

Head Coach Gillian McDonald



Gillian McDonald is in her seventh year as the head field hockey coach at Hamilton College. McDonald has recorded 47 wins at Hamilton, including a team-record 13 in 2010. She guided the Continentals to a NESCAC championship appearance last year in their first year in the conference. Two of McDonald's players made the 2011 all-conference team.

In 2010, Hamilton finished with an overall record of 13-3, including 3-0 in overtime games. The Continentals finished second in the Liberty League with a record of 6-1, and advanced to the league championship final for the second straight year. Hamilton was ranked 15th in the final Top 20 coaches poll, and smashed a team record with 55 goals. Colleen Callaghan '11 played in the NFHCA Division III Senior Game.

McDonald led Hamilton to 12 wins and its first NCAA Division III championship appearance in program history in 2009. The Continentals earned a share of their first Liberty League regular season title and won their first league postseason game. McDonald and assistant Cheryl Casey received league co-coaching staff of the year honors.

In 2008, Hamilton won eight games and qualified for the four-team league championship for the first time. The winning record and the postseason appearance were the program's first since 1995.

McDonald coached her players to 18 Liberty League all-league selections from 2006 to 2010. Five players have made the all-region team a total of 10 times during the past four years. Erin McNally '12 received All-America honors from the NFHCA in 2009, and Callaghan made the All-America team the following year.

Four student-athletes earned a spot on the 2011 NESCAC fall all-academic team. Hamilton received a NFHCA National Academic Team Award for the ninth straight year. The program recognizes those institutions that achieved a team GPA of 3.0 or higher during the first semester of the academic year.

McDonald was an assistant field hockey coach at the University of Rochester in 2004 when the team posted a 10-9 record. She coached at the North American Hockey Academy in 2005-06.

McDonald lettered in both field hockey and ice hockey at Bowdoin College. She was a first team All-America selection in goal for field hockey in 2003, a two-time all-region pick and made the NESCAC all-conference first team all four years. McDonald helped lead the field hockey team to the conference title in 2000. She is ranked in the top 30 in shutouts, goals against average and wins on the NCAA Division III career lists. McDonald was given Bowdoin's Sidney J. Watson Award after her senior year in 2004 for distinguishing herself by her athletic performance and leadership of more than one team.

The Hudson, Quebec, native received a bachelor's degree in French with an education minor in 2004. McDonald earned her master's degree in sports management from SUNY Cortland in 2008. She attended prep school at the Berkshire School in Sheffield, Mass.

Assistant Coaches



Cheryl Casey

Cheryl Casey is in her fifth year as an assistant coach for the Hamilton College field hockey team. Casey received co-coaching staff of the year honors from the Liberty League in 2009. She played four years of varsity field hockey at Division I Sacred Heart University in Fairfield, Conn.

Casey wrapped up her collegiate career in 1998 with Sacred Heart's Female Scholar-Athlete of the Year award. She was an all-county and all-conference selection for field hockey at Bridgewater-Raritan (N.J.) High School, where she played from 1990 to 1993. She was named that school's female scholar-athlete of the year in 1994.

Casey joined Hamilton as a visiting assistant professor in the communication department during July 2008. She previously taught at Marist College and New York University. Casey graduated summa cum laude with a degree in media studies in 1997. She earned her master's in media ecology and her doctorate in media, culture and communication from New York University.

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Mackenzie Williams

Mackenzie Williams is in her first year as an assistant coach with the Hamilton College field hockey team. Williams was a four-year starter and played every position except goalie at the University of Vermont. She was a volunteer assistant coach for the varsity team at Rice High School in South Burlington, Vt., in 2011.

Williams scored seven goals and added six assists for 20 points in 70 games at Division I Vermont. She kicked off her college career by making the 2008 America East Conference all-rookie team. After her senior year, Williams was a 2011 first team all-conference selection, and was named the team's most valuable player. She was a two-time member of the Sheraton Catamount Classic all-tournament team.

Williams earned a number of awards for excelling in athletics and academics at Vermont. She was on the National Field Hockey Coaches Association Division I National Academic Squad all four years, and made the 2008-09 America East academic honor roll, the 2010-11 America East commissioner's honor roll and the 2011 America East all-academic team.

Williams received her degree in elementary education with a concentration in exercise and sport science. She was a member of the U.S. Field Hockey Association Futures Elite from 2005 to 2008, and competed in the National Futures Tournament in 2006 and 2007.



