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SPRING SPORTS PREVIEW



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SOFTBALL

MATT VANDER PLAAT
STAFF WRITER

After a first-place finish in the Liberty League last year to the tune of a 35–13 record, the Ithaca College softball team will attempt to improve on a successful 2018 campaign.

The Bombers finished tied for third in the country last year after being eliminated in the semifinal round of the NCAA tournament. Their season came to an end at the hands of Virginia Wesleyan University, the team that ended up winning the national title in the next round.

The team is coming into the season being ranked No. 3 in the country from a Division III softball coaches poll. The rankings are determined by the coaches from all eight regions who vote on the best teams in the country. From there, rankings are based on the team’s record from the previous year as well as where they finished in the NCAA tournament. This ranking is a big improvement from this time last year, when the Bombers were



PHOTOS BY SHEHANEE FERNANDO

ranked No. 20 in the polls. Head coach Deb Pallozzi said she is not concerned with the ranking and is looking to get the season started off on the right foot.

“Our season wasn’t easy,” Pallozzi said. “I’d like it to be a little more consistent this year. Everything was full flow at the end, but we had all of our struggles. I’d like to start off strong and maintain that consistency and learn from everything.”

Despite the Blue and Gold’s great season last year, Pallozzi said they did have their struggles early on in the season. They were not consistent at the beginning of the year, including a four-game losing streak that took place at the end of March and carried into early April. Pallozzi said that the team will try to avoid those types of streaks and that it all starts with team leadership.

Pallozzi has said the team’s leadership starts with the seniors because experience matters when leading a team. The Bombers lost four seniors to graduation last year but have eight players in the senior class for the 2019 season.

Sophomore outfielder Gabby Laccona, who was named to the All-Liberty League First Team to go along with her Liberty League Rookie of the Year title in 2018, said the team’s leadership comes from every player on the team and is what sets their team apart.

“I’d like to say that everyone on the team acts as leaders for everyone,” Laccona said. “Personally, I look at everyone as a leader because we are all so good at picking each other up and motivating each other.”

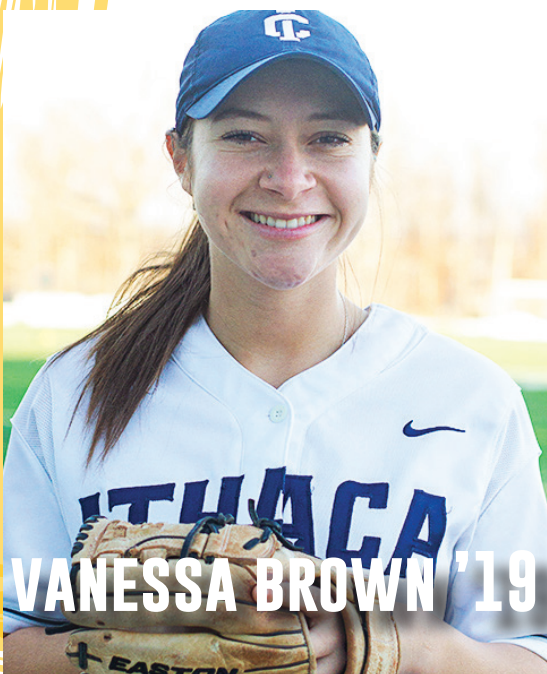
The Bombers will attempt to use their leadership qualities to try to have a more balanced season than last year. In order to do this, senior infielder Vanessa Brown said it comes down to the seniors leaving a mark on the program and helping to motivate the rest of the players on the team.

“Some team goals I have is to leave everything on the field,” Brown said. “Especially for seniors going into our senior season, we want to give it all we have and strive for the best.”

Pallozzi, and the softball program as a whole, have a reputation of success, as she has led the Bombers to 29 straight winning seasons. However, they have not been able to finish the deal and win a national championship since 2002. Although the women would love to cap off this season with a national tournament win, Laccona said, they cannot think about that right now.

“This team needs to forget about last season and just do it all over again,” Laccona said. “We can’t just expect to end up back where we were last year because then it will get to

HOPING TO HAVE BALANCED SUCCESS



our heads, and that is never a good thing. We need to give our 100 percent effort and focus in every game and practice one day at a time and just live in the moment.”

With eight seniors on the team this year, along with six juniors and six sophomores, the Bombers are loaded with experience. Pallozzi said she thinks that knowing what it is like to compete for a national title will only benefit this team for another championship run this year.

“We seem a little more focused this year,” Pallozzi said. “I think going there and competing and finishing around three or four was an eye-opening experience for the team because I always tell them you can beat anyone on our schedule, you just have to show up and play the game at our level.”

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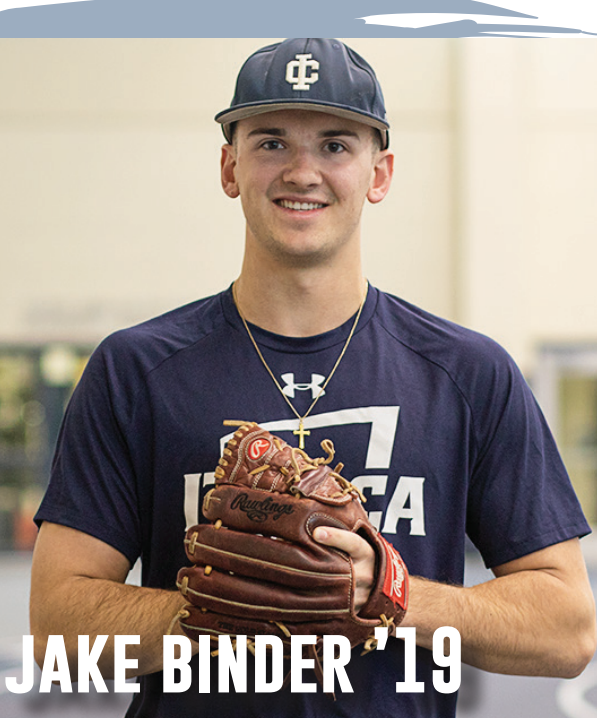
RETURNERS SEEK REGIONAL VICTORY

BY MIKAYLA ROVENOLT
STAFF WRITER

The Ithaca College baseball team is looking for another successful season after obtaining a 30–17 record and reaching the NCAA Division III New York Regional Tournament in Spring 2018.

