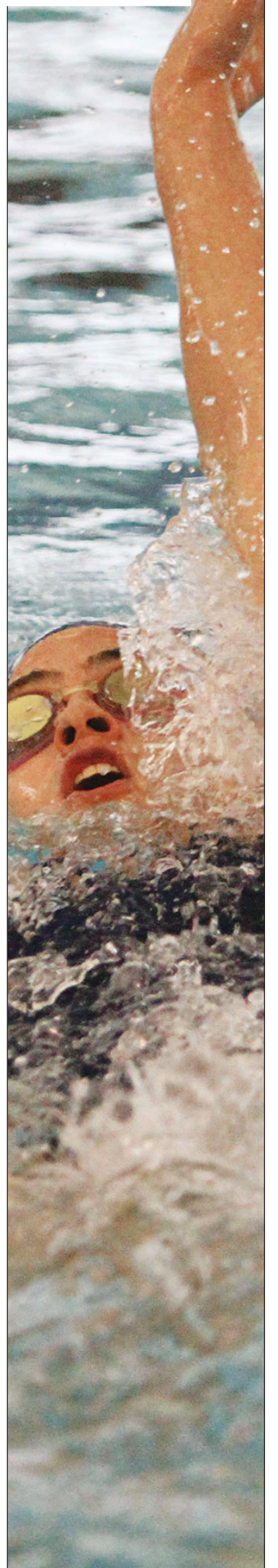


# CHANGE OF PACE

The Bombers' winter sports squads gear up as they get ready to dominate the Empire 8

## WINTER SPORTS PREVIEW





# Men’s team seeks return to top at States

**BY MADDISON MURNANE**  
STAFF WRITER

Last year, the Ithaca College men’s indoor track and field team placed second at the New York State Collegiate Track Conference meet as well as at the Empire 8 Conference Championship. This year it is the squad’s goal to win the state meet as well as capture the Empire 8 conference title once again.

The team has been working hard throughout the offseason in order to start off strong, senior high jumper Andrew Brandt said. During the summer, the Bombers were given a lift plan by lifting coach Cait Finn. Brandt said the newly implemented lifting plan has been very beneficial to his performance.

“Last year was our first year with a lifting program set up for us, and I got first place at States and received honors at the Eastern College Athletic Conference Championship meet,” Brandt said. “I think that I’m a lot stronger, and I feel a lot better this year because of the summer lifting program we were put on.”

Last indoor season, the Bombers were very strong in the sprints field. At States, the 4x200 relay team placed first. Senior sprinter Aaron Matthias ran a part of the relay, and he said he looks to carry last year’s success into this season even though the other two members have graduated.

“Last year I was lucky enough to be a part of an incredible relay team, and I look forward to seeing how we translate that to this year,” Matthias said. “It will be important to see how the underclassmen step up and fill some big shoes.”

The team lost many other seniors in addition to the ones from the relay team. This year’s squad consists of 18 freshmen in all fields of the sport.

Another aspect that the team looks to work on this season is supporting one another during their individual events, Brandt said. However, he said this is difficult due to the proximity of the events to one another as well as the timing of them.

“It’s tough to support the entire team at a meet, but we are going to try to make the rounds and see as many events as we can because I think that makes us succeed and do better,” he said.

By supporting one another the team will more effectively be able to foster teamwork and train better together, Matthias said.

“It is key that we trust each other to make the training that much easier and better in the long run,” he said.

Although the Bombers did well in sprints last season, they also relied heavily on the distance runners earning points in their events. Assistant coach Eric Sambolec said the team is looking strong yet again this season.

“We will be relying on all events for

scoring points,” Sambolec said. “Last season we got a major proportion of points at championship meets from distance and mid-distance, and that was without our best cross-country runner, Sawyer Hitchcock, who was studying abroad. So getting him back will be key.”

Junior distance runner Sean Phillips will also take to the track this season in an effort to win the mile at States, after placing third last season, and qualify for ECACs for a second year in a row.

Also returning to the squad is strong middle-distance runner senior Larkin Bohanan. Bohanan and the rest of the 4x800 team were runners-up at the state meet last winter.

Aside from the team’s overarching goals to win back the Empire 8 title and win the state meet, both Brandt and Matthias said they want to make it to Nationals for their senior seasons. This season the Bombers will host the New York State meet Feb. 27 and 28, 2016, at the Glazer Arena in the Athletics and Events Center, giving the team home-field advantage.

“Our team is getting hungrier every day we get closer to competition because we know once we get into it, it’s time to eat,” Matthias said.

The Bombers will approach the starting line for the first time this season Dec. 5 at Cornell University for the Greg Page Relays.



Sophomore high jumper Kevin Pomer leaps over the bar during the Ithaca Invitational on Feb. 7 at the Glazer Arena. Pomer jumped 1.73 meters.  
CAITIE IHRIG/THE ITHACAN

## MEN'S TRACK & FIELD WOMEN'S



Junior Rose Paskoff competes in the 4x400-meter relay Feb. 7 at the Boston University Invitational.  
JADE CARDICHON/THE ITHACAN

# Women’s squad determined to take next step to continue its success

**BY LAUREN MURRAY**  
CONTRIBUTING WRITER

After dominating the Empire 8 for the past eight seasons, the women’s indoor track and field team is looking to extend its success. The Bombers sent four women to the NCAA Division III Indoor Championships in the 2014–15 season and eight women to the NCAA Division III Outdoor Championships in the 2015 season, a record for the Blue and Gold.

