



Connect • Educate • Inspire  
**YOUNG WOMEN  
IN SPORT**  
*Panel Discussion*

An interactive discussion about the power of athletics in women's lives.  
Thursday, October 13, 2016

**Founder:** Mel McLaughlin

**Panelists:** Jennifer Driscoll • Chelsey Feole • Missy Foote  
Sara Whalen Hess • Whitaker Hagerman Willocks

**Moderator:** Maura Driscoll Farden



[www.youngwomeninsport.com](http://www.youngwomeninsport.com)

# Mel McLaughlin

## Founder

NCAA Division III National Swim Coach of the Year. Former Middlebury and MIT Head Women's Swim Coach; and current Wellesley College assistant Swim Coach.

Swimming, Lacrosse, Field Hockey



Founder of Young Women In Sport, Mel McLaughlin is currently on the Wellesley Swimming and Diving Staff. She joined the staff in the 2012-13 season as an Assistant Coach after coaching at three other Division III institutions for the past 26 years.

McLaughlin was the Head Men's and Women's Swimming Coach at the Massachusetts Institute of Technology from 1997-2003. She was named the NEWMAC Coach of the Year three times and directed a successful national program. Prior to coaching at MIT, McLaughlin served as the Head Men's and Women's Swimming Coach at Middlebury



College from 1986 to 1997. She was named the New England Coach of the Year four times during her tenure and was named the NCAA Women's Swim Coach of the Year in 1994. While at Middlebury, McLaughlin also served as

the Assistant Varsity and JV Lacrosse and Field Hockey Coach. She worked as the Assistant Coach for the Women's Swimming program at Wheaton College in Norton, MA. At Wheaton, McLaughlin helped coach five All-Americans and one NEWMAC swimmer of the year.

McLaughlin received her Master of Science in Physical Education from Pacific Western University in Los Angeles, CA in 1995 and her Bachelor of Science degree in Health and Physical Education from the University of New Hampshire in 1986. While at UNH, she was a 4-year member of both the Varsity lacrosse and swim

teams. She was captain of the varsity swim team. McLaughlin swam at the NCAA Championships and won the 1986 NCAA Division 1 Lacrosse championship.

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# Jennifer O'Sullivan Driscoll

## Panelist

All American and All Conference.  
US Womens Soccer team member.  
Parade Highschool All American.

Soccer



Jennifer O'Sullivan Driscoll graduated from Stanford University in 2000 with a degree in International Relations. As a four year starter for the Stanford Women's Varsity Soccer team, Jennifer won two Pac-10 Championships and advanced to the NCAA tournament every season. Jennifer was named team captain in 1999 and earned All-American and All-Conference honors in her final season. Jennifer was also a member of the United States U-20, U-18 & U-16 National women's soccer teams and was named a Parade High School All-American in 1996.

After graduating from Stanford University, Jen was selected by the New York Power in the 6th round, 45th draft pick overall, for the inaugural season of the Women's United Soccer Association. She played for two seasons before a knee-injury halted her soccer career. She was also an assistant coach to the women's varsity soccer team at the University of Virginia during the 2001 season. Jennifer served as a mentor for Athletes Helping Athletes, from 2001-2004, facilitating workshops on sportsmanship, substance abuse and bullying prevention for high school and middle school students.

Upon her retirement from professional soccer, Jennifer worked in the financial services sector, as a sales broker, for the International Continental Exchange, from 2004-2010 and earned her Master's Degree in Mental Health and Wellness Counseling from New York University. Jennifer worked at the Midtown Center for Treatment & Research Center of Weill Cornell Medical College in 2011. Jennifer presently resides in Rye, NY with her husband and is a stay-at-home mother to their two children, Riley (5) & Kellen (2). Jennifer's passion for soccer today is stronger than ever and is focused on passing on her knowledge and love for the game to the next generation of athletes by hosting clinics locally.

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# Chelsey Feole

## Panelist

Two time All American and Northeast Region Field Hockey Player of the Year. All ACC Academic team. ECAC Div. I First Team.

### Field Hockey

*Chelsey is a 2010 graduate of Boston College. Before creating her club program, Northeast Elite (2010-present), Feole took an assistant coaching position at the University of Massachusetts Lowell. In just her first year at Lowell, Chelsey helped lead the Riverhawks to a 24-0 undefeated National Championship. In 2015, Feole accepted the head coach position for the USA Women's U17 Team and currently works as much as possible to keep herself involved with all things USAFH.*

*While playing for BC, she was a two-time captain of the Eagles and twice named All-American (First team in 2009, Second team in 2008). Honored as the Northeast Region Player of the Year as a senior, Feole was tabbed to the All-Northeast Region Team three times. As a senior, the forward was also named All-ACC and named to the All-ACC Academic Team in her final three seasons with BC. During her final senior campaign, she was named to the ECAC Division I First Team and All-ACC Tournament Team.*