The Bombers were able to reach the NCAA tournament last spring by winning their fourth straight Empire 8 Championship. They are the only team at the college that is still in the Empire 8. The Bombers graduated three senior pitchers — Jack Morello ’18, Chris Marinaccio ’18 and Robby Buffis ’18 — who threw 119 combined innings last season. They also lost captain Domenic Boresta, who started in left field and hit .294 with three home runs. However, the 13 seniors on the roster will help stabilize the team moving into the 2019 season.

George Valesente ’66 will be returning as the head coach for



the Bombers for his 41st season. Last season, Valesente recorded his 1,100th win as a coach May 5, 2018.

“This year has 13 seniors, and that makes a difference on a team because they are really committed and focused,” Valesente said. “They’re a very competitive group that has experienced two years of regional play where we lost [in the regionals], and they’re determined to not let that happen again.”

One of the returning starters is junior Andrew Bailey, pitcher and first baseman. Bailey is coming back from a season in which he started 45 out of the 46 games he appeared in for the Bombers and had a .289 batting average.

“What I’m looking forward to most is playing this final season with the same guys I’ve played with these last four years,” Bailey said. “There are a few key players from last year that are going to be missed, but I trust that some of the young guys will step up to fill those roles.”

Senior pitcher Jake Binder agreed with Bailey and said the veterans need to set the standard and create the team culture for the underclassmen.

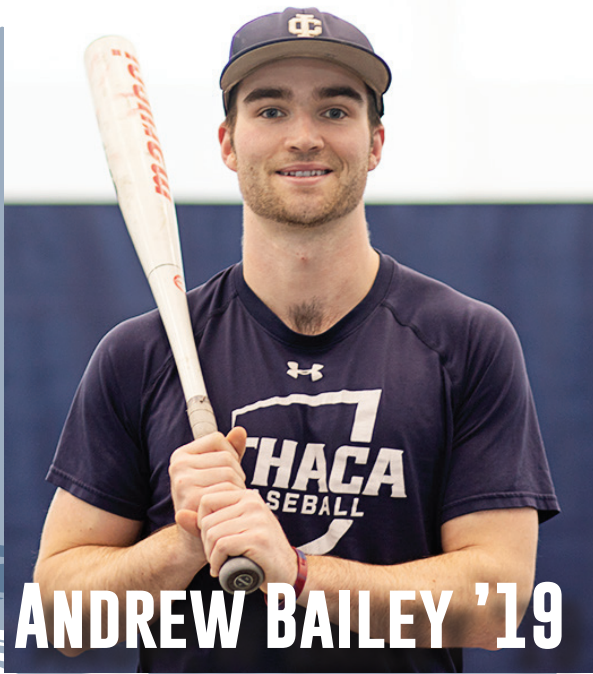
Others returning to the Blue and Gold’s roster are seniors Adam Gallagher, Christian Lalomia, Matt Eiel and Emmett Dunn. Lalomia is coming into this season with a record of pitching scoreless innings with multiple strikeouts. Binder was named Empire 8 First-Team All-Conference with a 3.36 ERA, while Eiel was also named Empire 8 First-Team All-Conference with an ERA of 4.38. Dunn was named to last season’s Empire 8 All-Tournament Team with a 5.18 ERA on the season.

Also on for another season is starting pitcher Tyler Hill, a graduate student with a 3.59 ERA. Hill, who was a captain last year as a senior, was able to come back as a result of redshirting his junior season, during which he suffered a season-ending injury before play began. Collegiate athletes are granted four years of eligibility once they are officially enrolled, but when athletes redshirt a season or refrain from playing, they do not lose the year of play.

“It’s a huge bonus that we get our captain and starting pitcher back from last year,” Bailey said. “[Tyler] had a large presence on the team last year, and we know he will be a huge part of our season this year.”

Coming back from success at regionals last season, the Bombers and Valesente are looking to take their success to the next level. The ultimate goal is to continue playing well into June and

BASEBALL



PHOTOS BY MAXINE HANSFORD

win the College World Series.

“We’re all getting anxious to play,” junior catcher Chris Dietz said. “We’ve been working indoors for so long, and we’re seeing improvement. Now we just want to see that moved onto the field.”

Dietz is one of three returning catchers on the team and will compete with Gallagher, junior Andrew Wollner and sophomore Sam Kinum for the job. Having more than one strong catcher is crucial because the Bombers play many doubleheaders throughout the season, and catching 18 innings in one day is grueling.

The Blue and Gold had their first series against Virginia Wesleyan College canceled due to weather, but they will now be kicking off the season against SUNY New Paltz at 10 a.m. March 2 in Winchester, Virginia.

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AIMING TO IMPROVE IN DOUBLES PLAY



MINOS
STAVRAKAS '20

BY JACK MURRAY
SPORTS EDITOR

When the Ithaca College men's tennis team finished its fall portion of the season in September, its main focus was on improving its doubles play.

The Bombers went 6–10 during their first season in the Liberty League. This was the team's first losing campaign since the 2012–13 season. One of the areas that the Blue and Gold struggled with was their doubles portions of the match. This is important because the doubles games are the first three games of the match, so going into a 3–0 hole puts the team in a tough situation heading into singles play.

Senior captain Sam McGrath said that if the team can improve its doubles play, he anticipates that the team will be able to be much more successful in the spring season.

"The doubles points are so important," McGrath said. "We have

three doubles matches at the beginning of each match, which are followed by six singles matches. Carrying momentum from doubles is huge. We didn't have a lot of scenarios last year where we won all three doubles matches, and a lot of teams beat us in all three doubles matches."

