It’s an Illness not a Weakness: Mental Health and Athletes

Ellie Boyle, Staff Writer

Left untreated mental ill-
nesses can lead to the smil-
ing of sports and athletes' life.
According to a 2013 NCAA
study, 30% of athletes self-
reported experiencing some
form of mental illness. And yet,
athletes like Richardson, who
suffer from mental illness,
are often stigmatized in their
student-phasing with notes
describing problems with
mood.

Mary Cain, a former profes-
sional runner with the Nike Or-
han, claims Nike knowingly
video-dating her battle with the
female athlete's disorder, a
disorder stemming from men-
strual dysfunctions, eating
disorders, and decreased bone
density. Cain relates how her
cousin, Alberto Alvarez, told
her that she needed to be
skinnier in order to win, ac-
customizing her of her eat-
disorder and resulting issues.

In order to get to Cain's
"goal" weight of 114 lbs, Cala-
zon gave her birth control pills,
which is illegal in the sport. This
caused Nike of furthering her eat-
disorder and resulting issues.

Mary Richardson '22 of the
Track and Cross Country teams
is a former professional runner
with the Nike Oregon Project.

For Bates Athletes, the add-
cision of a mental health ser-
dvice is a significant step toward
victims of mental health issues
among athletes.

"It's an Illness not a Weakness:
Mental Health and Athletes," it
continued. "After participat-
ing in the workshops, the
athletes were able to make the
propose and address specific
strategies for student-athletes.

Mary Richardson ‘22 of the
Track and Cross Country teams
is an advocate for the discussion
of mental health issues among
students at Bates, specifically eat-
disorders.

In high school, Richard-
son saw firsthand how her peers
struggled with body image in or-
er to be more competitive. She
evolved to feeling those same
negative feelings about her
body, but becoming a leader and
advocate has helped her.

Richardson also represents
another difficult part of being
an athlete–injury. Richardson
lost her put for almost her entire
freshman year. And though she
still felt connected to her team,
it wasn’t the same.

"It was like being an athlete
training room every day," Richardson
said. "It’s always there with me,
and feeling left out.

In response to what needs
to be done to help athletes with
mental health issues, Richard-
son said, "It’s still there every
time.

So, to answer the question of
whether it’s worth it to go
through a severe breakdown.
There was lots of discussion of
me leaving Bates in order to
find help and get better.

MENTAL HEALTH CONTINUED ON PAGE 10

END OF SEMESTER MUSIC PLAYLIST

PAGE XII

Follow Pepper’s "20 chart to find out what I am listening to.

MENS BASKETBALL

Bates first-year adds talent and height to Men’s Basketball

BOCKB339: Bates Molecule Could Treat Cancer

Andrew Kennedy's laboratory discovers promising new biological molecule

Marie Schuiz, Staff Writer

Built in 1965, Dana Chem-
istry Hall is one of the older
buildings on campus. Don’t let the age
and brick facade fool you, though—
the students and professors work-
ings inside Dana are producing cutting-edge ideas and scientific creations. One recent exemplar of this pioneering work was the 2017 synthesis of the Bobcat339 molecule. Named for our school
colony and long-term memory dis-
sorder.

The molecule was developed
in the lab of Andrew Kennedy, Assistant Professor of Chemistry and Biochemistry. In early 2019, the Kennedy lab presented their work,
"Cytosine-β-DNA Tet Enzyme Inhibitors," which was published. The work is an outline of the chemical structure of the molecule and its possible implications for future research.

In addition to Kennedy, several Bates students and staff members graduated, co-authored the paper:

- John Gardiner '18
- Kelly Wusonan '18
- Halloween Rose '19
- Michael Bennett '19
- Gabriela Chua '18
- The lead author: Martin Koorin, Asso-
ciate Professor of Biology and Neuroscience, also contributed to the publication.

Bobcat339 currently has a
patent on the molecular con-
figuration of the molecule and
the top of the molecule.

That being said, Kennedy is
optimistic about the future,
"It is really really unusual to have
amazing, they were incredible.

So, to answer the question of
whether it’s worth it to go
through a severe breakdown.
There was lots of discussion of
me leaving Bates in order to
find help and get better.
Africans in Academia: Faculty Discussion

Madeline Polkingham, Managing Editor
Georgina Scoville, Assistant Editor

BOBCAT339 CONTINUED ON PAGE VI

There is a long process ahead for the student.

