

# SPRING SPORTS PREVIEW

A SPECIAL SECTION OF  
THE ITHACAN

# SPRING



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As the snow begins to melt on South Hill,  
Bomber spring teams are heating up



# MEN'S AND WOMEN'S LACROSSE



## Men's lacrosse ranked first in preseason Empire 8 poll

BY KARLY REDPATH  
SENIOR WRITER

Most of the men's lacrosse team's preseason has been a challenge between reserving indoor space and braving the bitter cold and snow.

Its 2015 season kicked off Feb. 22 with a 13-10 win against Marywood University. The Bombers, who finished at 15-5 last season, look to reclaim last season's Empire 8 title, which was the team's first since 2008.

The Blue and Gold were also recently ranked No. 1 in the Empire 8 Men's Lacrosse Preseason Coaches Poll.

However, junior defender Eli Gobrecht said most of the time the team tries not to look too much into the rankings.

"It basically means that this year we have a target on our back," Gobrecht said. "Being the No. 1 team, everyone wants to beat us. There's a lot of teams on our schedule that kind of circle that game because it's a premiere matchup for them, so it just means we've got to take every day like one day at a time."

After graduating nine seniors last year, the team looked to rebuild as it recruited, and succeeded. Of the 36 players on the team, 12 are freshmen. The team also returns 13 sophomores and 11 upperclassmen with five juniors

and six seniors.

Senior defenseman John Figarelli said he thinks the team has had one of its strongest preseason starts in his four years on the team, and it can have an equally strong season.

"As far as talent from last year, I think we can be just as good — if not better," Figarelli said. "We've been real consistent this preseason, I don't think we've had a preseason where we've put together so many good practices — you know the first three days, coach kicked us off the field and said, 'You guys are lazy,' and ever since then, we haven't had a bad day."

Head coach Jeff Long said the team is looking forward to having some key returners back this season, who he thinks will have a big impact on the team's success.

"We have some good kids at each position that have had some pretty good experience," Long said. "I think the key is really how those next-level kids do for winning games. Your starting team kind of matches up usually pretty even with most of the people we play against. When you make subs, and your level doesn't go down, or it actually goes up a little bit, that's where you



### JUST THE FACTS

Head coach: Jeff Long

Last year's record: 15-5

Key returners: James Manilla, John Januszkiewicz, Michael Walker

From left, senior attack James Manilla prepares to pass over a defender in the men's lacrosse team's 10-8 victory over Nazareth College on Feb. 12, 2014.

TUCKER MITCHELL/THE ITHACAN

win a lot of games."

This season the South Hill squad looks to become the first men's lacrosse team in school history to repeat an Empire 8 Championship title, something the upperclassmen said is a huge focal point.

The matchup with the most intrigue for the Bombers is Rochester Institute of Technology on Feb. 28. Rochester was the squad that knocked the Bombers out of the race for an NCAA title last season in the second round with a 20-8 victory.

Figarelli said one of the goals for the team this season is to get further in the postseason than it did last year.

"We [want to] repeat as Empire 8 champions, and as far as the NCAA playoffs go, we'd like to go further than we did last year," he said. "We know it's going to be tough because our midfield is the youngest part of our team right now, as far as experience goes."

The team has had a tough preseason due to the inclement weather in Ithaca thus far, which has restricted outdoor practice times. However, senior attacker James Manilla said he sees it as just another factor that is going to make the team stronger when it comes to its performance.

"We're all pretty firm believers in everything we do up until game

day gives us an advantage," he said. "Whether it's what we're doing in the weight room, things like shoveling the field, just dealing with the adversity that's been thrown at us, I think will only make us stronger as a team."

But for now, Long said he wants to focus his attention on the start of the season.

"Being so young, I think every game is huge right now," he said. "I think we need game experience. So that's going to be our biggest thing is how fast our team can mature. We really do need to go back the old cliché, 'one day, one game at a time,' and get better each day. So that's kind of how we're going to do it."

## Women's lacrosse looks to break seven-year conference title slump

BY BRANDON GLASS  
CONTRIBUTING WRITER

For three straight years, it has been a story of heartbreak for the women's lacrosse team. Three straight years and three straight Empire 8 Championship games lost.

It started in the spring of 2012. After going 12-3 in the regular season, including a program-record tying 10 consecutive victories, the team suffered a crushing home loss against second-seeded St. John Fisher College in the Empire 8 conference title game.

A year later, the pattern continued for the Bombers. A dominant regular season was highlighted by an undefeated 7-0 record in conference play. Yet the conference tournament returned to Higgins Stadium for another championship defeat to the nationally ranked Cardinals.

However, the worst was far from over. After another double-digit win regular season in 2014, the South Hill squad suffered its third-straight Empire 8 title game loss to St. John Fisher on the Bombers' home turf.

For three years, the script has remained the same for this team. But in 2015, the squad has one main goal: rewriting that script.

Senior attacker Emily Peters said the team is using the past three years as motivation to go even further in the postseason this spring.

"Ultimately the goal is to learn from mistakes we made and come back stronger," Peters said. "It's going to be rewarding to finally break the cycle."

Despite not achieving their ultimate goal for the past few years — the Bombers have not made the NCAA tournament since 2011 — senior midfielder Natalie Lang said

the team has not looked at those seasons as a failure.

"One of our goals for every season is to make it to and win the Empire 8 Championship game," Lang said. "The past three years we have worked really hard throughout the season to reach that goal. Each season we have had a great season and made it to the game."

This year, the pieces are in place for the Blue and Gold to make a long postseason run.

