

FALL

PREVIEW

2021

A SEASON
OUTSIDE
THE BOX



ALYSSA BEEBE/THE ITHACAN

COLIN

SHUST

2022



THE ITHACAN



ALYSSA BEEBE/THE ITHACAN

DONTE
GARCIA
2022

to do, and we expect a productive fall from Ed [Longest].”

As a key returning member of the offense, Garcia said he knows his role. He said he is a player that holds himself to a high standard every time he steps on the field and that fans of the Bombers should expect him to make plays this season.

Just two years ago the Cortaca Jug game broke the Division III football attendance record at MetLife Stadium with over 45,000 people in attendance. Longest said he is looking forward to the return of the storied rivalry with Cortland.

“There is a lot of history between the two schools, a lot of tradition and we just get fired up and ready to go after them,” Longest said. “It is going to be a real physical game with a great atmosphere.”

While Swanstrom said he enjoys the atmosphere of the Cortaca Jug, the game does not help the team make the playoffs. He said the rest of the schedule is just as important as that final game.

“We want to win our conference and we are in a very talented conference and if we lose one game it is going to kill your chances to be in the playoffs,” Swanstrom said. “Every week is a playoff game, we understand that and if we take anybody lightly it could end our chances to be in the playoffs.”

The Bombers open up their 2021 season on Sep. 4 against Bridgewater State University at Butterfield Stadium.

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FOOTBALL

PLAYOFF MENTALITY EACH WEEK

BY CONNOR WOOD

After a year away from the gridiron, the Ithaca College football team will return to Butterfield Stadium this fall. With the 2020 season being canceled due to the COVID-19 pandemic, the Bombers look to pick up right where they left off in 2019. The team finished the 2019 season with an 8-3 record and a win over SUNY Cortland at MetLife Stadium.

Head coach Dan Swanstrom said that to return to this level of success, he has set a goal of getting one percent better every day. “I know that is not the fancy answer that everybody wants,” Swanstrom said. “I am trying to get the program a little bit better each and every day.”

Senior running back Donte Garcia said fans of the Bombers should expect a young group of players who are ready to compete every Saturday and have their eyes on a national championship.

“We’re all moving in one direction, and we’ve learned from our mistakes,” Garcia said. “We’re not the team from the past. We’ve lost some high-caliber players but gained some high-caliber players as well. We’ve had a whole year to prepare for this opportunity so I’m more than confident that we have the ability to achieve a national championship.”

Before students returned to campus, the athletic teams had the campus to themselves for their preseasons. Garcia said the Bombers used this as an advantage to get to know everybody and be themselves.

“Off the field we begin with our player meetings and position meetings and we bring so much energy in those meetings,” Garcia said. “The fact is we do have a campus to ourselves in those meetings everybody is being themselves surrounded by their family.”

Although most of the players

returning from the 2019 season have made improvements in their game, Garcia said there is a lot of inexperience on the roster.

He added that even though half of the players on the team have yet to play a snap of college football, the chemistry and culture of the team continues to grow with every practice.

“We have a lot of leaders on the team and a lot of guys who know the culture of Bomber football,” Garcia said. “The younger guys on the team are like sponges. They are soaking up everything we tell them and are learning new stuff every day and getting better with every snap.”

Senior defensive lineman Ed Longest said he is thrilled to be back on the field with the team.

“It is really exciting having everyone back,” Longest said. “We dipped our toes in it back in spring with spring practice, but having all the guys back running around, having fun, I could not ask for any more.”

After having last season taken away from him, Longest said it will be special every time he steps on the field on Saturdays.

“There was a void in my heart last year sitting home on Saturdays watching other colleges play football,” Longest said. “Every time we get on the field I am excited. Every Saturday in fall is special and we only get so many of them. We make every single one count and enjoy every second.”

Swanstrom said he expects Longest to have an impactful season after his hard work during this offseason.

