

# TACKLE THE GOLD

**WINTER** SPORTS  
PREVIEW

The Bombers prepare  
for an action-packed  
winter sports season



**NICK  
VELEZ  
WRESTLING**





JADE CARDICHON/THE ITHACAN

# MEN’S SWIMMING AND DIVING

**BY MADDISON MURNANE**  
STAFF WRITER

Usually, freshmen have the opportunity to look up to a larger number of upperclassmen to guide them through their first season. However, for the men’s swimming and diving team this year, the underclassmen greatly outweigh the upperclassmen.

This season, the team will consist of only six returning sophomore, junior and senior swimmers and 12 incoming freshmen. Swimming and diving head coach Kevin Markwardt said that due to the imbalance in upperclassmen and newcomers, this year will be a rebuilding year for the team.

Last season, the Bombers went 8–4 in dual meets. They finished in fourth place at the Upper New York State Collegiate Swimming Association Championship with a total of 870.5 points, and six Bombers earned Empire 8’s All-Conference honors. Sophomore Scott Hillen led the Bombers last season, as he qualified to compete in the NCAA Regional Diving Championship, where he was named an alternate for the NCAA Division III Championship.

However, Markwardt said that this season, Hillen and many other swimmers have decided not to come back to the team due to having higher expectations placed on them this year.

“I think that we kind of established an expectation as to where the team is going,” Markwardt said. “We established some things last year in regard to weight training and in regards to in-the-pool training, and some guys decided they weren’t going to be able to do what we were asking them to do.”

The team will rely on fifth-year senior Adam Zelehowsky to take charge. During his junior campaign, Zelehowsky participated in several events, including freestyle, backstroke, individual medleys and relays, and finished the season earning four state all-honors as well as one all-conference section. However, he had to take his senior year off from swimming due to his diagnosis with a heart condition called atrial fibrillation.

Fellow senior captain Ian Foley, along with seniors Connor Schroyer and Gregory Markert, will also step into their leadership

positions this season.

The 2016–17 season will mark Foley’s second year on the team, due to an illness that made him take his sophomore and junior years off the team.

Sophomore Aaron Levin was named to the All-Conference list last season and will be looked to this season to build upon that success. Levin said he is looking forward to competing and earning points for the Bombers in the 50 freestyle this season.

He is also looking forward to becoming closer with the team, something that comes along with competing and practicing together every day, he said.

“Being united as one is my favorite part,” Levin said. “We have a lot of really hardworking, talented kids, and once we start competing, we will be able to get our chemistry down and really be able to prevail in the water.”

Foley said team chemistry will be very important this season and that he is planning on working to foster it.

“We are taking steps to bring back the competitive spirit and the family bonding that was there our freshman year,” Foley said. “We want to bring back the family atmosphere that Ithaca swimming and diving has always had at its core.”

The team will also be relying on freshman newcomers Pat Daly, Nate Bartalo, Andrew Mikhailichenko and Matt Quinney, who, Markwardt said, have all been impressive in practice so far.

Additionally, the team will look to Jake Hewitt, sophomore transfer from SUNY Fredonia, to earn points in the freestyle and butterfly events.

Markwardt said that although this will be a rebuilding year for the Bombers, the team has a lot of young potential and is looking to win as many meets as possible.

“I think we need to take it day to day,” Markwardt said. “We have to go into practice every day and see what we need to work on. We want to win more meets than we lose this season.”

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# WOMEN’S SWIMMING AND DIVING

**BY ALYSSA CURTIS**  
STAFF WRITER

For the past three years, the Ithaca College women’s swimming and diving team has stood at the top of the podium at the state championship. This season, led by a large senior class, the Bombers are hoping to bring home the title for the fourth straight year.

Senior captain Brenna Dowd said this is their biggest goal of the season.

“We’ve won for the past three years, so the senior class, especially, really wants to strive for that four in a row,” Dowd said.

During the fall semester last year, seven of the top Bomber swimmers were abroad. This, head coach Paula Miller said, made it difficult to keep a consistent lineup.

Now that all but one upperclassman are back from studying abroad, they are taking on a bigger leadership role within the team. Assistant coach Dan MacQuarrie said having an equal number of freshmen and seniors is beneficial to the team.

