



Heather Stone
2nd Season
Head Volleyball Coach
W. Connecticut St. '94

Heather Stone finished her second season as head coach for the U.S. Merchant Marine Academy volleyball team. During her brief tenure, the Mariners twice finished runners-up to the Skyline Conference Championship and totaled a combined record of 33-25.

Stone also just completed her fifth season as the head coach of USMMA's softball program. The winningest coach in the team's 11-year history, she has compiled a record of 93-97-1. She led the team to back-to-back Skyline Conference Tournament titles and its only two NCAA Championship berths in 2003 and '04. Stone's softball teams have won 23-plus games for the last two seasons, including a program-record 28 wins in 2004. A two-time Skyline Conference Coach of the Year, she was also named the 2004 U.S. Merchant Marine Academy Coach of the Year. In 2005, USMMA bestowed its first Power of Inspiration Coaching Award on the New Hampshire native.

Prior to arriving at USMMA, the 1994 Western Connecticut State graduate was the assistant softball coach at BYU-Hawaii. She also served as an assistant coach for three seasons at Christopher Newport, and for one season at her alma mater. A member of the WCSU Athletic Hall of Fame, Stone held numerous offensive records upon graduation. She still holds the Colonials' career game-winning RBI record (10).



2005
VOLLEYBALL
QUICK FACTS

GENERAL INFORMATION

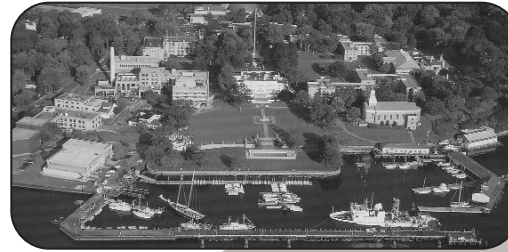
Name of School: U.S. Merchant Marine Academy
City/Zip Code: Kings Point, NY / 11024
Founded: 1943
Enrollment: 1,154
Nickname: Mariners
School Colors: Royal Blue & Gray
Arena: Liebertz Gym
Capacity: 1,211
Affiliation: NCAA, Division III
Conference: Skyline
Superintendent: Vice Admiral Joseph D. Stewart
Alma Mater: U.S. Naval Academy '64
Athletics Dir.: Sue Petersen Lubow
Alma Mater: Springfield College '75
Athletic Phone: 516-773-5859

HISTORY

First Year of Volleyball: 1980
All-Time Record: 310-213-5 (24 years/.587)
NCAA Post Season Appearances: 3



THIS IS KINGS POINT



The United States Merchant Marine Academy was dedicated on September 30, 1943, at the former Walter P. Chrysler estate in Kings Point, NY. World War II required the Academy to forgo normal operation and increase enrollment from 1,000 to 2,700 meeting the emergency personnel needs of the Merchant Marine. During World War II, 210 Midshipmen and graduates gave their lives in service to their country, and many other midshipmen and graduates survived the war at sea. Seven Midshipmen and one graduate were awarded the Distinguished Service Medal of the Merchant Marine, the nation's highest decoration for notable gallantry and devotion to duty. In the closing days of World War II, plans were formulated to establish a four-year, college-level program to meet the peacetime needs of the Merchant Marine.

The Academy's national value was once again recognized as it accelerated graduating classes during the Korean and Vietnam conflicts, and for its involvement in such programs as training officers of the first U.S. nuclear-powered merchant ship, the *Savannah*. Admission requirements were amended in 1974, and the Academy became the first federal service school to enroll women students. During the Persian Gulf conflict in early 1991, and for many months prior to the war, both Academy graduates and Midshipmen played key roles in the massive seallift of military supplies to the Middle East.

Kings Point, which is one of the five federal academies, has grown in stature and has become one of the world's foremost institutions in the field of maritime education. Midshipmen select their major course of study from among six major programs: Marine Transportation, Marine Operations and Technology, Marine Engineering, Marine Engineering Systems, Shipyard and Marine Engineering Management, and Logistics and Intermodal Transportation. Upon graduation, Midshipmen will receive a degree in their chosen major, a Coast Guard License to sail in the above capacities, and a commission as an Ensign in the United States Naval Reserve.

