

Distinguished Achievement Award

Lehigh Athletics Department Awards

DISTINGUISHED ACHIEVEMENT AWARD – *Established in 1994 and previously known as the ECAC Merit Award, this honor is awarded to graduating student-athlete(s) who have displayed a high level of scholarship and significant athletic achievement at the league level and/or beyond and service to the institution.*

The winners are selected by the Athletics Department Awards Committee from nominations submitted by coaches.

2008-09 Recipients (Winners Listed):

Shannon Alejandro (Cross Country/Track and Field) - A standout on the trail and track, Shannon Alejandro has put together an impressive career in the Brown and White. Shannon is a two-time First-Team All-League selection in cross country, having placed in the top-five at the last two league championships. On the track Alejandro is a two time All-League selection, having won the 2008 Outdoor Championship in the 800 and the 4x800, as well as the 2009 Indoor Championship as a member of the 4x800-meter relay team. Shannon, who owns four school records, was an All-East performer at the 2008 ECAC Outdoor Championships in the 4x800 and she also qualified for the 2008 NCAA East Regional Outdoor Championship in the 1500-meters. In the classroom, Shannon carries a 3.23 grade point average and is a multi-year member of the Patriot League Academic Honor Roll in cross country and track.

Alisha Gonzales (Softball) - Alisha Gonzales has been a steady performer for the Lehigh Softball program during her Lehigh career. She played in 20 games as a freshman, while as a sophomore, she appeared in 29 games and hit .326 with 15 hits and six runs batted in. Alisha then had a breakout year as a junior, garnering First-Team All-Patriot League honors after batting .326, which included 47 hits, eight doubles and four home runs. She also knocked in 34 runs and scored 17 runs herself, while hitting .400 in Patriot League play. This season, Alisha has appeared in 46 games for Lehigh, totaling a batting average near .360 to go along with 44 hits, 12 doubles, four home runs and 25 RBI. A captain, she also has 29 putouts in the field. Off the softball field, Alisha is highly involved in a number of community service projects through the Athletic Department and the University, and she carries a 3.70 grade point average in the classroom. Gonzales is also a multi-year member of the Patriot League Academic Honor Roll and the Dean's List.

Dan Johnson (Swimming) - Dan Johnson is a three-time All-Patriot League selection and two-time Patriot League Men's Swimming and Diving Scholar Athlete of the Year. Dan earned First-Team All-League honors in 2007, 2008, and 2009, and stood on the podium as the 2008 PL Champion in the 200 Freestyle. A school record holder in four events, Johnson has his name etched atop Lehigh annals in the 50, 100, 200 freestyle and 400 free relay. Johnson maintains a 3.51 GPA as a mechanical engineering major and has made multiple appearances on the Patriot League Academic Honor Roll and the Dean's List.

Sara MacIntyre (Lacrosse) - One of the most prolific goal scorers in Lehigh and Patriot League history, Sara MacIntyre scored 152 goals during her time in the Brown and White, which ranks fourth best in school history and eighth all-time in PL annals. A three-time All-Patriot League selection, Sara was the 2006 Patriot League Co-Rookie of the Year, a 2007 First-Team All-League selection and a 2008 Second-Team honoree. MacIntyre tied the Lehigh freshman record for goals scored with 47, and her 168 career points rank fourth in school history and are the second most of any active player in the Patriot League. MacIntyre is a multi-year member of the Patriot League Academic Honor Roll and maintains over a 3.0 grade point average in the classroom.

Distinguished Achievement (cont.)

2008-09 Recipients (Winners Listed):

Sarah Serwo (Track and Field) - Sarah Serwo holds five school records, including the indoor and outdoor 800-meters, which she won the 2008 Patriot League Indoor and Outdoor Championships in. Serwo added another title to her collection by winning the 1,000-meters at the 2009 PL Indoor Championships. A three-time First-Team All-Patriot League selection, Sarah was a 2008 Academic All-American and qualified for the NCAA East Regional Outdoor Championship in the 800. She also qualified for the 2008 Indoor and Outdoor ECAC Championships, and the 2009 Indoor Championships, earning All-East recognition at the '08 outdoor competition after breaking her own school record in the 800. In the classroom, Serwo maintains a grade point average of 3.49 as an accounting major and is a multi-year member of the Patriot League Academic Honor Roll and the Dean's List.

Lisa Sweeney (Softball) - Arguably the greatest softball player Lehigh has ever seen, Lisa Sweeney will go down as the school's most dominating pitcher and one of its most feared hitters. Sweeney was the Patriot League Pitcher of the Year all four seasons of her career and the 2008 Player of the Year, becoming the first player to ever capture both honors in the same season. Sweeney garnered First-Team All-League and All-Region accolades in each of her four seasons and was named the 2008 ECAC Player of the Year. A 2008 Academic All-American, Lisa was named a preseason All-American by ESPN.com prior to her senior season. Sweeney established either Patriot League or Lehigh records in single season strikeouts, wins, and home runs and career marks in strikeouts, wins, and home runs. A multi-year member of the Patriot League Academic Honor Roll and the Dean's List, Sweeney carries a 3.79 grade point average and is a three-time Academic All-District selection.

Jen Therkorn (Track and Field) - A school record holder in four events and a two-time First-Team All-Patriot League selection, Jen Therkorn has had a very strong career for the Mountain Hawks. Therkorn was a member of the 2008 Patriot League Outdoor Champion 4x800 relay team that earned First-Team All-League honors, and she later went onto compete at the ECAC Outdoor Championships where Lehigh's 4x800 team posted the best finish in school history in the event. At the 2009 Patriot League Indoor Championships, Therkorn added two more championships to her collection in the 4x800 and the 800-meters, and was named a First-Team All-League honoree for her efforts. In the classroom, Jen is a multi-year member of the Patriot League Academic Honor Roll and maintains a 3.42 grade point average.