



Trinity-Pawling School

# CROSS COUNTRY / TRACK AND FIELD

## Alumni



Many Trinity-Pawling alumni have succeeded in college and professional athletics. Here are some examples of where players from the last decade have continued as college student-athletes:

Bucknell, Bowdoin, Franklin and Marshall, Kenyon, UMass, Northeastern, University of North Carolina, Oberlin, RIT, Sewanee, Syracuse, Tulane, Trinity College, Union College, University of Vermont, Williams, Yale



**EMEKA NWOGUGU '23**  
**UNIVERSITY OF CHICAGO**



**GARRETT BACKUS '23**  
**BUCKNELL UNIVERSITY**



**COLE ENSLIN '21**  
**COLLEGE OF STATEN ISLAND**





# Trinity-Pawling

## CROSS COUNTRY / TRACK AND FIELD



### PHILOSOPHY

We are committed to help each student-athlete achieve his potential. The coaches work with athletes of all abilities and interests, and develop training programs so that they can compete and achieve success. Additionally, all athletes are encouraged to embrace a team-first mindset where they will work with each other, support each other, and ultimately bring out the best in each other, so that both the individual and the team will achieve success. Many of our athletes play multiple sports and use cross country and track and field to improve their athletic abilities, or they just want to compete in a different sport in their off season. One of our strengths is to work with a wide variety of athletes to help them improve their overall level of fitness.

### HISTORY

There is a long history of running at Trinity-Pawling, and of successful teams. More recent teams have achieved excellent results at the Penn Relays, the Founders League Championship Meet and the NEPSTA Championship Meet with numerous Trinity-Pawling athletes winning individual and relay events. Recent alumni return to speak with the current athletes and share stories of their success and lessons learned.

### LEAGUE

The Pride are members of the Founders League, which includes Avon Old Farms, Choate, Hotchkiss, Kent, Loomis Chaffee, Taft, and Westminster. Our other yearly opponents include Berkshire, Brunswick, Canterbury, and Millbrook. The cross country team competes in both the Founders League and NEPSTA Division I Championship Meets at the end of each season. The track and field team competes in dual meets against Founders League opponents, the Penn Relays, the Founders League Championship Meet, and the Division 1 New England Prep School Championship Meet.

### FACULTY

- Head Cross Country Coach Jim McDougal P'17 joined Trinity-Pawling in 1994. Coach McDougal ran cross country and track at Case Western Reserve University, qualifying for the 1985 NCAA Div III XC Championship race. He has USATF Level 1 and Level 2 coaching certifications and has coached track and field and cross country for over 30 years. He also serves as the History Department Chair and History teacher.
- Head Track and Field Coach Daniel Lennox joined Trinity-Pawling in 2019. Coach Lennox ran in high school with the Toronto Olympic Club, and at McGill University where he was a multiple medal winner at the Canadian University Championships. He has run 19 marathons, including 5 Boston Marathons. He also serves as the School Chaplain and Religious Studies teacher.
- The cross country and track and field coaching faculty includes Nicolas Esposito, Stephen Morrissy '17, and Gretchen Sancher.

### FACILITIES

- Broenniman Track - This 400-meter all-weather, 6-lane track ranks at the top among the School's New England competitors. Renovated in 2004; Re-sealed in 2019
- On-campus 5K Cross Country Course
- Smith Field House - opened in 2017
- Schreiber Weight Room - renovated in 2014
- Pride Locker Room - renovated in 2024

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