

## Straight From the Coach

Q&A With UK Women's Golf Coach

# Myra Blackwelder

**Q. How would you assess your first season as head coach of the women's golf team?**

**A.** We had some real highlights, but we had some lowlights too. We had some euphoria and some disappointments and that's just sports. The main thing was that we asked the kids to sacrifice and work very hard which they did. We have a really good group of student-athletes. We're all very excited about the possibilities for next year. A lot of the players will be staying here for summer school, so we'll be able to work a lot on getting better. They've all got a pretty full tournament schedule. I feel like we can compete with any team. We've beaten some really good teams recently. We have to put those numbers up every day and become more consistent. Right now we're ranked 66th and my goal is to crack the top 40 next year. Then we could try for number 25. We're really close to doing that.



we compete on different grasses in the spring that we don't compete on here. But, it's very good for these kids to see both. It helps them develop as players. I just have to figure out how to better prepare them for their short games.

**Q. What are some of the changes that have occurred in collegiate women's golf between your playing days at UK and now?**

**A.** There have been a lot of changes. I like to tell our golfers that, when we played on that first team at UK, we didn't even have a Kentucky golf bag and we didn't have uniforms. They'd give us a sleeve of golf balls and that was basically it. We didn't have practice. We basically practiced on our own and it was up to us to get our games ready. There wasn't any organization to it. But back in the day, UK had as much budget to travel as any school. I think we even had more than anybody. In today's terms, we really wouldn't be sophisticated at all, but back then we had a great program. We had a great team all the years that I played. I think the worst we ever finished was 12th in the nation. We had a great experience. It was really a lot of fun. Things have come a long way. Today, women's golf is really sophisticated and the competition is fierce.

**Q. How important is it for you to have Kentucky natives coming to play for UK?**

**A.** One of the things I felt like Kentucky hadn't been doing was keeping its own best players. Our state has played a high level of golf, men's and women's, for decades.

For me, the key was to bring in those players. Every student-athlete in Kentucky really needs to be looking at us first, then out from there. I think Mallory (Blackwelder) has kind of begun that process now. Her contribution was that she was the 2005 state champion (in high school). So we need to have a tradition now that we have those players.

### The Blackwelder File



**Years at Kentucky:** 1  
**Alma Mater:** Kentucky, 1978  
**Playing Highlights:** Blackwelder was UK's first female athletic scholarship recipient. She won 10 collegiate titles and two Kentucky state amateur titles. Blackwelder spent 12 seasons on the LPGA tour, where she won Rolex Rookie of the Year in 1980. In 2000, she joined the LPGA Legends Tour.

**Coaching Career:** In just her first season at the helm, Blackwelder coached two top-five team finishes and four individuals to top-10 finishes. The team's opening round score of 290 at the Mason Rudolph Invitational was the best team round in UK history since 1984.



## Student-Athlete Welfare Issues: TIME DEMANDS

Part 2 of a 4-part series

**W**hen people hear the term "NCAA," they often think of an organization with a lot of restrictive rules. While enforcement is a part of the NCAA, it is not the only part. The NCAA also protects student-athletes by addressing student-athlete welfare issues. Last issue, we explored health and nutrition. In this issue of *The Blueprint*, we will look at the time demands of student-athletes.

During the declared playing season, student-athletes are not permitted to participate in countable athletically-related activities for more than 20 hours per week. Under these guidelines, student-athletes may not practice more than four hours a day and must have at least one calendar day off a week. A day of competition counts as a three-hour day, regardless of the actual length of the competition.

Outside the declared playing season and during the academic year, the rules are more strict. Student-athletes may participate in a maximum of eight hours a week of countable athletically related activities. In addition, student-athletes must have at least two calendar days off per week. In sports other than football, up to two hours of required skill instruction is permitted. In football, game film can be reviewed in lieu of individual skill instruction for a maximum of two hours per week.

