

Head Coach Cindy Timchal 16TH SEASON AT MARYLAND • WEST CHESTER '76



If excellence is a measure of accomplishment, her eight titles at Maryland speak volumes.

If excellence is a measure of character, the lives she touches and the student-athletes she molds represent an immeasurable impact on the people around her.

If excellence is a way to describe those who are admired by their athletes, revered by their peers, and respected by their community, then Maryland head women's lacrosse coach Cindy Timchal celebrates

nothing less than 15 years of excellence at the University of Maryland.

When Timchal arrived in College Park, the Maryland women's lacrosse program stood at a 201-69-3 (a .736 winning percentage) all-time. Under Timchal's guidance, the Terps have taken what was already a strong program and elevated it to one that has since notched an astounding record of 248-38 (.867), turning Maryland into the winningest Division I women's lacrosse team ever. The Terps are now 449-107-3 (.806) in 32 years of lacrosse.

Last season, she again guided the team to the NCAA Tournament and produced three All-Americans. The Terrapins produced a winning season for the 29th-straight year and won more than 10 games for the 15th-consecutive season. Even more telling of her impact on the game was the fact that half of the NCAA Tournament field were coached by University of Maryland alums.

In 2004, Timchal became the first head coach in the sport's history to reach the 300-win mark. Heading into the 2006 season, no other coach in the sport has more wins (324) than the Maryland mentor.

Beyond the numbers, though, Timchal has done her part to revolutionize the sport of women's lacrosse. In recent years, Timchal has brought some of the most influential names in lacrosse through College Park, including former assistant Gary Gait, and more recently former Terp stars Cathy Nelson and Jen Adams. In addition, Maryland players are a fixture on national teams and in the collegiate coaching ranks, demonstrating the breadth of Timchal's influence. Eleven years ago, she added another dimension to the learning process at Maryland as she brought aboard the wisdom of California-based team consultant and author Dr. Jerry Lynch to enrich the minds of her student-athletes. That decision has complemented the already high level of physical training it takes to excel at the Division I level and is a trend that has caught on throughout the world of sports.

From Kelly Amonte to Cathy Nelson, Alex Kahoe to Alexis Venechanos, Jen Adams to Kelly Coppedge, the one constant in all of the great Maryland players has been Cindy Timchal.

In only four seasons since her arrival in College Park has Timchal lost more than three games in any one season, highlighted by the spectacular undefeated seasons of 1996 (19-0), 1999 (21-0) and 2001 (23-0). She has taken her Terrapin teams to the NCAA finals in 11 of the past 16 years, at one point winning an unprecedented seven-straight national titles.

In winning their seventh-straight national title under Timchal's watch, the Terps posted what currently stands as the third-longest championship streak in women's NCAA history. In addition, it puts Timchal in the company of coaching legends like UCLA's John Wooden who won seven straight titles with the UCLA men's basketball program from 1967-73.

Timchal's coaching career got its start at Northwestern in 1982. During her nine-year tenure with the Wildcats, she compiled a 76-40 record (.655) and took her team to five NCAA appearances. While at Northwestern, Timchal made it as far as the quarterfinals, earning appearances in the NCAA Tournament in 1984, '86, '87, and '88. In 1991, she came to the College Park to continue the already long-standing tradition of Terrapin lacrosse.

Prior to '91, the Terrapins' last title had come in 1986 under head coach Sue Tyler, but the Maryland dynasty began to re-emerge almost immediately under Timchal's guidance. Timchal's first year saw a 14-3 record and a trip to the NCAA finals. By 1992, the lacrosse world knew something big was about to happen at

Maryland. Despite being at a place with a rich history in both men's and women's lacrosse, few could have predicted that a dynasty so powerful was on the horizon. With a 14-1 record, the Terrapins took the 1992 national title — just the third in Maryland school history.

The 1993 season would bring a heartbreaking 7-6 loss to the Princeton Tigers in the NCAA semifinals. The following year led to further frustration with the Tigers, as a 10-7 decision left the Terrapins just one win away from hoisting the trophy again. In 1995, however, Timchal and the Terps would turn the tables on the competition.

