

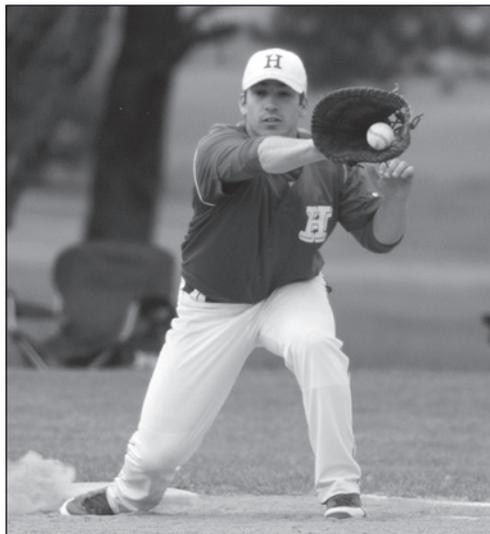
Head Coach Tim Byrnes

Tim Byrnes is in his sixth year as the head baseball coach at Hamilton College. Byrnes guided Hamilton to three straight years of 10-plus wins for the first time in program history from 2008 to 2010. The Continentals set a team record for victories in a season with 14 in 2009. Hamilton established a program record for stolen bases in a season (66), and tied the record for triples (9) in 2010.

Byrnes has led the baseball team to 50 wins. In 2009, Hamilton set nine team records, including most runs, hits, runs batted in and doubles in a season. Six different players set eight single-season records in 2009. Byrnes' players hold program records for most doubles, wins, strikeouts and highest batting average in a career. Max Foster '10 was a New England Small College Athletic Conference (NESCAC) all-conference team selection in 2009. Four of Byrnes' players have made the NESCAC spring all-academic team. The Continentals are 3-1 in the annual Jackie Robinson Game against Utica College under Byrnes.

Byrnes was the head coach at Morrisville State College in 2005 and 2006. He guided Morrisville to 19 wins in 2006 after posting 10 victories in his first year as head coach. One Morrisville player was selected a National Junior College Association of America (NJCAA) Division III All-American in 2006. The All-America award was the first in program history. Byrnes' players earned two NJCAA academic All-America and two academic all-region honors.

Byrnes was an assistant coach for Morrisville's baseball team in 2004. He earned two varsity letters as an outfielder on the St. Lawrence University baseball team. Byrnes graduated from St. Lawrence with a bachelor's degree in sports and leisure studies and an education minor in 2002. He is from Cazenovia, N.Y.



Coaching Staff

Assistant Coach Grady Vigneau

Grady Vigneau is in his first year as an assistant coach for the Hamilton College baseball team. Vigneau was a four-year letter winner for the Continentals from 2007 to 2010.

Vigneau played 83 career games at first base for Hamilton. He enjoyed his finest season in 2010 when he posted a .315 batting average and led the team with 27 RBI. Vigneau finished his career with just 10 errors in 453 chances in the field. He received the Coaches Exemplary Senior award in 2010.

Vigneau held several coaching positions in 2011. He was an assistant coach for the Bates College baseball team, and later played and coached for the Hannover Regents Baseball Club in Germany.

Vigneau graduated from Hamilton in 2010 with a bachelor's degree in sociology. He is currently pursuing a master's degree in sports leadership from Northeastern University. Vigneau hails from Stowe, Vt.

Pitching Coach Dick Hunt

Dick Hunt is in the first year of his return to the Hamilton College baseball team as the program's pitching coach. Hunt helped guide Hamilton to 146 wins from 1979 to 1998 during his first stint with the Continentals.

Hunt was instrumental in establishing the annual Jackie Robinson Game between Hamilton and local rival Utica College. The Continentals and the Pioneers square off in the 25th anniversary of the start of the event on Wednesday, April 11. Hunt has been involved with the Society for American Baseball Research for many years, and currently serves as its education chairman.

Hunt retired as the longtime principal of Clinton High School in June 2011, and is currently an adjunct professor at both Utica College and Mohawk Valley Community College. Hunt graduated from Siena College in Loudonville, N.Y., in 1974, and was a two-year captain of the Saints' baseball team. He went on to play semi-pro baseball for the Milford Macs and the Schaefer Brewers.

Assistant Coach Eddie Ray

Eddie Ray is in his sixth year as an assistant baseball coach at Hamilton College. Ray was a head varsity baseball coach in high school for 12 years. His Weedsport and Hamilton High School teams won a number of sectional titles.

Ray graduated from New England College in New Hampshire in 1974. He graduated from Hamilton HS in 1970. Ray taught history at Weedsport Central School from 1974 to 1979. He taught the same subject at Madison Central School in 1988. Ray resides in Hamilton, where he owns a furniture and flooring business.

