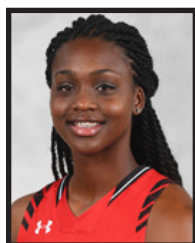




POSTGRADUATE SCHOLARSHIP 2019 HONOREES

JUSTINE LYON, DAVIDSON Women's Basketball | Durham, N.C. Public Health



Lyon, a Public Health major through the Center for Interdisciplinary Studies at Davidson, had an outstanding four-year career as she left her name scattered throughout the all-time record books. She finished ranked fifth all-time in scoring (1,442) and made free throws (293), while ranking in the top-15 all-time in eight other categories. Lyon had 72 double-figuring scoring games in her career, including 15 20-point outings and three 30-point games. The Durham, N.C. native was named the 2018-2019 A-10 Sixth Woman of the Year this

past season, while taking home the league's Most Improved Player award in 2016-17. Lyon was also honored with the team's Wildcat Award this year. Lyon, who was named to the 2017-18 A-10 Commissioner's Honor Roll, will attend UNC Charlotte this fall as a graduate student in Health Administration. Her career aspiration is to one day run a hospital.

Postgraduate School: Charlotte

TAYLOR VERNOT, DAYTON Women's Cross Country/Track & Field | Wauseon, Ohio Pre-Medicine



Vernot, an Atlantic 10 champion and school record holder in multiple events, earned A-10 All-Conference honors all four years competing in cross country for the Flyers. She was also a three-time member of the A-10 Women's Cross Country All-Academic Team (2016, 2017, 2018). Vernot was the 2018 A-10 individual champion, with the 10th fastest time in A-10 Women's Cross Country Championship history. She led the Flyers to the 2017 A-10 team title and went on to earn all-region honors at the 2017 NCAA Great Lakes Regional. She was also named to the NCAA Division I Women's All-Academic team for the

2017 cross country season by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). She was named to the 2018 A-10 Indoor Track and Field All-Academic Team, as well as the 2019 A-10 All-Academic Team for outdoor track. She won gold at the 2016 Atlantic 10 Outdoor Track & Field Championships in the 5000-meter run and was named the 2016 A-10 Outdoor Track and Field Most Outstanding Rookie Performer. She also won the individual title in the 5000-meter run at the 2018 Atlantic 10 Indoor Track and Field Championships. Vernot holds Dayton records in the indoor mile run, outdoor 5,000m run, and the 5k and 6k in cross country. She was the 2019 recipient of Dayton's Charles R. Kendall Award for Athletic and Academic Achievement, which recognizes an individual student-athlete who has demonstrated achievement in academic and athletic effort.

Postgraduate School: Kettering College of Medical Arts.

KIRSTEN HILLSLEY, DUQUESNE Women's Swimming & Diving | Port Matilda, Pa. Physician Assistant Studies



Hillsley helped Duquesne to back-to-back Atlantic 10 Women's Swimming and Diving championships in 2018 and 2019, the program's first two conference titles in program history, serving as a team captain as a senior this past season. Hillsley and the Dukes tallied a school record for points at the conference championship meet in each of the last two seasons. She posted a 12th-place mark in the 200-yard breaststroke for Duquesne at the 2018 championship meet with a personal best time followed by a 13th-place showing in the event

in 2019. Hillsley owns top-ten times in program history in both the 100 and 200-yard breaststrokes. She has recorded a 3.92 cumulative grade point average throughout her career with the Dukes as a member of Duquesne's Honors College. In addition, Hillsley was named to the Dean's List as well as the A-10 Commissioner's Honor Roll every semester throughout her career. She volunteers as a swim lesson instructor for children with disabilities over the last four years and also organizes the team's annual breast cancer awareness meet. Hillsley plans to continue her academic career in the physician assistant studies program here at Duquesne.

Postgraduate School: Duquesne

AMIE KO, FORDHAM Women's Swimming | Edison, N.J. Public Accountancy



Ko, a four-year A-10 Commissioner's Honor Roll member, capped her four-year career by placing 16th in the 400 IM and 22nd in the 200 IM at the 2019 Atlantic 10 Championships while also competing in the 200 breaststroke. She competed in all three events at each of the past three Atlantic 10 Championships. Ko is also active in service projects, participating in the Making Strides Against Breast Cancer Walk for the past four years in Central Park and participating in the team's annual Fundraiser/Treadathon for the International Water Safety Foundation, which helps teach kids to swim in Cambodia, for the past two years. She also volunteered in the "Saturday's in Motion" program in Basking Ridge, N.J., teaching children with autism how to swim.