An integral part of the Academy curriculum is the training Midshipmen receive at sea. During their four years, Midshipmen spend approximately half of their sophomore and junior years aboard merchant vessels, sailing the trade routes of the world. This experience allows Midshipmen to explore the maritime field and travel the world.

Today, graduates are serving with distinction in all sectors of the maritime industry - as ship's officers, steamship company executives, admiralty lawyers, marine underwriters, naval architects, oceanographers, and career officers in the United States Navy, Coast Guard, Army, Air Force, and Marine Corps.

KINGS POINT
MARINERS
VOLLEYBALL

2005 Season Preview

The U.S. Merchant Marine Academy Women's Volleyball team had another successful campaign in 2004 as they recorded a 16-12 overall record, which included a 6-2 mark in league play, plus a trip to the championship match of the Skyline Conference Tournament. With the core of the 2004 squad returning in senior co-captains Holly Cummings and Janine Wachter and sophomore Kit Jablonski, the Mariners expect not only to return but win the Skyline Conference Championship and return to the NCAA Tournament for the first time since the 2000 season.

Wachter, a middle-blocker, is coming off a season that saw her named the 2004 Skyline Conference Player of the Year. She recorded an Academy record 435 digs and a team-leading 450 kills, 81 blocks and a .364 hitting percentage en route to additionally earning First-Team All-Skyline Conference honors. A native of Smithtown, New York, Wachter was twice named the Skyline Conference Player of the Week (Oct. 11 & 25).

Cummings, an outside-hitter, was also a First-Team All-Skyline Conference selection as she ranked second on the team in both digs (430) and kills (409). The Alexandria, Indiana native was also honored as the Skyline Conference Player of the Week on Oct. 4 and reached the milestone of her 1,000th career dig on Oct. 23 versus Clark (Mass.).

Jablonski returns for her sophomore campaign as the Mariners' starting setter. The Portland, Oregon native recorded 906 assists in 2004, amidst leading the team with 56 aces and ranking third on the team in digs (304) and kills (160). Jablonski was not too shabby a defender as well as she finished the year second with 31 blocks. She was a two-time Skyline Conference Rookie of the Week (Sept. 13, Oct. 11) and was named to the All-Skyline Conference Second Team.

Three additional returning players that will look to have an impact on the team are junior outside hitters Laura Fong, Elise Houston, and Jessica Familette, who Stone feels "are greatly improved in comparison to last season, and could be the first players off the bench."

Fong, in 22 games etched three kills on seven attempts and 12 digs, while Houston managed two kills and two digs in 13 games played.

Also returning are seniors Caroline Dunworth, Laura Anderson, and Veronica Galina. Dunworth, in 101 games played, finished out the 2004 campaign fourth in kills (111) and fifth in digs (190). She also tallied 32 assists and 28 service aces on the year.

Meanwhile, Anderson and Galina combined for 85

digs, six kills, three assists, and three service aces. Galina will act as the starting libero for the season.

The team also has a talented crop of freshmen, including potential starters in Becky LaQuey, Christina MacMillan, Clea Vragel, Lakendra Dawson, Ryan Colquhoun, Melissa Wallace and Cheryl Arnott.

The 2005 Volleyball Mariners will spend most of their time in pursuit of the coveted Skyline Championship trophy on the road with just nine home matches on the docket.

"The seniors are very determined to win the Skyline Conference Championship and get to the NCAA Tournament," said second-year head coach Heather Stone. "They would be the first group of seniors not to have played in the NCAA's in quite a while, and they're determined to make sure that does not happen."

2005 Season Recap

USMMA's hopes of making a trip to the NCAA Championships fell short one match for the second straight season in the Skyline Conference Championship game versus Stevens Institute of Technology. The third-seeded Mariners fell to the top-seeded Ducks, 3-0.

Kings Point concluded the season with a mark of 16-12. The Mariners did not earn a berth to the ECAC Championships, but had a successful season nonetheless.

After losing their first three matches to open the campaign, USMMA surged as one of the hottest teams in the nation via winning 10 of its next 11 matches.

The Mariners entered a tough stretch of games down the stretch finishing the regular season with a 5-7 mark to earn the third seed in the conference playoffs.

