



ST. JOHN'S UNIVERSITY

FACTS & HIGHLIGHTS

At St. John's University, a central ideal guides our mission – higher education is not only about career preparation, but also about learning to make a difference in the world. As we strive to make our world a better place, we draw strength from our Vincentian Catholic heritage, which combines academic excellence with opportunities to serve those less fortunate.

Our mission began with the Vincentian community that founded St. John's back in 1870. In its early years, St. John's mainly served the children of immigrants, who had little chance of obtaining a quality higher education. Today, St. John's still offers students from all walks of life a challenging opportunity to succeed in a diverse atmosphere of mutual respect and common purpose.



MISSION

A Catholic, Vincentian and metropolitan University that embraces the Judeo-Christian ideals of respect for the rights and dignity of every person, as well as each individual's responsibility for the world in which we live.

PRESIDENT

Donald J. Harrington, C.M.

ENROLLMENT

Fall '07 applications have increased by 8 percent, with more than 27,500 applications received for approximately 3,000 seats in St. John's freshman class.

SAT SCORES

In 2006, the average SAT score for admitted St. John's students was 1075, up from 1068 the previous year.



STUDENTS

Total enrollment in 2006 of 20,069 full- and part-time undergraduate and graduate students at campuses in Queens, Staten Island, and Manhattan, NYC; in Oakdale, NY; and in Rome, Italy.

St. John's student body comprises 14,983 undergraduate and 5,086 graduate students from 46 states and 126 countries. The fall 2006 freshman class of 3,266 represented the largest class ever.

Hispanic (12.3 percent), African-American (12.6 percent) and Asian (13.9 percent) students comprised approximately 39 percent of the University's 2006 enrollment.

During the 2006-2007 academic year, 95 percent of St. John's students received more than \$337 million in financial assistance through scholarships, work-study programs, loans and grants.

FACULTY

Almost 90 percent of our 1,513 full- and part-time faculty holds a Ph.D. or other terminal degree in their field. The University offers more than 100 undergraduate and graduate majors, including eight doctoral programs.

With our low 18:1 student-faculty ratio, St. John's offers personal attention for every student.

CAMPUSES

Our Queens campus features six sprawling award-winning residence halls with lounges, study rooms, fitness facilities and an extensive dining facility, including the Seton

Complex and DePaul houses on Union Turnpike. Adjacent to the Queens campus, these modern apartments are available to graduate, law and select upperclass students. The Staten Island campus features modern apartment-style housing adjacent to the campus, and housing is available in our 10-story Manhattan campus. All campuses are part of a University-wide wireless network.

GLOBAL STUDIES

To prepare students for success in the global marketplace, St. John's offers a truly international academic experience at our Rome campus, where students can study for a semester or for the summer.

Last year the University launched Discover the World, a unique opportunity for students to study abroad in three international cities throughout one semester. Each class employed the cultural and historical resources of its host city as key components of the learning experience and offered unique service opportunities to students. Building on the success of the initial offering in Europe the University is expanding the program this year to include Latin America, and in future semesters Africa and Asia. The University also offers students the opportunity to take a full semester of credit in one of our exciting study abroad programs in Australia, Brazil, England, France, Ireland and Japan. Summer programs are offered in Argentina, Brazil, Bulgaria, China, Hungary and Vietnam as well as Italy, Spain and France.

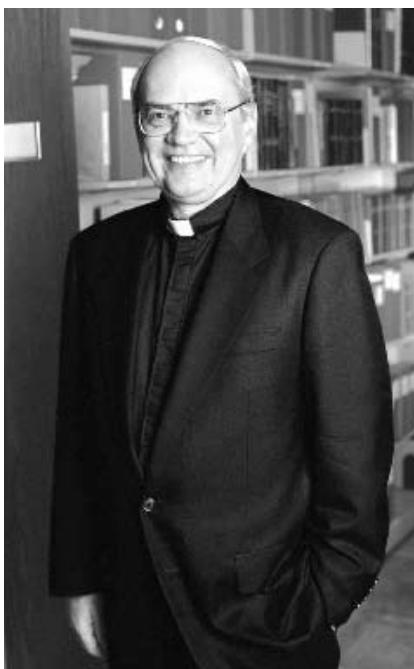
REV. DONALD J. HARRINGTON, C.M.