The fall portion of the season consisted of five tournaments of individual play. The matches did not impact the team's record, instead serving as an opportunity for the players to develop chemistry with one another and show improvement from last season. Head coach Bill Austin said the fall portion of the season is crucial because it helps him figure out what the lineup should be when the league season starts in the spring.

"The fall really gives us a good opportunity to get a lot of match play in that's not necessarily dual matches," Austin said. "The nice thing about our sport is that we can split up our 19 weeks. The match play gives us an opportunity to get a better bearing on where the lineup may start, come February, as we transition into the dual matches."

Junior Minos Stavrakas, who is the Bombers' top singles player and went 7–1 in the Liberty League during his sophomore season, said he noticed an increased desire from his teammates to work out off the court.

"The whole team seemed more engaged during the offseason," Stavrakas said. "People were hitting the gym a lot more, and we had the courts available to us more than in other years."

Austin said the offseason commitment he saw from the team allowed for quicker advancement during offseason training, as less time was needed to get the players in shape before the season.

"They did a lot of offseason work," Austin said. "The captains did a great job of continuing what we did in the fall, so as we got into February, it wasn't like we were starting from scratch."

The team will be heading to Orlando, Florida, for its spring break trip and will be taking on several high-quality opponents. It will face teams like Bentley University and Bloomsburg University, which are both Division II teams, as well as Wesleyan University, which is currently ranked No. 12 in Division III. Stavrakas said that playing these matches shows how strong of a program the college has.

"The fact that good teams want to play us shows that they value us in some way," Stavrakas said. "They saw something good enough, and they want to play with us."

MEN'S TENNIS

After the trip, the team will head into a stretch where it faces Hobart College, Vassar College and the Rochester Institute of Technology over a span of six days. From there, the Bombers will continue their Liberty League slate and cap it when they face the Rensselaer Polytechnic Institute, the defending league champion. Stavrakas said the Hobart and RPI matches will be notable.

McGrath said that though his competitive tennis career is nearing its end, he is excited to see how far this team can go and what kind of hardware it could potentially bring back to South Hill.

"I want to win playoffs," McGrath said. "As a senior, going out like that would be huge. I am aware of how tough it will be, and while it may be a 'rebuilding' year for us, I don't see it that way."

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SAM MCGRATH '19

PHOTOS BY SABRINA CHANG

WOMEN'S TENNIS



BRIANNA RUBACK '20

BY JACK MURRAY
SPORTS EDITOR

While many spring sports teams at Ithaca College are finalizing rosters for the start of their seasons, the women's tennis team is putting its whole focus on staying healthy, as one injury could end its season.

There are currently six players on the team, a number that is the minimum allowed by the NCAA. This is because there are a total of six singles games per match, along with three doubles games. Any fewer than that would result in not having enough players to complete a match.

While having the minimum amount of players is not ideal, it is not an insurmountable issue. Last season, the Bombers had only eight players for the majority of the season after a rotator cuff injury to then-sophomore Jane Alkhazov ended her season in February. Now healthy, Alkhazov said that avoiding injury is her main concern.

Senior captain Kathryn Shaffer said that because the small roster did not affect them that much last season, she doesn't see it

affecting them this season either.

The Bombers had a down season last year and finished with a 4–11 record. This marked the first time since the 2004–05 season that the Bombers finished below 0.500. 2017–18 was also the Blue and Gold's first season in the Liberty League. They had won 13 straight Empire 8 Championships before the switch. Shaffer said that despite the difficulties the team faced in the Liberty League, the players are happy they are playing against higher competition.

"I really think we have to take it match by match," Shaffer said. "The Empire 8 was really easy; there wasn't a lot of competition. I really enjoy playing in the Liberty League"

In addition to Alkhazov and Shaffer, the team consists of senior captain Caroline Dunn, junior Brianna Ruback, sophomore Sara Steinberg and freshman Rel Klein. Head coach Bill Austin said the balance in grade level allows for the team to be more cohesive.

"We want to try to keep everyone healthy," Austin said. "We have a pretty good balance with Kathryn and Caroline as the seniors, Bri and Jane as our juniors, Sara is a sophomore and Rel is a freshman."

Klein is the lone freshman player on the team. Alkhazov said Klein's attitude toward training has stood out, and she has already seen improvement in Klein's game.

"She didn't know where to fit in at first," Alkhazov said. "She was feeling it out, but she's been putting in so much extra work — she's going to private lessons, and she's changing her mindset. I'm happy to see that everything she was doing in the fall is translating now into preseason and then the spring."

To combat the small roster, the team has focused on conditioning. Shaffer said the difference between winning and losing a match can come down to whoever is in better shape, and with such a small team, being in better physical shape is the key to having success.

The team trains on the indoor tennis courts in Glazer Arena. While the courts are sufficient, they have a different surface than most indoor tennis courts. Other indoor tennis courts are strictly built for tennis, but the indoor courts at the college are in an arena built for track and field. As a result of this, the Bombers practice on a surface that is slower than what their opponents are training on. Austin said the different surface allows the Bombers to focus on grinding out points as opposed to overpowering their opponents.

"We always like to play outside, but it's a little difficult in

FINDING ITS FOOTING IN LEAGUE MATCHES

February," Austin said. "The great aspect of Glazer is that the surface here is slower, so it allows work on good point construction. There are some indoor facilities where the surface is so fast that you are working more on power, and you don't play that many matches on surfaces like that."

Shaffer said that even though the reality that this will be her final season of collegiate tennis is slowly settling in, she is looking forward to seeing what the team will accomplish.

"It's very exciting," Shaffer said. "I have been playing tennis for a while now, so it's kind of interesting to think that this is my last time that I will really be competing. I'm definitely looking forward to it and hope we have a really successful season."

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JANE ALKHAZOV '20

PHOTOS BY SABRINA CHANG

MEN'S LACROSSE

WOMEN'S LACROSSE

AIMING TO MAKE A PLAYOFF RUN

WORKING TO BREAK THE TREND



PHOTOS BY CONNOR LANGE

BY TY CUNNINGTON
STAFF WRITER

After its inaugural season in the Liberty League and having advanced to the second round of the conference playoffs last season, the men's lacrosse team is poised to make another run toward postseason.