“There’s a lot of talent in the senior class, and there’s a lot of talent in the freshman class,” MacQuarrie said. “Underclassmen are learning from the seniors what’s expected from them, and they’re learning the ways to be successful here. It’s not just with Paula and I. That’s with the values they have as team members.”

Along with the championship, Dowd said the team has set a goal to go undefeated during dual-meet season and send multiple swim team and diving team members to nationals. Last year, the team had an 11–3 record from its dual meets but lost to Rensselaer Polytechnic Institute twice.

Last year, junior divers Anna Belson and Katherine Helly both qualified individually for the NCAA National Championships. However, with Belson currently abroad this semester, they will be relying on Helly, as well as junior divers Lindsey Suddaby and Alyssa Wishart.

They are also celebrating the return of senior Nickie Griesemer, who qualified for nationals during her freshman and sophomore seasons but did not compete last year.

Helly said their goals are not just

something that is talked about. They have a plan to meet their expectations and put their plans into action.

“We’re really pushing the limits,” Helly said. “Our focus is bigger and better than last year.”

On the swimming side, seniors Lake Duffy, Grace Ayer and Samantha Reilly, junior Nilza Costa and sophomores Casey Koenig and Hannah Parbst are expected to place high again during this season. Freshmen Justine Wantz, Emily Althiler, Tori Eastman and Josie Berman will anchor a strong freshman class.

MacQuarrie said it is going to take a team effort to achieve their goal of sending a team to nationals.

“The best way to send as many people possible is obviously individually but also as relays,” MacQuarrie said. “We’re looking at a lot of the seniors right now to put together relays that are going to get us top 10 in the nation in relay.”

Dowd said the swimmers and divers attribute much of their success to their coaches. With the addition of two assistant coaches last year, the 2015–16 season was a big adjustment period, but now, Dowd said, they’re more settled and familiar with the team.

“We owe it all to the coaches to keep us positive,” Dowd said. “They work us hard, but we need it. They know that our team does best when we’re having fun but also working as hard as we can, and they understand that dynamic. Them understanding and being hardworking but fun individuals themselves helps and rubs off on the team.”

Miller said to be successful, the drive and motivation have to come from the athletes themselves, and with this team, they do.

“It’s not just coming from us; in fact, it can’t. It has to come from the team as far as wanting to be successful,” Miller said. “They’re internally motivated, both individually and as a team unit. It makes it much easier to coach when they want to do well. They want to be here, and they want to excel.”

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# WOMEN’S TRACK AND FIELD

BY SARAH RESMAN  
STAFF WRITER

In May, the majority of the members of the women’s track and field team sat at home watching their teammates, seniors Brandy Smith and Katherine Pitman, take home NCAA national titles. As the Bombers head into the indoor season, the goal is for the whole team to stand on top of the podium come March.

Junior Taryn Cordani said that with the strong mix of returning and new talent, this could be the year they achieve that goal.

“One of our big goals as a team is winning nationals or placing at nationals,” Cordani said. “And especially having two national champions coming back, we think we have a good chance at winning nationals.”

Head coach Jennifer Potter said she is excited to see the success her returning athletes can bring to the team, as well as what the freshmen have to offer.

“We have a strong core of upperclassman throwers who by themselves last year could have won the Empire 8 Championships just with the points that they scored, so that’s a really impressive group,” Potter said. “Overall, the returners look great, and I’m really excited about the freshman class.”

In addition to Pitman and Smith, the team is also returning Cordani, who placed eighth in the 3K at the NCAA Indoor National Championships last season, and senior Natalie Meyer, who tied for 13th in the women’s high jump at the NCAA Outdoor National Championships last season.

Juniors Grace Ryan and Amber Edwards are also returning to the team after strong seasons last year. Ryan qualified for the NCAA Outdoor National Championships in the high jump, and Edwards placed first in the 60-meter hurdles at the Empire 8 Indoor Championship last year.

Last season as a team, the Bombers placed first at four invitationals, including the Empire 8 Championships, which they won for the ninth consecutive year, and the Eastern College Athletic Championships, where they beat 49 other teams.