PRESIDENT, ST. JOHN'S UNIVERSITY

Rev. Donald J. Harrington, C.M., assumed the Presidency of St. John's University in 1989. As the 15th President of one of the largest Catholic Universities in the United States, he has provided leadership for an ambitious initiative to position the institution as a leader in higher education for the 21st century.

His vision has resulted in an extraordinary transformation of the University into a "new" St. John's, with enhanced facilities, expanded academic initiatives, and an increasing global presence. The vision has been enabled by Fulfilling the Dream, a capital campaign that ended in May 2006, exceeding its goal and raising more than \$271 million, the largest amount ever realized by a Catholic institution in New York State. Already completed are several new buildings, including St. Thomas More Church, the gift of alumnus John V. Brennan and his wife, Anita, which stands at the center of the Queens campus; DaSilva Hall, a state-of-the-art classroom building, which opened in September 2004 on the Staten Island campus; and Taffner Field House, which is located adjacent to Carnesecca Arena on the Queens campus and named for alumnus Donald Taffner and his wife Eleanor, an honorary alum and member of the University's Board of Trustees. These projects complement others that have been completed within the last five years, including a 2,500 seat soccer stadium, named for trustee and longtime benefactor Jerome Belson; and the Kelleher Center, a multipurpose building on the University's Staten Island campus, named for trustee Denis Kelleher and his wife.

Academic initiatives include new degree programs on both the graduate and undergraduate levels and implementation of a new university-wide core curriculum. In order to assure that students acquire technological proficiency, all incoming first-year students receive laptop computers that can be used on the wireless network that covers all indoor and outdoor areas on each of the University's campuses. The laptop initiative, launched in 2003, is the largest of its kind in the U.S. Intel Corporation recognized St. John's advanced use of technology by naming the University to its list of "Top 10 Unwired Colleges" in both 2004 and 2005. While expanding its outreach through technology, the University has also increased its physical presence within the metropolitan area and beyond. In fall 1995, St. John's opened its third campus and first international site – The Graduate Center in Rome, Italy, in facilities provided by the Vatican. A decision to develop a fourth



campus on Eastern Long Island was implemented in summer 1999 with the purchase of the 175-acre La Salle Center in Oakdale. A fifth campus was acquired in December 2000 when the College of Insurance, located in Manhattan, was consolidated into St. John's. In spring 2007 the University launched its new study abroad program for undergraduates – Discover the World. Plans are to establish sites across the globe. The inaugural initiative, Discover Europe, provides an opportunity for students to study and live in three cities: Paris, Rome, and Salamanca during a single semester and to combine classroom instruction with cultural activities and a component unique to the program – the opportunity to engage in service activities.

Perhaps the most transformative aspect of the University's impressive growth has been the transition to residence life, created through construction of six residence halls. The first three buildings, one of them named for John Cardinal O'Connor, the beloved prelate of the Archdiocese of New York, were completed in August 1999. Two more halls were opened in September 2000, and one additional building, named for alumnus, benefactor, and former Chairman of Mellon Bank Corporation Thomas Donovan, was opened in September 2002. Complementing the residence hall complex is a dining facility named for alumnus and trustee William Montgoris, retired CFO of Bear Stearns. The residence halls were supplemented in 2005 by acquisition of two complexes on Union Turnpike that

provide off-campus housing in apartment style facilities. Apartment style living accommodations are also available in buildings adjacent to the Staten Island campus.

Shortly after his ordination as a Vincentian priest in 1973, Father Harrington was assigned to Niagara University, which, like St. John's, is sponsored by the Vincentians. He served as Instructor in Religious Studies, as Director of Student Activities, and as Executive Vice President before being named the institution's 22nd president – at 38 years of age, the youngest ever appointed.

Father Harrington has amassed a striking record of community and professional activity. When, in 1993, he was elected a Director of Bear Stearns, he became the first Catholic priest to serve on the Board of a Wall Street financial services firm. He completed three terms as a trustee of Niagara University, two terms on the Board of Directors of the Association of Catholic Colleges and Universities (ACCU), and six years on the Board of Trustees of Immaculate Conception Seminary in Huntington, N.Y. He currently serves on the Board of Directors of the Commission on Independent Colleges and Universities (CICU) within the State of New York.

