

THE COLLEGE OF SAINT ROSE

Athletics Department

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MEN'S GOLF

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THE SEASON

commences during the first week of classes with both fall and spring tournaments on tap. The fall slate concludes around the middle of October, while the spring campaign kicks off with a spring break trip in March followed by a string of tournaments in April that provide ample preparation for the NCAA Division II Regional in the first week of May.

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The Golden Knights have sent four individuals to the NCAA Division II Tournament, produced the Northeast-10 Conference Freshman of the Year on one occasion and have placed three student-athletes on the All-Conference Teams since the program was established in 2000.

PROGRAM

The team practices and plays all of its home tournaments at Colonie Golf and Country Club in Voorheesville. The course, which is located in close proximity to campus, is one of the Capital District's premier private golf clubs. A par 72; 7,002-yard layout challenges student-athletes, but the 131 slope rating places a strong emphasis on playability.

On average, the student-athletes practice up to two hours a day during the week, but are afforded more time for practice on the weekends since classes do not conflict. At most tournaments, the squad will play five guys in its lineup with the four lowest scores counting towards the team score. A qualifying round at the practice facility normally precedes tournament play in order to establish the aforementioned five-man lineup. A 36-hole event is the norm for a majority of the club's tournaments, which are held primarily on Saturday, Sunday and Monday.

The Golden Knights play in the 12-team Northeast-10 Conference, which holds its annual league tournament during the first weekend in October. The winning team receives an automatic bid to compete in the NCAA Division II Regional. Saint Rose also travels to Connecticut,

Delaware, Massachusetts, New Hampshire and New Jersey in addition to its annual trips to Long Island and Syracuse for competition.

During the offseason, student-athletes are required to participate in a weight training and conditioning program that is designed to strengthen the core, legs, hands, wrists and forearms. The team also makes use of an indoor driving range 10 minutes north of campus as well as its indoor cage work in the main gymnasium of the Events and Athletics Center.

Returning to campus for the annual alumni tournament or to a home match during the fall and spring affords alumni a chance to relive memories of competing for Saint Rose. The Golden Knights alumni network has forged deep roots and team members form friendships that often last forever.



Jamie Bacon
Port Perry, Ontario
Port Perry High School

“**FOR ME, GOLFING AT SAINT ROSE** was not only an opportunity to train and play on multiple courses, but it prepared me for the challenges I faced throughout college. I find you can compare the struggles on the golf course to the struggles of real life. My experiences allowed me to develop as a person and find lifelong friends. Playing for a team rather than myself was a unique experience that allowed me to value the effort and abilities of others.”



Michael Treantis
Tonawanda, NY
Sweet Home Senior High

“**I WOULD NOT TRADE** the four years that I spent on the Saint Rose golf team for anything. The friendships that I have made will last a lifetime. My teammates have become great friends that I share a special bond with through many triumphs and tribulations. The memories of golf trips and tournaments will be aspects of college that I'll never forget. Playing golf for Saint Rose not only allowed me to grow as an athlete, but it built character and pride as well. Choosing to play golf at Saint Rose was one of the best choices that I have ever made and I believe it greatly enhanced my college experience.”

OUTLOOK



Saint Rose finished seventh at the Northeast-10 Conference Tournament in 2008. However, the league sent four teams to the NCAA Division II Regional. The Golden Knights also won the Franklin Pierce Fall Classic in October and registered two more top-five team performances throughout the year.

At this juncture, the Golden Knights possess one of the top young players in the East in Matt Horton ('12). Horton earned a spot on the NE-10 All-Conference First Team in 2008, garnered medalist honors on two occasions and established a school record with a one-under-par 69 at Wintonbury Hills in Bloomfield, CT.

After graduating three seniors in 2009 and having only two upperclassmen listed on the 2009-10 roster, Coach Jennings has the ability to inject a strong foundation for the near future. Thus, the opportunity to play every day and break into the five-man lineup can be had by every student-athlete.

COACHING



Josh Jennings
Men's Golf
Head Coach

Josh Jennings was named head golf coach at The College of Saint Rose in 2008. He has also served as the Assistant Sports Information Director at Saint Rose since 2006.

In his first season at the helm, the Golden Knights took first place at the Franklin Pierce Fall Classic and registered their best performance in three years with a seventh place effort at the Northeast-10 Conference Championship. Jamie Bacon ('09) and Matt Horton ('12) garnered All-Conference accolades

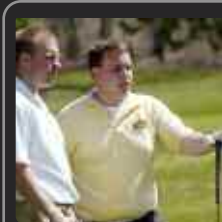
following the event. Horton went on to become the fourth individual in program history to qualify for the NCAA Division II Championship, a feat that Bacon accomplished twice during his four-year career.

Jennings arrived at Saint Rose via Hartwick College (Oneonta, NY) where he served as the Assistant Sports Information Director from 2004-06 and was the main contact for the football team.

Aside from his responsibilities to the sports information office, he was also the assistant baseball coach, in charge of the outfielders while handling some of the hitting duties.

A 2004 graduate of Hartwick, Jennings holds a bachelor's degree in history and a New York State childhood education certification. He is currently scheduled to obtain a master's degree in professional teacher education at Saint Rose in December, 2009. Furthermore, he is a certified official in the Schenectady Baseball Umpires Organization and a member of Board #36 of the International Association of Approved Basketball Officials (IAABO).

A former centerfielder for the Hawks, Jennings was named the school's Male Athlete of the Year as a senior and also earned the President's Senior Scholar-Athlete Award. A two-time All-Conference selection, Jennings was named to the New York Region American Baseball Coaches' Association/Rawlings All-Star Team in 2004.



Josh Jennings

Men's Golf
Head Coach

“**SAINT ROSE** is a quality institution where class sizes are small, the faculty is accessible and student-athletes have the opportunity to compete at a high level. Though still a relatively young program, we are looking to do big things within the near future. We have a flawless practice facility in Colonie Golf and Country Club, something that every recruit and student-athlete can only hope for. With a strong foundation of returning players and a tradition of producing NCAA Tournament caliber individuals, I will work passionately every day to build on that prior success.”

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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