

CHASING CHAMPIONSHIPS



RILEY THOMPSON '20

Senior guard Riley Thompson leaps for a layup during a game against Hobart College on Jan. 25, 2019. Thompson has been a captain since his sophomore year.

STRIVING FOR LEAGUE THREE-PEAT

BY ANDREW GABRIEL

The Ithaca College men's indoor track and field team aims to continue its winning streak after consistently strong seasons in the past several years.

The Bombers are hoping to win the indoor Liberty League championship for the third year in a row. Head coach Jim Nichols said he has confidence in the team members' abilities across many events this year.

"We have a lot of returning athletes that are solid in their events," Nichols said. "Our cross-country team is very, very strong this year, so our middle-distance and distance runners should be pretty strong."

Nichols said that it is not easy to earn a place on the team and that the team places emphasis on both talent and work ethic when determining its roster.

"We run a very competitive program, and they understand that," he said. "You have to earn the right to be part of our program, and you better be a competitor."

Sophomore pole vaulter Dom Mikula is coming off a seventh-place finish in the 2019 NCAA Division III Outdoor Track and Field Championships in the pole vault event last year. He also set a school indoor track record in the pole vault with a height of 4.80 meters last year. He said his goal is to focus on making improvements.

"We're going to take this season as it comes, continue to keep growing and working hard and working toward getting the best we can possibly be," Mikula said.

Mikula said he wants to continue setting personal bests and maintain his presence at national competitions.

"I want to break the 5-meter mark, which is a pretty big mark," Mikula said. "[I] definitely want to make it to nationals for the remainder of my collegiate career. Also trying to get another All-American, hopefully, national championship by the end of my senior year."

Nichols said strong experienced athletes will be leaders on a young short-sprint squad.

"We've got a good group of senior sprinters with Chris Yeates and Sean Reardon," he said. "We also have a group of freshman sprinters that I haven't seen but, on paper, should be should be solid for us."

Yeates was named to the Liberty League Outdoor First-Team in the 4x100 relay last year. He also placed seventh in the 60-meter dash at the Liberty League Indoor Track and Field Championships and set a personal best of 7.10 seconds in the event at the All-Atlantic Region Track and Field Conference Indoor Championships last season. He said he has aspirations for success, both for the team and as an individual.

"I would definitely love to win Liberty League as a team," he said. "My personal goal is to try and get a [7-second time] in the [60-meter dash]."

Senior Rob Greenwald, high-jumper and heptathlon competitor, placed first in the high jump last season at the Liberty League Indoor Track and Field Championships and has a personal record of 1.93 meters in the high jump. He said he also intends on breaking milestone marks in high jump and performing well as a team.

"My main goals for this year would be to hit 6' 6" in the high jump and have a good season in the heptathlon," he said. "I want to try to qualify for All-Atlantics, and then win Liberty League as a team."

Yeates and Greenwald both said they recognize their responsibilities as veterans of the program. Yeates said he plans to echo the leadership skills taught to him from past senior team members.

"I've been on the team since freshman year, so I've learned a lot from our past leaders," he said. "You gotta keep up the attitude. Don't let anyone else get down on themselves. Always try to hype everyone up so they can be to their best ability."

Nichols said he is confident in not only the freshman team members he scouted for this year but the team as a whole.

"I think we recruited a lot of really good competitors, and I think we have a lot of returning athletes that are competitors that want to stay on the team, want to be part of the team, want to be here, and those that don't aren't because it's not easy," Nichols said.

> CONTACT ANDREW GABRIEL AGABRIEL1@ITHACA.EDU







ATHINA SONITIS/THE ITHACAN



AIMING FOR FIRST AT NATIONALS

BY ARIEL DOWDY

The Ithaca College women's indoor track and field team completed last indoor season on a high note, and the squad aims to increase its presence at the NCAA Division III championships this year.

