TO: Mr. G. Thomas Lawson  
   Director of Athletics

From: Terry Aldrich  
   Cross Country Coach

Date: Dec 26, 1995

Subject: 1995 Cross Country Year End Report

OVERVIEW:

The 1995 Cross Country Team featured a slightly weaker men's team and a much improved women's team which was consistently ranked in the top three in New England and in the top 25 nationally. The men's team placed consistently several positions below last year's finish and the women had a spectacular year winning the Williams Invitational, finishing 2nd at Albany, and 4th at Cortland. The men's team was hurt by the graduation of a large group of seniors and the first year runners lacked the experience to be competitive against more veteran squads. In the final meet of the year, the Div.3 New Englands, the women missed qualifying for Nationals as a team by one place. The women's team also had depth as the J.V. Team (runners 8-14) went undefeated. The women are still a young group with no seniors in the top seven and 5 of the top ten are first year students, and should be in the "thick of it" for Nationals next year.

TEAM SIZE:
Women - 22
Men - 26

1995 MEN'S CAPTAIN - Doug Griffith
1995 WOMEN'S CAPTAIN - Sarah Rebick

MEN'S RESULTS

Dual Meet Record: 0-1
Williams 19 - Middlebury 42

VERMONT State Meet :
1. Middlebury 34
2. St. Michaels 61
3. Johnson St. 55
4. Norwich 104
5. Lyndon 109
INVITATIONALS:
  Williams  12/22  teams
  Cortland  15/18  teams
  Albany    11/28  teams

NESCAC Championships
1. Williams  16
2. Tufts     63
3. Bowdoin   104
4. Wesleyan  138
5. Amherst   145
6. Hamilton  172
7. Middlebury 187
8. Colby     194
9. Bates     200
10. Conn. College 265
11. Trinity  284

ECAC CHAMPIONSHIPS:
9th/ 25 Teams

DIV. 111 NEW ENGLANDS:
14th/ 27 Teams

INDIVIDUAL HONORS:
All NESCAC: Jose Dundee
            Eli Enman
"MOST IMPROVED" - William Coddington

WOMEN'S RESULTS

DUAL MEET RECORD: (0-1)
WILLIAMS 24, MIDDLEBURY 31,

VERMONT STATE MEET:
1. MIDDLEBURY 15
2. St. Michaels 77
3. Lyndon 86
4. Norwich 93
5. Johnson 102

INVITATIONALS:
  Williams: 1st/27 team
  Cortland: 4th/17 teams
  Albany:   2nd/23 teams
NESCAC CHAMPIONSHIPS:
1. Bowdoin 71
2. Williams 73
3. Middlebury 87
4. Bates 139
5. Tufts 147
6. Colby 153
7. Trinity 188
8. Hamilton 203
9. Conn. College 228
10. Wesleyan 239
11. Amherst 259

ECAC CHAMPIONSHIPS:
1st/22 Teams

DIV. 111 NEW ENGLANDS:
5th/28 teams

INDIVIDUAL HONORS:
NCAA Qualifiers: Katie Masselam (41st/184)
Michele Anastasio (60th/184)
ALL NESCAC: Katie Masselam
Sarah Rebick
ALL ECAC: Katie Masselam
Michele Anastasio
Sarah Rebick
Jessica Blake
ALL NEW ENGLAND: Katie Masselam
Michele Anastasio
"MOST IMPROVED" - Molly Enman
DENHARTOG AWARD - Katie Masselam

PROGRAM NEEDS:

PRESEASON
The preseason camp continues to be a very essential part of our program. Upperclassmen continue to ask why cross country gets "shortchanged" with preseason relative to other teams. Our first contest will be the first week of classes and the chance to get the team back in a training situation is a tremendous advantage.

I would like to start preseason with 10 women and 10 men on Tues. Sept 3rd, 1996.