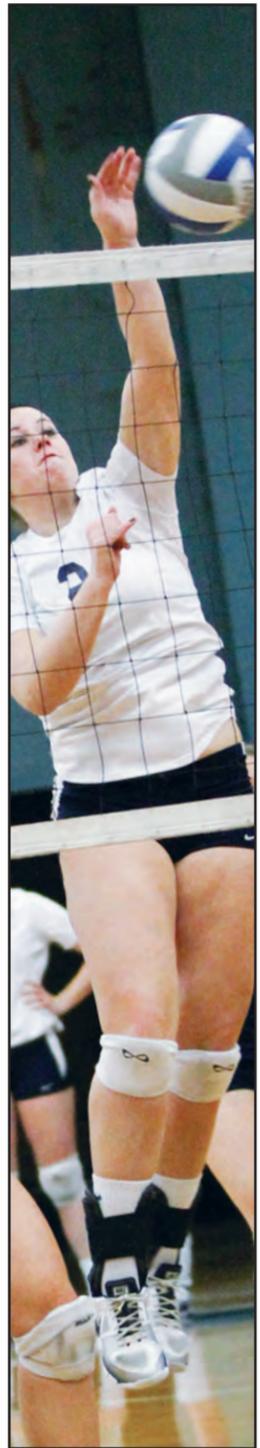


# FALL SPORTS PREVIEW

A SPECIAL SECTION OF  
THE ITHACAN



FILE PHOTOS/THE ITHACAN

# BACK IN ACTION

The Bombers' season is about to kick off.  
*The Ithacan* has coverage all year long.



**Women's Cross-Country**

**ALEXA RICK**

**Class:** JUNIOR  
**Hometown:** ELYRIA, OHIO

Rick finished second at the Empire 8 championships last year to lead the women's cross-country team to its 10th consecutive Empire 8 title. There, Rick's 5K time of 18:22.12 was second only to Stevens Institute of Technology's sophomore Amy Regan.

Last season, Rick earned U.S. Track and Field & Cross Country Coaches Association Division III All-Academic honors. Rick fin-

ished 24th out of 277 runners with a time of 22:41.7 in the NCAA Atlantic Regionals meet last year.

Going into her junior year, she can maximize her chances of improving her times if the team returns to the NCAA championships. Rick is a clinical health studies major.



**Men's Cross-Country**

**SAWYER HITCHCOCK**

**Class:** JUNIOR  
**Hometown:** FISHERS, IND.

Hitchcock earned Empire 8 Rookie of the Year honors in his first season with the Bombers and was one of two Ithaca runners to appear at the NCAA championships. He ran his career-best time of 26:01.50 at the NCAA tournament, finishing 149th out of 280 runners.

Hitchcock received First-Team All-Empire 8 honors, finishing sixth overall at the championships where the Bombers

captured their third consecutive Empire 8 title.

Last season, Hitchcock ran his second fastest 8K time at Genesee Valley Park in Rochester. He will be crucial in replacing recent star graduates Nathan Bickell '13 and David Geary '13. Hitchcock is an exploratory major.

**THE FACES OF**



**Football**

**JOEL LYNCH**

**Class:** JUNIOR  
**Position:** WIDE RECEIVER, #1  
**Hometown:** FORDS, N.J.

With Joe Ingrao '13 graduated, the Bombers' offense needs a new No. 1 wide receiver, and Lynch seems like the player who will fill that void.

The 6'1", 191-pound wide receiver led all returning wide receivers with 11 for 122 yards. While Ingrao surpassed that total twice last season, Lynch gives the Bombers' passing attack a new dimension. His ability to be a threat deep down

the field will supplement the offense well.

The South Hill squad will continue to employ a West Coast offense, but Lynch is a vertical threat and will make opposing defenses factor in the Bombers' deep passes as well as the short ones that fans are accustomed to seeing. Lynch is an exercise science major.



**Women's Tennis**

**CARLY SIEGEL**

**Class:** JUNIOR  
**Hometown:** DIX HILLS, N.Y.

Siegel is likely to take the No. 1 singles spot as the successor to Cristina Nunez '13. She played behind Nunez and Allison Young '13 last season and competed in the No. 2 singles match in the Empire 8 championship against Stevens Institute of Technology.

Siegel also helped the South Hill squad secure a victory in third doubles in both of the Empire 8 championship matchups against Stevens.