The Bombers head into the campaign ranked 18th in the Intercollegiate Women's Lacrosse Coaches Association preseason poll, only two spots behind Empire 8 rival St. John Fisher.

The team returns two of its three first-team Empire 8 selections from last season in junior attacker Ally Runyon and senior midfielder Molly Fischer. Runyon paced the squad a year ago, tallying 64 points on a team-best 56 goals and eight assists. Sophomore goalie Emily Ross also returns from her second-team Empire 8 campaign.

However, Ross said the team is not interested in individual achievements or awards. Rather, the focus remains on winning the Empire 8 and returning to the NCAA tournament for the first time in four years.

"The main goal is to work for the title," Ross said. "We really try to break it into one game at a time. In the long run, our goal is to get to E8s, win the conference championship, but we have to get one game at a time."

Despite the amount of talent at its disposal, the team knows that the game — or conference for that matter — is not won on paper.



### JUST THE FACTS

Head coach: Shannon McHale

Last year's record: 12-6

Key returners: Molly Fischer, Emily Ross, Ally Runyon

Senior midfielder Niki Standera looks for an open teammate in the women's lacrosse team's 9-6 victory over William Smith College. Standera earned all-conference honorable mention last year.

JENNIFER WILLIAMS/THE ITHACAN

Peters said the team has been working hard throughout the preseason to make sure it proves its worth on the field.

"This team, this group of seniors, has worked together for four years," she said. "Not getting complacent is a challenge for a lot of teams. We put a lot of emphasis on constantly challenging each other. We can make a lot of excuses with the weather and snow right now but we don't. Everyone works really hard."

After three straight years of the same story, Lang said the team's depth could be a sign that an Empire 8 Championship may finally be in the works.

"This year, we have 20-some girls who are all talented players and bring something

different to the table," she said. "Any combination of girls can be on the field at one time, and our team has the capability to work as a unit. This year is going to be our year."

The Bombers open their season 3 p.m. Feb. 28 with a home contest against the University of Rochester.

Ross said after three years of disappointment, a conference title would be the least the team's six seniors deserve after their four-year careers.

"[The seniors] are working so hard, and you can see it on the field," she said. "They're 100 percent committed to this team and our goal to be conference champions. I want them to win it so badly, and I want to help them get to that point."



# MEN'S AND WOMEN'S TRACK AND FIELD



## Men's track and field seeks redemption after indoor defeat

BY MATT HORNICK  
CONTRIBUTING WRITER

Intensity and unity will be key for the men's track and field team in its preparation for the 2015 outdoor season. The Bombers' indoor track and field squad finished second to St. John Fisher College at the Empire 8 Indoor Track and Field Championships on Feb. 14, ending its seven-year streak as the indoor track and field conference champions.

After winning for so many years, junior high jumper Andrew Brandt said it became easy to get complacent, and the team expected to win for the eighth-consecutive year.

"I feel like we had become used to winning, so when Fisher came out with the unexpected performance that they did, it served as a wake-up call," Brandt said.

Head coach Jim Nichols said while the Cardinals put together their best performance of the season and were motivated throughout the meet, the Bombers faltered early and never recovered.

"They had excellent athletes that were excited about the opportunity to win a championship for the first time in their school's history, and they went after it," Nichols said. "The first event was the long jump, and they finished in the top four places, which got them 28 points, and we got one point in the event. So we spent the rest of the event playing catch up."

Freshman sprinter Alex Graap said the Bombers are using this surprising and heart-breaking defeat as motivation as they prepare to kick off the upcoming outdoor season. Graap said the way the team practices has changed in order to encourage better performances in the long run.

"Getting second place in the conference tournament was definitely a tough pill to swallow but that brought more intensity and more fire into the practices, and hopefully we can bring the same intensity to the outdoor season," Graap said.



From left, sophomore Sam Piraneo and junior Dane Eckweiler compete in the 400-meter hurdles at the Ithaca Tuesday Meet on April 22, 2014, at Butterfield Stadium. Eckweiler finished first.

JENNIFER WILLIAMS/THE ITHACAN

The team will look to some of its top returners to carry it through the outdoor season as they did in the winter. Despite the loss at the indoor conference championships, the Bombers earned five all-conference selections at the meet, including senior Rashaad Barrett, junior Stephen Gomez, sophomore Sean Phillips and freshman Tim Chappell. The 4x200 relay team of Graap, as well as juniors Dane Eckweiler, Brandon Leary and Zane Shephard, also earned a second

team all-conference selection. These returners will look to continue their success in the outdoor season.

Though track and field is a compilation of individual events, Brandt said the team is also focusing on building team unity through bonding.

"In order to be successful as a track team, we need to take the 60 people we have competing in individual events and bring us all together," he said. "One of the ways we do

that is we make big pasta dinners together the night before our meets."

Brandt also said during meets, members of the team stand on the track cheering their teammates on and trying to motivate them to do their best, instead of hanging out on the bleachers with their focuses elsewhere.

While the majority of the events in the indoor and outdoor track and field seasons are the same, Nichols said there are many events that are exclusive to the outdoor season. He said the new events may help the team's success because they will encourage hard work.

"When we make the switch from indoor to outdoor, there are new events we need to prepare for such as the steeplechase, the 400-meter hurdles, discus, javelin, hammer throw instead of weight throw and 100-meter dash instead of the 60-meter dash," he said. "Hopefully that will help us be more successful in the spring than we were in the winter, because the guys with new events to prepare for will now understand how much work needs to be put in to have a successful season."