“He has made a big commitment to his body, to his strength and to his athleticism,” Swanstrom said. “We are seeing some really good things from him early this camp and he just has to stay consistent, do what he is coached



ALYSSA BEEBE/THE ITHACAN

ED
LONGEST
2022

SCULLING

ROWING TOGETHER AGAIN FOR A TITLE

BY LAURA ILIOAEI

Normally, the Ithaca College sculling team would prepare for its season by rowing as a team in the waters. However, because of COVID-19 restrictions on athletic practices, the squad had to get creative when preparing for this upcoming season.

Primary sculling coach Beth Greene said many of the team members were forced to adapt their training regimen to stay ready to compete.

“Last fall no one was here, so people were finding clubs at home or just training with different modes,” Greene said. “Other members had also resorted to using equipment such as rowing machines as a form of alternative training.”

The cancellation of the 2020 season prevented many members of the sculling team from working on their craft last fall. Greene said the team’s primary focus for the upcoming season is to improve their abilities in small boats because of its lack of practice in its previous season.

The Bombers had success in small boats during the 2019 season, logging impressive times in the Small Boat Challenge on Mercer Lake. Graduate student captain Allison Arndt notched a third place finish in the Women’s Collegiate 1x, by posting a 9:42.190 time. Senior captain Izzy Ozkurt finished seventh in the

recorded two first-place finishes at the event.

Ozkurt said it is important for the team to have a close bond.

She said the group will look to develop team chemistry, particularly because they were previously unable to practice as a full team.

“My goal for this season is to build a very tight-knit rowing team, because last year we were all very separated due to COVID,” Ozkurt said. “We all couldn’t practice at the same time.”

While the Bombers were unable to train last season, other schools allowed their athletes to train together in both the fall and spring, Arndt said. She said she believes with proper training, the Bombers will prevail.

“This year we’re already ready because we’re coming back with a fire, we’re ready to go,” Arndt said. “So I don’t really see any problems. We’re only going to get faster this year.”

While the 2020 sculling season was canceled, several athletes on the team were able to compete on the women’s rowing squad during the spring semester.

The group posted an impressive performance last season, finishing third in the NCAA Championship. Arndt said the winning high of the last season is the fuel that — coupled with regular practices and the ambition of the team — can lead them to victory.

Potential rival teams that the Bombers may need to watch out for this season include the teams from Rochester Institute of Technology and University of Massachusetts Amherst, Greene said.

Ozkurt said while it takes a team effort to be

successful in sculling, she is looking forward to what the team’s new athletes will bring to the table this season.

The team regularly relies on recruiting new athletes Greene said. She added that most crew members are often freshman recruits with no history of rowing.

Ozkurt said she believes that many students would have the ability to succeed and enjoy participating in the sport.

“If you want to try rowing, just do it,” Ozkurt said. “Honestly, I believe that most people who try it really do end up liking it, so just put yourself out there, and try something new.”

This season, the college will look to add new members to its roster. Arndt said she believes the team’s training and success from the 2021 women’s rowing season can help propel the team to solid efforts on race days.

“We just want to continue to build off the hard work that we put in last year,” Arndt said. “[And continue] to bring new people into the team and really start integrating and making those deeper connections, so that we can just push forward in the fall.”

The Bombers sculling team will return to action Sept. 26 in the Cayuga Sprints at Cayuga Inlet.

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IZZY
OZKURT
2022

ANA MANIACI MCGOUGH/THE ITHACAN



race, posting a 10:30.380 time. The team also



ELEANOR KAY/THE ITHACAN

JAELYN
HERSHBERGER
2021

VOLLEYBALL

NEW STYLE SETS UP SUCCESS

BY CONNOR GLUNT

With the regular season right around the corner, the Ithaca College volleyball team is ready and eager to get back on the court.

