

THE COLLEGE OF SAINT ROSE

Athletics Department

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CROSS COUNTRY

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THE SAINT ROSE CROSS COUNTRY

teams have followed a long-term plan that has placed the Golden Knights among the most rapidly rising programs in the East.

The squads participate mostly at invitational meets on Saturdays within the Capital Region and across the Northeast. The schedule allows student-athletes proper recovery time between competitions with the ability to achieve maximum potential as a student and an athlete. Both the men's and women's squads have maintained a 3.0 team GPA and have been recognized by the U.S. Track and Field and Cross Country Coaches Association (USTFCCCA) as All-Academic Teams for Division II cross country.

70%

70.0 percent of the student-athletes from both rosters were recently named to Northeast-10 Conference Commissioner's Honor Roll that recognizes academic excellence. The stellar performances do not stop in the classroom either. Both clubs recorded their best finishes ever at the 2008 Northeast-10 Conference Championships with the women taking home third place and the men finishing fifth.

Within the last five years, Saint Rose has added a home meet, the Joust, improved its collective performance at the NE-10 Championships each successive year, and the roster has more than doubled in size.

PROGRAM

Coach Rickert and his staff believe in consistent, smart distance running. The rules of quality versus quantity are at the forefront of the training program. Student-athletes are encouraged to give their best effort on any given day while paying close attention to details such as nutrition, sleep and core strength. Student-athletes will learn how to become patient runners as the race is often won in the final mile and not the first mile.

Every team member will receive a detailed summer training routine before leaving campus in the spring. The summer mileage often determines fall success and student-athletes will log their times throughout the summer in order to monitor the training cycle.

Team practices commence in late August when the club heads to Mt. Van Hoevenberg, the 1980 Olympic Cross Country Skiing venue located in Lake Placid. The squad typically spends three to four days at the facility running twice a day. It is a great bonding experience for everyone involved.

On most training days, the team runs within the City of Albany or on a bike path along the Hudson River. The Pine Bush Reserve, an off campus site, is generally used once a week for workouts on soft surfaces.

The team uses the Colonie Crossings Park in Latham as its home course when it hosts the annual Golden Knights XC Joust. The Joust is a one-of-a-kind event, boasting not one, but two starting lines that sends runners on an exciting, flat course that helps produce fast times. Coach Rickert also encourages student-athletes to spend time on the track during the College's indoor and outdoor seasons, enabling them to become competitive year-round runners.





Meaghan Lucie
West Islip, NY
St. John the Baptist
High School

“**RUNNING CROSS COUNTRY** at Saint Rose has been the best thing that I have ever done. The Saint Rose cross country team is like another family to me and I am so glad that I am able to be a part of it. Not only are the team and the coaches supportive, but the encouragement that we all experience has made our team grow and become competitive in the Northeast-10 Conference. Our coaches are furthermore concerned about our academics and so they make sure that very little class time is missed. Running at Saint Rose has been an incredible experience. I do not know what I would do without my family of coaches and teammates.”



Tyler Gantz
Rosendale, NY
Rondout Valley
High School

“**RUNNING CROSS COUNTRY AT SAINT ROSE** has given me the opportunity to see where I stack up against some outstanding athletes throughout the East, all the while having a great time with my friends.”

OUTLOOK



There is no reason to doubt that the Saint Rose cross country programs will continue to turn heads throughout the East. The majority of the team's most prominent athletes are underclassmen, which combined with Coach Rickert's proven track record as a recruiter, make the idea of an NCAA Regional Championship appearance a realistic goal for the near future.

Four runners from the women's squad, including a freshman and a sophomore, garnered All-Conference accolades via top-20 performances at the 2008 championship meet; while sophomores Macky Lloyd and Brandon Madigan were among the team's top-three finishers in all but one meet for the men in 2008.

COACHING



Andrew Rickert
Cross Country
Head Coach

The 2009 campaign marks the seventh for Andrew Rickert as mentor of The College of Saint Rose men's and women's cross country teams. A certified Level I coach by USA Track & Field, Rickert has developed and instituted a long-term plan that has placed Saint Rose among the top programs in the region.

Again, both squads put together their best finishes ever at the 2008 NE-10 Championships. The women's club was third

among 15 competing institutions, while the men wound up fifth among 13 complete teams. Rickert was subsequently chosen by his colleagues as the conference's Women's Coach of the Year.

The Golden Knights also registered perhaps the best team performances ever in school annals at the 2008 NCAA East Regional Championships. The two squads both had their preeminent fin-

ishes at that meet behind a pair of fifth place showings. There were 24 complete teams in the men's race and 23 in the women's competition.

Rickert graduated magna cum laude from the University at Albany in 2001 with a bachelor's degree in psychology and a minor in business. While at UAlbany, Rickert won two conference championships at 5,000m. He was also named to the 1998 ECAC Division II cross country All-Conference team. On most days you'll find Coach Rickert training along side the team and he continues to compete in local races. He received his master's in secondary education from Saint Rose in the spring of 2005 and currently teaches ninth grade English at Lansingburgh High School in Troy, NY. He and his wife Jennifer live in Delmar.



“ **IT'S BEEN EXTREMELY REWARDING** to watch this program climb out of the basement and into the top five teams in our conference in just a few short years. I am equally excited about the future. The next step is to find ambitious, committed new talent that can help take us to the next level: a shot at a conference title and/or qualifying for a national championship meet! ” **Andrew Rickert**, Cross Country Head Coach

Sports Medicine

Saint Rose student-athletes are supported by a sports medicine staff that includes two NATABOC-certified athletic trainers. The sports medicine staff administers all phases of preventive training, care and injury rehabilitation. The staff also provides analysis to athletes on sport-specific nutrition, strength training and conditioning.

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