

FALL SPORTS PREVIEW 2018



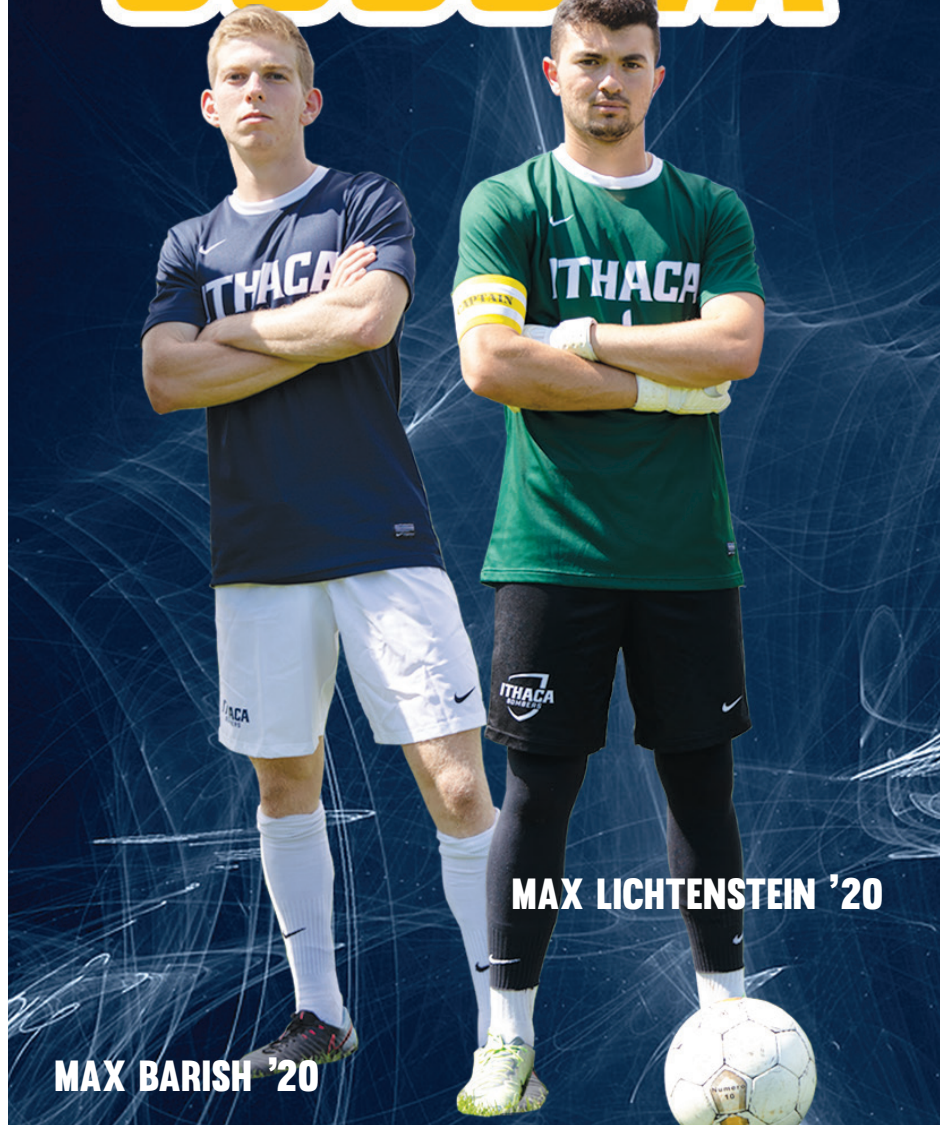
READY TO DOMINATE

**GEARING UP FOR YEAR TWO
IN THE LIBERTY LEAGUE
CONFERENCE**



ISAIAH D'HAITI '20

MEN'S SOCCER



MAX BARISH '20

MAX LICHTENSTEIN '20

AIMING FOR A CHAMPIONSHIP

BY CAL DYMOWSKI
AND JASON HANNIGAN
STAFF WRITERS

With a year of playing in the Liberty League Conference under its belt, the Ithaca College men's soccer team is hoping to score big in the conference this season.

Head coach Kyle Dezotell took charge of the program in June 2017, directing the team to a 2–6–1 record in its inaugural Liberty League campaign. The Bombers finished eighth in the 10-team league with a winning percentage below .500 — a record that the team hadn't fallen to since 2010.

Last season, the Blue and Gold finished with a 3–5 record in home games. Junior forward Max Barish said that the team can improve its success in 2018 by winning important games at Carp Wood Field.

"I think one thing we really focused on [in the spring] was coming out of halftime stronger," Barish said. "I also think making sure we take care of business at home, using that home-field advantage, is important. I know a lot of our important Liberty League games are at home, so if we can use our home field and fans, I think we will make improvements."

Last season, junior midfielder Kevin Turi was sidelined with an ACL tear, while senior captain Jack Monnes missed the Bombers' campaign with a broken foot. Both Turi and Monnes are expected to play meaningful minutes in the midfield this year, with Monnes bolstering the center of the field alongside senior Nate Schoen.

Barish said he is relishing the service that both Turi and Monnes will bring to the field. Barish notched five goals last season, finishing second on the team behind senior striker Nate Mansfield.