The Bombers were held out of action last fall due to the cancellation of their season due to the COVID-19 pandemic, and its last match was a loss to Liberty League rival Clarkson University in the third round of the NCAA Tournament in 2019. However, head coach Johan Dulfér was able to get a sneak peek of what his team brings to the table through practices and scrimmages last spring against Rochester Institute of Technology and University of Rochester. Although Dulfér said it is too early to tell for sure, he believes the team’s depth of talent is stronger than ever.

“This is probably the deepest roster I’ve ever coached in 17 years of being a head coach,” Dulfér said. “We’re not going to depend on one or two arms, it’s going to be much more spread out in terms of who takes care of what.”

The South Hill squad will face some challenging competition early in its season playing Johns Hopkins University, Juniata College and Colorado College. Dulfér said the team typically fills its schedule with difficult opponents, but this year’s

schedule is as strong as any it has played.

Regardless of who the team has to play, the players are excited to have some regular season competition once again. Senior Jaelyn Hershberger, one of the team’s three captains, said she believes the Bombers have a lot of potential this year and are ready to prove it.

“I just feel like we have a great team this year and I’m really looking forward to being able to play normally for the first time in so long,” Hershberger said. “We’re going to have faster passing, faster sets and beat the blocks.”

Without a season last year, the team essentially has two incoming recruiting classes. Captain junior Jennifer Pitts said the team was able to evaluate its three sophomores during the practices and scrimmages that took place last spring, and she has also been impressed by this year’s class of incoming freshmen.

“As a class, I think they really took it upon themselves to become a major part of the team with no regular season,” Pitts said. “They really made themselves known on the court, even just in practices and scrimmages.”

On the court, the team has its sights on an NCAA Tournament run. However, off the court, the team is also prioritizing

mental wellness. Pitts said she wants to make sure that everyone on the team has a healthy season.

“We have a huge focus on mindfulness and mental health on our team,” Pitts said. “I would say the ultimate goal is obviously a national championship, and I think that our team is capable. But at the same time, I wouldn’t say that if we don’t make it there it’s an unsuccessful season. I think that a successful season would be coming together as a team, building each other up, learning from our mistakes, and working together to get as far as we can.”

Dulfér said the squad has transformed into a more athletic, faster and physical team.

“After a two-year hiatus, I really expect people that haven’t seen us play in a while to want to come back, and people that have seen us play will notice the difference,” Dulfér said. “I hope that we’ve taken that next step, and that would be a huge credit to our team.”

The Bombers start the season Sep. 1 hosting SUNY Cortland at Ben Light Gymnasium.

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MEN'S

SOCCER

LEE
FOLGER
2021

ALYSSA BEEBE/THE ITHACAN

SETTING A GOAL OF WINNING EACH DAY

BY TOMMY MUMAU

The Ithaca College men's soccer team is set to return to action with a new coach at its helm and a group that is determined to win a national title. The squad is eager to return to the pitch after its championship pursuit was put on pause by the cancellation of the 2020 season.

The team named Garret Eldridge its new head coach in May 2020, after serving as an assistant coach for two seasons. Senior goalkeeper and captain, Lee Folger, said he believes that Eldridge's approach to coaching will help the team reach its full potential.

"Garrett [Eldridge] is unbelievably energetic, unbelievably positive and he's someone that quite frankly just makes you want to play soccer," Folger said. "I think his enthusiasm, his constant transparency with us about what his goals are, his coaching style, all of it lends itself towards our group."

Eldridge said he is looking forward to beginning his first season as the head coach, particularly because of the skills and energy that this team brings to the table.

"I think we return a really talented group, a group that in 2019 went to the round of 32 in the NCAA tournament," Eldridge said. "So, we're incredibly excited to see where we go with the season. And then on top of that — not having played games last year — we're just excited to be back together as a full group and back competing again on the field."

The Bombers made their presence known in 2019, posting a 13-6-2 record to earn their first NCAA Championship appearance since 2008.

