

2022 Winter Sports Preview

Liam Spellman '23

Luka Radovich '23

Jack Stern '23



THE ITHACAN

Wrestling grapples for a championship

BY DUSTIN TERRY

On Nov. 4 and 5, the Ithaca College wrestling team hosted the Ithaca Invitational in the Athletics and Events Center, the first event of the season for the team. For the first time since Spring 2020, spectators can attend matches as the Bombers look to build on an impressive 2021–22 season.

The Bombers finished last season with an 11–4 record in dual matches, ending the season with a

more energy to matches,” Beyer said. “I have a few tough guys in that bracket, I’m ready to wrestle, and hopefully we can start to work toward getting to Nationals.”

After making a name for himself as a first-year student, Beyer made a big jump last season, posting a 32–7 record with a fourth-place finish at NCAA Regionals. Beyer said the key to making his next step is to enjoy himself on the mat.

“The key is to stay relaxed every time I compete,” Beyer said. “The

the NCAA Championships. He lost his second round matchup before winning four straight matches in the consolation round.

“Last year was a realization that I’m good enough to [win a National Championship],” Chukwuezi said. “But there’s still a lot of work I need to do to get there and be confident in my preparation to pursue a National Championship.”

After finishing in fourth place in the NCAA Championships as a team in his first year, Chukwuezi said he believes this team has the opportunity to solidify itself as a top contender.

begin the season after two years of restrictions from the COVID-19 pandemic that limited spectators.

“The pandemic really slowed things down,” Nichols said. “Now the guys have had a whole year where we’re here together and you can see the difference. All the guys who were here now know fully what’s going on and they’re helping with the younger guys, so it’s been great.”

Despite the excitement of getting back to the mat, this year is still business as usual.

“Our team wants to put the pressure on ourselves to propel ourselves to get better,” Chukwuezi

said. “After every practice, we shout ‘National Champion.’ That’s our goal and we apply the pressure that we need to make that happen.”

Beyer said the team is as motivated as ever this year, and ready to build on the success of last season to win it all.

“We all have a passion for wrestling and I think we have an unbeatable work ethic we’ve got going on,” Breyer said

The Bombers travel to the Stevens Institute of Technology in Hoboken, New Jersey, for a dual meet at 7 p.m. Nov. 11.

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Senior Matt Beyer posted an impressive 32–7 record and earned fourth place at the NCAA Regional championships last season.

ELEANOR KAY/THE ITHACAN

second-place finish in the NCAA Regional tournament and 27th place in the NCAA Division III Championships on March 11 and 12.

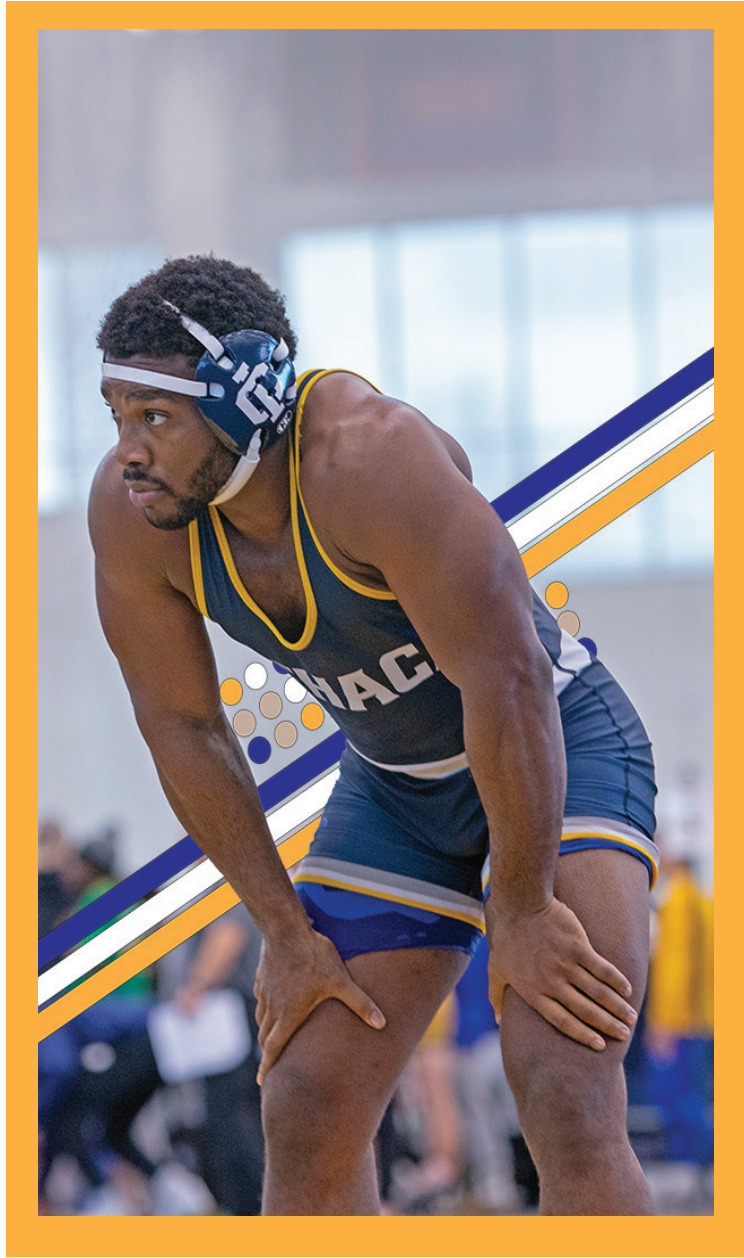
Senior Matt Beyer said the team is excited to have most of its fans back and having kicked off the season at home with the Ithaca Invitational is a great way to welcome them back.

