Plattsburgh State

Cardinals
Another outdoor track season is in the books! The Cardinals walked away with a bunch of hardware at SUNYACs and ECACs and a few school records fell at these final meets too. A couple of Cardinals narrowly missed out on competing at NCAAs in Waverly, Iowa at Wartburg College, but have high hopes for 2016-2017! Here is a wrap-up on our season:

The 2016 SUNYAC Outdoor Track & Field Championships was hosted by SUNY Oneonta. Kyle Jones became SUNYAC Champion in the Men’s 400 and posted a time of 48.14 (which broke Jeff Dobson’s record of 48.26 from 2008). Eric Denny also became SUNYAC Champion in the Men’s Decathlon and posted a point total of 5,792 points. Eric and Kyle both received All-SUNYAC First Team honors.

Ethan Vinson finished second in the Men’s 800 and Sobaan Ayub also finished second in the Men’s 400m Hurdles which put them on the All-SUNYAC Second Team.

Both the men’s and women’s teams beat Oswego and finished in seventh place overall. The women’s best finish at SUNYACs was Lauren Perschetz who finished third in the Women’s 3000m Steeplechase (11:14.10). This performance broke Colleen Coon’s record from 2013 of 11:18.00. (pictured below—Kyle Jones after his 400m victory at 2016 SUNYAC Outdoor Track & Field Championships)
The Cardinals finished their season at the 2016 ECAC Division III Outdoor Track & Field Championships hosted by Westfield State (Westfield, MA). While we did not have any individual champions, we had some strong performances to end the 2016 campaign. Kyle Jones finished fourth in the Men’s 400m and Ethan Vinson was sixth in the Men’s 800m. Eric Denny also had a top-10 finish with seventh in the Men’s Decathlon. On the women’s side, Lauren Perschetz finished third in the Women’s Steeplechase and lowered her own school record with a time of 10:59.65. In the final event of the meet, the Women’s 4x800 Relay Team (of Davenport, Reagan, Perschetz, & Schweizer) broke last year’s school record (by Deshaies, Taylor, Davenport, & Schweizer) with a new time of 9:30.35 and finished in 8th place.

Our Plattsburgh Cardinals in the final 2016 NCAA Division Outdoor T&F Rankings:

27th – Kyle Jones – Men’s 400m – 48.14
34th – Ethan Vinson – Men’s 800m – 1:52.24
50th – Sobaan Ayub – Men’s 400H – 54.67
50th – Eric Denny – Men’s Decathlon – 5792 points
29th – Lauren Perschetz – Women’s 3000m Steeplechase – 10:59.65
Plattsburgh News

Brand New! Fitness & Wellness Leadership Graduate Program – exclusively online.

Here is more about it: http://web.plattsburgh.edu/about/profiles/programs/fitness-and-wellness-graduate-program.php

Alumni in the News

A big congratulations to Ryan Millar (’13) who was named this spring as Head Coach of Cross Country and Track & Field at SUNY Potsdam! Ryan just finished working this season as an assistant to Brett & Ellen Hull at Hamilton College. Potsdam will start up their indoor and outdoor track programs during the 2016-2017 school year. Here is the write-up: http://potsdambears.com/news/2016/5/4/millartfxc050416.aspx

Also, Foam Brewers (Bobby Grim ’11) is officially open in Burlington, VT! Stop in and try their delicious variety of crafted beer!

Address: 112 Lake St. Burlington, VT 05401

For more information, visit them on the web:
facebook.com/FoamBrewers/
instagram.com/foambrewers/
foambrewers.com

"Commitment is an act, not a word."
-Jean Paul Sartre
Along with another season ending, we say goodbye to another graduating class of seniors who gave us four years of hard work and dedication to our program. The coaching staff wants to thank them for all of their time and effort over the last four years. We wish them the best of luck in the future!

**Emma Deshaies** – Sage College - Graduate School for an MS in Occupational Therapy,

**Megan Schweizer** – working for Dutchess County ARC

**Kelly Siry** – Northeastern University Graduate School for Civil & Environmental Engineering Master’s Program

**Christen Averill** – Returning to Plattsburgh in Fall 2016 to finish Graduate School, Childhood Edu/Special Edu BS/MS Ed

**Esa Jessop** – Park Ranger at Saratoga Spa State Park, seeking job in Environmental Science

**Luke Potash** – Seeking employment, Graduate School at Stony Brook—Atmospheric & Oceanic Science, Env. Science major & Geology minor

**Zach Rose** – St. Thomas Aquinas College to study Education

**Christian Whalen**—Seeking employment, Geology major, Applied GIS & Hydrogeology minors
2016 Cross Country Schedule

9/3 – Plattsburgh State’s Cardinal Classic @ 11am
9/10 - @ Vassar College – 11am
9/24 - @ St. Lawrence University – 11am
10/1 - @ RPI (Saratoga Invite at SPAC) – 11am
10/15 - @ Rowan College (Pre-Regionals)
10/29 - @ SUNYAC Championships (Geneseo – Letchworth State Park)
11/12 - @ NCAA Atlantic Region Championships (Rowan College, NJ)
11/19 - @ NCAA Championships – Louisville, KY (Spalding University)

#GoCards—http://www.gocardinalsports.com

Cross Country SUNYAC Championships

The Plattsburgh Cross Country and Track & Field programs appreciate all the support that our Alumni provide year in and year out. We ask if the date is available, that we will be competing at SUNY Geneseo (Letchworth State Park) on October 29 and we would love any support whether in person or even just an email providing your encouraging words. Also if you haven’t already, we encourage you to view to visit the link below and fill out our Alumni form so we can stay in touch.

Alumni Directory Sign Up Here

We want out Alumni to be a part of our future, not just our past.