Where are they now?

Student-Athlete Spotlight: Tory Mather, Women’s Crew, May 2012 Graduate

Hometown: Ridgewood, NJ, Sport: Rowing, Current City: Philadelphia, PA
Occupation: Enrollment Counselor for Drexel University Online

What's it like to no longer be an undergraduate? For starters, there's less free food available. I definitely appreciate weekends more but anyone who has taken on a lot of responsibility in their undergrad years, whether it's through athletics, a job, school work, etc, won't find "the real world" that different.

Tips for life after college and athletics: Stay on top of your workload and know how much you can handle. As someone who likes to help people, it's hard for me to say no to more responsibilities - whether it's at work, practice or in my social life. Make sure to take time for yourself when you can, but know that there most likely is less free time than you are used to at school.

How did you land your current job? I knew I wanted to work in higher education, so I narrowed my search to the colleges I knew I wanted to work for in Philly. I applied to a TON of jobs and this one seemed like the best fit, so I was really excited when I was hired.

Job Interview Tips: Do your research and be confident. Interviewers know that you're going to be nervous, but coming in unprepared is a huge mistake.

Biggest struggle after graduation and how have you overcome? Moving to a brand new city where I barely knew anyone was very overwhelming. The first week I started at Drexel was the same week as US Rowing Nationals, where I raced 6 times in 3 different lightweight events (rowers 130 lbs or less). Having to worry about making weight and racing hard on top of learning all these new programs for work was very, very stressful. I just took one task at a time and didn't worry about the next thing. If I was at work, I gave work my full attention and when I was on the water, I was completely focused on racing. It must have worked - we won gold in the light 4+ by 7 seconds!

What do you enjoy most about your current status as an alumna? I really enjoy Philadelphia. There is such a sense of tradition and friendship in the rowing community down here - even on our rival teams. I also have fantastic coworkers who I enjoy spending my work day with.

Best memory at Marist? NCAA compliance meetings...just kidding. I can't really pick just one memory but I loved eating breakfast with my teammates after practice. Whether it was in the cafeteria or in our townhouse, the feel of camaraderie from having worked really, really hard at practice was an amazing one.

Tips for current student-athletes: Learn to manage your time productively and efficiently. This is something that a lot of people will always have trouble with, and if you can manage your responsibilities well, then you will always be one step ahead.

RED FOX CHALLENGE UPDATE!

The new Red Fox Challenge rankings are as follows:
1. Women’s Water Polo
2. Women’s Lacrosse
3. Women’s Crew
4. Women’s Tennis
5. Men’s Crew

If you need to submit any further red fox challenge sheets, you have 30 days after the event to submit them to Dasha. If you have any further questions email dasha.cherkasov@marist.edu.
Service Spotlights and Upcoming Opportunities

Hunger Walk
On November 7, 2012, student-athletes participated in the 17th annual Hunger Awareness Month by becoming an ally in the Hunger Walk on campus. Several teams walked, donated and raised funds for the event. The walk started at the Champagnat Quad, with participants walking across campus and along Route 9. In response to the devastation Hurricane Sandy inflicted on the northeast, this year's event benefited those affected by the storm. Student-athletes showed their unity by wearing Marist gear and bringing a lot of cheer throughout the duration of the walk.

Vassar Warner Senior Living Home Visit
On Monday, November 12, the softball team visited Vassar Warner Senior Living home in Poughkeepsie. The students participated in Fall Bingo, puzzles and pampered the seniors with manicures and pedicures. Softball enjoyed their time at Vassar Warner and plan to visit on a bi-weekly basis for the remainder of the semester.

Friends of Jaclyn Marist Women’s Soccer Indoor Clinic
On Saturday, December 8th, 2012 from 11am to 2pm in the McCann Center gray gym, members of women’s soccer will be hosting a FOJ soccer clinic. The purpose of the clinic is to raise awareness and money for the Friends of Jaclyn Foundation, as well as show support for their own adoptee. A $5 entry fee is requested and ALL ages and skill levels are welcome! Even if you do not want to participate, there will also be a bake sale and raffles held during the event. For more information, contact women’s soccer senior, Caitlin.Landsman1@marist.edu.

