

Club Sport Newsletter

OCTOBER 2026



Brand new Club Sport Newsletter

We love our Club Sports. The students that came through the proram, the ones that are currently competing, or the ones yet to come. What better way to share all the amazing things our program is doing and all the amazing things our Athletes do than creating a Newsletter to share with our alumni! Every month, we'll send out our Club Sport Newsletter about all the amazing things our Club Sports do and all the amazing people in the program. Whether it's showing off the new coaches in our program, the new clubs that are starting up, roads to defend championships, roads to avenge playoff loses, or to spotlight some current athletes and alumni, we're here to share with you all the things going on within the Marist Club Sport program!



Introducing the New Club Women's Volleyball Coach - Cara Conrad

We're excited to welcome Marist Alum Cara Conrad back to the Red Fox Family as the new Club Women's Volleyball Coach. Cara brings a wealth of collegiate playing and coaching experience, along with a strong background in education, leadership, and athlete development.

Cara played for Marist's Women's Volleyball program from 1996-2000, earning her BA in Psychology and Special Education. She continued with the program as an Assistant Coach from 2000-2002 while earning her MA in Educational Psychology. She later earned her CAS in Educational Administration from SUNY New Paltz in 2008.

Her connection to Marist Volleyball continued years later, as she returned as an Assistant Coach from 2021-2024. Cara has also coached at the club level with Downstate North Volleyball Club for the past three years and currently serves as Head Coach of the Downstate North 17s National Team, focusing on skill development, game strategy, leadership, and team culture.

Outside of volleyball, Cara has worked in school administration since 2009 and currently serves as a Principal in the Arlington Central School District. Her experience as an educator and school leader plays an important role in her approach to coaching and developing student-athletes. Cara believes in creating a positive and competitive environment where athletes are supported, challenged, and encouraged to reach their potential. She emphasizes hard work, accountability, respect, communication, and being a great teammate.

"Marist Volleyball has been part of my life for nearly 30 years, so having the opportunity to return to a program and university that have meant so much to me is incredibly special. I'm excited to give back to the program that gave me so much, work alongside the coaching staff, and help our student-athletes grow, compete, and create the same kind of lasting memories and relationships that I was fortunate enough to experience as a Red Fox," said Cara.

Introducing the new Club Men's Lacrosse Coach - Calvin Stone

We're excited to announce Marist Alum Calvin Stone '25 as the new Club Men's Lacrosse coach. Calvin brings previous leadership position from the Club, first as a student, and now as a coach.

A 2025 Marist graduate and current MBA student, Calvin spent four years playing Club Lacrosse at Marist, helping the team to reach Nationals in three of those seasons. He also took on leadership roles early, becoming Vice-President after his freshman year and serving as Club President during his junior and senior years. In 2025, he was named Men's Club President of the Year. Now, he's ready to experience the game from the other side.

"I'm excited and fired up," Calvin said. "I've always wanted to start coaching Lacrosse, and I couldn't be happier to do it at my alma mater with a group of guys I already know so well."

While this is Calvin's first opportunity as a head coach, coaching has been always been part of his life for years.

He grew up volunteering and learning the game through different coaching experiences, helping shape the philosophy he brings to Marist today.

For him, that philosophy starts with one thing: culture. Calvin wants to build the team around four core values: hard work and accountability, a team-first brotherhood, strong fundamentals and discipline, and development while making sure players have fun along the way.

As a former player and Club President, Calvin understands what Marist Club Lacrosse can mean to the people who are part of it because he lived it himself. His goal now is to give the next group of players the same opportunities, relationships, and sense of community that made his experience to meaningful.

With his playing experience, leadership background and passion for coaching, he is ready to help guide the program into its next chapter.



Four new Club Sports get started this Fall

We are excited to announce the addition of four new Club Sports to the Marist community: Club Men's Basketball, Club Women's Basketball, Club Field Hockey, and Club Softball.

The expansion reflects the continued growth and diversity of our Club Sports program, creating more opportunities for students to participate in athletic competition, build lifelong connections, and enjoy the shared experience of being part of a team.

"We are so excited to be a part of bringing Club Basketball to campus. This program is an opportunity for students who are passionate about basketball to compete, build a strong community, and represent our school in a new way," said Charley Coward, Club Women's Basketball's founding President. "We're excited to lay the foundation for a program that can grow for years to come, and we hope to create something that current students, alumni, and the entire Marist community can be proud of".

Each new club brings new traditions, interests, and competitive opportunities to campus. Together, they add to the energy and variety of Marist's extracurricular programs while strengthening the sense of community that makes Club Sports such an important part of student life.

"We are thrilled to expand our Club Sport offerings and provide students with more ways to participate in athletics," said Stephen D'Alessandro, Assistant Athletic Director for Intramural Sports/Club Sports/Camps. "These new clubs reflect the interests of our student body and create exciting opportunities for competition, leadership, and community."
Throughout the year, the new Club Sports will have topportunities to practice, compete, participate in events, and connect with other members of the campus community. Their presence will also add new experiences and perspectives to our broader athletics program.

We look forward to following the progress of Club Men's Basketball, Club Women's Basketball, Club Field Hockey, and Club Softball, as they establish themselves within our Club Sports community and begin their first seasons. We are excited to see the energy, teamwork, and spirit they bring to campus.









Club Sport Athlete Highlight - Alex Armada, Hockey

For Alex Armada '27, hockey has always been more than just a sport - it's a part of home. Growing up in Minnesota, where hockey culture is woven into everyday life, Alex first stepped onto the ice at just three years old and began playing hockey shortly after.