Born in Brooklyn, Father Harrington attended Catholic elementary schools in Brooklyn and on Long Island and graduated from Manhattan's Regis High School in 1963. He then entered the junior college seminary of the Vincentian Fathers in Princeton, N.J., before completing his studies for the priesthood at Mary Immaculate Seminary in Northampton, Pa. He pursued graduate studies at the Catholic University of America and the University of Toronto.

Father Harrington holds honorary doctorates from several colleges and universities in the United States, including Niagara University, St. Thomas Aquinas College and The Catholic University of America, and has also been honored by such international institutions as Fu Jen University in Taipei, Taiwan, Republic of China; the American University in Rome, Italy; and Kokushikan University in Tokyo, Japan. He was awarded the honor Pro Ecclesia et Pontifice by His Holiness Pope John Paul II in 1989 and was named a Knight of the Holy Sepulchre in 1999. He received the Order of Merit (Cavaliere) of the Republic of Italy in June 2003 and the Grand Ufficiale in October 2003.



ACADEMICS & SERVICE

St. John's academics provide our diverse student body with valuable skills, knowledge and opportunities to succeed in the global community. The University continues to make vast improvements to facilities and technology infrastructure that ensure our students are prepared for whatever new challenges await them. We are proud to have a student population as diverse as that of New York City and are committed not only to expanding their horizons but inspiring leadership.

Highlights include:

THE SCHOOL OF EDUCATION

Because of St. John's reputation for being in the forefront of technology, IBM tabbed The School of Education as its first private university education technology partner in the New York area. IBM is customizing more than \$500,000 worth of its Teacher Software to help meet the School's data collection and assessment needs to be able to collect and store materials including student papers, faculty portfolios and research information.

Shondel Nero, Ph.D., an Associate Professor in the Master's Program in Teaching English to Speakers of Other Languages (TESOL), and 20 graduate students traveled last summer to Pontificia Universidad Católica Madre y Maestra, Dominican Republic, to engage in a month-long Spanish-immersion program.

ST. JOHN'S COLLEGE OF LIBERAL ARTS AND SCIENCES

Elaine Carey, Ph.D., won a second Fulbright-Garcia Robles grant from the United States Information Agency. During her nine-month stay in Mexico she will conduct research, primarily at the national archives and its affiliates in and around Mexico City. While there, she also intends to present her research at several Mexican institutes of higher learning.

A delegation of professionals from Hanoi University of Education visited St. John's University's Queens campus to sign a Memorandum of Understanding (MOU) between the two universities last December. The agreement promotes the development of education, research, student exchange and other activities. In its initial stages, the MOU will focus on collaboration between the schools' Psychology Departments and will include English training courses for students and teachers at Hanoi University, the promo-

tion of research partnership, joint publication, joint conferences and seminars of mutual interest.

COLLEGE OF PHARMACY AND ALLIED HEALTH PROFESSIONS

The Rite Aid Community Pharmacy Laboratory opened last October. Funded with monies supplied by the Rite Aid Corporation, as well as a Congressional appropriation, it is a state-of-the-art facility designed to emulate the structure of a traditional working pharmacy. Sixteen work stations allow students to practice filling prescriptions, answering questions and other skills required to perform as a professional pharmacist. In addition, the laboratory contains three counseling rooms, equipped with video recording devices, where students can perform mock counseling sessions with faculty and review the footage for self assessment.



SCHOOL OF LAW

For the second year in a row, St. John's University School of Law ranked fourth in New York State with a bar passage rate of ninety-one percent among first-time exam takers. Only Columbia University (95 percent), New York University (95 percent) and Cornell University (93 percent) have higher bar passage rates among those who took the July bar examination.

The St. John's University School of Law Securities Arbitration Clinic received a \$492,000 grant from the New York State Attorney General's Office. The clinic, a live-client program staffed by second and third year

St. John's law students, opened its doors in August of 2004, thanks in part to funding from the New York State Attorney General's Office. The clinic represents investors residing in New York State in securities arbitration claims before the NASD or NYSE against broker-dealers and their registered representatives on a pro bono basis.

