

2009 VMI LACROSSE

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GENERAL INFORMATION:

Name of School	Virginia Military Institute
City/Zip	Lexington, Va./24450
Founded	1839
Enrollment	1,400
Nickname	"Keydets"
Mascot	Kangaroo
School Colors	Red, White, and Yellow
Affiliation	NCAA Division I
Conference	Metro Atlantic Athletic Conf. (MAAC)
Superintendent	Gen. J.H. Binford Peay III (VMI '62)
Athletics Director	Donny White (VMI '65)
Athletic Dept. Phone	(540) 464-7251

COACHING STAFF

Head Coach	Jeff Shirk
Alma Mater (Year)	Maryland ('01)
Record at VMI, Years	8-22, Two years
Overall Record, Years	Same
Email	shirkjl@vmi.edu
Phone	(540) 464-7512

Assistant Coach	Chris Feifs
Alma Mater (Year)	Maryland ('07)
Email	FeifsCA@vmi.edu
Phone	(540) 464-7789

Assistant Coach	Chris Miller
Alma Mater (Year)	Wesley College ('05)
Email	millercj131@vmi.edu

Volunteer Assistant Coach	Ryne Adolph
Alma Mater (Year)	Maryland ('08)

TEAM INFORMATION:

2008 Record	6-10
MAAC RS Record/Finish	4-4/4th
Postseason	Defeated #1 Providence. 9-8 (OT) Lost to #2 Canisius in MAAC Championship, 5-14

Starters Returning/Lost	6/5
Letterwinners Returning/Lost	11/9
Newcomers	19

Program History	26 Seasons
Home Field	Foster Stadium (Natural Grass)
Capacity	10,000

ATHLETIC MEDIA RELATIONS:

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MEDIA GUIDE CREDITS:

The 2009 VMI Lacrosse media guide is a publication of the VMI Athletic Media Relations Office. Compiled, written & edited by Brad Salois, Assistant Athletic Media Relations Director. Layout & cover design by Joel Balthaser, consultant. Special assistance by Wade Branner, Assoc. AD/Athletic Communications and Christian Hoffman, Asst. AD/Media Relations. **Photography:** Chuck Steenburgh '86, Jeremy Ledbetter of Andre Studios, VMI Communications & Marketing and Brad Salois. **Printing:** Collinsville Printing - Martinsville, Va. The 2009 Virginia Military Institute lacrosse media guide was compiled for the benefit of all interested in learning detailed information regarding the Institute, coaches, staff, and student-athletes of the Keydet lacrosse program.

2009 VMI KEYDETS LACROSSE

There are decisions made in every young man's life that make everlasting changes in how he is perceived by those around him and how he perceives himself. None can be more telling than what he pursues after high school. There are many fine colleges and universities from which to choose but none tells more of a young man's character and drive than VMI.

The Virginia Military Institute is one of the finest institutions of higher learning in the country that sets itself apart from other universities with its military element of discipline. VMI students not only graduate with a highly respected degree, but one that is highly sought after in the workforce because of its focus and training in the area of leadership. I have the distinct pleasure of working at a school that truly makes a positive impact on a young man's life.

I believe that VMI and all of its challenges are ideal for a college lacrosse player with a burning desire to be more than he once thought possible. The climate at VMI for lacrosse has never been better and the education is second-to-none.

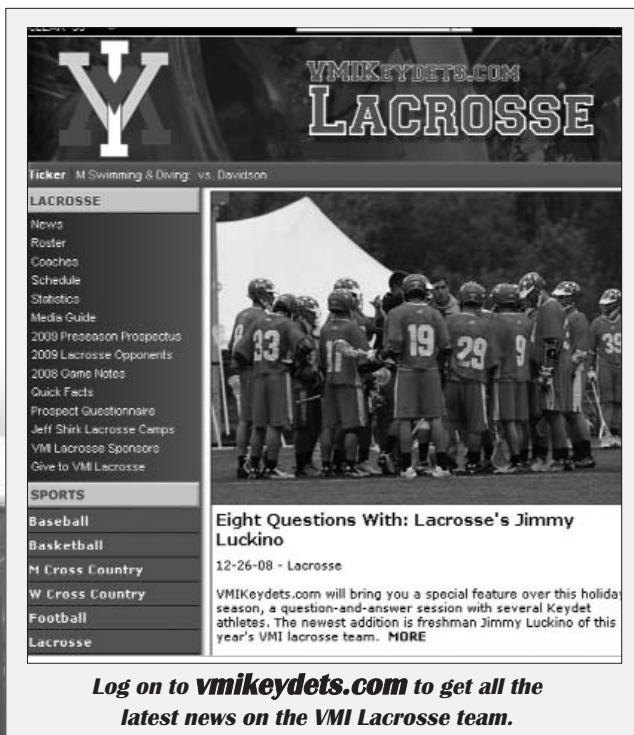
It is clearly our objective to attract the top lacrosse players from the state of Virginia and across the country, but we look for even more in a young man. VMI lacrosse embraces the missions of the Institute and seeks to draw from the challenges a strength that we will carry on the field, helping lead us to victory.

