

# WINTER SPORTS PREVIEW



Victoria  
GERY '19

in **FOCUS**

Winter sports aim for record breaking seasons



## MEN'S TRACK & FIELD

# AIMING TO BRING HOME A NATIONAL TITLE

BY WILLY WRIGHT  
CONTRIBUTING WRITER

After securing its spot as the top team in the Liberty League Conference last year, the Ithaca College men's indoor track and field team is looking to build off its past success.

In their first season in the league last year, the Blue and Gold won the Liberty League Indoor Track Championship and placed fourth at the All-Atlantic Region Track and Field Conference Indoor Championships.

Head coach Jim Nichols said each year is different, but by focusing on placing highly in all events this season, the team's goals and expectations remain the same.

"We have good depth," Nichols said. "The strength we've always had is the balance. There are 20 events, and we score in all 20 of them."

Senior pole vaulter Martin Desmery said he has high expectations for himself and the team this year. As a junior, Desmery set the school record for pole vault with a height of 4.71 meters at the All-Atlantic Championships on March 2.

"For preseason this year, we have been going a lot harder than we have in years past," Desmery said. "We're doing things more consistently, and everything is a lot more planned than in previous years. We're trying to make the team more of a team and not just kids who are coming together in the last minute."

Junior sprinter Daniel Harden-Marshall said he has also noticed a difference in focus and preparation thus far into preseason. As a sophomore, Harden-Marshall dominated the track, setting school records for the 200-meter dash, the 400-meter dash and the 4x400-meter relay. He then won the 2017-18 Liberty League Indoor Track Performer of the Year award for his performances.

"Our seniors have done a really good job getting us hyped up and excited to race," Harden-Marshall

said. "They've done a great job at keeping the energy up in that aspect."

Nichols said that although the team lost some successful seniors last year, it still has big expectations.

"We graduated some good guys last year, but we also have some young guys coming in, too," Nichols said. "Every year is different, but that's the beauty of sports."

After winning last year's league championships, the Bombers have a chance to do so again as they host the Liberty League Indoor Championships on Feb. 22 and 23. The Blue and Gold also host the All-Atlantic Region Conference Championships again March 1 and 2 this year in the Athletics and Events Center.

"First and foremost, we won the Liberty League Championship last year, and we get a chance to defend it at the A&E Center, which is great," Harden-Marshall said. "We should also have some guys who are breaking school records this year."

Desmery said he hopes the team maintains consistency in its hard work this season instead of letting up at any point.

"Last year, we had a pretty good indoor season, and I'd like to do that again, but I'd like to take the energy we had in indoor and push it into outdoor season as well," Desmery said. "We kind of slowed down in the spring because it's a shorter season."

The South Hill squad also has its goals set on qualifying for the NCAA Division III Indoor Track Championships this year. Harden-Marshall was the only athlete on the team who qualified last year, and he placed 11th overall in the 200-meter dash and 14th in the 400-meter dash.

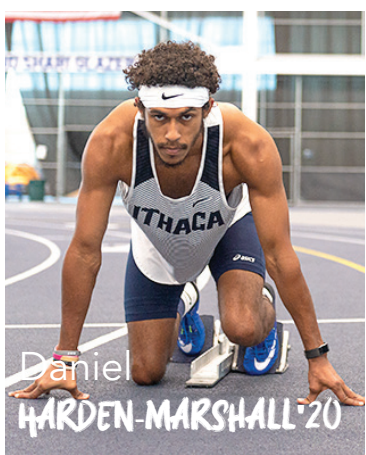
"We look to qualify as many people as we can this year to nationals and compete at the All-Atlantic, which we're hosting," Nichols said.

The 4x400-meter relay team looks to defend its Liberty League Championship title after winning last year's race. The relay team returns three of the four

members from last year, Harden-Marshall, junior Logan Winningham and senior Derek Howes.

"I'm definitely pushing for our 4x400 team to go to nationals," Harden-Marshall said. "Overall, I think, this year, a lot of the guys on the team will be coming out of their shell a bit and showing us what they really have and what they have left."

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## WOMEN'S TRACK & FIELD

# REBUILDING WITH STRONG FRESHMEN

BY ARIEL DOWDY  
CONTRIBUTING WRITER

The Ithaca College women's indoor track and field team ended last season with a bang.

