

HEAD COACH

2006-2007 SCHEDULE



CROSS COUNTRY AND TRACK & FIELD

2006 WOMEN'S

JIM PENNINGTON enters his 23rd season as head coach of the Springfield College women's cross country and track and field teams.

Under Pennington's direction, the Pride has recorded seven top 20 finishes at the NCAA Indoor and Outdoor Track & Field Championships and seven top 15 finishes at the NCAA Cross Country Championships.

He has coached 67 All-Americans and numerous All-New England and All-Conference performers. Five of his student-athletes have received a prestigious NCAA Post-Graduate Scholarship.

A native of Catonsville, Md. Pennington earned his bachelor's degree in physical education from Towson (Md.) State in 1974 and his Master's in elementary PE from Georgia in 1976. He was an assistant coach at Georgia for three years.

Prior to joining the SC staff, Pennington was at Towson State where he was an assistant men's track and field coach and head men's cross country coach. He also started the women's track and cross country programs at Towson.

Pennington is the chairperson for the United States Cross Country Coaches Academic All-American Selection Committee and a former

member of the NCAA Track & Field Committee. During the summer, he is the Meet Director of the Massachusetts Special Olympics Summer Games for track & field. At Springfield, Pennington also serves as an assistant professor of Physical Education.

Jim and his wife Lianne have three children, Connor (7), Kellie (14) and Sean (16).

CONTACT INFORMATION

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ASSISTANT COACHES

Crystal Larson, a graduate of Marquette, enters her third year with the team handling the throwing and weight events. **Paula Klepado**, a graduate of Bryant College, begins her second season at SC. At Bryant she was an NCAA Qualifier in cross country. **Katie Ledesma**, a graduate of St. Norbert, is in her second year as an assistant coach.

CROSS COUNTRY ALL-AMERICANS

Marisa Clapp – 2001, 2002
Martha Grinnell – 1987
Alyson Homko – 1991
Kristen Lyons – 1986
Katie Meehan – 1991, 1992
Barbara Swallow – 1998, 1999, 2000
Julie Washburn – 1995, 1996
Meg Young – 2005

WOMEN'S TRACK INDOOR & OUTDOOR SCHEDULE 2006-2007

INDOOR

DECEMBER

2 Wesleyan Invitational Middletown, Conn.
9 Harvard Invitational Cambridge, Mass.

JANUARY

20 Coast Guard Invitational New Britain, Conn.
27 West Point Invitational West Point, N.Y.

FEBRUARY

3 Tufts Invitational Medford, Mass.
10 BU Open and MIT Coed Invitational Boston, Mass.
17 Div. III New England's TBA
23-24 Open New England's at Boston University Boston, Mass.

MARCH

3 ECAC Division III Championships at Middletown, Conn.
Wesleyan University
9-10 NCAA's at Rose Hulman University Terre Haute, Ind.

OUTDOOR

MARCH

31 Westfield State, RPI Westfield, Mass.

APRIL

5-6 Tufts Multi-Events, Distance Events Medford, Mass.
7 Middlebury, Keene State Springfield, Mass.
14 WPI/USCG New London, Conn.
21 New Haven, Eastern Connecticut Springfield, Mass.
26 Penn Relays Philadelphia, Pa.
28 NEWMAC Championship New London, Conn.
@ Coast Guard

MAY

4-5 Division III New England's TBA
11-12 Open New England's TBA
17-18 ECAC Championships @ SUNY Oneonta Oneonta, N.Y.
24-26 NCAA's @ Univ. of Wisc.-Oshkosh Oshkosh, Wisc.

Times of meets are TBA Schedule subject to change

2006 CROSS COUNTRY SCHEDULE

SEPTEMBER

9 at Amherst Invitational
16 at UMass Dartmouth
23 at Williams Invitational
30 at Keene State Invitational

NOVEMBER

4 ECAC's at Williams
11 Division III N.E. Regionals at
Veteran's Golf Course
18 NCAA's at Wilmington (Ohio)

OCTOBER

7 New England's at
Franklin Park Times of meets are TBA
Schedule subject to change
14 at Albany State Invitational
29 NEWMAC Championships
at Mount Holyoke

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Sophomore Kelsey Bishop



Junior Alyssa Brigham



2006-2007 PREVIEW

CROSS COUNTRY

Despite the loss of four seniors, including All-American (8th place, NCAA) **Meg Young '06**, the Pride Women's Cross Country team will look to returning runners **Alyssa Brigham**, **Lara Dalidowitz**, **Jess Borsotti**, **Maureen Ashe**, and **Katie Parente** to lead a young group of freshman harriers.

