



2004-2005



Year In
Review





Final Standings

| School | W | L | Pct. | W | L | Pct. |
|---------------------|---|---|------|---|---|------|
| Shenandoah | 5 | 1 | .833 | 7 | 4 | .636 |
| Christopher Newport | 5 | 1 | .833 | 9 | 3 | .750 |
| Methodist | 4 | 2 | .667 | 7 | 6 | .700 |
| N.C. Wesleyan | 3 | 3 | .500 | 4 | 4 | .500 |
| Averett | 2 | 4 | .333 | 6 | 4 | .600 |
| Ferrum | 1 | 5 | .167 | 4 | 6 | .400 |
| Greensboro | 1 | 5 | .167 | 2 | 8 | .200 |

NCAA Competition

Shenandoah earned the Conference's automatic NCAA bid and Christopher Newport received an at-large bid. The Captains advanced to the second round for the second consecutive year after defeating Salisbury, 35-24. CNU then fell to Washington & Jefferson, 24-14 in the second round. Shenandoah in their first playoff appearance fell 21-17 to Delaware Valley.

NCAA History

| | | |
|---------------------|------------------------|-------------------|
| Christopher Newport | (01, 02, 03, 04) | 2-4 (.333) |
| Ferrum | (87, 88, 89, 90) | 4-4 (.500) |
| Shenandoah | (04) | 0-1 (.000) |
| Total | (9 appearances) | 6-9 (.400) |

All-Conference Team - Offense

| | First Team | Second Team | Honorable Mention |
|----|--|--|---|
| RB | Roland Hilliard, CNU Javon Williams, NCW | Terrel Mulford, FC Kyle Wilson, AU | Brandon Lacey, SU Darmarcus Wilson, MC |
| FB | Anthony Frates, SU | David Leonard, MC | Thamar Davis, AU William Holt, CNU |
| QB | Scott Swann, AU | Chris Ronchetti, MC | Jon Hoffman, SU |
| WR | Jeff Hugley, AU Nathan Davis, CNU | Corey Eadie, GC Mike McVeary, SU | Junior Greene, SU Curfew Speight, CNU |
| TE | Chris Silk, FC | Maurice Coleman, SU | Mark Troche, NCWC |
| OL | Lamont Moore, SU Pat Cavallario, CNU Tommy Fitzgerald, CNU | Bobby Darrow, SU Jake Schindler, CNU Jonathan Byrd, MC | Aaron Dixon-Proctor, SU Brian Arroyo, CNU Lee Meekins, GC |
| | George Masten, FC Julio Campos, SU | Cliff Macklin, CNU Gary Futch, MC | Clint Roof, AU Stephen Herring, GC |

All-Conference Team - Defense

| | First Team | Second Team | Honorable Mention |
|----|---|--|---|
| DL | Ian Vincent, CNU Orlando Holmes, CNU | Nick Tighe, AU David Baity, GC | Jesse Thorpe, CNU Alan Revels, GC |
| | Jesse Levenson, SU Lorenzo Sweeney, MC Phillip Monk, FC | Alvin Jones, FC William Harrell, CNU Justin Patterson, GC | Justin Howard, MC Jermaine Coston, AU Kevin Cheek, NCWC |
| LB | Justin Wood, CNU Kelvin Hutchenson, AU Kareem Morse, CNU Curtis Hunter, SU | John Shaw, MC Gary Freeman, CNU Eddie Freeman, SU Justin Augustin, NCWC | Jesse Hardesty, SU Brad Curtis, GC Blake Abernathy, AU Griffin McConaghy, AU Gregg Hyslop, MC |
| DB | Darren Venable, FC Anthony Morris, AU Josh Horn, CNU Andrew Quigley, NCWC | Justin Mosser, SU Kenny Weaver, SU Charles Cobb, GC Jackson Jean, MC | Justin Long, CNU Mantron Davis, GC Rob Rodriguez, CNU Travis Boyd, AU |

All-Conference Team - Special Teams

| | First Team | Second Team | Honorable Mention |
|----|----------------------|--------------------|-------------------|
| RS | Jeff Hughley, AU | Rob Rodriguez, CNU | Joey Berry, SU |
| K | Bryce Harrington, SU | Jason Broskie, CNU | Pat Larkin, MC |
| p | John Sheridan, GC | Kenny Flythe, NCWC | James Thurnes, AU |

Football



Offensive Player of the Year
Roland Hilliard
Christopher Newport



Offensive Rookie of the Year
Javon Williams
N.C. Wesleyan



Defensive Player of the Year
Darren Venable
Ferrum



Defensive Rookie of the Year
Andrew Quigley
N.C. Wesleyan



Coach of the Year
Paul Barnes
Shenandoah



Final Standings

| School | W | L | Pct. | W | L | Pct. |
|---------------------|----|----|------|----|----|------|
| Christopher Newport | 12 | 2 | .857 | 32 | 8 | .800 |
| Greensboro | 12 | 2 | .857 | 27 | 10 | .730 |
| Averett | 12 | 2 | .857 | 25 | 11 | .694 |
| N.C. Wesleyan | 7 | 7 | .500 | 22 | 11 | .667 |
| Shenandoah | 5 | 9 | .357 | 17 | 18 | .486 |
| Peace | 4 | 10 | .286 | 12 | 22 | .353 |
| Methodist | 3 | 11 | .214 | 12 | 20 | .375 |
| Ferrum | 1 | 13 | .071 | 6 | 24 | .200 |

