

SPRING '18 SPORTS
PREVIEW

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FOR FIRST**

**HALEY
CONGDON**
'19

BASEBALL DOMINANCE FROM THE MOUND



DOMENIC BORESTA
'18

CAITIE IHRIG/THE ITHACAN

BY JACK HAMILTON
STAFF WRITER

After achieving a 30–13 record in the 2017 spring season and reaching the NCAA Division III New York Regional Tournament, the Ithaca College baseball team is looking to succeed by rallying behind the leadership of a veteran coach and experienced players.

George Valesente, who is entering his 40th season as head coach of the Bombers, said he believes that having the entire starting lineup return from last season will be a huge component of the team's success this year.

"It's always a plus to have a returning crowd," Valesente said. "They bring back experience and the culture that we want to try to develop for the team as a whole. They'll need to help the new players understand where we're all coming from, which is very important."

One of the returning starters is senior outfielder and co-captain Domenic Boresta. Boresta is coming off a season in which he started all but five games for the Bombers and batted .323 on the season. Boresta was also a two-time All-Empire 8 Conference honorable mention.

Tyler Hill, senior pitcher and fellow co-captain, will return this season after missing all of last year due to a partially torn UCL in his pitching elbow. The tear required reconstructive Tommy John surgery. In his sophomore season, Hill pitched in 14 games — 12 of which were starts — which earned him Empire 8 All-Conference Honorable Mention. Boresta said Hill is an important player on the team.

"It's fantastic to add his arm to an already powerful staff of pitching, and having him just adds to the strength of it," Boresta said. "As a co-captain, we'll work with the guys on both fronts. He'll work on pitching with the guys, and I'll work on fielding. Having him back is a huge plus."

Hill said he is looking forward to playing his last season with everyone on the team.

"It feels really great," Hill said. "Last year was kind of tough, not being with the guys. Getting back on the mound and being with the guys in the dugout, even on the bus. It's been a great ride so far. We've got 40 games to go, and I'm looking forward to every single one of them."

Among the others on the Blue and Gold's pitching staff are seniors Robby Buffis and Jack Morello and junior Jake Binder. Buffis was named to last season's Empire 8 All-Tournament Team while posting a 4.52 ERA on the season and 11 wins. Morello earned six wins and posted a 3.33 ERA. Binder served as the team's ace, earning both Second Team All-Conference and Empire 8 All-Tournament Team honors after putting up a 2.90 ERA and 12 wins.

With the skill of these players, as well as fielders such as Boresta and juniors Matt Carey and Sam Little, Valesente said that it is the team environment that will help this 2018 team make another deep postseason run.

"It's when a team all decides to go in the same direction, and that's to play the game to the best of their ability with the idea that whatever they have to do to be successful and come out with a victory," Valesente said. "It's opposed to that culture that is, 'Oh, I got two or three hits there,' or 'I did well out there, but we lost.' It's, 'I didn't do well if we lost.'"

Boresta said he believes the Bombers have the right tools to go far in the NCAA tournament.

"We want to win it all — the national championship," Boresta said. "We know we have the pitchers to do it, the hitters to do it. We know that we have the attitude and mentality, but it's going to take time, which is why Tyler and I work very hard every day to make sure everyone's headed in the right direction, in practice and in games."

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FORMING A SOLID BASE

SOFTBALL

BY MATT VANDER PLAAT
STAFF WRITER

Coming off of a 33–12 record last year and an Empire 8 regular-season championship, the Ithaca College softball team was unanimously picked to win the Liberty League Conference this season by the conference's head coaches.

The Bombers have had 28 straight winning seasons under head coach Deb Pallozzi, including a national championship in 2002. They will look to continue their winning ways as they compete in the Liberty League for the first time.

"I will not do anything different to prepare for the Liberty League," Pallozzi said. "I believe in preparing the team to play the game at our highest ability — then off of scouts I can prepare for particulars of each team."

The National Fastpitch Coaches Association ranked them No. 20 in its preseason top 25.

The Bombers have been chosen as the favorite to win the Liberty League in the 2018 season by the preseason coaches poll. Following the South Hill squad in the conference rankings are Rensselaer Polytechnic Institute at No. 2 and the University of Rochester at No. 3.

The Blue and Gold will travel to Kissimmee, Florida, on March 11 for the Sunkissed Games to start the season during spring break. The Bombers will look to continue and improve on their success from last season.

The Bombers only graduated two seniors from the 2017 team and are bringing back the majority of its key players from last season, including all-Empire 8 Conference first-team selections senior outfielder Allie Colleran, junior pitcher Haley Congdon and junior utility player Alex Wright.

Junior outfielder Annie Cooney said the upperclassmen play a huge role in the team's success.

"The leadership has come from all other parts of the team though, too," Cooney said. "All of the upperclassmen have stepped into the roles we

needed to in order to lead us in the right direction to be a winning team."

Colleran said the team's leadership comes from experienced players.

"At any time, anyone can step up and be a leader," Colleran said. "Additionally, we have two returning captains from last year. Leadership also comes from the two other seniors as well as a supportive junior class who understands our system."

The Bombers will need to replace outfielder Jessie Fleck '17, who had a .409 average along with 45 hits. She was a captain last year and started 41 games for the Blue and Gold.

However, even with the loss of a key player, Pallozzi still has her team setting their goals high. She hopes to again be able to play past the conference tournament.

"Our overall goals never change," Pallozzi said. "To win the conference and to advance in the NCAA postseason. This season, we are really concentrating on enjoying the process and finding successes in little things each day — take nothing for granted."

Cooney said having a successful season will come down to the team's attitude.

"The talent is there," Cooney said. "Everyone has something great that they bring to this team. The only thing that would hold us back is ourselves. We need to remain focused, purposeful and trust each other. If all of those things fall into place, we will be unstoppable."