*She left the Heights with a program record for most goals (26) and points (64) in a single season and earned the Athletic*

*Director's Award for Academic Achievement as a sophomore, junior, and senior. Feole earned the BC Field Hockey Leadership award as a sophomore in 2007, as well as the Players' award and Outstanding Senior award in 2009.*

*In addition to her accomplishments at BC, Feole was also a member of the USA Field Hockey Squad in 2008 and 2009. She was a member of the New England High Performance Team in 2008 and 2009, winning the National Championship in 2008.*

*Feole is a native of Windham, NH., where she attended Salem High School for a year before transferring to the Brooks School in North Andover, MA.*

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# Missy Foote

## Panelist

Middlebury College Lacrosse Coach 33 years • 5 National Championships '97,'99,'01,'02,'04 • Final Four Lacrosse 1994-2007 • 7 NESCAC Championships • Second all Time Most Wins for all Division III Coaches • New England and National Coach of the Year '94,'97,'00, '01,'02 • NESCAC Coach of the Year '01,'02,'03,'04,'05 • Regional Coach of the Year '12,'13 • National Lacrosse Hall of Fame 2012 • US Womens Lacrosse Hall of Fame • New England Hall of Fame • Springfield College Hall of Fame • Asst. US Developmental Lacrosse Coach Director of PE Middlebury • College Field Hockey Coach Middlebury College 21 Years • Regional and National Coach of the Year-Field Hockey '94,'98 • NCAA Championship Team Field Hockey 1988

Lacrosse



*Missy Foote, served 38 years on the Middlebury athletic staff where for 33 seasons she was head coach of women's lacrosse. Her squads won five NCAA Championships since 1997, including four perfect seasons (1999, 2001, 2002, 2004). The Panthers made 14-straight trips to the final four from 1994-2007 and appeared in eight NCAA title games. Middlebury won seven NESCAC Championships, appearing in the conference title game nine times. From 1997-2004, the Panthers lost just seven games, earning an overall mark of 131-7 en route to their five national titles. Prior to NCAA play, she guided the Panthers to two ECAC Championships and has an overall record of 406-110-1. Her career wins are second all-time among Division III coaches, while she ranks third among coaches throughout all divisions.*

*Foote was named the 1994, 1997, 2000, 2001 and 2002 Division III New England and National Women's Lacrosse Coach of the Year. She earned NESCAC Coach of the Year honors from 2001-2005, while being named the Regional Coach of the Year in 2012 and 2013. Foote was inducted into the National Lacrosse Hall of Fame in 2012, further solidifying her impact on the sport. She is also a member of the U.S. Lacrosse Vermont and New England Halls of Fame as well as the Ward Melville High School Hall of Fame. Aside from coaching, Foote has also served as Assistant Coach for the U.S. Women's Devel-*

*opmental Team and was a member of the NCAA Division III Women's Lacrosse Committee. She has also been part of the IWLCA All-American committee and has served on the Tewaaron Committee. In her time at Middlebury, she has served as the director of physical education, as well as head coach of women's basketball and swimming.*

*The 2001 season marked Foote's 21st and final year as head coach of the field hockey program at Middlebury. She ended her career with a record of 180-95-12 for a .648 winning percentage. Her most successful season came in 1998 when she led the team to a 17-1 record and its first NCAA Championship. She led the team to NCAA Tournament appearances in 1994 and 1996. During her reign, the team made six ECAC Tournament appearances and captured a pair of ECAC crowns in 1993 and 1997. She was named the Division III Regional and National Coach of the Year in 1994 and 1998.*

*A 1974 Springfield College graduate, Foote coached field hockey, basketball, and lacrosse at Green Mountain Union High School in Chester, Vermont, before joining the Middlebury staff in 1977. She is also a member of the Springfield College Hall of Fame.*

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# Sara Whelan Hess

Panelist

Three time All American, Div. I Soccer National Player of the Year. America's Collegiate Team of the Decade.

