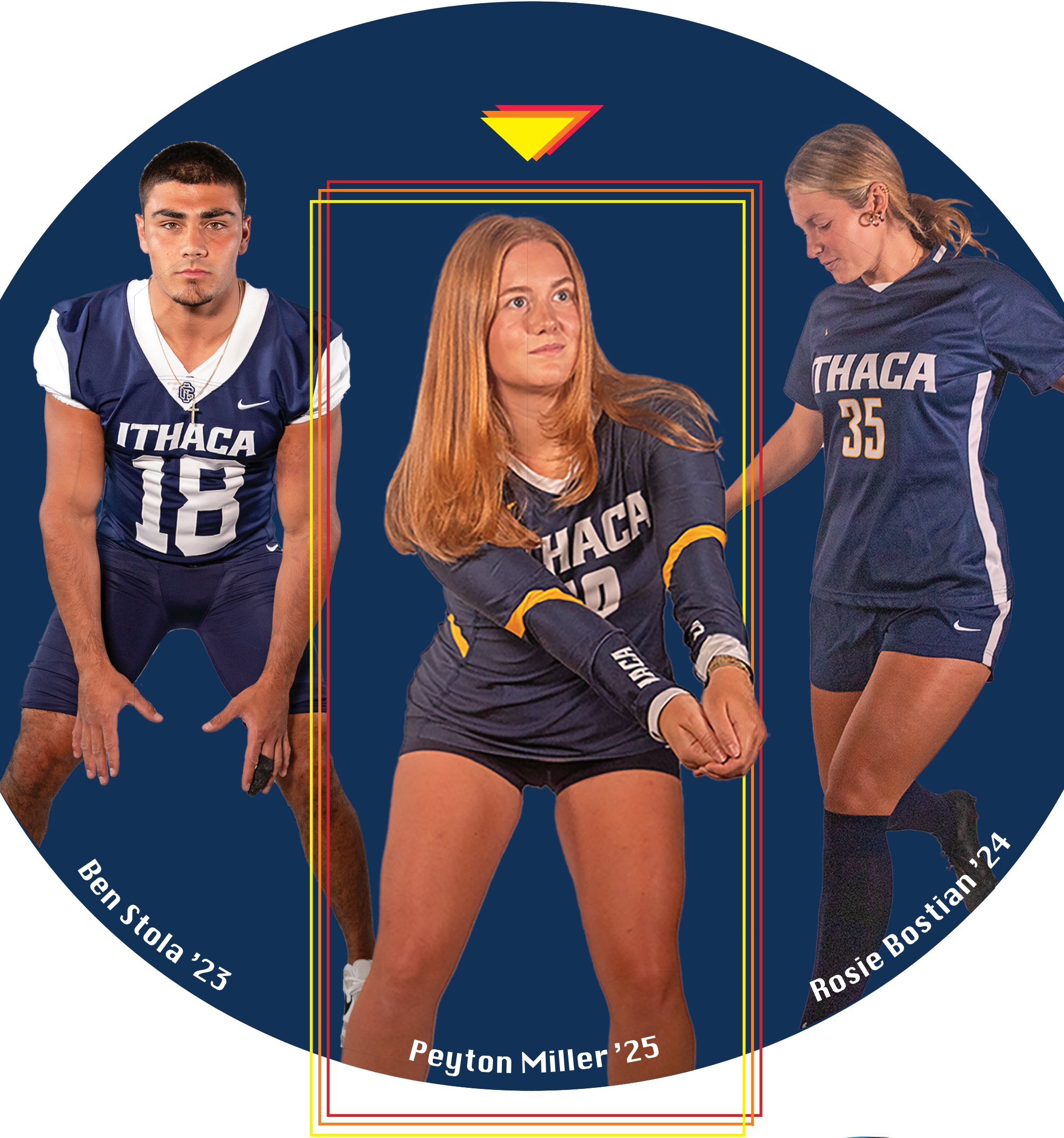


CHOOSE YOUR PLAYER



Fall Sports Preview 2023



Women's soccer aims to repeat titles



Grace Hickey
'25

BY JESS MOSKOWITZ
CONTRIBUTING WRITER

On Nov. 6, 2022, the Ithaca College women's soccer team claimed the program's first Liberty League title. This season, the team is ready to solidify its

