

COACHING STAFF



Gregg Cornell '84
Head Coach

CCRI alumnus Gregg Cornell has been the college's cross country coach since 1989 and holds the distinction of being the college's longest tenured coach. His drive, knowledge and teaching skills have combined to produce several standout athletes at the college.

During his career, Cornell has coached more than 85 NJCAA All-Americans in cross country, indoor track and track and field and many All-District runners. The men's cross country team has placed in the top three at the North East District Meet five times and

in the top 10 at the NJCAA Division III national championship three times.

Cornell has been a runner for more than 30 years. As a student at CCRI, he was the college's first All-New England cross country runner in 1982 and was named to the All-New England team for two consecutive seasons. Cornell was a member of CCRI's first two New England title teams and was voted CCRI Athlete of the Year in 1983-84. He is still recognized as one of the best runners in the college's history.

Cornell continued his running career at Bridgewater State College where he earned Division III All-American honors in 1986 and was named Bridgewater State's Athlete of the Year in the 1986-87. His success carried over to marathons, and he became one of the state's best long-distance runners by winning the Cape Cod Marathon in 1995 and the Ocean State Marathon in 1991.

In 2012, Cornell received Coach of the Year honors from NJCAA Division III Track Coaches Association. The college presented Cornell with the Distinguished Alumnus Award during the Rhode Island Legislative Scholar-Athlete Awards ceremony at the State House in April 2010. He previously received special recognition in 1989 when he was inducted into the CCRI Athletic Hall of Fame.



Hunter Stewart '07
Assistant Coach

Hunter Stewart, who competed for CCRI's cross country, indoor track and outdoor track and field teams, will serve as assistant coach of cross country squad for his sixth year.

At CCRI, Stewart was a member of the 2005 Northeast District Championship cross country team and the first-ever CCRI indoor track Northeast District Championship team in 2006. He was the indoor track 600m district champion in 2006 and 2007, and the outdoor track 800m and 4x800m district champion in 2007. He also received all-district honors in cross country in 2006 and in the outdoor track 800m event in 2007. Stewart holds CCRI indoor track records in the 500m (1:08.75) and the 600m (1:25.15). He shares the 4x800m relay record (8:41.25) with Kevin White, Joe Hannon and Bryan Galvin.

An excellent student, Stewart was a recipient of the Rhode Island Legislative Scholar-Athlete Award while at CCRI. He transferred to Rhode Island College to compete in all three running sports, earning All-Alliance/Little East honors as a junior and senior. As a senior, he was named captain and junior assistant coach of the cross country and indoor track teams. He graduated from RIC with a bachelor's degree in English in 2010. Stewart runs for the Providence Cobras racing and track and field teams.

2015 SCHEDULE

9/13	Sunday	New England College Mayflower Invitational	10 a.m.
9/19	Saturday	UMass Dartmouth Invitational	10 a.m.
9/26	Saturday	Codfish Bowl Invitational	10 a.m.
10/03	Saturday	CCRI Tri-State Open	11 a.m. (M) Noon (W)
10/16	Friday	Emanuel College Saints Invite	3 p.m.
10/31	Saturday	JUCO Northeast Invitational	11 a.m.
11/07	Saturday	Division III NJCAA Championships	TBA

Home meet in bold.



(L-R) Assistant Coach Hunter Stewart, Kody Sankey, Ian Fletcher, Britton Laney, Jared Gruslin, Head Coach Gregg Cornell

TEAM ROSTER

Alphabetical roster

NAME	HEIGHT	CLASS	HOMETOWN
Fletcher, Ian	5'9"	FR	Lincoln, R.I./ Lincoln High School
Gruslin, Jared	5'8"	SO	North Smithfield, R.I./ North Smithfield High School
Laney, Britton	5'9"	SO	Pascoag, R.I./ Burrillville High School
Sankey, Kody	5'11"	FR	Cumberland R.I./ Cumberland High School

2015 TEAM OUTLOOK

The Community College of Rhode Island cross country team looks forward to team and individual success this season. The group hopes to bring the Knights to the 2015 NJCAA Division III Championship in November.

The squad will welcome back **Jared Gruslin** (North Smithfield, RI). Gruslin represented CCRI at the 2014 NJCAA DIII Nationals. **Britton Laney** (Pascoag, RI) will return to the team after sitting out in 2014, but ran for the Knights in 2013. During the 2013 season, Laney represented the Knights at Nationals.

Joining the team this year are two freshmen: **Kody Sankey** (Cumberland, RI) and **Ian Fletcher** (Lincoln, RI). Both runners competed at their respective high schools for four seasons.

The combination of the two returning veterans and two new talented freshmen should make for a strong squad in 2015.

2014 SEASON IN REVIEW

The Knights competed in DIII cross country for the NJCAA in 2014. Runner **Ian Anderson** (Warwick, RI) led the team; he finished first for the Knights in all regular season meets where he competed. Anderson finished 68th at the NJCAA DIII Nationals – the top spot for the Knights squad. Fellow runners competed at Nationals: **Jared Gruslin** (North Smithfield, RI) finished 81st and **Joe Gareri** (Uxbridge, MA) finished 90th.

The 2014 season marked the first time in a number of years that CCRI hosted two cross country meets in one season – the Tri-State Open and the Northeast Invite. Anderson was the first Knight to cross the finish line for CCRI in both meets and placed 14th overall at the Northeast Invite.

Three sophomores, including Anderson and Gareri, will be moving on from CCRI. The Knights look to improve as a team and individually after preparing and gaining knowledge offseason from head coach Greg Cornell.