Last season, Siegel and sophomore Mary Blumenthal also won the No. 2 doubles match in the opening round of the NCAA tournament. Without any seniors listed on this year's roster, the Bombers will have to rely on juniors like Siegel to lead the way. Siegel is a speech-language pathology major.



**Sculling**

**DOMINIQUE LESSARD**

**Class:** SENIOR  
**Hometown:** DOVER, N.H.

Lessard began her career at the college as a walk-on for the women's crew team. She then became a two-sport athlete by joining sculling. As a sculler, she began in the sixth seat of the second novice boat but is now assuming the role of team captain.

Last season, she competed in the 2x rowing events and finished ninth overall in the event at the Head of Fish competition in Saratoga. Lessard will likely have to step

up and compete with teammate Delaney Pfohl, who finished seventh overall in last year's 2x race in Saratoga.

She began the 2012 season in the middle of the pack, but this year she aims to one-up the competition and break out for the South Hill squad. She will also be a co-captain for this 2013-2014 women's crew team. Lessard is a biology major.

**GAMES TO WATCH**

Fall is a busy time for Bombers athletics. Home or away, these matchups are a must-see.

**WOMEN'S TENNIS**

**Time:** Noon  
**Date:** Sept. 14  
**Location:** Wheeler Tennis Courts vs. Nazareth College



**VOLLEYBALL**

**Time:** 7 p.m.  
**Date:** Sept. 20  
**Location:** Oneonta, N.Y. vs. Stevens Institute Technology



**MEN'S SOCCER**

**Time:** 1 p.m.  
**Date:** Sept. 21  
**Location:** Carp Wood Field vs. St. John Fisher College





Women's Soccer

**AMANDA CALLANAN**

**Class:** SENIOR  
**Position:** MIDFIELDER, #22  
**Hometown:** BALLSTON SPA, N.Y.

In her junior season as a Bomber, midfielder Callanan helped the squad win its first Empire 8 title since 2009 when she converted the go-ahead penalty kick in the championship game versus Nazareth College. The goal earned her Empire 8 tournament MVP honors, and she was the only non-senior on the team to be named to the Empire 8 First Team.

Callanan was one of five Bombers to

start all 23 games last season, and she earned Empire 8 Player of the Week honors twice during that time. She was also named to the National Soccer Coaches Association of America College Division Scholar All-America Third Team following her performance last year. Callanan is a speech-language pathology major.



Men's Soccer

**JOEY DOBBINS**

**Class:** SOPHOMORE  
**Position:** DEFENDER, #4  
**Hometown:** RANDOLPH, N.J.

In his first season, Dobbins played in 10 games and started eight of them before tearing his meniscus, which ended his year early. After 10 months off the field, Dobbins returns to the soccer team this fall and will help anchor a defense that gave up 0.87 goals per game last season.

Along with his ability to play lockdown defense, Dobbins has one of the longest shots on the team, enabling him

to score from almost anywhere on the pitch. He scored one goal last season that led the bombers to a 1-0 victory over No. 11 Muhlenberg College on Sept. 9, 2012. That same week he was named Empire 8 Player of the Week. Dobbins is a clinical health studies major.

**FALL**

A closer look at the stand-out South Hill athletes of the upcoming season.



Volleyball

**CARLY GARONE**

**Class:** SOPHOMORE  
**Position:** SETTER, #15  
**Hometown:** EAST MORICHES, N.Y.

Garone is the only returning designated setter on the roster this season. In her first season on the South Hill squad, she was named the Empire 8 Rookie of the Year.

The setter averaged 7.74 assists per set last season and had a career-high of 11.5 points against SUNY-Fredonia in a tightly contested 3-1 loss. She started 26 of 28 matches for the Bombers and had

a season's best of 47 assists in a 3-1 victory against Rutgers-Newark University on Sept. 7, 2012.

With seniors Syline Kim at right side and outside hitter Justine Duryea playing alongside Garone, the Bombers will have an experienced back line to anchor their starting lineup. Garone is an integrated marketing communications major.



Golf

**SHARON LI**

**Class:** JUNIOR  
**Hometown:** HAPPY VALLEY, HONG KONG

Last year, Li won five tournaments altogether and took the Empire 8 championship individual title. Li was named First Team All-American and traveled to the NCAA tournament as an individual. She placed 10th overall, shooting 77, 76, 87 and 73.

From her freshman to sophomore year, Li improved about three strokes and last year had an average of about 77.