All-Conference Team

First Team

Amber Bradshaw, CNU
Tricia Nelson, CNU
Courtney Peters, AU
Katie Smith, GC
Lauren Smith, GC
Lauren Wells, AU

Second Team

Cassie Byrd, AU
Erin Bryant, NCWC
Brittany Collins, CNU
Sarah Davis, GC
Lindsey Kabbes, PC
Hannah Williams, SU

Honorable Mention

Mindy Altice, FC
Kendra Brewer, NCWC
Karen Gordon, GC
Christina Greene, SU
Jessica Hefner, AU
Jessica O'Neal, CNU
Rebecca Walter, MC
Jenna Williams, CNU



Player of the Year
Katie Smith
Greensboro



Rookie of the Year
Tricia Nelsen
Christopher Newport



Coach of the Year
Jean Lojko
Greensboro

NCAA Competition

Christopher Newport advanced to the NCAA Tournament and fell 3-0 to Texas Lutheran in the first round.

NCAA History

| | | |
|---------------------|-------------------------|--------------------|
| Averett | (00, 01, 03) | 1-3 (.250) |
| Christopher Newport | (01, 02, 04) | 0-3 (.000) |
| Greensboro | (90) | 0-1 (.000) |
| Methodist | (86) | 0-1 (.000) |
| UNC-Greensboro | (82, 83, 84) | 1-3 (.250) |
| St. Andrew's | (85) | 0-1 (.000) |
| Total | (12 appearances) | 2-12 (.143) |

All-Tournament Team

Brittany Collins, CNU (MVP)
Tricia Nelsen, CNU
Amber Bradshaw, CNU
Katie Smith, GC
Lauren Smith, GC
Courtney Peters, AU
Erin Bryant, NCW



Volleyball





Men's Soccer



Final Standings

| School | W | L | T | Pct. | W | L | T | Pct. |
|---------------------|---|---|---|-------|----|----|---|------|
| N.C. Wesleyan | 6 | 0 | 0 | 1.000 | 16 | 2 | 2 | .850 |
| Greensboro | 4 | 1 | 1 | .750 | 11 | 5 | 3 | .658 |
| Methodist | 4 | 2 | 0 | .667 | 11 | 6 | 2 | .632 |
| Christopher Newport | 3 | 2 | 1 | .583 | 11 | 7 | 2 | .600 |
| Shenandoah | 2 | 4 | 0 | .333 | 7 | 8 | 2 | .471 |
| Averett | 1 | 5 | 0 | .167 | 3 | 13 | 0 | .188 |
| Ferrum | 0 | 6 | 0 | .000 | 0 | 16 | 0 | .000 |

NCAA Competition

N.C. Wesleyan competed in NCAA post-season for the first time since 1988. The Bishops lost 3-2 to Richard Stocton in the opening round.

NCAA History

| | | |
|---------------------|------------------------------|---------------------|
| Averett | (79, 80, 81) | 1-3 (.250) |
| Christopher Newport | (86, 00) | 2-2 (.500) |
| Greensboro | (89, 92, 94, 96, 97) | |
| | 98, 99, 00, 01, 02, 03) | 13-12 (.520) |
| Lynchburg | (74, 75, 76) | 0-3 (.000) |
| Methodist | (90, 91, 92, 93, 94, 95) | 8-6 (.571) |
| UNC-Greensboro | (81, 82, 83, 84, 85, 86, 87) | 26-2 (.929) |
| N. C. Wesleyan | (84, 87, 88, 04) | 1-4 (.166) |
| Total | (36 appearances) | 51-32 (.614) |

All-Conference Team

| | <u>First Team</u> | <u>Second Team</u> | <u>Honorable Mention</u> |
|----|---|--|--|
| F | Lucas Fuentes, NCWC Davorin Husadzinicov, ncwc Galen Reid, GC Nick Yannitello, CNU | Michael Davis, MC Kevin Gray, MC Derek Shaw, CNU | Eric Hatchett, GC Mihailo Prelevic, SU Mohammed Toure, SU |
| MF | Mario Acosta, NCWC Aaron Holcomb, GC Billy Lucas, CNU | Thomas Bennett, MC Salvador Benitez, NCWC Jon Dyer, NCWC | Ali Kargbo, NCWC Adam Sippy, MC Richard Engel, GC Andrew Neff, MC |
| D | Justin Chezem, CNU Tony Falvino, GC Samuel Hale, GC | Mark Hasson, SU Daniel Jones, NCWC Matt Mulvena, GC Sean Wright, MC | Jason Bottani, NCWC James Joyce, MC Steve Keller, CNU |
| GK | Brian Shumate, CNU | Justin Agema, MC | Matt Brown, GC |