The Mariners avenged an early season loss to St. Joseph's before having their year come to an end in the championship.

In addition to earning First-Team All-Conference honors, Wachter was named Co-Skyline Player of the Year. Over the course of the season, she set the new mark for all-time kills, in addition to becoming the third member of the 1,000-1,000 club via eclipsing the 1,000 mark in the categories of kills and digs.

Cummings, also earned First-Team honors for her play over the course of the 2005 campaign. She became the second member of the 1,000-1,000 club eclipsing the mark in kills and digs as well. She holds the all-time digs record.

Meanwhile, Jablonski was named a Second-Team All-Conference member for her efforts over the course of the year.

USMMA All-Skyline Honorees



Janine Wachter had a tremendous season for the Mariners in leading USMMA to a 16-12 overall mark, including yet another trip to the Skyline Conference finals, in which Kings Point finished runners-up to Stevens Institute of Technology. En route to being named 2005 Co-Player of the Year and a First-Team All-Star, the Smithtown, New York

native paced the Mariners offensive attack all season long with a total of 416 kills and an attack percentage of .307. She also led the team's defensive effort with 458 digs and 82 blocks. Versus conference opponents, Wachter etched 101 kills on 221 attempts, 133 digs, 24 blocks and three assists.

Senior outside hitter Holly Cummings earned First-Team All-Conference honors for her outstanding effort over the course of the 2005 campaign. Cummings, the all-time digs record holder (1,508) totaled 363 kills on 909 attempts, along with 420 digs, 19 blocks and 23 assists. Against league opponents, Cummings notched 101 kills on 252 attempts, 118 digs, nine blocks and four assists.



Sophomore setter Kit Jablonski earned Second-Team honors for her performance over the course of the year. The Portland, Oregon native was responsible for assisting the Mariner hitters. In addition to her setting duties, she proved to be a complete player as she totaled 145 kills on 424 attempts, a team-best 647 assists, 351 digs and 42 blocks. She recorded 39 kills on 89 attempts, 141 assists, 95 digs and 12 blocks versus Skyline competition. Jablonski ranked third in the conference in assists per game (7.07).

2005 USMMA VOLLEYBALL ROSTER



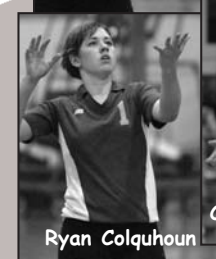
| No. | NAME | Pos | HL | CL | Hometown/High School |
|-----|---------------------|-------|------|----|----------------------------------|
| 00 | Lakendra Dawson | MB/OH | 5-7 | FR | Vanceboro, NC/W. Craven |
| 1 | Ryan Colquhoun | MB | 5-8 | FR | Spanaway, WA./Spanaway Lake |
| 2 | Clea Vragel | OP/S | 5-4 | FR | Evanston, IL/Evanston Township |
| 3 | Christine MacMillan | L/OP | 5-3 | FR | Lakehills, TX/Lady of the Hills |
| 4 | Kit Jablonski | S | 5-8 | SO | Portland, OR/Lincoln |
| 5 | Becky LaQuey | MB | 5-8 | FR | Kaufman, TX/Terrell |
| 6 | Jessica Familette | OH | 5-4 | JR | St. James, NY/Our Lady of Mercy |
| 7 | Veronica Galina | L | 5-4 | SR | Panama City, Panama/Panamericano |
| 8 | Laura Fong | OH | 5-6 | JR | Egg Harbor Twp., NJ/Egg Harbor |
| 9 | Holly Cummings | OH | 5-7 | SR | Alexandria, IN/Alexandria |
| 10 | Elise Houston | OH | 5-7 | JR | Cleveland, OH/Lake Catholic |
| 11 | Melissa Wallace | L/OP | 5-7 | FR | Crawfordville, FL/Wakulla |
| 13 | Janine Wachter | MB | 5-10 | SR | Smithtown, NY/Hauppauge |
| 14 | Cheryl Arnott | OH | 5-4 | FR | Schenectady, NY/Guelderland |
| 15 | Laura Anderson | DS | 5-8 | SR | Amado, AZ/Sahuarita |



Laura Fong



Lakendra Dawson



Ryan Colquhoun



Christine MacMillan