Postgraduate School: Undecided

EMILY LITTELL, GEORGE MASON Women's Soccer | Leesburg, Va. Bioengineering



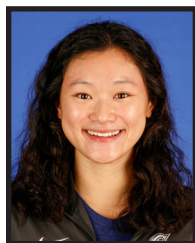
Littell, a Bioengineering major with a 3.99 GPA, was selected Academic All-America® each of the last two years. She earned A-10 Conference Second-Team honors in 2018, helping lead the Patriots to an 8-2-0 mark in Atlantic 10 play. A team captain for two years, she started all 81 games during her four-year career, fourth-most in program history. She recorded 11 goals and added 18 assists for 38 points during her Mason career and her 18 assists are tied for the eighth-most in program history. She was also selected Virginia Sports Information

Directors (VaSID) First Team All-State Midfielder in 2018. She earned A-10 All-Academic Team and A-10 Commissioner's Honor Roll every year at Mason. In the community, she served food and taught soccer with students at the team's adopted school, Braddock Elementary in Annandale.

Postgraduate School: Undecided

EMILY ZHANG, GEORGE WASHINGTON

Women's Swimming & Diving | Rockville, Md.
International Affairs & Geography



Zhang, a three-time All-Conference swimmer, recently received GW Athletics' Red Auerbach Award for well-rounded excellence. A member of GW's SAAC and Leadership Academy and two-time Arthur Ashe Jr. Sports Scholar, she has been recognized for her work in the classroom as an A-10 All-Academic pick and CSCAA Scholar All-American. In the community, Zhang has volunteered as a tutor at the Latino Student Fund, served as an adaptive swim instructor for children with special needs and assisted in the GW Office of Sustainability's Colonial Composting program. In the pool, she totaled

16 A-10 Championship medals over her career, including seven at her final conference meet in February to help the Colonials place second to equal their best finish in program history and improve their positioning in the team standings for the fourth straight season.

Postgraduate School: George Washington

MADISON KUCH, LA SALLE

Volleyball | Midland, Mich.
Integrated Science Business & Technology



Kuch, who was a four-year member of the La Salle University volleyball program, has been a member of the Atlantic 10's Commissioner's Honor Roll in each of the past three years. As a junior and senior, she earned Atlantic 10 All-Academic Team accolades and graduated maxima cum laude (the highest graduation honor) from the University earlier in May. During her final semester at La Salle, received a perfect 4.0 GPA. On the volleyball court, Kuch had an outstanding senior season as she helped the Explorers to their first-ever Atlantic 10

Tournament appearance. The 6-2 outside hitter ranked second on the team in kills per set (2.88) and had 22 kills with a .512 hitting percentage in La Salle's 3-1 victory over Duquesne in the A-10 quarterfinals.

Postgraduate School: South Carolina

ERIN DOSTER, MASSACHUSETTS

Women's Soccer | Okemos, Mich.
Kinesiology

This past fall, Erin Doster was the career-leading offensive player for women's soccer who helped the program have a turn-around season in 2018. Doster led the Minutewomen with career totals of 43 points on 15 goals, including 3 game-winners, and 13 assists. She punctuated her career with five goals as a senior and a career-best total of seven assists – the most for any player since 2007.



Twice in her career she led the team in total points, goals and assists. She helped transform the program from single digit wins over her first three years to 11 wins in 2018 – the most for the program since 2011. As a senior, Doster was a catalyst for an offense that posted its best numbers in each category since the 2000 and 2001 seasons. Off the field, Doster has worked as an Athletic Training Intern

for UMass Athletics. She also makes time to share her love for the game as a youth soccer coach and spending time as a Volunteer Coach For Special Olympics. With a 3.617 grade point average, Doster has been a Dean's List Member and an Atlantic 10 Commissioner's Honor Roll selection throughout her career as well.

Postgraduate School: Southern California

NICOLE PETTA, RHODE ISLAND

Women's Swimming & Diving | Endicott, N.Y.
Psychology



Petta, a team captain as a senior, was chosen as team MVP for two straight years and registered six career top three finishes at the Atlantic 10 Swimming & Diving Championship, setting school records in five of those performances. She made the NCAA B cut in the 100 breast stroke for three straight years and in 2018 also made the B cut in the 200 breast stroke. A URI Dean's List member and A-10 Commissioner's Honor Roll all four years, she was also a three-year member of the National Society of Collegiate Scholars. She was also voted to the Atlantic 10 Swimming & Diving All-Academic team

in 2017, and earned CSCAA Scholar All-American honors in 2017 and 2018. She assisted in teaching swimming to Special Olympics athletes, worked as an Education Intern for Student-Athletes abroad and assisted teachers in religious education classes.

