

WINTER '17 SPORTS  
PREVIEW

THE ITHACAN PRESENTS:

# READY FOR ACTION



JULIE YACOVONI '18



ERIN WOOP '18



# MEN'S TRACK AND FIELD

## Conquering a new league

BY DANI PLUCHINSKY  
STAFF WRITER

Coming off a victorious season last year, the Ithaca College men's indoor track and field team is looking to have the same success this upcoming season in the Liberty League Conference.

Last year, the Bombers won their second consecutive Empire 8 Indoor Championship title, making it their ninth Empire 8 championship in 10 years. The South Hill squad also finished in second place for the second straight year at the New York State Collegiate Track Conference Championships.



SETH ABBOTT '18

Head coach Jim Nichols said that the team looks to transfer its success from the Empire 8 Athletic Conference to the Liberty League Conference.

"In our conference, we now have St. Lawrence, RPI, RIT and University of Rochester, which are historically known for being in the top five in the state along with Ithaca," Nichols said.

Daniel Harden-Marshall, sophomore sprinter and long-jumper, was an Empire 8 First-Team All-Conference selection last season. He was a starter on the first place 4x400-meter relay team and was also the indoor 400-meter dash runner-up at the Empire 8 Championship meet.

"I think that we are going to go into these meets with a chip on our shoulders," Harden-Marshall said. "The other teams aren't used to seeing us at almost every meet, so I think we are going to bring it to them and they won't be expecting it."

The Blue and Gold's indoor schedule is set up differently from years past. In the Empire 8, the conference championship was in the middle of

February. However, with the Liberty League Conference, the championship meet is at the end of February.

Senior pole vaulter David Dorsey, who tied the college's pole vaulting record last season and was an indoor NYSCTC champion, said that the change in schedule will help the team.

"It's the time that we are peaking and the time that we are at the top of our physical performance as well," he said. "We are going to be geared up and ready to go by the time that nationals come."

Along with the difference in scheduling, Nichols said that there are fewer qualifying spots for events in the Liberty League than in the Empire 8.

In previous years, the team has been able to take approximately 50 athletes to the championships, but now they can only take about 30.

"As a team, we perform best when we have everybody there keeping the energy high and cheering our teammates on," Dorsey said. "We have some experience competing as smaller units, but we work better when we are all together."

Seth Abbott, the senior hurdler and multi-event athlete who broke the college's record for the decathlon last season, said all the teams in the Liberty League Conference have to overcome the same boundaries to compete.

"If our competition is a little bit tougher, then we're going to be a little bit tougher, too," Abbott said. "If there are less qualifying spots for us, then there are less qualifying spots for everyone else, too, and I know we have some really good athletes that will be going for those spots."



DAVID DORSEY '18

ELIAS OLSEN/THE ITHACAN

Nichols said he believes that winning a championship is successful, but he defines success as more than just winning.

"I want every athlete to have a personal best and to compete at the highest level they are capable of," Nichols said. "With 65 athletes, athlete No. 65 can still have a personal best even though he may not go very far. You can lose at winning and win at losing, and our athletes are going to compete at the highest level and challenge themselves to be the best they can be. If they do that, they will be ready by the time the season starts."

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# WOMEN'S TRACK AND FIELD

BY JEB BIGGART  
STAFF WRITER

The Ithaca College women's track and field team ended its past indoor season as the national runner-up in the NCAA Division III Championships. The team hopes to finish this season on the podium once again.

Senior captain Kassandra Reagan said the team hopes to build on its success and continue to improve as a whole.

"The goal for the team this year is to continue our success from last season," Reagan said. "We have a new team with a new attitude, and it's exciting to begin our season."

The Bombers claimed their 10th consecutive Empire 8 title last year and aim to continue its success as it transitions into the Liberty League.

Junior Britney Swarthout said the transition has evoked a new spark in the team to prove that it is still a dominant force.

"I think the transition into the Liberty League offers an exciting new opportunity for our team to continue our success," Swarthout said. "The transition has sparked an even greater drive to prove that we are a force to be reckoned with and make a dominant first impression."

In addition to transitioning into the Liberty League, the team will also look for success in its new conference, the All-Atlantic Conference, which is the regional championship. Last season, the team participated in the Empire 8 Conference and the Eastern Collegiate Athletic Conference. The Blue and Gold will host the first All-Atlantic Conference Championship at the Athletics and Events Center on March 2 and 3.

Head coach Jennifer Potter said the new conference will be far more conducive for the

athletes and will help the team as a whole for the upcoming season. With this new conference, the team will perform on more flat tracks. In the old conference, the team ran on banked tracks, which have wider turns.

where the meet ended up, and if it ends up on a banked track a week before nationals, then you have to run 12 seconds faster to possibly get to nationals."



CATHERINE LARKIN '19

BRITNEY SWARTHOUT '19

ELIAS OLSEN/THE ITHACAN

Potter said the All-Atlantic Conference will be far better scheduling-wise and location-wise for her athletes.