Last February, the Bombers captured their eighth consecutive Empire 8 Championship win, and they led 118.5 points over St. John Fisher College, the second-place team. The women also secured their eighth consecutive outdoor track and field Empire 8 title last April.

Returning this season are four of the eight national qualifiers from last spring. Junior Brandy Smith won the National Championship last year in discus with

a mark of 53.00 meters, which was a school record. Sophomore Taryn Cordani, junior Katherine Pitman and senior Alex Rechen are the other returning national qualifiers, while the other four — Christine Benway, Leigh Martino, Alexa Rick and Emilia Scheemaker — have graduated.

Smith said many of the returners are already ahead of where they were last year because of the individual training they did over the summer.

“Everyone put in their work over the summer, and everyone has been performing very well,” Smith said.

Cordani competed in the 1,500-meter run with the 21st time of 4:33:37, while Pitman qualified for the pole vault with a mark of 3.72 meters, a school record. Rechen also competed in pole vault at Nationals and cleared 3.67 meters.

Head coach Jennifer Potter said she was impressed with the squad’s season last year. She also pointed

out it was one of the best seasons the women’s team has ever had. Potter said the team is looking to build on last season’s success.

“Last year, we worked hard, but we enjoyed it, and we had an amazing trip to the National Championship,” she said. “We are trying to roll off of that into this year.”

This season, Potter said, the biggest challenge is the loss of a large group of seniors, but this is something she said happens yearly. However, while the Bombers lost 15 seniors to graduation, they have filled the void with the same number of seniors this season.

There is also a big wave of freshmen this season, with 26 of them joining the squad and two new additional upperclassmen. Assistant coach Erin Dinan, who coaches the middle- and long-distance runners and is also the head coach of the women’s cross-country team, said it is exciting bringing in a large freshman class.

Dinan said the freshmen are eager to do well to continue the past year of success and history.

Cordani was the only freshman out of the eight women who qualified for Outdoor Nationals last season. With the annual flow of a big freshman class, Cordani said she finds that losing talent is never an issue for the squad.

With the record-setting eight competitors at Nationals last year, Cordani said she is excited to see how the team will compare this season.

“I’d like to see more athletes go and challenge themselves,” Cordani said. “At the beginning of the season, I want to know their end goals. Even if it’s to get to Nationals and they don’t get there, having a goal set so high can still do a lot.”

With preseason coming to end, the women are set to begin their first meet of the indoor season at the Greg Page Relays at 10 a.m. Dec. 5 at Cornell University.

From left on Page 1: Junior distance runner Emma Boyd, junior wrestler Matt Booth, freshman guard Peter Ezema, sophomore gymnast Danielle Maffuid and freshman swimmer Rachel Smertz. Photos by Kait Turkett, Kendyl Bennett, Jillian Flint, Sam Fuller and Alexis Liberatore. From left on Page 8: Sophomore women’s basketball guards Jordan Beers and Erin Woop. Photo by Caitie Ihrig.





Sophomore Anna Belson competes in the 3-meter dive during the swimming and diving meet against SUNY Cortland on Nov. 7 at the Athletics and Events Center.

ALEXIS LIBERATORE/THE ITHACAN

# Bombers lean on experience

BY ALYSSA CURTIS AND JUSTIN ROUZIER  
CONTRIBUTING WRITERS

The women’s swimming and diving team is coming off an impeccable 16–1 season in its 2014–15 campaign, which included its 15th Empire 8 Championship title. This season, the squad is putting its focus on championship meets, head coach Paula Miller said.

With a young team that consists of 19 freshmen, the South Hill squad will reorganize itself and fill the spots of graduated members, senior Michelle Heidgerken said. Luckily, the incoming class has adapted quickly and bonded to form a cohesive unit, freshman Olivia Corlett said.

Heidgerken said the Blue and Gold are not letting their youthfulness get in their way, and she is eager to see what the underclassmen are capable of throughout the season.

“It’s exciting to see what a young class can do,” Heidgerken said. “It’s definitely a different dynamic having a young team. We lost a lot of girls who were All-Conference, but the talent we got coming in is just as good.”

Despite losing major contributors to last year’s season, such as graduated seniors Megan Buisman ’14, who was selected to be part of the All-Empire 8 Second Team, and Kylie Bangs ’14, who won All-Empire 8 First Team honors, Heidgerken said the Bombers are very confident they can still contend.

However, she said the loss has greatly affected the team nonetheless.

Having won their 15th Empire 8 Championship and the Upper New York State

Collegiate Swimming Association Championship, the Bombers will have to fill the spots of those missing.

Key swimmers and divers who will be returning include Heidgerken, who was named the Empire 8 2015 women’s swimming and diving’s Sportswoman of the Year, and sophomore diver Anna Belson, who earned All-American honors last season.

