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LOUISVILLE FLASH SUMMER EDITION

FROM THE DESK OF HEAD COACH JUSTINE SOWRY: IN MEMORY OF HER MENTOR

Everyone needs a mentor. A few weeks ago I lost someone special in my life. Coach Elaine Sortino was my supervisor at my previous school and on August 18th, she lost her two-year battle with cancer. Words cannot describe what she meant to me. She is the reason I am the head coach of the Louisville Field Hockey program. Elaine was the Senior Women's Administrator and Head Softball Coach at the University of Massachusetts. She held that position for 34 years, was the stalwart of UMass women's athletics, and was highly regarded and respected around the country for her contribution to NCAA softball. To many, she was the Pat Summit of softball.... a true legend. As a coach, supervisor, colleague, mentor and friend she touched and influenced thousands of lives.

Elaine gave me my first head coaching opportunity when she offered me the UMass position in the winter of 2007. While I had many years of coaching experience as an assistant coach at both the collegiate and national levels, I had never been a head coach. Elaine gave me that chance. When I first arrived in Amherst I was in complete shock. I was overwhelmed by the extreme cold of the New England winter, by the ever-growing list of "to do's," and the responsibility that comes with being a head coach. I didn't know what I didn't know and when I figured it out, it should have been done yesterday. While we all learn by making mistakes and through trial and error, we all need someone to help navigate us through the rough waters. For me, Elaine was that guide. She helped shape me as a coach, pushed me to be the best, directed me when I didn't understand, and comforted me through the most difficult times. Her mentorship and support enabled me to rejuvenate a struggling program. My first year as a head coach was truly one to remember.

While I only knew Elaine for a short period of time, I will forever be indebted to Elaine for the profound and lasting impact she had on my life. As coach, as a professional, and as a person she helped me along my path of self-improvement. Elaine leaving this world reminded me of many things. Tell the ones you love what it means to have them in your life and no matter how crazy and hectic life may get, always remember to take a moment to smell the roses. She also reminded me even through times of great struggle, there is no greater gift than to serve another. As I remember Elaine, I hope to be the person others look to for support and guidance, to be the one whose brain is picked for advice and information, to be the ear that listens, and to be hand that pushes in the right direction. With Elaine forever in my heart, I strive to challenge our student-athletes to be the best that they can be, to guide them stay on track, to ensure they accomplish their goals, and to help them realize their dreams. Rest in peace Coach Sortino and thank you!

NEW ADDITIONS FROM ABROAD... AND NEW ENGLAND!

- The University of Louisville field hockey program welcomes three additions to our roster. Two hail from abroad and the third joins us from the Division II National Championship program, UMass Lowell. Lotta Kahlert, Hamburg, Germany and Jennifer Pels, The Hague, The Netherlands, come in as true freshmen while Rachel McCarthy, originally from Reading, Massachusetts will red-shirt this year and compete in 2014 as a senior.
- Their journeys to the University of Louisville are very different. While Lotta's path is pretty typical of international students, being recruited and applying for a student visa, Jennifer's was a little unorthodox, since she has dual-citizenship in the United States and in The Netherlands. Her mother is from Pennsylvania while her father was born and raised in the Netherlands, where Jennifer's family currently resides. Jenn and Lotta are both excited about joining the program and while preseason was a shock to the



Freshmen, Jennifer Pels celebrating with senior, Erin Schneidtmiller after a goal against Ohio.

system, they are both adjusting amazingly.

Rachel McCarthy is no stranger to NCAA field hockey, but is getting used to the differences between Division I and II, which are numerous. She's enjoying the transition and is learning a lot about the technology we use and the tactics of the game that our program employs. Her former school UMass Lowell made the transition to Division I this year, but unfortunately would not be able to compete for a championship for several years, which prompted Rachel to search for something at the next level. She wanted to challenge herself athletically and be able to compete for a conference and NCAA championship during her final years as a student-athlete.