The team will compete in its first meet of the year Dec. 3 in the Greg Page Relays at Cornell University.

Other big meets include the Bomber Invitational and Multi on Feb. 4–5, 2017, in Glazer Arena; the Empire 8 Championships on Feb. 11, 2017, in Utica, New York; and the ECAC Championships on March 3–4, 2017, in Glazer Arena.

Graduate student Eliza Dewart, who was a captain last season, will be a volunteer coach this season. Potter said that after a strong class last year graduated, having Dewart around will be a big help for the team.

“Seniors are always hard to replace,” Potter said. “It’s not all about points — it’s about leadership, it’s about friendships and it’s about their impact on the program.”

Sophomore sprinter and long jumper

Jordan Beckley said the team is going to continue doing what it knows best and holding everyone accountable throughout the season to reach its goals.

“Everyone has their own individual role, and as long as everyone plays their part, we will get to any goal that we are looking forward to,” Beckley said. “Support is a big thing on our team, like if you ever see someone down, you’re going to go over and talk to them.”

Potter said the team is not going to change that much this season in hopes that its success from previous years will carry over.

“We’re not going to change a lot except that we are becoming more confident every year and believing that we can stay a nationally ranked program,” Potter said. “We hope to get on the podium this year and will do everything to make that happen. We’re just doing what we know and having fun and working hard.”

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# MEN’S TRACK AND FIELD

BY JAMES MURPHY AND  
ANDREW RIZZO  
STAFF WRITER AND  
CONTRIBUTING WRITER

After much success last season, the Ithaca College men’s indoor track and field team is back on the track preparing for the upcoming season.

Last year, the team finished first in the Empire 8 Conference Championship for the eighth time in nine years and took home second place in the New York State Collegiate Track Conference Championships a week later.

In addition, the Bombers earned 38th place in the NCAA national championships in Waverly, Iowa, taking a national rank for the first time since 2003.

The team is looking to do much of the same this year as the program enters its 30th season under longtime head coach Jim Nichols. The Bombers will be looking for strong performances from their freshman class, which Nichols has praised so far this preseason.

“We had a very good recruiting class,” Nichols said. “We have some outstanding freshmen that are with us right now and I’m hoping will get through everything.”

Freshman Daniel Harden will be competing in the long jump, triple jump, 200- and 400-meter dash. He said he set high goals for himself his first season.

“My goals for this year are to break some Ithaca College records and go to nationals,” Harden said.

The distance runners will be led by senior Sean Phillips, who finished second in the 1-mile run at the Empire 8 Indoor Championship last season.

Nichols said this year’s freshmen are comparable in skill to the senior class. Together, they create a well-balanced and talented roster, he said.

“We have a very good senior class as far as overall recruiting over the years,” Nichols said. “I thought our current senior class was good when they were recruited, and I would combine those recruits with our current freshman class. Those two classes together are pretty good.”

Nichols said there’s a strong core of sophomores and juniors who round out a deep roster.

“I know our sophomores and juniors are very solid,” Nichols said. “We have a very good group of juniors that are returning, so I think our balance is going to be really strong. I think we have really good senior leadership this year; they handled all the fall workouts pretty well.”

Senior Andrew Ward, who competes in the high jump and hurdle events, is looking to back up his all-state honors

from last year’s indoor season.

“This year, we’re looking to come out with a strong showing at the Empire 8 and also take it to the state meet,” Ward said. “We’ve gotten second a couple times and have been really close, and now I think we have a chance at that first-place crown.”

In the past three years, Nichols said, the program has undergone major enhancements to ensure its success.

“This is our third year with a strength and conditioning program with a full-time strength and conditioning coach,” Nichols said. “The first year, you’re adapting to it. The second year, you’re getting a little better, and now for our juniors, this is their third full year of going through the program.”

Nichols said individual improvement will play a key role in their success.

“My goal is for everyone to get better,” Nichols said. “I don’t care who it is or what event they’re in — whether it’s the long jump and I want them to jump an extra inch, or if it’s a high jump and I want them to jump half an inch higher, or if it’s a pole vault and I want them to go higher. If it’s a sprinter, I want them to cut off a hundredth or tenth of a second, and it’s the same thing for our quarter milers.”

