

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 2009-10 academic year, 52 teams participated in NCAA team championships. NESCAC student-athletes claimed 17 individual national championships and NESCAC teams won six national team championships.



Season Preview

The 2011 Continentals boast 11 returners from an improved 2010 squad with the addition of five new faces. As a team in 2010, the Continentals made significant statistical strides, including hitting 17 points higher than in 2009, improving on-base percentage by 22 points and raising fielding percentage 41 points. Hamilton ranked third in the NESCAC in fielding percentage. "I am excited and optimistic about this group," second-year head coach Tracy Coffman said. "The upperclassmen have shown great leadership in the off-season and the newcomers are incredibly enthusiastic. We are looking forward to continuing to build on the improvements we made last year."

The outfield has a lot of new faces in 2011. Mandy Hyne '11 brings the most experience with 26 starts and 17 hits in 2010. Amanda Nardi '11 returns to the outfield after a year of injury which limited her play on defense. Nardi was a spark at the plate in the DH role last season. Kristen Pallen '12, Amy Appel '13 and Kristin Schwam '13 saw action in the outfield last year and will contribute there again. Pallen recorded a .304 batting average in 23 at bats, and Appel was second on the team with a .288 batting average. Jennifer Rougeux '14, Ashley Perritt '14 and Summer Bottini '14 will add depth and a tremendous amount of speed to the outfield. Rougeux was an all-state selection from Oneida High School, Bottini hails from the Millbrook School and Perritt from Lawrenceville Academy. "Our outfield is largely untested after graduating two senior starters, but their work ethic is great. We possess great speed, which will add an extra boost to our defense."

The infield has an experienced crop of returners in Liz Reid '11, Leigh Sherrow '11, Cara Vennari '12, Melissa Kaknis '13 and Lisa Faraci '13. Reid has started and played in all 86 games during her career with the Continentals. In 2010, Reid led the team with 13 RBI and boasted a .989 fielding percentage at first base. Sherrow started all 28 games last year at shortstop. She finished the year with 71 assists at the demanding position and her offensive productivity was highlighted by three doubles. Vennari had five RBI in 61 plate appearances in 2010, and will be called upon to add depth at third base and behind the plate. Kaknis and Faraci return after seeing significant time in the infield during their freshman campaigns. Kaknis started all 28 games at third base, committed only five errors and drove in six runs. Faraci had a great year at second base with a .970 fielding percentage and five doubles. Chelsea Merritt '14 will add depth to the middle infield as well. Merritt plays second base and attended John Jay High School. "I am excited about this group of infielders. They are an enthusiastic group who will work hard to anchor our defense."

In the circle, the Continentals return two veterans, and add depth with three freshman hurlers. Hyne stepped into a big role with 12 appearances in 2010. Appel returns after a solid freshman campaign when she threw 16 complete games and fanned 53 batters. Bottini, Merritt and Perritt will add a boost and needed depth to the pitching staff. "Our improved depth in the circle this year is a big bonus, and will hopefully help to keep our pitchers healthy, fresh and throwing their best throughout the year."

The catching staff will consist of returners Allison Martella '13 and Vennari. Martella started 20 games and threw out seven runners in her freshman season. Vennari will assist in catching duties along with her infield role. Samantha Miller '14 from Wilcox, Ariz., enjoyed an outstanding prep career and will add depth to the rotation. "We are excited about this group of catchers. They are a strong presence and do a good job of handling our pitching staff."

"I am anxious to start Year Two with the Hamilton College softball program and build on the improvement displayed during the 2010 season. The combination of returning experience and freshman will provide a much deeper team, and I anticipate continued improvement. I love working with this group and they have brought great energy to our preseason practices. I have high expectations for each member of the roster and look forward to taking another step forward with the program."

Blood Fitness Center

The softball 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 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.



