





GAME DAY SPONSOR
Atlantic Bay.
Mortgage Group



GAME DAY SPONSOR

DOMESTIC FUELS & LUBES

CHARTWAY ARENA





OLD DOMINION UNIVERSITY

START YOUR REIGN

odu.edu/apply

When you choose Old Dominion
University you get to select from
more than 150 academic programs,
including emerging fields like
cybersecurity and bioelectrics.

And with our Experience Guaranteed program and emphasis on student success, you'll have a 94% chance of landing a job or entering grad school within six months of graduation.

Get the outcomes you want at ODU.

Old Dominion University, located in Norfolk, is Virginia's forward-focused public doctoral research university with more than 23,000 students, rigorous academics, an energetic residential community and initiatives that contribute \$2.6 billion annually to Virginia's economy.

HOME OR AWAY...

WE MAKE IT EASY TO TAKE YOUR CLASSES WITH YOU.





Proud sponsor of Old Dominion University basketball.



and...

SAVE UP TO \$1 PER GALLON*

UP TO 35 GALLONS... THAT'S \$35 EVERY TIME YOU FILL UP!





3 EASY WAYS TO EARN FUEL POINTS:



Purchasing participating items at Harris Teeter with your VIC card. \$1 equals 1 fuel point.



Purchasing eligible retailer gift cards at Harris Teeter with your VIC card. \$25 in gift cards equals 50 fuel points.



Purchasing non-federally funded prescriptions with your VIC card. 1 prescription equals 50 fuel points.

*Terms and conditions apply.



HOME OF:
ODU SPORTS
NORFOLK TIDES
SUPER BOWL
WORLD SERIES
NCAA FINAL FOUR
NBA BASKETBALL

HAMPTON ROADS SPORTS STATION



TIM DÖNNELLY SHOW

12-2P



SHOW YOUR MONARCH PRIDE!

WITH AN ODU CREDIT CARD CREDIT CARD FROM CHARTWAY



- NO ANNUAL FEE
- EARN REWARDS WITH EVERY PURCHASE
- GET 20,000 BONUS POINTS WHEN YOU OPEN A VISA® SIGNATURE REWARDS CARD.*

Apply today at Chartway.com/monarchs





THE OFFICIAL CREDIT UNION OF ODU ATHLETICS



MAKE A MOVE TO BETTER SEATS!

WITH





AN OFFICIAL REAL ESTATE

PARTNER OF ODU ATHLETICS

Enter Here For Your Chance To Win!



Proud to cheer you on, **Monarchs!**

COX
BUSINESS



FOR FREE ODU TICKETS FOR MILITARY MEMBERS AND VETERANS Go to VetTix.org







BUILDING OUR COMMUNITY one home loan at a time

95% of our customers would recommend us to their friends and family.

At Atlantic Bay Mortgage Group®, our clients are friends for life. Founded and headquartered in Hampton Roads, Atlantic Bay loves our growing team of ODU alums. We're proud to be an official ODU sponsor. **Go Monarchs!**

atlanticbay.com/odu



NMLS #72043 (nmlsconsumeraccess.org)



Old Dominion Monarchs



OPTIMA HEALTH cares for members on and off the court. Our team provides quality plans for businesses, families, individuals, and businesses of all sizes.





For more information or to request a quote, contact your broker, call **1-800-745-1271** or visit **optimahealth.com**

Optima Health is the trade name of Optima Health Plan, Optima Health Insurance Company, Optima Behavioral Health Services, Inc., and Sentara Health Plans, Inc. Optima HMO, POS, Medicare, Medicaid and FAMIS products are underwritten by Optima Health Plan. Optima PPO products are underwritten by Optima Health Insurance Company. EAP plans are administered by Optima Behavioral Health Services, Inc. Self-funded plans are administered but not underwritten by Sentara Health Plans, Inc. Wellness programs are administered by Sentara Health Plans, Inc. All Optima Health plans have benefit exclusions and limitations and terms under which the policy or plan may be continued in force or discontinued. For costs and complete details of coverage please call your broker or visit optimahealth. com. Optima Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