Junior swimmer Grace Ayer will also be a key member, as last season Ayer was a two-time Empire 8 Champion and three-time Empire 8 Runner-up, while also earning seven all-state honors. Ayer also set a program record last season with a time of 2:03.21 in the 200-yard backstroke.

Upperclassmen, such as junior Samantha Reilly, senior Megan Zart and senior Lauren Cox, will look to build on not only their successful individual campaigns, but also on what were successful relay teams in 2014.

A talented group of freshmen is also hoping to invigorate the team. Among them is Corlett, who said she does not see a challenge in being a new member of the team. Instead, she seeks to use that motivation with hopes of retaining the Bombers’ previous success.

“It’s exciting to come on to such a good team,” Corlett said. “Knowing that this is such a successful team really keeps you going and gives you something to work towards.”

The coaches are also under pressure as they try to fill the spots and get the freshmen ready to compete, something that Miller said she recognizes.

“The burden is on everyone, including

us, as far as the coaches go,” Miller said. “We are trying to figure out where our strengths are and where our weaknesses are. Right now, we have a lot of weaknesses, but we have time in which to address those.”

This year will be Miller’s 32nd year as head coach of the women’s swimming and diving team, a tenure during which she has led the Bombers to 12 top-10 finishes at the NCAA Division III Championships.

The athletics department also announced the hiring of Chris Griffin in July. Griffin joins the department as assistant aquatics coordinator and diving coach.

The South Hill squad has started strong with a 2–1 record, defeating SUNY Brockport and SUNY Fredonia on Oct. 24. In the span of two meets, the women have already racked up 11 first-place finishes, including four from junior Lake Duffy, who has wins in both the 100-yard and the 50-yard freestyle. Belson has also finished in first place at Rensselaer Polytechnic Institute on Oct. 31 and in second place Oct. 24 in the 3-meter diving event.

With a dedicated coaching staff, a strong core of veterans and a strong recruitment of young swimmers, Miller said the Blue and Gold hope to compete for their 16th Empire 8 Championship title.

Heidgerken said she expects the Bombers to keep their success from last season going if the team continues to train hard.

“I think if we keep up the work we are doing in the pool and in the weight room, we will be successful,” Heidgerken said.

## WOMEN'S SWIMMING & DIVING MEN'S

### Blue and Gold have deep pool of new talent this season

BY ADAM BROBST  
STAFF WRITER

The men’s swimming and diving squad is coming off a successful season in which it went undefeated with a 15–0 overall record. The impressive feat was after two previous seasons where the Blue and Gold went 13–1 during the 2013–14 season and 15–1 the year before that. At 2–1 on the season, the Bombers are already off to a good start.

The team lost six notable seniors, including Logan Metzger ’15, who led the team in the 50-yard and 100-yard freestyle with times of 20.99 and 46.17 seconds, respectively. Metzger also led in the 50-yard and 100-yard backstroke with times 25.57 and 51.57, respectively. The Bombers also lost Lucas Zelehowsky ’15, who held best times in the 100-yard and 200-yard breaststroke, the 400-yard individual medley, the 50-yard butterfly, the 100-yard butterfly and the 200-yard butterfly. Zelehowsky was also third on the team in the 200-yard IM with a time of 1:57.15.

Now, a team with no juniors and nine returning seniors is attempting to fill the hole left behind by the six seniors. Senior James Bowe was second on the team last year in the 200-yard backstroke behind Zelehowsky with a time of 2:08.18. There was also senior Addison Hebert, who last year was first in the 200-yard IM with a time of 1:54.76.

Senior Vincent Dodero was ninth on the team in the 50-yard freestyle with a time of 22.69 and was seventh in the 100-yard breaststroke with a time of 1:05.05. He said the team is finding a way to deal with the loss of the valuable swimmers and divers it lost to graduation.

“It has been a tough loss for us in terms of numbers, but I am confident that the talent on our team will ensure a successful season,” Dodero said. “First and foremost, our goal for the season is to win always and in all ways.”

In his 35th year at the helm of the team, which includes five undefeated seasons, head coach Kevin Markwardt said he has high expectations for the squad this year.

However, Markwardt also said he is not so much concerned about the wins and losses for the team this year, but how it improves throughout the season.

“They’ll tell you they want to do well, and they may tell you they want to win States and all that, but I’m worried more about the nuts and bolts of how we accomplish whatever we can with the group that we have,” Markwardt said.

In addition to the squad’s victories over SUNY Brockport and SUNY Fredonia at the beginning of the season, the Bombers also suffered their first loss since the 2013 season Oct. 31 to Rensselaer Polytechnic Institute.

However, Dodero said the Bombers’ early success isn’t necessarily an indication of how

“I do not think that the beginning of the sport are indicative of will play out,” Dodero said. “Swimming is a sport and we

the season will go. competitions at season for any how the season said. “Swim- of progression, have

some great talent that we are all anxious to see that come into fruition as the season goes on.”

Markwardt said the loss was a learning experience for the whole team and said the team will hopefully use the loss as motivation to get better throughout the season.