The Bombers won a Liberty League Conference Championship after their first year in the league. They also placed second at the All-Atlantic Region Track and Field Conference meet and seventh out of 22 at the NCAA Division III National Championships. The team hopes to finish on top once again.

The South Hill squad graduated two national champions last year — senior

Taryn Cordani and graduate student Katherine Pitman. Cordani won the 3,000-meter and 5,000-meter races during the 2016-17 indoor nationals and the 10,000-meter run in the 2017-18 outdoor national championship.

Pitman was the 2015-16 outdoor pole-vault champion. She also won the national championship for indoor pole vault in both the 2016-17 and 2017-18 seasons. Head coach Jennifer Potter said she believes the current team still has a strong base and incoming freshmen who can get the job done.

"We have a lot of strong returners, but the only national qualifier returning from last year is Ally Rheume," Potter said. "So our hope is to develop the returners, and, also, we're excited about our freshman class. They're very strong — a couple state champions in there from the state of New York."

A few of the freshmen for the Bombers this season who were state champions in high school include Meghan Matheny, who took first place at the indoor New York State Public High School Athletic Association Section 4 Championships for pole vault. Trinity Gray, another incoming freshman, won both the Section 3 Class AA&CD Champion and the Section 3 State Qualifiers Champion for weight throwing.

Junior Alexandria Rheume finished last season by setting the school record in the 200-meter and 400-meter dashes. She also qualified for nationals in the 400-meter with a time of 55.80. Rheume said she hopes to make it to nationals again this season.

"It would be really nice to make it back to nationals," Rheume said. "I've been three times total so far, so I'm kind of hoping to keep that same integrity going forward."

Rheume said the goal for the team this season is to focus on accelerating to the finish line and being explosive from the start. She said it is

focusing on quicker footwork during the race and is working with weighted sleighs and tension bands to help it improve in its races.

With all of the new members joining the team, returning members are excited to see what they can bring to the squad. Junior jumper Estelle Yedynak said she is looking forward to the incoming class.

"We have really awesome jumpers coming in, sprinters and distance runners, some of them who already compete in the cross-country season," Yedynak said.

With 22 new members coming on to the team, it can sometimes be hard for athletes to get to know each teammate outside of the sport. Yedynak said she thinks getting to know everyone on an individual level will be a challenge but can lead to the overall future success on the team.

"We're taking measures that other teams might not be taking at this point in the game," Yedynak said. "We're getting to know our teammates — more than just what's going on with them on the track — but getting a deeper understanding of what's going on with them off the track, too."

Potter believes there will be some stiff competition throughout the season but that the better competition can help the team at the league championship. The Blue and Gold start their season at the Greg Page Cornell Relays on Dec. 1.

"We look to have our best performances at Liberty Leagues at regionals and at nationals," Potter said. "But there are definitely certain competitions that are more challenging for us to bring out those performances that will get us there. Boston University and Cornell [University] are just a few of them."

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# MEN'S BASKETBALL

## LOOKING TO BE CONFERENCE CHAMPIONS

BY TY CUNNINGTON  
AND ELI EHRBAR  
STAFF WRITERS

With a year of Liberty League Conference play under its belt, the Ithaca College men's basketball team is looking to expand on its weaknesses and win the Liberty League Championship.

After finishing with a 9–16 overall record and 5–11 conference record in the Empire 8 Conference during its 2016 campaign, last year's squad showed improvement, finishing 15–11 overall and 10–8 in its inaugural season in the Liberty League. It is looking to further improve on that record this season.

Head coach Jim Mullins said that this year's group consists of all but one rotational player, Marc Chasin '18, and that he is looking for contributions from all players in order to improve.

"It's not fair to put all the work on one player," Mullins said. "Our whole team needs to step up if we are going to be successful. We are returning seven rotational players, and we are adding eight freshmen, too."

The Bombers face a tough out-of-conference schedule this season. Mullins said he made sure the team will be ready to play teams in the Liberty League by scheduling hard nonleague matchups.

"Our nonconference games are tough, too," Mullins said. "[University of] Rochester is going to be a Top 10 team in the country. Hamilton [College] has the ability to make it to the Final Four. [SUNY] Cortland is also very tough."

