

## Trinity Athletics Mission

**Athletics contributes to the overall educational experience at Trinity College by providing comprehensive and varied athletic programs to all students.**

**The Physical Education/Athletic Department is committed to the following:**

- \* An elective physical education program for all students that stresses good health, physical fitness, and life-time sport activities.
- \* An intramural program that encourages students of varied abilities and skills to participate in a wide range of recreational athletic activities.
- \* Club sports that offer students the opportunity for intercollegiate competition in a less structured environment.
- \* A vigorous, equitable intercollegiate men's and women's sports program that strives for achievement and excellence with an emphasis on the health and personal development of the student-athlete.

Trinity College embraces intercollegiate athletics as an educational experience that is an integral component of the academic mission of the College. Additionally, we pursue a competitive level of athletic excellence for each student-athlete and seek national achievement. We provide the necessary resources for each sport to assure equity in programs and to promote and facilitate high levels of performance. The College attracts a diverse group of student-athletes who will contribute academically, athletically, and socially to the life of our campus. Our athletic staff conducts all programs in an ethical manner in accordance with goals of the New England Small College Athletic Conference and the National Collegiate Athletic Association. We expect our student-athletes, as representatives of the College, to exhibit the highest ethical standards on and off the playing fields.



## College Information

Trinity College is a nonsectarian campus community united in a quest for excellence in liberal arts education and located in the city of Hartford, Conn. Our paramount purpose is to foster critical thinking, free the mind of parochialism and prejudice, and prepare students to lead examined lives that are personally satisfying, civically responsible, and socially useful. Trinity has an enrollment of 2,100 undergraduates.



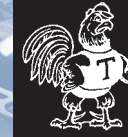
### TRINITY COLLEGE

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Trinity College does not discriminate on the basis of age, race, color, religion, gender, sexual orientation, handicap or national or ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other College-administered programs.



## TRINITY COLLEGE Men's Lacrosse



## Men's Lacrosse at Trinity

### *Recruiting*

The Trinity lacrosse program is committed to developing a strong future and tradition of success. The NESCAC conference is considered one of the strongest lacrosse leagues in all of Division III. To be competitive in our league we are looking to attract the brightest and most talented players in the country. Recruiting is approached on a national level by our coaching staff to help our program become one of the best in the country in the near future. Our players are highly motivated, focused, and extremely passionate about the sport of lacrosse. The coaches strive to create an environment that will allow our players to excel in the classroom, on the playing field, and as leaders on our campus. Trinity has an extremely supportive faculty with an outstanding curriculum and resources. Our players are encouraged to reach their full potential in all aspects of their college life. Our team's primary objective at Trinity is to develop the balance of a true student-athlete.



### *Philosophy*

The players and coaches associated with the lacrosse program at Trinity are equally passionate and competitive about the sport of lacrosse and what it takes to become a great player. We believe in striving to be the best in the classroom and on the field. Our coaching staff creates an environment filled with high energy and enthusiasm in practice, conditioning and year-round athleticism. Practices are designed to be structured, challenging, and fast paced. We believe in mastery of the fundamental skills and an intelligent and methodical approach to the game. Our goal is to be the best we can possibly be individually, collectively, and ultimately as a highly competitive team. Outside of lacrosse practice our players are committed to a year-round strength and conditioning program. The players work directly with one of our certified strength and conditioning coaches. The goal of our coaching staff is to enhance our skills, athletic ability, and knowledge of the game to compete for a NESCAC championship.



### *Schedule and Facilities*

Trinity College is committed to the success of our athletes and the facilities associated with needs of our competitive athletics program. Ferris Athletic Center is home to our state-of-the-art fitness facility, which includes free weights, squat racks, platforms, and Cybex equipment that our players utilize in our strength program. In addition we have a large number of cardiovascular machines, including 10 stationary bikes, eight treadmills, seven ellipticals, and three steppers. In addition to our fitness center, Ferris contains an eight-lane swimming pool, two regulation basketball courts, 10 international squash courts and a field house that contains a 1/10th mile track and space for indoor practice if needed. Trinity lacrosse practices and plays its home contests on Jesse-Miller Field. The playing surface is a new and popular synthetic surface called Field Turf, where fibers are arranged in a pattern to resemble natural grass. In addition to our regular field we also utilize Sheppard Field that has a traditional Astro-Turf surface and lights. We will traditionally play at least one night game every season.



**James Finlay** begins his third season as head men's lacrosse coach. The Bantam men's lacrosse squad posted its best record since 2000 at 9-6 last spring and finished a best-ever third in the NESCAC at 5-4. Finlay, who guided Trinity to its third NESCAC Championship Tournament and its

first in three years, is 15-13 in his two seasons at Trinity. Finlay arrived at Trinity after spending seven years as an assistant coach at Brown University. .

Finlay earned his bachelor's degree in history and Classical studies from Gettysburg College in 1992, where he was a three-year letterwinner in lacrosse on teams that posted a 33-9 overall mark and captured two Middle Atlantic Conference Championships. Considered one of the outstanding young defensive coaches and recruiters in the nation, Finlay went on to earn a master's degree in physical education from Springfield College in 1997.

Finlay helped the 2004 Brown defense rank No. 1 in the Ivy League and No. 7 in the nation in his role as defensive coordinator and recruiting coordinator. Prior to Brown, Finlay worked as an assistant coach at Notre Dame University for two years, helping the Irish capture the 1999 Great Western Lacrosse League title and advance to the NCAA Tournament. He served as the top assistant and defensive coordinator at Springfield College for three seasons, compiling a 25-16 record. In 1995, Springfield posted a 13-1 mark and advanced to the championship game of the NCAA Division II tournament.

