2005-06
Sports Wrap-ups & More

#1 in Academics (U.S. News & World Report) three years in a row

#1 in Athletics (U.S. Sports Academy Directors’ Cup) eight years in a row
Ephs Complete Rarest of Doubles for a Third Straight Year

Three Straight Years #1 nationally in academics and #1 in athletics in the SAME year

June 22, 2006

WILLIAMSTOWN, MA — The student-athletes of Williams College have turned the rarest of feats into a common place — and annual — occurrence.

Williams College was awarded the U.S. Sports Academy Directors’ Cup presented by NACDA for the academic year 2005-2006. It is the eighth straight Directors’ Cup for the Ephs, whose athletic program has won 10 of the 11 Directors’ Cups awarded at the Division III level.

That has allowed the Ephs to be deemed No. 1 nationally both in academics (U.S. News & World Report) and athletics (Directors’ Cup) for the third consecutive year — a feat which had never been done by any other of the 1,053 NCAA member institutions at any level before Williams accomplished it during the 2003-2004 year.

“I am extremely proud to accept the Directors’ Cup” on behalf of our student-athletes, coaching faculty, support staff and college community,” said Williams Athletic Director Harry Sheehy III. “The students on our teams exhibit great work ethic, discipline and passion. I know I speak for our coaches when I say that our students are a great source of pride and inspiration for us all. I also want to thank our coaches for their work in making the athletic experience a true part of our athlete’s education here at Williams.” The Directors’ Cup was developed as a joint effort between the National Association of Collegiate Directors of Athletics (NACDA) and USA Today. Points are awarded based on each institution's finish in NCAA post-season events up to 18 sports — nine women's and nine men's.

Over the 2005-2006 year, the Ephs registered points in 14 of the 18 maximum sports (eight women’s teams, six men’s teams). The Ephs finished with 920.50 points, finishing 130.25 points ahead of runner-up The College of New Jersey (TCNJ), which finished with 790.25.

“Obviously, we’re proud of our record in the Directors’ Cup, as it recognizes our excellence in athletics,” said rising senior Meghan Stetson, a starter on the women’s basketball team. “But maintaining Williams’ high standards of excellence in all areas is something that I believe all students take seriously, I don’t think that winning the Cup is every Williams athlete’s ultimate goal. For me, being part of a successful team and watching our other teams succeed, is more rewarding than winning an award. Still, it’s nice to say we’re the best.” Williams won one national championship over the 2005-2006 year, and it came in the spring as the Ephs’ women’s crew team won its second NCAA championship in the five years the NCAA has awarded one at the Div. III level. The Ephs had seven teams finish in the top five in the nation.

Female runners had quite a year for Williams. In the fall, the women’s cross country finished second in the nation. In the winter, the women’s indoor track and field team placed second in the country. In the spring, track & field finished second nationally at the outdoor championships. (Only the indoor score counted toward the Directors’ Cup standings). Senior Caroline Cretti spurred all three teams, winning three individual national titles this year the 5,000m indoors and the 5,000 and 10,000 outdoors.

The Ephs were sixth in the fall standings 123 points behind leader TCNJ, but had a very strong winter and climbed up to second place — just .75 of a point behind TCNJ. The Ephs women’s swimming and diving team finished third in the nation and senior Lindsay Payne captured five national titles (three individual, two relays) while setting national records in three different events and becoming the first Div. III female athlete to win the 100 breaststroke four times in a career. Payne, was named Swimmer of the Meet at the NCAA Championships for the second year in a row and was honored by Honda as its national Inspiration Award winner for 2006 in all NCAA divisions.

The men’s swimming and diving also had a strong season, with the Ephs swimming to a fifth-place finish at the NCAA championships. Senior Will Cunningham won the 100 backstroke for the third consecutive time in his career, breaking his own national record in the process.

Williams women’s hoop team reached the “Sweet 16” of the 63-team NCAA Tournament for
the second time in the program’s history. The Ephs gained an at-large berth into the tournament, its first berth since 1999, and defeated NYU and Messiah at Messiah before bowing to Baldwin-Wallace to finish 23-6.

For the first time in school history, two Eph alpine skiers earned All-America honors in the same year as first-year Eric Mann and sophomore Charles Christianson each achieved that honor, helping the Ephs place 15th at the national championships. Christianson earned All-America honors in the slalom and giant slalom.

Junior wrestler Jon Dolan placed sixth at the nationals — the second year in a row he earned All-America honors — as the Ephs finished 35th in the country.

In the fall, Williams’ field hockey team reached the quarterfinals, and the men’s soccer team secured Cup points with a run to the “Elite 8” of the Div. III NCAA Tournament. Seniors Josh Bolton (MF) and Nick Armington (GK) both signed professional contracts – Bolton with the Rochester Rhinos and Armington with Real Salt Lake. In the spring, both the men’s (fourth) and women’s (fifth) tennis teams concluded special seasons with deep runs into the tourney. Men’s tennis made its 10th consecutive appearance in the NCAA quarterfinals under Dave Johnson.

The Eph softball team set a school record for consecutive wins (20) en route to a second straight berth to the Div. III National Finals, while the men’s track and field team, with only six members at the NCAA Championships, placed fourth in the country. Senior Dan Austin won his second straight national title in the discus.

Off the fields, courts and out of the pools, many Ephs achieved equal success in the classrooms. A record 202 student-athletes were honored in May at the annual Scholar-Athlete dinner. Only sophomores, juniors and seniors nominated by a coach, possessing a minimum cumulative GPA of 3.20 and who start or serve as a key reserve, are eligible for the honor.

“We celebrate excellence throughout the Williams community,” Williams President Morton Owen Schapiro said. “The magnificent performance on the various playing fields is a wonderful compliment to what happens in our classrooms, laboratories, and studios and on our stages.”

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Ephs Top Two More National Rankings in Sweeping the 2005 NCSA Power Rankings

August 1, 2005

CHICAGO, IL – The National Collegiate Scouting Association (NCSA) has announced that Williams College has finished on top of the NCAA Div. 3 2005 NCSA Collegiate Power Rankings and the Ephs also rank first overall among all 1,044 NCAA member institutions.

Ephs continue to impress in the classroom and in competitions

Williams’ power rating of 2.33 led NCAA Div. 3 and all NCAA members. An NCSA power rating of 1.0 would equal a perfect score. The Ephs’ power rating of 2.33 was well ahead of archrival Amherst College, which finished second in both power rankings with a 5.0.

The New England Small College Athletic Conference (NESCAC) was omnipresent in the NCAA Div. 3 rankings with 10 schools finishing in the top 17 and four in the top five: Williams (1), Amherst (2), Middlebury (4), Bowdoin (5), Colby (11), Bates (12), Wesleyan (13), Tufts (14), Trinity (15) and Hamilton (17).

The NCSA’s Power Rankings were developed by NCSA founder and CEO Chris Krause in 2002. NCSA’s Collegiate Power Rankings are calculated for each school at the NCAA Division I, II and III level by averaging the U.S. News & World Report ranking, the U.S. Sports Academy Directors’ Cup ranking and the NCAA student-athlete graduation rate of each school. The U.S. Sports Academy Directors’ Cup ranking evaluates the strength of NCAA athletic departments, while the U.S. News & World Report ranking recognizes institutions of academic excellence. The student-athlete graduation rates are based on those provided by the NCAA.

Williams finished first in both the U.S. News & World Report 2005 rankings and in the U.S. Sports Academy Directors’ Cup and the Ephs’ NCAA graduation rate is a five.

The NCSA Collegiate Power Rankings provide data that allows prospective student-athletes and parents to evaluate the particular strengths of universities based on academic and athletic factors, as well as student-athlete graduation rates.

The NCSA Collegiate Power Rankings are a useful tool when comparing colleges you are considering now and those you may consider in the future. Having this information at your fingertips will assist you in making informed decisions in your college search.
Students of Strength
by Kathleen Krause ’06
Women’s Track & Field

I’d like to thank Athletic Director Sheehy and my coaches on the Track and Field team for granting me the opportunity to address all of you tonight. I’m Katie, I’m a major in sociology and I am a thrower.

“Scholar-athlete” is a term that has been used to describe me for a long time, as I’m sure it has been applied to all of you numerous times before. I haven’t ever questioned what the term meant. It seems straightforward. However, I’d like to suggest that the term has many implications and that it is important that everyone in this room figure out what scholar-athlete means for themselves. I warn you that I will take a grave look at the negative consequences of the label “scholar-athlete” before I talk about the profoundly positive aspects of being a scholar-athlete.

First off, I am proud to be a scholar and an athlete — I take both these aspects of my life seriously. I have done well in the classroom and on the field and I am proud of that. Everyone here should be proud of themselves.

But then I think, isn’t being a varsity athlete and a student at Williams enough proof of my status as a scholar-athlete? What does this term mean when it applies to some of my teammates while not others? Scholar-athlete is exclusionary and I don’t know if I agree with the distinction. Deciding who is a scholar-athlete seems to follow a rational logic: if you have a certain GPA, and reach a certain level of athletic success you should be praised. But I am deeply uncomfortable with the idea that I, or any of you, are special. We’re not better than our teammates who are absent tonight. We’re not better than our classmates who don’t participate in varsity sports.

I am somewhat troubled by the celebration of scholar-athletes. Being seen as extraordinary also can be maddening. Is there something about being an athlete that limits my potential as a student? Does the fact that I do well in school indicate that I cannot also achieve greatness in sports? By granting special recognition to scholar-athletes, we also do a disservice to them by implying that there is an inherent tension in the combination of these words — that it is shocking that anyone could identify with being an “athlete” and a “scholar.”

I realize that I cannot settle for frustration and conclude that this term is more complicated than it seems. Therefore, I’m going to talk about what being a scholar-athlete means to me and not try to judge myself in comparison to an external standard. For me, scholar-athlete means that I take advantage of the natural connection between mind and body through the everyday practice of strength.

As a senior, I’ve had many moments of reflection this past year about my time spent at Williams. Most often I wonder whether all the time I sacrificed to Track and Field was worth it in the end, or if my academic experience would have been enhanced had I chosen not to participate in athletics.
The answer to this query comes quickly and easily. I could not be any happier with my athlete status. I don’t have to convince any of you about the benefits of playing a sport. I have learned an incredible amount from my coaches, gained inner wisdom and experienced countless thrills by being on a team. Sometimes I do question why I spend each and every Saturday from January to late May competing. Add in the daily practices and multiple lifts each week that begin in mid-November and the time investment alone is a staggering feat. My sport, throwing, isn’t even that sexy — have you seen any professional throwers? When in May of my freshman year I returned home 20 pounds heavier than when I had left in September, I not only questioned in what direction my life was going but I also received attention regarding my new, questionably feminine physique. I have neither the talent nor the interest to continue throwing after college, so what is the motivation driving my dedication? Oddly enough, the most pressing question has never been why I was willing to transform my life; but; why I never doubted that I loved the transformation and sought it out each day in the weight room and on the field.

But back to my main concern: over the past four years, should I have focused more on being a scholar? In a word, no. Throwing has made me a better scholar because it has made me a better person. Throwing has transformed my life. Through throwing I practiced strength, and in order to be a successful student I needed to be strong. Being strong academically requires emotional and psychological strength that I gained more effectively through participation in athletics than in any other way. The experiences I had in one arena completely affected performance in the other — and in being a scholar, I became a better athlete. Practicing strength mentally and physically enriched my life as a whole.

In the end, scholar-athlete is a term that I can embrace. But I am also so much more than that. You all are more than strong individuals, you are community members that have an impact at Williams that is larger than your experience as a scholar or as an athlete. Williams would not be the school that it is today without people like us. I congratulate you all for being here tonight because it means that somebody determined that you are outstanding. However, I remind you to judge yourself by your own standards. To me, the term scholar-athlete applies to an individual who is a student of strength, who does not create barriers that separate her life experiences into various compartments but realizes that the benefits of learning effect her entire person. Figure out what being a scholar-athlete means to you and continue to make yourself undefinable by a single word.
maybe I really didn’t belong here. But if there was one thing I knew, it was that I should probably go see the professor and get sorted out. After only half an hour she happened to clarify everything, the fog lifted, and as I was walking out of the office and she called after me, “Hey you should think about being a neuroscience concentrator”. The fog reappeared … Had she forgotten the grade I had just received?

I got home and just for kicks I flipped through the requirements in the course catalog to see if it was even feasible. I stopped for a second. I trusted her and that was all it took. I’ll graduate with a concentration in Neuroscience. These classes have been the highlight of my academics, they’ve been so rewarding, I can’t imagine my experience at Williams without them.

I also can’t imagine Williams without volleyball and crew. This next story is about volleyball, but as a side note I’m also a rower. We just won the all team points trophy at the New England Rowing Championships so we’re pretty proud of that.

But back to volleyball, I injured my shoulder midway through the season this year, dislocated it, whatever. My goal, of course was to make it back to the court. Thanks to the amazing sports medicine support staff here, I did it in three weeks. So we’re playing in the NESCAC Championship tournament, my first chance to see game time since the injury. My mom is sitting the stands not even able to watch because she’s so nervous. I don’t go in for a while, but then momentum shifted in the game and I knew my moment might be coming. Coach looked down the bench. PAUSE.

“Kate, you’re in” deadpan, eye contact, no hesitation. Not like “Hey Kate, you ready to go back in, do you think you can do it?, it was just — “Kate” — the sound of your name when your coach says it during a game, any athlete can pick it out. Of course, my first thought was holy bleep my arm is going to fly out, but in a split second that thought was gone. Coach spoke with such confidence I couldn’t help but believe her. She had the same type of confidence in me, just like my neuroscience professor, that I could do it and I actually did. We won the game.

So why did I believe these two people? Chances were, something very bad could have happened in either scenario, I could have lost my arm again or never had the GPA to make it to this sweet banquet.

But I believed them because I trusted and respected them. That’s how you acquire confidence, it has to be bestowed upon you by a person you respect and trust. At Williams we are fortunate to encounter people like this everyday. Because I’ve been provided with this esteemed faculty I’ve directly gained confidence in myself as a result. It’s this magical, “If she says I can do it, of course I can.”

As scholar athletes we have confidence on the fields/courts/water and in the classroom that is a direct result of our coaches and professors. This inspires us everyday to achieve more and their initial little bit of confidence in us just multiplies, until you’re a senior and a complete egomaniac like I am.

However, confidence does not only have to multiply within ourselves, we can pay it forward to others. First, we can conduct ourselves in a way that demands the respect of our coaches, professors and most importantly peers and teammates. Once we have this base, we can begin to instill confidence in the young men and women around us, in and out of the classroom. Now if we can do this, we’re looking pretty good, we’re going to achieve more than ever, we’re talking research grants, Directors’ Cups, you name it.

If you’re here today as a scholar-athlete you’ve most likely already won the respect of teammates, don’t stop there, make sure to continue to be a force in the classroom among all your peers, not just the ones with hand eye coordination. You’ve got more power than you’d think to make this community strong. You can have a huge impact. As for the professors and coaches, thank you for helping to make us the confident men and women we are today, together our brains and brawn are a force to be reckoned with.

Thank you.
4 Ephs Helping Berkshire County Non-Profits Through Kraft Foundation Internships

August 17, 2005

WILLIAMSTOWN, MA – With all of the Patriots’ bumper stickers, hats and T-shirts around the Berkshire County area it’s easy to see what an impact the New England Patriots’ recent successes on the football field have had on the region.

What many people in the region do not know is that the Patriots and the family of Robert Kraft (owner of the Patriots) have endowed a summer internship program at Williams College to help non-profits throughout New England gain summer support. Robert Kraft’s sons Jonathan (‘86) and Joshua (‘89) are both Williams graduates.

This summer the Kraft Foundation is sponsoring 15 Williams students who are working for non-profit organizations throughout New England and three are Eph athletes working in Berkshire County.

For 10 years Williams College has offered its students summer employment opportunities through its 13 alumni sponsored internships and this year 103 Williams students are employed across the nation.

Each summer grant from the Kraft Foundation is worth $2,640 over an eight week period and enables a New England non-profit organization to get summer help without financial obligation.

In June and July senior field hockey teammates Jess Graham (Pittsburgh, PA) and Emily Grannon (New Canaan, CT) worked under Jonathan Igoe at the Williamstown Youth Center. Belle Stone (Wilmington, NY), a senior downhill skier majoring in art is working at Kidspace at Mass MoCA in North Adams for the summer and junior Beth Lorge, a North Adams native who letters in both basketball and softball, is currently working at the Hillcrest Educational Center in Hancock.

Ron Gallagher, Assistant Director of the Williams College Career Counseling Center, coordinates the alumni summer internship program. “We notify students of the alumni summer internships in the fall and if they are interested they attend some information sessions and then they apply in January,” Gallagher said. A selection committee of 10 faculty and staff members awards the internships.

For Graham and Grannon the Kraft opportunity was exactly what they were looking for as they had decided in the fall of their junior year to spend their last summer together in Williamstown. A trip to the OCC (Williams Office of Career Counseling) and a discussion with Ron Gallagher got Graham and Grannon interested in the Kraft internship. “We have a lot of contacts that we’ve built up over the 10-year history of our program,” said Gallagher. “We can usually match interests and talents with the needs of several non-profits.”

Graham and Grannon started at the Williamstown Youth Center (WYC) on June 1st and worked through the end of July. In June the Eph duo was involved in doing repairs, painting, designing a recycling program for the kids and helping out Igoe with administrative duties. They also worked the center’s after school program each weekday afternoon. During the after school program they played kickball, wall ball and other games and also helped with homework until 5:30 p.m.

Once the Williamstown schools got out for summer vacation the duties of Graham and Grannon involved more direct contact with the children and less time on administrative duties. Supervising field trips and organizing activities for the day camp took up a majority of their time.

It was a great place to work and the kids were amazing,” said Graham whose future plans include law school. “I would like to work with the Williamstown Youth Center again this year. It is difficult to fit it in with field hockey in the fall and lacrosse in the spring, but hopefully in the winter I will have an opportunity to work with the after school program.”

I really enjoyed working at the WYC,” said Grannon. “The kids were fantastic and fun and I hope Jess and I helped make their time at camp a bright spot in their days. I’m pretty up in the air about the future after Williams, but non-profit work is certainly something I would be interested in. More than that, I know I want to work with kids in some capacity.”

The Youth Center was a great opportunity to be active and outside, and to be part of an organization that really provides an important service to Williamstown and the surrounding communities,” said Grannon.
Jess and Emily really got involved in our day camp and they made a big impression on the kids as leaders and role models,” said Michelle Beaton, Assistant Director of the Williamstown Youth Center. “With Jess’s playful nature she always had kids climbing all over her in the water at Margaret Lindley Park and Emily, always so caring, made sure that every one of the children was participating in every activity. They both did a great job.”

For Lorge, her involvement this summer with the Hillcrest Educational through the support of the Kraft Foundation is not likely to be her last involvement with Hillcrest. She is planning on staying involved with Hillcrest through the fall up to the start of the basketball season.

I was attracted to the Hillcrest program because of the experience that working for an organization could give me, and the opportunity to be a part of something that I felt was really doing something positive for the area and beyond,” said Lorge. “Not only is it an experience in a field that I think I’ll be heading into, but I also knew that it was going to be a challenge and something outside my comfort zone - something that I knew was going to challenge me each day (which it does!). All the kids that are at the site that I’m working at [Hancock] are from inner cities and are really struggling because of so much that has happened in their lives, definitely something that I haven’t experienced before.”

The willingness of Hillcrest to allow Lorge to have flexible hours at their site in Hancock this summer has allowed her to complete her duties as a counselor at the Williams basketball summer camp directed by Eph head coach Pat Manning and still maintain her commitment to Hillcrest.

Hillcrest Educational Center houses 160 children on its four campuses in Berkshire County and the Hancock campus is home to the Intensive Therapy Unit (ITU) and the program’s most difficult cases.

There are 10 children in Hancock and they all have 1:1 supervision,” said Bill Murray, Employment Opportunity Specialist for Hillcrest Educational Center.

“It’s called an Intensive Therapy Unit, because it really is intense. Most of these children have been at one of our other campuses and they are in Hancock because they need more discipline and more supervision.”

Lorge is working as a On Call Relief Specialist where she fills in for the regular staff as needed. “They absolutely love Beth Lorge up at the ITU,” said Murray. “This has been a good opportunity for her to see what this field is all about and she has been great for the kids to get to know.”

Lorge plans to remain connected with the Hillcrest program through the fall until basketball season starts up. She then hopes in continuing to work for Hillcrest after graduating from Williams for a few years and then pursuing her master’s degree in administrative teaching. Her hope is to one day become a principle or superintendent within a public school district.

This experience will be very helpful as I’m looking to work at Hillcrest after I graduate,” said Lorge. “I’ve learned a lot about how kids function and how their behavior is to be handled and approached. It has opened my eyes to the idea that with some attention, discipline, and instilling respect, a child can be helped.”

‘Unbelievably amazing’ is how Belle Stone sums up her eight weeks at Kidspace at Mass MoCA in North Adams. Mass MoCA (Massachusetts Museum of Contemporary Art) has helped to revitalize North Adams by attracting a continual stream of visitors and breathing life into the former Sprague Electric Company plant on Marshall St.

Kidspace, a 2,400 square foot contemporary art gallery and art-making space, first opened its doors in the MASS MoCA complex in January 2000. Since then, Kidspace has mounted two major thematic exhibitions each year, selected for both educational and artistic merit. The current exhibition is “Magical Gardens”.

Stone, majoring in art history and practice with the goal of becoming an architect, loved every minute of being at Kidspace. “It was the first job I ever had that I couldn’t wait to go to every day,” said Stone. “Belle did a tremendous job interacting with all ages in creating art projects around our Magical Gardens exhibit,” said Laura Thompson, Director of Exhibitions and Education at Mass MoCA.
Campanelli takes over for Brooks, who’s off to M.I.T.

By Ben Fleming — North Adams Transcript – October 6, 2005

WILLIAMSTOWN -- They all meant well, the scores of friends and colleagues who told Fletcher Brooks he was crazy. As if he hadn’t been able to sow enough doubt by himself.

Even worse, the second-guessers were armed with a fairly impressive set of seeds. The questions all but asked themselves. How can you leave the perfect job? How can it get better than it is now? Every exchange was like being hit repeatedly in the face with a mirror.

And brother, it was a great job, tailored precisely to Brooks’ interests and skills. Half the time, he helped prepare Williams College track and field teams that have been the best in New England for nearly two dozen seasons. The rest of his day was spent as the strength coach for an athletic department that’s been hailed as the nation’s best for at least that long. He literally empowered teams full of champions — working with All-American talent and all-world minds alike, and was universally praised for the effort.

It could have been the gig of a lifetime. It won’t be.

Instead, the Massachusetts Institute of Technology got itself a new women’s cross country and track coach over the summer, and a man out of his element for a change. Brooks wasn’t even a cross country guy in the first place, and here he was swapping the colors of the 800-pound gorilla in the region for one of its victims. He was King Kong, victorious but admiring the cut of Fay Wray’s dress.

But perfect job or not, this was a reel that everyone involved with sports had seen before, one just as familiar to those acquainted with the competitive mind. It’s not always the titles that drive coaches and athletes onward and upward.

Just as often, it’s the challenge required to get to that position, out of a heat at first and onto a podium at long last, that operates as the carrot — or banana — on the end of the stick.

The Ephs, they’d be fine. Brooks knew that because he’d already engineered a replacement in new strength coach and Williams alum Matt Campanelli, who had gone through the system and was both ready and willing to start calling the shots for himself, alongside head track coach Ralph White and the rest of the college’s brain trust. Just as Brooks had seven years ago.

That’s the way of things. Change is a constant, and some farmers just need to tend their own pasture, wherever it may be. Even if it’s the length of a state away.

“Honestly, I can’t tell you how many times I went back and forth, and how hard of a decision it was to make,” Brooks said. “Believe me. But in the end, I really did feel like I needed to get out there and try something new, on my own.”

Fletcher has left the building

If you knew his last name, that was fine. If not, it didn’t really matter. You didn’t need it.

To varsity athletes, phys ed neophytes, adjunct professors on the stairmaster, in-town lurkers, it was all the same thing. The tall guy wearing the warmup jacket, the one with the shaved head and the goatee? Yep, that’s him.

That’s Fletcher.
“He became a one-named celebrity, pretty quickly,” said Campanelli, a 2000 graduate who was among the first to meet Brooks when he showed up on campus in the fall of 1998. “All of us, people from here, coaches from all over, from New England. To all of them, he’s Fletcher. Any time you can become a one-named celebrity, you’re well off.”

Nobody would have predicted a reception on such a scale, especially considering the boss he started under — current cross country coach Peter Farwell — wasn’t the well-known one he would eventually inherit, White.

Then at Clemson, White had been the head track coach at Allegheny College during the late 80s and early 90s, when Brooks was a standout three-sport athlete for the Gators. Like his younger brother Ethan, a Williams graduate who would go on to play for five NFL teams, Brooks was an outstanding collegiate lineman, a member of the 1990 NCAA Division 3 championship-winning team and part of a program that won 25 consecutive games from 1990-91, a regional record.

He was even better out of pads, an All-America selection in the shotput his senior year who also threw the discus and the javelin.

“Just an outstanding all-around athlete,” White said. “I’ve known Fletcher for 15 years, and he has always struck me as someone who knows more about strength, both for himself and others, than anyone.”

What he didn’t learn about the subject at Allegheny, Brooks picked up while earning his Master’s degree in physical education from Springfield College, unsurprisingly focusing in advanced-level coaching. Soon after, he began putting it to use, jumping headlong into the arms of a dynasty that had claimed eight straight regional men’s titles at the time of Fletcher’s arrival. The task was to keep the train moving.

“Strength is the flagship of track and field, and we take it extremely seriously,” White said. “A stronger athlete is a better athlete, but we’ve found that work can help improve self-image, that when kids firm up they tend to feel better about themselves. And our team has always done that as well as anyone, and Fletcher’s been a big part of that.”

He’s not kidding. The men’s program has won 13 of the last 15 New England titles and the women have swept the last seven. Brooks coached 46 All-Americans, four national champions overall and two last year, Joyia Chadwick in the heptathlon and Dan Austin in the discus (who set a national record at 196-1 for good measure).

“I’m extremely grateful to have been a part of a program like that,” Brooks said. “It made your job so easy, to work with kids who were not only tremendously talented, but also engaging and bright and motivated. It was really what every coach dreams of.”

Even before he closed his eyes, Brooks had been made aware of Williams’ athletes through Ethan and sister Rebecca, at the school when her brother became her coach in 1998. The chance to watch and help her develop into a national shotput champion, as she was during her senior year in 2000, must have been an imaginable sweetener to the whole deal.

What Brooks couldn’t have known was that he’d also found his eventual replacement in Rebecca’s classmate and teammate, Campanelli.

Student becomes the teacher

It’s fair to say that USA Track Officials are more or less disgusted with the handling of the hammer throw at the high school level. The word travesty gets thrown around a lot in certain circles, as the sport is official in only one of Uncle Sam’s 50 territories — Rhode Island, the Ocean State.

“Certainly, it’s something we’d all like to see change,” Campanelli said.

He, however, was one of the fortunate few, a thrower in his hometown of Cumberland before arriving in Williamstown in 1997. That advantage wasn’t necessarily reflected during his first two years at the collegiate level, with his personal highlight an eight-place finish in the NESCAC meet in 1998.

By the next spring, he had placed sixth overall at the New England meet with a national qualifying mark. Incidentally, Brooks had been his coach all year long.

“Matt was one of my favorite kids I’ve ever had,” Brooks said. “All he wanted to do was learn. He’d listen to everything you said, intently, and then he’d go out and do it with a drive that few other kids had. He was a great thrower.”

Even after becoming an All-American his senior year, finishing sixth at nationals, Campanelli seemingly kept listening, following up his graduation with an internship in the weightroom. From there he moved to Springfield for his master’s, and came back to take an assistant position under Brooks in which he remained for two years.

Then, this summer, he was bumped up to the top slot. Cue the dramatic lighting — the student had become the teacher.

“It’s definitely a big change for me,” Campanelli said. “I’ve got a lot of free reign, I’m writing programs, designing workouts that everyone is going to use, and I don’t have the security blankets of a mentor anymore. It has its
positives and its negatives, but I feel like I’ve earned the right to try and fill his shoes.

“And we still talk on the phone a lot, going over what we did at meetings or me asking for his advice with things. I want on keep doing that, and keep learning and continuing to grow as a coach in this tradition.”

From White — “I don’t think we skipped a beat” — on down, faith in his ability to do that is considerable.

“It’s definitely strange not seeing Fletcher around, in the dining hall or weightroom like we always did, but consistency-wise, we’re still going strong,” Austin said. “I think everyone misses Fletcher’s persona, but Matt’s picked right up where he was. He’s in here encouraging us, making sure we’re working hard.”

### Adapting to city life

A goodly amount of geographical landmarks separate Franklin Park, M.I.T. cross country’s home course in Dorchester, from the college campus in Cambridge. They include, in no particular order: The Mass Pike, Storrow Drive and the Charles River.

As the crow flies, it’s about a five-mile trip. On an evening where the Red Sox need to finish off a doubleheader against Toronto in the midst of a playoff chase, it feels like a lot longer. A whole lot longer.

Suffice to say that the van Brooks is driving as he talks into his cellphone isn’t really moving all that quickly.

“This isn’t something we had to worry about at Williams,” he says. “There, you’d just walk out of your door and you had somewhere to run, a trail or something grassy. Let’s just say it’s a little bit different here.”

The new turf is filled with potholes like that, coaches meetings and sessions dedicated to working on his cross country chops that sap already-precious time. Add the interview process and the move from Williamstown, and there wasn’t much of a summer for him to regret being over. He’s already had to turn down requests from other coaches to help them with strength programs, an aspect of his previous job that has at least temporarily flown out the window. He admits to burning the candle on both ends, quite the feat for a dedicated workaholic.

But these aren’t surprises. They’re the perks.

“We had a lot of long talks before he decided to take the job, and he had an awfully tough decision,” White said. “Ultimately, it came down to the fact that he needed to get out on his own. Then and only then would he be in charge.”

Both White and Campanelli also agreed that the addition of Brooks to M.I.T., 10th at regionals last spring, gives the program “instant credibility.”

After he’s informed of that, Brooks doesn’t come out and call his friends liars, but he doesn’t stop far from it.

“It’s nice of them to say, but they say that because they can,” he says. “I know how good Williams is because I was there, and we’re nowhere near that good, in this year or for a long time. They don’t have anything to worry about.”

A second passes, and he quickly continues.

“But I think we can build something special here, I do. Over time, that’s got to be our goal, to get to the point where we can compete with a Williams or any other school who’s at the top. That’s the challenge, to build that here, and that’s what I want to do. I’ll always have a place in my heart for Williams, but my focus now is on this, and these girls.”

If only everyone were so honest about their own motivations, so frank in describing their carrots. He’s also right that the Ephs are safe for the moment, too, though the sight of bottled-up Hub traffic is probably making him more negative than he’d otherwise be.

But crazy? Don’t bet the farm on it.
## 2005-06 Little Three Sports Summary

*(Covers sports in which all three colleges field varsity teams and explanation of others)*

<table>
<thead>
<tr>
<th>Sport</th>
<th>Amherst</th>
<th>Wesleyan</th>
<th>Williams</th>
<th>2004-05 Winner</th>
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<tr>
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<td>Williams</td>
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<tr>
<td>Women's Track &amp; Field</td>
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<td>0-2</td>
<td>2-0*</td>
<td>Williams</td>
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</tbody>
</table>

* Little Three champion
** Two-way tie
*** Three-way tie

# Only Wesleyan and Williams field varsity teams. No Little Three champion is declared.
@ Though Amherst technically does not have a varsity crew, the nature of its program is such that a Little Three title is awarded from the Little Three regatta. Amherst did not enter a varsity heavyweight eight for either men or women this year.