During the last season, the Bombers won their 12th consecutive conference indoor title, which was also their second Liberty League indoor championship in a row. Senior runner Sarah Rudge, senior sprinter Amanda Wetmore and sophomore multi Logan Bruce qualified for the national championship. Head coach Jennifer Potter said that the coaching staff reevaluated the squad's goals over the summer.

"When we started at our first team meeting in igust, we talked about working toward thinking like we were going to win a national championship," Potter said. "Whether we will or not, we're going to work like it, train like it, act like it, think like it and live like it." The Bombers graduated eight seniors last year, notably Britney Swarthout '19 and Gianna Folz '19. Folz was a team captain and got a Liberty League honorable mention for long jump during the 2017-18 season. Folz also made Liberty League All-Academic last season. Last season Swarthout made the U.S. Track & Field Cross Country Coaches Association (USTFCCA) Indoor All-Region. During her time as a Bomber, she placed on the podium at the Indoor All-New York State Collegiate Track Conference Championship five times.

"Prior to that, they've been doing yoga on Tuesdays with our yoga instructor. On Thursdays, they've been doing a variety of things from playing games, doing line dances to workouts."

Bruce said it is important for the team to bond even though the athletes mostly compete individually.

"Since the beginning of school, we meet each day, and we do practice," said Bruce. "Some days we do yoga, some days we do team bonding activities. ... We do a lot of team movie nights. We all get to bond in this fall semester."

In the field events, senior thrower Kendall Wellauer is an athlete to watch this season. Last season, Wellauer made Liberty League Indoor First-Team for the weight throw and was Liberty League Indoor Champion in the same event. Wellauer was also Liberty League Indoor Field Performer of the Week during last season. Senior triple jumper Elizabeth Gee made the Liberty League Indoor Second-Team for triple jump in the past season. It was her second season in a row being selected to the second team for triple jump.





ESTELLE YEDYNAK '20

Senior captain Estelle Yedynak said she is confident that the Bombers will be able to continue their history of success even without the graduated seniors.

"I think carrying on similar goals but also making new ones, setting those goals and getting after them keeps that team dynamic — even when people leave, just living on their legacy," Yedynak said.

During their preseason, the Bombers have incorporated a combination of training, cross-training and team bonding in their preparation.

"They have been lifting three days a week with ATHINA SONITIS/THE ITHACAN our strength and conditioning coach," Potter said. Rudge was a standout for the Bombers last year. Rudge made USTFCCCA Indoor All-Region for the mile and the 800-meter run, and she was also the Liberty League Indoor Champion for the same events.

Bruce said an advantage for the Bombers is the competitive meets they attend.

"We go to Staten Island and compete at Ocean Breeze, which is a really big meet every year," Bruce said. "Last year we got to compete against Division I schools, which was great, and I'm always looking forward to the nationals meet. That'll be good every year so you gotta work really hard to get back there."

The South Hill squad starts off the season with its first meet at 10 a.m. Dec. 7 in Ithaca at Cornell University's Barton Hall.

CONTACT ARIEL DOWDY ADOWDY@ITHACA.EDU

BY SHEHANEE FERNANDO

At the 2019 National Collegiate Gymnastics Association (NCGA) Championships, the Ithaca College gymnastics team was crowned with several individual and team honors. Heading into the new season, the team has its sights set on grabbing those titles yet again and achieving even more.

The Bombers competed in 11 meets last season, and, as a team, they earned either first or second place in six of those competitions. The Bombers ended their season placing second out of six teams in the NCGA East Region Championship and fifth out six squads at the NCGA of National Championship.

Coach Richard Suddaby said the Bombers' biggest strength that will carry over from last year is their depth of lineup. The Bombers graduated five seniors last season, and there are seven freshmen joining the team.

"The bottom can drive the top," Suddaby said. "When our bottom kids are so good, everybody gets good. So we are bringing the depth from last year."

At the 2019 NCGA championship meet, junior Courtney Christoforo earned the title of national champion on the uneven bars. It was the first time that a Bomber was named a national champion since 2009.

Christoforo said that throughout the national championship meet, she consistently struggled in warm-ups, and, on the day of her competition, she landed on top of the bar on her release move and hit her heels on the bars.



