2019-20
YEAR IN REVIEW

MOUNT HOLYOKE
ATHLETICS

Samantha Nemivant '20
2019-20 Mount Holyoke College Fall/Winter
Senior Athlete of the Year
Greetings Lyons Nation,

On behalf of the Department of Physical Education and Athletics, I thank you for your continuing support and encouragement during a rather remarkable and challenging year. Although the global COVID-19 pandemic brought our winter championships and spring seasons to an abrupt halt, this year’s annual review highlights the many achievements of our student-athletes and coaches that continue to propel our program forward.

Beginning with the completion of our Department’s strategic plan, we put forward a bold and ambitious vision and plan for our program. Six areas of emphasis signal our priorities of (1) Competitive Success; (2) Recruitment and Retention; (3) Diversity and Inclusion; (4) Student Well-Being; (5) Community Integration; and (6) Physical Education. During the coming years, we will see the strategic investment of resources to further develop a competitive and inclusive athletics program as well as dynamic recreational and instructional programming.

We celebrate Chris Kibler, head cross country and track & field coach, and Rachael Araujo, head diving coach, who both earned NEWMAC Coach of the Year honors. Lauren Selkin, ('23), earned NEWMAC Rookie of the Year honors for cross country. Madeline and Hannah Rieders ('21) both earned invitations to the NCAA Indoor Track and Field Championship in Winston-Salem, North Carolina. Although the championship was cancelled due to COVID, both earned US Track & Field and Cross Country Coaches Association All-American honors for their performances in the 5K. Coach Araujo continued to advance the diving program with three MHC student-athletes, Samantha Nemivant ('20), Kathryn Murphy ('22), and Katie Kolozsvari ('21) extending their postseason to the NCAA Regional Diving Championship.

The fall and winter performances had all of us excited and motivated for a competitive spring season. In the year of celebration for the 100th Anniversary of Riding at MHC, the Hunter Seat Equestrian Team was poised for another run at a national championship, earning the Reserve Champions spot in the Tournament of Champions series. The rowing program finished the fall with a 14th place finish at the Head of the Charles. Tennis continued its domination and preparation for its spring championship season with Ching-Ching Huang ('21) earning UTR/ITA National Singles Athlete of the Week honors in February 2020.

Finally, MHC continued to be recognized as a national leader in the area of student-athlete leadership and development. Erica Lemm, associate director of athletics for programming, was selected to participate in an NCAA program to reimagine student-athlete leadership and development. Our continued commitment to diversity and inclusion laid the foundation for even more directed work at anti-racist education and action that is sure to drive our priorities for 2020-21.

Although 2019-20 may be remembered for its challenges, MHC’s benchmarks for the year signal positive transitions and punctuate the commitment to the student-athlete experience, reminding us that it is ALWAYS a great day to be a Lyon!

Lori Hendricks, Ph.D ('92)
Chair of Physical Education and Director of Athletics
Points of Pride

122 Academic All-Conference Honors
3.60 GPA Among All Student-Athletes
9 Conference Athlete of the Week Honorees

2 NewMAC Coach of the Year Honorees
2 USTFCCCA All-Americans
1 NewMAC Rookie of the Year

Sasha Simine ’20 – 2x CoSIDA Academic All-District Honoree

The Headlines

Basketball: Katlyn Grover ’20 named to NewMAC All-Sportsmanship Team

Cross Country: Lyons Place 2nd at NewMAC; Best Finish Since 1992

Field Hockey: Qualified for NewMAC Tournament for 21st-straight season

Golf: Landed three student-athletes on the Liberty League All-Academic Team

Lacrosse: Caroline Flynn ’22 Named Department Spring Soph. of the Year

Riding: Reserve Champions for 2020 Tournament of Champions Series

Rowing: Best finish at Head of the Charles Regatta Since 2011 (14th)

Soccer: Minerva Veeser-Bobea ’20 Named to NewMAC All-Sportsmanship Team

Swimming & Diving: Three Qualifiers at 2020 NCAA Diving Regionals

Tennis: Earned ITA All-Academic Award; Five Lyons Recognized Individually

Track & Field: Rieders Twins Collect USTFCCCA All-America Honors

Volleyball: Earned the AVCA Team Academic Award (3.60 Team GPA)