"Having Kev and Monnes back is great for our team," Barish said. "They are weapons. It was tough seeing those guys sitting and not able to play, but they have been working hard in the off-season, and now we're going to see all the hard work they've put in pay off."

Along with Turi and Monnes, junior goalie Max Lichtenstein suffered from a season-ending concussion. He said that if the South Hill squad can stay injury free, it will help them to potentially win the conference.

"I am hungry to play against Liberty League teams that I haven't gone up against yet," Lichtenstein said. "I think we'll be a sleeper in the Liberty League this year. If we come in healthy, I think we can make a run for the Liberty League title."

Together, Barish and Mansfield scored 11 of the Blue and Gold's 32 goals last season. Barish said the team has adopted Dezotell's forward-thinking mentality, working tirelessly in both the spring and preseason to improve its transitioning to goal.

"One thing that my teammates and I have been working to improve on is thinking two steps ahead instead of one," Barish said. "Doing so will help with not only our spacing and positioning on the field, but I think it will help create more opportunities for us going forward."

Looking ahead, the Bombers will play on the road for four of their first five games this season, with the South Hill squad opening at Alfred State College on Aug. 31. Dezotell and his team will face another test four days later, with the Bombers squaring off against local rival, SUNY Cortland.

Opening the season against Cortland, the team that recently checked in at No. 23 in the United Soccer Coaches preseason poll, may be seen as daunting. Lichtenstein, however, said the team welcomes the challenge.

"I think being on the road builds character," Lichtenstein said. "I think it's a good thing we are starting off with such a heavy road schedule. That means, if we are successful right away, we'll have a bunch of home games that are meaningful at the end of the season."

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GETTING BACK TO THE PLAYOFFS

BY SEVRIN LAVENSTEIN
STAFF WRITER

After finishing last year with the first losing season in program history, the Ithaca College women's soccer team is hoping to bounce back in its second year in the Liberty League Conference.

During the 2017 campaign, the women's soccer team reached an overall record of 7–9. Even though the Blue and Gold just missed the playoffs, the Bombers won four of their last five games. Heading into the 2018 season, the South Hill squad is looking to improve its overall record with a year of Liberty League play under its belt.

Senior midfielder Shoshana Bedrosian became the team's leading scorer after steadily improving throughout her college career. Bedrosian scored six goals in her sophomore year and eight goals last year to lead the team.

Bedrosian said she knows that last year's learning experience will be vital for the team's success in 2018.

"Last season taught us a lot about our new opponents in the Liberty League and who we are as a team," Bedrosian said. "Although some of our results from games may not have been what we wanted, we focused on how we can fix the smaller problems together as a unit."

Bedrosian, an All-Liberty League Honorable Mention selection in 2017, tied the college's single-game record of four goals and eight points last season against Wells College on Sept. 16, 2017. She said she will be looking to find the net early and often once again this year.

"This upcoming season, I'm really looking forward to getting better every single day with the Bombers and working with the team one last time," Bedrosian said. "The group of women on our team are strong and are willing to battle anything that comes our way. I'm fortunate I get to be a part of such a special group of people and so excited for what's to come."

Head coach Mindy Quigg will be leading the Bombers in her 25th season. Quigg has an all-time record of 327–107–50 at the college and will be looking to guide the Bombers into their 20th playoff appearance in her tenure.

"At this point in the season, we are focusing on our discipline as a group and getting familiar with one

another's strengths as we are a rather young group," Quigg said. "Focusing on what we can control and doing the little things right to be predictable for one another. Defensively, we are emphasizing shape, and offensively, we are pressing higher and quicker while attacking with pace and numbers."

Reid Garner, senior back and forward, has become a consistent piece in Quigg's operation after three years on the team. Garner started in all but one of the Bombers' 16 games last season, recording four points on one goal and two assists.

"Coach is great at understanding how each individual on the team needs to prepare before a game," Garner said. "We are well-versed in what we are going to take on and what strengths we need to bring to the field. We watch a lot of film and focus the attention on what we can do to play our best."

Among the offensive standouts last season was current sophomore midfielder and forward Alex Epifani. Last season, Epifani established her role on offense in the starting lineup, scoring a goal in two of the Bombers' final four games and leading the team with five assists on the season.

"[It was a] quality first year for Alex," Quigg said. "She is a talented player with great room to better her game. She has focused this summer on becoming more multidimensional as an attacker and challenging defenders at a more consistent pace."

The South Hill squad will look to collectively keep that momentum going into this year as it is scheduled for an 18-game regular-season lineup in 2018. The team will first travel to New Jersey where it will play in the Cyclone Kickoff Classic hosted by Centenary University.

Garner knows that this year's team can't get caught up in last season and instead, needs to devote all its attention to the 2018 campaign.

"I think I played well last year, but this year brings new challenges and I'm excited to meet them," Garner said. "This year, I think we have some great personalities joining us, and it's going to elevate the team. They've all been very clear that they're ready to compete and take on the Bomber culture."

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WOMEN'S SOCCER

SHOSHANA
BEDROSIAN '19ALEX
EPIFANI '21

REID GARNER '19

FOOTBALL

CONTINUING UPWARD MOMENTUM FROM LAST SEASON

BY DANIELLE ALLENTUCK
SENIOR WRITER

Every day of preseason training begins at 7 a.m. for the Ithaca College football team.