SUMMARY OF TITLES:
Amherst - 5 ; Wesleyan - 0 ; Williams - 19 ; two-way ties (Wesleyan/Williams)- 1 ; three-way ties - 1.
Overall Little Three Record: Amherst, 29-29-2 ; Wesleyan, 9-52-2 ; Williams , 53-10.
<table>
<thead>
<tr>
<th>All-Academic (34)</th>
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<tbody>
<tr>
<td>Steve Acton Men’s Cross Country Sr. Chevy Chase, MD</td>
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<td>Katie Baldiga Women’s Golf Jr. Hopkinton, MA</td>
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<td>Matt Bilodeau Men’s Soccer Sr. Hull, MA</td>
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<td>Josh Bolton Men’s Soccer Jr. Penfield, NY</td>
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<td>Dan Klein Men’s Cross Country Jr. Austin, TX</td>
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<td>Alex Mallory Men’s Golf Jr. New York, NY</td>
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<td>Geoff O’Donoghue Men’s Cross Country Sr. Andover, MA</td>
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<td>Ashley Sewell Field Hockey Jr. St. Louis, MO</td>
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<td>Krista Suojanen Volleyball Jr. Medfield, MA</td>
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<td>Greg Walker Men’s Soccer Jr. North Vancouver, BC</td>
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<td>Emily Wasserman Field Hockey Jr. Englewood, CO</td>
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<tr>
<th>All-Conference (39)</th>
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<tr>
<td>Neal Holtschulte Men’s Cross Country First Team Most Outstanding Performer (Medalist)</td>
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<tr>
<td>Stephen Wills Men’s Cross Country First Team</td>
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<tr>
<td>Morgan Seybert Men’s Cross Country Second Team Most Outstanding Performer (Medalist)</td>
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<td>Caroline Cretti Women’s Cross Country First Team</td>
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<td>Liz Gleason Women’s Cross Country First Team</td>
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<td>Mallory Hartlin Women’s Cross Country First Team</td>
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<td>Michelle Rorke Women’s Cross Country Coach of the Year</td>
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<td>Meighan McGowan Field Hockey First Team Rookie of the Year</td>
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<td>Emily Grannon Field Hockey First Team</td>
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<tr>
<td>Jaye Gregory Field Hockey First Team</td>
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<tr>
<td>Eric Ludwigs Football First Team Offense</td>
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<td>Jonathan Drenckhahn Football First Team Offense</td>
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<tr>
<td>Brendan Fulmer Football First Team Offense</td>
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<td>Mike Connor Football First Team Defense</td>
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<td>Jon Pritchard Football First Team Defense</td>
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<td>Elliot Moffie Football First Team Defense</td>
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<td>Chris Kenney Football Second Team Defense</td>
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<td>Jim O’Leary Football Second Team Defense</td>
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<tr>
<td>Kevin Greener Football Second Team Defense</td>
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<tr>
<td>Kevin Flynn Football Second Team Specialists</td>
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<td>Kevin Kellert Golf First Team</td>
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<td>Matthew Slovitt Golf First Team</td>
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<td>John Kildahl Golf Second Team Coach of the Year</td>
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<tr>
<td>Rick Pohle Golf Second Team</td>
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<td>Josh Bolton Men’s Soccer First Team Player of the Year</td>
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<td>Patrick Huffer Men’s Soccer First Team</td>
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<td>Dana Leary Men’s Soccer First Team</td>
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<td>Nick Arminington Men’s Soccer Second Team</td>
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<td>Jessica Hing Women’s Soccer Second Team</td>
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<td>Sarah Ginsburg Women’s Soccer Second Team</td>
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<tr>
<td>Annie Denison Volleyball First Team</td>
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<tr>
<td>Alexis Knapp Volleyball First Team</td>
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</tbody>
</table>

Williams’ 2005 NESCAC Fall Honorees
CROSS COUNTRY MEN

Little Three Champions (18th Straight)

NESCAC Championships (2nd)

ECAC Championships (1st)

New England Div. 3 (4th)

New England Div. 1 (8th)

All-NESCAC First Team
Neal Holtschulte
Stephen Wills

All-NESCAC Second Team
Morgan Seybert

All-Americans
Neal Holtschulte
Stephen Wills

NCAA Div. 3 Championships
Individual Winner
Neal Holtschulte

First Eph 4-Time X-C All-American
Neal Holtschulte

NCAA Div. 3 Runner of the Year
Neal Holtschulte

NESCAC Most Outstanding Runner
Neal Holtschulte

NESCAC All-Academic
Steve Acton
Bill Ference
Neal Holtschulte
Dan Klein
Geoff O’Donoghue
Andy Stevenson

Head Coach Peter Farwell (26 years): 388-64
Record includes only “Championship Races”:
Little 3, NESCACs New England Div. 1 & Div. 3, ECACs and NCAAs

SEASON

Sept. 10 Coed Relays
No Score Kept

Sept. 17 Invitational at McGill University
3rd Place
Montreal, Canada
Neal Holtschulte (1st), Stephen Wills (2nd), Morgan Seybert (3rd), Brendan Christian (29th), Brooks Udelsman (34th)

Sept. 24 Purple Valley Classic
1st Place
Wills (1st), Holtschulte (2nd), Seybert (4th), Chris Ellis-Ferrara (9th), Andy Stevenson (16th), Collin Carroll (21st), Bill Ference (24th)

Oct. 8 NE Div. I Race @ Boston, MA
8th Place
Holtschulte (3rd), Wills (27th), Seybert (65th), Ellis-Ferrara (75th), Ference (104th), Carroll (110th), Stevenson (156th)

Oct. 15 Plansky Invitational
1st Place
Holtschulte (1st), Wills (2nd), Ellis-Ferrara (4th), Ference (5th), Stevenson (12th), Corey Levin (13th), Brooks Udelsman (14th)

Oct. 22 Little 3 Race
1st Place
Holtschulte (1st), Wills (2nd), Ellis-Ferrara (6th), Christian (7th), Seybert (8th), Ference (9th), Levin (11th)

Oct. 29 NESCAC Race @ Wesleyan
2nd Place
Middletown, CT
Holtschulte (1st), Wills (3rd), Seybert (13th), Ference (15th), Christian (30th), Ellis-Ferrara (31st), Levin (36th)

Nov. 5 ECACs @ Conn. College
1st Place
New London, CT
Grant Burgess (3rd), Mike Davitian (4th), Jim Clayton (6th), Stevenson (11th), David Rogawski (22nd), Sean Hyland (26th), Carroll (35th)

Nov. 11 NE Div. III Race @ Springfield MA
4th Place
Holtschulte (2nd), Wills (6th), Ellis-Ferrara (26th), Seybert (50th), Levin (55th), Christian (77th), Ference (126th)

Nov. 19 NCAA Div. III Championships
Ohio Wesleyan University
Holtschulte (1st), Wills (30th)
The Thoughts of a Champion
Neal Holtschulte
November 23, 2005

Sports Information asked senior Neal Holtschulte to keep a diary of his trip to the NCAA Div. 3 Cross Country Championship Race hosted by Ohio Wesleyan University at the Dornoch Golf Club in Delaware, OH to get an inside look at the race that likely would make Neal the first Eph male runner to earn All-America honors four years in a row.

Typical of Neal he delivered a lot more than just earning All-America honors for the fourth year in a row – he won the race. Now many people would say that Neal winning was no big surprise considering he finished second in 2004, but what most people do not know is all that Neal had to endure to put himself in position to win.

A conversation last summer with Eph cross country head coach Peter Farwell ’73 revealed that Neal was not fully recovered from his injury-plagued 2005 indoor and outdoor campaigns and, in fact, his summer training regimen had to be greatly curtailed if Neal hoped to run this fall, not compete nationally, but to run in the fall.

“Training hard has never been an issue with Neal,” said Farwell. “Taking a break from training is not something he is comfortable with. What needed to be done in the summer and fall was to train as much as he could without aggravating his injury.”

“I missed last years indoor season and have been struggling off and on with injury ever since,” said Holtschulte. “An undetected asynchronicity in my stride caused by inflexibility in my right hip flexor caused compensatory strain in my Piriformis, Psoas, IT band, and knee. Basically my right foot was landing twisted out to the side with each step and this caused pain in my hip, butt, and knee.” Other than one leg not working the way it should for maximum performance, Holtschulte was good to go, sort of.

Cross country is a very unforgiving sport when injuries occur. In some sports you can work your way back into the lineup by getting some brief appearances, but cross country does not work that way. Out of season training and in season training are equally important and no runner wants either training to be interrupted or altered.

Tough is the word that Farwell and head Williams track & field coach Ralph White use to describe Holtschulte. Tough in the sense that he will never, ever give less than 100 percent and he will never give up on his own notion of success. Think of the old saying, “It’s not the size of the dog in the fight – it’s the size of the fight in the dog.”

At 5-feet, 7-inches and weighing 125 pounds, Holtschulte is not physically imposing, but most cross country runners are in the same boat. The toughness that Holtschulte has is an innate toughness that allows him to focus and compete at a level that is higher than many would expect and few can equal.

“We call him Big Neal, because he always performs his best in the biggest competitions,” said White. White readily recalls a scene last winter at the New England Indoor Championships when an injured Holtschulte was relegated to videotaping duties for the day. “He put down the camera and took off his sweats and finished second in the 3,000 meters and that sparked our team to the win,” said White. “I was a little concerned when I saw him out there running, but Neal knows his body well and he knows just what he can do so I just enjoyed watching him compete. In the spring he finished seventh in the 5,000 meters at the NCAAs with one shoe on – this kid is tough.”

“Neal was not a heavily recruited athlete coming out of high school,” said Farwell. “When I wrote back to him I told him what I tell all of the first-year candidates – maybe by your junior year you will run varsity,” said Farwell. “He asked me a lot of questions about our running program and our math department. When he told me he was coming I thought that was nice, but I had no idea he would develop the way he did. He said he wanted to run on a good team and he wanted a good math department so I thought it might work out for him here.”

With all of the training he missed in the summer of 2005, his curtailed workouts in the fall and the fact that his injury was always a factor, Holtschulte had no business thinking about winning the Div. 3 race this fall. His injury affected his stride and he would have to make anywhere from 6,000 to 8,000 strides to complete the race. “I had Neal coming in among the top ten, maybe sixth or seventh,” said Farwell. “I was prepared to remind him after the race that he was the first male at Williams to be a 4-time All-American and what a great accomplishment that was considering all he went through this season and then he just went out and ran the perfect race.”

The 2005 NCAA Div. 3 Cross Country Championship race was held a mere 30 minutes from Marysville, OH, where Holtschulte grew up. Holtschulte had never seen the course until he showed up the Thursday before the race to run it with his teammate Stephen Wills and the Eph women’s team. Family members, friends, former coaches, neighbors and a sports writer who covered him in high school, some 25 folks in all and one stuffed bear – T. Bear – were on hand to see Holtschulte’s remarkable run. In addition there were seven Eph women’s
competitors and coaches who were on hand along with a dozen or so members of the Williams men’s and women’s cross country team that drove 10 hours each way to support their Eph teammates.

Asked during the week of the race if he was feeling pressure to become the first Eph male to be a 4-time All-American Holtschulte responded, “Definitely not. I’m feeling pressure to win the whole race. After all, I placed second last year. If I find myself fighting for an All-American spot (35th place) it will have been a very bad day for me.”

That’s a mathematician for you. I finished second last year, the person who finished first graduated, so I should be first this year. However, the simple subtraction that Holtschulte performed to come up with the answer of him finishing first completely overlooked all the injuries he had to overcome just to compete as well as the training and commitment of the 210 other runners in the race. Or maybe it was Neal’s innate toughness and ability to be completely focused that overcame his physical limitations and training adjustments and the rest was just a simple math procedure. Here in Neal Holtschulte’s own words are the thoughts of a champion.

**PRE-RACE THOUGHTS**

The Williams women’s team, Steve Wills, and I arrived in Ohio on Thursday. We all went out to the course in freezing weather and jogged its loops to get a feel for the topography. The more we saw, the more we were pleased. It was uncharacteristically hilly for a Midwest course and this could only give advantage to our Berkshire-trained leg muscles. A few days before we left for Ohio Dusty Lopez ’01, our assistant coach, asked Steve what his ideal race course would be like. Steve said it would be “up a mountain in a snowstorm.”

Some parts of the course were worrisome for anyone. My mind fixated on the creek jump planted in the first half mile of the race. I worried about being crowded in a pack at that point and getting tripped or bumped into the water. The course also made optimal spike length difficult to determine. The men’s course crossed pavement multiple times and even traversed a parking lot. On the other hand, the frozen ground could easily warm and turn soggy.

The next day at the banquet for the presentation of the Regional awards I saw the faces, some familiar and others unfamiliar, of the men we would be racing the following day.

Sawicki and Yuot were the names that I most worried about before the race. Mike Sawicki, the local boy of Otterbein College, placed third at Nationals last year immediately behind me. He knew more about the course than any of the runners and possibly more than any other human being alive. I’m told he ran the course at least four days a week over the summer, on top of his normal training.

Macharia Yuot I worried about because of his raw strength and endurance. Though his XC race last year at Nationals was not great I think it was mostly due to the fact that he spent himself trying to catch the leader, Josh Moen. In track, Yuot and Moen were the untouchables. Yuot won the indoor 5K and placed second only to Moen in both the outdoor 5K and 10K. I was prepared for Yuot to go out and possibly dominate the race from the start. If that happened I would have to make the tough decision of when to try and chase him down without breaking and getting passed by the rest of the field.

I thought about what Pete [Farwell] told us two years ago to ease my mind. “These are not gods, these are Division 3 athletes.” I always liked that line. Steve comforted me like a parent with a child afraid of mice or spiders. “These guys are way more afraid of you than you are of them,” he said.

The morning of the race I stretched out. Steve and I ate breakfast and finished at approximately the prescribed three and a half hours before race time. We took a walk around the building to loosen our legs and get a taste of the weather. The air would warm rapidly. It would be a pleasant day, but the frozen water in the ground would melt and make the course muddy. I tried to push out all my worries, reign in any fidgeting, and breathe deeply.

**WOMEN’S RACE**

Steve and I saw some of the race while we warmed up. Watching our top four achieve All-American honors was amazing especially with Michelle Rorke and Caroline Cretti struggling with footing on the course. Liz Gleason had a huge race and Mallory Harlin passed hordes in the
last mile to reach All-America honors. Our frosh Kristin Emhoff, Becky Davies, and Lauren Philbrook also had great performances at a challenging and nerve wracking race.

Steve and I also got to see what the difficult hills on the course could really do to a person. When Mallory passed us 300 meters from the finish line she was followed by the heart-wrenching sight of droves of women trudging up hill at little more than a walk as fatigue broke their dreams of All-American honors.

**THE MEN’S RACE**

The gun goes off and thankfully it is as if the gun had been loaded and the bullet had blasted all thought and worries out of my head. The start is too simple for thought. Run as fast as you can with 210 of your ‘closest friends’ all converging on the same narrow corridor. The box on the starting line that Steve and I shared with other individual qualifiers had an excellent position. Box 31 out of 38 was well to the right of center, looking out from the line. This put us in good position to avoid some mud and swing the first turn wide.

Leading up to the race day, I had visualized the race and multiple ways in which it could unfold, I had always expected to be jostled by elbows, slowed as people in front of me stumbled or stopped short, and generally packed into the first mile. Instead, I hurtled off the line with clear vision of the first downhill. The 3/8ths inch metal teeth in my spikes bit into the ground and propelled me forward. I hit the first choke point and the other fast starters closed in around me but I was with the leaders and we had plenty of space. I maneuvered away from slick mud as the first two rolling hills jolted our legs: up, down, across pavement, up, down.

I expect that Steve got out nearly as well as I did. I wouldn’t have been the least bit surprised if he had been right behind me, but I didn’t look back to check. The frontrunners and I hit the first turn and I swung it wider than anyone else. It is possibly the closest thing to a hairpin I have ever raced and Caroline [Cretti] had been adamant when insisting that we take the turns wide to avoid mud. Her advice was wise and helped throughout the race. The bottoms of her spikes were caked with mud after her race. The half inch recessed spikes she had in were invisible beneath it.

So I swung wide and when I came back in tight with the pack I still had space, which was about to be important as we came upon the creek jump. It was easy to one-step across the gap from one bank to the other but doing so in a race situation made me nervous. A single misstep, jostle, or miscalculation could result in a nasty and wet stumble. I stepped over like a deer and felt greatly relieved. The race was going better than I could possibly have hoped. I was rubbing shoulders with the leaders early, I felt relaxed, and I had navigated some of the most treacherous parts of the course. I had been mentally prepared to chase the lead pack for four and a half miles; I would have been overjoyed if I had been watching my own race. As things were, I let myself feel cautiously content. Four and a half miles of this race remained.

Up the first of many muddy hills I saved energy and let others ease past me. I followed tight around the turn and sought the good footing on the next straight away. We turned into the short trail and clattered across pavement with our spikes. We blazed through the first mile. I didn’t hear my time. Next came a steep and very slick downhill followed by a long uphill. This downhill claimed many victims. Michelle Rorke fell on it and Steve told me that he basically caught Tufts’ Matt Lacey when Lacey fell into him. The group and I ran along the right edge of this left hand down hill turn trading distance for traction. A few runners comically slipped through the mud moving faster over a shorter distance but losing their stride.

Next we climbed the biggest hill on the course. I, as always, slowed to save energy. By this time one or two runners had gapped our chase pack and taken a sizeable lead. As I saw the runners near me and heard coaches yelling out names I knew that I was exactly where I needed to be. Macharia Yuot, Mike Sawicki, Tim Finnegan, Owen Kiely. These were some of the names I heard and included the two that concerned me the most. I was confident that those who had leapt ahead of our pack would wear themselves out or be so dominant that they would wear out anyone who chased them. In either case, they were no concern of mine.

The back loop quieted as fewer spectators sprinted out to it and the pace slowed. After seeing the Williams fans do an encouraging “Bear Toss” by the side of the course, I briefly took the lead of the chase pack. Though I felt the wind in my face as I moved out from behind the runner I was drafting, I didn’t mind. The pace felt too comfortable and it was worth a bit of wind to lead the down hills and choose exactly where to plant my feet. Up the next hill three runners passed me. A handful of us danced like this for most of the race. A few guys would move up and others would cut in behind them. A hill, or a turn, or a slip in the mud rearranged our order. Even when I found myself shuffled towards the back of the pack I felt relaxed. I had been expecting to chase these guys. Instead I could let them help carry me along.

Next our group traversed a short parking lot with much clacking of spikes. After that we crossed the same creek we had jumped earlier but this time, with the race more spread out, we used the narrow bridge. Having figured out where the mud was most slippery on the first loop, we approached the short trail a second time hugging the left side of the course with its heartier grass. Unfortunately, this brought us in to a sharp left hand turn from the left
side. I swung out around the turn, carried by momentum, as others turned more sharply. I ran into Kiely and gave him a sharp nudge. This was probably the most contact I had with anyone the whole race, a marked contrast from the ruckus that was Regionals the week before.

As the race progressed my excitement built. Everything kept going well. As I charged through some portions of the course I felt as if I wasn’t expending any energy at all. I felt confident in my reserves and kept hoping that I would be in a position to bring these weapons to bear when it counted. I kept waiting for someone to make the big move. Who would begin the final push into the finish that would truly test our mettle? Would I be the one to decide that the moment was right and the time for victory was now or never? More importantly, if someone else took the initiative, when would the big move begin? By the fourth mile Tyler Sigl, a sophomore from Wisconsin-Platteville, had taken the lead and put a gap between him and my group, the chasers. Pete told me afterwards that he thought Sigl was so far ahead that he would surely take first place. Dave Stroh [Neal’s high school coach] clocked him at eleven seconds ahead of us at one point. In the fourth mile, however, we crept up on Sigl.

Just before the last mile began, as we were climbing the slippery hill we had come down twice already, Macharia Yuot surged after Sigl. I pepped up my pace as well, but didn’t match Yuot. He pulled away from me a bit as I still wanted to save energy on these hills. At the top of the hill I put in a surge to match Yuot’s own. He remained ahead of me with the gap he had extended on the hill, but we both caught and passed Sigl. I heard someone, I think it was the Calvin College coach, yelling, “This is the surge! This is the surge!” I felt flush with adrenaline. This was the big move we had all been waiting for. Calvin’s Finnegan might have been close behind at that instant but Yuot and I were pulling away from him and the rest of the field. It would be a two-man race!

We swooped through the down and up hills of the trail and skidded around the turn on the other side. Yuot was still a few strides ahead. I bargained to add distance and move to the far right side to let my spikes devour the firm ground. I gained much more traction and watched as Yuot made the same decision a moment later and drifted to the right in front of me. The race was on now and I dreaded the moment when he would begin pulling away from me, drifting further with imperceptible changes in stride. It never happened as I tracked him around the curve and let out my legs on the downhill. I neared him. We shot across the bridge and the course was instantly thick with spectators screaming their heads off. I heard “Williams!” I heard “Widener!” I tread in Yuot’s shadow at this point and I hardly dared to believe that I could win. A voice in my head was screaming, “Believe it, believe it.” Another voice shouted, “Want it, want it.” We rounded the final turn of the race and both struggled a bit in the mud. The harder you push off the more you slip.

One more steep hill challenged our path to the finish and was followed by a grueling 300-meter gradual up hill. As I had felt last year, elation and fear swam together in my veins. Would I have the guts to take this victory I had been dreaming of for two years? Would I have the guts to take it from a competitor who had dreamed of it for just as long and been tempted by three second place finishes in National level running competitions?

We started up the hill. Yuot was two strides ahead and to my right. I didn’t follow up directly behind him because I thought the footing looked better further to the left. I charged up the hill holding nothing back for the first time on the course. I found myself advancing steadily. Just before the uphill took its first of two dips, just before we jarred our legs down on pavement, I passed Yuot. Visions of Williams mountains and chasing Steve Wills up Mt. Greylock flashed before my eyes. I crested the hill with Yuot right on my shoulder.

A slight downhill graced my feet before the gradual uphill into the finish. I milked the down hill for all it was worth. This was my now or never time. The down hill sparked the fire in my engine and I started sprinting all pistons firing. The fence that holds back the fans in the finish line area curves to the right. I cut the tangent as close as I could without hitting any of the flagellating arms of these screaming people. I couldn’t hear anything over the din of their cheers. I feared Yuot rolling up on my shoulder at any moment. I feared his arrival in my peripheral vision; steaming indomitably to the finish. The fear made my fire burn hotter.

I saw the finish line detach itself from the wall of arms flailing like streamers and refused to let myself believe that I would be victorious. I left my distance sprint behind and ceased to land heel first. Up on my toes like a hydrofoil my calves carried their burden to the line and suddenly I was across. I was across first. I didn’t know what to do with myself as the joy wracked my body like an electric current. Having drained my salt water sweat on the course I could only cry invisible gusts of crusty air. Pain couldn’t enter my body in this state.

Eventually I stood after falling to my knees with happiness. I looked around for something to ground me and take away this energy. The first person I saw was Dave Stroh, my first high school coach. I wobbled over to the barrier and hugged him across it. Soon some of my other fans approached: Jaime Bisker, my aunt Sue Haban. Slowly the Earth rose back up to my feet again, but it stayed their precariously and kept slipping away from me leaving my stomach hanging and chills shooting up my spine as I floated weightless over the ground. Various things brought me to Earth before I floated back up. Steve
finished. He was bent over with his hands on his knees. He thought he had cracked All American. I told him I won. We embraced. I floated. I felt sharp pain that I’m not used to feeling. I took off my shoe and found blood across my toes. It was nothing more than a war wound to be proud of. I floated. I somehow managed to sign a consent form for drug testing, as if I had a choice. One of the Ohio Wesleyan runners was assigned to me like a shadow to jog around with me, go wherever I went, but to never let me out of his sight until I was drug tested. Whatever, I floated.

I shook hands with the Wesleyan runners I know and the Tufts ones, and runners from other regions. My parents finally sorted me out of the crowd and hugged me. I took some time to pour out some excited energy into a reporter for CBS. I poured out energy for each of my local fans that had come to see me, many seeing me for the first time at a college race. I was a never empty pitcher pouring out happiness. I wound my way to the Williams camp. I beamed at everyone and hugged Pete. The Williams runners that had driven over ten hours to get to the race and would drive the same amount back before Monday bounded over with T-Bear in their arms and gave a shout of “Victory!” (it’s actually something of an inside joke, try shouting it in a library and you’ll be a little closer to the inside).

Steve and I changed shoes, chugged water, and munched on bananas. The goofy drug testing guards stood politely by. Eventually we got out on a cool down jog and I came down more solidly to Earth. Then we did the drug test. Nothing like being watched while pissing into a cup to bring you back to reality. That was interminable as we were all a little dehydrated. Annoyingly the awards ceremony wasn’t delayed, or wasn’t delayed much for the top three finishers as we all tried to force water through our bodies with will power.

The awards ceremony lifted me up again. It’s never been so easy to smile for a camera before. I got chills as I accepted my All-America plaque and NCAA Division 3 Cross Country Athlete of the Year award. This was my wildest dream come true. No one could ask for a better capstone to a cross country career.

I can’t thank enough my teammates, those who came out to see me, those who deserved to be racing that day with Steve and I, and those who supported us from afar in Williamstown. I also want to thank the only two people as nervous as I was, my parents. I want to thank my Coach Pete Farwell for tempering my enthusiasm at times and pushing me to run harder at other times. I also want to thank the men’s assistant coach Dusty Lopez for his support and friendship this year and in past years. I do my fans a disservice by thanking them all in one lump but it will have to do. Thank you all.

Holtschulte will graduate in June with a degree in mathematics and a cognitive science concentration.

5 YEARS DOWN THE ROAD: “I have no idea what I will be doing in 5 years. Maybe getting out of grad school, maybe teaching, or coaching, or writing, or writing about running. I don’t know what I will be doing running-wise either. I know that I will still be running, but at what level I don’t yet know. Some people have asked me about Olympic Development. Some people don’t realize that in the race in which I broke the Williams 10K record an Olympic Development runner lapped me one and a half times. I’m realistic about my limitations, that said, we shall see. Who knows what the future holds.”
Little Three Champions (2nd Straight)

NESCAC Champions (2nd straight)

ECAC Champions (3rd)

New England Div. 1 Championships (2nd)

New England Div. 3 Championships (1st)

NCAA Championships (2nd)

**All-NESCAC First Team**

- Caroline Cretti
- Liz Gleason
- Mallory Harlin

**All-NESCAC Second Team**

- Michelle Rorke

**All-Americans**

- Caroline Cretti
- Liz Gleason
- Mallory Harlin
- Michelle Rorke

**New England Runner of the Year**

- Caroline Cretti

**First 4-Time Winner of New England**

**NCAA Qualifier**

- Caroline Cretti

**NESCAC Most Outstanding Runner**

- Caroline Cretti (3)

**New England Div. III Coach of the Year**

- Peter Farwell

**NESCAC Coach of the Year**

- Peter Farwell

**Head Coach**

- Peter Farwell

**6th Year: 286-9-1**

Record includes only “Championship Races”:

- Little 3, NESCACs New England Div. 1 & Div. 3, ECACs and NCAAs

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**SEASON**

**Sept. 10**

Coed Relays

Score Not Kept

**Sept. 17**

Invitational @ McGill University

3rd Place

Montreal, Canada

Caroline Cretti (4th), Mallory Harlin (14th), Liz Gleason (16th), Lauren Philbrook (21st), Becky Davies (22nd)

**Sept. 24**

Purple Valley Classic

1st Place

Cretti (1st), Gleason (6th), Michelle Rorke (7th), Harlin (12th), Davies (15th), Kristen Emhoff (16th), Philbrook (18th)

**Oct. 8**

NE Div. I Race, Boston, MA

2nd Place

Cretti (4th), Rorke (15th), Gleason (18th), Harlin (29th), Emhoff (67th), Philbrook (75th), Davies (91st)

**Oct. 15**

Plansky Invitational

1st Place

Cretti (1st), Rorke (2nd), Gleason (4th), Davies (7th), Harlin (9th), Gillian Tedeschi (10th), Philbrook (15th)

**Oct. 22**

Little 3 Championships

1st Place

Cretti (1st), Rorke (2nd), Gleason (5th), Harlin (6th), Davies (7th), Philbrook (8th), Tedeschi (9th)

**Oct. 29**

NESCAC Championships @ Wesleyan Middletown, CT

1st Place

Cretti (1st), Gleason (5th), Harlin (7th), Rorke (10th), Davies (22nd), Philbrook (27th), Emhoff (30th)

**Nov. 5**

ECACs @ Conn. College

3rd Place

New London, CT

Tedeschi (5th), Sara Morrissey (15th), Kaitlin Rees (25th), Lisa Davenport (30th), Laura Ellison (40th), Julie Mcnamara (46th), Lissey Robie (70th)

**Nov. 12**

NE Div. III Race @ Springfield Coll.

1st Place

Springfield, MA

Cretti (1st), Rorke (4th), Gleason (6th), Harlin (12th), Emhoff (25th), Davies (41st), Philbrook (69th)

**Nov. 19**

NCAA Div. III Championships

2nd Place

Ohio Wesleyan University

Cretti (6th), Gleason (14th), Rorke (17th), Harlin (28th), Davies (116th), Emhoff (119th), Philbrook (177th)
With college winding down, Rorke picks up the pace

By Ben Fleming, North Adams Transcript

Tuesday, April 25

The scene: a quiet office in an unassuming Manhattan tower, home to one of the city’s many publishing firms. It is within these rustling hallways that mild-mannered Michelle Rorke now works, a fresh addition to the company. Few among the staff can know, though, that their new co-worker is in fact leading a shocking double life, spending much of her time away from a manuscript-laden desk, immersed in an Olympic training regimen fit for a marathoner.

It sounds like the introduction from a radio serial from the ‘40s. As yet, of course, it’s no more than a hoped-for flight of fancy. But it’s where Rorke might go were she free to edit her own story for the coming years. These are the things you have to think about coming off a performance such as hers in last week’s Boston Marathon.

On Patriots’ Day of 2005, competing in her first-ever marathon, Rorke was the 18th finisher among 23,450 women running the route from Hopkinton to Boston, clocking in with a time of 2:50.10. Eight days ago, the Williams College senior crossed the same line at 2:43.08, good enough for 17th overall, third place among American runners and a berth in the 2008 Olympic trials.

“My first priority at this point is starting a career,” said a sore Rorke in an interview last week. “But I’d like to fit running in if it’s at all possible.”

She wouldn’t be the first Eph to mix racing with postcollegiate life. Marzuki Stevens, a 1996 Williams graduate, finished 11th among U.S. men and 20th overall at Boston last week, while Scott Loomis (class of 1994) and Shad Miller (class of 2000) also cracked the top 45. Had the trio organized as a team, it would have finished second only to the Hanson-Brooks Distance Project, the Michigan-based training group credited with helping to spur an American revival in the standings.

But her soon-to-be fellow alumni have already displayed the ability to successfully balance the real world with real racing. Rorke, a double major in English and history and a two-time All-America selection in cross country, is still looking to see if that’s for her.

“It seems like she’s pretty fired up about it,” Williams cross country head coach Peter Farwell said. “People do all type of things. One guy a couple of years ago was a medical student and had to take a leave for part of the time. Unless you’re working an 80 hour-a-week investment bank job, you can structure your lifestyle.”