Head Coach Tracy Coffman



Tracy Coffman is in her second year as the head softball coach at Hamilton College. Coffman was most recently the pitching coach at Stetson University last season. She has spent the past seven years coaching at NCAA Division I programs Stetson University and the University of Central Florida. She was a four-year varsity letter winner in softball at the University of Toledo from 1997 to 2001 where she pitched and played middle infield.

At UCF, Coffman's main duties were the pitchers and catchers along with coordinating the staff's recruiting from 2006 to 2008. In 2008, Central Florida

posted an overall record of 49-20 and ranked 26th in Division I with a 1.66 ERA. That team went 3-0 at the Conference USA tournament, won the conference title and earned an automatic bid to the NCAA tournament. Central Florida won three games, including a 1-0 shutout against host and nationally ranked No. 1 Florida at the Gainesville regional, before the Gators knocked them out of the double-elimination tournament. The 2008 team ranked 25th in the final NFCA Division I coaches poll. In 2007, the pitching staff boasted a team ERA of 1.29 and was ranked fourth in the NCAA. She mentored one pitcher to a pair of National Fastpitch Coaches Association all-Southeast region first team honors.

Coffman's first coaching endeavor at Stetson lasted from 2003 to 2005. The Hatters compiled a record of 116-51 during those three seasons, and she coached 16 Atlantic Sun Conference all-conference selections and three all-region picks. The team ranked 20th in the nation with a .303 batting average in 2005. The previous year, the pitching staff was 11th with a 1.13 ERA. The staff boasted a 1.25 ERA -- good for seventh in Division I -- in 2003. Stetson finished the 2003 season with an RPI of 34, and 45 in 2004 for NCAA Division I. Coffman was also the team's academic counselor, assisting student-athletes with scheduling, time management and mentoring. Coffman returned to Stetson in 2009. Stetson's pitching staff finished 2009 ranked 20th in Division I with a 1.85 team ERA.

While at Stetson the coaching staff embarked on a project to personally construct a softball facility for the team. After a full year of work by the staff, the project was complete. The field received national recognition as the best college softball field in 2005 and garnered regional awards in 2003 and 2004.

While at Stetson and UCF, Coffman built two of the largest summer youth camps in the state of Florida. Camp numbers doubled in the three years the camp was under her direction at Stetson, and in 2007 UCF had record numbers with 184 participants in two weeks. Coffman has spoken at the Florida State High School Coaches Convention on recruiting and pitching. She has also served as a private pitching instructor to numerous young girls since 1997.

The Ohio native was an all-state selection at Lima Central Catholic High School. Coffman graduated from Toledo in 2002 with bachelor's degrees in adolescent education/integrated social studies and history. She earned a master's in education from Stetson in 2005.

Coffman lives in Hamilton with her husband Jon and their son Tommy.

Asst. Coach Bill Spicer



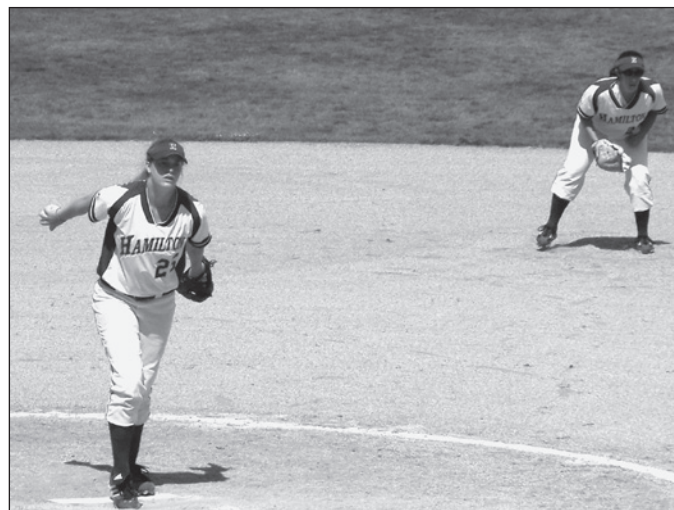
Bill Spicer is in his second year as an assistant coach for the Hamilton College softball team. Spicer has been a head softball coach at two high schools during his career. He has been one of the top two assistants with Hamilton's football program for the past four years.