Several impactful players from this squad will return in

2021, including senior midfielders Alex Leahy and Theo Scott and senior captain and striker Jonathan Kyriakidis.

Scott led the team with eight goals in the team's most recent season, placing the midfielder at No. 5 on the Liberty League leaderboard for goals scored.

The senior also displayed his ability to perform in the clutch, with four game-winning shots.

The team will rely on its senior class to help lead the way this year because defenders Colin Shust and Luke Bugoni were also named captains.

This motivated group already has high expectations from coaches around the U.S., because the program was ranked at No. 23 by the United Soccer Coaches preseason poll — a poll that ranks the top 25 teams in the country. The South Hill squad also received the same ranking at the end of 2019.

In order to maintain these high expectations, the team continued to train through its hiatus, despite the canceled 2020 season.

Folger said that completing workouts was a challenge at times for these athletes because most of the group was unable to compete against other players during the pandemic.

To keep the team in shape, the coaching staff developed a competition in which players reported the number of workouts and training activities they completed each week.

As a goalkeeper, Folger said it was difficult to stay prepared throughout last summer, but felt that the competition helped him stay engaged with his training.

"When you don't have someone to shoot on you or someone to help walk you through drills, it's definitely unique," Folger said. "But I think as a team, we actually did a

really good job, across last summer and into this one as well, with offering support."

Folger also said that as COVID-19 vaccination rates increased, players had more opportunities to compete in summer leagues.

This helped players get closer to game shape with the 2021 season quickly approaching.

This fall's schedule includes 18 games. Eldridge said he believes that this season's slate will challenge his team and make for an entertaining season.

"I think we'll play a really tough out-of-conference schedule to start the year," Eldridge said. "I think honestly anyone that we play in the out-of-conference schedule can give us a great game and that was the goal. Then once you get into the Liberty League, honestly, every game is a dogfight and we're just excited honestly to get after it with those guys."

Shust said he believes that the college is prepared for the challenge that this competition presents.

He also said the team will approach the season one game at a time as it works towards achieving their ultimate goal of becoming national champions.

"You can expect a lot of positive energy, hard work and just that mentality that they have to win today," Shust said. "And we're going to go 1-0 on the day every day."

The Ithaca College men's soccer team will return to action against Medaille College at 7:30 p.m. Sept. 1 in Buffalo, New York.

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MEGAN
O'REILLY
2022

ELEANOR KAY/THE ITHACAN

ELEANOR KAY/THE ITHACAN

WOMEN'S

DELANEY
RUTAN
2023

BOUNCING BACK WITH NEW FACES

BY CONNOR GLUNT

With its 2021 regular season approaching, the Ithaca College women's soccer team is looking to hit the ground running right out of the gate.

In 2019, the Bombers finished 9-7-1 and did not qualify for the Liberty League Tournament after making it to the second round of the NCAA Tournament in 2018. Without having a 2020 season due to the COVID-19 pandemic, head coach Melinda Quigg said she believes the team has a real shot at getting back to the Liberty League Tournament and NCAA Tournament this year.

"We don't have any room for error here, we really have to make sure we're doing what we need to do each session," Quigg said. "Our mantra is 'every play, every day'. If we're in the moment every day, we're going to get better every day. We need to have our chemistry smooth and peaking at the right time at the highest level we can in the Liberty League and into the National Tournament."

The team's roster will look much different in comparison to its last appearance due to the cancellation of the 2020 season. However, junior Delaney Rutan said this is not necessarily a bad thing, because everyone on the team has shown a commitment to improving their game.

"We're not the same team we were last year," Rutan said. "We're new, and so is every other team. We're going to treat every game the same and go in there with the most energy we've ever had and show everybody what we have."

The team's shortened preseason started Aug. 16 with

meetings and practices to prepare everyone for the season that is approaching quickly. Senior Megan O'Reilly said the team's energy is high, and the players are eager to get back out on the field.

