

## 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

Founded in Hartford, Connecticut, in 1823, Trinity College ([www.trincoll.edu](http://www.trincoll.edu)) is an independent, nonsectarian liberal arts college with over 2,200 students from 44 states and 28 countries. It is home to the eighth-oldest chapter of Phi Beta Kappa in the United States. Trinity students integrate meaningful academic and leadership experience at all levels on the College's celebrated campus, in the capital city of Hartford, and in communities all over the world.



### TRINITY COLLEGE

Admissions Office  
300 Summit Street  
Hartford, Connecticut 06106  
Phone (860) 297-2180  
Fax (860) 297-2287  
[admissions.office@trincoll.edu](mailto:admissions.office@trincoll.edu)  
[www.trincoll.edu/depts/admissio/](http://www.trincoll.edu/depts/admissio/)

For information about volleyball at Trinity contact:

Head Coach Caitlin Hitchcock  
Trinity College  
Ferris Athletic Center  
Hartford, Connecticut 06106  
(860) 297-4032  
[caitlin.hitchcock@trincoll.edu](mailto:caitlin.hitchcock@trincoll.edu)  
[www.trincoll.edu](http://www.trincoll.edu)

Trinity College does not discriminate on the basis of age, race, color, religion, sex, 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 Softball



## Softball at Trinity

### *Recruiting*

The Trinity College softball program recruits on a national level, attracting the most qualified student-athletes in the nation. As a result of the nation wide recruiting, our program consists of a diverse and focused group of young athletes that thrive on and off the field. With the help of a supportive athletic department and faculty we are able to provide our students with a challenging curriculum and outstanding resources. We encourage our players to pursue and take advantage of all opportunities, both academically and athletically, that our school can offer. Our primary goal is to allow our players to develop into leaders in the classroom, on the field and on campus.



Softball at Trinity is a year-round commitment. Pre-season preparation begins in the fall with an emphasis on conditioning and fundamentals. Spring practices officially start in February with indoor workouts in the fieldhouse. The team travels to Florida in March for 10-12 games and then returns home for a competitive schedule up north.



### *Philosophy*

The players and coaches of Trinity softball are extremely passionate about the sport of softball and equally knowledgeable about what it takes to become the best player possible. We believe in pushing and challenging our players to become better each day in both the classroom and the softball field. Our practices are run with enthusiasm, organization and high energy in order to achieve a daily goal. They are run at a high pace level including daily fundamentals, strategy, and conditioning. Our philosophy of “team first” allows for both team and individual success. This philosophy has allowed for the Trinity softball program to become an extremely competitive program within the NESCAC each year. Our goal as a coaching staff is to enhance our physical and mental skill as a collective group and compete for a NESCAC Championship.



Head Coach **Caitlin Hitchcock** begins her seventh season as the head coach of the Trinity softball team, after guiding the Bantams to a fourth-straight, winning season at 16-15. Trinity also qualified for the post-season for the fourth

straight season and advanced to the third round. She is 81-73-1 in her five seasons as Bantam head coach.

Hitchcock was an assistant coach at the College in softball in 2001 and 2002 and has been an assistant with the volleyball squad for the past eight years. Hitchcock also serves as a physical education instructor in the Trinity athletic department. In addition, she was an assistant coach for the Bantam women’s basketball team in 2001 and 2002.

Hitchcock earned her bachelor’s degree from Trinity in educational studies and her master’s degree from the College in American studies. She starred as an all-league catcher for the Bantam softball squad and served as captain of the softball and basketball teams in her senior season.

