

## Straight From the Coach

# Q&A With UK Women's Tennis Coach Carlos A. Drada

**Q. After enjoying an outstanding tennis career at Kentucky and later serving as an assistant coach for the UK women's tennis team from 2001-05, you were elevated to head women's tennis coach before the start of the 2005-06 campaign. Looking back at last year, how would you assess your first season as a Division I head coach?**

**A.** It has definitely been a huge learning experience for the team and me. The girls were very receptive and open-minded to my coaching philosophies. In some ways, I was a new coach, but in other ways the players were already familiar with me. We have learned a lot from each other. Early on, we realized we all wanted what was best for the team. We all understood that the team was more important than each individual member. Everybody on the team has contributed tremendously, from our No. 1 player, Kim Coventry, to our No. 3 doubles player, Caroline Winebrenner. Each member of the team has been great at implementing strategies under great pressure. Our assistant coach, David Vest, also helped tremendously. He is a great motivator and relates his messages well. That helps the team because it balances what they hear from high-intensity coaches like me.



**Q. What was your biggest challenge last season, from a personal standpoint?**

**A.** In making the transition from an assistant to a head coach, I found the biggest challenge was adjusting to the amount of information I am involved with on a regular basis. I had to balance attention to detail in the office with the same level of on-court time and intensity that I know are imperative for a successful team.

**Q. What is your reaction to having six of your athletes earn All-SEC honors in 2005-06?**

**A.** I always think how lucky I am, because not a lot of coaches get to experience that in their coaching careers and I did

in my first year. It is a real testament to what a special group of women we have and what hard workers they are. I'm glad it happened to them because they deserve those honors. It's going to help motivate them for next year because they realize that we can accomplish even greater things as a team.

**Q. What are your expectations for the team as you look ahead to the 2006-07 season?**

**A.** The main thing right now is to learn from this year. We can reach our dreams if we have the right

focus and determination. We have the talent and we have players who are driven to accomplish our team goals. I always believed—when I took this job—that the core of this team is our rising senior class for this upcoming season. Lara (Maurer), Joelle (Schwenk), Kim (Coventry) and Caroline (Winebrenner) have been tremendous contributors. We have to make sure we don't become mentally stagnant and settle for anything less than our best efforts.

**Q. Do you have any plans for the summer?**

**A.** This summer I'm looking to recruit more players. I'm going to take a few key recruiting trips and perhaps, if there is any time left, I will take a vacation.

### The Drada File

**Hometown:** Cali, Colombia

**Competitive Highlights:** 1997-2000 UK letter winner; 2000 Singles Championship Runner-up; 2000 NCAA All-American; 2000

Davis Cup Member; Posted a career singles record of 91-56 as a Wildcat; defeated two consensus No. 1 players in James Blake of Harvard ('99) and Florida's Jeff Morrison (twice in 2000).

**Coaching Highlights:** Led UK women's tennis team to a 19-10 record (8-3 SEC), the finals of the SEC Tournament and the NCAA Round of 16 in his first season as head coach; UK assistant women's tennis coach from 2002-05; named ITA National Assistant Coach of the Year in 2005 after UK won SEC title and reached NCAA quarterfinals.



## Practice Facility Update

### Taking Shape

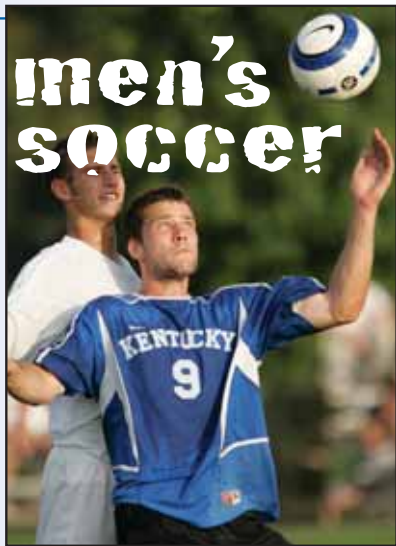


Already beginning to closely resemble the artist's rendering (inset) as of late spring, UK's new multi-purpose athletic practice facility is on schedule to be completed in late December 2006. Promising to play a central role in the development of UK student-athletes, the facility will create over 100,000-square feet of new practice, training and office space for the men's and women's basketball programs. It will also house new locker rooms and coaches' offices for other sports, such as volleyball and gymnastics.