After the three-goal loss to Princeton in 1994, the Terps would go on to win 50 straight games. Timchal led the 1995 squad to a 17-0 run ending in a 13-5 defeat of Princeton for the NCAA title. Maryland would go undefeated again in 1996, finishing with a 19-0 record and a 10-5 decision over ACC rival Virginia to take home the hardware.

The 1997 season would begin with Timchal's squad wearing the label of back-to-back NCAA champions, and the Terps were able to again dominate the competition. Maryland posted a 21-1 record and was just one goal short of putting together its third consecutive undefeated season.

ALL-TIME COACHING RECORDS

Top 10 Ranked by Total Wins

	Coach	Wins	Losses	Ties	Pct.	Total
1.	Cindy Timchal	324	78	0	.806	402
2.	Pat Genovese	318	113	1	.736	432
3.	Sharon Pfluger	291	21	1	.930	313
4.	Missy Foote	287	67	1	.808	355
5.	Carole Kleinfelder	252	125	3	.667	380
6.	Jen Hathorn	247	104	0	.704	351
	Chris Sailer	247	78	0	.760	325
8.	Carol Rappoli	245	108	1	.693	354
9.	Enza Steele	237	138	3	.631	378
10.	Robin Sheppard	214	67	5	.748	286

Top 10 Ranked by Winning Pct.

(Min. 75 games)

	Coach	Wins	Losses	Ties	Pct.	Total
1.	Sharon Pfluger	291	21	1	.930	313
2.	Sue Delany-Scheetz	67	9	0	.882	76
3.	Marge Watson	199	19	9	.877	227
4.	Gillian Rattray	143	19	3	.867	165
5.	Michael Daly	106	22	0	.828	128
6.	Missy Foote	287	67	1	.808	355
7.	Cindy Timchal	324	78	0	.806	402
8.	Chris Paradis	144	37	0	.796	181
9.	Karen MacCrate	70	19	0	.787	89
10.	Cyn Wetmore	112	31	0	.783	143

Top 10 Ranked by Total Games Coached

	Coach	Wins	Losses	Ties	Pct.	Total
1.	Pat Genovese	318	113	1	.736	432
2.	Cindy Timchal	324	78	0	.806	402
3.	Carole Kleinfelder	252	125	3	.667	380
4.	Enza Steele	237	138	3	.631	378
5.	Missy Foote	287	67	1	.808	355
6.	Carol Rappoli	245	108	1	.693	354
7.	Sharon Irwin	183	160	9	.532	352
8.	Jen Hathorn	247	104	0	.704	351
	Barbara Waltman	178	150	3	.542	331
10.	Anne Sage	152	167	9	.477	328

FEAR THE TURTLE

2006 MARYLAND WOMEN'S LACROSSE

The dynasty continued throughout the 1998 season despite an 0-2 start following losses to Duke and North Carolina. That season finished the same way as the previous three, however, with Timchal's Terrapins being crowned the NCAA champions once again, this time behind an 11-5 win over Virginia.

In 1999, the Terrapins were no less than the personification of a finely-tuned program from top to bottom. Timchal led Maryland to a 21-0 season, the team's fifth-straight title. The 2000 season saw Maryland stumble momentarily out of the gate with an overtime loss at North Carolina, but the "machine" could not be stopped as the Terps went on to win their final 20 en route to their sixth title in a row.

The 2001 season may have been Timchal's finest of all her seasons as a head coach. The Terrapins played one of — if not the — toughest schedule in women's lacrosse and were every team's target as the one to beat. Despite the attention, the Terps again ran through the schedule without a blemish and ultimately beat Georgetown in a gut-wrenching title game to finish 23-0. The 23 wins are most ever by a team in a single season.

Now looking to start a new streak of championships, Timchal will enter 2006 with some of the most impressive coaching numbers already under her belt. Her .806 career winning percentage places her seventh on the list of all-time women's lacrosse coaches.

