

# READY TO CONQUER

SPRING SPORTS  
PREVIEW





# STRONG UNDERCLASSMEN HOPE TO PROPEL MEN’S ROWING TEAM

BY COLIN TESSIER  
STAFF WRITER

This spring, the Ithaca College men’s crew will be relying on its strong underclassmen to propel the team toward its goals.

After losing to rival Rochester Institute of Technology and rowing powerhouse Army University last year, the Bombers are hoping their training will give them an edge this year.

The team has been practicing six days a week, completing a combination of erging, lifting, swimming and pool stations.

Junior captain Stephen Cadoux said the team has also been working on strengthening the bond between the upper- and underclassmen.

“We have been preparing for our season by really integrating our novice and varsity team,” Cadoux said.

“We are really united, and our upperclassmen are doing a great job at making everyone know that they are a valued and vital member of the team.”

During the fall, the South Hill squad competed in seven races. Cadoux said the fall season is a warmup for its more competitive spring season.

“Our challenge of this year is building momentum off of our momentum from our fall season,” Cadoux said. “We had a successful season all around, and we want to build off of our results. Our team is constantly

pushing yourself to be faster, and looking back at the fall is really helping us.”

The Bombers will not begin racing until April, when they host the Cayuga Duals on April 1.

After that, they will compete in nine regattas before the New York State Championships on May 6 and the National Invitational Rowing Championships on May 12.

Last season, the Bombers varsity and novice boats both placed third at the New York State Championships.

At the National Invitational Rowing Championships, their highest finish was fourth. This year, the team is aiming to place higher on the podium.

Senior Alex Martin said he thinks the team is capable of doing so if it stays focused during the season.

“Our goals are to win our state championship as well as our national invitational,” he said. “We plan on accomplishing them by putting in the miles during winter training and training with a purpose.”

The Bombers are a young team this year, something that freshman Nicholas Tagg said

could be a challenge this season. Of the 23 rowers, there are only five seniors and three juniors.

This ratio of upperclassmen to freshmen and sophomores may be challenging in the short term, but Tagg said the team is focusing on the positive aspects of having so much youth.

“This gives us a lot of hope for the future of the team, and it will also make this season interesting,” he said.

Martin said the team is excited and ready to begin its season.

“There are always challenges to face on a sports team, but we face these challenges together as one team, and that is what makes us strong,” he said.

KEY REGATTA:  
ROCHESTER  
INSTITUTE OF  
TECHNOLOGY AT  
11 A.M. APRIL 8 ON  
THE CAYUGA INLET

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FERNANDO FERRAZ/THE ITHACAN



# WOMEN’S CREW AIMS TO QUALIFY FOR NATIONAL CHAMPIONSHIPS

BY MAX PRESTWICH  
STAFF WRITER

The Ithaca College women’s crew has not raced in an event since the beginning of November, but the team has spent the entire offseason preparing to return to the water this spring with a new team-focused mindset.

“The women’s team collectively has made the goal of winning the women’s point trophy at the National Invitational collegiate regatta,” head coach Becky Robinson said, referring to the National Invitational Rowing Championships. “The NCAAs are something we need to qualify for. So if we meet this goal, we will most likely get an NCAA bid.”

A strong showing at the NIRC allowed the varsity eight-person boat to qualify for the NCAA Regatta in California last season.

The boat took fourth place overall, finishing behind the top three-ranked crew teams in the nation: Williams College, Bates College and Wesleyan University.

But this year, Robinson said, the team wants to focus on its performance overall and have more athletes compete in NCAAs, rather than just several key contributors.

“Rowing isn’t often about team point totals — it’s usually about your boat winning,” Robinson said. “So this is a different approach from what we’ve taken in the past, but it’s one that tries to involve every single person on the team to work hard, be competitive and make their individual boat go fast. And as a result, the whole team gets faster in the process.”

Senior co-captain Jacqueline McDevitt said the captains play an important role in ensuring that everyone stay

determined and focused on the big picture.

“For us, it’s making sure that we do the extra stuff like taking care of the body, getting enough sleep and eating properly,” McDevitt said. “We’ve changed our mindset a little, in that we’re focusing on how we can each make the team better as a whole.”

For this mindset to work, all members of the team, regardless of age and experience, must adapt to it, she said.

This means that freshmen and new athletes must quickly adjust to the physical and psychological challenges of being on crew.

Assistant coach Beth Greene oversees the development of freshmen and novice rowers, of which she said a few may get to row varsity.

