The Wellesley College department of Physical Education, Recreation and Athletics is the catalyst for all students to learn, play, compete and achieve an active balanced lifestyle.

Wellesley welcomed the third class of inductees to the Athletics Hall of Fame on the evening of Saturday, October 12, 2018 in the Alumnae Hall Ballroom. Left to right, Sarah Hilgenberg ’00, Katie Antypas ’99, Betsy Jordan ’59, Amy Ayres Parratto ’83, Jennifer Kegel ’88, and (front) Louise O’Neal, director of athletics and department chair from 1990 to 2006, shared stories of their athletic achievements with family, friends, and current student-athletes at the awards dinner.

**Physical Education**
pp.5-6
Beginning and intermediate levels of curricular instruction in fitness, sports, aquatics, martial arts, and dance

**Recreation**
pp.7-8
Beginning and intermediate levels of individual and group instruction and activities, intramural and club sports to promote involvement and avocation

**Athletics**
pp.9-11
Advanced instruction, competition and leadership development through participation on intercollegiate varsity teams
OVERVIEW
2017-21 PERA STRATEGIC VISION

The 2017-21 PERA Strategic Vision outlines three priority areas critical to the overall mission of PERA. Those priorities, along with select 2018-19 accomplishments, are listed below.

1. Provide exceptional opportunities for students to learn, play, and compete.

- In support of the College’s re-accreditation, three members of the PERA senior leadership team spent a combined 1.5 hours in person with the visiting committee during the March 11-13, 2019 campus visit.
- Developed and executed sophomore only content for LeadBLUE Leadership program including conflict resolution, coach conversations; held the first ever sophomore student-athlete retreat.
- Solidified a consistent model for athletic training services for Club Sport athletes.

2. Purposely engage students toward athletic, recreation and PE successes.

- Established Diversity, Equity & Inclusion committee to establish best practices for recruiting, hiring and retention of students, faculty and staff.
- PE validated data in the student module of Workday (curriculum, section history, student records, registration system); launched full registration integration effective FY20.
- Solidified a dedicated recreation seat on the First Year Orientation and Wellness Outreach Collaborative committees.

3. Strengthen offerings and facilities through strategic resource attainment and allocation.

- Held first ever Blue Nation Giving Day on December 11, 2019, totaling 728 (684 unique) donations, which was 294% of the 250 donor goal. Raised $50,380 in funds ($22,000 in new dollars).
- Broke ground on $3.5 million named turf and track facility with completion date of August 2019 for Butler Stadium.
- Established $2.5 million endowment to support outdoor equipment and facility renovations.

BUDGET OVERVIEW

The Wellesley College Physical Education, Recreation and Athletics non-personnel budget totals $1,166,352.

Students directly benefited from: supplementary endowed funding spent on special programming for mental health, nutrition and leadership, athletics gear and training trip travel.

BY THE NUMB3RS

<table>
<thead>
<tr>
<th>PERA Cost Centers Operating Budgets</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrative</td>
<td>$142,424</td>
</tr>
<tr>
<td>Friends of Athletics</td>
<td>$280,000</td>
</tr>
<tr>
<td>Endowed Funds</td>
<td>$240,723</td>
</tr>
<tr>
<td>Physical Education</td>
<td>$12,826</td>
</tr>
<tr>
<td>Facilities &amp; Operations</td>
<td>$95,138</td>
</tr>
<tr>
<td>Recreation</td>
<td>$98,042</td>
</tr>
<tr>
<td>Sports Medicine</td>
<td>$30,351</td>
</tr>
<tr>
<td>Contest Management</td>
<td>$238,145</td>
</tr>
<tr>
<td>Sports Information / Communications</td>
<td>$18,303</td>
</tr>
<tr>
<td>Sports Performance / Fitness</td>
<td>$10,400</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1,166,352</strong></td>
</tr>
</tbody>
</table>

THESE NUMBERS DO NOT INCLUDE SALARIES.
FACULTY & STAFF ACCOMPLISHMENTS

FACULTY:

- **Sherry Makerney**: 2019 Liberty League Coach of the Year;
- **Jennifer Kroll**: Completed 10th year of service to Wellesley;
- **Ariana Klinkov**: 2019 Northeast Fencing Conference (NFC) Women's Team Coaching Staff of the Year;
- **Missy Price, PhD**: Presented: Being Mindful with your Coaching (NCAA Women Coaches Academy); Mindfulness for success and well-being (Eastern Connecticut State University); Mindfulness for performance and well-being (United Soccer Coaches National Convention);
- **Monica Verity**: NIRSA Regional Presentation Panelist “A Recreation Director Panel Discussion: Bridging Departmental Divides to Enhance Campus Wellness”; NIRSA National Conference; NIRSA National Presentation Panelist “Health and Wellbeing Panel: Small Programs Perspective”; Attended the 2nd Annual Global Esports Conference; Featured article “Student Wellness is a Collaborative Effort” in Campus Rec Magazine; NIRSA National Committee Member – Region 1 Small Programs Work Team;
- **Rob Charlton**: 2019 Northeast Fencing Conference (NFC) Women's Team Coaching Staff of the Year;
- **Taylor Hood ’18**: 2019 Northeast Fencing Conference (NFC) Women's Team Coaching Staff of the Year.