Ching-Ching Huang ’20 – UTR/ITA National Singles Athlete of the Week (2/25/20)
NEWMAC Coaches of the Year

Chris Kibler
NEWMAC Women’s Cross Country Coach of the Year

“Coach Kibler truly changed the way that I look at running and track and field as a sport, forever. Since the first day that he became my coach, Coach Kibler was dedicated to helping our program reach new heights. It really motivated me as a student-athlete and I knew that my goals were going to be encouraged. By challenging myself in running, such demeanor allowed me to cultivate a mindset that trained me to overcome adversity in other areas of my life and adjust when necessary. It was the first time that I truly felt community, across my team and event groups that I will forever be grateful for the bonds that I was able to foster during Coach Kibler’s direction. The atmosphere that he has shaped within our program is one that I will always miss but know I am always a part of.” - Michelle Serrano ’20

Rachael Araujo
NEWMAC Women’s Diving Coach of the Year

“I was a gymnast before college and when I got to campus I did not have any diving experience so Rachael has literally taught me everything I know about diving. She’s been there for every new dive and worked with me through every fear. Rachael is one of those coaches that I would trust to get me through anything. I know that if she asks me to try something new, she is 100% sure that I am ready to do it. But beyond diving, Rachael has been an integral part of my Mount Holyoke journey and college experience. I’m so incredibly lucky that I’ve gotten to work with her, and I miss her every day that I’m away from campus.” - Katie Kolozsvari ‘21
At the top of their game...

The duo of **Hannah Rieders (Wellesley, Mass.)** and **Madeline Rieders (Wellesley, Mass.)** qualified for the 2020 NCAA Division III Indoor Track & Field National Championship meet after posting matching times of 17:11.60 at the Tufts Last Chance Qualifying Meet in March. The Rieders also broke the previous Mount Holyoke College indoor track and field program record, which was set earlier this season by Hannah with a time of 17:18. Their time of 17:11.60 also proves to be the fastest in program history.

*For their efforts, Hannah and Madeline earned USTFCCCA All-America honors in the women’s indoor track and field 5k.*

“**Madeline and Hannah Rieders are the epitome of NCAA student-athletes. They are two of the most motivated people I have ever worked with, and will put in whatever it takes to excel at what they are passionate about. Their will to be successful at the highest level comes from their sheer love of competing. They are not afraid to take on a challenge, and cannot wait to race. Their work ethic has helped them grow in confidence, which has empowered them to set lofty short-term and long-term goals. They simply believe they can do it, and put in the work to make it happen.”**

- **Chris Kibler**
  Head Cross Country/Track & Field Coach
The Peak Performance and Leadership Academy is offered to the student-athletes at Mount Holyoke College and offers five areas of development including Personal Health and Wellness, Athletic Performance, Leadership Development, Career Development and Community Engagement.

**Signature Events**

**Career Transitioning with Jennifer van Dijk ’98**
In November, senior student-athletes at Mount Holyoke College were able to hear from Jennifer Van Dijk ’98, a former golf student-athlete and current Executive Vice President of Wasserman Media Group, about transitioning into a career following graduation.

In addition to Jennifer van Dijk ’98, panelists included Amy Chen ’17, Kaitlin Braz ’18, Elaine Harvey ’11 and Amber Legare ’15.

**DiSC Workshop for Sophomore Student-Athletes**
In February, sophomore student-athletes had the opportunity to participate in a DiSC workshop and learned how to improve communication, motivation, and overall leadership effectiveness. They also had the opportunity to analyze their own behavioral and personality traits.

"The Peak Performance and Leadership Academy has been a great benefit to the student-athletes at Mount Holyoke College."
In September, first-year student-athletes had the opportunity to learn about sleep, mental health and nutrition through workshops hosted at the Wil-lits-Hallowell Conference Center. Following the first years signature event, the Class of 2023 was joined by members of the Class of 2021 for a Littles/Bigs reception.

Also in September, junior student-athletes had the opportunity to hear from guest presenter Vivian Hsu, Mount Holyoke College’s Ombudsperson, about conflict management. Students-athletes were provided case studies and team scenarios to work through.

Lauren Selkin ‘23
NEWMAC Women’s Cross Country Rookie of the Year

Also in September, junior student-athletes had the opportunity to hear from guest presenter Vivian Hsu, Mount Holyoke College’s Ombudsperson, about conflict management. Students-athletes were provided case studies and team scenarios to work through.