LEAP General Meeting and Holiday Zumba
On Monday, December 3rd at 7pm in the Hall of Fame, LEAP will be closing out the semester with a holiday themed meeting. Come celebrate the holidays and a successful semester and also join the discussion for what events we should provide in the Spring semester. We want to know what you would like to be a part of but also benefit from, programming wise. Furthermore we will write holiday post cards to our troops. The next day, we will officially close out the fall semester with holiday Zumba at 8pm in the McCann arena. Come out and enjoy some healthy snacks and Zumba your final exam stress away with some holiday cheer.

Career Night with Enterprise Car Rentals

On Tuesday, November 27th at 7pm in the Enhancement Center, we will be collaborating with Enterprise Car Rentals to provide a career night for ALL STUDENT-ATHLETES!

Attendees will be able to meet upper level management representatives from Enterprise who are former student-athletes and are excited about preparing you for the next stages of your career. You will be able to work on your resume, mock interviews will be performed, a cover letter workshop will be provided and you will learn how to enhance your networking skills.

Dress is casual and food will be provided. It is encouraged that you bring your resume, cover letter and business cards if you have them. In order to attend this event YOU MUST RSVP BY MONDAY, NOVEMBER 26TH to cammie.jones@marist.edu!!!

Please take advantage of this amazing opportunity! We hope to see you there!
Preparing for Finals

Whether you like it or not, final exams are coming to town! The weeks after Thanksgiving break can be some of the most stressful days of any college student’s life. In order to make these weeks bearable, below are a few tips that will have you singing hymns and not bah humbugs!

Have a schedule—It’s important to schedule your studying sessions around assignment importance and due dates. Block out morning and afternoon times according to your strengths. Some students can write better at night than the morning, while others can study better in the morning. Make sure your schedule works for you and not against you!

Organize your notes
These next three weeks are the best times to begin collecting and organizing all your lecture notes, homework, quizzes and tests. This will make your studying during finals week easier and will also give you a chance to preview old notes in advance.

Find a comfy place to study—Comfort is key to staying focused when studying. Popular study places such as the library, Enhancement Center, Donnelly Computer Lab and dorm rooms can be beneficial to comfort but can bring on distractions. Make sure to bring a jacket, if the room is too cold and find a place that offers you assistance such as a table, light and a sense of peace.

Make Goals—In the midst of finals are the obvious goals, trying to make a good grade. In order to achieve this goal, have a plan set. What’s the ideal gpa you want and how can you achieve it? Writing it down will make you take ownership of the goals you want to achieve and guide you towards success.

Stay Healthy—It’s easy to get caught up with pulling all-nighters but you need your rest during finals so that you can retrieve the information and be able to do well. Remember to eat, get sleep and use the gym in the McCann Center. A healthy mind leads to a healthy grade.

NCAA Internship Opportunity

The NCAA Postgraduate Internship is a one-year program that provides on-the-job learning experiences for college graduates who express an interest in pursuing a career in intercollegiate athletics administration based at the NCAA national office in Indianapolis, Indiana.

The NCAA is offering internships in the following areas for 2013-14:

• Academic and Membership Affairs/Student-Athlete Reinstatement, Administrative Services, Communications (Digital Communications, Image Management and Strategy, Public and Media Relations) Championships and Alliances, Enforcement, Governance, Student-Athlete Affairs and Inclusion and the NCAA Eligibility Center.

In order to be eligible, you must be a current senior and a college graduate from a four-year NCAA member institution. The NCAA Postgraduate Internship program is not designed to provide interns internship credit toward an undergraduate degree; however, with graduate school approval, an intern can be eligible to earn graduate degree credit.

The NCAA Postgraduate Internship application deadline is Monday, December 7, 2012. Only completed applications will be considered for review. The NCAA does not provide individual status updates on applications. For more information contact cammie.jones@marist.edu.

Important Dates

• Last day of study hall is Thursday, December 6th at 6pm.
• L.E.A.P’s next general meeting is December 3rd at 7pm in the Hall of Fame. Holiday Zumba will occur on December 4th at 8pm in the arena.
• The last day of Fall 2012 classes is Friday, December 7th.
• Final Exam Period is from December 10th-14th.
• Residence Halls close on Friday, December 14th at 5pm.