The New York State Bar Association recently awarded the St. John's University School of Law Chapter of the Student Hurricane Network with the 2007 President's Pro Bono Service Law School Group Award in recognition of the group's extraordinary pro bono service. The Student Hurricane Network was established immediately following Hurricanes Katrina and Rita to use the skills and energies of law students throughout the country to provide critically needed legal support to individuals, communities, and legal organizations in the Gulf Coast. Last winter, St. John's University

School of Law, led by Amanda Golob, Class of 2008, sent thirty students and two faculty members, Professors Ann Goldweber and Keri Gould, to the New Orleans area to assist in the Network's efforts.

COLLEGE OF PROFESSIONAL STUDIES

James O'Keefe, Ph.D., Associate Dean of St. John's University College of Professional Studies and a Professor of Criminal Justice, has received a Fulbright Senior Specialist grant that will allow him to travel this summer to Santiago, Dominican Republic, where he will advise local law-enforcement personnel in an

ACADEMICS & SERVICE

effort to curb rising crime. The grant also will allow Professor O'Keefe to consult with administrators from Pontificia Universidad Católica Madre y Maestra (PUCMM), a Santiago-based university, to develop strategies for launching an undergraduate program in criminal justice.

The College of Professional Studies recently unveiled its new bachelor of arts degree program in Computer Security. This major, offered to both day and evening students, is designed to provide both a comprehensive education leading to such initial careers as cryptanalyst, cyberlaw enforcement specialist, security specialist, security administrator, electronic evidence collection specialist, computer crime investigator, computer forensic specialist, and a solid preparation for further academic and professional study in computer security, computer science, and telecommunication.

The St. John's University Vincentian Center for Church and Society, hosted a three-day conference entitled, "Languages for Peace: Respect, Dialogue, Understanding, Tolerance," last November on the Queens campus. The focus of the conference was on the importance of languages in building relationships among people, cultures and nations as well as advancing social justice and peace.



is the fifth time The Princeton Review has placed St. John's University in its popular list of America's top colleges. Only 15% of the four-year colleges in the U.S. and two Canadian colleges made the list.

The Peter J. Tobin College of Business is an outstanding business school, according to The Princeton Review. The New York-based education services company featured the school in the just-published 2007 edition of its "Best 282 Business Schools."

INITIATIVES

St. John's University joined eight New York City colleges and universities in accepting New York City Mayor Michael R. Bloomberg's challenge to reduce its greenhouse gas footprint and increase energy efficiency by developing and executing plans within their own institutions. By accepting the Mayor's invitation to join forces as a new "PlaNYC Challenge Partner," St. John's will work to develop best practices and to lead by example in reducing its carbon footprint.

St. John's University will provide up to \$10 million in scholarship grants and other assistance to support the New York City Police Department's efforts to create the most sophisticated and effective law enforcement agency in the nation. St. John's is introducing the "NYPD Cadet Corps at St. John's University" program this September. The program will recruit and enroll as many as 100 well-qualified transfer students who seek a bachelor's degree in Criminal Justice, providing them with up to \$10,000 in annual scholarship funding which would be matched

by \$10,000 in tuition reimbursement offered by New York City. In addition, the University will provide \$2,500 grants to incoming freshmen majoring in criminal justice to attract the very best and brightest students interested in law enforcement careers.

Launching this September, the Ozanam Scholars Program will give students the opportunity to contribute to solving the real-world problems of poverty and social injustice. Named for Frederic Ozanam, a 19th-Century French scholar, reformer and disciple of St. Vincent de Paul, the program will require students to spend a semester or even a full year at a clinical site. There they will apply their academic and research skills to improve the living conditions of others, focusing their efforts to help create, implement and assess plans to alleviate existing problems. At the same time, they will be expected to produce new research- and solution-based materials to advance the work and contributions of others. Those accepted will receive a \$10,000 scholarship for each of their four years and will be closely supervised and supported by a dozen faculty mentors. The 30-student cohort will form a Learning Community, and no matter the major, will participate in unique, individualized programs of study and service.



