



Ali Simeone '13 earned her first All-American honor placing 12th at the 2010 NCAA XC Championship

*Trackside with
COACH NED*



Happy New Year! 2010 brought a tremendous amount of success to the Track & Field and Cross Country teams, and in 2011, we expect the same caliber of results both on an individual and a team basis. In the fall of 1995, I embarked on this incredible journey of coaching at Amherst College and what a difference the years have made. In my first year at Amherst working with Coach Banda, we were coaching less than 30 student-athletes; now, the program comprises more than 75. Though the number of participants has grown, an essential aspect of the program has remained steadfast—a commitment to provide opportunities for those who choose to be a part of the team to achieve excellence in all aspects of their lives.

team berth at nationals, senior captain Will Yochum qualified individually, making him the only male harrier in Amherst College history to have run at the NCAA meet in each of his four years at the school. Meanwhile, the Amherst women capped off their season by qualifying as a team for NCAAs for the 9th consecutive year. Not content with simply a qualification, the Lord Jeff ladies kept their noses to the grindstone and raced their way to an 8th place finish—the team's third top ten finish in the last five years—bolstered by a 12th place overall finish from sophomore Ali Simeone, for which she earned All-American honors.

As one end often brings a new beginning, the end of cross country season brings, of course, the beginning of track and field season. Though it remains early in the 2010-2011 indoor season, the team has two meets under its belt, and has produced encouraging results. An early December meet at Smith College saw senior Chris Eaton set a PR in the men's weight throw at 15.39m, less than a half meter shy of the school record, and top six finishes from athletes in men's and women's 55m dash, 200m dash, 400m dash, 600m run, and 1,000m run. A more recent meet at Brandeis University on January 15 resulted similarly, with top three finishes in the men's and women's shot put, 3K, 800m run, 600m run, men's 400m dash, and women's long jump, triple jump, high jump, 200m dash, and 55m dash. Particular highlights included senior Will Yochum's double victory in the men's 3k and mile, junior Ben Scheetz's 4:17 PR in the men's mile—good for second—sophomore Lauren Almeida's outstanding 3k/1,000m double, and first year Naomi Bates's second place mark in the women's 55m dash and first place mark in the women's 200m dash. As the Interterm double practices draw to close with the month of January and the athletes begin to feel a burst of speed and power from the mileage and repetitions they have put in over the course of the month, these early season results will provide the foundation for success through championship season.

2010 XC Awards

All-American (Top 35)

Ali Simeone '13 – 12th Place

All-New England (Top 35)

*Ali Simeone '13, Melissa Sullivan '12,
Tori Sosnowski '14, Christina Wong '11,
Angie Epifano '14 & Will Yochum '11,
Steve Corsello '11*

All-NESCAC (Top 14)

*Ali Simeone '13, Melissa Sullivan '12
& Will Yochum '11, Steve Corsello '11*

All-ECAC (Top 15)

*Angie Epifano '14, Sarah Daly '13,
Mercedes Taylor '11 & Andrew Erskine '13,
Dillon Buckley '13*



NCAA Mile Runner-up Will Yochum '11

A mere few months ago, as the last brightly colored leaves fell from the trees that overlook the Pioneer Valley's picturesque trail systems, the Amherst College men's and women's cross country teams wrapped up their 2010 campaigns with a trip to the NCAA Championship at Wartburg College in Waverly, Iowa. Though despite a valiant effort at the regional meet the men did not earn a

Just as the diligent, hard work of our athletes provides the foundation for success throughout a season, alumni donations to our program provide an essential component for establishing and maintaining a program that achieves success at the highest level from season to season. In recent years, alumni donations have allowed the hiring of one assistant coach, provided for the attendance of the full coaching staff at national championships, made available opportunities for members of the staff to attend coaching development clinics and conventions, and most importantly, permitted the participation of a number of our runners in a handful of elite competitions such as the Penn Relays and the Princeton Distance Festival.



Melissa Sullivan '12 earns 4th place in the NCAA Mile

So, just as I challenge those on the team to be the best student-athletes they can, I challenge all of you who donned the Amherst uniform to be the best T&F/XC alumni that you can and help the program through your financial generosity. This year's initiative, the "10k Challenge," incorporates a simple, clear goal in our fundraising efforts: generate \$10k from both the XC and T&F alumni. Success in the 10k Challenge would provide the programs with \$20,000 in additional funding that I would use primarily to augment assistant coaches' salaries and, potentially, to hire an additional coach. I have had the pleasure of working with over 300 student-athletes during my tenure at Amherst, and if each person that went through the program with me were to make a donation of \$75, we would easily surpass our goal. Furthermore, that estimate does not even account for the generosity of those of you who were

members of the teams led by Coach Banda, Coach Williams, Coach Lumley, and others who held the position prior to my arrival—regardless of the coach for whom you competed, you share the common thread of being a part of the rich tradition of Amherst College Track & Field and Cross Country.

I have often heard from athletes past and present that their experience as a member of the T&F/XC team, and the friendships that were fostered through their participation, was an exceptionally rewarding part of their tenure at the Fairest College. I hope that as each of you thinks back to your time here at Amherst—earning your degree and perhaps winning a National Championship, earning All-American honors for the first time, scoring points at the conference meet, setting a new PR, or making it through an early morning practice as the sun was rising—you once again rise to the challenge and help bolster the program that so benefited you, so that those on the team now, and those who will be on it in the future, may be afforded the opportunity to enjoy those same experiences.



Thebe Tsatsimpe '11 has his sights on school records in the LJ and TJ



Ben Scheetz '12 races in the NCAA 400

Erik Nedeau

Head Coach, Men's and Women's Cross Country and Track & Field
elnedeau@amherst.edu
413-542-8117

Steve Shashy

Assistant Coach, Men's and Women's Cross Country and Track & Field
sshashy08@amherst.edu
413-542-2963

TEAM WEBSITES

www.amherstxc.com

www.amhersttrack.com