We are looking really sharp. The first-years are really pushing the returners to stay on our game.

– Baylie Trammell



"I was not having a good day," Christoforo said. "My coach came over and said, 'It's all in your head. It's mental now. You know how to do it, so do it.' I knew we were struggling, especially in bars, and I go last. We had one more event after, so I just wanted to be like 'I have to get us back on track.' That was my thought process going into it."

Senior Baylie Trammell appeared in the lineup in all of the Bombers' meets last season, competing in the uneven bars, floor and vault. Last season was the first time in Trammell's collegiate career that she made appearances on the floor exercise.

"We have the skill to get us where we want to go," Trammell said. "We want to make sure that we are hitting our routines clean and keep our forms nice and get all the tenths we can get because of the difference between winning nationals and not."

As the team embraces the results of last year, Trammell said, the team members have worked on a lot of mental and physical parts of the sport, from perfecting their routines at a faster pace to keeping the culture and team dynamic positive.

"We are looking really sharp," Trammell said. "The first-years are really pushing the returners to stay on our game. We have the big skills. We have everyone doing something big and exciting. And, you know what, everyone could compete, and everyone could make the lineup and score big." Sophomore Mackenzie Kennedy was a huge contributer to the Bombers as a freshman last year, and she said she wants to stay consistent on her floor routines as well as add beam to her skills. She competed in 10 out of 11 meets as a rookie. Kennedy said the team's theme last year revolved around the phrase "Compete or watch," motivating the gymnasts to work to earn a spot in the competition.

"We don't want to be the ones sitting there and watching other people do what we know we can do and we should be doing," Kennedy said. "You have to choose. Either you want to compete or to watch, and that has been a big thing for the team."

The Bombers are hosting the NCGA National Team Championship this year, and, Suddaby said, the home advantage will motivate the women to show how hard they will have worked up to that moment.

"I am so proud of what my kids are bringing into the year," Coach Suddaby said. "We are hosting the national tournament, which is really exciting for us, so we are going to shine as we host."

The South Hill squad's first meet is at 1 p.m. Saturday, Jan. 18 against The College at Brockport in Brockport, New York.

> CONTACT SHEHANEE FERNANDO SFERNANDO@ITHACA.EDU





Junior all-around gymnast Courtney Christoforo performs a handstand on her best event, the uneven bars. Christoforo was the national champion on the bars in 2019. LEXI DANIELSON/THE ITHACAN

Senior all-around gymnast Cassidy Marquette completes a flip off the vault during a practice. Marquette appeared in all 10 meets for the Bombers last season.

SWIMMING AND DIVING ----

MEN'S

LARGE ROSTER SIZE ADVANTAGES SQUAD IN MAJOR MEETS

BY MARK PUSKEY

The Ithaca College men's swimming and diving team has high hopes for success this season as it gains a large freshman class and many talented members return.

Last season, the Bombers went 7–1 in the regular season. They finished especially strong, winning their last five dual meets. They finished second in the Liberty League championship, behind Rensselaer Polytechnic Institute.

They opened the 2019–20 season at home Oct. 19, sweeping all three other teams at the quad meet: SUNY Fredonia, The College at Brockport and Buffalo State.

This season, the Bombers added 11 freshman swimmers and divers, bringing the total roster to 33 athletes. This is the biggest that the team has been since the 2012–13 season. With the biggest roster size in the Liberty League, head coach Kevin Markwardt said, he has high hopes for this season.



We have a very good work ethic. Everyone practices hard. We all work hard, and we're faster because of it.

Liam Maginnis



"We have a nice, balanced team," Markwardt said. "We don't have a weakness per se. We have a big, strong group of guys. This is the deepest we've ever been."

One of the team's captains, senior freestyler Liam Maginnis, said the team's culture is one of its strengths. Last season, Maginnis finished 10th in the Liberty League championship in the 100-yard backstroke.

"We have a very good work ethic," Maginnis said. "Everyone practices hard. We all work hard, and we're faster because of it."