Without question, Rorke’s schedule in the weeks leading up to Boston was structured around the race. Her per-week mileage increased from 60 to 85 as the event neared, based around long Saturday runs and one day off from every seven. Those numbers were even limited by her aversion to overwork, a reluctance based on a bout with stress fractures last summer.

Still, it probably would have been impossible to be fully comfortable with her preparation. And Rorke was anything but during a fitful stay in a Hopkinton hotel room the night before.

“I was very nervous,” she said. “I had expectations (because of) last year. I knew the weather was going to be perfect, and that was more pressure to do well.”

That was only amplified by the opening of the race. Packed among the elite female runners in a group start, Rorke said she went out far too quickly on the downhill terrain of the initial stages before eventually settling into a 6:15 pace over the first 10 miles.

The later hills that have proved heartbreaking to so many competitors before, though, weren’t nearly as tough on a runner groomed on the rolling landscape of Berkshire County. Timed at 1:22.02 at the halfway mark, Rorke closed the final 21-plus kilometers in 1:21.06 for a pleasing negative split.

Observing all the while via the Internet was Farwell, able
to track his runner’s split times at each checkpoint.

“It was kind of fun to be able to follow along,” he said. “It’s the first time I’ve done that. We could see her on TV at the beginning, but after that, that’s what we did.”

Her time was the seventh fastest by an American woman this year, the standard being the U.S. record set at 2:19:35 by Waltham’s Deena Kastor in this past Sunday’s London Marathon.

“She should be ecstatic,” Farwell said. “It’s a fantastic time. She put in a lot of miles, and she really worked hard.”

For her part, Rorke cited Farwell as a source of inspiration for the decision to give the 26.2-mile distance a try. She played field hockey, ran track and didn’t concentrate on cross country at Bronxville (NY) High School, but opened her collegiate career with a sixth-place finish at the 2002 NCAA Championships and a national team title.

She finished 89th the next year, a frustrating end to a disappointing year for which the official reason was injury.

“I think Peter likes to tell people I was injured,” Rorke said. “It doesn’t make me look as bad as saying I wasn’t in shape.” Rorke then missed what would have been her junior season and another NCAA crown for the Ephs while studying abroad.

Then last fall, Rorke made a return to the All-America ranks with a 17th-place showing at nationals, and Williams fought out a second-place finish. Before that, though, she had given the much-longer distance a whirl, and found it much to her liking.

Even with the Olympics as a carrot, two more years of training isn’t an insignificant commitment. Mild-mannered or not, there will be a job to be done.

“We’re lucky we’re in a sport you don’t have to stop,” said classmate Caroline Cretti, a fellow All-America selection in cross country and track. “There’s running clubs all over the country. I know she wants to be in New York, and there’s a fantastic (club) there. It can be continued, and you can decide to keep running and keep training as much as you want. You just need running shoes and a race entry.”

And even with the physical effects of her latest run still taking their toll, Rorke sounded as if assuming the challenge — and perhaps an accompanying secret identity — was inevitable.

“I’m kind of addicted to it now,” she said. “I’m already starting to think about my next run, and it’s only been a couple of days.”

Ben Fleming is the sports editor of the Transcript. He can be reached at bfleming@thetranscript.com.
Little Three Champions (2\textsuperscript{nd} Straight)  
NESCAC Finalists  
NCAA Tournament 2\textsuperscript{nd} Round  
\textbf{First Team All-NESCAC}  
Jaye Gregory  
Emily Grannon  
Meighan McGowan  
\textbf{NESCAC Player of the Week}  
Meighan McGowan (9/20/05)  
Cathleen Clark (10/31/05)  
\textbf{NESCAC Rookie of the Year}  
Meighan McGowan  
\textbf{Womensfieldhockey.com}  
\textbf{National Div. 3 Rookie of the Year}  
Meighan McGowan  
\textbf{Womensfieldhockey.com All-Rookie Team}  
Meighan McGowan  
\textbf{Womensfieldhockey.com}  
\textbf{2\textsuperscript{nd} Team All-American}  
Emily Grannon  
\textbf{Womensfieldhockey.com}  
\textbf{3\textsuperscript{rd} Team All-American}  
Meighan McGowan  
\textbf{NFHCA New England West Team}  
Jaye Gregory  
Emily Grannon  
Meighan McGowan  
\textbf{First Team NFHCA All-American}  
Jaye Gregory  
\textbf{Second Team NFHCA All-American}  
Emily Grannon (2)  
\textbf{Third Team NFHCA All-American}  
Meighan McGowan  
\textbf{NFHCA National Academic Squad}  
Cary Bearn  

\textbf{Click here for 2005-2006 stats}  

\textbf{RECORD (NESCAC)}  
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\textbf{Click here for 2005-2006 stats}
First Team All-NESCAC
Mike Connor (DT)
Jon Pritchard (LB)
Elliot Moffie (DB)
Eric Ludwig (OT)
Jon Drenckhahn (WR)
Brendan Fulmer (WR/P/PK)

Second Team All-NESCAC
Kevin Greener (DB)
Chris Kenney (C)
Jim O’Leary (TE)
Kevin Flynn

New England Football Writers
Div. 2/3 All-New England Team
Eric Ludwig (OT)
Brendan Fulmer (WR/P/PK)

Div. 3 Aztec Bowl All-Star Game
Eric Ludwig (OT)

First Team ECAC Northeast Div. 3
Brendan Fulmer (WR/P/PK)

First Team Offense Football Gazette
All-East Team
Eric Ludwig (OT)

Football Gazette Honorable Mention Punter
Brendan Fulmer (WR/P/PK)

NESCAC Offensive Player of the Week
Pat Lucey (QB) (10/17/05)

ECAC Northeast Co-Offensive Player of the Week
Pat Lucey (QB) (10/18/05)

NESCAC Rookie of the Week
Brian Morrissey (RB) (11/13/05)

Head Coach Mike Whalen (2nd year): 12-4

Click here for 2005 stats
Making the most of an opportunity
By Howard Herman
This column originally appeared in the Monday, October 24, 2005 issue of The Berkshire Eagle.

WILLIAMSTOWN -- Sports can be tough on the ego because not everyone can be a starter. Then again, if you were the starter and are now coming off the bench, it can be really difficult. Rebounding from that kind of disappointment is really special.

Ask Williams College quarterback Sean Gleeson — he’s rebounded and made himself a poster boy for high school and youth league athletes in any sport.

“I give Sean a lot of credit. A lot of kids in his position would have hung their heads,” Williams head coach Mike Whalen said after Saturday’s 37-13 win over Tufts. “He’s been great in practice, he’s been great in the games.”

He was really great on Saturday.

Gleeson played in four series and delivered four of the five touchdowns the Ephs scored in their third consecutive win. He connected on a 34-yard touchdown pass to wide receiver Andrew Hobbs and three more to wideout Brendan Fulmer of 75, 12 and 21 yards.

Oh, and how Fulmer, who tied a school record for touchdown catches in a game, had four catches for 132 yards and added four extra-point kicks and a 21-yard field goal wasn’t named the NESCAC offensive player of the week.

Gleeson’s confidence has to be high right now after a perfect afternoon. The junior from Glen Ridge, N.J., completed all eight of his passes for 215 yards and the four touchdowns.

After a spirited battle with Pat Lucey in preseason practice, Gleeson started 2005 as the starter. Over the first three games, Gleeson had completed 55.7 percent of his passes but hadn’t thrown a touchdown pass until Saturday.

He did, however, have two interceptions.

“We played against two pretty good defenses in the first two weeks, and Coach said turnovers in the beginning of the game never helps your confidence,” said Gleeson.

Gleeson was the starter in losses to Colby and Trinity, and sat in the fourth quarter of an 8-7 home win against Bates as Lucey directed the game-winning touchdown drive in the fourth quarter.

The next week, Lucey started and directed Williams to a 39-18 win at Middlebury. Gleeson did complete 4-of-10 passes for 70 yards in that game, but he was definitely No. 2 on the depth chart.

“It always bothers you when you don’t play up to the expectations you have for yourself. You’re down in the dumps for a couple of weeks and things aren’t going your way,” said Gleeson. “It’s like a bad run of luck, as some people have suggested.”

The luck changed on Saturday. His first series lasted exactly one play.

“(Assistant coach Bill Barrale) came up to me on Friday and he said ‘You’re going to go in on the third series,’” recalled the Eph quarterback. “Then he told me it was a drift right play, where I roll out (to the right). Andy Hobbs runs a pretty good lag pattern on the back side. I knew I was going to go in, and I knew that was going to be the play, so it was easy to execute from there.”

So Gleeson rolled right, threw back to his left and Hobbs beat two Tufts defenders for the touchdown. Gleeson’s second series also lasted exactly one play.

Fulmer ran a post pattern, Gleeson hit him in stride, and Fulmer outran the defense 75 yards for a touchdown.

Gleeson replaced record-setting quarterback Joe Reardon last year, and although he had never thrown a pass in a varsity game, Gleeson ended up seventh in NESCAC’s quarterback ratings. He had six touchdown passes and seven interceptions.

But that was then, and this is now — and Williams’ reserve quarterback is feeling pretty good.

“I’m just so happy to get out here and finally play well, and be on the sidelines with the guys,” said Gleeson. “Smiling and joking around. It’s something that I don’t know if I would have appreciated as much early on in my career.”
WILLIAMSTOWN -- In an era of specialization, Williams College football player Brendan Fulmer is a throwback.

Fulmer, a junior, is a starting wide receiver for Mike Whalen’s Ephs — and he also handles the punting and place-kicking chores.

“Whatever gets me on the field the most, I’m OK with that,” Fulmer said with a smile.

Not only is he on the field a lot, Fulmer is one of the top punters in the nation.

Going into yesterday’s game at Middlebury, Fulmer had punted 17 times for a 42.9 average. For the record, that’s sixth best in Division 3 football. The leader is Coast Guard’s Jesse Harris with a 43.9 average. Fulmer’s average would place him 24th in Division 1, tied with Pitt’s Adam Graessle.

As of Friday, Fulmer had only caught nine passes for 78 yards, second on the team behind Jon Drenckhahn.

“I think the punting kind of comes naturally,” Fulmer said last week. “Place-kicking is a little difficult. I’m not quite as natural at that. It takes a little more work.

“Catching (the ball), that’s the fun part.”

So this makes for a pretty busy day for the 6-foot-6 native of Leroy, N.Y. However, it is something Fulmer is used to.

“In high school, I played safety on defense, played receiver and did all the kicking, so I was always out there,” he said. “I really think that prepared me for the college level. It doesn’t happen too many times where you have a position player doing the kicking too.”

That being on the field all the time cost Fulmer his punting job last year. He had 16 punts for a 38-yard average before losing his slot to Drenckhahn.

It came during last year’s Trinity game at Weston Field. Fulmer had one kick blocked and one punt travel less than 20 yards. But in hindsight, Whalen said the coaching staff needed to take some of the blame for Fulmer’s inability to kick — because you just can’t send a receiver 40 yards downfield on a pass play, only to have him sprint 40 yards back to the line of scrimmage and then punt the ball.

“We just can’t take him off the field and say you’re going to be our kicker, because he’s too big of an asset and a weapon as a receiver,” said the Eph head coach. “Last year was the first time he was out there as a full-time receiver as well as being a full-time kicker. We needed to be aware of what he was doing the play before he was asked to kick.”

You might think that getting pulled from punting would have caused Fulmer’s confidence to waver. You’d be wrong.

“I’ve always known that I’ve had the ability. As long as I have the focus and concentration, I feel I can do the job,” said Fulmer.

“I found last year, I kind of hurried into things,” he continued. “This year, when I change over, I’m running a pattern on third down and all of a sudden I have to punt — I set myself for a second and focus. I need to concentrate on hitting the ball solidly.”

And Fulmer has done that exceptionally well this season.

Take last week’s game against Bates. In a driving rainstorm, Fulmer had to punt nine times and averaged 42.9 yards per kick — nearly 12 yards longer than Bates punter Tyler Schmelz. Fulmer also dropped three of his nine punts inside the Bobcat 20.
Dick Farley to be Inducted Into College Football Hall of Fame

Dick Farley -- won 12 outright Little Three titles and tied for four in 17 years

MORRISTOWN, NJ, -- Ron Johnson, Chairman of The National Football Foundation & College Hall of Fame (NFF), announced the Hall of Fame Divisional Class for 2006, which considers players and coaches from NCAA Divisions I-AA, II, III, and the NAIA (National Association of Intercollegiate Athletics) for induction.

This year’s class will be inducted into the College Football Hall of Fame during Enshrinement Ceremonies at the Hall, August 11-12, in South Bend, Indiana.

FULMER continued from previous page —

“The first three punts of that game, we were inside the 50 and obviously, I’m not going to try to boom one because it won’t do anything for the net (average),” he said.

Fulmer has a great leg, and has kicked one 56 yards this year. But he also has a 41.1-yard net punting average, meaning on average, Williams’ opponents gain about a yard from where the punt lands.

“It’s always fun to get a hold of one and send it 50 yards. It’s also just as much fun to knock one inside the 10-yard line and really put the pressure on the opposing offense,” he said.

So, while Fulmer has gotten untracked in the punting and kicking game (he has hit on a 37-yard field goal and missed from 33), he still needs to get untracked on offense. While Fulmer had one of two TD passes, Drenckhahn had caught 18 passes to lead the team.

“Coming into the season, people looked for ways to defend Brendan and Jon got caught in some single coverage,” said Whalen. “I think now that Jon has been the focal point, maybe (opponents) will move the coverage the other way and that will free up Brendan. He has big play capabilities.”

Oh yeah, as a throwback kind of player, Fulmer may have to stick his nose in and make some tackles on special teams. How many times do you see a kicker or punter blasted by a blocker, or a punter just pushing a guy out of bounds? Fulmer won’t have to do that.

“Luckily, I haven’t had to make (tackles) yet,” he said. “Since I played defense in high school and have always been on special teams, I feel like I’m just as capable of making a tackle as anyone else.”
Dick Farley (center) with his trademark clipboard and left hand in coat pocket flanked by current head coach Mike Whalen (l.) and assistant coach George McCormack (r.)

and I would just like to thank them all.”

A fixture at Williams College for 17 years, Dick Farley brought the Ephs to great heights and established himself as one of the greatest Division III coaches of all-time.

The only coach in Williams history to post a perfect season — a feat he accomplished five times — Farley was named Gridiron Club of Greater Boston New England Coach of the Year four times, NESCAC Coach of the Year twice and Division III Regional Coach of the Year in 1996 by AFCA. The recipient of the Johnny Vaught Lifetime Achievement Award, he recorded (what was then) New England’s longest Division III win streak (23 games). He also recorded another streak of 23 games without a loss (22 wins and one tie).

In 17 years, Williams did not have a losing season on Farley’s watch. He recorded 128 consecutive games without back-to-back losses, amassed 11 seasons with at least seven wins and had 12 seasons with one or zero losses. A masterful leader, he coached nine First Team All-Americans.

Williams’ all-time winningest coach, Farley retired with an overall record of 114-19-3 for a win percentage of .849, which currently ranks him sixth among coaches in all divisions in college football history.

Farley took over an Eph team that had lost six straight to archrival Amherst College and proceeded to ring up and impressive eight straight wins over the Lord Jeffs and went 13 games before losing to Amherst. His ledger vs. Amherst in “The Biggest Little Game in America” was 14-2-1.

Farley, now an assistant track and field coach and Director of Club Sports at Williams, never thought he would stay more than two years in Williamstown. “Honestly, I thought I would be here for a year or two at the most,” said Farley. “I was prepared to climb the coaching ladder and eventually get back to the NFL [where he started as a safety for the San Diego Chargers for two seasons]. I guess I made the right decision to stick around. It’s been a heck of a ride.”

Eph Hall of Fame Notes:

Farley becomes the fourth College Football Hall of Fame inductee who has played or coached at Williams. Eph standout running back and defensive back Bennie Boynton ’20, who hailed from Waco, TX, was the first player from the state of Texas inducted into the College Football Hall of Fame. Boynton was named in 1962.

Former Eph head coaches Charley Caldwell (1928-42) and Bob Odell (1973-86) are also enshrined in the College Football Hall of Fame, Caldwell as a coach and Odell as a player. Caldwell was inducted in 1961 and Odell was named in 1992.

Caldwell is second on the Eph all-time win list with 76 wins. His Eph record was 76-37-6 (.664) and he posted an equally impressive mark at Princeton after leaving Williams. Odell a star running back at Penn, led the Ephs to a record of 75-49-4 before retiring from coaching. Farley succeeded Odell.
MEN’S SOCCER 16-3, 9-0 NESCAC

Little Three Champions (2nd Straight)

NESCAC Semifinalists

NCAA Elite Eight

First Team All-NESCAC
Josh Bolton (2nd straight)
Patrick Huffer
Dana Leary (2nd straight)

Second Team All-NESCAC
Nick Armington (2nd straight)

NESCAC Player of the Year
Josh Bolton (2nd straight)

NSCAA/adidas First Team All-American
Josh Bolton (2nd straight)
Dana Leary

NSCAA/adidas First Team All-New England
Josh Bolton
Dana Leary
Patrick Huffer

NSCAA/adidas Second Team All-New England
Nick Armington

First Team ESPN The Magazine
Academic All-District 1 Soccer Team
Patrick Huffer

Second Team ESPN The Magazine
Academic All-District 1 Soccer Team
Josh Bolton

NESCAC Player of the Week
Patrick Huffer (10/9/05)

Head Coach Mike Russo (27 years): 328-80-40

Click Here for 2005 stats

RECORD

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(NESCAC Semis)
(NCAA Round 3)
(NCAA Quarterfinals)
A three-year starter in the back for Williams men’s soccer head coach Mike Russo, Aronson earned a reputation for being a hard-nosed defender and a great communicator on the field. He captained the 2004 Ephs and graduated last June with a degree in political economy. He has served this fall as a volunteer assistant coach under Russo.

Over the last four-plus years Matt Aronson has been a significant contributor to the continued success of the Williams men’s soccer team, but now it is time for him to leave the Purple Valley. The Amherst game on October 29th could be the last time Aronson sees his beloved Ephs play a game on Cole Field for three years.

Sometime in November Aronson will be deployed to an English-speaking African country — either Swaziland, Botswana or Gahanna — as a member of the Peace Corps. His assignment is to teach basic computer skills. After a three-month in-country training program Aronson will be assigned to a specific country for the next two years.

Aronson has designs on either law school or some other graduate school in the future. “I’m looking forward to seeing how I react in the Peace Corps to having put myself in a place where I will not be comfortable (at first), and seeing how I react.”

Mike Russo was not surprised to hear that Aronson was looking at the Peace Corps. “Matt was always concerned about others and he is always trying to find ways to help,” said Russo. “He was a true leader for us, even when he was injured as a senior. He was always positive and enthusiastic.”

The notion to pursue an opportunity with the Peace Corps just kind of entered Aronson’s mind one day early in his sophomore year at Williams. “I was just thinking one day about what real life would hold for me and how I would like to join a non-profit organization that makes a difference,” recalled Aronson. “I’ve always been one who looks for ways to increase my perspective on issues and see where I can be most helpful.

“The Peace Corps seems like the perfect great challenge and as a soccer player I’m competitive by nature and always looking for ways to challenge myself by going outside of my comfort zone,” he said. Growing up in Newton (Mass.) and having had the opportunity to travel in Europe, Israel and the Caribbean, Aronson knows that his time in Africa will be something he has not experienced before.

Playing college soccer, Aronson believes, has prepared him for the challenge of leaving his comfort zone and even encouraged him to leave his comfort zone through the Peace Corps, “College soccer definitely forces you out of your comfort zone because you have to have the motivation in the summer to work on your skills and your fitness so you are ready to play when the season begins even though your friends are off hanging out,” said Aronson. “You also have to approach your academics with consistency and organization so they don’t get the better of you, and then you need to play. For me how I played was usually a more tangible way of how things were affecting my life.”

Through his four years as a player and his one season as an assistant coach one trait has always stood out with Matt Aronson -- communication. “He has done a terrific job for us this season,” said Russo. “Not only on improving our defenders’ skill levels, but improving their communication. He is so genuine and sincere he commands respect.”

Standing on the sidelines coaching the Ephs is vastly different from playing for the Ephs. “You see many more things as a coach than you do as a player, because you are not in the middle of the play,” said Aronson. “As a player you are always concerned about your own role, but as a coach you see the bigger picture of how all of the players are moving and communicating or how they are not doing those things. The key is to get the right message to the players about what they need to do as a group to be successful.”

Aronson has already taken the LSATs in case he decides to pursue a law degree after his time in Africa with the Peace Corps, but if not a law degree another postgraduate degree will be in the offing.

Whatever proportions the mix is for Aronson after his tour in Africa, he knows that coaching some level of soccer, helping others, a graduate degree and continuing to go outside his comfort zone will be the main ingredients.
(Editor’s note: Nick Armington is a senior at Williams College and a longtime starting goaltender on the men’s soccer team. He was in Iceland for 11 days during Williams’ January Winter Study term while pursuing a professional soccer career, and agreed to share his experiences with the Transcript. His account will run in three parts … )

I was given the idea for this trip by Magnus Bernhardsson, a native of Iceland and a history professor here at Williams. He’s also an avid soccer fan and first approached me in the fall of 2004 with the possibility of playing soccer in Iceland for the summer of 2005. I made and sent a highlight tape to teams in Iceland after the 2004 season, and although the teams liked my tape, I had already planned to go to Australia to study abroad and wasn’t able to follow up. Magnus and I decided that I could spend January of the next year trying out for teams in Iceland instead.

My journey to Iceland in January started with a Winter Study project. For the month of January at Williams, students are required to take a single class, which they have the option to create. There was the potential to travel away from campus for the month, but I would simultaneously have to do a research project. Upon the recommendation of Magnus, who suggested it as a new and hotly debated topic, I decided to study the education system for immigrants to Iceland to fulfill my academic requirements.

After a successful 2005 season for Williams, when we made it to the quarterfinals of the NCAA tournament, I made another highlight tape and sent it to teams in Iceland. Once again, the coaches were impressed enough to ask me to come for a trial. I arranged to primarily practice with two teams, Valur FC and Grindavik, both of which are in the Icelandic Premier league, the top league in the country.

Valur FC, which finished second in the Premier League last season, is located in Reykjavik, which is the largest city in Iceland and the capital. Grindavik, which also had a strong team last season, is located in the town of Grindavik, a small fishing town of 2,000 located about an hour’s drive southwest of Reykjavik. I knew going to Iceland that while Valur FC already had a solid goalkeeper, Grindavik was looking for a starting goalkeeper for the next season and they would be my best chance to sign for a team during my trip.

I left for my trip on the evening of Jan. 10 knowing only one person from Iceland and not really knowing much else about the country. I was looking forward to an exciting trip, where I could see a new country while determining my soccer future. I arrived early the next morning at Keflavik International Airport. I was quite tired because it was the middle of the night according to Eastern Standard Time, but I gathered my bags and boarded the bus for the 45-minute drive to Reykjavik. Though it was dark outside, I could see that the terrain on either side of the highway was barren. I would later see this road in the daylight and see that the surrounding area is a lava field, which many Icelanders compare to the surface of the moon.

After arriving at my guesthouse, I went straight to bed in anticipation of my first full day in a new country. I woke up at 11 a.m., and without any training scheduled, I was able to spend the day exploring the capital. It’s home to 150,000 of Iceland’s 300,000 residents, and my guesthouse was about a 5-minute walk from the center of the city, which meant I was able to walk almost anywhere I needed to go.

My first destination was the large church located next to my guesthouse. The modern design of the steeple of Hallgrim’s Church can be seen from almost anywhere in the city, and from the top of the steeple, there’s a great view of Reykjavik. After visiting the church, I walked into town and spent time on the main shopping street, getting coffee in one of the many coffee shops and looking in the stores. As I was in the city, I got a call from the Grindavik coach, Siggi Jonsson, who confirmed that we had practice the next day and he would be taking me out to lunch before practice so we could meet and speak about the team. I spent the rest of the day taking pictures of Reykjavik and went to bed early.
On Thursday, Jan. 12, I had my first experience with Icelandic soccer. I started my day with a lunch with Siggi Jonsson. Siggi is something of a legend in Iceland soccer, having played for a number of teams in the English Premier League, including a four-year stretch with Arsenal. He was also a constant fixture on the Icelandic National Team during his playing years.

Siggi took me to a restaurant owned by one of his old teammates and we discussed the team for a while. We talked about the team, and he told me that he was looking for a keeper for the next season. Siggi spent most of the rest of lunch on his cell phone, but after lunch, he drove me around Reykjavik and showed me the stadiums for all of the premiership teams in the Reykjavik area. Though all of the fields were covered with snow, it was exciting to see the stadiums and to think that I could possibly be playing in them next summer. Siggi dropped me off after the mini tour and said he would pick me up for practice at 8 p.m.

When Siggi picked me up for practice, that night he informed me that we would be playing outdoors. This was a surprise for me, because I had been told before I left for Iceland that all of the teams trained indoors during the winter, and I had consequently not brought any winter gear. When we got to practice, the field was covered with about three inches of snow.

I layered on all of my jerseys and my training pants in the hope of keeping warm and I took the field. Soccer in the snow is never easy, but it is especially hard for a goalkeeper.

The field was not grass but FieldTurf, which is a surface of plastic blades of grass with tiny rubber pellets layered beneath the artificial grass to soften the field. Though a FieldTurf field does not freeze like a normal field would in cold conditions, the snow on top made the surface extremely slippery and play especially challenging, because quick movements are essential to playing well in goal.

The practice consisted of a number of shooting drills and then a short-sided game. I did the best I could in the conditions, and at the end of the practice I thought my play was OK, while hoping the coaches would realize how difficult it was for me to have my first session on the snow. Another difficult aspect of playing with an Icelandic team was that all the coach’s instructions were in Icelandic, so I constantly had to have someone translate for me. After practice, I was driven home by another player so I was not able to get immediate feedback from the coach, but I found out the next day that he thought I played well considering the conditions.

My next training session was two days later on Saturday with Valur FC. Because January is the off-season for Iceland soccer, many of the teams only train three or four times a week. Because I wanted to get as much training as possible during my trip, the coaches decided that it would be best for me to go back and forth between teams so that I would not have too many days off. I was very excited on the morning of my session with Valur FC both because they had been the second-place team in the premier league last year and that training would be indoors.

Valur FC has a very nice indoor facility. There is a full indoor FieldTurf soccer pitch as well as handball courts and a weight training facility. I felt much more comfortable playing indoors, and as a result, my first practice with Valur went very smoothly.

After a brief warm-up with the goalkeeper coach, we went through a series of shooting drills where I think I impressed the coach with a number of good saves. After the shooting drills, we played short-sided for another 30 minutes, and I felt very satisfied when the coach invited me to train again on Monday.
Part 3: Practice from the Blue Lagoon

By Nick Arington, Special to the Transcript

I had another day off on Sunday. Though I wanted to play as much as possible in Iceland, it was good to have days off here and there, which I used to see the sights in the Reykjavik area. On this Sunday, I went to see one of the most famous sites in Iceland, the Blue Lagoon. The Blue Lagoon is a type of spa, but it is special because of its large lagoon of geothermically heated water. The water is taken from underground, where it is heated by geothermal energy under the surface of the earth, and pumped into a large pool of volcanic rock. It’s easy to lose track of time and spend hours relaxing in the warm water, surrounded by walls of volcanic rock, veiled by clouds of steam. I’m truly glad I got a chance to go to the Blue Lagoon and anyone who has a chance to go to Iceland should certainly make the lagoon part of their plans.

It was back to soccer on Monday with another training session with Valur FC. This time it was Valur’s turn to be out in the snow, and once again I had to endure a slippery practice. To make matters worse, the practice was nothing but running — fortunately we only spent the first half of practice outdoors, after which we were in the gym doing some stretching and weight training.

After the practice I had a chance to speak with, Mr. Thorson, the head coach of Valur FC, about a possible future with the team. The coach told me that after seeing me play on Saturday, he was convinced that I had the skill to play at the top level in Iceland. Unfortunately, he also said that the team already had a solid goalkeeper who would most likely be starting next season. Mr. Thorson thought it would be better for me to find a team where I could play consistently, to better develop as a player. The coach also said that he would talk to the Grindavik coach about my play and that I could contact him if things didn’t work out in Grindavik. Though I was disappointed about not being offered a spot on the team, I agreed with his belief that it would be better for me to find a team where I could play and I was encouraged to know that he believed I had the talent to play in the Icelandic Premier League.

Tuesday was another playing day, and probably the most important of my trip, as I had a game with Grindavik. The game was indoors in Keflavik, which was about an hour’s drive from my guesthouse in Reykjavik. I got a ride from the assistant coach and we arrived at the field about an hour before the game. Going through my warm-up, I felt very comfortable as I decided to treat this game like any game I played at Williams. We were playing a lower division team on Tuesday night, but during the game I had plenty of opportunities to show what I could do. I made some good saves during the 65 minutes I played, and after the game the coach seemed to think I played very well. Siggi told me that he would take a day to think about the game and that we would be able to discuss my future with the team on Thursday.

I had planned to train with another team on Wednesday night, and though that practice was canceled, the day was not short of excitement. Upon checking my e-mail on Wednesday morning, I found out that I had been selected as one of 108 players eligible for the MLS draft. I had not expected to be included in the draft so this news was very exciting. I spent the rest of the day e-mailing my parents and friends about my selection and then resting for my practice with Grindavik the next day.

I thought I was supposed to have a lunch with Siggi the next day to discuss the team, but when I talked to him that morning, he said we would have to wait to meet ‘til after practice. Practice was much better this time around with Grindavik, because the snow had melted on the field and it had warmed up a little. We did some shooting drills and played full sided for about 30 minutes, but practice went by quickly for me as I anticipated meeting with Siggi.

After practice, Siggi and I went out for dinner and then to get coffee at a nice café in the middle of Reykjavik. After speaking with a couple of Magnus’ friends who are involved in soccer in Iceland, I knew there was the possibility of getting an offer from Siggi, and I was partly anticipating one. Unfortunately, that was not exactly the case. Siggi told me that he really liked the way I played and that he thought it was a definite possibility to sign with the team, but he said he had to give another local goalkeeper a chance to play in a couple of preseason games before he made his final decision. The goalkeeper was from Grindavik and had been the backup for the team for the past couple years and Siggi, who will have his first season with the team this summer, said he was feeling some pressure from the board of the team to give this local guy a chance. The best thing Siggi said during the meeting was that if things did not work out with Grindavik that he would be able to set me up with another team in Iceland.

The training session with Grindavik was my last session in Iceland and judging from what Siggi said I felt confident that I had a good chance to eventually get an offer from Grindavik and if not, an offer from another team on a recommendation from the Grindavik and Valur FC coaches. As I’m writing this, I’m spending the week training with the New York/New Jersey MetroStars of MLS, and I hope to hear from Siggi in the next couple of weeks.
**Nick Armington Signs With Real Salt Lake in MLS**
*June 21, 2006*

WILLIAMSTOWN, MA – Monday Real Salt Lake (RSL) of the MLS signed former Eph goalie Nick Armington ’06 (Manchester, MA) to a developmental contract to serve as the team’s third goalie. Armington was a three-time All-NESCAC selection and a two-time All-New England choice for the Ephs in compiling a record of 48-11-2.

Scott Garlick is the RSL number one goalie and Jay Nolly is currently the backup goalie. Garlick has played just under 20,000 minutes and has started 215 MLS games, while Nolly is a second year keeper out of the University of Indiana who has played in six MLS contests.