Whether the team can rebound from the disappointment of the indoor season will be seen beginning March 28 when the team hosts the Ithaca Invitational at Butterfield Stadium.

Though their streak as Empire 8 indoor track and field champion is over, the Blue and Gold still have another streak to maintain — the Empire 8 outdoor track and field championship, which they have won the previous eight seasons. Graap said he believes if they continue to work hard, they will not have any problems extending that streak.

"If we keep up the intensity and togetherness that we've shown in practice and stick to the training that coach has been giving us — because he's been successful for a long time — ... we should be able to get right back to it," he said.

## Carrying winter momentum key for women's track and field

BY MADDISON MURNANE  
CONTRIBUTING WRITER

Coming off its eighth-consecutive Empire 8 title in indoor track and field, the women's track and field team will look to carry its existing momentum into the upcoming outdoor season.

This winter, the Bombers had 14 athletes qualify for the Eastern College Athletic Conference championships, while five athletes also earned first-team All-Conference honors.

Head coach Jennifer Potter said outdoor success depends on indoor training and performance. Due to the abrupt change to an outdoor schedule, the momentum and training from indoor are essential to carry the team through the spring season. By utilizing the momentum from the winter, Potter said, her athletes hope to peak during the outdoor season.

However, Potter also said unlike the indoor season, weather plays a huge factor in determining performance in the spring.

"I have a wish for the upcoming season," she said. "Please let the weather be cooperative because it's hard to sprint when it is 30 degrees outside."

Christine Benway, senior captain and first-team All-Conference hurdler, said she is feeling confident about the team's outlook.

"At the beginning of the year in indoor, we are still using building blocks, and when outdoor comes, we have already had five months of training, allowing us to be our strongest," she said.

Going into the outdoor season, the team will be able to place athletes in events that are added to the schedule coming from indoor. The new events include the 100-meter hurdles, 400-meter hurdles, discus, hammer throw, javelin, 10-kilometer run and steeplechase. These events will allow the Bombers to add depth and perform stronger across the board, Potter said.

The Blue and Gold will especially look to their top performers from the indoor season to lead the way in the spring. After earning All-America honors last year, senior jumper Emilia Scheemaker will attempt to complete her career as one of the top jumpers in Division III. The South Hill squad will also look to junior sprinter Eliza Dewart and senior and freshman distance runners Alexa Rick and Taryn Cordani, who all posted strong winter finishes.

Cordani said the team's goal is to succeed at the Empire 8



Sophomore thrower Brandy Smith shot puts in the women's track and field team's Tuesday Meet on April 22, 2014. She qualified for ECACs in the meet.

JENNIFER WILLIAMS/THE ITHACAN

### JUST THE FACTS

Head coach: Jennifer Potter

Last year's finish: Empire 8 champions, 3rd place ECAC finish

Key returners: Eliza Dewart, Alexa Rick, Emilia Scheemaker

Championships once again.

"There's been a culture of success on the team, and failure isn't really an option," she said. "We're going to want to win the Empire 8s again, but we approach one meet at a time."

Though it features 16 seniors, Cordani said the older athletes make sure their younger teammates have a voice.

"Doesn't matter how old you are, doesn't matter how many points you

score, everyone has an equal say on the team," she said.

She also said one of the biggest reasons for the team's success is the family atmosphere and the focus and priorities of the coaching staff. She said each member of the team supports one another regardless of events.

"Sometimes on track teams you can feel really isolated," Cordani said. "But what's good about our team is that even the throwers support the long distance

runners during their races"

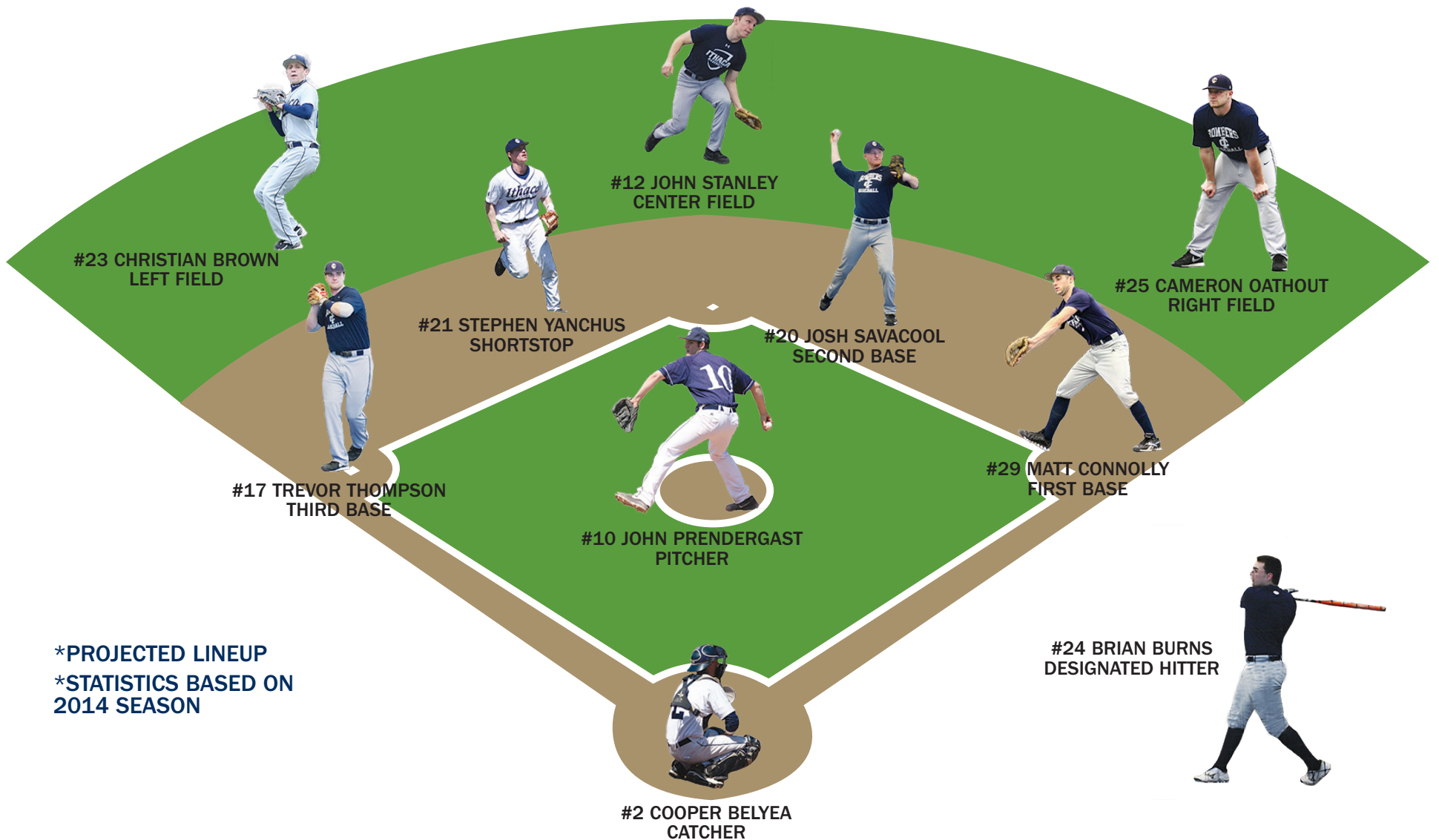
The Bombers will open the outdoor season with the Ithaca Invitational on March 28 at their home track.