We are so excited to call these young women Cardinals and are looking forward to helping them reach their goals as student-athletes at the University of Louisville.



PROGRAM NAMES 2013 LEADERSHIP GROUP

Following the end of the 2013 spring season, the University of Louisville Field Hockey program's leadership group was announced. Filling the role of field captains for the fall campaign will be Senior, Erin Schneidtmiller and Sophomore, Victoria Stratton with Junior, Paige Monsen serving a supportive "deputy" role on the field. Each of these players were chosen based on a player and coach vote; their leadership qualities on the field fit the description of this year's field captains. The knowledge of the game that each of these players possess will help lead the Cardinal's through this year's journey back to the BIG EAST Championship Tournament.

The 2013 leadership group also features some new roles, as senior, Michelle Amon and junior, Rebecca Maddock take the lead in our program's "external operations" and

senior, Kelsey Rosenmeier and junior, Mallory Mason take command of the program's "internal operations." The leadership group sat down with the coaching staff to define these roles. External operations focuses on community service and social media among other responsibilities. Our internal operations will be responsible for professionalism on the road and at home while also coordinating with Sports Performance and Sports Medicine.

"Many of the young women selected have had an active focus and have worked extensively in the past year on their leadership development through training, goal setting, and ensuring a solid and improved team dynamic," commented head coach, Justine Sowry, "Our team has a strong unity and focus right now, that can be attributed to our leaders."

Extensive development was made during the spring, through our time with "The Program," competitions with

Sports Performance coach, Heather Engel, and multiple leadership sessions with head coach Sowry. These young women have been given the tools to lead effectively over the course of the season.

Much can be said as well for the remainder of the team who has put their faith and confidence in their new leaders. Our program has worked hard to understand the roles that each person has within our team's dynamic; in order for our program to be successful, each member of the team must understand their role and our program's mission. Communication, commitment and cooperation are attributes that our team will strive for internally to help us reach our goals.

A lot will be expected of these young women, who are without a doubt, up for the challenge: they have their teammates best interest at heart, the university at their side and a long, exciting road ahead of them.



WHERE ARE THEY NOW?

We highlight '85 grad and Hall of Fame inductee:
Mary Wessel Schmeing

In this newsletter, we shine the light on 1984 University of Louisville graduate and stand-out field hockey forward, Mary Wessel Schmeing. In 2004 Mary was inducted into the University of Louisville Athletic Hall of Fame with the likes of Lee Corso and Joe Jacoby. She was recognized for her contributions to the field hockey program over four years, specifically for her goal scoring abilities.

At the time of her induction she was still defending the record for goals scored in a single season (26 in 1984) and record for most points in a single season (52 in 1984). Since then, 2005 graduate Jessica Javelet surpassed her, but Mary's still holding onto the number two spot in goals and number three in points.

As she mentions in her memories below, Mary played alongside her sister Theresa during her time at UofL and learned invaluable lessons about teamwork that have helped her in her career today.

An amazing representative of the Louisville Field Hockey program, Wessel-Schmeing, reminded one of our current student-athletes in a recent letter for the "Numbers to Numbers" program, to maintain a competitive spirit and a sense of pride for the name across her chest. These lessons continue to be of importance for our program.

We thank Mary for her contributions to our program then and now.

Name: Mary Wessel Schmeing

Position: Forward-line, Left Inner

Years played: 4

Year of graduation:
1986 (last year to play was 1985).

Major: Nursing

Who was your Louisville Head Coach? Debbie Condreva



What was your proudest UofL moment? The year I was inducted into the Hall of Fame

Fondest UofLFH memory/ies? My fondest memory of playing was the traveling with the team. We travelled in vans to the games. We were allotted \$ 15.00 a day for all 3 meals. We were packed in 2 vans with all our equipment but we never complained. We loved getting to go out of town to play! My mother and father travelled with the team to every out of town game. I had the pleasure of playing along side my sister, Theresa Wessel Young. We would go back to my parents hotel room after each game and we would relive the game play by play. Of course in my parents eyes we were infallible, but it was fun to have parents who loved the game as much as we did.

