



MEN'S & WOMEN'S TRACK & FIELD



MEDIA GUIDE 2004-05



**2003-04 AMERICA EAST
CONFERENCE CHAMPIONS
MEN'S INDOOR TRACK & FIELD**

**2003-04 AMERICA EAST
COACHING STAFF OF THE YEAR
MEN'S INDOOR TRACK & FIELD**

**2003-04 AMERICA EAST CONFERENCE RUNNERS-UP
WOMEN'S INDOOR TRACK & FIELD**

**2004 AMERICA EAST CONFERENCE RUNNERS-UP
MEN'S OUTDOOR TRACK & FIELD**

**2004 AMERICA EAST CONFERENCE RUNNERS-UP
WOMEN'S OUTDOOR TRACK & FIELD**

**HEAD COACH
ROBERTO VIVES
26 CHAMPIONSHIP TEAMS**



QUICK FACTS

GENERAL INFORMATION

Location:	Albany, N.Y. 12222
Founded:	1844
Enrollment:	11,819
Nickname:	Great Danes
Colors:	Purple & Gold

Track & Field

Affiliation:	NCAA Division I
Conference:	America East
Head Coach:	Roberto Vives (Seton Hall '78)
Vives' Phone/Email:	518-442-3064/rvives@uamail.albany.edu
Associate Head Coach:	Craig McVey (Kansas State '79) - Pole Vault, Distance
Assistant Coaches:	Teresa Covert (UAlbany '04) - Hurdles Steve Clarke (Bucknell '95) - Distance Bruce Gaynor (UAlbany '89) - Multi Event, High Jump David Herrington (Lea '72) - Sprints Allison Meier (Cortland '00) - Sprints, Hurdles Richard O'Riley (UAlbany '00) - Jumps Megan Schneeberger (Hamline '00) - Throws Nathan Schneeberger (Hamline '00) - Throws Nadir Simohamed (Southwest Texas '96) - Jumps Meghan Howell (UAlbany '04)

Graduate Assistant:

ADMINISTRATION

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Vice President for Student Affairs:	James P. Doellefeld
Director of Athletics & Recreation:	Dr. Lee McElroy
Associate Athletics Director:	Rick Coe
Associate Athletics Director:	Gail Cummings-Danson
Assistant Athletic Director/External:	Charlie Voelker
Director of Athletic Development:	Don Ostrom
Director of Event Management & Operations:	Megan Buchanan
Director of Athletic Academic Services:	Julie Steinke
Head Equipment Manager:	Kevin Galuski
Head Athletic Trainer:	Jack Koelmel

ATHLETIC MEDIA RELATIONS

Asst. Athletic Director/Media Relations:	Brian DePasquale
Office Phone:	518-442-3072
E-mail:	bdepasquale@uamail.albany.edu
Media Relations Assistant/Track & Field Contact:	Brianna LaBrecque
Office Phone:	518-442-5733
E-mail:	blabrecque@uamail.albany.edu
Media Relations Fax:	518-442-3139
Sportsline:	518-442-DANE (3263)
Website:	www.albany.edu/sports

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DIRECTIONS TO UALBANY ATHLETIC COMPLEX

From the north: Take the Northway (I-87) south to Exit 1E onto I-90 East (Albany/Boston), then Exit 2 (Washington Ave.) which leads right into UAlbany.

From the south: Take the Thruway (I-87) north to Exit 24. After the tollbooths, go onto I-90 East towards Boston to Exit 2 (Washington Ave.) which leads right into UAlbany.

From the east: Take I-90 west (towards Buffalo) to Exit 2 (Fuller Road). Turn left onto Fuller Road then next left at Washington Ave. UAlbany will be on your right.

From the west: Take the Thruway (I-90) east to Exit 24. After the tollbooths, go onto I-90 east towards Boston to Exit 2 (Washington Ave.) which leads right into UAlbany.

From all directions: Upon entering campus, follow University Drive (heading south/bearing right) one mile to Recreation and Convocation Center parking lot.

2005 UALBANY MEN'S TRACK & FIELD

Name	Cl.	Ht.	Wt.	Events	Hometown/High School
Andy Allstadt	Sr.	6-0	155	Distance	Endicott, N.Y./Union Endicott
Teiko Aryee	Sr.	6-0	170	Jumps	Spring Valley, N.Y./Ramapo
Anthony Basile	Fr.	6-1	195	Sprints/Jumps	Chester, N.Y./Chester Academy
Jesse Bennett	Sr.	6-1	160	Sprints/Hurdles	Newburgh, N.Y./Newburgh Free Academy
Shamere Boland	Jr.	5-9	170	Sprints	Poughkeepsie, N.Y./Poughkeepsie
Renauld Buck	So.	5-11	210	Throws	Liberty, N.Y./Liberty
Junior Burnett	Jr.	5-7	147	Sprints	St. Elizabeth, Jamaica/Black River High
Gered Burns	Jr.	6-1	160	Mid-Distance	Altamont, N.Y./Guilderland
Bryant Cherry-Woode	Jr.	6-0	143	Distance	New York, N.Y./La Salle Academy
Peter Chesser	So.	6-0	220	Throws	Wallkill, N.Y./Wallkill
Justin Collishaw	Jr.	6-2	190	Throws/Jumps	Saugerties, N.Y./Saugerties
Ronnie DeAraujo	So.	6-2	196	Sprints	Jackson Heights, N.Y./Holy Cross
Kamar Elliott	Sr.	5-11	182	Jumps/Hurdles	Syracuse, N.Y./Henninger
Ricardo Estremera	Fr.	5-8	128	Mid-Distance	San Juan, Puerto Rico/University
Stephan Evans	Jr.	5-10	165	Sprints	Cortlandt Manor, N.Y./Lakeland
Felix Fermin	So.	6-1	185	Throws	New York, N.Y./Environmental Studies
Robbie Freeman	Jr.	6-0	145	Distance	New Hyde Park, N.Y./Great Neck South
Ryan Gaedje	Fr.	5-8	130	Distance	Rexford, N.Y./Shenendehowa
Gabe Gallucci	So.	6-2	190	Sprints	Ithaca, N.Y./Ithaca
Sheldon Gomes	Sr.	6-2	150	Jumps	Menands, N.Y./Shaker
Sam Gonzales	Sr.	5-8	125	Mid-Distance	Fort Hunter, N.Y./Fonda-Fultonville
Drew Harrison	Fr.	6-0	180	Sprints	Westbury, N.Y./Westbury
Edward Hilts	Jr.	5-11	175	Sprints	Cohoes, N.Y./Schenectady
Dale Hopkinson	Sr.	5-10	162	Jumps/Hurdles	Spring Valley, N.Y./Ramapo
Brandon Howlett	Sr.	6-7	240	Throws	New Haven, Conn./Hillhouse
Christopher Jimenez	Fr.	5-8	130	Distance	Corona, N.Y./Saint Francis Prep
Jonathan Jones	Sr.	6-0	185	Jumps	Syracuse, N.Y./Henninger
Nicholas Jones	Fr.	5-9	165	Vault/Multi-Event	Ballston Lake, N.Y./Shenendehowa
Jason Kruger	Sr.	6-1	239	Throws	Fonda, N.Y./Fonda-Fultonville
Michael Lynch	Fr.	6-5	225	Throws	Ridge, N.Y./Longwood
Eric Opuana	Jr.	5-10	265	Throws	Lagos, Nigeria/Army Day Secondary School
Tim O'Riley	Sr.	6-2	175	Jumps/Hurdles	Rochester, N.Y./Wilson Magnet
Marc Pallozzi	So.	5-11	175	Jumps/Hurdles	Waterford, N.Y./Lansingburgh
David Parker	Fr.	6-4	180	Vault/Jumps	Niskayuna, N.Y./Niskayuna
Chris Pierson	Sr.	5-10	160	Distance	Binghamton, N.Y./Chenango Valley
Michael Reynolds	Fr.	5-11	180	Pole Vault	Fairport, N.Y./Fairport
Anthony Robibero	Jr.	6-1	155	Hurdles	Cohoes, N.Y./Scotia-Glenville
Matthew Roche	Gr.	6-1	178	Mid-Distance	Niskayuna, N.Y./Ithaca
Rokim Robinson	Fr.	6-2	190	Sprints/Jumps	Mt. Vernon, N.Y./Roosevelt
Rickardo Smith	Jr.	6-2	193	Sprints/Jumps	Brooklyn, N.Y./Boys & Girls
Rich Villanueva	Sr.	6-0	160	Mid-Distance	Bronx, N.Y./Mt. St. Michael Academy
Andres Vives	Jr.	5-8	185	Jumps/Hurdles	Clifton Park, N.Y./Shenendehowa
Mike Wall	So.	5-8	175	Sprints	Syracuse, N.Y./Solvay
Kenny Williams	Sr.	5-9	185	Sprints	Bronx, N.Y./Christopher Columbus
Dustin Wilson	Sr.	6-0	200	Jumps/Hurdles	Kirkwood, N.Y./Susquehanna Valley
Jeremiah Wilson	Jr.	6-1	168	Mid-Distance	New York, N.Y./Dewitt Clinton
Eric Zorrilla	So.	5-7	154	Mid-Distance	Flushing, N.Y./St. John's Prep

