

THE COLLEGE OF SAINT ROSE

Athletics Department

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SOFTBALL

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THE SCHEDULE

The College of Saint Rose softball team is on the brink of making a huge impact as a member of one of the nation's premier NCAA Division II conferences. Head coach James Seeley and his staff are aiming to reinvigorate a program that accumulated nearly 200 victories throughout the 1990's, thus becoming a formidable opponent in the East Region.

The club plays a 40-game schedule that is primarily composed of doubleheaders throughout March and April. The season culminates in the opportunity to earn a berth in the league tournament with an automatic bid to the NCAA Tournament at stake. Team spirit and camaraderie guarantee enthusiasm and vocal support for each other both on and off the field.

PROGRAM

Team practices commence one week after each student-athlete arrives on campus for the fall semester. The club practices five days a week on average, including tournament play on the weekends. Saint Rose typically hosts its own tournament and tries to play a very challenging schedule to get ready for the rigors of the Northeast-10 Conference slate. The Golden Knights often play against Division I programs and have participated in highly competitive tournaments in the past. Additionally, an annual spring training trip to Florida also serves as preparation for the league schedule.

Head coach James Seeley believes in setting both individual and team goals. The team's mentality has become to improve every single practice. As individuals, team members are always encouraged to work on some part of their game. Coach Seeley supports an aggressive approach to the game, making sure the squad communicates and takes things one game at a time.

During the summer months, many team members have been afforded the opportunity to play on travel teams. Everybody is encouraged to play as much as possible in the offseason.

The team also uses a weight training program that picks up during the fall season and runs throughout the regular-season schedule and into the summer. The main focus is on building a strong core and maintenance throughout the difficult 40-game schedule with the bulk of games taking place during the month of April.

Saint Rose softball offers dedicated student-athletes a competitive environment that caters to the needs of the student's academics. Everybody attends study hall hours as a team at least two days a week throughout the academic year. Varsity athletics is a great opportunity to push oneself further than the mind and body have before. Saint Rose has fielded student-athletes that have been given an opportunity to be part of an athletics program that is strong and nationally recognized.

Returning to campus for the annual fall tournament or to a home doubleheader during the spring gives alumnae a chance to relive memories of competing for Saint Rose. The Saint Rose softball alumnae network has deep roots and team members form friendships that often last forever.



Tracy Chesebrough
Duanesburg, NY
Duanesburg High School

“**I WAS A TRANSFER STUDENT** when I came to Saint Rose but I found that the team and the small school atmosphere allowed me to make friends very easily. We are such a close-knit team at Saint Rose. You can always count on your teammates to help you in every aspect of your life whether it is in a game, practice or with academics. A lot of time and effort goes into preparation on the field, but we believe we will be successful because of what we put into our practices and workouts.”



Amanda Morano
Highland, NY
Highland High School

“**THE COLLEGE OF SAINT ROSE** has provided me with a lot more than an education. Every day I am surrounded by a group of girls that not only inspire and motivate me on the field, but off the field as well. I am honored to call these girls my teammates as well as my friends. Only the girls on this team can understand and appreciate all of the hard work and dedication put into every practice and into each game. We are a family and help each other without question. I have not only become a stronger athlete, but I have evolved into a better leader, a harder worker and gained more confidence than I ever thought possible. The lessons I have learned from my coaches and the memories I have with my teammates are things that will last a lifetime.”

OUTLOOK



Seeley and the Golden Knights finished with a 15-23 overall mark in 2009, including an 11-17 record in the Northeast-10 Conference. However, the league sent three teams to the NCAA Division II Tournament

and Saint Rose closed out the year by winning seven of its final 10 games.

At this juncture, the Golden Knights possess one of the league's top batteries in right-hander Tracy Chesebrough and catcher Amanda Morano. Chesebrough, who had her true senior season cut short due to an injury, is expected to return to form in 2010 after establishing a single-season school record with 224 strikeouts as a junior in 2008. She was third in the NE-10 with a 1.55 ERA and issued only 25 walks in 135.2 innings of work, thus garnering second-team All-Conference honors and being named to the Daktronics Northeast All-Region Second Team.

Morano ('10) is already a two-time All-Conference selection. As a sophomore in 2008, Morano finished tied for second in the NE-10 with a single-season school record .438 (49-for-112) batting average to go with a .500 on base percentage. Her 13 doubles represented the second highest single-season total in school annals. In 2009, Morano belted six home runs, slugged .519 and led the squad with 21 RBI and 18 runs.

After earning its first berth in the NE-10 Tournament in 2008 since joining the league at the outset of the 2001 campaign, Saint Rose is looking to close the gap on the upper echelon teams in the region. The club is expected to return a great deal of experience at every position and combined with the addition of key newcomers, the Golden Knights will look to become a mainstay in post-season tournament play.

COACHING



James Seeley
Softball
Head Coach

James Seeley enters his second year as head softball coach at The College of Saint Rose in 2010. Seeley took over the reins in 2008 and is thus the sixth head coach in the history of the Golden Knights program, which dates back to 1979.

In his first season at the helm, Saint Rose finished with a 15-23 overall mark and an 11-17 record in league play. The Golden Knights closed out the 2009 campaign by winning seven of their final 10 games and two student-athletes gar-

nered Northeast-10 Conference All-League honors at season's end.

Seeley's prior coaching career spanned 25 years and culminated with a New York State Championship in 2007 at Hoosic Valley Central School. He garnered New York State Softball Coach of

the Year honors from the New York State Sportswriters Association following the season. Seeley, who accumulated 385 career coaching victories, also had head coaching stints at Glens Falls City School and Bolton Central School to help account for 10 league titles, seven sectional crowns and five state tournament appearances.

Seeley, who is a retired educator, spent 18 years as the Superintendent at Glens Falls and Hoosic Valley. He received his Doctorate in educational administration from Columbia University in 1990 and completed his bachelor's and master's degrees at SUNY Plattsburgh. Seeley, who resides in South Glens Falls, currently does work for the Cornell University Cooperative Extension of Warren County.



James Seeley
Softball
Head Coach

“**TEAMWORK AND GOOD SPORTSMANSHIP** are the formula for our team. We work together both on and off the field to make both the academic and athletic experience at Saint Rose a success. The focus is not only getting a degree to apply in the workplace, but also learning what it means to be a member of a team and what it takes to be a champion. Good time management and being goal-oriented are the elements required to be successful at Saint Rose and in life.”

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.

Contacts

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PLAY HARD ”**



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