The Bombers have strong leadership across the offense and defense, but a handful of holes left by graduated seniors leave some questions about the strength of their starting lineup. On offense, the Blue and Gold graduated attackman Jake Cotton '18, who ended his college career with 102 goals and 233 points, making him the player with the third most points in the men's lacrosse program overall. Senior captain Sean Seaberg said that although Cotton's shoes will be hard to fill, there is plenty of competition for the spot.

"We have [sophomore] Kyle Johnson, [junior] Dan Lee and [senior] Owen Smith," Seaberg said. "Kyle is coming off a torn ACL last year and has had a great year so far. Owen is coming off an injury as well and has just returned back to practice. Despite the recent change from midfield to attack, he has looked very good in practice. Dan played a smaller role last year but came up big for us when called upon."

The Bombers' attack line also contains returning sophomore Connor Brumfield. Brumfield had an outstanding freshman campaign, leading the team in points with 56. Junior Ryan Oszvath is also returning. Oszvath stepped right into the starting lineup in 2018 after transferring from Stony Brook University.

In the midfield, the South Hill squad retained its three starters. However, the second string suffered heavily after graduation and will likely see some new faces.

"We'll need players like [sophomore] Connor Till, [sophomore] Dillon Fitzpatrick, [junior] Matt Montgomery and [junior] Kevin Enos to step up and make an impact this year," Seaberg said.

Midfielder Dillon Fitzpatrick saw the most action of the bunch last season, notching nine goals and two assists as well as seven ground balls in the 16 games he appeared in last season. Midfielder Connor Till saw time in 13 games last season, picking up 14 ground balls in addition to taking a small portion of face-offs for the South Hill squad. Fellow midfielders Matt Montgomery and Kevin Enos played in 14 games and nine games respectively, collecting nine ground balls between them. With another year under their belts since coming in as freshmen, both Till and Fitzpatrick should be more comfortable in the Bombers' offense, while Montgomery and Enos can use their experience and knowledge to their advantage on the field.

On the defensive end, the Bombers finished 2018 as one of the best units on paper in Division III. The team racked up 268 caused turnovers, making it third best in the country, and collected 762 ground balls, ranking them as eighth in the nation. However, the Blue and Gold lost close-defenders Winston Wenham '18 and Keith Morrissey '18 and will need to find replacements.

"Jake Hall-Goldman will definitely step up to fill in the big shoes left by Winston and

Keith," junior captain Aaron McCartney said. "He's one of the hardest-working players I've ever played with, and he's more than ready for his new role."

Senior midfielder Brendan King said the defense is striving to come together this year to be even better.

"Communication has been a huge emphasis this year," he said. "Continuing from last year is a huge part of what we are striving for — taking the positives from last year and just working on the little things like communication, being in the right position to defend and taking away top side."

Junior goaltender Robby Atwood will be on the other end of all shots that get past the defense. Atwood enjoyed a stellar 2018 campaign as a sophomore, stopping 52 percent of shots and allowing 8.51 goals per game.

King will man the midfield line along with senior teammates Josh Della Puca and Conner Crosson, making a trio that will be able to dominate opposing defenses. However, King said he believes the talent spans across the board.

"This offense will be lethal this year," he said. "We are really putting together the pieces each day at practice, and it has really been coming together. The new shot clock will play into our favor on defense and especially offense. We are a run-and-gun team, and we like to attack the cage as quickly as possible. Therefore, our scoring numbers should be very high this year, especially with the scoring power that we have in some of our players."

One of the weaknesses of the Bombers' of-

fense last season was their man-up efficiency. They scored only 10 goals on 42 opportunities. Man-up possessions are a crucial opportunity for the offense to capitalize because a defensive player will be missing due to a penalty. King said that this year, the Bombers are focusing on keeping their plays simpler.

"We have looked to limit our turnovers when man-up," he said. "Last year, we took a lot of risks in order to score points on man-up, and clearly that didn't work out well. This year, we plan to keep it simple and let the ball do the work."

In order to score at all, the South Hill squad will need the ball first, and the Bombers' face-off man Steven Landsburg '18 graduated in May leaving a big question mark at the face-off X.

According to head coach Jeff Long, freshman Cameron MacNicol and transfer sophomore Matt Pagliaro will attempt earn some extra possessions for the Blue and Gold as they traverse the talented Liberty League conference and embark on a tough road schedule that features Rochester Institute of Technology, Cabrini College, Union College and others.

With some adjustments to the lineups but still lots of experience on board, the Blue and Gold are looking forward to what could be a promising season. The Bombers open the season at 3:30 p.m. Feb. 27 at Higgins Stadium, where they'll host the Lycoming Warriors in a nonleague matchup.

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BY EMILY ADAMS
ASSISTANT SPORTS EDITOR

The No. 19 Ithaca College women's lacrosse team is looking to reinvent its offense and develop its defense to redeem its loss last season in the Liberty League final. With a new assistant coach and plenty of young talent, the Bombers are chasing their first conference championship since 2008.

The Blue and Gold have found themselves in an unfortunate pattern of losses in conference title games. During 2010–16, they played in every Empire 8 Championship and lost every time. In 2017, they were taken out in the Empire 8 semifinals. When they switched to the Liberty League, the trend followed them. After tying for first in the Liberty League in regular-season competition, the Bombers lost to then-No. 16 William Smith College in the championship game.

New assistant coach Kayla Minner brings a fresh dynamic to the South Hill squad's offense, which will give it an edge this season. Minner competed 2009–13 at Division II Mercyhurst University and previously served as assistant coach at Division I Winthrop College. Head coach Karrie Moore said she is hopeful that the new energy brought by Minner will help break the team's curse.

"It's fun for our team to move things around," Moore said. "I've been coaching the offense, so it's nice to switch things up and keep them fresh. She has really awesome insight, and I think our

team is really taking advantage of that."

Senior captain Allie Panara said she is excited about Minner's role in strengthening the team's attack.