2005 UALBANY WOMEN'S TRACK & FIELD

Name	Cl.	Ht.	Events	Hometown/High School
Adanna Andrews	So.	5-5	Mid-Distance	Yonkers, N.Y./Lincoln
Anisha Andrews	So.	5-5	Mid-Distance	Yonkers, N.Y./Lincoln
Heather Angel	Jr.	5-8	Hurdles	Harrisburg, Pa./Central Dauphin
Natasha Bermudez	Sr.	5-6	Throws	Poughquag, N.Y./Arlington
Jennifer Boshco	Jr.	5-9	Distance	Bedford, Mass./Bedford
Maureen Brown	Sr.	5-5	Distance	Staten Island, N.Y./Staten Island Technical
Anna-Kay Campbell	Sr.	5-9	Sprints	Bronx, N.Y./Evander Childs
Sarah Charles	So.	5-2	Sprints/Jumps	Central Islip, N.Y./Central Islip
Tequirra Cox	Sr.	5-4	Sprints	Brooklyn, N.Y./Paul Robeson
Katisha Cunningham	Jr.	5-7	Sprints	Freeport, N.Y./Freeport
Patty Diedrich	Jr.	5-8	Hurdles/Multi-Events	Waverly, N.Y./Waverly
Eliana Durko	So.	5-7	Jumps/Hurdles	Pecez, Hungary/Torok Ignac Gmnazium
Tracy Estriplet	Jr.	5-1	Sprints	Middletown, N.Y./Suffern
LaTrice Ewing	Jr.	5-6	Sprints	Bay Shore, N.Y./Bay Shore
Arina Gerasimova	Fr.	5-8	Jumps	Zaporizhzhya, Ukraine/Gen.Specialized School #59
Corrina Hengen	Fr.	5-4	Pole Vault	Stanfordville, N.Y./Stissing Mountain
LaToya Johnson	Jr.	5-6	Sprints	Yonkers, N.Y./Lincoln
Theresa Juva	Sr.	5-0	Distance	Flushing, N.Y./The Mary Louis Academy
Natalie LeBron	Fr.	5-1	Distance	Patterson, N.Y./Archbishop Molloy
Alyssa Lotmore	So.	5-6	Mid-Distance	Albany, N.Y./Bishop Maginn
Valerie Maignan	Fr.	5-7	Jumps/Hurdles	Cambria Heights, N.Y./Archbishop Molloy
Gabrielle Malone	Fr.	5-8	Distance	Rochester, N.Y./Arcadia
Brenna Militello	Fr.	6-0	Multi/High Jump	Rochester, N.Y./Gates Chili
Amy Morrison	Fr.	5-2	Pole Vault	Groton, N.Y./Groton
Trista Neinast	Sr.	5-4	Distance	Sparta, N.J./Roxbury
Ehasuyi Obasohan	Jr.	5-4	Sprints/Jumps	Copiague, N.Y./Walter A. O'Connell
Nicole Pafundi	Jr.	5-6	Sprints	Granville, N.Y./Granville
Kelly Peao	Fr.	5-5	Sprints	Corning, N.Y./Corning Painted Post East
Jennifer Russell	So.	5-6	Distance	White Plains, N.Y./White Plains
Rachel Selkregg	Sr.	5-7	Multi/High Jump	Lakewood, N.Y./Southwestern Central
Jillian Sherman	Jr.	5-9	Sprints/Jumps	Albany, N.Y./Academy of Holy Names
Karrie Spagnola	Sr.	5-8	Throws	East Syracuse, N.Y./East Syracuse-Minoa
Nicole Susser	Sr.	5-7	Mid-Distance	Albany, N.Y./Colonie
Georgina Torchon	So.	5-8	Jumps/Sprints	Spring Valley, N.Y./Spring Valley
Natasha Torres	So.	5-3	Distance	Coral Springs, Fla./JP Taravella
Danielle Trimpop	Fr.	5-5	Distance	Warwick, N.Y./Warwick Valley
Rebecca Vannoy	Sr.	5-7	Mid-Distance	Syracuse, N.Y./Corcoran
Joy Williams	Sr.	5-9	Throws	New Rochelle, N.Y./New Rochelle



Director of Track & Field/Cross Country Roberto Vives

Roberto Vives enters his 20th season as the director of UAlbany's track & field/cross country program. In that period, Vives has coached 124 All-America athletes and 14 individual NCAA champions. Eight of his athletes have been inducted into the school's Athletic Hall of Fame, the most recent being Xiomara Davila Diaz, Kimberly Toone and Bill Vanos, all

in 2004.

Vives has led UAlbany to 26 conference championships and four New York State titles. He was an administrator and coach at the U.S. Olympic Festival in 1993, 1994 and 1995. Coach Vives also served as CTC President and as the USAT&F East Men's Development Chair. Vives has been named the U.S. Track Coaches Association Regional Coach of the Year four times and has been the head of the America East Conference Staff of the Year on three occasions. He also serves on the executive committee of the USTCA NCAA Division I Committee.

Vives began his coaching career at the age of 14 when he founded the Bronx International Athletic Club (BIAC) in the South Bronx, N.Y. The BIAC grew to include 200 members and helped

produce six Olympians. He was an assistant coach during his senior year at Cardinal Hayes High School, where he worked with the Catholic High School city champion in the indoor 300-yard dash and the outdoor long jump.

Following graduation from Cardinal Hayes, Vives attended Seton Hall University, where he was a Dean's List student and a member of the track & field team. He earned a B.S. in health, physical education & recreation from Seton Hall in 1978 and later received a master's degree in health education from City College of New York (1980).

As an athlete, Vives competed in the high hurdles, high jump, relays and the decathlon. He placed fifth in the 110-meter high hurdles at the 1984 Puerto Rican Olympic Trials and was the Amateur Athletic Union (AAU) Junior Metropolitan high hurdle champion in 1978. Vives, who is a certified Taekwondo Karate Instructor and holds a second-degree black belt, was the 110-meter hurdles masters champion at the 1991 & 1999 Empire State Games.

Vives returned to Cardinal Hayes in 1979 as head coach of track & field. He spent three years at his alma mater prior to his appointment as boys' track & field coach at Bronx High School of Science, a position he held until moving to UAlbany in the fall of 1985.

Vives and his wife, Valerie, are the parents of Andres (20) and Ashley (18) and reside in Clifton Park.

Associate Head Coach Craig McVey

Craig McVey enters his eighth year on the UAlbany staff as an associate head coach. Since he joined the staff, UAlbany athletes have established 13 different school records in the jumps and pole vault, with a number of those marks being broken on multiple occasions. His athletes have also posted numerous indoor and outdoor IC4A, ECAC and NCAA Regional qualifying marks, while also achieving All-East honors.

During last season's campaign, McVey's athletes won a combined six of eight America East Conference Championship horizontal jump title. The men's indoor triple jump corp sparked a UAlbany surge to the indoor conference title, scoring a school record 26 points in the triple jump. Saving the best for last, the same crew repeated outdoors with a school-best mark of 28 points in that event, including another championship title.

McVey also serves as head distance and cross country coach. His athletes have become forces to reckon with from the 3,000-meter to the 10,000m, posting all-conference, IC4A/ECAC and NCAA Regional marks. Last year, senior Meghan Howell repeatedly broke the school record in the 3,000m steeplechase, literally every time she raced, earning a berth at the NCAA Regional Championship. Senior distance runner Rob Caracciolo became UAlbany's first Olympian as he represented his mother's native land of Equatorial Guinea in the 2004 Athen's Games in the 1,500m.

The UAlbany distance crew has been on a tear under McVey's guidance. Both men's and women's cross country squads have contributed equally, with athletes achieving sixteen All-East team honors in the past three seasons. The teams were led in 2003 by Alyssa Lotmore's 4th place ECAC finish and Robbie Freeman's first ever IC4A Individual University Championship. Freeman won the event at Van Cortlandt Park with a

time of 25:17, good enough for the second spot on UAlbany's all-time list.

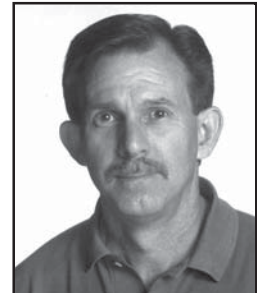
While an undergraduate at Kansas State University, McVey was a member of two Big Eight Conference indoor championship teams, a Big Eight Cross Country Championship team and KSU squads which were ranked annually among the NCAA top dual-meet teams.

McVey began his collegiate coaching career at KSU in 1983, serving as assistant to Steve Miller. During McVey's tenure there, KSU athletes captured 18 Big Eight Conference titles and ranked as the NCAA Division I's top combined men's and women's program.

In 1988, McVey became head men's and women's cross country and track coach at Hartwick College. His teams eclipsed 83 school records in six years and produced NCAA All-Americans and 22 New York Collegiate individual champions. McVey assumed the same position at The College of Saint Rose, and in his only year there the men's and women's cross country teams both recorded individual conference championship honors in 1996-97. That year, the women won the NYCAC Conference title and the men finished second.

A native of Manhattan, Kansas, McVey has been recognized as a four-time regional coach of the year. He was director/head coach of the USA East Team which competed in the United States and Canada. He has also served as a games committee member for the NCAA Outdoor Track & Field Championships for three years and is past president of the NYSWCAA Track & Field Governing Committee.

McVey received a B.S. in physical education in 1979 and earned his master's degree from KSU in 1985. He and his wife, Bette, reside in Guilderland with their children Luke (15), Kirsten (11), Maggie (10) and Tyler (4).



COACHING STAFF

Assistant Coach Steve Clarke

Steve Clarke enters his third season as an assistant coach with the UAlbany track and field program. Clarke, a native of nearby Guilderland, N.Y., was a three-time Patriot League cross country champion while at Bucknell University. He was one of ten male runners selected to the Patriot League's All-Decade Cross Country Team.

This past summer, Clarke had the opportunity to travel to Athens, Greece to coach former UAlbany student-athlete Rob Caracciolo in the 2004 Summer Olympics.

Clarke finished second at the league championships as a senior in 1994 and qualified for the NCAA Championships in Fayetteville, Arkansas. His time at the meet still stands as the third-best performance in Patriot League history. A two-time captain, Clarke was an All-Patriot League selection on seven occasions in both cross country and track. He captured three individual Patriot League titles and earned All-East honors in outdoor track as a senior.

A Dean's List student, Clarke received his B.A. in biology and economics from Bucknell in 1995. He was awarded a master's degree in exercise physiology from the University of Tennessee in 1998. Most recently, Clarke served as coach and manager for FILA Discovery, an elite distance running club.

Assistant Coach Teresa Covert

First-year assistant coach Teresa Covert, a former co-captain on the UAlbany track & field team, joins the staff as a hurdles/jumps coach. Covert, who is a seven-time America East champion, was the first UAlbany track athlete to qualify for national championships at the Division I level. Covert is also an ECAC champion in the 100-meter hurdles and still holds four UAlbany school records in both indoor and outdoor events.

Assistant Coach Bruce Gaynor

In his fourth year, Gaynor will work with high jump and multi-event participants. Gaynor, who was coached by Roberto Vives from 1985-89, also serves as the program's recruiting coordinator. A former record holder in the 400-meter hurdles, he was a member of the 4x400 relay that won the NYS title and achieved All-America status in 1987. The team also took the top spot at the Penn Relays that year.

In the high jump and multi-events, Gaynor's athletes have won five America East individual honors and set three school records in the last two years.

Prior to coming to Albany, Gaynor served as a head and assistant coach at Averill Park High School for 11 years, where he still teaches history. He graduated from UAlbany with a bachelor's degree in political science and urban planning in 1989, and earned a master's degree in education from the University of Rochester in 1991. Gaynor lives in Troy, N.Y. with his two children, Jackson (9) and Adam (6).

Assistant Coach David Herrington

David Herrington enters his ninth year as an assistant coach at UAlbany. After years of serving as the throwing coach for the Great Danes, Herrington moved to sprinters and hurdlers in 2002.

Herrington began coaching in 1969 at Lea College before moving on to form the women's track club at Springfield which later became a varsity team. He was also head cross country and track coach at Hartwick College from 1997-88 and coached at Union College from 1989-92. Herrington has been involved with the Empire State Games since 1976 and is a Level II certificate and USAT&F Lead Instructor.

Herrington is a 1972 graduate of Lea, and also earned a master's degree in education from Springfield in 1974.

Assistant Coach Allison Meier

Allison Meier is in her second season with the UAlbany runners and hurdlers. Meier currently assists with the 400-meter sprinting group along with hurdlers, and also assists with the on-going recruitment of student-athletes.

During her collegiate career, Meier was a two-time participant in the Division III Nationals in the high jump. Meier, who has a personal best of 5-feet, 6-inches in the high jump, is Level I coaching certified from USAT&F.