After the series of games in Florida, the Blue and Gold will head home for a doubleheader with Utica College on Mar. 21.

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ALLIE COLLERAN
'18

CAITIE IHRIG/THE ITHACAN

TESTING SENIOR LEADERSHIP

WOMEN’S CREW

BY TY CUNNINGTON
STAFF WRITER

The Ithaca College women’s crew team will look to their senior class for leadership as they venture into their 2018 spring season.

Headed by senior captains Libby Burns and Karina Feitner, the Bombers are seeking a return to the NCAA Championship following their fourth-place finish last season.

The Blue and Gold will have some adjustments to make for this season, given the move they made into the Liberty League Conference. This change will give the South Hill squad an easier time getting into the NCAA tournament due to the conference’s automatic qualifying bid. Prior to this season, the women’s crew team was not a member of a conference.

The Bombers graduated eight seniors from their roster that finished fourth place in last season’s NCAA Championship. However, 13 new seniors will take charge this spring, all of whom head coach Becky Robinson said she believes have what it takes.

“It is a really good senior class,” Robinson said. “It’s a competitive class with lots of strong personalities. Their heads are in the right place, and I feel really good about where we are at this point in terms of having a unified senior group to lead this team.”

Feitner said the senior class is good enough to replace last year’s seniors.

“The eight seniors that we lost last year definitely made an impact,” Feitner said. “Especially because most of them were in our top two boats. But our senior class this year is a powerhouse class, and we have had underclassmen fill in all of the lost seats from last year.”

Burns said the team is adopting a more team-centered mindset that they hope will contribute to reaching their end goal.

“We have been focusing a lot on ‘one team’ and ‘big team, little me,’ which really means putting our teammates before ourselves,” Burns said. “Ultimately, we can’t achieve this goal without each other.”

Burns also made it clear that the results of the 2017 season have left a bad taste in the team’s mouth and has given it plenty of motivation.

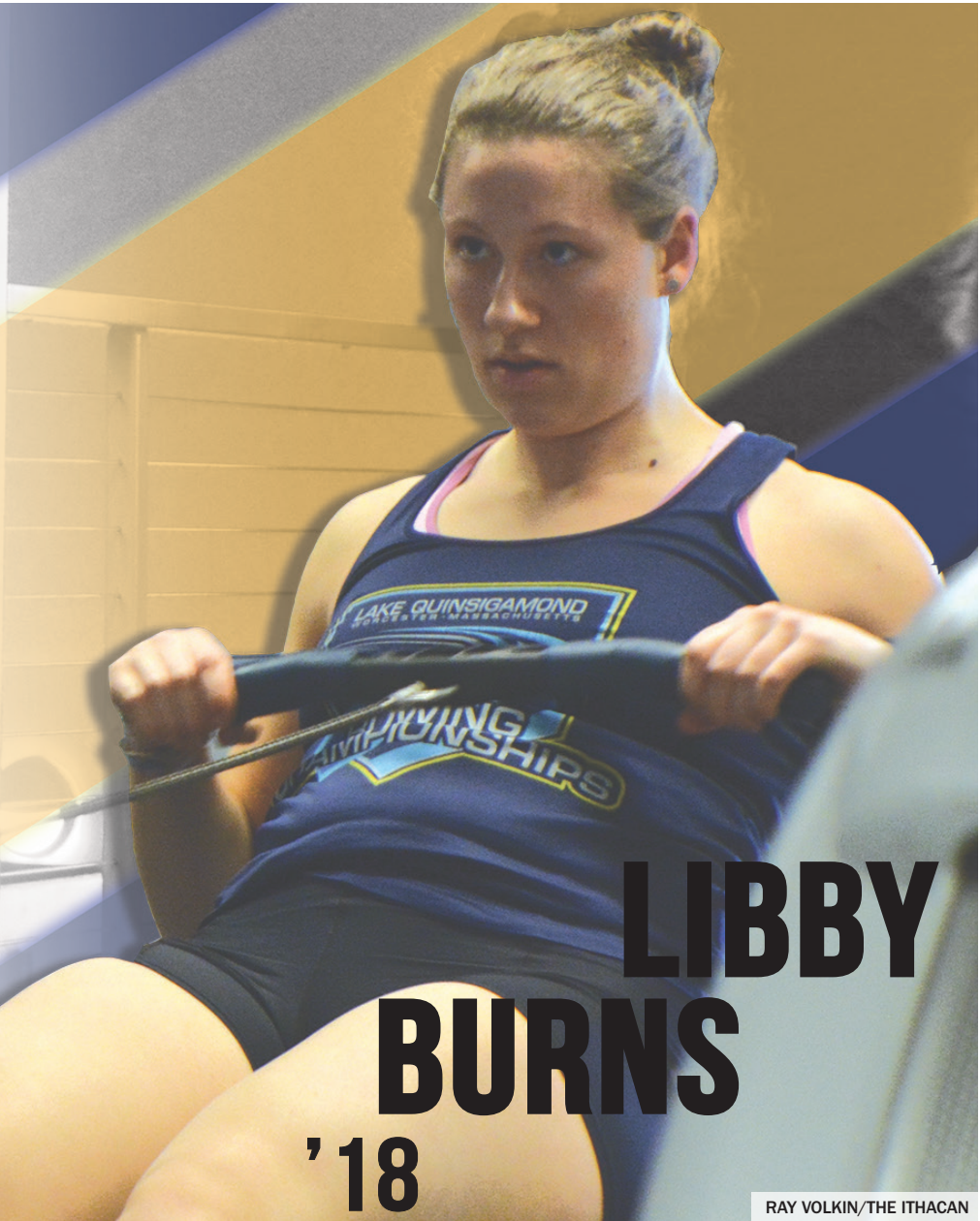
“Last year, we lost most of our big races by tenths of seconds, and even at NCCAs we found ourselves in the same situation,” Burns said. “We are using those tenth of seconds as our motivation. ... We aren’t settling for those tenths. We want to be on the other side of those tenths. We had a great run at NCAAs last year. However, we know how that fourth-place finish felt.”