German Department Observes Martin’s Day

German Department Observes Martin’s Day

Africans in Academia: Faculty Discussion

Madeline Polkingham, Managing Editor
Georgina Scoville, Assistant Editor

Isaac Williams, Staff Writer

After Halloween concludes and we move into November, it seems like American culture immediately plunges into the extravagant and over-the-top Christmas season (even before Thanksgiving, my goodness). People living in the States may not be aware but there is actually a wonderful European holiday, also ending in “-een,” that can shift our attention away from the premature Christmas celebrations early in November: Martinmas, or St. Martin’s Day.

This holiday falls on the eleventh of November, the Fe- "November on frigid Friday. The purpose of this event was to engage local children with this wonderful holiday by parading in the lantern making process, letting their creative juices flow. Professors Jakob Karreich and Katrina Calhoun arranged an event this year with the help of the department’s teaching assistant Alexandra Elschlager who organized a baking session to connect traditional German pastries called Wimpfler. The crafting station consisted of a wide range of lantern colors, festive papers, cotton balls, sparkles and much more. The youngest I assisted designed her lantern to look like a snow angel. Her lantern, as I helped her create it, was ready to go to the hooded man. The Lanterns were completely different. One student sang “Laune, Laune” with musical assistance from two German students, featuring the violin and the piano. Since it was quite chilly outside, the process did not occur. Instead, the kids were able to take their lanterns deep inside to see their work shine in the “night” sky.

There was another component of the festivities that didn’t involve Martin’s Day traditions but was still quite exciting. The German professors had set up an array of translated German children’s books for the kids to read. Granitz, this is not just a tradition of Martinmas. As always, having a headshot is quite enjoyable. In the end, the best part is the moment when the traveler of reading. Additionally, the selected books had wonderful illustrations. My comparison and I explored a book called “Wenn der Schnee sinkt” by Ingrid Nuss. It became clear that this event was really enjoyable. Hands on activities are great ways for young people to expand their cultural horizon because it gives them something to do. If they went to a lecture or a presentation, boredom would ensue and the kids would void with any no new knowledge. While our Saturday activity doesn’t provide in-depth knowledge about the cultural practices surrounding St. Martin’s Day, at least those young people may happen to hear about the holiday again and go, “Oh wait, that’s the holiday where we make lanterns.” If they are capable of merely that, a good deed has been done because our youth are exploring and interacting with different parts of the world.

Phyllis Hopper, Teaching Assistant Professor at Bates and has taught in the college for seven years overall. In her role as a Teaching Assistant Professor, she has taught a broad range of courses in the humanities, focusing on the history of the United States and the role of women in American society. In her spare time, she enjoys reading, writing, and traveling. Her research interests include feminist theory and the history of women’s rights. She is currently working on a project exploring the relationship between women’s movements and the early American republic. Through her teaching and research, she seeks to challenge traditional notions of gender and to promote social justice and equality. Hopper is particularly interested in the ways in which women have shaped and been shaped by their social and cultural contexts. Her work has been featured in various academic journals and conferences, as well as in popular media outlets such as The New York Times and The Washington Post. She is also a member of the Bates Women’s Studies Committee and is committed to fostering an inclusive and welcoming academic environment for all students. In her free time, Hopper enjoys spending time with her family, exploring nature, and cooking up delicious meals in her kitchen. Her favorite food is pizza, and she is always on the lookout for new recipes to try. She also enjoys playing board games with her friends and attending local events in the Bates community. Hopper is passionate about teaching and is dedicated to helping her students achieve their academic goals. Her teaching style is friendly and engaging, and she strives to create a supportive and collaborative learning environment for all of her students. She is constantly seeking ways to improve her teaching and to better serve her students, and she is always open to feedback and suggestions. Ultimately, Hopper’s goal is to help her students develop critical thinking skills, to foster a love of learning, and to prepare them for success in their future endeavors.
"Problematic Faves, Talk Tall, and Hollywood""
In this talk, he mentioned that people often refer to the drink as "chai" and that people usually find this term offensive. He then went on to explain the importance of being open to everyone who considers themselves to be "social justice warriors," and instead embrace them and show them their importance. He also mentioned that it is important to be reiterated to everyone who is talking about making the students stop re-approaching their perspective on "misrepresenting chai." He asked about how people should re-approach their perspective on chai. His responses were not about making the students stop re-approaching him, but in the next term, he knew that the chai served at Bates is not real chai.