"We're all pumped to have a normal season," O'Reilly said. "We've been working really hard since last spring and over the summer just to be sure that we're ready to hit the ball rolling. We got bigger, faster and stronger this past spring, so we're excited to see what we have this year."

The Bombers were able to practice and scrimmage against SUNY Cortland and Rochester Institute of Technology last spring and got to see what the sophomores would be able to bring to the table. However, without a fall season, O'Reilly said the sophomores are finally going to get their first real season and become closer with the team.

"A big part of our team is teaching the culture and making sure that we are trusting the process and putting our all in pushing each other every single day to be better," O'Reilly said. "We really appreciate all of the opportunities we get to be out on the field. . . it's just always so fun doing what we love together."

The squad is looking to return to its form from 2018 when it went 14-2-4 overall and had a brief run in the NCAA Tournament. With only 16 days between the start of the preseason and the Bombers' first match, practices must go smoothly to start the season strong. Regardless of how the team plays, Rutan said that nobody can get hung up on one game.

"Making it to [the NCAA Tournament] would be the ultimate success," Rutan said. "We're each going to have our successful moments. It's not always the score at the end of the game, but more like if you gave it your all. There's going to be teams that are better than us, so as long as you give it your all, I think that's successful."

After missing out on a full regular season, Quigg said she wants her team to be prepared for every game. With the entire Liberty League canceling its fall season in 2020, the playing field between all the teams is even. Quigg said it is important for the Bombers to be focused and ready for the entire season.

"Every game is huge, every game is circled [on the calendar] and every game is important," Quigg said. "We're really excited about every opportunity we have in front of us."

With a new-look roster and returning team members who have been working to improve since their last game, Quigg said she may experiment with how she deploys certain players.

"Two years is a lot of time, so people's roles do change," Quigg said. "I think our tempo of play will be faster. [We're] really working on making sure we're playing together on and off the ball both offensively and defensively, and really putting together collaborative effort from top to bottom."

The Bombers will kick off their regular season against Elmira College on Sep. 1 at home on Carp Wood Field.



PATRICK BIERACH
2024
ANA MANIACI MCGOUGH/THE ITHACAN

MEN'S CROSS COUNTRY

RUNNING FOR A SPOT AT NATIONALS

BY AIDAN CHARDE

In 2019, the Ithaca College men's cross-country team made its first Division III National Championships appearance since 2002. Despite being down a few stars, the team is looking to continue its title pursuit in its return to racing.

Head coach Jim Nichols said it was hard to lose some of last year's seniors, but he has high expectations for the returning group of veterans and a strong incoming freshman class.

"We have a number of juniors that were part of the team in 2019, and they have some insight as to what it actually takes to get there," Nichols said. "It'll be interesting to see how [the freshmen] adapt to running a 5k in high school to running an 8k in college, but I think they'll make the adjustment well."

The regional layout has changed coming into this season, which means that the team will have to alter the way it thinks about the season. Nichols said the squad embraces the challenge that the new format presents.

For the past 40 years, the NCAA was composed of eight regions, which each sent their top two teams to the NCAA Championship.

However, growth in the sport meant that more than 30 new teams started competing since 2007–08. The NCAA also recently expanded the number of regions to 10, with only one automatic qualifier in each region. There will also be 22 at-large bids given to the best teams that did not win their region.

Nichols said the team will strive to win the region, but that being toward the top should be enough to earn it one of the 22 at-large bids.

If the Bombers earn a spot, they will travel to Kentucky — the site of the 2021 National Championships. This has served as a motivator for members of the team.

Senior Danny Jagoe said he bought a Kentucky license plate and hung it in his room to remind him why he was running this year.

"I think keeping Kentucky in our mind is a way to orient our goals," Jagoe said. "Our team group chat is called Kentucky 2, so it's like it's a sequel of sorts. It's in the back of all of our minds and I think it's something we're really looking forward to."