During the summer, all activities performed by student-ath-

letes must be voluntary. In order for an activity to be considered voluntary, all of the following conditions must be met:

- The student-athlete must not be required to report back to a coach or other athletics department staff member any information related to the activity;
- The activity must be initiated and requested solely by the student-athlete. Neither the institution or any athletics department staff member may require the student-athlete to participate in the activity;
- The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and
- The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, the institution may not provide recognition or incentives (i.e., awards) to a student-athlete based on his or her attendance or performance in the activity.

If you have any questions concerning compliance, please call the **UK Compliance Office** at (859) 257-8604 or the confidential **ComplyCat Line** at (877) 898-6072.

**Go Cats!**

Compliance Corner with Heather McAtee

## CROSS COUNTRY

Second-year Kentucky head coach John Mortimer is excited about the 2008 season as both Wildcat teams return veteran squads this fall.

The UK women's squad was a bubble team for the 2007 NCAA Championships after placing fourth in the Southeast Regional. The Cats lose just one runner from that team and will be led by senior All-Region selections Jessica Ortman and Andrea Halasek.

"On the women's side, we return eight of our top nine runners," Mortimer said, "and we have a stellar freshman coming in. Our team goals are to crack the top three in the SEC, become a top-20 team and race in the National Championships. Each one of the eight girls has made significant improvements. They just need to stay healthy and motivated."

The UK men's team returns a lot of youth with a sophomore-heavy team, led by All-SEC Freshman Team selection Adam Henken. Seniors Chris Long and Bruce Hordusky will lead the young squad this fall.

"For the men, Henken will have a lot more impact as a team leader," said Mortimer. "We also return a healthy Bruce Hordusky, who improved his times over a minute and a half from his sophomore year last season. His leadership will be invaluable. Senior Chris Long also returns as one of our most consistent scorers from a year ago. Our goal is to finish in the top five at the SEC meet and in the top six at the regional."

Entering his second season at Kentucky, Mortimer believes he has acquired a lot of knowledge about his runners since coming to UK last August.

"Over the last year," he says, "I have learned a lot about each one of these kids and learned what makes them tick, what motivates them and their strengths and weaknesses."



Jessica Ortman

## MEN'S SOCCER

With 21 wins over the past two years, the Kentucky soccer team will take the pitch for its 18th season in August, seeking to maintain positive momentum and build upon a strong finish to the 2007 season.

Kentucky finished the 2007 campaign with a 7-10-2 record, including a 5-3 mark in one of the top conferences in college soccer, Conference USA. The Wildcats battled a serious rash of injuries, at times missing as many as 13 members from its regular playing rotation. As UK started to regain its health and get more of its experienced roster back on the field, the Wildcats posted wins in six of their final 10 games, including the first win over a top-ranked foe in program history.

UK's win over No. 1 SMU was the highlight of the season, as UK rallied from behind to take a 2-1 win. Tim Crone was the hero of the game offensively, coming off the bench to net the two game-winning goals.

Goalkeeper Dan Williams was one of the key cogs in the Wildcat defense during the year, providing a steady and experienced hand in goal. Williams started all 19 games, saving 71 shots.



### UK INVITATIONAL (August 29-31)

29	UK vs. Central Arkansas	7:30 pm
31	UK vs. Detroit	2:30 pm

UK returns one of the top players in NCAA soccer, junior defender Barry Rice. Rice, the 2007 C-USA Defensive Player of the Year, led the Wildcats in nearly every statistical category, including goals (7), points (15), game-winning goals (3) and minutes played (1642). Rice will be joined by fellow all-conference honorees Masumi Turnbull and freshman C-USA team member C.J. Tappel, who will anchor a veteran team in 2008. Turnbull, a two-time member of the all-conference team, led the Wildcats with seven assists in 2007, starting 18 games with a goal in 1552 minutes played.

Despite losing seniors Andrew Alexander, Adam Midkiff, Aaron Swanson and Nathan Marks, UK will rely on veterans Stephen Beiro (So., D), Tyler Burns (So., F), Jase Griffiths (Jr., MF), Chad Hagerty (Jr., MF), Mark Halma (Jr., F), Jirijoonas Kanth (So., MF), Bingy Lara (Sr., MF) and Matt Weiler (Jr., D) to provide experienced leadership.