“We have a couple standout freshmen that will be trying to row with the varsity boats,” Greene said. “We need to see if they’re able to technically match with the skill of the upperclassmen, but they have a lot of power. As far as the freshmen who will be rowing novice, they still contribute towards point trophies, but they get to race against other people who are in their first year of college rowing.”

KEY REGATTA:  
NEW YORK STATE  
CHAMPIONSHIPS  
AT 8 A.M. MAY 6 IN  
SARATOGA SPRINGS,  
NEW YORK

CONNECT WITH MAX PRESTWICH  
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FERNANDO FERRAZ/THE ITHACAN



# WOMEN’S TRACK AND FIELD LOOKS TO WIN NATIONALS

BY SARAH RESMAN  
STAFF WRITER

Last year, two members of the Ithaca College women’s outdoor track and field team took home individual titles at the NCAA National Championships.

This year, the Bombers are hoping to add a team title on top of individual hardware.

Seniors Katherine Pitman and Brandy Smith won the pole vault and discus, respectively, last year. Meanwhile, the team placed eighth, something Pitman said she thinks it can improve on.

“This year, we’ve been sitting in the top five for team ratings, so that’s really awesome,” Pitman said. “I know we want to bring the biggest team to nationals that we have ever, and I know that the group of girls we have this year could definitely place really well.”

Last year, the Bombers won the Empire 8 Championships for the 12th year in a row. They also placed second at the Eastern College Athletic Conference Championships and first at the New York State Collegiate Track Conference Championships, a place they are hoping to improve on this season.

Head coach Jennifer Potter said she believes this group of athletes will be successful at the national level.

“We’re trying to keep making sure that we focus on the process with not just those athletes but everybody, and keep the bigger goal in mind,” Potter said. “We definitely have the opportunity to finish in the top four as a team.”

The team is currently in the middle of its indoor

season, which will conclude March 10–11 at the NCAA Indoor Track and Field National Championships. Following spring break, the Bombers will compete in their first meet of the outdoor season March 25. Pitman said only having a short break can be hard on their bodies.

“It’s tough because we don’t get a huge break, so I think a lot of it has to do with recovery and giving ourselves a chance to rest for a little bit and take care of ourselves,” Pitman said. “Injuries are the biggest issue, especially if you’re a two- or three-sport athlete.”

The athletes’ training from the indoor to the outdoor season does not change much, especially because most of the events carry over from season to season. However, the discus, hammer, steeplechase, 400-meter hurdles and 110-meter hurdles are held only in the outdoor season.

Pitman said she wants to make the most of her last season and accomplish her individual goals.

“My biggest competition is always myself — just always trying to beat myself and be better every day,” Pitman said. “I definitely try to just push myself, and I have my teammates that are super supportive.”

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KEY MEET: NOON  
APRIL 30–MAY 7  
AT THE NYSCTC  
CHAMPIONSHIP IN  
ROCHESTER, NEW YORK



FERNANDO FERRAZ/THE ITHACAN

BRANDY SMITH '17

# MEN’S TRACK AND FIELD CHASES EMPIRE 8 CHAMPIONSHIP TITLE

BY ZOË FREER-HESSLER  
STAFF WRITER

The Ithaca College men’s track and field team is looking to avenge its second-place finish at last year’s Outdoor Empire 8 Championship by taking home the triple crown for the Empire 8 Championships this spring.

“We want to go the hardest for the E8 outdoor because we want that triple crown,” freshman Christopher Yeates said. “Other than that, we want to do well at the [Eastern College Athletic Conference] and states. As a team, we want to get as many people to qualify for nationals as we can.”

In October 2016, the men’s and women’s cross-country teams won the Empire 8 titles.

On Feb. 11, the men’s track and field team won the Empire 8 Conference Indoor Championship, meaning that for the team to earn the triple crown, it will need to win the Empire 8 Outdoor Track and Field Championship in April.

Freshman Jeff Montgomery said the training that the team has been putting in since preseason for cross-country will aid in winning the triple crown.

“The thing that will help us with this is that in spring track, you kind of reap what you’ve sown during the winter,” he said.

Montgomery said Matt Wiehe, the new assistant coach for the Ithaca College men’s cross-country and track and field teams, has been helpful for the team in terms of motivating the runners to continue moving toward their goals.

“We have very knowledgeable coaching staff,” he said. “[Wiehe] came in for cross-country, and he has definitely been a tremendous help this track season so far. I can’t imagine anything changing.”