Potter said despite the team's long-standing success, winning is not the only goal.

"I challenge everyone on this team," Potter said. "I don't say that I have high expectations, but I challenge them to be the best they can be."

# COVERING THE

## BASEBALL



### BATTING ORDER

1. JOSH SAVACOOOL .288 OBP	4. TREVOR THOMPSON .386 OBP	7. CHRISTIAN BROWN .310 OBP
2. JOHN STANLEY .406 OBP	5. BRIAN BURNS .373 OBP	8. CAMERON OATHOUT .438 OBP
3. STEPHEN YANCHUS .396 OBP	6. MATT CONNOLLY .344 OBP	9. COOPER BELYEYEA .376 OBP

## Pitching rotation to anchor defensive-minded baseball squad

BY ANDREW SULLIVAN  
STAFF WRITER

The baseball team is coming off a season that, in the eyes of head coach George Valesente, was strong enough to qualify for a spot in the NCAA Regional Tournament. Unfortunately for the squad, its 26–10 record in 2014 wasn't good enough to make the cut in the minds of the NCAA committee.

Valesente said his team was robbed last year.

"We were required to play a team in our league that was a provisional," Valesente said. "The four victories against them were taken off of our record. Instead of being 26–10, we were 22–10, which cost us a tournament bid. We really feel there was an injustice [by the NCAA]."

The controversial ending to last season's strong performance by the Bombers broke the hearts of the players and coaches, especially since the team had lofty expectations coming into 2014 after its unprecedented run in the 2013 NCAA tournament that saw it reach the national semifinal match.

However, the team is as hungry and focused as ever, and Valesente said he believes the 2015 Bombers have the tools to return to their 2013 form. And it all starts with their veteran-heavy pitching staff.

Led by their preseason All-American ace John Prendergast, who compiled a record of 9–1 along with a 2.60 earned run average in 2014, the Bombers' starting rotation will look to shut down opponents as it did last year when it posted a combined 3.63 ERA.

Junior southpaw Benji Parkes, followed by senior hurlers

Jimmy Wagner and Andrew Sanders, round out the squad's experienced rotation this season.

Prendergast said the ample amount of experience between the starters and the bullpen will prove to be the backbone of the pitching staff in 2015.

"Most of our starters and relievers are either seniors or juniors," Prendergast said. "A lot of us have pitched in the [Division III] World Series. That gave us the experience and composure for this season. ... I think when you have four veteran starters coming back it is a necessity. ... I think that was huge for our success in 2013."

The South Hill squad's defense looks just as solid as its pitching heading into this season.

Juniors John Stanley and Cameron Oathout along with senior Christian Brown return as the team's starting outfielders this season after only committing two errors combined in 2014.

Despite the infield being fairly green with sophomores Josh Savacool and Trevor Thompson taking over the duties full-time at second base and third base, respectively, Valesente said the speed and quickness of his infielders, especially up the middle, elevates the team's defensive prowess.

The only question for the baseball team this season is the offense.

The team lost the dynamite hitting and slick fielding of Colby Gee '14, Tim Henry '14 and Luke Stark '14 to graduation. All three players hit well over .300 in their senior years and accounted for five home runs — four of them off the bat of Gee — and 69 runs batted in.

Senior catcher Cooper Belyea said the offense is going to try to adopt more of a scrappy type of play this season.

"We don't have a whole lot of power hitters," Belyea said. "If you look across our position players, there's not a lot of big guys. I think fundamentals is going to be huge for us. Hit-and-running and bunting is going to be huge. Small ball is going to be a big factor this year."