Markwardt said the diving team will score significant points for the Bombers. The group's most experienced member is junior Justin Moczynski, and there are five underclassmen this season. divers Moczynski qualified for the NCAA Division III Swimming and Diving Championships in 2018. This season, he is being challenged by freshman diver Ethan Godfrey. Markwardt said he believes that with Godfrey pushing Moccynski, Moccynski has the potential to score at the national meet.

The South Hill squad also has a strong butterfly group this season, led by sophomore Matt Crysler. He is accompanied by

sophomore Spencer

Brownewell, who is a major point scorer because he also competes in the backstroke.

"The passion and enthusiasm for each other we have this season is going to help us dominate," Crysler said.

Markwardt said he also expects to see strong performances this season from senior Daniel Meyers, who took ninth in the 100-yard freestyle and fourth in the 200-yard freestyle, as well as senior Patrick Daly, who got seventh in the Liberty League championship for the 200-yard butterfly.

Last season, junior freestyler Stanley Zaneski broke the school record for the 100-yard freestyle and tied the school record for the 50-yard freestyle. He was the Liberty League champion for the 50-, 100- and 200-yard freestyles. He also was one of only two athletes to hit the B-cut time standard for the national championship. Athletes with the B-cut standard are accepted to compete at nationals if there are not



Senior swimmer Liam Maginnis placed in the top 10 at the 2019 Liberty League championship in the 100-yard backstroke. He is also a part of the team's top 200-yard freestyle relay team for this season.

enough athletes with the automatic qualifying standard to fill the spots in an event.

Senior breaststroker Andrew Mikhailichenko also made the B-cut for nationals last season. He was a conference champion for the 50-, 100- and 200-yard breaststroke and the 400-yard individual medley.

Senior Nate Bartalo, who swims butterfly and freestyle, was also a conference champion last season. He won the Liberty League in the 100-yard butterfly for the second year in a row. Markwardt said he believes Bartalo has the potential to qualify for the national championship meet.

Junior Anthony Porto, an individual medley and butterfly swimmer, transferred from SUNY Oneonta after his freshman year. Last year, he was not eligible to swim due to NCAA transfer rules. Coming into this year, Markwardt said that he was not sure how Porto would perform. Porto smashed expectations when he took first in the 200-yard freestyle at the Bombers' first meet this season. He also finished second in the 100-yard breaststroke, only beaten by teammate Mikhailichenko. He also helped the 200-yard medley relay team to a second-place finish.

Maginnis said the team's inexperience at competing at the collegiate level makes it very versatile, and many athletes compete in multiple events. Sophomore Michael Sheehan was also a strong performer as a freshman last year, and he swims distance, the individual medley, the butterfly and the freestyle.

"Where we're strong, we need to be deeper, and where we're deep, we need someone to step up and score some points," said Markwardt.

The Ithaca College men's swimming and diving team's next meet is the Ithaca Bomber Invitational from Dec. 6 to 8 at the Kelsey Partridge Bird Natatorium.



Sophomore swimmer Matt Crysler is currently the No. 2 butterflyer, behind senior Nate Bartalo. Crysler is also a member of the the top team for the 200-freestyle relay. PETER RAIDER/THE ITHACAN

WOMEN'S

BUILDING OFF LAST SEASON'S SUCCESS WITH YOUNG TEAM

BY ARLA DAVIS

Despite adding 15 freshman athletes to its roster, the Ithaca College women's swimming and diving team is anything but inexperienced. The team is gearing up to defend its Liberty League championship title.

The South Hill squad has set its goals high for the season after winning its first Liberty League championship in program history last year. Senior swimmer Angelina Domena said the team is striving for a more dominant victory this year.

"We won by literally a fingernail, by 2.5 points," Domena said. "Although we won, I think that we want to have a bigger league, which motivates us even more."

Domena said she believes having a new freshman class with so much potential and having strong returners will bring the team back to the conference championship podium.