“[The fans] will definitely bring

more fun I’m having, the better I wrestle.”

Beyer is one of many wrestlers on the team looking to make a name for themselves, whether on the national stage or as a breakout athlete.

Graduate student Eze Chukwuezi won his NCAA Regional bracket in the 184 pound weight class, making a run to fifth place in



Graduate student Eze Chukwuezi earned a fifth-place finish in the 184 pound division at the NCAA D-III wrestling championship.

ELEANOR KAY/THE ITHACAN

Just the Facts: 2021–22 season			
Wrestling	Indoor track and field — Men	Indoor track and field — Women	Basketball — Women
Record: 11–4	Conference finish: 2nd	Conference finish: 1st	Record: 25–4
Regional finish: 2nd	National finish: 6th	National finish: 3rd	NCAA Tournament: Eliminated in round 2
National finish: 27th	Notable results: Jalen Leonard-Osbourne, National Champion in 60-meter dash	Notable results: Meghan Matheny, National Champion in pole vault	PPG: Grace Cannon (15.5)
State champions: 3 (Eze Chukwuezi, Matthew Beyer and Travis Jones)			RPG: Grace Cannon (6.4)

Sprinting to the top of the Liberty League

BY DANIEL KING

Following a second-place overall finish in the 2022 Liberty League Indoor Track and Field Championships, the Ithaca College men's track and field team has its eyes set on the top of the mountain for the 2022–23 indoor season.

Multiple Bombers set indoor records for the college season. One of the team members who broke a previous record was senior Andy Frank. Frank broke the college's 200m dash record with a time of 21.64 seconds Feb. 11 at the RIT Invite. Frank said it was something that he expected coming into college, since he

expects the best out of himself.

While the team did not come in first, which Frank said was disappointing, not all was lost at the meet itself.

"Nothing brought me more joy than seeing people on that Liberty League podium that didn't think they'd be anywhere near close to that at the beginning of the season," Frank said. "So that was something that I took a lot of pride in."

While last year's accomplishments are impressive, head coach Jim Nichols said the team cannot get hung up on past results and should focus on the upcoming season.

"Each and every one of them has to individually improve," Nichols

said. "We always say, 'Run for fun and personal bests; run, jump and throw for fun and personal bests,' is what we need each and every one of them to do."

Nichols said that losing thrower Luke Tobia '21 to graduation will be felt. While it will be tough shoes to fill, Nichols named senior thrower Justin Showstead as someone who can step up to the challenge.

"So, not that he's a replacement for Luke, you don't replace somebody, but next man in next man up is what ... the philosophy is," Nichols said.

Showstead had a nice performance at the Liberty League indoor championship, placing first in the shot put event with a throw of 15.12 meters. While he fell just short of Nationals, he said he is using that as motivation for the upcoming season.

Showstead said he believes heading into this season with first place in the shot put event will help him put on the best performance so far during his time at the college.

"I was really tense, and I just really wanted to do well this year," Showstead said. "I'm just more relaxed and I'm just taking it day by day and having fun."

While the first meet is not until Dec. 3, the team has been practicing since the start of the year.

"We have a long stretch of months where it's our guys getting in five days a week together," Frank said. "Getting these relationships, build them up and build that trust and the chemistry that we need going forward."

While the goal is to win the conference championship, Frank said he wants to pick up where he left off and build upon his success from last season.

"Last year was the first year I had made it to the national meet, but it was something that I always knew that I could do," Frank said. "Fifth place in all of America is great, and it's a great achievement. But ... I've always wanted more."

Looking ahead in terms of the competition, Nichols pegged the team that outscored his team for first place in the championship last year as one of their toughest opponents: the University of Rochester. Nichols also said he



Senior thrower Justin Showstead missed out on Nationals last season by one foot in the shot put.