All-Tournament Team

- Salvador Benitz ,NCWC (MVP)
- Derek Shaw, CNU
- Davorin Husadzinicov, NCWC
- Michael Davis, MC
- Ali Kargbo, NCWC
- Mario Acosta, NCWC
- Billy Lucas, CNU
- Justin Chezem, CNU
- Daniel Jones, NCWC
- Sean Wright, MC
- Justin Agema, MC



Player of the Year
Nick Yannitello
Christopher Newport



Rookie of the Year
Lucas Fuentes
N.C. Wesleyan



Coach of the Year
Jason Kilby
N.C. Wesleyan

Final Standings

| School | W | L | T | Pct. | W | L | T | Pct. |
|---------------------|---|---|---|-------|----|----|---|------|
| Christopher Newport | 7 | 0 | 0 | 1.000 | 16 | 4 | 3 | .761 |
| Methodist | 5 | 1 | 1 | .786 | 12 | 7 | 2 | .619 |
| Greensboro | 5 | 1 | 1 | .786 | 6 | 11 | 3 | .375 |
| N.C. Wesleyan | 4 | 3 | 0 | .571 | 5 | 11 | 1 | .324 |
| Ferrum | 2 | 4 | 1 | .357 | 6 | 11 | 2 | .368 |
| Shenandoah | 1 | 4 | 2 | .286 | 7 | 11 | 3 | .405 |
| Averett | 1 | 5 | 1 | .214 | 2 | 14 | 1 | .147 |
| Peace | 0 | 7 | 0 | .000 | 0 | 14 | 0 | .000 |

All-Conference Team

| | <u>First Team</u> | <u>Second Team</u> | <u>Honorable Mention</u> |
|----|--|---|---|
| F | Chrystal Bradley, MC Emily Renkin, CNU | Leah Austin, FC Kela Kimi, MC Leigh Leavitt, CNU Kristen McCartney, AU | Ashley Cabral, GC Jennifer Phillips, FC April Wheeler, NCWC |
| MF | Ashleigh Dota, CNU Nikki Greenburg, CNU Natalie Henderson, GC Cara Kolina, FC | Danielle Nourie, MC Amanda VanVelzel, NCWC | Leanne Gibson, SU Eileen Lazorchick, PC Ashley Sloan, MC |
| D | Lauren Carpinello, SU Chris Gibson, MC Yvette Jones, GC Sarah Nuber, CNU | Jen Castillo, NCWC Marie Finley, MC Ashley Glover, CNU | Randi Brown, GC Hillary Carney, CNU Katie Martin, SU Corinne Musanti, FC Kim Smith, Su Lauren Elliot, SU |
| GK | Kim Collier, MC | Carola Riegner, CNU Keri Wells, GC | |



Player of the Year
Ashleigh Dota
Christopher Newport



Rookie of the Year
Chrystal Bradley
Methodist



Coach of the Year
Kwame Lloyd
Christopher Newport

NCAA Competition

Christopher Newport advanced to the NCAA Tournament after winning the Conference title. The Captains went 2-1 in the tournament, defeating Frostburg, 2-1 and Lynchburg, 1-0 before falling 4-0 to Wheaton.

NCAA History

| | | |
|---------------------|--|-------------|
| Christopher Newport | (00, 04) | 2-2 (.500) |
| Greensboro | (02, 03) | 0-2 (.000) |
| Methodist | (86, 87, 88, 89, 90 93, 94, 95) | 11-8 (.579) |
| N.C. Wesleyan | (88, 91, 92, 93, 94 96, 97, 00, 01) | 7-10 (.412) |

All-Tournament Team

Emily Renkin, CNU (MVP)
Corinne Musanti, FC
Yvette Jones, GC
Natalie Henderson, GC
Marie Finley, MC
Chris Gibson, MC
Chrystal Bradley, MC
Monica Gerth, MC
Hillary Carney, CNU
Ashleigh Dota, CNU
Paniz Asgari, CNU
Linsay Naill, CNU



Women's Soccer



Men's Cross Country



Final Standings

(Based on Conference Meet)

Christopher Newport - 20
Greensboro - 71
Ferrum - 71
Methodist - 78

All-Conference Team

First Team

David Barham, CNU
Cary Chaffee, CNU
Doug Holbrook, GC
Husein Nasiro-Sigo, MC
Tim Scott, CNU
Daniel Swale, CNU
Jay Wyss, CNU

Second Team

Mike Barnard, GC
Steven Helton, FC
Jim Highsmith, CNU
Tim McArthur, MC
Martel Price, FC
Jimmy Pride, FC
Nate Wallace, CNU



Runner of the Year
Cary Chaffee
Christopher Newport



Rookie of the Year
Jay Wyss
Christopher Newport



Coach of the Year
Keith Maurer
Christopher Newport

NCAA Competition

Christopher Newport came in fifth with 146 points at the NCAA Regional Championship held at Emory University.