"I personally didn't realize the talent that they all had," Domena said. "Being a senior and looking at this freshman class, I'm thinking, 'Wow, we have so much talent here that is going to take us so far.""

Head coach Paula Miller said the coaches used the first meet against SUNY Fredonia, The College at Brockport and Buffalo State on Oct. 19 as a chance to see where the team's strengths are, so they were able to put many freshmen in the lineup. She said she is excited to see the potential of this class, especially from freshmen Katie Krom and identical twins Anna and Olivia Rubino.

The Class of 2023 has already begun to contribute to the South Hill squad in its first three wins of the season. Five freshman athletes notched first-place finishes for the Bombers, including freshman Jane Pfeufer, who took first in three races.

A class of 10 seniors will also contribute to the Bombers' success this season, not only in the pool but in leadership as well. Domena said that she has seen the team's culture improve significantly since her freshman year and that it has become more about building camaraderie and a positive environment.

"I think that the experiences that we've had in the past, such as having to speak up when we don't think the environment's great, have made us really proactive about that," Domena said. "I really want the freshmen to view our senior class as people that they look up to and people that they want to emulate."

Miller said she expects to see strong performances from senior Paige Landers, senior Kaitlyn Scott, junior Morgan Hoffman-Smith and sophomore Jesse Ford. She also said more emphasis is going to be placed on the sophomore class to perform this year because of last season's large graduating class.

Hoffman-Smith had an accolade-filled 2018–19 season, breaking the college's record in the 1,650-yard freestyle race and placing in the top four in five different events at the Liberty League championship meet. Landers contributed to three different relay races that also finished in the top four at the conference championship. Scott was also a multiple-event athlete for the team, competing in freestyle, backstroke, butterfly and individual medley.

Senior Amanda Giarratano is the lone senior diver on the women's team, but she said she feels that the whole group contributes to maintaining the team's cohesive environment and work rate.

"I'm the only senior, but our returners guide the whole diving team as well," Giarratano said. I'm glad it's not just me leading the team and that I have them to fall back on."

Junior diver Jocelyn Pawcio, who earned her first All-American honor of her career last season, will not compete this year because she is studying abroad and redshirting the season. The Bombers will also have to fill the shoes of Anna Belson '19, a graduate student who placed third in the NCAA Division III national championships on the 3-meter board last season.

The dive team has three freshmen joining them, including Eliana Wollock, who placed first in the 1-meter dive in the first meet of the season. Junior Lindsey Duhamel is also new to the squad after switching to diving from women's soccer.

"We potentially have up to five new divers who have never stepped foot on the board before, so we are doing a lot of building mechanics," diving coach Chris Griffin said. "It's great for the returning divers to go back to basics to build and enhance that foundation."

The Bombers will be back in action for the Ithaca Bomber Invitational from Dec. 6 to 8 at Kelsey Partridge Bird Natatorium.

> CONTACT ARLA DAVIS ADAVIS4@ITHACA.EDU



Senior diver Amanda Giarratano is the only senior on the women's diving squad. The group acquired three freshmen and a new junior diver for this season.



Senior swimmer Angelina Domena swims the individual medley and freestyle for the Bombers. She currently has the second-best time on the team in the 100-yard IM. PETER RAIDER/THE ITHACAN

WRESTLING -----

STRIVING FOR STRONGER PERFORMANCES AT NATIONALS

BY CONNOR WOOD

The Ithaca College wrestling team is planning to keep up its impressive winning record as it heads into the 2019–20 season. The South Hill squad has finished in the top five of the NCAA Division III championship tournament the past two seasons.

As head coach Marty Nichols heads into his 24th year coaching the Bombers, he said he wants to keep up the consistent nature of the team and eventually climb the ranks to become NCAA champions. Last season, the team finished in fourth place at the championship tournament, and it placed third in the 2017–18 season.

"Our goal is to get 1% better every day and to move up above third," Nichols said. "To maintain that is a difficult thing to do, but we have the talent in our wrestlers and our coaching staff, so we'll see what we can do."