HONORS AND AWARDS

During the last year St. John's University continued its tradition of academic excellence garnering honors both for students and the institution as a whole. St. John's University is one of the nation's outstanding institutions of higher learning, according to The Princeton Review's 2008 ranking of "The Best 361 Colleges" in America. This



ATHLETIC FACILITIES



MADISON SQUARE GARDEN

St. John's has been part of the Garden's legacy since January 19, 1931. St. John's has played 619 games at the Garden, its home away from home, and has amassed five NIT titles, 13 ECAC Holiday Festival titles and three BIG EAST Tournament titles (1983, 1986, 2000). In 2004, the women's basketball team played their first game at "The World's Most Famous Arena" against Seton Hall University. St. John's won that game 61-52.



TAFFNER FIELD HOUSE

Taffner Field House, a \$16 million, two-story, 43,000 square foot structure, was completed in the fall of 2005. The facility includes four full-size basketball courts, two for varsity basketball and two for the general student population. The facility includes offices and meeting spaces for recreation and intramural activities and men's and women's basketball, dedicated locker rooms for both student recreation and men's and women's basketball, an audio/visual and media room for all varsity athletic teams, and exclusive sports medicine and weight training facilities.



DA SILVA MEMORIAL FIELD

Originally opened as St. John's Stadium in 1978, DaSilva Memorial Field was rededicated in 1998 in memory of John DaSilva, a

St. John's University hockey star who was killed tragically in an automobile accident. DaSilva Memorial Field is home to the men's lacrosse and women's track and field teams, and has a seating capacity of 2,500. The field was resurfaced in the summer of 2004 to incorporate the addition of FieldTurf.



RED STORM FIELD

Red Storm Field is home to the St. John's University softball team. The field officially opened on May 6, 2001 vs. BIG EAST rival Syracuse University. The facility is equipped with an electronic scoreboard, a public address system and has a seating capacity of 250. It is located on the west side of campus, close to St. John's six award-winning residence halls.



THE COURTS AT ST. JOHN'S

The Courts at St. John's serve as home to both the men's and women's tennis teams. Located just outside of Taffner Field House, the courts are open daily throughout the year and are operated by the recreational sports department. In addition to serving as the home to the Red Storm tennis teams, The Courts at St. John's also provide students with an opportunity to participate in tennis as a recreational activity.



BELSON STADIUM

In the fall of 2002, the men's and women's soccer programs began play at Belson

Stadium, a 2,300-seat, state-of-the-art stadium. The stadium was primarily funded by a \$6 million gift from Mr. and Mrs. Jerome Belson. Mr. Belson is a graduate of the School of Law, a member of the University's Board of Trustees and a generous benefactor of St. John's. The stadium is situated on a raised platform, with parking underneath and features FieldTurf and includes a press box, private suites and media room.



JACK KAISER STADIUM

Formerly The Ballpark at St. John's, the home of Red Storm baseball was constructed in the spring of 2000, and renamed for St. John's Hall of Fame coach, athletics director emeritus and distinguished alum in the spring of 2007. Jack Kaiser Stadium, already considered one of the premier venues for collegiate baseball in the BIG EAST, will receive a remodeled entrance before the 2008 season. The facility boasts seating for 3,500 spectators, an electronic scoreboard in centerfield, a press box, lighting and public address system.



CARNESECCA ARENA

The on-campus competition venue for St. John's basketball and volleyball, Carnesecca Arena (then Alumni Hall) opened its doors on December 4, 1961. With a seating capacity of 6,008, Carnesecca Arena ranks as the fourth largest indoor arena in the metropolitan area behind the Meadowlands, Madison Square Garden and Nassau Veterans Memorial Coliseum. In 1961 (the year the facility was completed), the building rated second only to Madison Square Garden. The arena, which houses most of the Red Storm Athletics Department staff and includes a new, state-of-the-art academic support center for student-athletes, is currently in the beginning stages of a five-year planned renovation.

CHRIS MONASCH

DIRECTOR OF ATHLETICS

Chris Monasch was named the fifth Athletic Director in St. John's University history on February 1, 2005.



Monasch, who returned to his alma mater after serving as the Commissioner of the America East Conference, oversees all of St. John's 17 varsity athletic programs and leads the University's Strategic Plan for Athletics,

including facilities, marketing, corporate relations and NCAA compliance.