After a team breakfast, the players are off to general meetings before they split into offense and defense breakout sessions, followed by special team meetings. There's then a 2 1/2-hour practice, lunch, afternoon walk-through, more rejuvenation periods, lifts and meetings.

Training typically does not end until 9 p.m. It's a long day full of intense practices and new information, but no matter how difficult the practices or how long the days are, everything will still be easier than last season.

That's because much of last year's preseason was spent adjusting to a brand new coaching staff who brought a new playbook and an intense quarterback competition that lasted until the fourth week of the season. Mike Welch '73 retired at the end of the 2017 season after 23 years as head coach.

"We kind of got thrown into the fire," senior captain Pat Minogue said. "We learned all of the plays over again during camp. Camp last year was tough because we still weren't familiar with the

defense, and the offense wasn't familiar with the offense, and we had a different quarterback in at the time. Really, now everything's coming together for us."

Head coach Dan Swanstrom is now entering his second year at the helm of the program, and the rest of the coaching staff is the same except for minor tweaks. Swanstrom led the team to an 8-3 record in his first season — he brought home the Cortaca Jug for the first time in seven years and a postseason win in the Scotty Whitelaw Bowl.

It was the first winning season since 2014 and the first postseason victory since 2013. It signaled what many hoped would be a rejuvenation of the storied program that consistently made the NCAA tournament in the 1980s, 1990s and early 2000s before falling off

track. An NCAA appearance became a rarity after, instead of the normal result.

At the center of that hope is sophomore quarterback Wahid Nabi, who, after struggling with consistency early in the season, went on to break two program records and threw 2,552 yards in his freshman campaign.

"He's had a nice camp so far," Swanstrom said. "A couple boneheaded things so far that I want him to clean up but a lot more positives than negatives."

Lining up next to him this season will be junior Will Gladney, who was named a first-team preseason All-American by d3football.com. He had 1,042 receiving yards last season and seven touchdowns.

With his spot as a starter all but secured, the rest of the wide receiving corps is fighting for the remaining slots. The Bombers need to fill the void left behind by Jared Bauer, JR Zazzara and Jack Yule, all of whom graduated in 2018. Gladney and

sophomore Andrew Vito are the only top-five receivers remaining from last year's team.

"We're just in a place where it's still early, and we have some open competition," Swanstrom said. "A couple of those places, there have been some front-runners. ... Wide receiver is pretty open. It's day-to-day — someone is always jumping up. Offensive line has been musical chairs."

Juniors Isaiah D'Haiti, Kendall Anderson and Nick Cervone are set to be the top-three running backs for the Bombers, a spot people are used to seeing Tristan Brown '18 fill all by himself.

Brown rushed for over 2,500 yards during his career.

"I've been helping out the younger players, trying to help them through," D'Haiti said. "I know it's a fast offense.

Coach Swanstrom is all about tempo and controlling the game. I've just been taking the leadership role and trying to be that guy."

On defense, Swanstrom said junior Nick Garone and senior Brian Gill have been fitting in nicely as linebackers, a big role to fill with the departure of Jordan Schemm, Kenny Bradley and Dan Loizos.

Minogue said even with the open competitions, the team has come a long way from where they started.

"We definitely improved a lot from the spring," Minogue said. "Looking back to last camp, we definitely took a drastic step in the right direction. So I'm really excited about that."

The offense has been focused on increasing its production in the red zone as it struggled to score once it made it past the 20-yard mark for the first half of last season.

"We're looking to punch it in when we are in the red zone each and every time," D'Haiti said. "Near the goal line, me and Wahid, we are looking to score and for that percentage to go up since last year we were very bad in the red zone. We're looking to improve on that."

The Bombers will begin their season with back-to-back home games against Saint Vincent College and No. 6 The College at Brockport, a tough, early challenge. Other big games include a Sept. 15 matchup against Alfred University and an Oct. 6 home game against Rensselaer Polytechnic Institute. As always, they will conclude the season against SUNY Cortland. This year marks the 60th Cortaca Jug and the game will be played in Cortland. Swanstrom said the goal of the team is to go 1-0 each week, but there are three things the team looks at every year: winning the league, winning Cortaca and making it to the postseason.

"If you look at the big picture, I think if we handle those three things, the program will be where I want it to be," Swanstrom said.

"We definitely took a drastic step in the right direction. So I'm really excited about that."

— Pat Minogue



PAT MINOGUE '19



ISAIAH D'HAITI '20



VOLLEYBALL



CAITLYN FLOYD '20

AMANDA CERRUTI '19

ITHACA VOLLEYBALL 2017 STATS

ATTACKS 1,632 KILLS	SETS 1,521 ASSISTS
SERVES 226 ACES	DEFENSE 1,899 DIGS

SETTING SIGHTS ON AN NCAA CHAMPIONSHIP

BY MATT VANDER PLAAT
STAFF WRITER

In an attempt to build on last season's successes, the Ithaca College volleyball team is setting its sights well beyond making it back to the NCAA tournament.

