2007-08 Colby-Sawyer Alpine Ski Racing
Welcome to Colby-Sawyer Athletics!

We invite you to become part of a proud tradition of athletic excellence. Our student-athletes excel in the classroom as well as on the playing fields and we are extraordinarily proud of their accomplishments everywhere on campus. Our coaching staff is committed to providing each and every student-athlete with a positive learning experience promoting a strong work ethic, good sportsmanship and a commitment to team and college.

Colby-Sawyer offers a wide array of team sport opportunities, always competitive regionally, with teams often challenging for Commonwealth Coast Championships and a bid to the NCAA Division III Championships.

We wish you and your family all the best in your collegiate search, may you see all that Colby-Sawyer has to offer!

Go Chargers!!!

Debi Field McGrath
Director of Athletics

Colby-Sawyer College Quick Facts

Location ...................................................................................................................................... New London, N.H.
Founded ........................................................................................................................................... 1837
Enrollment ........................................................................................................................................ 986
President ........................................................................................................................................... Thomas C. Galligan Jr.
Admissions Phone ............................................................................................................................ (800) 272-1015
Financial Aid Phone ........................................................................................................................ (800) 272-1015
Director of Athletics ....................................................................................................................... Debi Field McGrath
Affiliation ........................................................................................................................................ NCAA Division III
Conferences ....................................................................................................................................... The Commonwealth Coast Conference
........................................................................................................................................................ Eastern College Athletic Conference
Nickname ........................................................................................................................................... Chargers
Colors ............................................................................................................................................. Royal Blue and White
Athletic Department Phone .............................................................................................................. (603) 526-3610
Colby-Sawyer Website .................................................................................................................... www.colby-sawyer.edu

Greetings on behalf of Colby-Sawyer College’s student-athletes, coaches and the faculty and staff.

Colby-Sawyer is an exciting and dynamic college committed to excellence in all that we do. The tradition of excellence we have established in our athletic programs is pervasive throughout the institution. It extends into the classrooms, labs, art gallery, residence halls and beyond as well as on the playing fields. Our athletic teams are regionally and nationally ranked in part because our coaches set high expectations for our student-athletes and themselves. Our coaches value, teach and exhibit character, discipline, teamwork and pride.

To experience firsthand the energy, enthusiasm and excellence of the Colby-Sawyer community, please join us at our athletic contests and at other on-campus events to which you may be invited. We love it here and we know you will, too.

Sincerely,

Thomas C. Galligan Jr.
President

This 2007-08 alpine ski racing media guide was produced by the Sports Information Office of Colby-Sawyer College. Photography by John Quackenbos, Gil Talbot and Fornero Photography. Printing by R.C. Brayshaw.
Colby-Sawyer Athletics
Mission Statement

The Athletic Department at Colby-Sawyer College is committed to providing each student-athlete with a positive athletic experience within the framework of the six learning outcomes of our liberal arts education. To this end, we believe in supporting the total educational experience for each student-athlete in their pursuit of excellence, through high academic standards, quality athletic competition and a meaningful student life. We, as a department, are dedicated to:

* Foster and model good sportsmanship and fair play
* Continue to enhance individual development
* Enrich and deepen self-knowledge
* Demonstrate effective teamwork
* Act ethically and professionally

In doing so, we hope that Colby-Sawyer Athletics will continue to achieve conference, regional and national prominence while ensuring that each student-athlete will be better prepared for life after college. Colby-Sawyer College competes as an NCAA Division III institution and is a member of The Commonwealth Coast Conference (TCCC), the Eastern College Athletic Conference (ECAC), the Intercollegiate Horse Show Association (IHSA), the United States Collegiate Ski and Snowboard Association (USCSA) and the New England Intercollegiate Swimming and Diving Association (NEISDA).

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On the Cover

Sophomore Montana Molyneux (top), a three-time USCSA All-American, led Colby-Sawyer to a third place finish at the USCSA Nationals last year in the combined. Junior Travis Plass, was a first team All-ECAC selection in slalom, giant slalom and combined in 2007.
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<td>Sean Wheeler</td>
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<td>West Falls, N.Y./NYSEF</td>
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**Head Coach:** Garrett Lashar  
**Assistant Coach:** Skip Bartlett  
**Athletic Trainer:** T.J. Smith  
**Student Assistant:** Ryan Dunstan  
**Team Manager:** Mike Nigro
Set to begin his first season at the helm of the Colby-Sawyer men’s and women’s alpine ski racing teams, Garrett Lashar looks to build on the successful tradition already in place and take the Chargers to the next level.