"She has brought in some new drills and offensive sets that we're looking forward to using during the season," Panara said. "She has integrated really well into our team culture and will be a big asset."

Panara, a returning captain from 2018, will also be critical to a strong offense for the Blue and Gold this spring. She lead last year's squad in assists with 52, and she was third for goals scored, notching 39. She was named a Liberty League Offensive Player of the Year and selected to the IWLCIA All-Empire Region First Team. Panara said consistency will be her focus in competitions this season.

"Our biggest challenge will be our ability to perform consistently," she said. "It's something we've struggled with year to year, and this is going to be the year we are a consistent team. We have a great group of players that love the sport and love each other. Our motivation to perform to our highest potential is something this group values."

The team returns its entire starting attack and midfield this year, another factor that bodes well for the offense. Senior attacker Elizabeth Rice had a breakout season in 2018. She scored only five goals as a sophomore, then led the team in scoring during her junior campaign with 67 goals and 15 assists. Junior Bailey Herr,

who had 46 goals last season, will also be a key scorer for the Bombers.

Sophomore midfielder Jacqui Hallack will be a force for the squad in the center of the field. She was named Liberty League Rookie of the Year in 2018, starting in all 19 games as a freshman and scoring 36 goals. Defensively, she recorded 17 ground balls and caused six turnovers.

Graduation hit the Blue and Gold's defensive line hard. Last season, defender Molly Long '18 was named to the IWLCIA All-Empire Region First Team and was awarded Liberty League Defensive Player of the Year. Defender Elizabeth Sauer '18 was also named to the IWLCIA All-Empire Region First Team and had a team high of 54 ground balls. Moore said that although the pair was a major loss, the team is ready to fill their shoes.

"We lost some veterans out of our defense, so I think we'll be growing on the defensive end, but we also have plenty of people coming back," Moore said. "I don't think it's going to be a rebuilding year, but we do have players who will be stepping into more important roles."

Junior Reid Simoncini will be a strong defensive leader for the Bombers this year. Simoncini was awarded All-Liberty League Honorable Mention and notched 38 ground balls as well as 19 forced turnovers in 2018. Simoncini said it will be critical for the team to develop chemistry among the defenders, as most of them haven't worked together before.

"We have a big number of defenders, so we haven't really figured out who's going to play together and what process we're going to go with," Simoncini said. "I think just coming together and communicating and making sure everyone knows each other's strengths and is backing each other up is the goal."

Last year's starting goalkeeper, Kimberly Presuto, also graduated in 2018 after being named to the All-Liberty League and All-Empire Region First Teams. Sophomore goalkeeper Mackenzie Schade will take her place. Schade appeared in just two games last season, so she will be an athlete to watch as she attempts to adapt to her new leadership role on the field.

Coming into the regular season, Moore said the team is focused on strengthening its fundamentals. She said she is excited about the potential that the team has shown during the preseason.

"We have plenty that we need to improve on, but I do think the things that we stress — more of the culture things — I think we're on a really good road with those things, and the details will follow," Moore said. "I feel really good about where we are with our hustle and work ethic."

The Bombers open their season against former Empire 8 foe Nazareth College at noon Feb. 23 in Rochester, New York.

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MEN'S TRACK & FIELD

BY ARIEL DOWDY
STAFF WRITER

The Ithaca College men's outdoor track and field team ended its last season on a high and plans to continue its momentum following the winter season.

The Blue and Gold finished third in their first outdoor Liberty League Championship meet last year. They also placed seventh in the All-Atlantic Region Track & Field Conference Championships and had four team members honored by the United States Track & Field and Cross Country Coaches Association.

The South Hill squad graduated eight seniors in 2018 but still has an experienced team coming back this season. It has also added 22 freshmen to the roster. Head coach Jim Nichols said he believes that the current group is strong and that the freshmen can do what is needed to get the job done.

"You improve through your current returning athletes getting better because they're older and stronger and more experienced,"



JAKOB
MARKWARDT '19

PHOTOS BY JULIA CHERRUAULT

Nichols said. "And you improve through recruiting and getting new incoming freshmen that can help and assist the program."

The freshman class is already showing its strength in the indoor season, as two athletes have already set school records. Freshman pole vaulter Dominic Mikula broke the college's pole vault record with a vault of 4.72 meters Dec. 7 against SUNY Cortland, then shattered his own record by clearing 4.80 meters at the Utica College Pioneer Open on Jan. 26. Fellow freshman Dan Monchek broke the 60-meter hurdles record with a time of 8.51 seconds Dec. 7 against Cortland.

The returning athletes have potential as well. Junior Dan Harden-Marshall has also had a record-breaking indoor season that bodes well for the spring. Harden-Marshall set the 200-meter dash record with a time of 21.86 seconds Jan. 26 at the John Thomas Terrier Classic in Boston. He also ran 34.99 seconds to break the 300-meter dash record Dec. 1 at the Greg Page Relays at Cornell University.

Senior co-captain Jake Dombek has struggled with injuries during the past two years but has been a strong performer for the Bombers during the winter, posting a collegiate best in the 60-meter dash. Dombek said he hopes to maintain his health during the spring so he can continue to contribute.

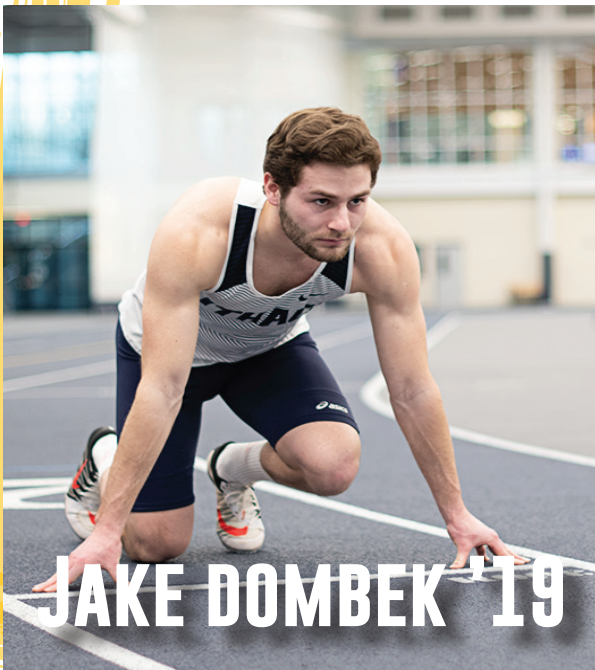
"For me, personally, I'm just trying to stay healthy and be a good motivator for the team," Dombek said. "The past two years, I have torn both my hamstrings, so I'm just trying to get through the season."