Sincerely,



Jeff Shirk
Head Lacrosse Coach

Go Keydets!



The screenshot shows the VMI Keydets Lacrosse website. At the top is a large 'Y' logo and the text 'VMIKEYDETS.COM LACROSSE'. Below this is a 'Ticker' section for 'M Swimming & Diving vs. Davidson'. A main navigation menu lists categories: LACROSSE, News, Roster, Coaches, Schedule, Statistics, Media Guide, 2009 Preseason Prospectus, 2009 Lacrosse Opponents, 2008 Game Notes, Quick Facts, Prospect Questionnaire, Jeff Shirk Lacrosse Camps, VMI Lacrosse Sponsors, and Give to VMI Lacrosse. A 'SPORTS' section lists Baseball, Basketball, H Cross Country, W Cross Country, Football, and Lacrosse. A featured article titled 'Eight Questions With: Lacrosse's Jimmy Luckino' is dated 12-26-08. A promotional message at the bottom of the screenshot reads: 'Log on to vmikeydets.com to get all the latest news on the VMI Lacrosse team.'

JEFF SHIRK LACROSSE CAMPS

Jeff Shirk Lacrosse Camps are dedicated to helping young lacrosse players realize, develop, and achieve their goals. All campers, beginner and advanced, will be guided to reach their full potential in the game of lacrosse. Campers will benefit from the expert instruction of Jeff Shirk, college coaches from across the country, and some of the best college lacrosse players in the game today.

10% Price Reduction

2009 INSTRUCTIONAL CAMP

Virginia Military Institute
June 24-27, 2009
Boys ages 7-18



2009 TEAM CAMP

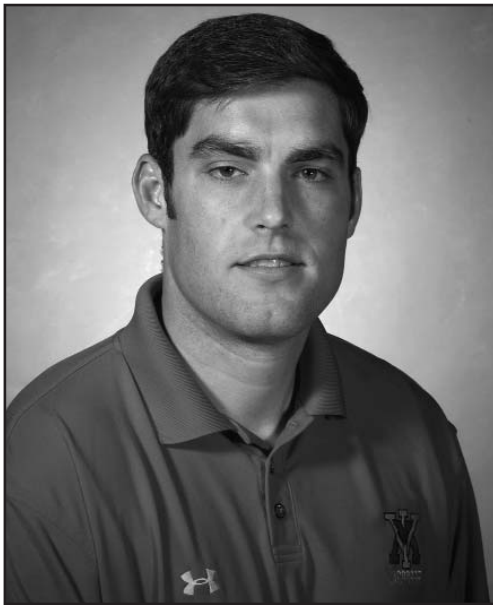
Virginia Military Institute
June 20, 2009
High School Age

www.shirklacrosse.com

P.O. Box 577 • Lexington, Va.
(540) 908-2152 • jeff@shirklacrosse.com

One of the goals of Jeff Shirk Lacrosse Camps is to spread the game of lacrosse and make it accessible to all who want to play. In addition to the price reduction, Jeff Shirk Lacrosse Camps is donating \$20 per camper to the camper's local youth lacrosse program.

“Dedicated to Helping Lacrosse Players Realize, Develop, and Achieve Their Goals”



Jeff Shirk

HEAD LACROSSE COACH - THIRD SEASON - UNIV. OF MARYLAND (2001)



Coach Jeff Shirk begins his third year as the head lacrosse coach at VMI. The former University of Maryland midfielder was named head coach of the VMI men's lacrosse team in July 2006, and in his second season, led the Keydets to their initial postseason berth and first-ever postseason victory.

Shirk came to the Institute with an impressive background in lacrosse, having played at the collegiate and professional level for eight seasons, followed by six years of coaching experience.

