

Coaching Staff



Gillian McDonald
Head Coach

Gillian McDonald is in her sixth year as Hamilton College's head field hockey coach. McDonald has guided the program to 42 wins, including a team-record 13 last year, and 25 victories in the past two.

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 National Field Hockey

Coaches Association (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 a league tournament game for the first time. McDonald and assistant Cheryl Casey received league co-coaching staff of the year honors for their efforts.

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 first for the program since 1995.

McDonald has coached her players to 18 all-league selections in five years. Erin McNally '12 was named the league's rookie of the year in 2008. Four players have made the North Atlantic Region all-region team a total of eight times during the past three years. McNally received All-America honors from the NFHCA in 2009, and Callaghan made the All-America team last year.

Solid academic performance is also important to McDonald as seven student-athletes earned a spot on the 2010 Liberty League all-academic team. Hamilton received a NFHCA National Academic Team Award for the seventh straight year.

McDonald lettered in both field hockey and ice hockey at Bowdoin College in Brunswick, Maine. She was a first team All-America selection for field hockey in 2003 and a two-time all-region pick. McDonald was on the New England Small College Athletic Conference all-conference first team all four years at Bowdoin and helped lead the field hockey team to a conference title as a first-year player in 2000. She 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. McDonald was named the school's outstanding first-year female athlete in 2001.

The Hudson, Quebec, native received a bachelor's degree in French with an education minor from Bowdoin 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.

Cheryl Casey Assistant Coach

Cheryl Casey is in her fourth 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 from Sacred Heart with a bachelor's 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.

Student-Athlete Profiles



Erin McNally
Senior, Midfield
Scotia, N.Y./Burnt Hills-Ballston Lake
Major: Biology

2010: Ten goals and six assists in 16 starts... North Atlantic Region All-Region first team... Liberty League all-league first team. **2009:** Six goals and six assists in 17 starts... Division III All-America third team, North Atlantic all-region first team selection... All-Liberty League first team. **2008:** Two goals and eight assists in 15 starts... Liberty League Rookie of the Year... North Atlantic all-region second team... All-Liberty League first team.

Student-athlete perspective: "This season has definitely been the best both on and off the field. In the three years that I have been a member of this team, we have never had so much overall success. We continue to improve as a team and re-write the record books. Our team has such a strong connection, every day we stepped onto the turf ready to work and ready to have fun. I cannot wait for my senior season but it will be difficult to leave all the great friends who are now like family."

Sarah Flisnik
Senior, Midfield
Marcy, N.Y./Whitesboro HS
Major: Economics



Career: 48 games played and 36 starts... Three goals and four assists... Three varsity letters.

Student-athlete perspective: "I am so proud of our team. It is an honor to be able to take the field with my best friends every day. Everyone contributes something unique and special to this team. The team's dynamics are deeply rooted in the life-lasting friendships we have created among ourselves."



Mary Lancaster
Senior, Forward
Monkton, Md./Mercersburg Academy
Major: Russian Studies & World Politics

2010: Three goals and four assists in 16 games... Liberty League all-academic team, **2009:** Seven goals and three assists in 16 games... North Atlantic Region all-region second team... Liberty League all-league first team. **2008:** Five goals in 13 games.

Student-athlete perspective: "There really isn't a way to describe what happened on and off the field last year. It is so cliché to say that the success of our season was more than just our record. The passion we played with on the field was matched only by our chemistry off the field. Our attitude and sportsmanship were singled out as exceptional and that defined us. Our team is a collection of remarkable young women; young women who not only play field hockey well, but love playing field hockey together."

2010 Highlights

The Hamilton College field hockey team enjoyed another memorable season in 2010. The Continentals set program records for wins (13) and goals (55) in a season, and was ranked 15th in the final Division III Top 20 coaches poll. Hamilton fell just short of its quest for a second consecutive trip to the NCAA championship after a loss at Skidmore College in the Liberty League championship final. But there were plenty of highlights during the season, and after it was finished.