conference champion status once again. With a 13–4–4 overall record — and a 6–2–1 record for in-conference play — the team fought its way to victory, avenging the championship loss to William Smith College from the previous season and making program history. The victory was even more significant when noting the gap William Smith had on the rest of the Liberty League prior to 2022. The Bombers only averaged 1.762 goals per game compared to William Smith's conference leading 2.81, but the Bombers' 93 saves lead the Liberty League and junior goalkeeper Grace Hickey will look to continue that trend. Hickey noted the significance of that win and said the team mentality is geared toward repeating that success this fall. "Everyone worked so hard, and I knew that we really deserved that win, especially against William Smith," Hickey said. "There's no other team that we'd rather take down. They had a 14-year win streak going for the Liberty League title, and now we're happy it's ours and we want to keep it that way." Senior forward Rosie Bostian, who scored a team-leading eight goals last season, echoed Hickey in her belief that this roster has the determination and the talent to have another strong season. "I think everyone's just really excited," Bostian said. "I mean, we're coming off a huge win in the Liberty League, but I think we still have something to prove. The past two years we have lost in the first or second round [of the NCAA tournament], which has been hard, but I think everybody's ready to compete."

Entering her 30th season with the program, head coach Mindy Quigg outlined her goals for the squad this season, which includes a top two finish in the conference standings. "We really like to take things one step at a time," Quigg said. "Our immediate goals really are to get [the players] connected with one another, make them feel safe, part of the process and get everybody on the same page in person." With a one-day-at-a-time mentality, Hickey said Quigg is focused on showing up each day and empowering her players to be the best they can be mentally, emotionally and physically. "Having a coach that instills confidence in you and knows what we are capable of really builds confidence in ourselves," Hickey said. "She's constantly communicating with us, telling us what we need to work on and how we can improve in each aspect of our game, and having someone that has your back and believes in you is always helpful." Quigg also pointed to the importance of leadership and mentorship, a role that Bostian and Hickey are happy to assume. As a senior, Bostian said she has seen the team through many seasons and wants her final season to be one she can look back on proudly. "I want to keep being a leader on the field and I would love to score personally, but mostly [I want] for the team, everybody, to do well, succeed as a whole and look back on the season with happiness," Bostian said. Hickey said she understands the role of her leadership as a goalkeeper, especially as a junior, noting the unique and important position she has taken

on the field. "As an upperclassman and as a goalkeeper, you always have to be talking and communicating on the field," Hickey said. "I'm the only position on the field that can see everything from my defender all the way up to the other keeper, so just talking, keeping heads up, always giving positive feedback when something goes wrong, not putting your teammates down but picking them up is key." In addition to support from one another on the field, Hickey said the team is looking forward to the support of the Bomber community as it kicks off the 2023 season. "I think our games are always some of the most fun out there," Hickey said. "Our bench is one of the loudest benches there is — constantly talking and cheering — and even though the game itself is very competitive, there's really not a second of boredom going on that field. It's a great time, and as a Bomber family, we have to support one another." Quigg emphasized the importance of support from the campus community in highlighting a conversation around continuing to show up for equity in sports. "We hope the Bomber community will come out in droves and support our women," Quigg said. "The more people we get in the stands, the more that energy grows; coming off the World Cup and that excitement around women's soccer ... I really believe it's a beautiful game, and we play it well." The Bombers will kick off the season at 4 p.m. Sept. 1 against Elmira College at home on Carp Wood Field.