Since the team is in peak competition season, athletes are beginning to taper and cut back workouts so they can ensure they’re getting enough time to rest.

A lot of the work that’s been done to achieve where we’re at right now has been put in, so we’re actually starting to taper back,” senior distance runner Sean Phillips said. “So our hardest workouts are behind us, which is kind of nice. Now we’re doing more tune-up workouts.”

Phillips said the team’s goals, as well as his own, had a lot riding on the Empire 8 Championships.

“Our primary goal as a team is to win the third Empire 8 Championship,” he said. “For me, personally, the top 15 go to nationals in

[Illinois] at North Central the week before spring break, so I’d like to start running some quicker times to hopefully push into that top 10 to ensure a spot in the NCAA nationals.”

Last year, the Bombers placed fourth at the New York State Collegiate Track Conference Championships. Davis said the team is determined to win Empire 8 Championships this year and will work together to try to make that happen.

“We really look forward to E8s; our team always does well,” Davis said. “It’s a good atmosphere, too. Last year, I was ranked really low but ended up PR-ing by a huge amount. It’s just a team atmosphere where everyone’s together and supporting.”

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CONNOR LANGE/THE ITHACAN

ANDREW WARD '17



# MEN'S LACROSSE SEEKS TITLE



**JACK SHUMWAY '17**

- 56 goals
- 17 assists
- 19 starts



**CODY SWING '17**

- 21 forced turnovers
- 23 groundballs



**JOHN JANUSZKIEWICZ '17**

- 47 goals
- 100th career goal on April 13

BY JAMES MURPHY AND  
CAL DYMOWSKI  
STAFF WRITERS

In 2016, the Ithaca College men's lacrosse team had one of its best seasons: It finished 20–2, won the Empire 8 Championships and made it to the quarterfinals of the NCAA Championships. But the return to success will involve overcoming some significant roster changes.

Head coach Jeff Long, National Lacrosse Hall of Famer, will begin his 30th season with the team, hoping to maintain the level of talent it presented a year ago.

The Blue and Gold had placed second in both U.S. Lacrosse Magazine's and Insider Lacrosse's Pre-season Top 20. They also cracked the top five of the United States Intercollegiate Lacrosse Association Coaches Poll, in which they placed fourth.

The Bombers set the bar high in many areas, such as their offensive skills. The team averaged 16.91 goals a game last season, which was the third-best for Division III, behind Tufts University and Rochester Institute of Technology.

One goal the South Hill squad has in mind is to continue its 18-game winning streak at home, which dates back to March 17, 2015.

Maintaining the streak might be more difficult this year, as four of the five captains graduated last year. These players include long-stick midfielder Andrew Dietz '16, midfielder Michael Walker '16, defenseman Eli Gobrecht '16 and goalkeeper Scott Sidnam '16.

Gobrecht and Sidnam were Empire 8 Players of the Year in their respective positions.

The Bombers will return all their starting attackmen, including junior Jake Cotton, who set the single-season record with 99 points and 53 assists; senior Jack

Shumway, the team leader in goals; and senior captain John Januszkiewicz, who was also a captain last year.

One of the biggest challenges the team faces is who will play the goalie position, as Sidnam, who had 186 saves during his final season, has graduated. Senior Jack Deragon, who amassed 161 minutes and 16 saves in-cage, will most likely be the team's starting goalie.

Other options include senior Justin Isaacs, sophomore Davis Bird and freshman Robby Atwood.

Shumway said there are still some voids that need to be filled on the field, but that just means each player will have to work harder to have the same success as years past.

"Losing the Goalie of the Year and the Defensive Player of the Year was a big trophy that left the case, but I have trust in our guys," he said. "You need to trust your teammates, and everyone is coming together doing that."

With all of the roster changes, Long said, the team is going to have to work even harder to have the same success as last year.

"Our mission right now is getting tougher mentally and physically and searching for the team leadership," Long said.

Cotton said one of the team's main goals for the year is to be able to work together as a unit instead of scoring individually.

"I think playing together as a team is what's going to make us great and making sure we capitalize on as many opportunities as we can," Cotton said.

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**JACK DERAGON '17**

- 16 saves
- played in 12 games



**JAKE COTTON '18**

- 53 assists
- 46 goals
- 21 starts





# WOMEN’S LACROSSE TEAM BEGINS YEAR WITH NATIONAL ATTENTION

BY CAM FUOTI  
STAFF WRITER

The Ithaca College women’s lacrosse team returns to Higgins Stadium with national attention attached to its name this season. The Bombers are ranked 19th in the

country after coming off a 14–6 record last year. After losing in the finals of the Empire 8 Championships last spring, the Bombers earned an at-large bid to the NCAA Championships. Their season ended with a tough 11–8 loss to seventh-ranked Trinity College in the second round of the NCAA tournament. With a plethora of returning players, the Bombers are hoping to improve their performance from last year.

