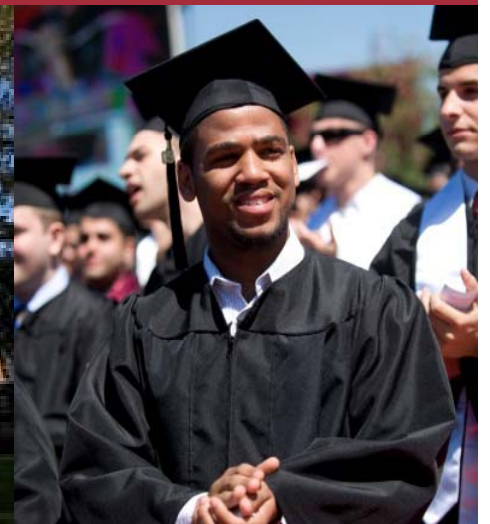




STEVENS
INSTITUTE *of* TECHNOLOGY
THE INNOVATION UNIVERSITY

Welcome Recruits!





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Cross Country/Track & Field Programs

Who?

What?

When?

Where?

Why?

And how can I join?





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Who are we?



- We are **DUCKS!**
- We are **Student Athletes** who take pride in our education and our performance both on and off the track (or XC course!)
- We are Engineers, Scientists, History and Literature Majors, Doctors and Artists





What we do ON the track



- We have **fun** and **work hard** at practice
- We set **school records** and qualify for the **NCAA Championships**
- We set both **personal and team goals** in the beginning of the year and make plans to **achieve them**
- We **visualize** new PR's and go get them!
- We are committed to **getting better every day**, which includes activities off the track
 - Weight lifting, aqua jogging (a favorite cross training activity) and properly taking care of injuries

What we do OFF the track

Being a Student Athlete at Stevens...

- Volunteering with elementary school kids in the DUCKLING PROGRAM
- Keeping up with Academics
- Joining Clubs, Greek Life, Student Government, or taking up a hobby
- Making friends you will lean on for the rest of your life
- Learning more about who you are and what you want to do in life
- Challenging yourself to grow and become a better athlete and person



STEVENS DUCKLING PROGRAM



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Being a Student Athlete at Stevens

As a freshman, you will be **challenged** by more than just school...

It's a learning process to juggle living somewhere new, sharing space with a roommate, eating right, staying hydrated, and getting that 4.0 GPA!

**BUT, you have the
STEVENS XC/T&F TEAM
TO HELP YOU OUT!**

**Women's GPA
Fall 2010:**

XC: 3.3

T&F: 3.2

**Men's GPA
Fall 2010:**

XC: 3.5

T&F: 3.3

We have many different Majors....

- Business and Technology
- Engineering - Biomedical, Engineering Management, Civil, Environmental, Mechanical, Chemical, Electrical, Computer
- Art and Technology
- Liberal Arts - History, Literature, Philosophy

.....to name a few

Where are we?

Location: *Hoboken, NJ*

We have some of the best facilities in the area...

- Cross Country – Run regularly at Liberty State Park, Palisades Park, Garret Mountain, etc
- Indoor – regularly compete at the NYC Armory!
- Outdoor – Palisades Park and Icahn Stadium!



Stevens Institute of
Technology Hoboken NJ



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Why We Do What We Do...

- We love to RUN, JUMP and THROW
- We are competitors and we LOVE a challenge
- We are a team and we stick together

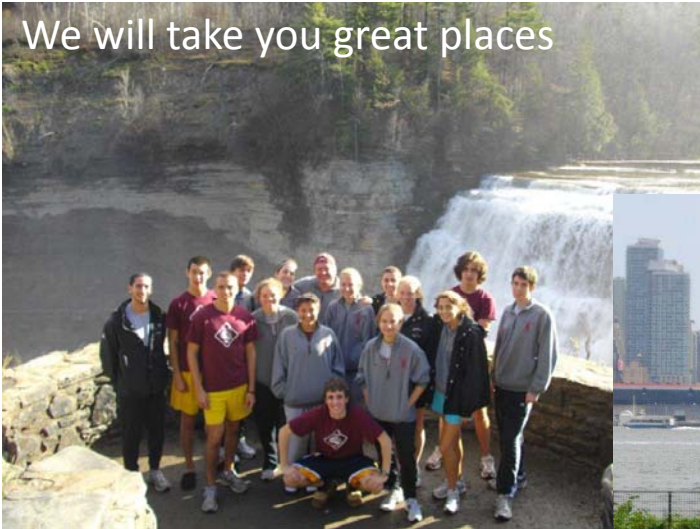




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...and **WHY** you should be a part of it

We will take you great places



New York City Armory

ICAHN Stadium, New York City



Weehawken
Track

XC Camp 2010 High Point
State Park





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Recruiting Weekend



February 17th – 18th , 2012

Check in: 7:30 AM Friday

Check out: 12:00 Noon Saturday

During your visit you will:

Attend a Class

Attend a Practice

Stay in a dorm

See a day in the life of a Stevens Athlete
and what our Track team is all about



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Recruiting Weekend Schedule

Friday, October 21st	
7:30 AM	Check In Schaefer Center - Track Office
9 AM – 11 AM	Attend a Class
11:30 AM – 12 Noon	Career Services Presentation
12 Noon – 1:30 PM	Lunch with Team – Pierce Dining Hall
2 PM	Campus Tour (Optional)
3:45 PM	XC Practice Meet at Schaefer Center – Track Office
6 PM – 7:30 PM	Dinner
7:30 PM	Stevens Volleyball Game
9 PM	Team Activity
Saturday, October 22nd	
8:45 AM – 9:30 AM	Breakfast with Hosts
9:30 AM – 11 AM	Alumni Presentations
11 AM	Individual Check Out Meetings



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**For more information or
how to contact us...**

Assistant Coach

(Throws)

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Head Coach

John Crawford

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Assistant Coach

(Sprints/Jumps)

Jessica Clausnitzer

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Assistant Coach

(Distance)

Karen Welby

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Visit us on the web at:

<http://www.stevensducks.com/>



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Just a reminder

MARK YOUR CALENDAR
February 17th-18th , 2012

Contact us to reserve a spot!

Email Jessica
jclausni@stevens.edu

Feel free to ask us ANY questions you might have about Stevens, the team, or the recruiting visit.

We look forward to meeting you!