CONTACT JESS MOSKOWITZ
J MOSKOWITZ@ITHACA.EDU

Men's soccer shoots for improved squad

BY FLYNN HYNES
STAFF WRITER

Coming off a 3–9–5 season that placed them eighth in the Liberty League, the Ithaca College men's soccer team is looking for a turnaround this upcoming year. The Bombers are ready for another season of play and believe they have the potential to place highly in the Liberty League. Head coach Garret Eldridge said he has high goals for the season but also wants to take it one day at a time. "Our goal is to always become the best program or best team we can during the year," Eldridge said. "We have some daily goals that we want, to hit, but goals in terms of the program is to win as many games as possible, compete to win the Liberty League and then to make a run into the NCAA tournament." Junior midfielder Connor Tierney said he wants the team to reach its full potential and contend for a prize he has not been close to since being a first-year. "Our biggest goal, of course, is to win the Liberty League [championship]," Tierney said. "We came close my freshman year, and last year we really struggled. We got a good team coming in and a really good opportunity to win it all." Senior midfielder Reefer Harrison said he believes the team can make a run in the NCAA Division III tournament if everyone performs as expected. "Everybody needs to play their role," Harrison said. "If you're a guy

on the bench or the top goal scorer, you need to play your role really well and be proud of that role. If everyone is doing their job, then I think we have everything we need to succeed." The Liberty League is known to be a competitive conference and the Bombers will face multiple difficult opponents this year, like St. Lawrence University, Vassar College, Skidmore College and nationally ranked No. 10 SUNY Cortland. "We play in one of the toughest academic and athletic conferences in the country," Eldridge said. "Since 2018, I would say that almost all of those programs have been ranked in the top 25." However, Harrison said the team is embracing this challenge, as this will only make them stronger and more qualified for the big dance in November. "We definitely have it cut out for us, having over half of our conference games away this year, and I think we have five or six away in a row," Harrison said. "It's definitely going to be tough, but I think we need to approach it with enthusiasm and just have fun beating teams on their home field." Tierney said he believes that playing against intense competition will make a solid program, like Ithaca College's, even more improved. "Metal sharpens metal," Tierney said. "It's always good to play against tough competition because that prepares you for the next game. Not only that, but we have big goals this season, so we plan on making it to

the NCAA tournament. We do want a tough schedule all year long just to help us prepare for each game." This season, the team will add 14 new faces to the roster — 12 of the 14 being first-year students. Harrison said the team believes having strong leaders will be a deciding factor in the outcome of this season. "It's what sets the team up for success in the coming years, even after I'm gone," Harrison said. "We also have a really large incoming class, so it's important to make them feel comfortable and integrated as soon as they get here." Tierney said, as he enters the second half of his career, he wants to be the best player and role model he possibly can be for his teammates. "I'm just trying to dominate every game and be a good leader to the younger class," Tierney said. "I had a lot of good mentors when I joined the team. My [first] year there were 15 or 16 seniors and [graduate students] just trying to be a leader and get [the first-year students] through both the soccer season and school." In addition to players, new assistant coach Nick Calo will also be joining the roster for the 2023 season. Eldridge said the team is excited to get a new set of eyes on the field. "Whenever we add an assistant, we want to add a guy that's capable of doing a variety of things, whether that is coaching the team and also being a leader off the field," Eldridge said. "We're excited for what Nick brings. He

certainly has done a tremendous job at Utica and has been involved in a high level of youth soccer as well at Orlando City." Calo said he also feels as though he has some pieces to help the program get back on its feet. "I believe I will add an attention to detail in training sessions and pre-game planning that will help the program with little things that might otherwise go unnoticed," Calo said via email. "Coach Eldridge has a great soccer mind, connects really well with the players, and maintains a well-organized and disciplined team. I'm confident I can add bits and pieces in between that allow a very hard-working group of players to



Reefe Harrison
'24

achieve the results we want." Harrison said that because it is his final season with the Bombers, his ultimate goal is to leave everything he has on the field to bring his team to a long awaited and desired conference victory. "I'm ready to work hard," Harrison said. "I mean, it's the last ride, everything on the field, nothing to lose, just getting after it. I'm looking forward to it." The team will open up the season with its first game against SUNY Fredonia at 2 p.m. Sept. 2 at Carp Wood Field.