"When you run on a banked track, it is a tougher standard to qualify for nationals because there's supposedly an advantage," Potter said. "We were concerned we couldn't control

The team graduated more than 10 seniors last year, including Brandy Smith, who placed second in the NCAA Division III National Championship for shot put last season. Potter said that losing the upperclassmen can be hard, but that it is part of being a coach. Replacing those players with depth from the underclassmen,

## Eyes set on reaching the first-place podium

Potter said, is key to their success.

"That's part of the transition of collegiate athletics," Potter said. "You're going to lose that key player, but to look at the positive, look who's back. Look at who's on fire and wants to get back."

Senior Taryn Cordani is one of 49 returning athletes for this upcoming season. Cordani won both the 3,000- and 5,000-meter runs at the Indoor National Championships last season. She said the team is ready to compete and go after another trip to the podium.

"We are tough, we have passion, and everyone is already excited about competing so early on," Cordani said. "You get out of track and field what you put into it, and I have already seen how invested everyone is this year. I have a really good feeling."

Track and field can feel like a very individualized sport, as it focuses on a single athlete for most events; however, the Bombers want to build a more cohesive environment so that every event feels like a team effort.

Junior Catherine Larkin said that the team is focusing on creating a new environment that makes the team feel more like a single unit.

"This year we are putting a focus on team atmosphere and climate," Larkin said. "As a big, diverse team and a sport that is individually-based in nature, it can be difficult to be a cohesive team unit. However, something that I love about this team and something that I feel we can attribute past success is that this team feels like a family."

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# WOMEN'S BASKETBALL

## Continuing success after the NCAA tournament



ERIN WOOP '18  
MAXINE HANSFORD/THE ITHACAN

BY MATIAS WEILMANN  
STAFF WRITER

The Ithaca College women's basketball team looks to build on last year's success and make another playoff run. Last year's team posted a 25–4 record, which it translated into an Empire 8 championship and NCAA appearance.

The Bombers will try to maintain that success as they move to a new conference, with this being their inaugural season of the Liberty League.

The Blue and Gold will need to figure out a way to make up for the production they lost with last year's graduating class. Replacing Ali Ricchiuti, who was the team's leading scorer and second in assists last season, will be a difficult task.

Dan Raymond, who is entering his 18th season as the Bombers' head coach, said he knows replacing Ricchiuti will take the entire team.

The Blue and Gold are not without options to replace Ricchiuti. Senior guard Jordan Beers will try to lead the team in scoring after finishing second last season, as well as reaching double-digit points in 10 of her last 13 contests.

Senior guard Erin Woop struggled to consistently score last season but made up for it by leading the team in assists per game, and will look to make up for Ricchiuti's skills as a floor general.

"I was lucky to have been given the opportunity to play beside her for three years and learn from her on and off the court," Woop said. "We are going

to miss her, as she was a huge part of our team, but we are really excited for our girls to step up and fill her role."

The departures of Erin Ferguson '17 and Shayna Gaskins '17 will also leave the Empire 8 Champions without their top rebounder and sixth man from last season, but Raymond said the team is prepared.

"The loss of Shayna and Erin Ferguson last year, that's a big hole that we have to fill, too," Raymond said. "We have Cassidy O'Malley, the expectations for her are going to be significant this year, a huge change in her role, and then Abbi Field is our first year, who's a true post player, and she's going to have to contribute in a big way, right away."

Forward Abbi Field will fill a void by becoming the team's main post presence, with O'Malley and junior guard Sara Jackson playing as more face-up offensive threats.

Woop, along with Julie Yacovoni, senior forward and guard, will add more leadership to the team. Yacovoni will serve as their main defense stopper, coming off a season that left her second in both blocks and steals in the conference.

"Having such a large number of veteran players returning, that's where the significant amount of leadership has to come from," Raymond said.

The Blue and Gold enter their first season as part of the Liberty League, but are no strangers to Liberty League opponents.

Last season, the Bombers faced six Liberty League opponents and were victorious in every matchup,

“Having such a large number of veteran players, that’s where the leadership has to come from.”

– Dan Raymond



JULIE YACKOVONI '18  
MAXINE HANSFORD/THE ITHACAN

including a win over Liberty League champions Rochester Institute of Technology Tigers in the NCAA tournament.

Though the Blue and Gold had success against their now-conference opponents last season, the team is not thinking championship-or-bust.

"For us, it's an objective of making sure that each day, we're accomplishing something so that we can keep moving forward," Raymond said. "That's truly our goal — to be playing our best basketball by the end of February."

Beers said that it is the team's desire to take things one day at a time.

"Obviously, it was incredible to host NCAAs in front of our home crowd, and we would love to get that opportunity again, but none of that will happen if we overlook a single game this season," she said.