Junior defender Molly Long said the team will need underclassmen to step up and take over the spots last year’s seniors held, especially on defense.

“We lost some key senior players, like Riley [Marion] and Erika [Johnson], who was our head defender,” Long said. “So I think we’re going to try and fill those holes and bring up some of the underclassmen and get them comfortable with the team and become one.”

Freshman midfielder and attacker Bailey Herr said one of the challenges for the team this season is its size. The team only has 22 members, compared to 26 last season.

“I think it’s difficult that we have a small team because if people get hurt or stuff like that, then we don’t have much backup,” Herr said. “But it’s a good thing we have a small team because everyone in practice gets a lot of

reps, and that makes us a better team.”

The Bombers have a strong core of seniors in their offense this season, led by senior attacker Morgan Racicot. Racicot was named first team all-conference and second team all-region last year. She also led the team with 77 points, 30 assists and six hat tricks.

Senior midfielder Morgan Cadwell had her best season last year, when she was named first team all-conference and second team all-region.

Last season overall, Cadwell ranked second on the team with 42 draw controls and second on the team in goals, with 44. She was also the third-highest point scorer on the team, with 53 total points.

Sophomore defender Reid Simoncini will also be looking to build off her strong freshman campaign. She appeared in 19 games for the Bombers in her debut season and was a vital part of the defense core, as she caused five turnovers and amassed 19 ground balls.

Senior goalkeeper Emily Ross and junior goalkeeper Kimberly Presuto both played in all 20 games last season. Ross managed 63 saves and .426 save percentage, and finished with a 12–4 record. Presuto had 89 saves and .524 save percentage, and finished with a 2–2 record.

Cadwell, who started all 20 games last season, said she is confident in the team heading into this season.

“I think we are in a really good position this year with our rank, and it goes to show that being in the top 20, we have a lot to prove, and we have a lot to do this year,” she said.

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EVE MAHANEY/THE ITHACAN

# MEN’S TENNIS SEEKS REVENGE AGAINST STEVENS INSTITUTE

BY CAITIE IHRIG  
ASSISTANT SPORTS EDITOR

After losing to its rival Stevens Institute of Technology 5–1 in the Empire 8 Championships last season, the men’s tennis team is coming into this season with new goals in mind. Head coach Bill Austin said the main goal is to improve and play a little smarter every day.

“Wherever we are at right now, we have to be better in May,” Austin said. “We want to be a team to be reckoned with come championship time. We need to keep learning from wins. We need to keep learning from losses. We need to keep learning from practices in order to be ready to go that first weekend in May.”

Before the South Hill squad can set its sights on the Empire 8 Championships, the Bombers have to get past the Ducks in regular-season play.

This year, the Bombers will not be playing Stevens until April 22.

Even though it is toward the end of the season, Austin said, the match will always be in the backs of their minds.

“It’s always in sights because they are good,” Austin said. “We know how good they are. We respect how good they are. Their level of play always helps to push us along and motivate us to be better because that’s how good they are.”

Sophomore Michael Gardiner said the freshmen’s talent contributes greatly to the team.

“They are raising the overall skill level of our team,” Gardiner said. “They are bringing intensity and competition to the team. It makes me and the rest of the upperclassmen work harder. We are no longer just playing to stay in the same spot because we now have these freshmen who are trying to take our spots.”

Freshman Minos Stavrakas will be a huge benefit to the team, as he is playing first doubles and singles, spots usually filled by seniors.

During the team’s match against the University of Rochester on Feb. 19, its only win came from Stavrakas.

Junior Lorenzo Viguie-Ramos said the team’s doubles game needs to improve because it can be the determining factor in a match.

“In the past, we’ve had our difficulties picking up one or two doubles points when that could end up deciding a match,” Viguie-Ramos said.

The Bombers will be strongly relying on their four seniors and one junior

to lead the team, senior Wes Davis said.

“It’s important to share our experiences and know what worked and what didn’t work and use that to lead the team,” Davis said. “We know bringing a lot of energy to practice is important to develop the team and make sure we are going in the right direction.”