**A Brief History Lesson: Stop Whitewashing Chai**

Skye Brown, Staff Writer

Located on Frye Street in Rose House, the spontaneous tradition of Bates chai, Ronj, established in 1979, is a student-run coffee shop dedicated to satisfying the caffeine cravings of Bates’ students, faculty, and any wandering stranger. You can expect to be greeted by the Ronjistas (the student baristas), the warmth of the lights, and student artwork on the walls while you walk in. The Ronj serves coffee, chai, tea, love, health nuts, and those with a sweet tooth alike. You can order anything from coffee to tea to smoothies to hot and iced milk frothed together and finished with cinnamon on top of the foam, is one of the most beloved beverages. This drink can give you new energy by adding a dose of espresso yetheadache the hype for the tea, there is much more to it.

Aside from the growing popularity of chai, there has been much criticism of the authenticity of chai. Students who hail from South Asia, the origin of Chai, remark about being “washed out” or “bastardized” by the majority of white students. This criticism is something that chai offers at Bates, through a liquid or dry form, which is mixed with milk, has little in common with traditional chai. Numerous students have noted how chai is popularized by Western culture, especially on campus. One student remarked that “it’s not yours, it’s not authentic,” further explaining how students Americanize and alter the taste of the drink. This way, student can be greeted by the chai, a first-year said that chai “is part of our lives” and they do not appreciate the way it is appropriated. He went on to explain that he would finally be surrounded by individuals who will understand and accept me for who I am. Sadly, after coming to Bates College, students are still violently targeted by homophobia, yet refuse to take those courses that can understand the experience of a queer individual. And outside of that question: why as an institution don’t we put pressure on students to consider themselves to be “social justice warriors,” and instead embrace them and show them their importance. He also mentioned that it is important to be reiterated to everyone who is talking about making the students stop re-approaching their perspective on "misrepresenting chai." He asked about how people should re-approach their perspective on chai. His responses were not about making the students stop re-approaching him, but in the next term, he knew that the chai served at Bates is not real chai.

**Problematic Faves**

Pia Banerjee, Contributing Writer

After years of individuals dedicating their lives to identifying as queer, it feels right that queer individuals would finally be surrounded by individuals who will understand and accept me for who I am. Sadly, after coming to Bates College, students are still violently targeted by homophobia, yet refuse to take those courses that can understand the experience of a queer individual. And outside of that question: why as an institution don’t we put pressure on students to consider themselves to be “social justice warriors,” and instead embrace them and show them their importance. He also mentioned that it is important to be reiterated to everyone who is talking about making the students stop re-approaching their perspective on "misrepresenting chai." He asked about how people should re-approach their perspective on chai. His responses were not about making the students stop re-approaching him, but in the next term, he knew that the chai served at Bates is not real chai.

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 Kyle Jameson, Managing Editor

Ray Matthew, Assistant Editor

After years of individuals dedicating their lives to identifying as queer, it feels right that queer individuals would finally be surrounded by individuals who will understand and accept me for who I am. Sadly, after coming to Bates College, students are still violently targeted by homophobia, yet refuse to take those courses that can understand the experience of a queer individual. And outside of that question: why as an institution don’t we put pressure on students to consider themselves to be “social justice warriors,” and instead embrace them and show them their importance. He also mentioned that it is important to be reiterated to everyone who is talking about making the students stop re-approaching their perspective on "misrepresenting chai." He asked about how people should re-approach their perspective on chai. His responses were not about making the students stop re-approaching him, but in the next term, he knew that the chai served at Bates is not real chai.
We produced 32,741 pounds of food waste that was converted into pig food in October. What a lousy habit by consistently grabbing barely one-third of your meal and lousy habits by consistently grabbing barely one-third of your meal and wasting in Commons. During this event, we have provided with a steady supply of nutritious and tasty stock, and the multiple ways Commons reduces food, among other things. We’ve seen everything from your plate. (Consider holding your plate closer to pans and it is up to us to change this system—one forkful at a time.) We've produced 32,741 pounds of food waste that was converted into pig food in October. What a lousy habit by consistently grabbing barely one-third of your meal and wasting in Commons. During this event, we have provided with a steady supply of nutritious and tasty stock, and the multiple ways Commons reduces food, among other things. We’ve seen everything from your plate. (Consider holding your plate closer to pans and it is up to us to change this system—one forkful at a time.) We've produced 32,741 pounds of food waste that was converted into pig food in October. What a lousy habit by consistently grabbing barely one-third of your meal and wasting in Commons. During this event, we have provided with a steady supply of nutritious and tasty stock, and the multiple ways Commons reduces food, among other things. We’ve seen everything from your plate. (Consider holding your plate closer to pans and it is up to us to change this system—one forkful at a time.)
Submit your comics to be considered for our Comic Corner feature!