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MARC CHASIN '18  
TED ZERIVITZ/THE ITHACAN

BY MAX O'NEILL  
STAFF WRITER

The Ithaca College men's basketball team struggled in the 2016–17 season, finishing the year 9–16 overall and 5–11 in its last season in the Empire 8 conference.

Head coach Jim Mullins said last year's season was unacceptable and that he will be looking for changes in the team's culture.

"I needed to see some changes, some effort changes and things like that," he said.

Senior guard Marc Chasin is 435 points away from breaking the program's scoring record. But he stressed he is coming into the season with a team mentality.

"If I'm the second or the third all-time leading scorer with a championship under my resume, I'd much rather be that than being the all-time leading scorer," Chasin said.

Mullins said this looks to be a rebound year for the Bombers with an older roster, as they did not lose any players to graduation. The seniors

are guards Carroll Rich, Joey Flanagan, Brendan Till and Chasin. Senior Tyler Lemza plays both guard and forward.

"I think every coach in the world wants to have a veteran team, so I mean, we feel pretty good about that," Mullins said.

Rich said the team has been practicing how to force turnovers to turn around what happened last season.

"We take an approach that we don't want anybody to score, we don't want to get a stop, we want strictly turnovers," Rich said. "We want to build on those turnovers so we can score on the other end, get easy points."

This season, Rich said that the seniors will be leading the team while making sure they set the team up for success in the years following. There are four freshman, two sophomores and six juniors on the team.

“We take an approach that we don’t want anybody to score, we want strictly turnovers.”

– Carroll Rich

One of the young leaders on the South Hill squad is sophomore guard Riley Thompson. Last year, Thompson scored 218 points, which was good for fourth on the team. He was also named to the all-rookie Empire 8 team three times last season. Thompson played in all 25 games last year and said he will be using that experience to help the freshman.

"It's always good to have experience on the team, and we have a good group of juniors and seniors that are gonna take care of that, but I feel having a year of experience under my belt helps," Thompson said.

The Blue and Gold finished 50th in scoring offense in the NCAA and were unranked in scoring defense last season. Over the past two seasons,

the Bombers have played seven Liberty League teams, giving the team some familiarity with their new competition their first year in the conference.

"The past few years, Coach has always scheduled out-of-conference games against Liberty League teams, so I think we are a little familiar with the style of play," Rich said.

The team struggled on the defensive side last year, giving up 2,162 points as the offense only scored 2,065 points. The struggles on the defensive side of the ball are a point of emphasis for the team this year, Mullins said.

"Part of the frustration in that for me is I think defense and rebounding both are largely a result of effort," he said. "You gotta want it, and I'm just not sure that we wanted it badly enough last year, so I think they're definitely committed. I think they didn't like being mediocre last year, and they are ready for something good to happen."

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# MEN'S BASKETBALL

## Looking to turn around from a losing season



CARROLL RICH '18  
TED ZERIVITZ/THE ITHACAN



# SWIMMING AND DIVING

Looking to make a splash in the NCAA Regional and Championship meets

## MEN'S



**BY ANDREW SULLIVAN  
AND TY CUNNINGTON**  
SENIOR WRITER, CONTRIBUTING WRITER

The Ithaca College men's swimming and diving team raised the curtain on its 2017–18 campaign with three consecutive victories against SUNY Fredonia, SUNY Brockport and SUNY Buffalo on Oct. 14.

Last year, the Blue and Gold compiled a 10–3 record in the regular season and earned the bronze medal in the Empire 8 Conference Championships.

The Blue and Gold finished the 2016–17 season with a four-meet win streak, which became a five-meet win streak when they won their first meet of the season.

The streak ended when the Bombers lost their second meet on Oct. 28 to Rensselaer Polytechnic Institute 191.5–106.5.

Jake Lichter '13, who swam breaststroke and freestyle for the Blue and Gold from 2009 to 2013, is entering his first season as the South Hill squad's assistant coach.

He said the young swimmers are one of the team's anchors this season.

"We have a lot of really young swimmers who are already starting to contribute right off of the bat just in our first meet," Lichter said. "We are looking forward to seeing what they can do over the course of this season and the course of their next two seasons."

Head coach Kevin Markwardt did not

have our smaller numbers on the swimming side," he said. "On our diving side, we actually have more divers than respond to multiple requests for comment.

There are only eight upperclassmen listed on the roster of 26 swimmers and divers.

Eight of the underclassmen, Andrew Mikhailichenko, Nate Bartalo, Daniel Meyers, Stanley Zaneski, Justin Moczynski, Liam Maginnis, John Mosier and Kevin Shin, have finished in the top three in events thus far this year.

Lichter said the leadership of the upperclassmen, despite their small number, is integral to the team.

He also said there is a healthy mesh of leadership styles among the upperclassmen, with some men being more vocal while others lead by example.

One of the seven juniors, Kellen Scanlan, said the different leadership styles of the upperclassman fit the different personalities on the team.