The National Championship is not the only meet that the runners are excited about. Jagoe said there are a few meets in particular that he is excited to run at.

"We're doing a preview of the regionals course that's in [Letchworth State Park], which I've heard is a little different this year than it was two years ago," Jagoe said. "There's also the Border Battle [at Rowan University]. We did that meet my freshman year, so I'd love to go back."

Sophomore Patrick Bierach said he is also looking forward to the Letchworth State Park course, despite never having run it before.

"I've always really enjoyed visualizing my races," Bierach said. "So if we go there earlier on in the season, going back in November for the actual regional meet will help me visualize what I want to happen in the race."

Bierach said he is just ready to get into the swing of things. While he did get the chance to run with the men's track and field team in Spring 2020, he said he cannot wait to get involved with cross country.

"What I like about cross country is that everybody is doing the same thing," Bierach said. "It's such a nice environment where you've got everyone working toward the same goal."


Nichols said he emphasizes teamwork because it can make or break a race. He said keeping the runners on a team together is a good way of motivating each other while they run and it could help them perform better in the standings.

"Teamwork is very critical, you have to feed off of each other, you have to run together, you have to work together," Nichols said. "You want to keep people as close together as you can."

If the team can do that, it could have a shot to make it back to Kentucky, which Nichols said the team is preparing for.

"We want to peak at the end of the season," Nichols said. "So we can run our best races at the end of the year when it's important."

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ISABEL JOHNSTON
2022
ELEANOR KAY/THE ITHACAN

WOMEN'S CROSS COUNTRY

NEW FACES CHASE A CHAMPIONSHIP

BY TOMMY MUMAU

The last time the Ithaca College women's cross-country team competed, current senior captains Lauren Lobdell and Isabel Johnston were sophomores. Since the squad finished second in the Liberty League in 2019, the COVID-19 pandemic has prevented the Bombers from stepping foot on the race course.

After approximately two years of anticipation, the South Hill squad is eager to make its return to competition with a motivated group of runners.

Lobdell said she has simply enjoyed being around her teammates again and is looking forward to what this year has in store.

"I'm extremely excited," Lobdell said. "We had a team meeting yesterday and it was just so surreal seeing everyone again after being off for a year."

The team's hiatus has put its roster in a unique position. Head coach Erin Dinan said she wants her team to approach this season as a new start, because of the circumstances presented by the pandemic.

"With everything that has happened with COVID and how that has impacted our ability to train and compete, I'm hoping that they're not holding that opportunity to compare themselves to anything because it's so different," Dinan said. "So, let's get that slate wiped clean and say, 'We're having a fresh start here and let's see what we can do,' and take that pressure off themselves."

The team will make its return with several veteran runners, including senior Paloma De Monte. Dinan said she believes De Monte will be a key contributor to the squad this fall.

While many runners have been in the program for multiple years, the cancellation of the 2020 season prevented runners from logging miles in collegiate meets. Dinan said juniors like Ava Fowler, Meredith Garrity, Sophia Roy, Rachel Rose and Julia Tomanovich have shown potential in limited competition.

Dinan said she believes that this junior class has the ability to help the team achieve its goals of winning a national championship. However, the coach also said she is entering the season with less knowledge about her junior runners than she has in past seasons.

"I had them their freshman year and then they were gone," Dinan said. "I think we're so untapped, unaware about where people are at."

Lobdell said she anticipates that this fall will be different from her others at the college, because the team has several new faces, including five freshmen.

Johnston said that despite having a season off, the Bombers continued to train throughout the offseason to ensure a smooth transition into this campaign.

"I think one thing that's nice about cross country and specifically just distance running is that we were able to do it through the pandemic," Johnston said. "I think now that we have competition after a long time, excitement amongst all the girls is pretty high."

While the team is eager to return to a normal routine, it is also focused on winning both conference and national championships.