Feitner said the team has already shown improvement, coming into the season.

“My, and many other members of the team, training has increased dramatically from last year,” Feitner said “With people putting in substantial amounts of extra work in order to improve technique as well as cardio and power, we have already been seeing personal records and it is still very early in the season.”

The Bombers look to start strong as they kick off their spring campaign on March 31 in the Cayuga Duals held at the Cayuga Inlet.

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LIBBY
BURNS
'18
RAY VOLKIN/THE ITHACAN

MEN’S CREW

EYES ON THE UNDERCLASSMEN

BY SAMANTHA CAVALLI
STAFF WRITER

After a 12th-place finish at the National Invitational Rowing Championships, the Ithaca College men’s crew is looking to have a successful season in the Liberty League Conference.

The team will be competing in the Liberty League for the first time, which means the Bombers will get to compete for a conference championship. Senior captain Stephen Cadoux said this is the first time the men’s team will be racing in a conference, as the team doesn’t compete in the NCAA. He said he is excited to compete for a conference title.

“We really want to make a name for ourselves,” Cadoux said. “It is always tough competition, so we just want to have a really strong standout performance at Liberty League Championships, as well as overall state champs at the New York State Championships.”

Out of 32 men on the roster, 28 of them are underclassmen. Head coach Dan Robinson said his younger rowers grow of the season for the team to have success.

“It’s not a perfect situation,” Robinson said. “We rely a lot on our upperclassmen that we have for leadership, but otherwise the whole team is all freshmen and sophomores. As long as they keep improving, we’re going to be terrific.”

Robinson said that he wants to try to get more of the underclassmen to stick with rowing so that the team has a more balanced roster for the upcoming seasons.

“In the last couple of years, that hasn’t worked out so well because we only have two juniors and two seniors,” Robinson said. “I have got to look at guys individually and come up with the right things for them that will get them encouraged to stick with it.”

Cadoux said that he is excited about the underclassmen’s potential.

“We’re faster than last year, so getting faster with just freshmen and sophomores is a really cool thing,” Cadoux said. “Seeing that a couple years down the road, when those sophomores are now seniors, that’s going to be a powerhouse team. I’m excited in hopes of that transition coming true.”

Sophomore Andy McCabe said that everyone on the team has formed a close bond with one another and that it is a good thing for the future of the team.

“Since we are so underclassman-heavy, we want to make sure that the underclassmen stay with it and can build our team bigger and bigger,” McCabe said.

Robinson said that every season is a new season and that it is important to stay and live in the moment and to not think ahead all the time. He said the team should enjoy the experiences and bonding moments with the teammates and keep improving every day.

“I keep thinking about what is our best chance of coming out on top in these races,” Robinson said. “You can’t count on your opponent if you can’t play defense; you have to keep improving to stay in the moment.”

McCabe said the team’s big focus is building one another up constantly.

“Everyone in the boat has to have the same mentality; otherwise, you aren’t going to do as well,” McCabe said. I think we have done a very good job of working together as one unit.”

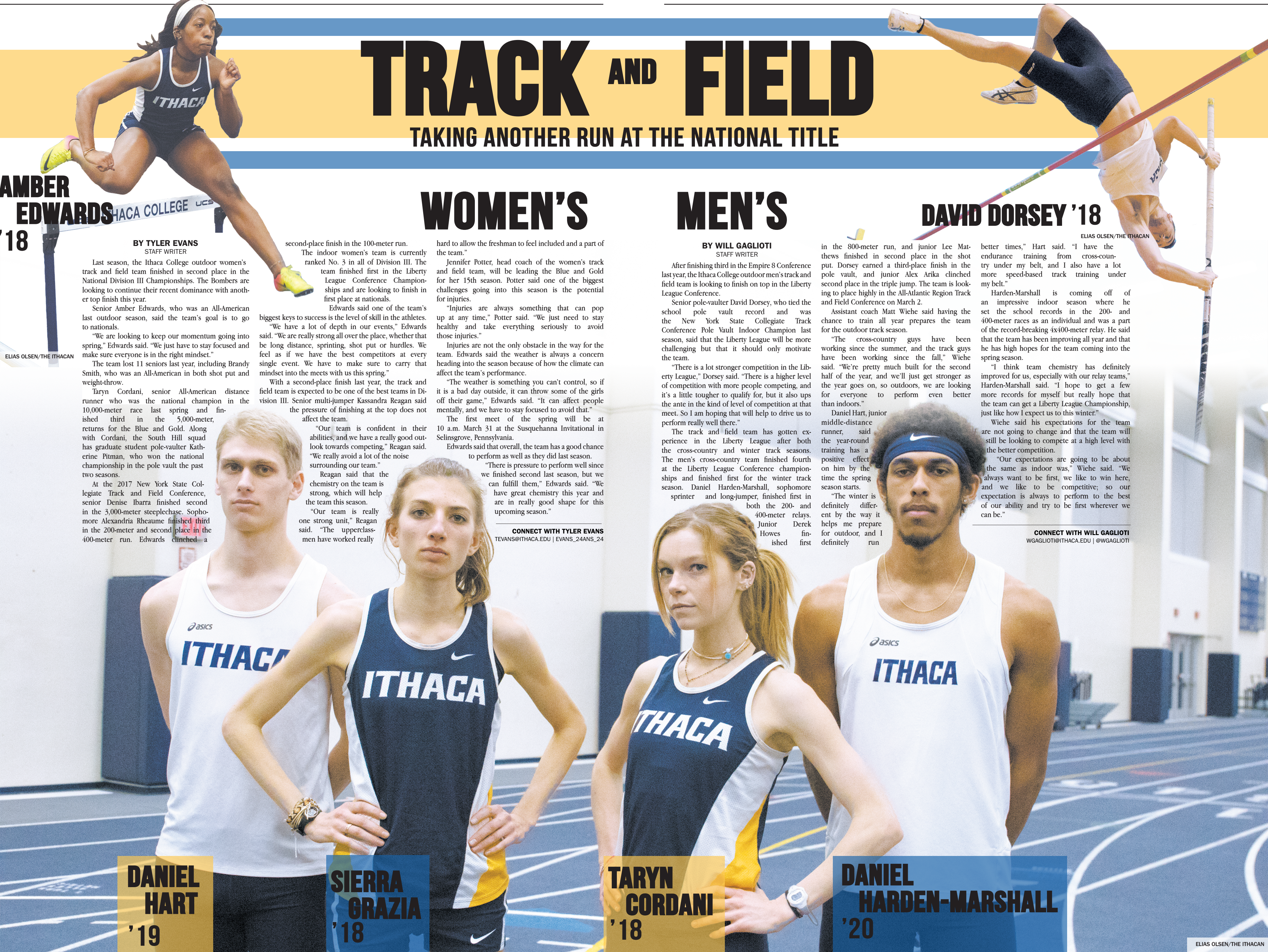
Not only is it the first time that the team will be competing for a conference title, but Ithaca College rowing is celebrating its 50th anniversary at 11 a.m. April 28–30 at the Cayuga Inlet.

