

FALL '17 SPORTS
PREVIEW

THE ITHACAN PRESENTS

READY *FOR* CHANGE



LEFT: ADAM FRON '17
RIGHT: TRISTEN BROWN '17

MEN'S SOCCER NEW COACH, NEW TEAM

BY CAL DYMOWSKI
STAFF WRITER

Despite a new league and a new head coach, the men's soccer team is relishing the underdog role they have as they enter the Liberty League.

Head coach Kyle Dezotell, hired June 1, had 12 consecutive winning seasons as head coach of Manhattanville College and Norwich University, and wants to bring the success he had to Ithaca College.

He said he is not looking to make drastic changes to the program but is focused on making the Bombers a winning team.

"I think to be successful, you need to surround yourself with winners," Dezotell said. "Winning breeds winning."

Sam Factor, junior defender and captain, said the arrival of Dezotell, along with being the new team in the Liberty League, brings excitement about this season's challenges.

The 2016 season ended in frustration for the Bombers as the 7-9-1 team fell in the Empire 8 semifinals to Houghton College 2-1, a game sophomore midfielder Justinian Michaels uses for motivation.

The Bombers will look to Factor and Michaels to lead the defensive unit now that Andrew Coburn '16, second-team All-Empire 8 center back, has graduated, while senior goalkeeper Dan Hinckley will take over for Zach Jacobsen '16, who also snagged second-team All-Empire 8 honors.

The loss of Sam Boylan '16, a second-team All-Empire 8 selection, who led the team with 16 points and six assists, will force the Bombers to strive harder for production on the offensive end.

Despite the switch-up in key positions,

Michaels said a clean slate represents an exciting overhaul of the program.

"Going in with a new team, a new head coach, it sets that new standard," Michaels said. "We're going up against teams that are nationally ranked, so it gives us that motivation of the underdog spirit."

The Blue and Gold's games against both Clarkson University and St. Lawrence University will now have conference-standing implications. Both schools defeated the Bombers last season, Clarkson 2-0 and St. Lawrence 2-1.

Dezotell said he's eager for the test despite the difficulties the Liberty League brings.

"It's exciting more than daunting," Dezotell said. "These are the types of programs that I want to be associated with as a coach and as a competitor. I've never been a coach to be afraid of any team."

Boylan's exit means all hands are on deck, but Factor is confident in the team's offensive firepower. Their key players include Jose Contreras, Alexi Brosnihan, Kevin Turi and Max Barish.

The Blue and Gold must also be wary of their defensive struggles as well. Last year's squad surrendered 15 of their 25 goals conceded in the first half, a statistic Factor said can be solved with confidence and by starting games focused.

"It's something that I'm going to take personally," Factor said. "As a captain, it's getting people ready for the game right from the kickoff, and if we get it right, we'll be more competitive."

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Sam Factor '19

Justinian Michaels '20

CATTIE IHRIG/THE ITHACAN

WOMEN'S SOCCER AN INCREASE IN COMPETITION

BY JACK HAMILTON
STAFF WRITER

The Ithaca College women's soccer team had a successful 2016 season, finishing with an 11-5-2 record and making it to the Empire 8 Championships. The team ended up falling short, losing to Stevens Institute of Technology 3-2 in overtime.

With the move to the Liberty League and the loss of 10 seniors, the Bombers are looking to take the season one game at a time and maintain a positive mindset.

Senior defender Caroline Matos is looking forward to joining the Liberty League this season, saying she believes it will present a new challenge and level of competition.

"I think the biggest impact that moving to the Liberty League this upcoming season has on us is excitement," Matos said. "We are excited to take on new challenges and really test ourselves. We thrive off of competition, and I think that is exactly what the Liberty League will allow us to do."

There are some impact players from last year that will be returning for the 2017 season.

Returning to the team are integral upperclassmen such as junior goalkeeper Stacey DiGiorgio and junior midfielder Shoshana Bedrosian.