Last season, the Bombers finished with a 25-9 record overall, but the 2017 season ended with a heartbreaking loss in the Final Four of the NCAA tournament to Claremont-Mudd-Scripps Colleges. Coming off a year in which the Blue and Gold had such tremendous success, the team — which is currently ranked eighth in the nation for Division III — is now planning how it will get back to the Final Four in a new season.

Senior middle hitter Amanda Cerruti said she has her mind cleared and is ready for the challenges ahead.

"Ithaca volleyball, in general, has the goal of winning a national championship," Cerruti said. "Whether it's the 2018 season or in 2025, that's our goal. It'd be great to do that this season, but everything we do now is to shape Ithaca volleyball and get us on the map. I think we started to do that the past couple of years, and we're only aiming to go up from here."

The Bombers have been a fixture in the NCAA tournament for the past three seasons, but last year's Final Four berth was a big breakthrough for the team. In 2015 and 2016, the Blue and Gold were eliminated in the Round of 32. Heading into the season ranked in the top ten and continuing to have other highly ranked opponents on their schedule, the Bombers will again have a chance to make a statement.

Last year marked the Blue and Gold's first season in the Liberty League conference, and

they posted a 6-1 regular-season conference record, allowing the team to make it to the final in the conference championship.

However, after breezing through the semifinal, the Blue and Gold lost a tough game to Clarkson University in the final set on their home court. Head coach Johan Dulfer said he uses that loss as a way to get his team focused on the new year.

"Last year served as a huge motivator for us," Dulfer said. "I don't think anyone has forgotten our success, but they also remember the sting of defeat in our conference finals against Clarkson. We have lots of room for improvement in so many areas. That's part of the excitement of looking ahead for our program."

The Blue and Gold will have to face some

enjoy every chance I have to play with this group."

The Bombers will have to deal with the loss of five key seniors this season. The volleyball program added five new freshmen but will still need to look for other teammates to lead the way.

"No single player can carry a team," Dulfer said. "That might be a cliché, but it's true. So as a program, we don't single out players, but as a coach, I hope that the returners as a group can fill some of the leadership void that our graduated class has left. Every year this is filled in differently, and I'm excited about what the new group will bring to the table. Everyone adds something to the mix."

The Bombers will open the season with the Bomber Invitational in Ben Light Gymnasium on Aug. 31 when they host Calvin College. Calvin was another member of the Final Four last season and is coming into the year as the second-ranked team in Division III volleyball. The Blue and Gold also played Calvin last season on the road and lost in four sets.

The Bomber invitational will finish with a matchup against Stevens College, which was a rival team of the Bombers when the Blue and Gold were in the Empire 8 Conference. The season is just around the corner, and Dulfer said he is excited for what the 2018 season has in store.

"Our goals are to play for a Liberty League championship," Dulfer said. "And, ultimately, the national championship. That won't change. But I'm also hopeful that we can enjoy the ride as we try for those things."

"Ithaca volleyball, in general, has the goal of winning a national championship."

— Amanda Cerruti

challenging opponents in the 2018 season, but junior setter Caitlyn Floyd said she is not concerned about one game specifically but rather the season as a whole.

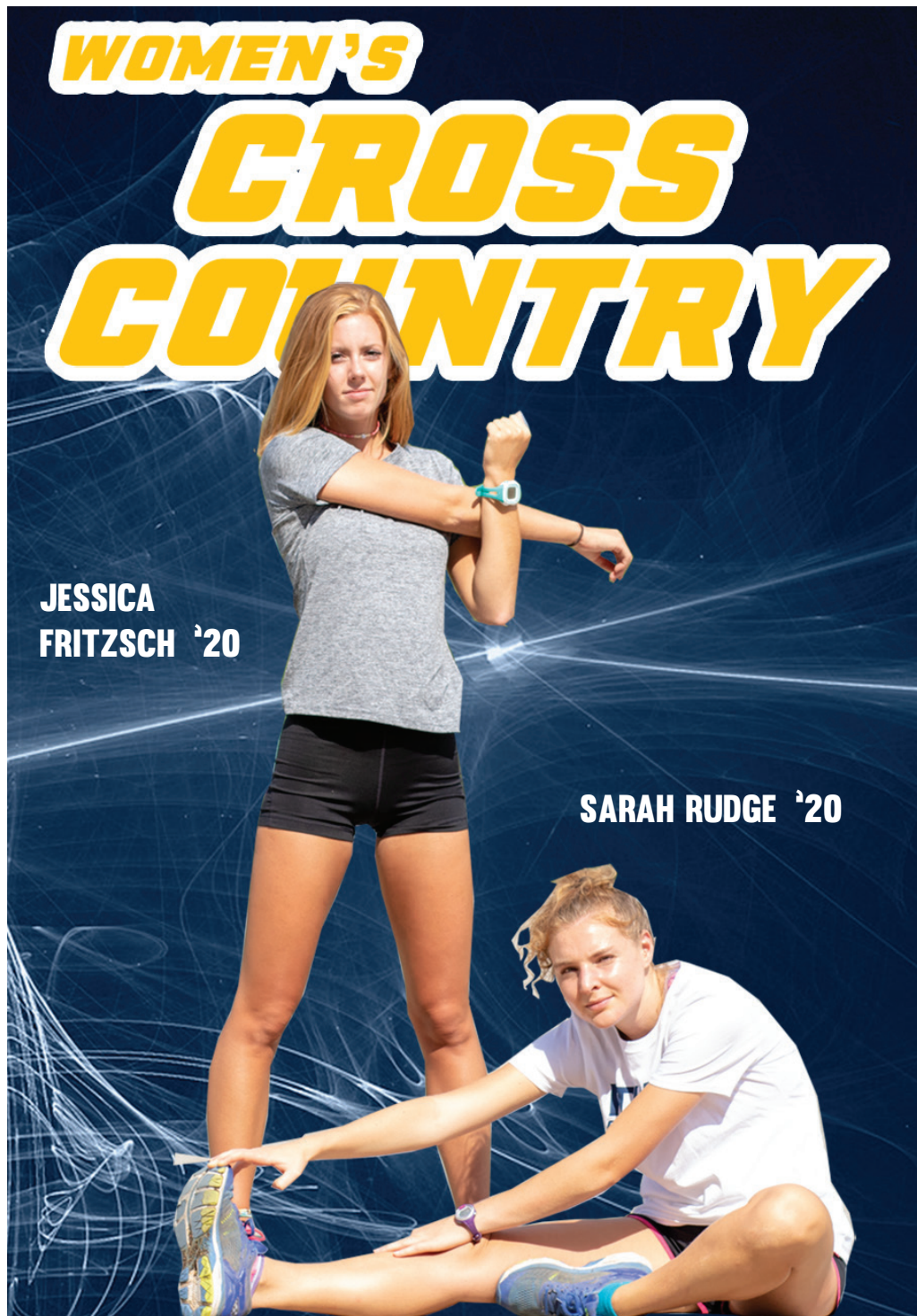
"We have a lot of good teams on our schedule this year," Floyd said. "We play a few nationally ranked teams as well as teams that will be ranked regionally. There isn't a game I'm looking forward to the most because each team brings something different, and I