Meier graduated from Cortland with a B.S. in recreation and leisure studies in 2000 and earned an M.S. in occupational therapy from Samuel Merritt College in 2002.

Assistant Coach Richard O'Riley

Richard O'Riley begins his second year on the UAlbany staff as assistant jumps coach. He also serves as Men's Open Chairman for USATF Adirondack Association and is a nationally certified Level I jumps coach. Most recently, he successfully organized the second year of indoor developmental meets held at UAlbany.

A 2000 EOP graduate of University at Albany, O'Riley earned a bachelor's degree in Spanish and Latin-American/Caribbean Studies. In 2003, he earned a master's degree in education from the College of St. Rose. As a member of the UAlbany track and field team, O'Riley was an all-conference performer in the hurdles and jumps. He won conference titles in the long and triple jumps in 1997. He has personal-best marks of 23'8.5" (long jump, 2000) and 48'7" (triple jump, 1997). In high school, O'Riley was an all-state performer and set a Section V record in the indoor hurdles. He also has won two bronze medals in Empire State Games competition. O'Riley currently works as a high school spanish teacher in the Capital District.

Assistant Coaches Nathan & Megan Schneeberger

Nathan and Megan Schneeberger begin their third year coaching the UAlbany throwers. Since 2000 when Nathan began assisting Dave Herrington in coaching the throws, UAlbany throwers have re-written the record books breaking school records in men's and women's javelin, men's and women's discus, men's and women's indoor weight, men's and women's hammer, men's and women's discus, and women's shot put (indoor and outdoor). During the indoor season, two throwers competed at the ECAC/IC4A indoor championships, and Joy Williams became the first UAlbany thrower to become "All-East" with a fourth-place finish in the shot put with a school-record throw of 14.44m (47' 4.5"). Eric Opuana became the first UAlbany thrower to win an America East Conference Outdoor championship with a 56m throw in the hammer. Brandon Howlett became the first athlete in school history to compete in the NCAA championships when he finished 4th in the NCAA East Regional.

Both Schneebergers graduated from Hamline University (St. Paul, Minn.) in 2000. Nathan earned his bachelor's degree with a double major in psychology and history. He was a four-year letterwinner in football, and nominated to the American Football Coaches Association National Goodworks Team in 1999. He was a three time All-Minnesota Intercollegiate Athletic Conference performer in track and field.

Nathan is a doctoral candidate in UAlbany's industrial/organizational psychology program and is currently working on his dissertation titled "Predicting Performance in the Throwing Events of Track and Field". Nathan also works as a research associate at Excelsior College.

Megan received her bachelor's degree in anthropology, and is currently a doctoral student in the University's anthropology program. Megan also works for the State of New York Department of Health.

Assistant Coach Nadir Simohamed

Nadir Simohamed begins his first season as the jumps coach at UAlbany. The Algiers, Algeria native arrived in Albany in 1997 after spending six years as both an athlete and coach of the Southwest Texas State University track & field team.

From 2002 to 2004 he guided state and national high school talent Felipe Reyes to a four-time All-America status. In 2002 Reyes won the Empire State Games, followed in 2003 by victories in the National Indoor Championships and the Outdoor State Championships, earning All-America honors in the long jump. He was selected by his native Puerto Rico to represent the country at the Pan-American Junior Championships in Barbados in 2003. In 2004, the Capital Region High School Athlete of the Year won the Nike Indoor Nationals and the state indoor and outdoor championships in both the long and triple jumps.

Simohamed himself represented his native country of Algeria at the World Junior Championships in Sudbury, Canada in 1988. He later won the Algerian Long Jump National Championships in 1990 and participated in area championships and international competition in Europe. As a collegiate athlete at Southwest Texas State, he was awarded academic-athletic honors in 1991 and earned All-Southland Conference accolades in 1992. A three-year letterwinner at Southwest Texas State, Simohamed still ranks among the career leaders in the long jump, triple jump and sprint relay events.

Simohamed earned his bachelor's degree in computer information systems in 1996 and works as a consultant in New York State. He also holds a coaching certification from USAT&F.

MEET THE GREAT DANES



Adanna Andrews
 • Sophomore
 • 5-5
 • Yonkers, N.Y./Lincoln

Member of the indoor school-record holding 4x400-meter relay, which ran a time of 3:53.66 in 2004... Also a member of the indoor record holding distance medley relay (11:48.28)... Ran the anchor leg of the outdoor school record holding 4x400m relay team (3:51.76) and was the lead off runner in the outdoor 4x800m relay team, which broke the school record with a time of 9:07.33... Major is undeclared.



Anna-Kay Campbell
 • Senior
 • 5-9
 • Bronx, N.Y./Evander Childs

Member of the school record-setting 4x100-meter relay team that ran a time of 46.93 at the UAlbany Spring Classic... Captured first in the 60m to help lead UAlbany to a victory at Lehigh's John Covert Classic... Second-place showing in the 55m at Army's Carlton Crowell Open... Majoring in psychology with a minor in African-American Studies.



Anisha Andrews
 • Sophomore
 • 5-5
 • Yonkers, N.Y./Lincoln

Member of two school-record holding relay teams... Ran the third leg of the indoor 4x400-meter relay which broke a school record with a time of 3:53.66... Also a member of the outdoor 4x400m relay team which finished with a time of 3:51.76... Was a high school all-American in 2001... Majoring in English.



Sarah Charles
 • Sophomore
 • 5-2
 • Central Islip, N.Y./Central Islip

A jumps competitor for the Great Danes... Part of the 4x100-meter relay team that qualified for the ECAC Championships with a time of 48.30... Finished fifth in the long jump at UConn Invitational with a leap of 17 ft., 4 in. ... Placed fifth in the triple jump at the UAlbany Spring Classic with a leap of 36 ft., 10.5 in. ... County champion in the triple and long jumps during the 2002 and 2003 seasons at Central Islip... Personal bests of 18 ft., 0.5 in. in the long jump and 38 ft., 4 in. in the triple jump... Majoring in psychology.



Heather Angel
 • Junior
 • 5-8
 • Harrisburg, Pa./Central Dauphin

Competes in the hurdles... Eighth place showing in the 400-meter hurdles at the 2004 America East Outdoor Championships... Placed third in section of the 400m hurdles at the John Covert Classic... Placed fifth in the 400m hurdles at the West Point Invitational... Third-place finishes in the 100m and 400m hurdles versus Binghamton... Captured first in the 400m hurdles at the RPI Invitational... Was seventh in the 400m at Army's Dick Shea Open... Majoring in business administration.



Tequirra Cox
 • Senior
 • 5-4
 • Brooklyn, N.Y./Paul Robeson

Qualified for the 2004 ECAC Championships while winning the 100-meter dash at the Dick Shea Open with a time of 11.95 seconds... Was a part of the 4x100m relay team that qualified for the ECAC Championships, earning all-East honors with a sixth-place finish... Won the 55m dash in a time of 7.26 at Colgate's Class of '32 Invitational... Member of the 4x100m relay that set a school record time of 46.41 in 2004... Member of the America East Academic Honor Roll... UAlbany Athletic Academic Honor Roll... Majoring in theatre with a minor in sociology.



Natasha Bermudez
 • Senior
 • 5-6
 • Poughquag, N.Y./Arlington

Set a school record in the hammer with a career-best throw of 156 ft., 7 in. at the 2004 America East Outdoor Championships... Set a school record in the weight throw at the Upstate Collegiate Challenge with a throw of 51 ft., 8.25 in....Placed eighth in the weight throw at the A-East Indoor Championships... Third in the hammer at the West Point Invitational... Finished second in the hammer at the RPI Invitational... Member of the UAlbany Academic Honor Roll... Dual major in psychology and sociology.



Katisha Cunningham
 • Junior
 • 5-7
 • Freeport, N.Y./Freeport

Will compete in the sprint events for UAlbany... Finished fourth in the 60-meter dash at the Carlton Crowell Open... Earned a fourth-place finish at the Carlton Crowell Open in the 200m... Was part of the 4x100m relay team that set a school record with a time of 46.41... Qualified for the ECAC Championships in the 4x100m relay and earned all-East honors with a sixth-place finish... Majoring in psychology.



Maureen Brown
 • Senior
 • 5-5
 • Staten Island, N.Y./Staten Island Tech

Competes in distance events for UAlbany... Personal bests of 4:58 in the 1,500-meter run and 5:26 in the mile... Also a member of the UAlbany cross country team... Majoring in actuarial mathematics.

MEET THE GREAT DANES



Patty Diedrich

- Junior
- 5-8
- Waverly, N.Y./Waverly

Qualified for the ECAC Championships with a time of 14.33 in the prelims of the 100-meter dash at the America East Outdoor Championships... Finished third in the 100m hurdles in 14.71 seconds at the Dick Shea Open... Won the 100m leg of the heptathlon at the A-East Outdoor Championships... Won the 60m high hurdles in a time of 9.0 seconds at the Upstate Collegiate Challenge Cup hosted by Cornell... Finished second in the 100m hurdles and fourth in the heptathlon at the A-East Outdoor Championships as a freshman... Majoring in psychology.



Eliana Durko

- Sophomore
- 5-7
- Pacel, Hungary/Torok Ignac Gimnazium

Finished second in the 400-meter hurdles at the America East Outdoor Championships with a time of 1:03.54... Finished third in the 100m hurdles at the UAlbany Spring Classic... Finished second in the 60m high hurdles at the Upstate Collegiate Challenge Cup at Cornell... Second in the 50m hurdles in 7.6 seconds at the Encuentro de Atletismo in Puerto Rico... Has personal bests of 13.89 in the 100m hurdles and 60.04 in the 400m hurdles... Majoring in business.



Tracy Estriplet

- Junior
- 5-1
- Middletown, N.Y./Suffern

Was part of the 4x400m relay team that finished third at the America East Indoor Championships... Helped the 4x400m team to victory with a school record-breaking time of 3:51.76 and the 4x100m relay team to a second-place finish in 47.46 seconds at the UConn Invitational... Member of the school record 4x400m relay team that recorded a time of 3:53.16 at the 2003 America East Outdoor Championships... Majoring in human biology.



LaTrice Ewing

- Sophomore
- 5-6
- Bay Shore, N.Y./Bay Shore

Great Danes' best finisher in the 200-meters at the Dick Shea Open, placing 10th in a time of 26.57 seconds... Finished third in section of the 200m at the Boston adidas Indoor Games... First in the 200m at the RPI Invitational in back-to-back years... Was a member of the 4x400m relay team that finished fourth at the America East Indoor Championships... Majoring in art with a theatre minor.



Arina Gerasimova

- Freshman
- 5-8
- Zaporizhahya, Ukraine/Gen. Specialized School #59

Will be competing in the jumping events for the Great Danes... Personal bests of 41 ft., 7 in. in the triple jump and 19 ft., 8.5 in. in the long jump... Was all-region in both events... Majoring in general studies.