“It’s the 50th year of Ithaca rowing, and we wear wristbands that say ‘50th armada,’ so we’re thinking about the legacy that we are carrying and the 49 years before us,” McCabe said.

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ERIC
STAMER
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RAY VOLKIN/THE ITHACAN



AMBER EDWARDS '18

BY TYLER EVANS
STAFF WRITER

Last season, the Ithaca College outdoor women's track and field team finished in second place in the National Division III Championships. The Bombers are looking to continue their recent dominance with another top finish this year.

Senior Amber Edwards, who was an All-American last outdoor season, said the team's goal is to go to nationals.

"We are looking to keep our momentum going into spring," Edwards said. "We just have to stay focused and make sure everyone is in the right mindset."

The team lost 11 seniors last year, including Brandy Smith, who was an All-American in both shot put and weight-throw.

Taryn Cordani, senior All-American distance runner who was the national champion in the 10,000-meter race last spring and finished third in the 5,000-meter, returns for the Blue and Gold. Along with Cordani, the South Hill squad has graduate student pole-vaulter Katherine Pitman, who won the national championship in the pole vault the past two seasons.

At the 2017 New York State Collegiate Track and Field Conference, senior Denise Ibarra finished second in the 3,000-meter steeplechase. Sophomore Alexandria Rheame finished third in the 200-meter and second place in the 400-meter run. Edwards clinched a

second-place finish in the 100-meter run.

The indoor women's team is currently ranked No. 3 in all of Division III. The team finished first in the Liberty League Conference Championships and are looking to finish in first place at nationals.

Edwards said one of the team's biggest keys to success is the level of skill in the athletes.

"We have a lot of depth in our events," Edwards said. "We are really strong all over the place, whether that be long distance, sprinting, shot put or hurdles. We feel as if we have the best competitors at every single event. We have to make sure to carry that mindset into the meets with us this spring."

With a second-place finish last year, the track and field team is expected to be one of the best teams in Division III. Senior multi-jumper Kassandra Reagan said the pressure of finishing at the top does not affect the team.

"Our team is confident in their abilities, and we have a really good outlook towards competing," Reagan said. "We really avoid a lot of the noise surrounding our team."

Reagan said that the chemistry on the team is strong, which will help the team this season.

"Our team is really one strong unit," Reagan said. "The upperclassmen have worked really

WOMEN'S

hard to allow the freshman to feel included and a part of the team."

Jennifer Potter, head coach of the women's track and field team, will be leading the Blue and Gold for her 15th season. Potter said one of the biggest challenges going into this season is the potential for injuries.

"Injuries are always something that can pop up at any time," Potter said. "We just need to stay healthy and take everything seriously to avoid those injuries."

Injuries are not the only obstacle in the way for the team. Edwards said the weather is always a concern heading into the season because of how the climate can affect the team's performance.

"The weather is something you can't control, so if it is a bad day outside, it can throw some of the girls off their game," Edwards said. "It can affect people mentally, and we have to stay focused to avoid that."

The first meet of the spring will be at 10 a.m. March 31 at the Susquehanna Invitational in Selinsgrove, Pennsylvania.

Edwards said that overall, the team has a good chance to perform as well as they did last season.

"There is pressure to perform well since we finished second last season, but we can fulfill them," Edwards said. "We have great chemistry this year and are in really good shape for this upcoming season."

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MEN'S

BY WILL GAGLIOTI
STAFF WRITER

After finishing third in the Empire 8 Conference last year, the Ithaca College outdoor men's track and field team is looking to finish on top in the Liberty League Conference.

Senior pole-vaulter David Dorsey, who tied the school pole vault record and was the New York State Collegiate Track Conference Pole Vault Indoor Champion last season, said that the Liberty League will be more challenging but that it should only motivate the team.

"There is a lot stronger competition in the Liberty League," Dorsey said. "There is a higher level of competition with more people competing, and it's a little tougher to qualify for, but it also ups the ante in the kind of level of competition at that meet. So I am hoping that will help to drive us to perform really well there."