Email as JPEG image to Batesstudent@bates.edu

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That Multifaith Banquet was awesome! All the different speakers were great, and that discussion question about “What’s in your Spiritual Bouquet?” had my table talking forever.

Really? That’s nice. My table just said “Spiritual Flowers” and sat in silence for the rest of the dinner.

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Jack McLarnon, Staff Cartoonist
Bates Entrepreneur Spotlight: Olivia Cuneo

Olivia Cuneo ’09 is the creator of PomPoms United, an effort that aims to help the Wabanaki peoples be recognized as a community. Cuneo recently received the Best Local Art and Craft award from the Maine Arts Association, and her hats are recognized as a symbol for pristine wilderness. It seems to me an all too familiar stereotype—indigeneity as a symbol for pristine wilderness. But in the past, leaving the indigenous peoples out of the conversation about our land’s history of violent dispossession and displacement of Maine’s indigenous peoples, erases the history of violent dispossession and displacement of Maine’s indigenous peoples. These two sentences alone mean that we as a society and we as a community and start to crochet.
Moisturizing in Maine, a Friend to Friend Study

Last week I was wrong as a table in Commons eating breakfast when a friend walked over with really long hair he had just learned that there was a difference between face and body moisturizer. Learning about face lotion is the first time I can be an eye-opening event. A whole new avenue of cosmetics has now been opened to you, exposing numerous possibilities for skincare routines of the future. The cosmetic industry is full of more facial creams than I can list, but this article will be an eye-opening event. A whole new avenue of skincare is being introduced, and it’s publication. The cold weather of Maine is not only brisk and scary, but incredibly timely, with the wintery months ahead. I urge everyone to find a moisturizer that works best for their skin. After speaking with friends across campus, I feel as though I have never thought of writing about moisturized skin or inquiring what Bates College puts on their skin in the winter. After speaking with friends across campus, I feel as though I have never thought of writing about moisturized skin or inquiring what Bates College puts on their skin in the winter. Everyone knows that winter not only brings frigid temps here in Maine but also a lack of sunlight. I hadn’t even thought of moisturizing my skin until one friend told me that she valued her tinted moisturizer over all other parts of her skincare regimen.

1. Before writing this article I had used Drunk Elephant as a handful of occasions but had never used any of their moisturizers. Asking my friend Claire, who uses their Lala Retro-Whipped Moisturizer with Ceramides, I have been increasingly intrigued. Of the many girls I asked, Drunk Elephant seemed to be the fan favorite due to its lightness to dry and ability to transform skin from cracking to supple in just one application. Although on the pricier end of things, Drunk Elephant harbors reviews of being a product that lasts and is worth the extra splurge.

2. In a close second to Drunk Elephant was CeraVe, a cleanser found at most drug stores. CeraVe is an oil-free moisturizer that is hypoallergenic and non-irritating, but what people seem to like best about it is its light formula and ability to be applied multiple times throughout the day without filling your pores. Similar brands are Olay Complete Lotion Moisturizer and Caspital Daily Face Moisturizer.

Everyone knows that winter not only brings frigid temps here in Maine but also a lack of sunlight. I hadn’t even thought of writing about moisturized skin until one friend told me that she valued her tinted moisturizer over all other parts of her skin care regime.

1. While talking to friends on the quad, one friend added, and it helps the skin on your face have a little bit more of a glow in the winter.