The team also had five NCAA All-Americans on the roster last year. Of those five, two are returning for the 2019–20 season, senior Ben Brisman and graduate student Austin Whitney.

Brisman, who wrestles in the 141-pound class, has experience becoming a national champion. He won the title in the championship match of his 2017–18 season and is striving to get back there for his senior season.

"It is something I will carry with me for the rest of my life," Brisman said. "I am going to go down in history, and I believe I will leave a legacy behind here

at Ithaca College."

Brisman said he wants to focus much more on the mental aspect of the sport this season. He said his goal is to worry less and have more fun, and he said he believes that should allow everything to fall into place for him.

Alongside Brisman and Whitney, the team also has other strong returners, including senior Tito Colom and sophomore Eze Chukwuezi.



I am going to go down in history, and I believe I will leave a legacy behind here at Ithaca College.

– Ben Brisman

Chukwuezi, who wrestles in the 184-pound class, made his presence known last year as a freshman at the national tournament and secured a strong win. Brisman said Chukwuezi's win at the

national tournament will be a big confidence booster for him. Nichols said he really likes Chukwuezi's toughness and will to win on the mat.

Redshirt sophomore Sammy Schneider is a key returner for the team in the 157-pound weight class. In 2017, Schneider began an exceptional first season with a record of 17–3 when an injury to his knee during the National Wrestling Coaches Association National Duals took him out of competition for a year and a half. Colom said he believes his return to the team could take the team to the top this season.

Colom will be making the transition from the 133-pound weight class to the 125-pound class because he said he believes that is his best chance to win a national title. Coach Nichols said that he thinks Colom is a topfour wrestler in the country and that he cannot wait for Colom to get on the mat this season.

Colom ended his season strong last year with a nine-match win streak heading into the NCAA Midwest regional tournament. He said he is looking to build off that strong finish to his season last year and start the 2019–20 campaign with a similar streak.

"I'm working hard every day, showing the younger guys new moves and just looking to take advantage of every opportunity that comes my way," Colom said.

Nichols said that the Bombers have a talented freshman class of 12 wrestlers coming in and that he cannot wait to get them used to the swing of things.

"We have a good freshman class coming in who I believe can step in when needed and do really well for us," Nichols said.

At this point in time, Nichols said, he is focusing heavily on weight training and conditioning to get his squad ready for the season.

Nichols' goal this year is no different from previous years. He said that he will settle for nothing less than a trophy and that it is something he shoots for every year. He said he believes this team can add to his already-packed trophy case.

"We have a top team for sure," Nichols said. "If you find yourself in the top five toward the end of the season, anything can happen."

Brisman said Nichols is giving them the confidence they need to become national champions this year.

"He tells us every day that we are going to be national champs so that we will believe it ourselves," Brisman said. "He believes in us more than we believe in ourselves."

The squad is fortunate to have the home advantage of the NCAA Midwest regional tournament this year. Colom said that this will take the stress of traveling off the team.

The South Hill squad opened its season Nov. 1, when it finished third in the 36th Annual Ithaca Invitational. The team had three wrestlers take home first-place honors.

> CONTACT CONNOR WOOD CW00D3@ITHACA.EDU

TITO COLOM '20

BEN BRISMAN '20

Seniors Tito Colom and Ben Brisman wrestle during a practice in the Hill Center. Brisman won a national championship two years ago, and Colom is chasing his first. JILL RUTHAUSER/THE ITHACAN

BASKETBALL ------

MEN'S

RETURNERS OFFER KEY EXPERIENCE

BY RYAN LEMAY

After finishing only one game away from the championship last season, the Ithaca College men's basketball team is determined to reach the championship this time around.

The team's 2018–19 season came to a close after a disappointing loss in the Liberty League semifinal game against Gettysburg College.

Head coach Jim Mullins said the team identity this year will revolve around its depth of the roster, which includes many players he is confident in putting on the court. He said he believes the roster may be the key for a successful season.