NCAA History

| | |
|---------------------|--|
| Christopher Newport | (82, 83, 84, 85, 86 87, 88, 89, 90, 91 92, 93, 94, 95, 96 98, 99, 00, 01, 02 03, 04) |
| Methodist | (81, 88, 89) |
| Total | (25 appearances) |

All-Meet Team

Husein Nasiro-Sigo, MC - 27:22.8
Cary Chaffee, CNU - 27:31.1
Jim Highsmith, CNU - 28:00.4
David Baer, CNU - 28:09.6
Jay Wyss, CNU - 28:12.7
Tim Scott, CNU - 28:21.2
Nate Wallace, CNU - 28:36.1

Final Standings
(Based on Conference Meet)

Christopher Newport - 15
Greensboro - 64
Averett - 85
Peace - 99
Methodist - 107

All-Conference Team

First Team

Lindsey Bannister, SU
Desiree Dayton, FC
Bridgett Dryer, CNU
Ashley Ezell, CNU
Megan Fogarty, CNU
Emily Low, CNU
Crystal Pruitt, CNU

Second Team

Elizabeth Browning, CNU
Elizabeth Gannon, SU
Grace Lovegrove, CNU
Krystal Patton, MC
Bett Shelby, GC
Linsey Ward, PC



Runner of the Year
Emily Lowe
Christopher Newport



Rookie of the Year
Bridgett Dryer
Christopher Newport



Coach of the Year
Keith Maurer
Christopher Newport

NCAA Competition

The Christopher Newport Captains finished sixth with 177 points at the NCAA Regional meet held at Emory University.

NCAA History

| | |
|---------------------|--|
| Christopher Newport | (82, 83, 84, 85, 86 87, 88, 89, 90, 91 92, 93, 94, 95, 96 98, 99, 00, 01, 02, 03, 04) |
| Methodist | (88) |
| Total | (23 appearances) |

All-Meet Team

Emily Low, CNU - 24:48.2
Ashely Ezell, CNU - 26:01.6
Megan Fogarty, CNU - 26:18.3
Lindsey Bannister, SU - 26:52.6
Elizabeth Browning, CNU - 27:43.4
Crystal Pruitt, CNU - 28:21.8
Grace Lovegrove, CNU - 28:49.4



Women's Cross Country



Men's Basketball



Final Standings

| School | W | L | Pct. | W | L | Pct. |
|---------------------|----|----|------|----|----|------|
| Methodist | 10 | 2 | .833 | 20 | 8 | .714 |
| Christopher Newport | 8 | 4 | .667 | 18 | 8 | .692 |
| Shenandoah | 6 | 6 | .500 | 15 | 12 | .556 |
| Averett | 6 | 6 | .500 | 13 | 14 | .481 |
| Greensboro | 6 | 6 | .500 | 10 | 15 | .400 |
| Ferrum | 4 | 8 | .333 | 7 | 19 | .296 |
| N.C. Wesleyan | 2 | 10 | .167 | 11 | 17 | .393 |

All-Conference Team

First Team

Rodney Blackstock, GC
 Roderic Carey, CNU
 Sam Porter, MC
 Chris Rhone, SU
 Seth Thomas, MC

Second Team

Blake Brookman, CNU
 Lenny Hall, NCWC
 Kenny Johnson, FC
 Onyie Onunaku, SU
 Sterling Williams, AU

Honorable Mention

Eugene Grant, MC
 Kenneth Purnell, SU
 Jeremy Romeo, CNU
 Ramone Spears, NCWC
 Daron Williams, GC



Player of the Year
 Sam Porter
 Methodist



Rookie of the Year
 Kenny Johnson
 Ferrum



Coach of the Year
 Jimmy Allen
 Averett

NCAA Competition

Methodist's Conference Tournament title qualified them for the NCAA Tournament, where they lost to Maryville (Tenn.), 69-54, in the first round.

NCAA History

| | | |
|---------------------|--|---------------------|
| Averett | (90) | 1-2 (.333) |
| Christopher Newport | (86, 88, 89, 90, 91, 93, 94, 95, 96, 97, 98, 99, 00, 01, 03) | 9-16 (.360) |
| Ferrum | (92) | 1-1 (.500) |
| Greensboro | (85, 94, 95) | 4-3 (.571) |
| Lynchburg | (76) | 0-2 (.000) |
| Methodist | (75, 77, 97, 04, 05) | 5-5 (.500) |
| N.C. Wesleyan | (83, 84, 87, 02) | 3-5 (.375) |
| UNC-Greensboro | (80) | 0-2 (.000) |
| St. Andrew's | (81, 82, 83) | 3-3 (.500) |
| Shenandoah | (96) | 0-1 (.000) |
| Virginia Wesleyan | (78, 79, 82) | 1-5 (.167) |
| Total | (38 appearances) | 28-45 (.384) |

All-Tournament Team

Eugene Grant, MC (MVP)
 Jarvis Cobb, NCWC
 Sterling Williams, CC
 Chris Rhone, SU
 Seth Thomas, MC
 Sam Porter, MC

NCAA Competition

Greensboro advanced to the NCAA Tournament after capturing the USA South title. The Pride fell, 57-55, to Trinity (Texas) in the second round.

