physical education and was first presented in 1994. Historically, it is awarded to the student who shows spirit, enthusiasm and supports many athletic teams. Faculty and staff members of the Bryn Mawr community are also eligible for the award.

JANET YEAGER CUP: **Jocelyn Martinez '17**

The Yeager Cup is given in honor of Janet Yeager, an instructor in physical education at Bryn Mawr for more than 30 years. First awarded in 1982, the Yeager Cup is presented to the individual who has given exceptional service to the athletic department. This award can be given to a student and/or member of the Bryn Mawr community.

ANNE LEE DELANO AWARD: **Anna Schoonover'17**

The award was first given in 1983 in honor of Anne Lee Delano, former athletic director (1969-1980). At its inception, it was the most prestigious award given by the Department. This award is presented to the outstanding senior scholar-athlete who exhibits scholarship, athletic excellence, and college service.

JENEPHER P. SHILLINGFORD AWARD: **Allie Nagelski '17**

The Shillingford Award, first awarded in 2000, is given in honor of Jenepher Shillingford, former Director of Athletics and Physical Education. Shillingford was athletic director at Bryn Mawr from 1980-1999. This award is presented to a member of the senior class who has demonstrated, throughout her four years: athletic excellence, sportsmanship, and leadership.

"CHALLENGE ACCEPTED" AWARD FOR STRENGTH & CONDITIONING: **Diana Kelley '17**

The "Challenge Accepted" Strength & Conditioning Award is presented in recognition of the consistent demonstration of hard work, dedication, spirit, motivation, and grit throughout all seasons of training and for the fierce acceptance of every challenge.

STUDENT-ATHLETE ADVISORY COMMITTEE AWARDS

SPORTSMANSHIP AWARD: **Ji Yoon Ahn '17**

INDIVIDUAL AWARDS

Becca Adlai-Gail '20

Swimming

Swimming's Captains' Award

Ji Yoon Ahn '17

Rowing

Rowing's Founders' Award
Mid-Atlantic Rowing Conference
All-Varsity Team

Katie Alpert '17

Lacrosse

Lacrosse's Defensive Player of the Year
Four-Year Participant in Athletics

Allegra Armstrong '17

Swimming

Centennial Conference Academic Honor Roll

Catherine Bactat '20

Soccer

Soccer's Rising Owl Award

Leah Baer '19

Soccer

Soccer's Captains' Award
Centennial Conference Academic Honor Roll

Katie Billings '19

Indoor and Outdoor Track & Field

Centennial Conference Academic Honor Roll

Claire Billington '18

Badminton

Badminton's Ethel Grant Award

Kara Breeden '18

Basketball, Soccer

Centennial Conference Academic Honor Roll

Irina Buchok '17

Indoor and Outdoor Track & Field

Centennial Conference Academic Honor Roll

May Ninghe Cai '17

Badminton

Four-Year Participant in Athletics

Adriana Castilla-Hernandez '17

Basketball

Basketball's Outstanding Player Award
Centennial Conference Sportsmanship Team
Four-Year Participant in Athletics

Friend Chaiprasit '17

Badminton

Four-Year Participant in Athletics

Caroline Cosby '17

Volleyball

Ray Tharan Award

Volleyball's Best Offensive Player Award
Centennial Conference Sportsmanship Team
Centennial Conference Academic Honor Roll
Four-Year Participant in Athletics

Mary Cugini '20

Field Hockey

Field Hockey's Work Rate Award
NFHCA Academic Squad

Kendall Derber '19

Lacrosse

Lacrosse's Midfielder of the Year

Ginneh Dickenson '20

Basketball

Basketball's Most Improved Player Award

Kate Edwards '18

Cross Country, Indoor and Outdoor Track & Field

Cross Country's Most Valuable Runner Award
First Team All-Seven Sisters
USTFCCA Women's Cross Country
All-Academic Team
Centennial Conference Academic Honor Roll

Anna Ferlanti '17

Rowing

Rowing's Founders' Award
Rowing's Most Valuable Rower
Four-Year Participant in Athletics

