Haverford College offers one of the finest liberal arts educations in the world and attracts bright and dedicated students from nearly every state and 40 foreign countries. Located just eight miles from the vibrant city of Philadelphia, life at Haverford is campus-centered and the community is close-knit. Haverford provides a rigorous and intensely personal undergraduate education and also features a broad-based athletic program with teams regularly contending for conference championships and competing at the NCAA Division III national championships. As an athlete at Haverford, you can compete and challenge yourself at the highest level without sacrificing your identity as a student, scholar, or community member.

For details about the admission process, interviews, and campus tours, visit haverford.edu/admission.

November 15: Early Decision I Application Deadline
January 1: Early Decision II Application Deadline
January 15: Regular Decision Application Deadline

For more information about Haverford women’s track & field, please contact:

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COACH PROFILE

Fran Rizzo
Head Women’s Cross Country and Track & Field Coach

Fran Rizzo, who begins his 30th season as Haverford’s women’s cross country and track & field coach, has guided the Fords to 14 Centennial Conference titles in cross country and track & field. Haverford has won conference cross country championships in 1996, 1995, and 1993; indoor track & field conference championships every year from 2006 to 2010 and in 2004; and outdoor titles every year from 2006–2009 and in 1995.

Rizzo, no stranger to coaching accolades, was named Centennial Conference Women’s Cross Country Coach of the Year in 2013, 2012, and 2009. He was voted Centennial Conference Track & Field Coach of the Year for the 2015–16, 2014–15, and 2009–10 indoor seasons, along with the 2013 outdoor season. In 2004, Rizzo was named NCAA Division III Mideast Region Coach of the Year in both indoor and outdoor track & field.

Thirteen runners—Kerry Quigley ’19, Amelia Keyser-Gibson ’18, Katie Sullivan ’18, Nora Weathers ’18, Jessie Belden ’09, Annick Lamar ’08, Aislinn Sowash ’07, Jane Steinemann ’04, Rachel Mosher ’99, Kate Westfall ’99, Emily Dorean ’97, Meredith Unger ’97, Jen Maranzano ’94, Danielle Wolfrom ’94, and Tamara Lave ’90—have earned All-America status. Unger and Mosher were five-time cross country and track honorees, while Maranzano accomplished the same feat four times. Belden (2009) and Kylee Lipinski ’11 (2011) earned Centennial Conference Most Outstanding Field Performer honors for both indoor and outdoor.

Rizzo, who earned a Bachelor of Science degree in elementary education from West Chester University, has extensive teaching and coaching experience in the Philadelphia area. He guided the cross country and track teams at Devon Preparatory School to several league championships in the seventeen years he spent there before arriving at Haverford. He also coached at the Main Line Day School and in the Philadelphia Recreation Department.

Rizzo is assisted by former Westtown School head coach Rob Upton, who specializes in strength training, jumps, and throwing events, and Kate Reese ’06, who specializes in recruiting and coaches multiple events.
2019–20 SCHEDULES

INDOOR

Haverford Holiday Meet
Franklin & Marshall Invitational
Collegville Invitational
McElhiney Invitational
Tufts Challenge
Keogh Invitational
Centennial Conference Championships
Tufts Last Chance Meet
NCAA Championships

OUTDOOR

Danny Curran Invitational
Princeton Distance Night
West Chester Invitational
Widener Invitational
Haverford Midweek Invitational
Penn Relays
Centennial Conference Championships
Swarthmore Last Chance Qualifier
NCAA Championships

For a complete schedule, visit HaverfordAthletics.com

2018–19 HIGHLIGHTS

INDOOR

• Jessica Lopez ’21 was named All-Mideast Region in the 200 meter dash and was the fastest qualifier in the 60 meter dash for the Centennial Conference Championships.
• Lopez finished as a four-time second-team All-CC performer as she placed second in the 60m, 200m, 4x200 relay, and triple jump.
• Haverford combined for 13 All-Centennial Conference honors as the team placed fourth at the Centennial Conference Championships.
• Unique Tuberville ’20 broke Haverford’s school record in the hammer throw (12.9m; 42'4”) and earned honorable mention All-Centennial Conference accolades in that event.
• Captain Julia Smith ’19 was named to the Centennial Conference All-Sportsmanship Team.

OUTDOOR

• Co-captain Sophie Drew ’19 qualified for the NCAA Division III Track & Field Championships in the 1,500 meters and was recognized as an Ambler Scholar-Athlete for having one of the top 16 cumulative GPAs among senior student-athletes.
• Unique Tuberville ’20 broke her own school record in the hammer throw (12.9m; 42'4”) and placed second in the conference.
• Grace Mathis ’19 broke the Haverford College pole vault record (3.17m; 10'4.75") at the Centennial Conference Championships.
• Jessica Lopez ’21 continued her success with another medal in the 200 meters during the outdoor conference championships.
• Grace Pindzola ’20 was named to the Centennial Conference All-Sportsmanship Team.
• Drew and Lopez were both recognized on the USTFCCCA All-Mideast Region Team.
• Haverford led all schools in the Centennial Conference with 22 student-athletes named to the Centennial Conference Academic Honor Roll during both the indoor and outdoor seasons.

“This team is more than just a team. We are a family, in every sense of the word. The countless number of hours we spend training, preparing for meets, and recovering is what unites us. We work incredibly hard. We push each other. We challenge each other day in and day out to be the best versions of ourselves. It is inspiring, getting to work with such a talented group throughout the year. I am grateful to say that I have not only found a home for the duration of my time at Haverford, but I’ve also formed friendships that will last a lifetime.”

—Unique Tuberville ’20