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The Ithaca College women's volleyball team huddles together during the Liberty League Conference Championship on Nov. 4.

ELIAS OLSEN, THE ITHACAN



RACING TO FIRST PLACE

BY THAD HAYFORD
STAFF WRITER

After racing to its best finish at the 2017 NCAA Championships since 2005, the Ithaca College women's cross-country team is looking to make another run to the championship in 2018.

In 2016, the Ithaca College women's cross-country team ended its final season in the Empire 8 Conference with a first-place finish. In its initial year in the Liberty League Conference in 2017, the Bombers finished in first yet again. Including their Liberty League win last season, the Bombers have finished first in their conference for 15 consecutive seasons. The team then went on to finish second in the NCAA regionals en route to its second consecutive trip to the NCAA National Championship.

The Blue and Gold had a handful of runners graduate after last season, including All-Americans Taryn Cordani '18 and Denise Ibarra '18, who led the Bombers at the NCAA Championship in 2017. However, head coach Erin Dinan believes the team still has what it takes to finish at the top of the Liberty League.

"I believe that we lost some key players," Dinan said. "However, we still have some very strong returners, four of which have been to a national championship before."

The Bombers took home ninth place at the 2017 NCAA Championship after Cordani finished 14th with a time of 21:05.50 and Ibarra clocking in at 21:32.40 to finish 34th. Junior Emilie Mertz had the best finish out of returning runners by finishing 140th out of 279 runners. Coming in next for the South Hill squad was junior Amanda St. Clair, who finished 192nd.

Key runners returning to the Bombers this season are juniors Sarah Rudge and Annie Morrison, and seniors St. Clair and Mertz.

Not only does the team have several experienced runners returning for the

2018-19 season, junior Jessica Fritsch said, but there will be plenty of new faces sporting the blue and gold this season.

"Even though we lost a lot of seniors, Coach Dinan has done a lot of recruiting," Fritsch said. "Almost half our team of 20 girls will be new freshmen and transfers."

While the team has lost several valuable runners, Coach Dinan said her belief in this team hasn't wavered as others will step into leading roles.

"We have about 10 new people trying out for the team this fall," Dinan said. "Included in the 10 new people, about half are incoming freshmen, one is a transfer and the rest are already IC students who have been involved in athletics in some form while here."

With a fairly young lineup, there will likely be some heavy expectations placed on new members of the team.

"Because nearly 50 percent of our team will be freshmen and transfers, their contribution will definitely be huge to our success," Fritsch said.

The team's season starts off with the Jannette Bonrouhi-Zakiam Memorial Alumni Run on Sept. 1. The Blue and Gold will then run in six other invitationals before participating in their second Liberty League Conference Championship, which will be hosted by Clarkson University on Oct. 27. The Bombers, if they qualify, will then go on to compete in NCAA Regionals on Oct. 10 and the NCAA Championship on Oct. 17.

Dinan said that even with the roster changes, the Blue and Gold still plan to compete.

"Our goals will remain the same," Dinan said. "To be top in our conference and to be competitive in our region and nationally. It will be a new group, but we are all super excited for what the season holds."

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LOOKING TO GET BACK ON TOP

BY WILL GAGLIOTI
STAFF WRITER

After completing its first full year in the Liberty League Conference, the Ithaca College men's cross-country team is hoping to improve on its previous results and win the Liberty League title for the first time.