Who was your team's biggest rival? St. Louis University (they had a turf field in the 80's)!

Where was your favorite place on campus? The Library, I spent a lot of time there studying.

Why did you attend the University of Louisville? I was offered a scholarship to play field hockey.

What was a special tradition on your team? We had a gag gift party at the end of the season that was always a lot of fun! Lots of laughs!

What was the best advice a coach ever gave you? My high school coach advised my sister and I to go to field hockey camp in Michigan. She found this camp and believed we both had the talent to take our game to another level. In the 80's kids really didn't go to camps. Our parents sent us and our level of play advanced tremendously.

Most exciting thing to happen to you since you graduated? Being inducted into the Hall of Fame. It was such an honor.

What leadership skill to you find most important? The ability to work as a team. My current job requires a lot of teamwork.

Where are you currently employed? Norton Cancer Institute St. Matthews

Where are you currently residing? Louisville, KY

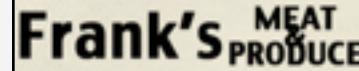
What's on the horizon for you? My daughter just graduated from Bellarmine University with a BSN and my son is finishing his last year at the University of Kentucky. I will continue to work and hopefully be able to retire in several years.

Are you married? Yes, to Troy Schmeing.

Do you have any children? Lauren, who is 23 years old, and Brett, 22 who is years old.

A BIG THANK YOU TO THIS YEAR'S BIRD BOOSTERS!

- DAVID AND JANICE SCHNEIDTMILLER
- TIM AND CHERYL ANSTOTZ
- DAVID AND ALEX MADDOCK
- BECCA CLARY EISENBACK
- KELLY DOSTAL
- JAMES AND HILDA QUISENBERRY
- SANDY MC LAUGHLIN-TABLER
- BRIDGETT WINSTEAD-DEAN
- BRAD, ANNE, AND RACHEL HOLLENBACH
- DEBBIE CONDREVA & JANINE CHANCELLOR
- GREG AND TIA ROSENMEIER
- KATHERINE REESE
- WANITA BINDNER



KELSEY ROSENMEIER'S SUMMER WITH FRAZIER REHAB

Hello! My name is Kelsey Rosenmeier and I will be a senior this coming fall. As my college graduation date is coming quickly I knew that this summer was the perfect time to complete my required internship for my major. I am majoring in health and human performance with a concentration in exercise science. My goal after I graduate is to go to physical therapy school and hopefully get my doctorate in physical therapy (DPT).

How did I get my internship?

I knew I wanted to shadow a physical therapist so I could gain valuable knowledge and experience of being a PT. I also knew that I wanted to complete my internship in a specialized area of PT instead of orthopedic injuries that I am familiar with. Louisville student-athletes are like a big family and which has its perks... I learned of an internship that another student-athlete did in the past that was downtown at Frazier Rehab Institute in the Spinal Cord Medicine Program. The girl absolutely loved her experience there so I was interested in trying it myself. Little did I know, all it took was an email to the supervisor of the spinal cord program and I was in. A couple months later my summer internship in the Spinal Cord Medicine Program began.

What was my internship about?

The Spinal Cord Medicine Program at Frazier Rehab Institute is one of the only fourteen spinal cord model systems in the United States and is the lead center for the NeuroRecovery Network and Locomotor Training Program. The program is one of the nations top acute rehab programs providing the best technology and individual treatments in order to maximize functional recovery. Spinal cord injury patients travel from all over the U.S. and even out of the country to get the best treatment possible.

Being an Intern...

I really enjoyed interning at Frazier because I was treated as if I was an employee. I learned the different types of spinal cord injuries and how individualized treatment plans help maximize the patients' recovery.



