The Capital Center

Built in 2001, The Capital Center is a 126,000-square-foot recreational and athletics complex that includes a 2,100-seat arena, a 3,000-seat Bernlohr Stadium, a 51,000-square-foot multipurpose forum, a 5,000-square-foot fitness center, and a multitude of offices, classrooms and hospitality areas.

The 2,100-seat arena is home to the women's volleyball and men's and women's basketball programs. The arena has a pair of hospitality suites, a pair of broadcast booths and a camera booth with approximately 175 chair-back stadium seats and the remaining bleacher seating.

Football and men's and women's soccer play on a state-of-the-art artificial surface called FieldTurf in the 3,000-seat Bernlohr Stadium. Within a brick grandstand are two observation decks, a hospitality suite and press box. The stadium includes a three-lane track around the field perimeter for fitness and recreation endeavors.

Functionality and usability are the key in the multipurpose forum, as the infield of the NCAA regulation indoor track has four courts with lines for basketball, volleyball and tennis. Suspended from the ceiling is netting that can split the area into a multitude of configurations for a variety of events, as well as a pair of hitting cages for baseball, softball and golf. Part of the forum also makes up 1,200 square feet of the fitness center with a complete cardiovascular area, filled with treadmills, Stairmasters and a universal unit. The remaining 3,800 square feet of the fitness center is a room complete with weight training equipment from Hammer Strength.

The health and sport sciences department calls The Capital Center home with a complete sports medicine and athletic training center, sports science laboratory, classrooms and ample space for activity classes. The athletic department also has an office suite with a conference room and administrative work areas.

Like many facilities, it is the small things that separate the adequate from the memorable. The Capital Center with its towers of brick and plaster, terrazzo flooring, hand-painted tile, skylights and enormous walls of glass not only pays homage to the tradition and architecture of the Bexley campus, but also provides a functional and modern place for the university to reach new horizons.

Capital's vision has been simple – to have a center that is an integral part of university life, encompassing health and wellness activities, academic programs, intercollegiate athletics, intramural sports, social activities and community partnerships. The Capital Center embodies that vision and is a testament to the dedication, values and commitment to service of the entire CAP Family. To those past, present and future members of the CAP Family we only have one thing to say – Welcome Home.

2013 Schedule

Day	Date	Opponent	Location	Time
NOVEMBER				
Sat.	Nov. 16	at St. Vincent (Pa.)	Away	3 p.m.
Wed.	**Nov. 20**	**Wittenberg**	**Home**	**7:30 p.m.**
Sat.	**Nov. 23**	**Thomas More (Ky.)**	**Home**	**3 p.m.**
Tue.	Nov. 26	at Ohio Wesleyan	Away	TBA
DECEMBER				
Wed.	Dec. 4	at Heidelberg	Away	7:30 p.m.
Sat.	**Dec. 7**	**Baldwin Wallace**	**Home**	**3 p.m.**
Fri.	Dec. 13	vs. TBA @ Holland, Mich. *Hope Tournament*	Away	TBA
Sat.	Dec. 14	vs. TBA @ Holland, Mich. *Hope Tournament*		TBA
Wed.	**Dec. 18**	**Wilmington**	**Home**	**7:30 p.m.**
Sat.	Dec. 21	at John Carroll	Away	3 p.m.
JANUARY				
Sat.	Jan. 4	at Mount Union	Away	3 p.m.
Sat.	Jan. 11	at Otterbein	Away	5:30 p.m.
Wed.	Jan. 15	at Muskingum	Away	7:30 p.m.
Sat.	Jan. 18	at Ohio Northern	Away	3 p.m.
Wed.	**Jan. 22**	**Marietta**	**Home**	**7:30 p.m.**
Sat.	Jan. 25	at Baldwin Wallace	Away	3 p.m.
Wed.	**Jan. 29**	**Heidelberg**	**Home**	**7:30 p.m.**
FEBRUARY				
Sat.	**Feb. 1**	**Mount Union**	**Home**	**3 p.m.**
Wed.	Feb. 5	at Wilmington	Away	7:30 p.m.
Sat.	**Feb. 8**	**John Carroll**	**Home**	**3 p.m.**
Wed.	Feb. 12	at Marietta	Away	7:30 p.m.
Sat.	**Feb. 15**	**Otterbein**	**Home**	**4 p.m.**
Wed.	**Feb. 19**	**Muskingum**	**Home**	**7:30 p.m.**
Sat.	**Feb. 22**	**Ohio Northern**	**Home**	**3 p.m.**

