



SPRINGFIELD COLLEGE ATHLETICS

Men's Track and Field

2008-09



*junior sprinter
Steve Headley*

FAST FACTS:

- ▼ One of the top track and field programs in the Northeast, Springfield College has finished in the top four in nine of the last eleven Division III New England Outdoor Championships.
- ▼ Head coach **Ken Klatka**, entering his 33rd season with the Pride, ranks among the nation's most successful coaches, with an impressive .758 winning percentage.
- ▼ Springfield College has produced 57 All-Americans in track and field.
- ▼ Affiliations: National Collegiate Athletic Conference (NCAA) Division III, Eastern College Athletic Conference (ECAC)
- ▼ Conference: New England Women's and Men's Athletic Conference (NEWMAC)
- ▼ Home Facility: Blake Track; Field House

CONTACT INFORMATION:

Head Coach: **Ken Klatka**
Office: Wellness Center 118
Telephone: 413-748-3230
E-mail: kklatka@spfldcol.edu



SPRINGFIELD COLLEGE

263 Alden Street
Springfield, MA 01109-3797
Tel: 413-748-3136 or 800-343-1257
TTY: 413-748-3383

www.springfieldcollege.edu



Head Coach Ken Klatka

▼ Education

Springfield College '69, G'70

▼ Honors

- U.S. Track Coaches Association
NCAA Division III Outdoor Region
Coach of the Year ('97, '98, '00)
- NCAA Division II District I
Coach of the Year ('79)
- Division II College Indoor
Coach of the Year ('79)
- ECAC Division II Outdoor
Coach of the Year ('88, '89, '90, '91)

▼ Accomplishments

- Guest Speaker, NCAA Youth Education
through Sports (YES) Clinic held in
conjunction with Division III Outdoor
Track and Field Championship
- Current President, Division III New England
Track and Field Coaches Association
- Former President, All Division
New England Coaches Association
- Former President, Division III New England
Coaches Association
- Former President, Eastern Track and Field
Coaches Association

Ken Klatka, an associate professor of physical education at Springfield College, enters his 33rd season as head coach of the men's track and field program. He ranks among the nation's most successful coaches, with an overall record of 397 wins, 135 losses, and two ties for an impressive .745 winning percentage.

Klatka's teams are among the best in the region. This past outdoor season, he guided his team to sweeps in two meets, a third place finish at the NEWMAC Championships and the Division III ECAC Championships, and a fourth place finish at the Division III New England Championships.

Klatka is part of a long line of Pride coaches who have shared their expertise internationally. In 1978 and '82, he traveled to Aruba and spent a month conducting clinics and lecturing student-athletes. He has conducted numerous clinics in the Northeast, including several at Springfield College.

Klatka has been the meet director for countless Western Massachusetts high school track and field and cross country championships, and has served as the state director of the U.S. Track and Field Federation. He was the field coordinator for the 1990 Massachusetts Special Olympics and has been the track coordinator for the Massachusetts Senior Games, held annually at Springfield College.

Klatka, a 1969 Springfield College graduate, was captain of the cross country team, where he set a number of school and course records. He earned his master's degree from Springfield College in 1970. After graduation, he coached the College's men's cross country team for seven seasons.

Klatka was a standout runner at Memorial High in Manchester, N.H., establishing state records in the mile and two-mile runs while winning four state titles. In 1994, he was among the charter members enshrined in the school's Athletic Hall of Fame. He was inducted in the city's Athletic Hall of Fame in 1996.



*sophomore
Alex Fallon*

Outdoor All-Americans

Year	Name	Event	Year	Name	Event
1963	Ed Kusiak	Hammer	1976	Dave Sherman	Hammer
1963	Ed Kusiak	Javelin	1977	Carl Bishop	Hammer
1963	Ken Black	Hammer	1978	Carl Bishop	Hammer
1963	Terry Merritt	3-mile	1978	Mike Tarnowicz	Javelin
1963	George McCombe	Steeplechase	1979	Mike Tarnowicz	Javelin
1968	Charlie Thompson	Hammer	1980	Mike Brown	Decathlon
1969	Jon Rose	Pole Vault	1980	W.F. Newhall	10,000 meters
1970	Ross Newcombe	Decathlon	1982	Rob Lasorsa	Shot Put
1971	Steve Healy	Javelin	1985	Arthur Prince	Discus
1971	Mark Katzenstein	Triple Jump	1986	Arthur Prince	Discus
1972	Harold Cramer	Hammer	1988	Leo Podolski	Hammer
1972	Abraham Davis	Long Jump	1997	Patrick Corthell	Discus
1973	Harold Cramer	Hammer	1997	Nick Guerrette	Javelin
1973	Abraham Davis	Long Jump	1998	Nick Guerrette	Javelin
1974	Ron Dattoli	Discus	1999	Nick Guerrette	Javelin
1974	Dave McCann	Mile	2000	Damian Larkins	Shot Put
1974	Dave Sherman	Hammer	2000	Nick Guerrette	Javelin
1975	Ron Dattoli	Discus	2004	Matt Acciaoli	Shot Put
1975	Abraham Davis	Long Jump	2004	Pawel Jaroszewicz	400 meters
1975	Abraham Davis	Triple Jump	2007	Dominick Uguccioni	Hammer
1975	Jeff McCray	High Hurdles	2007	Alex Kampersal	Shot Put
1975	Wayne Wise	800 meters	2008	Steve Headley	100 meters
1976	Steve Mousetis	10,000 meters			

