



Inside this issue:

*Season Preview* 1

*Captain's Letter* 1

*2007-08 Schedule & Results* 2

*Coach's Report* 3

*Meet the First-Years* 3

*Spotlight: Hannah Merves '10* 4

*Alumni Letters: Abby Mantica '07* 4

# Amherst Women's Squash Report

## Season Preview

By Assistant Coach Sarah Harper

After graduating five seniors—Caroline Shannon, Emily O'Brien, Abby Mantica, Emery Sweeney, and Sarah Harper—the Amherst Women's Squash Team would appear to face a tough 2007-08 season (Shannon, O'Brien, Mantica, and Harper all played in the top five of the lineup). However, the Lady Jeffs welcome three talented first-years: Hayley Milbourn, Caitlin Demkin, and Allie Dalglish. Hailing from Ft. Washington, PA, Dalglish ranked 35th in the USSRA GU19 for the 2006-07 season. Demkin, out of Warren, NJ, boasted a ranking of 46th in the same division. Amherst Women's Squash fans also eagerly await the debut of Hayley Milbourn, who carried an impressive GU19 ranking of 22nd at the end of the 2005-06 season. Milbourn has already earned a reputation around the

College as an outstanding golfer. The rookie currently sits fifth in the nation among Division III female golfers.

Senior captains Libby Martin and Di Kirkwood return to lead this relatively young squad. They are joined by juniors Melissa Moulton and Laurel LaMontagne. Moriah Donelan '08 returns to the Amherst lineup after a one-year hiatus. Former player, Sarah Harper, returns to Amherst as the Edward Hitchcock Fellow and Assistant to Head Coach Tom Carmean.

This season, the squad looks to go after its closest opponents—Williams-Smith, Hamilton, Colby, Middlebury, and Mt. Holyoke. The Jeffs suffered a close loss in the 2006-07 Walker Cup Final to the

Williams-Smith Herons (5-4) and aspire to gain the Division C cup this year. Within the New England Small College Athletic Conference, Amherst will fight to maintain their lead over Tufts, Conn College, and Wesleyan, while hopefully, trumping other conference opponents, namely, Hamilton, Colby, and Middlebury.



*The Amherst Women's Squash Team rallies around Coach Carmean before the 2007 Walker Cup Final*

### Important Friends of Amherst Athletics dates:

- Friends of Amherst Athletics Annual Meeting—Saturday, April 26th, 2008
- Friends of Amherst Athletics Golf and Tennis Outing—Friday, May 30th, 2008 @ 1pm

## Captains' Letter

By Libby Martin and Di Kirkwood

Happy New Year and greetings from the Amherst Women's Squash Team! Fall proved to be a successful start for our young squad, as we left for winter recess with a 5-1 record. We welcomed three nationally-ranked first-years and four novices, which are constantly improving. Within their first months of collegiate play, Cait-

lin Demkin '11, Hayley Milbourn '11, and Alexandra Dalglish '11 have boosted the program adding strength and energy. They have consistently competed in the top five slots, most notably with Alexandra (Allie) Dalglish representing Amherst at the number one spot.

After three years of collegiate competition, we captains are attempting to leave a legacy of sportsmanship, rather than one solely based on winning. At the Tufts match in early December, we witnessed a graceful and selfless act as a player on the Amherst Men's Team called a ball out on himself in one of the last points of a grueling five game match.

We always strive to win without sacrificing the spirit of the game.

The women's program is undergoing exciting developments and changes, and we would like you to take part. Please join us in the upcoming months as we put Amherst Women's Squash back on the map. We look forward to seeing you!

## 2007-08 Schedule & Results

Date	Opponent	Time/Result
Wed. Nov. 28	@ Northeastern	W 8-1 (1-0)
Tue. Dec. 4	Trinity	L 9-0 (1-1)
Thu. Dec. 6	@ Tufts	L 5-4 (1-2)
Sat. Dec. 8	@ Vassar	W 8-1 (2-2)
Sat. Dec. 8	Columbia (@ Vassar)	W 9-0 (3-2)
Mon. Dec. 10	@ Smith	W 9-0 (4-2)
Sat.-Sun. Jan. 5-6	CSA Five Women Challenge @ Williams	Split Squad
Sat. Jan. 12	Middlebury (@ Yale)	W 6-3 (5-3)
Sat. Jan. 12	@ Yale	L 9-0 (4-3)
Wed. Jan. 16	Dartmouth	5:00 pm
Thu. Jan. 17	Mt. Holyoke	1:00 pm
Sat. Jan. 19	Penn	5:00 pm
Tue. Jan. 22	@ Brown	1:00 pm
Sat. Jan. 26	Franklin Marshall	12:30 pm
Sat. Jan. 26	Colby	2:00 pm
Sun. Jan. 27	Williams Smith	8:30 am
Sun. Jan. 27	Hamilton	1:00 pm
Sat.-Sun. Feb. 2-3	NESCAC Tournament (@ Trinity)	TBD
Sat. Feb. 9	Little III	11:00 am
Fri.-Sun. Feb. 22-24	Howe Cup (@ Princeton)	TBD
Fri.-Sun. Feb. 29-Mar. 2	CSA Individuals (@ Navy)	TBD