Team Roster

No.	Player	Pos.	Cl.	Ht.	Hometown/High School
3	Courtney Merritt	G	Fr.	5'-6"	Cincinnati, Ohio / Colerain
5	Jordan Davis	G/F	Fr.	5'-10"	Wellston, Ohio / Wellston
10	Kirstyn Baker	G	So.	5'-3"	Richmond Heights, Ohio / Richmond Heights
11	Colleen Fondessy	F	Fr.	5'-11"	Fostoria, Ohio / St. Wendelin
13	Julie Duren	G	So.	5'-5"	Union, Ohio / Vandalia-Butler
14	Nina Napolitano	G	So.	5'-7"	Akron, Ohio / Walsh Jesuit
15	Simonne Gage	G	So.	5'-3"	Dayton, Ohio / Chaminade Julienne
20	Jenna Erwin	G	So.	5'-8"	Springfield, Ohio / Southeastern
21	Jamie Caton	F	Sr.	5'-10"	Hilliard, Ohio / Hilliard Davidson
22	Shelby Sigman	G	So.	5'-8"	Bellbrook, Ohio / Bellbrooke
23	Cookie Geroski	G	Sr.	5'-6"	Fostoria, Ohio / St. Wendelin
24	Kristen Thompson	F	So.	5'-10"	Cincinnati, Ohio / Colerain
30	Brittany Gross	G	Fr.	5'-7"	Cygnet, Ohio / Elmwood
31	Shelby Sheets	G	Jr.	5'-10"	Fayetteville, Ohio / Fayetteville
33	Steph Irwin	C	So.	5'-10"	Carmel, Ind. / Carmel
34	Katie Klingman	F/C	Fr.	6'-0"	Painesville, Ohio / Riverside
35	Lauren Stefancin	G	Fr.	5'-8"	Mentor, Ohio / Mentor
42	Monica Heckman	C	Jr.	6'-0"	Pitsburg, Ohio / Franklin-Monroe

Capital University

CRUSADERS

Women's Basketball

2013-2014

Coach Dixie Jeffers

Since taking over as head coach at Capital beginning with the 1986-1987 season, Dixie Jeffers and her teams have been a model of excellence and consistency on and off the court. One of the nation's all-time winningest coaches, Jeffers, who spent three seasons as head coach at Rio Grande University before coming to Capital, has won nearly 80 percent of her games with over 600 career wins to her name. She became the seventh coach in NCAA Division III history to reach 600 wins, and the 14th-fastest to to reach the milestone in any division, with a 67-56 victory at Ohio Wesleyan on Jan. 2, 2012. Over the years, Jeffers' teams have epitomized all of the characteristics of a quality NCAA program by garnering a slew of national All-American Academic and athletic honors. At the time of her induction into the Ohio Basketball Hall of Fame, she was the only current coach to become a member of the prestigious group.

With Jeffers at the helm, Capital University women's basketball has become one of the nation's best and most respected basketball squads. From 1990-2000, no NCAA Division III women's basketball team had a higher winning percentage. Also during that span, Jeffers led Capital to the Final Four an incredible four times in five years. The Crusaders finished second in 1993, became the first Division III school to win back-to-back national championships in 1994 and 1995 and finished third in 1997. With all this success, Jeffers had the distinction of being the first Division III coach to win National Coach of the Year honors in successive years (1994 and 1995).

Capital has won 20 or more games in 18 seasons, and twice the Crusaders crossed the 30-win plateau. Through Jeffers' tenure, Capital has won the Ohio Athletic Conference regular-season title 10 times. The Crusaders also have won the OAC postseason tournament nine times, including a run of six in a row from 1992-1997, and have made 14 NCAA Tournament appearances.

As impressive as Jeffers' numbers are on the bench, her off-the-court accomplishments are equally impressive. For 18 straight seasons (1994-2012) a Crusader was named Academic All-OAC, and she has coached numerous Academic All-Americans, NCAA and NACDA post-graduate scholarship recipients. In 1997, Crusader Carrie Ferguson was honored nationally as an NCAA Elite VIII selection. Jeffers and her teams also have been active in the community by giving free basketball clinics, helping the homeless and visiting Children's Hospital. Jeffers has also served on the board of directors for the Special Wish Foundation.

The Dixie Jeffers File

at University of Rio Grande (Ohio)		
1983-84	15-11	
1984-85	20-3	
1985-86	17-7	
Totals	**52-21 (.712)**	
at Capital University		
1986-87	21-5	OAC Regular Season Champs/OAC Tournament Champs
1987-88		17-8
1988-89		12-12
1989-90		20-8
1990-91	24-3	OAC Regular Season Champs/OAC Tournament Champs
1991-92	29-2	OAC Regular Season Champs/OAC Tournament Champs OAC Coach of the Year
1992-93	28-4	OAC Regular Season Champs/OAC Tournament Champs
1993-94	30-1	OAC Regular Season Champs/OAC Tournament Champs NCAA Division III Natinall Champs National Coach of the Year
1994-95	33-0	OAC Regular Season Champs/OAC Tournament Champs NCAA Division III Natinoal Champs National Coach of the Year
1995-96	23-5	OAC Regular Season Champs/OAC Tournament Champs
1996-97	29-4	OAC Regular Season Champs/OAC Tournament Champs NCAA Third Place
1997-98		20-5
1998-99		24-5
1999-00		23-5
2000-01		19-5
2001-02		19-7
2002-03		9-15
2003-04		20-7
2004-05		20-6
2005-06		26-4
2006-07		20-7
2007-08		17-10
2008-09	22-6	OAC Regular Season Champs / OAC Tournament Champs
2009-10	20-8	OAC Regular Season Champs
2010-11		16-10
2011-12		18-9
Totals	**573-173 (.768)**	
Combined	**625-194 - 30 Seasons**	

LINDSAY REYNOLDS, Assistant Coach
Roanoke College 2006, Virginia Tech 2008

Lindsay Reynolds enters her fourth season with head coach Dixie Jeffers. Reynolds was involved in many different facets of the Marlins' program during her two seasons with Virginia Wesleyan College. Reynolds' dedication helped the Marlins compile a combined 35-20 record that included an appearance in the ODAC Tournament championship game in 2010.