Corinna Hengen

- Freshman
- 5-4
- Stanfordville, N.Y./Stissing Mountain

Will compete in jumping events for UAlbany ... The Section IX Champion in the long jump (15 ft., 7 in.), the triple jump (31 ft.) and the hurdles (16.3 seconds) ... The 2002 New York state champion and MVP in the pole vault at 11 ft., 6 in. ... Majoring in education.



Theresa Juva

- Senior
- 5-0
- Flushing, N.Y./The Mary Louis Academy

UAlbany's top finisher at the America East Outdoor Championships with a time of 18:32.37 in the 5,000-meter run... Earned second place in the 5,000m at the UAlbany Spring Classic with a career-best 18:22.90... Won the 3,200m run with a time of 11:32.41 at the Encuentro de Atletismo in Puerto Rico... Also a member of the UAlbany cross country team... Member of the America East Commissioner's Honor Roll and the Athletic Director's Honor Roll... Majoring in English with a concentration in creative writing... Minor in journalism.



Alyssa Lotmore

- Sophomore
- 5-6
- Albany, N.Y./Bishop Maginn

One of the top competitors on the UAlbany cross country team... School record holder in the mile (4:53.29), the 3,000-meter run (9:49.13) and a member of the record holding distance medley relay (11:48.28)... Set the school-record in the 5,000-meters at the Williams Invitational with a time of 17:34.68... Competed in the 1,500m run at Junior Nationals in the spring of 2004, earning Junior All-American status... Majoring in social welfare.

MEET THE GREAT DANES



Brenna Militello

- Freshman
- 6-0
- Rochester, N.Y./Gates Chili

Will compete in multiple events for the Great Danes ... The Section V Outdoor Champion in the pentathlon with 2,723 points and the Section V Indoor Champion in the high jump with a leap of 5 ft., 4 in. ... Personal best of 16.3 seconds in the 100-meter hurdles ... Majoring in math.



Trista Neinast

- Senior
- 5-4
- Sparta, N.J./Roxbury

Qualified for the ECAC Championships at the Duke Invitational with a second-place finish in the 10,000-meter run with a time of 37:10.12...

Top UAlbany runner in the 3,000m at the Great Dane Classic... Top Great Dane finisher in the 5,000m at the America East Indoor Championships and Colgate's Class of '32 Invitational... Also a member of the UAlbany cross country team... Member of the America East and UAlbany Athletic Academic Honor Rolls... Majoring in history with a minor in women's studies.



Nicole Pafundi

- Junior
- 5-6
- Granville, N.Y./Granville Central

2004 season-best time of 12.5 seconds in the 100-meters and 25.8 seconds in the 200m, both achieved at the UConn Invitational... Finished eighth in the 200m at the 2003 America East Outdoor Championships... America East Academic Honor Roll... UAlbany Athletic Academic Honor Roll... Majoring in psychology.

2004 season-best time of 12.5 seconds in the 100-meters and 25.8 seconds in the 200m, both achieved at the UConn Invitational... Finished eighth in the 200m at the 2003 America East Outdoor Championships... America East Academic Honor Roll... UAlbany Athletic Academic Honor Roll... Majoring in psychology.



Kelly Peao

- Freshman
- 5-5
- Corning, N.Y./Corning Painted Post East

Expected to compete in the sprint events ... Personal best of 58.57 seconds in the 400-meter dash ... Intends to major in business.



Rachel Selkregg

- Senior
- 5-7
- Lakewood, N.Y./Southwestern Central

Competing in multiple events for the Great Danes ... Personal bests of 5 ft. 3 in. in the high jump and 2:27 in the 800-meters ...

Majoring in business.



Jillian Sherman

- Junior
- 5-9
- Albany, N.Y./Academy of the Holy Names

● Co-Captain

Placed third in the long jump at the Encuentro de Atletismo in Puerto Rico with a leap of 16 ft., 10.75 in. ... Member of the school record-holding 4x100m relay and 4x400m relay teams... Had a 2004 season best time of 12.32 seconds in the 100-meter dash at the 2004 America East Outdoor Championships... Personal best of 18 ft., 10 in. in the long jump... America East Academic Honor Roll... UAlbany Athletic Academic Honor Roll... Majoring in political science with a minor in Spanish.



Kerrie Spagnola

- Senior
- 5-8
- East Syracuse, N.Y./East Syracuse-Minoa

● Co-Captain

Competes in the throwing events for UAlbany ... Majoring in business management and finance.



Sophomore Hurdler Eliana Durko

MEET THE GREAT DANES



Nicole Susser

- Senior
- 5-7
- Albany, N.Y./Colonie Central

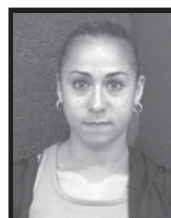
Finished third overall in the mile with a time of 5:15.18 at Colgate's Class of '32 Invitational... UAlbany's top finisher in the 1,000m at the America East Indoor Championships... Placed sixth in the mile at both the A-East Indoor Championships and the ECAC Indoor Championships... Personal bests of 2:17.2 in the 800m, 2:59 in the 1,000m, and 4:44 in the 1,500m... Also a member of the UAlbany cross country team... A-East Commissioner's Honor Roll... UAlbany Athletic Director's Honor Roll... Majoring in psychology with a minor in general education studies.



Georgina Torchon

- Sophomore
- 5-8
- Spring Valley, N.Y./Spring Valley

Recorded a distance of 36 ft., 9.75 in. in the triple jump at the America East Outdoor Championships... During the indoor season, recorded season-best marks of 34 ft., 9.5 in. in the triple jump and 4 ft., 9 in. in the high jump at the Great Dane Classic... All-County in the 4x100-meter relay during the 2003 season at Spring Valley... Team MVP as a freshman, sophomore and junior... Honorable mention all-county all four years at the high school level... Majoring in physics engineering.



Natasha Torres

- Sophomore
- 5-3
- Coral Springs, Fla./JP Taravella

Also a member of the UAlbany cross country team... Clocked a season-best time of 19:38 at the 37th Annual UAlbany Invitational... Recorded a time of 19:48.28 in the 5,000-meters at the UAlbany Spring Classic... Recorded a time of 11:17.73 in the 3,000m at the Upstate Collegiate Challenge Cup... Broward County champion in cross country during her senior campaign at JP Taravella... America East Academic Honor Roll... Majoring in psychology.



Danielle Trimpop

- Freshman
- 5-5
- Warwick, N.Y./Warwick Valley

Will compete in the distance events for UAlbany... Also a member of the UAlbany cross country team... Ran a season-best time of 19:12 at the 38th Annual UAlbany Invitational in the fall of 2004... Personal bests of 2:18 in the 800-meter run and 5:09 in the mile... Majoring in business administration.



Rebecca Vannoy

- Senior
- 5-7
- Syracuse, N.Y./Corcoran
- Co-Captain

Finished second overall in the 400-meter dash with a time of 1:02.21 at the RPI Invitational... Member of the school record-setting 4x400m relay team that ran a time of 3:53.16 at the 2003 America East Outdoor Championships... Part of the school record-holding indoor distance medley relay team... Member of the America East and UAlbany Athletic Academic Honor Rolls... Majoring in communication.



Joy Williams

- Senior
- 5-9
- New Rochelle, N.Y./New Rochelle

Set the school record in the hammer throw with a toss of 153 ft., 6.5 in. while winning the event at the RPI Invitational... Set the indoor school record in the shot put with a throw of 47 ft., 4.5 in. at the ECAC Championships to finish fourth and earn all-East honors... Set a meet record at Colgate's Class of '32 Invitational in the hammer with a throw of 44 ft., 4.75 in. ... Won the weight throw with a distance of 46 ft., 11.75 in. at the Colgate event... Transferred from Southern Connecticut State following the 2002-03 school year... Majoring in sociology.



Senior Sprinter Tequirra Cox

MEET THE GREAT DANES



Andy Allstadt

- Senior
- 6-0
- Endicott, N.Y./Union-Endicott

2002 America East outdoor champion in the 10,000-meters with a time of 31:54.57... Also a member of the UAlbany cross country team...

Finished seventh for the Great Danes at the America East Cross Country Championships in the fall of 2004... Recorded an eighth-place finish at the 38th Annual UAlbany Invitational... America East Commissioner's Academic Honor Roll... UAlbany Athletic Director's Honor Roll... Majoring in biology.



Jesse Bennett

- Senior
- 6-1
- Newburgh, N.Y./Newburgh Free Academy

Member of the 4x100-meter relay team that qualified for the IC4A Championships at the America East Outdoor Championships... Had a

season-best 15.2 seconds in the 110m hurdles at the Dick Shea Open... Captured first in the 100m to help lead UAlbany to the 2003 America East Outdoor Championship title... Most Outstanding performer at the America East Outdoor Championships in 2003... Set a school-record in the 100m during the 2002 season with a time of 10.68... America East Honor Roll... UAlbany Athletic Director's Honor Roll... Majoring in computer systems information with minors in theatre and business administration.



Junior Burnett

- Junior
- 5-7
- St. Elizabeth, Jamaica/Black River

A sprints competitor for the Great Danes ... Personal best times in the 200m is 21.50 seconds and 47.43 seconds in the 400m ... Is

a human biology major.



Shamere Boland

- Junior
- 5-9
- Poughkeepsie, N.Y./Poughkeepsie

Qualified for the IC4A Championships with a time of 10.84 in the 100-meter prelims at the America East Outdoor Championships... UAlbany's top

finisher, placing third overall in the 100m at the Dick Shea Open with a time of 11.11... Finished third in his section of the 200m at the Boston adidas Indoor Games with a time of 23.3... Recorded a time of 22.68 at the Boston University Five-Way Invitational... Ran 22.49 in the 200m at the America East Indoor Championships... Majoring in economics.



Gered Burns

- Junior
- 6-1
- Altamont, N.Y./Guiderland

Set a school record in the 800-meter run at the NYU Last Chance Invitational with a time of 1:49.50... Also holds the school record in the

1,000m with a time of 2:26.50, set at the America East Indoor Championships... Member of the school record-setting 4x800m relay team that won the A-East Indoor Championship (7:39.67)... Won the 800m at the IC4A Indoor Championships (1:50.11) along with three other meets... Won the 800m with an outdoor season-best time of 1:54.05 at the A-East Outdoor Championships... Qualified for the IC4A Championships as a member of the 4x800m relay... Also a member of the UAlbany cross country team... America East Academic Honor Roll... UAlbany Athletic Academic Honor Roll... Majoring in geology.



Justin Collishaw

- Junior
- 6-2
- Saugerties, N.Y./Saugerties

Competes in the throwing events for the Great Danes... Sixth-place finishes at the America East Outdoor Championships (159 ft., 5 in.) and the

UConn Invitational (157 ft., 7.5 in.) in the javelin... UAlbany's top finisher in the javelin throw with a distance of 125 ft., 6 in. at Lehigh's Dick Shea Open... Majoring in molecular biology.