Kentucky opens its season against Central Arkansas on August 29 in the first round of the University of Kentucky Invitational at the UK Soccer Complex.

## WOMEN'S SOCCER

Only two years removed from their 2006 SEC Tournament Championship, the Wildcats are looking to return to form after a first-round exit in the 2007 SEC Tournament. The Wildcats hope to contend not only in the SEC, but also nationally as they vie for their eighth appearance in the NCAA Tournament. After losing six seniors off last year's team, head coach Warren Lipka is counting on a core group of veterans and a number of promising newcomers to lead them to victory in 2008.

"Our expectation every year is to try to win our conference. If you win your conference or finish in the top four of this conference, you are going to go to the NCAA Tournament," Lipka said. "We haven't won an NCAA game here yet and our players want to play beyond November. I think having a young team gives you more of a desire to want to play far into the NCAA tournament. We have an opportunity, with the athleticism we have on our team, to do some good things this season."

In order to return to NCAA play, the Wildcats will rely heavily offensively on forward Giuleana Lopez, who was the leading goal scorer on the 2006 SEC Championship team. Lopez is returning from an ACL injury that kept her out of the entire 2007 season. The improvement of the midfield during the spring season, highlighted by the play of Rachel Ulrich and Nicola Holdsworth, will also be a key building block for a successful fall campaign.

The staple of the Wildcats through the years has been their defense, and this season will be no different. UK returns its full complement of defensive starters, a unit that has played together for the better part of the last two seasons. With an experienced defensive line and a seasoned goalkeeper in second-year starter Sydney Hiance, the Wildcats look poised to make a deep postseason run.

Among the newcomers expected to push for playing time are goalkeeper Laura Burton, forwards Emily Rogers and Ashley James as well as multi-dimensional player Jenna Goblirsch, the 2008 Kentucky state player of the year.

Home Opener

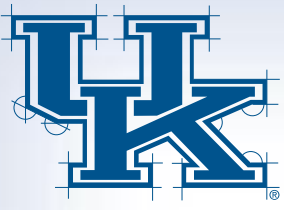
7 pm  
Aug. 28  
vs.  
TEXAS



Nicola Holdsworth



Barry Rice pumps up the crowd at the UK Soccer Complex.



## Meet the Cats

### LAUREN RAPP

**CLASS:** Sophomore **SPORT:** Volleyball

**G**et accepted to college – check. Move to a new state – check. Become a collegiate athlete – check. Take on a position change – check. Become a starter – check. Have an impact on the successful UK volleyball team as a first-year player – check.

If sophomore volleyball player Lauren Rapp had been making a checklist of “to do’s” for her first season in the Blue and White, it may have looked something like that. As a freshman, the native of Indianapolis, Ind., became more than a fixture in the UK lineup in 2007 (seeing action in every match). She became a “go-to player.”

Rapp was named to the All-SEC Freshman team and took home SEC Freshman of the Week honors three times during the season. Under head coach Craig Skinner, she helped the Wildcats take home an SEC-leading four weekly freshman honors on the season.

Rapp, who played middle blocker in high school, was shifted to the right side upon her arrival at UK and quickly excelled. She led the team with 39 serving aces and was the third-leading attacker on the team, averaging more than two kills a game. She was second on the team with 60 assists and third with 136 blocks. She may have been most instrumental in helping Kentucky sweep Tennessee for the second-consecutive season when she posted a career-high 16 kills, five blocks and seven digs in a 3-1 UK triumph.

The rising sophomore will be asked to add to her offensive and defensive production in 2008 in order to help the Wildcats make their fourth-consecutive appearance in the NCAA tournament.