CONTACT FLYNN HYNES
FHYNES@ITHACA.EDU

Sculling braves competitive waters

BY TESS FERGUSON
SPORTS EDITOR

After closing out the sculling season with strong performances at the Head of the Fish Regatta in October 2022, the Ithaca College women's rowing team went on to nail down its fifth consecutive Liberty League title May 2023. This fall, the team is looking to build the same momentum that will propel it to success once again.

The Bombers are entering the 2023 season with a young squad after graduating powerhouse rowers Allison Arndt '23 and Devi de Oliveira '23 — each of whom competed for the Bombers for six seasons — alongside six other senior rowers.

Head coach Becky Robinson said that although the team is bringing back some experienced rowers, graduating much of the team's upperclassmen will allow new athletes to step into more prominent leadership roles.

"Quite a few returners have had the experience of going to an NCAA Championship and being a part of winning the Liberty League, so that's definitely on their radar of what they want to be achieving this year," Robinson said. "The flip side of that is we lost a lot of seniors as well as two sixth-years and a fifth-year, so there's kind of a nervous excitement within the group because I think they're finally feeling like they get a chance to practice leadership, take on those roles and fill those shoes."

However, graduate student Taylor Volmrich will be returning for their fifth year with the crew, following a decorated senior season in which they were named to the Pocock All-American second team. Robinson said Volmrich's experience with the Bombers will be valuable as they head into the new season.

"[Volmrich] would be someone who certainly will be a strong performer all fall. ...

They will likely end up being an All-American," Robinson said.

Among the other returning rowers is senior captain Erin Trojan, who walked onto the team in 2021. Trojan has been rowing in the first varsity eight boat since Spring 2023 and said the team's successes last spring set a standard that will add significant incentive for her teammates to put their all into the sculling season.

"I think it's definitely going to be a rebuilding season," Trojan said. "But, because we did so well in the spring, I think that's going to motivate us to work really hard this fall so that we'll be able to perform really well next semester."

The squad has a history of elite performance, especially in the Liberty League. Last spring, the team nailed down its fifth consecutive conference title before placing third overall at the National Invitational Rowing Championship and earning a bronze medal at the NCAA Championship. The college ranks second among Division III teams in total NCAA appearances with 21 in 25 years, trailing only Williams College with 22.

Robinson said that although the team has exceeded some lofty goals in past seasons, it will be imperative for them to take the 2023 season one race at a time.

"Winning the Liberty League championship is where I would like to set the goal," Robinson said. "The team is absolutely capable, but if we shoot higher than that, we might fall short. If, as a team, we talk about how difficult it's going to be and how much we have to work for it, I actually think we'll be faster than if we try to repeat this previous year."

Junior rower Lily Babcock said the sculling season is the Bombers' opportunity to navigate the technical aspects of rowing on their

own before heading into the sweep season in the spring.

"In sweep, we're all together all the time," Babcock said. "With sculling, you're usually by yourself or with one other teammate, so it's a good opportunity to get in touch with your individual style and get comfortable with technique."

Since the squad is built largely on the participation of walk-on athletes — those who were not recruited from high school — the team often gains new athletes on multiple occasions throughout the academic year. Babcock said this fall will be a good learning opportunity for the athletes on the team who have only experienced the spring.

"Our only real goal for the fall is to see constant improvement throughout the season," Babcock said. "There's a lot of people that have never sculled before, only swept, so seeing them improve their technique and get more comfortable in the boat will be really important this season."

During the spring season, the team rows strictly in groups of eight and four, allowing more of a team mentality in every race. However, Robinson said that rowing on their own is the most valuable skill her athletes can learn to develop.