In the South Hill squad's third regular season game, it will take on Cortland on Nov. 27. Throughout December, the Bombers will face only nonleague teams, including Rochester on Dec. 11 and Hamilton at the Land of Magic Tournament on Dec. 29 in Daytona, Florida.

Mullins also said the Liberty League is expected to be extremely competitive this season.

"All of the conference games this season are

going to be entertaining," Mullins said. "Usually, there are a few teams at the bottom that you can look for wins, but not this year. Every team is tough."

Some key returners this season include senior forward Pete Ezema, who averaged 8.9 rebounds per game last season. Senior forward Miles Herman had 42 blocks on the season, and junior guard Riley Thompson averaged 13.4 points per game.

The Blue and Gold struggled with shooting last season, shooting 66 percent from the free throw line, shooting 31 percent beyond the arc and finishing eighth in the Liberty League in both categories.

Herman said improving the team's shooting is a main focus for the upcoming season.

"Our coaching staff made shooting on the run an emphasis in the offseason, even going as far as to implement a shot chart and a mandatory 2,000 shots a week," Herman said.

However, one of the Bombers' strengths last season was their effort on defense. They were ranked No. 1 in turnover margin among the Liberty League with a +2.85 margin per game. They also finished No. 2 in steals with 7.5 per game and No. 3 in blocks with 3.62 blocks per game.

"My sophomore year, we were near the bottom in defensive points per game in all of Division III," senior guard Matt Flood said. "Guys in the program took that to heart, and since then, we have made great strides on the defensive end. Also, it's a plus having a 6'8" athletic center to anchor our defense in Miles Herman. I think, with our personnel this year, we can make yet another leap in our defensive statistics."

The South Hill squad will look to senior leadership and its depth in the roster as its defensive prowess to return to the Liberty League tournament.

"As clichéd as it sounds, I think our biggest strength is our personnel," Herman said. "We've got a lot of talent, particularly among our starters, and if we play to our level, there's not a team out there

that can hold us."

Flood said that although confidence is key, this season will be a challenge the team welcomes day in and day out.

"We recognize how competitive the Liberty League is," Flood said. "No team is able to simply show up and defeat their opponent. We can't overlook any league matchup."

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Matt  
**FLOOD '19**  
PHOTOS BY JULIA CHERRUAULT

# WOMEN'S BASKETBALL

## GOING FURTHER IN THE POSTSEASON

BY AUDREY GAMBLE  
STAFF WRITER

The Ithaca College women's basketball team will jump into this season looking to continue its previous year's success.

Last year, the Blue and Gold finished with a record of 21–8 in their first season in the Liberty League Conference while also earning a spot in the NCAA tournament. With the absence of Julie Yacovoni '18, who was second on the team in

points last season, the Bombers will have a tough time filling her slot. Erin Woop '18, who finished the 2017–18 season second in assists, is another player the team will miss.

Head coach Dan Raymond, who is in his 19th season with the Bombers, recognizes the changes to the roster and knows the current players will be able to adjust to make up for the lost talent.

"It's going to be a shared responsibility for all of the players," Raymond said. "It's really impossible to fill the shoes of any one player when they depart, so it's just a matter of understanding what those two individuals meant to the team last year and people identifying what they can do, what their role can be and trying to fill the void."

Senior guard Annie Giannone is one of the players that will help to fill that void. Giannone had 88 assists last year, the most of anyone on the team. She also contributed 155 points to the team throughout the season. She will be stepping up this season as starting point guard, a position she earned with her time on the team.

Giannone said she is most excited about the potential of making the NCAA tournament again this season.

"The potential is going to be huge," Giannone said. "We could have a very good team. The chemistry is already clicking. It's exciting."

Junior forward Cassidy O'Malley will also be a key player for the Blue and Gold, coming off of a productive sophomore season. She led the team in points last season with 494 and was second in rebounds with 143.

Senior guard Allie Tunick also brings skill to the Bombers roster. Tunick led the team in 3-pointers last season with 27. She racked up 156 points and 81 rebounds in 21 starting appearances.

Tunick said that while she hopes for the best possible outcome for the season, she does not like to make lofty goals, which can make players lose sight of what is directly in front of them.

"We try to take it one game at a time," Tunick

said. "That's kind of the mentality that Coach instills in us because if you just win every single game that's on your radar, then it all works out in the end, big picturewise."