STAFF:

- **Bruce Baker**: Completed 30th year of service to Wellesley;
- **Emma Cohen**: Attended Women Leaders in College Sports Women's Leadership Symposium;
- **Martha Dietrick**: Attended NCAA Inclusion Forum;
- **Marni Friedman**: Chair of the Wellesley Administrative Staff CPPAC Committee; 2018 Women Leaders Leadership Enhancement Institute; completed 5th year of service to Wellesley;
- **Kathy Hagerstrom**: Completed Wellesley’s LEAD Program;
- **Elaine Harvey**: NCAA One Team Facilitator Training;
- **Lauren Haynie**: Service on NCAA Division III Infractions Appeals Committee; NCAA Pathway Program; Service on the Women Leaders in College Sports Membership Committee and Minority Opportunities Athletic Association Symposium Committee; Completed Wellesley’s LEAD Program;
- **Miles Roberts**: Completed second year as the NEWMAC Sports Information Chair; presented on Inclusion in Intercollegiate Athletics at ECAC-SIDA Convention; completed 5th year of service to Wellesley;
- **Tim Snyder**: Active Release Techniques (ART) Certification.

APPOINTMENTS, REAPPOINTMENTS, PROMOTIONS, RETIREMENTS and RESIGNATIONS:

- **Bridget Belgiovine, Chair**: Retired after 13 years of service to Wellesley College;
- **Julia King**: Resigned after 8 years of service to Wellesley College;
- **Becky Kimball**: Resigned after 6 years of service to Wellesley College, Accepted Position as Director of Athletics, Health and Wellness at Dana Hall School;
- **Sherry Makerney**: Reappointed as PERA Associate Professor of the Practice/Head Golf Coach (2020-2025);
- **Dorothy Webb**: Reappointed as PERA Professor of the Practice/Head Volleyball Coach (2020-2026);
- **Sarah Paul**: Hired as Assistant Athletic Trainer;
- **Nico Santiago**: Hired as Assistant Director of Sports Performance.
PHYSICAL EDUCATION
**PHYSICAL EDUCATION**

**BY THE NUMB3RS**

<table>
<thead>
<tr>
<th>Courses</th>
<th>2018-19</th>
<th>2017-18</th>
<th>2016-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE Courses *</td>
<td>89</td>
<td>94</td>
<td>95</td>
</tr>
<tr>
<td>Seats available</td>
<td>1608</td>
<td>1570</td>
<td>1550</td>
</tr>
<tr>
<td>Avg Final Capacity</td>
<td>71%</td>
<td>74%</td>
<td>70%</td>
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</table>

<table>
<thead>
<tr>
<th>First-Year Only PE Courses</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sections</td>
<td>7</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Students</td>
<td>84</td>
<td>92</td>
<td>103</td>
</tr>
<tr>
<td>FYs who completed PE requirement</td>
<td>124</td>
<td>192</td>
<td>213</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Students Earning Credit</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular PE Classes</td>
<td>1144</td>
<td>1015</td>
<td>1043</td>
</tr>
<tr>
<td>Independent</td>
<td>10</td>
<td>27</td>
<td>30</td>
</tr>
<tr>
<td>Recreation (student orgs and club sports)</td>
<td>181</td>
<td>203</td>
<td>201</td>
</tr>
<tr>
<td>Dorm/Class Crew</td>
<td>0 (weather)</td>
<td>16</td>
<td>40</td>
</tr>
<tr>
<td>Varsity Credit</td>
<td>233</td>
<td>252</td>
<td>232</td>
</tr>
<tr>
<td>Auditors (students who have already completed PE)</td>
<td>102</td>
<td>147</td>
<td>125</td>
</tr>
</tbody>
</table>

**Total Students Earning PE Credit** 1471 1652 1642

**Unique Students Earning PE Credit** 1170 1197 1165

* A complete listing of 2018-19 courses can be found in the appendix

**HIGHLIGHTS**

- **279** Members (47%) of the Class of 2021 have completed their PE requirement
- **Five** new courses were introduced: Advanced Barre, Semester Fencing, Semester Mindfulness, Step Dance, Yoga Dance
- **181** Unique students earned credit for club sports and other student organizations
- **102** Non-student-athletes earned credit beyond the eight credit requirement
- **1170** Unique students earned PE credit

**“IN THEIR OWN WORDS”**

The Student Evaluation Questionnaire (SEQ) is administered to every physical education student to assess the overall impact of the course and the instructor in relation to PERA's mission of developing skills and knowledge on the importance of regular physical activity *

"I now have several close friends; my arms and legs are stronger, I felt significantly less anxious about academic-related work after spinning."

"I like that it got me up and going for the morning, on my busiest class days too, because it set me in the right mindset for classes afterward."

"I had fun, got moving, and definitely improved my endurance. I met new friends and had a great time."

"It was definitely a good stress relief!"

"Because of this course, I’ve been successful in making the gym a part of my routine and go 3-4 times a week now."

*Additional 2018-19 SEQ response data can be found in the appendix*
Photo: Wellesley Recreation

RECREATION
BY THE NUMB3RS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Fall 2018</th>
<th>Spring 2019</th>
<th>Participants</th>
<th>% Per Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics</td>
<td>409</td>
<td>948</td>
<td>2,049</td>
<td>22.58%</td>
</tr>
<tr>
<td>Boathouse</td>
<td>235</td>
<td>275</td>
<td>510</td>
<td>5.62%</td>
</tr>
<tr>
<td>Climbing Wall</td>
<td>65</td>
<td>114</td>
<td>179</td>
<td>1.97%</td>
</tr>
<tr>
<td>Club Sports</td>
<td>--</td>
<td>--</td>
<td>236</td>
<td>2.60%</td>
</tr>
<tr>
<td>Group Fitness</td>
<td>1,761</td>
<td>1,684</td>
<td>3,445</td>
<td>37.96%</td>
</tr>
<tr>
<td>Outdoor Adventure</td>
<td>26</td>
<td>14</td>
<td>40</td>
<td>0.44%</td>
</tr>
<tr>
<td>Open Recreation</td>
<td>26</td>
<td>115</td>
<td>141</td>
<td>1.55%</td>
</tr>
<tr>
<td>Outdoor Rental</td>
<td>157</td>
<td>112</td>
<td>269</td>
<td>2.96%</td>
</tr>
<tr>
<td>Special Events (1 Day)</td>
<td>597</td>
<td>728</td>
<td>1,325</td>
<td>14.60%</td>
</tr>
<tr>
<td>Special Events (Weeks)</td>
<td>106</td>
<td>70</td>
<td>176</td>
<td>1.94%</td>
</tr>
<tr>
<td>Wellness Events</td>
<td>216</td>
<td>490</td>
<td>706</td>
<td>7.78%</td>
</tr>
<tr>
<td>*Total without Fitness Center</td>
<td>4,048</td>
<td>4,560</td>
<td>9,076</td>
<td>--</td>
</tr>
<tr>
<td>Fitness Center</td>
<td>22,401</td>
<td>21,062</td>
<td>43,463</td>
<td>--</td>
</tr>
</tbody>
</table>

