

FOR IMMEDIATE RELEASE
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Swords Adds Pabis to UC Lacrosse Staff

Former Towson assistant joins first-year program

CINCINNATI — **Kari Pabis**, a former assistant coach at Towson, joins the staff of first-year head coach **Lellie Swords** as an assistant lacrosse coach at the University of Cincinnati.

Pabis spent the last two seasons at Towson, where she saw nine Tigers earn all-Colonial Athletic Association (CAA) honors and two earn all-American accolades.

Following a stellar four-year playing career at James Madison, Pabis entered the coaching ranks as the head coach at Bridgewater College, becoming the youngest head women's lacrosse coach in the nation. The Eagles competed in the Old Dominion Athletic Conference, one of the top Division III conferences in the country.

"Kari brings a wealth of knowledge with her to UC and I am ecstatic that she will be joining me on the sideline," Swords said. "Her accomplishments on and off the field as a student-athlete and a coach will bring tremendous leadership to our program."

A 2003 graduate of James Madison, Pabis was a member of three CAA championship teams during her career with the Dukes and also made three NCAA Tournament appearances, including a trip to the final four during her freshman year. One of the top defensive players for the Dukes, Pabis was honored an Intercollegiate Women's Lacrosse Coaches Association Academic Merit Scholar-Athlete three straight years. She was also selected to play in the 2003 STX North-South Senior All-Star Game.

Pabis graduated from James Madison with a B.A. degree in sports management before earning a Master's degree in athletic administration and coaching.

A native of Willbraham, Mass., Pabis was a three-sport standout, earning 10 varsity letters in lacrosse, soccer and basketball. A 1999 graduate of Minnechaug Regional High School, Pabis was a member of the basketball team which won back-to-back state championships. She also led the lacrosse team to a pair of state final appearances. Pabis was a two-time all-Massachusetts lacrosse selection, earning the honor as a junior and senior.

Pabis also has an extensive background in coaching lacrosse camps. During the summer of 2006, she coached at several camps, including JMU's Vision Elite, the Bainbridge girl's camp in Seattle, Daniel Gallagher's Black Diamond camp in Cleveland, Georgetown's Hoyas Elite and Hofstra's Laxology.

KARI PABIS AT A GLANCE

Coaching Experience

Assistant Coach, Towson2005-07
Head Coach, Bridgewater2004-05

Collegiate Playing Experience

James Madison 1999-2003

Education

BA, Sports Management
..... James Madison, 2003
MA, Athletic Administration/Coaching
..... James Madison, 2005

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