



# She has the

And the discipline, confidence, leadership, teamwork, commitment, and determination to reach for her personal best and be a part of something greater.

**When our girls participate in athletics at Agnes Irwin, they build the character and resilience that set them up to win — at anything they set their minds to.**

Agnes Irwin's rich athletic history and dedication to our pre-collegiate student-athletes is a great source of pride for us Owls. You can feel (and hear) that spirit on our sidelines as we cheer them on.

Our teams win championships — and they produce strong athletes that are recognized for their accomplishments and go on to compete at NCAA Division I, II, and III colleges and universities across the country.

20%  
of the Class of 2020  
will play their primary  
sport in college.





# power.



## 2019-2020 RECOGNITION

16

All Inter-Ac  
Athletes

16

All Delaware  
County Athletes

17

All-Main Line  
Athletes

2

US Squash  
All-American Honors

3

All-MASA  
Athletes

# Meet the Athletic Department

## COURTNEY LUBBE

### *Athletic Director*

Courtney enters her fourth year at Agnes Irwin as Athletic Director. Prior to AIS, Courtney spent three years at Convent of the Sacred Heart, New York City's oldest independent school for girls, where she served as Acting Head of Athletics and Wellness. She was responsible for managing the school's physical education and wellness programs, in addition to a strong athletics program fielding 34 teams and over 40 coaches. Prior to Sacred Heart, Courtney was an assistant lacrosse coach at Columbia University for three years. An accomplished student-athlete, Courtney was a lacrosse player for four-time Ivy League champion University of Pennsylvania and was named to the Tewaaraton Watch List in 2010.

## EMILY JANIS

### *Assistant Athletic Director*

### *Strength and Conditioning Coach*

Emily joined Agnes Irwin in 2018 as Assistant Athletic Director and Strength Coach, and Assistant Varsity Field Hockey Coach. Prior to AIS, Emily was an exercise physiologist at Zarett Rehab and Fitness, and is a certified strength and conditioning specialist. An accomplished student-athlete for Fairfield University's Division I Field Hockey team, Emily went on to coach at Fairfield and Lafayette College. She holds a BA in New Media from Fairfield University, an MS in Exercise Science from East Stroudsburg University, and completed strength and conditioning internships in the athletic departments at Temple University and the University of Pennsylvania.

## LAUREN WRAY

### *Assistant Athletic Director*

Lauren returns to Agnes Irwin for her fourth year as Assistant Athletic Director and Varsity Lacrosse Coach. In 2018, she led the Varsity Lacrosse team to the Inter-Ac Championship and the PAISAA Championship. Prior to AIS, she was the head women's varsity lacrosse coach at Haverford College for five years. Lauren held lacrosse coaching positions at Temple University, Cedar Crest College, and Lafayette College. As a student-athlete, Lauren was co-captain for Duke University's Varsity Lacrosse team and was a three time All-ACC and IWLCA All-American.

**3** leaders  
with over  
**33** years of combined  
athletic  
leadership  
experience







**AGNES IRWIN IS PART OF THE INTER-AC LEAGUE AND ALSO COMPETES IN NON-LEAGUE COMPETITION.**

#### Inter-Ac League

Academy of Notre Dame de Namur  
The Agnes Irwin School  
The Baldwin School  
The Episcopal Academy  
Germantown Academy  
The Haverford School  
Malvern Preparatory School  
Springside Chestnut Hill Academy  
William Penn Charter School

#### Non-League Competition

Abington Friends School  
Academy of the New Church  
Archbishop Carroll High School  
Bishop Shanahan High School  
Cardinal O'Hara High School  
Conestoga High School  
Delaware County Christian School  
Friends' Central School  
The George School  
Germantown Friends School  
Harriton High School  
Haverford High School  
The Hill School  
The Hun School  
Interboro High School  
Jack M. Barrack Hebrew Academy  
The Lawrenceville School  
Lower Merion High School  
Merion Mercy Academy  
Marple Newtown High School  
The Pennington School  
Phoenixville High School  
Radnor High School  
Ridley High School  
Sacred Heart Academy Bryn Mawr  
The Shipley School  
Strath Haven High School  
Upper Darby High School  
Villa Maria Academy  
Westtown School

## Athletics Philosophy

**With a legacy of achievement, our Athletics program has for many years instilled a lifelong commitment to teamwork, leadership, and reaching one's personal best.** We guide our athletes as they move from skill-building to mastery, helping them build a foundation of discipline, dedication, and confidence in pursuit of individual and shared goals. Our program supports the pre-collegiate athlete as well as the young woman who wants to maintain a healthy lifestyle, with the cornerstone being the development of the character and commitment to meet any task that lies ahead.