"All of our leaders could be talkers, but then we have too many people talking," Scanlan said. "I think we have different levels of what people need. There are those people who migrate to those are would be very vocal ... or there's those who maybe back off from that and then look for someone who is working hard, just focusing on getting the work and doing it right."

There are only 22 swimmers on this year's roster compared to 24 swimmers last season and 25 swimmers on the 2015–16 roster.

"It's a little challenging to make sure that we are filling out a solid lineup when we just

we've had in the last five years. We combat that with having a little bit more divers."

Moczynski earned two silvers in the 1- and 3-meter dives for the Bombers against Rensselaer Polytechnic Institute.

However, Lichter said there are still some issues with depth.

"We got the top-end speed to compete with everybody in our conference," he said. "It's just when it comes to our second and third person, it's becoming a little more challenging to fill in those gaps."

Lichter said the sophomores and juniors from last season have now taken over the higher spots in the lineups for certain events that were held by last year's four seniors, thus opening up holes in certain events for second and third stringers.

Last season's freshman class was quite large, so he said trying to find which swimmers and divers can fit into those gaps will be an obstacle this season.

Also, there are a few freshman who do not have a defined event to swim in just yet, Lichter said.

"We need to figure out where we are going to put these guys moving forward," he said. "Because if we don't figure out what we are going

to do with them, then we're going to be training them for the wrong stuff and not get them as prepared as we want them to."

Sophomore freestyle swimmer Nate Bartolo said the team is focusing tirelessly on improving everyone's endurance.

"This season, we are working especially hard on sprinting, so we have added an extra morning practice on Tuesday mornings," he said.

Regardless of the fact

that the team is quite young and still developing, Scanlan said, he expects to see positive progress throughout the season.

"I think that is something we saw last year with the freshman," he said. "We had a big freshman class, once the wheels started going, then we started picking it up. But I think this year, we started where we left off. I think we started with a great first week of practice, and I think we've gotten progressively better."

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## WOMEN'S

**BY ALYSSA CURTIS**  
STAFF WRITER

The women's swimming and diving team is focusing on rebuilding the team this year after graduating 12 senior swimmers last year.

While the diving end of the team is welcoming back many of last year's leading divers, head coach Paula Miller said, the swimming part of the team will rely on the team's 12 sophomores, as well the six seniors, to push through this year and get the team where it wants to be.

This year, there are 21 underclassmen and 12 upperclassmen.

Chris Griffin, assistant aquatics coordinator and diving coach, said senior divers Katie Helly, Lindsey Suddaby, Alyssa Wishart and Anna Belson and graduate student Nickie Griesemer are strong contenders for the NCAA Diving Regional Championship and the NCAA Championship. Helly, Suddaby, Belson and Griesemer have competed in nationals before, making it a possibility for all five divers to qualify this season.

Belson qualified for nationals her sophomore season and placed fourth with 424.20 points. Suddaby qualified for nationals for the first time last season, while Helly has qualified twice and Griesemer has qualified three times. Last season, Griesemer placed second in the 3-meter dive, while Helly placed 18th and Suddaby placed 19th in the 1-meter dive.

Griffin said the divers are eager to get to the next level of competition and improving their overall performance.

"Whether they were an alternate last year, we're trying to make it to nationals or improve our standings of what we did previously at nationals," Griffin said.

Helly said that while they are looking toward

the future, that does not necessarily include new dives, at least for the seniors. She said it takes some time to perfect new dives, so the seniors are focusing on those dives they have been developing for the past few years and trying to perfect them.

"For our older women on the team, there's a big change in dynamic this year because there's a reality that we don't have a year or two years to perfect a dive — this is our last year," she said.

Helly said the most exciting aspect of the diving team for the seniors and graduate student is that this is the first year since their freshmen year that they will all be on the team together, competing at the same time. Each year, at least one member of the team was studying abroad.

"It's exciting for us, and it's intimidating knowing the possibilities we have with the five of us being a team together," Helly said. "That excitement also spreads to the younger divers because they are so new; having all five of us there to show them what a team should be and what a diving team is, really helps them out."

While the seniors on the diving team are the ones looking toward nationals, the swimmers are relying on the sophomore class this year because of the 12 swimmers the team lost to graduation.

"Last year, as freshmen, a few had opportunities, but we didn't have to rely on them because we had such a large group and it was the upperclassmen who happened to be the faster athletes," Miller said.

Sophomore swimmer Ashley Warren said the underclassmen are doing a good job handling the increased pressure.

"There is definitely a little pressure holding up that reputation of being an undefeated team

and going on to states and sending some to nationals," Warren said.

Miller said that last year, the freshmen did not have much pressure on them.

"Now they are noticing that the success comes down to them," Miller said. "They have to contribute in a positive manner."

Warren said the pressure may be on her class, but said they are ready to take on new role.

