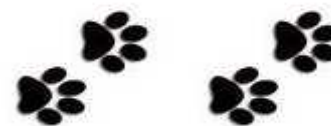




Cat Tracks



James LePage '13 anchors school record setting 3200 Meter Relay at Northeastern University.

A Great Year for Bates College Cross Country and Track & Field

Inside this issue:

Cross Country Insights and Expectations	2
A "Fresh" Perspective	2
Achieving New Heights	2
Throwers Heave the Competition	3
Record Time!	3
Alumni Corner	3
The Recruiting Process	4

2009-10 Highlights

- **Team 2nd at the Outdoor ECAC Championships.**
- **Team wins Outdoor State of Maine Title.**
- **Team 3rd at NESCAC and New England Meets.**
- **Cross Country places 3rd at the ECAC Championships.**
- **Indoor Pole Vault, Pentathlon School Records**
- **Outdoor 3200 M Relay & Hammer Throw School Records.**
- **7 Outdoor NCAA Qualifiers.**
- **Rich McNeil All American Hammer Throw**

The 2009-10 academic year has turned out to be one of the most prolific years in Bates College Track & Field and Cross Country history. With continued development during the fall Cross Country season capped off by an outstanding 3rd place performance at the ECAC Championships, the Bates Harriers are now positioned to re-join the elite programs in New England. Devin Dilts '11 will lead a talented group of returners and new comers with the goal of competing at the National Championships.

On the track, the Indoor Team demonstrated depth and balance as they improved significantly from the previous year. Highlights included school records in the pole vault and pentathlon, Individual New

England titles in the shot put and weight throw and a 5th place finish at the ECAC Championships. Rich McNeil competed at the NCAA's in the shot put and weight throw, while first year Jesse Chapman participated in the pentathlon.

Bates saved their best for last with an outstanding outdoor season that included the State of Maine title, 2nd place at the ECAC Championships and 3rd at both the NESCAC and New England meets.

Bates dominated the throwing events throughout the spring while maintaining outstanding performances across the board, especially with an impressive class of first years. Andrew Wortham posted an NCAA qualifying performance in the 3000 meter steeplechase as did



Chapman in the decathlon. Chris Murtagh '11 nationally qualified in three events. The 3200 meter relay placed second at the All-Division New England meet. Rich McNeil broke the hammer school record and earned All American honors. Over all, Bates had 25 new All-Time top 10 performances. McNeil was named NESCAC Most Outstanding Performer and the team equaled it's best ever finish at ECAC's and second best ever at New England's.

Bates Ranks Among Elite Track & Field Programs in the Country

Track & Field is a sport that requires both balance and depth. No where is that better measured than through the National Team Power Rankings. This is a system that is maintained nationally to allow teams to compare themselves with

other teams and programs throughout the country. These rankings assign points to each team's top two performers in every NCAA sanctioned event. To be ranked high nationally requires talent and depth in all events.

This year Bates posted it's highest ever power ranking totals in both seasons. Indoors, Bates ended up with a Power Ranking of 146.57 points good for 8th nationally. Outdoors Bates ended up with 204.28 which is also currently among the top 10.



Devin pictured at the 2009 NESCAC Championships

Cross Country Insights and Expectations

By: Devin Diltz '11 Team Captain

The cross country team has been one of the most important parts of Bates for me. The program is steeped in tradition; one need only look at the wall of All-American plaques in Merrill Gym to see the number of national caliber runners Bates has produced over the years. Joining the cross country team when you enter Bates means that you become a part

of that tradition of excellence, and the team in many ways becomes your family for your four years here. Our program right now is moving in the right direction. In 2009 we finished sixth at the NESCAC meet and third at the ECAC Championships, a marked improvement from the year before. With the runners we have returning and the incoming freshmen, we can expect

to do even better in 2010. We are at a point where excellence and improvement are the standard for the program, and we are on the cusp of putting the team in the hunt for a bid to nationals. The 2010 season will be an exciting opportunity to surprise some other schools as to what we can do, and hopefully we can surprise ourselves as well.