Valesente said the lack of power hitters won't affect the team's ability to score runs. He said he envisions an offense with contact hitters that excel at running the base paths.

"It looks to me like we will be more of a singles-doubles team with good team speed," he said.

Prendergast said the pitching staff doesn't feel any pressure this season to carry the offense, if necessary.

"I think pitchers always feel pressure to keep the score low and give [the team] a chance," he said. "I don't think there's going to be any added pressure. I think we, as pitchers, have a lot of confidence in our hitters this year. I think we are going to have a breakout season, especially offensively."

Valesente said one of the coaching staff's main goals for the 2015 team is to thrive under pressure situations.

"We need to develop an internal game-by-game, inning-by-inning, pitch-by-pitch intensity to want to be the best, to want to be on top," he said. "I think that's our staff's goal — to get these young men thinking the same way, get these young men to play with a purpose, get these young men to want the pressure, to accept the pressure, to enjoy playing in the pressure situations and to learn how to deal with them."

# BASES

After each posting winning records last season, the baseball and softball squads will rely on experience in 2015

## SOFTBALL



## Softball team looks to veteran players to continue winning ways

**BY VINICA WEISS**  
STAFF WRITER

Despite finishing the 2014 season with an overall record of 26–14, regaining the Empire 8 championship title for the first time since 2012 and making a short playoff run, the softball team will look to start fresh in its upcoming 2015 campaign.

In the Empire 8's 2015 Softball Preseason Coaches' Poll, the Bombers tied Alfred University for the first-place spot on the list.

Head coach Deb Pallozzi said, after winning the conference last season, the Bombers are ready to come back even stronger, fully aware they are the team to beat.

"We have the bull's-eye on our back, so everyone's going to be coming after us, and we generally get everybody's best game," Pallozzi said. "I want to be the one that has the target on the back. I want to be the team they want to beat because that just makes us better in the long run."

While the team has eight new freshmen joining the squad this season, Pallozzi said her veteran players will be one of the most important factors to the team's overall success this year.

"We have veteran pitching, so the pitching should be strong. We have veterans behind the plate, and our shortstop and centerfielder are returning, so we'll be strong up the middle," Pallozzi said.

Among those noteworthy veterans are the captains of the team, who include senior catcher Monica Capolongo, senior shortstop Francesca Busa and senior

outfielder Nina Lindberg.

While the Bombers are fairly set defensively, at the plate the Blue and Gold will have to replace the powerful bat of 2014 Empire 8 Player of the Year, Sydney Folk '14, who hit .393 with 26 extra-base hits in her last season as a Bomber.

Pallozzi said she has no doubt the void can be filled by her lineup this season.

The lineup consists of a number of impressive returners, including leadoff hitter Busa who hit .309 with a team-best 42 hits in her junior season, earning her an All-Empire 8 Second Team selection and a spot on the Empire 8 All-Tournament Team.

In the batter's box, junior first baseman Casey Gavin should also be a big source of power for the Bombers after Gavin hit .371, naming her to the All-Empire 8 First Team, the NFCA All-Region Third Team and the ECAC Division III Upstate Softball All-Star Second Team.

Sophomore outfielder Jessie Fleck will also be an integral part of the Bombers' offense after Fleck hit .324 last season, also earning her a spot on the All-Empire 8 Second Team and the Empire 8 All-Tournament Team.

Off the pitching rubber, the Bombers will have to fill the big shoes of pitching ace Sam Bender '14, who finished last season with a dominant 18–7 record and a noteworthy 1.58 earned run average.

With junior returners Laura Quicker and Allison Macari, who recorded ERA's of 2.52 and 2.05, respectively, and

freshman pitcher Payton Cutting joining the squad, Pallozzi said the team should be able to fill the hole left by Bender.

Capolongo said she foresees this year's team success coming through a collective effort.

"For us, the key factor is having everyone on the same page and reaching the same goals, just working hard every day," Capolongo said. "Everybody doing their part is going to make us successful. Our returners need to do what they need to do, but collectively we need to play to our potential."

Pallozzi said she thinks it is her team's level of focus that will ensure the Bombers' success this season.

"I think our team culture is that we insist on things being done a certain way, disciplined, because if you're disciplined in certain areas all your plays and everything will work, and I think we hold our kids to a very high standard of play," she said. "Winning takes care of itself if you take care of those things."

After the first game of the season against The College of New Jersey was cancelled, the Bombers will begin action by heading to California to play eight non-conference games from March 9–13 for its spring break trip.

Junior outfielder Tara Condon said the team is more than ready to get the season started on the right note.

"Everyone's stepping up and really performing," Condon said. "No one's backing off or afraid. Everyone's full force, gung-ho, and it's exciting to see every day, and we're all ready for games to start and get the ball rolling."

### BATTING ORDER

1. NINA LINDBERG  
.277 OBP

2. KATE BRAINARD  
.250 OBP

3. CASEY GAVIN  
.442 OBP

4. JESSIE FLECK  
.377 OBP

5. FRANCESCA BUSA  
.319 OBP

6. KELLY ROBICHAUD  
.368 OBP

7. NICOLE CIRICILLO  
.231 OBP

8. MONICA CAPOLONGO  
.295 OBP

9. ERIN MCQUILLAN  
.194 OBP



# MEN'S AND WOMEN'S CREW



## Men's crew looking to build on promising fall season wins

BY ADAM BROBST  
CONTRIBUTING WRITER

Looking out on Cayuga Lake in February, all that can be seen is about a mile or so of ice stretching up toward the middle of the lake. It may be hard to believe, but in a little over a month, that water will come alive with the sounds of paddles slapping the water in one smooth rhythmic motion, commands being shouted and cheers echoing from shore to shore.