"We are excited and ready to step up as a group and individually and towards taking on a new place on the team," she said. "We've had super-high energy this season."

The sophomores are not the only ones noticing the big change. Junior Zoe Vadney, breaststroke and butterfly swimmer, said the upperclassmen have acknowledged it too.

"My class looked up to the graduated senior class as the leaders of the team since our freshman year," Vadney said. "It's definitely a younger team; there are a lot of underclassmen."

That is not necessarily a bad thing, though, but rather a change in dynamic, Vadney said.

"You're going to have a different dynamic



each year," she said. "We have a lot to overcome on how we are going to mesh together as far as relays."

Another dynamic change is the addition of assistant coach Jonathan Husson '16.

Vadney said that Husson's transition from a peer to a coach has been different, yet smooth.

"It's been very interesting seeing him take on the role and mature not just as a peer, but now as a coach," Vadney said.

Vadney said that while it is still very new, it has been working well because both Miller and the team trust him.

"He knows a lot about swimming, and has been helpful in the weight room," Vadney said. "He does CrossFit, so Paula trusts him in knowing what's best for us in workouts."

Although the team's dynamic has taken a shift this year, Miller said she is not worried.

She said it might take them a while to adjust, but that ultimately she and the team are focused on nationals and championships. Miller said she thinks it will be a great year, but that she is more focused on the individual swimmers and divers than the win-loss records.

"We are preparing for the state championships," Miller said. "Right now, it's wide open and we can't control what other teams have. We can't be disappointed on losing to an excellent team; we can be disappointed if we didn't perform well."

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**KELLEN SCANLAN '19**  
SAM FULLER/THE ITHACAN



# GYMNASTICS

## Using a balance of upper- and underclassmen



KENDRA BALCERAK '18

CAITIE IHRIG/THE ITHACAN

BY MADISON BESS  
SENIOR WRITER

The Ithaca College gymnastics team is getting ready for another season with some key veterans and fresh faces.

Both sophomore Baylie Trammell and senior Kendra Balcerak are returning after finishing last season as national qualifiers.

At the 2017 National Collegiate Women's Gymnastics Championships, Balcerak just missed out on earning her first All-American honor, placing 14th on beam. The top eight finishers are awarded All-American at the national championship. Balcerak scored a 9.000, which was the Bombers' best finish for the event at nationals since junior Rachel Lee's effort two years ago.

Balcerak competed on beam last season a total of 11 times with an average score of 9.238.

Trammell competed on bars and vault last season, averaging a score of 9.3545 on bars. At the NCGA East Regionals, Trammell took second place on bars with a score of 9.625. Trammell earned 13th place at the NCGA Individual Event Finals with a score of 9.45 on the bars as well.

Junior Rachel Lee is returning to the team this season after battling leukemia. As a freshman, Lee earned All-American on beam. Lee is returning from a medical leave of absence from the school followed by last year's comeback training. She did not compete during the 2016 or 2017 seasons.

"We are thrilled to see Rachel's comeback after suffering such a great toll for the past two years," head coach Rick Suddaby said.

Junior Carolyn Nichols was an All-American on vault last season.

Junior Victoria Gery is also returning. Last season, she had a personal best of 9.650 on the vault and 9.675 on the floor. Both of her personal bests happened on Feb. 15 at the dual meet at SUNY Cortland.

Newcomers include freshmen Kylee Black, Katie Holcomb and Courtney Christoforo and sophomore transfer Cassidy Marquette. Suddaby said all the team's events have improved greatly.

"It is appearing that we will have a nice balance between seasoned veterans and newcomers in each lineup," Suddaby said. "Both huge talent and sound experience will give this team what it needs to compete with the best teams in the league."

Balcerak said cohesion has been a strength thus far this season.

"It's only the beginning of November, and we are already so strong, both physically and mentally," Balcerak said.

The team goal is to qualify for nationals, and Balcerak said Suddaby is focused on making that happen.

"Out of observation, I feel like Rick is focusing on team unity and holding each other accountable so we can be as successful as we can be," Balcerak said. "Our end goal is nationals, and Rick is guiding us every day to get there."

Senior Danielle Maffuid said the team is very close-knit this season.

"I think one of our biggest strengths going into this season will be how cohesive we are as a team," Maffuid said. "We have an even mix of first-years and upperclassmen, and we have been able to mesh together really well."

There are nine first-year students on the team, and Maffuid said they each have something new to offer, as they have brought a new spirit and culture to the team.

"They are a group of hard workers and bring a positive energy to each practice," Maffuid said. "They all are motivated and willing to put in the work each day at practice, which has been awesome to watch. They are also all extremely talented, and I think they will make a difference in getting our team to where we want to be this year."