A four-year letter winner at Roanoke College, Reynolds paced the Maroons in assists, three-point percentage and three-pointers made during her sophomore season, and still ranks among Roanoke's all- time leaders in both categories. Reynolds graduated from Roanoke in 2006 with a B.S. in Health and Human Performance, Exercise and Sport Management. She also earned a master's in Education, Health Promotion and Sport Performance from Virginia Tech in 2008. Reynolds also serves as the head coach of the Capital women's golf team, and won OAC Co-Coach of the Year honors in 2012. She currently resides in Groveport, Ohio.

JASON WRIGHT, Assisant Coach
Capital 1999

Jason Wright has been an assistant coach at Capital since the 2000-2001 season. During that span, the Crusaders have claimed five OAC championships, including back-to-back conference regular-season titles. The Purple and White have also earned a pair of NCAA Tournament bids and won at least 20 games for seven straight seaons with Wright on the coaching staff.

A 1999 Capital graduate, as a student he helped out Coach Jeffers as a student assistant coach. In his current role, he works with Crusader guards while aiding with a variety of administrative tasks. Wright is also a teacher in the Bloom Carroll school district.

CORY MCKNIGHT, Assisant Coach

Cory McKnight enters his first season as an assistant coach for the Capital University women's basketball team.

Prior to Capital, McKnight has served in a number of roles at the high school level. He is currently an assistant coach for West Virginia Thunder AAU.

McKnight was an assistant varsity and head junior varsity coach at Ironton High School, his alma mater, for four seasons (2010-13). While at Ironton, McKnight scouted competition, organized and prepared for games and coordnated practice, road trips, fundraising and summer work. He helped lead the Fighting Tigers to a regional championship in 2010 and district runner-up accolades in 2011 & 2013.

McKnight also served as an assistant coach at South Point High School in 2009.He is a 2008 graduate of Ironton High School, and is currently attending Shawnee State University.

Capital's All Americans

Tradition of Championships

Back-to-Back NCAA Division III National Champions:
1994, 1995

NCAA Division III National Runners-up:
1993

NCAA Division III Third-place:
1986, 1997

Seven NCAA Division III All-Sectional Team Selections

Five NCAA Division III All-Tournament Team Selections

31 First-team All-OAC Selections (most of any conference school)

32 Academic All-OAC Selections (most of any conference school)

Ten OAC Championships (most of any conference school):
1986-87, 1990-91, 1991-92, 1993-94, 1994-95, 1995-96, 1996-97, 2003-04, 2008-09, 2009-10

Nine OAC Tournament Championships:
1987, 1992, 1993, 1994, 1995, 1996, 1997, 2006, 2009

Ten Player-of-the-year Honorees:
1991, 1992, 1993, 1994, 1995, 1996, 1997, 2006, 2009, 2010

12 First-Team All-Americans:
Kendra Meyers (three times), Sandy Buddelmeyer (two times), Laura Schmelzer, Carrie Ferguson, Sara Heitkamp (two times), Jill White, Carmen Ellis, Daniele Sanna

Six Honorable Mention All-Americans:
Sandy Buddelmeyer, Laura Schmelzer, Carmen Ellis, Carrie Ferguson, Jill Walker, Daniele Sanna

Five CoSIDA Academic All-Americans:
Sandy Buddelmeyer (two times), Shelly Blackburn (two times), Carrie Ferguson, Kendra Meyers, Sara Heitkamp (two times)

One NCAA National Player of the Year
Laura Schmelzer, 1994

One Lutheran Brotherhood Player of the Year
Kendra Meyer, 2000

One OAC Freshman of the Year
Simonne Gage, 2013

Two-time NCAA Division III National Coach of the Year
1994, 1995

Six-time OAC Coach of the Year
1991, 1992, 1995, 2004, 2007, 2009

Best conference record and winning percentage of any OAC team

Best overall record and winning percentage of any OAC team

17 20-win seasons

14 NCAA Division III Tournament appearances:
1985, 1986, 1987, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1999, 2000, 2006, 2009

Four NCAA post- graduate scholarship winners:
Sandy Buddelmeyer 1993, Laura Schmelzer 1994, Carrie Ferguson 1997, Kendra Meyers 2001

NACDA Scholarship Winner:
Carrie Ferguson, 1997

Winningest NCAA Division III program in the 1990s (259-37, .876%)