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# WOMEN'S AND MEN'S BASKETBALL



**BY CAM FUOTI**  
STAFF WRITER

The Ithaca College women's basketball team returns to the South Hill this year after making an appearance in the Empire 8 Championship final last season.

After a 16–11 record last year, including an 11–5 record in the Empire 8, the Bombers are looking for more success with a team of returning stars.

Even with the tough loss of All–Empire 8 Tournament selection Keri Steele, the Bombers are returning a plethora of talent.

Senior guard Ali Ricchiuti and junior guard Jordan Beers, along with senior forward Erin Ferguson, are back this year, and the team will have nearly half its top scorers from last season. Ferguson and Ricchiuti will also handle the rebounding for the Blue and Gold.

With a team that is only losing one senior, Ricchiuti said, experience will be key this season.

“We’re really fortunate that we only lost one senior because we have created such great chemistry

over the past few years with the same group of girls,” Ricchiuti said.

Head coach Dan Raymond said last year’s crushing 70–44 loss to Stevens Institute of Technology in the Empire 8 final has only fueled the fire during this season.

“This year, I’ve got so many things going through my mind, especially after a disappointing year last year,” said Raymond, who is entering his 16th season. “I don’t want my expectations too high, but I’m optimistic.”

Last season, six out of the 11 losses were decided by fewer than 10 points. Raymond said he hopes the experience of the returning squad will help during close games.

“The great thing is they have the opportunity to work together and build relationships that bode well for good performances,” Raymond said. “It’s my reason for my optimism.”

With the team entering its second week of practice, it is looking for the return of Beers, who has been nursing an ankle injury, along with freshman guard Sarah Cargill, who has also been out with an

ankle injury.

Raymond said the upperclassmen all have a particular ability they bring to the team.

“Erin is considered the mama bear of the team,” Raymond said. “She wants to make sure everyone is OK and working together. On the other end is Ali. She is more of the vocal leader of the team.”

Sophomore guard Annie Giannone saw action in 26 games last season, including a start against St. John Fisher College.

She, along with starting junior guard Erin Woop, will add experience to a team that is looking to make a run in the NCAA tournament.

Sophomore Allie Tunick and junior Allison Spaschak, both guards, along with junior guard and forward Julie Yacovoni, will anchor out a strong backcourt for the Bombers.

This year, the team is welcoming three freshmen. Raymond said Cassidy O’Malley, Cargill and Mia Herlan will make an immediate impact on the team.

“Cassidy is an immediate contributor because of her athleti-

cism,” Raymond said “Sarah shoots really well, but with her injuries, we haven’t had much time to evaluate her, and we’re anxious to see her play. Mia Herlan is taking a bit more time to adjust but is doing really well so far.”

The Bombers open up their season against soon-to-be conference foe St. Lawrence University in the Cortaca Classic at 8 p.m. Nov. 18 in Cortland.

Their first home game is against the William Smith College Herons at 3 p.m. Nov. 19.

The Bombers open up conference play when they host Alfred University at 6 p.m. Jan. 3, 2017, in Ben Light Gymnasium.

Raymond said that with the first game just days away, the team appears poised to accomplish its goals this season.

“The kids are doing really good things,” Raymond said. “They’ve worked really hard. They’re self-driven, and they’re doing a really great job picking up on the things we’ve implemented.”

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“OUR GOAL IS TO TAKE THE SEASON ONE GAME AT A TIME” — JO



# BASKETBALL



CONNOR LANGE/THE ITHACAN

GOAL  
TAKE  
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ME.”  
RDAN BEERS

BY MATT MALONEY  
STAFF WRITER

After finishing with a 15–13 overall record and 7–9 Empire 8 Conference record in the 2015–16 season, the Ithaca College men’s basketball team is focused on making it back to the Empire 8 tournament this season.

Having only one senior, Sam Bevan ’16, graduate last year, the team kept its core players from last season. Bevan made a team-high 62 three-pointers on 36 percent shooting, led the team in assists with 6.5 per game and averaged 34.9 minutes per game his final season.

Though the Bombers don’t have any seniors on the team this year, men’s basketball assistant coach Sean Burton said other players will be stepping in to fill a leadership role.