“I hope it was a little eye-opening for them,” Markwardt said. “I hope it’s a learning experience, kind of understanding of where they are and what it’s going to take to get where we’ve been in the past. I will say the freshmen did really well. I was really happy.”

Dodero said one aspect that will propel the squad to success this season will be the fact that the team has plenty of chemistry and potential.

“Going into the season, I think that our unity and commitment to excellence will drive us forward,” he said. “If someone were to go to a swim meet and watch the way other teams interact with each other, it is clear Ithaca College swimming and diving has something more.”

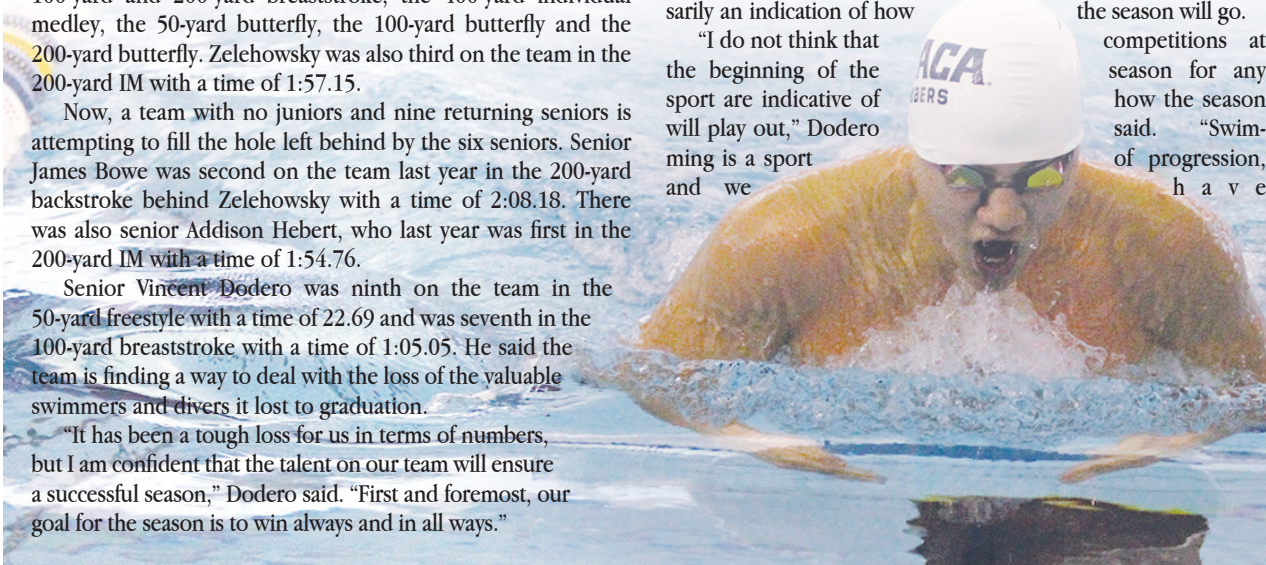
As a senior leader, Dodero said he has enjoyed teaching the 10 freshmen how the team functions and what is expected of them.

Freshman diver Scott Hillen said the team’s early season success is something the newcomers are looking forward to.

Hillen said he has high hopes for the team this year because he believes the team has been training hard and has a depth of talent. Markwardt said he knows that there is still much hope and potential for the team.

“I’m always excited about the kids, especially with the freshmen that come in because you just don’t know. So what I saw last weekend at RPI, I got really excited to see what the potential of some of those kids are,” Markwardt said.

*Diana Huberty and Jaysba Patel contributed reporting to this article.*



Senior swimmer James Bowe competes in the 200-yard individual medley during the swimming and diving team’s meet against SUNY Cortland on Nov. 7 at the Athletics and Events Center.

ALEXIS LIBERATORE/THE ITHACAN



# BASKE

## WOMEN'S



**Ali Ricchiuti**  
Guard



**Jordan Beers**  
Guard



**Alex Gilligan**  
Guard



**Shayna Gaskins**  
Forward



**Keri Steele**  
Guard

### NOTABLE 5

# Deep and experienced women's basketball squad hopes to dominate Empire 8 this year

**BY NICK FUSTOR**  
CONTRIBUTING WRITER

Coming off a season that resulted in a fourth straight Division III NCAA Tournament appearance, the women's basketball team looks poised to continue its success in 2015–16. Despite graduating four seniors, the team has plenty of returning talent to make up for the losses.

Last season, the Bombers finished the season with a 23–6 record, while going 15–1 in Empire 8 play. The team had a strong veteran presence in the form of senior forwards Francesca Cotrupe '15 and Geena Brady '15, and guards Ally Mnich '15 and Samantha Klie '15.

Head coach Dan Raymond said this season's returning players will need to step into not only bigger roles on the court, but also off the court as leaders.

"The roles the returning players need to fill include leading, teaching and mentoring the younger players, especially the first-year students, as well as increasing their production on the court in all statistical categories," Raymond said.

Leadership will be a key theme stressed by the coaching staff, and the players have stepped up throughout the preseason.