Last year, the Bombers placed fourth in the Liberty League Championship meet by scoring 99 points, 14 points behind the Rochester Institute of Technology, which finished in third place. Rensselaer Polytechnic Institute won the meet by scoring 38 points.

In the team's final year in the Empire 8 Conference in 2016, the team earned a first-place finish. The conference victory was the team's seventh consecutive Empire 8 Championship before switching to the Liberty League.

Senior Daniel Hart, who placed 43rd in the Liberty League meet in 2017, said that now having competed in the conference for one year, the team is capable of winning the title.

"The Liberty League is a really competitive conference, but we were invited into it for a reason," Hart said. "We placed fourth in our first-ever showing at the conference last year, which I think really showed people that we're here to compete. After a year under our belts and with an older team, there's no reason why we can't bring home a title this year."

Junior Garrett Bamos, who placed 34th in the Liberty League meet, said this season's team will be more successful because runners have gained more experience.

"For this year's cross-country team, we really didn't lose anybody from last year in the top group," Bamos said. "A lot of the top runners are going to be going into their junior year instead of sophomore year, and it helps a lot experience-wise because now we have two years of running at these big meets like regionals."

The last time the team competed in a meet was the All-Atlantic Region Track and Field Conference Championships during the spring track season, which was held May 17. The first meet for the team in the cross-country season is the Jannette Bonrouhi-Zakiam

Memorial Alumni Run on Sept. 1 in Ithaca. The Liberty League Conference Championships will be held Oct. 27 at Clarkson University.

The summer separates the two competing seasons, which makes the first meet Sept. 1 the first time the team will race together after an extended break. Hart said the summer should be viewed as an important time to train for the season.

"Distance running is really a yearlong sport, with summer being the only offseason of the year," Hart said. "But that being said, the summer is really crucial for building a base of endurance and strength for the 8K in the fall."

Bamos said that during the summer offseason, it can be difficult for a lot of the runners to stay motivated with their training because they do not get the opportunity to run as a team every day like they do when they are in season.

Bamos said it is extremely important to have a successful offseason when training because it will help the runners for their in-season training.

"You need to put in the summer mileage to have a good season," Bamos said. "Having that already built up helps our coach give us a base mileage to run during the season, so he knows what times to give us during the workouts and where he wants us to be in races."

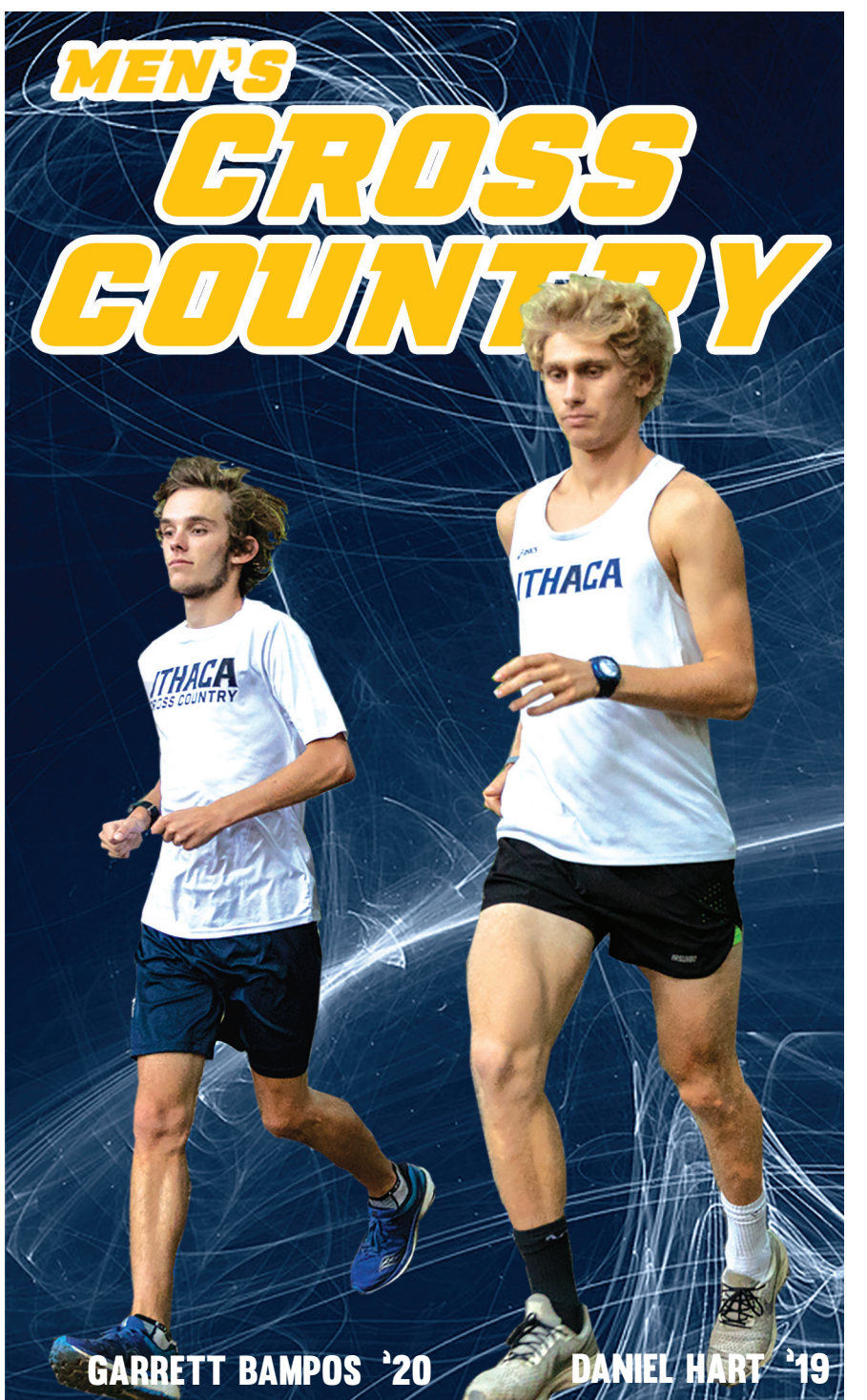
Bamos said that heading into the season, the team has more trust in one another, which will make a difference in 2018.