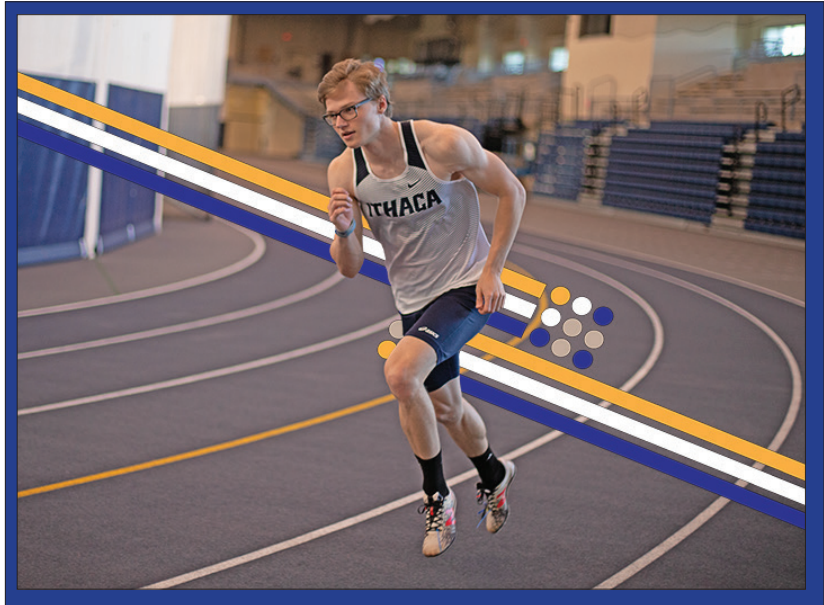
LEILA MARCILLO-GÓMEZ/THE ITHACAN

expects the Rensselaer Polytechnic Institute (RPI) to be a challenge.

"RPI is always a traditionally strong competitor for us," Nichols said. "They'll have a really strong group of distance runners."

The Bombers first meet of the season will be the Greg Page Relays on Dec. 3 at Barton Hall on the East Hill at Cornell University.

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Senior Andy Frank set the Ithaca College program record in the 200m dash last season. This year, he is aiming to earn a National title.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Launching toward another conference title

BY LUCAS JAFET

Following a triumphant Spring 2022 season where the Ithaca College women's track and field team finished 28th in the country, the Bombers are ready to resume competition for their indoor season.

Despite several key members of the team graduating this past May, head coach Jennifer Potter '92 said she feels enthusiastic about the future of the program.

"They keep using the word 'energy' in the weight room and at practice," Potter said.

"Thinking about the teams before us and what we can do with this tradition of success, our women buy into that."

The Bombers enter indoor competition having won the last 14 consecutive conference championships between the indoor and outdoor seasons. The team will be looking to continue their recent run of success and continuity as competition moves back indoors.

Potter said one element of the upcoming season that will greatly benefit the team will be less COVID-19-related restrictions. The Bombers lost three seasons to the pandemic during the 2020–21 year.

"Living in constant fear of, 'Will COVID [end] another season?' That stuff takes a lot out of you," Potter said.

Potter also expressed the importance of managing expectations from year to year as well as maintaining a strong bond. Although track is not conventionally known as a team sport, Potter said she feels that one of the team's biggest strengths is its sense of togetherness.

"A lot of people just assume track is not a team sport, and I feel like our program is so opposite of that," Potter said. "We are a strong program from top to bottom, and we want to maintain that thought process."

Junior pole vaulter Sara Altonen said the team has been growing closer through its shared experiences away from the track, like cooking competitions with the coaching staff.



Junior pole vaulter Sara Altonen earned All-American honors in both indoor and outdoor competition last year. This year, she looks to build on her past success.

NOLAN SAUNDERS/THE ITHACAN

She said these types of experiences are what help team morale and camaraderie stay at a high level throughout the course of a season.

"It's just a really good chance to get to know the team outside of practice," Altonen said. "Having captains' practices and chances to bond with the team has been awesome."

Coming into her first season as an upperclassman, Altonen also said she feels a sense of mentorship and responsibility toward the younger athletes.

"This year, a lot of the upperclassmen have been loud in the lifting room, encouraging everyone to put more weight on," Altonen said.

Senior long jumper Sara Brown said one definition of success for her would be watching the other women on the team set personal records and stay healthy.

"Being able to see my teammates achieve their goals [is what a successful season would be to me]," Brown said. "We always talk about our goals at the beginning of the season, and just seeing the other girls achieve what they set out to do [is important]."

Potter added that managing the transition between seasons is another important part of team success. She said the coaching staff designs the training regimen to ensure that each athlete is ready for their event all year.

"We had to start some of our outdoor events during indoor or else we wouldn't have enough time to prepare," Potter said.

The Bombers begin their season Dec. 3 at Cornell University in the Greg Page Relays.

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Senior long jumper Sara Brown finished in third place in the Liberty League for long jump last season.