Assistant coach Devin Shea '13, who was recently hired in Summer 2015, said she is excited to see the team grow without a strong veteran presence due to the leadership it has gained.

"The fact that several of them are enrolled into the Leadership Academy shows that they understand the importance that it will play in having a successful season," Shea said.

Junior guard Alex Gilligan said she believes the entire team is ready to step up after the loss of the seniors.

"Obviously, after losing seniors you lose some leadership, which I think the returners have realized that will be something that needs to be emphasized," she said. "Our leadership this year will come from all classes, freshman to senior. We know that you don't need to be a captain in order to be a leader."

This season, the Blue and Gold will largely depend on the production from junior guard Ali Ricchiuti, as she averaged 11.1 points in 26.8 minutes per game last season. Ricchiuti also drained an impressive 37 percent of her 3-point attempts and should draw plenty of defenders on the perimeter.

However, Ricchiuti said she does have some improvements to make.

The guard only shot 40 percent from the field last season and will need to improve upon that number now that the team's second-leading scorer from last season, Mnich, has graduated.

"Some of the aspects of my game that I look to improve this year is being more consistent on offense and giving my teammates the best opportunity to be successful," Ricchiuti said.

Shea said Ricchiuti will have no problem growing as an all-around threat.

"[Ricchiuti can] build upon the skills she already has in order to become a more difficult player to guard and scout against, but more importantly to continue to be a great teammate and to encourage and challenge everyone to elevate their games," she said.

Along with Ricchiuti, senior guard Keri Steele will be depended on as one of the team's primary scorers in her third season with the Bombers. Steele averaged a solid 8.9 points and 4.4 rebounds in 23.2 minutes per game, while making 48 percent of her shots from the field last season. The 5-foot-8 guard also shot 38 percent from deep, showing her range as a scorer.

Klie, the team's primary playmaker

last season, averaged 3.5 assists in 27.9 minutes per game, so the South Hill squad will need a new player to step up to take on point guard duties. No other player last season averaged more than 2.0 assists.

However, if Raymond decides he wants a pure point guard to run the offense, sophomore guard Jordan Beers may take on that role. In limited action last season, she only averaged 12.4 minutes in 27 games, and 1.1 assists, a statistic that should inflate as she earns more minutes.

Beers said the entire team will have to adapt to new roles.

"We all realize that our role is going to be bigger this year," Beers said. "We all know we have to step it up, and we believe in each other that we can fill the spots of the graduating seniors."

Raymond said several returning players can make a difference on the court this season and is pleased with how his first-year players have transitioned to the college game thus far.

"We are very early in the season, but to this point the first-year students are doing well, picking up on the differences between the high school and college games," he said. "The veteran players are doing an excellent job of assisting the first-years' transition to the college game."

## RETURNING LEADERS

- POINTS:**  
**ALI RICCHIUTI – 322**
- REBOUNDS:**  
**KERI STEELE – 129**
- ASSISTS:**  
**ALI RICCHIUTI – 59**
- BLOCKS:**  
**ERIN FERGUSON – 12**
- STEALS:**  
**KERI STEELE – 35**
- POINTS PER GAME:**  
**ALI RICCHIUTI – 11.1**
- REBOUNDS PER GAME:**  
**ALI RICCHIUTI – 4.4**  
**KERI STEELE – 4.4**  
**ERIN FERGUSON – 4.4**

# BOMBERS BASKETBALL

## MEN'S

### NOTABLE 5



**Marc Chasin**  
Guard



**Sam Bevan**  
Guard



**Carroll Rich**  
Guard



**Carlin Champion**  
Guard



**Luke Cooper**  
Forward

## Youthful men's basketball team remains confident it can stay ahead of competition

**BY MATT ROTTLER  
AND REED KELLER**  
STAFF WRITERS

After an impressive 2014–15 season, the men's basketball team returns with a young, talented squad that will be looking for new players to step up and fill the holes left behind by key players from last year.

Following a season in which they went 12–14 and lost in the first round of the Empire 8 Championship to St. John Fisher College, the Bombers come into their 2015–16 campaign as one of the youngest teams in their conference, with eight freshmen on their 16-man roster.

Sophomore guard Marc Chasin, last season's second-leading scorer, said despite a young roster, he expects to fulfill the team's goals of winning the Empire 8 conference.

"The expectations are always high," he said. "We're young, but that's no excuse, and I feel we have enough talent to make some noise in the Empire 8."

For the 19th season in a row, the Bombers will be led by head coach Jim Mullins. At 274–207, Mullins is the second-winningest coach in the program's history. Mullins said he is hopeful the underclassmen on the team will help the Bombers heading

into the season.

"It's no secret. We might be the youngest team in the country," Mullins said. "One thing you can always control is how hard you play, and that will carry some opportunities to succeed."

In addition to the underclassmen on the team, the Bombers return eight players to the roster who were a part of last season's run to the Empire 8 Tournament. Mullins said the mix of seasoned veterans and young, blossoming talent gives him a reason to believe they will electrify Ben Light Gymnasium this year.