## Soccer

*Sara Whelan Hess is a retired American professional soccer player. Whalen played for the US Women's National Soccer Team from 1997 to 2000, and was a founding player of WUSA. Sara was born in Natick, MA and raised in Greenlawn, New York.*

*Whalen went to UConn, where she was a defender and forward on the women's soccer team. Whalen was a three-time All-American and the 1997 NSCAA Division 1 National Player of the Year as well as being named to Soccer America's Collegiate Team of the Decade for the 1990s. Whalen scored both goals in the 1997 NCAA Final Four semifinal match against unbeaten Notre Dame, as UConn saw one of the biggest upsets in NCAA women's soccer history. Whalen was the 1995 and 1996 Big East Defensive Player of the Year. She played striker her senior season where she led her team in scoring with 21 goals and 22 assists.*

*In 1997, Whalen began her career for the US Women's National Soccer Team as an outside defender. She earned her first cap against France, while still in college. The following year, Whalen had a very successful season scoring two goals and garnering three assists. In 1999, Whalen helped the US Women's National Team win the Women's World Cup, playing every minute of extra-time in the final against China. Whalen was pictured on*

*the cover of Time Magazine hugging Brandi Chastain. The following year, Whalen won a silver medal as a part of the US Women's team at the 2000 Sydney Olympics.*

*In 2001, Whalen was a founding player of the Women's United Soccer Association, playing alongside Christie Pearce and Tiffeny Milbrett for the New York Power. In 2002 Whalen tore her ACL and MCL which led to more injuries and ended her professional soccer career.*

*Whalen graduated from UConn with a degree in psychology, received her master's degree from Fordham University and her doctorates from Fairleigh Dickinson University. Whalen lives in New York with her husband, Jon Hess, a former Princeton University lacrosse player, and their children. In 2004, she ran the New York Marathon in 4 hours 19 minutes 38 seconds.*

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# Whitaker Hagerman Willocks

Panelist

Former UVA Women's Lacrosse Three time All American. High School All American.

Lacrosse

*Whitaker Hagerman Willocks earned undergraduate and master's degrees from the University of Virginia, she was a member of the women's lacrosse team from 2005-2010. She was a US Lacrosse All American, '03, '04, '05 and a three time Conference champion and two time NCAA runner up. In 2015, Whitaker was inducted into the Brooks School Athletic Hall of Fame. After receiving her master's degree in education at UVA, Whitaker worked at a technology firm before moving to the Admissions Office at Choate Rosemary Hall. She then coached lacrosse at Dartmouth College*

*before returning to the business world with Lululemon Athletica. Whitaker is currently the Program Coordinator for a Non-Profit Global Association, AISAP, which advances those involved with admission and enrollment management in independent schools. Along with her work in education, Whitaker is extremely passionate about working with young women focusing on leadership and team building.*

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# Maura Driscoll Farden

## Moderator

Former UCLA Gymnast and Team Captain.  
Award-Winning Women's Sports  
Broadcaster-ESPN, NBC and Lifetime.



## Gymnastics

*As an experienced national television host and reporter in sports and lifestyle programming, Maura has covered a variety of men's and women's sports for ESPN, NBC, Lifetime Television, USA Network, Versus, iVillage, Fox SportsNet and more. Her background as a former USA elite gymnast and captain of the powerful UCLA women's gymnastics team led her to a career in sports television, where she was fortunate to cover many important "firsts" in the world of women's sports.*

*In 1996, Maura was part of the first-ever women's sports broadcasting team for Lifetime Television's newly created Women's Sports Division. Lifetime became one of the first networks (along with NBC and ESPN) to cover weekly WNBA (Women's National Basketball Association) games when the league debuted in 1997. Maura served as Half-Time host and sideline reporter for Lifetime's coverage of the WNBA. In her five years at Lifetime, she also hosted Lifetime's women's sports documentary series, "Breaking Through," – a series that featured girls and women overcoming adversity to excel in sports and in life. In 1997, she covered the first-ever nationally televised women's ice hockey game for Lifetime as an Intermission Reporter/Host. The game was a match-up between Team USA and Team Canada as the teams prepared for the debut of women's ice hockey as an Olympic sport in 1998. Maura went on to cover everything from*

*women's college basketball and the LPGA to synchronized skating, triathlon and more for the Lifetime Network. The winner of two Gracie Allen Awards (given by AWRT – American Women in Radio and Television) and a Women's Sports Foundation Award for excellence in sports reporting, Maura is also recognized as one of the 100 Significant UCLA Alumni. Corporate America has called on her to serve as a spokesperson, web video host and sales & training video host. Companies such as Gillette, Citibank, Comcast, Liberty Mutual, Ethan Allen and Staples continue to turn to Maura to deliver their message. She's also pitched well-known brands in national advertising campaigns like Applebee's, TV Land, and more. Maura covered women's gymnastics for over 10 years at ESPN and continues to host several shows on the The Wellness Network, which air in hospitals nationwide. Maura has served as panel moderator for YWIS since its inception, and was recently the keynote speaker at the Massachusetts celebration of National Girls & Women In Sport Day in 2016. Maura lives in Hingham, MA with her husband and two daughters. To view some of Maura's on-air work, visit her website at [mauradriscolltvhost.com](http://mauradriscolltvhost.com). [maura.driscoll1@gmail.com](mailto:maura.driscoll1@gmail.com)*