Jared Gruslin

CROSS COUNTRY ALL-AMERICANS

WOMEN

Kristin Cox	1993	NJCAA Second Team
Karen Niles	1995	NJCAA Academic
Danielle Audette	1996	NJCAA Honorable Mention
Erin Bailey	2003	NJCAA First Team
Erin Bailey	2004	NJCAA First Team
Sandra Barbosa	2004	NJCAA Honorable Mention
Sherilyn Nicholas	2005	NJCAA First Team
Jackie Hurteau	2010	NJCAA First Team

MEN

Gregg Cornell	1982	NJCAA First Team
Ken Skelly	1994	NJCAA Honorable Mention
Joshua Smith	1996	NJCAA Honorable Mention
Erik Russo	1997	NJCAA First Team
Mike Daniels	1997	NJCAA Honorable Mention
Arthur Entwistle	1999	NJCAA Academic
Tim Rudd	2000	CCCAA Academic
Mike Basilio	2000	CCCAA Academic
Ron Guenard	2005	NJCAA Second Team
Ron Guenard	2006	NJCAA Honorable Mention
James Sylvestre	2007	NJCAA Second Team
James Sylvestre	2008	NJCAA First Team
Bobby Allen	2011	NJCAA First Team
		NATIONAL CHAMPION
Bobby Allen	2012	NJCAA First Team Div. I

ABOUT CCRI

The Community College of Rhode Island opened its doors in 1964 with 325 students in temporary space on Promenade Street in Providence as Rhode Island Junior College. Today, with four campuses throughout the state, CCRI enrolls an average of almost 17,000 credit students each semester, making it the largest comprehensive community college in New England. Thirty-three percent of its students identify themselves as part of a minority group, many of whom are the first in their families to attend college.

Accredited by the New England Association of Schools and Colleges, CCRI offers more than 80 degree and certificate programs in the arts, business, computer studies, engineering, health sciences, human services, liberal arts and science departments taught by faculty who are experts in their field. Each year, Rhode Islanders fill more than 30,000 seats in our professional development, skill enhancement, job retraining and noncredit personal enrichment courses offered by CCRI's Center for Workforce and Community Education.

CCRI students are active participants in campus life and in the community. The college offers a varsity athletic program with 12 sports and a diverse selection of student clubs and organizations, including student government. Annually, students, faculty and staff volunteer for a variety of Rhode Island nonprofit organizations, making life better for those less fortunate.

Since its inception, CCRI has graduated nearly 66,000 students, with 95 percent of them living and working in Rhode Island. The college is the No. 1 provider of nurses and other health care workers in the state. Annually, more than 1,000 CCRI students transfer to Rhode Island College and the University of Rhode Island to continue their education.

CCRI's tuition is the most affordable in Rhode Island. A full-time student pays about half, or less, of tuition and fees charged at any other college in the state. According to a recent survey given to exiting students, when graduates were asked, "Would you recommend CCRI to a friend or family member?" nearly 99 percent said yes. By preparing students for continued education or to enter the state's work force, the Community College of Rhode Island provides its students with the opportunity to change their lives and achieve their dreams.

AT A GLANCE

Year founded: 1964

Locations: Warwick, Lincoln, Providence and Newport with satellite facilities in Providence and Westerly

Enrollment: 17,000

Nickname: Knights

Color: Green

Affiliations: National Junior College Athletic Association (NJCAA) Region XXI

A MESSAGE FROM THE PRESIDENT



The Community College of Rhode Island Department of Athletics, its student-athletes, coaches and support staff represent some of the best of what the college has to offer. Each and every season CCRI student-athletes put on the Knights uniform, step on to the court, field or track, and compete. They represent the college not only through their performance, but also in spirit. Their accomplishments, based on a commitment to academics and athletics, make us proud.

During the 2014–15 academic year, many student-athletes represented CCRI with distinction at the national level. Several teams were represented at regional, district and national level competitions.

These experiences are more than just wins and losses in the record books. They are examples of CCRI student-athletes achieving great things on and off the field. In the classroom, they discover a new subject, a career field and a love of learning. In athletics, they acquire the discipline and commitment it takes to reach their goals. Under the guidance of knowledgeable and caring coaches, they learn the values of camaraderie, commitment to a common goal and how to win or lose with grace.

If you are considering CCRI as a prospective student-athlete, I encourage you to explore what we have to offer academically and athletically.

If you're simply a fan of the college, I encourage you to attend one of our games and cheer on the local team. Go Knights and Lady Knights!

Ray Di Pasquale
President

A MESSAGE FROM THE DIRECTOR OF ATHLETICS



Athletics is not about winning. Rather, it is about testing one's character to the limits. To dig deep when the chips are down and the time on the clock is running out. As Olympic wrestler Dan Gable once said, "Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts."

The Community College of Rhode Island Department of Athletics provides countless opportunities for student-athletes to better themselves and face challenges with strength and resolve. While they are not competing for a gold medal, the lessons they learn being part of a team and competing are a valuable component of their CCRI

experience. They are lessons that prepare them to succeed in the classroom, a professional career and beyond.

CCRI athletic teams boast a tradition of excellence with nearly 5,400 victories, 213 All-Americans and 819 All-Region selections. During the 2014–15 academic year, several teams reached the playoffs in their sport, representing the college at the regional, district and national levels. The foundation behind those outstanding accomplishments is built on an academic support program and the dedication of CCRI coaches.

Whatever your athletic dreams might be, consider pursuing them at CCRI and join our tradition of success.

Joseph Pavone '72
Director of Athletics

You'll FLIP over your pictures!

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COMMUNITY COLLEGE OF RHODE ISLAND

Cross Country Guide

2015