DiGiorgio started 17 of 18 games last season and posted 83 saves, while Bedrosian scored six goals to lead the underclassmen in total offensive points on the season.

The team also has four rising seniors who are looking to have substantial impacts this season.

Senior defender Kendall Cirella and Matos have played significant roles on the team since their freshmen seasons, as they are key members of a consistently strong back four for the Bombers.

The two started all 18 games last year and helped the team post nine shutouts.

"They are both exceptional leaders and soccer players, and we are looking to them to set a tone for the year," head coach Mindy Quigg said. "That being said, every player on our team has a significant role, so expectations are high for all."

Quigg said her goal for the season is to help the new players understand the culture of the soccer program and to focus on putting the team first in everything they do.

"I attribute a great deal of our program's success to working hard, being honest with one another, always putting the betterment of the team first and trusting one another and our process," Quigg said. "I believe that if those things are in place, great experiences will happen."

As far as teams that look to give the Bombers a challenge, Cirella said every game matters, but there are some that stick out to her as more important.

"I would say William Smith is always going to be one of our rivals since they are always a top-ranked team and are well-coached," she said. "Also, I would say every home game is important because we take a lot of pride in defending our home field."

The team posted a winning 5-2-2 record at Carp Wood Field in 2016.

With the mentality that Quigg has instilled in them, the Bombers have high hopes for what they can accomplish this season.

"This year, I would say our goals are to take one game at a time and control what we can control," Cirella said. "Ultimately, we would want to be undefeated at home, win the conference tournament and go to the NCAAs, and then anything can happen."

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Caroline Matos '18

Kendall Cirella '18

CATTIE IHRIG/THE ITHACAN

MEN'S CROSS-COUNTRY

LOOKING TO CONQUER THE CONFERENCE

BY MAX O'NEILL
STAFF WRITER

With a big impact made by the freshman and sophomore classes last year, the Ithaca College men's cross-country team looks to match its success in the 2016 season.

The reigning Empire 8 champions will be moving to the Liberty League, which has tough competition, including Rensselaer Polytechnic Institute and Rochester Institute of Technology.

"The level of competition will certainly increase, but we're ready for it," junior runner John Blake said. "We're excited for the challenge. The conference championships should be a very competitive race."

The Bombers have to adjust to the change in conference, and it will be a big switch as they are coming off seven consecutive Empire 8 Championships. As a result, they will have to step up their play against top teams.

The Blue and Gold finished in ninth place in the 2016 NCAA Division III Atlantic Region Championships with seven Bombers competing in the race.

Out of that group, Sean Phillips '16 advanced to the 2016 NCAA Division III Cross Country Championships, where he finished 148th of 278 runners. In the regular season, the team had three top-10 finishes and three top-20 finishes.

Coming into this season, the Blue and Gold have 11 newcomers who will look to make an impact in their freshman or transfer seasons. The team has seven sophomores, two juniors and four seniors, including key returners

sophomore Garrett Bampos and junior Dan Hart. Bampos raced his fastest time at the Hamilton College Short Course to come in 50th place out of 69 runners with a time of 17:32.1. Hart competed in five races in the 2016 season with his fastest time being 27:13.6 in the Paul Short Run 8K to come in 209th place out of a field of 284 runners.

Head coach Jim Nichols laid out the expectations for the Bombers and the need to fill in for the graduated runners.

The team lost Phillips and Shane Connor '16 due to graduation, but four of its top seven will be returning this season.

"Our expectations are to improve and get better," Nichols said. "We are in a new league. We have tougher competition with RPI, who went to nationals last year."

Bampos said the change in conference will motivate the team because the squad will be competing against even harder teams.

"RPI and RIT have extremely good distance squads and good track and field teams overall, but then when we roll around to the regionals, Geneseo is one of the best in our region," Bampos said.

Nichols said he is hoping the team's veterans step up and be leaders for the new freshmen.