Tunick said the team needs to work on consistent efforts this season and always playing to the highest level possible.

"We would have amazing games where we would show up and blow a team out of the water in the first five minutes," Tunick said. "But have other games where we would let the team hang in there or as our own unit not play to our fullest."

The South Hill squad will feature junior transfer student KellyAnne O'Reilly on the roster.

O'Reilly comes to the South Hill squad from Manhattan College, where she completed two seasons as a Jasper. She said she anticipates a successful first season with the Bombers and is excited to be able to play an intense and fast-paced game.

"We're a team that really wants to run," O'Reilly said. "I think we have very mobile bigs, and that's an advantage as opposed to many other teams."

The Bombers started preparing for the season two weeks into the academic year. The squad participates in conditioning drills twice a week, weight lifting three times a week and pickup games twice a week to make sure it is in the best possible shape for when the season starts.

With the start of basketball season Nov. 16, the Blue and Gold will open the season in St. Louis, Missouri, as the team is set to take part in the McWilliams Classic, playing against Blackburn College and Washington University.

Raymond said it is important in the long run to accurately prepare for the season.

"We have to prepare for every game," Raymond said. "Whether it's the first game of the season or the last game of the season, we have to prepare in the same way to compete against the best teams, not just the next day's opponent."



Allie  
**TUNICK '19**



KellyAnne  
**O'REILLY '20**



Annie  
**GIANNONE '19**  
PHOTOS BY SABRINA CHANG

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# GYMNASTICS

# VAULTING TO FIRST PLACE



**BY ANNA HARRIS**  
STAFF WRITER

This winter, the Ithaca College gymnastics team will gear up for another competitive season. With Rick Suddaby heading into his 34th year as head coach and 18 athletes returning to the team, the team could be poised to take the National Collegiate Gymnastics Association East by storm.

Last season, the Bombers won three out of five dual meets and one invitational and eventually won the NCGA East Region Championships in March. Junior Emily Szembrot was named 2018 NCGA East Champion after scoring a 9.675 to come in first place on balance beam. Senior Victoria Gery was also named NCGA East Regional Champion in floor exercise.

Though the team blossomed in the postseason, the South Hill squad ended up placing last at the 2018 NCGA National Team Championships later that month at Springfield College. This was the Bombers' first time in the NCGA National Team Championships since 2014, and the more experienced competition was too much for the South Hill squad to compete with.

In the event's individual finals, the Blue and Gold had eight different qualifiers in all four events. Senior Carolyn Nichols was the only gymnast to qualify for two events — in both vault and floor. Nichols tied for third on floor with a score of 9.850, earning her the All-American distinction.

With her performance, Nichols became the 22nd

All-American gymnast on floor in the college's history. Along with her All-American honor in vault during the 2017 season, Nichols was the first gymnast in two years to win All-American distinctions in two different events.

Senior Rachel Lee is a returning All-American on beam, having earned the recognition her freshman year.

Suddaby said the team is packed with talent this year, especially from seniors like Lee, Nichols and Gery.

"You can look at almost anyone in the senior class and see that they're going to be very competitive," Suddaby said.

Suddaby said the 2018 season was one to remember. The South Hill squad broke or tied multiple school records throughout the season. Nichols set a college-record score three different times during the season on vault, while Gery broke the college's record on floor with a 9.800 and equaled that little over a week later. Junior Paige Landes tied the college's record twice on balance beam with a 9.800.

"It was so amazing to break records like we did last year," Suddaby said. "I know we're going to do it again this year. We're going to break record after record and perform at a very high level."

The team has seven newcomers hailing from Pennsylvania to Massachusetts to Indiana to Florida. The freshman class comprises six all-around competitors, including Julia O'Sullivan and Katelyn Sarkovics, and one specialist in vault, beam

and floor — Amelia Bailey.

"The freshmen are really, really talented and motivated this year," said Nichols. "They have been cranking out some really good stuff in practice, and I know they're going to transition really well into competition."

Even before the season has started, the team has already made improvements, according to Gery.

"Bars was definitely one of our weaker events last season," Gery said. "But just by looking at our practices, I can tell that our bar squad is going to be really strong."

Suddaby compared the strength and dedication of this season's team to the program's 1998 national champions.