Postgraduate School: Albany

MIA CASTAGNERO, RICHMOND

Women's Lacrosse | Apex, N.C.
Healthcare Studies & Psychology



A 2019 Atlantic 10 All-Academic Team honoree, Castagnero has been a standout performer both on and off the field for the Spiders. The Dean's List member and four-year A-10 Commissioner's Honor Roll honoree is a member of both the Senior Honors Program in Psychology and the Omicron Delta Kappa National Honors Leadership Society at Richmond. Castagnero also volunteered and mentored at the Anna Julia Cooper Episcopal Middle School, participated in the Spider Leadership Institute and served as a teaching assistant in the Richmond Healthcare Studies department. She was

named to the IWLCA/Zag Sports Division I Academic Honor Roll and served as a team captain for the Spiders as a senior, leading the team to its second-straight A-10 title and NCAA Tournament appearance. An A-10 All-Rookie team member in 2016, Castagnero battled through injury to earn A-10 All-Tournament Team honors in both 2018 and 2019, demonstrating leadership and determination through her four years on the field.

Postgraduate School: George Washington

SAM FULLER, ST. BONAVENTURE

Baseball | Mentor, Ohio
Biology & History



Fuller has served as the Bonnies' everyday starter in centerfield the past two years, appearing in 128 career games. He was at his best as a senior: This spring, Fuller led the team in batting average (.325), on-base percentage (.433), stolen bases (16) and runs (34). The Atlantic 10's leader in triples with seven, he also ranked in the league's top-15 in stolen bases (ninth), on-base percentage (14th) and batting average (15th). For his career, he finished with a .275 batting average along with a .380 on-base percentage and ranks second in program history for triples. In the classroom, he has excelled with

a 3.97 cumulative GPA that earned him CoSIDA Academic All-America honors last year and earlier this spring he was named Academic All-District for the second straight year. Following the season, he was named to the Atlantic 10 All-Academic Team for the second consecutive year as well. He was named one of 30 national nominees for the Senior CLASS Award for his efforts outside of athletics – he was active in University Ministries, serving as a lector, acolyte and Eucharistic minister.

Postgraduate School: George Washington



POSTGRADUATE SCHOLARSHIP 2019 HONOREES

REBECCA LANE, SAINT JOSEPH'S Women's Lacrosse | Melbourne, Australia Psychology



Lane, one of the most prolific scoring threats in Saint Joseph's women's lacrosse program history, graduates as SJU's program recordholder in career assists (84) and ranked second in career points (209) and fifth in career goals (125). She was selected to the 2018 Atlantic 10 All-Conference First Team, 2017 All-Conference Second Team, and 2016 All-Conference Rookie Team and All-Tournament Team and was tabbed the 2016 A-10 Rookie of the Year. Despite losing the majority of her senior season due to injury, she selflessly stepped up to lead the Hawks from the sideline. Lane also excelled

internationally, representing various Australian teams from an early age and, most recently, competing as a member of the Australian National Team at the 2017 FIL Women's World Cup. A two-year team captain for the Crimson and Gray, Lane earned spots on the A-10 Commissioner's Honor Roll for three years and SJU Athletic Directors Honor Roll for all four years.

Postgraduate School: Saint Joseph's

COLTON NETTLETON, SAINT LOUIS Cross Country/Track & Field | Spring, Texas Biology



Nettleton competed on the Saint Louis University cross country and track and field programs for four years. He was an integral part of Saint Louis' distance group. As a freshman in 2016, Nettleton anchored the Billikens' Sprint Medley Relay team that set the school record at the prestigious Drake Relays. The next year, he earned his first conference medal by finishing third in the 1,000 meters at the 2017 Atlantic 10 Indoor Track and Field Championships. Nettleton again won a conference medal at the 2018 Atlantic 10 Outdoor Track and Field Championships when he ran a leg on the Billikens' 4x800-

meter relay team that finished third. He earned a Bachelor of Science in Biology from Saint Louis University, was a three-time invitee to the annual Billikens' Straight A Celebration and is a member of the A-10 Commissioner's Honor Roll. Nettleton will be a Master's of Public Health / Global Environmental Health student at Emory University in Atlanta.

Postgraduate School: Emory University

KELLY GRAVES, VCU Women's Soccer | Springfield, Ill. Psychology



Graves represented the Black and Gold for four seasons. She graduated from VCU with a degree in Psychology with minors in Statistics and Finance. Her overall GPA of was one of the highest cumulative marks on a team that was awarded with the United States Soccer Coaches Team Academic Award. On the field, Graves helped lead the Rams to back to back Atlantic 10 Championship appearances, serving as a team captain for both squads (2017 & 2018). Additionally, Graves won both the team Offensive Player of the Year and Team MVP Awards following her sophomore season. An academic standout

during high school, Graves earned all-academic honors for three consecutive years before continuing to excel academically throughout college. A great leader on and off the field, Graves is a longstanding active volunteer at a food pantry in her hometown of Springfield.