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CAITIE IHRIG/THE ITHACAN



# BASEBALL SETS SIGHTS ON MAKING REGIONALS

BY JACK HAMILTON  
STAFF WRITER

The culture of Bombers baseball has remained a winning one throughout the years. The team, however, believes that it still has more to achieve, and this year looks to be the year to do so.

Last year, the Ithaca College team won its fifth straight Empire 8 title and 14th total since 2001. But the Bombers have their sights set even higher: getting to regionals.

Josh Savacool, senior second baseman and co-captain, said the goals for the season are within reach after the way the team played last season.

“I would say our overarching goal is to make regionals,” Savacool said. “The past few years, since 2013 when they went, we’ve come up a little short. We have our main goal this year of 33 wins — that’s our striving point.”

The road to success for the Bombers this year will not be without obstacles, the biggest of which is perhaps the loss of ace pitcher Tyler Hill to an ulnar collateral ligament tear.

But George Valesente, head coach since 1979, said the new players are stepping up even more and will be able to make up for that loss.

“We’d love to have Tyler with us,” Valesente said. “He’s been working out with us and doing his thing, doing his rehab, but he’s also been helping run the practices and working with the pitchers, so we’re going to miss him.”

Trevor Thompson, senior shortstop and fellow captain, said his goal for his last season is to just have fun.

“Just take a step back — talk to your athletic trainers, talk to your coaches, talk to your teammates, talk to everybody that goes into making this team, and just getting to know them,” Thompson said. “The stats will come. I like to think that I’m a

good player, and that stuff will all come, but the relationships I have with people I won’t forget. That will last longer than the games here.” Savacool said the Bombers’ success this year will come down to more than the play on the field — the team’s mental focus is also important.

“I think if we put all of our focus into each and every game, there’s no doubt in my mind that we can win every game that we play,” Savacool said. “Last year, I would say, maybe our focus wasn’t there on some games, and we saw it at the end of the season when we didn’t get into the tournament because we lost a few games that we really shouldn’t have.”

Valesente said the teams he’s had the most success with are the ones in which individuals work together toward a common goal.

“They put aside their individualism and play the game for the team as opposed to for themselves or their own records or own successes,” Valesente said. “So if we can capture that and the group can realize that the journey is a valuable experience where they’re working toward being successful in each particular game and each particular inning, then the outcome and the goal — once you get to the final — it’s well worth the effort.”

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KEY GAME:  
OSWEGO STATE AT  
3 P.M. MARCH 28  
AT FREEMAN FIELD



FERNANDO FERRAZ/THE ITHACAN

JOSH SAVACOOOL '17

# SOFTBALL EXPERIENCES KEY ROSTER CHANGES THIS SEASON

BY ANDREW RIZZO  
STAFF WRITER

When the softball team takes the field this spring, fans will notice several roster changes. After losing five key seniors last season, the Bombers will look to a core of freshmen and sophomores to lead the team into the new season.

Even though underclassmen take up 15 of the team’s 21 roster spots, head coach Deb Pallozzi said she is confident the young roster has the talent and drive necessary to compete.

“We’re a very skilled team this year,” Pallozzi said. “Even our first-years that have come in have already helped us a lot, and they’ve come in very skilled, and they’re hard workers.”

Pallozzi said that this season, the team will display a young but promising infield, which is expected to include sophomores Vanessa Brown, Hannah Anderson and Nicole Skuratton, along with freshmen Haley Gaffney and Lindsey Keller.

“Right now, it’s about building confidence within the team,” she said. “Because we lost five seniors, our entire infield is freshmen or sophomores. They have to get the job done and take on that responsibility, but right now, they’re looking pretty good.”

The Bombers need to replace the production of last year’s senior infielder Casey Gavin and catcher Kelly Robichaud. The team is also looking to replace last year’s senior pitchers: Allison Macari and Laura Quicker.

This season, fans should keep an eye on Brown, who is predicted to bat in the heart of the order while anchoring the Bombers’ infield.

Brown said she is looking to take on an expanded leadership role within the team, especially when it comes to the infield chemistry.

“Now that we’re sophomores, we have more experience and can be leaders to the other underclassmen,” Brown said. “I’m excited to have a whole new infield this year. We’re going to be really close and build a tight bond. Our team dynamic as a whole is going to make us really strong this year.”

On the mound, the Bombers will sport five pitchers highlighted by returning sophomore Haley Congdon.

“On the mound, we have Haley, who is a returning sophomore; returning junior Payton Cutting; and three freshmen, who should all bring something different to the table,” Pallozzi said.

The squad members will look to each other for extra motivation throughout the season.