2. In the same vein of products, Glossier has just come out with a new product: Futuredew. This product is a serum/hydrating oil that is made to make your skin look “dewy, glowing and cared-for.” Like the GLAMGLOW, it illuminates your skin but unlike the GLAMGLOW, it does not have a pigment to it.

3. A third option that seemed to be commonly used around Bates is the Lauro Mielese tinted moisturizer. Coming in a variety of shades, this moisturizer aids in creating a subtle glow for any skin type or color.

In conclusion, it was incredibly interesting learning about what Bates College puts on their skin in the winter. After speaking with friends across campus, I feel as though I too have a new understanding of facial lotion. In these wintry months ahead, I urge everyone to find a moisturizer that works best for your skin and perhaps use this information from your fellow Batesians to help with your search process.

Christina Perrone, Editor-in-Chief
JAMIE FAGAN, CONTRIBUTING WRITER

Christina Perrone, Editor-in-Chief
Jamie Fagan, Contributing Writer

Moisturizing in Maine, A Friend to Friend Study

Pippin Evarts, Managing Arts & Leisure Editor

Christina Perrone, Editor-in-Chief
Jamie Fagan, Contributing Writer
LOOK: BALLOON CLUB’S FIRST FLIGHT

Morgan Baxter ’20, a member of the club, explains, “There is not a huge amount of technical knowl-
edge required to understand what happens.” Essentially, the device consists of a balloon—which con-
tains objects such as a GPS and a GoPro—attached to a parachute. Eventually the balloon pops, mak-
ing the parachute inflate so that it comes down softly and lands in someone’s backyard or farm.

The High Altitude Balloon club was founded several years ago with a former student and Pro-
fessor Raj Saha, a lecturer in Environmental Geophysics. The mission of the club, as written on the Bates Student Club Direc-
tory, is to work together to send High Altitude Balloons to the edge of space. Maddie Hallowell ’20, along with two other seniors and a junior, now heads the club.

According to Hallowell, club President, her favorite part of the club is being part of some-
ting bigger than herself. She shares, “when you work with a team to create something that gets launched high into the atmosphere of the earth, it makes me gain perspective about my issues and how small everything really is.”

Frequently cited is the genuine passion of the club members, and their drive to work together to cre-
ate something special. Hallowell adds that, “working with a group of people that are all excited about what they are doing isn’t a super common thing in college.”
I was scared to tell my friends what went on in my head. It’s scary to think that you’re not in control of your own body, especially as an athlete who knows her body so well. That there’s another voice deep inside telling you all negative things too horrible to mention in an article. However, when I began telling my story, my friends began sharing their own struggles with mental health. It made me feel normal for once, knowing that my issues weren’t only my issues. They are everybody’s at some point in their life.

I have been a swimmer for the last 13 years of my life, but this fall I chose to leave the sport I loved based on myself and my own well-being. Swimming was a part of my identity for so long and any athlete would probably say their sport defines them too. At first I told myself that if I quit I was weak because I couldn’t handle the stress and pressure anymore. Yet, my therapist, who has saved me time and time again, told me during one of our sessions: “Ellie I think we both know you can handle it, the question is what would make you happier?”

Happiness—something that I hadn’t thought of in a long time. I was so focused on getting better that I forgot to remember what made me happy in life. And sadly, swimming competitively wasn’t one of those things anymore—at least for now.

Admitting you have a mental illness is not admitting defeat, but rather the first step to taking back who you are and who you want to be. For me, it was probably the most difficult thing I have ever had to do in my life. Asking for help was something I only did with homework problems. But, the fact that I am still here at Bates shows how hard I’ve worked to get better, and I am proud to say that.

A common theme that presents itself when athletes begin to experience the effects of mental illness comes when they begin to fail. Cautin believed silver wasn’t good enough, she believed that she’d lose a race if she didn’t make weight, and Schaudig believed that she wasn’t as high-performing like his peers. Everyone experiences these feelings, but with athletes, I believe it affects us more because it’s an illness not a weakness.

To make an appointment with CAPS please call 207-786-6200. If you would like to help add to the conversation of mental health on campus email healthed@bates.edu

MENTAL HEALTH CONTINUED FROM PAGE 1

Nowadays, there are countless options for hockey players coming out of high school looking to play in college. Whether he be playing a year or two of junior hockey in order to prepare for college hockey or going straight into NCAA competition, many high school hockey players looking to continue playing can be seemingly overwhelmed with options. However, a third-and unfairly under recognized option is club hockey. Offered at many schools from coast to coast, club hockey presents an excellent opportunity to hockey players who don’t necessarily want the massive time commitment that NCAA hockey requires, while also providing a competitive platform for players to continue to enjoy the game.