"Lacrosse is a great sport for VMI, and I am very happy that Jeff Shirk will lead our program," said VMI athletic director Donny White. "I am impressed with his background, both as a player and as a coach. I am confident that he will build and coach our team to be a contender for the MAAC championship."

Shirk, 30, who took over the reins of the program from 21-year head coach Doug Bartlett, came to VMI after serving the 2006 campaign as an assistant coach at Brown University in the Ivy League.

While at Brown, Shirk was the team's defensive coordinator, while also working with the face-off unit and assisting with the recruiting efforts of the program. Prior to his position at Brown, Shirk spent the 2004-05 season with his alma mater, Maryland, as an assistant coach where he helped the team reach the NCAA Final Four and win an ACC Championship.

In the first head coaching role of his young career, Shirk took over the lacrosse program at the Naval Academy Preparatory School (NAPS) in the fall of 2001. He spent three seasons with the team, leading them to a 22-11 record, and was responsible for overseeing all aspects of the program. While at NAPS, Shirk also served as the Institution's

Associate Director of Athletics, holding additional responsibilities that adapted him to the military environment.

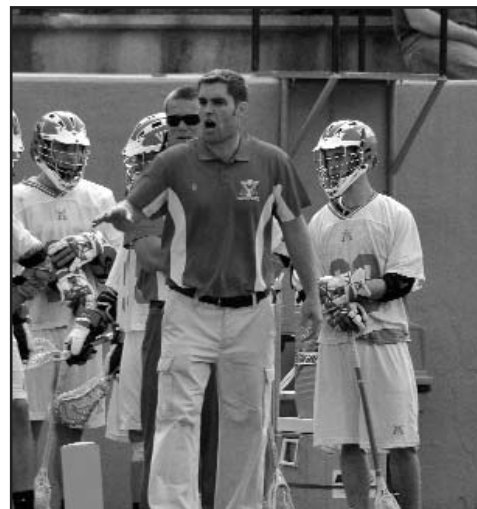
In his playing days, he was a standout letterman in the Maryland Terrapins' defensive unit for four seasons under coaching legend Dick Edell from 1997 through the 2000 season. Throughout his career, he was known for his tough style of defense, and was even coined the "Nastiest Hitter" in the nation by the Baltimore Sun. Prior to the 2001 season, Shirk was also selected First Team Preseason All-American by Face-Off Magazine, as well as Third Team Preseason All-American by College Lacrosse USA.

In his four seasons at Maryland, the Terps reached the NCAA championship game twice (1997-98), and the quarterfinals in his senior season (2000). He graduated from Maryland in May 2001 with a Bachelor's Degree in Elementary Education.

Shirk is also the founder and director of the Jeff Shirk Lacrosse Camps, providing instructional camps to young lacrosse players throughout the year, and played in the National Lacrosse League for the Philadelphia Wings (2001), Washington Power (2002) and the New York Saints (2003) while he began his coaching career.

Shirk, a Mountain Lakes, N.J. native, boasts an impressive background that will help in leading the VMI lacrosse program, and he can also turn to his father for some professional advice. His dad, Gary Shirk, was a tight end in the NFL for over a decade, including seven years with the N.Y. Giants.

Shirk is married to the former Elizabeth Love, and the couple currently lives in Lexington with their daughter Emily and their yellow lab, Maggie.



Shirk's Coaching Career Highlights

- Fall 2001: Named NAPS head coach
- July 2006: Named VMI head coach
- April 2008: VMI clinches first postseason berth ever
- May 2008: VMI wins first postseason game, defeating Providence 9-8 in overtime at Siena College



Chris Feifs

ASST. COACH/OFF. COORD. - SECOND SEASON - UNIV. OF MARYLAND (2007)

On July 2, 2007, Head Lacrosse Coach Jeff Shirk announced the addition of former Maryland Terrapins middle Chris Feifs to his staff as an assistant coach. Feifs helped VMI to its first-ever postseason berth in 2008, on the strength of a strong offense led by two first-team All-MAAC players.

Feifs recently rounded out his playing career at Maryland where he served as co-captain of the 2007 team. "I am extremely excited to have Chris join the VMI lacrosse family," said Shirk. "I had the opportunity to coach him at both the Naval Academy Prep School (NAPS) and the University of Maryland, and he is a great addition to our program."