"I think the greatest asset is they have their freshman year under their belt," Nichols said. "They now understand our system of training, what we are trying to do, and how we prepare for meets and competition."

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Daniel Hart '19

Garrett Bampos '20

CATIE HIRIG/THE ITHACAN

WOMEN'S CROSS-COUNTRY

A STRONG POSTSEASON TEAM



Madelyn McConnon '20

Alexis Kindig '18

BY MAX O'NEILL
STAFF WRITER

Led by one of the top returning runners in Division III, senior captain Taryn Cordani, the Ithaca College women's cross-country team is hoping to build on its success from last year.

The Blue and Gold finished first in the Empire 8 Championships, then in 11th place in the 2016 NCAA Division III Cross Country Championships with a total of 384 points.

Out of their six regular-season races, the Bombers finished in the top five four times and had two eighth-place finishes.

In the first two races of the 2016 season, the South Hill squad finished in first and second place, respectively.

The Bombers will look to rely on top performers from last year, such as senior captains Cordani and Alexis Kindig, and a formidable underclassman group that includes sophomores Madelyn McConnon and Annie Morrison.

Last season, Cordani competed in the 2016 NCAA Division III Cross Country Championships and placed 11th in the 6K with a time of 20:54.8. Of the 10 athletes that finished ahead of her, four will be coming back for the upcoming season. She competed in seven races and finished second in the 2016 NCAA Division III Atlantic Region Cross Country Championships with a time of 20:24.8.

"I think I am expecting to go to nationals because I've gone the last two years," Cordani said.

Morrison's highest finish last year was eighth in the Empire 8 Championships with a time of 19:13.3. With that finish, Morrison qualified for the 2016 NCAA Division III Cross Country

Championships, where she finished in 126th place in the 6K with a time of 22:07.6.

McConnon is coming off her freshman year, during which she ran five races. Her best finish was 27th place in the Hamilton College Short Course 4K.

Kindig competed in six races in 2016, and her highest finish was 11th place in the Hamilton Short Course Race with a time of 15:53.3. It was a 4K race, unlike the usual 6K races.

Head coach Erin Dinan said there will be few additions to the team in terms of freshmen and transfers.

The Liberty League will bring a step-up in competition for the Blue and Gold. In the 2016 NCAA Division III Atlantic Region Championships, the Bombers finished fourth, just behind Liberty League foe Rensselaer Polytechnic Institute.

"I think the level of competition will definitely increase, but we have a very good team," Kindig said. "We have a lot of returners, and it will be good to have races against runners that can match our squad's talent."

The South Hill squad lost two of its top seven runners, but Dinan said that despite the loss, she thinks the team is on its way to another successful season.

McConnon said having tougher competition will help the team prepare for the postseason.

"We always say we are a postseason team, and switching conferences will better prepare us for that," McConnon said.

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TED ZERIVITZ/THE ITHACAN

FOOTBALL

A REVAMPED PROGRAM

**BY MATT HORNICK
AND JEB BIGGART**
SENIOR WRITER AND STAFF WRITER

The 2017 season will be one full of firsts for the Ithaca College football team. It will be its first season under new head coach Dan Swanstrom, its first as a member of the Liberty League Conference and first year with senior quarterback Adam Fron as the Bombers' starting quarterback.

The Bombers are coming off of a 5-5 season in 2016, going 5-0 at home and 0-5 on the road.

Heading into his first season on the South Hill, Swanstrom said, he has a team that is set to succeed.

"We have a lot really talented seniors this year," Swanstrom said. "If we had gone 1-9 or 2-8 last year, I would be more worried. But after a 500 season with a lot of close games, it's just about tightening the details at this point."

The Bombers will have a new face leading them from the sidelines for the first time in 23 seasons after the retirement of coach Mike Welch. The team will begin to transition into a new style of play with Swanstrom taking over the head coaching role.