Kamar Elliott

- Senior
- 5-11
- Syracuse, N.Y./Henniger

A primary triple jumper for the Great Danes... Won the triple jump at the America East Indoor Championships with a personal best distance of

49 ft., 3 in. ... Qualified for the IC4A Championships when he won the America East Outdoor Championship with a jump of 48 ft., 11.75 in. ...Finished second in the 60m hurdles at the Encuentro de Atletismo with a time of 8.29 seconds... A four-year letterwinner at cornerback on the UAlbany football team... Member of the America East and UAlbany Athletic Academic Honor Rolls... Majoring in art with a minor in theatre.



Ricardo Estremera

- Freshman
- 5-8
- San Juan, Puerto Rico/University

Set the all-time record in the 1,500-meter run for the High School League with a time of 3:55...

Won the mile with a time of 4:12... Second-place in the UPR competition with a time of 8:40 in the 3,000m... Placed fifth in the El Arcastaro 8K run with a time of 26:12... Also a member of the UAlbany cross country team... Finished fourth overall at the 38th Annual UAlbany Invitational with a season-best time of 25:20... Majoring in biology.

MEET THE GREAT DANES



Stephan Evans
 • Sophomore • Co-Captain
 • 5-10
 • Cortlandt Manor, N.Y./Lakeland

Won the 500-meter run at the Great Dane Classic with a time of 1:04.74... Part of the 4x400m relay team that second section at the Boston adidas Indoor Games... Qualified for the IC4A Indoor Championships in the 4x400m relay with a time of 3:15.03 at the Boston U. Five-Way Invitational... Was a member of the 4x400m relay team that qualified for the IC4A Outdoor Championships with a time of 3:16.63 at the Clyde Littlefield Texas Relays... Qualified for the IC4A Indoor Championships, finishing fourth in the 500m in 1:04.63 at the A-East Indoor Championships... Member of the 4x400m relay team that set a school-record time of 3:13.58 at the IC4A Indoor Championships... Majoring in human biology.



Robbie Freeman
 • Junior
 • 6-0
 • New Hyde Park, N.Y./Great Neck South

Finished third overall at the Great Dane Classic in the 3,000-meter run (8:44.99)... Ran the 3,000m in 8:33.47 at the Boston U. Five-Way Invitational... Won the 5,000m run at Lehigh's Dick Shea Open with a time of 15:17.30... UConn Invitational champion in the 5,000m with a time of 14:53.88... Also a member of the UAlbany cross country team... Was the first UAlbany cross country athlete to win an individual IC4A Championship... Set a school record for 5K with a time of 24:39.20 at the 2004 America East Cross Country Championships, finishing sixth and earning all-conference honors... Majoring in human biology.



Ryan Gaedje
 • Freshman
 • 5-8
 • Rexford, N.Y./Shenendehowa

A distance runner for UAlbany... Finished with the best time of 2003 in New York State in the 3,000-meter steeplechase with a time of 9:21... Third at Nationals in the 2,000m steeplechase with a time of 6:03... Personal bests of 4:20 in the mile and 9:29 in the two mile... National champion in the 4x1-mile relay, setting a national record... Also a member of the UAlbany cross country team... Major is undeclared.



Sheldon Gomes
 • Senior • Co-Captain
 • 6-2
 • Menands, N.Y./Shaker

Qualified for the IC4A Championships in the triple jump with a personal-best distance of 48 ft. at the America East Outdoor Championships... Recorded a jump of 44 ft., 10.75 in. at the UConn Invitational... UAlbany's top performer in the triple jump at 45 ft., 8 in. at Army's Carlton Crowell Open... Second at the Boston University Five-Way Invitational with a leap of 44 ft., 8.75 in. ... Captured second place with an indoor season-best of 46 ft., 4 in. in the triple jump at the America East Indoor Championships... Majoring in African-American studies with a minor in English.



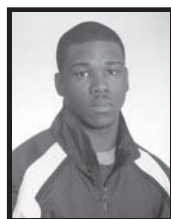
Sam Gonzalez
 • Senior
 • 5-8
 • Fort Hunter, N.Y./Fonda-Fultonville

Finished second in the 3,000-meter steeplechase at the UConn Invitational in 9:38.04... Member of the school record-holding 4x800m relay team that set the record in 2004... Has a personal best time of 4:17.7 in the indoor mile... Also a member of the UAlbany cross country team... Majoring in psychology.



Drew Harrison
 • Freshman
 • 6-0
 • Westbury, N.Y./Westbury

An All-American and member of the Long Island record 4x400m relay team ... Nassau County MVP and all-county, all-Long Island and all-state ... Best times in the 100m (10.6), 200m (21.7), 300m (35.10) and 400m (48.78) ... Major is undeclared.



Dale Hopkinson
 • Senior
 • 5-10
 • Spring Valley, N.Y./Ramapo

Finished second in the long jump at Army's Carlton Crowell Open with a distance of 21 ft., 7.25 in. ... 2003 season-best mark of 22 ft., 6.5 in. in the long jump, which placed him second versus Binghamton... Qualified for the 2003 IC4A Championships with a second-place finish in the 55m hurdles at the 2003 America East Indoor Championships... Majoring in information science and policy.



Junior Hurdler Anthony Robibero

MEET THE GREAT DANES



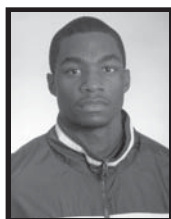
Brandon Howlett
 • Senior • Co-Captain
 • 6-7
 • New Haven, Conn./Hillhouse

Qualified for the NCAA East Regionals in the discus with a throw of 174 ft. at the Duke Invitational... Broke his own record in 2004 with a throw of 184 ft. at the America East Outdoor Championships... Fourth at the IC4A Outdoor Championships with a throw of 174 ft., 3 in. ... Finished fourth at the NCAA East Regionals with a throw of 174 ft., 3 in. ... First male athlete at UAlbany to qualify for NCAA's... Placed 21st at the NCAA Outdoor Track and Field Championships with a throw of 174 ft. ... Athletic Academic Honor Roll... America East Athletic Academic Honor Roll... Majoring in sociology with minors in criminal justice and general education studies.



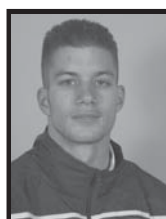
Eric Opuana
 • Junior
 • 5-10
 • Kaduna, Nigeria/Army Day Secondary School

Set the indoor school record in the weight throw at the Upstate Collegiate Challenge Cup with a distance of 56 ft., 9.5 in. ... Qualified for the IC4A Outdoor Championships at the Dick Shea Open in the hammer with a toss of 172 ft., 10 in. ... Set the school record in the hammer throw at the UConn Invitational with a distance of 191 ft., 5 in. ... America East Champion in the hammer (183 ft., 9 in.)... Finished 10th at the NCAA East Regionals (177 ft.)... 2003 All-African Games Champion in the hammer throw... Personal bests of 200 ft. in the hammer and 57 ft., 3 in. in the shot put... Majoring in communication.



Jonathan Jones
 • Senior
 • 6-0
 • Syracuse, N.Y./Henninger

Top long jumper for UAlbany in 2004... Had a season best jump of 23-feet, 2-inches... Finished fourth at the America East Indoor Championships and was third at the Outdoor Championships in the long jump... Member of UAlbany's Athletic Academic Honor Roll and the America East Conference Honor Roll... Majoring in sociology with a minor in African-American Studies.



Tim O'Riley
 • Senior
 • 6-2
 • Rochester, N.Y./Wilson Magnet

Champion of the University of Rochester Invitational in the 400m hurdles ... Finished second in the RPI Invite at 58.91 seconds ... Placed sixth in the America East championships ... Finished the long jump at the America East Indoor games in seventh place and eighth in the outdoor ... Best times are 54.30 seconds in the 400m hurdles, 1:07.09 in the 500m and 21 feet, 11 inches in the long jump ... A double major in English and Business Administration.



Nicholas Jones
 • Freshman
 • 5-9
 • Ballston Lake, N.Y./Shenendehowa

Will compete in the pole vault for UAlbany ... Personal best in the pole vault is 15 ft. ... Won the pole vault at the Yale High School Invitational as a senior in 2004... Majoring in business.



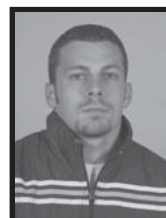
Marc Pallozzi
 • Sophomore
 • 5-11
 • Waterford, N.Y./Lansingburgh

Transfer from SUNY-Plattsburgh... Will compete in multiple events... 2003 SUNYAC Indoor Runner-Up in the long jump with a leap of 22 ft.... State runner-up in Class B in the pentathlon in 2002, when he scored 3,100 points... Personal bests of 50.49 seconds in the 400-meter dash and 56.0 seconds in the 400m hurdles... Majoring in biology.



Jason Kruger
 • Senior
 • 6-1
 • Fonda, N.Y./Fonda-Fultonville

Top finisher for UAlbany in the weight throw at Army's Carlton Crowell Open with a distance of 43 ft., 4.25 in. ... Finished first in the shot put at the Great Dane Classic with a distance of 41 ft., 9.75 in. ... Threw 44 ft., 9 in. in the weight throw at the Upstate Collegiate Challenge Cup... Finished second at the UConn Invitational in the shot put (42 ft., 0.75 in.) and the hammer throw (126 ft., 10 in.)... Recorded a distance of 43 ft., 1 in. at the UAlbany Spring Classic... Top Great Dane in the hammer throw at the RPI Invitational with a distance of 133 ft., 5.5 in. ... Majoring in history.



Chris Pierson
 • Senior
 • 5-10
 • Binghamton, N.Y./Chenango Valley

Recorded a season-best time of 9:24.34 in the 3,000-meter steeplechase at the Duke Invitational... UAlbany's top finisher in the steeplechase at the Dick Shea Open, finishing third overall with a time of 9:43.45... Was the Great Dane's top finisher in the 5,000-meter steeplechase at the America East Indoor Championships with a time of 15:40.36... Placed sixth overall at the A-East Outdoor Championships in the steeplechase with a time of 9:40.28... Also a member of the UAlbany cross country team... Member of the America East Academic Honor Roll and UAlbany's Athletic Academic Honor Roll... Majoring in criminal justice.

MEET THE GREAT DANES



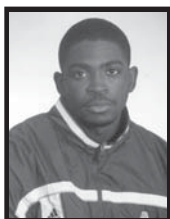
Michael Reynolds
 • Freshman
 • 5-11
 • Fairport, N.Y./Fairport

Will compete in multiple events for the Great Danes ... New York State Division I champion in the 100-meters with a time of 11.5 seconds ... Best performance in the pole vault is 15 feet, 4 inches ... Four-time all-state member ... Majoring in business administration.



Anthony Robibero
 • Junior
 • 6-1
 • Cohoes, N.Y./Scotia-Glenville

Finished third at the 2004 America East Outdoor Championships in the 110-meter hurdles with a personal best time of 14.82 seconds... Finished second in the 110m hurdles at the RPI Invitational in 15.61 seconds... Finished third in the 110m hurdles at the UAlbany Spring Classic with a time of 15.43... Fourth in the 55m hurdles at the A-East Indoor Championships (7.78) and the Boston U. Five-Way Invitational (8.06)... Member of the A-East Commissioner's Honor Roll and UAlbany Athletic Director's Honor Roll... Majoring in business administration with a minor in economics.