“Losing Sam and his leadership is going to be huge,” Burton said. “It’s going to be a completely different dynamic in terms of leadership. Marc Chasin has done an amazing job of stepping into that role, and I think he’ll flourish in that role.”

Head coach Jim Mullins said

the experience his young team has gained will bring it success this season. They will continue to rely on sophomore Peter Ezema, who started in 24 games last season.

“We’ve got a lot of young guys who played a lot of minutes last year,” Mullins said. “We’re young, but we’re young veterans.”

The coaches and players recognize that having only one graduate while bringing in six freshmen will be beneficial to the team.

Burton said the freshmen on the team are learning quickly and will make an impact right away on the court.

“Right now, we’re excited about the guys that we have,” Burton said. “They’re fitting in right away with the team. We have three talented guards and two forwards who we think can help us right away, so we’re excited.”

Junior guard Carroll Rich has been designated the other captain alongside Chasin. Mullins said he’s confident in the team’s choice of captains this season but did mention that this is not definite.

“They voted on it last year, but

my intent at the time was to see how things went and vote again next year to give the six new faces on the team a voice,” Mullins said. “I don’t really anticipate any change. Carroll and Mark are our designated captains, and I think everyone sees them that way, so I think that’s how it will turn out.”

Chasin, who led the Bombers in scoring last year averaging 20.8 points per game, said he plans to retain that statistic despite the stereotype of captains’ being playmakers more than being scorers.

“Obviously, I’ll be looking for my teammates, and I have playmaking abilities, but I’m not going to be changing the way I play just because I’m a captain,” he said. “If anything, I’m just going to stick to my game and do what I do best.”

The Bombers finished second in the Empire 8 Conference in scoring last season. However, Mullins does see room for improvement in team defense, which ranked last in points allowed.

“We scored enough points last year to win more games than we did, but we gave up too many,”

Mullins said. “I’m not aware of too many teams who have done well in basketball without playing some good defense, so it’s definitely a point of emphasis.”

Burton said he thinks the team can build on mistakes from last season despite lacking a common quality associated with basketball players.

“We may not have height, but we aren’t small in the sense that our guards are bigger,” Burton said. “Rebounding is a hustle stat. You’ve just got to want it. There’s only so many drills you can do to be a better rebounder, so it just comes down to grinding it out and going after it.”

Chasin said the young squad is prepared to meet its goal.

“We have a really good group of sophomores and juniors who have a lot of playing time under their belt, so being young really isn’t an excuse anymore,” Chasin said. “So winning the Empire 8’s would be awesome, and I think anything less would be a disappointment.”

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SAM FULLER/THE ITHACAN

# GYMNASTICS

BY MADISON BESS  
STAFF WRITER

This season, the Ithaca College gymnastics team is going back to the basics as it aims to have an injury-free season this year.

Last season, the gymnastics team had a 4–10 record but managed to send two gymnasts to nationals: junior Kendra Balcerak and Megan Harrington '16.

Head coach Rick Suddaby said he expects the team to be able to rebound and perform better this season.

“Our goal was to have a complete season,” Suddaby said. “We have a bunch of kids recovering from injuries and surgeries. Some of the top potential has to do with recovery.”

To prevent injuries and take care of the ones that are already prevalent, junior Mina Shernan said they have implemented new strategies, such as new warmup routines and more core time.

“There is a motivation that is there to get back and be stronger than we were last season,” Shernan said.

She said that this year, the Bombers are focusing on the team aspect of the sport.

“Rick’s former coach from Cortland came to talk to us, and both he and Rick mentioned it’s not the entire role of the first five or six in the lineup,” Sherman said. “It is the bottom 10 in the lineup. We all need to do our parts for that. The bottom five or six make the biggest impact. If all top 10 are strong, that makes a good team. The bottom five will push everyone else up.”

This year, the Bombers will have to make do without Harrington, who was a four-time All-American. Suddaby said he thinks the Bombers are very capable and that the top six and seven athletes on each event are strong. However, he said he is a bit worried about vault, which he said is currently lacking depth.