Final Standings

| School | W | L | Pct. | W | L | Pct. |
|---------------------|----|----|------|----|----|------|
| Greensboro | 12 | 2 | .857 | 21 | 7 | .750 |
| Ferrum | 11 | 3 | .786 | 14 | 12 | .538 |
| Peace | 7 | 7 | .500 | 15 | 11 | .577 |
| Christopher Newport | 7 | 7 | .500 | 10 | 16 | .385 |
| Averett | 6 | 8 | .429 | 10 | 15 | .400 |
| Methodist | 5 | 9 | .357 | 12 | 15 | .444 |
| N.C. Wesleyan | 5 | 9 | .357 | 5 | 17 | .227 |
| Shenandoah | 3 | 11 | .214 | 7 | 18 | .280 |

NCAA History

| | | |
|---------------------|--|---------------------|
| Christopher Newport | (82, 86, 92, 93, 95 97, 98, 01, 02, 04) | 4-11 (.267) |
| Ferrum | (95) | 0-1 (.000) |
| Greensboro | (97, 04) | 0-2 (.000) |
| UNC-Greensboro | (82, 83, 84, 85, 86 87, 88) | 12-7 (.632) |
| Methodist | (02, 03) | 0-2 (.000) |
| N.C. Wesleyan | (94, 99) | 3-5 (.375) |
| Shenandoah | (96, 00) | 0-2 (.000) |
| Virginia Wesleyan | (78, 79, 82) | 1-5 (.167) |
| Total | (29 appearances) | 20-35 (.363) |

All-Conference Team

First Team

Aline Alzime, FC
Kim Enoch, GC
Tia Saunders, PC
Hanna Taylor, AU
Tara Toland, FC

Second Team

Candace Bryant, CNU
Christina Daniels, GC
Samantha Davis, CNU
Netagia Foreman, SU
Sirlena Moore, GC

Honorable Mention

Alicia Sanders, SU
Trenae Turner, NCWC
Angela VonWergers, FC
Stacy Williams, MC
Cassie Womack, SU

All-Tournament Team

Kim Enoch, GC (MVP)
Lisa Jackson, MC
Stacy Williams, MC
Christina Daniels, GC
Aline Alzime, FC
Tia Saunders, PC



Player of the Year
Tara Toland
Ferrum



Rookie of the Year
Hanna Taylor
Averett



Coach of the Year
Jason Tuggle
Greensboro



Final Standings

| School | W | L | Pct. | W | L | T | Pct. |
|---------------------|----|----|------|----|----|---|------|
| Methodist | 13 | 5 | .722 | 30 | 12 | 0 | .714 |
| Ferrum | 9 | 5 | .643 | 24 | 13 | 1 | .645 |
| Christopher Newport | 10 | 7 | .588 | 25 | 16 | 0 | .610 |
| N.C. Wesleyan | 10 | 8 | .556 | 22 | 18 | 0 | .550 |
| Greensboro | 8 | 7 | .533 | 24 | 16 | 0 | .600 |
| Shenandoah | 8 | 10 | .444 | 23 | 19 | 0 | .548 |
| Averett | 1 | 17 | .056 | 6 | 31 | 0 | .162 |

All-Conference Team

| First Team | Second Team |
|-----------------------|---------------------|
| 1B John Corbin, CNU | Adam Duckett, SU |
| 2B Ricky Medina, CNU | Ryan Snyder, NCWC |
| 3B Brett Thomas, FC | Matt Kleckner, MC |
| SS David Hoffman, MC | Nathan West, NCWC |
| C Talyor Kennedy, GC | Ben Kaplan, MC |
| DH Brad Melton, CNU | Ken Kellum, AU |
| Util Kevin Mong, GC | Billy Quinn, MC |
| OF Larry Lockhart, GC | Jeremy Morrison, GC |
| Jonathon Spivey, MC | Matt Hunt, MC |
| Matt Smith, NCWC | Brent Sowers, FC |
| P Ryan Brandt, MC | Kenny Moreland, CNU |
| Blake Rice, NCWC | Andrew Keever, GC |
| RP Blake Maxwell, MC | Nick Sborz, SU |

Honorable Mention

| | |
|-------------------|-------------------------|
| T. J. Bray, AU | Jason Bowles, FC |
| Kenny Payne, AU | Brent Justice, GC |
| Mike Cosby, CNU | Kyle Eudy, MC |
| Jason Moody, CNU | Casey Varnell, MC |
| Robert Quinn, CNU | Brian Massey, NCWC |
| Nick Baker, FC | Ray' Mon Brizzell, NCWC |
| Ryan Cooper, FC | |

NCAA Competition

Ferrum represented the Conference in NCAA post-season play. Ferrum defeated Mary Washington, 4-0, in the first game, but MC fell to Hampden-Sydney, 6-2, in game two. Ferrum then defeted Mary Washington again by the sore of, 6-5. The Panthers then lost to Hampden-Sydney again, 16-7, to end their post-season action.