## 2006 Fall Sport Previews

### men's soccer



A quick glance at what the UK men's soccer team loses from its 2005 team would make a fan wonder how the Wildcats' defense will be in the upcoming year. Kentucky lost its all-time saves leader, goalkeeper Andy Gruenebaum, as well as back-to-back first-team all-conference defenders Brandon Stewart and Thomas Senecal.

Fans shouldn't worry, however. Waiting in the wings is a talented group ready to step up and form the brick-wall defense for which UK is known. Stepping in

between the pipes is sophomore transfer Matt Troop, who was a freshman All-American at Dayton before moving to the Bluegrass.

Troop will be bolstered by a back line led by senior Nathan Li, a model of consistency who has represented his native Canada on an international level. Late in the year, Andrew Alexander and Nathan Marks moved to the back and the trio formed a formidable back row, while Thomas Senecal took over in the midfield. Add to that a crew of highly-touted incoming freshmen, along with head coach Ian Collins' penchant for a lockdown defense, and UK should contribute to a lot of zeros in its opponents' scoring columns.

The midfield and front line return UK's most dynamic playmakers in senior Riley O'Neill as well as juniors Michael D'Agostino and Michael Strong. O'Neill is a dominant force on the front line and, now completely healthy, has the ability to dominate a game from a striker position.

Strong and D'Agostino have each shown flashes of brilliance and can play either up front or in the middle. With tremendous speed and skill, the duo is constantly putting pressure on the opposition.

There is no doubt that 2006 will be a transition year for Kentucky as the Wildcats lost three four-year starters. The talented nucleus returning should make that transition a smooth one, however, and help UK make a run to the top of a balanced Conference USA. Kentucky opens its season Friday, Aug. 25 with a 5 p.m. match in the UK Invitational.

### women's soccer

With 16 returning letter winners and the addition of nine talented newcomers, the Kentucky women's soccer team looks to build on the success of last season as it heads into the 2006 campaign.

After posting an 8-6-7 record last season, the Wildcats have worked on improving in a number of areas, including an emphasis on the defensive side of the ball. A strong spring season gives 15th-year head coach Warren Lipka much optimism heading into next season.

"We accomplished a lot in the spring," said Lipka, who has compiled a 153-113-22 record in his 14-year tenure. "We had four freshmen starting in the back in the spring and that gave them a lot of experience. We focused on the defensive side in the spring, and we'll be looking to build on our attack in August when the players return. I have high expectations for this team in the fall."

Kentucky returns four of its top five scorers from a year ago, including junior midfielder Sarah Gaunt, who was second on the team with six goals to complement four assists. Junior forward Callie Lanphier (five goals, four assists), sophomore Nicola Holdsworth (five goals, three assists) and sophomore forward Kate Hughes (five goals) all return to anchor the UK lineup.

The Wildcats bring in nine freshmen to strengthen their existing lineup. The signing class includes forward Cindy Abbott, goalkeeper Laura Baker, midfielder/defender Holly Cento, forward/defender Katie Fahey, defender Jordan Flad, defender/midfielder Julie Hull, forward Stefani Kildare, forward Giuleana Lopez and midfielder Ashley Stack.

"Like every class, we try to fill holes and fill spots that will make a difference in our program," Lipka said. "We feel like we have accomplished that goal with this group. We expect several to contribute immediately and they should all complement our returning players very well."

The Wildcats open their 2006 slate August 25 when they travel to Cincinnati, Ohio, to face the Bearcats. The home opener is scheduled for Friday, Sept. 1, when the Cats host Eastern Kentucky at 7:30 p.m.