Player Profiles

Lukas Bridenbeck



*Junior, Captain, Catcher
East Greenbush, N.Y.
La Salle Institute
Major: Economics*

2011: Collected three hits vs. Kalamazoo (3/19) ... Doubled and drove in three runs vs. SUNY Cobleskill (4/8). **2010:** Recorded first career hit vs. McDaniel (3/14) ... Doubled and drove in three runs vs. Sewanee (3/15).

Year	GP	AB	R	H	2B	3B	HR	RBI	BA	Sig.
2010	17	31	6	6	1	0	0	5	.194	.226
2011	30	100	13	23	5	2	0	10	.230	.320
<i>Totals</i>	<i>47</i>	<i>131</i>	<i>19</i>	<i>29</i>	<i>6</i>	<i>2</i>	<i>0</i>	<i>15</i>	<i>.221</i>	<i>.298</i>

Sam Choate



*Senior, Captain, Outfield
Weston, Mass.
Belmont Hill School
Major: World Politics*

Ranks second in career stolen bases. **2011:** Led team with 109 at bats, 19 runs and eight doubles ... **2010:** Tied for team lead with three home runs ... Had 2 home runs and 4 RBI vs. Middlebury (4/24). **2009:** Set team records with 30 runs and 15 stolen bases.

Year	GP	AB	R	H	2B	3B	HR	RBI	BA	Sig.
2009	34	120	30	45	10	1	2	26	.375	.525
2010	31	87	18	25	5	2	3	16	.287	.494
2011	31	109	19	29	8	0	2	11	.266	.394
<i>Totals</i>	<i>96</i>	<i>316</i>	<i>67</i>	<i>99</i>	<i>23</i>	<i>3</i>	<i>7</i>	<i>53</i>	<i>.313</i>	<i>.472</i>

John Wulf



*Senior, Captain, Pitcher/2nd Base
Larchmont, N.Y.
Rye Country Day School
Major: Government*

2011: Pitched a complete game and posted first NESCAC win vs. Wesleyan (4/2). **2010:** Singled and drove in a run in 6-5 win vs. Colby (3/22). **2009:** Had first career hit vs. SUNY Purchase (3/16).

Year	APP	GS	IP	ER	BB	SO	ERA	Record
2009	2	0	2.0	1	0	0	4.50	0-0
2010	8	0	15.1	8	5	12	4.70	0-0
2011	9	4	30.1	18	9	16	5.34	3-2
<i>Totals</i>	<i>19</i>	<i>4</i>	<i>47.2</i>	<i>27</i>	<i>14</i>	<i>28</i>	<i>5.10</i>	<i>3-2</i>

Blood Fitness Center

The baseball team takes advantage of the Charlean and Wayland Blood Fitness and Dance Center, opened in 2006. The Center includes a state-of-the-art weight room that features five Olympic platforms, two jammers, a leaper, a squat machine, two GHRs, a reverse-hyper machine, safety bars, x-bars, fat bars and swiss bars, along with full sets of kettlebells and dumbbells.



The team works closely with **strength coach Paul Adey**, who directs two 35-minute workouts per week in season, and three-to-four 45-55 minute workouts in the off-season. The sessions consist of a dynamic warm-up, stretching, explosive drills, max effort exercises, ab strength, balance, and neck & grip exercises.

Coach Adey's workouts are based on the **Russian conjugate theory of lifting**, broken into max effort, dynamic, and repetitive effort exercises. These workouts are designed to improve players' athleticism, fitness level, explosive power and strength, coordination, and general physical fitness.

The Blood Fitness Center includes a large, glass-enclosed aerobic/cardio training area that overlooks Steuben Field; two rooms for resistance and weight-training; a three-story, 39-foot climbing wall; a dance studio that can be transformed in 10 minutes from working studio to performance space; and a multipurpose room. Spinning classes are held on a group of bikes located on the second level cardio mezzanine overlooking the main aerobic/cardio area.

The 2012 Schedule



March 12	vs. Franklin & Marshall (DH)&	3 p.m.
March 13	vs. MCLA (DH)^	9:30 a.m.
March 14	vs. Lesley^	4 p.m.
March 16	vs. Mount Saint Vincent^	11:30 a.m.
March 16	vs. Washington (Md.)^	3:30 p.m.
March 17	vs. Drew\$	4 p.m.
March 18	vs. Washington & Jefferson (DH)^	Noon
March 20	vs. Union (DH)&	10 a.m.
March 21	vs. Trinity (DH)&	Noon
March 22	vs. Sewanee^	4 p.m.
March 30	at Amherst College*	3:30 p.m.
March 31	at Amherst College (DH)*	Noon
April 7	SUNYIT (DH)	1 p.m.
April 9	CAZENOVIA (DH, Rome, N.Y.)	4 p.m.
April 11	at Utica College#	4 p.m.
April 13	MIDDLEBURY COLLEGE*	4 p.m.
April 14	MIDDLEBURY COLLEGE (DH)*	Noon
April 20	WESLEYAN*	4 p.m.
April 21	WESLEYAN (DH)*	Noon
April 24	at St. Lawrence	4 p.m.
April 28	at Williams*	1 p.m.
April 29	at Williams (DH)*	Noon