Monasch's wealth of experience and breadth of knowledge has resulted in the rapid improvement of several areas in the St. John's Athletics program. In fewer than three years at the helm, Monasch has overseen the hiring of key personnel in the Athletic Development, Marketing and Communications offices. He also created several new assistant coaching positions for women's sports programs, in alignment with the University's commitment to gender equity.

Monasch has implemented a new annual Student-Athlete Orientation program for all incoming student-athletes, and annual giving to St. John's Athletics and the number of members in the Red White Booster Club have increased significantly since his arrival. Currently he is in the process of furthering the comprehensive strategic plan for the Athletics Department, and is spearheading a multi-phase plan for the renovation of venerable Carnesecca Arena.

In 2006-07, St. John's Athletics posted a banner year under Monasch's leadership. The men's and women's fencing teams finished their seasons as runners-up for the NCAA title, and the men's soccer squad captured the BIG EAST championship and made its 15th-consecutive NCAA Tournament appearance. The volleyball team posted a 31-5 record, captured the BIG EAST regular-season title and made its first-ever appearance in the NCAA Tournament, and baseball won the regular-season conference crown with a third-straight 40-win season and made an appearance in the NCAA Tournament as well. St. John's most storied athletics program, men's basketball, recorded its first winning campaign in four seasons, registered the most conference victories in four years, and qualified for the BIG EAST Tournament for the first time since 2003.

Red Storm on-field successes in 2006-07 were only overshadowed by achievements in the classroom and in the community, as 260 student-athletes qualified for the Athletic Director's Honor Roll, and St. John's teams contributed upwards of 2,000 hours serving neighbors in the University and New York City areas.

Monasch, 48, has spent his entire career in collegiate athletics, serving in various leadership

capacities for more than 24 years and has a résumé that touches some 30 institutions. He has served as commissioner of both the America East and Northeast Conferences, as well as Assistant and Associate Athletic Director at Fordham and Seton Hall Universities, respectively. He has experience with complex issues such as NCAA governance, compliance, student development and academic support, and is known as a visionary administrator. Monasch is a St. John's alumnus, graduating with a B.S. in athletic administration in 1981.

"Chris's three decades of experience with college athletics, his Division I leadership and his strong ties to St. John's will all greatly benefit our student-athletes," said Rev. Donald J. Harrington, C.M., President of St. John's University, upon Monasch's hiring. "We see even greater days



T.J. O'Shea and Director of Athletics Chris Monasch.

ahead for St. John's athletics with Chris at the helm as our Athletics Director."

Monasch spent 1997-2004 as Commissioner of the America East Conference, leading that organization in implementing a NCAA compliance program, developing a marketing program and organizing the league's television network. Monasch also created the Student Athletic Advisory Committee and restructured the league governance process to empower the member institutions' presidents as its chief governing body. Monasch also oversaw the addition of four new members to the conference and brought the conference to its highest level of athletic success in its history.

Prior to his tenure at the AEC, Monasch served as the first full-time Commissioner of the Northeast Conference, a position he held for nine years. He extricated the league from the ECAC in the late 1980s, changing its name from the ECAC Metro Conference, expanded league membership, added Division I-AA football to its sports sponsorship list and developed its television network.

Monasch has been a member of several NCAA Committees, including the NCAA

Management Council, the Minority Opportunities and Interests Committee, the Recruiting Committee and the Division I Baseball Committee. He has been an advocate for student-athletes, serving two terms as liaison with the NCAA Student-Athlete Advisory Committee. He served as chair of the Division I Management Council during the 2004-05 academic year, and was recently asked to serve on the Sears Director's Cup Committee, which is NACDA's annual ranking of NCAA Division I athletics programs.

Last Spring, Monasch was honored with a Distinguished Service Award from the Metropolitan Basketball Writers Association (MBWA) for his contributions to collegiate basketball, particularly in the New York area.

Monasch began his career as an Assistant Athletic Director at Fordham University, a role he

filled for four years before serving as the school's interim athletic director in 1985, where he also started the school's first academic support program. As an Associate Athletic Director at Seton Hall University, Monasch was a key player in the athletic department's upgrade that led to a men's basketball Final Four appearance and the move of its games to the Meadowlands.

Monasch serves on the Advisory Board of the National Consortium of Academics and Sports. He also serves on the Advisory Board for the Sport Management program and the College of Professional Studies at St. John's. He has served as an adjunct professor at the Seton Hall University School of Law and St. John's University.