"He's bringing in a new, fresh perspective, and the whole team is going to be a lot different just from new systems and whole new coaching staff," Tristan Brown, senior starting running back, said. "There has been a little bit of an adjustment period. But he's thrown a lot at us, but we've been able to run with it and make it work. It's about time that we have a pretty good team."

Swanstrom brought in an entirely new coaching staff to help execute his vision and

said the players have handled the coaching transition well thus far and that everyone seems to be getting along with each other.

Senior wide receiver JR Zazzara said the players are optimistic that Swanstrom's competitiveness and urge to win will keep the team together and focused.

"He wants to win and get after it," Zazzara said. "A lot of players see his competitive nature, and we really can't wait to follow him into the battle. He's a real good guy to play for and a real fun guy. A lot of guys are liking him a lot."

Going into his first season, Swanstrom said he does not have any long-term goals for the season and will focus on each individual game as it comes.

"My expectations are about us," Swanstrom said. "Our focus is on how well we can practice each day and whether or not we can go 1-0 each week."

Butterfield Stadium seemed to have a large impact on the Bombers' success last year, as they won all of their games on the South Hill but were unable to win a single game outside of Ithaca. The Bombers were outscored 147-70 in all five of the road games they played and were unable to record a single win.

Brown said the Blue and Gold will need to do a better job of staying focused while playing at unfamiliar stadiums.

"A lot of the times on the road, it's so easy to get distracted and caught up in being in a new environment, but if we can stay focused, we can be fine," Brown said. "We know what we've been focusing on all week. We just need to do our job and not get too distracted."

The South Hill squad scheduled all five

of its nonconference games with teams from the Empire 8 Conference, such as Alfred University, Brockport, St. John Fisher, Utica and Cortland. However, it will face new challenges with matchups against University of Rochester and Rensselaer Polytechnic Institute on Oct. 7 and 14, respectively.

Entering the Liberty League will give the Bombers opportunities to play teams they have never played before, but Swanstrom said none of that matters.

"I'm not worried about who we're playing, nor have I experienced either league, so I don't know much about what we're coming from or what we're joining," Swanstrom said. "I'm just worried about us at this point."

Brown said he is intrigued to play in a different conference this year and is excited for the team to prove itself to new opponents.

"I think it's really exciting because we're playing a bunch of teams that we've never played before," Brown said. "We're all so used to the Empire 8 teams, but it's definitely exciting. Coming to a new league will give us a little extra motivation to not get pushed around by a team that's been there for a while and show them that IC has a reason to being in this conference."

The South Hill squad will look to improve its offensive consistency this year with Fron under center after coming off of a season in which it outscored its opponents by only one point.

Fron never started a game during his first three years at the college but saw time in five of the Bombers' games in 2016, in which he completed 11 of 25 passes for 84 yards with one touchdown and one interception.

Swanstrom said he has high expectations for his offense this season but has not seen enough

progress from his players yet.

"I'm just not sure what we are right now," Swanstrom said. "We have a first-time starter at quarterback and some first-time starters at offensive line, so it's unclear if we'll be able to run the ball the way we want to. I see glimpses — but the question remains if we can be consistent."

Defensively, the Bombers are bringing back eight players who started in at least four games in 2016, anchored by senior linebackers Kenny Bradley and Dan Loizos, who had a combined number of 194 tackles last season.

The Bombers' defense posted two shutouts last season and will be welcoming a new player from the other side of the ball as senior Brad Helmkamp has been moved from fullback to defensive tackle. Swanstrom said this decision was made to keep a talented football player on the field.

"There isn't much of a fullback role in the offense we'll be running this year and he jumped on the opportunity," Swanstrom said.

As always, the Bombers will end their season with their annual matchup against rival SUNY Cortland for the 59th annual Cortaca Jug game. The Bombers have lost the previous seven games. While it is an event that galvanizes the college's campus for a day, Swanstrom sees it as simply another football game.

