



## 2006 Women's Cross-Country Preseason Newsletter

### 2006 SEASON OUTLOOK

The Clark University women's cross country team are fresh off the trails of a successful 2005 season. The Cougars raced their way to a trio of top finishes last fall earning second place in the Roger Williams Invitational and third place performances in the Worcester City and Community College of Rhode Island Meets, not to mention a solid 14<sup>th</sup> place showing at the ECAC Championships. With a core group of returnees and a few fresh heels to the pack, the Clark squad looks to make a run at the competition and build on last year's achievements.

With **Emily Tremaine** nursing an injury, the top spot is up for grabs. The senior co-captain, who had three top five performances last fall, will be one of the favorites on this year's slate if she can get healthy. Coach Chris D'Aniello expects that ECAC Championship participants Tremaine, along with senior **Becky Mayer**, junior **Ellen Durand** and sophomore **Kaitlyn Sephton**, will lead the Cougar pack this fall. Sophomores **Amanda Haines** and **Allison Camp** should also make an impact, while junior **Kerri Powers** will look to battle for a spot in the top group.

Hampered by injury, co-captain **Elizabeth Waste** hopes to return at full strength by seasons-end and newcomers **Alexandra Casey** and **Sara Gellar** also have the potential to contribute.

If healthy, the coaching staff feels that the Cougars could make a move at the New England Women's and Men's Athletic Conference (NEWMAC) Meet, where they finished a disappointing ninth last fall.

"We need to stay focused and follow through on our goals this year," said assistant coach Michelle Walmsley. "If we work together, it could be a great season."

### 2006 SCHEDULE

DATE	OPPONENT	TIME/Results
Sept. 9	@ Connecticut College Inv.	23rd
Sept. 16	@ UMass-Dartmouth Inv.	22nd
Sept. 23	@ Worcester City Inv.#	TBA
Sept. 30	@ Mount Holyoke Inv.	10:30 a.m.
Oct. 7	@ Roger Williams Inv.	11 a.m.
Oct. 14	@ Western New England Inv.	11 a.m.
Oct. 28	NEWMAC Championships \$	TBA
Nov. 4	ECAC Championships &	TBA
Nov. 11	NCAA New England Reg. *	TBA

# Boylston Hillside Park  
 \$ Mount Holyoke (Mass.)  
 & Connecticut College  
 \* Springfield College (Mass.)



2006 Women's Cross-Country Team

### "DON'T HIDE YOUR PRIDE!"



**Join the Team!** The Friends of Clark Athletics are Cougar supporters dedicated to providing a one-of-a-kind experience for our student-athletes. Your gift will not only enhance the athletic experience for Clark athletes, but will also help develop the Athletic program into one of the best in New England! If you are interested in supporting cross country, contact Head Coach Chris D'Aniello.

Design your Clark University apparel today! Visit [www.clarku.edu/athletics](http://www.clarku.edu/athletics) and click on above link for more info.