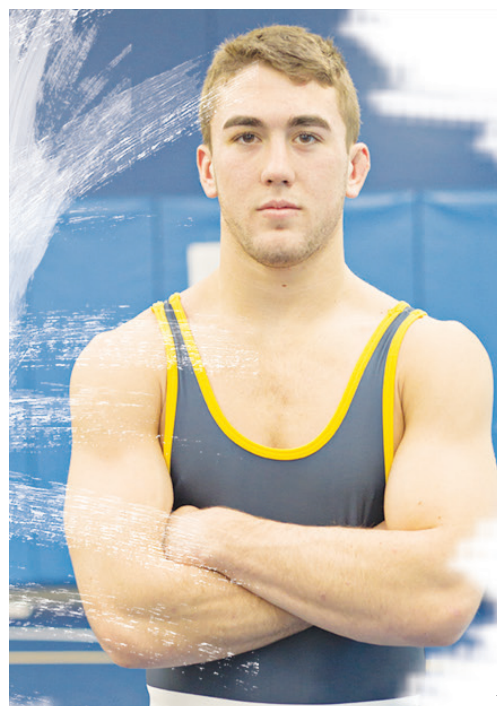
On Feb. 14, the team will participate in the First Annual Rumble and Tumble in the Hill. The event is a dual meet with Cortland in both gymnastics and wrestling.

The first meet of the season will be on Jan. 13 in Westchester, New York. The first home meet will be against Brockport on Jan. 21.

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# WRESTLING

## Young talent leads the way



SAMMY SCHNEIDER '20

CONNOR LANGE/THE ITHACAN

BY CAL DYMOWSKI  
AND SEVRIN LAVENSTEIN  
STAFF WRITERS

After a second-place NCAA Regional Championship finish capped off by a ninth-place performance at the NCAA Division III National Championships in Lacrosse, Wisconsin, the wrestling team is ready to take the next step: claim its first national title in over two decades.

"We have some really good guys," head coach Marty Nichols '90 said. "Last year, we were ranked second [at one point]. We are right there on the edge, but we just have to step it up."

Sophomore All-American Sammy Schneider said the mixture of talent with experience adds a level of excitement to the team.

"We had a lot of young talent last year that's now a little bit more experienced," Schneider said. "I think we have good leadership this year. We have good captains; everyone is on the same

page in terms of what we want to do as a team."

The Bombers finished the 2016–17 season with a 12–2 record, good for 4th in the final NCAA Division III polls.

In addition, the Blue and Gold registered four wins against top-25 teams and a 27–17 win over archrival No. 15 SUNY Cortland. Winning the National Wrestling Coaching Association National Duals on Jan. 4 and Jan. 5 in 2018 in Fort Wayne, Indiana, could be the start of something special, Nichols said.

"I think if we win that, we can win the individual one at the end of the year," Nichols said. "Leading up to that, we'll have to see how we do in the first tournament of the year so we can get everyone tuned up."

The Bombers will have to continue on after losing 2015–16 All-American Jimmy Kaishian '17 and 2016–17 All-American Carlos Toribio '17 to graduation this past spring. But Jake Ashcraft, the junior captain and an NWCA Scholar All-American athlete, said he believes the Bombers can patch those holes.

"Every year you have voids, and every year you fill those voids," Ashcraft said. "I have high hopes and a lot of confidence."

While the roster has yet to be finalized and official practices are just starting back up, Jake O'Brien, the junior captain and an NWCA Scholar All-American athlete, said he has been impressed with the incoming freshmen wrestlers.

"They all seem eager to compete and don't seem afraid of the spotlight or limelight," O'Brien said. "We haven't had many chances to wrestle yet, but I know they are ready to go and get after it."

Nichols said he believes experience on a team is vital to success but said he still expects leadership outside of the captains.

"We have some good young guys that are good leaders, too," Nichols said. "It's a whole team concept. Wrestling is really not an individual sport. If you don't have a team supporting you, you can never win."

O'Brien said the ability of coaches to connect with athletes adds an extra level of comfort.

"We have an excellent coaching staff," O'Brien said. "Any questions you have about technical wrestling can get answered. Wrestling can wear on you sometimes, mentally and physically, so having someone like coach

Nichols who can make you laugh or can calm you down is nice."

The Bombers will have to be very prepared at the start, Nichols said, stressing the importance of competing at early season tournaments and matches.

"We'll have to see how we do in the first tournament of the year so we can get everyone tuned in," Nichols said. "I'd like to go down to the tournament and win that one. That's where some of the best teams on the East Coast are."

But despite a difficult schedule and goals of ultimate success looming over the program, Schneider said this could be the Bombers' breakout year.

breakout year.

"Keep an eye on Ithaca wrestling," Schneider said. "If there is going to be a year where we are national champs, it's going to be this year."