#### **The Rapp File**

**Favorite place to vacation:** Sanibel, Fla.

**My advice to youngsters is:** Study hard and play as much as possible

**Most memorable sports moment:** Coming back to beat Tennessee when we were down two games to none

**My hidden talent is:** I used to tap dance, but when I started playing volleyball I could no longer dance.

**Favorite home-cooked meal:** Chicken and Dumplings



### BARRY RICE

**CLASS:** Junior **SPORT:** Soccer

**B**arry Rice, the 2007 Conference USA Defensive Player of the Year, returns to the Kentucky soccer team in 2008 with an eye toward continuing the success of the last two seasons.

A native of Parma, Ohio, the physical and athletically-gifted 5-11 defender came to Lexington in 2006 as a high school All-American with a winning background.

He immediately factored into the UK lineup as a freshman, playing in all 21 games and tallying one goal and five assists. His play, which earned him C-USA All-Freshman and All-Tournament honors, was instrumental in leading Kentucky to one of its most successful campaigns in program history. Overall, the Wildcats posted 14 wins, climbed as high as No. 14 in the national rankings, and finished among the NCAA statistical leaders in goals scored and fewest goals against.

With goal-scoring threats Riley O’Neill and Michael D’Agostino departing for European professional soccer in 2007, Rice stepped up as a sophomore to lead a young Wildcat offense from his defender post. The C-USA first-team selection led the team in nearly every statistical category, including goals (7), points (15) and minutes played (1,642), and averaged a league-leading 1.36 points per game. Of Rice’s seven goals, six came in the form of headers (the other came off a free kick) and three were game winners.

By far, however, the highlight of the 2007 season for Rice and his teammates came when the Wildcats sprung a come-from-behind 2-1 win over No. 1 ranked SMU—UK’s first victory over a top-ranked foe in program history. Kentucky started the season 1-5-2, before running off a 5-3 record in the rugged C-USA, posting wins in six of its last 10 games.

#### **The Rice File**

**Who would you most like to meet?** Ronaldinho or Leo Messi

**Favorite place to vacation:** Hilton Head Island, S.C.

**Favorite TV Show:** *Smallville* or *Fresh Prince of Bel-Air*

**Most memorable sports moment:** Winning a state and national championship in high school

**How would you like to be remembered at UK when your college career is over?** As the best soccer player to ever play at UK



### ANDREW ROLAND

**CLASS:** Senior **SPORT:** Rifle

**T**wo thousand three hundred ninety one miles from home would seem like a long way for most college students. Not so for Kentucky rifle senior Andrew Roland, who has found a home on the range in Lexington, Ky., becoming one of the top college shooters in the nation.

Specializing in the smallbore rifle, Roland has posted stellar scores since arriving in Lexington from Lake Oswego, Ore., as a freshman in 2005-06. Roland, a three-time All-American, has excelled through an outstanding work ethic and a burning desire to improve, both on the range and in the classroom.

Roland has earned Academic All-America honors during his career, in addition to claiming All-Great American Rifle Conference accolades. During the summer, Roland will represent the University of Kentucky at the NCAA Leadership Conference, one of only a handful of student-athletes selected for such an honor.

Roland finished the 2006-07 season with a 576.1 average in smallbore, the third best on the team. During the 2007-08 campaign, Roland posted a season-best 585 in smallbore while leading UK to an upset win over the three-time NCAA Champion Alaska-Fairbanks. Roland finished with a 12-match average of 578.6 in smallbore, an improvement from his 2006-07 average of 575.8.

“Andrew Roland is a tremendous leader with an amazing work ethic,” head rifle coach Harry Mullins said. “Not only is he one of the best shooters in the nation but he has the same passion for excellence in the classroom, with nearly perfect grades throughout his academic career. While his shooting strength is in smallbore competition, we expect to see some strong things in both guns from Andrew during his senior year.”

#### **The Roland File**

**Most memorable sports moment:** Shooting a 587 smallbore against Army (2008)

**My advice to youngsters is:** A strong work ethic is a valuable virtue—it speaks volumes about your character. Never give in to laziness.