She was ranked No. 1 in New York State and No. 2 in the region behind Georgiana Salant of Williams College.

This year, Li has her sights set on making another run for the NCAA tournament and improving her average score more than she did last season. Li is an exercise science major.



Field Hockey

**ANDREA PACE**

**Class:** SENIOR  
**Position:** MIDFIELDER AND BACK, #2  
**Hometown:** MONKTON, MD.

Pace will be a force to be reckoned with when the field hockey team takes to Higgins Stadium this fall. Pace recorded four goals and nine assists in her 18 starts last season, giving her a career high of 17 points.

She collected only one point in her first two years as a Bomber but had a breakout year in 2012 season, earning herself a spot on the All-Empire 8 Second Team. Pace scored her first-career goal

in the opening game of the season, a 6-2 win against Wells.

Pace's nine assists locked her in for most assists in a single season since Sue Bender '93, who had 10 assists.

Expect Pace to come out looking to break Bender's record this season. Pace is a sport management major.

FOOTBALL	WOMEN'S SOCCER	GOLF	FIELD HOCKEY	CROSS-COUNTRY
<p><b>Time:</b> Noon  <b>Date:</b> Sept. 28  <b>Location:</b> Buffalo, N.Y.                      at Buffalo State College</p>	<p><b>Time:</b> 4 p.m.  <b>Date:</b> Oct. 2  <b>Location:</b> Carp Wood Field vs. Misericordia University</p>	<p><b>Time:</b> 1 p.m.  <b>Date:</b> Oct. 5-6  <b>Location:</b> Williamstown, Mass.                      at Williams College</p>	<p><b>Time:</b> 1 p.m.  <b>Date:</b> Nov. 2  <b>Location:</b> Higgins Stadium vs. Hartwick College</p>	<p><b>Time:</b> Noon  <b>Date:</b> Nov. 16  <b>Location:</b> Mt. Morris, N.Y.                      at Atlantic Region Championships</p>

# KICKING IT TO

## WOMEN'S SOCCER



Junior forward Jackie Rodabaugh takes possession of the ball during the game against Misericordia University on Oct. 2, 2012.

FILE PHOTO/THE ITHACAN

## New season fuels hunger for redemption

BY KRISTEN GOWDY  
STAFF WRITER

Of the six seniors that graduated in 2013 from the women's soccer team, four were named to an Empire 8 all-conference team. Two were selected as First Team All-Americans, and one was named to an All-American team in each of her four years as a Bomber.

The defending Empire 8 champions have some big shoes to fill. Without the strength of last year's graduating class, the team will need to find new ways to win, senior forward Jackie Rodabaugh said.

"Last year's class was pretty special," Rodabaugh said. "There are many roles that may not necessarily be replaced in the exact way, but if each girl steps up their game and can have the confidence, we'll continue to be successful without the big names of last year's senior class."

The Bombers graduated last year's top scorer, forward Rachael Palladino, who broke Ithaca College's record for all-time points and goals. Without Palladino in the lineup, the team will look to returning senior forwards Rodabaugh and Ellyn Grant-Keane to lead the offense. Both Rodabaugh and Grant-Keane started last year, scoring six and eight goals respectively.

Also in contention for playing time at forward are sophomores Libby McNamara and Angelica Romeu, as well as junior forward and midfielder Sam Thompson. Of the three, Romeu played the most last year, appearing in 15 games and netting only one goal. McNamara played in 10 games but scored twice.

The team will need help from the incoming freshmen class as well as a few returners who have not seen much time on the pitch in past seasons, senior midfielder Amanda Callanan said.

"We will work hard in trying to make the incoming freshmen comfortable as quickly as possible in order to focus on our goals," she said. "It will be very important to get [the new players] ready to compete at the next level. If we can do this, we will find success."

Senior Julie Winn led the midfield last year with four goals and 12 assists for the season. Along with Callanan and Grant-Keane, sophomore Kelsey King will be one of the most

important factors in replacing Winn at midfield. King played in every game for the Bombers last season and led last year's freshmen class with five goals.

Arguably the most critical component for the Bombers though will be their defense. The Blue and Gold ranked third among DIII teams in the nation last season with a .336 goals-against average but graduated several impactful defensive players. Head coach Mindy Quigg stressed the importance of defensive cohesiveness.

"We will be strong as a defensive unit [this year]," Quigg said. "We take great pride in our team defense."