Armington has worked tirelessly to attract the attention of the MLS including putting together a highlight tape and attending goalie workouts and tryouts with MLS teams like the MetroStars, the Colorado Rapids and Real Salt Lake. He was on the draft list for the 2006 MLS SuperDraft but was not selected.

During the Winter Study period this past January Armington even traveled to Iceland in hopes of securing a GK spot on one of their professional teams.

“Nick has worked incredibly hard to get noticed by the MLS,” said Eph head coach Mike Russo. “He improved immeasurably here in four years and he has good quickness and size [6’ 2”] and he is willing to work hard to get on the field. He had an outstanding senior season and had key game-changing, result-producing saves in our biggest games – Middlebury, Amherst, Keene State and Wheaton.” 25 of Armington’s 48 wins at Williams were shutouts.

“I’m really excited for Nick because he gave himself a year to get a pro contract and he did it much sooner,” said Russo. “Now with the MLS’s Reserve Division he will get a great opportunity to practice with RSL and get some game experience in the Reserve Division and be seen by all of other MLS teams as well. And who knows what all of that can lead to”

Armington is the 14th player coached by Russo in his 27 years at Williams to sign a professional contract.

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**Josh Bolton Signs With Rochester Rhinos in USL First Division**

WILLIAMSTOWN, MA – Williams College senior midfielder Josh Bolton (Penfield, NY) has signed a contract to play for the Rochester Raging Rhinos in the USL First Division.

Bolton is the 11th player to play for Mike Russo at Williams who has signed a professional contract.

Last season the Rhinos finished second to the Montreal Impact in the USL First Division regular season and advanced to the semifinals of the U.S. Open Cup with a win over the NY/NJ MetroStars of the MLS. The Rhinos were eliminated in the semifinal round when they lost a penalty kick shootout with the Chicago Fire (MLS).

Bolton, a two-time All-American and NESCAC Player of the Year, scored two goals and assisted on seven last fall. In his career Bolton tallied 19 goals and assisted on 21 for 59 points. “Josh is a fabulous player,” said Eph head coach Mike Russo. “He has all the tools. He is strong physically, runs well, is good in tight situations and his delivery of the long ball is the best I’ve seen at Williams.”

Bolton signed with the Rhinos two days before the USL Draft and on the same day that the New England Revolution called to say they were going to take him in the MLS Supplemental Draft. While the a shot at the MLS is appealing to Bolton he was excited to go back home to play.
as his hometown of Penfield is only about 10 miles from Rochester.

“I grew up watching the Rhinos play so I really wanted to go to their combine [tryouts],” said Bolton. “I was able to get up there for a the last two days of the weeklong combine. The head coach wasn’t even there, but I guess it went pretty well because when I called back to check on my status they offered me a contract.”

The Rhinos will go into their preseason near the end of March and Bolton is lucky that one of the weeks that the

Rhinos will be training in Cary, NC, Williams will be on spring break. “I’m not sure how I’m going to be able to train while I’m finishing up school, but the Rhinos’ coaches have assured me that we will be able to find a happy medium.”

The Rhinos’ first regular season game will be played on May 5 and graduation at Williams is June 4.

“Josh can go a long ways in this game with the right opportunity to develop,” said Russo. “Soccer is his passion, he just needs a chance to show what he can do.”

Khari Stephenson ’04 Signs 3-Year Deal With GAIS in Swedish Premier League

February 7, 2006

WILLIAMSTOWN, MA – Former Williams College All-American soccer player Khari Stephenson has signed a three-year contract to play for GAIS in the Swedish Premier League known as Allsvenskan.

“Khari is a big, strong player with good technique and a strong passing game,” said GAIS head coach Roland Nilsson. Nilsson, a legend in Sweden for leading their 1984 World Cup team to a bronze medal in the U.S. in 1990 knows he has a solid, underrated player in Stephenson. “Our contact sent us a DVD of Khari and we liked what we saw. He can play offensive and defensive midfield. He always wants to have the ball and he has a very good idea of what to do with it once he gets it,” said Nilsson. “If you start on your national team you have to be a strong player.” Stephenson has played 17 times for the Jamaican National Team with 14 starts. He has netted three goals for Jamaica as the central defensive midfielder.

Stephenson was most recently with the Kansas City Wizards in the MLS. He was drafted in the third round of the 2004 MLS SuperDraft after excelling at the MLS Combine by the Chicago Fire, but was soon traded to the Kansas City Wizards. In his first season in the MLS Stephenson scored a goal in the MLS semifinals vs. San Jose and started the MLS Cup game.

“I think I can help this team right away,” said Stephenson. “I’ve always wanted to play in Europe and I remember watching Roland [Nilsson] in the World Cup as a kid. They have excellent coaches and a lot of good players.”

Khari Stephenson ’04 to play in Sweden

Khari Stephenson’s Career Highlights at Williams:

2003: Named a first team all-American by the NSCAA for the second straight season. Led Williams College in goals scored (15) and points (34). Earned first team all-NESCAC and first team all-New England honors. Named the NESCAC Player of the Year. Finished his college career with 40 goals and 18 assists for a total of 98 points. Helps Jamaica advance in Olympic qualifying rounds.

2002: In his junior year, finished second on the team in goals (15) and points (37) and tied for third in assists (7). Named a first team all-American. Also named first team all-New England and NESCAC Player of the Year. Ranked third in the conference in points per game (1.76). Led Williams to a second straight NESCAC Championship. Collected his first cap for Jamaica in an appearance the Jamaican National Junior Team in a game against Brazil. Also played for the Jamaican Olympic Team.

2001: Finished fourth on the team in scoring, tallying five goals and three assists for a total of 13 points.

2000: Talled five goals and four assists for a total of 14 points.
Erin Sullivan ’96, currently the head coach of Western New England College, was the goalie on the Eph team that won the 1995 NCAA Div. 3 soccer title. On the eve of the 2005 Sectional Semifinals to be played on Saturday between Western New England College and host Plattsburgh and the Ephs vs. St. Lawrence Ben Fleming of the Transcript spoke to Sullivan.

If both the Ephs and Western New England win on Saturday they would play on Sunday for the right to go to the final four. Back on Sept. 21 the Ephs surrendered a two-goal lead at Western New England and lost.

At scattered points around the country this weekend, his teammates will be checking in as best they can, popping away from family and jobs for brief moments of connectedness. They’ll be following scores over the Internet, repeatedly refreshing browser windows in the true fashion of the devoted, or sneaking in quick phone calls when possible.

Erin Sullivan celebrates the Williams soccer team’s NCAA title win at Cole Field on Nov. 19, 1995.
Photo by Kris Dufour/North Adams Transcript (now Williams Sports Info)

Erin Sullivan celebrates the Williams soccer team’s NCAA title win at Cole Field on Nov. 19, 1995. Photo by Kris Dufour/North Adams Transcript (now Williams Sports Info)

A decade has passed since the Williams College men’s soccer team won the 1995 NCAA Championship on a cold afternoon in Williamstown, beating Methodist 2-1 in the final before thousands of frantic fans on Cole Field. Time, as usual, has had its say, taking from the team tri-captain Matt Stauffer in 1998 more than three years after he was diagnosed with leukemia and over two years after he helped inspire his squad throughout his title-winning senior season. The game has mostly passed the rest of the team by, with the annual alumni contest a rare opportunity to return to campus as a group, if only for a weekend, and take their turn as participants and sages, defenders of the program’s tradition.

It’s a little different for Erin Sullivan. Quite a bit different, actually — he’s one of the few members of that ’95 team to stick with soccer for the long haul, six years deep into a highly successful term as the head coach of Western New England College (WNEC). While his friends spread out across the map, Sullivan took up residence in Springfield and slowly began building the Golden Bears into a contender. And as it happened, the first sign that goal might have been attained arrived with a 3-2 victory over his alma mater on Sept. 21. It was the type of win Sullivan’s Ephs specialized in — come-from-behind, gritty, tough-minded soccer, unsurprisingly on display.

Fate, however, seems to have been left dissatisfied. After letdowns in their respective conference tournaments, both WNEC and Williams received at-large bids to the 2005 NCAA Tournament, and both survived the first two rounds of play, advancing to the Northeast Sectional this weekend. There, in Plattsburgh, N.Y., a win for each team on Saturday will put both into a head-to-head matchup on Sunday for the right to advance to the Final Four in Greensboro, N.C. Should such a meeting occur, a matchup between a young coach on the rise and his mentor, longtime Ephs boss Mike Russo, it will take place on the anniversary of their greatest triumph, 10 years and one day after Sullivan marched off Cole with the national championship trophy in tow.

The contradictions couldn’t be more thick in the air. And it’s Sullivan’s job to breathe through clenched teeth, and suck his feelings and memories as far back as possible.

“I think at this stage, the level of the respect you have for each team takes place over the personal connections,” he said in a phone conversation this week. “There are bitter-sweet elements all through this tournament. Certainly, this would be a situation that would involve more emotion. Thankfully, if (a meeting) happens, I’ll be wearing a little bit of purple, and a lot more royal. And that will be what I focus on.”

A special team
At this point, the national tournament is an annual event for Williams. The last time the Ephs failed to qualify for the tournament was 1997, when an untimely loss to Amherst bumped Russo’s squad into the ECACs. The team rebounded to start an eight-autumn NCAA streak still in
In 1995, a chance to play in the postseason was anything but normal. The NESCAC had only lifted its longtime ban on postseason play in 1993, and the Ephs took advantage of the opportunity to go all the way to the national final, losing 1-0 to UC-San Diego. After a first-round departure in 1994, a team with six seniors was, in some sense, still grateful for the opportunity to get another crack at it.

“I think we’d never been allowed to play before and we didn’t have an idea what it was like,” said Terry Kaufmann, the team’s sweeper and the 1996 National Player of the Year. “Looking back, it’s pretty hard to win this stupid thing. And there was an appreciation for being able to play at the time, if now how hard it was to do it. Now, we know.”

It didn’t look hard. Williams didn’t take a single misstep during the fall of 1995, going 17-0-2 and finishing what it had started two years before. The team didn’t trail in any game until the NCAA semifinal against Muhlenberg, when junior striker Brad Murray scored in the 83rd minute and sent the game through to penalty kicks, where the Ephs advanced 6-5 on a save from their goalkeeper Sullivan in sudden death.

Then came the final, when Murray broke a scoreless deadlock in the 49th minute to send the audience and team into a panic (the good kind). Jason Horowitz added another in the 72nd minute, and a 35-yard rocket from Methodist’s Kari Reynisson in the 79th minute wasn’t enough to prevent the Ephs from claiming their first and only championship trophy.

The feeling remains unique.

“We were a very focused group of guys,” Kaufmann said. “Part of that was we had a lot of seniors who had lost in the NCAA finals, and we understood what the stakes were. But we also understood that anyone could win, and that most of the experience was being able to play. It was a mix ... We had experience, if not caution, and we were very much living in the minute.”

The honors, as they will, came tumbling down. Sullivan, who made eight saves in the final, was among four Ephs named to the All-New England team. Russo was named the National Coach of the Year. Murray set an NCAA record for goals in a tournament (eight) that still stands.

And yet the season could hardly be described as perfect. Not with Stauffer, an All-NESCAC midfielder in 1994, bench-ridden with the illness that was diagnosed in the preseason and would eventually claim his life. “The team says that I’ve been their inspiration for the year,” he said on Cole after the national final, “but they’ve been my inspiration, too. Just like they won the NCAA title, I will beat leukemia.”

Not perfect. But as good as it could have been.

“If I had to pinpoint it, there were some intangibles,” Russo said. “Everyone was working extra hard for Matt. Everyone executed what they had to do. It wasn’t a flashy team by any stretch of the imagination. But it was a mentally tough group, a really strong group, really committed to winning. We had a little luck, but we were playing together as well as a team could.”

**Staying with the game**

In September 1998, the team returned to Williamstown to see the jersey of Stauffer, who died the previous January, retired. His No. 10 shirt still hangs in the locker room in Cole Fieldhouse; a monument in his honor was placed outside, next to the path that leads down the hill to the practice fields.

That alumni game, three years after the fact, marked a return to soccer for much of the ’95 team. Sullivan was already coaching by then, in the midst of a series of assistantships that would see him travel from Cornell to Lafayette to St. John’s. In 2000, he took over a WNEC program that hadn’t had a full-time coach since 1987, and was immediately hit with the type of season he’d never before experienced — a record of 4-13-2, seven crushing one-goal losses.

In 2001, the Bears finished 14-8-1, and the seeds of this upcoming weekend were planted. The win total was the program’s second-highest ever, and Sullivan was named the Great Northeast Athletic Conference (GNAC) Coach of the Year. He was similarly honored last fall, as WNEC went 16-6-1 and went to the NCAA Tournament for the first time ever. And the GNAC went back to the well on Wednesday, calling Sullivan its best representative for the third time in six years.

His school’s Web site touts him as one of “the top young coaches in the Northeast,” and it’s not idle praise.

“We are incredibly proud of Erin, to the point at which
he’s starting to worry us a little bit,” Russo said.

Sullivan points to a preseason trip to Europe in 2004 as the turning point for his current crop of players, the venue for teaching the type of discipline and mental focus that characterized his tenure as a player.

“For us, coming out of the 2003 season, the need to bring our team closer together was paramount,” he said. “That, and the ability to have to play high-level teams on short notice. Twelve days, six matches, don’t speak the language and no fan support, the environment can be overwhelming. We only won one game, but I think our players learned to handle things like that.

“Part of this for us is establishing this tradition. I’m the person who benefits the most from having those past experiences to call on. But the beauty of soccer is that it is a player’s game. Russo is the one who probably instilled it in us, and it’s a lasting approach to the game.”

Indeed it is. In early August 2004, the Williams men’s soccer team departed for a six-game swing through, yes, Europe.

A decade later

The tournament field of 2005 faced by the Ephs and Bears isn’t quite the same one that Sullivan and Co. dealt with 10 years ago. The game has undergone changes since then, subtle ones.

“I think the level of play is definitely better,” Russo said. “When I say better, everyone you play has good soccer players now. I’m not saying our level of play is a lot higher, but other teams certainly are. I think training methods have changed, and if you talk to athletes on a professional level, they’ll tell you the same thing. There are better athletes in the game, fitter.” Kaufmann agreed with his former coach in part, saying, “These guys all seem so young and fast” before going on to joke about his team’s legacy. “We even know that even if they win, we’ll hold it over their head as being a little better than them,” he laughed.

But it’s that connection — wired together by success, pride and tradition — that makes the outcome of this weekend so important to Kaufmann and the ‘95 team. And it’s that part of his own playing days that will be denied to Sullivan, circumstances permitting, on Sunday.

“It’s different for him,” Kaufmann said. “The rest of us maybe go out there a couple times a year, play a little bit, in men’s leagues or the alumni game. It’s not a part of our lives like it is for him. He’s got his own team that he has to worry about.”

Sullivan knows that all too well. Even the limited time that he has taken to reflect on his past, he said, might prove useful in the future.

“There are some similarities between (the 2005 WNEC team) and the team that I was on in 1993,” Sullivan said. “That was the first time that the ban was lifted. For us, we were a team where we looked at each opponent with the utmost respect, and things were so fresh and new. The discipline was something that we were emerging into, and I see a little bit of that in us.”

Perhaps, but it’s also the answer of a man unable, for the moment, to appreciate his own past for what it is. If any season stands on its own merits, it’s that of the 1995 Williams team, its members sent on a ride laced with tragedy and magic that resonates to this day.

After 10 years, the rest of the Ephs are checking in. Sullivan will have to wait a few more days.
WOMEN’S SOCCER

9-5-1, 5-3-1 NESCAC

NESCAC Quarterfinalists

Second Team All-NESCAC
Elise Henson
Jessica Hing
Sarah Ginsburg

NSCAA/adidas Second Team
All New-England
Jessica Hing

NSCAA/adidas Third Team
All New-England
Sarah Ginsburg

Head Coach Michelyne Pinard
(4th year): 39-18-10

RECORD

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<td>@ Wesleyan</td>
<td>W 2-1</td>
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<tr>
<td>Sept. 13</td>
<td>Smith</td>
<td>W 4-0</td>
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<td>Sept. 15</td>
<td>Springfield</td>
<td>W 2-1 (2 OT)</td>
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<td>Sept. 17</td>
<td>Connecticut College</td>
<td>W 4-0</td>
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<td>Sept. 24</td>
<td>@ Bowdoin</td>
<td>L 3-0</td>
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<td>WNEC</td>
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Click Here for 2005 stats

Elise Henson  Jessica Hing  Sarah Ginsburg  Kaolin McEvoy
NESCAC Semifinalists
Annie Denison tied Joyia Chadwick ’05 for career kills at Williams (2,072)

First Team All-NESCAC
Annie Denison (2nd)
Alexis Knepp

First Team All-NEWVA
Annie Denison

NESCAC Player of the Week
Annie Denison (10/30/2005)

AVCA All-Regional Team
Annie Denison

AVCA Honorable Mention All-American
Annie Denison

All Tournament Team
at Williams College Invitational
Alexis Knepp

NEWVA Senior All-Star Classic Team
Kate Sauerhoff
Annie Denison

Head Coach Fran Vandermeer
6th Year: 173-44

RECORD
Sept. 9/10 Williams Invitational W 3-0; W 3-0
Sept. 9/13 @ Hamilton W 3-1
Sept. 16 NESCAC Weekend W 3-1
@ Middlebury L 2-3; W 3-0
Sept. 20 @ Union W 3-0
Sept. 23/24 Invitational @ MIT W 3-1; L 1-3
W 3-2; L 3-0
Sept. 30/ Invitational @ Salisbury L 3-1; L 3-1
Oct. 1 State, MD W 3-0; L 3-2
Oct. 7 Tufts @ Amherst L 3-1
Oct. 8 Colby-Sawyer W 3-1
Oct. 15 USMMA @ U.S. Coast Guard cancelled
Oct. 15 Coast Guard W 3-0; W 3-1
Oct. 18 @ Amherst L 3-2
Oct. 21/22 HOF Tournament W 3-1; L 3-0
@ Smith / @ Mt. Holyoke W 3-0; W 3-1
Oct. 26 Middlebury W 3-0
Oct. 28/29 NESCAC Weekend
10/28 - Bowdoin W 3-0
10/29 - Bates: W 3-1
Colby: L 3-2

Click Here for 2005 stats
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### Men's Basketball 17-8, 5-4 NESCAC

**NESCAC Quarterfinalists**

**Second Team All-NESCAC**
Chris Rose

**Third Team All-Northeast Region**
d3hoops.com
Chris Rose

**NESCAC Player of the Week**
Chris Rose (1/5/06)

**Head Coach Dave Paulsen (6 years): 137-33**

Click Here for 2005-2006 stats

**RECORD**

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<tr>
<td>Feb. 18</td>
<td>@ Tufts - NESCAC 1st Round</td>
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Michael Crotty ‘04 Named Director of Player Development for the Boston Celtics

September 16, 2005

BOSTON, MA – The Boston Celtics announced that Michael Crotty ‘04, former point guard for the Williams College 2003 NCAA Div. 3 championship team, has been named the Celtics Director of Player Development.

“’I’m very excited to be able to get this close to the game so soon after college,’’ said Crotty. “To be able to do this for the team I’ve loved since I learned how to walk just makes it all the more special.’”

At Williams Crotty was a two-time All-American and was named to the NCAA All-Tournament team in both 2003 and 2004. He started every game of his four-year career and set an Eph record for games started and played, 120. Crotty also owns the Williams record for most minutes played in a career (3,861) minutes in a season (1,025) and the Eph record for career assists (819). He broke the single season assist mark each of his four seasons and has raised the mark at Williams for one season from 145 to 249.

Crotty served the past four months as an intern under Celtics GM Danny Ainge. Crotty scouted college players for the 2005 NBA Draft, hosted college players visiting the Celtics for workouts and performed other administrative duties.

As the Director of Player Development for the Celtics Crotty will be responsible for working with the all of the Celtics players on personal and professional development, community service projects, helping the players adjust to living in the Boston area, scouting, film breakdowns, orchestrating individual workouts and when needed scrimmaging with the players.

After graduating from Williams, Crotty played on some Harlem Globetrotters’ tours of Europe before joining a professional league in Germany prior to his internship with the Celtics.

“’I’m thrilled for Michael as I believe this is a great opportunity for him professionally,’’ said Eph head coach Dave Paulsen. “As a Celtics fan, I’m also excited for the organization and I think it’s only a matter of time before Michael’s presence is felt in a positive way. Michael has a great future in the game-- as a player, he was quite literally a coach on the floor and nobody ever worked harder or played the game with more passion. I’m really excited to see what the future holds for Michael in the professional basketball world.’”

His 1,402 points ranks him seventh on the Eph scoring list since Div. 3 play began in 1975. The consummate point guard, Crotty had a career assist to turnover ratio of 2.37.

Crotty’s Class of 2004 is the most successful at Williams with an overall mark of 104-16 (.867)
Remember the “What I did on my summer vacation” essays from elementary and middle school? I wrote them (not too well, because my summers weren’t all that exciting).

Some of those essays could be pretty interesting -- especially if Williams College men’s basketball player Will Kuntz wrote one.

Kuntz, who I’m sure wants to help lead the Ephs back to the NCAA Division 3 basketball tournament, spent the summer working for NewYork Yankees general manager Brian Cashman.

The best part of his summer job?

“Going to Yankee Stadium for work every day. It’s so rare when people really love their job. I would pay to do my job, instead of getting paid to do it,” said Kuntz.

Last year, the 6-foot-6 forward from Brooklyn played in just 10 games because of injury for coach Dave Paulsen’s Ephs. He’s been working for the Yankees nearly as long as he’s been playing roundball at Williams.

“I was a freshman here, and I found out that [Yankees owner George] Steinbrenner was an alum. I said what the heck, so I wrote him a letter introducing myself, saying I’m from Brooklyn, a Yankee fan and would like to get a job,” said Kuntz. “I didn’t have an address, so I e-mailed [Williams president] Morty Schapiro, never having met him before.

“I met him during winter study, so I asked him if he had Steinbrenner’s address. He responded, he got really excited about it and wanted to help.”

There are times when it’s really nice to be a student at a small college, where you get to know top administrators. Schapiro, said Kuntz, wrote Steinbrenner a letter as well. A couple of weeks after those letters, the Yankees replied via e-mail and invited Kuntz down for an interview.

And as the Williams forward continued telling the story, it turned into a really good couple of weeks for him.

“Spring break started, we won the national championship on Saturday, I went in for an interview on Monday and got the job,” he said.

Kuntz works in the Yankees baseball operations department, where he gets scouting reports from coaches and scouts, helping Cashman with player analysis, and helping manage the so-called Columbus Shuttle between The Bronx and Triple A.

“I definitely want to [have a career] in baseball,” said Kuntz. “I’ve always watched baseball, it’s always been a huge sport for me. I’ve gotten a job offer from the Yankees and I’m looking forward to going into baseball operations.”

Then there’s former Williams football player Mark Rosenthal, who successfully parlayed a summer job like Kuntz has into a full-time position with the New England Patriots.

Rosenthal, who graduated in 2002, but played in the 2003 football season, works in Corporate and Community Affairs as the Patriots’ Youth Football and Community Affairs coordinator.

He helps set up charitable player appearances and youth football outreach. When I ran into Rosenthal, before the final exhibition game at Gillette Stadium, he was the host to 1,500 Pop Warner football players from metropolitan Boston.

“The fun is off the charts. You can’t compare it,” said Rosenthal. “The people you meet and interact with every day, it’s a one-in-a-million opportunity.”

After interning at the Environmental Protection Agency (and there’s an unusual daily double, the EPA and the NFL), Rosenthal hooked on as a summer intern with the Pats, and the internship eventually turned into a full-time gig.

“It worked out that the NFL started the NFL Youth Football Initiative the summer I graduated. They knew me here and needed more help.”

A lifelong Patriots fan, Rosenthal works under former Patriot All-Pro linebacker Andre Tippett, which has to be pretty cool.

“Andre Tippett is a former player, a Patriots Hall of Fame player. I definitely remember watching and learning from him. Now to see him as a guy who wants to give back and work with kids, it’s nice to see,” Rosenthal said.

Rosenthal also said that he and Tippett get to work together a lot, traveling to Patriot football clinics and coaching academies.

“He’ll do some demonstrations every once in a while and he’ll pull me up there,” the former Eph defensive end said. “I’ll have to take him on in a one-on-one [situation], and he usually beats me pretty good.”
Mascot fight: Ephs or Poets?

By Eric Schmoldt & Tom Ziemer — From The Badger Herald — October 20, 2005
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According to Eric:

With its mascots being the Ephs, you might think that Division III Williams College was a school for drop-outs, but that is not the case. The school was named No. 1 academically last year.

In fact, the mascot is pronounced “Eefs.” Unfortunately, that takes out my argument that they could have the greatest, or at least most witty, chant at sporting events. I can almost here the echoing of “Eph that, Eph that” right now.

However, nobody does it better than the Ephs, as was seen when they won the Director’s Cup — awarded to the best school athletically — and were named the nation’s top liberal arts college by U.S. News and World Report.

The squash team is quite intriquing, as the Ephmen have produced 18 All-American players, including four-time All-Americans Win Tangjaitrong, Zafir Levy and Bruce Hopper.

Oh yeah, and Williams is the alma mater of New York Yankees owner George Steinbrenner, one of the most powerful men in any sport in history. How many schools can say that? Furthermore … how awesome would it be to see George Costanza call Steinbrenner an Eph to his face? Or perhaps, “Eph you, Steinbrenner!”

The mascot is named after the founder of the school, Ephraim Williams, who was killed in the Battle of Lake George in the French and Indian War and appears in early versions of “Yankee Doodle Dandy.” John Greenleaf Whittier can’t claim that!

But the real reason the Ephs are the best is because of what an Eph apparently is — a purple cow.

The origin has many tales, but the school’s website claims the purple cow was chosen in 1907 and named after a popular campus humor magazine, “The Purple Cow.”

But to combat the poetry of my counterpart, as much as I love the purple cow as the mascot, I must agree with Gelett Burgess’ words: “I never saw a purple cow / Nor do I hope to see one; / But I can tell you, anyhow, / I’d rather see than be one.”

Moooooove over, poets!

According to Tom:

This question, ‘tis quite easy to ponder, for of the name Poets I am much fonder.

Whittier College in California, the Poets they are called, and for many years they have footballed. Check them out on most Saturdays, and you’re sure to find someone making plays. Unfortunately, to the University of Redlands last week they did fall; though getting the ball to senior Alex Jones was a good call. One hundred twenty-two yards on nine catches he did haul in, making defenders look like Snoop Dogg on juice and gin.

Named after John Greenleaf Whittier the writer, their mascot is much tighter. And tighter in the sense meaning cooler; their symbol carries a pen and a pad, not a ruler.

The mascot rocks the purple and yellow, and in water polo, freshman Alex Student makes opponents bellow. Three goals against Cal Tech he did tally, leading a great Poet rally. Whittier men’s water polo, with 14 All-Americans in its past, has a proud tradition; Student is simply the Poets’ latest rendition.

And how can any writer not give this mascot its support? What, Mr. Schmoldt? Let me hear your retort. It’s creative, it’s witty (oh, it goes with the name) and, most of all, it’s cool. Nothing standard, something different, not a tool. They are clever, refusing to use a silly Wildcat. Instead, this dude rocks a tri-cornered hat. And just imagine what a Poet can do with a bat; a 22-17-1 record on the diamond in 2004, just that.

Go ahead, take your purple cow; my purple Poet will instead take a bow.

So you see, Mr. Schmoldt, maybe you should bolt. For this contention of mine makes others pine, and you’re completely out of line. This point is simply divine.
This week, in the segment of this column focusing on former Division III players overseas, we exchanged e-mails with former Williams forward Tucker Kain, who won a national championship with the Ephs in 2003, and got his thoughts on playing professionally in England. The photo below is from the team’s Web site.

I am currently playing for the City of Sheffield Arrows. They are in the English Basketball League (EBL). It is the second division here in England under the British Basketball League. Our team is 12-3 (as of this writing). We are one of the stronger teams in the league and should vie for a chance to win the league. It is a competitive league in which any team has the ability to beat any other on any given night. Each team is allowed two foreign players who are generally American. Not all the teams use this allowance, but the teams who do generally have quality players who perform well in the league. Aside from the two Americans, the teams are made up of British players whose skill vary all across the league. It is usually these British players who make the difference, because all the Americans can play, so it is the supporting cast that makes the difference.

I ended up here through a few contacts in the states that had dealt with the Arrows in the past. I tried out for a USA Select team that toured Europe in September in order to allow Americans players direct exposure to the pro teams over here. I was selected for the team, but before the tour started I was put in contact with the Arrows by the head coach of the tour, and the Arrows decided to sign me before the tour began. So it was being seen by the USA select coach, who recommended me to the Arrows that landed me the job here in England.

Off the court I have had the opportunity to work in a school a few days a week helping out in the classroom and teaching basketball. Helping these kids has given me a chance to get to know much more about the culture here and gain a greater appreciation for the differences between the USA and England. It has been an adjustment period to living here (like learning to drive on the opposite side of the road...not as easy as it sounds), but without the language barrier, it has been a relatively smooth transition and I feel like I am settled in well here. The other American on the team and I have been lucky enough to meet some families that have us over for dinner from time to time and just make us feel more at home here.

As for the numbers I am putting up, I am not 100% sure what they are because the stats here are not very well kept or publicized. But I would say I am averaging are 17 or 18 points a game, six or seven rebounds a game, and three assists a game. Overall I have been playing well and have been shooting the ball probably around 50% for most of the season.

When we travel, we travel with nine players and we take a 15-seat bus. We only travel around England, but we have trips of about five hours down to London and south of that on the English Channel. Our games are only on the weekends (as is the case in many European leagues) so the travel is not too tough to deal with. The crowds vary a ton from place to place. Basketball is not a big sport here, so you have to work hard for fans. Our home games range because of what else might be going on in the city, like soccer games for example.

Playing for Williams gave me the opportunity to really learn the game and to understand what it takes to be a successful team. Coach (Dave) Paulsen was great at getting the team to understand why he did what he did and the logic behind how we played the game. That being said, I have come into a situation where the majority of the players in this league don’t have a great understanding of the game. They play on raw talent and ability. So being from Williams has given me an advantage on a lot of players I play against because I am able to use my understanding of the game to counter their strengths, whatever that might be.

The season started over here in September and the regular season runs through March. Then the playoffs take place over the course of the month of April. We play around 40 games depending on the playoffs and some of the other midseason tournaments we participate in. Our team has a Web site if you are interested in trying to learn more about the squad. It is www.arrowsbasketball.com.
WOMEN'S BASKETBALL  23-6, 7-2 NESCAC

Co-Little Three Champions

NESCAC Semifinalists
NCAA Sweet 16

First Team All-NESCAC
Colleen Hession
Maggie Miller

Second Team All-NESCAC
Meghan O'Malley

NEWBA Second Team
Maggie Miller

NEWBA Senior All-Star Game
Colleen Hession

Third Team All-Northeast d3hoops.com
Colleen Hession
Maggie Miller

NESCAC Player of the Week
Meghan O'Malley and Maggie Miller (1/23/06)
Colleen Hession (11/28/05)

Senior Colleen Hession graduates with a 9-0 record vs. arch rival Amherst, third in scoring with 1,340 points and as the Eph leader in 3-point FGs with 233

Head Coach Pat Manning (16 years): 275-119

Click Here for 2005-2006 stats

2005-06 Sports Wrapups  49
Triple threat

Williams senior Colleen Hession loading up for one final run

By Jim Mulvihill, North Adams Transcript

*This article originally appeared in the February 18, 2006, edition of The North Adams Transcript.*

WILLIAMSTOWN — Even though her basketball career will come to a close any day now, Williams senior Colleen Hession doesn’t have time for nostalgia. Not with the NESCAC tournament starting today. Not when there are still a few chances to pump up her teammates with a pointed pre-game speech, or to break the tension with an inappropriate joke. Not when she might get one more look at an open 3-pointer to ice the game. Not when she could still lead the Ephs to their best finish in her four years. And especially not when she has one more turn at beating the hated Lord Jeffs.