Suddaby said he expects Emily Szembrot, a freshman, to compete all-around. She is battling a wrist issue right now, which is slowing her down a little bit, but she can be competitive on all four events if she gets healthy.

Another freshman hopeful is Elyse Ryden, a bar specialist. Suddaby said that if she learns all her skills, she will be competitive.

“All the freshmen I expect will contribute,” Suddaby said. “That adds a whole new dynamic.”

As far as all-around goes, Suddaby said he is unsure of who will be able to compete in all four events. Ryden said the four freshmen are looking stable in practice.

“All four of us have had success and experience with big USAG [United States of America Gymnastics] meets, and I think we can use that to our advantage,” Ryden said.

Ryden said the team has been performing well in practices so far this season.

“Our team dynamic is amazing, and I can’t wait to see how that energy channels into competitions,” she said. “I’m really optimistic

about our upcoming season.” The Bombers will have their first meet Jan. 15, 2017, at Rhode Island College. The first home meet will take place Jan. 21, 2017, against SUNY Brockport.

Ryden said she is looking forward to competing as a Division III Collegiate gymnast.

“I’m looking forward to the competitions and the atmosphere of an NCAA season,” she said. “I’ve watched college meets before, but it must be a feeling like no other to be out there on the floor with your team, and I can’t wait to be a part of that.”

Suddaby said the main goals going into the season for the gymnastics team are to be consistent and to work their way back up to the top.

“I am most excited about being consistently good,” Suddaby said. “We were good at the beginning last year and then fell off. We are looking to be back on top of the league. I think that is where we are headed.”

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# WRESTLING

BY ANDREW SULLIVAN AND  
ZACH GREGG  
STAFF WRITER AND  
CONTRIBUTING WRITER

Coming off its third straight victory in the Northeast Regional Championships, the Ithaca College wrestling team is looking to achieve its main goal: win a national title, which is something the team has not done in more than two decades.

The Bombers, who ranked second in the nation last year, placed 14th at the 2016 Division III Championships in Cedar Rapids, Iowa.

Head coach Marty Nichols, who is entering his 21st season leading the Blue and Gold, said that if it were not for a few minor technicalities, the team’s fortunes would have been even greater than they were.

“We lost a couple of close matches at the nationals last year, both in the third period,” Nichols said. “If we won both of those matches, we’d been in the top six. But we lost them both, so we ended up 14th. So it’s that close to where you finish. A match here, two points there. A pin here, a pin there.”

The Bombers are returning five national qualifiers: seniors Jimmy Kaishian, Nick Wahba and Carlos Toribio, and juniors Bryan Israel and Nick Velez.

Toribio and Velez were named All-Americans as well.

Velez placed seventh in the 164-pound class at last year’s national championships. He said he was pleased with the honor of being named an All-American but that it was not the highest honor he hoped to achieve.

“I was definitely looking for winning the title,” Velez said. “But sometimes when you shoot for the stars, you land on the clouds.”

Velez also said he is looking forward to another shot at chasing the national title in his weight class.

“It definitely motivates me in the way that I want to redeem myself, and I want to get back, and I just want to go all-out,” Velez said.

Kaishian, who was awarded captain last season and this season, said the All-American honor he earned last year gave him confidence, and like Velez, he has the same mindset heading into the season.

“I’m not complacent,” Kaishian said. “I fell short of what I wanted to do, and I think I still have goals to reach.”

While the South Hill squad is bolstered by its sturdy veterans, Nichols said the underclassmen play an equally significant role on the team.

“The youthful guys come in, and they

have lots of energy,” Nichols said. “It keeps everything upbeat. The older guys — they can teach the younger guys how to stay in position and do those different things. . . . I think that’s the chemistry of the team — a good combination of all these guys working together.”