"Sam Bevan, Marc Chasin and Carroll Rich are three returning starters you have to look out for. Obviously we're going to have to get something from some of the younger guys," Mullins said. "At times they've all looked very good, and then there are days where their mind is just somewhere else. But the sooner we can get consistency, the sooner we can identify a rotation."

The number of underclassmen on this year's team is partially due to some key losses from last season's lineup. Two of the losses from the starting lineup were senior captains Keefe Gitto '15 and Max Masucci '15. The duo combined for 679 of the 2,046 points the Bombers scored

during the season.

Along with Masucci and Gitto, the Bombers also lost two key juniors in Joseph Masino and Ahmad Boyd. Masino, who started nine games last season for the Blue and Gold, is not playing due to internship conflicts. Boyd, who gave the Bombers some points off the bench consistently throughout last season, quit the team.

Despite the turnover, Chasin said it should not hinder the results of this season.

"We are a deep team," he said. "We just have to be confident and know we're going to be all right despite the losses."

The loss of Gitto is significant as the Bombers are now in need of a new starting center. The problem with replacing the 6-foot-8 Gitto is the lack of size the team now faces. There is not a player currently on the men's basketball roster that is over the height of 6 feet 5 inches. Comparatively, Empire 8 rival St. John Fisher has three players that are taller than the Bombers' tallest players. Freshman forwards Luke Cooper, Adam Kleckner and Peter Ezema all assist the team in terms of height.

However, senior guard Bevan said he does not see this necessarily as a negative for the Bombers as it gives

the freshmen a chance to step up.

"The three big guys are all going to have to play this year," he said. "They're moving along nicely, and they all have good individual skills. They're good shooters and good defenders."

The Empire 8 portion of the schedule is shaping up to be a difficult road ahead as well. The Blue and Gold will face off twice against their conference foes, including last year's Empire 8 champions, St. John Fisher. The Cardinals finished 25–5 last season and were ranked 22nd nationally in the final d3hoops.com poll.

Other Empire 8 matchups include Alfred University on Jan. 9, 2016, and Feb. 13, 2016, with whom the Bombers split their season series last year.

With all the roster changes, a tough schedule and the younger team, Bevan said, as the only senior on this year's squad, he wants to win one more Empire 8 championship before he graduates, for no other reason than wanting his teammates to know how it feels.

"I honestly don't care at all about individual play," he said. "I have one more season left, and all that matters to me is to win another Empire 8 championship. That's the best thing I've done with my career, and I want another one."

### RETURNING LEADERS

- POINTS:**  
**MARC CHASIN — 355**
- REBOUNDS:**  
**MARC CHASIN — 111**  
**SAM BEVAN — 111**
- ASSISTS:**  
**SAM BEVAN — 120**
- BLOCKS:**  
**MARC CHASIN — 8**  
**CARLIN CHAMPION — 8**  
**BRAD JOHANSON — 8**
- STEALS:**  
**MARC CHASIN — 23**  
**SAM BEVAN — 23**
- POINTS PER GAME:**  
**MARC CHASIN — 14.8**
- REBOUNDS PER GAME:**  
**MARC CHASIN — 4.6**



# WRESTLING

## Influx of young wrestlers boosts Bombers' roster

BY CAL DYMOWSKI  
AND LUKE D'ONOFRIO  
CONTRIBUTING WRITERS

Longtime wrestling assistant coach and Athletics Hall of Famer Dave Auble, who helped coach the Bombers to the program's only three national championships, will return this season as a volunteer assistant coach. He said he thinks this year's team has the capability of doing something the program hasn't done since 1994.

"The reason I came back this year as a coach was because I thought this team had a really good shot at winning a national championship," Auble said.

The Bombers had an excellent 2014–15 season, finishing with an 11–2 record, obtaining a national ranking of 12th in Division III and capturing Empire 8 glory and finishing first in the NCAA Northeast Regional Championships. Much of the success came from Alex Gomez '15 and Kevin Collins '15, both of whom were All-American selections and placed fourth and sixth, respectively, at the National Championships.

Despite losing two All-Americans last year, junior captain Jimmy Kaishian, who finished with a 29–9 record last season, said the team is in good spirits this season.

"I think this year there is a new level of focus," Kaishian said. "We didn't accomplish what we wanted to accomplish last year, and this year we are laser-focused."

Senior captain Eamonn Gaffney said he thinks only losing two starters from last year's lineup will play a huge part in the team's success this year.

"We've only gotten better since last year," he said.

Kaishian said he hopes the mix of younger talent and experience will pay off for the Bombers.

"We have some good freshmen coming in, some new kids that are going to step up into holes in the lineup," Kaishian said. "I feel like we are going to have a much stronger team this year."

Senior Dan Pak said he also agrees with his teammates that the youthful team has something special to offer this year.

"Our team is looking tough," Pak said. "I think we have a national title team this year."

Pak said the toughness of the new wrestlers is something that is not typical.

Head coach Marty Nichols, who was named the Empire Collegiate Wrestling Conference Coach of the Year last season, said the youth of the squad and the loss of the All-Americans will not be as big of a factor as it may seem.