On the defensive end, the Bombers graduated Becca Salant, who was named Goalkeeper of the Year by D3soccer.com with a .914 save percentage. Senior Becca Lewis and sophomore Beth Coppolecchia will compete for the starting goalkeeper position this year.

Additionally, the squad graduated First Team All-Empire 8 selection Megan Palladino, who was an anchor for the defense in 2012. To replace her, the Bombers have a host of defensive returners to join a line that includes senior backs Alex Liese and Anna Gray, who was a Second Team All-Empire 8 selection.

After an untimely Sweet Sixteen exit from the NCAA tournament last season, Rodabaugh said the team's goal is to capture the National Championship title that has eluded it for the past two years. In 2011, the Bombers made it to the Final Four before losing to Wheaton College, which eliminated them from the tournament. Last year, they were upset by Misericordia University in the third round of the tournament.

Rodabaugh said if the team can have another season with an offense that averages 2.6 goals per game and a top five-ranked defense, it will be in a position for championship contention, and that's the team's ultimate goal.

"Being eliminated from the tournament the way we did overshadows a lot of the great things we did accomplish last season," Rodabaugh said. "Another trip to [the Final Four] would mean the world to us."

**"Another trip to [the Final Four] would mean the world to us."**

**—Jackie Rodabaugh**  
SENIOR FORWARD

# THE TOP

## Soccer squads are positioned for championship status

### MEN'S SOCCER

## Players return to a field of familiar faces

BY MATT CONSTAS  
STAFF WRITER

When the men's soccer team goes onto the pitch this season, fans will see many familiar faces from last year's squad. The Bombers only graduated three seniors from the 2012 season, all of whom were captains of the Empire 8 co-champion team. The current team will use what those graduates taught the squad to improve on the previous season.

"Losing only three kids is usually a blessing, but all the kids we lost were extremely important to the team," sophomore goalie Kenny Chapman said. "They were key players and leaders, but I think they prepared us well for the next couple of years and gave opportunity for kids to step up this year."

The Bombers went 7-5-6 last season with a record of 3-2-1 in conference games, helping them finish third in the Empire 8 regular season standings. The Bombers played a tough schedule last year, facing Muhlenberg College, No. 11 in the nation, at home; playing top Empire 8 competition at St. John Fisher College; and playing the nationally ranked Ducks team at Stevens Institute of Technology. Junior midfielder A.J. Wolfanger said last season's challenges will prepare the team for this year's competition.

"The experience we will bring into this season is very valuable," Wolfanger said. "We played one of the more challenging schedules in the country last year, and I think we gained a lot of confidence from how competitive we were last year, and no

team on our schedule this year will intimidate us."

Last year, the Bombers had a chance to move on to the NCAA Tournament after a tie with Stevens, which was ranked seventh nationally at the time, in the conference championship game. But the Bombers fell short in penalty kicks, which lost them the match.

Sophomore midfielder Jordan Filipowich said the Bombers will use that penalty kick heartbreak as motivation to accomplish their goal of making it to the tournament this year.

"Getting that close, even though it was a heartbreak, will help us this season, because we know what it takes to get there, and I think that it gave a lot of us freshmen last year a chance to see and play in such a high-risk game," he said.

In order to reach their goal of making the NCAA tournament, the Bombers will have to improve on defense. The three graduated captains started all 18 games for their defense, which only gave up 17 goals last season. While this year's team has defensive depth, players will have to step up. Sophomore back Joey Dobbins, junior midfielder Liam Joy and Filipowich, who all received defensive playing time last season, will have to follow in the footsteps of last year's great back third.

"We will need players who didn't see that much action last season step up and show that they can compete against the tough strikers and attackers of our competition," Filipowich said. "Also, new leaders will have to take command of the back to help

navigate our way through our very competitive schedule."

The team's bigger goal for this year is to strengthen its offense. The Bombers only scored a total of 15 goals last season. Chapman said they need to take better advantage of the scoring opportunities they get this year, because goals will help them make it to the postseason.

"I just want to get us to the playoffs again," he said. "What I think will get us there is goals. It seems obvious, but we have to score more and put away our chances because, as a team defensively, we don't get scored on a lot."

The Bombers will face some tough opponents early, hosting No. 24 SUNY-Oneonta and going to No. 10 University of Scranton, while having to take on the Empire 8 and No. 13 Stevens. With the tough schedule ahead, it will not be easy for the Bombers to score goals, and it's difficult to pinpoint what will be the most important match on their schedule.

