> "
> My coach [Pepe Aragon] always stressed that being an elite athlete involves succeeding both in soccer and in the classroom. He was right. My experience at Herkimer helped me move on to a Division I program which resulted in an eventual first-round draft pick by the Portland Timbers in the 2016 Major League Soccer Super Draft after I helped lead Syracuse to their first-ever NCAA Final Four appearance.

**BEN POLK '15**

NSCAA All-American, NJCAA All-American, Region III Male Athlete of the Year, Region III Male Player of the Year, Mountain Valley Conference Player of the Year, and SUNY Chancellor's Scholar Athlete

## HERKIMER GENERALS STAFF DIRECTORY

Scan QR code to view contact information.

**HerkimerGenerals.com**

*Herkimer College is a Division III member of the National Junior College Athletic Association.*
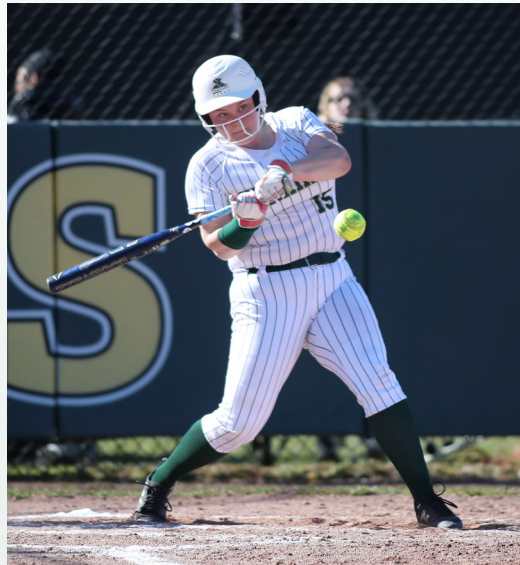
**Where in the world *you* will go...™**

# HOME
## OF THE
# GENERALS

NJCAA
NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIATION

# ATHLETICS

Nationally-ranked athletic teams provide plenty of ways to get involved and show school spirit, as a student-athlete or a spectator!

## MEN'S SPORTS

- Basketball (Varsity & JV)
- Baseball
- Bowling
- Cross Country
- Esports
- Golf
- Soccer
- Swimming & Diving
- Track & Field
- Lacrosse

## WOMEN'S SPORTS

- Basketball
- Softball
- Bowling
- Cross Country
- Esports
- Golf
- Soccer
- Swimming & Diving
- Track & Field
- Volleyball

## CONTINUE YOUR ATHLETIC CAREER

Herkimer Generals alumni have continued their academic and athletic careers at four-year colleges and universities throughout the country, including:

- Johns Hopkins
- Ohio State
- Cornell
- South Carolina
- UMass
- Penn State
- Syracuse
- Virginia
- SUNY Albany

- Bowling Green
- Coastal Carolina
- University of Tampa
- Clarkson
- SUNY Binghamton
- SUNY Geneseo
- Boston
- West Virginia
- Lynn

- Marist
- Connecticut
- St. John's
- Temple
- Clarkson
- Hofstra
- SUNY Cortland
- RIT
- and many more!

### NATIONAL 66 CHAMPIONSHIPS

### NJCAA 468 ALL-AMERICANS

**183**
Mountain Valley Collegiate Conference Championships

**137**
Region III Championships

**36**
National Academic Team of the Year Awards

**4**
Daktronics Cups
Awarded by the NATYCAA to junior college athletic program with the most success in post-season play.