2021-2022 MONARCHS



Head Coach Jeff Jones (Virginia, 1995)



Location: Norfolk, Va. (23529)

Nickname: Monarchs

Founded: 1930 (as the Norfolk Division of The

College of William & Mary) **Enrollement:** 24,824

School Colors: Slate Blue (PMS 540) Silver (PMS 877), Light Blue (PMS 283) Home Court: Chartway Arena (8.472)

Conference: Conference USA **President:** Dr. Brian O. Hemphill

(Saint Augustine's)

Athletic Director: Dr. Camden Wood Selig

(Washington & Lee)

Athletic Department Phone: 757-683-3375

Official Website: ODUSports.com
Ticket Office Phone: 757-683-4444
Ticket Office Website: ynottix.com

2020-21 Season In Review Overall Record: 15-8 **C-USA Record:** 11-5

C-USA Tournament: First Round

2021-2022 MONARCH ROSTER

| No. | Name | Pos. | Ht. | Wt. | Yr. | Hometown (Previous School) |
|-----|------------------|------|------|-----|-------|---|
| 0 | Mekhi Long | G | 6-7 | 200 | So. | Bryans Road, Md. / Rhode Island |
| 1 | Jason Wade | G | 6-5 | 210 | R-Jr. | Richmond, Va. |
| 2 | Brady O'Connell | G | 6-7 | 200 | Fr. | Milton, Ga. |
| 3 | Imo Essien | G | 5-11 | 170 | Fr. | Wylie, Texas |
| 4 | Jadin Johnson | G | 6-0 | 175 | Fr. | Omaha, Neb. |
| 10 | D'Angelo Stines | G | 6-1 | 180 | Fr. | Columbia, Md. |
| 11 | A.J. Oliver II | G | 6-5 | 200 | R-Sr. | Birmingham, Ala. / Clemson |
| 12 | Jaylin Hunter | G | 6-0 | 195 | So. | Manchester, Conn. |
| 13 | P.J. Gill | G | 5-11 | 165 | Jr. | Virginia Beach, Va. / Johnson & Wales |
| 15 | Charles Smith IV | G | 6-5 | 200 | So. | Atlanta, Ga. / Southern Methodist |
| 20 | Stephan Morris | F | 6-7 | 220 | So. | Houston, Texas / Kilgore College |
| 22 | Kalu Ezikpe | F | 6-8 | 240 | Jr. | Lawrenceville, Ga. |
| 23 | Austin Trice | F | 6-7 | 225 | Sr. | Chicago, III. / Kansas State |
| 25 | C.J. Keyser | G | 6-3 | 190 | Sr. | Baltimore, Md. / North Carolina Central / Wichita State |





Welcome to the new CUSA.TV (formerly C-USA Digital Network). Powered by Sidearm Sports, CUSA.TV combines streaming audio and video content from the league and all 14 member institutions to provide the most thorough coverage of C-USA athletics anywhere in the world. CUSA.TV is your online home for league and member schools' live non-televised events, regional/local televised events, league championship events, member institution pressors and coaches shows, C-USA championship pressors, features and on-demand, as well as, archived and audio streaming content.

Monthly and yearly subscriptions are now available, as well as, a 24-Hour pass. Visit CUSA.TV for more information and to sign up for this season!

CUSA TV feature content and limited free live events can also be viewed on our official website, conferenceusa.com.