Incoming freshman include **Sarah Billings**, **Catherine Croce**, **Chelsea Ellwood**, **Emmaleen Lang**, **Deirdre Lapsley**, **Megan Libon**, **Kathleen McCarthy**, **Nicole Reynolds**, **Rachel Setless**, **Christina Slot**, and **Allison Vander Werff**.

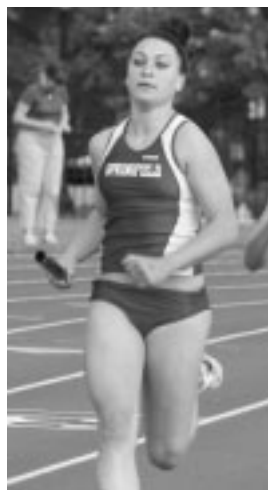
As it did in 2005, the Pride will host the 2006 NCAA Division III Regional Cross Country Championships at nearby Veterans Golf Course.

TRACK & FIELD

After coming off an exciting 2005-06 season, the women's track & field team will have to rely heavily on some seasoned veterans and talented newcomers. The Pride finished 4th indoors at the New England Div. III Championships and notched that up to a 3rd place finish outdoors in that same championship. SC will aim to be in the top 5 again for New England Division III Championships both indoors and outdoors, and hopes to qualify a number of athletes for nationals in multiple events, including **Kelsey Bishop '09** in the hammer event for the second-year in a row. In conference competition, SC has put itself into position to challenge Wheaton for the NEWMAC title.

The Pride returns a solid nucleus that includes NCAA qualifier **Kelsey Bishop** (hammer), **Kristyn Meade** (400 meters, 800 meters), **Jen McBride** (200, 400 meters), **Sarah Waddington** (throws), **Kayla Robertson** (multis and jumps), **Ashley Palmer** (multis, hurdles), **Adrienne Sayward** (multis, jumps, javelin), **Sarah Rioux** (high jump), **Alyssa Brigham** (1500 meters), **Jess Borsotti** (10K), **Lara Dalidowitz** (high jump, steeplechase), **Katie Parente** (400 meters), **Julie Ferdella** (sprints) and **Eva Gibson-Mueller** (400 meters).

Newcomers include sprinters **Nicole Reynolds**, **Laura Clagg**, **Megan Libon**, **Nikki Hay**, **Karissa Pastyrnak**, and **Rachel Setless**. Hurdlers and multi-event performers include **Rebecca Sither**, **Catherine Croce**, and **Stephanie Colella**. New throwers include **Stephanie Sheehan**, and **Colella**. Triplets **Allison**, **Courtney**, and **Kelsey Vander Werff** will give depth to the team in a number of events. Distance and middle distance runners **Chelsea Ellwood**, **Emma Lang** and **Deirdre Lapsley** will also provide key performances. Jumpers include **Hay** (long jump) and **Kari Manning** (long jump, triple jump) along with **Sither**.