Lashar has spent the last several years at Carrabassett Valley Academy in Carrabassett, Maine in several different roles with the men’s alpine program, most recently as the men’s alpine Fédération Internationale de Ski (FIS) coach.

Coach Lashar was also a member of the National Development System coaching staff in 2006.

Prior to his work at Carrabassett Valley, Coach Lashar was the assistant ski coach for the boys and girls at Waterville Academy for the 2004-05 ski season. He was also a four year competitor at Plymouth State University (2000-04) in Plymouth, N.H. He was a team captain for his junior and senior seasons (2003 and 2004) and helped lead the Panthers to a second place finish at the 2004 U.S. Collegiate Ski and Snowboard Association (USCSA) National Championships, just ahead of Colby-Sawyer.

For his efforts at Plymouth State, Coach Lashar earned the Ski Team Panther Award in 2003 and 2004, an award given to team’s most valuable skier.

Coach Lashar graduated from Plymouth State in 2005 with a Bachelor of Science degree in Management and a minor in Economics and General Management.

Assistant Coach Skip Bartlett

Skip, a native of North Conway, N.H., comes to Colby-Sawyer College from Waterville Valley Academy. Growing up, Coach Bartlett skied in the elite Mount Washington Valley Ski Program. A graduate of Plymouth State University, Skip was a four-year member of the alpine ski racing team and a standout performer for the Panthers where he earned USCSA All-American status in the slalom. Last season he worked for Waterville Valley Academy coaching J-4 skiers.
The men’s and women’s alpine ski racing program has set the bar high. The 2008 team, with first year Head Coach Garrett Lashar, does not look to disappoint.

On the men’s side, the Chargers are looking forward to the competition of the MacConnell division, arguably the best alpine division in the United States Collegiate Ski & Snowboard Association (USCSA) circuit. One of the top skiers for the Chargers, junior captain Travis Plass (Claverack, N.Y.) is out with an injury but Coach Lashar is excited about the opportunity for the other skiers to step up and fill in. Sean Wheeler (West Falls, N.Y.) one of only two seniors on the men’s side, looks to see time in the number one spot and junior captain Ben Burns (Yarmouth, Maine) and senior Jake Palmer (East Wakefield, N.H.) also look to contribute even more this year.

“Sean has stepped up into our number one spot beautifully,” said Coach Lashar. “There is a lot of pressure on him to do so and he has been handling it very well.

“Ben has been great to work with; his leadership is second to none. He is a nice sounding board between me and the rest of the athletes. He almost acts as another assistant coach on the snow.

“Jake is our consistent finisher. He is going to consistently be our No. 2 or No. 3 man. We are looking to him to have good runs in tough conditions.”

Following the lead of the veteran skiers will be a strong group of three freshmen, Andrew Smith (Okemos, Mich.), Marc Gelabert (Barcelona, Spain) and George Packard (North Hampton, N.H.).

“The women’s team is also looking forward to tough competition in the MacConnell division. With the return of three USCSA All-Americans, senior co-captain Allyson Newell (Bethlehem, N.H.) and sophomores Montana Molyneux (Inglewood, Ontario) and Lauren D’Allesandro (Kingston, Mass.), along with senior co-captain Kaitlin Hull (Center Harbor, N.H.), the goal is a national championship.

“Our women’s team is very young, but very experienced at the same time,” said Coach Lashar. “We have a lot of freshmen and sophomores that will be major contributors for us. My goal throughout the regular season is to walk away as MacConnell Division Champs and also be in the top spot at Regionals. Once we make it to Nationals and we get cut to five, with three scoring, I don’t believe there is another team in the nation that can match up with our women.”

Coach Lashar has high praise for his two senior captains, “I get great leadership and great assis-
tance out of both of them; both are very will-
ing to put the team first. Allyson brings tenacity
every single run she trains or races in and is
great example to the younger ladies. Kaitlin
does a really good job of keeping everyone’s at-
titudes positive and putting the team first and
she is starting to progress and will be a con-
tributor on the mountain.”

Heading up a talented sophomore class will be
Molyneux and D’Allesandro, with Molly Ma-
cleod (Franconia, N.H.) and Amy MacMahon
(Unity, N.H.) rounding out the second year ski-
ers for the Chargers.

“Lauren is an unbelievably strong skier and is
very consistent,” said Coach Lashar. “We look
to her for a good finished run in some tough
conditions with her strength.

“Montana’s intensity is fantastic and her focus
is second to none. Technically she is having a bit
of a tough time with the top of the turn how-
ever once she relaxes a bit and cleans that up
she will be as fast as anyone in the league.

“Molly and Amy are doing a great job with their
own individual progressions and working on
their technique and are becoming faster and
faster each day.”