Some of his earliest hockey memories came in his own backyard, where his grandpa and uncles would build a small outdoor rink using wood planks and plastic tarps. Those backyard sessions helped spark a lifelong love for the game that eventually brought him to Marist.

His favorite Marist Hockey memory came during his very first game with the team, when Marist defeated Rutgers in a shootout. It was an unforgettable introduction to the program and a moment that captured what he enjoys most about being part of the team: working hard, building camaraderie, and celebrating with his teammates after a win.

"Being a part of the hockey team was the best way to acclimated to life on campus," Alex said, reflecting on his return to Marist after spending his freshman year abroad. "I appreciate the team, managers, parents, and coaches, and I am proud of what we've accomplished together.

Balancing Hockey with academics and other commitments has also been an important part of his Marist experience. As a Business-Finance and Philosophy double major, Alex has learned to embrace the balance rather than fight it. When he is training or competing, he focuses on letting his body do the work; when he is studying or tackling extracurricular commitments, he gives a body a chance to rest while his mind takes over. For him, that trade-off is what makes a busy schedule sustainable.

Off the ice, Alex has plenty of interests that showcase his personality. He enjoys water and snow skiing, listening to Billy Joel, playing poker, and watching horror movies with his sisters. He also enjoys playing mahjong with his mom and watching stand-up comedy with his dad. A fun fact that might surprise his teammates and classmates, he has even lent his voice to two Hess Toy Truck commercials.

Looking ahead to the upcoming season, Alex hopes to create a great team environmetn filled with hard work and, most importantly, fun. He believes that a strong team culture can translate into success on the ice, with the potential to improve Marist's record and bring even more fans out to support the program.

After graduation in 2027, Alex plans to pursue a career in investment banking. For now, though, his focus remains on making the most of his time with Marist Hockey - building relationships, competing alongside his teammates, and helping create an experience that he and his fellow Red Foxes can be proud of.



Club Sport Alumni Spotlight -Amber Fairchild '25

For Amber Fairchild, '25, her time on the Marist Dance team was one of the most meaningful parts of her undergraduate experience. Through performances, competitions, leadership opportunities, and countless team traditions, Amber found a community that became like family.

Today, Amber works three jobs - two in emergency services and one at a Dance Studio, where she teaches recreational and company students. She is also preparing to apply to Physician Assistant school. Outside of work, she enjoys traveling, golfing, boating, attending concerts, and spending time with family and friends.

Some of Amber's favorite Dance Team memories include competing at Nationals, attending the MAAC Tournament for Men's and Women's Basketball, team bonding traditions, and hosting the team's first collegiate dance competition. Hosting the competition was also her proudest accomplishment, giving the team the opportunity to work together and connect with other Dance Teams and companies.

Her experience on the team also helped prepare her for life after graduation. As a member of the Executive Board for three of her four years, Amber developed valuable leadership, management, responsibility, and professional development.

"Dance in general teaches a lot of responsibility and discipline, even more so on the collegiate level when balancing school and personal life," Amber says.

Most importantly, Amber is grateful that she was able to continue dancing throughout college and form friendships that will last a lifetime.

"The Dance Team is such a family-like environment, so it was really the most impactful part of my college experience," says Amber. "Being a member of this team was truly the best part of my experience at Marist."

Although she stays busy post, graduation, Amber continues to keep in touch with teammates and follows the team on social media. She is looking forward to returning to campus to watch the team perform at football and basketball games.

Her advice to current Club Sport athletes? "Always stay open to learning from others. Allow yourself to have fun and find a good balance between school and your sport. Cherish your time as a Club Sport athlete at Marist - you'll miss it when you leave!"

EVERY STUDENT. EVERY INTEREST. EVERY RED FOX.

MARIST CLUB & INTRAMURAL SPORTS

Make an Impact



ONCE A RED FOX, ALWAYS A RED FOX.

For thousands of students, Club and Intramural Sports are where friendships are formed, leaders emerge, and lifelong memories are made. These programs foster community, wellness, and personal growth while creating meaningful experiences beyond the classroom.

A gift to Club and Intramural Sports is an investment in the connections that make Marist feel like home.

WHAT YOUR SUPPORT PROVIDES

Student Experiences Matter

- Equipment and uniforms for club teams
- Team travel to regional and national competitions
- Intramural league equipment and championship events
- Leadership development for student officers
- Facility enhancements and program improvements
- Wellness and recreation opportunities accessible to all students

PROGRAM IMPACT

Building Community Through Sport

- More than 1,500 students participate annually in club and intramural activities
- Opportunities for students of all skill and experience
- Programs that promote physical wellness, teamwork, and leadership

MORE THAN A DONATION

It's an investment in the Marist Student Experience.

CREATE opportunities for students to connect and belong.
SUPPORT health, wellness, and leadership development.
STRENGTHEN the Marist community beyond the classroom.
LEAVE a lasting impact on futfure generations of Red Foxes.

Impact and Investment Opportunities

$250: Provides equipment and supplies for an intramural team.
$500: Supports student leadership development training.
$1,000: Funds uniforms or equipment for a club sport team.
$2,500: Supports club sport travel and competition expenses.
$5,000: Enhances program equipment and student recreation opportunities.
$10,000: Provides transformational support for facility improvements, student wellness initiatives, and expanded access to participation.



How to stay involved with the Club Sport program

Want to stay connected with our Club Sport program? Here's how you can do it!

Social Media

Follow @MaristRec on Instagram for the latest highlights or follow the clubs Instagram account directly!

Online

Head over to the Marist Club Sports website, navigate over to the clubs page and take a look at their schedule!

Come to a game

Utilize DoSportsEasy to view the upcoming Club Sport schedule and come on over to campus! We'd love to see you at a game.