Wolfanger said all of the games are important, but the first conference game may be the most essential. This matchup with St. John Fisher will set the tone for the season.

"The first Empire 8 league game against St. John Fisher is the most important," he said. "We have to get off to a good start in league play to put ourselves in position to make the Empire 8 playoffs and ultimately win the automatic bid for the NCAA Tournament."

The first game of the season for the Bombers is set for Aug. 31 at home against SUNY-Oneonta.

## STAT CHECK

**6** the number of games that went into double overtime last season

Sophomore goalkeeper **KENNY CHAPMAN** had **FIVE** solo shutouts in his rookie season

Junior **TIM GOLDMAN** led the squad with **FOUR** goals in 2012



Clockwise, junior midfielder A.J. Wolfanger and sophomore midfielder Jordan Filipowich go in for a header with University of Scranton forward John Spadaro during a game Sept. 25, 2012, on Carp Wood Field.

FILE PHOTO/THE ITHACAN

# Getting acquainted

The Ithacan's sports staff gives the inside scoop on eight of the 10 teams competing this season.



Senior quarterback Phil Neumann poises to throw the ball during a game Sept. 15, 2012, versus Union College.

FILE PHOTO/THE ITHACAN

## FOOTBALL

Last season, the football team began its season on the right foot by winning its first four games. The Bombers then lost four games out of their last six, three by seven points or less. They also graduated their two leading running backs, Clay Ardoin and Jarrett Naiden, as well as their wide receiver Joe Ingrao '13. Ingrao led the team with 942 receiving yards and seven touchdowns, which earned him a spot on the All-Empire 8 First Team.

Will Carter, graduate student linebacker, received a medical redshirt after suffering a season-ending knee injury against Utica College last season, which makes him eligible to play this year. Tom Scanlon, senior

strong safety, led the team in tackles last season, and this year he will lead a veteran secondary. Senior quarterback Phil Neumann returns looking to build on his first full season as a starter. Linebacker Jake Santora and left tackle Pat Stephenson, both seniors, will serve as team captains along with Carter and Neumann.

Head coach Mike Welch resumes his duties after missing the last four games of the 2012 season because of complications from heart bypass surgery. The Blue and Gold's home opener against Moravian College will be at 1 p.m. Sept. 7 at Butterfield Stadium.

— Christian Araos

## MEN'S CROSS-COUNTRY

The men's cross-country team had great individual successes last season when Nathan Bickell '13 and sophomore Sawyer Hitchcock went to the NCAA championships in Terre Haute, Ind. But without Bickell and David Geary '13, a First Team All-Empire 8 selection, the squad will look toward Hitchcock, who was the 2012 Empire 8 Rookie of the Year, and Second Team All-Empire 8 selections Billy Savage '13, senior Sam Horwath, junior Dennis Ryan and sophomore Stephen Gomez to lead the team.

Horwath and Ryan will serve as captains for the 2013 season, and Jim Nichols will return for his

22nd year as head coach of the men's cross-country team. The team's upperclassmen are made up of one senior, four juniors and seven sophomores.

The squad will kick off its only home meet of the season at 11:15 a.m. Aug. 31 for the Jannette Bonrouhi-Zakiam Memorial Alumni Run at Upper Terrace Field.

— Kristen Gowdy



Junior Dennis Ryan leads the pack during the Jannette Bonrouhi-Zakiam Memorial Alumni Run on Sept. 1, 2012.

FILE PHOTO/THE ITHACAN



Senior forward Lindsay Flanagan chases the ball during a home match against SUNY-Oneonta on Oct. 13, 2012.

FILE PHOTO/THE ITHACAN

## FIELD HOCKEY

The field hockey team's weak road appearance last season left the Blue and Gold below a .500 record and out of the playoffs. The squad finished 7-11 during its 2012 schedule, with a 5-6 home record and just two wins on the road. But with head coach Tracey Houk at the helm and most of the competitors returning, the South Hill team is optimistic it will make this a season for Ithaca College's record books.

The Bombers' captains will be determined before the first game, but key returners for the squad include seniors midfielder and back Andrea Pace

and forward Lindsay Flanagan. Both players will take the field again this year as the Blue and Gold fight for their first playoff appearance in more than eight years.

