

Hilary Coder Named Director of Athletic Performance Center



BRIAN CROWLEY

The Athletic Performance Center represents not only a new name for Exeter's long-running summer athletics program, says director Hilary Coder, but a new philosophy designed to help young athletes discover the many ways they can influence their own athletic and personal success.

For as long as she can remember, Hilary Coder, Exeter's head coach of track and field and of girls soccer, has had sports and coaching in her blood.

"Sports have always been a part of my life," says Coder, who grew up in Attleboro, MA. "From the time I was about 13 years old, I knew that I wanted to teach. My mom was a teacher and that had an influence on me, and my dad had a philosophy of getting me involved in a variety of things as I grew up. In addition to music and art, there were always lots of sports."

In middle school, Coder asked permission to drop study hall so she could spend time

assisting the gym teachers instead. In high school, she excelled in track and field and swimming (she was later inducted into the Attleboro High School Hall of Fame). At Penn State, she trained as a pentathlete, laying the groundwork for her fascination with all the events in track and field.

Since joining Exeter's physical education department in 1983, Coder has steadily increased her knowledge of sports and coaching, not only through her work with her student athletes, but also through her ongoing study of the advancements in training theory,

motor learning, sports psychology, nutrition and character development. All of which has left her with a clear sense of purpose. "There is a lot of scientifically sound, immensely helpful information out there that only the elite athletes in each sport have access to," Coder says. "What a great leg up our kids will have when given that information early on!"

Such is the philosophy Coder brings to her new position as director of the Athletic Performance Center, a new summer program at the Academy for motivated boys and girls, ages 11 to 17, who are seeking to enhance their performance in basketball, cross country, hockey or squash. The five-day programs get underway on July 3 and run through August 4. Both boarding and day campers are accepted.

What will set the Athletic Performance Center apart, says Coder, is that while "a majority of sports camps focus on developing specific skills for a spe-

cific sport, the rest of the athlete is often left behind. A young athlete needs to be strong, flexible, coordinated, confident, fit and skilled."

The Athletic Performance Center will offer its athletes not only maximum time on the ice, trails or courts, says Coder, but also activities and workshops that teach goal setting, proper nutrition, training theory, speed and strength development, and focus and leadership skills. Each session will be designed to accommodate specific age groups and players of all levels of experience. "Each camper will go home having learned something new that can be applied directly to their sport," says Coder, "and to their lives." ●

For more information about the Athletic Performance Center, including schedules and registration forms, go to www.exeter.edu/apc. Or call (603) 777-3423.

Hall of Fame Honorees

Three members of the Exeter community recently earned honors from the New England Basketball Hall of Fame.

Matt Hancock '86, who was a stellar post-graduate player at Exeter, and Jack Flaherty P'76, P'77, P'80, P'82, a longtime central Massachusetts high school coach, were both inducted into the hall of fame. Also honored was Exeter girls basketball coach Rick Mahoney '61; '74, '95 (Hon.), who received the special "Dee Rowe Mentor Award."

For Mahoney, who has coached basketball in some capacity for 30 of his 38 years at Exeter, his award (named for the legendary Connecticut head coach) is something special. "I know how Dee Rowe is regarded in the basketball world, so it's really an honor to be given this in his name," says Mahoney, who also serves as Exeter's director of financial aid.

"I'm just fortunate to have been able to coach as long as I have here," Mahoney adds. "Over time you learn that wins and losses are just part of the equation. Educating players and trying to make a positive mark on their lives are the most important reasons why I do what I do."

Flaherty has four important connections to the Academy: his children—Joseph, Sarah, Meghan and Timothy—all played basketball for Exeter.



The New England Basketball Hall of Fame recently honored three Exonians: (left to right) Rick Mahoney '61, Exeter's longtime girls basketball coach; Jack Flaherty, another veteran coach who is the father of four alumni/ae; and player Matt Hancock '86, who after Exeter went on to become a three-time All-American at Colby College.