Individually, her athletes have earned countless accolades and awards. Maryland has had 21 first team All-Americans in the last eight years, and 13 players have earned national offensive, defensive or goalkeeper of the year awards. Jen Adams became the first-ever winner of the Tewaaraton Trophy, which recognizes the top collegiate men's and women's player in the country, and Kelly Coppedge was a finalist in each of the past two seasons. In 1996, Kelly Amonte became the Terps' first four-time All-American, including first-team honors in 1995 and 1996.

A total of 40 different Terrapins have earned All-America recognition 73 times under Timchal including Kelly Amonte's four, (1993-96), and three each for Betsy Elder (1992-94), Sarah Forbes (1995-97), Laura Harmon (1993-95), Sascha Newmarch (1996-98), Jen Adams (1999-2001) and Kelly Coppedge (2002-04). In 2005, Acacia Walker earned first team honors, Greta Sommers was named to the second team and Annie Collines was named third team All-America. Adams' third-consecutive selection as Player of the Year in 2000 marked the 10th time one of Timchal's players have earned National Player of the Year honors, including Amonte, who was named the 1996 NCAA Division I Most Valuable Player. Nationally, 18 of Timchal's players have played on the U.S. Developmental team and five were members of the most recent championship U.S. World Cup team. Seven former Terrapins helped lead Australia to the 2005 World Cup title in Annapolis, including tournament MVP Sarah Forbes. All totaled, 13 Terps represented three countries at the World Cup.

Timchal not only produces champions on the field, but also in the classroom. Two seasons ago, Julie Shank was named Scholar Athlete of the Year. Jen Adams was named GTE/CoSida Academic All-American of the Year (2000). In 1998, Sascha Newmarch earned GTE/CoSida Academic All-American. Betsy Elder was a two-time Academic All-American in 1993-94, while Theresa Ingram and Jamie Brodsky earned honors in 1994 and 1996, respectively.

As impressive as the honors under Timchal are, the most telling of all her accomplishments as a coach may be what has become of some of her former players. Timchal has created a legacy of creating coaches indirectly through her coaching. Among the former players who have gone on

TIMCHAL'S CAREER COACHING RECORD

Year	School	W-L	Pct.	ACC/Fin	Postseason
1982	Northwestern	8-3	.727		
1983	Northwestern	11-3	.786		NCAA First Round
1984	Northwestern	10-4	.714		NCAA Quarterfinals
1985	Northwestern	7-4	.636		
1986	Northwestern	10-4	.714		NCAA Quarterfinals
1987	Northwestern	10-4	.714		NCAA Quarterfinals
1988	Northwestern	10-5	.667		NCAA Quarterfinals
1989	Northwestern	6-5	.545		
1990	Northwestern	4-8	.333		
1991	Maryland	14-3	.824		NCAA Finals
1992	Maryland	14-1	.933		NCAA CHAMPIONS
1993	Maryland	12-2	.857		NCAA Semifinals
1994	Maryland	12-1	.923		NCAA Finals
1995	Maryland	17-0	1.000		NCAA CHAMPIONS
1996	Maryland	19-0	1.000		NCAA CHAMPIONS
1997	Maryland	21-1	.954	3-0/1st	NCAA CHAMPIONS
1998	Maryland	18-3	.857	1-2/t2nd	NCAA CHAMPIONS
1999	Maryland	21-0	1.000	3-0/1st	NCAA CHAMPIONS
2000	Maryland	21-1	.954	2-1/2nd	NCAA CHAMPIONS
2001	Maryland	23-0	1.00	3-0/1st	NCAA CHAMPIONS
2002	Maryland	11-10	.524	0-3/4th	NCAA Quarterfinals
2003	Maryland	18-4	.563	3-0/1st	NCAA Semifinals
2004	Maryland	15-5	.750	1-2/3rd	NCAA Quarterfinalists
2005	Maryland	12-7	.632	2-2/3rd	NCAA First Round
Total	2 schools	324-78	.806	18-10/.643	20 NCAA Bids/ 8 NCAA titles
	Maryland	248-37	.870	18-10/.643	15 NCAA Bids/ 8 NCAA titles
	Northwestern	76-40	.655		5 NCAA bids