**My hidden talent is:** Cooking

**Favorite way to relax:** Fishing and eating gourmet

**How would you like to be remembered at UK when your college career is over?**

As a hard-working captain who helped the younger shooters succeed in life and in sport. I would like to be that positive role model that others look up to for years to come.



## KATE HUGHES

CLASS: Senior SPORT: Soccer

Senior defender Kate Hughes has been an instrumental part of the Wildcats' defensive intensity over the past three years. She played in all 21 games for UK, including 13 starts, in her freshman season in 2005. Known as a defensive stopper, Hughes also flexed her offensive muscle, tying for third on the team with five goals. She became the third player in UK history to record a hat trick, doing so against Bellarmine.

In 2006, her sophomore season, the 5-9 native of Brentwood, Tenn., helped the Wildcats post a school record 14 shutouts as well as finish the season on top of the SEC in fewest goals allowed with 15. She started 23 of UK's 24 matches and scored the game-winning goal in UK's win over Arkansas.

Last season, Hughes, who started all 19 games she played in, maintained her defensive presence by helping the Wildcats record seven shutouts. She also continued her aggressiveness on the offensive end, netting three goals, tied for the second most on the team, including the golden goal in a 2-1 double-overtime win at Marshall.

Hughes enters her senior season with 64 games under her belt, putting her in position to finish her career on UK's all-time top-five list for games played.

### The Hughes File

**Who would you most like to meet?** Vince Vaughn

**Most memorable sports moment:** When we won the SEC Tournament in 2006

**My hidden talent is:** I can juggle flaming batons

**How would you like to be remembered at UK when your college career is over?** As someone who worked hard and always had a positive attitude

**Favorite home-cooked meal:** Pasta chi chi



## ANDREA HALASEK

CLASS: Senior SPORT: Cross Country

After persevering through three coaching changes in three years, Andrea Halasek is looking forward to some stability going into her final year of cross country.

Halasek is optimistic that the women's squad will be able to build upon its fourth-place finish at the NCAA Southeast Cross Country Regional last fall and turn the 2008 season into the best since UK's 1988 National Championship run.

"I think we're going to have a really good year with all of our girls except Lavera (Morris) coming back," said Halasek. "I think, if we can all pull together, we could have a really good year and compete in the NCAA Championships and do really well at the SEC meet."

To help the team reach its goals, the distance specialist from Georgetown, Ky., says it's important for her, as a veteran leader, to keep her teammates motivated and upbeat during training runs.

"I'm probably the one that keeps everyone positive running out here in the hot summer sun. At practice, because we have so many good people at such a high level, when you have a bad day there could be seven girls flying in front of you. So I try to keep everyone positive and working together."

### The Halasek File

**Who would you most like to meet?** Lance Armstrong

**Favorite place to vacation:** Ocean City, N.J., on the beach

**Most memorable sports moment:** Running in the SEC cross country championship meet last year at the Horse Park in Lexington

**My hidden talent is:** I can play golf. I played on the golf team in high school.

**Favorite home-cooked meal:** When I was little, my grandmother always used to make gravy for me in the morning. Whenever I visited, I could smell the gravy when I woke up, and now my mom makes it for me. We used to have eggs, toast and the gravy with beef in it.



## TIM MASTHAY

CLASS: Senior SPORT: Football

Wildcat punter Tim Masthay proudly displays a tattoo of his home state of Kentucky on his right arm but his loyalties reach far beyond the Commonwealth's lines. He holds a passion in his heart for the people of the world. This passion led the Murray, Ky., native on an educational and service trip to the African country of Ghana in May.

"I have an interest in serving other people and my country," said Masthay, a senior economics major whose goal is to one day serve in the Peace Corps. "I knew this trip would be a great learning experience and would make me a better citizen and person. You think you have an idea of what poverty is and what's happening in Africa but until you smell the smells, hear the sounds and taste the tastes, you don't really know."

The two-week trip was sponsored by the UK Education Abroad program and led by Dr. Kwaku Addo, associate dean of the UK Graduate School. The group of approximately 10 students from UK and Prairie View A&M University in Texas went on a study tour that involved visiting landmarks and learning the culture of Ghana. They also participated in a service project at a school and an orphanage.