Rickardo Smith
 • Senior
 • 6-2
 • Brooklyn, N.Y./Boys & Girls

Member of the 4x100-meter relay team which captured first-place at the 2003 America East Outdoor Championships... Placed fifth in the 200m and eighth in the 100m at the 2003 America East Outdoor Championships... Majoring in human biology.



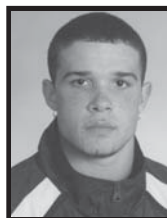
Rich Villanueva
 • Senior
 • 6-0
 • Bronx, N.Y./Mt. St. Michael Academy

Finished second in the 400-meter hurdles at Army's Dick Shea Open with a time of 55.94... Had a 2004 season-best in the 400m hurdles at the America East Outdoor Championships with a time of 54.37, finishing third overall... UAlbany's top finisher in third section of the 800m in 2:00.83 at the Boston adidas Indoor Games... Finished 13th in the 800m at the A-East Indoor Championships with a time of 2:00.11... Athletic Academic Honor Roll... America East Honor Roll... Majoring in finance.



Andres Vives
 • Junior
 • 5-8
 • Clifton Park, N.Y./Shenendehowa

Had a season-best jump of 22 ft., 4.25 in., finishing fifth at the 2004 America East Outdoor Championships... Finished second in the long jump with an indoor season-best leap of 21 ft., 5.25 in. at the adidas Boston Indoor Games... Placed ninth in the long jump with distance of 20 ft. 11.25 in. at the America East Indoor Championships... A tailback on the UAlbany football team... Majoring in business... Sister Ashley is a freshman on the Northeastern track and field team... His father, Roberto, is UAlbany's head track and field coach.



Dustin Wilson
 • Senior
 • 6-0
 • Kirkwood, N.Y./Susquehanna Valley

Finished with a time of 8.14 seconds in the 55-meter hurdles at the America East Indoor Championships... Finished eighth at the Dick Shea Open in the 110m hurdles in the time of 15.62 seconds... 2002 America East Indoor Champions in the 55m hurdles (7.65) and 200m dash (22.25)... A four-year letter winner as a tailback and kick returner for the UAlbany football team... Member of the UAlbany Athletic Academic Honor Roll... Majoring in computer systems information and policy with a minor in business administration.



Eric Zorrilla
 • Sophomore
 • 5-7
 • Flushing, N.Y./St. John's Prep

Part of the 4x800-meter relay team that won the America East Championships... Finished sixth in the 800m at Army's Carlton Crowell Open in a time of 2:01.14... Personal bests of 1:58.7 in the 800m and 2:35 in the 1,000m... Majoring in social welfare.



Senior Sprinter/Hurdler Dustin Wilson

2003-04 INDOOR TRACK AND FIELD RESULTS

DATE	MEET (Site)	WOMEN	MEN
Jan. 9	Encuentro de Atletismo (San Juan, Puerto Rico)	NTS	NTS
Jan. 9-10	Carlton Crowell Open (West Point, N.Y.)	NTS	NTS
Jan. 18	Great Dane Classic (New York City Armory)	2nd/12	1st/11
Jan. 23-24	Upstate Collegiate Challenge Cup (at Cornell)	4th/7	2nd/7
Jan. 30	adidas Boston Indoor Games (Reggie Lewis Center)	6th/13	2nd/16
Feb. 7	Boston U. Five-Way Invitational (Track & Tennis Center)	NTS	1st/5
Feb. 7	Colgate Class of '32 Invitational (Limited Entry)	1st/9	NTS
Feb. 13-14	Armory Collegiate Invitational (New York City Armory)	t7th	NTS
Feb. 20-21	America East Indoor Championships (Boston U.)	2nd/10	1st/9
Feb. 27	NYU Last Chance Invitational (New York City Armory)	NTS	NTS
March 6-7	ECAC/IC4A Indoor Championships (Boston U.)	28th	t25th

2004 OUTDOOR TRACK AND FIELD RESULTS

DATE	MEET (Site)	WOMEN	MEN
March 26-27	Raleigh Relays (Raleigh, N.C.)	NTS	NTS
March 27	Dick Shea Open (West Point, N.Y.)	NTS	NTS
M 30-A 3	John/Clyde Littlefield Texas Relays (Austin, Texas)	NTS	NTS
April 2-3	Duke Invitational (Durham, N.C.)	NTS	NTS
April 10	Williams Relays (Williamstown, Mass.)	NTS	NTS
April 17	UConn Invitational (Storrs, Conn.)	3rd/6	2nd/5
April 22-24	110th Penn Relays (Philadelphia, Pa.)	NTS	NTS
April 24	RPI Invitational (Troy, N.Y.)	NTS	NTS
May 1-2	America East Outdoor Championships (Dedham, Mass.)	2nd/10	2nd/9
May 7-8	UAlbany Spring Classic (Albany, N.Y.)	1st/18	1st/30
May 13-16	ECAC/IC4A Championships (New Haven, Conn.)	23rd/47	26th/54
May 28-29	NCAA East Regionals (Gainesville, Fla.)	t40th/53	36th/56
June 11	NCAA Championships (Austin, Texas)	NTS	NTS

WOMEN'S RECORDS

WOMEN'S INDOOR TRACK EVENTS

50m Dash	6.5	Tanya Dunkley	1995
55m Dash	7.09	Winsome Foderingham	1987
60m Dash	7.55	Ellakisha Williamson	1998
55m Hurdles	7.85	Ellakisha Williamson	1998
60m Hurdles	8.44	Teresa Covert	2003
200m Dash	24.81	Ellakisha Williamson	1998
400m Dash	56.52	Xiomara Davila Diaz	1997
500m Dash	1:16.36	Xiomara Davila Diaz	1998
800m Dash	2:13.59	Diane Matthews	2004
1,000m Run	2:53.20	Diane Matthews	2004
1,500m Run	4:43.03	Andrea Viger	2000
Mile	4:53.29	Alyssa Lotmore	2004
3,000m Run	9:49.13	Alyssa Lotmore	2004
5,000m Run	17:34.61	Tonya Dodge	1997
3,000m Racewalk	13:21.1	Samantha Cohen	1997

WOMEN'S INDOOR FIELD EVENTS

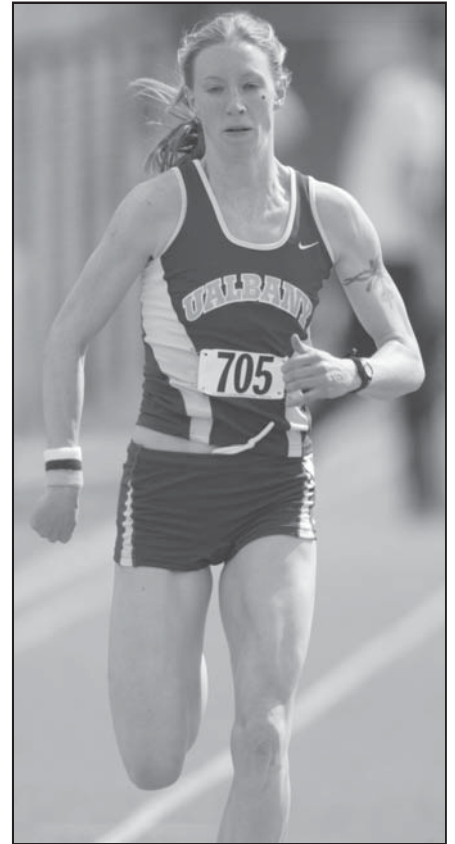
Shot Put	47-4.5	Joy Williams	2004
20lb. Weight Throw	51-8.25	Natasha Bermudez	2004
Long Jump	19-2	Kimberly Toone	1996
Triple Jump	40-1.5	Jennifer Aubin	2004
High Jump	5-5	Janna Johnston	1998
Pole Vault	10-6	Corinna Hengen	2004
Pentathlon	3,401 points	Ricshara Knight	2004

WOMEN'S OUTDOOR TRACK EVENTS

100m Dash	11.55	Teresa Covert	2004
100m Hurdles	13.30	Teresa Covert	2004
200m Dash	23.85	Ellakisha Williamson	1997
400m Dash	55.14	Ellakisha Williamson	1997
400m Hurdles	59.57	Xiomara Davila Diaz	1997
800m Run	2:12.87	Diane Matthews	2004
1,500m Run	4:30.93	Tonya Dodge	1997
3,000m Run	9:39.34	Tonya Dodge	1997
5,000m Run	17:34.68	Alyssa Lotmore	2004
10,000m Run	36:52.81	Andrea Viger	2000
2,000m Steeplechase	7:48.1	Erica Viger	2000
3,000m Steeplechase	10:56.89	Meghan Howell	2004
3,000m Racewalk	14:09.4	Samantha Cohen	1998
5,000m Racewalk	23:19.88	Samantha Cohen	1998

WOMEN'S OUTDOOR FIELD EVENTS

Long Jump	19-5.5	Teresa Covert	2004
Triple Jump	40-11	Jennifer Aubin	2003
High Jump	5-6.5	Janna Johnston	1999
Pole Vault	10-0	Kristen O'Brien	2002
Shot Put	45-3.5	Joy Williams	2004
Discus	136-8.5	Alexis Bowens	2002
Javelin	116-7.6	Ashley Kangas	2002
Hammer	156-7	Natasha Bermudez	2004
Heptathlon	5,008 points	Janna Johnston	1999



Teresa Covert '04



Senior Thrower Natasha Bermudez

MEN'S RECORDS

MEN'S INDOOR TRACK EVENTS

50m Dash	6.05	Travis Miller	1995
55m Dash	6.38	Alix Rodriques	2001
60m Dash	6.86	Alix Rodriques	2001
55m Hurdles	7.23	Jeffrey York	1995
60m Hurdles	8.05	Jeffrey York	1995
200m Dash	21.94	Nelson English	2004
400m Dash	47.47	Aggrey Morris	2003
500m Dash	1:02.66	Howard Sellers	1993
800m Dash	1:49.50	Gered Burns	2004
1,000m Run	2:26.50	Gered Burns	2004
1,500m Run	3:52.91	Todd Orvis	1992
Mile	4:10.57	Joseph McCullen	1992
3,000m Run	8:23.43	Todd Orvis	1992
5,000m Run	14:26.04	Todd Orvis	1992
5,000m Racewalk	14:40.08	Matthew Perry	1997

MEN'S INDOOR FIELD EVENTS

Shot Put	52-8	Matthew Kiely	1990
35lb. Weight Throw	56-9.5	Eric Opuana	2004
Long Jump	23-11.5	Luis Soto	2000
Triple Jump	49-4.5	Ron Edmundson	2000
High Jump	6-11	Naron Stewart	2002
Pole Vault	16-3	James Nixon	1993
Pentathlon	3,709 points	Paul Roche	2003
Heptathlon	4,849 points	Fred Frese	2004