“Going into the tournament there’s always a chance it could be the last one, but more than anything I’m just excited to get another shot at Amherst,” Hession said between classes this week.

Today’s 3 p.m. meeting between Williams and Amherst will be the third this season. Williams won both, 54-49 on the road in January and 77-63 two weeks ago. Hession, a native of Northampton, probably enjoys facing Amherst more than anyone, having been on the winning end all eight times the teams have faced off these past four years.

“I’m pretty familiar with them and I think the rest of our players are, too,” Hession said. “One thing we know from playing them so much is that we don’t have to do anything particularly exceptional. If we just play our game, we’re able to beat them. We don’t have to play out of our heads or try to do things we’re not capable of doing. If everybody just does their part this team is very beatable for us.”

Hession’s main concern regarding Amherst, and one echoed by Williams head coach Pat Manning, is the Graduating Senior Factor. While Hession is the only member of her squad who won’t return next year, Amherst has four women that would love nothing more than to finally get the best of their archrival.

“For a team like them that doesn’t have any real playoff hopes, unless they win the NESCAC tournament, they’ll have a lot of players playing not to end their careers, which is always dangerous,” Hession said. “None of their seniors have ever beaten us and they don’t want to end their careers losing to Williams for the ninth time.”

A clutch player

The confidence that Hession exudes off the court is precisely what makes her a deadly threat on it. Every winning team needs at least one fearless shooter who desperately wants the ball with the game on the line; someone who everyone on the floor knows is the first option.

For Williams, that unshakeable competitor is Hession, the team’s top scorer this season (316 points, 13.2 per game) and the school’s career leader in 3-pointers (224 entering
“She’s a clutch player,” Manning said. “Colleen’s the one that can hit the big three or make the big drive. She’s our best free throw shooter so she gets the ball in crunch time.”

As the lone senior, Hession isn’t just the woman her teammates look to when the game clock’s running out. She’s also established herself as a motivator, taking the lead in the locker room and in huddles.

“She’s always been the type to lead by example in the past,” Manning said. “But this year she’s become the vocal leader that everyone listens to before games. The whole team respects her as a player and as a leader. They know how much it means to her and how bad she wants it.”

Which doesn’t mean Hession has to be ferociously intense all the time.

“She’s one that’ll say anything at anytime,” Manning said. “She has a great sense of humor. I can’t repeat some of the things she’s said.”

Looking back

Tradition calls for seniors to be recognized at the final regular season home game. Against her will, Hession had no choice but to confront the end of her run when she was honored before last Saturday’s showdown with Bowdoin, a game in which she led all scorers with 23 points.

“These four years have been great,” she said. “What I enjoyed most was the people I’ve been able to meet: teammates, coaches and even local people from the town I wouldn’t have otherwise met. I wouldn’t trade my experience here for anything and I’ve loved every minute of it.”

All of those minutes, including the team-leading 736 of game time this season, have added up to a lifetime’s worth of memories. Her sophomore year, she broke the school record for 3-pointers in a season with 63. As a junior, her first season as a captain, she led the team in scoring with 15.8 points per game. This year, she started every contest en route to the first 20-win season of her career.

“I’ve never had a day where I felt that Colleen was out there going through the motions,” Manning said. “She’s a gym rat and she just loves putting on a uniform and going out and playing.”

Some day soon the season will end and Hession can finally concentrate on choosing a medical school in Boston or New York. But that’s not a major concern yet. Not when there are still a few more games to play. Not when there could be a game-winning shot to drill. Not when there’s one more chance to beat Amherst.

“This is where it matters,” she said. “For now I just want to keep it going as long as I can.”

Taking what they’re giving

Just as notoriously unpredictable at times is Hession’s shot selection. The 5-foot-8-inch guard has rarely been shy about gunning from pretty much anywhere inside the hash marks. “I take what’s given to me,” is how she puts it.

“She definitely has a green light more than anyone else,” Manning explained. “When you have a shooter like that you just don’t want to mess them up. As far as her range, Colleen’s almost better when she’s a little bit behind the 3-point line. I told her, ‘Anytime you’re open in transition, take it.’”

Once known strictly for her deadly jump shot, Hession has developed a more dynamic game as an upperclassman. Manning asked her to hit the weights and she did. Now she’s more willing to drive and either barrel into the big girls or pull up for a shorter jumper. Perhaps more importantly, though, Hession has learned to contribute consistently on both ends of the floor.

“I actually play a little bit of defense now,” she cracked.
Eph streak of nine consecutive games without a loss is second best unbeaten streak in Eph history, just one short of the Eph record of 10 in 2003-04. The eight wins in a row tied the Eph record for most consecutive in-season wins that had been achieved twice before (1961-62 & 1993-94)

**Little Three Champions (3rd straight)**

**NESCAC Quarterfinalists**

**Second Team All-NESCAC**

Kevin Child

**NESCAC Co-Coach of the Year**

Bill Kangas

**Concannon Award Semifinalist**

Kevin Child

**Div. 3 National Coach of the Year Finalist**

Bill Kangas

**Head Coach Bill Kangas**

(17 years): 226-159-33

**RECORD**

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Click Here for 2005-2006 stats
Kevin Child has scored 33 goals in his 91-game career at Williams College.

“I don’t think I’ve scored one goal from outside the faceoff dots,” Child said recently, dispelling any characterizations of him as a flashy scorer. “It’s just been a lot of hard work and it’s certainly not a pretty game.”

The former Champlain Valley star -- he helped CVU win a Division II state championship as a freshman and led the Crusaders (this was pre-Redhawks) to the Division I title game as a sophomore -- is in the stretch drive of a solid college hockey career built upon some skill, tremendous effort and good timing.

He’ll lead the Ephmen against St. Michael’s College and Norwich University this weekend in Williamstown, the final times he’ll skate against teams from his home state during the regular season.

Child, the second son of UVM Hall of Fame defenseman Ted Child, never really considered his father’s alma mater, where his brother, Tom, played for two years after starting at Division III Babson.

“I was a very borderline Division I player but academics were very important to me,” said Kevin Child, who attended St. Paul’s School in New Hampshire for three years after his sophomore year at CVU. “Williams was the perfect mix, a great academic institution and the highest level of Division III athletics.”

Even there, Child came up against the UVM connections since head coach Bill Kangas is a former Catamount defenseman and assistant coach who had worked at Ted Child’s summer hockey camp when Kevin was a youngster.

“I always knew he was great competitively, a team guy who did a great job as a captain and leader for St. Paul’s School,” Kangas said. “We knew he was a tremendous worker on and off the ice, a leader and a role model for younger kids, so getting a kid like him was a no-brainer for me.”

Kangas was uncertain whether Child would be a second-line, third-line player with penalty-kill ability but he quickly learned “he’s a go-to guy.”

“We can rely on his consistency in his play each and every game in each and every year,” Kangas said. “He’s just a real smart two-way player. He really understands the game.

“He’s never been satisfied. Sometimes, a kid is on the power play or the first line and thinks that’s enough, but he keeps pushing and pushing,” said Kangas, who admitted he was unsure about Child’s offensive potential, but added, “He’s got a real quick release. I tease him about not using it enough.”

While Child, a senior captain at Williams, has “made himself a player, one of the most respected players in the league,” according to Middlebury College coach Bill Beaney, Child said all did not begin smoothly.

“I really struggled my freshman year,” he said.

Two circumstances helped Child develop.

The first was the size of the roster at Williams: The team had only 19 to 20 skaters, which meant Child played in all 25 games. He scored two goals and assisted on one.

The following summer, Child had the chance to work out with his brother, Tom, under the guidance of UVM strength and conditioning coach Paul Goodman.

“Being around those guys really allowed me to grow confidence-wise and I gained a lot of muscle,” said the 5-11, 180-pound forward. “That was a great advantage. After the UVM summer, my whole game picked up to the next level and since my sophomore year, I’ve been given a huge opportunity and been playing a ton.”
He was second in scoring for Williams as a sophomore and has led the team last year and this.

“I’ve never really considered myself a superior player. I’ve prided myself on being a solid two-way player, real tough below the circles. I never had real breakaway speed,” said Child.

This season, the Ephs (9-6-2; 8-3-2 league) are third in NESCAC with three weekends remaining. The one frustration Child and his teammates have yet to overcome is getting past the first round of the NESCAC tourney.

“Every year, Williams has this potential, potential, potential, but we’ve never had that breakthrough season, that breakthrough moment to take it to the next level,” said Child, who said he believes the Ephs have the potential to secure a first-round home ice berth and advance to the league’s final four, which most likely will be at Middlebury’s Chip Kenyon Arena again.

“I would love a chance to win a first-round game and play in the NESCACs up there,” said Child, a former Shelburne and current South Burlington resident.

That’s the immediate objective. After college, Child would like to play hockey in Europe for a year.

“Hockey would be important to me over there, but think of the incredible life experience. I love the culture over there,” he said. “The total package over there appeals to me.”

Just like the total package at Williams College did.

Contact Ted Ryan at 660-1855 or tryan@bfp.burlingtonfreepress.com

Child’s bio
Who: Kevin Child
Hometown: South Burlington (formerly Shelburne)
School: Williams College
Position: Left wing
Class: Senior
Ht/Wt: 5-foot-11, 180
2005-06 statistics: 17 games, 11 goals, 14 assists
Career statistics: 91 games, 33 goals, 49 assists
Notable: Child, who played for Champlain Valley before transferring to St. Paul’s School, was a St. Paul’s teammate with Adam Dann of Burlington. Dann is a senior captain at Bowdoin College; Child is a senior captain at Williams College.

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Reading for Fun

There is more to life than playing ice hockey and as Eph sophomore ice hockey forward Will Bruce shows every week, there’s more to college than just going to class and going to the rink.

Bruce came to Williams from Nashville, TN after graduating from Montgomery Bell Academy and two stints of playing in Junior League Hockey in Michigan (Capital City Pride) and Toronto (Thornhill Islanders). Bruce came to Williams to get a great education, play hockey, be involved with the community and prepare for law school.

Since his arrival Bruce has done more than just contribute to Williams ice hockey and in the classrooms on the Williams campus. He has made enormous contributions to the Williamstown community at large.

Through the Lehman Community Service Council Bruce was named the Williams Student Coordinator for the Williamstown Youth Center (WYC). The Lehman Community Service Council “serves as an umbrella organization under which all volunteer and service oriented groups on campus operate. In addition to sponsoring community service events throughout the year, the Lehman Council works to aid various groups on campus by encouraging students to volunteer and by providing logistical support.”

Along with serving as the Williams Student Coordinator for the WYC, Bruce co-directs with teammate Matt McCarthy the Best Buddies Skate on Sunday mornings and now has created Reading for Fun.

Reading for Fun was created by Bruce to encourage the members of the Berkshire Bruins youth hockey program to read outside of their school obligations. Members of the Berkshire Bruins teams from Mites through PeeWees are participating in the Reading for Fun program. That totals seven teams and just about 100 skaters, (boys and girls) ranging in age...
Bruce was inspired at a young age to read by his father, William Bruce, Sr. a lawyer in Nashville. “My dad was always suggesting little books for me to read when I was young and I would try to get them done before he got home from work and sometimes I would even go to his office and finish reading them so we could discuss them on the way home,” said Bruce. “Once I got started reading and got to talk about what I read, I just wanted to keep reading.” Bruce hopes his reading for Fun will get other youngsters inspired to read. “It’s tough though to get kids to read with all of the sports and video games and TV options out there,” said Bruce.

Reading for Fun is designed to inspire some of the local youth now playing hockey to become avid readers in the hopes that they will continue reading for fun for life. “A lot of kids are born into situations that do not encourage them picking up a book and reading, so I see this as a tool for unlocking a world of possibilities for them,” said Bruce.

The Reading for Fun program created by Bruce enables members of the Berkshire Bruins to earn a chance to be a stick-boy/stick-girl at a Williams men’s ice hockey home game, meet the players and discuss the book or books they’ve read with Bruce. Two Berkshire Bruins are selected as stick-boys or stick-girls for each Eph home game.

The youngest players, the Mites, have to read three short books and write a short report on each telling the book’s story line and why the author wrote the book. Older players have to read one book and do a brief write up to participate. The names of all of the Berkshire Bruins players who are participating are then entered in a drawing. A list of suggested books is listed on the Berkshire Bruins’ web site and players may also get suggestions from their school librarian. “We’re pretty much open to any book being read that is suggested by a school librarian or on the list we have,” said Bruce. “The goal is to get the kids reading, thinking and writing,” said Bruce.

The winners of each drawing show up two hours before the Eph home contest, drop off their book report(s), meet with Bruce to discuss the book(s), help out with pre-game preparations and meet the Eph players. After the game the stick-boys/stick-girls leave with a Williams puck, maybe even a broken stick and a lot of memories.

Scott Hamilton, assistant coach of the Berkshire Bruins Squirt A team likes the Reading for Fun program and has seen several members of his team participating. “Will has done a great job in getting together a list of age appropriate books, which is not an easy task,” said Hamilton. “The kids are having a blast as they always do with all of our dealings with the Williams men’s ice hockey team. The Williams players are like NHL players to these kids. We are so fortunate to have the access we have to the Williams players and their practices. More than half of our team has participated already.”

Williams men’s ice hockey head coach Bill Kangas conducts the drawing for stick-boys/stick-girls for each home contest and he has seen the number of names in the hat growing and growing. Soon a hat may not be big enough for all of the names. “Will has created a program that is popular with both the players and parents and it has really taken off. Our players are good role models for these younger players and it is great to see them encouraging the kids to read because reading is so important.”

Bruce may try to expand the Reading for Fun program to the Williamstown Youth Center and to other Williams varsity teams in the near future. He is also trying to get the Lehman Council to establish a library at the WYC. “The kids are a little rambunctious by the time they get to the Youth Center after school, so I might need to introduce the idea of Reading for Fun with a pizza party or something,” said Bruce. “Having books at the Youth Center that we can lend them would be a great help. All of the kids want to play sports and be the next Johnny Damon and it is great they want to be involved in athletics, but not at the expense of reading. Once you learn to read you can read for the rest of your life.”

At the end of the season Bruce will have a team skate with the Williams players and all of the Berkshire Bruins who participated in Reading for Fun that did not get selected to be a stick-boy or stick-girl.
Flood making a big jump

SporTView
Bill Griffith
Boston Globe

This column appeared in the July 15, 2005 edition of the Boston Globe and centered on former Eph ice hockey player Sam Flood ‘83.

Sam Flood, who will produce the TNT coverage of this weekend’s NASCAR event at New Hampshire International speedway, got a big promotion Tuesday. He became coordinating producer of NBC Sports, placing him at No. 3, behind Dick Ebersol (chairman Sports & Olympics) and executive producer David Neal.

Both Neal and Flood took a step up the NBC ladder when executive producer Tommy Roy stepped aside to relocate to Florida. Roy will continue to produce NBC’s golf coverage, which includes the U.S. Open and the PGA Tour’s swing through Florida.

Flood didn’t hesitate when asked what the new job would mean. “More overlap in working with Dick [Ebersol],” he said. “Whenever you have a chance to work and interact with him, it’s a great experience.”

Flood’s main assignments will remain the same: NASCAR, NHL, (once the NBC TV deal with the league comes to fruition), winter Olympics Closing ceremonies, summer Olympics track.

Looking down the road, Flood’s experience as a feature producer for NBC’s NFL pregame shows would signal a role when that league returns to NBC as “Sunday Night Football” next season.

Flood has many Massachusetts ties. He attended Noble & Greenough School, where his father was headmaster and hockey coach, and Williams College.

When Flood stepped into the NASCAR producer’s seat, he said it was like having to follow 43 “balls” instead of the one used in most major sports.

He’ll be aware of all 43 cars in Sunday’s New England 300 (TNT, 1:30 prerace, green flag at 2 p.m.), but Flood’s cameras and most of the 80,000 who will jam NHIS will be following the drama of Dale Earnhardt, Jr. and Jeff Gordon, the two NASCAR luminaries who are fighting to get into the mix for the season-ending 10-race “Chase for the Nextel Cup.”

NBC calls the first 10 races of its 20-race NASCAR season “The Race to the Chase,” and this is a good one with both Earnhardt, despite his win last week in Chicago, and Gordon on the outside looking in with seven races remaining (including Sunday’s). The top 10 drivers in the points race – and any other drivers within 400 points – qualify for the “Chase.”

“It used to be that you would get down to the end of the season and only three or four drivers realistically had a chance at the points title,” said Flood. “Now there are 16 to 18 who could get there.

TNT will air the pole qualifying tomorrow at 1:30 p.m. tomorrow, followed by the New England 200 beach race at 3 p.m. WWZN’s “Weekend Thunder,” with host Bob McKinnon, will be at NHIS previewing the action tomorrow (noon – 2:30 p.m.) and Sunday (9- 1:15 p.m.) CNS’s “Sports Pulse” tonight at 10 p.m. will feature a NASCAR segment.”
WOMEN’S ICE HOCKEY  14-11-1, 11-4-1 NESCAC

NESCAC Semi-finalists

Second Team All-NESCAC
Rachel Barr

NESCAC Player of the Week
Anna Condino (2/13/06)
Ashley Wood (12/5/05)

Interim Head Coach
Michelyne Pinard (1st year): 14-11-1

RECORD

Nov. 19  SUNY Plattsburgh @ Middlebury College Tourney  L 3-2
Nov. 20  Elmira @ Middlebury  L 3-2
Nov. 26  Hamilton  W 3-2
Nov. 27  Trinity  T 3-3
Dec. 2  @ Connecticut College  W 7-1
Dec. 3  @ Amherst  W 5-2
Dec. 10  Middlebury  L 4-1
Jan. 6  Colby  L 3-0
Jan. 7  Bowdoin  W 4-3
Jan. 14  Wisconsin-River Falls  W 3-2
Jan. 15  St. Thomas (MN)  L 5-4
Jan. 20  Wesleyan  W 3-2
Jan. 21  @ Wesleyan  L 2-1
Jan. 24  Manhattanville  L 4-2
Jan. 27  @ Bowdoin  L 4-2
Jan. 28  @ Colby  W 4-2
Jan. 31  New England College  W 3-0
Feb. 4  Gustavus Adolphus (MN) @ Middlebury  L 3-2
Feb. 5  @ Middlebury  W 4-1
Feb. 10  Amherst  W 6-5
Feb. 11  Connecticut College  W 5-4
Feb. 14  @ RPI  L 2-0
Feb. 17  @ Trinity  W 4-1
Feb. 18  @ Hamilton  W 1-0
Feb. 25  Hamilton-1st Round NESCAC Tourney  W 3-0
March 4  Bowdoin-NESCAC Semifinal @ Middlebury, VT  L 2-1

Click Here for 2005-2006 stats
MEN’S & WOMEN’S SKIING

15th at NCAA DIV. 1 Skiing Championships

All-East
Charles Christianson (2nd year in a row)  
Cecily Lowenthal (2nd time in career)  
Eric Mann

All-America
Eric Mann – Tied 6th in Giant Slalom  
Charles Christianson – 9th in Giant Slalom  
(2nd year in a row)

*Charles Christianson – 9th – Slalom
*(1st two-time All-American in same year at Williams)

First time Williams has had two All-Americans in same year
Amelia Bishop ’06 qualified for the NCAA Nordic races but opted not to compete

U.S. Collegiate Ski Coaches Association
All-Academic Team
Each competitor who possesses a fall semester GPA of at least 3.5 and competes in his/her regional championship meet is eligible.

Alpine:  
Cecily Lowenthal  
Ethan Dahlberg  
Belle Stone  
Eric Mann  

Nordic:  
Aaron Bloom  
Joel Bradley  
Amelia Bishop  
Gillian Sowden  
Elise Henson  
Morgan Goodwin

Colby Carnival – 5th
MGS – 3rd – Eric Mann – 52.95
MS – 15th – Eric Mann – 58:15
WGS – 16th – Cecil Lowenthal – 6:57.94
WS – 10th – Lowenthal – 1:35.27

Men’s Sprint Classic – 5th – Aaron Bloom – 2:01.69
Women’s 15K Freestyle – 12th – Elise Henson – 54:29
Men’s 20K Freestyle – 13th – Morgan Goodwin – 58:22.3
Women’s Sprint – 7th – Amelia Bishop – 2:28.22

St. Lawrence Carnival – 6th
MGS – 2nd – Charles Christianson – 2:04.88
MS – 2nd – Charles Christianson – 1:36.65
WGS – 15th – Cecil Lowenthal – 1:07.02
WS – 12th – Cecil Lowenthal – 1:48.20

Women’s 5K Classic – 13th – Elise Henson – 18:21.1
Mixed 5K Relay – 13th – Elise Henson, Dylan Watts,

Gillian Sowden & Morgan Goodwin – 11:15.2

Vermont Carnival – 5th
MGS – 6th – Charles Christianson – 2:12.10
MS – 3rd – Charles Christianson – 1:56.40
WGS – 9th – Cecil Lowenthal – 2:17.43
WS – 7th – Cecil Lowenthal – 1:32.36

Men’s 10K Classic – 21st – Morgan Goodwin – 36:03.5
Women’s 5K Classical – 16th – Elise Henson – 20:06.9

Only one Nordic event held due to weather conditions

Dartmouth Carnival – 5th
MGS – 1st – Eric Mann – 1:51.92
MS – 2nd – Charles Christianson – 1:31.11
WGS – 21st – Katie Stiffler – 2:01.74
WS – 10th – Cecil Lowenthal – 1:40.89

Men’s 20K Freestyle – 15th – Dylan Watts – 58:06.8
Women’s 15K Freestyle – 24th – Amelia Bishop – 45:32.9
Men’s 10K Classic – 29th – Morgan Goodwin – 29:52.9
Women’s 5K Classical – 10th – Amelia Bishop – 16:43.5

Williams Carnival – 5th
MGS – 1st – Eric Mann – 1:36.19
MS – 1st – Charles Christianson – 1:53.47
WGS – 11th – Cecil Lowenthal – 1:42.46
WS – 11th – Cecil Lowenthal – 1:48.92

Men’s 10K Freestyle – 19th – Morgan Goodwin – 23:33.1
3 X 4 Men’s Freestyle Relay – 4th – Joel Bradley/Dylan Watts/Morgan Goodwin – 11:46.3
3 X 4 Women’s Freestyle Relay – 9th – Amelia Bishop/Elisa Rehm/Gillian Sowden 13:57.5

Middlebury Carnival – 5th
MGS – 14th – Charles Christianson – 2:09.26
MS – 10th – Eric Mann – 1:31.15
WGS – 6th – Cecil Lowenthal – 2:15.68
WS – 9th – Cecil Lowenthal – 1:37.09

Men’s 20K Freestyle – 8th – Dylan Watts – 59:09.4
Women’s 15K Freestyle – 12th – Amelia Bishop – 52:25.9
Women’s 5K Classic – 8th – Amelia Bishop – 16:18.5

NCAA Div. 1 Championships
Steamboat Springs, CO – 15th
MGS – Tied for 6th – Eric Mann (2:14.0) & Charles Christianson 9th (2:14.98)
MS – 9th – Charles Christianson (1:15.32) & 22nd – Eric Mann (1:17.87)

WGS – Cecil Lowenthal – disqualified on 2nd run
WS – 16th – Cecil Lowenthal (1:28.81)
Athlete of the Week

This article originally ran in the Saturday, February 18, 2006 edition of the North Adams Transcript.

Name: Eric Mann
Class: Freshman
School: Williams
Sport: Alpine skiing
Hometown: Mammoth Lakes, Ca.

The Week That Was: Mann won his first carnival race by taking a one second lead on the giant slalom field at the Dartmouth Carnival after his first run. He ended up winning the event with a time of 1:52.91, while teammate Charles Christianson finished close behind in seventh place.

Mann on his week: “I was very excited to get my first collegiate victory in the giant slalom at Dartmouth. Having that win helps me very much in qualifying for and seeding in the NCAA championships in Steamboat, Colorado. I was very proud to represent Williams and show that we are as strong a team as any in the collegiate circuit. It is always great to have a successful performance away from your home hill, gain some momentum and rip it up at Jiminy!

Other sports: Football
Major: Undeclared, enjoying my math and computer science courses
Favorite place to eat in Williamstown: The Purple Pub
Last book read: Lots of textbooks
Favorite movie: “The Boondock Saints”
Favorite TV show: SportsCenter
Is there something about Eric Mann that most people don’t know? That I do own a tie! (Just one)
Last album purchased: Thrice
Why did you choose to attend Williams? “It’s a great atmosphere to be in from the campus all the way to Jiminy Peak.”

Plans for after graduation: “I want to pursue a graduate school of engineering and enter into that profession but if the opportunity lends it perhaps I will pursue the US ski team.”

Ephs Chip Knight Headed to Third Straight Olympiad

For the third straight Olympiad, Chip Knight of Williams College will be competing as a member of the U.S. Alpine Ski Team. Knight, Daron Rahlves and Bode Miller are the only current members of the U.S. Alpine men’s team to qualify for three straight Olympiads.

Knight, 31, will be competing in the slalom, which will take place on February 25th at Sestriere, Italy.

Knight is classified as a special student at Williams where over the last decade he has managed to squeeze in enough credits to have completed three semesters with a GPA that would qualify him for Academic All-American honors (minimum 3.20) if he were not a professional skier.

So how does a professional skier end up at Williams and not ski? “I chose Williams because of the feel of the campus and the quality of people there,” said Knight. “I always felt, and still do, that Williams students are among the most genuinely intellectually curious in the country. I also liked how athletics were an integral part of the experience for many on campus.”

It’s also a family thing with the Knights. Chip’s father, Howard, who was known as “Woody,” graduated from Williams in 1963 and Chip’s sister Heidi (’85) was an All-American alpine skier for the Ephs. Chip became Chip, because he is the first son of Woody – as in “a chip of the old block.”

“I do intend to go back to Williams and graduate at some point,” said Knight. “Skiing has proven to be a longer diversion than I first anticipated. I still haven’t officially declared a major, although I was heading towards history a few years ago.”

For the longest time it looked as though Knight’s dream of a third trip to the Olympics was not going to become a reality. After meeting with the U.S. Alpine team coaches in Schladming in 2005, Knight knew he would have his work cut out for him if he was to qualify for the team once again. In a sport built on
speed and reaction, age can add experience, but when it appears that age is slowing the skier down, then it is time for youth to be served. Knight was now racing father time and the clock at the bottom of the hill.

“It’s still unbelievable to me that I actually qualified this time around because of what I’ve been through in the last year,” said Knight. “From switching skis in the middle of the last season to being told that my career was nearly over exactly one year ago in Schladming. Then funding part of my way this year and yet still having to cope with some early season lackluster results. All of which has made it an incredible ride.”

Coming down through the final phase of U.S. team selections Knight knew that Bode Miller was going to be named to the Alpine team for the slalom and that he would have to beat out two of the three remaining contenders: Tom Rothrock, Jimmy Cochran and Erik Schlopy

There are no style points in Alpine skiing and you don’t get any points for being a good guy, it’s all about the speed. There would be no subjective decisions on who would make the team – the clock and the place of finish would be the judges. The U.S. Alpine team for the slalom would be decided on performances at the remaining three World Cup races before the Olympics and to lock up a spot a skier would have to have 1 podium, 2 top-10s, 3 top-20s, or the deciding factor would be total World Cup points in the slalom.

The dream, and possibly Knight’s career, had now come down to three races and the last of them would be at the site where Knight was told his career might be over– Schladming.

After he posted a 20th place finish at Kitzbuhel, Knight had a little bit of breathing room, but it did not assure him the spot – he would have to earn that at Schladming.
The race at Schladming was held at night and there was a huge crowd on hand.

“50,000 fans lining the hill, racing under the lights, bullet-proof snow conditions, and an awesomely challenging hill to boot,” noted Knight.

Knight had some problems on his first run and finished 30th overall, which made him the first skier to attempt the second run of the competition. Going first would mean that Knight might be able to capitalize on a clean track, but when you are going this fast down a mountain you also want to have a feel for the track.

“With a second chance, I did my best to take advantage of the clean track. The conditions were so good, however, that I’m not sure it was such a great advantage over the rest of the field,” said Knight. “Still I had the 9th fastest second run and moved up to 19th place overall.” The result locked up Knight’s third straight trip to the Olympics.

“To want something so badly, and to have everything riding on 100 seconds of performance, is one of the hardest things I’ve ever been through,” said Knight. “All I kept saying to myself was that it was going to come down to skiing, plain and simple. The results were merely an outcome.”

Knight knew as soon as he took off his skis at Schladming that he had made the U.S. Alpine team for the slalom. At the site where his career appeared to be finished a year earlier, Knight came through with the kind of run he needed to make it to Torino, Italy and the 2006 Winter Olympics. “What an amazing ride,” said Knight.

Just like in Schladming where it was all thought to have ended in 2005, Knight now has a another chance at an Olympic medal on a hill where he posted his best World Cup finish in the slalom (6th) just two years ago and he knows full well that it will all come down to skiing, plain and simple.