BRENDAN IANNUCCI/THE ITHACAN

Men’s basketball shoots for a return to conference championship game

BY TOMMY MUMAU

The Ithaca College men’s basketball team is back on the court with a veteran squad that has its sights set on a Liberty League title. The Bombers are coming off the 2022–23 season in which they finished second in the Liberty League with a 17–9 overall record. Despite the team’s solid regular season performance, the campaign came to a close Feb. 26 in a 76–74 loss to Vassar College in the semifinals of the Liberty League Championships.



Senior guard Liam Spellman ranked sixth in the Liberty League in three pointers made on the season last year with 49. JASMINE SCRIVEN/THE ITHACAN

The South Hill squad returns with a strong group of upperclassmen that will look to help the team get back to the postseason. Among the upperclassmen are captains graduate student guards Skylar Sinon, George Sikoryak III and Zach Warech and senior guard Liam Spellman. Graduate student forward Luka Radovich is also back on South Hill, following a strong season in which he led the team in points scored, having 343 points on the season. Head coach Waleed Farid is in his second season at the helm of the program and said he is looking forward to seeing what this experienced group can achieve. “The excitement for this year is really high,” Farid said. “Returning 13 out of 15 guys from last year’s roster allows us to have a lot of continuity from last year to this year, which is giving us the ability to have some higher expectations for the season.” The Bombers’ returning core has a track record of success as a team, as five members of this year’s squad contributed to the program’s first Liberty League title, which was won during the 2019–20 campaign.

Senior forward Jack Stern made his collegiate debut during that season and said he believes this team’s upperclassmen will play a pivotal role this winter. “I think what our veterans bring is that extra experience and that bit of knowledge of how to act, how to carry ourselves [and] what we can do to keep the team morale high,” Stern said. “I think that it’s such a strong characteristic of our team that really allows us to be ourselves but be a successful team at the same time.”

The South Hill squad’s veterans excelled during the 2021–22 season, as Sinon and Radovich earned All-Liberty League honors. Radovich netted the second-most points per game in the conference, recording an average of 16.3 points per contest. Radovich said he believes the team’s postseason resume has the group poised for success this year. “It’s just huge to have that experience, knowing what it feels like to be [in the NCAA Tournament],” Radovich said. “Especially just for teaching the young guys the ropes [and] making sure they’re mentally ready for the long season.” While the Bombers will look to its veterans to make an impact, Farid said he has also been impressed by the team’s underclassmen early on. The head coach said he feels he can rely on each player on the roster to contribute, and he is particularly looking forward to seeing junior guard Noah Downing and sophomore guards Logan Wendell and Aidan Holmes take the court. “Our depth of talent, that is our number one strength,” Farid said. “We have guys, one through 17,

right now who I think can play in the game, which makes my job kind of tough, but it’s a good problem to have.” While Farid is excited about the team’s underclassmen, he said Sinon is among the leaders that the Bombers will look to this winter. The guard will seek to build off a solid senior campaign in which he scored the second-most points on the squad, averaging 12.2 points per game. Sinon etched his name into the Bombers’ record books last season, becoming the 29th player in program history to score 1,000 career points in the team’s victory against the Rochester Institute of Technology on Feb. 15. Spellman is another impactful performer who is coming back, ranking sixth in the league for three-point field goals per game last winter. He knocked down a total of 49 buckets from behind the arc in his junior season. These offensive standouts led the squad to being the most productive scoring team in the Liberty League, averaging a total of 80.8 points per game. On the defensive side of the ball, the team allowed 72.7 points per game but ranked third in the league with 28.5 defensive rebounds per contest. The team began official practices Oct. 15 following preseason workouts in which athletes lifted weights and played pickup games multiple times per week, Radovich said. Stern said he was impressed with the team’s preparation before the start of the season. “I can tell that all the guys are fully bought into what we’re doing this year and the system that we’ve got in place,” Stern said. “It just feels like everyone knows what we want to get done [and] knows what we have to get done as a team.” Along with the team’s preseason training, it has also held weekly meetings to discuss the upcoming campaign, Radovich said. He said the team has worked to build team culture during these meetings, bringing in Greg Shelley, director of the Ithaca College Leadership Academy and retired associate professor, to speak to the group. Farid said he believes these meetings have been important in building team chemistry. “We’ve just been trying to get everybody on the same page,” Farid said. “Understanding that everybody’s got a role to play and everyone is doing their best for the best of the program.” Stern said he believes that the group’s camaraderie will play an important role



After transferring from Fordham University in Fall 2020, graduate student forward Luka Radovich started in 19 of 21 games. KALYSTA DONAGHY-ROBINSON/THE ITHACAN

this upcoming season. “I think that [for] a lot of us, having experience with each other [and] being around each other for the past [three or four years] has really given us the opportunity to not only learn who we are on the court but also off the court,” Stern said. The Bombers season began with a matchup against SUNY Cortland at Ben Light Gymnasium on Nov. 8.