In addition to his degree from St. John's, Monasch holds a master of arts in communications from Fordham University (1984) and a Juris Doctorate from Seton Hall University (1993). He is a member of the New Jersey and Pennsylvania Bar Associations.

Monasch currently resides in Manhattan.



SPORTS MEDICINE



Assistant Athletics Director for Sports Medicine Ron Linfonte oversees athletic training services at St. John's University. His staff includes six assistant athletic trainers. The entire staff is certified by the National Athletic Trainers' Association and boasts more than 50 combined years of athletic training experience. Linfonte and his staff, along with a number of student athletic trainers, are responsible for the health and care of the 17 NCAA Division I sports at the University.

Each certified staff member is in charge of the health care of at least two varsity athletic teams and support groups. These responsibilities begin with attendance at every team practice and competition, as well as travel to nearly

every road contest. The athletic trainer is responsible for evaluating and assessing athletic injuries, administering first aid and injury care, making medical referrals and establishing treatments, rehabilitation and reconditioning of the athletic injuries.

The athletic trainer spends a significant amount of time in the education of student-athletes with respect to injury-prevention, nutrition and psychological support in dealing with injuries.

The athletic training department is under the guidance of several noted sports medicine physicians. Osrik King, M.D., serves as the primary care physician for the health care of the student-athletes. Area orthopaedist, Answorth Allen, M.D., oversees the orthopaedic needs for Red Storm athletes. St. John's Sports Medicine utilizes all the other varied orthopaedic needs at our network hospitals, the Hospital for Special Surgery, located in New York City. Also available through the St. John's sports medicine network are an additional host of



medical consultants to meet the specific needs of our athletes including cardiology, podiatry and chiropractic care.

The athletic training staff utilizes the sports medicine facilities to treat and rehabilitate injured athletes in Taffner Field House and Carnesecca Arena. The sports medicine staff also utilizes local area physical therapists for more comprehensive post-surgical care of the athletes.

The sports medicine team of athletic trainers and team physicians is committed to providing the most comprehensive and safest health care possible. Evaluations, treatments and rehabilitation are established for each individual, taking into consideration the sport in which the athlete participates as well as other intangible matters. The primary goal of the St. John's sports medicine department is to return the athletes to their status before injury in the safest and most timely manner.



STRENGTH AND CONDITIONING



The philosophy of the strength and conditioning department is to provide a program that incorporates a variety of proven strength and conditioning training principles and methods with the ultimate goal of "Building a Better Athlete." The program encompasses the main components for overall sport fitness: strength, power, speed, agility, sport specific conditioning, flexibility and sports nutrition. In addition, the program includes exercises and drills that focus on basic and dynamic balance and coordination, all of which are designed to assist in improving the movement patterns of the student-athlete. St. John's Strength and Conditioning believes that this type of program is essential in developing a competitor's complete athleticism.

St. John's strength and conditioning programs incorporate a wide variety of methods and styles of training. Olympic

lifts, conventional weightlifting exercises, body weight strength exercises, circuits and interval training, speed development drills and plyometrics are all taught to the student-athlete in order to fully develop each component of sport fitness. The primary objectives are to educate the student-athlete with regard to proper exercise technique, progression and exercise selection. Proper exercise technique is always a priority in each strength and conditioning session. The year-round program provided is divided into three periods: pre-season, in-season and off-season. During these periods the types of exercises performed, and the volume and intensity of training are manipulated to provide the appropriate amounts of stimuli in order to achieve peak performance levels. This is all accomplished through progressive overload and periodization.

Since each sport places different physiological, neurological and musculoskeletal demands on the student-athlete's body, programs are designed specifically for each sport. Also, because each student-athlete is different, the programs will

be designed to improve the individual athlete's strengths and weaknesses, improving overall performance levels. An increase in the performance levels of the individual athlete will in turn result in an increase in the overall team success.

Performance testing is conducted at various points throughout the year in order to measure the physical capabilities and progress of each student-athlete. The strength and conditioning staff will then utilize this information to assist with the development of team and individual training goals. This supports student-athletes in their continued pursuit of excellence.