*Fitness Center is NOT included because numbers reflect faculty, staff and student usage.

Recruitment’s newest program, **Outdoor Adventure**, provided students with off-campus activities, including: hiking, rock climbing and ice climbing.

HIGHLIGHTS

"Play In Your Own Way"

2018-19 focused on Open Recreation activities that allowed students to participate in activities that fit their busy schedules

(most popular: volleyball and spike ball)

Partnered with Residential Life and Office of Student Involvement for Winter Carnival: 400 students enjoyed ice skating, ice sculptures, hot chocolate and more

Club Sport Athletic Training Clinic utilization increased by 72% from 2017-18

2018-19 CLUB SPORTS PARTICIPATION

<table>
<thead>
<tr>
<th>Activity</th>
<th>Archery</th>
<th>Equestrian</th>
<th>Rugby</th>
<th>Sailing</th>
<th>Nordic Skiing</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>23</td>
<td>23</td>
<td>20</td>
<td>15</td>
<td>54</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Squash</th>
<th>Ultimate Frisbee</th>
<th>Water Polo</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>72</td>
<td>17</td>
<td>236</td>
</tr>
</tbody>
</table>

**PERA formally integrated club sports into the end of year Senior Reception which featured the first ever Club Sport Student Leadership Awards. Claire Whitaker ’19 was awarded the Club Sport Athletic Excellence Award and Grace Chen ’19 was awarded the Club Sports Outstanding Leadership Award.**

**NEW GROUP FITNESS CLASSES**

Group Fitness classes with an average of 175 student participants per week.

Aqua Fitness
Barre Fitness
Pilates
Zumba

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2018-19 PERA DEPARTMENT AWARD WINNERS

Justine Huang ’19
Barbara Barnes Hauptfuhrer ’49 Scholar-Athlete Award

Yasmine Reece ’18
Outstanding Senior Athlete

Nolan Flynn, Faculty Athletics Representative
Friends of Athletics Honor Award

Liza Janssen Petra ’94, Co-Chair of Friends of Athletics
Linda K. Vaughan Award for Exceptional Service

Jessica Wegner ’22
Rookie of the Year

Zojajha Ayub ’19
Most Outstanding Contribution

Gabriela Portilla ’19
Joy Renjilian-Burgy Inspirational Award

Crew
SAAC Blue Pride Award

* A complete summary of all awards presented to Wellesley student-athletes in 2018-19 can be found in the appendix

ATHLETICS

"...providing opportunities for students to achieve their potential..."

2018-19 VARSITY SPORT ROSTERS (253 TOTAL)

- Basketball (12)
- Crew (47)
- Cross Country (20)
- Fencing (15)
- Field Hockey (20)
- Golf (8)
- Lacrosse (22)
- Soccer (18)
- Softball (16)
- Swimming and Diving (25)
- Tennis (12)
- Track and Field (30)
- Volleyball (18)

TOP-TEN STATES - STUDENT-ATHLETE APPLICANTS

- California 22 (19%)
- Texas 12 (10.5%)
- Massachusetts 10 (9%)
- New York 7 (6%)
- Connecticut 5 (4%)
- New Jersey 5 (4%)
- Florida 4 (3.5%)
- Maine 4 (3.5%)
- Maryland 4 (3.5%)
- North Carolina 4 (3.5%)

Applicants were recruited from 30 states and 5 countries (beyond the U.S.)

RECRUITMENT

AFFILIATIONS

- National Collegiate Athletic Association - Division III
- New England Men’s and Women’s Athletic Conference
- Liberty League (Golf)
- Seven Sisters Athletics
- Northeast Fencing Conference

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**LEADERSHIP**

Wellesley student-athletes are given ample opportunity to engage in meaningful leadership opportunities. These programs enrich student's experiences in the classroom, on the playing surface and in support of the College mission, encourage a lifelong cultivation of effective leaders.

**STUDENT-ATHLETE DEVELOPMENT**

**HIGHLIGHTS**

Six-hour captain’s training focused on being a leader in sport and on campus, fostering a healthy team culture, conflict resolution and self-care.

Three first-year sessions, two sophomore sessions and guest speakers, including: Head Coach of URI rowing, Shelagh Donohue and LGBT SportSafe co-founder, Nevin Caple.

**Over 70 student-athletes** welcomed 12 alumnae student-athletes in a SAAC hosted event in November 2018. The event provided an opportunity for current student-athletes to engage with former student-athletes about their time at Wellesley and learn about experiences after graduation.

"...and learn the values of discipline, leadership, critical thinking, and responsibility to oneself and others."

**DIVERSITY & INCLUSION**

Self-Report Race & Ethnicity Numbers - Black 1% Hispanic 1%, Asian 21% * Athletics is actively working with Admission to more closely mirror our overall student population.