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Senior forward Jack Stern was ranked ninth in points per game during the 2021–22 season, with an average of 14.5 points. Stern also ranked third in rebounds on the season, collecting 120 rebounds. JASMINE SCRIVEN/THE ITHACAN



Women’s basketball aims to build on Liberty League title three-peat

BY EMMA KERSTING

The Ithaca College women’s basketball team is looking to the upcoming season with high expectations after taking home the Liberty League Championship title for the last three seasons in a row. Senior guard Camryn Coffey said the seniors are looking forward to another successful season, as they were on the team when the Bombers won the Liberty League Championship in the 2019–20 and 2021–22 seasons. Coffey said that

feel supported and like they know what’s going to happen.” Head coach Dan Raymond also said Dorn really stepped up this preseason, succeeding in sharing the responsibilities with her peers, namely Coffey and senior guard Natalie Smith. To prepare for the season, Smith and Coffey said the team has been working hard in practices by going to the weight room three times a week and attending conditioning and agility sessions with Vic Brown, strength and conditioning head

tell him about preseason practices. “It’s so interesting . . . because of the COVID situation, I still haven’t seen them play live and in person,” Raymond said. “The recruiting was done all by video.” Smith said that every season is different naturally because of the teammates that graduate and the ones that join the team as first-year students. She said she hopes to see a similar energy from this season’s team as there was last season. “I think if we can keep the progress that we’ve made in the past and carry it into the future, that it will only set us up for a great season this year, even if it ends up being a different team,” Smith said.

All three seniors said they have a great appreciation for the coaches of the team, saying that they like the connection all the players have with their coaches. Coffey said Raymond thinks of the team as a family in order to establish trust on the court, doing things like keeping his office door open for the team to step in at any time. “[Raymond] has meetings with all the [first-year students] once a week, just to make them feel welcome,” Dorn said. “At the same time, the upperclassmen still go in there at least once a week, if not every day, just to talk to him.”

Raymond said he spends time talking to the first-year students on a weekly basis, not just about basketball, but how they are doing overall in their transition from high school to college. Raymond said he talks to the players about academics, roommates and other topics and wants to make the first-year students feel comfortable in their surroundings. “I’ve always been really stressed that it was important for the players to get comfortable with me and for me to get comfortable with the players,” Raymond said. “So that when we do start actually coaching them, they understand that what I’m trying to accomplish, and what we as a staff are trying to accomplish, is more than just basketball.” Smith and Dorn said that this



Senior forward Emily Dorn did not start a game last season but averaged 18 minutes, 8.2 points and 4.8 rebounds per game.

NOLAN SAUNDERS/THE ITHACAN



Senior guard Camryn Coffey was one of the most effective 3-point shooters on the team last season, hitting 30.4% of her shots.

NOLAN SAUNDERS/THE ITHACAN

while the team reached its end goal last year with an overall season record of 25–4, the team was simply playing for the love of the sport. “Everyone was so excited to play every day, and we got in that groove of playing with each other where it was just fun and exciting, especially toward the end of the season, those games where we had so many fans,” Coffey said. The Bombers hosted two NCAA playoff games, defeating Catholic University 75–63 March 4 in the first round before falling in an electric game to Springfield College 73–71 on a buzzer beater in overtime March 5. For the 2022–23 season, Coffey is hoping to be a strong leader for her underclassmen teammates. After not competing her sophomore year because of the COVID-19 pandemic, Coffey said she felt less confident coming into her junior season in 2021. Senior forward Emily Dorn also said that she feels like she holds a greater position as a leader this year. “I definitely stepped into this new role this preseason,” Dorn said. “I was one of the main leaders. I feel like our [first-year students]

coach in the Office of Intercollegiate Athletics. Coffey said the team also played pick-up three times a week, just playing five against five without any coaches. Dorn said that because there are only two first-year students joining the team, it did not have to dedicate as much time to building a new foundation in comparison to past seasons. Last season had six first-year students and three sophomores, and because the 2020–21 season was canceled, none of them had played before. Smith said her teammates were pushing one another to improve every day in the preseason and they all look forward to the start of the new season. “Everyone needs to be ready to work really hard from the start, because I think if we give it every day in practice and in all our games, I think we’re going to be really happy with how the season goes,” Smith said. Raymond said his recruiting process has been different in the past few years because of the pandemic. His only understanding of how the new team members play is based on what the upperclassmen

season, the coaches want the team to take the season one game at a time, setting short-term goals alongside their long-term goals of winning the Liberty League Championship again. Smith said she is looking forward to the competitive games on the schedule. The Bomber’s first game of the season this year was against their rivals, SUNY Cortland. Coffey said that in the past, the team has faced a few losses at the start of the season before getting into the swing of things. “The first few weeks of games we usually struggle a little bit, have a few tough losses,” Coffey said.