* - NESCAC West Division game
 # - Jackie Robinson Game
 ^ - Winter Haven, Fla.
 & - Auburndale, Fla.
 \$ - Leesburg, Fla.
 Home games in **BOLD**

Numbers to know

Admission Office	1-800-843-2655
Financial Aid	1-800-859-4413
Athletics	315-859-4114
Athletics Department FAX	315-859-4117
Tim Byrnes, Head Coach	315-859-4928
E-mail address	tbyrnes@hamilton.edu
Mailing Address	198 College Hill Road Clinton, NY 13323

Check out the Hamilton Athletics Home Page at:
<http://www.hamilton.edu/athletics>

Program Records

Hamilton set a program record with 14 wins in 2009. The Continentals set team records for most runs, hits, runs batted in, doubles, total bases and stolen bases. Six players established eight single-season individual marks as well. Pitcher Max Foster '10 was a NESCAC all-conference first team selection. He became the team's first all-conference honoree since Steve Guillette '01 made the second team in 1999.

Foster and Alex Augustyn '10 graduated in 2010 after enjoying two of the best careers in Hamilton baseball history. Foster set career records with 187 innings pitched and 163 strikeouts, and finished in the top five in four other categories. He tied the team record with 62 strikeouts in one season. Augustyn holds career marks with a .371 batting average and 30 doubles, and is in the top five in six other categories. His 14 doubles in 2009 are a season record, and he tied the record for saves in a season with four.

The Continentals ranked third in the NESCAC and set a program record with 66 stolen bases in 2010. Hamilton tied another team record with nine triples. The baseball team won 10 or more games every year from 2008 to 2010. It was the first time Hamilton posted double-digit victories three seasons in a row since the program was formed in 1884.

Sam Choate '12 holds records for runs scored and stolen bases in a season with 30 and 15, respectively.

Career Leaders

At Bats Pat Suarez (414)	Batting Average Alex Augustyn (.371)
Runs Pat McGarry (86)	On Base Percentage Pat McGarry (.438)
Hits Pat McGarry (124)	Slugging Percentage Brian Grady (.586)
Doubles Alex Augustyn (30)	Pitching Appearances Chris Keen (55)
Triples Pat McGarry (6)	Innings Pitched Max Foster (187.0)
Home Runs John Porges (13)	Strikeouts Max Foster (163)
Total Bases Pat McGarry (190)	Wins Joe Rowbottom (16)
RBI Pat McGarry (88)	Saves Joe Rowbottom (10)
Walks Pat Suarez (78)	Lowest ERA Peter Wymard (3.86-129.2)
Stolen Bases John Porges (39)	

About the NESCAC

Founded in 1971, the New England Small College Athletic Conference (NESCAC) is a group of eleven highly selective liberal arts colleges and universities that share a similar philosophy for intercollegiate athletics. The Conference was created out of a concern for the direction of intercollegiate athletic programs, and remains committed to keeping a proper perspective on the role of sport in higher education.

The formation of NESCAC originated with an agreement among Amherst College, Bowdoin College, Wesleyan University and Williams College first drafted in 1955. Along with these four institutions, Bates College, Colby College, Hamilton College, Middlebury College, Trinity College and Tufts University are sustaining charter members. Connecticut College joined in 1982, bringing the Conference's membership to its current total of 11 institutions.

NESCAC members believe intercollegiate athletic programs should operate in harmony with the educational mission of each institution. The Conference is committed to establishing common boundaries to keep athletics strong but in proportion to the overall academic mission of the member institutions. In pursuit of this mission, the Presidents of each NESCAC institution control intercollegiate athletic policy. Conference tenets are usually more restrictive than those of the NCAA Division III with regard to season length, number of contests and post-season competition.

NESCAC institutions also believe athletic teams should be representative of the entire student body. Thus, admissions and financial policies are consistent with the NCAA Division III policies that prohibit athletic scholarships and award financial aid solely on the basis of need.

In 1999, the NESCAC formally became a playing conference and now sponsors 26 conference championship sports (13 for men and 13 for women). Member schools offer extensive and broad based intercollegiate as well as club and intramural opportunities for both men and women. With member institutions sponsoring an average of nearly 30 varsity programs, NESCAC provides more than 7,500 opportunities for participation in intercollegiate competition at the Division III level. Teams and individuals have achieved great success on both a regional and national level. During the 2010-11 academic year, 49 teams participated in NCAA team championships. NESCAC student-athletes claimed 24 individual national championships and NESCAC teams won seven national team championships.



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