**Chip Knight**

**Hometown:** Stowe, VT

**Born:** January 11, 1975 in Stamford, CT

**HS:** Burke Mt. Academy

**Ski Club:** Mount Mansfield Ski Club

**U.S. Olympic Alpine Ski Team - Slalom:**


**Best Olympic Finish:**

11th – Salt Lake -- 2002

**Best World Championships Finish:**

11th – St. Moritz, Switzerland -- 2003

**Best World Cup Finishes:**

6th -- Sestriere, Italy – 2003

7th -- Park City – 2002
MEN’S SQUASH 13-8

Little Three Champions (7th Straight)
NESCAC Finalists
8th Nationally
Named College Squash Association
Most Improved Team
Head Coach Zafi Levy (4th year): 51-34

RECORD

Dec. 2 @ Princeton L 9-0
Dec. 3 @ Trinity L 9-0
Dec. 4 Harvard L 8-1
Jan. 7 @ Bowdoin W 9-0
Jan. 7 Colby W 9-0
Jan. 8 @ Bates W 7-2
Jan. 11 Dartmouth L 5-4
Jan. 14 UPenn L 9-0
Jan. 15 @ F&M W 8-1
Jan. 15 @ Yale L 8-1
Jan. 20 @ Brown W 6-3
Jan. 27 Western Ontario W 5-4
Jan. 28 St. Lawrence W 9-0
Jan. 28 Hobart W 9-0
Jan. 29 Cornell W 5-4
Feb. 4 @ Wesleyan – Little Threes W 9-0
Feb. 4 Amherst @ Wesleyan – Little Threes W 7-2
Feb. 11 Colby – NESCAC 1st Round W 9-0
Feb. 11 Amherst – NESCAC 2nd Round W 8-1
Feb. 12 Trinity – NESCAC Championships L
Feb. 18 Yale @ Princeton – NCAA Quarters L, 9-0

WOMEN’S SQUASH 9-9

Little Three Champions (8th Straight)
NESCAC Finalists
8th Nationally
Head Coach Zafi Levy (4th year): 41-36

RECORD

Dec. 2 @ Princeton L 9-0
Dec. 3 @ Trinity L 9-0
Dec. 4 Harvard L 9-0
Jan. 7 @ Bowdoin W 9-0
Jan. 7 Colby W 9-0
Jan. 8 @ Bates W 7-2
Jan. 11 Dartmouth L 8-1
Jan. 14 UPenn L 9-0
Jan. 15 @ Yale L 9-0
Jan. 20 @ Brown L 5-4
Jan. 28 St. Lawrence W 9-0
Jan. 29 Cornell W 7-2
Feb. 4 @ Wesleyan – Little Threes W 9-0
Feb. 4 Amherst @ Wesleyan – Little Threes W 9-0
Feb. 11 Middlebury @ Trinity – NESCAC Quarterfinals W 9-0
Feb. 11 Bates @ Trinity – NESCAC Semi-finals W 8-1
Feb. 12 @ Trinity – NESCAC Championship L 9-0
Feb. 23 Trinity @ Harvard – NCAA Quarterfinals L 9-0
Little Three Champions (2nd Straight)
NESCAC Champions (5th Straight)
5th at NCAA Championships
NESCAC Championships
Swimmer of the Meet (4th Straight)
Will Cunningham
First swimmer to win this award four consecutive years
NESCAC 4-Year High Point Swimmer Award
Will Cunningham
ECAC Div. 3 Co-Swimmer of the Week
Norman Scott (1/11/06)
NCAA 100 Backstroke Champion (3rd straight)
Will Cunningham
Records Set in 2006
500 Free — Stephen Spinelli — 4:28.62
1650 Free — Stephen Spinelli — 15:41.21
50 Back — Will Cunningham — 22.93
100 Back — Will Cunningham — 48.60
50 Fly — Norman Scott — 22.84
200 Fly — Norman Scott — 1:51.02
400 Medley Relay — Cunningham, Scott, Tyler Bonewell
and Zach Orjuela — 3:22.51
200 Free Relay — Brad Brecher, Michael Kirwan,
Spinelli, Cunningham — 1:23.19
800 Free Relay — Brecher, Spinelli, Kirwan and
Cunningham — 6:45.19
All-Americans
Blake Albohm
Tyler Bonewell
Brad Brecher
Will Cunningham
Nick Gallucci
Mike Kirwan
Dave McManic
Zach Orjuela
Norman Scott
Stephen Spinelli
Honorable Mention All-American
Alex Wentworth-Ping

Top 3 times of 2005-2006
50 Freestyle:
1. Blake Albohm '06 :21.11
2. Norman Scott '09 :21.23
3. Zack Orjuela '06 :21.42
100 Freestyle:
1. Will Cunningham '06 :45.34
2. Brad Brecher '06 :46.24
3. Zack Orjuela '06 :46.95
200 Freestyle:
1. Steve Spinelli '07 1:40.18
2. Will Cunningham '06 1:40.90
3. Brad Brecher '06 1:41.87
500 Freestyle:
1. Stephen Spinelli ‘07 4:28.82
2. Ben Bullitt ‘08 4:38.11
3. Michael Kirwan ‘08 4:39.84
1000 Freestyle:
1. Stephen Spinelli ‘07 9:29.41
2. Brian Simanek ‘07 9:48.07
3. Michael Daub ‘08 9:58.23
1650 Freestyle:
1. Stephen Spinelli ‘07 15:41.21
2. Brian Simanek ‘07 16:33.21
3. Michael Kirwan ‘08 16:37.47
100 Backstroke:
1. Will Cunningham ‘06 48.60
2. Dave McManic ‘07 51.60
3. Blake Albohm ‘06 52.65
200 Backstroke:
1. David McManic ‘07 1:51.65
2. Ben Bullitt ‘08 1:53.41
3. Will Cunningham ‘06 1:54.09
100 Breaststroke:
1. Tyler Bonewell ‘09 59.16
2. Henry Felker ‘08 59.58
3. Daniel Meyer ‘08 1:01.10
200 Breaststroke:
1. Tyler Bonewell ‘09 2:04.74
2. Henry Felker ‘08 2:07.90
3. David McManic ‘07 2:12.58
100 Butterfly:
1. Norman Scott ‘09 49.84
2. Alex Wentworth-Ping ‘08 50.45
3. Will Cunningham ‘06 52.14
200 Butterfly:
1. Norman Scott ‘09 1:51.02
2. Alex Wentworth-Ping ‘08 1:52.53
3. Brian Carey ‘06 1:55.98
200 Individual Medley:
1. Will Cunningham ‘06 1:51.75
2. David McManic ‘07 1:53.84
3. Henry Felker ‘08 1:55.76
400 Individual Medley:
1. David McManic ‘07 4:01.48
2. Ben Bullitt ‘08 4:07.97
3. Brian Carey ‘06 4:10.10
Little Three Champions (2nd Straight)
NESCAC Champions (6th Straight)
3rd at NCAA Championships

2006 Honda Inspiration Award Winner
Lindsay Payne

NESCAC Championships Swimmer of the Meet
Lindsay Payne

NESCAC 4-Year High Point Swimmer Award
Lindsay Payne

NCAA Championships Swimmer of the Meet
Lindsay Payne (2nd Straight)

NCAA 100 Breaststroke Champion
(4-time winner)
Lindsay Payne

NCAA 200 Breaststroke Champion
(2-time winner)
Lindsay Payne

NCAA 200 Individual Medley Champion
Lindsay Payne

ECAC Div. 3 Swimmer of the Week
Lindsay Payne (2/1/06)

Records Set in 2006
- 100 Breaststroke – Lindsay Payne – 1:00.54
- 200 Breaststroke – Lindsay Payne – 2:12.83
- 200 Individual Medley – Lindsay Payne – 2:03.14
- 50 Freestyle — Lindsay Payne — 23.40
- 100 Freestyle — Lindsay Payne — 50.98

All-Americans
Sara Buckley
Lauren Edmondson
Meghan Faughnan
Chriissy Haley
Robin Kim
Laura McCarthy
Kristan McIntosh
Amanda Nicholson
Lindsay Payne

Honorable Mention All-Americans
Patricia Chambers
Annie Ferguson

Top 3 times of 2005-2006
50 Freestyle:
1. Lindsay Payne ‘06 :23.40
2. Robin Kim ‘06 :24.37
3. Lauren Edmondson ‘06 :24.69

100 Freestyle:
1. Lindsay Payne ‘06 :50.98
2. Lauren Edmondson ‘06 :52.54
3. Robin Kim ‘06 :54.19

200 Freestyle:
1. Lindsay Payne ‘06 1:53.15
2. Lauren Edmondson ‘06 1:53.91
3. Robin Kim ‘06 1:55.38

500 Freestyle
1. Amanda Nicholson ‘09 5:05.11
2. Mary Wilson Molen ‘09 5:06.66
3. Annie Ferguson ‘08 5:12.64

1000 Freestyle
1. Mary Wilson Molen ‘09 10:28.11
2. Annie Ferguson ‘08 10:40.91
3. Amanda Nicholson ‘09 10:43.43

1650 Freestyle:
1. Annie Ferguson ‘08 17:28.15
2. Mary Wilson Molen ‘09 17:36.28

100 Backstroke:
1. Meghan Faughnan ‘06 :59.39
2. Amanda Nicholson ‘09 1:00.21
3. Meredith Nelson ‘09 1:01.23

200 Backstroke:
1. Amanda Nicholson ‘09 2:03.73
2. Meghan Faughnan ‘06 2:04.99
3. Meredith Nelson ‘09 2:11.33

100 Breaststroke:
1. Lindsay Payne ‘06 1:00.54
2. Jenna Barbary ‘09 1:07.62
3. Courtney Asher ‘09 1:08.99

200 Breaststroke:
1. Lindsay Payne ‘06 2:12.83
2. Jenna Barbary ‘09 2:25.92
3. Tricia Chambers ‘06 2:27.92
5. Michelle Kurkul ‘08 2:28.77

100 Butterfly:
1. Crissy Haley ‘08 :58.17
2. Lindsay Payne ‘06 :58.30
3. Megan Smedinghoff ‘06 :59.64

200 Butterfly:
1. Crissy Haley ‘08 2:07.52
3. Elizabeth Adams ‘06 2:12.82

200 Individual Medley:
1. Lindsay Payne ‘06 2:03.14
2. Sara Buckley ‘07 2:08.57
3. Crissy Haley ‘08 2:08.74

400 Individual Medley:
1. Amanda Nicholson ‘09 4:26.59
2. Lindsay Payne ‘06 4:28.56
3. Crissy Haley ‘08 4:32.72
Eph Standout Swimmer Lindsay Payne Named 2006 Honda Inspiration Award Winner

May 17, 2006

Eph Senior Overcame Leukemia to Become NCAA Standout and Two-Time U.S. Olympic Trials Qualifier

NEW YORK, NY -- Lindsay Payne (Cleveland, OH/Lawrence, NY), an NCAA Division III swimming star at Williams College, has been named as the 2006 recipient of the 18th annual Honda Inspiration Award. This award is given annually to an outstanding female college athlete who has overcome adversity to excel in her sport.

At 12 years old, Lindsay was diagnosed with Acute Lymphocytic Leukemia, yet was able to recover and become one of the finest female swimmers in Division III history. The Collegiate Women’s Sports Awards will present the Honda Inspiration Award to her in New York City on June 25th. Payne was selected by the Honda Inspiration Award Committee from nominations submitted by NCAA-member schools in all three divisions. She is also a nominee for the Division III Female Athlete of the Year, which will be announced next month.

For the longest time Lindsay Payne did not want to talk about her battle with acute lymphocytic leukemia (ALL). It is quite likely that everyone who jumped into the pool to race Lindsay Payne in her four competitive seasons at Williams had no idea that Lindsay had spent very little time in the pool before arriving at Williams due to ALL. Lindsay was diagnosed with ALL the summer she was 12.

Payne not only overcame ALL she went on to win seven individual NCAA titles in Div. 3, broke three NCAA Div. 3 records this year (two of her own and beat the previous record holder for a third), was named Swimmer of the Meet at the NCAA Div. 3 Championships for the second year in a row and has qualified for the U.S. Olympic Trials for a second time (first being in 2004) in the 100 and 200 breaststroke. In her four years at Williams Payne lowered her time in the 100 breaststroke by 7.72 seconds (from 1:08.26 to 100.54) and by 15.88 seconds in the 200 (from 2:28.71 to 2:12.83).

Lindsay Payne never used her overcoming ALL as a badge of honor or an excuse, but it did change her life and now as the 2005-06 Honda Inspiration Award winner she would like to use this opportunity to inspire other kids with cancer to continue their fight and to encourage others to donate to fund research.

“I feel honored to receive this award and want to thank all of my coaches, especially Steve Kuster, all my teammates, and Williams College for helping me have such a wonderful collegiate swimming career,” said Payne. “I accept this award in honor of all those children who have battled with cancer, especially those who never had the chance to follow their dreams like I did. Those who fought hard and lost the battle are precious lives that without a doubt would have brought something irreplaceable to this world; they might have been national champions, accomplished musicians, or brilliant artists. For those children and adolescents who are currently battling this awful disease, I hope my story is a message of hope and will help them and their families to hold on to their dreams. I hope my receiving this award raises awareness of childhood cancer and makes people realize that the number one disease killer of children is an important issue that needs more attention and funding for research.”

From literally fighting for her life at age 12 to being a two-time Swimmer of the Meet at the NCAA Div. 3 Championship meet, breaking three records (two of which she previously held and defeating the reigning record holder for a third) her senior year, posting times in the 100 and 200 breaststroke that would have made her a dual All-American in Div. 1 and qualifying for the U.S. Olympic Trials is a story worth reading.

“What Lindsay has accomplished in her time swimming at Williams has been inspiration for all of us,” said Eph head coach Steve Kuster. “Given what she has overcome in her life to get to this point is beyond inspirational, it is incredible. This is a great honor for
Lindsay Payne is the first 4-time winner of the 100 breaststroke in NCAA Div. 3

Lindsay Payne’s Battle Against ALL

Around the time she was four years old Lindsay Payne was taught to swim at the Lawrence [N.Y.]. Beach Club by Carl Samuelson, then the head swimming coach for men and women at Williams College. When Samuelson saw Lindsay compete in a Saturday youth race at age 11, he said to Dick and Mary Payne, “I think you might have something special here.” Samuelson, as usual, was dead on with his assessment. What Samuelson and Lindsay’s parents did not know then was just how special Lindsay was and the twists and turns there would be in the road that would lead them all to increasing revelations of Lindsay’s strengths and talents.

The summer Lindsay was 12 she was living in Charlotte, N.C. and competing for the Mecklenburg Aquatic Club at the North Carolina state meet, but she was so exhausted at the end of the competition she could not even stand to cheer on her team during the final relay.

Lindsay returned to the family summer home in Lawrence, N. Y. after the North Carolina state meet and a visit to the doctor was scheduled to see if maybe she had the flu or, at worst, mono.

Jerome Maisel, M.D. needed just one hour to diagnose Lindsay with acute lymphocytic leukemia. An hour later she was in the hospital. Within 24 hours she was on chemotherapy. Acute lymphocytic leukemia (ALL) is a progressive, malignant disease characterized by large numbers of immature white blood cells that resemble lymphoblasts. These cells can be found in the blood, the bone marrow, the lymph nodes, the spleen, and other organs.

The Paynes elected to keep Lindsay on Long Island and to have her treated at Long Island Jewish Hospital, at least for the first 30 days, even though she was due to begin seventh grade at Charlotte [N.C.] Country Day School. Chemotherapy and radiation treatments began immediately and there were many other procedures as well, including spinal taps that were extremely painful. “Lindsay never once cried and I’m thankful for that,” said Mary Payne. “I don’t know if she was protecting me or her, but her eyes would sometimes well up with tears, but they would not flow.”

Lindsay knew things were serious and she knew she needed a lot of medical help. “I was a little kid,” she said. “I just did what they told me to do. It was hard, very hard, especially losing my hair and looking like a kid with cancer and all, but I was not going to let it get to me.”

After the first 30 days of intensive therapies with ALL you must receive chemotherapy and radiation for two to three more years, treatments that are designed to knock the cancer out of you, but that also rob you of all of your strength and endurance. With ALL, once remission is achieved after 30 days of intense chemotherapy you are provided a protocol (map of treatments) that cover the next two to three years. Major treatments are done every three weeks. When the Paynes returned to Charlotte, Lindsay received treatments at the Pediatric Oncology Group at Bowman Gray in Winston-Salem.

Early on in the treatment when Mary was holding Lindsay during a particularly difficult day, Lindsay said, “You’ll never know the dreams I had.” Mary gathered herself and said, “I know it looks like this is all bad news right now and I promise you that at the end you will look back and it will all have been worth it.”

Lindsay missed the first six weeks of classes at Charlotte Country Day, but kept up with her schoolwork at home. The school was incredibly supportive of Lindsay as was the community of Charlotte. Many families familiar with Lindsay’s talents in the breaststroke had adopted a rally cry of “pull, Lindsay, pull.” In late fall when Lindsay was able to go to school, Charlotte Country Day allowed her to sleep during gym class, but realizing the importance of peer relationships, encouraged her to participate in team sports as much as her body could tolerate. Being involved with the soccer and basketball teams became very important to her, but she also grew to respect the limits her body would place on her and she would sometimes need to sit out a practice or two to rest up. This she did for both her seventh and eighth grade years. Competitive swimming was out of the question for grades seven and eight.

The August before her freshman year at Charlotte Country Day, Lindsay’s protocol ended and she was able to finally return to the pool. She participated on the swimming team December through February and played soccer in the spring. Being out of the pool for so long was a serious competitive disadvantage, but Lindsay was glad to finally be back competing and especially glad to be a part of a swimming team again.
Her swimming throughout high school was limited to just the high school season, no age group or club swimming seasons were involved, no year-round training regimens -- contrary to the development and success of almost every other successful U.S. collegiate swimmer.

For her sophomore through senior years in high school, Lindsay attended and graduated from St. Andrews School in Middletown, Del. St. Andrews requires each student to partake in an extracurricular activity each season so Lindsay joined the soccer team, the swimming team, and the crew team. One year the crew team qualified to compete in the world famous Henley Regatta, but was unable to go because the coach’s wife was due to give birth. Her swimming career was good, but basically not distinguished.

Williams was always at the top of Lindsay’s college list, though she did visit Harvard, Duke, Brown, Amherst and Middlebury. The Division 1 coaches were nice, but they made no promises about her being able to swim for them. Before Lindsay could be sure that Williams was the place for her she had to visit and meet Steve Kuster, who had replaced the retired Carl Samuelson. When Lindsay told her parents that Coach Kuster was, “AWESOME!,” they knew she would be going to Williams.

Lindsay Payne was a team captain her senior year for the Ephs and she was more of a quiet leader than a rah-rah leader. “Her leadership and enthusiasm for swimming and her ability to challenge herself every day in practice inspired her teammates to get the most out of their practice sessions as well,” said Kuster.

With all the national records she has set, races she has won, and awards she has won, the only two awards she has in her room at home are the 400-relay trophy from the 2005 NCAA Championships and the second-place team trophy from 2003. Swimming on a team for Lindsay is all about everyone doing her personal best and how the team performs. Her home in Lawrence, N.Y. could very well be located somewhere between Humility Ave. and Well-Grounded Blvd.

In her last collegiate race Lindsay Payne turned in one of those “did I just see what I thought I saw” moments. Lindsay entered the water in fifth place on the anchor leg of the 400-freestyle relay. “I figured we had a chance to win the event even though Kenyon had a 1.43 second lead on us, but I did not expect Lindsay to make up the difference in just 50 yards,” said Kuster. “With 50 yards to go and the lead I knew that no matter how much Lindsay was hurting and how hard she had to work, Lindsay would not give up the lead.”

“Lindsay has only begun to scratch the surface of her talents,” said Kuster. “All of the top Div. 1 swimmers have had more time in the pool and weight room than she has. It would be something to see if she dedicated herself totally to the sport for a significant period of time, but I don’t know if that’s in her future plans.”

While training in Bethesda, Md. for the U.S. Nationals (to qualify for the U.S. Olympic Trials), Lindsay spent 10 weeks working with the CureSearch National Childhood Foundation – working with kids from all over the country, talking about issues related to living with cancer, talking to Congressmen to raise money and an awareness for greater funding for cancer research.

After graduation Lindsay may enter the field of cancer research, working for a cancer foundation or enter law school.

Career Highlights for Lindsay Payne:

“I know it looks like this is all bad news right now and I promise you that at the end you will look back and it will all have been worth it.”

Qualified for U.S. Olympic Swimming Trials in 100m and 200m breaststroke in 2004 and 2008

Named Collegiate Women Sports Awards 2005-06 Division III Collegiate Woman Athlete of the Year representing swimming and diving

7 - NCAA Div. 3 career individual titles and was a member of four winning relay teams

2-time NCAA Div. 3 Swimmer of the Meet – 2005 & 2006

1st 4-time winner of the 100 breaststroke at NCAA Div. 3 Championships

2-time winner of 200 breaststroke at NCAA Div. 3 Championships

NCAA Div. 3 record holder and NCAA Championships record holder in 100 breaststroke: 1:00.54 (has lowered her own record several times and by over four seconds in four years)

NCAA Div. 3 record holder and NCAA Championships record holder in 200 breaststroke: 2:12.83 (2.37 seconds faster than her record time set on February 19) – she lowered this record more than six seconds in her four-year career)

NCAA Div. 3 record holder and NCAA Championships record holder in 200 IM: 2:03.14 – she beat the defending champion and previous record holder to win 2006 NCAA title

Won 3 individual events -- 200 IM, 100 breaststroke & 200 breaststroke -- and set three NCAA Div. 3 records at 2006 NCAA Div. 3 Championships

Was a member of two winning relay teams at 2006 NCAA Div. 3 Championships – 400 Medley Relay and 400 Freestyle Relay

Member of two winning relay teams in at 2005 NCAA Div. 3 Championships: 200 Medley Relay and 400 Medley Relay

Payne’s top times in 2005-06 both breaststroke events would have made her a double All-American in Div. 1
New England Champions (3rd straight)

20th at NCAA Championships

USTFCCA New England Div. 3 Indoor

Athlete of the Year
Tyler Gray

USTFCCA New England Div. 3

Coach of the Year
Ralph White

All-Americans
Dan Austin (Weight Throw)
Chris Beeler (800, DMR)
Mike Davitian (DMR)
Tyler Gray (800, 4X400)
Bill Ference (DMR)
Alex Hoerman (4X400)
Neal Holtschulte (5,000)
Deividas Seferis (4X400)
John Symanski (4X400)
George Rodriguez (DMR)

Records Set in 2006
60m – Andrew Arons – 6.97
300m – Deividas Seferis – 35.14
600m – Tyler Gray – 1:21.40
800m Relay – Andrew Arons, Deividas Seferis, John Symanski, Nicholas Reynolds – 1:30.69
1600m Relay – Deividas Seferis, George Rodriguez, John Symanski, Alex Hoerman – 3:14.05
Distance Medley Relay (DMR) – Bill Ference, George Rodriguez, Chris Beeler, Mike Davitian – 9:56.07

SEASON

Jan. 6-8 Dartmouth Relays
Dan Austin – 1st – weight throw (57’ 4.75”)
Neal Holtschulte – 1st – 3,000m (8:30.47)
4X200 – 1st – Deividas Seferis, Andrew Arons, Nick Reynolds & John Symanski (1:30.69)

Jan. 14 Tufts Invite
George Rodriguez – 1st – 600m (1:22.91)
Tyler Gray – 1st – 1,000m (2:30.07)
4X200 – 1st – (1:30.89)
4X400 – 1st – (3:25.56)

Jan. 21 Williams Quad
Branden Mirach – 1st – long jump (22’ 0.25”)
Mirach – 1st – triple jump – (44’ 1.25”)
Arons – 1st – (6.51)
Holtschulte – 1st – mile (4:23.91)
Gray – 1st – 600m (1:23.36)
Mike Davitian – 1st – 800m (1:58.06)
Seferis – 1st – 300m (36.13)
4X440 – 1st – Stew Buck, Joe Song, Eric Jonash & John Symanski (3:36.39)
4X880 – 1st – Davitian, Thomas Brennan, Brooks Udelsman & Gray (8:15.74)

Feb. 18 N.E. Div. 3 Championships at MIT
Symanski – 1st – 200m (22.34)
Davitian – 1st – mile (4:15.26)
Gray – 1st – 600m (1:21.40)
Holtschulte – 1st – 3,000m (8:37.29)
4X400 – 1st – (3:22.65)

Feb. 25 All N.E. Championships (All Divisions) at BU
DMR – 1st – Bill Ference, Davitian, Chris Beeler & Rodriguez (9:56.07)

March 10-11 NCAA Championships at St. Olaf College – Northfield, MN
Gray – 7th – 800m (1:57.84)
4X400 – 7th – Davitian, Gray, Symanski & Alex Hoerman (3:20.55)
DMR – 7th – Ference, Rodriguez, Davitian & Beeler (10:14.07)
Arons – 8th – weight throw (60’ 6.5”)
Beeler – 8th – 800m (1:60.0)
Holtschulte – 8th – 5,000m (14:48.88)

John Symanski
Chris Beeler
New England Champions (4th straight)  
2nd at NCAA Championships  

All-Americans  
Heather Bemis (4X400)  
Caroline Cretti (5,000, DMR)  
Caroline Doctor (Triple Jump)  
Katie Fulton (DMR)  
Katie Howard (4X400, DMR)  
Veronica Ivey (4X400)  
Kristen Moss (High Jump)  
Carrie Plitt (4X400)  
Lissy Robie (800, DMR)  

NCAA Champion  
Caroline Cretti — 5000 meter — 16:44.57  

Records Set in 2006  
200m - Katie Fulton- 24.79  
300m - Katie Fulton- 40.76  
400m - Carrie Plitt - 57.64  
500m – Katie Howard – 1:16.30  
5000m – Caroline Cretti – 16:44.57  
High Jump – Kristin Moss – 5’7” (1.70m)  
Triple Jump – Caroline Doctor – 38’4”1/4 (11.69m) (ties record)  
1600m Relay – Maddy Outman, Veronica Ivey, Katie Howard, Carrie Plitt – 3:50.43  

SEASON  
Jan. 6-8 Dartmouth Relays 2nd/15  
Cretti – 1st – 3,000m (9:36.67)  
4X200 – 1st – (1:46.72)  
Jan. 14 Tufts Invite non-scoring  
Doctor – 1st – long jump (16’ 7.25”)  
Doctor – 1st – triple jump (37’ 6.5”)  
Kristin Moss – 1st – high jump (5’ 3.75”)  
Jessica Love-Nichols – 1st – 400m (1:01.96)  
Howard – 1st – 600m (1:38.15)  
Cretti – 1st – 5,000m (17:06.10)  
4X400 – 1st – (4:01.87)  
Jan. 21 Williams Quad 1st/4  
Outman – 1st – 55m hurdles (8.70)  
Fulton – 1st – 55m (7.39)  
Cretti – 1st – mile (5:03.17)  
Cretti – 1st – 1,000m (3:03.67)  
Howard – 1st – 400m (59.75)  
Lissy Robie – 1st – 600m (1:40.90)  
Mary Feeley – 1st – (2:28.49)  
Fulton – 1st – 300m (42.57)  
Rachel Asher – 1st – 3,000 (10:55.24)  
Moss – 1st – high jump (5’ 1.75”)  
4X440 – 1st – Jessica Kopcho, Mary Buck, Helen Hatch & Love-Nichols (4:24.61)  
Plitt – 1st – long jump (16’ 11.25”)  
Doctor – 1st – triple jump (38’ 0.75”)  
Katie Krause – 1st – shot put (42’ 9.5”)  
Feb. 18 N.E. Div. 3 Championships at Tufts 1st/22  
Fulton – 1st – 55m (7.21)  
Fulton – 1st – 200m (25.99)  
Doctor – 1st – triple jump (37’ 9.25”)  
Feb. 24-25 All N.E. Championships (Div. I, II & III) at Boston U. 3rd/31  
Cretti – 1st – 3,000m (9:44.02)  
DMR – 1st – (11:51.34)  
March 10-11 NCAA Championships at St. Olaf College 2nd/50  
Cretti – 1st – 16:44.57  
Moss – 2nd – high jump (5’ 6.5”)  
Liz Gleason – 3rd – 5,000m (17:09.76)  
Doctor – 5th – triple jump (37’ 9.5”)  
DMR – 5th – Robie, Fulton, Howard & Cretti (12:00.85)  
Mallory Harlin – 6th – 5,000m (17:15.52)  
4X400 – 6th – Howard, Plitt, Ivey & Bemis (3:55.77)  
Robie – 7th – 800m (2:16.34)
Athlete of the Week


Name: Madeleine Outman
Class: Sophomore
School: Williams
Sport: Indoor track
Hometown: Boulder, Co.

The Week That Was: Outman engineered the fall of two Williams records at the All-New Englands meet, where the Ephs took second. The sophomore racked up 3,254 points in the pentathalon to break the mark set by 2005 NCAA heptathlon champion Joyia Chadwick. She then joined a 4x400 relay team that placed first at the meet with a time of 3:50.43, the best in the nation thus far this season.

Outman on her week: “I was thrilled with my performance and impressed with the way all of my teammates stepped up to such high-quality competition. My pentathalon score represented a 200-point jump from my score the week before, and included [personal bests] in two of the five events, which is all a pentathlete could hope for. The performances of the team gave us a measure of confidence in our competitive edge going into the NCAA meet, coupled with a lot of excitement and anticipation for what is possible there.

Majors: Psychology and American Studies
Favorite place to eat in Williamstown: Spice Root lunch
Current book you’re reading: “Freakonomics” by Steven Levitt and Stephen J. Dubner
Favorite class: -American History from 1865 to the present
Favorite movie: “Boondock Saints”
Favorite TV show: Grey’s Anatomy
Something people may not know about you: Peanut butter makes me sweat
The last albums you bought: Nine Inch Nails and Missy Elliott

Why did you choose to attend Williams? “I chose to follow my sister and attend Williams because this school provides the best possible combination of rigorous academics and a high-quality athletic program. While I considered running at a Division I school, I realized that there is life after track that I need to be prepared for, and the quality of the track and field program at Williams cannot be outdone. I am also able to pursue other interests that are important to a full college experience.

What are your plans for after graduation? “Since I am not going abroad for my junior year, I hope to spend some time doing that after I graduate, before pursuing a degree either in law or psychology. This summer I am working for the public defender in Washington, and that is a path I might be interested in following after graduation.”
5th at NECCWA Championships
35th at NCAA Championships

NECCWA Assistant Coach of the Year
Dan DiCenzo ’01

NECCWA Champion
Jon Dolan (174)

All-New England
Jon Dolan – 1st – 174
James Sheehan – 3rd – 157
Kyle Ayer – 4th – 197
Tim Madden – 5th – 141
Max Pinto – 5th – 184
Ethan Cohen – 6th – 125

All-American
Jon Dolan (174)

Dolan earned All-America honors in 2004 at 165

Head Coach Raf Vega (2nd year): 23-18-1

RECORD

NYU L 24-19
Roger Williams L 34-9
Princeton L 29-21
NY Maritime W 45-3
Norwich W 22-21
Rhode Island Coll. W 23-12
Simpson L 37-3
Trinity W 34-9
WPI W 31-9
MIT W 47-6
Bridgewater St. W 34-9
USCGA W 27-10
Southern Maine W 33-9
USCGA W 32-10
Norwich L 26-13
Bridgewater St. W 30-9
Springfield L 42-3
Montclair St. W 28-18
Hunter L 28-25
TCNJ L 39-3
Wesleyan W 19-18
WNEC W 30-16
Oneonta St. L 21-16
WILLIAMSTOWN -- Not much will rattle Lowell native and Williams College junior wrestler Jonathan Dolan this weekend in Trenton, N.J.

After winning the 174-pound New England Collegiate Conference Wrestling Association championship Feb. 19, the former Lowell High School All-American will take on the country’s best at the NCAA Division 3 National Championships at The College of New Jersey.

“When I think of Jon Dolan as an athlete, he is the toughest kid physically or mentally that I’ve ever coached or played with,” Ephs assistant wrestling and football coach Dan DiCenzo says.

Along with being one of the most balanced wrestlers in the nation technique-wise, the 22-year-old economics major manages to balance the sort of numbers in his other exploits that would make Alan Greenspan blush.

First, there’s the number one, signifying the lone match Dolan has lost this season. He later avenged that loss. Next, the number two, as in the second-leading tackler on the Williams football squad last fall, or as a two-sport captain in both wrestling and football in 2006. Keeping in order, the number three indicates a 3.0 grade point average carried by Dolan at a school perennially-ranked as one of the top liberal arts colleges in the nation.

If that’s not enough, there’s still the number 20. Dolan drops 20 pounds at the end of football season to compete among the nation’s best. Of course, he then spends the spring and summer putting that weight back on so he can take on linemen, tight ends and fullbacks.

“The standard Williams athlete is a kid that balances both,” DiCenzo, a former Ephs football player and wrestler, says. “He does it to the highest level.”

Mike Whalen is the head football coach at Williams, and he was also the head wrestling coach during Dolan’s first season before yielding that position to take over as the football duties in 2004. Whalen, who recruited Dolan as a two-sport athlete, marvels at Dolan’s ability to manage his busy schedule and excel in all avenues.

“He’s just got such an outstanding work ethic to do the things he does here,” Whalen says. “It takes a special kid to do things back-to-back like that. He’s the type of kid when presented with a challenge, he attacks it.”

Just getting to Williams was a challenge Dolan steamrolled through, spending a year at Phillips Exeter Academy in Exeter, N.H, after graduating from Lowell High in 2002. There he raised his test scores and demonstrated he was as ready academically as athletically.