“Standing out among a set of otherwise lopsided matches, our close loss to Tufts revealed both mental and technical weaknesses. Since then we’ve made huge progress easing down the stress level and building technical and strategic skill. I am looking forward to some close match-ups over interterm, and hopefully a Tufts rematch at nationals!”—Melissa Moulton ‘09

## Coach's Report—Tom Carmean

I want to take this opportunity to reach out to all of the former Amherst Women's Squash players and give a brief glimpse of the current team and where we hope to be in the near future. It is currently the start of Interterm, and we are really looking forward to getting into the heart of our schedule. This time of year allows us to focus our efforts on refining our squash skills, as well as team bonding.

This year's team has demonstrated an impressively competitive personality, as well as a dedication to constant improvement. Our first-year players have dealt extremely well with the responsibility of playing at the top of the lineup, and the senior captains, Libby Martin and Di Kirkwood, have really set the standard for the young team to follow.

Looking ahead, we are also experiencing a resurgence of interest in Amherst Women's Squash at the high school level and were able to recruit a very strong incoming class. I hope that this newsletter will serve to reacquaint you with our current team and rekindle your interest in Amherst Squash.



Head Coach, Tom Carmean

## Meet the First Years...



Mimi Bell  
Shaker Heights, OH



Allie Dalglish  
Fort Washington, PA



Caitlin Demkin  
Warren, NJ



Hayley Milbourn  
Baltimore, MD



Marion Read  
Milwaukee, WI

"I was nervous about starting my collegiate squash experience, but I couldn't have asked for anything better than coming into a supportive team like this one. Everyone fights their hardest during matches and really does everything they can to make sure everyone plays to their potential. I'm having a blast. This season will be great!"—  
Allie Dalglish '11

## Amherst College

Tom Carmean  
Alumni Gym  
Amherst College  
Amherst, MA 01002  
Phone: 413-542-2113  
Fax: 413-542-2026  
E-mail: [thcarmean@amherst.edu](mailto:thcarmean@amherst.edu)

Visit us on the web!

[cms.amherst.edu/athletics/teams/winter/squash-w](http://cms.amherst.edu/athletics/teams/winter/squash-w)

To support Amherst Women's Squash and other Amherst Athletic Teams, please visit:  
[cms.amherst.edu/athletics/friends](http://cms.amherst.edu/athletics/friends)

## Spotlight: Hannah Merves '10

Merves, a sophomore from Merion, PA, is a philosophy major and plays number seven for the Jeffs. She also represents the Women's Squash Team on the Student Athletic Advisory Committee—a body composed of athletes from every Amherst team, as well as coaches, that strives to promote the image of student-athletes on campus through sportsmanship, publicity, community relations, and community outreach. If you wish to learn more about SAAC, please visit: [www.amherst.edu/~xcountry/SAAC/SAAC.html](http://www.amherst.edu/~xcountry/SAAC/SAAC.html).



## Alumni Letters: Abby Mantica '07

New Year's Eve has always been a baffling holiday for me. Seriously, what's the big deal? It's just another night. That's what I thought before this December 31st rolled around. This year it seemed like celebrating an end to 2007 was necessary. So many things happened: I had my last semester at Amherst College, graduated, and got a new job in a new city—working for Combined Jewish Philanthropies, a large non-profit, in Boston. Most importantly, this year is when I identified myself as something other than a student for the first time in 22 years.

Don't get me wrong; some things that come with the "real" world are great. I don't have any homework. I live in the same city as my sister. And

I am absolutely free to do what I want with my nights and weekends—no more lab reports, essays, or away squash contests.

Other things are more difficult. I know very few people in Boston, and it's easy to feel lonely. Also, my job, like many entry-level jobs, isn't exactly intellectually stimulating. I reminisce about the time when my best friends lived one building over, and when I was able to choose my courses and what to do in my spare time.

And of course I miss the moments spent with the squash team. Even though we had some rough times, I have made long-lasting friends and really learned what it meant to be

part of a team. I realize now how crucial the balance is between relying on others and personal responsibility when working in a group. These lessons will help me for the rest of my life.

I have to remind myself that these big changes all happened in the past year. I also have to remember that as odd as these adjustments feel right now, they will normalize with time. So, here's to 2007, 2008, and all of the following years of my life—they're sure to be interesting.

As far as my future squash career goes, I certainly will continue playing. I just need to find an affordable squash club...if one exists.



Abby Mantica '07