"We have confidence in each other," Bamos said. "We are starting to run more as a pack and not individually, and doing that makes racing so much easier than if you try to do it all on your own."

Now entering his 27th season as head coach, Jim Nichols said this team has now matured and gained the necessary experience to do well this year.

"The hope is that everyone can and will improve," Nichols said. "Hopefully everyone did what they needed to do over the summer to stay in their best shape, and we are now coming in as a young but more experienced team that can hopefully surprise everyone this year."

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ROWING TOWARD NATIONALS

BY DANI PLUCHINSKY
SPORTS EDITOR

During the 2017 season, the Ithaca College sculling team earned multiple top finishes in all five regattas. The Bombers are looking to maintain their success from last year in this upcoming season.

The South Hill squad took gold seven times throughout the 2017–18 season. Along with multiple scullers earning Top 5 finishes in the Small Boat Championships, Colby D’Onofrio ’18 earned a second-place finish in the collegiate 1x with a time of 8:31.92. Junior Jennie Brian took home bronze with a time of 8:48.66. At the conclusion of the fall season during the Cornell Autumn Classic, Meg Dicostanzo ’18 and D’Onofrio constituted the team’s ‘A’ boat and finished first with a race time of 15:27.4. The team’s ‘B’ boat, which featured senior Sierra Keat and Libby Burns ’18, came in second with a total time of 16:10.1.

Head coach Becky Robinson said the success of the team will be determined by the drive of the athletes.

“I think it’s getting the athletes to realize we are starting from square one and that anything is possible if they are willing to put in the work,” Robinson said. “If they tell me they want to win a national championship, then I will push them harder than if they want to row in a boat with their friends.”

The South Hill squad earned three first-place finishes at the Collegiate Small Boat Championships in 2016. The Bombers also earned three top finishes at the Championships in 2015, with the sole first-place finish coming from Maddie Petersen ’16 and Krista Syracuse ’16 winning the doubles event with a time of 8:13.90.

Heading into the 2018 campaign, the Bombers will only have five members returning because 10 seniors graduated at the end of last season. However, Keat said it has not affected the team’s mentality.

“We are really committed to showing the underclassmen the ropes of sculling,” Keat

said. “A lot of the people on the team this year haven’t been part of the sculling team before, so it’s exciting to see what they will bring to the team this year.”

Keat said that the new freshmen will be looked at to contribute to the team.

“We look forward to bringing a fresh new energy to our squad and a whole new set of strengths,” Keat said. “Ultimately, we are looking forward to having our new teammates gain more experience, which will allow them to improve their technique, which ultimately will make the team as a whole faster and stronger.”

Keat said individuals on the team are already starting to take on larger roles. This summer, junior Pearl Outlaw qualified to compete in the World Rowing Championships in Bulgaria on Sept. 8 and earned a spot on the U.S. Para-Rowing National team.

Outlaw said she thinks the team will be successful this season if it keeps up a positive attitude.

“All the girls on the team had awesome mindsets and attitudes and were really willing to make sacrifices and put it in the work it took for us going to NCAAs,” Outlaw said. “I think if we can really install that into the novice women on the team, we can go just as far or even further and win championships.”

The Blue and Gold start the season at the Cayuga Sculling Sprints on Sept. 23. Assistant coach Beth Greene said she is most excited to watch the athletes feel more comfortable in the boats.

“I am looking forward to people being excited to see how they can build on their results from last year,” Greene said. “A lot of the scullers only come into it their junior or senior year, so they have one year where they are just getting comfortable. I am looking forward to see how people in their second year of sculling approach it differently with more confidence.”

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SIERRA KEAT '19

JENNIE BRIAN '20

SENIORS STRIVE FOR SUCCESS

BY JACK MURRAY
ASSISTANT SPORTS EDITOR

With a large senior class and an increased focus on ball possession, the Ithaca College field hockey team hopes to rebound and have a successful second season in the Liberty League Conference.

In the team’s debut season in the Liberty League, the Bombers finished with a record of 7–10 while finishing seventh in the conference with a 1–6 league record. Head coach Kaitlyn Wahila, who is going into her second year on the job, said she believes the Bombers have worked hard to improve upon last season.