"When we get to week 10, we'll focus on going 1-0," Swanstrom said.

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#40 DAN LOIZOS

- Linebacker
- 220 lbs., 5'11"
- Played in all 10 games
- 54 solo tackles
- 2.5 sacks

#56 KENNY BRADLEY

- Linebacker
- 220 lbs., 5'11"
- Played in all 10 games
- 42 solo tackles
- 2 interceptions



#48 PAT MINOGUE

- Linebacker/Punter
- 185 lbs., 6'0"
- Played in all 10 games
- 5 sacks
- 42 punts



#1 JORDAN SCHEMM

- Defensive Back
- 170 lbs., 5'9"
- Played in all 10 games
- 26 solo tackles
- 1 sack
- 2 interceptions



#9 ADAM FRON

- Quarterback
- 215 lbs., 6'4"
- Played in 5 games
- 84 passing yards last season

#33 TRISTAN BROWN

- Running Back
- 175 lbs., 5'7"
- Played in all 10 games
- Scored 4 touchdowns
- 630 passing yards last season



From left to right: Warren Trahan, Sean Reeder, Michael Toerper, Dan Swanstrom, Brody Trahan and Rece Petty will be leading the Bombers this season. Swanstrom was hired as head coach after former head coach Mike Welch retired after 23 seasons.

CAITIE IHRIG/THE ITHACAN

FIELD HOCKEY A CHANGE OF PACE

BY CAM FUOTI
STAFF WRITER

The Ithaca College women's field hockey team will be competing for the first time in the Liberty League with a new coach guiding them. The Blue and Gold finished the 2016 season with an 8-7 record, winning five out of six games played at home. Against Liberty League teams, the Bombers went 0-2.

A few heavy losses from last year's roster, like leading scorer Colleen Keegan-Twombly '17, are another challenge for the Bombers.

However, senior midfielders Amanda Schell and Kelsey Chatterton and forward Michaela Donohue will look to take the lead as the lone seniors on a young squad.

Donohue, who was tied for second in scoring last year, and Schell started in every game last year, racking up over 1,500 combined minutes. Chatterton started in eight games in 2016.

Leading the charge in her first season is head coach Kaitlyn Wahila '07. She brings experience and pride to the program and served as the field hockey graduate assistant coach in the 2006 season.

Emily Vallee, a junior forward and midfielder, said she is excited to have Coach Wahila come on board.

"[Coach Wahila] has great energy and loves to be involved," Vallee said. "She's a

perfect fit for our team and something that we are all used to."

The Bombers open up their season in the Connie Harnum Classic, hosted by Wahila's old program, Susquehanna.

Liberty League play starts at 2 p.m. Sept. 23 against Union College.