Lydia Fisher '20

Field Hockey

NFHCA Academic Squad

Samantha Forestier '20

Swimming, Rowing

Swimming's Unsung Hero Award

Amy Gao '20

Rugby

Rugby's Rookie of the Year

Cassandra Garcia-Bacha '17

Field Hockey

Field Hockey's Venom Award
Four-Year Participant in Athletics

Eram Haider '17

Badminton, Tennis

Tennis' Most Improved Player Award
Four-Year Participant in Athletics

Aurielle Hampton '20

Rowing

Mid-Atlantic Rowing Conference
All-Novice Team

Zosia Haney '19

Swimming

Centennial Conference Academic Honor Roll

Samantha Heyrich '17

Field Hockey, Lacrosse
NFHCA Academic Squad

Emma Hicks '19

Field Hockey

Field Hockey's Unsung Hero Award
NFHCA Academic Squad

Tara Holman '19

Indoor and Outdoor Track & Field

Centennial Conference Academic Honor Roll

Elizabeth Hoo '20

Soccer, Lacrosse

Lacrosse's Most Improved Player Award

Jordan Hussey '20

Badminton

Badminton's Feathers Award

Nolan Julien '18

Volleyball

Volleyball's Owl Award

Yelin Jung '20

Field Hockey

NFHCA Division III Scholar of Distinction
NFHCA Academic Squad

Diana Kelley '17

Lacrosse

"Challenge Accepted" Award
for Strength & Conditioning
Lacrosse's Player's Award
IWLCA Academic Honor Roll
Centennial Conference Academic Honor Roll
Four-Year Participant in Athletics

Hannah Kim '19

Cross Country, Outdoor Track and Field

Centennial Conference Academic Honor Roll

Sydney Kim '20

Tennis

Seven Sisters All-Tournament Team

Delia Landers '19

Volleyball

Centennial Conference Academic Honor Roll

Jennifer Laske '18

Tennis

Centennial Conference Academic Honor Roll

Celeste Ledesma '17

Rugby

Rugby's Horned Toads' Award

Ellen Lee '20

Rowing

Seven Sisters All-Regatta Team

Jill Li '18

Rowing

Mid-Atlantic Rowing Conference
All-Varsity Team
Seven Sisters All-Regatta Team

Jane Liu '17

Rowing

Rowing's Founders' Award
Mid-Atlantic Rowing Conference
All-Academic Team
Seven Sisters All-Regatta Team

Abigail Lua '19

Field Hockey

Field Hockey's Most Improved Player Award
NFHCA Academic Squad
Centennial Conference Academic Honor Roll

Elena Luedy '19

Soccer

Centennial Conference Academic Honor Roll

Ashley Macina '17

Cross Country, Indoor and Outdoor Track & Field
Outdoor Track & Field's
Most Valuable Senior Award
Centennial Conference Academic Honor Roll
Centennial Conference Sportsmanship Team

