

# Facilities

## Indoor

In Smith's four-building sports complex, you'll find an indoor track and tennis facility, two gymnasiums, locker facilities, ergometer room, rock climbing wall, fitness studio with spring wood floor and fencing lines, an athletic training room, five ASB glass-backed international squash courts and a human performance laboratory as well as coaches' and administrative offices. Surrounding the four indoor tennis courts is a 200-meter, six-lane Tartan track; adjacent to the oval are two eight-lane straightaways, 55m sprint-and-hurdle segments as well as all field-event stations. The track, one of the fastest on the East Coast, has been the setting for New England's,

ECAC regionals and three NCAA Division III championships. The aquatic facilities include a six-lane, 25-yard pool, one- and three-meter diving boards, an underwater observation window and a Colorado timing and diving judging system and scoreboard. The new \$4 million Olin Fitness Center that opened in January 2004 will accommodate all your fitness needs. The 4,816-square-foot space has glass walls facing the north and south, which form a 1,600-square-foot skylight, and houses 35 aerobic machines with individual television monitors, 40 selectorized weight machines and multiple free-weight stations.

## Outdoor

Our equestrian center consists of a 100'x250' indoor arena with a

large, heated observation area; two outdoor rings; turnout paddocks; a five-acre field and miles of wooded trails. The barn has 40 stalls, two tack rooms, a laundry, a wash stall and offices. Smith's 400-meter Eurotan S track includes two long- and triple-jump pits with dual runways; two pole-vault pits with adjacent runways; two shot circles; a dual-purpose hammer and discus cage; and a javelin area just inside the oval. Smith's athletic grass fields, with two field hockey fields (one with lights for night play) and a soccer/lacrosse field, are adjacent to the 12 lighted tennis courts. The 6,000-meter championship cross-country course, which is considered to be one of the top five in New England, is adjacent to the athletic fields and winds

through scenic New England countryside. Softball practice and games take place in our fully enclosed softball diamond with skinned infield, dugouts and batting cage. The Pioneers row on the nearby Connecticut River. The Smith boathouse houses shells (eights and fours) for use in training and competition. The ski team does most of its dryland training on campus. The team's on-hill training is at Berkshire East Ski Area in Charlemont, Massachusetts, a 45-minute drive from campus. Berkshire East has excellent training facilities and hosts several races each year, including the high school state championships and all levels of USSA and FIS races.

Department of Athletics  
Smith College  
Northampton, MA 01063  
(413) 585-2701  
[www.smith.edu/athletics](http://www.smith.edu/athletics)

2009-10



For more information about our cross-country program, contact:  
Ellen O'Neil, Cross-Country Coach  
Smith College  
Northampton, MA 01063  
(413) 585-3743  
[eoNeil@smith.edu](mailto:eoNeil@smith.edu)

For more information about Smith College, contact:  
Office of Admission  
Smith College  
Northampton, MA 01063  
(413) 585-2500

Cover: Kristin Peck '12, Bethlehem, NY

## Notice of Nondiscrimination

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# Cross-Country



Smith Cross-Country, 2008

Smith College has much to offer the dedicated runner. While academics will be the focus of your life at Smith, cross-country can be an important part of it too. The college provides first-class athletic facilities and coaching and gives competitive runners every opportunity to excel.

## A Tradition Continues

The cross-country program at Smith College has a proud tradition of excellence. Smith runners compete to feel the thrill of victory and to enjoy the physical challenges. Since its inception in 1981, the cross-country program has successfully competed at the conference, regional and national levels. Smith has sent numerous athletes to Nationals, most recently Nora Youngs '09 in 2005, 2006 and 2008.

## 2009 Outlook

With six of the top seven runners returning from a successful fall campaign, the team is brimming with optimism for the 2009 season. Leading the charge for Smith will be NCAA Academic Scholar Athlete and 2006 and 2007 All Conference member Anna Cressotti. She and classmates Meredith Jones, Christine Dzialo and a group of talented sophomores including Hania Thomas-Adams, Emma Yourd, Kathleen Given, Kristin Peck, Uli Botzjoorns and Alyssa Panozzo will continue to help the team ascend the New England ranks.

NEWMAC competition will be strong again with defending champion MIT as the team to beat. Smith looks to finish in the top two in the conference as it works to regain the prominence it enjoyed in the '80s.

If you want to combine academic challenge with athletic competition, consider Smith. Come see our facilities. Talk to our coaches and current cross-country team members. We think you'll find ours to be one of the nation's outstanding athletic programs!