Even with its optimism and strong lineup, the team must fill the void left by last year's starting goalkeeper Kelly Singleton '13 and starting forward Julia Conroy '13. The South Hill squad will take the home field against Wells College at 5 p.m. Aug. 30 at Higgins Stadium.

— Haley Costello

## VOLLEYBALL

The volleyball team hopes to exceed a .500 record after finishing below that mark last season for only the second time since 2008. Last season, the team failed to make the NCAA tournament and was eliminated from the Empire 8 tournament in a semifinal match to Stevens Institute of Technology.

The squad wants to improve upon its 4-3 conference record to vie for higher Empire 8 seeding when the tournament rolls around this November. Returning players include seniors outside hitter Justine Duryea and right side Sylene Kim, along with stand-out sophomore Carly Garone, the

team's setter who was named the 2012 Empire 8 Rookie of the Year.

A significant loss for the squad will be outside hitter Marissa Weil '13. Weil recorded 244 kills, 105 digs, 38 block assists, 10 block solos and 19 assist during her senior season.

Head coach Janet Donovan returns to the Blue and Gold for her 22nd season. The Bombers will begin the year on a four-game road trip before coming back for their home opener at 5:30 p.m. Sept. 6 against Cazenovia College.

— Mark Warren



The volleyball squad shakes hands with the Baptist Bible College team during the Bomber Invite on Sept. 8, 2012.

FILE PHOTO/THE ITHACAN



Junior Taylor MacDonald follows through with her swing during practice on Sept. 12, 2012, at the Country Club of Ithaca.

FILE PHOTO/THE ITHACAN

## GOLF

Last year, the women's golf team was ranked No. 17 in the country. This year, the team has jumped two spots to No. 15 and has set a primary goal to play in the NCAA tournament in Florida this spring. Junior Sharon Li earned a bid to the NCAA tournament as an individual last season, tying for 10th place overall and posting a 73 in the final round.

Including Li, some key returners this fall are junior Kelsey Baker and senior Amanda Failla. Head coach Dan Wood, who was named the 2012 Empire 8 Coach of the Year, is looking forward to

adding three incoming freshmen, all of whom had promising high school careers.

The Bombers are the No. 4 team in the region and hope to improve upon their standings when they face nationally ranked Middlebury College at the St. Lawrence Invitational and Williams College at the Williams Fall Classic. Though the golf team has no scheduled home tournaments this season, it will play at SUNY-Cortland on Sept. 28 and 29.

— Karly Redpath

## WOMEN'S TENNIS

The women's tennis team concluded the 2012 season with its eighth consecutive Empire 8 championship, posting an 11-0 record in team competition throughout the fall. The Bombers graduated four seniors, including Allison Young '13 and Cristina Nunez '13, two of the top singles players last season. This year's squad will have no seniors on its roster.

Juniors Carly Siegel, Allison Vizgaitis and Alyssa Steinweis all had court time in singles and doubles matchups and are likely to emerge as the top performers this season for the Bombers.

The team's initial goal will be making it to the

Empire 8 championships in late October, but the ultimate goal will be reaching the NCAA championships in the spring season.

Head coach Bill Austin, who has led the women's program to a 142-85 record, will return for his 14th season. The South Hill squad will open up the year hosting Utica College at 4 p.m. Aug. 30 at the Wheeler Tennis Courts.

— Steve Derderian



Sophomore Marni Blumenthal prepares for a serve during a home match against Alfred University on Sept. 4, 2012.  
FILE PHOTO/THE ITHACAN



Cassidy Goepel '13 takes to the Cayuga Inlet on Aug. 27, 2012. Last season was the sculling team's inaugural year.  
FILE PHOTO/THE ITHACAN

The Bombers' sculling team comes into its second season with the bar set high as a group of seniors look to continue the team's first-season success. The women's sculling program was initiated as the 27th varsity sport at Ithaca College last fall. In sculling, the athletes handle two oars, while athletes on the crew team handle one oar, also known as sweep rowing. While sculling has been around as long as sweep rowing, DIII competition had not been organized until last year.

Becky Robinson, head coach of the crew team, also coaches the sculling team along with assistant

— Durst Breneiser

## SCULLING

coach Beth Greene. The team made the best of its limited first-year schedule and proved itself in all four appearances as the newest sport at the college. In their first two regattas, the double sculls placed first and second. The coxed quad also had success, consistently placing in competition. The most notable event for the Bombers came when Cassidy Goepel '13 won at the Head of the Fish regatta on Oct. 27 in Saratoga.