**PERA has taken tangible steps to address** a disconnect between how our minority student-athletes experience Wellesley and how the general student experiences it. More specifically, the department, with significant input from students, has committed to programming and meaningful structural changes to address issues of race, gender identity and ability.

**SHADES OF BLUE**

Students founded an affinity group for student-athletes of color. It was established to offer a sense of belonging within the athletics community and discuss unique issues related to this minority population.

**AMPs**

The Athlete Mentor Program (AMP) is designed for varsity student-athletes who desire to act as a resource for incoming first year and sophomore student-athletes.

**SAAC**

The Student-Athlete Advisory Committee (SAAC) is a voice for student-athletes on campus. The group represents all 13 programs and club sports, SAAC aims to promote effective communication between student-athletes, coaches, and the athletic administration to create greater awareness of intercollegiate athletics for the participants as well as the community.

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PHYSICAL EDUCATION CLASSES
42 courses

Advanced Barre
Advanced Dance
African Dance
Afro-Brazilian Dance
Archery
Ballet I
Ballet II
Barre
Beginning Dance
Beginning Spinning
Beginning Yoga
Boot Camp
Cardio Fitness
Cardio Tennis
Continuing Yoga
Couch to 5K
Elementary Tennis
Horseback Riding
Intermediate Tennis
Intro to Diving
Kathak Dance
Kung Fu

ATHLETICS RECRUITMENT DATA

Wellesley Athletics Class of 2023

<table>
<thead>
<tr>
<th>Sport</th>
<th>Admits</th>
<th>Enrolled</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>7</td>
<td>5</td>
<td>71%</td>
</tr>
<tr>
<td>Crew</td>
<td>10</td>
<td>9</td>
<td>90%</td>
</tr>
<tr>
<td>Cross Country</td>
<td>5</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Diving</td>
<td>1</td>
<td>1</td>
<td>100%</td>
</tr>
<tr>
<td>Fencing</td>
<td>8</td>
<td>5</td>
<td>62.5%</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>9</td>
<td>3</td>
<td>33%</td>
</tr>
<tr>
<td>Golf</td>
<td>3</td>
<td>2</td>
<td>67%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>2</td>
<td>2</td>
<td>100%</td>
</tr>
<tr>
<td>Soccer</td>
<td>12</td>
<td>9</td>
<td>75%</td>
</tr>
<tr>
<td>Softball</td>
<td>5</td>
<td>5</td>
<td>100%</td>
</tr>
<tr>
<td>Swim &amp; Dive</td>
<td>10</td>
<td>7</td>
<td>70%</td>
</tr>
<tr>
<td>Tennis</td>
<td>4</td>
<td>2</td>
<td>50%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>11</td>
<td>6</td>
<td>55%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>3</td>
<td>1</td>
<td>33%</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>90</strong></td>
<td><strong>57</strong></td>
<td><strong>63%</strong></td>
</tr>
</tbody>
</table>

2017-18 Totals: 99 Admits, 71 enrolled, 72%

-------------------------------

ALANA Student-Athlete Data

ALANA = African-, Latino-, Asian-, and Native-American

<table>
<thead>
<tr>
<th>ALANA</th>
<th>Admits</th>
<th>Enrolled</th>
<th>Yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>4</td>
<td>3</td>
<td>75%</td>
</tr>
<tr>
<td>Crew</td>
<td>3</td>
<td>3</td>
<td>100%</td>
</tr>
<tr>
<td>Cross Country</td>
<td>1</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Diving</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
</tr>
<tr>
<td>Fencing</td>
<td>5</td>
<td>2</td>
<td>40%</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>3</td>
<td>0</td>
<td>0%</td>
</tr>
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<td>Golf</td>
<td>1</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>0</td>
<td>0</td>
<td>N/A</td>
</tr>
<tr>
<td>Soccer</td>
<td>4</td>
<td>4</td>
<td>100%</td>
</tr>
<tr>
<td>Softball</td>
<td>1</td>
<td>1</td>
<td>100%</td>
</tr>
<tr>
<td>Swimming</td>
<td>7</td>
<td>5</td>
<td>71%</td>
</tr>
<tr>
<td>Track and Field</td>
<td>4</td>
<td>0</td>
<td>0%</td>
</tr>
<tr>
<td>Tennis</td>
<td>4</td>
<td>2</td>
<td>50%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>2</td>
<td>1</td>
<td>50%</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>39</strong></td>
<td><strong>21</strong></td>
<td><strong>54%</strong></td>
</tr>
</tbody>
</table>

2017-18 Totals: 42 Admits, 29 enrolled, 69%

-------------------------------

PHYSICAL EDUCATION SEQs

Questions
1. Classes were well structured and organized.
2. Useful and timely instruction was provided to enhance your understanding and performance of the skills.
3. Your instructor showed enthusiasm for the class and created a fun, enjoyable environment.
4. Your instructor was effective in helping you develop the skills necessary to perform the activity for lifelong health and wellbeing.
5. I would recommend this course to other students.
6. I would recommend this instructor to other students.