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JAKE ASHCRAFT '19

CONNOR LANGE/THE ITHACAN



WINTER

SPORTS

ATHLETES

TO WATCH

WOMEN'S

BASKETBALL

JULIE YACOVONI '18



Senior forward and guard Julie Yacovoni led the team in multiple offensive and defensive categories last season. She led the team in minutes played per game and finished second on the team with a 50 percent field goal percentage. She averaged 8.7 points per game and finished fourth on the team in assists. She pulled in 4.2 rebounds per game, good for second, behind forward Erin Ferguson '17. But Yacovoni's main contributions come on the defensive end. She led the Bombers with 32 blocks, good for second in the Empire 8 Conference. She had the most steals on the team with a total of 65, which placed her second in the conference.

MEN'S

BASKETBALL

MARC CHASIN '18



Marc Chasin is one of five seniors on the 2017–18 men's basketball team. He has averaged 17.4 points per game over his three years and is the only member of the current roster to have over 1,000 points in his career, with 1,354 points thus far. He has attempted the most field goals in program history and has the highest 3-point field goal percentage. He has the second highest–scoring season and is seventh in career scoring. Chasin had a game high of 38 points last year and averaged 16.6 points per game. He also led the team with 716 minutes, 416 points and 80 assists.

MEN'S SWIMMING

AND DIVING

ANDREW MIKHAILICHENKO '20

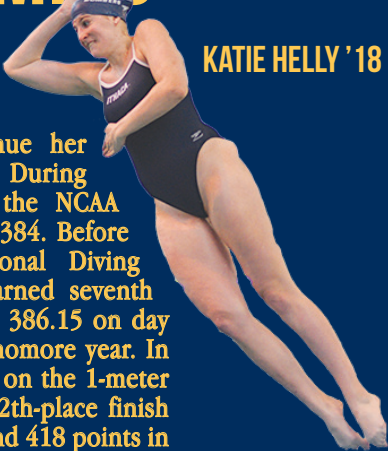


Sophomore Andrew Mikhailichenko won three events in the first meet of the year on Oct. 14, the 200-yard medley relay and the 50- and 100-yard breaststrokes. He also won the 200-yard breaststroke Oct. 28 and Nov. 3, and the 100-yard breaststroke Nov. 3. Last season, he shared Empire 8 Conference Rookie of the Year with Tyler Zanki of the Stevens Institute of Technology. Mikhailichenko finished in second and third in the 200- and 100-yard breaststroke, respectively, at the Upper New York State Collegiate Swimming Association meet.

WOMEN'S SWIMMING

AND DIVING

KATIE HELLY '18



Senior Katie Helly is looking to continue her diving success from her junior season. During the 2016–17 season, she placed 18th in the NCAA Championships on March 16 with a score of 384. Before nationals, she dived in the NCAA Regional Diving Championships on Feb. 24 and 25. She earned seventh place with a score of 455.05 on day one and 386.15 on day two. She also qualified for nationals her sophomore year. In regionals on Feb. 27, 2016, Helly placed fifth on the 1-meter board. On March 17, 2016, Helly earned a 12th-place finish with 400.65 points in the preliminary round and 418 points in the finals at nationals.

WOMEN'S TRACK

AND FIELD

TARYN CORDANI '18



Senior Taryn Cordani has had an incredible amount of success on the women's track and field team, both in outdoor and indoor track, and on the cross country team. During her freshman year, she finished as the Empire 8 Outdoor Rookie of the Year in 2015 and won the 1,500-meter race at the Empire 8 Outdoor Championships that season. She was even more successful during her sophomore year, as she was the Eastern College Athletic Conference Indoor Champion in the 3,000-meter and also qualified for the NCAA Outdoor competition for the 5,000-meter. She continued her success in the 3,000- and 5,000-meter events for her junior year, as she emerged as the champion in both events at the NCAA Indoor Championships.

MEN'S TRACK

AND FIELD

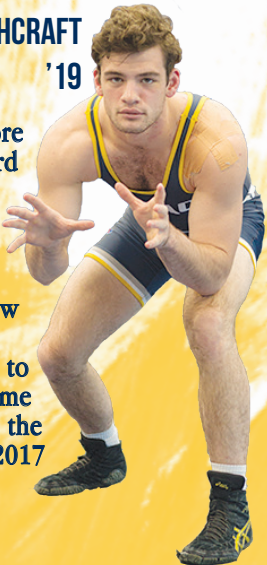
DAVID DORSEY '18



Senior pole vaulter David Dorsey was able to build on his successful sophomore season by tying the Ithaca College's school record for pole vaulting with a 4.70-meter performance last season. Two days after his record-breaking performance, Dorsey was named Empire 8 Athlete of the Week for the first time in his career. He also earned a first-place finish for pole vaulting at the New York State Collegiate Track Conference Championships with a vault of 4.70 meters. With the help of consistent vaults by Dorsey, the men's indoor track and field team won its second-consecutive Empire 8 Indoor Championship, making it their ninth Empire 8 Championship in the last 10 years. Dorsey said a personal goal of his is to hit 5.0 meters in the event.