“Especially since our first game is home against [SUNY] Cortland; we lost to them last year. . . . That’s not gonna happen again; we don’t want to have these losses in the beginning because then you’re constantly having to make up for it.” The Bombers next game will be at 5 p.m. Nov. 11 against Montclair State University in Montclair, New Jersey, that starts a stretch of four road games. They return to the Ben Light Gymnasium on Dec. 2 to host Vassar College.

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Senior guard Natalie Smith led the team in minutes off the bench last season with 18.3. She also lodged 2 assists per game, third-best on the team, and the top mark for all bench players.

NOLAN SAUNDERS/THE ITHACAN

Diving into the season with high expectations

BY DEAN GUTIC

With the freezing cold winter approaching, the Ithaca College women's swimming and diving team makes its return with big ambitions for the upcoming season as sports move indoors. Last season, the Bombers finished first in the Liberty League championship, completing a three-peat as they successfully won their third-straight Liberty League trophy. The Bombers are poised to sustain their recent success and are looking to get their fourth straight title in the new season. As the new season approaches, graduate student diver Abby Marraccino said she has high expectations for herself and her

teammates in the pool. Marraccino had solid performances in her 2021–22 campaign, finishing fifth in the Liberty League in 1-meter diving with a score of 432.25 and fourth in 3-meter diving with a score of 475.90. Both of those scores, which came at the conference championship meet, were season-best performances. "My individual goals as a senior are to have a positive attitude every practice and appreciate all the time I have with the team," Marraccino said. "Some further goals are definitely to get a couple of new dives and make it back to nationals hopefully." Senior swimmer Emily Shorb said the team has been preparing all summer for this season and

worked on welcoming the new first-year students to the team, along with bonding as a group. "Before our season started on Sept. 26, we were doing captain practices for a couple of weeks," Shorb said. "In the summer, we have a summer challenge thing we do where we record our workouts on MapMyRun and we make teams, and we can see other people's workouts. ... It's how we stayed interactive over the summer and it was a good way to meet the [first-year students] too." At the 2021–22 Liberty League Championships, Shorb came in 11th place overall in the 500-yard freestyle with a time of 5:15.63. She also earned an eighth-place finish in the 1,650-yard freestyle, where she finished with a time of 18:21.92. Marraccino said the team has been getting to know each other, making them stronger as a group, by having open discussions in a group setting. "We're really taking a step back on Saturdays instead of practicing, taking the time to talk in a circle about ways we can improve our team and work together," Marraccino said. "Even though swimming and diving are both individual sports and team sports, realizing we're there to push each other." Along with that, Shorb said the coaching staff of the swimming and diving team have been leading the athletes after the recent coaching changes, which saw head

coach Kevin Markwardt take over the role of both men's and women's swim team head coach. "Our coaching staff has played a big role in our season, especially last year," Shorb said. "The practices are hard, but they have definitely prepared us well." Markwardt said that just because the team is coming in as title defenders does not mean it is planning on coasting the whole season. "We want to mainly maintain the success that we have had in the dual meet realm and conference meets," Markwardt said. "It's one thing to get on top, it's another to stay on top." Markwardt said there are some familiar rivals ready to challenge for the Liberty League crown. "[The Rensselaer Polytechnic Institute] and [the Rochester Institute of Technology] are for sure [difficult opponents]," Markwardt said. "There are teams at the [Bomber



Graduate student diver Abby Marraccino looks to build upon her strong finish to the 2021–22 season. LEILA MARCILLIO-GÓMEZ/THE ITHACAN



Senior distance and backstroke swimmer Emily Shorb looks to bring leadership to the team in the upcoming 2022–23 season. KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Looking to turn the tides in conference play

BY DAVID SCHURTER

After finishing second at the Liberty League Championship last season behind the Rochester Institute of Technology (RIT), the Ithaca College men's swimming and diving team made its long awaited return to the pool Oct. 15, ready to begin a new season. Head coach Kevin Markwardt said he wants to take the season one day at a time, working on improving the team rather than overthinking the next opponent. "I'm focused more on the process,"

Markwardt said. "Day to day, what we're doing in practice, maintaining a healthy team environment, you want to work with the individuals first." Associate head coach Mike Blakely-Armitage said the coaches meet with the team individually to discuss the season as well as assist with personal goals and help the athletes reach their full potential. "The guys care about their interactions with coaches and want to maintain strong relationships with us," Blakely-Armitage said. Markwardt also said the team is looking

to be more competitive within the Liberty League after falling just short of the conference title last year. "Last season we lost one dual meet, a tight one to RIT," Markwardt said. "Guys are going to have to step up in order to win the conference championship." One of the athletes looking to step up this season is junior captain and freestyle swimmer James Collishaw. Collishaw, the 2021 Liberty League Rookie of the Year, said he is looking to build off a strong 2022 season in which he participated in the 400- and 800-meter freestyle relays at the 2022 Division III National Championships at Indiana University from March 16–19. Along with Collishaw, senior captain and freestyle swimmer Holden Shatouhy said he is excited for the new season, as he missed the chance of competing at

