

Carleton College

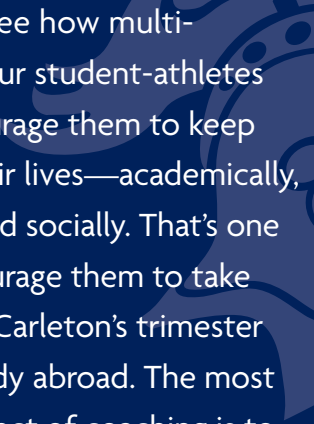
MEN'S  
**TRACK  
& FIELD**





**T**he Carleton men's track and field team competes in the Minnesota Intercollegiate Athletic Conference (MIAC) and at the NCAA Division III level. Track and field in the MIAC is very competitive, with a large number of athletes qualifying each year for the NCAA Championships. Men's track and field has been one of the most successful programs at Carleton, sporting three individual national titles and a staggering total of 67 All-American performances over the past 36 years.

Recently, the Knights have produced four All-Americans and several MIAC champions, including Tom Ballinger '09 who earned All-America honors in 2007, then repeated his performance in 2008.



“It’s great to see how multi-dimensional our student-athletes are. We encourage them to keep balance in their lives—academically, athletically, and socially. That’s one reason I encourage them to take advantage of Carleton’s trimester system to study abroad. The most rewarding aspect of coaching is to see the student-athletes develop and improve. They are great learners, and we use that skill to help them improve in each event. Occasionally, I sit in on their academic presentations, allowing me to see a whole different side of my team.”

DAVE RICKS, HEAD COACH



Carleton coach  
Dave Ricks (right)  
and Bill Huyck

## MEET THE COACH

After leading the Knights' track and field program on an interim basis in 2004, **Dave Ricks** was named head coach in May 2005. He led his squads to top-five conference championships finishes in 2004 and 2006.

In addition, he guides the men's cross-country team. After two years as an assistant, Ricks took over the reigns of that program in 2007 and immediately led the Knights to a national ranking and a berth in the NCAA Championships. Before coaching the men's teams, he spent 12 years as an assistant coach for the Carleton women's track and field and cross-country teams, helping the team attain the 2004 MIAC title.

A 1976 graduate of Union College (N.Y.), Ricks was a two-sport All-American, specializing in the decathlon in track and field and earning All-America honors in the decathlon in 1975. Ricks was named the AFLAC National Assistant Coach of the Year in 2004. He also serves as an assistant professor in the physical education, athletics, and recreation department.

Ricks has been involved with collegiate track and field either as a competitor or coach for the past 38 years. He has completed USA Track and Field's Level I Certification program for coaches.

## A LOOK AT THE SCHEDULE

Training at Carleton consists of a variety of workouts, which are attentive both to the needs of the team and to each student-athlete. Quality workout days alternate with one-on-one time working with the coaching staff on the technical aspects of the student-athlete's events. This individual attention promotes success for the student-athletes and the team.

## PROGRAM PHILOSOPHY

Head Coach Dave Ricks advocates a balance between a rigorous academic experience and competitive athletics encounters. Practices and competitions are scheduled around academic calendars and the program takes great pride in producing excellent students and athletes.

Athletes are provided with appropriately challenging opportunities that enhance their educational experience and serve to build confidence, character, and leadership abilities. Each member's individual contribution is valued within the team framework. The team is encouraged to explore areas beyond its own borders to improve the lot of others in the campus community. An ever-present genuine concern for the best interests of our students enables them to pursue both academic and athletic excellence.

“Practicing and competing with the track team at Carleton is a welcome reprieve following a day of classes. Devoting a couple hours each day to training encourages me to structure the rest of my day such that no time is wasted. As a result, I study more effectively.”

JACK DELEHANTY '09  
Major: Religion  
Hometown: Madison, Wis.

Athletics should be a vehicle to help attract outstanding students to Carleton. Athletic competition serves as an important tool in the personal development of young student-athletes. By providing outstanding coaching and direction, students are allowed to pursue both academic and athletic excellence without sacrifice. At some schools, students must lower their academic aspirations in order to be challenged athletically. Carleton's goal is to provide outstanding opportunities on both academic and athletic fronts.



**MONDAY:** Quality workout  
**TUESDAY:** Strength training, one-on-one technical work with coaching staff  
**WEDNESDAY:** Quality workout  
**THURSDAY:** Strength training, one-on-one technical work with coaching staff, relay exchanges  
**FRIDAY:** Pre-meet routine  
**SATURDAY:** Meet  
**SUNDAY:** Recovery/off day



Laird Stadium

## FACILITIES

**Laird Stadium's** eight-lane 400-meter outdoor track has been the site for the NCAA Division III National Championships three times. New runways and throw areas were added in advance of Carleton hosting the 2009 MIAC Outdoor Track & Field Championships. The stadium holds weight facilities, training room accommodations, and locker rooms.

The 80,000-square-foot **Recreation Center** houses an indoor 200-meter track around four multi-purpose courts. It contains a

6,000-square-foot fitness center with more than 80 exercise stations, a climbing wall, racquetball courts, an aerobic/dance studio, bouldering room, and other support facilities. The MIAC Indoor Track and Field Championships were held in this facility in 2002 and 2006 and returns in 2010.

Carleton's **Cowling Arboretum**, ranked by *Runner's World* magazine as one of the best places in the nation to run, has 15 miles of wooded trails winding along the Cannon River. The Arb's peaceful setting is a great place to relieve stress after a day of classes.



Recreation Center



Cowling Arboretum

"I had never been a part of any team on which the coaching staff and the athletes understand each others' needs and expectations as well as on the Carleton track team. The coaches understand the academic responsibilities of their athletes, which makes for a very open relationship."

TY MARTIN '11  
Hometown: Minot, N.D.





### TRADITION OF EXCELLENCE

Carleton long has been known as an outstanding academic institution. But Matt Hooley '04, Dan Bucy '05, and Steve Harris '06 showed balance in pursuing both academic and athletic excellence, and each was awarded the prestigious NCAA Postgraduate Scholarship.

Hooley accomplished a historic feat by winning the 1,500, 5,000, and 10,000 meters at the 2004 MIAC Outdoor Championships and was voted the meet's Outstanding Performer. While pursuing a PhD in English at the University of Wisconsin–Madison, Hooley qualified for the the 2008 U.S. Olympic Marathon Trials.

Bucy followed Hooley's accomplishment in 2005 with an outstanding performance at the MIAC Outdoor Championships. After winning the 10,000, Bucy returned to win his third consecutive 3,000-meter steeplechase and was recognized as the 2005 meet's Outstanding Performer. After graduation, Bucy pursued a degree in veterinary medicine at Colorado State University.

Harris won the 3,000 and 5,000 meters at the 2006 MIAC Indoor Championships, setting a conference record in the 3,000. He earned All-America honors by finishing third in the 5,000 at the 2006 NCAA Indoor Championships. This followed a fall season in which Harris led the Knights to the 2005 NCAA Cross-Country Championships, finishing 10th overall to earn All-America honors. He is currently working toward an advanced degree in architecture at the University of Texas.

[www.carleton.edu/athletics/mtrack](http://www.carleton.edu/athletics/mtrack)

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