"We have more talent, more vision, more unity than we've ever had," Suddaby said. "Ever."

The team goal, Suddaby said, is to perform even better and be contenders for the national title.

"After not performing well at the national tournament, the goal is to fix that so we can compete competitively at the highest level possible," Suddaby said. "We want to be one of those top teams in the country."

As for the gymnasts' goals for this season, they're personal.

"Our team is hungry," Nichols said. "We know we could have done a lot better at the end of the year than we did, so now we have unfinished business."

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Victoria  
**GERY '19**

Carolyn  
**NICHOLS '19**



# MEN'S SWIMMING & DIVING

## RACING THROUGH THE LIBERTY LEAGUE

BY SAM WEINSTEIN  
STAFF WRITER

The Ithaca College men's swimming and diving team is entering its 2018–19 campaign with a young and replenished squad.

In 2017–18, which was their inaugural season in the Liberty League Conference, the Blue and Gold went 10–3. They finished strong, winning their final five matchups en route to a third-place finish in the conference championships. The Blue and Gold started the 2018–19 season Oct. 20 with three wins against SUNY Fredonia, The College at Brockport and Buffalo State.

Senior Kellen Scanlan, who is entering his second season as a captain of the team, has high hopes for how the team will fare in the pool.

"I want us to win the Liberty League," he said. "I think it's going to be a battle, but if we train hard enough, I believe we have a good shot."

Last season, the Bombers rolled out an unusually small roster with just 19 swimmers. This year, they have a much more stable 29, thanks, in large part, to their 12 freshmen. Scanlan believes they have had a big impact on the team thus far.

"The young guys really fill out our depth and actually contribute to our top talent as well," Scanlan said. "I'm just excited to see where we go by the end. I think we can make huge strides this year and set something up for a good couple of years for those young guys."

In the first meet of the year, the excitement surrounding the freshman class came to fruition as several freshmen took the top spots in their respective events. Freshman Spencer Brownell won the first two races of his collegiate career in the 50- and 100-yard backstrokes, freshman Michael Sheehan claimed victory in the 500-yard freestyle and freshman Tim Hector touched the wall first in the 100-yard medley.

Head swimming coach Kevin Markwardt said the

biggest adjustment that the coaches must make every year is figuring out where the freshmen should fit in.

"It is really a matter of figuring out the freshmen," Markwardt said. "We know what they have swum in the past, but we need them to sometimes change their events. When you figure those guys out, the workouts are able to be set better."

Sophomore freestyler Stanley Zaneski is eager to see the differences the enlarged roster will make on the team's morale.

"Last year, we had a considerably small team size," Zaneski said. "It's going to be really interesting to see how we're going to do and how the cultural climate is going to grow."

Markwardt believes the team needs to work on finishing strong to ensure success for the rest of the season.

"RPI beat us in a lot of close races," Markwardt said. "Some of that is because they were bigger and faster and stronger, but I think they wanted it a little more than we did. While changing a couple of the results wouldn't have helped too much at that meet, it will at others. We have to be tougher with our races."

Markwardt said the top teams should be similar this season, but the Rochester Institute of Technology, Vassar College and Clarkson University all look to improve.

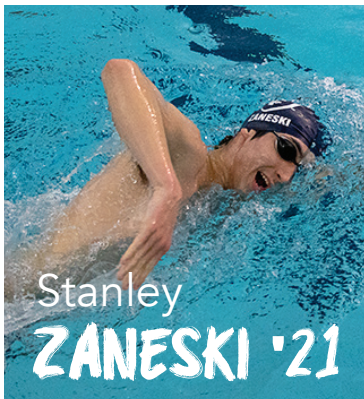
"The dynamic has changed a little bit over the years," Markwardt said. "We are lucky to be consistently pretty competitive, but RPI has been on the rise for the past four to five years; they are doing really well. RIT is looking better: They beat us last year, and they are much better than they were last year."

The South Hill squad will look to avenge its loss to RPI on Jan. 19 in Troy, New York, at the Henry Kumpf Invitational. Another meet to look forward to will be the weekend of Nov. 30 for the Bomber Invitational. Markwardt said the team looks more for individual and team improvement rather than

top-place finishes in the standings.