## Varsity Sports

### FALL

Crew\*\*  
Cross Country  
Field Hockey  
Soccer  
Tennis  
Volleyball

### WINTER

Basketball  
Squash  
Swimming  
Diving\*

### SPRING

Crew\*  
Golf\*  
Lacrosse  
Softball  
Track\*

*\*Offered in Upper School only*

*\*\*Offered in Upper School only as a club sport (fee-based)*

# Athletic Facilities



## Our 55,000-square-foot Athletic Center

supports a broad range of athletic programs, including a gymnasium with a competition-sized basketball court that is home to our basketball and volleyball teams for Middle and Upper School.

### OTHER HIGHLIGHTS INCLUDE:

- **Pierce Squash Center** — four squash courts with a viewing area
- **Sonnenfeld Rowing Center** — eight-seat rowing tank and erg equipment
- **Five tennis courts**
- **Phelps Field** — state-of-the-art artificial turf for soccer, lacrosse, and field hockey
- **Carter Field** — natural grass field for soccer, field hockey, and lacrosse
- **Pew Family Fitness Center** — state-of-the-art strength and conditioning facility
- **Multipurpose rooms**
- **Locker rooms** for students, faculty, and staff
- **Athletic Training Room** staffed with professional trainer
- **Memorial Field** — co-owned turf field in Radnor for field hockey, soccer, and lacrosse
- **Crockett Field of Dreams** — artificial turf softball field
- **Dance Studio**
- **Spin Studio**







"From the moment I stepped on campus, the energy and enthusiasm of the students, faculty, staff, and coaches was evident. Agnes Irwin's commitment to providing programs of excellence in athletics, physical education and wellness is inspiring, and I'm thrilled to be a part of this special community!"

COURTNEY LUBBE, ATHLETIC DIRECTOR





# College Enrollment of AIS Athletes/Recruits

*Classes of 2006-2020 | NCAA Division I, II, III*

## **Basketball**

California Institute of Technology  
Franklin and Marshall College (3)  
University of Scranton

## **Cross Country/Track**

Colby College  
Franklin and Marshall College  
University of Notre Dame  
University of Rochester

## **Crew**

Boston College (3)  
Boston University  
Bucknell University  
Colgate University  
Cornell University  
Dartmouth College (2)  
Drexel University  
Duke University  
Duquesne University  
Hamilton College  
Harvard University  
Massachusetts Institute of Technology (2)  
Princeton University  
Stanford University  
Tufts University  
University of Pennsylvania  
University of Virginia  
Washington University  
Williams College (2)

## **Field Hockey**

Catholic University  
Dartmouth College  
Franklin and Marshall College  
Georgetown University  
Miami University (OH) (2)  
Northeastern University  
Princeton University (2)  
Rochester Institute of Technology  
Washington and Lee University (2)

## **Golf**

Dartmouth College (2)  
University of Pennsylvania  
University of Richmond (2)  
Yale University

## **Lacrosse**

Boston University  
Brown University (2)  
Bucknell University (4)  
Colgate University  
Cornell University (2)  
Dartmouth College (2)  
Davidson College (2)  
Dickinson College  
Duke University  
Franklin and Marshall College  
Georgetown University  
Gettysburg College  
Harvard University (2)  
Lehigh University  
Loyola University Maryland  
Penn State University (2)  
Princeton University (3)  
Rochester Institute of Technology  
Rollins College  
Syracuse University  
The George Washington University  
United States Military Academy –  
West Point  
University of Arizona  
University of Maryland  
University of Pennsylvania  
University of Richmond (2)  
University of Virginia (2)  
Vanderbilt University  
Virginia Commonwealth University  
Washington and Lee University  
Wesleyan University  
Wofford College

## **Sailing**

Dartmouth College

## **Soccer**

Colgate University  
George Mason University  
Providence College  
Pomona College  
St. Francis College  
Washington and Lee University

## **Softball**

Franklin and Marshall College (2)  
Howard University  
Skidmore College (2)  
Syracuse University  
Washington College

## **Squash**

Bates College  
Bowdoin College  
Brown University  
Colby College  
Cornell University (2)  
Drexel University  
Middlebury College (2)  
Princeton University  
Stanford University  
The George Washington University  
Trinity College  
Tufts University  
University of Virginia  
Williams College

## **Swimming/Diving**

College of William and Mary  
Colorado College  
Dickinson College  
Duke University  
Howard University (2)  
Rutgers University  
University of Wisconsin  
Wesleyan University

## **Tennis**

Amherst College  
Denison University  
Drexel University  
UMass-Amherst

## **Volleyball**

Lafayette College  
Thomas Jefferson University  
Tufts University  
Washington and Lee University

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## The **Agnes Irwin** School

Office of Admission | Ithan Avenue and Conestoga Road | Rosemont, PA 19010

Grades PreK-4: 610.801.1203 | Grades 5-12: 610.801.1202 | [admission@agnesirwin.org](mailto:admission@agnesirwin.org)

[agnesirwin.org/admission](https://agnesirwin.org/admission)