Vivian Hsu is the principal of Hsu & Associates LLC, a law firm specializing in employment counseling, workplace training programs, internal investigations, mediation and ombuds services to businesses and organizations.

“Launching the Peak Performance and Leadership Academy highlights the emphasis Mount Holyoke College continues to place on the complete development of student-athletes and their experience. We believe every student-athlete is a leader no matter the role they play on their team. This is why we offer programming for every single student-athlete highlighting the areas of performance, wellness, leadership, community, and career development. Our student-athletes in team leadership roles also receive development pertaining to their specific responsibilities as captains and team representatives. This academic year there’s a special emphasis placed on unity and connection as well as diversity, equity, and inclusion as part of our community programming. This emphasis will allow us to keep our community strong during this time and lay the groundwork for the continuation of important dialogues.” - Erica Lemm, Associate Director of Athletics, Programming
GOING ABOVE AND BEYOND...

Student-Athlete Advisory Committee

In December, the Mount Holyoke College Student-Athlete Advisory Committee (SAAC) ran a toy drive that generated over 250 gifts that were dispersed to three Wonderfund locations. The 250 gifts collected was a record high for this group! This group also worked at the conference and national level to defeat NCAA legislation that would have had negative impacts on the prestigious Mount Holyoke College equestrian program. SAAC meets throughout the year and continued to meet over the summer to have important discussions and lay the groundwork for a successful year related to Black Lives Matter and the COVID-19 pandemic.

Student-Athlete Leadership Team

The Student-Athlete Leadership Team (SALT) at Mount Holyoke College was newly created during the 2019-20 academic year and is a group that is comprised of student-athletes that have been elected as captains or team leaders within their respective programs. This group meets with Associate Director of Athletics for Programming Erica Lemm every three weeks to discuss leadership development and develop strategies to become effective leaders within the Department of Athletics and the greater Mount Holyoke College community.

First Generation and Ethnic Minority Student-Athlete Group

The First Generation and Ethnic Minority Student-Athlete Group was created during the 2019-20 academic year and is currently co-chaired by rowing student-athlete Jaya Nagarajan-Swenson ’21 and squash student-athlete Kuzivakwashe Madingwe ’20. This group meets every three weeks to build relationships, develop as leaders, and discuss diversity and inclusion initiatives to bring forward to the athletics community.
Get your Official MHC Athletics Gear...

The Mount Holyoke College Department of Physical Education and Athletics continues to support the spirit of Lyons Nation. In 2019-20, the department partnered with Advanced Online to launch an online store.

Open 24 hours a day and 7 days a week, this online store has official Mount Holyoke College Athletics gear, including sport-specific designs. Club sport alums can also find gear to support their favorite programs.

Champions Choice Partnership Extended

Mount Holyoke College Athletics is excited to continue its partnership with Champions Choice of New England as their main provider for uniforms and other athletics team gear. The 2019-20 academic year marked the first of a newly-signed five-year contract with Champions Choice of New England.
This past year we celebrated a century of riding at Mount Holyoke College as 2020 marked 100 Years of Excellence in Equestrian. We were unable to host our Equestrian Reunion during MHC’s Reunion II Program due to COVID-19, but Director of Intercollegiate Coaching and Varsity Hunter Seat Team Coach CJ Law was still able to connect with her alums virtually. Stories were shared and continuous memories were made.

“Mount Holyoke Equestrian has been my second home for 37 years. I truly believe that the students who have made me proud to be a coach will continue to change the world. Each equestrian at MHC, over the past 100 years, has been driven by their academics while pursuing their passion to ride and creating special bonds and turning teammates into family. We all have many wonderful memories, not only just active team members, but prospective students, visiting alums, and members of the barn staff share in this profound legacy we have created together. The Equestrian Program at Mount Holyoke has touched the lives of so many and I am proud to be a part of a facility that brings together...

Friends for Life.”

- CJ Law

Director of Intercollegiate Coaching and Varsity Hunter Seat Team Coach
Selected by a committee from within the NCAA membership to attend, Mi-caela Pierce ‘20, Michelle Serrano ‘20, Tamara Mukulu ‘21 and Julia Klein ‘22 all represented Mount Holyoke College in late May at the NCAA Career in Sports Forum. Due to restrictions surrounding COVID-19, this forum was held in a virtual capacity.