Liberty Leagues last season because of an injury. "This season I hope to make it back to the Liberty League podium in the mile and 400 [Individual Medley], as I was injured last year," Shatouhy said. The team will be relying on a heavy underclassmen squad to keep the momentum going, with a total of 24 first-year and sophomore students. Blakely-Armitage said that among the first-year students and transfers who can make an impact early are first-year students freestyle and butterfly swimmer Ryan Cooke, breaststroke and individual medley swimmer Matthew Janssen and sophomore freestyle and butterfly swimmer Matthew Mitros. "[Cooke] really impresses me with his attitude as a [first-year student]," Blakely-Armitage said. "[Janssen] will be a really good breastroker, and transfer [Mitros] will really help our sprints squad." Cooke, Janssen, Mitros and the rest of the new swimmers will join a strong group of sophomores and juniors returning after an impressive showing last season, with a record of 8–1. Including sophomores freestyle swimmer Matthew Stevens, who finished second in the mile swim at the Liberty League Championship last year; butterfly swimmer Santiago Ludwig; and sprinter Ben Young, who was a part of the 400- and 800-meter relays at Nationals. Going into his final season, Shatouhy said that he wants to make the most out of this season. "I'm really excited for this season, as I feel that there's nothing to lose. It's all over in February," Shatouhy said. The team opened the season Oct. 15 with wins over Buffalo State College, Fredonia College and Hobart College but dropped a dual meet against Rensselaer Polytechnic Institute on Oct. 29. The next competition is against the RIT Tigers on Nov. 18.

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Senior freestyle swimmer Holden Shatouhy is returning from an injury that cut his 2021–22 season short. NOLAN SAUNDERS/THE ITHACAN



Junior freestyle swimmer James Collishaw is looking to reach the Division III National Championship once again this season. KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Gymnastics vaults toward national success

BY TESS FERGUSON

Coming off an impressive season in which it placed fourth at the NCGA Championships hosted on South Hill, the Ithaca College gymnastics team is gearing up for another year of competition. The 2022 season marked the first season in two years for the Bombers after the stoppage of athletics because of the COVID-19 pandemic. Head coach Rick Suddaby said 2022 was definitely a building season for the team since many of his athletes were competing at the collegiate level for the very first time. Despite the team's youth in the gym, the Bombers were able to put up some outstanding numbers on the season, with three athletes earning All-American titles across two different events upon its completion.

Heading into the new season,

Suddaby said that keeping consistent energy moving out of 2022 will be essential to continuing the Bombers past season's success. "We had a great year last year, and the goal is to work with that and take another step forward," Suddaby said. "We have a great incoming class and we're just excited to make it happen." This season, the Bombers are adding seven first-year student athletes to their squad. As 16 athletes out of a 23-woman roster are underclassmen, Suddaby noted how important it is to make sure the first-year students are assimilating. "This fall, we're really spending a lot of time on some basic things that tend to hold our athletes back, especially our first-year [students]," Suddaby said. "Once we fix those, it really opens up the path for new skills and directions."

Senior Nya Pauldon said that

because gymnastics is such a mental sport, performance levels can differ from routine to routine. It is for that reason that Suddaby focuses his coaching on keeping a positive mindset and finding the confidence needed to perform well. "[Suddaby's] biggest thing during preseason is to prepare us mentally because he knows, physically, we're all going to get there at our own pace," Pauldon said. Outside of Suddaby's coaching, the Bombers' small senior class is playing vital leadership roles as the team prepares for its first meet this winter. With only two true seasons of experience, Pauldon said she and her classmates are on just as much of a journey as anyone else. "We're definitely still trying to find our footing and figure out what kind of leaders we want to be on this team," Pauldon said. "For the most part, we just want everybody to feel welcome and important to our program." Pauldon is one of only three seniors competing in the 2023 season, and she is in good company alongside seniors Cameryn Nichols and Zoe Kyriakopoulos. Although their class is small, the seniors are aiming to make a big impact during their final season in the gym. "With the season cancellations especially, it feels like we've gone from [first-year students] to seniors in the blink of an eye," Kyriakopoulos said. "I think we have really risen to the occasion of being vocal leaders and enforcing what we want to be done on the team, especially considering what our class has been through." Pauldon added that she and her classmates play a crucial role in making practices less intimidating to the underclassmen on the team. "We love to dance, we love to sing, we just want to make it feel like a pleasure to come to practice every day," Pauldon said. In addition to their senior class, the Bombers will also be welcoming back graduate student Julia O'Sullivan for her sixth year of competition. Suddaby said O'Sullivan's unique opportunity to spend another season in the gym, with her



Senior Zoe Kyriakopoulos took 21st place in the bars and 15th in the beam at the 2022 NCGA Championships on March 26.