Nichols also said the team is able to bounce back pretty quickly after the All-Americans move on, estimating that many athletes on his team are capable of achieving All-American status this season.

"We potentially have 10 guys that could be All-Americans, maybe more than that," Nichols said.

With the large influx of young and raw talent, Nichols said there is a need to slightly alter tactics.

"You definitely have a different focus with a younger group," Nichols said. "A lot of the drills and the strategies and stuff they may not be familiar with."

Senior Dan Glinko said the talent displayed by the younger wrestlers has made him excited, and he hopes the early season matches will help them gain confidence and familiarity with his teammates.

Nichols said sophomores Nick Velez and Jaison White are two potential standouts based on how they performed as freshmen last year.

Velez compiled a 33–12 record at 165 pounds, while White was 22–10 at 174 pounds.

If the younger wrestlers are indeed able to find their rhythm, Nichols said the team has a chance to be better overall dual meet-wise.

The preseason rankings place the Bombers fifth in the Empire 8 conference, while their rival, SUNY Cortland, sits at second. The Bombers defeated Cortland on Feb. 18, 2015, last year by a score of 18–15. They will face Cortland on Feb. 17, 2016 in its last meet of the regular season.

The squad captured its first win of the year on Nov. 6 and 7 in the Ithaca Invitational. It will compete next in the John Reese Duals at 10 a.m. Nov. 14 in Wilkes Barre, Pennsylvania.



Junior Jimmy Kaishian wrestles against a Stevens Institute of Technology opponent during the Ithaca Invitational on Nov. 7 in the Hill Center. Kaishian won his weight class bracket. JILLIAN FLINT/THE ITHACAN

# GYMNASTICS

## Mix of old and new talent improves squad

BY MADISON BESS  
STAFF WRITER

The women's gymnastics team is looking to bounce back after its 2014–15 campaign in which it earned a 3–11 overall record. The squad, which has some newcomers as well as strong upperclassmen, is determined to contend for the National Collegiate Gymnastics Association Championships this upcoming season.

Last season, standouts included sophomores Rachel Lee and Hannah Donnelly. Lee qualified individually for Nationals, where she competed on balance beam, placing fifth with a 9.675. Lee, who is currently out for medical reasons, qualified for Nationals based on how well she did throughout the season.

Head coach Rick Suddaby said he is expecting to win meets this winter because many of their competitions last year were tight contests, such as the one against Springfield College in which they were behind by only a point with a score of 184.65–183.675.

Suddaby said the younger team could contend for the national title, but it has some work to do. He said the gymnasts have been working on their routines on every event as well as their skill sets during the offseason. Suddaby said his goal is to get 10 gymnasts prepared for each event and will determine who will compete based on who is the best at each event.

Just like last season, the team is composed

of mostly underclassmen, as there are eight freshmen and nine sophomores. As for upperclassmen, there is only one junior, three seniors and one graduate student.

Graduate student Valerie Cohen said she is looking forward to what this season has to offer because it is her last year and she wants to finish on a strong note.

"Each year the journey is different. There's a different team each time, each with its own dynamic, but right now we're in the best part of it," Cohen said. "It's still an open book. We get to write our own story every day."

Cohen had an impressive season last year, competing in floor and vault. After the third meet of the season against SUNY Brockport, she registered her second score of a 9.55 in a row. However, she said she has much she would still like to check off her bucket list in her last year, the biggest goal being to make it to Nationals again. The last time she went to Nationals was her freshman year.

"I am trying to make a few more dreams come true before my days of being a gymnast are over," Cohen said. "But first and foremost priority is getting our team in a top-three spot at Regionals to qualify as a team to Nationals."

Cohen said the freshmen that are new to the team bring depth to the squad, and she is excited to be able to compete with the newcomers. Freshman newcomer and all-around

contributor Haley Lyons said she is looking forward to being part of such an amazing team because she shares the same goal of going to Nationals.

"It's intimidating being a freshman on the team, but it is also an honor. I would feel blessed to compete even just one event for such an amazing team like this," Lyons said.

Megan Harrington, a senior and all-around contributor, said she is working on some new tumbling passes on floor and a new bar dismount. Harrington did well last season on uneven bars and balance beam and earned an all-around career high of 37.75.

Harrington said the team is more determined than ever because not qualifying for Nationals last year was disappointing, but the squad will use its energy this year in hopes of making a run to Nationals.

Cohen said she thinks the team definitely has a chance of making it because they all have the drive and determination.

"It is going to be incredibly difficult, but we have all the pieces of the puzzle and we just have to put them all together," Cohen said. "The league has come so far, and the competition is tougher than it's ever been, but I genuinely believe we have what it takes."

Practices are underway, and the Bombers will compete in their first meet Jan. 16 at Southern Connecticut State University.