Nichols said he plans to push the team to success in the championship meets at the end of the spring. He said he plans the team's training for the season around these races so that it will be at its best when it counts.

"We tend to peak near the end of the season, so we want to try and do well at the Penn relays," Nichols said. "We want to try and do well as we get to the conference — the Liberty League conference in early May and then All-Atlantic Regional Championship right after finals in the middle of May. Hopefully, we'll have five or six people that will be at the national championship."

The senior class will continue to take on a strong leadership role for the younger athletes as the team transitions from indoor to outdoor. Senior pole vaulter Jakob Markwardt said the 14 seniors have focused on unifying the group.

LEADERSHIP IS KEY FOR TEAM SUCCESS



JAKE DOMBEK '19

"We've got a pretty big senior class, so we've been trying to really focus on the team aspect and supporting each other," Markwardt said. "That's sort of the biggest thing, at least, the seniors are kind of invested in — just making sure we are all there to support each other."

Dombek hopes to pass on his knowledge to the underclassmen during his final season so that the team will continue to succeed after his graduation at the end of this year.

"When I was a freshman, I really didn't know what to expect, but, luckily, we had some really great senior leadership," Dombek said. "My goal has always been to take that leadership and kind of apply it every year down to the younger guys."

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AIMING TO CONQUER CHAMPIONSHIP MEET

BY LAUREN WHITE AND AUDREY GAMBLE
CONTRIBUTING WRITER AND STAFF WRITER

After successfully defending its Liberty League title for indoor track and field Feb. 24, the Ithaca College women's track and field team is gearing up for its outdoor portion of the season.

After hosting eight meets for the indoor winter season at the Athletics and Events Center, the Bombers will be participating in all away meets for the spring portion of the season. They will be traveling to New Jersey, Pennsylvania, Maryland and other facilities in New York state.

The Bombers will have the same core that they had for the winter season, and numerous freshmen, including sprinter Logan Bruce and pole vaulter Meghan Matheny, will be trying to replicate their indoor successes for the outdoor season.

Head coach Jennifer Potter said she has been extremely happy with how the freshmen are performing, and she said they have not had a difficult learning curve.

"I'm really excited," Potter said. "The freshmen have really



KENDALL
WELLAUER '19

WOMEN'S TRACK & FIELD

brought a lot to the table, and they're meshing really well with the returners."

Junior thrower Kendall Wellauer made an impressive showing in the field for the Bombers throughout the 2018 spring season. Wellauer placed sixth in the hammer throw at the Liberty League Championships in May 2018, and she also held top-10 finishes in shot put and discus throw as well.

Wellauer said she is hopeful that the women's team will finish with another impressive performance in the championships.

"We have a really good group of freshmen coming in, and with the strong suit we had last year, I think we can do it again, if not better," Wellauer said. "We've been working really hard — our workouts have been hard; our lifts have been heavy."

Not only is the team planning on holding onto its Liberty League title, but the Bombers are looking forward to a strong representation at the NCAA Championship meet as well.

"The biggest goal that the team regularly shares is to try to get as many people to go to nationals as possible," Wellauer said. "It is a huge accomplishment to qualify for nationals."

The team has a goal program in which the athletes create long-term goals, as well as smaller goals, for themselves that they aim to achieve throughout the two seasons. Wellauer said this was developed by their sports psychologists and implemented into weekly meetings between event groups and the whole team.

"It's kind of neat because you each do it individually and then you share it as a group," Wellauer said.

The pole vaulting section of the team has been a stalwart during recent years, but losing Katherine Pitman '18, who was named to the United States Track and Field and Cross Country Coaches Association All-Region team last year, has been difficult. Potter said assistant coach Matt Scheffler has done a great job developing this year's pole vaulters.

"We have a very good vault coach," Potter said. "He developed Kat Pitman into a national champion. We attract good vaulters because we have a good vault coach."

Potter said junior runner Sarah Rudge has also had a strong year. Rudge won the 800-meter run at the Indoor Liberty League Championships on Feb. 22.

"The one person that's really had a breakout year is Sarah Rudge," Potter said. "She's in a totally different spot than she was a year ago, both physically and mentally."

Sophomore pole vaulter Julia Nomberg said the winter



BRITNEY SWARTHOUT '19

PHOTOS BY KRISTEN HARRISON

season's success should translate into the team's peaking in its spring season.

"The entire team is looking really strong going into spring season," Nomberg said. "As winter season came to a close, everyone started to put things together. We all have been pushing ourselves, and I think that is going to show in the spring."

Potter said that this year's team has been a pleasure to coach and that she is looking forward to seeing what it can do in the spring portion of its season.

"They're hardworking and super fun to coach," Potter said. "I'm excited to have the opportunity to work with them every day and see them grow as people and as athletes and see where it takes us."

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AIMING FOR PODIUM AT NATIONAL MEET



SAVANNAH BRIJA '19

BY ANNA HARRIS
STAFF WRITER

When the Ithaca College women's rowing team's boats hit the water this spring, it will attempt to compete with the best that Division III has to offer. After a strong 2018 season, the team is excited about its potential for 2019.

Spring 2018 was the Blue and Gold's first season in the Liberty League, but they were dominant throughout. They went on to take first at the league championships. The third-ranked Bombers then won the New York State Championships, qualifying for NCAA Division III Championships only a day later.