"One of the nice characteristics of this team is there is literally



PHOTOS BY QUENTIN BOWDEN/THE ITHACAN

no one on the team that I would be reluctant to put in the game," Mullins said. "There has not been a lot of separation between players and the pack."

The Bombers have improved every season in the Liberty League since they joined in 2017. The Bombers went 15–11 and 10–8 in conference play in their first Liberty League season in 2017–18. Last season, the team finished with a record of 16–11 and 11–7 in conference play.

The Bombers thrived on strong offensive play last year. Ithaca averaged 82.5 points per game compared to 77.2 during the 2018 season and 16 assists compared to 14.3 during 2018.

Defensively, they averaged an impressive 9.6 steals per game last season, converting 10.2 points per game off turnovers. Mullins said one of the points of emphasis for this season will be rebounding.

"We are taking the approach that you can teach players to want the ball more than others, and that's what makes a good rebounder," Mullins said.

The team's offensive game will have to shift this season with the loss of guard Matt Flood '19. At times, the Bombers relied heavily on scoring on the 3-point line. Flood made his collegiate career off making critical shots beyond the arc.

To be a serious Liberty League championship contender, playing on the road will be a major determinant. The Bombers ended with a home record of 9–4 in Ben Light Gymnasium but tallied a record of 5–6 for away games. The team will open this season with six out of its first seven games as away competitions.

"If we are going to be intimidated by tough teams and having to travel a little bit, then we don't have what it takes anyways because the rims are 10 feet high wherever you play," Mullins said.

Senior guard Riley Thompson, a team captain, has been the leading scorer for the past two seasons. Thompson is the heartbeat of the Bomber offense. He earned All-Liberty League Second Team last season and recorded his 1,000th career point in the team's win against Bard College on Feb. 15. After the loss of several key players, Mullins said, this season Thompson will inherit senior leadership roles.

"He is probably the best Division III 3-point shooter in the nation, so he is going to draw a lot of attention," Mullins said.



Senior guard Sebastian Alderete started 26 out of the Bombers' 27 games last season. He received All-Liberty League Honorable Mention midseason and finished the season with 445 total points. He said the loss of key players like Flood and forward Peter Ezema '19 has motivated the current team members to step up and fill the holes as the season approaches.

"I think we have a hungrier team this year," Alderete said. "Other than Pete [Ezema] and Flood, we have everyone coming back this season. So guys know the ropes and what we're capable of, so everyone's holding each other to a higher standard."

Sophomore guard Skylar Sinon is poised to fill the gaps that past players left. As a freshman, Sinon started 22 out of 27 games and led the team with 76 assists. Sinon said he is ready to help deliver a Liberty League title to South Hill.

"I feel like winning the Liberty League title is something we should easily attain," Sinon said. "If we don't win the Liberty League, we should be down on ourselves."

> CONTACT RYAN LEMAY RLEMAY@ITHACA.EDU



STRIVING FOR CONTINUED SUCCESS

"With the loss of Annie and what she meant to this program last year, we don't have anybody that can do what she did individually," Raymond said. "So there are going to have to be contributions from everyone. We'll have to make up for everything that she did for us."

In terms of the upcoming season, senior forward Cassidy O'Malley is a player the team will lean on. O'Malley has been the leading scorer for two seasons, last year finishing with 466 points, 182 rebounds and 73 assists. She said she has high hopes about this season and is confident that the group will be able to build off the previous success even with the losses of last season's seniors.

"We have a lot of depth and so much talent in so many different positions," O'Malley said. "It'll be a huge threat to teams knowing that we have a second lineup that can do just as good a job as the first."

O'Malley partly credits the team's aggressive defensive strate-

the Bombers were treated underdogs by many people and that they exceeded expectations.

WY DIMI

"Our NCAA run went very well given that we weren't ranked in the beginning of the season," Albertelli said. "I think we went a lot further than people may have expected. It was super fun."

Raymond said the goal he and assistant coach Mary Kate Tierney have for the season is to establish a culture that enables players to understand the importance of doing things the right way to achieve success without having to use shortcuts.