### volleyball



Coming off one of its finest seasons in recent history, the UK Volleyball team looks to continue its current success heading into the 2006 campaign. Last season, the Wildcats compiled their best record (17-12) and first NCAA appearance since 1993.

"Last season, we faced a lot of challenges and hurdles, but our players never backed down," said UK head coach Craig Skinner—the 2005 SEC Coach of the Year. "They were always ready to play and worked hard to reach their goals. It is an exciting time to be a part of Kentucky Athletics. We are looking forward to next season and reaching our goal of winning an SEC Championship."

The Wildcats return nine letter-winners for the upcoming season,

including seniors Jenni Casper, Julie Gagnon and Melissa Popp. Casper is the reigning 2005 Southeastern Conference Defensive Player of the Year. The Cats lose seniors Amy Kaplan, Leigh Marcum and Danielle Wallace from last year's squad, which finished fourth in the SEC.

Casper is the all-time digs leader at UK, having posted 1,474 scoops in her career. She will anchor a solid defense that is complemented by a number of talented offensive performers. Sophomore Queen Nzenwa is the Wildcats' top returning hitter from last season, posting 232 kills on .272 hitting a year ago. The Baltimore, Md., native also led the Cats with 145 blocks, including 19 block solos.

Kentucky opens its 2006 slate on Tuesday, Aug. 29, when it plays host to intra-state rival Western Kentucky in Memorial Coliseum.



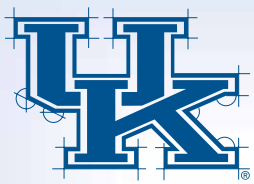
Following its 2005 campaign, the Kentucky cross country program made headlines in June with the high-profile hiring of UK assistant track & field coach Pat Tyson to oversee both the men's and women's cross country squads.

### cross country

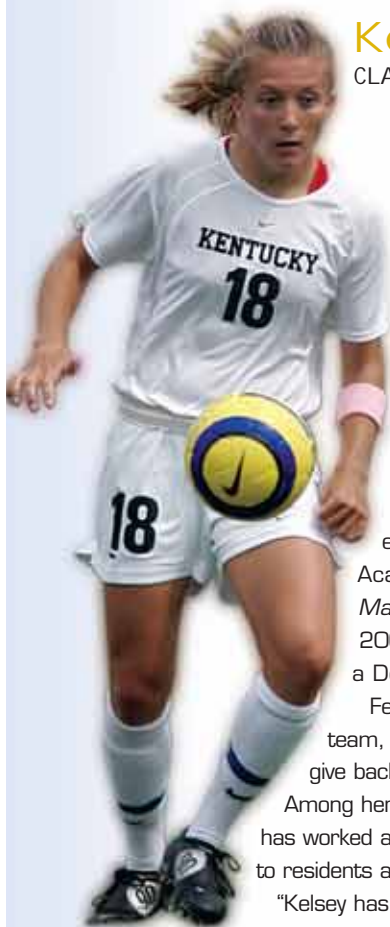
Tyson comes to Lexington with a stout resume, having served as the head coach of perennial power Mead High School (Wash.) and as an assistant at the University of Oregon. At Mead, Tyson's distance runners combined for 26 individual state titles (TF/XC) and 12 state cross country team titles. While serving as the Oregon men's interim distance coach in 2005, his runners combined for two All-America honors, four NCAA invites, and two USA Junior Championships appearances. Tyson also has the distinction of being former distance great Steve Prefontaine's roommate while they competed for Oregon in the early 1970s.

Tyson will inherit a women's team that returns all of its runners but former All-SEC standout Allison Grace. Senior Georganne Way and junior Lavera Morris will lead the charge after enjoying breakthrough campaigns on the track in the spring. The duo scored points for the Cats in the 800 and 1,500 meters at the Southeastern Conference Championships. Junior Liliane Sparkes also returns after serving as the Cats' No. 2 runner (23rd, SECs). The Wildcat harriers finished fourth last season at the conference meet—a four-spot improvement from 2004.