# Benefits of Participation

**Female high school athletes are 41% more likely to graduate from college within six years compared to female high school students who did not participate in sports.**

*(Youth and Society Journal as cited in "Study Cites Athletics' Academic Impact." The NCAA News, January 28, 2008.)*

**Girls who participate in athletics report being more content with their lives than girls who do not participate in athletics. Much of the social, educational, and health benefits of sports participation become visible in elementary school years for girls and boys.** *(Sabo, D. & Veliz, P., (2008.) Go Out and Play: Youth Sports in America. Women's Sports Foundation.)*

**Sports participation is associated with less risk for body dissatisfaction and disordered eating among adolescent girls. It is also associated with higher self-esteem.**

*(Tiggemann, M. (2001). "The impact of adolescent girls' life concerns and leisure activities on body dissatisfaction, disordered eating, and self-esteem." The Journal of Genetic Psychology.)*

**The 2002 National Youth Survey of Civic Engagement showed that young women who participated in sports were more likely to be engaged in volunteering, be registered to vote, feel comfortable making a public statement, and follow the news than young women who had not participated in sports.** *(Lopez, M.H. & Moore, K. (2006). Participation in Sports and Civic Engagement. The Center for Information and Research on Civic Learning and Engagement.)*

**Exercise has been shown to improve cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness and several other components of quality of life in cancer survivors.**

*(Brown, J.K., et al. (2003). "Nutrition and physical activity during and after cancer treatment: An American Cancer Society guide for informed choices." CA: A Cancer Journal for Clinicians.)*

# Quotes



*“I think sports gave me the first place where this awkward girl could feel comfortable in my own skin. I think that’s true for a lot of women—sports gives you a part of your life where you can work at something and you look in the mirror and you like that person.”*

~ Teri McKeever (U.S.A. women’s swimming, 2012. She is the first woman to serve as the head coach of a U.S. Olympic swimming team.)

“Somewhere behind the athlete you’ve become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back. Play for her.”

~ Mia Hamm

“‘Team First’ not a quote, it’s a statement/culture.”

~Katey Stone

**“A trophy carries dust. Memories last forever.”**

~ **Mary Lou Retton**

*“Even when you’ve played the game of your life, it’s the feeling of teamwork that you’ll remember.*

*You’ll forget the plays, the shots, and the scores, but you’ll never forget your teammates.”*

~ Deborah Miller Palmore

“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”

~ Gail Devers- three-time champion for the United States Olympic Team

**“SOME PEOPLE SAY I HAVE ATTITUDE – MAYBE I DO... BUT I THINK YOU HAVE TO. YOU HAVE TO BELIEVE IN YOURSELF WHEN NO ONE ELSE DOES – THAT MAKES YOU A WINNER RIGHT THERE.”**

~ **VENUS WILLIAMS**

# Team Highlights:

## **Jennifer Driscoll:**

1. Embrace failure.
2. Preparation breeds confidence.
3. Loses fade. Wins fade. Teammates are unforgettable.

## **Missy Foote:**

1. Enjoy the dance - strive for excellence not perfection.
2. Seek together - together we are greater than the sum of our parts.
3. Help your teammates be better than they think they can be.

## **Chelsey Feole:**

1. When life throws you a curveball, there are always two paths to take.
2. Only when we gain true perspective can we really open our eyes to all that life has to offer.
3. Building yourself around a team, however you may define that, is when we really succeed and become vulnerable.

## **Sara Whalen Hess:**

1. Losing is important and even necessary. We learn and grow more from losing than we realize.
2. "Be your best". Not anyone else's. Comparisons to others can be crippling. Really understand what you bring to the table and realize That's what makes you special.
3. Ask for help and support. Working in a high pressure environment takes its toll, Physically and emotionally. People usually want to support you- let them.

## **Whitaker Hagerman Willocks:**

1. Make your own journey/chart your own course
2. Celebrate your own uniqueness
3. Life's challenges make you stronger/overcoming adversity



Young Women In Sport would like to thank Kristen Mulvoy and the members of the School of the Holy Child community for donating their time and the use of their facility.

## **Young Women In Sport Is a Proud Sponsor of Moving Leaders Forward.**

**MOVING LEADERS FORWARD™** is a dynamic week long leadership day camp for high school age girls with the goal of equipping these young women with the necessary tools to become the best leaders they can be.

[www.youngwomeninsport.com](http://www.youngwomeninsport.com)

# Mission:

*Connect, Educate and Inspire young women in sports.*

*YWIS is a non-profit organization that celebrates the value of athletics in women's lives. Through a panel discussion followed by a Q + A geared toward middle school and high school age students, we Connect, Educate and Inspire young women who participate in sports.*



## Comment, Questions, and Feedback are Welcome!

Contact:

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## Notes/Autographs

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