Captains



Leah Cairns

Senior, Defense

*Andover, Mass./Andover HS
Major: Biochemistry*

2011: Started 15 games on defense and led Hamilton to the NESCAC championship quarterfinals in the Continentals' first year in the conference... Member of NESCAC fall all-academic team. **2010:** Started 16 games and

recorded three defensive saves as Hamilton advanced to Liberty League title game ... Member of Liberty League all-academic team.

2009: Appeared in 16 games, including three starts, and recorded one defensive save... Helped lead team to first NCAA championship appearance in program history.

Student-athlete perspective: "I am so proud of what this team has accomplished over the past three years. Each season we were faced with new challenges, and we have always stepped up to meet them. Our successes, both on the field and in the classroom, could not have happened without the hard work and dedication of every team member. On game day, I am incredibly proud to represent Hamilton alongside my teammates and lifelong friends."

Charlotte Lescroart

Senior, Midfield

*Princeton, N.J./Princeton Day School
Major: Environmental Studies*

2011: Started 15 games at midfield and recorded one defensive save as Hamilton advanced to the NESCAC championship quarterfinals. **2010:** Played in 16 games, including 15 starts... Scored a goal in 4-2 win vs. SUNY Geneseo (9/4) **2009:** Posted one goal and two assists in 16 games ... Assisted on game-winning goal at Williams (10/15) ... Helped lead team to first NCAA championship appearance in program history.

Student-athlete perspective: "Every year, the team continues to excel athletically and academically. Over the past three years together, we have grown so much as players, teammates and individuals. The close-knit relationships developed over four years as part of the Hamilton field hockey community will continue long after graduation. There is no other team I would rather play for. We are a family on and off the field."



The 2012 Schedule



Sept. 8	TRINITY*	11 a.m.
Sept. 12	at Utica College	7 p.m.
Sept. 15	at Connecticut College*	Noon
Sept. 16	at Wesleyan*	Noon
Sept. 22	at Amherst College*	11 a.m.
Sept. 25	SUNY ONEONTA	6 p.m.
Sept. 29	BATES*	11 a.m.
Oct. 2	WILLIAMS*	7 p.m.
Oct. 6	at Middlebury College*	11 a.m.
Oct. 10	SUNY GENESEO	4:30 p.m.
Oct. 13	BOWDOIN*	Noon
Oct. 14	COLBY*	Noon
Oct. 20	at Tufts*	Noon
Oct. 24	at William Smith	5:30 p.m.

* - NESCAC contest
Home events in **BOLD**

All-Americans at a glance



Amy Hughes '92, Goalie

- ▶ Third team in 1991
- ▶ Holds program records for goals against average (0.373) and save percentage (.960)
- ▶ Posted .909 save percentage and 0.62 goals against average in 1991
- ▶ Led team to 10 wins and third place at NYSW-CAA Championship



Erin McNally '12, Midfield

- ▶ All-America third team in 2009
- ▶ 4-time North Atlantic Region all-region pick
- ▶ NESCAC all-conference second team (2012)
- ▶ 3-time Liberty League all-league first team
- ▶ Liberty League Rookie of the Year (2008)
- ▶ Ranks second on program's career list with 24 assists



Colleen Callaghan '11, Forward

- ▶ All-America second team in 2010
- ▶ 3-time North Atlantic Region all-region pick
- ▶ Four-time Liberty League all-league selection
- ▶ Ranks first on program's career list with 45 goals, 35 assists and 125 points

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.

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.

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 2011-12 academic year, 55 teams participated in NCAA team championships. NESCAC student-athletes claimed 21 individual national championships and NESCAC teams won three national team championships.



The field hockey team made its first international trip in program history in August 2009 when they traveled to Buenos Aires, Argentina.

Campus Road Athletic Field



The field hockey team has top priority on the lighted, all-weather AstroTurf field that is located just off Campus Road. The turf, which was installed in 2000, is considered to be one of the top playing surfaces in the nation for field hockey.



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
Gillian McDonald, Head Coach	315-859-4760
E-mail address	gmcdonal@hamilton.edu
Mailing Address	198 College Hill Road Clinton, NY 13323

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

Blood Fitness Center

The field hockey team takes advantage of the Charlean and Wayland Blood Fitness and Dance Center, which 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 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.

Hamilton Field Hockey Summer Camp

Enjoy Hamilton's superior coaching staff and facilities, while honing and showcasing your skills. Please check the team page on the Hamilton athletics web site for specific details on this year's camp.

- The camp is designed for girls ages 10-18
- It is located at Hamilton College in Clinton, NY
- The camper to staff ratio is 6:1
- Coaches will include college coaches, as well as current and former Hamilton student-athletes



2012