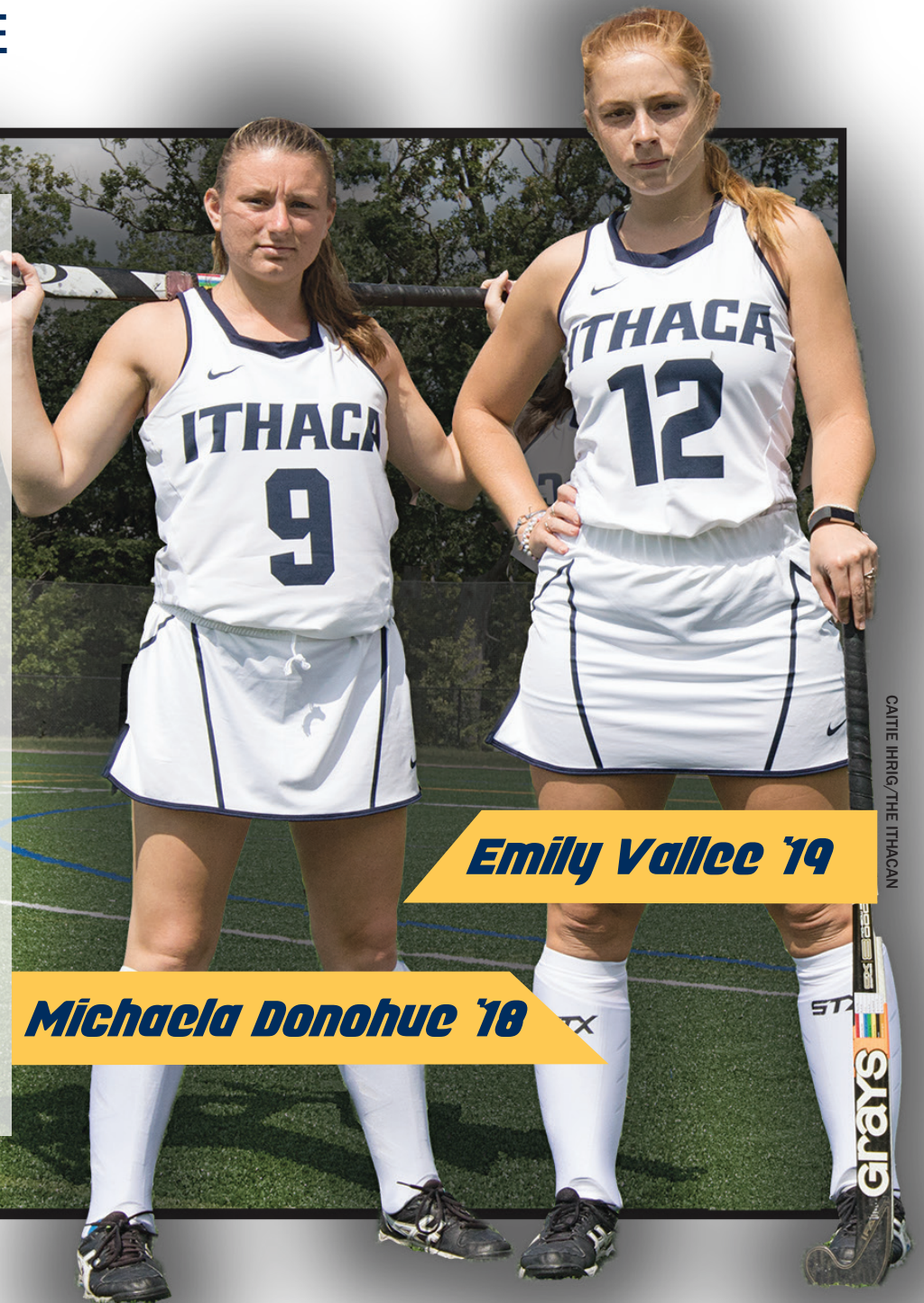
They will play a mix of Liberty League teams and old foes from the Empire 8 like Elmira College, St. John Fisher College, Nazareth College and Hartwick College.

"[The team] is really ecstatic about the Liberty League," Vallee said. "It's a new challenge. It's new schools we've never seen. And it's definitely a new level of play for our program as a whole, which is very exciting."

Wahila said she understands that challenges await the team but knows that with a dedicated group of 15 returners and eight rookies, success is attainable.

"The team's biggest challenge will be adapting quickly to a new style of play," she said. "We will play an up-tempo style of hockey. Our formation will be very attack-minded, as we will play with a high striker. Our defensive game plan will begin with our strikers pressing immediately on the counterattack and will aim to double-team on the outsides of the field."

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Emily Vallee '19

Michaela Donohue '18

CATIE HRIG/THE ITHACAN

SCULLING ROWING FOR THE GOLD

BY ANDREW SULLIVAN
SENIOR WRITER

After completing the 2016 campaign with multiple scullers medaling in three of its five regattas, the Ithaca College sculling team will look to make an even bigger splash during the fall season.