MEDIA GUIDELINES

LACROSSE CONTACT

Kristin Duffy

Graduate Assistant/Athletic Communications

Mailing & Shipping Address

Room 157 Carnesecca Arena
8000 Utopia Parkway
Queens, NY 11439

IMPORTANT NUMBERS

Duffy Office Phone 718-990-1523
Duffy Mobile Phone.....914-819-8751
Athletic Comm. Office718-990-1520
Athletic Comm. Fax718-969-8468

COVERING THE RED STORM

The 2008 Lacrosse Media Guide has been produced to assist you with your coverage of the St. John's University Lacrosse team. Additional information, including press releases, photographs and slides, are available upon request. Please direct all inquiries or requests concerning the men's lacrosse to Kristin Duffy.

ATHLETIC COMMUNICATIONS

The St. John's University Office of Athletic Communications is located in Room 157 of Carnesecca Arena. Carnesecca Arena is directly north of Bent Hall and adjacent to the main parking lot.

PARKING

Parking for home events is located in the main parking lot adjacent to Carnesecca Arena or in the lot beneath Belson Stadium.

INTERVIEWS

All interviews must be coordinated through the Office of Athletic Communications. Requests should be made at least 24 hours in advance. Postgame interviews are conducted on the field approximately 10 minutes after the conclusion of each game. Phone interviews with out-of-town media can be coordinated.

GAME POLICY

Any member of the media who wishes to cover home lacrosse games should contact the Office of Athletic Communications at least two days prior to the game.

PHOTOGRAPHERS

Requests for photo passes must be made in advance through the Office of Athletic Communications.

PRIMARY MEDIA CONTACTS

Newsday

235 Pinelawn Road
Melville, N.Y. 11747
Tel 631-843-2810
Fax 631-454-6892

Times-Ledger Newspapers

41-02 Bell Boulevard
Bayside, N.Y. 11361
Tel (718)-229-0300 ext. 143
Fax (718)-229-2934

New York Times

620 Eighth Avenue
New York, N.Y. 10036
Tel (212)-556-7381
Fax (646)-428-6147

New York Daily News

450 West 33rd Street
New York, N.Y. 10001
Tel 212-210-1670
Fax 212-643-7845

New York Post

1211 Avenue of the Americas
New York, N.Y. 10036
Tel (212)-930-8000
Fax (212)-930-8727

The TORCH

University Center Room 29
St. John's University
Tel 718-990-6444
Fax 718-990-4854

The St. John's Athletic website, www.redstormsports.com, is a source of information for St. John's fans and media. In addition, the site has recently incorporated new features like live audio broadcasts, live in-game stats and Game Day Central (news, notes, daily weather reports, transportation, dining and lodging information) to take you behind the scenes for each Red Storm contest.

Our website technology gives fans everything that is needed to keep up with the latest in St. John's Athletics. If it is St. John's Athletics you are looking for, then www.redstormsports.com is for you.

ATHLETIC COMMUNICATIONS STAFF



Mark Fratto

Associate Athletics
Director for
Communications
Office: 718-990-6897
Home: 917-698-0865
frattom@stjohns.edu



Rachel Constantine

Associate Director of
Athletic Communications
Office: 718-990-1522
Home: 727-385-6704
constanr@stjohns.edu



Tim Brown

Assistant Director of
Athletic Communications
Office: 718-990-1521
Home: 413-519-5255
brownrt1@stjohns.edu



Mekale Jackson

Assistant Director of
Athletic Communications/
Publications Coordinator
Office: 718-990-6367
Home: 313-727-0325
jacksonm@stjohns.edu



Mike Gambardella

Graduate Assistant/
Athletic Communications
Office: 718-990-1523
Home: 401-486-9109
michael.gambardella03@stjohns.edu



Kristin Duffy

Graduate Assistant/
Athletic Communications
Office: 718-990-1523
Home: 914-819-8751
kristin.duffy07@stjohns.edu



Joe Guster

Graduate Assistant/
Athletic Communications
Office: 718-990-1523
Home: 917-273-4617
joe.guster03@stjohns.edu



Natasha Lee

Graduate Assistant/
Athletic Communications
Office: 718-990-1520
Home: 505-463-4920
natasha.lee03@stjohns.edu