## WOMEN'S CROSS-COUNTRY

The women's cross-country team, which ranked 32nd nationally at the end of last season, will look to make an appearance at the NCAA championships for the second consecutive year.

Seven members of the 28-member 2012 squad traveled to Terre Haute, Ind., on Nov. 17, 2012, to compete at nationals and bring the experience of competing at a higher level back to the 2013 team.

First Team All-Empire 8 selections junior Alexa Rick, sophomore Anna Fay, junior Anastasia Diamond, junior Emily Smith and sophomore Jaime Lisack are all experienced returners that the team will look to for

leadership. The team graduated eight seniors from the 2012 season.

Entering only her second year as head coach, Erin Dinan hopes to lead the team to its 11th straight Empire 8 championship.

The Bombers will open their season with the only home competition at 11:15 a.m. Aug. 31 for the Jannette Bonrouhi-Zakiam Memorial Alumni Run at Upper Terrace Field.

— Kristen Gowdy



Junior runner Meghan Cass runs as part of the Jannette Bonrouhi-Zakiam Memorial Alumni Run on Sept. 1, 2012.  
FILE PHOTO/THE ITHACAN

Check out full-length previews for all 10 fall sports online at [theithacan.org/sports](http://theithacan.org/sports).

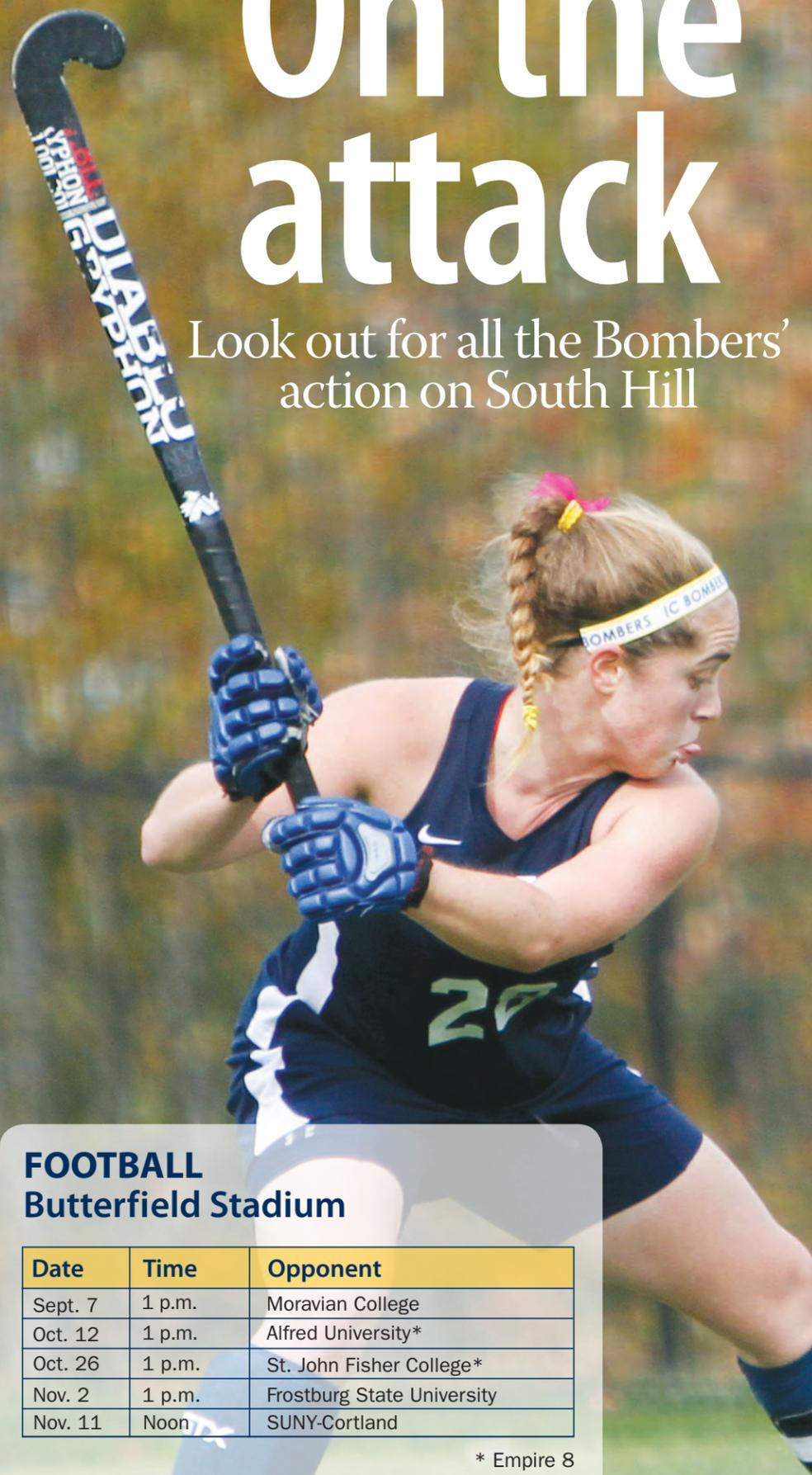


Follow us on Twitter all season for game updates and scores.  
**@IthacanSports**

FILE PHOTO/THE ITHACAN

# On the attack

Look out for all the Bombers' action on South Hill



## FOOTBALL Butterfield Stadium

Date	Time	Opponent
Sept. 7	1 p.m.	Moravian College
Oct. 12	1 p.m.	Alfred University*
Oct. 26	1 p.m.	St. John Fisher College*
Nov. 2	1 p.m.	Frostburg State University
Nov. 11	Noon	SUNY-Cortland

\* Empire 8

## WOMEN'S CROSS-COUNTRY Ithaca College Cross-Country Course

Date	Time	Event
Aug. 31	11:15 a.m.	Jannette Bonrouhi-Zakiam Memorial Alumni Run

