

## Head Coach Patty Kloidt



Patty Kloidt has been the head women's lacrosse coach at Hamilton College since 2003. Kloidt guided the program to its first NCAA Division III championship in 2008, and her record was 113-31 (.785 winning percentage) at Hamilton after 2010. The Continentals have reached the postseason every year, including the NCAA tournament semifinals from 2008 to 2010, under Kloidt.

Kloidt posted her 100th career head coaching victory against Middlebury College in a 2008 NCAA championship regional final at home. That squad went on to set a

program record with 21 wins and finished with a record of 21-1 en route to the national title.

In 2010, Hamilton won its first 21 games and was ranked No. 1 in Division III for most of the season. The Continentals advanced to the NCAA championship game for the second time in program history, but lost by one goal. Hamilton posted an overall record of 16-3 in 2007 and 2009, and advanced to the NCAA regional finals in 2007. The Continentals have won 38 straight games at home in a streak that dates back to 2006.

Kloidt led Hamilton to Liberty League regular season titles in 2007, 2008 and 2010, and four consecutive league tournament crowns from 2007 to 2010. Hamilton's record in league play is 54-10 under Kloidt.

Eleven of Kloidt's players have earned a total of 14 All-America honors, including three last year. Five players made the 2010 all-region team. Kloidt coached the Liberty League players of the year from 2006 to 2008. Seven players made the all-league team, including five first team selections, in 2010.

Kloidt was voted the Division III coach of the year by the Intercollegiate Women's Lacrosse Coaches Association (IWLCA) after leading Hamilton to the national title in 2008. Kloidt and her assistants were voted the Liberty League's coaching staff of the year in 2004, 2008 and 2010. Kloidt's program excels academically as well. Liz Rave '10 was voted to the 2010 academic all-district women's at-large third team for the College Division by the College Sports Information Directors of America (CoSIDA).

Kloidt spent four years as Le Moyne College's head coach before arriving at Hamilton. Kloidt built the women's lacrosse program into one of Le Moyne's best. The team enjoyed its finest season in 2002, when it won the program's first-ever conference title and earned its first NCAA tournament berth. Kloidt was named the conference's coach of the year as a result of that season's success. She began her coaching career as an assistant on the Amherst College lacrosse and soccer staffs.

In 2009, Kloidt served as an assistant coach for Canada's Senior team that won a bronze medal at the International Federation of Women's Lacrosse Associations (IFWLA) World Cup in Prague, Czech Republic. She was added to the staff by the Canadian Lacrosse Association and the Canadian Women's National Team program in Ottawa.

Kloidt graduated with a bachelor's degree in exercise and sport science from Penn State University in 1995. She was a four-year varsity letter winner in lacrosse and received Division I all-region honors in 1994. Kloidt went on to earn her master's degree in exercise and sport studies from Smith College in 1998.

## Kloidt's coaching philosophy

*My philosophy is based upon a foundation of five parts that are integral for creating a positive experience for my student-athletes: **trust, love, consistency, humor and respect.** These are my values and I have depended on them in my efforts to build this lacrosse program. Please allow me to explain further.*

***TRUST** is earned in many ways. First, by sticking to your word and backing up your words with actions. Secondly, giving my players honest feedback and allowing them to offer me the same goes a long way in building trust. Trust is fostered through how we communicate with each other. Direct communication about the functions of our team is vital. For example, why and how decisions are made is consistently communicated to our members.*

*Players need to know that I care about them as people first and players second. I demonstrate my **LOVE** for them by making their academic success, health and well being a priority. I believe that my players feel very comfortable coming to me in times of trouble and celebration. My door is always open for them and they know that I care for them a great deal. My love for them does not get confused with my being firm. I hold them accountable athletically, academically and behaviorally. Getting the most out of them as people and challenging them in practice conveys my belief in their potential.*

*Being **CONSISTENT** in the treatment of each team member provides a clear picture that all of the members are equally important. I believe that consistency in my messages and actions prevents doubt. If a team is constantly surprised, they will hesitate to follow the coach because they never know what to expect.*

*I believe that having a sense of **HUMOR** and the ability to laugh at oneself is crucial for living a healthy life and creating meaningful relationships. An environment where laughter is both permitted and celebrated is critical. The humorous truths shared amongst us are a unique way of saying "I love you." We now have numerous "inside jokes" that our team has developed over time. The result is a group of people who support and look after each other. As this spills over onto the lacrosse field, it fosters a tough team to beat.*

*Practicing the four parts of the foundation described above produces **RESPECT** within our program. Together, we have created a fun and loving environment where we can be successful.*

*I take pride in our foundation and believe it has led to our success. I value winning but, more importantly, I value good people and the solid sense of decency they provide for each other and eventually the world. These women will take something more from this program than lacrosse skills. My hope is that they leave with a sense of pride, not only in their accomplishments, but in the connection they have fostered with a group of women who, in some fashion, have helped shape the person they have become.*