In his one year at Phillips Exeter, he was selected by the four-year seniors a captain for both football and wrestling, and he was also the first post-graduate student to receive the Eskie Clark Award as the outstanding student-athlete.

Dolan made going to Williams his goal after visiting and talking with Justin Sullivan, another former Lowell football and wrestling standout who played both at Williams. Dolan fell in love with the idea of playing both sports and getting a top-flight education.

“It’s phenomenal,” Dolan says of his experience at Williams. “It’s incredible to be here. Being a city kid from Lowell, I had never heard of a school like this. I’d never even knew about the Williamses and the Amhersts.”

Dolan’s parents, Jack and Karen, both Lowell High graduates, are rabid supporters of Williams athletics, attending each football game and wrestling meet.

Jack, the proud father, insists he never had the sort of focus as a young man that his son demonstrated in high school and so far at Williams, saying, “I don’t know where he gets that from.”

At this point, Jack is accustomed to seeing his son taking each challenge head on.
It’s easy to lose weight — just turn on your television and you’ll be bombarded with ads for surefire products that will take off the pounds in a hurry. Most people who diet will tell you the trick is to keep the weight off.

Losing weight and keeping it off is all well and good, but just doing that won’t work for the Ephs’ Jon Dolan. Dolan, a starting linebacker for the Ephs last fall and a captain-elect for 2006, plays football at one weight and then drops his weight to be nationally competitive in wrestling in the very next season on the calendar.

Dolan, an All-American at 165 (seventh place) last year, claims that it is not difficult for him to lose weight, but the key for Dolan is to maintain his strength while taking off the pounds.

Dolan loves to compete, so losing to win would not seem to fit his personality and yet that is exactly what the two-sport standout has done for eight consecutive years. Through four years at Lowell [MA] High School, a post-graduate year at Phillips Exeter Academy and for three years at Williams, Dolan has fought the battle to lose weight and maintain strength. You don’t get voted a co-captain of the wrestling team as a junior if you don’t love to compete.

Football is a demanding sport that punishes the body and following it up with another sport that may be the most demanding sport in college athletics is a tough task. Football ends on the second Saturday in November every year at Williams and wrestling practice begins November 1st. So Dolan is a good three weeks behind most of his teammates when he finally gets on the mat, as are four other Ephs who double up in football and wrestling. He is also five weeks behind the rest of the Div. 3 wrestlers who do not compete in football because they can begin practice on October 15th.

Dolan takes almost 48 hours off between seasons. “I usually have that Sunday [after the Amherst game] and Monday to myself and then I start running and working out outside the wrestling room with the other football/wrestlers,” said Dolan. “I usually don’t get into the actual wrestling room until a week after the football season.”

Dolan reported to football practice in August weighing just under 195. “Throughout the football season I usually drop about 7-10 pounds and once November first comes I start working on getting my weight down so I know I will be on target for my weight for wrestling in January.”

For Dolan to compete at the levels he desires he has to walk a fine line between being a tad on the small side for his position in football and being as strong as he can at his best weight in wrestling.

“I would categorize Jon as a classic ‘tweener’,” said Eph linebacker coach George McCormack. “He could be classified as a bigger safety or a smaller LB as far as his weight is concerned. As far as his play is concerned, he is very instinctual and is a good tackler. His greatest strengths in football are quickness, intensity and toughness, which help him overcome any weight disadvantage he may face from the opposition. Offensive linemen are routinely in the high 200’s or low 300’s as far as weight is concerned, and if you let them get into you it’s not a pretty sight. Jon has done an excellent job of either beating their blocks or staying low and shocking them with his hands or shoulders to give himself the separation necessary to make the play.”

Compounding the task to lose weight and maintain strength is the fact that the Williams academic calendar is not very forgiving. Less than four weeks after football ends and right at the beginning of the competitive wrestling season final exams arrive to complete the fall semester.

“It is both mentally and physically tough to lose the weight,” said Dolan. “Physically the weight fluctuation can be harsh. It is mentally tough especially at a school like Williams because balancing academics and
athletics is not easy. Usually after a season you will get some time to catch up on work but when you have back-to-back seasons you don’t get that opportunity and you really have to stay on top of things. Wrestling is also a very mentally draining sport along with being physically demanding. A lot of wrestlers will tell you that wrestling is 50 percent mental. From experience I would definitely say this is true. As a wrestler you build expectations for yourself and it is often mentally draining living up to these expectations. Staying mentally tough is a key aspect of the sport of wrestling.”

The NCAA has strict guidelines about athletes losing weight to compete in wrestling, all geared to the safety of the athlete.

“The NCAA calculates body weight, body fat and hydration levels and puts them into a formula that tells you how much weight you are allowed to lose,” Dolan said. “Once they determine your minimum weight you are allowed to lose no more than 2 pounds a week.”

Last winter Dolan competed at 165 and won the New England title, earning a berth in the NCAA Championships. He finished seventh at the NCAAs and earned All-America honors. This season Dolan will be competing at 174.

Under NCAA rules Dolan needs to be down to his competition weight by January 18th and he cannot lose more than two pounds a week. That leaves 10 weeks to lose 12-14 pounds, maintain strength and keep up with the studies to prepare for the final exams of the fall semester.

After exams there are no academic demands until January, but that still means you have to make it through the holiday season in December and New Year’s when most families have plenty of food around for celebrating. Assuming, of course, you did not gorge yourself over Thanksgiving break. For Dolan the answer is to stay active and eat healthy. “I jog a lot!, “ he said. “It’s not all that bad. I just try not to do what everyone else does…. stuff myself all in one sitting. I just eat healthy meals and in moderation.”

“Since I started cutting weight it has become a little easier each year,” Dolan claims. “Well maybe not easier but as the years pass I have learn how to do it more efficiently and in a healthier manner.”

Back in high school Dolan tried some of the products advertised on TV as quick weight loss products and found that while he could lose weight quickly it did not really help, because he could not maintain his strength.

“I remember trying things like low carb diets, high protein diets and even diet pills. As time goes on I have come to learn that none of these things work that efficiently. They worked for a quick 10 or 15 pounds but did not help me retain the energy and strength levels I needed to compete in wrestling.

“Basically what I have figured out is that the best way to go about it is to just eat balanced meals with smaller portions. Between the vigorous workouts and the reduction in caloric intake I’m usually able to make it down to my desired weight while remaining healthy and strong.”

Former Olympic gold medal wrestler Kendall Cross gave Dolan a weight loss trick that he now fully subscribes to. “I eat five meals a day,” Dolan says. “The trick is to split your three meals up into five small meals. By doing this you can keep your metabolism going and burn a greater amount of fat.”

“Losing weight is not exactly a competition in itself but it is definitely a large part of competing in the sport of wrestling right after you’ve completed a football season,” said Dolan. Wrestling is a one on one sport and that is why it is so competitive. Wrestlers go to great lengths just to get the slightest advantage over their opponents and if it means losing 5 or 10 more pounds then any wrestler with a passion for winning will make the sacrifice.”

Eating a balanced diet for Dolan means eating the kinds of foods that will help his body be at it’s best. “I avoid all junk food, said Dolan. “Once you start to eat healthy for a long period of time you have no desire to pollute your body with useless sugars and fats. Most of my meals consist of a good lean source of protein, some carbohydrates to replenish my muscles, and some fruits or veggies.” Throughout the football and wrestling seasons Dolan is also very mindful of what he drinks as well and he keeps his liquid intake simple. “I avoid soda and I consume mostly water and some Gatorade after practice or a match.”

Every Wednesday throughout the wrestling season Eph head coach Raf Vega weighs his athletes to keep track of possible weight variances that could indicate potential problems. Wrestlers typically lose a lot of water weight in a single workout and sometimes those losses are not replace properly and problems can sneak up on a wrestler. “Jon is very strict with himself on his eating and conditioning and he is always on top of his weight,” said Vega.

Dolan is off to a 3-0 start this season at 174, but his progress on the mat was curtailed one week due to an injury, so he is not expected to be a full strength for another week or so. No one at Williams doubts that
Jamall Pollock ‘96
Inducted Into N.E. Wrestling Hall of Fame

September 15, 2005

WILLIAMSTOWN, MA – Jamall Pollock ‘96 will be inducted into the New England Collegiate Conference Wrestling Association (NECCWA) Hall of Fame in February. Pollock was a three-time New England champion and earned All-America honors twice. He is the first Eph to be named to the NECCWA Hall of Fame.

A four-year letterman, Pollock, graduated as the most prolific wrestler in Williams history. He was a four-time All-New England performer as well as a four-time New England finalist. He posted a career mark of 104-14. Pollock was the first Williams wrestler to reach the 100 win milestone.

As a freshman Pollock recorded an individual record of 23-4 and finished Ephs’ second at the NECCWA championships at 158 pounds. The Ephs finished with a 12-1 regular season record good for a second place team finish in the conference. The Ephs also received their first national team ranking (20th).

Pollock’s sophomore season he posted an unblemished record -- 25-0 -- including a first place finish at the NECCWA championships at 150 pounds.

In his junior year Pollock went 27-5 and again won at the NECCWA conference championships, but this time at 158 pounds. He went on to place eighth at the NCAA Div. 3 championships to earn All-American honors. The Eph team finished with a dual meet record of 13-0. It was the first undefeated season at Williams since 1949. The Ephs won the New England Championships for the first time in school history and were ranked as high as 16th nationally.

In his final year Pollock compiled a record of 29-5. He again won at the NECCWA conference championships, this time at 167 pounds. Pollock then went on to earn his second All-American honor with a fifth place finish at the NCAA Div. 3 championships.

Pollock was elected captain of the Eph wrestling team in both his junior and senior years and was also chosen to tour in the Ukraine as a Division 3 All-Star upon graduation.

In addition to being an outstanding wrestler, Pollock was also a four-year letterman in football and he still holds the Eph single season rushing record of 1,293 yards. As a senior Pollock was named the ECAC New England Football Player of the Year, the NESCAC Offensive Football Player of the year, a New England Football Writers’ Division II/III All-Star and was named to the Hewlett-Packard Division III All-America Team.

After College Pollock served as a high school teacher and coach in New Jersey and he currently works as a curriculum coordinator for a non-profit after school program for students of color in the New York City area.

Pollock will receive his Hall of fame honor at the 2006 NECCWA Championships that will be held at Wesleyan University in Middletown, CT February 18 and 19.

LOSE continued from previous page —

Dolan will be ready to put his best efforts forward at the New England Championships Feb. 18 –19 in his quest to earn a berth in the NCAA Div. 3 championships for a second year in a row.

Vega said he expects that when Dolan gets over his current slight injury he will again be a force to be reckoned with in New England and nationally at 174. “He’s an all-around wrestler: good on his feet, has great takedowns which he always capitalizes on and is an excellent rider with a lot of pinning combinations,” said Vega. “He has all the tools to be an All-American at 174.”

Those who know Jon Dolan know that he is not ‘losing to win’ just to get on the mat – his goal is to compete and to win.
<table>
<thead>
<tr>
<th>Name</th>
<th>Sport</th>
<th>Grade</th>
<th>City, State</th>
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<tbody>
<tr>
<td>Daniel Austin</td>
<td>Men's Outdoor Track and Field</td>
<td>Sr.</td>
<td>Mechanicsburg, Pa.</td>
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<td>Courtney Bartlett</td>
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<td>All-Conference (78)</td>
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<td>Chris Kenney</td>
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<td>Paul Morgan</td>
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<td>Dixon Hargrove</td>
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Little 3 Champions

NESCAC Quarterfinalists

1st Team All-NESCAC
Chris Kenney (C)
Paul Morgan (SS)

2nd Team All-NESCAC
Dan Benz (P)
Tim Burbridge (OF)
Sean Gleeson (1B)

NESCAC Player of the Year
Chris Kenney

NESCAC Rookie of the Year
Dan Benz

First Team All-NEIBA
Chris Kenney

2nd Team All-NEIBA
Tim Burbridge
Paul Morgan

2nd Team All-American
Chris Kenney

Head Coach Dave Barnard
13 years: 305-144-1

March 18 Calvin W, 8-4, W, 8-3
March 20 Hamline W, 16-4
March 21 Allegheny (2) W, 6-3, W, 7-0
March 22 University of Chicago W, 4-1
March 23 North Central W, 10-0
March 24 Middlebury L, 15-10
March 25 Middlebury W, 7-4, L, 13-12 (10 inn.)
March 27 Southern Maine L, 6-4
March 28 Thomas W 15-10, W 16-9
March 29 Wisconson Whitewater L, 12-5
March 30 Gustaus Adolphus W, 7-2, L, 7-0
March 31 Hartwick (2) W, 23-3, L 10-0
April 1 North Carolina Wesleyan W, 15-11
April 11 Castleton State W, 6-5, 11 inn.
April 14 Amherst L, 5-3 (11)
April 15 Amherst (2) W, 4-3, W, 8-0
April 19 Westfield W, 13-7
April 21 Hamilton (2) W, 9-7 W, 6-4
April 22 Hamilton W, 10-3
April 24 Springfield W, 11-4
April 25 Elms W, 10-1
April 29 Wesleyan (2) W, 5-0, W, 14-3
April 30 Wesleyan W, 3-2 (11)
May 1 MCLA W, 24-7
May 5 WNEC W, 8-6
May 6 MIT W, 7-1, L 8-7
May 7 Bates (2) L, 8-7, W, 19-3
May 13 NESCACs — Bowdoin L, 5-2
May 13 NESCACs — Middlebury L, 8-0

Click Here for 2006 stats
The .507 club: It’s exclusive, but Ephs’ catcher Kenney has earned admission

By Ryan Holmes, North Adams Transcript

Chris Kenney all spring long. The Ephs’ catcher is hitting an astounding .507 through 38 games, and a few more of his hits could propel Williams to victory in the NESCAC Tournament this weekend.

Saturday, May 13

WILLIAMSTOWN — By baseball standards, a good hitter is considered to be any player with a .300 batting average or above. Ted Williams is remembered for having the best hitting season in Major League history, batting .406 in 1941. No other major leaguer has reached the .400 mark since — 65 straight years of finishing second-best to the Splendid Splinter.

For these reasons and more, the season put forth by Williams College catcher Chris Kenney this year should amaze the most novice baseball fans. Through 38 games, the Ephs junior is hitting an astounding .507. He leads Williams, a squad which is tops in the NESCAC with .363 average, with 74 hits, 22 doubles, 53 RBI and 113 total bases.

The scary thing about Kenney’s season is that he seems to be picking up speed as the year goes on. He has been nearly unstoppable in the month of May, going 22 for 30 for a .733 average that looks like a misprint. In the last two weeks, Kenney has had 4-for-4 days against Western New England, MIT and Bates, not to mention a 5-for-5 showing against Massachusetts College on May 1.

Seeing as how it’s something few ballplayers have ever done, this isn’t something Kenney has run into before.

“Absolutely not, definitely not a span over 40 games,” he said. “It’s the highest average I’ve ever had. I think I hit .460 my freshmen year of high school, but this is the highest I’ve ever been.”

To put things in perspective, Kenney’s NESCAC-leading .507 average is 32 points higher than second-place Jim O’Leary from Tufts. If Kenney played for a bigger college, his average would rank him third overall in the country in both Division 1 and 2.

It would be hard to believe that one player could stand out on an Ephs team with nine players hitting above .300, but Kenney does just that.

“What he’s done this year is in a different league,” Williams shortstop Paul Morgan said. “This past week, he was really hitting the ball. We started to realize when we came up north and he was hitting .480. We started to think Chris is doing something really special.”

With a team full of great hitters, Kenney’s average is no doubt helped by the fact that opposing pitches are usually unable to pitch around him. With only 15 walks in 38 games, Kenney is free to swing away in most situations.

“Paul’s hitting right behind me and Max Pinto is behind him,” Kenney said. “Basically, if you’re walking one guy to get to another, it’s not going to help. Both Paul and Max have great power numbers. We have some really strong bats throughout our lineup. It’s tough to pitch around people with people on base as well.”

Morgan, who is third on the team with a .419 mark, has the benefit of hitting behind a guy with a .545 on-base percentage.

“It definitely helps my average,” Morgan said. “It just helps to have a guy on base because the pitcher is going to be less comfortable coming out of the stretch. Having so many run producing chances, helps you to focus more at the plate.”
Ephs’ Morgan to make NA return

Staff reports
This article first ran in January 24, 2006 North Adams Transcript.

NORTH ADAMS — After getting a brief taste of Williams College’s Paul Morgan last year, the Tunnel City can now look forward to a whole summer of action.

North Adams SteepleCats general manager Sean McGrath announced Monday that Morgan would be brought back to the team in a full-time role for 2006. Morgan was a mid-summer replacement in 2005, appearing in 11 regular season games and all five of the ‘Cats’ playoff contests.

“Paul is a tremendous student-athlete and the type of player a coach wants to have on their team,” McGrath said. “So, late last year when the ‘Cats were in need of another infielder, I knew Paul would be ready and willing to return for the summer. As soon as he arrived, his energy and love of the game was obvious to all the many fans he met.”

Morgan hit .286 in 35 regular-season at-bats and had a huge game in North Adams’ regular-season finale, a 9-1 win over Danbury that locked up a playoff berth. Batting in the No. 9 hole, he went 3 for 4 with a double and three RBI.

Morgan led all regulars with a .356 batting average, starting all 38 games for a Williams squad that went 21-17. A fixture at shortstop, he led the team in assists with 93 and had a .929 fielding percentage.

Kenney, who also starts on the offensive line for the Williams football team, credits his increased production to losing 15 pounds between seasons.

The results are staggering, raising his average nearly 200 points from than the .317 output he produced in his sophomore year.

“One of the things that contributed to last year was an operation on a cyst I had on my lower back,” Kenney said. “I couldn’t really work as much because of the stitches I had. That definitely set me back a little bit. I was a little heavier coming into the season then I would have been.

“Coming off my football season, my upper body is a lot bigger than I need it to be for baseball. I need to be more flexible.”

Besides the weight loss, Kenney also seems to be using a new approach behind the plate.

“Last year, he tried to do too much,” Morgan said. “He tried to drive the ball too much and he was trying to pull the ball and hit home runs. He’s been staying on the ball this year and going the opposite way.”

Kenney didn’t get a chance to raise his average Friday, as Williams’ opener in the NESCAC Tournament at Bowdoin College was rained out and rescheduled for today. Despite having little room to work with, Kenney doesn’t seem to concerned with keeping his average above the magical .500 level.

“At this point in the season, there are only a few games left,” Kenney said. “My focus is to win games and help the team. A batting average only does so much. It’s more important to do things that matter. I’m more focused on hitting well so my team hits well.”

Of course, there’s a league for guys who hit like this all the time. They play 162 games there.
Little Three Champions (7th straight)
3rd at New Englands
Head Coach Peter Wells 23 years:  503-248

**SEASON**

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<thead>
<tr>
<th>Date</th>
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<td>Varsity Eight Grand</td>
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May 13-14 ECAC National Invit’l Collegiate Regatta
Men’s Varsity Eight Heat 1
- University of Michigan  5:51.075
- Colgate University      5:58.745
- Williams College        6:00.127
- Worcester Polytechnic Institute  6:12.066
- U.S. Coast Guard Academy 6:14.144
- Texas                   6:15.836

Men’s Varsity Eight Semi-Final
- University of Michigan  5:53.257
- George Washington University  5:55.865
- University of Virginia  5:57.291
- Marist College          6:01.096
- Williams College        6:01.806
- Univ. of California-San Diego  6:07.908

Men’s Varsity Eight Petite Final
- Marist College          5:57.954
- Colgate University      5:59.191
- Williams College        6:00.752
- University of California Davis  6:00.834
- Univ. of California-San Diego  6:01.019
- Wesleyan University     6:07.999
Little Three Champions
Donahue Cup Champions
New Englands
Won third All Points Trophy at New Englands

**NCAA Champions**

2nd at ECACs

**CRCA 1st Team All-American**
Mikella Robinson

**CRCA 2nd Team All-American**
Meaghan Rathvon

**CRCA National Scholar-Athletes**
Maggie Carr
Katie Mygatt
Liz Killien

Mikella Robinson Awarded Fulbright Fellowship to Germany 2006-07

4/26 Ephs Named ECAC/NIRC Team of the Week

**CRCA National Coach of the Year**
Justin Moore

Head Coach Justin Moore 7 years: 143-53

**SEASON**

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<th>Date</th>
<th>Event</th>
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<td>1 Varsity 8+</td>
<td>Williams</td>
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<td>Conn College</td>
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<td>“Little Three” Championships</td>
<td>2 Varsity 8+</td>
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<td>1 Varsity +8 broke Trinity’s 2-year win streak</td>
<td>Williams</td>
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<td>7:12.1</td>
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<tr>
<td></td>
<td>Marist</td>
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Bates 7:21.5
USCGA 7:24.0

May 7 New Englands
Women’s Varsity Eight Heat 1 (10:12:00)
Williams College 6:41.424
University of Vermont 6:45.514
Worcester Polytechnic Institute 6:51.665
University of New Hampshire 6:52.089
Wellesley College 6:59.281

Women’s Varsity Eight Grand Final (16:30:00)
Williams 7:03.409
Trinity College 7:06.866
Tufts University 7:08.057
Smith College 7:11.700
Colby College 7:13.514
University of Vermont 7:27.468

May 13-14 ECAC Invitational Regatta
Women’s Varsity Eight Heat 1
Williams College 6:47.184
College of the Holy Cross 6:53.414
Ohio State University 6:54.203
University of Mary Washington 7:00.421
U.S. Coast Guard Academy 7:01.871

Women’s Varsity Eight Semi-Final 1
Williams College 6:44.747
Tufts University 6:47.712
Trinity College 6:47.745
Bates College 6:55.309
Ohio State University 6:55.923
University of New Hampshire 7:03.113

Women’s Varsity Eight Grand Final
Ithaca College 6:38.725
Williams College 6:42.652
Smith College 6:45.531
Trinity College 6:49.283
Tufts University 6:50.119
Colby College 6:58.093

May 25-27 NCAA Championships
Division III Eights Heat #1
Ithaca College 7:00.324
Smith College 7:05.782
Tufts 6:45.531
Williams II 6:49.283
Colby College 6:50.119
Trinity (Conn.) 6:58.093
Puget Sound II 7:38.249

Division III Eights Heat #2
Williams 6:56.639
Trinity (Conn.) 7:01.326
Puget Sound 7:08.426
Lewis & Clark 7:11.611
Smith II 7:16.437
Ithaca II 7:18.891
Tufts II 7:20.323

Grand Final Qualifier
Williams II 6:46.865
Tufts 6:47.046
Trinity (Conn.) 6:48.107
Smith 6:49.559
Puget Sound 6:50.230
Lewis & Clark 6:51.171

Division III Eights Grand Final
Ithaca 6:46.373
Williams 6:46.724
Williams II 6:48.977
Trinity (Conn.) 6:51.871
Tufts 6:53.303
Smith 6:54.094

Williams Boatings:
Liz Killien, Phoebe Fischer-Groban,
Carolyn Skudder, Katie Mygatt, Mikella Robinson,
Louisa Berky, Angela Crudele, Meaghan Rathron,
Maggie Carr (coxswain).

Williams II Boatings:
Macy Radloff, Katherine Robinson, Sam Smith,
Kate Sauerhoff, Kate Sauerhoff, Nora Matell,
Liz Woodwick, Emily Cheston, Kellie Randall
(coxswain).

Head Coach: Justin Moore.

Division III Final Team Standings
Eights II Eights Total Points
Williams 11 10 = 21
Ithaca 12 3 = 15
Trinity (CT) 9 4 = 13
Smith 7 5 = 12
Tufts 8 2 = 10
Puget Sound 6 1 = 7

Mikella Robinson ‘06
awarded Fulbright Scholarship

Williams College senior rower Mikella Robinson
(Indianapolis, IN) has been awarded a Fulbright Fellowship
by the J. William Fulbright Foreign Scholarship Board (FSB)
and the Fulbright Commission in coordination
with the Paedagogischer Austauschdienst (PAD)
of Germany for a Teaching Assistantship (TA) for 2006-07.

Robinson, a double major (chemistry and German)
will serve as a TA in the PAD program. Fulbright TA awardees
Teach English to students age 12 to 18 (class levels 7 to 13), English being a mandatory subject in German schools. Fulbrighters are assigned to a German teacher of English to assist in the classroom up to 12 hours per week, while also coordinating various voluntary activities on their own for interested students outside of the classroom.

The Fulbright Fellowship strives to help develop international understanding, establish open communication, and establish long-term cooperative relationships all around the world. Fulbrighters are expected to enrich the educational, political, economic, social, and cultural lives of countries abroad, increasing the mutual understanding between people of the United States and the people of 150 or so countries that currently participate in the Fulbright program.

The Fulbright program is the largest US international exchange program, sponsored by the US Department of State and established in 1964 by Senator J. William Fulbright.
Team Firsts:
- set team low score of 357 at Middlebury (fall)
- best spring team score 359 at Lady Eph home tournament
- made first trip south over spring break - to Port St. Lucie, FL - plans are to do it again next year and to include a one day tournament with St. Lawrence
- won two tournaments in the spring season - Vassar Invitational and the Lady Eph Spring tournament
- Melissa Barton ’09 was a medalist in two events

Head Coach Cathy Pohle 2 years: 21-61

SEASON

Fall
- Sept. 10: St. Lawrence Invitational 4th/7
- Sept. 26: Mount Holyoke Invitational 12th/15
- Oct. 3: NESCAC Championships 5th/9

Spring
- April 15: Vassar Invitational 1st/4
- April 22: Jack Leaman Invitational 11th/12
- April 29: Williams Spring Shootout 5th/6
- May 7: Lady Eph Invitational 1st/3

Little Three Champions (8th straight)
NESCAC Champions (2nd Straight)

1st Team All-NESCAC
- Matt Slovitt
- Kevin Kellert

2nd Team All-NESCAC
- John Kildahl

NESCAC Coach of the Year
- Rick Pohle (2)

PING All-Northeast Region
- Matt Slovitt (2)
- Kevin Kellert

Cleveland Golf All-America Scholar
- Matt Slovitt (2)
- Kevin Kellert

Head Coach Rick Pohle
- 25 years: 1,583-406-6

SEASON

Fall
- Sept. 10: Bowdoin Invitational 2nd/14
- Sept. 18: Duke Nelson Tourney 1st/24
- Sept. 24-25: Williams Invitational 5th/24
- Oct. 1-2: NESCAC Championships 1st/10
- Oct. 5: Skidmore Fall Invitational 3rd/7
- Oct. 8: Hamilton/Shenendoah Invitational 7th/18

Spring
- March 18: MIT W 20-4
- March 24: Wesleyan L 319-321
- April 13: WNEC Invitational 3rd/12
- April 16: Palamountain Invitational 4th/12
- April 22: Williams Spring Opener 2nd/13
- April 26: Little Three Championships W (8th straight)
- April 29: Northeast District Shootout 4th/12

Laura Koplik
NESCAC Semifinalists

1st Team All-NESCAC
Rachel Barr
Kaylan Tildsley

2nd Team ECAC New England
Rachel Barr

1st TEAM IWLCA All-Region
Rachel Barr
Kaylan Tildsley

1st Team IWLCA All-American
Rachel Barr
Kaylan Tildsley

Head Coach Chris Mason 22 years: 215-84

SEASON
03/11 Bowdoin L, 16-10
03/18 Colby L, 11-9
03/20 Randolph Macon W, 13-5
03/21 Washington & Lee W, 10-9
03/23 Colorado Coll W, 16-6
04/01 Wesleyan W, 13-5
04/05 Springfield W, 20-16
04/08 Trinity W, 14-2
04/15 Amherst L, 12-6
04/18 Conn Coll W, 18-14
04/22 Bates L, 10-9
04/26 Middlebury L, 19-11
04/29 Tufts W, 19-11

NESCAC Tournament
04/30 Colby W, 17-11
05/07 Middlebury L, 17-14

Click Here for 2006 stats

Co-Little Three Champs

NESCAC Quarterfinalists

2nd Team All-NESCAC
Dixon Hargrove

Head Coach George McCormack
3 years: 16-25

SEASON
March 11 Bowdoin L 12-8
March 18 USMMA W, 12-7
March 24 Colorado College W, 13-5
March 28 Colby W, 13-6
April 1 Bates L, 8-6
April 5 Skidmore L 10-9
April 8 Tufts L, 12-9
April 12 Roger Williams W, 16-2
April 15 Trinity L 10-9, 2OT
April 18 Conn. College W 11-6
April 22 Wesleyan W, 11-10
April 26 Middlebury L, 11-7
April 29 Amherst L, 13-11
April 30 Wesleyan — NESCACs L, 12-5

Click Here for 2006 stats
### SOFTBALL

**NESCAC West Champions (6th Straight)**
**NESCAC Champions (3rd straight)**
**NCAA New England Champions**
  **(2nd Straight)**
**NCAA Championship Quarterfinals**
  **(2nd Straight)**

_School record 20-game win streak_

Williams records set by Alana Frost:
- 13 doubles new single-season record
- 82 total bases new single-season record
- 32 doubles 1st
- 11 triples 1st
- 13 home runs 1st
- 254 total bases 1st

Williams career records set by Clara Hard:
- Ks — 446 — 1st
- ERA — 1.40 — 1st

#### 1st Team All-NESCAC
- Clara Hard
- Alana Frost

#### 2nd Team All-NESCAC
- Cathleen Clark
- Laura Noel
- Joey Lye
- Maggie Ryan

**NESCAC Pitcher of the Year**
- Clara Hard (3)

**NESCAC Coach of the Year**
- Kris Herman

#### 1st Team New England Softball Coaches Assn.
- Clara Hard
- Joey Lye

#### 2nd Team N.E. Softball Coaches Assn.
- Alana Frost

**Honorable Mention N.E. Softball Coaches Assn.**
- Laura Noel
- Christine Williams

#### 1st Team N.E. Fastpitch Coaches Assn.
- Clara Hard
- Alana Frost
- Joey Lye

**NCAA New England Region All-Tourney Team**
- Katelyn Knox
- Maggie Ryan

### 30-10, 8-0 NESCAC

- **NCAA National Softball Finals**
  **All-Tourney Team**
  - Emily Fowler-Cornfeld

- **NFCA Coaching Staff of the Year**
  - Kris Herman, Sue Leclair

#### SEASON

- **Sunwest Tourney at Chapman University (Orange, CA)**
  - 3/19 Hope International  W, 13-4 (5 inn.)
  - 3/19 St. Catharines  L, 4-2
  - 03/20 St. Thomas  L, 7-1
  - 03/20 Simon Fraser  L, 13-2
  - 03/21 St. Catharines  W, 6-3
  - 03/21 Cal State East Bay  W, 8-4
  - 03/23 St. Thomas  L, 8-0 (6 inn.)
  - 03/23 Whitworth (WA)  L, 9-5 (9 inn.)
  - 03/24 Elmhurst  W, 8-4
  - 03/24 La Sienna (CA)  W, 13-3 (6 inn.)
  - 03/25 Pacific (OR)  W, 4-3
  - 03/25 Azusa Pacific  L, 15-2 (5 inn.)
  - 03/27 Northwest Christian  W, 4-1
  - 03/27 Pacific (OR)  W, 7-6
  - 03/27 Taylor (IN)  W, 13-3
  - 03/29 Concordia (CA)  W, 5-4 (9 inn.)
  - 04/02 Tufts University (2)  L, 6-4, L, 4-1
  - 04/05 Springfield (2)  W, 3-2, W, 3-2
  - 04/09 Wesleyan (2)  W, 9-1, W, 8-0
  - 04/12 Smith (2)  W 5-1, W 9-4 (5 inn.)
  - 04/15 Hamilton (2)  W, 6-3 (8 inn.), W 12-0 (5 inn.)
  - 04/19 Keene State (2)  W, 2-0, W, 2-0
  - 04/22 Middlebury (2)  W, 5-0, W, 4-0
  - 04/26 MCLA (2)  W, 16-12, W, 8-0 (5 inn.)
  - 04/29 Amherst (2)  W, 1-0, W 9-3

- **NESCAC Tournament at home**
  - 05/05 Trinity  W, 6-4
  - 05/06 Tufts  W, 1-0
  - 05/07 Tufts  W, 6-5

- **NCAA New England Regional – Babson College**
  - 05/11 Babson  W, 1-0 (8 inn.)