MEN'S OUTDOOR TRACK EVENTS

100m Dash	10.68	Jesse Bennett	2002
110m Hurdles	13.81	Jeffrey York	1995
	13.56w	Jeffrey York	1992
200m Dash	21.68	Nelson English	2004
400m Dash	47.82	Aggrey Morris	2003
400m Hurdles	51.50	Wilfredo Rodriguez	1990
800m Run	1:49.82	Kristof Molnar	2002
1,500m Run	3:50.49	Dennis King	1996
3,000m Steeplechase	8:54.43	Scott Carroll	1994
5,000m Run	14:19.37	William Vanos	1994
10,000m Run	30:22.3	William Vanos	1994
3,000m Racewalk	14:23.6	Matthew Perry	1997
5,000m Racewalk	25:27.42	Matthew Perry	1997
10k Racewalk	51:00.71	Matthew Perry	1998

MEN'S OUTDOOR FIELD EVENTS

Long Jump	24-3.5	Luis Soto	1998
Triple Jump	50-6	Peter Rugel	1991
High Jump	6-11.5	Marlon Monroe	2001
Pole Vault	16-0.75	James Nixon	1994
Shot Put	54-4	Rudy Vido	1973
Discus	184-0.5	Brandon Howlett	2004
Javelin	186-4.5	Tim Best	2003
Hammer	191-5	Eric Opuana	2004
Decathlon	6,605 points	James Nixon	1994



Aggrey Morris '04



Senior Sprinter Jesse Bennett

RECORD BOOK

WOMEN'S INDOOR RELAYS

Shuttle Hurdle	25.6	Nikosa McLeod, Corrina McEwan, Laura Somes	1993
880 Yard	1:45.46	Xiomara Davila-Diaz, Mary Ingram, Kimberly Toone, Denise Dickerson	1996
4x400 Meter	3:53.66	Eliana Durko, Ricshara Knight, Anisha Andrews, Adanna Andrews	2003
1-Mile	3:56.37	Janna Johnston, Ellakisha Williamson, Denise Dickerson, X. Davila-Diaz	1996
4x800 Meter	9:08.42	Jessica Walton, Diane Matthews, Jessica Burger, Megan Roeder	2001
Distance Medley	11:48.28	Diane Matthews, Heather Angel, Adanna Andrews, Alyssa Lotmore	2004

WOMEN'S OUTDOOR RELAYS

Shuttle Hurdle	57.93	Xiomara Davila-Diaz, Ellakisha Williamson, Tara Bialy, Janna Johnston	1998
4x100 Meter	46.41	Katisha Cunningham, Teresa Covert, Jillian Sherman, Tequirra Cox	2004
4x200 Meter	1:42.42	Oneika Randall, Janna Johnston, Tammy Freeman, Xiomara Davila-Diaz	1999
4x400 Meter	3:51.76	Anisha Andrews, Ricshara Knight, Tracy Estriplet, Adanna Andrews	2004
Sprint Medley	4:07.09	Ellakisha Williamson, S. Abu-Bakir, X. Davila-Diaz, Tamara Dieudonne	1998
4x800 Meter	9:07.33	Adanna Andrews, Nicole Susser, Alyssa Lotmore, Diane Matthews	2004
Distance Medley	11:53.65	Diane Matthews, Ricshara Knight, Adanna Andrews, Alyssa Lotmore	2004

MEN'S INDOOR RELAYS

Shuttle Hurdle	22.4	Sean Condell, Jefferey York, Oscar Almendarez	1991
880 Yard	1:32.24	Halim Wise, Jomo Forrester, Steve Kantowitz, Courtney Currie	1997
4x400 Meter	3:13.58	Aggrey Morris, Stephen Evans, Nelson English, Joel Vazquez	2003
Mile	3:18.63	Jason Gurwitz, Corey Hudson, Courtney Currie, Halim Wise	1996
Sprint Medley	3:33.4	David Reinhardt, Jose Maymi, Michael Salmon, James Clancy	1988
4x800 Meter	7:39.67	Sam Gonzalez, Noel Campbell, Richard Villanueva, Gered Burns	2004
2-Mile	7:53.76	David Reinhardt, Stephen Thompson, Timothy Hoff, Vernon Miller	1987
Distance Medley	9:57.66	David White, Wilfredo Rodriguez, Joseph McCullen, Todd Orvis	1992
4x1-Mile	18:01.3	Doug Carl, Jason DeJoy, John Druzba, Dennis King	1995

MEN'S OUTDOOR RELAYS

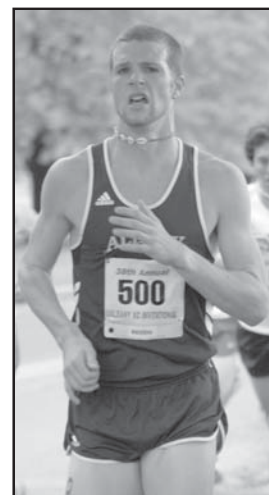
Shuttle Hurdle	58.62	Vincent Hodnett, Oscar Almendarez, James Nixon, Jeffrey York	1995
4x100 Meter	41.39	Travis Miller, Courtney Currie, Jomo Forrester, Jeffrey York	1995
4x200 Meter	1:26.52	Courtney Currie, Jomo Forrester, Travis Miller, Garry Murray	1994
4x400 Meter	3:12.69	Zamafa Chickwendu, Jomo Forrester, Travis Miller, Howard Sellers	1994
Sprint Medley	3:23.70	Scott Durivage, Zamafa Chickwendu, Travis Miller, Howard Sellers	1994
4x800 Meter	7:37.75	Eon Griffith, Rob Naughter, Steven Alicea, Benjamin Wright	1999
Distance Medley	9:54.81	Joseph McCullen, Derek Westbrook, Howard Sellers, Todd Orvis	1991



*Senior Distance Runner
Sam Gonzalez*



Xiomara Davila Diaz '99



*Junior Mid-Distance
Runner Gered Burns*

UNIVERSITY AT ALBANY HALL OF FAME CLASS OF 2004

Xiomara Davila Diaz (1996-99) - Davila Diaz was one of UAlbany's top hurdlers and sprinters in the track program's Division II era. She shared the school's 1998-99 Female Athlete of the Year award. She was voted athlete of the meet at both the 1999 ECAC Division II and New England Collegiate Conference indoor championships. Davila Diaz qualified for the 1999 ECAC Division I outdoor meet in both the 100- and 400-meter hurdles. She competed at the 1997 NCAA Division II meet in three events, and was fifth in the 400-hurdles.

Peter Pedro (1986-90) - One of the top fullbacks in UAlbany football history, Pedro ranks fourth among the school's career rushing leaders with 2,612 yards. He averaged 5.4 yards per carry, ranked ninth in both total offense and scoring, and totaled 22 career touchdowns. Pedro led the Great Danes in rushing as a sophomore and junior with 800-plus yards on the ground in both seasons. He was named Pizza Hut honorable mention All-American in 1987. Pedro's top effort came when he rumbled for 186 yards in a 35-19 win against Norwich.

Kimberly Toone (1985-87) - An All-America track athlete in the mid-1990s, Toone was inducted into UAlbany's Athletic Hall of Fame posthumously. She died, at the age of 22, in a tragic automobile accident. Toone qualified for the 1996 NCAA Division II indoor championships in the long jump and 55-meter hurdles. She had captured both the ECAC and Collegiate Track Conference indoor long jump titles. Toone, who did not compete on the high school level, reached the NCAA Division III national indoor and outdoor championships in 1995. She was a three-event CTC outdoor champion in the long jump, 100-meter hurdles and 400-meter hurdles.

Bill Vanos (1990-94) - A two-time track All-American and accomplished cross country competitor on the NCAA Division III level, Vanos is one of the top distance runners in UAlbany history. In 1994, Vanos finished second in the 10,000-meter run at the NCAA outdoor championships and sixth in the 5,000 at the national indoor meet. He captured the CTC 3,000-meter steeplechase title and was third at Penn Relays in the 5,000. Vanos also competed in three NCAA cross country championships and recorded a pair of top-35 finishes as an individual.

UALBANY OLYMPIAN



Former UAlbany track and field athlete Rob Carracciolo '04, represented the small West African nation of Equatorial Guinea in the 2004 Olympic Games held in Athens, Greece.

Carracciolo, who was eligible to run for Equatorial Guinea because his mother was born there, became the first Great Dane to ever

compete in an Olympic event.

Caracciolo, 22, was originally scheduled to run in the 3,000 meter steeplechase, an event he competed in for four years as a Great Dane. Instead, Caracciolo competed in the opening heat of the 1,500 meters, an event he never ran as a collegian.

In his final season as a Great Dane, Caracciolo posted several top ten finishes in the steeplechase, including a first place finish at the UConn Invitational and a third place running at his final college meet, the UAlbany Spring Classic.

The country of Equatorial Guinea, which had been following Caracciolo's track and field career since high school, contacted him through his mother. Without an opportunity to make the United States team, Caracciolo decided to run for the small country, which had only one other Olympic delegate; a women's track athlete.

Caracciolo was accompanied to Athens by UAlbany assistant track and field coach Steve Clarke.

Caracciolo did not advance to the semifinals of the 1,500 meter race. In the opening heat, he was lined up next to Morocco's Hicham El Guerrouj, who holds the world record in the 1,500 with a time of 3 minutes, 26 seconds.

In the race, Carracciolo established a new national record in the 1,500-meters for Equatorial Guinea.



Rob Carracciolo (second from left) lines up next to world record holder Hicham El Guerrouj at the 2004 Olympic Games in Athens, Greece.

ACADEMIC SERVICES

UAlbany Student-Athlete Support Services

Developing today's student-athletes and tomorrow's leaders

Staff: Julie A. Steinke, Director
jsteinke@uamail.albany.edu
518-437-3788

Ed Scott, Assistant Director
escott@uamail.albany.edu
518-442-3361

The mission of the Office of Student Athlete Support Services is to enhance the collegiate experience of UAlbany student-athletes by providing an environment that assists them in developing transferable skills so that they may be better prepared to compete in the classroom, the athletic arena, as well as life.

What services are available?

- Academic Services
 - *Academic Skill Development
 - *Supervised Study
 - *STAAR Program
 - *Priority Registration
 - *Monitoring of Academic Progress
 - *Peer Tutoring
- Community Service
 - *Paw Pals Program
 - *School Visits
 - *Sport Clinics
 - *Adopt-A-Highway
- Career Services
 - *Resume Writing
 - *Interviewing Skills
 - *Job Search Network
- Personal Development
 - *Awareness Programs
 - alcohol & drug abuse
 - nutrition
 - gambling
 - *Financial Planning
 - *Communication Skills
 - *Life After Athletics

What are the benefits of these services?