## Women's Lacrosse at a glance

- NCAA Division III Champions in 2008
- NCAA Division III runners up in 2010
- NCAA Division III semifinalists in 2009
- NCAA Division III regional finalists in 2007
- NCAA Division III quarterfinalists in 2000, 2001
- Hosted NCAA Division III Regionals in 2008, 2010
- Undefeated 8-0 Liberty League regular season championships in 2007, 2008, 2010
- Liberty League tournament champions in 2007, 2008, 2009, 2010
- 20 All-America awards, nine on the first team
- Liberty League Player of the Year in 2006, 2007, 2008
- Liberty League Rookie of the Year in 2003, 2004, 2006, 2010
- 19 Liberty League first team all-league honors since 2007
- Hamilton College Riffle Award winner in 2007, 2008, 2009, 2010
- Program record for wins in a season with 21 in 2008, 2010
- 38 straight wins at home from 2006 through the end of 2010
- 290 victories since 1979
- Eleven student-athletes on league's all-academic team

## Numbers to Know

• Admission Office	1-800-843-2655
• Financial Aid	1-800-859-4413
• Athletics	315-859-4114
• Athletics Department FAX	315-859-4293
• Patty Kloidt, Head Coach	315-859-4755
• E-mail Address	pkloidt@hamilton.edu
• Mailing Address	198 College Hill Road Clinton, NY 13323
• Check out the Hamilton Athletics Home Page at:	<a href="http://hamilton.edu/athletics">http://hamilton.edu/athletics</a>

## 2008 NCAA Division III National Champions

*"This Championship affected many of us on all different levels," head coach Patty Kloidt said. "I believe that everyone associated with Hamilton was a winner that day. Witnessing a group of people achieve something that no one thought they could is almost dream-like. I have been involved with a lot of teams as both a player and a coach. Living in that moment with this team is something that I will never forget."*



*Our Hamilton team proved to us all that talent coupled with communication, love, respect and humor goes a long way. I am sure you have witnessed teams with tons of talent who can't win. I believe that teams cannot win on talent alone. They may win some games but they won't win the big ones. No matter how much talent you have, if the players do not co-exist harmoniously and communicate about what it is they want to accomplish together, the team cannot win. The more challenging the situation, the higher the need is for trust and communication, not talent. Individual talent is far less powerful than a group on the same page, functioning well together."*

## All-Americans *at a glance*



### **Lauren Sokol '12, Defense**

- ▶ Major: English
- ▶ Liberty League First Team selection (2010)
- ▶ ECAC Division III Upstate First Team all-star (2010)
- ▶ Liberty League all-tournament team (2010)
- ▶ Started all 41 games in her career



### **Sarah Bray '11, Midfield**

- ▶ Major: Mathematics
- ▶ NCAA tournament most outstanding player (2008)
- ▶ Two-time all-region selection (2008, 2010)
- ▶ Liberty League First Team all-star (2010)
- ▶ Holds program record with 47 assists in a season



### **Liz Rave '10, Attack**

- ▶ Major: Psychology
- ▶ Liberty League tournament most valuable player (2009, 2010)
- ▶ Four-time all-league selection
- ▶ Ranks fourth in team history with 140 goals
- ▶ 2010 Hamilton College Riffle Award winner



### **Kaillie Briscoe '09, Attack**

- ▶ Major: Psychology
- ▶ 2009 Hamilton College Riffle Award winner
- ▶ Three-time all-league selection (2007, 2008, 2009)
- ▶ Liberty League Rookie of the Year (2006)
- ▶ All-time leader in goals, assists and points

## *all-time*

- Sarah Bray, 2010 (First Team, Midfield)
- Lauren Sokol, 2010 (First Team, Defense)
- Liz Rave, 2009 (Third Team, Attack), 2010 (First Team, Attack)
- Kaillie Briscoe, 2008 (First Team, Attack), 2009 (Third Team, Attack)
- Nicole Tetreault, 2007 and 2008 (First Team, Attack)
- Kate Marek, 2008 (First Team, Midfield)
- Jen McGowan, 2008 (Second Team, Midfield)
- Kalley Greer, 2007 (First Team, Goalie)
- Liz Longley, 2006 (Second Team, Attack)
- Inga Stots, 2005 (Second Team, Attack)
- Nadia Dovi, 2004 (Second Team, Defense)
- Sarah Gloo, 2001 (First Team, Attack)
- Sarah Gloo, 2000 (Second Team, Attack)
- Ashley Wilberding, 1994 (Third Team, Goalie)
- Connie Douglas, 1992 (Third Team, Midfield)
- Emily Helm, 1992
- Katy Ruckdeschel, 1988

## **Student-Athlete Perspectives**

"I am a very proud alum of Hamilton Women's Lacrosse. My teammates and I loved setting the foundation for a team that is now a top national contender year in and year out. The experience provided life-long friendships and too many laughs to count. I continue to strive to meet challenges with the same philosophy of trust, humor and respect that I learned as a member of HamLax".

**-Liz Longley '07**

"While winning a national championship was a truly amazing experience, the best part of playing lacrosse for Hamilton was how the team became my family over the course of my four years. The support and love that came from the team environment shaped my entire Hamilton College experience. The promotion of a positive and empowering environment allowed me to thrive both academically and athletically, as my coaches and teammates supported my pursuit of studying abroad in India with the same enthusiasm as our team's pursuit of winning a national championship".

**-Tara Eckberg '08**



## Blood Fitness Center

The women's lacrosse 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 44-55 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 work-outs 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.