Kellie Tingle (Thomaston, Conn.), a sopho-
more transfer from Smith College, has been a
welcome addition to the team.

“Kellie has been working on cleaning up the
top of the turn and I can see her being a major
contributor, especially in the giant slalom.”

The Chargers also welcome six freshmen skiers
to the squad this year, all of who are very strong
skiers and competitors. Michele Spear (So-
dus Point, N.Y.), Danielle Shannon (Conway,
N.H.), Victoria Canelas (Easton, N.H.), Ni-
cole Dinapoli (Ludlow, Vt.), Hailey Malone
(Needham, Mass.) and Anna Hosmer (Ovid,
N.Y.) round out the roster for the Colby-Sawyer
women.

“Michele has endless amounts of potential and
with the proper coaching and enough time,
there is no telling how fast she can become,”
said Coach Lashar.

“Danielle is an unbelievable GS skier with a
wealth of experience. Her focus on skis is very,
very impressive and she maximizes every min-
ute while she is on the mountain.

“Victoria is a very impressive GS skier and has
unbelievable instincts and great movement pat-
terns. She has no fear to go fast whatsoever
which is great to see.

“Nicole has a great attitude and has an unbe-
believably fun time while working very hard. She
will be very strong in both events with a little
time under her belt.

“Hailey is very athletic and relaxed. She does
not get rattled; even her non-fast runs are very
quick.

“Anna is a great slalom skier and technically it’s
just a matter of upping her tempo and getting
her feet a little quicker and she will surely im-
prove and surge towards the top of the team.”

Coach Lashar’s team is ready for the challenge
of the competitive ski season ahead of them.
“The MacConnell Division, with Boston Col-
lege, Plymouth State, Smith and the University
of Massachusetts, all of whom qualify for na-
tonals, is the toughest division,” said Coach
Lashar. “We just want to get out to a good start
and finish the season out in front.”
2007-08 Chargers

Ben Burns  
Jr.  
Yarmouth, Maine

Victoria Canelas  
Fr.  
Easton, N.H.

Lauren D’Allesandro  
So.  
Kingston, Mass.

Nicole Dinapoli  
Fr.  
Ludlow, Vt.

Marc Gelabert  
Fr.  
Barcelona, Spain

Anna Hosmer  
Fr.  
Ovid, N.Y.

Kaitlin Hull  
Sr.  
Center Harbor, N.H.

Matthew Larson  
Fr.  
Franconia, N.H.

Molly Macleod  
So.  
Franconia, N.H.

Amy MacMahon  
So.  
Unity, N.H.

Hailey Malone  
Fr.  
Needham, Mass.

Montana Molyneux  
So.  
Inglewood, Ontario
Allyson Newell
Sr.
Bethlehem, N.H.

George Packard
Fr.
North Hampton, N.H.

Jake Palmer
Sr.
East Wakefield, N.H.

Travis Plass
Jr.
Claverack, N.Y.

Danielle Shannon
Fr.
Conway, N.H.

Andrew Smith
Fr.
Okemos, Mich.

Michele Spear
Fr.
Sodus Point, N.Y.

Kellie Tingle
So.
Thomaston, Conn.

Albert Torres
So.
Mountaintop, Pa.

Sean Wheeler
Sr.
West Falls, N.Y.

Senior Jake Palmer
The alpine ski racing team made their unprecedented 10th trip to the USCSA Nationals this past season, finishing as one of the top teams not only in the region, but in the nation. At the Regional Championships in Waterville, N.H., both the men’s and women’s teams brought home first place finishes and the team took home 19 All-ECSC (Eastern Collegiate Ski Conference) awards, including 11 first team honors.

At Nationals in Winter Park, Colo., the Chargers continued their run of success at the national level as the women’s team placed third overall. The women were third in giant slalom, led by a 7th place finish by freshman Montana Molyneux, a 10th place finish by junior captain Allyson Newell and a 15th place showing for freshman Lauren D’Allesandro, all good for All-American status. The women followed that up with a fourth place finish in slalom, with Molyneux and Newell again leading the way with a 3rd and 13th place finish respectively, earning both of them All-American status in the slalom and also in the combined.