## 2008 Results

Sept. 6, Amherst Invitational, 4th place  
 Sept. 13, Smith Invitational, 2nd place  
 Sept. 27, Williams' Plansky Invitational, 11th place  
 Oct. 11, Open New England Championships, 33rd place  
 Oct. 18, Seven Sisters Championship, 2nd place  
 Nov. 1, NEWMAC Championship, 4th place  
 Nov. 15, NCAA Regional Qualifier, 12th place

## Team Honors

**NCAA National Championship**  
 1991, 13th place  
 1989, 10th place  
 1988, 10th place  
 1987, 11th place

**Seven Sisters Championship\***  
 2008, 2nd place  
 2007, 3rd place  
 2006, 4th place  
 2005, 2nd place  
 2004, 2nd place



Ulrika Botzjoorns '12, Bolton, VT

2003, 2nd place  
 2002, 6th place  
 2001, 5th place  
 2000, 4th place  
 1999, 5th place

**NEWMAC Championship\***  
 2008, 4th place  
 2007, 4th place  
 2006, 3rd place  
 2005, 3rd place  
 2004, 5th place  
 2003, 6th place  
 2002, 7th place  
 2001, 6th place  
 2000, 6th place  
 1999, 7th place

## Individual Honors

**All-Americans**  
 Gwen Young, 1991  
 Meg White, 1990  
 Gwyn Hardesty, 1986  
 Kirsten Kannengieser, 1984  
 Mary Niehaus, 1981

**NEWMAC All-Conference\***  
 Anna Cressotti, 2006–07  
 Nora Youngs, 2005–08  
 Christine Dzialo, 2006  
 Emma Coleman, 2005  
 Elizabeth Kelly, 2004–05  
 Katherine Marlowe, 2000–04  
 Sara Lewicke, 2001

**NEWMAC Runner of the Year**  
 Nora Youngs, 2007  
 Gwen Young, 1990  
 Meghan White, 1987–88

**NEWMAC Rookie of the Year**  
 Pamela Maryanski, 1997

**NEWMAC Academic All-Conference\***  
 Anna Cressotti, 2007  
 Christine Dzialo, 2007–08  
 Emily Yen, 2006–08  
 Nora Youngs, 2006–08  
 Meredith Jones, 2007  
 Leonora Pepper, 2007  
 Alison Cloutier, 2005–07  
 Rebecca Staples-Moore, 2005–07  
 Ruth Miller, 2005  
 Maria Gonchoroff, 2004–05  
 Isa Barth-Rogers, 2002, 2004  
 Elizabeth Sherlock, 2003  
 Sara Lewicke, 2001, 2003  
 Katherine Marlowe, 2001–03  
 Peicha Chang, 2002  
 Darcy Fox, 2002  
 Laura Smith, 2002  
 Helen Lee, 2001–02  
 Danielle Dalphiaz, 2001  
 Fallon Mattis, 2001  
 Alanna Morris, 2000, 2001  
 Anne Miller, 2000  
 Carolyn Rodal, 2000  
 Danielle Sigmund, 2000  
 Juliet Christian-Smith, 1999–2000  
 Noelle Giguere, 1999

**NCAA Cross Country Coaches Association All Academic Team**

Anna Cressotti, 2006–07  
 Nora Youngs, 2005–08  
 Alison Cloutier, 2004, 2007  
 Christine Dzialo, 2007–08  
 Meredith Jones, 2006  
 Emma Coleman, 2005  
 Elizabeth Kelly, 2004

*\* Covers past 10 years only.*

## 2009–10 Schedule

Sept. 12	Smith Invitational	11 a.m.
Sept. 26	Plansky Invitational at Williams	12:45 p.m.
Oct. 10	Open New England Championships at Franklin Park	noon
Oct. 17	Seven Sisters Championship at Mount Holyoke	11 a.m.
Oct. 31	NEWMAC Championship at Franklin Park	TBA
Nov. 14	NCAA Regionals at Southern Maine	11 a.m.
Nov. 21	NCAA Championship	TBA

Home events in bold type.

## Coach Ellen O'Neil

- ▶ Smith College Coach of the Year, 2006
- ▶ Seventh year at Smith
- ▶ 11 years' coaching experience at Division I
- ▶ Head coach cross-country and assistant track coach, Dartmouth College 1992–2003; led cross-country team to six NCAA appearances including two top-five finishes in 1996 and 1997 and to four consecutive Ivy League titles 1994–97
- ▶ Coached 28 Ivy League champions; 15 All-Americans and 11 school record holders
- ▶ Coached the U.S. Junior Team at the World Cross-Country Championships



- ▶ in Belfast, Ireland, 1999
- ▶ Co-Director of Gold Medal Running Camp, Inc., 1993–present
- ▶ District I NCAA Coach of the Year, 1998
- ▶ 1987 graduate of Dartmouth College