Last year, men's crew had a phenomenal season. Its first varsity boat went undefeated during its regular season and then placed second, third and fourth in the three postseason tournaments in which it participated.

Head coach Dan Robinson said while last year's first varsity boat was one of the strongest he's seen in his tenure at the college, this year's team will provide more depth in the second and third varsity boats.

"Last spring was one of the fastest boats we've ever had," he said. "Last year, the varsity boat was significantly faster than our second string or third string boat. This year it'll be more of a team thing. It'll be good."

However, seven of the eight rowers from last spring's boat graduated, and the Bombers will have to try to repeat their success without those seniors.

Robinson said the team will take a different approach because of its increased depth. He said he holds out hope for this team though, believing they can be just as successful as last year's squad because the returners have improved.

"We have as many guys faster than that intermediate range as there were last year," he said. "We've



Members of men's crew row against the University of Rochester on April 5, 2014. The South Hill squad graduated seven of eight rowers from its first varsity boat.

FILE PHOTO/THE ITHACAN

got real competition [with one another in practice], so it's going to make them all faster."

He also said the 11 seniors on this year's team will be a big factor in replacing the nine seniors that graduated last year.

Senior Dan Brauchli said he believes the loss of the seven seniors may affect the Bombers because they are a lighter boat this year, which gives them the potential to be quicker.

"I think we'll be a little bit lighter, and if we row clean that's one of the best ways to be fast on the

water," he said.

Senior Matt Dorio said the team needs to step up after losing such a big class, but it is ready for the challenge.

"We graduated one of the best classes to ever row for Ithaca crew last year, so it is going to be very important that we believe we can achieve the same things they did, and it is going to take leadership from everyone to get there," he said.

Returning senior Charlie Enright, who was the lone junior rower in the first varsity boat last year, will be key for the Bombers as they

look to begin their spring season.

The crew season technically began in the fall with several preseason regattas that allow the team to see what it needs to improve on and to get back into the swing of things. Robinson said he felt the team had a great fall, and it had finished very strong. He said of the 20 boats the Bombers entered over the course of the fall season, 11 placed in the top three in their respective divisions, which ranged from varsity to junior varsity.

Brauchli said he came away from the fall with the same feeling.

"I think we came off of a pretty strong fall," he said. "We knew that we had some big shoes to fill from those seven guys leaving us, those seniors, we just came in this year with the mentality of we gotta put our nose to the grindstone and be ready to work and demand more from the guy on each side of you."

The South Hill squad begins its regular season with four home meets. In these early season meets, the Bombers will face Division I schools such as the University of Michigan and Trinity College, as well as rival Hobart College. However, Robinson said beating

these big teams can be done through hard work and focus.

"It's good to start with the fastest teams and then see where we stand," he said. "We're going to beat somebody that weekend and then we'll see where we stand and then we'll start getting some momentum"

Brauchli said the team takes competition against the bigger schools seriously.

"One of the really interesting things about men's collegiate varsity rowing is there's no real differentiation between divisions, so therefore we could be going up against big schools like Michigan and I think for us, we try and take it and turn it into extra motivation," he said.

After such a strong season last year, the Bombers hope to repeat their same success and continue to maintain the status of one of Division III's best crew teams, Brauchli said.

## Women's crew working to reach NCAA Championship race goals

BY ITHACAN STAFF

After missing the NCAA National Championship race last season, women's crew will look to redeem itself in 2015 with the help of one of the largest freshman classes in the history of the program.

Twenty-seven rowers entered the program this season, which makes up half of the 55-athlete roster. After graduating 10 seniors who were key contributors to the team, assistant coach Beth Greene said she expects big things out of her first-year rowers.

"We have a really strong freshman class," Greene said.

As always, Greene said, the team's main goal is to reach the NCAA Championship race, and it will take a mix of returners and new players to achieve its goal for the first time since 2013.

The Bombers return senior Jennie Peterson, as well as juniors Krista Syracuse, Emily Morley and Carrine Putnam, who all raced in the team's first varsity boat during the Eastern Collegiate Athletic Conference race last season. These veterans, along with seniors Abigail Foxen and Delaney Pfohl, sophomore Jacqueline McDevitt, junior Katie Ely and freshman Colby D'Onofrio will likely make up the first varsity boat for the Blue and Gold.

Junior coxswain Melinda Keene said while every race is important for the Bombers, the team is especially looking forward to

the ECAC race, which will be key to helping the team qualify for the NCAA Championships.

"All of the races are important in some way for getting to NCAAs, but the biggest, or perhaps most competitive, races are states and ECACs," she said.

Along with D'Onofrio, three other freshmen made the jump to the varsity team: Libby Burns, Catlynn Frank and Emily Vosburg. For a team without any first-year rowers on the varsity roster last season, Greene said, this is a big change because it brings an element of youth that the team did not have last year.

"It is going to be a very different experience because normally there are only one or two freshmen that get pulled up to varsity," Greene said.

Another smaller goal for the team is to defeat rival William Smith College. Greene said a victory over the Herons will help qualify the Bombers for the NCAA Championship.

Foxen said the William Smith race will be an important regatta because they are a comparable team to the Blue and Gold.

Last season, the Bombers' top boat finished second to William Smith's top boat in the April 19, 2014, regatta. This year, the



Members of women's crew race in the Blue and Gold's regatta against the University of Rochester on Feb. 5, 2014, at the Cayuga Inlet.