“Our expectations are always going to be to do the best that we can with the standards we are setting,” Wahila said. “We knew coming into this year that we would be able to set higher standards than last year due to all the hard work our athletes have put together over the past year, especially in the offseason.”

A key to the team’s success will be junior goalkeeper Savanna Lenker, who took over the starting role last year as a sophomore. Lenker said learning under Katie Lass ’16 her freshman year helped her become a more vocal teammate last season. She said she believes that the adjustment period to a new coach and league is now over, and the team is poised for a strong season.

“Coach said from day one that this is going to be a special season,” Lenker said. “The experience that this larger senior class brings will be extremely helpful. Everybody is making the transition year after year by stepping up as a leader in their own class and even on the field in general.”

While the Blue and Gold finished below .500 last season, they had much more success at home than on the road. The Bombers finished 5–4 in contests at Higgins Stadium but struggled to a 1–5 record on the road, while also finishing 1–1 in neutral-site games. Because the Bombers are playing some of the best teams in the Liberty League at home this season, Wahila said she hopes that this will change some results from last season.

“We are in a really tough conference,” Wahila said. “It’s going to be really exciting to see how we compete against all of the Liberty League teams this year, especially since we play some of the top teams at home, including Skidmore, William Smith and Vassar.”

With every new season, a fresh group of freshman players will join the team, and this year is no different. The South Hill squad will have nine new freshmen suiting up, and Wahila said her group is special to her because it is her first personal recruiting class.

The nine seniors returning to South Hill this season will allow the Bombers to have plenty of veteran experience on the field and in the locker room. Wahila believes that they will be a determining factor for how well the Bombers perform this season.

“We have three captains: Maddy Ryan, Maddie Keppel and Meg Dowd,” Wahila said. “Those three are our captain leaders, but we fully expect that every senior in our program is going to continue to find a way to provide such great leadership for our entire team and program.”

Wahila also said how Ryan, Keppel and senior back Kimmy Briscoe will be crucial in helping the team maintain possession and allow the strikers to put themselves in situations to score. Arleigh Rodgers, sophomore striker and midfielder, who finished last season with 657 minutes, said she strives to take a more vocal approach this season.

“I took a quieter position last fall, being a freshman and new to the world of collegiate sports,” Rodgers said. “Now comfortable with the team and more confident of my position within it, I know one of my strengths will be to lead by example.”

The Bombers installed a new defensive scheme last season, and Wahila believes it was one of the positive aspects of last season.

“Our defense was strong last year,” Wahila said. “We had juniors holding down our defensive end, so we expect that to continue and improve this year.”

Rodgers said the coaches supplied the team with two manuals: a training manual and a performance manual. The purpose of the manuals was to serve as an extension of the coaches during the offseason, and she believes they will be critical to the team’s success.

“We’re moving toward more a team-oriented mindset this year,” Rodgers said. “We were in that same mindset last year, but we’re working to grow it every practice and game this season.”

CONNECT WITH JACK MURRAY
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SAVANNA LENKER '20

ARLEIGH RODGERS '21



ELIAS OLSEN/THE ITHACAN

2018 ITHACA BOMBERS 2019

*Liberty League

Catch all the Bombers' action this fall on South Hill

- **VOLLEYBALL**
Ben Light Gymnasium
- **CROSS COUNTRY**
Ithaca, NY
- **WOMEN'S SOCCER**
Carp Wood Field
- **FOOTBALL**
Butterfield Stadium
- **SCULLING**
Cayuga Inlet
- **FIELD HOCKEY**
Higgins Stadium
- **MEN'S SOCCER**
Carp Wood Field

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31 7 p.m. Calvin	

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 11 a.m. Stevens 11:15 a.m. Janette Bonroughi-Zakiam Memorial Alumni Run 1 p.m. Saint Vincent College 4 p.m. Juniata College
02 12 p.m. Wells College	03	04	05 5 p.m. Wilkes 7 p.m. Utica	06	07 3 p.m. SUNY Geneseo 7 p.m. Wesleyan	08 12 p.m. Elmira 1 p.m. Brockport 4 p.m. Susquehanna
09	10	11	12	13	14	15 12 p.m. Nazareth 2 p.m. Susquehanna 3 p.m. Brockport
16	17	18	19 5 p.m. Mount St. Mary	20	21	22 1 p.m. Union* 2 p.m. Clarkson* 4 p.m. Clarkson*
23 9 a.m. Cayuga Sculling Sprints	24	25	26	27	28	29 3 p.m. St. Lawrence
30						

OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03 4 p.m. William Smith*	04 5 p.m. Nazareth	05	06 1 p.m. RPI* 1 p.m. William Smith* 12 p.m. Bard*
07	08	09 4 p.m. Alfred	10 7 p.m. RIT*	11	12 4 p.m. Vassar* 3:30 p.m. Skidmore*	13 2 p.m. Union*
14	15	16	17	18	19 7 p.m. Bard*	20 1 p.m. University of Rochester 2 p.m. Vassar* 2 p.m. RPI*
21 1 p.m. Skidmore*	22	23	24 5 p.m. SUNY Oneonta 3 p.m. RIT*	25	26	27 1 p.m. St. Lawrence 2 p.m. Vassar*
28	29	30	31			

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03 8 a.m. Touchdown