TIMCHAL NOTES:

- **FOUR-TIME ACC COACH OF THE YEAR**
- **TWO-TIME NATIONAL COACH OF THE YEAR**
- **EIGHT NATIONAL TITLES**
- **OWNS A 248-38 (.867) RECORD AT MARYLAND**
- **ALL-TIME WINNINGEST COACH WITH 324 VICTORIES**
- **FIFTH ALL-TIME IN WINNING PERCENTAGE AT .815**
- **HAS COACHED 40 DIFFERENT PLAYERS TO 73 ALL-AMERICA HONORS**

to coach at the collegiate level are, Kelly Amonte-Hiller (1996 grad; current head coach at Northwestern), Allison Comito (2002 grad; Stony Brook interim head coach); Missy Holmes (1997 grad; current Towson head coach), Kerstin Kimel (1993 grad; current head coach at Duke), Courtney Martinez Conner (2001 grad; current UMBC head coach), Karen McCrate (1996 grad; coach of 2001 NCAA D-II Champion C.W. Post), Cathy Nelson (1998 grad; current Denver head coach), Tami Riley (1996 grad; Virginia Tech head coach), Michelle Uhlfelder (1991 grad; current Stanford head coach), Jennifer Uhlela (1991 grad; current Temple coach). Timchal also mentored Dartmouth head coach Amy Patton at Unionville (Pa.) High School and has several former players serving as assistants at other schools including Jen Adams (Denver), Cara Gorman (Vermont), Sonia Judd (Denver), Meg McNamara (Stony Brook), Alex Kahoe (Delaware), Alexis Venechanos (Northwestern) and Acacia Walker (Northwestern).

Timchal attended West Chester (Pa.) University where she lettered in lacrosse, tennis and track & field. Following her graduation, she became an assistant coach at Unionville (Pa.) High School where she coached field hockey, lacrosse and basketball. In February 2004, she was inducted into the school's hall of fame. In 1979, she joined the collegiate ranks, becoming an assistant lacrosse and field hockey coach at the University of Pennsylvania.

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2006 MARYLAND WOMEN'S LACROSSE

Assistant Coach Caitlin Banks ***FIRST SEASON AT MARYLAND • VIRGINIA '04***



Former University of Virginia standout Caitlin Banks is in her first season as an assistant women's lacrosse coach at the University of Maryland. Banks spent last season as a volunteer assistant at Georgetown, assisting in game day preparation, scouting reports and individual skill development.

Last season the Hoyas went 13-5 and advanced to the NCAA Quarterfinals. Banks will be involved in all coaching aspects of the program as well as recruiting and administrative tasks.

"I am truly excited to come to College Park," Banks said upon her hiring. "I look forward to working with such a talented and motivated group of student-athletes, a head coach that I have always respected and admired, and the Terp family."

"We are very fortunate to have Caitlin on our staff," Timchal says of Banks. "She has a great knowledge and understanding of the game that will be of extreme value to myself and the players."

As a player at Virginia, Banks was a member of the Cavaliers' national championship team in 2004. That season she earned All-America honors and was named to the NCAA and ACC All-Tournament teams, in addition to being an All-ACC selection. The 2001 ACC Rookie of the Year also earned NCAA All-Tournament honors in 2003 when the Cavaliers lost to Princeton in the finals. She ranks third all-time at Virginia in draw controls, fourth in career assists and 11th in points.

A native of Setauket, N.Y., Banks earned her degree from Virginia in 2004.



Assistant Coach Brian McGurn ***FIRST SEASON AT MARYLAND • GETTYSBURG '95***



Brian McGurn, an accomplished player and coach, begins his first season in College Park as an assistant on Cindy Timchal's staff.