The track and field team has gotten experience in the Liberty League after both the cross-country and winter track seasons. The men's cross-country team finished fourth at the Liberty League Conference championships and finished first for the winter track season. Daniel Harden-Marshall, sophomore sprinter and long-jumper, finished first in

both the 200- and 400-meter relays. Junior Derek Howes finished first

DAVID DORSEY '18

ELIAS OLSEN/THE ITHACAN

in the 800-meter run, and junior Lee Matthews finished in second place in the shot put. Dorsey earned a third-place finish in the pole vault, and junior Alex Arika clinched second place in the triple jump. The team is looking to place highly in the All-Atlantic Region Track and Field Conference on March 2.

Assistant coach Matt Wiehe said having the chance to train all year prepares the team for the outdoor track season.

"The cross-country guys have been working since the summer, and the track guys have been working since the fall," Wiehe said. "We're pretty much built for the second half of the year, and we'll just get stronger as the year goes on, so outdoors, we are looking for everyone to perform even better than indoors."

Daniel Hart, junior middle-distance runner, said the year-round training has a positive effect on him by the time the spring season starts.

"The winter is definitely different by the way it helps me prepare for outdoor, and I definitely run

better times," Hart said. "I have the endurance training from cross-country under my belt, and I also have a lot more speed-based track training under my belt."

Harden-Marshall is coming off of an impressive indoor season where he set the school records in the 200- and 400-meter races as an individual and was a part of the record-breaking 4x400-meter relay. He said that the team has been improving all year and that he has high hopes for the team coming into the spring season.

"I think team chemistry has definitely improved for us, especially with our relay teams," Harden-Marshall said. "I hope to get a few more records for myself but really hope that the team can get a Liberty League Championship, just like how I expect us to this winter."

Wiehe said his expectations for the team are not going to change and that the team will still be looking to compete at a high level with the better competition.

"Our expectations are going to be about the same as indoor was," Wiehe said. "We always want to be first, we like to win here, and we like to be competitive; so our expectation is always to perform to the best of our ability and try to be first wherever we can be."

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DANIEL HART '19

SIERRA GRAZIA '18

TARYN CORDANI '18

DANIEL HARDEN-MARSHALL '20

MEN’S TENNIS PLAYING TOUGHER COMPETITION

BY CAITIE IHRIG
PHOTO EDITOR

As the Ithaca College men’s tennis team enters its spring season, there will be a familiar face for some members of the Blue and Gold: Chris Hayes ’16 is back, but as the assistant coach instead of a teammate.

“It’s good to be back,” Hayes said. “It is a little different being a coach to the people I played with, but it’s just a professional relationship, and we all have the same goals.”

Hayes’ knowledge of the team will be helpful this season as the Bombers transition into the Liberty League Conference. During Hayes’ time at the college, the South Hill squad played non-conference matches against Hobart College, Rensselaer Polytechnic Institute, Rochester Institute of Technology and St. Lawrence University, which will now be conference matches.

Senior captain Lorenzo Viguie-Ramos said that in the Empire 8 Conference, the Blue and Gold’s only challenging match came from Stevens Institute of Technology.

“In the Empire 8, we showed up to some matches where we could not play and win 9–0,” he said. “In the Liberty League, you can’t do that. You can’t sleep on any team. If you throw Stevens in the Liberty League, there are some teams that could put them in their place.”

The Bombers’ toughest competition will come from Hobart, RPI and Skidmore College, Viguie-Ramos said. All three teams finished in the top five of the Liberty League standings each season since the 2011–12 season and are also ranked in the top 40 in the nation.

To prepare for the tougher competition this season, each member of the team has one to two individual sessions with Hayes or head coach Bill Austin per week. Junior Sam McGrath said the individuals have helped him improve.

“The individuals help because you know what went wrong in practice and then you can put it into action during that lesson,” McGrath said. “It’s great because it’s one-on-one with the coaches instead of just running drills during practice.”

Austin is also changing practice this season to make sure that the Blue and Gold are practicing with the same intensity with which they will be playing matches. During practice, the South Hill squad is focusing more on doing drills that will directly impact how the players perform during a match instead of just

playing against one another.

“The preparation on our part is creating more of a working knowledge of everybody and how people play on other teams and what their strengths and weaknesses are,” Austin said.

Viguie-Ramos said the extra drills will help him prepare for the tougher competition in the Liberty League.

“We have been doing a lot of cross-court stuff, a lot of sets, a lot of quick hands to get the guys aware of what they are going to be seeing because these guys in the Liberty League are no joke,” Viguie-Ramos said.

This year’s starting lineup is mainly composed of underclassmen. Viguie-Ramos and McGrath are currently the only two out of six upperclassmen that are on the nine-spot starting lineup. They play first flight doubles and Viguie-Ramos plays fifth flight singles.

The six underclassmen have the remaining spots. Sophomore Minos Stavrakas plays first flight singles and second flight doubles with freshman George Lomas. Sophomores Max Prestwich and Liam Spiegel play third flight doubles. Lomas, Prestwich, Spiegel and sophomore Colten Lavery will be an integral part of the singles lineup.

“We are really relying on youth to come through,” Hayes said. “The underclassmen are really buying into what we want to do here, and we are going to do good things.”

Having depth on the roster will help the Bombers complete their goal of making the Liberty League playoffs at the end of the season. To qualify, the Blue and Gold will have to be ranked in the top six of the league.

“I’m 100 percent sure we will be in the top six,” Viguie-Ramos said. “I would like to be in the top three. That involves beating out Hobart and RPI. We beat RPI last year, but every team is getting better, so we have to put in that extra work.”



SAM MCGRATH ’19

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CAITIE IHRIG/THE ITHACAN

TRANSITIONING TO THE SPRING WOMEN’S TENNIS

BY JACK MURRAY
STAFF WRITER

The 2018 season for the Ithaca College women’s tennis team is a season of change. The Bombers are not only entering a new league, they are switching from a fall sport to a spring sport.