"Talking to the people was fascinating," Masthay said. "They have a strong desire to provide for their families and they yearn for education. One of my friends asked a middle-school age girl if she liked going to school and she said, 'I like school like I like water.' Guys my age were working small jobs just to save money to go to school. At the university, dorm rooms were as big as ours at UK but 10 people would share a room. It makes you realize the opportunity we have here."

To read more about Masthay's journey to Ghana, check out [UKathletics.com](http://UKathletics.com).

### The Masthay File

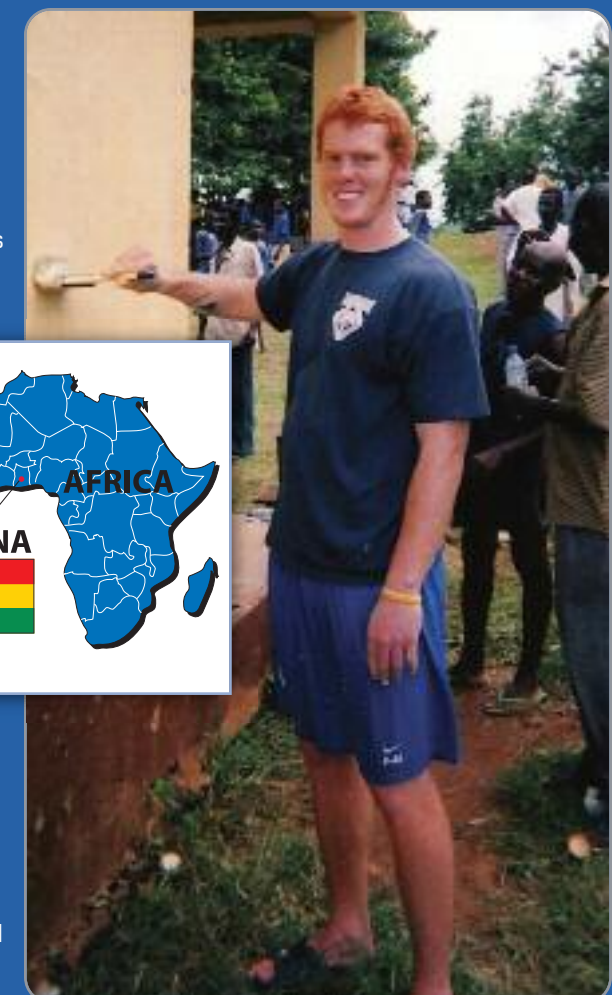
**Favorite place to vacation:** San Diego, Calif.

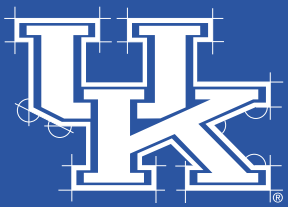
**Most memorable sports moment:** The everyday rigors of working out with my teammates

**If you won the lottery, what is the first thing you would buy?** Whatever my mom wants

**My advice to youngsters is:** Work diligently, never stop dreaming and always believe in yourself

**How would you like to be remembered at UK when your college career is over?** That I worked as hard as I could and tried to represent UK the best I could





# A Night at the CATSPYS

Laughter, tears, Wildcat pride and high fashion. It was all on display at the sixth annual CATSPY Awards, held in April to recognize the many achievements of UK student-athletes, coaches and staff during the 2007-08 season. The evening of celebration officially began with dinner and live music in the Joe Craft Center, followed by the awards show in Memorial Coliseum. ESPN's Jay Crawford and Christi Thomas of WKYT-TV (Lexington) co-hosted the popular event, which is sponsored by UK Athletics and Fifth-Third Bank.