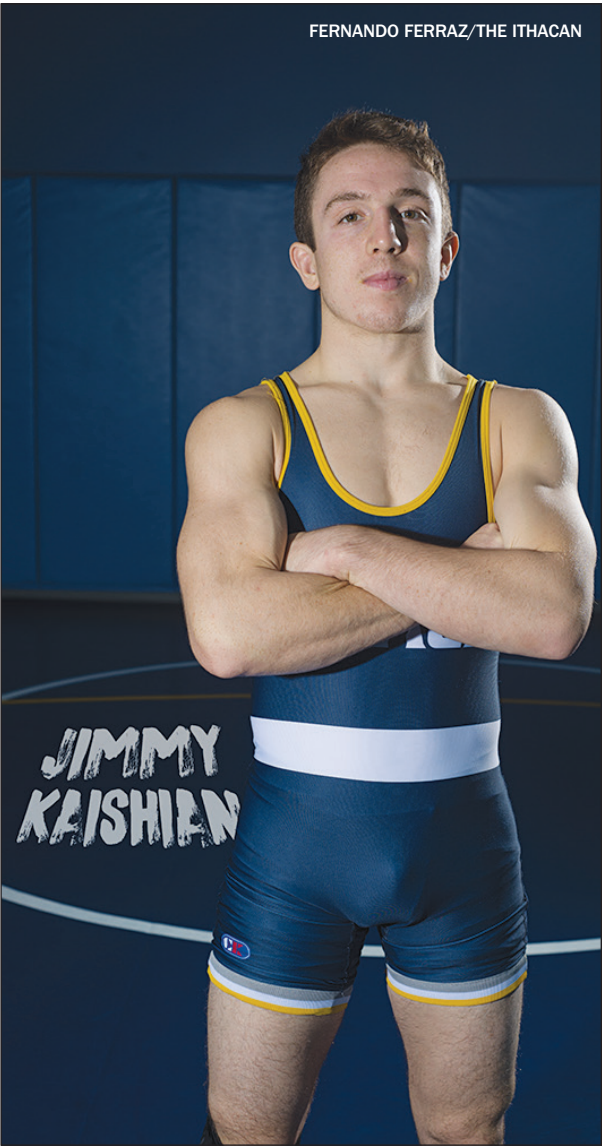
The sophomore class is headlined by Jake Ashcraft, who finished in fifth place at regionals in the 184-pound division and compiled a record of 32–9.

As for the freshman class, the Bombers recruited four high school wrestlers who ranked in the top 10 in their respective states. Sam Schneider and Ben Brisman ranked fourth and seventh in New Jersey in the 141- and 149-pound classes, respectively. Tanner Nielsen and Theo Chazkel ranked fifth and sixth in New York in the 184- and 197-pound divisions, respectively.

The Bombers opened up their season Nov. 4–5 at the Ithaca Invitational. The Bombers came in first and had six individuals collect weight-class titles. Kaishian said he is excited to kick-start the squad’s pursuit of the program’s first national title since the 1993–94 season.

“The goal is always to win a national championship,” he said. “As a team, I think we are definitely in a position where we could do some damage at nationals.”