"The goal is to get faster in the single," Robinson said. "If they can go fast in a single, they've learned how to move their body weight and how to be efficient with their stroke. For us to be fast in the spring, we're going to need that strong technical base and efficiency."

Although Robinson emphasized the importance of consistency in training, she said she understands the intensity of playing a collegiate sport. In an effort to keep her athletes invested throughout the season, Robinson adopted a motto that her athletes have come to live by.

Erin Trojan

'24





"It can be very overwhelming, so I actually sent out a calendar that always has the message, 'You can start again today,'" Robinson said. "We're gonna mess up and we're gonna make mistakes, but we can always get back on track and we can always start again today."

The team will open up its season when they compete at the Cayuga Sprints Sept. 24 at the Cayuga Inlet.

CONTACT TESS FERGUSON

TFERGUSON1@ITHACA.EDU

Field hockey drives to new glory

BY DAVID SCHURTER
STAFF WRITER

Coming off a 2020 that halted all fall sports, the Ithaca College field hockey program has earned back-to-back trips to the Liberty League playoffs the past two seasons. However, there is one thing that is still missing: a Liberty League Championship.

This season will look a little different, as the team added new competition to its schedule. Head coach Kaitlyn Wahila said she is looking forward to the opportunity for the team to compete against several nationally ranked teams.

"This is the toughest schedule that I have

Alex Clough

'24





coached since I've been here," Wahila said. "We added three specific games that are going to heighten our strength of schedule; King University, Yorke University and Ursinus College are all top 25 teams traditionally and really strong programs. We wanted to strengthen our schedule and are looking forward to that opportunity to compete against some of the best in Division III field hockey."

Wahila said a couple of her biggest goals for the season are making sure her athletes are settled in and building a stronger team as the season rolls on.

"My goal as a coach is to really provide the best and most positive student-athlete experience that we can for everyone that's on our team," Wahila said. "We want to make sure our focus with our student-athletes is on the process of getting us to that point. It's going to be vital that we stay day-to-day and be consistent with our attitude and with the work we put into our training sessions."

Wahila said she believes that each class has the talent, potential and experience to help bring a Liberty League championship back to South Hill.

"We have two fifth-years coming back and their experience is going to be very beneficial for our team, five seniors with very important overall leadership skills, seven juniors that will show great leadership on and off the field, five sophomores who took great strides this past spring and nine incoming first-years," Wahila said. "We are very excited to see what they will bring to our program."

One of those leaders is senior captain and goalkeeper Alex

Clough. Clough said the coaching staff has played an instrumental role in the development of her defense and the improved play of the rest of the team.

"Team-wise, in the spring, we crack down on our individual skills and our coaches really help prepare us as much as they can for the next season," Clough said. "How they've helped me, I can't even begin to describe it. They are truly amazing as we work on leadership, team bonding and they even reach out just to say 'Hi' and keep the team together; they do a lot for us."

In her first two seasons with the team, Clough started as goalkeeper in nine games, tallying over 300 minutes in the cage. She has also notched 289 minutes as a field player.

Clough said that this year, it will be valuable for the team's young roster to utilize its strengths if they want to return to playoffs.

"We are a different team than we were two years ago now that half of [the athletes] are gone," Clough said. "We have a really big incoming class and you can't come in with the same game plan, as we have a lot of different strengths now, so hopefully we can keep the momentum of going to leagues with us."

Junior striker Natalie Descalso was an underclassman the last two seasons when the team made the playoffs. Just like Clough, Descalso said previous playoff experience helps bring the team together more and relieves the pressure of each game.

"Something I've always heard is not to put so much pressure on yourself for the postseason," Descalso said. "Just treating it like it's another game, rather than putting that extra pressure on yourself."

In 2022, Descalso garnered a Liberty League Second Team selection and earned the National Field Hockey Coaches Association offensive player of the week honor Oct. 19, 2022.