The Blue and Gold finished fourth as a team at the NCAA National Championships. Their first Varsity 8 boat placed second, only four seconds behind the champions, Bates College.

Head coach Becky Robinson said that although the team performed well last season, there is still room for improvement. She hopes the team will continue being successful and exceed last year's results.

"Every year, the goal is to do even better than last season," Robinson said. "So, for this season, that means fourth or better at the NCAA Championships."

The team had four different competitions in the fall and will compete against more than 12 different colleges over the course of the spring season. The Knecht Cup, a two-day regatta held April 13 on the Cooper River in Cherry Hill, New Jersey, is a new competition added to the Bombers' schedule this year. The Knecht Cup simulates the NCAA Championships, according to Robinson. The event used to be just a dual race but now includes different heats, semifinals and a final to mimic the structure of the championships.

"I'm really excited for it," Robinson said. "It's a new event with Division I teams whose speed we want to match."

The South Hill squad graduated 12 seniors after last season, four of whom were a part of the Varsity 8 boat at nationals. Seven new seniors, including captains Savannah Brija and Greta O'Hara, have stepped up to fill their spots. According to O'Hara, the team is young, hungry and excited.

"We're a lot faster than we think we are, even though it's still early," she said.

Two freshmen, Dania Bogdanovic and Eliza Worth, will be members of the varsity team this season. The novice squad has also earned 17 new members from all over the country. Athletes hail from as far as Oregon, Colorado, California and Wisconsin.

"I love the freshmen this year — they're eager," Brija said. "Varsity feeds off the novice energy; they keep us excited and competitive all season long. They keep us grandmas young."

Although the Bombers are still in their preseason training, O'Hara said she has already noticed the difference in the team's drive.

"We haven't even hit the water yet, and I can tell that our energy levels, strength and willingness are already up," O'Hara said.

The biggest difference this season, according to Brija, is how the team stacks up against the competition this year.

WOMEN'S CREW

Even though the competition has gotten tougher, the Bombers are still ready, coming off of last season's success.

"We're not the underdogs anymore," Brija said. "People know our names now."

Because the team won both the Liberty League and the New York State Championships and placed at nationals, the team has even greater goals this season than it had before.

"We have high standards for ourselves," said O'Hara. "Having a season like we did last year only raises those standards."

The varsity women's rowing team will attempt to start off its season strong March 30 at the Cayuga Duals on the Cayuga Lake Inlet.

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GRETA O'HARA '19

PHOTOS BY SAM FULLER

MEN'S CREW



ERIC STAMER '19

BY WILLY WRIGHT
STAFF WRITER

The Ithaca College men's rowing team plans to break through this year as one of the best teams in the state and nation by developing returning athletes and improving its young core.

In the 2017–18 season, the Varsity 8 boat placed fourth in the New York State Championships. At the Liberty League Championships, it placed second overall. After graduating just two seniors last year and having only one on the current roster, the Bombers are looking to improve on their results from 2017–18.

Six of the eight members of the Bombers' Varsity 8 boat are returning and will be competing together again this year. Senior captain Eric Stamer said he is excited to have a lot of returning rowers.

"In the past, we haven't really had a lot of returners in the same boat, so the lineups are constantly changing," Stamer said. "So it's good we'll be able to build on that."

Junior Hunter Flamm said that with many returners, the team members' chemistry and trust in one another will improve. He

believes the team's spring break training trip to Lake Lanier, Georgia, will be crucial.

"We want to try and forge really strong bonds going into our spring break training trip and over the winter months when we're training inside," Flamm said. "When we get on the water in March, we're a really cohesive unit and can carry that over into racing season."

Head coach Dan Robinson said the recent small senior classes have prevented the Bombers from having good depth. Similar to last year — when 28 of 32 rowers were underclassmen — this year 24 of the 33 rowers are underclassmen.

Flamm said that although the team has a small number of upperclassmen, there is still strong leadership within it.

"I think the younger guys looking up to not as many upperclassmen doesn't really change how they look up to them," Flamm said. "If anything it magnifies it a little bit because, as Eric being the only senior, what he says carries a lot of weight. The same is for some of the juniors now, as we're starting to get older. We seem to be starting to occupy that position of leadership as well."

Robinson said the main focus for this year will be exceeding results from last year at all races.

"The last couple of years, our goal has been growth because our roster had dipped," Robinson said. "Most of our top guys in our varsity boat are back. This year it's more about improvement."

Flamm said the returners on the team are very eager for the upcoming spring based on previous races.

"The sophomores are very motivated to continue achieving high results," Flamm said. "A lot of upperclassmen and returners that were disappointed how last season went are also very highly motivated to flip those results this spring."

Stamer said the team's mindset this year is about going the extra mile.

"This year, a lot of people have been mentioning they've been eager to do more work than necessary," Stamer said. "We try to incorporate it, even if it's just an extra body circuit at the end of a workout."

Robinson said New York State Championships and National Invitational Rowing Championships are the two races that the team gears their entire season towards.

"Our two big races are at the end of the year," he said. "Our championship race is called the National Invitational. That's our goal. Get there and do well. Make the finals. Our goal is to get to the final in that and win a New York state title

RETURNING SQUAD SEEKS IMPROVEMENT

the week before."

Crew is one of two varsity sports at Ithaca College that does not have an NCAA Championship, the other being gymnastics. For rowing, the 2019 National Invitational will be held May 12 in Saratoga Springs, New York. The top six teams make the finals, and the top three earn medals. Division I schools like Boston College compete in the race alongside Division III teams like the Bombers.

The South Hill squad kicks off its season with the Cayuga Duals at 8 a.m. March 30 at the Cayuga Lake Inlet.

"We've gotten faster every year in terms of our averages on the rowing machines as a team, and guys continue to do things that they thought they couldn't do," Flamm said. "They prove themselves wrong."

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HUNTER FLAMM '20

PHOTOS BY SAM FULLER

GOLF

BY THAD HAYFORD
STAFF WRITER

Head coach Keith Batson enjoyed a successful first season at the helm of the Bombers’ golf team in 2018, but losing the majority of his team to graduation has changed the dynamic of this year’s squad.