<table>
<thead>
<tr>
<th>SEQ Question</th>
<th>Full-Time Avg</th>
<th>Part-Time Avg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1.49</td>
<td>1.66</td>
</tr>
<tr>
<td>2</td>
<td>1.55</td>
<td>1.67</td>
</tr>
<tr>
<td>3</td>
<td>1.43</td>
<td>1.53</td>
</tr>
<tr>
<td>4</td>
<td>1.55</td>
<td>1.66</td>
</tr>
<tr>
<td>5</td>
<td>1.46</td>
<td>1.64</td>
</tr>
<tr>
<td>6</td>
<td>1.45</td>
<td>1.58</td>
</tr>
</tbody>
</table>

(1 = Strongly Agree; 5 = Strongly Disagree)
SEQ Completion rate: 50%

1170 unique PE students earning credit

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VARSITY ATHLETICS
HONORS/AWARDS

DEPARTMENT AWARDS
Barbara Barnes Hauptfuhrer '49
Senior Scholar-Athlete Award
• Justine Huang ’19, Tennis
Outstanding Senior Athlete
• Yasmine Reece ’19, Volleyball
Rookie of the Year
• Jessica Wegner ’22, Swimming & Diving
Inspirational Award
• Gabriela Portilla ’19, Soccer
Most Outstanding Contribution
• Zojajha Ayub ’19, Basketball
Director's Awards
• Hawah Kallon ’19, Event Staff
• Hailey McAfee ’19, Sports Information
• Julia Monaco’19, Sports Information
• Gabriela Portilla ’19, Sports Medicine
• Chelsey Opalenik ’19, Sports Medicine
Outstanding Senior Employee
• Erica Chalmers ’19, PERA Office Staff
• Julia Klugherz ’19, Aquatics
• Anna Farrell-Sherman ’19, Recreation

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ALL-REGION
Cross Country (USTFCCCA)
• Grace Cowles ’21
Field Hockey (NFHCA)
• Cecie Negron ’19 (2nd Team)
Track & Field
• Helen Andersen ’19 (Fifth Place - Shot Put NE DIII)
• Grace Cowles ’21 (Fifth Place - 3000S NEICAAA)
Softball (NFCA)
• Gen Brittingham ’21 (1st Team)
• Marisa Hench ’22 (3rd Team)
Volleyball (AVCA)
Yasmine Reece ’19
Lauren Gedney ’21
Michelle Li ’19 (Honorable Mention)
Volleyball (NEWVA)
Yasmine Reece ’19 (1st Team)
Nicole Doerges ’22 (All-Rookie)

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NEWMAC ALL-CONFERENCE
Basketball (1)
• Caitlin Aguirre ’20 (2nd Team)
Crew (3)
• Frances Dingivan ’20 (1st Team)
• Katie Livingston ’19 (1st Team)
• Rhiannon Mulligan ’20 (1st Team)
Cross Country (1)
• Grace Cowles ’21 (9th Place)
Fencing (Northeast Fencing Conference) (4)
• Julia Calventus-Coveney ’21 (1st Team)
• Lauren Park ’21 (1st Team)
• Brie Maurer ’20 (2nd Team)
• Yasemin Erzen ’22 (2nd Team)
Field Hockey (1)
• Cecie Negron ’19 (1st Team)

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NATIONAL ACADEMIC AWARDS
Cross Country (USTFCCCA)
• Team All-Academic Award
• Samara Shaz ’21 (Individual All-Academic Award)
Field Hockey (NFHCA)
National Academic Team Award
National Academic Squad
• Sophia Albanese ’21
• Haley Chrobock ’19
• Clare Doyle ’20
• Julia Ellman ’21
• Paige Hauke ’19
• Kristine Meader ’21
• Arielle Mitropoulos ’19
• Janelle Sullivan ’21
• Kerry Wells ’20

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LIBERTY LEAGUE ACADEMIC ALL-CONFERENCE

Golf (3):
• Isabelle Chun ’20
• Olivia de Cuba ’20
• Ryan MacVicar ’20

NEWMAC ACADEMIC ALL-CONFERENCE

Basketball (2)
• Caitlin Aguirre ’20
• Kendall You Mak ’20

Crew (9)
• Alison Carey ’20
• Marinn Cedillo ’21
• Katherine Chan ’21
• Vanessa Delarca ’21
• Frances Dingivan ’20
• Maria Iannotti ’20
• Carolina Jimenez ’21
• Rhiannon Mulligan ’20
• Emmet Odegaard ’20

Cross Country (7)
• Taylor Balfour ’21
• April Chu ’21
• Keiko Hilmo ’20
• Elizabeth Lambert ’20
• Taylor Mahlandt ’20
• Elizabeth Wegman ’20

Field Hockey (5)
• Haley Chrobock ’19
• Clare Doyle ’20
• Paige Hauke ’19
• Kristine Meader ’21
• Arielle Mitropoulos ’19

Lacrosse (2)
Dee Dee Lennon-Jones ’20
Ella Matticks ’21

Soccer (5)
• Alex Dionne ’19
• Kelly Hoover ’19
• Gabriela Portilla ’19
• Olivia Postel ’21
• Kendall You Mak ’20

Softball (5)
• Autumn Brown ’20
• Lucy Cheskin ’21
• Sydney Hopper ’19
• Tatum Kawabata ’21
• Kalei Oliver ’20

Swimming & Diving (8)
• Jessie Feng ’19
• Sarah Gladstone ’20
• Maggie Haley ’20
• Ingrid Henderson ’19
• Hannah May ’21
• Danielle Peterson ’20
• Annika Walker ’21
• Crystal Zhu ’19

Tennis (3)
• Justine Huang ’19
• Selina Peng ’20
• Abigail Schleichkorn ’21

Track and Field (8)
• Catherine Chen ’19
• April Chu ’21
• Yuriyo Fukumura ’19
• Blythe Logan ’21
• Eva Paradiso ’20
• Samara Shaz ’21
• Hana Sugioka ’21
• Elizabeth Wegman ’20

Volleyball (5)
• Samantha Hoang ’19
• Nikki Jensen ’21
• Michelle Li ’19
• Meghan Shoop ’20
• Molly Weik ’21