The Bombers collectively brought home 13 gold, nine silver and seven bronze medals. The South Hill squad compiled four first-place finishes, the highest number of the season, at the Seven Sisters Regatta.

Senior Colby D'Onofrio's first-place time of 8:14.20 in the A final at the Collegiate Small Boat Championships was the fastest time for any singles event for the Blue and Gold. Emily Vosburg '17 and senior Karina Feitner recorded the best doubles time of the year of 7:47.72 at the same regatta.

Senior captain Katie Lawson said one major component of the team's success last fall was increased development and understanding of the sport throughout multiple seasons.

"Pretty much every day or every couple of days, we switched up lineups, so the strongest people on the team got to row with the weakest people on the team, which really brought everyone up," she said.

The Blue and Gold concluded last

season with nine medalists at the Collegiate Small Boat Championships. One of those scullers, junior Savannah Brija, who won gold in the B final of the singles grouping, clocked in at 8:35.78.

Brija said the scullers need to keep in the backs of their minds the concept of competition in order to build upon the team's strong performance last season.

Constructing and preserving a high degree of confidence is also on the top of the to-do list for the team this season. For instance, the coaching staff emphasized the significance of learning how to carry single sculling boats — the average single measures 27 feet and weighs approximately 30.8 pounds — in order to strengthen self-conviction.

The 2016 team, which was composed of 18 scullers, lost eight due to graduation, but Robinson said she is not worried about this year's squad.

"I think that they are still on an upward swing and doing the things the right way, and I think they are going to get better with another year of sculling," Robinson said. "I think they'll need to make goals, and I think they'll have expectations, but I don't think they need to be doing things differently because things are really good right now."

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Savannah Brija '19

Katie Lawson '18

Karina Feitner '18

TED ZERIVITZ/THE ITHACAN

VOLLEYBALL **A HIGHER STANDARD**



SAM FULLER/THE ITHACAN

Tara Stilwell '19

Izabella MocarSKI '18

BY ZACH GREGG
STAFF WRITER

For a second consecutive year, the Ithaca College volleyball team had its season ended by a loss in the second round of the NCAA tournament.

This season, the Bombers look not only to travel beyond that point but to achieve a new standard for the program.

"Nothing would make us happier than winning the Liberty League Championship and making it further in the NCAA tournament than we have in the past two years," senior defensive specialist Izabella MocarSKI said.

In his first year as head coach, Johan Dulfer led the team to a 27-6 record and its second Empire 8 Championship in a row. Dulfer said he understands why his players are focused on getting past the second round, but he is more fixated on seeing the bigger picture.

The Bombers will see the return of their top producers from last year. Outside hitters senior Joelle Goldstein and sophomore Taylor McCarthy combined for a total of 5.03 kills per set. Junior middle hitter Amanda Cerruti, who averaged 1.12 blocks per set, is also returning.

Dulfer said the key to laying the foundation to go back to the Final Four begins with recruiting the best players from the Northeast, as well as the rest of the country.

"We're trying to be a little deeper," Dulfer said. "We need to be deeper so that an injury doesn't absolutely kill us; we have to be able to have options."

The tough schedule comes from the Bombers' move from the Empire 8 to the Liberty League.

"It'll provide a lot of challenges for us, which is really great," Dulfer said. "That's what you want to do

if you want to be the best, which we do. You want to make sure that your strength of schedule is good, and the Liberty League doesn't stop."

Junior defensive specialist Tara Stilwell and Dulfer share a unique connection to the Liberty League.

Before taking over the reins at the college, Dulfer was the head coach at Clarkson University, which is in the Liberty League.

Two years ago, as a freshman, Stilwell played under Dulfer at the university. They both came to the college prior to the 2016-17 season.

In his 10 seasons as head coach, Dulfer led the Golden Knights to a record of 270-115, as well as four consecutive trips to the NCAA Tournament quarterfinals and a total of five Liberty League Championship titles.