"Swimming is a sport that really looks to the end of the season to have their best times," Markwardt said. "Our idea is about how each individual has to figure out how they can swim the best they can swim and what is it going to take for them to be the best."

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# WOMEN'S SWIMMING & DIVING

## AIMING FOR A NATIONAL CHAMPIONSHIP

BY EMILY ADAMS  
STAFF WRITER

After making a splash in its first season in the Liberty League Conference, the Ithaca College women's swimming and diving team is striving toward a conference championship.

Returning players and coaches for the Blue and Gold described last season as a rebuilding year as they lost 12 seniors from 2016–17 season. Despite the big hit to its roster, the team was able to produce a strong second-place finish at its first appearance in the Liberty League



Championships with a score of 1,436, only 50 points behind first-place finisher Rensselaer Polytechnic Institute.

The biggest contributor to the Bombers' success in 2017–18 was a stacked diving team. At the league championships, the South Hill squad claimed six of the top eight spots in the 3-meter dive and five out of eight in the 1-meter dive. Nickie Griesemer '18 took first place in both events and became an NCAA Division III national champion in both as well. Griesemer was the first diver from the college to win a national championship.

Despite losing so many talented athletes, head coach Paula Miller named diving as the program's greatest strength this year. The key to keeping the squad strong is graduate student Anna Belson. Belson is the only remaining member of the group who competed at the national championships in Spring 2018.

"My goal is to go back to nationals for the fourth time and make finals on both boards," Belson said. "I've always been able to represent Ithaca there, and I really hope to bring other people with me as well."

No one currently on the squad, except for Belson, has taken the trip to nationals, and, of the five divers on the roster, she is the only athlete with more than a year of collegiate diving experience. Despite having such a new group, Chris Griffin, assistant coordinator and aquatics coaching assistant, is optimistic about the team's future.

"We have a very talented sophomore, Jocelyn Pawcio, who's still on the team, and we have three really strong up and coming individuals," Griffin said. "There's Ava Lowell, who transferred over from the gymnastics team, we have Malia Farrar, who was already on campus, and we found out she had some diving history, and we have a freshman, Samantha Lanzafame, who was a very good diver in high school."

Pawcio, like sophomore Ava Lowell, came from a gymnastics background and dove competitively

for the first time during the 2017–18 season. She placed seventh in the 3-meter dive at the Liberty League Championships and qualified for the NCAA Regional Championship. Belson echoed Griffin's high hopes for the young squad, comparing it to her own experience.

"When the five of us who went to nationals arrived as freshmen, we were terrible," Belson said. "We just didn't have a lot of talent, but our program is so good, and how we ended is a reflection of how great the coaching staff and everyone down to the athletic trainers is at helping us grow."

Miller said that she is trying to ramp up the pace in workouts and that the new group of freshman is contributing to that process.

"The ultimate goal of the team is to win conference championships," Miller said. "The freshmen really have bought into the program. We've already done sets that have been very exciting — faster, more intensity right away."

Senior captain Jaclyn Pecze has the potential for a big year. The highlight of her 2017–18 season was a third-place finish at the Liberty League Championships in the 100-yard butterfly. Pecze, however, has the same tunnel vision on a team victory in the Liberty League that her coach does.

"I'm excited to see how far we can go and what we can accomplish," Pecze said. "With a new team, the sky's the limit, so, right now, we're focused on pushing each other to our absolute best at practice, and we'll see what happens in the postseason."

Miller said the team's being young does not mean it does not have experience; it means it has potential.

"I never say we will never make it because I love exceptions to the rule," Miller said. "Everyone's working hard and showing a lot of promise. I'm very excited for the season to begin."

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# WRESTLING

## BUILDING ON LAST YEAR'S MOMENTUM



**BY MIKAYLA ROVENOLT**  
STAFF WRITER

After its best finish in over two decades at the NCAA Championships last spring, the Ithaca College wrestling team is now aiming to capture a national title.

"As coaches, we have an idea of where we need to be, but every year is a different journey to get there," head coach Marty Nichols said. "You have to have everybody on board. [Improvement] doesn't happen overnight."

The Blue and Gold finished the 2017–18 season with a 14–2 record and placed third overall as a team in the final NCAA Division III Championships. This is the highest the team has ever placed in the past 22 years.

Junior Benjamin Brisman, who is the reigning NCAA 141-lbs champion, said the talent of the team mixed with work ethic adds a level of excitement to this season.