The majority of the athletic programs at the college have transitioned into the Liberty League. For the women’s tennis team, this is not only a completely different set of opponents, it also runs its season in the spring, which is different from

the Empire 8 Conference, which competes in the fall. Head coach Bill Austin said he doesn’t believe this change will affect the Blue and Gold significantly.

“We technically moved from the fall to the spring, but we really just changed the season of our conference play,” Austin said. “The conference matches are now where they should be — I’ve always been an advocate for moving conference play to the spring because that’s when the NCAAs take place.” However, the team still had to adjust to the different preparation for each season. While the fall has

always been the heart of the season, it now serves as a tune-up. While the winter had been focused on improving for the next year and also preparing for NCAAs, now it is focused on getting ready for their league season. Junior Taylor Ginestro said the change put off-season training more in the hands of the individual players.

“The main difference for us this year was that we didn’t play any matches in the fall aside from a couple tournaments,” Ginestro said. “This meant that we needed to hold ourselves accountable to continue training and working out so as to be ready and in shape for the spring.”

Last season, the South Hill squad finished 13–8 overall, winning the Empire 8 Conference championship in the process. They qualified for the NCAA tournament but fell 5–3 in the opening round to Nichols College. The Bombers lost two seniors in Haley Kusak and Jodi Grosberg, but junior Caroline Dunn believes they will be able to do some damage in the Liberty League.

“This year, our goal is to make it to the Liberty League Conference Championships as a team,” Dunn said. “Also, I would like to see more hard work and confidence on the court amongst our whole team. I’m excited to enter the Liberty League because

in the Empire 8 league, we were not really challenged, so it’ll be a nice change of pace for us. We have been working hard in practice and conditioning in order to be ready to compete.”

The move to the Liberty League has significantly improved the competition level for many of the Bombers sports teams, and the women’s tennis team is no exception. The Blue and Gold had won 13 straight Empire 8 championships but have had several first-round exits in the NCAA Tournament. The Blue and Gold hope the transition into the Liberty League will increase the competition level.

“The Liberty League is a very good tennis conference top to bottom,” Austin said. “The competitiveness of each and every conference match is going to be critical. We must raise our competition level and be ready to go.”

Another feature of the team is the small roster it will be fielding. It only has seven players on the official roster, but a new player, Parley Hannan, a sophomore transfer from Maine, has recently joined. Dunn said that junior Kathryn Shaffer and freshman Sara Steinberg have stood out and are primed to have strong years.

“Dealing with a small roster can be challenging at times because we really have to be conscious of injuries because of our lack of numbers,” Dunn said.

The Bombers have high hopes for this upcoming season, and the change in season has left them buzzing to get back on the court.

“The team is really excited heading into the season,” Ginestro said. “We know that the competition is going to be a lot more intense and are excited for the challenge.”

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CAROLINE DUNN ’19

TAYLOR GINESTRO ’19

JULIA CHERRUAULT/THE ITHACAN

ANCHORED BY DEFENSE WOMEN'S LACROSSE

BY SEVRIN LAVENSTEIN
STAFF WRITER

During its past two seasons, the Ithaca College women's lacrosse team has secured 14 wins in each season and back-to-back appearances in the NCAA tournament. Going into the 2018 season, the Bombers are projected to finish second in the Liberty League Conference by the conference's coaches.

Head coach Karrie Moore, hired in 2015 as the 11th coach in the program's history, was at the heart of this improvement. 2018 will mark her third season at the helm as she looks to maintain the electric pace set by her two previous teams. The Intercollegiate Women's Lacrosse Coaches Association has the Bombers ranked at No. 11 in its 2018 preseason poll.

"The ranking was exciting," Moore said. "We have some strong goals we want to accomplish, and that ranking is a step in that journey."

Part of the journey this season will also involve replacing Ally Runyon, the First-Team All-American attacker, who graduated last year. Runyon left as the program's all-time record holder for both goals and points.

"More than the points, she was so reliable," Moore said. "Different people will step up, and we'll score the goals, but a lot of that is being able to rely on someone who just competes in every moment."

The team will look to junior attack Allie Panara to pick up some of the slack. Panara is a newly minted captain who finished second on the team in scoring a season ago with 34 goals, 32 assists and 66 points.

"I think that there's a new opportunity this year to play a little bit of a different role, more of a leadership role," Panara said. "We have a lot of talented players still coming back that are going to be a huge part of the team, and a lot of the newcomers are going to step up and fill those shoes as well."

Leading the way for the Bombers is senior

defender Molly Long, who was an Empire 8 All-Conference First-Team and IWLC All-Region First-Team selection in 2017. She also had a team-best 37 ground balls, while finishing second on the team in forced turnovers with 27.

"I'll consider this season a successful one if by the last game, we are a complete unit that has grown throughout the year from start to finish," Long said.