"I couldn't have asked for a better opportunity to work with Coach Shirk at such a highly respected institution," said Feifs. "I'm really looking forward to helping build this program and taking on the challenge of a coaching a Division 1 lacrosse program."

VMI lacrosse has a great deal of potential and I am motivated to help them reach that high standard of excellence."

"As a player Chris was tough, hard working, and led by example," commented Shirk. "As a person, he is well spoken, motivated, and passionate."

In addition, Feifs was drafted in the 2007 Major League Lacrosse Supplemental Draft. Taken by the Boston Cannons in the draft's third round, the former Terrapin became the first VMI player or coach drafted by an MLL team.

In May 2007, Feifs received his Bachelor's Degree in Criminal Justice from the University of Maryland. He posted a 3.5 GPA, and was a three-time member of the All-ACC Academic Honor Roll. Feifs has also spent the past four summer's as a camp instructor for several top lacrosse camps on the east coast.



Feifs Snapshot

- Bachelor of Science in Criminal Justice (Maryland '07)
- Three-time member of All-ACC Academic Honor Roll
- Named Assistant Coach at VMI on July 2, 2007
- Co-captain of 2007 Maryland Squad
- Team made Four Straight Trips to NCAA Tournament during playing career
- Durham, N.C. native



Chris Miller

ASSISTANT COACH - FIRST SEASON – WESLEY COLLEGE (2005)

Chris Miller's hiring as VMI Lacrosse's assistant coach was announced June 3, 2008.

"I could not be more excited to have Chris join the VMI Lacrosse family," offered VMI Head Coach Jeff Shirk about the new hire. "He excelled on the field as a player and has been an instrumental part in the success of Wesley College as a coach. Chris is a great addition to the direction our program is moving."

Miller comes to Lexington fresh off a nearly three-year stint at Wesley College, his alma mater, where he acted as the Offensive Coordinator for the program. He also aided with recruiting, game preparation, and was the goalie coach, among other duties.

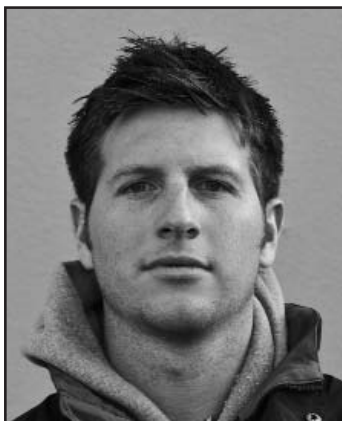
"I am very excited about coming to work at VMI," stated the newest VMI assistant coach. "I am looking forward to helping Coach Shirk and Coach Feifs in

the growth and development of this program, and I believe that this is a great opportunity to work with a tremendous program and institution."

Prior to entering the coaching ranks, Miller was a standout player at Wesley, as he currently ranks fourth on the school's all-time points list, was the 2005 team captain, and was named all-conference for three consecutive seasons.

Prior to entering the coaching ranks, the new VMI assistant was a standout player at Wesley, as he currently ranks fourth on the school's all-time points list, was the 2005 team captain, and was named all-conference for three consecutive seasons.

The former Rehoboth Beach, Del., resident graduated from Wesley in 2005 with a B.S. in Physical Education.



Ryne Adolph

VOLUNTEER ASSISTANT COACH - 1ST SEASON – UNIV. OF MARYLAND (2008)

VMI lacrosse announced the hiring of Maryland alum Ryne Adolph to the position of volunteer assistant coach on Nov. 20, 2008.

"We couldn't be more excited to have Ryne join the VMI lacrosse family," offered VMI head coach Jeff Shirk regarding his program's new hire, who will work primarily with the defensive side of the Keydet squad. "He is a hardworking, intense individual who brings with him a wealth of knowledge and experience on the defensive side of the ball. We truly believe that he is a great addition to the program."

Adolph is a 2008 graduate of Maryland, the alma mater of VMI head man Shirk and top assistant Chris Feifs. The newest Keydet assistant served as a team captain for the Terrapins this past season, as he played in all 16 games for Maryland, starting 14 of those contests as Maryland advanced to the NCAA quarterfinals, where the Terrapins lost an 8-7 heartbreaker to then second-ranked Virginia.

During his time at Maryland, Adolph was a four-year defensive player, and also saw time as a long-stick midfielder.

Emily Strobino

ATHLETIC TRAINER



Brad Salois

MEDIA RELATIONS CONTACT