"I think the team is constantly improving," Brisman said. "We've done better every year, and I think we can win the national championships. We have a lot of talent and guys on the national level."

Brisman said the athletes are planning to improve this year by focusing on developing their physicality.

"The plan is to stay consistent with workouts, practice and morning lifts and making sure we are working hard and smart by staying focused and disciplined," Brisman said. "That's how we are planning to improve."

This year the Blue and Gold added 11 freshmen to the squad while also returning national athletes Brisman, senior 184/197-lbs Jake Ashcraft and junior 149-lbs Sammy Schneider.

"It's a whole new team," Nichols said. "We have to figure out what we have and what holes we need to fill. It's always a work in progress."

With the large addition to the team, Nichols said all coaches and returning athletes have to figure out the new dynamic and work toward building a team atmosphere again. Ashcraft

said that if the team stays focused, they will find success.

"Honestly, trust the process," Ashcraft said. "We have great coaches and a great system here at Ithaca. You just have to stay on the course and just work hard every day."

Working hard every day is how the team plans to prepare for this season's schedule, which features top-tier teams like Division I University of Virginia.

However, Ashcraft said one of the team's goals is to get back to facing Augsburg University and Wartburg College, teams that finished first and second respectively in the Division III NCAA Championships.

"Last year at national duals, we lost to Wartburg in Ohio," Ashcraft said. "They are always tough. They won nationals this past year. That's definitely going to be a tough team. As with Augsburg, those are two teams that beat us in nationals last year. But there are a lot of tough teams, but I think we are the toughest group."

Ashcraft believes that a national championship is within reach.

"We took third last year, and that was great," Ashcraft said. "That was one of the best finishes Ithaca College wrestling ever had. But it's not a national title, so that's where we want to be."

Ashcraft said the season will not be without its challenges, however, and the way the team responds to said challenges will determine the overall success of the team.

"Every year, you face challenges that maybe you wouldn't have expected to face," Ashcraft said. "One of the challenges for me, to make sure that everyone on the team is on board for what we are going to accomplish. And I think they are, but it's a long season, and we have to stay the course."

Entering his 23rd season as head coach in the 2018–19 season, Nichols said, he believes that, along with the team's work in the room, exposing his wrestlers to a high level of competition will help the team in numerous ways.

"We can see where they're at, and it'll help

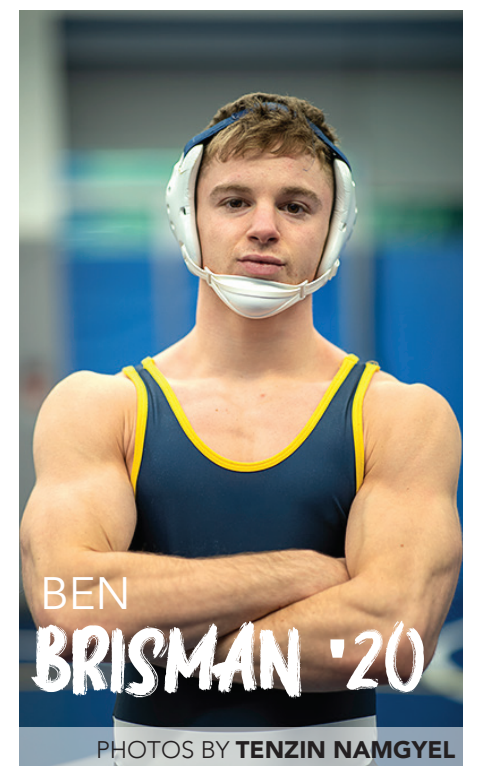
us better build their skills," Nichols said. "Like I said, it's always a work in progress."

Brisman said he believes the team's success will depend on remaining positive and creating a good atmosphere.

"Just keeping the mood like really positive and happy, and it makes it a better vibe in practice," Brisman said. "When you don't want to be there, you know having people being happy to work hard and being happy to be there and not being something to dread if everyone kept that attitude, it'd make it better for people to be there."