FILE PHOTO/THE ITHACAN

### JUST THE FACTS

Head coach: Becky Robinson

Last year's finish: 2nd place  
ECAC finish, 2nd place New York State finish

Key returners: Emily Morley, Jennie Peterson, Carrine Putnam, Krista Syracuse

South Hill squad will face off against the Her-

ons in its first regatta of the season March 28 in Ithaca.

Greene said home matches will be crucial for the Blue and Gold because they allow the team to enter more boats.

"All of our home games are key because it allows more people to get in the water and have experience," Greene said.

Experience will be important for the

Bombers, who will need to develop their freshmen for next year, as they will graduate nine seniors after this season.

Keene said regardless of key returning rowers, developing chemistry in the water will be key, as the mix of veterans and newcomers will need to work together in order to win races.

"It doesn't just take one person for this sport," she said. "It is a team effort, and I think the girls that I am privileged enough to get in a boat with are the epitome of an excellent team."

# MEN'S TENNIS

## Young men's tennis team looks to one upperclassman to lead with experience

**BY JAKE SIEGEL**  
STAFF WRITER

After finishing with a 10-8 record and falling to Stevens Institute of Technology in the Empire 8 tournament championship match last season, the men's tennis team will take the court once again this year with new goals in mind.

Head coach Bill Austin said the team has had a constant goal throughout the year, even prior to the start of the season: to improve each day regardless of how poorly they are playing. Austin said he tells his team, "Let's be a little bit better tomorrow than we are today. Let's find out how good we can be when we don't have our 'A' game."

This long-term goal is something he said he believes resonates with his players, especially the younger athletes. Youth will be the main obstacle the Bombers must overcome if they want to have a shot at the Empire 8 championship.

Of the nine players on the roster, the Bombers sport just one upperclassman, junior Chris Hayes. Austin said Hayes will use his previous experience on the team to help guide

the young squad through the ups and downs that accompany every season.

Another, more specific goal the South Hill squad is trying to accomplish is to defeat Stevens, the foe who has bested the Bombers four consecutive times in the conference championship. Austin said the inability to overcome the Ducks has haunted the Blue and Gold.

"We need to outwork them," he said. "We are going to work our butts off for the final point."

This season, if the Bombers want to have any shot at silencing the Ducks, they will need to rely largely on their underclassmen. Despite what may appear to be inexperience, sophomore Wes Davis said the squad is going to surprise its opponents.

"The team has much more maturity than what people give them credit for and are better than what many people expect," Davis said.

The South Hill squad also has a new assistant coach, Rich Bonfiglio, who Hayes said has brought a new attitude that teams of the past never experienced.

"Coach Bonfiglio brings a different type of mentality to the team,

which emphasizes hard work and positivity regardless of the score," Hayes said.

Bonfiglio joined the tennis staff this season after serving at Trinity College for the past three years. The team is hopeful Bonfiglio's presence will help it achieve its biggest goal of advancing to nationals.

Bonfiglio echoed Austin's comments on the hard-working mentality of the team, which, at nine athletes, features five fewer than last year's squad.

"We're looking to instill a new work ethic on this team," Bonfiglio said. "Giving 100 percent on the court, the idea of loving to compete and making sure the players grow as individuals are other things we are looking forward to seeing this season."

This group of young Bombers has already been tested, as it lost to the University of Rochester on Feb.



Sophomore Wes Davis competes Feb. 5, 2014.

TUCKER MITCHELL/THE ITHACAN

### JUST THE FACTS

Head coach: Bill Austin

Last year's record: 10-8

Key returners: Chris Hayes, Wes Davis

21, marking the sixth-consecutive year that they have been defeated by the Yellow Jackets. Next up for the Blue and Gold is St. Lawrence University on Feb. 28.

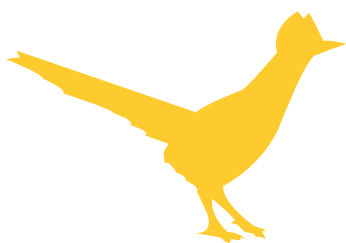
Despite the slow start, Hayes said Bonfiglio's never-give-up attitude

paired with the excited new athletes could make for an interesting and surprising year for the Bombers.

"We're going into this season with much more confidence," he said. "We think we should be able to win every one of our matches."

# STAT BREAKDOWN

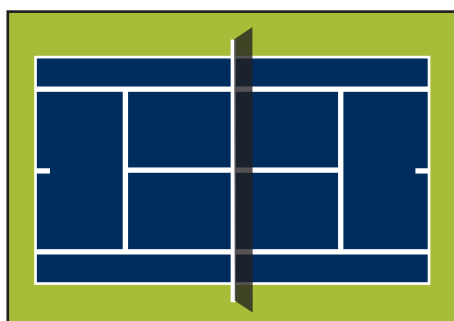
Sophomore lacrosse goalkeeper Emily Ross spent 930 minutes and 45 seconds in goal last season. That's 15.5 hours, or the amount of time it would take to drive from Ithaca College to Jacksonville, Florida.



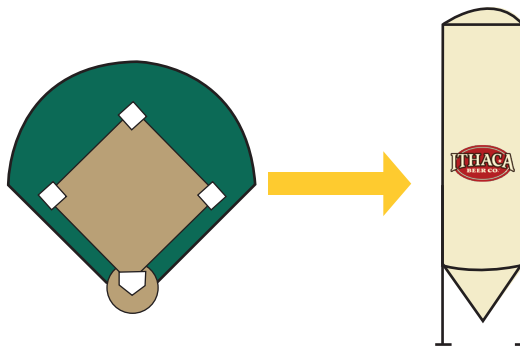
**SPEED LIMIT**  
**19.9**

Senior sprinter Rashaad Barrett's best 100-meter dash time was 10.94 seconds last season. That's an average speed of 20.5 mph. In comparison, a roadrunner averages 19.9 mph.