Despite this, Batson said he is ready to rebuild with a young group of athletes who are ready to take on the challenge of filling the shoes of the Class of 2018. The Bombers finished first in three of their nine invitationals in the 2018 season and achieved a second-place finish in the Liberty League Championship. They were led by Kyra Denish ’18, Indiana Jones ’18 and Lauren Saylor ’18. However, for the 2019 season, the Bombers have no seniors and only one junior on the roster.

Peyton Greco, the team’s lone junior, has had to adjust to her new position as a leader. During her freshman year, the team was made up mostly of juniors and seniors.



SOPHIA ISRAEL '21

While her role is new to her, Greco is attempting to embrace it.

“It’s definitely different being the only upperclassman on the team,” Greco said. “That said, I’m the captain this year. I think I have the ability to really set the tone for the entire team and help everyone improve both individually and collectively as a team.”

Batson also said he sees Greco as a capable leader for the Bombers this season.

“Our junior and captain Peyton Greco struggled her freshman year but saw a six-shot difference in her stroke average from freshman to sophomore year,” Batson said. “I lean on her a lot to show leadership and guide the underclassmen.”

With so few older athletes, the Blue and Gold will require some leadership from their underclassmen. Sophomore Sophia Israel said she is doing her best to provide a veteran presence in only her second season with the team.

“It certainly was a big adjustment from last year,” Israel said. “As one of the older people on the team, it was quite the adjustment for myself to step into that leadership role, but I was very open and excited about that.”

Having a strong core of seniors led to a successful first season at the college for Batson. With so many changes in his second season, he has a different mentality.

“We knew, going into this year, that we were not going to have the same type of year this year,” Batson said. “Our goal was to improve day by day and week by week. Improvement in golf is so hard to see in the short term, but when you look back after a few months, you can see it.”

The golf team also competes at the beginning of the fall season. In the fall, it posted top-five finishes as a team in four of its six invitationals. Batson is optimistic about the future of the program.

“We are hoping to have a solid spring and finish this season on an upward trend and come back next fall a much more experienced team with a few fresh faces,” Batson said.

An important part of the South Hill squad’s spring training is its annual spring break trip to Port Saint Lucie, Florida. Ithaca’s notoriously snowy springs don’t always provide the best practice ground for golfers.

“Spring break is vital for us as golfers since it’s very rare for us to actually go outside and practice,” Israel said. “We have a great opportunity to go down to Florida to help kickstart our season.”

According to Israel, the trip to Florida improves the

LONE JUNIOR KEEPS SQUAD ON COURSE



PEYTON GRECO '20

PHOTOS BY JACKIE MARUSIAK

team’s skills on the course while also serving as a great team-building activity.

“Individually, this is the first real test to see if our offseason work pays off,” Israel said. “Teamwise, trips like these are crucial for team bonding.”

The future is bright for the Bombers because their underclassmen majority means this squad will be together for several years. However, success is not only about the current members of the team.

“It’s all about recruiting,” Batson said. “We want to bring in a particular type of student-athlete. They have to love golf and have the drive to get better.”

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Catch all the Bombers’ action on South Hill this spring

- BASEBALL

Freeman Field
- SOFTBALL

Kostrinsky Field
- MEN'S CREW

Cayuga Inlet
- MEN'S LACROSSE

Higgins Stadium
- WOMEN'S TENNIS

Wheeler Tennis Courts
- MEN'S TENNIS

Wheeler Tennis Courts
- WOMEN'S CREW

Cayuga Inlet
- WOMEN'S LACROSSE

Higgins Stadium
- MEN'S TRACK AND FIELD

Cornell University
- WOMEN'S TRACK AND FIELD

Cornell University
- GOLF

Country Club of Ithaca

2018



2019

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					22	23
24	25	26	27	28		
2 p.m. Rochester 10a.m. Rochester						
MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
					Noon SUNY Genesee 3 p.m. SUNY Cortland	
03	04	05	06	07	08	09
10 a.m. St. Lawrence 3 p.m. & 5 p.m. St. Lawrence 10 a.m. St. Lawrence						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
Noon Skidmore		7 p.m. Oneonta 4 p.m. Brockport			1 p.m. Utica 4 p.m. Utica 1 p.m. RPI	
24	25	26	27	28	29	30
	4 p.m. Rochester	4 p.m. St. Lawrence	4 p.m. Hobart	3 p.m. & 5 p.m. John Fisher	1 p.m. & 4 p.m. SUNY Canton 8 a.m. Cayuga Duals 8 a.m. Cayuga Duals 4:30 p.m. Vassar 12:30 p.m. Vassar	
31						
1 p.m. SUNY Canton						

APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02	03	04	05	06
		4 p.m. Oswego 4 p.m. William Smith		4 p.m. Rochester	4 p.m. St. Lawrence	8 a.m. RIT and Rochester 8 a.m. RIT and Rochester 2 p.m. Clarkson 1 p.m. & 3 p.m. St. Lawrence
07	08	09	10	11	12	13
1 p.m. & 3 p.m. Clarkson		4 p.m. SUNY Cortland	4 p.m. Stevens		1 p.m. John Fisher 4 p.m. John Fisher 11 a.m. John Fisher and SUNY Genesee 11 a.m. John Fisher and SUNY Genesee Time TBA Ithaca Invitational 1 p.m. & 3 p.m. Rochester	1 p.m. Bard
14	15	16	17	18	19	20
1 p.m. John Fisher Time TBA Ithaca Invitational 1 p.m. & 3 p.m. Union					11 a.m. RPI 10a.m. RPI	
21	22	23	24	25	26	27
		3:30 p.m. & 5:30 p.m. Cornell	5 p.m. Hamilton	4 p.m. Hamilton		1 p.m. RIT
28	29	30				
2 p.m. Alfred 10 a.m. Big Red Invitational 10a.m. Big Red Invitational						
MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
				4 p.m. Wells		04