Junior Lynley Choate practices on the balance beam for the gymnastics team's practice Nov. 5 in the Hill Center. SAM FULLER/THE ITHACAN



# WEIGHING THE ODDS

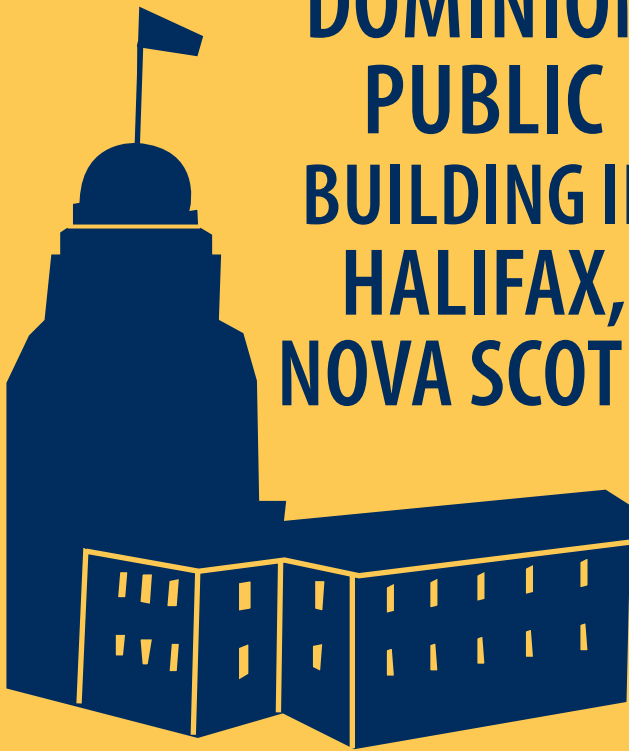
THE COMBINED WEIGHT OF THE  
UPPERCLASSMEN ON THE  
**WRESTLING TEAM** IS  
2,935 POUNDS,  
THE SAME WEIGHT  
AS A 2013  
FORD FOCUS



SOPHOMORE JORDAN BEERS  
SHOT 41.7 PERCENT  
FROM THE FIELD, JUST  
SHY OF THE  
PERCENTAGE OF  
PEOPLE IN THE WORLD  
WHO HAVE ACCESS  
TO THE INTERNET



BRANDY SMITH'S  
STADIUM-RECORD  
THROW OF  
53 METERS EQUALS  
THE HEIGHT OF THE  
DOMINION  
PUBLIC  
BUILDING IN  
HALIFAX,  
NOVA SCOTIA



THE HEIGHT OF THE **MEN'S  
BASKETBALL TEAM**  
EQUALS 99.5 FEET,  
THE APPROX. HEIGHT OF THE  
LINCOLN MEMORIAL



THE TOP **MEN'S SWIMMING**  
TIMES IN THE 1,000-YARD  
FREESTYLE LAST YEAR EQUALS  
ONE HOUR AND FOUR MINUTES,  
OR THE AMOUNT OF TIME IT TAKES TO  
DRIVE FROM ITHACA TO BINGHAMTON







2015

2016

\* Empire 8

Catch all the Bombers' action this winter on South Hill

WOMEN'S BASKETBALL

Ben Light Gymnasium

WRESTLING

Glazer Arena

MEN'S BASKETBALL

Ben Light Gymnasium

GYMNASTICS

Hill Center

TRACK & FIELD

Athletics & Events Center

SWIMMING & DIVING

Aquatics Pavilion

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20 3 p.m. Bard 8 p.m. Bridgewater State	21 4:30 p.m. Hartwick & SUNY Geneseo
22	23	24	25	26	27	28
29	30					

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 6 p.m. SUNY Cortland 8 p.m. SUNY Cortland	02	03	04 TBA Bomber Invitational	05 4 p.m. St. Lawrence 4 p.m. St. Lawrence TBA Bomber Invitational
06 TBA Bomber Invitational	07	08	09	10 7 p.m. Union	11	12 Noon SUNY Oswego 4 p.m. University of Rochester
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03 7 p.m. Stevens Institute of Technology* 4 p.m. Stevens Institute of Technology*	04	05 6 p.m. Nazareth* 8 p.m. Nazareth*	06	07	08	09 3:30 p.m. Ithaca Blue & Gold Alumni Track & Field Meet
10	11	12 6 p.m. Elmira* 8 p.m. Elmira*	13	14	15	16
17	18	19	20 TBA SUNY Brockport	21	22 1 p.m. Bomber Quad	23 1 p.m. Alfred
24 10 a.m. Dick Comanzo Diving Invitational	25	26	27	28	29 11:30 a.m. Ithaca Invitational 7 p.m. Nassau Comm. College	30 Noon Delaware Valley 2 p.m. Binghamton 2 p.m. Union
						31

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04 6 p.m. St. John Fisher* 8 p.m. St. John Fisher*	05	06 10 a.m. Bomber Invitational & Multi 1 p.m. Springfield
07 10 a.m. Bomber Invitational & Multi	08	09	10	11	12 6 p.m. Houghton* 8 p.m. Houghton*	13 1 p.m. Ithaca Invitational 2 p.m. Alfred* 4 p.m. Alfred*
14	15	16	17 7 p.m. SUNY Cortland	18	19 6 p.m. Utica* 8 p.m. Utica*	20 2 p.m. Hartwick* 4 p.m. Hartwick*
21	22	23	24	25	26	27
28 1 p.m. Harriet Marranca Memorial Invitational	29					