NCAA History

| | | |
|---------------------|--|-----------------------|
| Averett | (03) | 1-1 (.500) |
| Christopher Newport | (01, 02, 03) | 16-7 (.696) |
| Ferrum | (88, 89, 90, 91, 92, 93, 94, 96, 04) | 16-18 (.471) |
| Greensboro | (98) | 0-2 (.000) |
| Lynchburg | (76) | 0-2 (.000) |
| Methodist | (76, 77, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 95, 96, 98, 99, 00, 01, 02, 04) | 46-46 (.500) |
| N.C. Wesleyan | (81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 97, 98, 99, 00) | 64-40 (.615) |
| Virginia Wesleyan | (79, 85) | 0-4 (.000) |
| Total | (57 appearances) | 143-120 (.544) |

All-Tournament Team

| | |
|----|----------------------------|
| 1B | Adam Duckett, SU |
| 2B | Kyle Eudy, MC |
| 3B | Brett Thomas, FC |
| SS | Rob Quinn, CNU |
| C | Taylor Kennedy, GC |
| DH | Kasey Harmon, FC |
| OF | Scott Disch, SU |
| | Jason Moody, CNU |
| | Quincy Davenport, FC (MVP) |
| P | Mike Cosby, CNU |
| | Ryan Cooper, FC |



Player of the Year
Lary Lockhart
Greensboro



Pitcher of the Year
Ryan Brandt
Methodist



Rookie of the Year
Matt Smith
N.C. Wesleyan



Rookie Pitcher of the Year
Kenny Moreland
Christopher Newport



Coach of the Year
Tom Austin
Methodist

Final Standings

| School | W | L | T | Pct. | W | L | T | Pct. |
|---------------------|----|----|---|------|----|----|---|------|
| Methodist | 12 | 2 | 0 | .857 | 32 | 12 | 0 | .727 |
| Greensboro | 9 | 5 | 0 | .643 | 28 | 12 | 0 | .676 |
| Peace | 8 | 6 | 0 | .571 | 23 | 17 | 0 | .575 |
| N.C. Wesleyan | 8 | 6 | 0 | .571 | 20 | 16 | 0 | .556 |
| Ferrum | 7 | 7 | 0 | .500 | 26 | 15 | 0 | .634 |
| Christopher Newport | 7 | 7 | 0 | .500 | 24 | 19 | 0 | .558 |
| Averett | 4 | 10 | 0 | .286 | 12 | 26 | 0 | .316 |
| Shenandoah | 1 | 13 | 0 | .071 | 13 | 20 | 0 | .394 |

All-Conference Team

First Team

| | |
|------|------------------------|
| 1B | Candace Hudgins, MC |
| 2B | Jamie Reed, FC |
| 3B | Kristen Kennedy, MC |
| SS | Ashlee Bass, NCWC |
| C | Sarah Heenan, PC |
| DP | Erica Rutledge, PC |
| Util | Tana Bartek, SU |
| OF | Mary Greenway, FC |
| | Frances Constantio, GC |
| | Shelly Hinson, NCWC |
| P | Jennifer Sorensen, MC |
| | Lauren Pleasant, PC |

Second Team

| | |
|--|-----------------------|
| | Jamie Pittman, GC |
| | Nicole Dobbins, PC |
| | Katie Jimmo, AU |
| | C.J. McQueen, MC |
| | Lisa Jackson, MC |
| | Lindsay Leitao, MC |
| | Jenna Smith, PC |
| | Jenee Johnson, GC |
| | Jen Simms, GC |
| | Adrienne Acosta, MC |
| | Michelle Prewitt, CNU |
| | Kim Cox, FC |

Honorable Mention

| | |
|-----------------------|-----------------------|
| Stacey McLenaghan, AU | Heather Mull, AU |
| Andrea Rohde, CNU | Krystal Ellis, FC |
| Erica Brown, GC | Whitney Williams, GC |
| Rebekah Kelly, MC | Amy Faucette, MC |
| Libby Fulford, NCWC | Courtney Tucker, NCWC |
| Tanya Lauranzon NCWC | Jodie Brandon, PC |
| Summer Greer, PC | |



Player of the Year
Kristen Kennedy
Methodist



Pitcher of the Year
Jennifer Sorensen
Methodist



Rookie of the Year
Candace Hudgins
Methodist



Rookie Pitcher of the Year
Libby Fulford
N.C. Wesleyan



Coach of the Year
Kama Tucker
Greensboro

NCAA Competition

Ferrum earned the Conference's automatic NCAA bid. The Panthers opened up tournament action with a, 6-1, victory over Mary Baldwin. Then FC was defeated by Salisbury, 1-0, and Moravian, 6-3.