- **NCAA Championships Final Eight**
  - 05/19 St. Thomas  L, 5-3
  - 05/20 Linfield (Ore.)  L, 8-1

[Click Here for 2006 stats](#)
Cold fusion: Ephs’ Frost has mastered the science of hitting

May 19, 2006

By Ben Fleming, North Adams Transcript

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North Adams Transcript.

Williams senior Alana Frost will look to lead the Ephs to a win in the NCAA Div. 3 Softball Championships Friday afternoon.

Thursday, May 18

WILLIAMSTOWN — The late plane to North Carolina contained, among other stragglers, Williams College seniors Alana Frost and Clara Hard, who turned in their biology theses Wednesday before setting off for the NCAA Division 3 Softball Championships. Finishing a thesis is the gateway to a degree with honors, and the yearlong process is rigorous and often exhausting.

“It’s definitely been sort of a blur, getting everything done,” Frost said. “Softball tends to bump up all your deadlines. It gets to be a crunch.”

Frost’s thesis is titled “Molecular responses in marine cyanobacteria to environmental stress.” Her research concerned the living conditions of bacteria that use photosynthesis to generate their energy. Not surprisingly, she will study appreciably more complex organisms next fall as a first-year student at Stanford Medical School, a choice reflecting her passion for science.

But that means Frost will have to do something she hasn’t done since she was 14 — take her eye off the ball. Assembling a sterling academic record has proceeded hand in hand with her pursuit of another highly complicated, highly specialized process — the science of hitting.

They start early in softball-crazy California, and the Ephs’ second baseman has spent years developing a swing that has proved capable of surviving in any environment, contributing in no small part to Williams’ second consecutive berth in the national finals (Friday, 3:30 p.m., Walnut Creek Softball Complex, Raleigh, N.C.).

Frost was named as a First Team All-NESCAC per- former for the fourth straight season this week, and her .460 batting average led the conference and ranked in the top 50 nationwide.

As her approach at the plate has developed, so has her power. This season, Frost has sprayed the ball into the gaps and corners at will, recording 21 extra-base hits in 100 at-bats, including six home runs. Focused and eager in demeanor, her .810 slugging percentage marks her as one of the best hitters in the history of Williams’ program.

“She’s doing incredible,” said classmate Laura Noel. “I think everyone knows when Alana steps up to the plate, something good is going to happen. She’s the best hitter in New England.”

To refine her stroke, Frost has long relied on — what else? — the scientific method, looking at video of her plate appearance to find and correct flaws.

“Coach (Kris) Herman has really helped be to be a better hitter over the years,” Frost said. “She’s really good at picking out the fine things with your swing. She gets it on tape, and goes over it with you and shows you what you’re doing wrong.”

At first, it appeared as if the opposite process might be taking place. As a freshman under former head coach Fran Vandermeer, Frost tore a swath through the league, hitting .370 with power and patience and earning NESCAC Rookie of the Year honors. Herman came over from Tufts at the end of that season, and Frost regressed at the plate the next spring. Her average sank to .281, and her slugging percentage dropped nearly 200 points.

But Frost had come into the college game with an unusually well-honed technique, one developed through years of playing with top-flight competition on the West Coast. At 12, Frost was part of a Northern California all-star team that took on the Chinese
national champions. Starting at 14, the Oakland native played with coach Don Ford’s Strike Zone, an A-level ASA squad that played all the way through the ASA 18 Gold Tournament, the top junior competition in the country.

“I learned how to hit more than anything,” Frost said. “It was mostly coaching and technique. We hardly stepped on the field. We had batting tunnels set up, and we just worked constantly.”

That was hardly an exaggeration. For “just about every weeknight” during high school, Frost traveled 45 minutes each way to a batting cage complex in Fremont, where she spent her time helping to instruct various youth softball leagues.

“It was a big program,” she said. “There was a lot going on. You’d go and do your homework, coach the other girls, get your cuts in every once in a while. I ended up learning almost as much by coaching as I did from practicing, because you were always thinking about it.”

If there was a hiccup in the process, it was spending her senior year away from home at Phillips Exeter High. Frost transferred into an area where there was no organized softball to speak of. “It was a pretty amazing difference,” she said. “It was nothing like home.”

But it was just a matter of getting acquainted. Three years later, with Frost fully acquainted with her new college coach, the ball resumed flying off the end of the bat. She hit .413 in her junior year, smacked six homers and the Ephs qualified for their first-ever NCAA Championships appearance.

They did not, however, play the way they wanted to once there. Frost did not register a hit in consecutive losses to St. Thomas and Alma, however, and Williams went two-and-out. Now, with one of her two scientific endeavors just days away from coming to an end, she has another senior project to complete — getting a hit against the two-time defending champion Tommies and ace pitcher Janet Nagle.

“Especially on her,” Frost said. “We’ve seen them since freshman year. Every time, we seem to put the bat on the ball a little bit more. We know we have the ability to play with them. We just have to do it.”

A tough undertaking, to be sure, and in a stressful environment. But Frost has been working on her response for a long time.

Price was just right

Williams senior beats Barker at own game

By Karen Gardner, North Adams Transcript

North Adams Transcript – April 6, 2006

WILLIAMSTOWN — Williams College senior Christine “Twink” Williams went to California a few weeks ago to take part in a softball tournament with her team. She came back the winner of a Cadillac, a hot tub, $1,000 cash, a set of flatware, a year’s supply...
Her winning performance will be featured on this Friday’s show, at 11 a.m. on CBS. (Williams will also appear on the ESPN2 Show “Cold Pizza” Monday, April 10th. The show runs from 10 a.m. to 12 p.m.)

Williams and her team landed the seats on the popular game show after their coach, Kris Herman, reserved a block of 23 tickets ahead of time for the players and coaches.

“We had been planning. We had made T-shirts. We were all sitting together and it was just awesome,” Williams said. “The team is just so much fun. The group of girls is just so amazing, especially at a game show like that. They were just falling out of their chairs and screaming like crazy. It was so much fun.”

The showcase showdown winner almost didn’t make it to the front of the stage — she didn’t recognize her name when it was called by the show’s announcer.

“The funny thing is, I always go by Twink and they use your government name because if you actually win any prizes that’s the name they need to have,” said Williams, 21, of Clifton Park, N.Y. “They said, ‘Christine Williams’ ... so I’m like clapping and suddenly it like clicks in my head, ‘It’s me!’ So I basically just bulldozed through the guy next to me and ran down the aisle.”

Once up on stage, “I did really poorly on the first game,” said Williams. The object was to match products with their prices. “I could win up to $16,000 and I only ended up with $1,000.”

Her luck began to change once she spun the wheel for a chance in the showcase and she ended up with 90 cents.

“Actually, (on the showcase) I was the high winner, so I got to choose whether to take the first showcase or to hand it off to Beulah, who ended up being my opponent. She was really, really nice,” Williams said.

The first showcase consisted of a set of golf clubs, two motorbikes and a trip to Aruba.

“It’s a good showcase, but no one in my family golfs and I could just see my brothers killing themselves on the motorbikes,” Williams said. “I figured I’d just hand it off and take my chances with the second showcase.”

Her showcase opened with the Krispy Kreme doughnuts.

“I started going nuts. And then they showed the hot tub and the last thing was a Cadillac,” she said. The car is a 2006 or 2007, four-door, CTS sedan. “I was going crazy. I really don’t know the price of anything, so I had no idea what to bid for the Krispy Kreme doughnuts. I just kind of left that one alone.”

The hot tub proved to be a lucky break as one of her teammates, Katie Powers, had happened to see the same model advertised the day before for $8,000.

“She was like screaming to me from the audience, ‘Hot tub, $8,000.’ So I had that in my mind. Then, when I saw the car, I of course went crazy. I was looking at my team and they were all flashing 35 (thousand dollars), but I thought that they meant that the car was 35 (thousand dollars), so in my mind I’m adding up the 35 plus the $8,000, which would bring me up to $43,000.”

However, the rest of the audience was urging her to bid $32,000 for the entire showcase.

“I was like, ‘Oh no, this is so bad,’ because my team had been wrong during the game — the one I won $1,000 on,” Williams said. “So I decided to gamble and to lower my team’s estimate and go above the rest of the crowd and stuck with $38,000.”

The total price of the showcase ended up being $46,444. But before she can bring her prizes home, she must pay the California state sales tax of 7 percent. Williams’ parents told her they would pay the taxes on the car as a graduation gift this spring.

“And I’m pretty sure my parents are going to want the hot tub,” Williams said.

The Krispy Kreme matter is under consideration.

“Who wants to pay taxes on like a million donuts,” she said. “If I can donate them, then I’ll do that. My father owns a church, so I’ll probably donate most of them to that and if I can donate any to the softball team for fund raising, then I’ll definitely do that.”

The Campbell’s soup may go to a food bank, but Williams still is up in the air about selling the car to help fund next year’s law school or keeping it.

“Either way, it’s a really sweet deal and tons of fun,” she said.

And yes, she did kiss Bob Barker.
Little Three Champions (12th Straight)

2nd at NESCACs

4th at NCAA Championships

10th straight NCAA quarterfinals appearance

**All-NESCAC**
- Daniel Greenberg – 1st Team Singles
- Scott MacKenzie – 1st Team Doubles
- Gary Simonette – 1st Team Doubles

**All-Americans**
- Daniel Greenberg
- Scott MacKenzie
- Gary Simonette

**NESCAC Clarence Chaffee Sportsmanship Award**
- Bryan Monier

**ITA National Player to Watch**
- Daniel Greenberg

**Head Coach Dave Johnson 19 years: 246-64**

**SEASON**
- Williams 7, Skidmore 0
- Williams 7, Point Loma Nazarene 2
- Williams 7, Redlands 0
- Claremont-Mudd-Scripps 4, Williams 3
- Williams 4, UC Santa Cruz 3
- Williams 4, Dartmouth 3
- Williams 7, Tufts 0
- Middlebury 5, Williams 2
- Williams 6, Amherst 1
- Williams 6, Vassar 1
- Williams 5, MIT 2
- Williams 5, Trinity 1
- Williams 7, Wesleyan 0 -- Little Three Champs
- Williams 7, Trinity 0 -- NESCAC Semifinals
- Middlebury 4, Williams 3 -- NESCAC Finals
- Williams 4, Bates 0 -- 1st Rd. NCAAs
- Williams, 4 Trinity 0 -- 2d. Rd. NCAAs
- NCAA Quarterfinals
- Williams, 4 Claremont-Mudd-Scripps 3 --
- Emory 4, Williams 1 -- NCAA Semifinals
- Gustavus Adolphus 4, Williams 3 -- Ephs finish 4th

**Ephs’ Daniel Greenberg Named ITA National Player to Watch**

FREDERICKSBURG, VA – At the recently concluded NCAA Men’s Div. 3 Tennis Championships held at the University of Mary Washington the Intercollegiate Tennis Association (ITA) announced the winners of its national awards. Williams sophomore Daniel Greenberg (Chapel Hill, NC) was named the ITA National Player to Watch in Div. 3. The ITA’s National Player to Watch is a player who has had an outstanding season, not yet won a national singles title, and is expected to perform at a high level the rest of his or her career.

Playing number one singles for the fifth-ranked Ephs as a sophomore certainly qualifies Greenberg as an outstanding talent. This year he posted a singles mark of 9-6 in dual matches and went 1-1 at both the ITA New Englands and in the NCAA Singles Championships to finish at 11-8.

Teaming with senior Bryan Monier at number three doubles he compiled a record of 8-5.
Little Three Champions
2nd at NESCACs
5th at NCAA Championships

All-NESCAC
Cary Gibson -- 1st Team Doubles
Annie Schneidman -- 1st Team Doubles
Courtney Bartlett -- 2nd Team Singles
Alex Maclennan -- 2nd Team Singles

NESCAC Coach of the Year
Julie Greenwood

Head Coach Julie Greenwood
8 years: 117-37

SEASON
Trinity ----- W, 8-1
Wesleyan ---- W, 8-1
Vassar ------ W, 9-0
Amherst ----- L, 6-3
Middlebury -- W, 5-4
NE Div. 3 Championships -- 2nd place
Mary Washington -- W, 5-4
Pomona ------ W, 5-2
Emory ------ L, 7-2
Carnegie Mellon -- W, 5-3
Washington & Lee -- L, 8-1
Gustavus Adolphus -- L, 6-3
Colby ---- W, 8-4
Bowdoin ---- W, 9-0
Tufts ------ W, 5-4
Middlebury --- L, 5-4
Amherst --- W, 5-4
Middlebury --- W, 5-4 NESCAC Semifinals
Amherst ------ L, 6-3 NESCAC Finals
Vassar ------ W, 5-1 1st Rd. NCAAs
Middlebury --- W, 5-4 2nd Rd. NCAAs
Washington & Lee -- L, 5-0 NCAA Quarterfinals
Little Three Champions (18th straight)
NESCAC Champions (6th straight)
New England Champions (3rd straight)
ECAC Champions
4th at NCAA Championships

All-Americans
Dan Austin -- shot put, hammer & discus
Andrew Arons -- 200m
Mike Davitian -- 1,500m
Neal Holtschulte -- 5,000m
Branden Mirach -- long jump & triple jump

Records Set in 2006
Discus -- Dan Austin -- 196’11” (60.02m)
Long Jump -- Branden Mirach -- 23’10” (7.26m)
(Ties oldest record on books from 1933)
Triple Jump -- Branden Mirach -- 48’6”1/4 (14.79m)
(ties record with older brother Jason of ’01)

Head Coach Ralph White 5 years: 60-0-

SEASON
March 19 Occidental College 2nd/7
Austin -- 1st -- shot put (15.25m) & discus (54.39m)
Mirach -- 1st -- long jump (6.60m)
Joe Song -- 1st -- long jump (6.60m)
Markus Burns -- 1st -- high jump (1.93m)

March 25 Point Loma Nazarene non-scoring
Mike Davitian -- 1st -- 1,500m (3:57.08)
Holtschulte -- 1st -- 5,000m (14:40)
Mirach -- 1st -- long jump (22’ 1.5”)
David Kessel -- 1st -- triple jump (41’ 9.25”)
4X100 -- 1st -- (42.09)

April 7 Williams Relays non-scoring
4XMile Relay -- 1st -- Bill Ference, Macklin Chaffee, Sean Hyland & Mike Davitian (17:54)
Mirach -- 1st -- long jump (22’ 1.5”) & triple jump (44’ 4”)
Austin -- 1st -- shot put (51’ 4.5”)
4X200 Relay -- 1st -- Arons, Drew Raab, John Syzmanski & Devidas (1:19)
4X100 Relay -- 1st -- Mirach, Arons, Symanski & Seferis (42.23)
4X200 Relay -- 1st -- Tyler Gray, Chris Beeler, Davitian & Ference (7:49)

April 15
George Davis Invite UMass Lowell
non-scoring
Dave DeVaughan -- 1st -- discus (150’ 7”)

April 22 Little Three Championships (Wesleyan) 1st
18th straight title
4X100 Relay -- 1st -- Arons, Mirach, Seferis & Symanski (42.97)
Mirach -- 1st -- long jump (22’ 7.25”) & triple jump (47’ 3.5”)
Beeler -- 1st -- 800m (1:54.24)
Austin -- 1st -- discus (54.22m), shot put (50’ 7.25”) & hammer throw (51.02)
Arons -- 1st -- 100m (10.95) & 200m (22.16)
Seferis -- 1st -- 400m (50.32m)
4X400 Relay -- 1st -- (3:23)

May 29 NESCAC Championships (Bowdoin) 1st/10
6th straight title
Arons -- 1st -- 100m (11:00) & 200m (22.12)
Mirach -- 1st -- long jump (22’ 7.25”) & triple jump (47’ 3.25”)
Davitian -- 1st -- 1,500m (3:53)
Gray -- 1st -- 800m (1:54.25)
4X100 -- 1st -- Mirach, Arons, Seferis & Symanski (42.34)

May 4-6 New England Championships (Springfield) 1st/26
3rd straight title
Austin -- 1st -- discus (197’ 3.75”)
**Meet and Williams record
Mirach -- 1st -- triple jump (46’10”)
Arons -- 1st -- 100m (10.76)
4X100 -- 1st -- (41.92)
4X400 -- 1st -- (3:19.35)

May 25-27 NCAA Championships Benedictine U., Lisle, IL 4th/66
Arons -- 6th -- 200m (21.59)
Austin -- 1st -- discus (195’ 1”), shot put (6th - 54’ 6.75”), hammer (7th 179’ 5”)
Davitian -- 3rd -- 1,500m (3:50.95)
Holtschulte -- 5th -- 5,000m (14:51.39)
Mirach -- 4th -- triple jump (48’ 6.25”) & long jump (8th -- 23’ 4”)

Dan Austin 4th at USA Track & Field
Outdoor Championships in Discus

WILLIAMSTOWN, MA – Recent Williams graduate Dan Austin ’06 (Mechanicsburg, PA) lined up with ‘the big boys’ last weekend in Indianapolis, IN at the 2006 AT&T USA Outdoor Track & Field Championships in the discus and he showed he belongs, finishing fourth among America’s best.

The only competitors to finish ahead of Austin are all Nike-funded and supported professional discus throwers who have dominated the discus in the U.S. for quite some time. – Ian Walz won with a throw of 211’8”; Casey Malone was second (204’2”) and Jarred Rome was third (199’11”).

The USA Outdoor Track & Field Championships are for the very best American citizens competing in track & field – amateur and pro – it is the largest of competitive stages for American athletes.

Austin fresh off his second straight Div. 3 NCAA title finished as the top collegiate thrower by hurling the discus 198’9” to out distance Arizona’s Adam Kuehl by 3’7” (195’2”). Kuehl finished second at the NCAA Div. 1 Championships and will be Austin’s teammate next year. “I’m really excited and thankful for the way things have worked out over the past year,” said the low-key Austin. “Placing 4th surprised me and exceeded all of my expectations.”

Austin will throw for the Wildcats of Arizona for one year as he still has one year of eligibility remaining due to an injury incurred while at Williams and he will room with Kuehl. Austin will enroll in graduate courses at Arizona in the near future.

While fourth at USA Outdoors is impressive and noteworthy Austin’s goal is to crack the top three and get funded for international competitions and training so he can compete for a spot on the 2008 U.S. Olympic team that will compete in Beijing. The U.S. can send three discus throwers in 2008.

The weekend before the USA Championships Austin was at the U.S. Olympic Training Center in Chula Vista, CA for a throwers only meet and he recorded his best throw ever – 208’ – but that was under absolutely perfect conditions. “In Chula Vista the weather was great and there was no wind, but in Indianapolis we had a long delay because of rain [3 hours] and the air was very heavy,” Austin noted.

“I’m excited about going to Arizona and competing on a Div. 1 level and pushing and being pushed by Adam Kuehl, because I think it can only help us both to get better.”
Little Three Champions (21 straight)
NESCAC Champions (6th straight)
New England Div. 3 Champions (3rd straight)
2nd at NCAA Championships

USTFCCA N. E. Outdoor Track
Athlete of the Year
Caroline Cretti

USTFCCA N. E. Outdoor Track
Coach of the Year
Ralph White

NCAA Titles
Caroline Cretti – 5,000m (17:12)
Caroline Cretti – 10,000m (35:10.42)

Penn Relays Champion
Caroline Cretti – 10,000m (35:15.76)

All-America
Caroline Cretti
Caroline Doctor
Katie Fulton
Liz Gleason
Katie Howard
Veronica Ivey
Kristin Moss
Maddie Outman
Carrie Plitt

District One Academic Second Team
Caroline Cretti

Records Set in 2006
200m – Katie Fulton – 24.12
1600m Relay – Maddy Outman, Veronica Ivey, Katie
Howard, Carrie Plitt – 3:48.26
High Jump – Kristin Moss – 5’7” (1.70m)(ties record)
Long Jump – Kristin Moss – 19’ (5.79m)

SEASON
March 19 Occidental College 2nd/7
Fulton – 1st – 200m (25.43)
Moss – 1st – high jump (1.67m)
Caroline Doctor – 1st – long jump (5.51m)
Katie Krause – 1st – shot put (12.16m)
Anna Morrison – 1st – discus (41.06)
4X400 – 1st – Lindsay Millert, Fulton, Plitt & Moss (48.80)

April 1 Point Loma 4th/8
Fulton – 1st – 200m (24.85)
Cretti – 1st – 1,500m (4:41.32)
Lauren Philbrook – 1st – 10,000m (40:36)
Doctor – 1st – long jump (17’ 9.75”)
Doctor – 1st – triple jump (37’)
4X400 – 1st (49.28)

April 8 Williams Relays non-scoring
Doctor – 1st – long jump (17’ 1.5”)
Doctor – 1st – triple jump (36’ 0.75”)
Fulton – 1st – 100m (12.55)
Plitt – 1st – 200m (26.03)
1,600 sprint medley – 1st – Fulton, Plitt,
Heather Bemis & Katie Howard (4:12.86)

April 15 George Davis Invite
at UMass-Lowell non-scoring
Fulton – 1st – 100m (12.37)
Fulton – 1st – 200m (24.85)
Howard – 1st – 400m (58.16)
Alex Phillips – 1st – discus (136’ 6”)
Abelee Esparza – 1st – hammer (148’ .08”)

April 22 Little 3 Championships at Wesleyan 1st/10
Fulton – 1st – 100m (12.25)
Fulton – 1st – 200m (25.26)
Doctor – 1st – long jump (18’ 6”)
Doctor – 1st – triple jump (38’ 0.25”)
Esparza – 1st – shot put (38’ 2”)
Esparza – 1st – hammer (147’)
Howard – 1st – 400m (58.40)
Cretti – 1st – 1,500m (4:40.45)
Outman – 1st – 100m hurdles (17:30)
Morrison – 1st – discus (134’ 8”)
Katie Stack – 1st – javelin (104’ 7”)
4X100 – 1st – (49.62)

April 29 NESCAC Championships at Bowdoin 1st/10
Fulton – 1st – 100m (12.53)
Fulton – 1st – 200m (24.85)
Doctor – 1st – long jump (17’ 9”) 2nd
Doctor – 1st – triple jump (38’ 0.25”)
Espirza – 1st – shot put (38’ 2”)
Espirza – 1st – hammer (147’)
Howard – 1st – 400m (58.79)
Moss – 2nd – high jump (5’ 6”)
4X100 – 1st – Outman, Plitt, Millert & Fulton (49.37)
4X400 – 1st – Bemis, Howard, Ivey & Plitt (3:55.79)

May 18-19 ECACs at Springfield 7th/46
Phillips – 2nd – shot put (44’ 1.25”)
Morrison – 3rd – discus (135’ 9”)

May 25-27 NCAA Championships Benedictine U., Lisle, IL 2nd/70
Cretti – 1st – 5.00m (17:12)
Cretti – 1st – 10,000m (35:10.42)
Moss – 2nd – high jump (5’ 7”)
Fulton – 4th – 200m (24.12)
Doctor – 5th – triple jump (38’ 8.25”)
Doctor – 6th – long jump (18’ 6.5”)
Gleason – 8th – 5.000m (39)
Gleason – 8th – 10,000m (36.32.41)
4X400 – 8th – Outman, Ivey, Howard & Plitt (3:53.29)
Middlebury native Heather Lindenman became a running enthusiast at a very young age thanks to the influence of her late father, Neil.

“My dad expected my sister, Julie, and I to push ourselves to the maximum,” said Lindenman, who ran her first local road race at age 9. “He never pressured us in sports, but he stressed that if we were going to do something, we had to do it well.”

That included even practice runs leading into a race. Neil Lindenman, a physician and surgeon in the Waterbury area, was an active participant in the Litchfield Hills Road Race and Pat Griskus Sprint Triathlon at Quassy Amusement Park. He passed away in March of last year.

Now, it’s Heather’s turn to run. She completed the 19th annual Griskus last week in 1 hour, 15 minutes and 59 seconds.

“It’s become my job to take over for my dad,” Lindenman said. “The race is in my hometown, and I felt a need to compete there after running past Quassy all of the time as a kid.”

Running became a passion for Lindenman while attending The Taft School (a 2000 graduate) in Watertown and then Williams College (2004 graduate) in Massachusetts, where she was a cross country and track standout.

Now, she has joined the coaching ranks as a girls cross country coach at a high school in Donna, Texas, where she doubles as a 10th grade English teacher. She arrived there through a national program called Teach For America, in which college graduates teach in urban and low-income areas throughout the United States.

While at Taft, Lindenman never envisioned teaching as a profession, but the prep school provided her with a plan.

“Taft gave me an open mind to explore all of the things out there in the world that I never thought I could do,” she said. “The school’s motto is, ‘Not to be served onto, but to serve.’”

That meaning was clear-cut to Lindenman.

“The world is not created for you, and if you have a chance to help people around the world, you need to do it,” she said.

Lindenman didn’t have to leave the country to take the advice to heart.

“I’m as far South as you can be and still be in the U.S.,” said Lindenman, who will return to south Texas in the fall for the second of a two-year commitment.

“I wanted to teach somewhere in a totally different place than where I grew up,” Lindenman added. “I didn’t have a specific location in mind. It was chosen for me.”

The choice turned out to better than she could have imagined.

“The best way to put it is I may be learning more than the students are learning from me,” said Lindenman, who noted that close to 100 percent of her students are Mexican American. “Every day is a different and exciting challenge.”

Rarely does Lindenman speak Spanish in her classroom, although she does when communicating to her students’ parents.

“This coming year, I want to spend more energy in helping kids love to read,” Lindenman said. “Literacy and culture are so important, and I want to emphasize that more.”

Perhaps even more important is getting her students to follow their dreams, like Lindenman’s teachers at Taft stressed to her.

Graduate school is on the horizon for Lindenman, who is unsure where her career path will take her beyond the 2005-06 academic year. But she’s sure she’ll continue to be an advocate for people in need.
Cretti runs ahead after stellar Williams career

June 5, 2006

WILLIAMSTOWN, MA — Of all the training Caroline Cretti did during her four years at Williams College, jumping into the pool every Monday morning is the one thing she will miss the least.

Which makes perfect sense if you know of Cretti, who made her mark on the dirt and grass trails around New England in the fall and on the indoor and outdoor running tracks in the winter and summer.

When she graduated from Williams on June 4th, Cretti left one of the most distinguished and decorated running careers behind her — but not totally. She has decided to continue her running career with a long-term eye on the 2008 Beijing Olympics.

“I would of course love to make the Olympics, but do understand that I have a very long way to go to even come close,” Cretti said. “I will probably focus on the 3K-10K on the track. I guess I am being positive in terms of my outlook toward it all — that’s why I am giving it a shot — but really I know there is a big gap between my performances and those other women! Who knows though, I am excited to see what may happen...”

After taking a summer off, the Carbomdale, Co. native will join a program called Zap Fitness, a “training center” for post collegiate runners. The program’s goal is to help runners reach the Olympic/World/National level, according to Cretti.

“The ultimate goal is to get you to a level where you can be fully sponsored and supported by your running — they provide the first step,” she said. “The program is at least a couple of years old, since results aren’t always immediate, it takes time to develop. I would pretty much just be running down in North Carolina, maybe trying to freelance write on the side, but really giving this running thing a shot. Why not, it is the only time in my life I could do something like this, so I feel like its a win/win situation.”

Caroline Cretti leads the 10,000-meter run field at the 2006 Div. III Outdoor Track & Field Championships (Photo by Mark Adkins)

Winning is something Cretti became quite accustomed to at Williams. She earned All-America honors 15 times in her career and won three individual national championships — all coming in the 2006 competitive year.

Her first national title came indoors in March when she won the 10,000-meter run at the Div. III National Indoor Track & Field Championships at St. Olaf College in Minnesota.

She wrapped up her career in late May at Benedictine University in Lisle, Illinois, winning the 10,000 again, this time at the Div. III outdoor national championships, and also winning the 5,000 for the first time.

“Caroline is without a doubt the top female distance runner to compete at Williams,” assistant track and field coach and head coach of women’s cross country Peter Farwell said, “and the most consistent of any (male or female) in terms of training and racing at the highest level every season. She graduates with more school track records (5), All-American awards (15) and individual national titles (3) than any Eph distance
runner ever.”

“These achievements were more than well-earned, as Caroline has been supremely dedicated throughout her four years at Williams, adding extra morning runs on most weekdays, putting in long Sunday runs, icing daily to keep herself uninjured, and training successfully each summer,” Farwell said. “Moreover, she so loved competing and being with the team she could rarely be convinced to skip a meet.”

In the fall, as a senior on the cross country team, Cretti placed sixth individually at the national championships. She was equally dominate on the cross country trails as she was on the track. Over four years, Cretti ran to top six finishes at nationals three times. The Ephs won two national titles in that span — 2002 and 2004 — while finishing second in 2005.

In addition, Cretti won the Div. III New England title in cross country all four years and won the New England Small College Athletic Conference championship race three of her four years.

She was All-NESCAC four times in cross country and three times in outdoor track and field — the only time she did not earn the qualification was in May, when she skipped the NESCAC meet to take part in the prestigious Penn Relays. Facing mostly accomplished Div. I runners, Cretti won the 10,000-meter run.

“A wonderful captain of both track and cross country teams as a senior, the likes of Caroline will probably not be seen again,” Farwell said. “These four years will in some sense be known as the ‘Cretti Era’ in New England running circles.”

The “Cretti Era” wasn’t just the dominance of one individual. For the women’s programs at Williams, it was also marked by a string of team accomplishments. In addition to the aforementioned two national titles in cross country, Cretti helped her team finish second nationally in 2005 and fourth on 2003.

In track, the Eph women placed second in 2006 at the indoor meet, fourth in 2005, 12th in 2004 and third in 2003. Outdoors, the women were second in May, 7th in 2005, 8th in 2004 and 8th in 2002.

“One of my favorite memories is winning the x-c NCAA team title in 2004,” Cretti said. “It was just such a close team, some of my very best friends were on it and we were the underdogs...so when we won, it was pretty amazing. Also, as much as I have loved my own events in track, the past two years I was able to be on the Distance Medley Relay (DMR) for indoor nationals and there is just something about the relay that is so exciting and so much fun to be a part of...so running those was a wonderful experience.”

With her Williams career in the rearview mirror, Cretti took some time to acknowledge several people who she felt pushed her toward all those fantastic performances and finishes over her four years.

“Pete Farwell of course is an amazing, amazing distance coach — just looking at his record will show that — but I don’t think people really understand how much he puts into each athlete,” Cretti said. “Its really amazing. But also, all of the assistant coaches that are still here but also that have come and gone in the past couple of years all make such an impact on the program. They really hold it all together and get very little recognition.”

Farwell, for one, is not putting the Olympics out of Cretti’s reach.

“Continuing her career with Zap Fitness club will no doubt take her to new levels and achievements,” he said. “She will be fast on the track, stronger than ever in cross country races, and will make a mark very quickly in both trail racing and road races. She has an excellent combination of speed, endurance, and is phenomenal on hills. It will be fun and exciting to follow her development.”