A "Fresh" Perspective:

Tips for navigating the challenges of collegiate athletics



Coach Fereshetian a.k.a. Coach 'Fresh' is entering his 16th year at Bates

September is just around the corner. Hope springs eternal for athletes and coaches alike with the thoughts of what the next new year can bring. Great returning veterans combined with the energy, and yet unrealized potential of the first years: always makes you wonder what achievements, and yes, disappointments lie ahead.

Track and Cross Country start

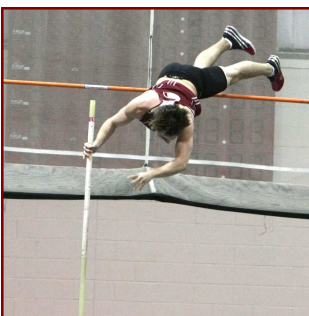
a 'fresh' every September with the history of achievement to be written. What kind of a commitment will each individual make to himself, his teammates and the program? Who will realize their potential? Who will exceed their projected impact and who will find a way to contribute in ways unforeseen and unexpected? These are just some of the questions,

anticipations and uncertainty, athletes and coaches alike face at the start of each new year.

Advice to all as we approach another September: Believe in yourself, commit to each other, *listen* to your coaches and captains, always *give your best*. Find a way every day to make a positive difference and above all *have fun*, enjoying the challenge of it all.

Achieving New Heights

By Sam Goldstein '12



Sam Pictured here attempting 15-6.

With all the excitement of finally vaulting collegiately, I set my goals high. I wanted the school record. I kept improving week after week, only to hit a plateau of 14'9" for the latter part of outdoor season. I finished with a best of 14'11", still more than half a

foot below our school record. I wanted another shot.

After intense training over the Summer, I entered Sophomore year with that same target: 15'6". With an early start to the season and some great practice sessions, I clinched the school record at our Div III championships. This has

been the peak of my vaulting thus far at Bates.

As the season went on, my shin splints eventually developed into a stress fracture in my take-off (left) leg. Just like the actual vault, the life of a vaulter has its ups and its inevitable downs.

Bates Track Throws Their 'Weights' Around: By: Chris Murtagh '11

This spring our throws team displayed depth and provided national caliber performances across the board. The throwing team compiled big points for Bates throughout the season starting with the State of Maine Championships where Bates throwers accounted for 114 points out of 226 total team points. At NESCAC's Bates placed 1st in three of the four throwing events, while also displaying depth by grabbing multiple places in every event. Senior Rich McNeil won both the hammer and shot put, while first year Jesse Chapman won the discus throw.

At the DIII New England's, Bates qualified five javelin throwers, five discus throwers, five shot putters, and four hammer throwers. The year was capped off by top finishes at ECAC's where Senior Captain McNeil won both the shot put and discus, while finishing second in the hammer throw. Rich finished his career with a school record setting performance in the hammer throw at nationals (193'7"/59.00m) which earned him a fifth place finish in the most competitive field ever. That allowed Rich to earn his third All-American award. The throwing teams depth showed up on the Bates College

top ten list as four new top ten performances were listed in both the javelin and discus, two in the shot-put, and Rich's new school record in the hammer. The Bates throwing team finished the season with 6 national qualifying performances split between myself and Rich. Looking ahead, newly established thrower Ethan Waldman and now sophomore David Pless finished with exceptional season's and will work to fill the void left by McNeil. Bates' opponents can expect more of the same next year.



One of many highlights for the Bates Throwers came at the ECAC Meet where Bates placed 1st, 3rd & 6th. (l-r) Murtagh '11 3rd, Ethan Waldman '11 6th, McNeil '10 ECAC Champion, he also won the Shot.

Letting It All Hang Out: Bobcat Relay Team Smashes Record & Posts Fastest Time in Div. III

The Open New England Championships hosted by Northeastern University presented the opportunity for the Bobcats of Bates to test their abilities against the rest of New England regardless of division. Bates fared very well placing 2nd overall in the 3200 meter relay in a school record time of 7:41.87. This

marked the second year in a row that this record was broken after seventy nine years of trying. The team of Troy Calandra '12, Peter Corcoran '12, Nick Barron '13 and James LePage '13 posted the fastest Division III 3200 m relay time in the country. **Peter Corcoran** on the team effort: "There's nothing more

special than running with a baton in your hand and knowing that its not about you anymore, but its about your best friends, your coaches, your teammates. You cease to be an individual and become a part of a team. That's what the relay was really about to me; making a commitment to your teammates and coaches".