NCAA History

| | | |
|---------------------|-------------------------|---------------------|
| Christopher Newport | (93, 95, 98, 01) | 2-8 (.200) |
| Ferrum | (02, 04) | 3-4 (.429) |
| Methodist | (99, 00, 03) | 5-6 (.455) |
| N.C. Wesleyan | (98, 99) | 4-4 (.500) |
| Virginia Wesleyan | (86) | 0-2 (.000) |
| Averett | (04) | 0-2 (.000) |
| Total | (13 appearances) | 14-26 (.350) |

All-Tournament Team

| | |
|-----|-----------------------|
| MVP | Kim Cox, FC |
| 1B | Krystal Ellis, FC |
| 2B | Jamie Reed, FC |
| 3B | Katie Jimmo, AU |
| SS | C.J. McQueen, CNU |
| C | Wendy Heath, MC |
| DP | Susan Ishamn, CNU |
| OF | Mary Greenway, FC |
| | Becky Bond, CNU |
| | Tricia Moore, FC |
| P | Tana Bartek, SU |
| | Jennifer Sorensen, MC |

Softball





Lacrosse



Final Standings

| School | W | L | Pct. | W | L | Pct. |
|----------------|---|---|-------|----|----|------|
| Chris. Newport | 5 | 0 | 1.000 | 7 | 9 | .438 |
| Greensboro | 4 | 1 | .800 | 7 | 7 | .500 |
| Methodist | 3 | 2 | .600 | 8 | 9 | .471 |
| Shenandoah | 2 | 3 | .400 | 11 | 5 | .688 |
| Ferrum | 1 | 4 | .200 | 1 | 10 | .091 |
| Averett | 0 | 5 | .000 | 0 | 14 | .000 |

All-Conference Team

First Team

- Att Amanda McGlaughlin, GC
- Kristen Conques, CNU
- Sally Allstadt, CNU
- MF Lauren McGonagle, MC
- Kristyn Hankins, CNU
- Erika Bradd, SU
- Linsey West, MC
- Elaine Kirby, CNU
- D Kate Robertson, GC
- Bridgette McGrath, MC
- Lauren Carpinello, SU
- GK Lindsay Nail, CNU

Second Team

- Kelly Matagiесе, SU
- Emily Neilson, MC
- Melissa Bryant, SU
- Jenna Gast, GC
- Karen Hall, GGC
- Joia Davis, SU
- Celia Mallory, CNU
- Darcie Jones, AU
- Lacey Milburn, CNU
- Megan Barbieri, GC
- Heather Lethbridge, SU
- Kristen McGuire, GC

Honorable Mention

- Tiffany DeLoatch, AU
- Katie Ross, CNU
- Stephanie Perih, FC
- Caroline Young, GC
- Katelyn Cushman, MC
- Lauren Prentice, SU
- Dawn Sheets, AU
- Cara Kolinda, FC
- Jennifer Donah, GC
- Kim Collier, MC
- Courtney Beard, SU

All-Tournament Team

- Joia Davis, SU (MVP)
- Lauren Prentice, SU
- Lauren Capinello, SU
- Erika Bradd, SU
- Joanna Eure, SU
- Kelly Matagiесе, SU
- Lauren McGonagle, MC
- Kim Collier, MC
- Emily Neilsen, MC
- Kali Goodfellow, MC
- Bridgette, McGrath, MC
- Elaine Kirby, CNU
- Lauren Smith, GC



Player of the Year
Lauren McGonagle
Methodist



Rookie of the Year
Katelyn Cushman
Methodist



Coach of the Year
Kwame Lloyd
Christopher Newport

Final Standings

(Based on Conference Tournament)

Methodist - 575 (-1)
Greensboro - 586 (+10)
Chris. Newport - 611 (+35)
Ferrum - 627 (+51)
N.C. Wesleyan - 627 (+51)
Averett - 659 (+83)
Shenandoah - 668 (+92)

All-Conference Team

First Team

Tom Bullock, GC
Eric Dugas, MC
Adam Horton, MC
Rocky Manning, GC
Michael Townsend, MC

Second Team

Nick Bova, MC
Kevin Boyle, MC
Ryan Sharpe, GC
Ryan Wilson, GC
Lee Zambelli, NCWC

Honorable Mention

Andrew Geary, CNU
Matt Hopkins, CNU
Josh Horne, NCWC
Ryan Patrick, CNU
Nick Sortino, AU

All-Tournament Team

Adam Horton, MC (Medalist)
Ryan Wilson, GC
Michael Townsend, MC
Nick Bova, MC
Ryan Sharpe, GC

NCAA Competition

Greensboro and Methodist were invited to the NCAA Championships. Greensboro and Methodist finished third and fourth, respectively.

NCAA History

| | |
|---------------------|--|
| Averett | (01, 02, 03) |
| Christopher Newport | (90, 91, 92, 94, 95, 96, 00) |
| Ferrum | (95) |
| Greensboro | (75, 78, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05) |
| Methodist | (81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05) |
| Total | (63 appearances) |



Player of the Year
Eric Dugas
Methodist



Rookie of the Year
Tom Bullock
Greensboro



Coach of the Year
Robert Linville
Greensboro



Men's Golf



Men's Tennis



Regular Season Standings

| School | W | L | Pct. | W | L | Pct. |
|---------------------|---|---|-------|----|----|------|
| Methodist | 6 | 0 | 1.000 | 9 | 9 | .500 |
| Averett | 4 | 1 | .800 | 5 | 7 | .417 |
| Christopher Newport | 4 | 2 | .667 | 12 | 4 | .750 |
| Ferrum | 3 | 2 | .600 | 7 | 5 | .583 |
| N.C. Wesleyan | 1 | 4 | .200 | 5 | 8 | .385 |
| Greensboro | 1 | 5 | .167 | 1 | 11 | .083 |
| Shenandoah | 0 | 6 | .000 | 4 | 9 | .308 |

