

## THE COLLEGE OF SAINT ROSE

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Athletics Department

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# TRACK & FIELD

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## THE SAINT ROSE TRACK AND FIELD PROGRAM

was reinstated at the outset of the 2005-06 season following a seven year hiatus. The program competes in the Northeast-10 Conference with both an indoor and outdoor season. The team participates mostly at invitational meets on weekends, both locally and throughout the Northeast. The calendar affords an ample training schedule along with minimal interruption to the student-athletes' academic responsibilities. Furthermore, the NE-10 sponsors championships in both indoors and outdoors. Saint Rose also takes part in the prestigious Penn Relays.

# PROGRAM

**The coaching staff** aspires to develop the Saint Rose track and field program around dedicated and resilient student-athletes; ones who have character, bring a positive attitude and are able to comprehend a team concept in a sport that has many individual components.

To that end, the coaching staff aims to meet with each of its potential recruits at some point either during their junior or senior year of high school. Those meetings generally take part during an NCAA sanctioned official recruiting visit, as part of an unofficial visit that is initiated by a potential recruit, or as part of several Open House programs that are sponsored by the College's Admissions Office.

For those student-athletes who are not members of the Saint Rose cross country team, the preseason begins during the second week of each fall semester. The season generally concludes at some point during the first or second weekend in May. All student-athletes are encouraged to engage in some type of training program during the summer. The distant runners are usually given a specific workout regimen. Throwers, jumpers and sprinters are provided a less formal conditioning plan, but are encouraged to do some cross-training activities.





**Ryan Saunders**  
Cambridge, NY  
Cambridge Central

“**TRACK AND FIELD AT** The College of Saint Rose has benefited me in many ways. Most importantly, the College’s professors have helped me excel as a student. Secondly, the coaches have helped me to become a better athlete and to develop better sportsmanship. Furthermore, my teammates are competitive and great people to be around. If someone is looking for a school that has great academics, a great athletic program, and wants teammates that are great people and competitive, then Saint Rose is the place.”



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

“**RUNNING TRACK AT SAINT ROSE** has been the best thing that I have ever done. The 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 extremely competitive in the Northeast-10 Conference. Running at Saint Rose has been such an incredible experience and I do not know what I would do without my family of coaches and teammates.”

# OUTLOOK



**Although still a** relatively young program, the goals nonetheless grow exponentially with each passing year. The coaching staff has built a team that is competitive within the Northeast-10 Conference and thus now has its sights set on consistently finishing in the upper echelon at both conference championship meets with long term aspirations of winning a league title.

# COACHING



**Robert Dorn**  
Track and Field  
Head Coach

**Robert Dorn**, who has lived in the Capital Region his entire life, was named the head track and field coach at The College of Saint Rose when the program resumed its status as an intercollegiate sport in the spring of 2006. Now entering his fifth season at the helm, Dorn continues to re-establish the programs among the elite squads in the Northeast-10 Conference.

Dorn guided the men's outdoor track team to its best ever finish at the 2009 NE-10 Championships behind a fourth place performance. The team recorded four school records in the process. Meanwhile, the women finished fifth and have now won the 10,000-meter run at each of the past two outdoor championships. Melissa Bredice ('10) was crowned conference champion in 2008, while Meaghan Lucie ('11) ran a winning time in 2009.

Dorn's student-athletes have also excelled in the classroom. In June, Pat Cullen ('08), Brad Lewis ('08) and Kevin Jackson ('09) garnered All-Academic accolades from the NE-10.

Dorn arrived at Saint Rose from Albany High School where he served as the head coach of the girl's track and field team. He also served as Albany's head coach of cross country since 1995. Dorn spearheaded the program development, scheduling and fundraising efforts for the Falcon cross country and girl's track and field programs.

Dorn has additional experience as the director and coach of the Capital District Rockets Track Club, which is a member of the United States Association of Track and Field (USATF). Dorn, who has held the post since 1996, trains elementary and high school athletes for local, regional and national competition with the Rockets.

Dorn graduated from SUNY Cortland in 1984 with a bachelor's degree in physical education. He then earned his master's there in 1991.

During his undergraduate career at the central New York school, Dorn participated on the Red Dragon cross country and track and field teams. Upon his graduation, he took his first coaching job as an assistant at Cortland where he remained until 1987.



**Robert Dorn**  
Track and Field  
Head Coach

“**THROUGH INDIVIDUAL** achievement comes team 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.

## Contacts

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PLAY HARD ”**

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