Spicer started his softball coaching career at LaFayette High School just south of Syracuse. He went on to become the head coach at Woodmont High School in Greenville, South Carolina. While at Woodmont,

he guided the team to the second round of the state playoffs.

Spicer returned to Upstate New York and became the head varsity coach at Onondaga Central. In his third year, the team won the state's Section III Class C-2 championship. He also guided the football program to three state titles as the team's head coach. Spicer is a three-time state coach of the year selection and a 2003 recipient of the President Gerald R. Ford All-American Football Coach Award.

Spicer graduated from Chittenango High School and went on to earn a bachelor's degree in physical education from SUNY Cortland in 1994. He received a master's degree in physical education and health from Cortland in 1999. He and his wife Jessica live in Marcellus with their two children, Michael and Makayla.



Roster

No.	Name	Yr.	Pos.	Hometown
2	Lisa Faraci	So.	1B/2B	Cranbury, N.J.
3	Liz Reid	Sr.	1B	Amherst, N.Y.
4	Leigh Sherrow	Sr.	C	Hauppauge, N.Y.
5	Kristen Pallen	Jr.	OF	Frankford, Ontario
6	Ashley Perritt	Fy.	P/OF	Allentown, N.J.
9	Mandy Hyne	Sr.	OF/P	Weatogue, Conn.
10	Jennifer Rougeux	Fy.	OF	Oneida, N.Y.
11	Melissa Kaknis	So.	3B	New Windsor, N.Y.
12	Ally Martella	So.	C/1B	Washington, D.C.
13	Summer Bottini	Fy.	P/UT	Poughkeepsie, N.Y.
15	Chelsea Merritt	Fy.	P/INF	South Salem, N.Y.
19	Cara Vennari	Jr.	C/3B	San Francisco, Calif
20	Sam Miller	Fy.	C	Willcox, Ariz..
21	Amanda Nardi	Sr.	OF/2B	Yorktown Heights, N.Y.
24	Kristin Schwam	So.	OF	New York, N.Y.
25	Amy Appel	So.	P/OF	Medham, N.J.



The 2011 Schedule



March 15	vs. Mass. College of Liberal Arts#	5 p.m.
March 15	vs. Franklin & Marshall#	7 p.m.
March 16	vs. SUNY Fredonia#	9 a.m.
March 16	vs. Washington College (Md.)#	11 a.m.
March 18	vs. St. Lawrence#	1 p.m.
March 18	vs. Univ. of New England#	3 p.m.
March 19	vs. Edgewood#	9 a.m.
March 19	vs. Wisconsin-Oshkosh#	11 a.m.
March 20	vs. Wooster (DH)#	9 a.m.
March 27	RENSSELAER (DH)	1 p.m.
March 29	MORRISVILLE STATE (DH)	3:30 p.m.
April 1	at Amherst*	5 p.m.
April 2	at Amherst (DH)*	Noon
April 5	at Utica College (DH)	3:30 p.m.
April 13	at SUNY Cobleskill (DH)	3:30 p.m.
April 15	MIDDLEBURY*	5 p.m.
April 16	MIDDLEBURY (DH)*	Noon
April 19	CAZENOVIA (DH)	3:30 p.m.
April 22	at Williams*	5 p.m.
April 23	at Williams (DH)*	Noon
April 27	at St. Lawrence (DH)	3:30 p.m.
April 29	WESLEYAN*	5 p.m.
April 30	WESLEYAN (DH)*	Noon

* - NESCAC West Division game

- Fort Myers, Fla.

HOME EVENTS 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
Tracy Coffman, Head Coach	315-859-4589
E-mail address	tcoffman@hamilton.edu
Mailing Address	198 College Hill Road Clinton, NY 13323

Check out Hamilton Athletics on the world wide web at:
<http://www.hamilton.edu/athletics>