Final Standings

(Based on Conference Tournament)

Methodist - 58
 Chris. Newport - 42
 Averett - 37
 Ferrum - 25
 N.C. Wesleyan - 9
 Greensboro - 9
 Shenandoah - 6

NCAA History

Averett (96, 97, 98, 99, 00, 02)
 Methodist (91, 92, 96, 98)
Total (10 appearances)

All-Conference Team

First Team

Sirsean Arlain, AU
 Keith Criscoe, MC
 Chris Fletcher, MC
 Eddie Glidewell, CNU
 Mikko Hermans, AU
 John Mook, CNU

Second Team

Matt Brantley, CNU
 Matt Brueggeman, CNU
 P.G. Grane, GC
 David Hardy, MC
 Steven Inge, CNU
 Nicklas Karvaonen, AU

Honorable Mention

Michael Layton, MC
 Paul Matthews, FC
 Adam Peters, CNU
 Peter Rouch, AU
 Erich Trier, FC

All-Tournament Team

Singles

Keith Criscoe, MC (MVP)
 Mikko Hermans, AU
 Niklas Karvonen, AU
 David Hardy, MC
 Matt Brueggemann, CNU
 Greg Alice, MC

Doubles

Keith Criscoe/Chris Fletcher, MC
 Niklas Karvonen/Peter Rouch, CNU
 Joe North/ Mike Layton, MC



Player of the Year
 Keith Criscoe
 Methodist



Rookie of the Year
 Eddie Glidewell
 Christopher Newport



Coach of the Year
 Rush Cole
 Christopher Newport

Regular Season Standings

| School | W | L | Pct. | W | L | Pct. |
|---------------------|---|---|-------|----|----|------|
| Methodist | 8 | 0 | 1.000 | 13 | 2 | .867 |
| Christopher Newport | 6 | 1 | .857 | 11 | 2 | .846 |
| Greensboro | 5 | 2 | .714 | 11 | 5 | .688 |
| Peace | 4 | 3 | .571 | 8 | 7 | .533 |
| Averett | 3 | 4 | .429 | 4 | 9 | .308 |
| Shenandoah | 2 | 5 | .286 | 2 | 9 | .182 |
| Ferrum | 1 | 6 | .143 | 1 | 11 | .083 |
| N.C. Wesleyan | 0 | 7 | .000 | 0 | 11 | .000 |

Final Standings

(Based on Conference Tournament)

Methodist - 54
 Chris. Newport - 44
 Peace - 29
 Greensboro - 28
 Averett - 24
 Shenandoah - 5
 Ferrum - 1
 N.C. Wesleyan - 1

NCAA History

Methodist (90, 91, 01, 02, 03)
 Total (5 appearances)

All-Conference Team

First Team

Whitney Gilmore, PC
 Stephanie LeBlang, CNU
 Carrie Pacifico, GC
 Jenny Smith, MC
 Tiffany Tucker, MC
 Kirsi Turunen, AU

Second Team

Julie Angrick, MC
 Courtney Bull, MC
 Leighton Bull, MC
 Kate Creasy, GC
 Charlotte Davis, PC
 Joanna McCandlish, CNU

Honorable Mention

Jenna Gallub, NCWC
 Lauren Hulse, MC
 Melissa King, CNU
 Natalie Pitts, CNU
 Erin Wells, CNU
 Lauren Wells, AU

All-Tournament Team

Singles

Kirsi Turunen, AU
 Jenny Smith, MC
 Courtney Bull, MC (MVP)
 Julie Angrick, MC
 Melissa King, CNU
 Natalie Pitts, CNU

Doubles

Kirsi Turunen/Lauren Wells, AU
 Leighton Bull/Julie Angrick, MC
 Natalie Pitts/Melissa King, CNU



Player of the Year
 Kirsi Turunen
 Averett



Rookie of the Year
 Kirsi Turunen
 Averett



Coach of the Year
 Kelly Callahan
 Methodist

Women's Tennis



*NCAA Team
Champions*

*NCAA Team
Runners-Up*

Baseball

N.C. Wesleyan (1989,99)

Christopher Newport (2003)
Methodist (1995)

Men's Basketball

Ferrum (NJCAA - 1972)

Football

Ferrum (NJCAA - 1965,
68, 74, 77)

Ferrum (NJCAA - 1966)

Men's Golf

Averett (2003)
Greensboro (2000)
Methodist (1990, 91, 92,
94, 95, 96, 97, 98, 99)

Greensboro (1988, 97, 2002)

Women's Golf

Methodist (1996, 98, 99
2000, 01, 02, 03, 04, 05)
(NGCA 1986, 87, 88, 89
91, 92, 93, 94, 95)

Methodist (1997)
(NGCA 1990)

Men's Soccer

Greensboro (1989, 98)
Methodist (1995)

Women's Soccer

Methodist (1995)