"You cease to be an individual and become a part of a team. That's what the relay was really about to me"

Peter Corcoran '12



Alumni Corner: Tom Leonard '78 Captures Cats! See Tom's Photos at <http://batesxc.shutterfly.com/> Password: gobobcats

Once a Bobcat always a Bobcat! ... Tom Leonard '78 has contributed to Bates College in many ways. First as an outstanding member of the cross country and track teams, where his performances contributed to Bates domination during the 1970's. Secondly by beginning a Bates legacy that has included cousins and now children. Tommy has continued to stay directly involved with

both the men's and women's teams. Tommy has attended or competed in almost every annual alumni cross country meet. In recent years Tommy has turned his running shoes in for the back of a camera and has captured Bobcats in action throughout the entire year and making them available for parents, students and fans alike. Over the last four years he has been able to do so

while watching his daughter Allison '10 wear the garnet and white and over the next four years the Leonard legacy will continue as his youngest child Tommy Jr. '14 joins the Bates community. "Tom's continued support and involvement with our program is truly a gift. Tommy has captured many of our greatest moments." according to Coach Al Fereshetian.



Tom Leonard '78, p '10, p '14, former State of Maine Cross Country Champion continues to impact Bates track and cross country most recently through his photographic efforts.

BATES COLLEGE CROSS COUNTRY & TRACK & FIELD

Al Fereshetian
Men's Track & Field Coach
Bates College
Lewiston, ME 04240

Phone: 207-786-6360
Fax: 207-786-8280
E-mail: afereshe@bates.edu

All Photos Complements of Tom Leonard '78

Bates | ATHLETICS

What We Are All About

The Department of Athletics and Physical Education promotes the mission of Bates College by providing appropriate gender-equitable athletic opportunities that enhance the overall liberal arts undergraduate experience. The members of the Athletics Department are professional educators who are committed to the intellectual, physical and personal development of all students. Consistent with Bates College's national reputation, the Department offers programs that strive for excellence and seek distinction within the New England Small College Athletic Conference and at the national level. The Athletics Department and its programs play a critical role in building community among students, faculty, staff, and alumni as well as in the Lewiston-Auburn area.

We're on the Web at:

<http://abacus.bates.edu/people/orgs/running/>

The Recruiting Process



Bobcat Defined:
A highly intelligent creature who is known to strike fear in the hearts of it's prey.

Bates is constantly seeking highly qualified and motivated student-athletes to join our program. We have athletes from all over the United States and from a number of foreign countries. Bates typically is looking for students who have successfully challenged themselves through a rigorous academic schedule throughout high school. A critical part of the Bates Admissions process is the personal interview. Interviews are available through the Admissions Office from the middle of June through the middle of November. Standardized test scores are *optional* at Bates College and very often can open up an outstanding academic experience to capable students who may be eliminated for consideration at other

institutions. This testing policy causes Bates College Admissions to look at the entire application of a student and not just one aspect. As a result, Bates attracts well rounded and enthusiastic students who find many ways to contribute to the engaging atmosphere on campus.

HOW TO BE RECRUITED

Step 1: Schedule and interview with the admissions office 207-786-6000.

Step 2: Fill out and submit a recruiting questionnaire at the following link:

<http://www.bates.edu/mtrack.xml>

Step 3: Schedule a meeting with Coach Fereshetian during a visit to campus.

Step 4: If Bates is among your top choices, schedule and overnight visit during the school year.

Step 5: Determine the best application process for you and your family.

Coach Fereshetian can be available to meet with you by appointment Monday– Friday *except the following dates:*

July 1-July 16

August 26-29

Occasional other dates.

Call 207-786-6360 to set up a meeting