Freshman tennis player Ricardo Palau's hometown, Guayaquil, Ecuador, is the largest city in the country. In a straight line, it is about 3,100 miles from Ithaca College or about 136,023 tennis courts put together.



**136,023 times**



The Blue and Gold combined for 387 total bases last season. Since each base path is 60 feet, that's 4.4 miles combined or the same distance it takes to drive from Kostrinsky Field to Ithaca Beer Company.

The combined height of the men's lacrosse team is 214 feet, which is the same height of Saint Paul's Evangelical Lutheran Church in Fort Wayne, Indiana — a building on the list of the U.S. National Register of Historic Places.



**214 feet**

COMPILED BY STEVE DERDERIAN

JENNIFER WILLIAMS/THE ITHACAN

# A SCHEDULE THAT STICKS

Don't miss any of the action this spring on South Hill

## BASEBALL Freeman Field

Date	Time	Opponent
March 24	3 p.m.	SUNY Cortland
March 25	3 p.m.	SUNY Oswego
March 26	4 p.m.	SUNY New Paltz
March 28	Noon, 3 p.m.	Elmira College* (DH)
March 29	Noon	Elmira College*
April 1	3 p.m.	SUNY Oneonta
April 8	4 p.m.	SUNY Brockport
April 11	Noon, 3 p.m.	Stevens Institute of Technology* (DH)
April 12	Noon	Stevens Institute of Technology*
April 15	4 p.m.	University of Rochester
April 25	Noon, 3 p.m.	St. John Fisher College* (DH)
April 26	1 p.m.	St. John Fisher College*

DH= Doubleheader

\* Empire 8

## WOMEN'S CREW Cayuga Inlet

Date	Time	Opponent
March 28	9 a.m.	Canisius College
March 28	9 a.m.	William Smith College
March 28	9 a.m.	Mercyhurst College
April 4	11 a.m.	University of Rochester
April 4	11 a.m.	Rochester Institute of Technology
April 11	11 a.m.	St. Lawrence University
April 11	11 a.m.	Smith College
April 11	11 a.m.	Skidmore College
April 12	11 a.m.	SUNY Geneseo
April 12	11 a.m.	St. John Fisher College
April 25	8 a.m.	Marist College
April 25	11 a.m.	Colgate University
April 25	11 a.m.	Hamilton College

## MEN'S CREW Cayuga Inlet

Date	Time	Opponent
March 28	9 a.m.	Hobart College
March 28	9 a.m.	Trinity College
March 28	9 a.m.	University of Michigan
April 4	11 a.m.	University of Rochester
April 4	11 a.m.	Rochester Institute of Technology
April 11	11 a.m.	Skidmore College
April 11	11 a.m.	St. Lawrence University
April 12	11 a.m.	SUNY Geneseo
April 12	11 a.m.	St. John Fisher College
April 25	11 a.m.	Hamilton College
April 25	11 a.m.	Colgate University
April 25	11 a.m.	Marist College

## MEN'S AND WOMEN'S TRACK AND FIELD

### Butterfield Stadium

Date	Time	Opponent
March 28	10:30 a.m.	Ithaca Invitational
April 21	3:30 p.m.	Ithaca Tuesday Meet

## MEN'S TENNIS

### Wheeler Tennis Courts/ Glazer Arena

Date	Time	Opponent
Feb. 28	9 a.m.	St. Lawrence University
March 21	3 p.m.	Houghton College*
March 22	Noon	Alfred University
March 24	4 p.m.	Hobart College
April 19	10 a.m.	Nazareth College
April 26	Noon	St. John Fisher College

\* Location: Reis Tennis Courts/ Cornell University

## MEN'S LACROSSE Higgins Stadium

Date	Time	Opponent
Feb. 28	Noon	Rochester Institute of Technology
March 17	4 p.m.	SUNY Oneonta
March 21	Noon	Elmira College*
March 25	4 p.m.	St. John Fisher College*
March 28	Noon	Cabrini College
April 18	Noon	Hartwick College
April 22	4 p.m.	Alfred University

\* Empire 8

## WOMEN'S LACROSSE Higgins Stadium

Date	Time	Opponent
March 18	4 p.m.	SUNY Oneonta
March 26	4 p.m.	SUNY Cortland
April 3	4 p.m.	Hartwick College*
April 4	1 p.m.	Stevens Institute of Technology*
April 11	1 p.m.	Nazareth College*
April 12	1 p.m.	Alfred University*
April 21	5 p.m.	Hamilton College

\* Empire 8

## SOFTBALL Kostrinsky Field

Date	Time	Opponent
March 25	3 p.m., 5 p.m.	King's College (DH)
March 29	1 p.m., 3 p.m.	Elmira College* (DH)
April 14	3 p.m., 5 p.m.	SUNY Oneonta (DH)
April 18	1 p.m., 3 p.m.	St. John Fisher College* (DH)
April 19	1 p.m., 3 p.m.	Nazareth College* (DH)
April 26	1 p.m., 3 p.m.	Buffalo State College (DH)
April 28	3 p.m., 5 p.m.	Keuka College (DH)

DH= Doubleheader

\* Empire 8