Colleen Callaghan '11 ended her college career as the team's all-time leader in goals, assists and points after she recorded the most prolific offensive performance for one season in program history. Callaghan obliterated team records with 19 goals and 49 points, and tied another record with 11 assists. Her numbers, coupled with the Continentals' success, added up to a spot on the National Field Hockey Coaches Association (NFHCA) All-America second team. She is the third Hamilton field hockey All-American, following in the footsteps of teammate Erin McNally '12 and former goalie Anne Hughes '92. In November, Callaghan played in the NFHCA Division III Senior Game in Virginia.

The Continentals posted an overall record of 13-3, including 6-1 in their final season in the league. Hamilton's two losses in the regular season were both by one goal against teams ranked in the top 10. The Continentals finished second in the league standings, and hosted a league championship semifinal for the second straight year. It turned out to be the latest in another classic against William Smith College. The Herons grabbed a 1-0 lead in the first half and clung to the narrow lead throughout most of the second half. Catie Torcivia '12 finally put Hamilton on the scoreboard with 2:45 left in regulation, and the teams went to overtime for the fourth time since 2008. Neither team put the ball past the goalie in the first 15-minute extra period, but Callaghan ended the thrilling contest 83 seconds into the second overtime, and the Continentals moved on to the final at Skidmore for the second year in a row.

Hamilton erased a pair of two-goal deficits during the regular season to win in overtime at William Smith and against Williams College within five days of each other. On October 8 in Geneva, N.Y., goalie Molly Brooks '14 ventured way out of the cage to make a highlight-reel save on a breakaway opportunity early in overtime. A little more than three minutes later, McNally collected a rebound after a shot hit the post, and deposited it into the back of the cage. At home against Williams on Oct. 13, the Continentals fell behind 2-0 in the first half before they tied the score with two goals in the second half. The overtime period was all Hamilton, and Nikki Haskins '14 completed the comeback with her eighth goal five minutes into the extra session.

Callaghan and McNally made the NFHCA North Atlantic Region all-region first team, and Torcivia was placed on the second team. McNally ranked ninth in the league with 26 points, and tied for 10th with Haskins with 10 goals. Torcivia tied for fifth in the league with nine assists. Brooks led the league with four shutouts and was second with a 1.40 goals against average. Callaghan and McNally were unanimous all-league first team selections.



The 2011 Schedule



Sept. 7	SUNY GENESEO	6 p.m.
Sept. 10	at Trinity College*	11 a.m.
Sept. 14	UTICA	5 p.m.
Sept. 17	CONN. COLLEGE*	11 a.m.
Sept. 24	AMHERST*	Noon
Sept. 25	WESLEYAN*	1 p.m.
Oct. 1	at Bates*	Noon
Oct. 4	at SUNY Oneonta	6 p.m.
Oct. 8	MIDDLEBURY*	Noon
Oct. 15	at Bowdoin*	11 a.m.
Oct. 16	at Colby*	Noon
Oct. 19	at Williams*	6 p.m.
Oct. 22	TUFTS*	Noon
Oct. 26	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 NYSWCAA Championship



Erin McNally '12, Midfield

- ▶ Major: Biology
- ▶ All-America third team in 2009
- ▶ 3-time North Atlantic Region all-region pick
- ▶ 3-time Liberty League all-league first team
- ▶ Liberty League Rookie of the Year (2008)



Colleen Callaghan '11, Forward

- ▶ Major: Government
- ▶ 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

Hamilton College will join the New England Small College Athletic Conference (NESCAC) as a full-playing member effective with the start of the 2011-12 academic year. Twenty-one of the Continentals' 28 teams already participate in conference competition, while the remaining seven - men's and women's basketball, field hockey, men's and women's lacrosse, and men's and women's soccer - competed in the Liberty League from 1995 to 2011.

"We are pleased to welcome Hamilton College into the NESCAC as a full participant," said Barry Mills, President of Bowdoin College and chair of the NESCAC presidents. "The NESCAC places a high value on collegiality, and in making this decision, the conference recognizes its leadership position as a group guided by the highest educational standards and academic principles."

The NESCAC is a group of 11 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. NESCAC institutions also believe athletic teams should be representative of the entire student body.



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 women's field hockey 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.

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