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FERNANDO FERRAZ/THE ITHACAN



# STACKING THE ODDS

## BOMBER WINTER SPORTS TEAMS BY THE NUMBERS

THE TOTAL HEIGHT OF THE  
MEN'S BASKETBALL  
TEAM IS

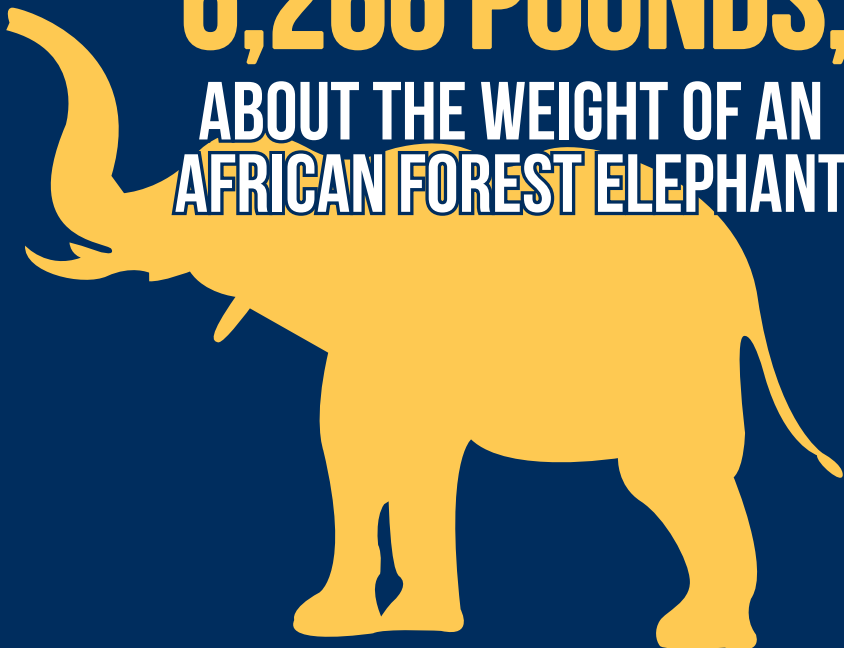
**1,187 INCHES,**

WHICH IS JUST 72  
INCHES SHORTER  
THAN THE

**SUPREME COURT BUILDING**



THE TOTAL WEIGHT OF  
THE WRESTLING TEAM IS  
**6,266 POUNDS,**  
ABOUT THE WEIGHT OF AN  
AFRICAN FOREST ELEPHANT



SENIOR ERIN FERGUSON SHOT

**62.6%**

FROM THE FLOOR LAST SEASON,

**5.1% HIGHER THAN**

THE VOTER TURNOUT FOR THE  
2012 PRESIDENTIAL RACE



SENIOR BRENNA DOWD SWAM

**7.8 MILES**

IN RACES LAST WINTER,

WHICH IS ABOUT THE DISTANCE  
FROM THE ITHACA COLLEGE  
ATHLETICS AND EVENTS CENTER TO  
ROBERT H. TREMAN STATE PARK



**THE  
HUMAN  
EYE**

ONLY BLINKS TWICE IN THE TIME IT  
TAKES SOPHOMORE ELLIOT PLACE

**TO RUN 60 METERS — 7.22 SECONDS**

A BALANCE BEAM IS  
**4 INCHES WIDE,**



ABOUT THE WIDTH OF  
TWO IPHONE 6 SCREENS



Junior Katie Helly competes Jan. 23. She placed 15th at the 2016 NCAA National Championship and was an honorable mention All-American.

SAM FULLER/THE ITHACAN

2016

2017

\* 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
06	07	08	09	10	11 6 p.m. Le Moyne	12
13	14	15 7 p.m. Rochester	16	17	18 8 p.m. St. Joseph's	19 3 p.m. William Smith
20 9 a.m. NYS Collegiate Championships 1 p.m. Geneseo and Hartwick	21	22 4 p.m. Skidmore	23	24	25	26
27	28	29	30			

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02 Bomber Invitational	03 10 a.m. Greg Page Relays
04	05	06 6 p.m. Wells 8 p.m. Wells	07 7 p.m. RIT	08	09	10
11	12	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 6 p.m. Alfred* 8 p.m. Alfred*	04	05	06	07 3:30 p.m. Ithaca Alumni Celebration
08	09	10 6 p.m. New Paltz	11	12	13	14 2 p.m. Nazareth* 4 p.m. Nazareth*
15 Noon Ithaca Quad	16	17	18	19	20 4 p.m. Brockport	21 1 p.m. Alfred* 1 p.m. Ithaca Quad
22 10 a.m. Dick Comanzo Diving Invitational	23	24	25	26 6 p.m. Utica* 8 p.m. Utica*	27	28 2 p.m. St. John Fisher* 4 p.m. St. John Fisher*
29	30	31				

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04 10 a.m. Bomber Invitational & Multi 2 p.m. Stevens Institute of Technology 4 p.m. Stevens Institute of Technology
05	06 11 a.m. Springfield	07 6 p.m. Elmira* 8 p.m. Elmira*	08	09	10 7 p.m. Wilkes	11 1 p.m. Ithaca Invitational 2 p.m. Hartwick* 4 p.m. Hartwick*
12	13	14	15	16 6 p.m. Houghton* 8 p.m. Houghton*	17	18 10 a.m. Marc Denault Invitational
			UNYSCSA/Empire 8 Championships			
19	20	21	22	23	24	25
26	27	28 1 p.m. Harriet Marranca Memorial Invitational				

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03 1 p.m. ECAC Championships	04
05	06 1 p.m. East Region Championships	07	08	09	10	11