Senior Jen McBride



Junior Kristyn Meade

2006-07 WOMEN'S TRACK ROSTER OF COMPETITORS

NAME	CL	EVENTS	HOMETOWN
Sarah Billings	Fr.	mid distance	New Salem, Mass.
Kelsey Bishop	So.	throws	Warwick, R.I.
Karen Bonanno	Sr.	Jumps	E. Meadow, N.Y.
Jess Borsotti	Jr.	distance	Westfield, Mass.
Michelle Boucher	Fr.	Pole Vault	Enfield, Conn.
Alyssa Brigham	Jr.	distance	Penacook, N.H.
Laura Clagg	Fr.	sprints	Foxboro, Mass.
Meghan Cole	So.	hurdles	Gloucester, Mass.
Steph Colella	Fr.	javelin/multi	N. Reading, Mass.
Catherine Croce	Fr.	sprints/hurdles	Wallkill, N.Y.
Lara Dalidowitz	So.	mid dist/HJ	Southington, Conn.
Rachel Disaia	Sr.	Throws	Waterford, Conn.
Chelsea Ellwood	Fr.	mid distance	San Diego, Calif.
Julie Ferdella	Sr.	sprints	Leicester, Mass.
Eva Gibson-Mueller	So.	sprints	Ipswich, Mass.
Nikki Hay	Fr.	sprints/jumps	Norwalk, Conn.
Tracey Hayes	Sr.	mid distance	Seekonk, Mass.
Karah Heald	Fr.	dist./mid dist.	Bedford, N.H.
Emma Lang	Fr.	mid distance	Saugerties, N.Y.
Deirdre Lapsley	Fr.	distance	Plymouth, Mass.
Megan Libon	Fr.	sprints	Foxboro, Mass.
Kari Manning	Fr.	jumps	South Glens Falls, N.Y.
Jen McBride	Sr.	sprints	Mechanicville, N.Y.
Kristyn Meade	Jr.	mid distance	Raynham, Mass.
Ashley Palmer	Jr.	multi-events	Holyoke, Mass.
Katie Parente	So.	sprints	Torrington, Conn.
Karissa Pastyrnak	Fr.	sprints	Bristol, Conn.
Nicole Reynolds	Fr.	sprints	Riverside, R.I.
Sarah Rioux	Jr.	sprints/HJ	Turner, Maine.
Kayla Robertson	So.	hurdles/jumps	Peace Dale, R.I.
Adrienne Sayward	Sr.	hurdles, javelin	Salem, N.H.
Rachel Setless	Fr.	sprints	Paramus, N.J.
Steph Sheehan	Fr.	throws	Somerville, Mass.
Becky Sither	Fr.	hurdles, jumps	Scarborough, Maine
Christina Slot	So.	distance	Cheshire, Conn.
Allison Vander Werff	Fr.	steeplechase	Golden Bridge, N.Y.
Courtney Vander Werff	Fr.	sprints	Golden Bridge, N.Y.
Kelsey Vander Werff	Fr.	hurdles	Golden Bridge, N.Y.
Sarah Waddington	So.	throws	Westerly, R.I.
Nicole Wassell	Sr.	pole vault	Hebron, Conn.
Jenn Zguro	So.	multi-events	Springfield, Mass.

A LOOK AT THE YEAR

Track & Field athletes participate during the entire school year as practice begins in early September with strength & conditioning. If a student-athlete competes in another sport, her track and field training will start at the conclusion of the previous sport's schedule. October brings organized practice three days a week and in November practice runs five days a week. Weight lifting is done all year, two to three times a week.

Indoor competition starts the first week of December and runs through mid-March. Outdoor competition begins at the end of March and extends through May, depending upon qualifying for post-season championships.

Twice a year the entire team participates in "Humanics In Action Day," one day in the fall and another in spring that is free from classes and dedicated to community service activities near the college.

2006 CROSS COUNTRY TEAM ROSTER

NAME	CL	HOMETOWN
Mollie Arsenault	So.	Greene, R.I.
Maureen Ashe	Sr.	Springfield, Mass.
Sarah Billings	Fr.	Salem, Mass.
Jess Borsotti	Jr.	Westfield, Mass.
Alyssa Brigham	Jr.	Penacook, N.H.
Catherine Croce	Fr.	Wallkill, N.Y.
Lara Dalidowitz	So.	Southington, Conn.
Chelsea Ellwood	Fr.	San Diego, Calif.
Julie Ferdella	Sr.	Leicester, Mass.
Emmaleen Lang	Fr.	Saugerties, N.Y.
Deidre Lapsley	Fr.	Plymouth, Mass.
Megan Libon	Fr.	Foxboro, Mass.
Kathlee McCarthy	Fr.	Nanuet, N.Y.
Ashley Palmer	Jr.	Holyoke, Mass.
Katie Parente	So.	Torrington, Conn.
Nicole Reynolds	Fr.	Riverside, R.I.
Rachel Setless	Fr.	Paramus, N.J.
Christina Slot	So.	Cheshire, Conn.
Allison Vander Werff	Fr.	Golden Bridge, N.Y.