NEWMAC ALL-SPORTSMANSHIP TEAM
• Zojajha Ayub ’19, Basketball
• Pippa Cronin ’21, Crew
• Grace Cowles ’21, Cross Country
• Paige Hauke ’19, Field Hockey
• Jill Foye ’22, Lacrosse
• Alex Dionne ’19, Soccer
• Sydney Hopper ’19 Softball
• Jessie Feng ’19, Swimming & Diving
• Michelle Buyer ’21, Tennis
• Catherine Xie ’19 Track & Field
• Cayla Brown ’22, Volleyball

COACHING STAFF OF THE YEAR

Fencing
• Ariana Klinkov, Rob Charlton, and Taylor Hood ’18

Golf
• Sherry Makerney

WEEKLY AWARDS
• Caitlin Aguirre ’20 – NEWMAC Women’s Basketball Offensive Athlete of the Week (11/19/18)
• Haley Chrobock ’19 – NEWMAC Field Hockey Offensive Athlete of the Week (10/28/18)
• Lily Chu ’21 – NEWMAC Women's Tennis Doubles Team of the Week w/ Cinji Lee (2/25/19)
• Samantha Hoang ’19 – NEWMAC Volleyball Defensive Athlete of the Week (10/15/18)
• Justine Huang’19 – NEWMAC Women's Tennis Singles Athlete of the Week (2/25/19)
• Cinji Lee ’22 – NEWMAC Women's Tennis Doubles Team of the Week w/ Lily Chu (2/25/19)
• Ryan MacVicar ’20 – Liberty League Women's Golf Performer of the Week (9/17/18)
• Hannah May ’21 – NEWMAC Women's Swimming & Diving Swimmer of the Week (1/22/19)
• Yasmine Reece ’19 – NEWMAC Volleyball Offensive Athlete of the Week (9/17/18, 10/15/18)
• Ella Warburg ’22 – Liberty League Women's Golf Rookie of the Week (9/17/18)

2018-19 VARSITY ATHLETICS YEAR IN REVIEW

FALL

CREW

• Opened the season finishing 2nd/15 at the Quinsigamond Snake Regatta
• Finished 10th and 17th in Women's Collegiate 8+ at the 54th Annual Head of the Charles Regatta in Boston
• Captured the program's tenth consecutive Seven Sisters Championship while hosting the final Seven Sisters Regatta on the Charles River

CROSS COUNTRY

• Earned runner-up honors at final Seven Sisters Championship
• Grace Cowles '21 became the eighth individual Seven Sisters Champion in Blue history

FIELD HOCKEY

• Finished 4th/11 at NEWMAC Championships; Grace Cowles '21 (ninth overall) earned All-Conference honors
• Finished 12th/57 at NCAA Regional; Grace Cowles '21 (24th overall) earned All-Region

GOLF

• Finished 2nd/6 at annual Ann S. Batchelder Invitational at Nehoiden G.C.; Team had the lead following first round of play
• Finished 4th/17 at Mount Holyoke and 4th/15 at Amherst
• Defeated Division I Holy Cross (317-340) in fall season finale at Nehoiden

SOCCER

• 4-9-3 overall, 1-6-3 NEWMAC, 10th in regular season standings – did not qualify for postseason
• Season came to an end with a 2-0 loss on 10/23/19 vs. Babson; loss snapped three-match unbeaten streak from 9/13/19-9/20/19

TEENNIS

• Participated in two fall tournaments: ITA Regional at Williams and Bowdoin Invitational

VOLLEYBALL

• 21-7 overall, 7-3 NEWMAC, 4th in regular season standings – advanced to NCAA tournament for second consecutive season, 13th all-time appearance
• Defeated Wentworth (3-0) in First Round, lost to Babson (3-0) in Regional Semifinal
• NEWMAC Postseason: Defeated WPI (3-0) in quarterfinals, lost to Springfield (3-0) in Semifinals
• Yasmine Reece '19 recorded 1,000th career kill and Samantha Hoang '19 recored 1,000th career dig in 9/7/19 win over Suffolk
• Head Coach Dorothy Webb recorded 600th career win and Michelle Li' 19 earned 3,000th career assist in win over Clark on 10/2/19
• Won nine of first 10 matches to open the season, runner-up at MIT Invitational
• Team did not lose consecutive matches the entire season

WINTER

BASKETBALL

• 8-15 overall, 5-11 NEWMAC, 7th in regular season standings – qualified for postseason for the first time since 2013-14
• Lost to Smith (75-38) in NEWMAC quarterfinals
• Won USJ Tip-off Tournament to open the season
• Started season 3-0 for the second time in the last three years
• Caitlin Aguirre averaged team-leading 13.3 PPG and now has 831 career points
• Hosted National Girls & Women in Sports Day event on 2/6/19

FENCING

• Set program record with 23-6 overall record – most wins in a season in program history
• Secured the program's second straight 20-win season for the first time in program history
• Team won the Women's 3-Weapon Team Title (First in program history), Sabre Squad Championship and Vitale Cup at the NEIFC Championships
• Advanced 10 fencers to the NCAA Northeast Regional; Brie Maurer '20 took 9th overall in foil and Julia Calventus-Coveney '21 finished 12th overall in epee
• Team posted a winning record in every tournament they entered

SWIMMING & DIVING

• Team finished 5th/10 at NEWMAC Championships, 6-1 in dual meets
• Jessica Wegner '22 earned NEWMAC first team All-Conference, NEWMAC Champion in 100 Fly
• Jessica Wegner '22 set new program records in the 50 and 100 Fly
• Peyton Wang '22, Hannah May '21, Kayleigh Svensson '20, and Jessica Wegner '22 set program record in the 200 Free Relay
• Team captured the program's 22nd consecutive Seven Sisters Championship

