



AMHERST COLLEGE

Head Coach Erik Nedeau

MEN'S

# Cross-Country and Track & Field

JANUARY 2014

FRIENDS OF AMHERST ATHLETICS NEWSLETTER



**Our New Track & Field Facility**

The start of the New Year means the start of Intersession, and the grueling doubles that provide both the speed and strength for the track season but also the team building that strengthens the bonds between the athletes in the program. During this time, in addition to putting in a great deal of work, we are also putting in time working each day at the Amherst Survival Center, giving back to our community, and furthering the program's goal of producing not merely exceptional athletes, but exceptional young men.

The cross country season was a successful one as the Men finished 8<sup>th</sup> in the Region, and Sophomore Dan Crowley advanced to the NCAA Championships as an individual by virtue of his 18<sup>th</sup> place finish. Additionally, Greg Turissini and Charlie Reighard each earned All-New England honors by finishing 29<sup>th</sup> and 35<sup>th</sup>.

At the Little Three's at Wesleyan, the guys ran the kind of race they needed to in

order to win, and their hard front running made for a fast and exciting 8K as they went after it and pushed Williams to the edge before falling just a few points shy of the win. At season's end, Dan Crowley was named Most Valuable Runner while Charlie received the Friends of Amherst award. Next fall's captains will be KC Fussell and Greg Turissini.

The track season officially kicked off in December with the annual rust-buster meet at nearby Smith College. While the meet was primarily for the sprinters and jumpers, several guys who had done XC decided to jump in and have a little fun. Matt Melton showed that he is poised for big things again this year as he notched the day's lone victory in the 600. As we prepare for the crux of the indoor track season, the prospects look very good. We should do well in the championship portion of the season, as numerous individuals will be amongst the top competitors in the region and the nation

Track Side with  
Coach Ned



I hope you had a wonderful holiday and a great start to 2014. It is amazing how quickly seasons come and go; I feel like we just returned for the first day of XC practice yet we are already in the throes of the indoor track season. Before I know it, graduation will have arrived and another season will be in the books but before time gets away like a race will, I wanted to reach out to you. As you did while you donned the uniform, the kids on the team aspire to reach the highest levels of achievement each season, and we are excited to see where that takes us this year.

Helping to bring the team members to higher levels of success have been our outstanding assistant coaches. Mike Miller is back for a second year working with the sprinters, jumpers and our throwers while Luke Maher, who recently graduated from Tufts, has been helping with the runners in the program.

There is a great deal of excitement with our new track & field facility, and I feel strongly that it is one of the best in the region. The surface is fast and I mean REAL FAST, the bleachers on the outside provide an awesome stadium experience, the lights have provided a great deal of training options this fall and we are excited about hosting our first meet this spring.

I encourage you to follow our progress this year and look forward to your continued support of the program.

Erik Nedeau

Men's XC and Track & Field

including returning All-American Matt Melton. Charlie Reighard will look to make a big step with his racing and has his sights set on qualifying for the NCAA's in the 3k. A strong junior class will provide a great deal of depth as Greg Turissini (4:13 Mile and 8:29 3k), Josiah Terrell-Perica (180 Javelin), KC Fussell (15:08 5k), Mark Cort (21 foot Long Jump) and Romey Sklar (1:54 800) will build upon their outstanding seasons from a year ago. Dan Crowley (8:40 3k) Khalil Fleming (43 foot Triple Jump) and Brent Harrison (1:54 800) will spearhead the sophomore class while several freshmen including Raymond Meijer, Ben Fiedler, Kevin Connors and Jamie Sandel will add depth and bolster the program in both individual events but also in the relays.



**All-American 800m Matt Melton**

Well over a decade ago, I was on the forefront of information technology when I established our program's website. Now, in the ever-advancing digital age I have stepped into the world of social media and set up a Facebook page for the program to better keep in touch with all of you about

the success of our program. My hope is that the page will also serve to facilitate continued involvement in the program from both parents and alumni, and if you haven't done so already, I encourage you to "like" Amherst College Men's Cross Country and Track & Field.

In addition to accomplishing a great deal athletically, the men have worked hard in the class room and within the community. Last year, both teams earned Academic All-American Team status with GPA's at 3.50 proving that they are true student-athletes. Knowing the importance of giving back to the community the team continues to work with the Amherst Survival Center, we spent a Sunday at the Book and Plow farm building greenhouses and planting seedlings and they are involved in numerous other projects.

The renovation of the new football and track & field complex is complete and looks outstanding. We will be hosting our first meet this spring when we have the annual Little Three Championships on April 19<sup>th</sup> and would love to have a great Alumni and family presence to cheer on the guys, and see the new complex. Even better, maybe we can even get you to take few laps on it to feel just how fast it is?

I look forward to staying in touch with you about our accomplishments during this year's campaign. We are excited to accomplish some lofty goals this season, and would love to have strong alumni presence at our meets sharing our excitement and cheering the guys on. Please continue to support the Men's T&F and XC program, at

<https://www.amherst.edu/give/athletics>

I wish you all the best for a great 2014.

**Erik Nedeau**

Head Coach, Men's XC and TF

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[Team Website](#)

[Facebook Page](#)



**Team work at the Book and Plow Farm**

### 2014 Indoor T & F Schedule

7-Dec	Smith Inv.	Smith
18-Jan	Tufts #1	Tufts
25-Jan	Terrier	Boston University
1-Feb	Springfield	Springfield
8-Feb	Valentine	Boston University
15-Feb	Tufts #2	Tufts
22-Feb	DIII NE	MIT
2/28-3/1	All NE	Boston University
6-Mar	Tufts Last Chance	Tufts
7-8 Mar	ECAC	Reggie Lewis in Boston
14-15 Mar	NCAA	Lincoln, Nebraska

### 2014 Outdoor T & F Schedule

29-Mar	Snowflake Classic	Tufts
5-Apr	AIC Invite	A.I.C
12-Apr	UMass Inv.	UMass Amherst
<b>19-Apr</b>	<b>Little 3's</b>	<b>Amherst</b>
26-Apr	NESCAC	Colby
2-3 May	DIII NE	Springfield
9-10 May	All NE	Westfield State
15-16 May	ECAC	RPI
22-24 May	NCAA	Delaware, Ohio