Some spinal cord patients with a certain type of injury practice standing, stepping, and body weight support on a treadmill with technicians and therapists manually facilitating the patient's legs and hips. The goal of the treadmill sessions is to re-train patients to stand and walk again. The treadmill session is followed by overground training by the physical therapist to help

gait patterns and independent walking. As an intern I was able to assist the technicians and therapists in treadmill and overground sessions. I ran the treadmill computer, manually stepped patients, and held the patients hips while stepping. Lets just say it was quite the workout! I remember the first day I stepped a patient and how sore I was after

just a few minutes (treadmill sessions last a total of fifty five minutes). Props to the techs and therapists who put in the hard work everyday to aide patients' recovery! It's amazing!

A Touching Story....

It was my first time working with pediatrics and it was the best day I had at Frazier Rehab. A young boy and his family traveled all the way from Australia for him to get treatment at Frazier in the Spinal Cord Program. He was as cute as can be and only a few years old. He was doing great during his treadmill session so we were all anxious to harness him in his walker and do overground step training for his overground session. The boys' mom, grandma, and siblings along with the physical therapist, two techs, and I were all apart of his overground stepping. As we made our way down the hallway, all of a sudden the little boy extended his left leg and took a step on his own! The therapist was very enthusiastic and we were all cheering and smiling with excitement. The next step on his left leg he initiated extension of his knee again and his mom and grandma were instantly crying tears of joy. Everyone in the hallway stopped to watch the amazing moment with smiles on their faces. It was such an incredible moment that I was trying to hold back my tears at the sight of the boys family crying and everyone cheering him on. When the session was over, the technician said to me, "That is the reason why we do what we do". It was one of the coolest moments I have ever experienced and has given me another reason why I want to be a physical therapist.

A FEW WORDS FROM 2013 FIELD CAPTAINS, VIC STRATTON AND ERIN SCHNEIDTMILLER:



It's safe to say we've been on the grind all summer here in Louisville in preparation of our upcoming season. We took a little break during the Derby holiday, but after that it was all business. We've worked out every morning with sports performance coach Heather Engel, minus the occasional "off" days. The beginning of summer was all about building a base and working on individual skills.

All of us were running between 2-4 miles a day as our conditioning. By the time the middle of summer rolled around, majority of the team had returned, and gave us the opportunity to hit the turf together at least 2 to 3 times a week for some basic skill exercises and pick-up games. As we got closer to preseason and had a good base fitness we focused more on speed and agility. We constantly ran 110-yard sprints as well as shuttle runs as part of our conditioning. We have a very solid returning group as well as a talented incoming class and have very high expectations for the fall.

We're ready to make our last run in the Big East our best one. There is nothing we want more than to leave the Big East with a championship. We are ready to continue "the year of the cardinal" and give something back to the university and community that is long overdue.

MARK YOUR CALENDARS WITH THIS YEAR'S LOUISVILLE FIELD HOCKEY **HOME** EVENTS!

September

Fri. 6 Game vs. William and Mary @ 1PM
Sun. 8 Game vs. Ohio University @ 1PM Pregame Kids Clinic (10:45-11:45)
Fri. 20 Game vs. Old Dominion University @ 6:30PM Black Out
Sun. 22 Game vs. Northeastern @ 1:30PM

October

Fri. 4 Game vs. Temple University @6PM
Sun. 6 Game vs. Indiana University @ 1PM ... Pink Game
Sat. 19 Game vs. Rutgers @ 12PM ... Alumni Day
Sun. 20 Game vs. Northwestern @ 1PM..... Decades Day

November

Fri. 1 Game vs. Providence @ 6PM
Sun. 3 Game vs. Kent State @ 12PM Senior Day

This Decade's Day we will honor the University of Louisville Field Hockey alumnae who played in the 70's, specifically the 1977 and 1978 KIWC Championship team! There will be field hockey alumnae events throughout homecoming weekend, stay tuned for details!

LOUISVILLE **FLASH**

University of Louisville Field Hockey
adidas Field Hockey Complex
317 E. Warnock Street
Louisville, KY 40208