2008-09 Roster

Name	Cl.	Event(s)	Hometown
Ryan Allison	Fr.	400-800	Vooreesville, N.Y.
Chris Amendola	Jr.	100-200	Milford, Conn.
Matt Amendola	Jr.	00-200	Milford, Conn.
Kevin Behlmer	So.	400-IH	Attleboro, Mass.
Jermaine Bell	Jr.	100-200	Dorchester, Mass.
David Birdsall	Fr.	1500-5K	Madison, Conn.
Jacob Brewer	So.	5000	Woolwich, Maine
D.J. Brock	Fr.	100-200-LJ	Acton, Mass.
Tom Brognano	So.	200-400	Rome, N.Y.
Jeff Bruno	So.	100-200	Stoneham, Mass.
Mark Bruno	So.	100-200	Stoneham, Mass.
Mike Cataldo	So.	Shot-Discus	Deer Park, N.Y.
Nate Chantrill	Jr.	Shot-Hammer	Auburn, Maine
Greg Coleman	Fr.	400-Decath.	Albany, N.Y.
Dominick Corbett	Fr.	Shot Put	Mechanicville, N.Y.
Cody Costa	Fr.	Shot-Discus	Burlington, Mass.
Stephen Creamer	So.	800-1500	Seekonk, Mass.
Oscar Esposito	Fr.	400-Decath.	Holden, Mass.
Andrew Edmans	Fr.	IH-PV	W. Sand Lake, N.Y.
Alex Fallon	So.	Javelin	Tolland, Conn.
Troy French	So.	800-1500	Antrim, N.H.
Brian Fuller	So.	Steeplechase	Ludlow, Mass.
Carlton Gill	Fr.	100-200	Bridgeport, Conn.
Matthew Glennon	Fr.	200-400	Milford, Conn.
James Gornall	Fr.	800-1500	Uxbridge, Mass.
Mike Griffin	Sr.	800-1500	Scarborough, Maine
Kyle Gunningsmith	Sr.	100-LJ	Trumansburg, N.Y.
Michael Harris	Sr.	Javelin-Hammer	Naugatuck, Conn.
Nickel Hay	So.	400-200	Springfield, Mass.
Stephen Headley	Jr.	100-200	Wilbraham, Mass.
Nick Hogan	So.	Shot-Discus	Nashua, N.H.
Brian Hogland	Fr.	400-IH	Mt. Sinai, N.Y.
Russell Johnson	Fr.	800-1500	Hooksett, N.H.
Chris Kaufman	Fr.	HH-400	Brookfield, Conn.
John Koziatek	So.	Pole Vault	East Lyme, Conn.
Matt Krakowski	Fr.	200-400	Lake Katrine, N.Y.
John Lewis	Sr.	Discus-Hammer	Fitchburg, Mass.
Tim Lipka	Fr.	100-200	N. Providence, R.I.
Justin Ludwig	Sr.	Steeplechase	Ho-Ho-Kus, N.J.
Chris Malia	Fr.	5,000	Cortland Manor, NY
Kyle Moriarty	So.	800-1500	N. Kingston, N.H.
Eric Nacsin	Sr.	800	E. Longmeadow, Mass.
Jonathan Nardi	So.	Shot-Hammer	E. Longmeadow, Mass.
E.J. Occhiboi	So.	400-HJ	Brookfield, Conn.
Matt Pearson	Sr.	400	Barre, Mass.
Guiliano Pizzo	Fr.	Shot-Jav	Methuen, Mass.
Colin Plante	So.	800	Tolland, Conn.
Tom Potenza	Sr.	5,000	Cranston, R.I.
Ryan Proper	So.	IH-HH	Lynbrook, N.Y.
Chris Quetant	So.	400	Milford, Conn.
Keith Raymond	Fr.	400-800	Providence, R.I.
Scott Reilly	Fr.	HJ-400-IH	Acton, Mass.
Marc Riccio	Fr.	PV	New Britain, Conn.
Kyle Robert	Jr.	LJ-HJ	Holyoke, Mass.
Pat Rowan	Jr.	LJ-HJ	Brewster, Mass.
Chris Sawyer	Fr.	Discus	Troy, N.Y.
Adam Sickler	Fr.	800-1500	Kingston, N.Y.
Kyle Smith	Fr.	Shot-Discus	Fort Plain, N.Y.
Eric Stalsburg	Fr.	400-800	Old Saybrook, Conn.
Justin Toussaint	Fr.	Javelin	Biddeford, Maine
Kevin Vieser	Fr.	400-800	Metuchen, N.J.
Brandon Wilbur	Jr.	100-200	Henrietta, N.Y.