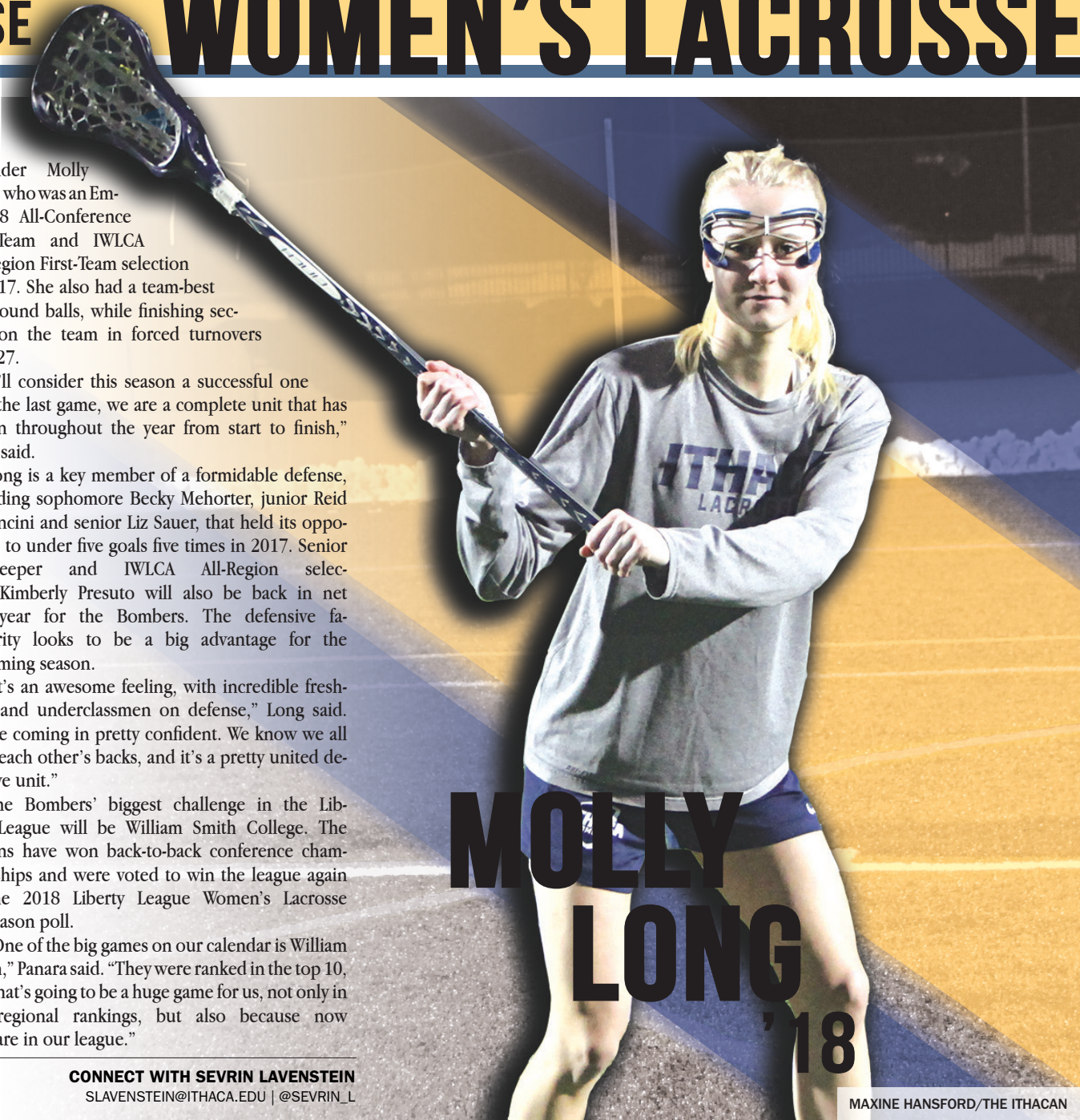
Long is a key member of a formidable defense, including sophomore Becky Mehorter, junior Reid Simoncini and senior Liz Sauer, that held its opponents to under five goals five times in 2017. Senior goalkeeper and IWLC All-Region selection Kimberly Presuto will also be back in net this year for the Bombers. The defensive familiarity looks to be a big advantage for the upcoming season.

"It's an awesome feeling, with incredible freshmen and underclassmen on defense," Long said. "We're coming in pretty confident. We know we all have each other's backs, and it's a pretty united defensive unit."

The Bombers' biggest challenge in the Liberty League will be William Smith College. The Herons have won back-to-back conference championships and were voted to win the league again in the 2018 Liberty League Women's Lacrosse preseason poll.

"One of the big games on our calendar is William Smith," Panara said. "They were ranked in the top 10, and that's going to be a huge game for us, not only in the regional rankings, but also because now they are in our league."

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MOLLY LONG
'18

MAXINE HANSFORD/THE ITHACAN

MEN'S LACROSSE MAKING A TOURNAMENT RUN

BY RYAN LEMAY
STAFF WRITER

The 2017 Ithaca College men's lacrosse team had a good season but failed to repeat the success of the previous year, when they were ranked No. 1 nationally entering the NCAA tournament. The Bombers finished 13-4 in 2017, atop the Empire 8 Conference, but lost to Nazareth College in the semifinals of the Empire 8 Championship.

Head coach Jeff Long said he hopes to build on the team's regular season last year and make a deeper run into the postseason in 2018. The Blue and Gold are ranked No. 11 in U.S. Lacrosse Magazine and No. 12 in the Inside Lacrosse Preseason Top 20.

The team had the best offensive and defensive teams last year in the Empire 8 Conference. The Bombers had a conference-leading 273 goals for and a conference-low 128 goals against. The South Hill squad will face a new challenge this season, however, as it transitions to the Liberty League.

Long said he is not worried about expectations right now but believes that his team will have a tough challenge playing in this new league.

"We haven't set any expectations for this season; however, the one thing I know for sure is that the Liberty League opponents we will face this season are a lot tougher than any teams we have played in the past," Long said. "So we are looking forward to the new challenge, but in this league, there are no free games, so we have to work hard every day."

Leading the way on offense for the South Hill squad last season was attack Jack Shumway '17, who scored 50 goals. Shumway cemented his place in the college's lacrosse history, as he finished his collegiate career with the fifth-most goals and sixth-most points in school history. Senior defender Keith Morrissey believes that

his team will be able to fill the void Shumway has left.

"We as a team believe that we are ready on offense to replace Shumway, considering we are returning essentially all of our midfielders and we are very deep at attack this year," Morrissey said. "I think that we will be able to be even more dominant on offense than we were last year."

Not only is the squad losing Shumway, but the captain of the previous two years, John Januszkiewicz '17, has graduated. Januszkiewicz finished his career on South Hill with the third-most goals and seventh-most points in school history.