The South Hill squad must win its region to compete for a national championship. Dinan said she is looking forward to this challenge because her primary objective is to bring a title back to South Hill.

"My goal every year is to get a team to the cross-country national championships and that's no different this year," Dinan said. "We need to just pick up where we left off the last time we were running."

The Bombers will return to action Sept. 4, when they will host the Jannette Bonrouhi-Zakiam Memorial Alumni Run in Ithaca.

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FIELD HOCKEY

RETURNING WITH A PURPOSE

BY EMMA KERSTING

With the canceled 2020 season behind it, the Ithaca College field hockey team is looking ahead in preparation for the 2021 season.

Currently, the Bombers have a full season scheduled with their usual competitors from the Liberty League and other Division III teams in the area. Other than the fact that masks are required while indoors, this season is anticipated to be the same as any other prior to the COVID-19 pandemic. Head coach Kaitlyn Wahila said she is looking forward to returning to normalcy.

“We feel like we’re basically just going to be back to normal,” Wahila said. “We’ll be able to compete and play the game we all love.”

During the spring semester, the team took part in its usual spring training — practicing on the field. However, they had to work in smaller pods to follow COVID guidelines. The team competed in two scrimmages last spring, which gave the players an opportunity to work as a team. They won 7-0 against Elmira College and lost 2-0 against William Smith College.

Not having an official first season until sophomore year could be a challenge, but sophomore Kiley Sullivan said she thinks that the limited practices and scrimmages last spring gave her a sense of what to expect this season.

“That time gave us enough of that first year experience as an athlete that we feel prepared as sophomores to fill that role,” Sullivan said.

Losing a season means the roster will look different from the last game, which

could impact the early success of the team. However, Wahila said the Bombers have a different perspective on the situation.

“I think the past is in the past and our team is focused on living in the moment,” Wahila said. “We tell [the team] to be where their feet are.”

With the loss of last season, the Bombers have had plenty of time to prepare for Fall 2021. During the remote semester, the team met over Zoom and took part in weekly “virtual game days” where they competed virtually against other teams in the league with competitions like “who can do the most burpees in three minutes.”

Senior backer Victoria Sestito said the team received summer training packets from Vic Brown, the strength and conditioning coach, that lasts from June to the start of preseason. The training typically included five days of conditioning with workouts like short distance sprints and lift days per week.

With the preseason coming to an end, the team is most looking forward to returning to game-action. Sestito said even for returning players, it has been such a long time since any of them have been able to play at the college level in competition.

“Win or lose, we’re all together and I think that’s what matters most in these times,” Sestito said.



ELEANOR KAY/THE ITHACAN



ELEANOR KAY/THE ITHACAN

From the suspension of competition in March 2020 to now, the Bombers have been preparing for a fall season for much longer than anticipated.

Sullivan said she believes this experience will make them stronger.

With such a highly anticipated season, the team’s goals are not centered around success. Wahila said that after coming off of a successful campaign in 2019 and seeing the program change so much in the past year and a half, she just wants the team to enjoy playing.

Sestito’s goal for the team is to be connected and to support each other as reliable teammates on and off the field.

Sullivan said she has a personal goal to grow as a player under the coaching staff.

“[The coaches] are fantastic,” Sullivan said. “Being one of their players is something I’m grateful for.”

Preparing themselves for the season, the Bombers need to consider which teams

will be their toughest competition.

Wahila mentioned the usual suspects like Ithaca College’s rival SUNY Cortland, as well as top contenders from the Liberty League conference like Skidmore College, University of Rochester and Vassar College. However, Sestito said the team does not care who is next on its schedule.

“I don’t like to think about any team as different from

another,” Sestito said. “We show up ready to play no matter who it is. ... The Liberty League is tough, but we have great skill on our team and great connection on the field.”

The team had the opportunity to return to action Aug. 22, hosting a pair of scrimmages against Mansfield University and SUNY Geneseo. While the contests were not full-length games and stats were not kept, Wahila said the team was just happy to return to competition.