INDOOR TRACK & FIELD

• Qualified eight members for NE DIII Championships - No NCAA qualifiers
• Cathy Chen ’19 set program record in 60m Hurdles (12/1/18 Smith Winter Classic)
• Helen Andersen ’19 set program record in Shot Put (MIT Gordon Kelly) and Weight Throw (Smith Winter Classic)

SPRING

CREW

• Finished 3rd Overall at NCAA DIII Championships (Varsity 8 - 3rd, 2nd Varsity 8 - 3rd)
• Program finished top-three nationally for the fifth consecutive year
• Finished 2nd at NEWMAC Championship; won Florence Jope Smith Points Cup
• Captured women's points trophy at the National Invitational Championships (NIRC); finished 2nd/28 in points standings at New England Championships (NERC)
• Team has now finished in the top five for 12 consecutive seasons at the NERC

GOLF

• Earned program-best runner-up finish at the Liberty League Championships (2nd/7); Program-record score of 649
• Program-record four golfers earned All-Conference honors: Aine Kenwood '22, Audrey Lin '22, Chansie Yang '22, Hannah Blonder '22
• Posted three consecutive top-three finishes to end the season: 3rd/12 at Vassar, 2nd/10 at Amherst, and 2nd/7 at LL Championships
• Program record round of 302 on day two at Amherst helped the Blue earn runner-up honors

LACROSSE

• 6-10 overall, 2-6 NEWMAC, 8th in regular season standings -- did not qualify for postseason
• Dacia Persky '19 scored 100th career goal in 16-7 win over Eastern Conn. State on 3/7/19 and 200th career point in loss to MIT on 4/6/19; finished career with 223 points (160 G, 63 A)
• Top 20-goal mark in three games, defeating Mt. St. Mary (NY), 22-7 3/16/19, UMass Dartmouth 21-11 on 3/19/19, at Emerson 25-5 in season finale on 4/24/19

OUTDOOR TRACK & FIELD

• Finished 8th/9 teams at NEWMAC Championship; Cathy Chen '19, Helen Andersen '19, and Grace Cowles '21
• Cathy Chen '19 named All-Region in steeplechase (ranked 2nd in NE) at NEICCAA Championships
• Cathy Chen '19 set program record in 100m Hurdles (NEWMAC Championships)
• Helen Andersen '19 set program record in Hammer (Aloha Relays) and Shot Put (NE DIII Championship)

SOFTBALL

• 13-17-2 overall, 7-10-1 NEWMAC, 6th in regular season standings -- qualified for NEWMAC tournament for the ninth time in the last ten seasons
• Went 4-4 on annual trip to Clermont, Fla.
• Won four consecutive NEWMAC games at the end of the season to make the tournament; won seven of final eight games overall
• Advanced to tournament final round, falling to eventual champion WPI, 3-2
• Defeated Babson and Emerson in NEWMAC tournament games
• Gen Brittingham '21 hit .509 to finish in the top-ten in the NCAA

TENNIS

• 13-9 overall, 6-2 NEWMAC, 3rd in regular season standings -- qualified for NEWMAC tournament for 11th consecutive season
• Advanced to NEWMAC Semifinals with a 5-0 win over Springfield, lost to Babson, 5-0 in semifinals
• Nationally ranked for the first two months of the season, high ranking of No. 35
• Went 2-1 in team's first trip to the USTA National Campus in Orlando, Fla.
• Won final Seven Sisters tournament championship, 14th in program history and first since 2014
• Program finished with double-digit wins for the 24th consecutive season

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2018-19 CLUB SPORTS YEAR IN REVIEW

DEPARTMENT AWARDS

Club Sports Athletic Excellence Award
• Claire Whitaker '19, Water Polo

Club Sports Outstanding Leadership Award
• Grace Chen ’19, Ultimate Frisbee

ARCHERY

• Focused on retention of members through consistent practices and training sessions
• Five new team members trained to compete during the 2019-20 season

EQUESTRIAN

• Had an incredibly successful season this year, competing in seven shows
• With 25 on the roster, the team was at capacity for the competition and practice roster
• The highlight of the year was the Endicott College show in which the team maxed out on entries

RUGBY

• Participated in three tournaments this year
• Focus was on training the new team, rather than placing at the top of the podium
• The team boasted 12 new members

ICE HOCKEY

• Inactive due to lack of student interest

SAILING

• Attended five regattas in the fall and four in the spring with six members in the fall and 10 in the spring
• Added third day of practice in the spring and purchased new dry suits.

SQUASH

• Comprised of 11 players, competed in 12 matches against 10 different schools, with a 5-7 overall record
• The team moved up in the College Squash Association rankings from #41 to #38
• Competed in the National Tournament and earned awards from Seven Sisters and College Squash Association Academic Recognition

SKI - NORDIC

• Kicked off the season with a four day long training trip which was an important bonding experience
• The highlight of the season was the team sending four skiers to Wyoming to compete at Nordic Skiing National Championships in Wyoming

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ULTIMATE FRISBEE

- Both the Whips and the Tails had productive seasons
- The Whips made it to Regionals while the Tails won the Spirit Prize at the Stony Brook Tournament, and ranked highest out of all B-side teams

WATER POLO

- Practiced twice a week in the fall and three times a week in the spring with competitive scrimmages against UMass Amherst
- Had strong performances as CWPA tournaments held at Yale, Middlebury, and MIT
- The team placed fourth in the championship