SUBSCRIBE NOW

WWW.CUSA.TV/ODU

MONARCHS VS UTSA THURSDAY, JANUARY 13, 2022

CHARTWAY ARENA



Head Coach Steve Henson (Kansas State '90)



Location: San Antonio, Texas

Founded: 1969

Nickname: Roadrunners Colors: Blue and Orange

Home Court (Capacity): Convocation Center

(Capacity:

Conference: C-USA

President: Thomas Taylor Eighmy **Athletic Director:** Lisa Campos

2021-2022 ROADRUNNERS ROSTER

| No. | Name | CI. | Pos. | Ht. | Wt. | Hometown |
|-----|--------------------|-------|------|------|-----|----------------------|
| 0 | Cedrick Alley | r-Sr. | F | 6-6 | 230 | Houston, Texas |
| 1 | Darius McNeil | Sr. | G | 6-3 | 185 | Houston, Texas |
| 2 | Aleu Aleu | Jr. | G/F | 6-8 | 180 | Austin, Texas |
| 4 | Josh Farmer | Fr. | F | 6-9 | 195 | Las Vegas, Nev. |
| 5 | Azavier Johnson | Fr. | G | 6-5 | 205 | Las Vegas, Nev. |
| 10 | Erik Czumbel | Jr. | G | 6-3 | 200 | Verona, Italy |
| 11 | Lachlan Bofinger | So. | F | 6-6 | 215 | Sydney, Australia |
| 12 | Phoenix Ford | R-Sr. | F | 6-8 | 225 | St. Petersburg, Fla. |
| 13 | Artan Jabbar | Jr. | G | 6-0 | 180 | Fort Worth, Texas |
| 20 | Lamin Sabally | Fr. | G | 6-7 | 195 | Berlin, Germany |
| 21 | Jordan Ivy-Curry | So. | G | 6-2 | 170 | La Marque, Texas |
| 22 | Christian Tucker | Fr. | G | 6-3 | 170 | Chandler, Ariz. |
| 24 | Jacob Germany | Jr. | C | 6-11 | 235 | Kingston, Okla. |
| 32 | Isaiah Addo-Ankrah | R-Sr. | F | 6-7 | 245 | Houston, Texas |



#HOOPSATTHESTAR

Conference USA returns to Frisco, Texas with its premier basketball event at Ford Center at The Star, headquarters of the Dallas Cowboys. The 2022 C-USA Basketball Championships take place March 8-12, featuring 28 men's and women's basketball teams playing 26 games with C-USA titles and NCAA automatic bids on the line. We are looking forward to four days of exciting hoops at this world-class facility.

The road to Frisco begins in November for C-USA teams. Follow all the action, including schedules, standings, stats, where to watch live games, recaps, players of the week, latest team information and much more on our official website:

CONFERENCEUSA.COM































MONARCHS VS UTEP SATURDAY, JANUARY 15, 2022

CHARTWAY ARENA



Head Coach Joe Golding (Abilene Christian, 1999)



Location: El Paso, Texas

Founded: 1914 Nickname: Miners

Colors: Orange, Dark Blue & Silver

Home Court (Capacity): Don Haskins Center

(Capacity: 11,892)
Conference: C-USA
President: Heather Wilson
Athletic Director: Jim Senter

2021-2022 MINERS ROSTER

| No. | Name | YR. | Pos. | Ht. | Wt. | Hometown |
|-----|-------------------|-------|------|------|-----|-----------------------|
| 0 | Souley Boom | R-Jr. | G | 6-3 | 180 | Oakland, Calif. |
| 1 | Tydus Verhoeven | R-Jr. | F | 6-9 | 235 | Manteca, Calif. |
| 2 | Christian Agnew | Jr. | G | 6-2 | 182 | Detroit, Mich. |
| 3 | Keonte Kennedy | R-So. | G | 6-5 | 180 | Austin, Texas |
| 4 | Kezza Giffa | Fr. | G | 6-2 | 180 | Paris, France |
| 5 | Emmanuel White | R-Jr. | G | 6-5 | 180 | Katy, Texas |
| 11 | Bonke Maring | So. | F | 6-10 | 240 | Cypress, Texas |
| 12 | Jamari Sibley | Fr. | F | 6-8 | 184 | Milwaukee, Wisc. |
| 13 | Cam Clardy | Fr. | G | 6-1 | 192 | Cypress, Texas |
| 15 | Alfred Hollins | Sr. | F | 6-6 | 215 | San Francisco, Calif. |
| 20 | Kevin Kalu | Fr. | F | 6-9 | 235 | Baltimore, Md. |
| 21 | Ze'Rik Onyema | Fr. | F | 6-8 | 220 | San Antonio, Texas |
| 23 | Jorell Saterfield | So. | G/F | 6-4 | 191 | Chicago, III. |
| 24 | Jamal Bienemy | Jr. | G | 6-5 | 177 | New Orleans, La. |
| 33 | Gilles Dekoninck | R-Jr. | F | 6-6 | 220 | Diest, Belgium |
| | | | | | | |