“We were super pumped to be able to get out on the field and compete against two different opponents that weren’t ourselves,” Wahila said. “We were able to really play around with multiple different lineups, able to see different student athletes working with different student athletes.”

The scrimmages gave the freshmen and sophomores the opportunity to gain in-game experience prior to the team’s season opener. Wahila said she was pleased with the performances of each of the new members of the squad.

“Every single one of them, I was really, really impressed with,” Wahila said. “I wouldn’t be able to say a handful of different names, I would honestly just [say] all 10 freshmen and all five sophomores were just, they were great and they grew in some way, shape or form on Sunday.”

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KILEY
SULLIVAN

2022

VICTORIA
SESTITO

2022

FALL 2021 CALENDAR

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
			01 4PM ELMIRA COLLEGE 5PM UTICA COLLEGE 7:30 PM SUNY CORTLAND	02	03 2PM ST. JOHN FISHER COLLEGE	04 11:15 AM JANNETTE BONROUHI-ZAKIAM MEMORIAL ALUMNI RUN 12PM WILKES UNIVERSITY 1PM BRIDGEWATER STATE UNIVERSITY 4 PM JOHN HOPKINS UNIVERSITY 3:30 PM US MERCHANT MARINE ACADEMY
05 2PM STEVENS	06	07	08 UNIVERSITY OF SCRANTON 4:30PM	09	10	11 ST. JOHN FISHER COLLEGE 2PM
12 2PM MOUNT SAINT MARY COLLEGE	13	14	15 7PM SUNY CORTLAND	16	17	18 12PM NAZARETH COLLEGE 1PM SUNY GENESEO
19	20	21	22 5PM SUNY BROCKPORT 6PM SUNY GENESEO	23	24 4PM ST. LAWRENCE UNIVERSITY	25 2PM CLARKSON UNIVERSITY
26 CAYUGA INLET	27	28	29 4PM KEUKA COLLEGE 4PM HOBART COLLEGE	30		

KEY

FOOTBALL
BUTTERFIELD STADIUM

FIELD HOCKEY
HIGGINS STADIUM

MEN'S/WOMEN'S CROSS COUNTRY

SCULLING
CAYUGA INLET

VOLLEYBALL
BEN LIGHT GYMNASIUM

MEN'S SOCCER
CARP WOOD FIELD

WOMEN'S SOCCER
CARP WOOD FIELD

OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SAT
					01 4PM UNIVERSITY OF SCRANTON	02 1PM HOBART COLLEGE ST.LAWRENCE UNIVERSITY 3PM
03 2PM UNIVERSITY OF ROCHESTER	04	05	06 6PM SUNY ONEONTA	07	08 7PM SKIDMORE COLLEGE	09 2PM BARD COLLEGE 2PM UNION COLLEGE
10	11	12 4PM SUNY NEW PALTZ	13	14	15 4PM SKIDMORE COLLEGE	16 2PM UNION COLLEGE
17 1PM RPI	18	19	20	21	22 4PM ST.LAWRENCE UNIVERSITY	23 2PM SUNY BUFFALO STATE 2PM RPI
24	25	26 3:30 PM RIT	27	28	29 7PM SUNY ONEONTA	30 TOUCHDOWN THE BEAR FALL CLASSIC 11AM SUNY BROCKPORT 2PM VASSAR COLLEGE 4PM NYU
31						

NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
	01	02 LIBERTY LEAGUE TOURNAMENT TBA	03 LIBERTY LEAGUE TOURNAMENT TBA	04 LIBERTY LEAGUE TOURNAMENT TBA	05	06 1PM UNION COLLEGE
07	08	09	10	11	12	13 12PM CORTACA!

After not practicing with the Bombers' sculling team last season, graduate student Ally Arndt prepares for the new season this semester.

ANA MANIACI MCGOUGH/THE ITHACAN