Bates Men’s Club Hockey is no different. In speaking with one of the team’s first-years, Alex Ross, he had nothing but positives to say about his time with the team. “My experience has been very good with club hockey, we’ve had three games so far and we’re 1-2. We just won our first home game and Underhill is two years which is awesome! It’s been so much fun with a great group of guys and I can’t wait for the rest of the year.”

That win came against St. Joe’s, with the two losses coming from games against Dartmouth and Colby-Sawyer.

The team competes in ACHA Division III, here, schools like Michigan State, Auburn, Colambia, Northwestern, and many others have teams which compete at this level. Like many college players, Ross knew from a young age that he wanted to play college hockey. “I’ve played hockey since I was 6 years old,” Ross said. “I’ve always loved hockey and knew I wanted to play when I got here regardless of what role of competition it was. As mentioned, the universal best aspect of club hockey is the ability to be able to play without the strict time commitments and often extremely challenging circumstances that are often associated with NCAA hockey. That’s not to say those playing Bates Club Hockey have hours of free time on their hands. “I love the fact that club hockey is taken seriously but not so seriously at the same time,” Ross said. “It’s such an amazing experience because all of us care about winning but it’s also a relaxed feeling in the locker room and during practice.”

While the level of talent in club hockey can vary, this Bates team is absolutely worth the watch. Ross made sure to point out that this team is “talent-wise one of the best club teams Bates has had in a long time,” meaning that Underhill is going to be rising this winter. College hockey in New England is on par with college football and basketball at big state universities, so be sure to get over to Underhill Arena to watch the Bobcats dominate on the ice this winter.

The women’s club hockey team is also off to a solid start thus far, sitting at 3:3 with some big wins over MIT and Stonehill. Their season is just picking up, so make sure to go out and support them as well!
Men’s Basketball Season Preview

Cameron Carlson, Managing Sports Editor

Now that the first snowfall has come and gone, winter sports are officially under way and that means it’s time for bask- etball season. Practices have been taking place for several weeks now, and the first week of games is finally upon us.

The men’s basketball team has seen success in recent years, but they struggled last season. This year, they’re looking to get back to their winning ways.

Senior guard Tom Coyne echoed this sentiment, “So far our team is very confident and we believe that we can have a successful season.”

Coyne explained that the Bobcats return a good portion of their lineup from last season and have a system in place that is suited to their strengths.

“We have a lot of talent—guards who can all shoot and create [opportunities] for others,” Coyne added. “You can expect to see a team that plays fast, hard, and flat out on the floor so we can cut our opponents’ scores.”

Over the last three years, guard play has been a point of emphasis, which removed Bates’ weakness of not making any impact right away.

The Bobcats begin the season with 11 non-conference games, which allows them to be successful on and off the court,” Coyne said.

Coyne said that during his freshman season, he was able to give it a try as well.”

The recruiting process, which the upperclassmen help with, is instrumental in finding players that are not only talented but also fit the Bates community.

Gastonugy recruits at various tournaments and shows throughout the summer, as well as coaching at college exposure camps.

“Attitude and work ethic [are] everything in college tennis and I am able to work with some amazing athletes,” he said. “I want to coach athletes who are open to new ideas and not afraid to fail. Those are the abilities that become elite competitors in our program.”

Gastonugy is looking for- ward to the spring season and is hoping for continued success within the program.

“We had a strong start to the year because of our in- spirational leaders and the influx of a talented first-year class,” he said. “It is a blast coaching this team and I can’t wait for the spring—I know everyone will continue to work hard and be successful.”

The men’s tennis team is also looking forward to the spring season and is hoping for continued success within the program.

“We had a strong start to the year because of our ins- pirational leaders and the influx of a talented first-year class,” he said. “It is a blast coaching this team and I can’t wait for the spring—I know everyone will continue to work hard and be successful.”

The season officially kicks off on Nov. 20, when the Bobcats host Husson University right here on campus in Alumni Gym.
The Sports Week in Photos