*Staff Writer Shebanae Fernando contributed reporting to this article.*

**CONNECT WITH MIKAYLA ROVENOLT**  
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### MEN'S BASKETBALL

ITHACA VS. UNIVERSITY OF ROCHESTER  
DEC. 11 | 8 P.M.  
BEN LIGHT GYMNASIUM

### WOMEN'S BASKETBALL

ITHACA VS. RIT  
FEB. 5 | 5 P.M.  
BEN LIGHT GYMNASIUM



## GAMES TO WATCH



### MEN'S SWIMMING & DIVING

HENRY KUMPF INVITE  
JAN. 19 | NOON  
RPI

### WOMEN'S SWIMMING & DIVING

ITHACA INVITATIONAL  
FEB. 9 | 1 P.M.  
A&E CENTER AQUATICS PAVILION



### MEN'S TRACK & FIELD

LIBERTY LEAGUE CHAMPIONSHIP  
FEB. 22 | 11 A.M.  
A&E CENTER GLAZER ARENA

### WOMEN'S TRACK & FIELD

LIBERTY LEAGUE CHAMPIONSHIP  
FEB. 23 | 10 A.M.  
A&E CENTER GLAZER ARENA



### GYMNASTICS

ITHACA VS. CORTLAND  
MARCH 3 | 12 P.M.  
BEN LIGHT GYMNASIUM

### WRESTLING

NATIONAL DUALS  
JAN. 4–5 | 9 A.M.  
LOUISVILLE, KENTUCKY







From left, junior Ben Brisman battles with senior Jake Ashcraft in practice. The wrestling team hopes to win the NCAA championship, and Brisman hopes to defend his individual title. TENZIN NAMGYEL/THE ITHACAN

# 2018 2019

Catch all the Bombers' action this winter on South Hill

- MEN'S BASKETBALL  
Ben Light Gymnasium
- WOMEN'S BASKETBALL  
Ben Light Gymnasium
- MEN'S SWIMMING & DIVING  
A&E Center Aquatics Pavilion
- GYMNASTICS  
Ben Light Gymnasium
- MEN'S TRACK & FIELD  
Glazer Arena
- WOMEN'S TRACK & FIELD  
Glazer Arena
- WRESTLING  
Ben Light Gymnasium
- WOMEN'S SWIMMING & DIVING  
A&E Center Aquatics Pavilion

## NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
	7 p.m. SUNY Cortland			7 p.m. Vassar 5 p.m. Vassar 6 p.m. Bomber Invitational 6 p.m. Bomber Invitational		

## JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
				3:30 p.m. Alumni Celebration 3:30 p.m. Alumni Celebration	5 p.m. St. Lawrence 7 p.m. St. Lawrence	2 p.m. Clarkson 4 p.m. Clarkson
				7 p.m. Hobart 5 p.m. William Smith	1 p.m. Alfred University 1 p.m. Alfred University	1 p.m. Ithaca Home Quad 1 p.m. Ithaca Home Quad 1 p.m. Brockport

## DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
						2 p.m. Bard 4 p.m. Bard 10 a.m. Bomber Invitational 10 a.m. Bomber Invitational
02		03	04	05	06	07
10 a.m. Bomber Invitational 10 a.m. Bomber Invitational		7 p.m. Wells			5 p.m. SUNY Cortland 5 p.m. SUNY Cortland	08
09	10	11	12	13	14	15
		6 p.m. Rochester 8 p.m. Rochester				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
					5 p.m. Skidmore 7 p.m. Skidmore	2 p.m. RPI 4 p.m. RPI 10 a.m. Ithaca Home Invitational & Multi 10 a.m. Ithaca Home Invitational & Multi
03	04	05	06	07	08	09
11 a.m. Ithaca Quad Meet 10 a.m. Ithaca Home Invitational & Multi 10 a.m. Ithaca Home Invitational & Multi		5 p.m. RIT 8 p.m. RIT			7 p.m. Wilkes University	1 p.m. Ithaca Invitational 1 p.m. Ithaca Invitational
10	11	12	13	14	15	16
					10 a.m. SUNY Oneonta 10 a.m. SUNY Oneonta	
17	18	19	20	21	22	23
					11 a.m. Liberty League Championship 11 a.m. Liberty League Championship	10 a.m. Liberty League Championship 2 p.m. Liberty League Championship
24	25	26	27	28		
3 p.m. Harriet Harranca Memorial Invite						

## MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04	05	06	07	08	09
12 p.m. Cortland						