"This group is hungry to get going, and they know what's in front of them, and they have a good idea of what we have to do," Raymond said. "We know that we're good, but in order to be a great team we have to commit to everything we do and do it at a higher level. They just have to commit to being better."

BY AUDREY GAMBLE

With regular season practices underway, the Ithaca College women's basketball team is hard at work preparing for another successful campaign.

The Bombers finished the 2018–19 season with a record of 25–6, an impressive feat that brought them to the title of Liberty League champions. For the second time in program history, the team also made it to the Elite Eight in the NCAA tournament.

Five seniors graduated last year, and three of them were starters. Former point guard Annie Giannone '19 will be a significant loss. Giannone finished her last season ranked second on the team in points, with a career high of 314 points, 131 assists and 103 rebounds. Former guards Allie Tunick '19 and Meghan Pickell '19 also left spots to fill for the Bombers.

Head coach Dan Raymond, who is in his 20th season with the team, said he has been very mindful of the open slots and believes that replacing those seniors will have to be a team effort.

gy to last year's wins. She said that defensively, the Bombers try to focus on attacking the pass before the ball can even reach the opponents' hands, as well as getting into the opponents' heads to fluster them.

"We need to work on moving the ball and knowing each other's strengths and weaknesses," O'Malley said. "Knowing what pass to throw at which player is big because we all like to shoot the ball differently. Having that chemistry will help because we have the individual pieces."

The team is adding six freshmen to the roster this season. O'Malley said many of them have already shown competitiveness and grit and will only get better once the regular season starts.

As the season approaches, the younger returners are fighting for those starting spots on the team. Sophomore forward Lindsey Albertelli is looking to secure a strong role in the lineup. In her rookie campaign, Albertelli played in 14 games and finished with 18 points, 15 rebounds and seven assists in 84 minutes of play.

Albertelli said all of the off-season and preseason preparation the team has done in the past few months is something that will be a significant benefit this season.

"We all do what we can in the preseason to prepare," Albertelli said. "Over the summer, we had a competition with a point system to track what we were doing in the off-season to get ready, and that really helped motivate us to get better before the season."

In terms of last season, Albertelli said, she is very proud of the team's performance, especially during the playoffs. She said that AGAMBLE@ITHACA.EDU



PHOTOS BY QUENTIN BOWDEN/THE ITHACAN





DECEMBER								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
01	02	03	04	05	06 TBA Bomber Invitational TBA Bomber Invitational	07 Invitational TBA Bomber Invitational		
08 TBA Bomber Invitational TBA Bomber Invitational	09	10	11	12	13	Noon 14 Oswego State 1:30 p.m. Jamestown		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						

FEBRUARY							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						10 a.m. Bomber Invitational 01	
						10 a.m. Bomber Invitational	
						1 p.m. Brockport	
						2 p.m. Union	
						2 p.m. Union	
02 10 a.m. Bomber Invitational	03	04	05	06	07	1 p.m. Ithaca Invitational	
10 a.m. Bomber Invitational						1 p.m. Ithaca Invitational	
09	10	11	12	13	5:30 p.m. 14 Clarkson	2 p.m. 15 St. Lawrence	
					7:30 p.m. Clarkson	2 p.m. St. Lawrence	
16	17	18	19 TBA	20 10 a m Libe	21 rty Leauge Champi	22 onshins	
			TBA	10 a.m. Liberty Leage Championships			
			6:30 p.m. Cortland		5:30 p.m. Vassar	2 p.m. Bard	
			7 p.m. Cortland		7:30 p.m. Vassar	4 p.m. Bard	
23	24	25	26	27	28	29	
2 p.m. Harriet Marranca Invitational						11 a.m. NCAA Mideast Regionals	

MARCH								
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
01 10 a.m. NCAA Mideast Regionals	02	03	04	05	06	07 1 p.m. Springfield		
March 29: TRA								

NCGA National Team Champions



The Ithaca College gymnastics team placed fifth at the NCGA National Team Championships last season. The squad is aiming to improve behind strong returners.