A total of seven teams and 25 individuals received 2008 CATSPY Awards. Among the individual winners were: football teammates tight end Jacob Tamme and linebacker Wesley Woodyard ("Mr. Wildcat"); gymnast Crissy Cannon ("Miss Wildcat"); rifle team member Jennifer Pason (K-Association Female Athlete of the Year); and All-SEC quarterback André Woodson, who was named the K-Association Male Athlete of the Year for the



second consecutive year. Beth Felts (women's golf), Chelsea Chowning (women's basketball), Collin Cowgill (baseball) and Tamme all received Scholar-Athlete of the Year Awards.

The football and women's tennis teams received the Male and Female Team of the Year awards, respectively, for their achievements in 2007. The football team posted some of the most exciting wins in school history last fall—including a victory over eventual national champion LSU—while winning back-to-back bowl games for only the second time ever. The women's tennis squad made its 11th-consecutive appearance in the NCAA Tournament and finished in the nation's top-35 rankings for the 10th straight season. CATSPY trophies for Male and Female Academic Teams of the Year were given to men's soccer and women's soccer, respectively.



"I just try to go about things and do things the right way on a daily basis. It's nice to get recognized, and I feel privileged. There are a hundred other people who could have gotten this [award] just as easily."  
— Andrew Albers, Baseball; Character Award



"I enjoy seeing everyone dressed up. Around campus you usually see everyone wearing their sweats."  
— Sarah Elliott, Women's Basketball



"To receive an award with Bill Keightley's name on it is just crazy. It's beyond words, indescribable, really. He was a true friend and I learned a lot from him over the years."  
— Zack Murphy, Men's Basketball; Bill Keightley "Assist Award"





"I'm really honored. I know that there's almost 500 student athletes out there who work really hard in the classroom and on the court, and so to be given this honor is just tremendous."  
 — Chelsea Chowning, Women's Basketball; Female Scholar Athlete of the Year



**FOOTBALL; Male Team of the Year**

**SOCCKER; Male Academic Team of the Year**



The CATSPY for Lifetime Achievement was presented to John Cropp, UK Associate Director of Athletics, in recognition of his decades of service as a coach and administrator, including the last 17 years at Kentucky. Fighting back a rush of emotion, Cropp said, "This was certainly unexpected. There have been so many great people (who have won this award) before me. It's a great honor to be in the same company as a Bill Keightley (2005 winner) or a Sandy Bell (2006) or a Dr. Lee Todd, Jr. (2007)."

A new CATSPY, the Bill Keightley "Assist Award" was introduced in memory of UK's long-time basketball equipment manager — affectionately known as "Mr. Wildcat" — who passed away in March. The award will go each year to a non-athlete who exemplifies the selflessness, kindheartedness, and work ethic represented by its namesake. Keightley's daughter, Karen, presented the inaugural award to men's basketball managers Zach Murphy and Will Herschelman.

The athletics department also paid special tribute to the life and contributions of Kentucky diving coach Mike Lyden, who passed away in April after a courageous battle with cancer. In his closing remarks, UK Athletics Director Mitch Barnhart announced that—going forward—the UK Courage Award (which Lyden won in 2006) would be renamed the Mike Lyden Courage Award and presented at future CATSPY events as deemed deserving.

For a complete listing of 2008 CATSPY award winners, as well as photos and video from the event, go to [UKathletics.com](http://UKathletics.com).



**TENNIS; Female Team of the Year**



**SOCCKER; Female Academic Team of the Year**

"The CATSPYS is a big deal. The people that are in charge of it do a good job of making smaller sports feel like the bigger sports."  
 — Heather Hite, Gymnastics; Female Play of the Year

"The effort that Mitch and the entire athletics department put into making this a first-class event is remarkable. I've been at some really nice places and there's really no event like this in the country... It's a credit to Mitch's vision to create a truly special night for the athletes. It just keeps getting better and better every time I come to one."  
 — Head Coach, Matthew Mitchell, Women's Basketball



"Mitch Barnhart told me he wanted me to come to the show. I figured if he asked me to come, I had to go all out.... I went to Dawhars and picked out a suit trying to look 'fly.'"  
 — Wesley Woodyard, Football; Mr. Wildcat