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SPORTS MEDICINE

TREATMENT DATA

<table>
<thead>
<tr>
<th>Athletes seen by Sport</th>
<th>2018-19 (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>5.9%</td>
</tr>
<tr>
<td>Crew</td>
<td>14.4%</td>
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<tr>
<td>Cross Country</td>
<td>4.4%</td>
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<tr>
<td>Fencing</td>
<td>2.9%</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>11.6%</td>
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<tr>
<td>Golf</td>
<td>1.3%</td>
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<tr>
<td>Lacrosse</td>
<td>3.3%</td>
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<tr>
<td>Soccer</td>
<td>12.7%</td>
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<tr>
<td>Softball</td>
<td>13.2%</td>
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<tr>
<td>Swim &amp; Dive</td>
<td>12.7%</td>
</tr>
<tr>
<td>Tennis</td>
<td>1.2%</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>9.5%</td>
</tr>
<tr>
<td>Volleyball</td>
<td>6.9%</td>
</tr>
</tbody>
</table>

**All numbers based on student athlete daily athletic training room sign in

NOTES

- 4,429 ATR sign in’s with 88% of all athletes seen were for ongoing treatment and rehabilitation (includes: ice, heat, recovery, modalities, manual therapies, rehabilitation exercises, stretching/mobility).
- Athletic training staff hired a new assistant athletic trainer, Sarah Paul.
- Continued to enhance refuel station with educational materials.
- Continued work with Jessica Pfiefer Stewart, PsyD, Coordinator of SA Mental health Initiatives.
- Expanded knowledge on female athlete concussions to improve quality of care.

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TESTING DATA

2018-2019 STRENGTH AND POWER INCREASES

<table>
<thead>
<tr>
<th>Testing Measure</th>
<th>First Year</th>
<th>Individual Standouts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>First Year Subaru</td>
</tr>
<tr>
<td>Upper Body Strength</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1RM bench)</td>
<td>90-105 lbs</td>
<td>+16.7%</td>
</tr>
<tr>
<td>Lower Body Strength</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1RM squat)</td>
<td>115-140 lbs</td>
<td>+21.7%</td>
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<tr>
<td>Explosive Power</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(vertical jump)</td>
<td>18.5-21.8”</td>
<td>+17.8%</td>
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<tr>
<td>Explosive Power</td>
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<td></td>
</tr>
<tr>
<td>(1RM hang clean)</td>
<td>85-110 lbs</td>
<td>+29.4%</td>
</tr>
</tbody>
</table>

**All numbers based on student athlete daily athletic training room sign in

**The Sports Performance program is a safe space for our 13 varsity athletic teams totaling 250 student-athletes scheduled for over 45 lifts per week. Each year our student-athletes commitment to the program grows stronger as we have continued to set a standard of excellence in the weight room.

In the Fall 2019 we will implement a new training system called TeamBuildr that will be utilized to track progress throughout a workout using the latest technology software. Teams will go paperless and all personalized programs will be available on iPads mounted to each squat rack.
PERA FACILITIES USAGE DATA

Internal and External Groups using PERA Facilities in 2018-2019

STUDENT ORGS/CLUBS:
- Aiko
- Archery Club
- AscenDance
- Ballroom Dance Team
- Cielto Lindo Dance Collective
- Equestrian Club
- Ethos Freestyle
- Hui O Hawaii Club
- Karate Club
- Kendo Korean Student Association
- Nordic Skiing Club
- On Tap
- Quidditch
- Rugby Club
- Sailing Club
- Slater International Squash Club
- Squash
- Tennis Club
- Ultimate Frisbee
- WADO
- Water Polo
- Wellesley College Dancers
- Wellesley African Students Association
- Wellesley Association for South Asian Wushu
- Olin College
- Natick Basketball
- Wayland High School
- Regis College
- Wellesley High School
- Boston Area Diving
- Global Premier Soccer
- James Bede Soccer Club
- John Hancock Marathon Training
- Masters Swim Club Women
- MIAA
- Natick Basketball
- Needham Soccer
- Scoops Field Hockey
- Shawmut Aquatic Club
- Wellesley Community Children’s Center
- Styx Field Hockey
- Swim Stronger
- Total Soccer
- Wellesley Swim Association
- Wellesley Youth Girls Lacrosse
- Charles River Diving
- Red Cross Certification

COLLEGE EVENTS:
- Homecoming/Family/Friends Weekend
- Spring Open Campus
- Junior Open Campus
- Reunion

ACAD/ADMIN DEPARTMENTS:
- Admissions
- Parents’ Fund
- Botanic Gardens/Greenhouse
- Career Education
- Health and Safety
- First Year Deans
- Library and Technology Services
- Media Studies

TOWN GOWN:
- Babson College
- Brandeis University
- Dana Hall School
- Natick High School
- Natick Recreation
- Newton Country Day
- Wellesley Youth Track & Field
- Bay State Conference
- Boston Soccer Academy

OUTSIDE USERS:
- Boston Youth Track & Field
- Bay State Conference
- Boston Soccer Academy
- Global Premier Soccer
- James Bede Soccer Club
- John Hancock Marathon Training
- Masters Swim Club Women
- MIAA
- Natick Basketball
- Needham Soccer
- Scoops Field Hockey
- Shawmut Aquatic Club
- Wellesley Community Children’s Center
- Styx Field Hockey
- Swim Stronger
- Total Soccer
- Wellesley Swim Association
- Wellesley Youth Girls Lacrosse
- Charles River Diving
- Red Cross Certification

FITNESS CENTER USE

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<th>Users</th>
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<td>1031</td>
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<tr>
<td>August</td>
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<tr>
<td>May</td>
<td>1513</td>
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<td>TOTAL</td>
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Totals from 2017-18: 41,426

CHANDLER POOL USE

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<th>Total</th>
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<td>March</td>
<td>649</td>
</tr>
<tr>
<td>April</td>
<td>510</td>
</tr>
<tr>
<td>TOTALS</td>
<td>3,526</td>
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Totals from 2017-18: 4,320

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