On Wednesday, April 29, Mount Holyoke College hosted a virtual Scholar-Athlete Ceremony and Athletic Awards Celebration to honor the 2019-20 academic year. Recognized for her hard work and dedication to the department and College, Director of Athletics, Lori Hendricks ‘92, was named the Department Lyon of the Year.

Mihiliya Methsarani ‘22 of the squash team competed at the 13th South Asian Games in Nepal and helped lead her home country of Sri Lanka to Bronze. Methsarani, a Psychology major at Mount Holyoke College, helped Sri Lanka to a 3-0 victory over Nepal in the team’s final competition, leading to the third-place finish.

Senior Micaela Pierce ‘20 of the field hockey team recently earned an NCAA Ethnic Minority and Women’s Enhancement Graduate Scholarship on behalf of the NCAA Minority Opportunities and Interest Committee. As a recipient of the scholarship, Pierce will receive a $10,000 nonrenewable award to be used during the 2020-21 academic year. This is MHC’s third NCAA postgraduate scholarship recipient in two years.
Dual-sport athlete Ireland Clare Kennedy ’20 served as the NEWMAC representative on the Division III National SAAC and was able to represent Mount Holyoke College at the 2020 NCAA Convention in Anaheim, Calif. Ireland Kennedy was able to work with Special Olympics, which partnered with NCAA Division III beginning in 2011.

“I am incredibly humbled and honored to have served student-athletes at over 450 institutions across the country during my three years in this role. I’ve experienced first-hand the impact of the student-athlete voice and how much our voice matters across collegiate athletics. I’ve had the opportunity to be a part of the NEWMAC community on a deep level and relish in the joy and importance of the Special Olympics. Our annual events with these athletes have shown how much bigger than a game sports are, and how our hearts can grow through athletics.” - Ireland Clare Kennedy ‘20

Mount Holyoke College Launches Partnership with Girls, Inc. and Hosts National Girls and Women in Sports Day

“National Girls and Women in Sports Day is a perfect opportunity to launch our partnership with Girls Inc. Our student-athletes are taking advantage of this important day by inspiring middle-school girls to be active, bold, and strong. Through a day of activity and learning, student-athletes will participate in the first of many opportunities to help the girls develop skills such as teamwork, communication, and leadership. We’re excited about our ongoing engagement with Girls Inc. and look forward to communicating the message behind National Girls and Women in Sports Day with the girls all year long.”

- Erica Lemm, Associate Director of Athletics for Programming.
The duo of assistant rowing coach Cara Murphy ‘14 (left) and head volleyball coach Iris Carpio (right) teamed up this past summer to collect and redeem bottles and cans to support the Black Lives Matter movement.

Cans and bottles were collected from department members and the larger MHC community (below). A special thank you to head lacrosse coach Miriam Esber for the use of her truck to help with transporting and collecting the cans and bottles!

This initiative resulted in the collection of 6,289 bottles and cans for a total donation of $1,050 to the NAACP Legal Defense and Education Fund.
On Friday, March 13, the student-athletes at Mount Holyoke College learned that they would be leaving for Spring Break and staying home for the remainder of the 2019-20 academic year due to the surging COVID-19 pandemic.

The Mount Holyoke College and Smith College Athletic Departments agreed on having one last competition for their senior classes. On this day, the lacrosse, rowing and tennis programs all squared off before they departed from campus.

Prior to the departure from campus in March, students hosted a Laurel Parade to celebrate the Class of 2020. Senior student-athletes received their varsity blankets, and goodbyes were shared between coaches and teammates.
When the Mount Holyoke College students returned to campus for the first day of second-semester classes on January 21, 2020, there was a new addition to the Fitness Center in the Kendall Sports & Dance Complex.

In support of the College’s “Be Well” program, Mount Holyoke College added a GYM RAX 14 foot single bridge by AdvantEdge Fitness Products (left). Included on the bridge are two Universal Ball Rax, one Trough Rax, one Free Weight Rax, one Rax Bin, 12 Freedom® Mounts, four Climbing Holds, one wall bar, two vertical training mounts and one dip.

To support the community wellness during the pandemic, the MHC Department of Physical Education and Athletics provided a virtual platform for recreational fitness classes available to students, MHC employees and alums.