## VOLLEYBALL Ben Light Gymnasium

Date	Time	Opponent
Sept. 6-7	5:30 p.m.	Bomber Invitational
Sept. 25	6 p.m.	Keuka College
Oct. 9	6 p.m.	SUNY-Cortland
Oct. 11-12	5:30 p.m.	Ithaca Tournament
Oct. 29	6 p.m.	Wells College

## MEN'S CROSS-COUNTRY Ithaca College Cross-Country Course

Date	Time	Event
Aug. 31	11:15 a.m.	Jannette Bonrouhi-Zakiam Memorial Alumni Run

## FIELD HOCKEY Higgins Stadium

Date	Time	Opponent
Aug. 30	5 p.m.	Wells College
Aug. 31	2 p.m.	SUNY-Brockport
Sept. 4	4 p.m.	SUNY-Oswego
Sept. 11	4 p.m.	SUNY-Cortland
Sept. 14	1 p.m.	Elmira College*
Sept. 28	6 p.m.	Stevens Institute of Technology*
Oct. 8	6 p.m.	Rochester Institute of Technology
Oct. 15	5 p.m.	William Smith College
Oct. 26	5 p.m.	St. John Fisher College*
Nov. 2	1 p.m.	Hartwick College*
Nov. 5	4 p.m.	SUNY-Geneseo

\* Empire 8

## WOMEN'S SOCCER Carp Wood Field

Date	Time	Opponent
Sept. 7	1 p.m.	Emory University
Sept. 25	4 p.m.	Utica College*
Sept. 29	1 p.m.	Farmingdale State College
Oct. 2	4 p.m.	Misericordia University
Oct. 14	4 p.m.	Houghton College*
Oct. 26	1 p.m.	Stevens Institute of Technology*
Oct. 30	3 p.m.	St. John Fisher College*

\* Empire 8

## WOMEN'S TENNIS Wheeler Tennis Courts

Date	Time	Opponent
Aug. 30	4 p.m.	Utica College*
Sept. 5	4 p.m.	Elmira College*
Sept. 14	Noon	Nazareth College*
Oct. 8	4 p.m.	Hartwick College*
Oct. 11-13	TBA	New York State Championships
Oct. 19-20	TBA	Empire 8 Championship Tournament

\* Empire 8

## MEN'S SOCCER Carp Wood Field

Date	Time	Opponent
Aug. 31	2 p.m.	SUNY-Oneonta
Sept. 4	7 p.m.	Rensselaer Polytechnic Institute**
Sept. 11	4 p.m.	SUNY-Cortland
Sept. 21	1 p.m.	St. John Fisher College*
Oct. 1	4 p.m.	Hobart College
Oct. 8	4 p.m.	Hamilton College
Oct. 12	1 p.m.	Elmira College*
Oct. 19	1 p.m.	Utica College*

\* Empire 8

\*\* at Higgins Stadium