WRESTLING

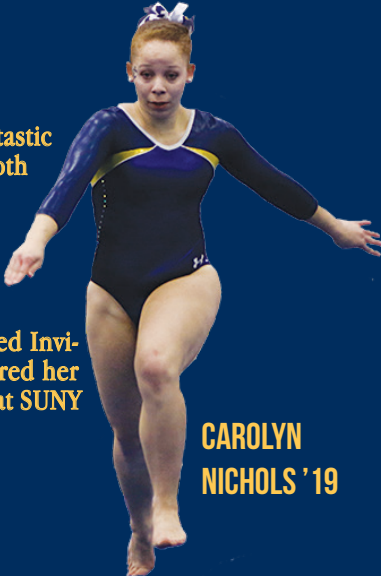
JAKE ASHCRAFT '19



Junior captain Jake Ashcraft finished his sophomore season with a 30–12 overall record and a 10–4 record in dual meets. Nine of his wins came from decision, and he had four wins by major decision. Ashcraft had 15 wins by fall and one win from technical fall. On Nov. 20, 2016, Ashcraft competed in the New York State Wrestling Championships. He made it to the final round, where he lost to Cornell University's Gabe Dean '17, who is a two-time NCAA National Champion. Ashcraft competed in the Empire Collegiate Wrestling Conference on Jan. 21, 2017 and finished that tournament with a 6–2 record.

GYMNASTICS

CAROLYN NICHOLS '19



Junior Carolyn Nichols is coming off of a fantastic sophomore campaign where she competed in both the vault and floor events. At the 2017 National Collegiate Gymnastics Association Event Finals, Nichols was named All-American when she placed third on the vault with a mark of 9.650. She scored a 9.725 on the vault at the Big Red Invitational in February, a career best. She also scored her career best on the floor exercise in a dual meet at SUNY Cortland.





KENDRA BALCERAK '18  
COVER PHOTOS

CAITIE IHRIG/THE ITHACAN  
MAXINE HANSFORD/THE ITHACAN

2017

2018

\*Liberty League

Catch all the Bombers' action this winter on South Hill

WOMEN'S BASKETBALL

Ben Light Gymnasium

WOMEN'S TRACK AND FIELD

Athletics and Events Center

WOMEN'S SWIMMING AND DIVING

Aquatics Pavilion

MEN'S BASKETBALL

Ben Light Gymnasium

GYMNASTICS

Hill Center

MEN'S SWIMMING AND DIVING

Aquatics Pavilion

WRESTLING

Ben Light Gymnasium

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01	02	03 4 p.m. Ithaca College Invitational 5 p.m. SUNY Cortland 5 p.m. SUNY Cortland	04 9:30 a.m. Ithaca College Invitational
05	06	07	08	09	10	11
12	13	14	15	16	17 6 p.m. SUNY Canton	18 3 p.m. Montclair State 5 p.m. Hartwick & SUNY Geneseo 5 p.m. Hartwick & SUNY Geneseo
19	20	21	22	23	24	25
26	27	28 6 p.m. SUNY Cortland 8 p.m. SUNY Cortland	29	30		

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 6 p.m. Ithaca Bomber Invitational 6 p.m. Ithaca Bomber Invitational	02
03	04	05	06	07	08 5 p.m. Ithaca Home Quad	09 12 p.m. SUNY Oswego 3 p.m. Jamestown
10	11	12 7 p.m. University of Rochester	13	14	15	16
18	15	19	20	21	22	23
24	25	26	27	28	29	30 31

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05 6 p.m. *Union 8 p.m. *Union	06 2 p.m. *William Smith 3:30 p.m. Ithaca Track and Field Alumni Celebration 4 p.m. *Hobart
07	08	09 6 p.m. *RIT 8 p.m. *RIT	10	11	12	13
14	15	16	17	18	19 6 p.m. *RPI 8 p.m. *RPI	20 4 p.m. *Skidmore 2 p.m. *Skidmore 1 p.m. Ithaca Home Quad
21 3 p.m. Brockport 28 10 a.m. Dick Comanzo Diving Invitational 10 a.m. Dick Comanzo Diving Invitational	22 29	23 30	24 31	25	26 7 p.m. Nassau	27 11 a.m. Delaware Valley

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03 10 a.m. Ithaca Bomber Invitational and Multi 2 p.m. *Union 2 p.m. *Union
04	05	06	07	08	09 6 p.m. *Clarkson 8 p.m. *Clarkson	10 1 p.m. Cornell Invite 2 p.m. *St. Lawrence 4 p.m. *St. Lawrence
11	12	13	14 7 p.m. SUNY Cortland 7 p.m. SUNY Cortland	15	16 6 p.m. *Bard 8 p.m. *Bard	17 2 p.m. *Vassar 4 p.m. *Vassar 1 p.m. Ithaca Invitational 1 p.m. Ithaca Invitational
18 11 a.m. Springfield 25 1 p.m. Harriet Marranca Memorial Invite	19 26	20 27	21 28	22	23	24