The men will be led by senior John Richardson, who placed 10th at last year's conference meet en route to All-SEC honors. In the spring, he won the SEC title in the 1,500 and placed second in the 800. Junior Andrew Silva and senior Jonathan Thomas both posted personal-bests in the 1,500 in the spring and will look to carry that success over to the fall.



## Meet the Cats



### Kelsey Fenix

CLASS: Junior SPORT: Soccer

**K**elsey Fenix has quickly made her presence known since arriving on the University of Kentucky campus in 2004. The junior midfielder has been a pivotal player for the Wildcats on the field and has received numerous honors for her work and dedication away from soccer.

The Westlake, Ohio, native played in all 21 games and made 17 starts for UK last fall. She established new career highs with two goals and five assists and tied a personal best with one assist in UK's 2-1 overtime win over South Carolina.

Touting a perfect 4.0 grade-point average, the exercise science major was named to the Academic All-District first team by *ESPN The Magazine*. She was a member of the 2005 fall and 2006 spring Athletics Directors' Honor Rolls and is a Dean's List student.

Fenix was also named to the 2005 SEC Good Works team, honoring athletes from each conference school who give back to their community in superior service efforts.

Among her many volunteer efforts in the Lexington area, she has worked at food drives for God's Pantry and has served meals to residents at The Hope Center.

"Kelsey has developed into a leader on our team, not only on the field, but off the field with her work in the classroom and through her community service," said UK head women's soccer coach Warren Lipka. "She has established what we want to have in a person in our program."

#### The Fenix File

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

**Favorite TV show:** *Grey's Anatomy*

**Most memorable sports moment:** Scoring two goals to win district finals in my senior year of high school

**If you won the lottery, what is the first thing you would buy?** A house on the beach

**How would you like to be remembered at UK when your college career is over?** As someone who always gave 100 percent and never stopped working hard. Whatever the circumstances, I want the people around me to know they can count on me.

### Nathan Marks

CLASS: Junior SPORT: Soccer

**T**wo years ago, Nathan Marks was the Kentucky state player of the year in soccer while playing for Trinity High School in Louisville. He was an All-American and named as one of 100 incoming freshmen most likely to make an impact right away.

Upon his arrival to UK, Marks lived up to the billing by cracking the starting lineup immediately. He played a more integral role as a sophomore, seeing more action than all but three players and notching a game-winning goal. However, on the Wildcats' deep and talented back row that featured all-conference stars Brandon Stewart and Thomas Senecal, Marks became slightly overshadowed.

That won't be the case in 2006 as the two-year starter will be looked upon as a leader for UK's young, albeit very talented squad. With his physical style of play and great feel for the game, Marks should anchor what will be another rock-solid defense for the Big Blue as the Wildcats venture into year two of play in the rugged Conference USA.

#### The Marks File

**Who would you most like to meet?** Eva Longoria

**Favorite place to vacation:** Bahamas

**Favorite TV show:** *Desperate Housewives*

**Favorite way to relax:** Sit by the pool

**How would you like to be remembered at UK when your college career is over?** As one of the hardest working players to ever come through UK



### Michael Aitcheson

CLASS: Senior SPORT: Football

**W**ith an outgoing personality, quick wit, and a smile that can light up a room, Michael Aitcheson is the genial giant of Kentucky football.

Those traits come naturally, according to the senior offensive guard.

"It comes from my mom and dad (Carolyn and Eccleston Aitcheson)," Michael said of his sunny disposition. "They are both very people-smart individuals and they bring joy to others."

As he learned from his parents' example while growing up in Miami, Fla., Aitcheson discovered he had a talent for imitating others' voices and mannerisms. He occasionally uses the ability for comic relief with the team. Aitcheson, linebacker Joe Schuler, and center Matt McCutchan also like to get together and imitate announcers they hear on television.

Although he has fun away from football, Aitcheson is all business when it comes time to step on the playing field. His attitude and willingness to work have made him a leader on the team, and when the Wildcats had their annual team council election, Aitcheson was the player chosen to represent the offensive line.