On the men’s side, senior Ryan Dunstan earned the Colby-Sawyer Male Athlete of the Year award for his efforts on the slopes over his four year career. Ryan earned five USCSA All-American awards during his four year career and helped the Chargers to a third place finish at Nationals in the giant slalom and an eighth place finish overall last season. Dunstan earned an All-American award for his 3rd place finish in giant slalom, his 8th place in slalom and his 6th place finish in the combined. Senior Chance Longley finished 3rd in the giant slalom to earn an All-American award and fellow senior Pearson Neal rounded out the All-American award winners on the men’s side with his 13th place showing in the slalom. The Charger men finished 15th in the slalom at Nationals.
## 2006-07 Individual Results

### Women's Results

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## Men’s Results

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<th>All-Americans</th>
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<td>Joe Sampson (SL, Comb)</td>
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### Women’s Results

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<td>Lauren D’Allesandro (GS)</td>
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</table>
The History of Mount Sunapee

In 1909, summer resident Herbert Welsh asked area residents to help save Mount Sunapee from lumbering operations. Through his efforts and the Society for Protection of New Hampshire Forests, 656 acres were acquired. This included the summit, Lake Solitude and almost the entire north side. By 1934, the Society had acquired 1,185 acres on the mountain, which was turned over to the State of New Hampshire for a state park in 1948. On December 26, 1948 Mount Sunapee opened with the 3,300 foot North Peak single chairlift, three trails, two rope tows and the North Peak Lodge.

2007-08 marks Mount Sunapee’s 60th Anniversary and its 10th Anniversary under the management of Tim and Diane Mueller. Snowmaking has been added to East-side trail in the Sunbowl area. Eighteen energy efficient snow guns have been added that will allow Mount Sunapee to operate more guns and make more snow during marginal snowmaking weather conditions.

Mount Sunapee has been home to the Colby-Sawyer alpine ski racing program since the mid 1980’s.

Pictures and history provided by Mount Sunapee
Colby-Sawyer College is located in a spectacularly beautiful area of New Hampshire, nestled in the heart of the Dartmouth-Lake Sunapee region. The college is 90 minutes north of Boston, Mass., one hour south of the White Mountains of New Hampshire, and three and a half hours south of Montreal, Quebec. The campus has 29 buildings situated on 200 acres. Colby-Sawyer College is home to 898 undergraduate students, representing 22 states and eight foreign countries. The ratio of female students to male students is roughly two to one.

The college was founded in 1837, and is accredited by the New England Association of Schools and Colleges (NEASC), the Commission on Accreditation of Athletic Training Education (CAATE), the Commission on Collegiate Nursing Education (CCNE), the New Hampshire Board of Nursing and the State of New Hampshire Board of Education.

Programs of Academic Study

Bachelor of Arts Degrees
- Studio Art
- Biology
- Communication Studies
- English
- History, Society and Culture
- Psychology

Bachelor of Science Degrees
- Business Administration
- Child Development
- Community & Environmental Studies
- Exercise and Sport Sciences
  - Athletic Training
  - Exercise Science
  - Sport Management
- Nursing
- Double majors are also available

Teacher Certification
- Art Education (K-12)
- Early Childhood Education (K-3)
- English Language Arts Education (5-12)
- Social Studies Education (5-12)

Minor Programs

Students pursuing baccalaureate degrees who wish to have a concentrated program of study in addition to their major may pursue one of the minor programs offered by Colby-Sawyer.

The following minors are offered:
- American Studies
- English
- Art History
- History
- Studio Art
- Information Management and Technology
- Biology
- Philosophy
- Business Administration
- Psychology
- Child Development
- Sociology
- Communication Studies
- Women’s Studies
- Community and Environmental Studies
- Writing for Publication
- Theatre

Academic Departments
- Business Administration
- Exercise and Sport Sciences
- Fine and Performing Arts
- Humanities
- Natural Sciences
- Nursing
- Social Sciences and Education
- Institute for Community and Environment

Special Programs and Services
- Honors Program
- International Student Programs/English as a Second Language
- Internships: 97% of the class of 2006 completed one or more internships
- Learning and Tutorial Services
- Study Abroad

Intercollegiate Athletics

Colby-Sawyer College, whose athletic teams are known as the Chargers, is a member of National Collegiate Athletic Association (NCAA) Division III and the Eastern College Athletic Conference (ECAC), and competes in most sports in the Commonwealth Coast Conference. Colby-Sawyer is also a member of the Intercollegiate Horse Show Association (IHSA) and the U.S. Collegiate Ski and Snowboard Association (USCSA).

Colby-Sawyer has had a history of athletic excellence, with a number of NCAA and ECAC Championships appearances.

In 2006-07, 27 percent of all students at Colby-Sawyer competed intercollegiately on one of the college’s 16 varsity athletic programs.
# Colby-Sawyer Chargers Alpine Ski Racing Schedule

## January

<table>
<thead>
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<th>Date</th>
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<td>Sunapee, N.H.</td>
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<td>Cranmore, N.H.</td>
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