McGurn comes to Maryland after spending the last two years directing camps and clinics year-round for players of various ages in the Atlanta area.

"I am very excited for the opportunity to coach at such a prestigious program with so much history," McGurn says of the opportunity to work with the Terrapins. "I'm looking forward to helping the team continue to compete at the highest level of collegiate women's lacrosse."

"Brian is an excellent addition to our staff," Timchal says. "He has an excellent mind for the game and brings energy and enthusiasm to the program. We will utilize his wide breadth of knowledge to help our team improve every day."

Prior to his stint in Atlanta, McGurn spent two seasons as an assistant coach at his alma mater, Gettysburg College. As defensive coordinator, he helped the Bullets to the 2002 national championship game. That season, Gettysburg was fourth in the country in goals-against average.

McGurn began his coaching career as an assistant at Lynchburg College. After two seasons there, he went on to be the defensive coordinator for three seasons at Franklin and Marshall College. He was apart of a staff that helped rebuild the Diplomat program and lead the team a 9-6 record in 2001 - its first winning season since 1996.

As a player, McGurn was a Division III first team All-America defenseman in

1995 after earning honorable mention recognition in 1994. He was a three-time all-conference selection and was team captain as a senior. In 2001, he was invited to try out for the 2002 U.S. World Team.

A native of Northbrook, Ill., McGurn earned his degree in history from Gettysburg in 1995. He is currently completing his master's degree in educational leadership from Lynchburg College.

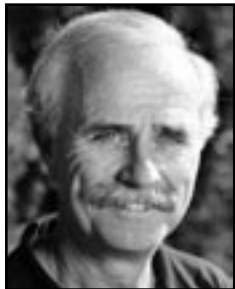


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2006 MARYLAND WOMEN'S LACROSSE

Team Consultant Dr. Jerry Lynch

11TH SEASON AT MARYLAND • ST. FRANCIS



Dr. Jerry Lynch is entering his 11th season as a spiritual advisor for the Maryland women's lacrosse team. He has over 20 years of experience who has worked with clients in the PGA, NFL and NBA, as well as numerous collegiate teams, many of which have either advance to the NCAA Final Four or have won NCAA titles.

Lynch runs the TaoSportsCenter for Athletic Development which is based in Santa Cruz, Calif. He has published seven books and has had 75 articles

published. One of his more recent books, Creative Coaching, deals with teaching athletes the skills, strategies, and discipline to help them succeed; while also helping to guide, encourage, respect, and inspire athletes.

After earning his bachelor's degree in English from St. Francis College, Lynch earned his master's degree in psychology from Penn State and his Ph.D. in psychology from the University of Pennsylvania. In addition, he earned a Ph.D. in comparative religions from the American College of Theology and a master's degree in family and child counseling from California.

Volunteer Assistant Liam Banks

FIRST SEASON AT MARYLAND • SYRACUSE '03



Liam Banks, a two-time All-American for the Syracuse Orange, is in his first season as a volunteer assistant for the women's lacrosse program. Banks is the brother of Terrapin assistant, Caitlin.

Banks currently plays professionally for the New Jersey Pride. He also runs LB3 Lacrosse Camps in eastern Pennsylvania, which focuses on skill development for players of all ages.

As a player, Banks led Syracuse to four Final Four appearances and was the NCAA Tournament MVP in helping the Orange to the title in 2000.

He was a member of the U.S. U-19 World Team and was recognized as All-World for his performance at that tournament in 1999.

Banks and his wife, Renee, reside in Pennsylvania with their two year old daughter Ryann.



Support Staff



Randy Eaton
Associate AD



Tom Divan
Facilities &
Operations



Barry Kagan
Strength &
Conditioning



Dena Freeman-
Patton
Academic
Support



Brett Tillett
Marketing



Sandy Worth
Athletic Trainer



Adam Zundell
Media Relations

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SPORTS

1

TEAM

W

LX

LACROSSE

150+

YEARS