*sophomore sprinter
Nickel Hay*

Indoor All-Americans

Year	Name	Event
1996	Bryan Brown	1500 meters
1998	Damian Larkins	Shot Put
1999	Damian Larkins	Shot Put
2000	Damian Larkins	Shot Put
2001	Damian Larkins	Shot Put
2003	Blake Gulino	Long Jump
2004	Dave Forrette	4x400 Relay
2004	Art Fredericks	4x400 Relay
2004	Pawel Jaroszewicz	4x400 Relay
2004	Pawel Jaroszewicz	400 meters
2004	Billy King	4x400 Relay
2004	Justin Welch	High Jump
2006	Alex Kampersal	Shot Put
2007	Steve Headley	55 meters

Head Coach: Ken Klatka (33rd season, Springfield '69)

Assistant Coach: Nick DeCelle '08



Facilities

The men's track and field team competes at Blake Track, considered to be one of the top facilities in New England. The state-of-the-art facility features eight lanes, each wide enough for wheelchair racing, new throwing circles and cages, complete with a new Eurotan all-weather surface and seating capacity of 1,420. The lighting system allows for nighttime events to take place. The track surrounds Blake Field, which hosts all field events. Springfield College will host three indoor track meets in its new Field House, which has a six-lane, 200-meter indoor track that uses a Mondo "FTX" running surface--the same used in the "bird's nest" National Stadium in Beijing. The new Field House also contains four multi-purpose courts and a fully equipped, 9,000-square-foot strength and conditioning facility.



2008-09 Season Preview

Junior **Steve Headley**, one of the fastest men in Division III, will build on his sensational sophomore year as he leads the men's track and field team this season. After finishing fourth in the 100 meters at the NCAA Outdoor Championships and fifth in the 55 meters at the indoor championships, Headley is poised to continue his impressive career.

Last season, the Pride placed 10th at the Indoor Division III Championships and fourth at the Outdoor Championships. It also finished sixth at the Indoor ECAC Championships and third at the Outdoor Championships.

Alongside Headley, a strong sprinting group will include All-New England performers **Nickel Hay**, **Chris Quetant**, **Matt Amendola**, as well as **Jeff Bruno**. The throwing events will have NCAA participant **John Lewis** along with **Mike Harris**, **Alex Fallon**, and **Nate Chantrill** providing leadership for the Pride in the 2009 campaign.

All-New England distance runner **Mike Griffin** will team up with **Eric Nacsin** and **John DeVaney** to guide the Pride in the distance events.

Newcomers that should help the Pride in '09 include **Greg Coleman**, **Cody Costa**, **Chris Sawyer**, and **Justin Toussaint** in the throws; **D.J. Brock** and **Matt Krakowski** in the sprints; **David Birdsall**, **Russell Johnson**, and **Keith Raymond** in the distance events; **Matt Glennon** and **Kevin Vieser** in the mid-distances; and **Ryan Proper** in the high hurdles.

sophomore *sophomore* *senior*
Colin **Stephen** **Eric**
Plante **Creamer** **Nacsin**

2008-09 Schedule

DECEMBER

6 Sat. **Springfield Invitational** TBA
 11 Thu. **Westfield State** TBA

JANUARY

24 Sat. **Coast Guard, Westfield State, Eastern Conn., UMass Dartmouth** TBA
 at Bowdoin, MIT, Tufts, Colby TBA
 31 Sat. TBA

FEBRUARY

7 Sat. at Tufts Invitational TBA
 14 Sat. at B.U. Invitational TBA
 21 Sat. at New England Division III Championships, Cambridge, Mass. TBA
 27-28 Fri.-Sat. at All New England Championships, Boston, Mass. TBA

MARCH

6-7 Fri.-Sat. at ECAC Division III Championships, Medford, Mass. TBA
 13-14 Fri.-Sat. at NCAA Division III National Championships, Rose-Hulman, Ind. TBA
 28 Sat. at Rensselaer TBA

APRIL

4 Sat. **Middlebury, Amherst** TBA
 11 Sat. **Coast Guard, WPI** TBA
 18 Sat. **Springfield Invitational** TBA
 25 Sat. at NEWMAC Championships South Hadley, Mass. TBA

MAY

1-2 Fri.-Sat. **New England Division III Championships** TBA
 at All New England Championships, Amherst, Mass. TBA
 14-15 Thu.-Fri. **ECAC Division III Championships** TBA
 21-23 Thu.-Sat. NCAA Division III National Championships, Marietta, Ohio TBA

Home meets in **bold**