Ariane Marchis-Mouren '17

Swimming

Swimming's Butterfly Award
Four-Year Participant in Athletics

Jocelyn Martinez '17

Cross Country, Indoor and Outdoor Track & Field
Janet Yeager Cup

Sydney Maves '17*Cross Country, Indoor Track & Field*

Centennial Conference Academic Honor Roll

Angela Meng '19*Field Hockey*

Field Hockey's Brick Wall Award

NFHCA Academic Squad

Centennial Conference Academic Honor Roll

Grace Morris '20*Field Hockey*

NFHCA Academic Squad

Alexandra Nagelski '17*Volleyball*

Jenepher P. Shillingford Award

Volleyball's Varsity Player Award

Volleyball's Best Defensive Player Award

Centennial Conference Academic Honor Roll

Four-Year Participant in Athletics

Haley Newsham '17*Field Hockey*

Field Hockey's Yeager Award

Centennial Conference Sportsmanship Team

NFHCA Academic Squad

Centennial Conference Academic Honor Roll

Four-Year Participant in Athletics

Katherine Nickols '17*Soccer*

Centennial Conference Academic Honor Roll

Emily Kate O'Brien '19*Rowing*

Mid-Atlantic Rowing Conference

All-Academic Team

Lillian Oyen-Ustad '19*Swimming*

Swimming's Beidler Trophy

All-Seven Sisters Team

Centennial Conference Sportsmanship Team

Centennial Conference Academic Honor Roll

Claire Pettitt '19*Cross Country, Indoor Track & Field*

Centennial Conference Academic Honor Roll

Natalia Phillip '20*Indoor and Outdoor Track & Field*

Indoor Track & Field's

Most Valuable Athlete Award

Vidya Ramaswamy '20*Indoor and Outdoor Track & Field*

Indoor Track & Field's

Most Improved Athlete Award

Caitlin Roa '19*Indoor Track & Field*

Centennial Conference Sportsmanship Team

Anna Schoonover '17*Soccer*

Anne Lee Delano Award

Centennial Conference Academic Honor Roll

Four-Year Participant in Athletics

Holly Senebandith '17*Field Hockey*

NFHCA Academic Squad

Centennial Conference Academic Honor Roll

Four-Year Participant in Athletics

Lauren Shue '17*Volleyball*

Four-Year Participant in Athletics

Lizzie Siegle '18*Tennis*

Tennis' Ethel Grant Award

Seven Sisters All-Tournament Team

Alison Spain '17*Lacrosse*

Lacrosse's Offensive Player of the Year

Four-Year Participant in Athletics

Kinbrae Sperstad '19*Cross Country, Indoor and Outdoor Track & Field*

Centennial Conference Academic Honor Roll

Emily Spiegel '18*Rowing*

Mid-Atlantic Rowing Conference

All-Academic Team

Hannah Terz '18*Rowing*

Mid-Atlantic Rowing Conference

All-Academic Team

Chelsea Thangavelu '19*Cross Country, Outdoor Track & Field*

Centennial Conference Academic Honor Roll

Haley Varnum '19*Cross Country, Indoor and Outdoor Track & Field*

Centennial Conference Academic Honor Roll

Gwendolyn Vary '17*Indoor and Outdoor Track & Field*

Outdoor Track & Field's

Dan Talbot Commitment Award

Four-Year Participant in Athletics

Haidyn Weight '18

Soccer

Soccer's Neal Abraham Team MVP Award
Centennial Conference Academic Honor Roll

Sarah Whitten '20

Volleyball

Volleyball's Mason-Ridgeway Award

Emily Williams '20

Cross Country, Indoor and Outdoor Track & Field
Cross Country's Most Improved Runner Award

Charlotte Xu '19

Swimming

Swimming's Most Improved Swimmer Award

Hannah Zamore '19

Field Hockey

NFHCA Academic Squad
Centennial Conference Academic Honor Roll

TEAM HIGHLIGHTS AND ACADEMIC AWARDS

Basketball

82-51 victory over Wilson - most points by Bryn Mawr in a game since 1997

New School Record: Erica Dwyer—Career Three-Point Field Goals

Crew

Gold Medal at Kerr Cup Regatta, Bronze Medal at Murphy Cup Regatta

Varsity 8 - Four top-five finishes during regular season

Cross Country

Three top-five finishes during regular season, including third place at Cairn

2016 USTFCCCA All-Academic Team

Field Hockey

2016 NFCA DIII Academic Team Award

Lacrosse

2016 IWLCA Academic Award

Team Highlight: Katie Alpert ranked number one nationally in saves and saves per game (15.25)

New School Record: Katie Alpert—Career Saves

Soccer

Over half of eligible players named to Centennial Conference Academic Honor Roll

Swimming

New School Records: Varuna Jasodanand—100 Breaststroke (1:09.00);

200 Medley Relay (1:54.00)

Tennis

Two doubles pairings advanced to finals at Goucher Invitational

Indoor Track and Field

2016 USTFCCCA Team Academic Award

New School Records: Noor Banihashem Ahmad—Triple Jump (9.88m);

Julie Gonzales—Pole Vault (2.96m), 60 Meter Hurdles (10.60s);

Natalia Phillip—Shot Put (12.15m), Weight Throw (13.61m);

Haley Varnum—500 Meter Dash (1:24.55)

Outdoor Track and Field

2016 USTFCCCA Team Academic Award

New School Records: Natalia Phillip—Shot Put (11.00 m);

Halena Martin—Javelin (31.89m), Hammer Throw (29.15m)

Volleyball

2015-16 AVCA Team Academic Award

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