By partaking in these services, the student-athlete will notice:

- Improved academic performance.
- Improved potential for graduation.
- Improved personal development.
- Accommodations for learning disabilities that enable success.
- Understanding & instruction outside of the classroom to reinforce learning.
- Interaction with professors & other campus resources to encourage the development of positive relationships.
- Improved interaction between teams to create support and friendships.

How can I become involved?

- Individual & Team Projects
 - *Build your resume & help your team win the Dane Dish by earning points for your involvement. Give back to the community that supports you by participating in programs such as: Paw Pals, the Student Athlete Advisory Board, the Great Danes Reading Program & local school visits, among others.
- Serve as a resource
 - *Help support UAlbany Athletics by serving as a resource for community service, career development or other programming activity.

Available Resources

- Financial Aid/Scholarship Materials
- Graduate School Information
- Individualized counseling
- Career Fairs
- Computer lab access
- Internship & job postings
- Much, much, more!!

Student-Athlete Advisory Committee

The purpose of the Student-Athlete Advisory Committee (SAAC) is to serve as liaisons between the athletic administration and student-athletes. The members of SAAC act as the "voice" of the student-athletes and disseminate information given to them, by administrators, to their respective teams. SAAC is a vehicle for student-athletes to improve upon student-athlete welfare, as well as help coordinate community service, life skills and various other activities for the athletic department

All student athletes must continually meet academic requirements of the University at Albany and the NCAA. To review these requirements, please contact a member of the SASS staff or the UAlbany Compliance Office.

AMERICA EAST CONFERENCE

The Tradition

America East Conference enters its 17th year of all-sports championship competition with a reputation as one of the most comprehensive NCAA Division I conferences. With a geographic footprint extending from the Mid-Atlantic to the Northeast regions, America East remains committed to broad-based, competitive Division I athletics programs, complementing the academic integrity of the 10 member institutions. University at Albany, Binghamton University, Boston University, University of Hartford, University of Maine, University of Maryland, Baltimore County (UMBC), University of New Hampshire, Northeastern University, Stony Brook University, and University of Vermont each offers a unique blend of academic and athletic tradition. America East also has an associate membership with Quinnipiac University in the sport of men's lacrosse.

Athletic Success

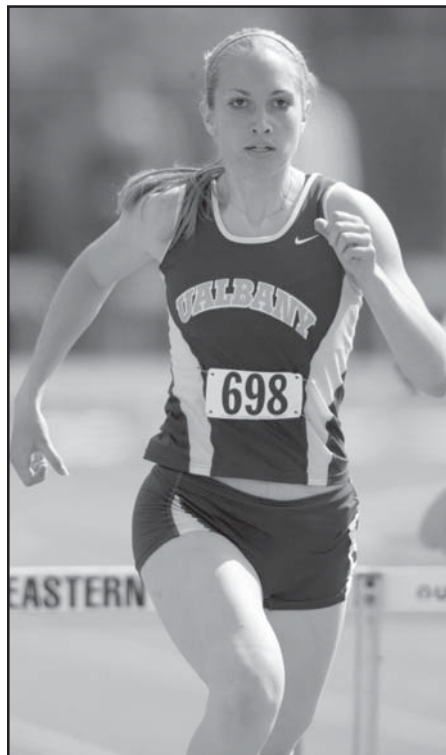
America East's proven record of success in its sports will enable the conference to earn admission to 12 NCAA Championships in 2004-05. Student-athletes in the sports of baseball, men's basketball, women's basketball, field hockey, men's lacrosse, women's lacrosse, men's soccer, women's soccer, softball, men's tennis, women's tennis, and volleyball receive access to NCAA Championships via the conference's automatic qualifiers. Individual champions at the America East Outdoor Track and Field Championship will receive bids to that NCAA Championship. In addition, several America East athletes in sports such as men's and women's cross country, men's and women's indoor track and field, men's and women's golf, and men's and women's swimming and diving will compete in those NCAA Championships. Overall, America East sponsors championships in 22 sports.

Academic Accolades

America East institutions saw nine of their student-athletes earn Academic All-America honors in 2003-04 alone. This total ranked fifth-highest among all Division I-AA and I-AAA conferences. Included in the group were first-team selections Lana Khvalina of the UMBC women's tennis team, who was named for the second-straight year, and Alon Lubezky of the Hartford men's soccer team, the school's career goal scoring leader. America East annually recognizes its student-athletes' success in the classroom. All varsity team members who compile a grade-point average between 3.0 and 3.49 during their playing season receive conference recognition by being named to the Academic Honor Roll. Those outstanding student-athletes who compile a grade-point average of 3.5 or higher are named to the Commissioner's Honor Roll. Nearly 1,700 student-athletes received honor roll recognition in 2003-04 with America East's 3,500 student-athletes averaging a 2.97 grade-point average. Additionally, the conference annually determines the top scholar-athlete in each of its championship sports. The scholar-athlete must maintain a minimum 3.2 cumulative grade-point average and be a starter or prominent reserve on the team for the duration of the playing season. From the pool of 22 outstanding scholar-athletes, one male and one female America East student-athlete are further honored as the conference's Scholar-Athletes of the Year.



Senior Distance Runner Chris Pierson



Junior Hurdler Heather Angel

UNIVERSITY AT ALBANY

The University at Albany today is an internationally recognized public research university with a broad mission of undergraduate and graduate education, and research. More than 17,000 students are enrolled in nine schools and colleges offering 176 undergraduate, master's and doctoral degree programs.

Outstanding faculty, an innovative curriculum, award-winning advisors and student-centered services create a distinctive learning environment that nurtures student success. After graduation, more than two-thirds of undergraduates go on for advanced degrees, and acceptances to law and medical schools are well above the national average. UAlbany has more than 128,000 living alumni, including: Catherine Bertini, B.A.'71, under-secretary-general for management, United Nations; Marcia Brown, B.A.'40, three-time Caldecott Award-winning children's book author; Tom Clarke, B.A.'73, president of new business ventures, Nike, Inc.; and SOBE beverages founder Norm Snyder, B.S.'83.

UAlbany programs in sociology, public administration and policy, criminal justice, clinical psychology, reading, accounting, social welfare and atmospheric sciences have earned national renown for excellence. More recently, the University has been building new strengths in such areas as nanotechnology, life sciences, and public informatics and information systems. The latest rankings of graduate programs by *U.S. News and World Report* place seven programs in the top 25 in the nation.

Undergraduates choose from 53 majors in the arts and sciences, business and accounting, public policy, criminal justice, information science, pre-law and pre-health; approximately 30 percent of undergraduates participate in research with faculty. Innovative degree programs with an international focus and more than 300 study-abroad programs prepare students for the global economy. Extensive internship opportunities offer real-world experience in New York's capital and the surrounding region.

Both the UAlbany campus and the region are bustling with extracurricular opportunities. Students participate in more than 150 student clubs, honor societies, and other campus-related groups, and choose from a busy calendar of campus events, including spirited Division I athletic competition in 19 sports and a rich array of cultural activities.

The University is just a short drive from spectacular natural and recreational centers in New York, Massachusetts, and Vermont. With 13 colleges in the Capital Region, it's easy to see why Albany is also a "great college town."

UAlbany, working with governmental and business partners, plays a vital role in the economic development of the Capital Region and New York State. The University is a major international center for research and development in the fields of nanosciences and nanoengineering.

An economic impact study in 2004 estimated UAlbany's economic impact as \$1.119 billion annually in New York State - \$1.005 billion of that in the Capital Region.

UAlbany aims to rank among the top public research universities in the nation and is taking strategic steps across its three campuses to achieve this goal. The Campaign for the University at Albany was publicly launched in April 2003 to help provide necessary private support for achieving UAlbany's goals.



UNIVERSITY
AT ALBANY

State University of New York

UNIVERSITY FACTS

Location: 1400 Washington Avenue, Albany, NY 12222

Enrollment: 11,819 (undergraduate), 5,219 (graduate)

Web Site: www.albany.edu

Schools and Colleges: College of Arts and Sciences, School of Business, School of Criminal Justice, School of Education, School of Information Science and Policy, School of Nanoscale Science and Engineering, Nelson A. Rockefeller College of Public Affairs and Policy, School of Public Health, School of Social Welfare.

Quick Facts:

***Established in 1844, UAlbany was designated a University Center of the State University of New York in 1962.

***UAlbany is home to the New York State Writers Institute, founded by Pulitzer Prize-winning author and faculty member William Kennedy. Since 1984, the Institute has brought to campus more than 600 writers and filmmakers, including six Nobel Prize winners and 50 Pulitzer Prize winners, for programs that are free and open to the public.

***UAlbany's three libraries boast more than two million volumes and rank among the nation's top research libraries.

***UAlbany has more than 128,000 living alumni.



UALBANY TRACK & FIELD

Indoor Schedule 2004-05

Dec. 4	Husky Invitational @ Northeastern's Reggie Lewis Center	10 a.m.
Jan. 7	Copa Navidad @ National Stadium, San Juan, Puerto Rico	
Jan. 7-8	Army Invitational @ West Point, N.Y.	10 a.m.
Jan. 16	UAlbany Great Dane Classic @ NYC Armory	5 p.m.
Jan. 28	adidas Boston Indoor Games @ Reggie Lewis Center	5 p.m.
Feb. 4	Millrose Games @ Madison Square Garden	6 p.m.
Feb. 4-5	Collegiate Invitational @ NYC Armory	9:30 a.m.
Feb. 11	Binghamton Dual @ Binghamton University	5 p.m.
Feb. 18-19	America East Championships @ Boston University	1 p.m./10 a.m.
Feb. 25	NYU Fast Track Invitational @ NYC Armory	TBA
Feb. 25-27	USAT&F National Championships @ Reggie Lewis Center	TBA
March 5-6	Women's ECAC Championship @ Reggie Lewis Center	9 a.m.
March 5-6	Men's IC4A Championship @ Boston University	9 a.m.
March 11-12	NCAA Championship @ University of Arkansas	9 a.m.

Outdoor Schedule 2005

March 25-26	Raleigh Relays @ Raleigh, North Carolina	9 a.m.
March 26	Dick Shea Open @ West Point, N.Y.	TBA
April 1-2	University of South Florida Invitational @ Tampa, Fla.	TBA
April 2	Bearcat Invitational @ Binghamton University	11 a.m.
April 8-9	Duke Invitational @ Durham, North Carolina	4 p.m./9 a.m.
April 9	Williams Relays @ Williamstown, Mass.	TBA
April 15-16	11th UAlbany Spring Classic	1 p.m.
April 23	Quad Match vs. UConn, Brown, UMass @ Storrs, Conn.	10 a.m.
April 28-30	111th Penn Relays @ Philadelphia, Pa.	9 a.m.
May 7-8	America East Championships @ Binghamton University	9 a.m.
May 13-15	ECAC/IC4A Championships @ Princeton University	10 a.m.
May 27-28	NCAA Regional Championships @ Randalls Island, NYC	TBA
June 8-11	NCAA Championships @ Sacramento, Calif.	9 a.m.
June 23-26	USAT&F Junior & Senior Championships @ Carson, Calif.	9 a.m.