THOMAS KERRIGAN/THE ITHACAN

extra year of eligibility granted because of the COVID-19 pandemic, will add some valuable depth to the young team. Kyriakopoulos added that she is looking forward to seeing firsthand what kinds of differences the new athletes will make in the gym. "We definitely have a lot of [first-year students] that are going to be making lineups and making a difference," Kyriakopoulos said. "They all have their puzzle [pieces] that they really fit into." As competition approaches, the Bombers are setting some ambitious standards for themselves, always keeping the goal of chronic

improvement in mind. Kyriakopoulos said that although winning Nationals is a primary goal, she largely just wants to show off the expertise that her team is full of. "I think we just want to showcase the talent that we all know we have," Kyriakopoulos said. "Our depth in both skill and support for each other will keep us really united as a team." The Bombers will start their season Jan. 15, 2023, when they host SUNY Brockport at home in the Ben Light Gymnasium.

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KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Just the Facts: 2021–22 season			
Basketball — Men	Swimming and diving — Men	Swimming and diving — Women	Gymnastics
Record: 17–9	Record: 8–1	Record: 8–1	Record: 10–7
PPG: Luka Radovich, 16.3	Conference finish: 2nd	Conference finish: 1st	Regional finish: 3rd
RPG: Liam Spellman, 6.3	Notable results: Jack Wadsworth, National Champion in 100-yard backstroke	Notable results: Ava Lowell, National Champion in 3-meter diving	National finish: 4th
APG: Skylar Sinon, 4.2			All-Americans: 3 (Skye Cohen, Amelia Bailey and Jillian Freyman)
FG%: Jack Stern, .589			

NOVEMBER/DECEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					5 p.m. Le Moyne	11
13	14	15	16	17	18	19
	7 p.m. Keystone				7 p.m. Cornell	1 p.m. RIT
20	21	22	23	24	25	26
27	28	29	30	1	2	3
	7 p.m. Susquehanna				TBD Bomber Invitational 5:30 p.m. Vassar 7:30 p.m. Vassar	TBD Bomber Invitational 10 a.m. Cornell 2 p.m. Bard 4 p.m. Bard
4	5	6	7	8	9	10
TBD Bomber Invitational						

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	2 p.m. Hamilton 4 p.m. Hamilton					1 p.m. Tri-Meet 3:30 p.m. Alumni Celebration
8	9	10	11	12	13	14
11 a.m. Hamilton					5:30 p.m. St. Lawrence 7:30 p.m. St. Lawrence	2 p.m. Clarkson 4 p.m. Clarkson
15	16	17	18	19	20	21
3 p.m. SUNY Brockport					12:30 p.m. Home Quad Meet 1 p.m. Alfred	
22	23	24	25	26	27	28
10 a.m. Dick Corman Diving Invitational (no swimming)					5:30 p.m. William Smith 7:30 p.m. Hobart	2 p.m. RPI 4 p.m. RPI
29	30	31				

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
					5:30 p.m. Union 7:30 p.m. Union	10 a.m. Bomber Invitational 12 p.m. Genaca Diving Invitational 2 p.m. Skidmore 4 p.m. Skidmore
5	6	7	8	9	10	11
10 a.m. Bomber Invitational	5:30 p.m. RIT 7:30 p.m. RIT					
12	13	14	15	16	17	18
10 a.m. Drew 1 p.m. Cornell		10 a.m./6 p.m. Liberty League Championships 6:30 p.m. SUNY Cortland 7 pm SUNY Cortland	10 a.m./6 p.m. Liberty League Championships	10 a.m./6 p.m. Liberty League Championships	10 a.m./6 p.m. Liberty League Championships	10 a.m./6 p.m. Liberty League Championships 10 a.m. Marc DeNeault Invitational (at Cornell)
19	20	21	22	23	24	25
2 p.m. Harriet Marranca Memorial Invitational	TBD LL Quarterfinals			TBD NCAA Regionals (no swim) TBD LL Semifinals	TBD NCAA Regionals (no dive) TBD NCAA Regionals	
26	27	28				
TBD NCAA Regionals TBD LL finals						

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
TBD Springfield					TBD NCAA chamionships 10 a.m. NCAA indoor Championships	TBD NCAA Chamionships 10 a.m. NCAA indoor Championships
12	13	14	15	16	17	18
			10 a.m./6 p.m. NCAA Championships	10 a.m./6 p.m. NCAA Championships	10 a.m./6 p.m. NCAA Championships	10 a.m./6 p.m. NCAA Championships
19	20	21	22	23	24	25
26	27	28	29	30	31	

Key

- Men's and women's swim and dive
- Men's Basketball
- Women's Basketball
- Men's and women's track and field
- Wrestling
- Gymnastics
- Men's Tennis



The Ithaca College gymnastics team opens the season with three athletes having earned All-American honors last season, its most in a single season since 2012. Amelia Bailey '22 and now-sophomore Jillian Freyman earned the honor for the balance beam, while now-sophomore Skye Cohen earned it in the All Around.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN