Amherst College prepares students to use ideas to make a difference in the world. Since its 1821 founding in Western Massachusetts, Amherst has demonstrated steadfast confidence in the value of the liberal arts and the importance of critical thinking. Today, its financial aid program is among the most substantial in the nation, and its student body is among the most diverse. Small classes, an open curriculum and a singular focus on undergraduate education ensure that leading scholars engage daily with talented, curious students, equipping them for leadership in an increasingly global and complex world.

### AMHERST ATHLETICS

Amherst College has the oldest athletics program in the nation, dating back to a compulsory physical fitness regimen that was put in place for all students in 1860. Today, over a third of the student body participates in varsity sports and eighty percent are involved in intramural and club sports teams.

With 27 intercollegiate athletic teams, Amherst College student-athletes have successfully blended academics and athletics for decades. In addition to capturing 13 NCAA Division III team championships - including 11 in the past 11 years - and 78 NCAA individual titles, Amherst student-athletes have also excelled in the classroom - earning 35 prestigious CoSIDA Academic All-America selections, including 21 selections since 2008.
# 2018: Year in Review

## Student-Athlete Athletic Triumphs

### Individual National Champions
- Lindsey Ruderman ‘21 / 1, 3 Meter Dive

### Little Three Champions
- Football
- Women’s Basketball
- Men’s Basketball
- Men’s Lacrosse (3-Way Tie)
- Field Hockey
- Men’s Swimming & Diving
- Men’s Tennis (3-Way Tie)
- Men’s Golf (Co-Champions)

### Little Three Champions (Baseball)
- Men’s Cross Country
- Men’s Basketball
- Men’s Cross Country

## Academic Achievements

### NESCAC Titles
- Men’s Basketball
- Men’s Cross Country

### Little Three Champions
- Men’s Basketball
- Men’s Cross Country

### NESCAC Individual Champions

<table>
<thead>
<tr>
<th>Category</th>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Basketball</td>
<td>’19</td>
<td>Madeline Eck ’20</td>
</tr>
<tr>
<td>Men’s Cross Country</td>
<td>’20</td>
<td>Hannah Fox ’20</td>
</tr>
<tr>
<td>Men’s Track &amp; Field</td>
<td>’20</td>
<td>Clark Ricciardelli ’20</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>’20</td>
<td>Spencer Ferguson Dryden ’20</td>
</tr>
<tr>
<td>Women’s Cross Country</td>
<td>’20</td>
<td>Ryan Prenosil ’21</td>
</tr>
<tr>
<td>Women’s Tennis</td>
<td>’19</td>
<td>Shilpa Mukherjee ’20</td>
</tr>
</tbody>
</table>

### Academic All-Americans

- Men’s Track & Field
- Men’s Cross Country
- Baseball (3-Way Tie)
- Men’s Basketball
- Men’s Lacrosse (3-Way Tie)
- Men’s Tennis (3-Way Tie)
- Men’s Golf (Co-Champions)

### Overall Ledger

<table>
<thead>
<tr>
<th>Season</th>
<th>Overall Wins</th>
<th>Win Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2018</td>
<td>75</td>
<td></td>
</tr>
<tr>
<td>Winter 2018-19</td>
<td>113</td>
<td></td>
</tr>
<tr>
<td>Spring 2019</td>
<td>104</td>
<td></td>
</tr>
</tbody>
</table>

### COSIDA Academic All-America
- Jocelyn Hunyadi ’19 - Women’s Ice Hockey
- Clark Ricciardelli ’20 - Men’s Track & Field

## NESCAC Athletic Accolades

### Player of the Week
- 28 Student-Athletes

### All-NESCAC Teams
- 94 Student-Athletes

### Overall Ledger

<table>
<thead>
<tr>
<th>Season</th>
<th>Wins</th>
<th>Win Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2018</td>
<td>263</td>
<td>69.3%</td>
</tr>
<tr>
<td>Winter 2018-19</td>
<td>114</td>
<td>70.0%</td>
</tr>
<tr>
<td>Spring 2019</td>
<td>100</td>
<td>70.0%</td>
</tr>
</tbody>
</table>

## Coach Milestones

### David Hixon - Men’s Basketball
- NABC Coach of the Year

### Kai Robinson ’09 - Women’s Ice Hockey
- Eclipsed 100 Career Amherst Wins

### Cassie Funk-Harris - Men’s Cross Country
- USTFCCCA New England Region Coach of the Year
- NESCAC Coach of the Year

### Jeff Matthews - Women’s Ice Hockey
- Eclipsed 100 Career Amherst Wins

### Men’s Lacrosse Coaching Staff
- IMLCA Northeast Coaching Staff of the Year

### Todd Doebler - Men’s Tennis
- GNAC Coach of the Year

### Chris Paradis - Women’s Lacrosse
- Eclipsed 300 Career Amherst Wins
The 2019-20 season will be the 26th as head coach of the Amherst men's golf team for Jack Arena ‘83. The Purple & White won the NESCAC title in Arena’s inaugural 1994-95 season and repeated as conference champions in 1995-96. Amherst reclaimed the crown during the 1997-98 season, also making NCAA Championship appearances in 1997 and 1998.

More recently, Arena was chosen by his peers as the 2010 NESCAC Coach of the Year, as Amherst finished among the top four teams at the conference's Fall Qualifier for the first time since the championship format was altered in 2008. During the 2011-12 season, Amherst won the Little Three championship and snapped Williams College’s streak of 14 consecutive titles.
2019-20 SCHEDULE & RESULTS

**SEPTEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Tournament</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Detrick Invitational</td>
<td>4th/10</td>
</tr>
<tr>
<td>8</td>
<td>Detrick Invitational</td>
<td>3rd/10</td>
</tr>
<tr>
<td>14</td>
<td>Duke Nelson Invitational</td>
<td>TBA</td>
</tr>
<tr>
<td>15</td>
<td>Duke Nelson Invitational</td>
<td>TBA</td>
</tr>
<tr>
<td>21</td>
<td>Williams College Fall Invite</td>
<td>TBA</td>
</tr>
<tr>
<td>22</td>
<td>Williams College Fall Invite</td>
<td>TBA</td>
</tr>
<tr>
<td>28</td>
<td>NESCAC Qualifier</td>
<td>TBA</td>
</tr>
<tr>
<td>29</td>
<td>NESCAC Qualifier</td>
<td>TBA</td>
</tr>
</tbody>
</table>

**HOME TOURNAMENTS IN BOLD**

**OCTOBER**

**APRIL**

The NESCAC and the NCAA promote good sportsmanship by student-athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial, sexist, homophobic, or other derogatory comments, or other intimidating actions directed at officials, spectators, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition. Also, the consumption of alcoholic beverages is prohibited at the site of competition.

**Assistant Coach E.J. Mills**

Arena is accompanied on the course by E.J. Mills, who joins the men’s golf coaching staff each spring after football season. As head coach of the Amherst football team, Mills has made his mark as one of the top coaches and defensive minds in the NESCAC and all of NCAA Division III, leading the program to a 121-39 record in 20 seasons, including a perfect 8-0 mark in 2009, 2011, 2014 and 2015.
Meet The Team

Cameron Clark  
Senior / Dallas, Texas

Jeffrey Herr  
Senior / Palo Alto, Calif.

Jack Klein  
Senior / Bethesda, Md.

Nicholas Kumamoto  
Senior / Irvine, Calif.
Meet The Team

Will Lonnquist
Senior / Edina, Minn.

Nick Sullivan
Senior / Simsbury, Conn.

Cole Vissicchio
Senior / Port Washington, N.Y.

Brian Aslanian
Sophomore
Harrison, N.Y.

Michael Bakshandeh
Junior
Manhasset, N.Y.

Ryan Wagner
Junior
West Chester, Pa.

Erik Zetterstrom
Sophomore
Huntington, N.Y.
Front Row (Left to Right): Erik Zetterstrom, Nicholas Kumamoto, Jack Klein, Jeffrey Herr, Brian Aslanian

Back Row (Left to Right): Ryan Wagner, Cameron Clark, Cole Vissicchio, Will Lonnquist, Nick Sullivan, Michael Bakshandeh