"It was surprising and humbling," Aitcheson said. "It makes you know that guys look up to you as a leader. I'm outgoing, but I believe a leader has to lead by example. I'm honored because there are several guys in that room who are more qualified than me."

The responsibility of leadership will be crucial during the summer as the Wildcats prepare for 2006.

"That sticks in my mind all the time," Aitcheson said when asked what the team has to do to have a successful season. "We resumed running and



lifting the week after the spring game. We have to work hard, have more camaraderie, and get in the film room more."

And when he does those things, you can count on Michael Aitcheson doing them with a smile.

#### The Aitcheson File

**Who would you most like to meet?** Jesus, because this place is not my home.

**If you won the lottery, what is the first thing you would buy?** I would take all the linemen out for ribs.

**My audition song for American Idol would be:** Any Walter Hawkins song. He's my favorite Gospel singer.

**Favorite way to relax:** Hanging out at my apartment with my roommates, Lamar Mills and Joe Schuler

**Favorite home-cooked meal:** My mom's barbeque chicken wings, and potatoes stuffed with cheese and corn. After Hurricane Andrew struck, I had to live in Jamaica for a while. When I came back, this was the first home-cooked meal my mom made for me. I've loved it ever since.



## Melissa Popp

CLASS: Senior SPORT: Volleyball

After coming to UK on her official visit in the fall of 2002, Melissa Popp knew she had to be a Wildcat. Not because of the amazing five-game win Kentucky posted over Georgia that day, but because she had gotten a dose of the amazing support coming from the fans in the stands and she wanted more.

"Students were cheering and getting rowdy over the littlest plays. Parents were starting all the cheers and most importantly, the team seemed to be playing not only for themselves, but for the pride of all of Kentucky athletics," Popp said. "I knew then that there was no other place for me. Kentucky would be my home and I would make it my job to continue the UK tradition and make our fans proud."

Popp has done just that. Heading into her final season on the court, the 5-11 outside hitter has played in 75 matches and more than 250 games. Last season, she helped her team to its best record in more than a decade on the way to its first NCAA Tournament appearance since 1993.

Nothing would make those special Kentucky fans more proud than to see the Wildcats continue that winning tradition this season as Popp bids farewell to the UK faithful.

### *The Popp File*

**Most memorable sports moment:** Losing to Maryland last year in the first round of the NCAA tournament. I have a newspaper article [from the match] hanging up in my room to remind me what our team needs to work on for this season.

**If you won the lottery, what is the first thing you would buy?** A new car and concert tickets.

**My advice to youngsters is:** Love what you do, but remember that what you do isn't what defines who you are.

**My audition song for *American Idol* would be:** *Good is Good*, by Sheryl Crow

**Favorite way to relax:** Go for a run

**How would you like to be remembered at UK when your college career is over?** Hardworking, fun to be around, and a good representation of what all UK athletes work to become.

## Amy Sowash

CLASS: Senior SPORT: Rifle



Amy Sowash didn't shoot the way she knew she was capable of during her sophomore season. A highly touted recruit and a returning All-American, she was expected to be an impact shooter and help UK continue its trend of top national finishes.

However, in 2004 and 2005, as Kentucky fell from its annual perch of national contenders, Sowash struggled.

After rededicating herself in the offseason, she regained the form that made her one of the nation's top shooters last year. With Sowash back on top of her game, Kentucky rocketed back into the nation's elite, ranking third heading into the 2006 NCAA championships.

As she returns for her senior season, she joins talented sophomores Jason Dardas and Andrew Roland as the core of a UK team that should compete for the national title. The trio welcomes an exceptional freshman class that will provide Kentucky one of the deepest teams in the nation.

### *The Sowash File*

**Most memorable sports moment:** Competing in both small bore and air rifle at the NCAA championships. It was a huge honor to compete in both disciplines and represent UK at such a high level of competition.

**If you won the lottery, what is the first thing you would buy?** I would build my own shooting range in my house.

**My advice to youngsters is:** Work hard every day and really take the time to get to know the people around you, especially the ones who are teaching, helping and putting their time in you.