A bright spot for the Bombers is the presence of senior attack Jake Cotton. Cotton was second in points last season and led the team for assists with 38. Cotton said he knows the loss of two star players will affect the team; however, he believes this season's offense is better than it was last year.

"I think if I do well, it definitely will increase the productivity of everyone around me," Cotton said. "I also think, vice versa, that the team playing well only increases my abilities as a player. Our offense is very strong and has the capability of winning games for us, and I just want to do everything within my power to help this offense."

This year not only serves as a transition into a new league, but there are also a large number of fresh faces on the roster this season. Senior attack Kaelan Fitzpatrick said he has faith in this freshman class.

"The freshman class this year is strong," Fitzpatrick said. "A bunch of guys should see a decent amount of play time, with a few guys having larger roles. With that being said, those guys can't act or play like freshmen. It's a quick transition from high school for them, but they will need to step up."

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JAKE COTTON
'18

MAXINE HANSFORD/THE ITHACAN

GOLF

LOOKING TO FINISH STRONG



BY THAD HAYFORD
STAFF WRITER

This spring marks Ithaca College’s debut season in the Liberty League. However, the women’s golf team is no stranger to this new conference. The Bombers have been facing off against several Liberty League schools, mainly Vassar College and St. Lawrence University, for years.

Although the team has faced Liberty League opponents in previous years, this will be its first year participating in the Liberty League Championship in April.

In his first year as head coach, Keith Batson said he knows how to prepare for the school’s first Liberty League Championship.

“The championship is at St. Lawrence, and we know the course, so we will go over our course notes and be as prepared as possible,” Batson said.

The Blue and Gold have two first-place finishes from the six invitationals they have competed in thus far and have finished either fifth or sixth in the other four. The team grabbed the top spot in the William Smith Invitational on Sept. 16 and 17. It finished first in the Martin Wallace Invitational in Cortland, New York, from Sept. 30 to Oct. 1.

The remainder of its schedule includes leaving only the spring break trip, two invitationals and the Liberty League Championship to end the team’s season.

Senior Indiana Jones said Batson has made his mark on the team in his first year leading the Bombers.

“Coach Batson has been a great addition to the Ithaca College golf program,” Jones said. “His attitude and commitment is exactly what we needed for the program, and I couldn’t be more thankful that he has come to Ithaca.”

Jones has been a strong point the Bombers this season as the team’s top finisher in the Martin Wallace

Invitational. Fellow senior Kyra Denish and sophomore Peyton Greco have placed the highest during the fall tournaments.

Freshman Sophia Israel was pleased with her first fall season and is looking forward to this spring and beyond.

“I had no real expectations for the fall, only to get a lot of experience,” Israel said. “I think also as a team we did very well.”

Batson said he was glad his two freshmen, Israel and Isabella Perry, were able to get the fall under their belts.

“We have two freshmen that now have college golf experience and hopefully will have less pressure on them this spring,” Batson said.

Now that the fall is behind them, Batson and his team are looking towards the future. The Bombers will next take action in March during their annual spring break trip.

“This spring break, we will be working on our game in Myrtle Beach and getting ready for the season by playing a few matches down there,” Batson said.

The Blue and Gold will then resume their season in early April as they partake in the Vassar Invitational. The Bombers finished fourth at the event last year and will be looking to add to their first-place finishes this season.

The South Hill squad ends its season with its only home tournament, the Ithaca Invitational, on April 21. Batson said he hopes to finish out the regular season with a win to build momentum for the Liberty League Tournament.

The Bombers are looking to translate their fall success into the spring and, eventually, the Liberty League Conference Championship.

“Golf is an ever-changing sport, and it is important to be on your toes all year long,” Israel said. “I did a lot of work over the winter and made a lot of improvements, so I am extremely excited to see how the spring season and future turns out.”

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*Liberty League

Catch all the Bombers’ action this spring on South Hill

WOMEN’S LACROSSE
Higgins Stadium

TRACK AND FIELD
Athletics and Events Center

MEN’S LACROSSE
Higgins Stadium

CREW
Cayuga Inlet

MEN’S TENNIS
Wheeler Tennis Courts

WOMEN’S TENNIS
Wheeler Tennis Courts

BASEBALL
Freeman Field

SOFTBALL
Kostrinsky Field

GOLF
Country Club of Ithaca

MARCH							APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03	01	02	03	04	05	06	07
					All-Atlantic Region Track and Field Conference 1 pm	10 am			4 pm University of Rochester 3 pm Alfred	4 pm Nazareth	4 pm *RIT		1 pm & 3:30 pm Elmira 1 pm *RPI 1 pm *Union
04	05	06	07	08	09	10	08	09	10	11	12	13	14
1 pm *Union			4 pm Oswego State	4 pm University of Scranton			11 am SUNY Genesee & St. John Fisher 1 pm Elmira 1 pm *Skidmore		4 pm *RIT 4 pm SUNY Cortland	7 pm *William Smith College 4 pm *RIT			12 pm *RPI 11 am *Skidmore, *St. Lawrence & Smith
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24				1 & 3:30 pm Houghton 3 pm SUNY Cortland 7 pm SUNY Cortland	4 pm Oneonta	4 pm *Bard	2 pm *Vassar All Day - Ithaca College Invitational 4 pm *Bard 1 pm *Bard
							22	23	24	25	26	27	28
							All Day - Ithaca College Invitational						11 am Colgate, Hamilton & Marist 1 pm Trinity 12 pm *RIT 3 pm *RIT 3:30 pm SUNY Brockport
25	26	27	28	29	30	31	29	30	31				
1 pm Stevens 1 pm *Skidmore		3 pm Owego 3 pm Oneonta				9 am Cayuga Duals 12 pm *Union College 3 pm *Vassar College	10 am Connecticut College 10 am Connecticut College						

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01	02	03	04	05
		4 pm New Paltz				