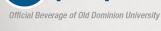


ODUSPORTS PROPERTIES

A Special Thanks to our Official Team Monarch Partners







Virginia Lottery





ODU Sports Properties encourages Monarch Fans to support those who support ODU Athletics. For more information regarding sponsorship opportunities, please call 757.683.4705





AUTHENTIC AMERICAN BBO WITH A SIDE ORDER OF PATRIOTISM. LET THE TAILGATING BEGIN.

Go all out all season with homemade, handcrafted BBQ before or after the game. Slow-smoked and prepared fresh daily, with no microwaves or freezers ever, there's something for every fan.

Our Mission is to Serve, especially those who serve Our Country and Communities. Be sure to visit us at noon as we ALL rise to our National Anthem. Or, call ahead and we'll have Pick-Up Packs waiting for you. We can even cater your tailgate party. Go Monarchs!



www.MISSION-BBQ.com | 757-567-4853 Catering

 Virginia Beach
 116 S Independence Blvd., Virginia Beach, VA 23462 | 757-490-9050

 Hampton
 2035 Von Schilling Dr., Hampton, VA 23666 | 757-847-5506

 Chesapeake
 1329 N Battlefield Blvd., Chesapeake, VA 23320 | 757-276-5955

 Newport News
 12640 Jefferson Ave., Newport News, VA 23602 | 757-785-5652

 Lake Wright
 1511 Premium Outlet Blvd., Norfolk, VA 23502 | 757-866-2831

FREE UNLIMITED MILES ON **ONE-WAY** RENTALS

Visit penskeu.com or call 800-281-9084 and use promo code STUDENT to get 10% off your next move.













When should I See the Urologist

- · Getting up more than once a night to urinate
- · Urinary stream is not as strong as it used to be
- · Blood in the urine · Leaking urine
- · Urinating more frequently than every 3 hours during the day
- Suspecting a bladder infection
- More than 3 urinary tract infections within a year if female and even one if male
- · Male over 50 years old with a family history of prostate cancer
- History of kidney stones (you need surveillance to prevent large, hard to treat stones from forming)
- Two kidney stone episodes and have never had a 24 hour urine test to see if there is a way to prevent more episodes
- · May have a sexually transmitted infection
- Swelling, pain, or an infection of private regions
- Interest in having a vasectomy or having one reversed

Call one of our locations today.

Urology of Virginia (Main Campus) 225 Clearfield Ave.

225 Clearfield Ave. Veginia Beach Virginia, 23462 757-457-5100

Hampton Location

4000 Coliseum Drive, Ste. 300 Hampton Virginia, 23188 757-452-3341

Sufferk Location

7185 Harbour Town Pkwy. Ste 200 Suffolk Virginia, 23435 757-457-5100

Williamsburg Location

400 Sentara Cirole, Ste. 3210 Williamsburg Virginia, 23188 757-345-5554

The Paul F. Schellhammer Cancer Center

229 Clearfield Ave. Virginia Beach Virginia, 23462 757-457-5177

BOUNLOAD TODAY!



ODU Sports 360 mobile app lets you follow all Old Dominion sports in one place. Get rosters, real-time stats, schedules, fan guides, news and videos directly from the source. Listen to live radio broadcasts, no matter where you are.



App Download OR Code





2021 ODU Basketball Away Game Trips



Learn more at venturebustours.com 757-494-1480













Dec 19

Look out for 2022 Football Trips
ECU and UVA
www.venturebustours.com



\$20 Membership Includes:



Go to ODUsports.com/KidsClub



DO THE DEW®