**Favorite TV Show:** *Mythbusters* on the Discovery Channel

**How would you like to be remembered at UK when your college career is over?** As the hardest working and most successful shooter at UK, but also as someone who pushed others to excel academically and athletically. Most of all, I want to be remembered as a National Champion.

## John Richardson

CLASS: Senior SPORT: Cross Country

John Richardson returns as Kentucky's top cross country runner after earning All-SEC honors last season and serving as the Cats' top middle distance runner during the indoor and outdoor track seasons.

At the 2006 SEC Outdoor Championships in May, Richardson gave one of the best performances in Kentucky history as he won the 1,500-meter run and placed second in the 800 on the final day of competition. His efforts helped the team score its highest point total (58 points) since 1996.

The native of Ocean City, N.J., paced the Wildcats in all four races in which he competed in 2005, including a tremendous 10th-place effort at the SEC Championships. During the indoor track season, Richardson continued his quest for the remarkable sub-four minute mile and, in the process, posted the sixth-fastest time all-time indoors at UK (4:03.74).

The senior will compete in his final cross country season this fall but has two more years of eligibility remaining in track and field.

### *The Richardson File*

**Who would you most like to meet?** If he were still alive, I'd like to meet Thomas Jefferson or any of the founding fathers. Their insights into the framing of this country is unbelievable, and I would like to pick their brains.

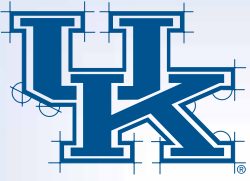
**Favorite place to vacation:** Ocean City, N.J.

**Most memorable sports moment:** Earning a berth to the NCAA Cross Country Championships as a freshman. Being able to share the glory with those guys on that team was very special to me.

**My advice to youngsters is:** In a single phrase: Life happens...sometimes you just need to laugh. I don't even know where the last three years of my life have gone. So, to the young people of America: have fun and relax.

**Favorite home-cooked meal:** Easy one. Steak cooked medium, green beans, mashed potatoes, sweet potatoes, and a garden salad. Some vanilla ice cream would be great. My dad makes this meal better than anyone in the world.





## Star Watch

# 10 Burning Questions

Featuring PGA Golfer  
**J.B. HOLMES**  
*with the Wildcat*

1. **WC:** What's on your **iPod?**

**JH:** Pretty much whatever is on my friends' computers. Mostly country and *Blink 182*.

2. **WC:** Experts have compared you to **John Daly** for your crushing drives. Is there anyone you compare yourself to or have you modeled your game after anyone?

**JH:** I've always played my own game and never tried to be like anyone else.

3. **WC:** What is your dream pairing?

**JH:** **Tiger Woods** and me in the final round at Augusta.

4. **WC:** Which of your former Wildcat team members would you like a rematch against?

**JH:** **Brad Doster** beat me once in a qualifier, so I would like to have that round back.

5. **WC:** If you could pick one thing UK head coach **Brian Craig** taught you that has been the most beneficial to you as a pro, what would it be?

**JH:** Coach Craig taught me a lot about course management—that you don't have to hit every shot perfectly to play well. It is not a game of perfection; it is a game of not making your bad shots quite as bad.

6. **WC:** What is your favorite sports memory during your four years at UK?

**JH:** **Winning the SEC Tournament.** It was my senior year and all the hard work finally paid off. It was the absolute best [feeling] to have our group of guys who had been there the whole time. It was just an unbelievable experience.

7. **WC:** Are you surprised by the presence of Kentucky fans on the tour?

**JH:** Not really. Even in college—everywhere we went—there were Kentucky fans. On the tour, they just let themselves be known a lot more. Every tournament I have played in, there have been a lot of **UK fans**.

8. **WC:** When you won the **2006 FBR Open** this past February, did you have to endorse the giant check that was presented to you or was it direct deposited?