MULTI-SPORT ATHLETE

The student-athlete at Springfield College is encouraged to participate with as many teams as desired as long as the individual's academics are following a successful path. Athletics at Springfield are co-curricular, not extra-curricular: they are considered an integral part of academics as the SC philosophy believes that learning takes place on the athletic field as well as in the classroom.

There have been student-athletes on the women's cross country and track and field teams who have also participated in soccer, field hockey, basketball, swimming, and gymnastics.

TEAM GRADE POINT AVERAGES AND AWARDS

An intercollegiate women's cross country and/or track & field team is honored as an Academic All-American team when it obtains, collectively, a GPA above 3.1. Both of these teams at Springfield College have achieved this honor since the inception of the award 16 years ago. Each fall the athletic department ranks each of its 24 teams academically by

OUTDOOR ALL-AMERICANS

(Chronological listing)		
1978	Sue North	Mile
	Branwen Smith	Shot put
1986	Janet Williams	long jump, triple jump, 55 meters, 55 meter hurdles
		1600 relay
1987	Sheryl Bishop	1600 relay
	Tamara Stokes	1600 relay
	Yvette Moore	1600 relay
	Cheryl McGibbon	1600 relay
1988	Diane Hanks	3000 meters
1989	Sherri Paddock	1500 meters
	Karen Anderson	1500 meters
1990	Karen Anderson	1500 meters
1992	Katie Meehan	1500 meters, 3000 meters
1997	Beth Bowler	1600 relay
	Erin Evans	1600 relay
	Stephanie Peterson	1600 relay
	Kristen Donato	1600 Relay, 55 meter hurdles, 400 meters
1998	Jenna Carter	4x400 relay
	Beth Bowler	400 meters, 4x400 relay
	Erin Donahue	4x400 relay
	Lauren Dutra	4x400 relay
	Diane Welch	20 lb. weight
	Barbara Swallow	5000 meters
1999	Barbara Swallow	5000 meters
2000	Barbara Swallow	5000 meters
2002	Marisa Clapp	1500 meters

team GPA. The women's cross country and track and field teams, with a 100 percent graduation rate in the last two decades, are among the top two teams each year.

Additionally, seven individuals have been awarded an NCAA Post-Graduate Scholarship. This award is given annually to 12 student-athletes nationally per sport and recognizes academic and athletic accomplishments during her four years as an undergraduate. Each recipient is awarded \$8,000 towards graduate school.

Both teams have also had many of its members chosen to the CoSIDA (College Sports Information Directors of America) Academic All-American teams.

STRENGTH & CONDITIONING

The SC Athletic Department has an outstanding strength & conditioning program. Certified Strength & Conditioning specialists work with individuals on all athletic teams with the goal of improving core strength in the torso and lower legs. Lifting is done two to three times a week.

INDOOR ALL-AMERICANS

(Chronological listing)		
1978	Branwen Smith (AIAW)	Shot put
1982	Karolyn Welsh (Div.I, Div.II)	Javelin
1984	Karolyn Welsh (Div.I, Div.II)	Javelin
1985	Kristen Lyons	1500 meters
	Janet Williams	Heptathlon, 100 meter hurdles, 400 meter hurdles
1986	Janet Williams	100 meter hurdles
1988	Chris Brighton	3000 meters
1992	Katie Meehan	3000 meters
1996	Kristen Donato	Heptathlon
	Barbara Francisco	Shot put
1997	Kristen Donato	Heptathlon
1998	Beth Bowler	100 meter hurdles, 400 meter hurdles
	Barbara Swallow	5000 meters
1999	Beth Bowler	400 meter hurdles
	Ilana Garbowit	Hammer
	Helen Haarlander	Hammer
	Barbara Swallow	5000 meters,
	10,000 meters	
2000	Ilana Garbowit	Hammer
	Barbara Swallow	5000 meters, 10,000 meters
2002	Marisa Clapp	1500 meters
2003	Marisa Clapp	1500 meters