Stilwell said that because of her history at Clarkson, transitioning back to the Liberty League is a significant move for her.

"For me, it's playing my old teammates from my old school," Stilwell said. "In addition, Clarkson has won the Liberty League for volleyball the last five straight years, so I think for the team, along with a new rivalry, the girls on the team really want to take the league by storm."

Dulfer said it will quickly be established whether or not the Bombers can keep up with the rest of the league.

"That's the really exciting part about this because we're going to find out pretty quickly if I'm full of it," Dulfer said. "This year we'll have some incredible teams come to the gym here, and I think it'll be a great opportunity to see how good we can be."

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HARTWICK COLLEGE

4 P.M. 9/13 @ HIGGINS STADIUM

GAMES TO WATCH



WOMEN'S
WILLIAM SMITH

4 P.M. 10/4 @ WILLIAM SMITH

ST. LAWRENCE UNIVERSITY



2 P.M. 9/30 @
CARP WOOD FIELD

MEN'S

CLARKSON UNIVERSITY



4 P.M. 10/7 @ CLARKSON UNIVERSITY



SMALL BOAT
CHAMPIONSHIPS

4 P.M. 10/7-8 @ MERCER, NJ

LIBERTY
LEAGUE CHAMPIONSHIPS



12 P.M. 10/28 @
VASSAR COLLEGE

MEN'S



WOMEN'S
2017 NCAA DIVISION III ATLANTIC REGION
CHAMPIONSHIPS

11 A.M. 11/11 @ HOUGHTON COLLEGE



Justinian Michaels '20

CAITIE THRIG/THE ITHACAN

2017 **ITHACA BOMBERS** 2018

*Liberty League

Catch all the Bombers' action this fall on South Hill

- CROSS-COUNTRY**
Ithaca College Cross-Country Course
- FIELD HOCKEY**
Higgins Stadium
- WOMEN'S SOCCER**
Carp Wood Field
- FOOTBALL**
Butterfield Stadium
- SCULLING**
Cayuga Inlet
- VOLLEYBALL**
Ben Light Gymnasium
- MEN'S SOCCER**
Carp Wood Field
9/13 @ Higgins Stadium

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02 11:15 a.m. Annual Alumni Run 1 p.m. Alfred
03	04	05	06 4 p.m. SUNY Cortland	07	08	09 1 p.m. Elmira 1 p.m. Misericordia
10	11	12	13 4 p.m. Hartwick 4 p.m. SUNY Cortland 7 p.m. Hamilton	14	15 2 p.m. Franklin and Marshall 7 p.m. Mary Washington	16 12 p.m. Wells 4 p.m. SUNY New Paltz
17	18	19	20	21	22	23 3 p.m. Clarkson*
24 9 a.m. Cayuga Sculling Sprints	25	26	27 4 p.m. Elmira 4 p.m. St. John Fisher	28	29	30 11 a.m. Fredonia 4 p.m. Alfred 1 p.m. Hobart* 2 p.m. St. Lawrence* 3 p.m. St. Lawrence*

OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 1 p.m. SUNY Cortland	02	03	04 4:30 p.m. Hobart*	05	06 6 p.m. St. Lawrence*	07 12 p.m. Bard*
08	09	10	11 6 p.m. SUNY Cortland	12	13 4 p.m. U of Rochester* 4 p.m. Skidmore*	14 2 p.m. Union*
15	16	17	18 4 p.m. The Sage Colleges	19	20 6 p.m. Skidmore*	21 12 p.m. RPI* 2 p.m. Union* 1 p.m. St. John Fisher
22 1 p.m. RPI*	23	24	25 3 p.m. RIT*	26 5 p.m. St. John Fisher	27	28 1 p.m. SUNY Brockport 2 p.m. Vassar*
29	30	31				

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03	04 8 a.m. Cornell Fall Classic 1 p.m. Union*
05	06	07	08	09	10	11 12 p.m. SUNY Cortland
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		