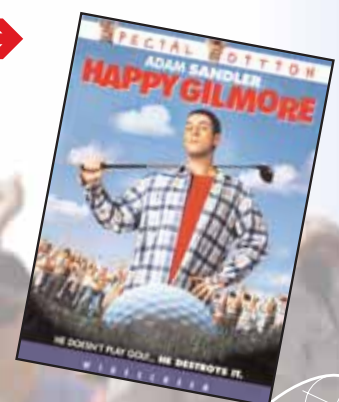
**JH:** Luckily I didn't have to load the check in my car, like **Happy Gilmore**. They just wired the money to my account a few days later.

9. **WC:** Is there anyone on tour that you root for or against?

**JH:** I root for me (laughs). No really, I was rooting for **Freddie Couples** at the Masters. He is a good guy. J.J. Henry is a really good guy too, so I pull for him. There is a fellow **SEC** guy, Camilo Villegas (Florida)—we stick together.

10. **WC:** Have you ever had a **hole in one?**

**JH:** I've had one. I was 13. I used a 3 wood, from 210 yards. It wasn't even a good shot. I got mad and went back to the cart and didn't even watch it, but it went in.



## Wildcat Baseball Recap

### Taking the Baseball World by **STORM**

*Riding a wave of growing fan support, the UK baseball team won its first SEC championship in school history and reached the NCAA Tournament for the first time since 1993.*



Not much was expected from the 2006 Kentucky baseball team, at least according to the so-called experts and those who follow the game closest. Such low expectations never seemed to bother head coach John Cohen or his players, however.

Instead, the Wildcats fashioned a remarkable and historic run that captured the imagination of baseball enthusiasts all over the country. Drawing record crowds at Cliff Hagan Stadium, Kentucky rocketed up the national polls to as high as No. 4 before finishing with a school-record 44 wins, a first-ever SEC title and an NCAA Tournament appearance.

Picked to finish dead last in the SEC by everyone in the preseason, the Wildcats won with hitting and they won with pitching. They even won games with exceptional defensive plays in big situations. In the process, the 2006 UK baseball team set school records in nearly every category that measures success.

UK captured an SEC division championship for the first time since 1976 and won a share of its first overall SEC Championship in school history.

Due to its tremendous success throughout the season, UK was selected as one of eight NCAA regional sites—yet another first for the program. Although Kentucky's season eventually ended with a 7-4 loss to the College of Charleston in front of a packed house at Cliff Hagan Stadium, it did little to diminish the Wildcats' magical year.



compliance  
with Sandy Bell  
Corner

## Cheering by the Rules

Wildcat fans encouraged to follow NCAA, SEC, and UK guidelines for good sportsmanship

The University of Kentucky Athletics Department greatly appreciates the wonderful fans of this program. A loud, supportive and boisterous crowd can make the difference in a close contest in any sport. Therefore, we want to encourage all our fans to provide our teams with enthusiastic support within the confines of good sportsmanship.

The Southeastern Conference has very strong guidelines regarding sportsmanship in general and access to the competition area in particular. SEC regulations state:

"In all sports, access to the competition area shall be limited to participating student-athletes, coaches, officials, support personnel and properly-credentialed individuals at all times. Penalties against individuals who improperly enter the competition area shall include, but are not limited to, expulsion from the facility, arrest for trespassing, and the loss of future ticket privileges.



"In addition to these penalties, violators who are students shall be subject to institutional student disciplinary measures."

This regulation prohibits fans from rushing the field, court or any other competition area at any time before, during or following an athletics contest.

The SEC also requires that each member institution publicize this regulation to all its supporters. Therefore, we are taking this opportunity to make you aware of this conference regulation and its possible ramifications.

We appreciate the efforts of all UK fans to assist us in complying with this and all other NCAA, SEC and University of Kentucky rules and regulations. Recent history has shown us that the sanctions imposed for non-compliance can have a long-lasting negative impact on the success we all want for this program and our student-athletes. One of the goals of UK Athletics is to compete at a championship level in all sports and do it the right way.

If you have any questions concerning compliance, please call the UK compliance office at (859) 257-6482 or the confidential **ComplyCat line** at (877) 898-6072.

**Go Cats!**