As the freshmen seek guidance through their first steps of collegiate softball, Congdon and Cutting will be there to assist.

“We’re really excited to get outside and play when we get to California for spring break,” Congdon said. “I think we’re really excited to feed off each other and have a good season.”

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KEY GAME:  
AGAINST ST. JOHN  
FISHER AT 1 AND  
3 P.M. APRIL 9 AT  
KOSTRINSKY FIELD



CAITIE IHRIG/THE ITHACAN

JESSIE FLECK '17





SPRING 2017

\* Empire 8

Catch all the Bombers' action this spring on South Hill

CREW  
Cayuga Inlet

BASEBALL  
Freeman Field

MEN'S LACROSSE  
Higgins Stadium

MEN'S TENNIS  
Ben Wheeler

SOFTBALL  
Kostrinsky Field

WOMEN'S LACROSSE  
Higgins Stadium

TRACK & FIELD  
Glazer Arena

MARCH

| SUNDAY                       | MONDAY | TUESDAY                              | WEDNESDAY                               | THURSDAY  | FRIDAY                          | SATURDAY   |
|------------------------------|--------|--------------------------------------|---|---|---------------------------------|--|
|                              |        |                                      | 01                                      | 02  | 03<br>1 p.m. ECAC Championships | 04<br>1 p.m. ECAC Championships<br>1 p.m. RPI              |
| 05                           | 06     | 07                                   | 08<br>4 p.m. Hartwick                   | 09  | 10                              | 11<br>3:30 p.m. Ithaca Blue & Gold Alumni                  |
| 12                           | 13     | 14                                   | 15                                      | 16  | 17                              | 18   |
| 19                           | 20     | 21<br>3 p.m. Cortland                | 22<br>4 p.m. Oneonta<br>7 p.m. Cortland | 23<br>3 p.m. Oneonta<br>5 p.m.<br>4 p.m. Hobart | 24                              | 25<br>1 p.m. St. John Fisher<br>3:30 p.m.<br>1 p.m. Alfred |
| 26<br>1 p.m. St. John Fisher | 27     | 28<br>3 p.m. Oswego<br>4 p.m. Elmira | 29<br>3 p.m. Oneonta                    | 30  | 31                              |  |

APRIL

| SUNDAY  | MONDAY | TUESDAY                              | WEDNESDAY   | THURSDAY                       | FRIDAY                       | SATURDAY  |
|---|--------|--------------------------------------|---|--------------------------------|------------------------------|---|
|   |        |                                      |   |                                |                              | 01<br>9 a.m. Cayuga Duals<br>1 p.m. Stevens Institute of Technology<br>3:30 p.m.              |
| 02<br>1 p.m. Stevens Institute of Technology                                | 03     | 04                                   | 05<br>4 p.m. Houghton                                 | 06                             | 07<br>4 p.m. Geneseo         | 08<br>11 a.m. RIT<br>1 p.m. Nazareth<br>3 p.m.  |
| 09<br>11 a.m. Geneseo & St. John Fisher<br>1 p.m. St. John<br>3 p.m. Fisher | 10     | 11<br>4 p.m. University of Rochester | 12<br>4 p.m. St. John Fisher<br>4 p.m. Houghton       | 13<br>3 p.m. Buffalo<br>5 p.m. | 14<br>4 p.m. St. John Fisher | 15<br>11 a.m. St. Lawrence, Skidmore and Smith<br>11 a.m. Nazareth<br>1 p.m. Nazareth         |
| 16  | 17     | 18<br>4 p.m. RIT                     | 19<br>5 p.m. Hamilton                                 | 20                             | 21                           | 22<br>12 p.m. Alfred<br>1 p.m. Elmira<br>3 p.m.   |
| 23  | 24     | 25<br>3 p.m. Tuesday Meet            | 26<br>3:30 p.m. Cornell<br>5:30 p.m.<br>4 p.m. Elmira | 27<br>4 p.m. Alfred            | 28                           | 29<br>12 p.m. Stevens Institute of Technology<br>1 p.m. Utica<br>3:30 p.m.<br>3 p.m. Hartwick |
| 30<br>1 p.m. Utica  |        |                                      |   |                                |                              |   |

MAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY           | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|--------------------|--------|----------|
|        | 01     | 02      | 03        | 04<br>4 p.m. Wells | 05     | 06       |
| 07     | 08     | 09      | 10        | 11                 | 12     | 13       |
| 14     | 15     | 16      | 17        | 18                 | 19     | 20       |