Descalso said she is looking to step into a much bigger role this season both on and

off the field, aiming to help the team in any way possible.

"I want to be someone everyone can talk to about anything, whether it relates to field hockey or not," Descalso said. "We talk about leadership and how it can be from any of the classes, leading below me, above me and to my other classmates."

Wahila said she holds high expectations for the upperclassmen, but also that if there are any bumps in the road ahead, she will help them push through.

"We expect all of them to lead and make sure that this team is headed in a positive direction," Wahila said. "I fully expect our senior class to be strong leaders and I think they will receive great help from the junior class as well, leading on and off the field."

Descalso, like Wahila, said it is important to make sure the veterans on the team are helping the younger players feel welcome.

"Bringing in the [first-year students] and sophomores and making them feel like they are supported will help the team feel its strongest," Descalso said. "Reminding ourselves that our bond on and off the field is going to help us in the postseason, our heart as a whole team is what really separates us from other teams."

Clough said she is looking to give her all this season for a championship while also not worrying too much and enjoying the ride.

"I just want to play field hockey with my friends," Clough said. "The team goal would be to win the Liberty League championship, but on a personal level, I love this team so much that I want to leave it all out there and have a good time."

The team will open its 2023 season at home against Kean University at 5 p.m. Sept. 1 at Higgins Stadium.

CONTACT DAVID SCHURTER
DSCHURTER@ITHACA.EDU

NOTABLE STATISTICS



Women's cross country

2022 best team finish: 58 points
Jessica Goode '26 (pictured): 22:30 6k
Jillian Shae '25: 23:24 6k



Men's soccer

2022 record: 3-9-5
Reefe Harrison '24: One goal, two assists
Connor Tierney '25 (pictured): Two goals



Sculling

Finished first in the women's double at the 2022 Head of the Fish Regatta.

Repeat third place finishes in the first and second varsity eight races during the NCAA Championships in 2022 and 2023.



Field hockey

2022 record: 14-4
Accolade: 2022 Liberty League Runner-up
Natalie Descalso '25 (pictured from left): Nine goals, nine assists
Alex Clough '24: Two goals allowed

NOTABLE STATISTICS



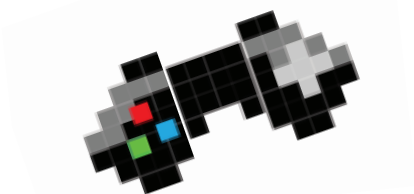
Volleyball

2022 record: 25–5
Accolade: 2022 Liberty League Champion
Alex Montgomery '24: 242 kills
Peyton Miller '25 (pictured): 429 assists



Women's soccer

2022 record: 13–4–4
Accolade: 2022 Liberty League Champion
Grace Hickey '25: 2–1 goalkeeping record
Rosie Bostian '24 (pictured): Eight goals, one assist



Football

2022 record: 12–1
Accolade: 2022 Liberty League Champion
AJ Wingfield '23 (pictured): 2,090 passing yards, 22 touchdowns
Ben Stola '23: 48 tackles, two forced fumbles



Men's cross country

2022 best team finish: 130 points
Drew Taylor '25: 26:58 8k
Aidan Loughlin '26 (pictured): 27:58 8k

Volleyball serves continued success

BY EMMA KERSTING
PODCAST EDITOR

Following last year’s success, the Ithaca College volleyball team has big plans for the fall 2023 season.

Last season, the Bombers won their first Liberty League Championship in program history with an overall season record of 25–5 and a perfect conference record of 8–0. The Bombers’ season ended in the second round of the NCAA Division III tournament in a 0–3 loss against Christopher Newport University.

Head coach Johan Dulfer said he



Alex Montgomery '24

anticipates that the team will have many opportunities to learn and grow as they take on tougher opponents this season. The season begins Sept. 1 at New York University with an invitational at Massachusetts Institute of Technology the following weekend.

“I think you learn the most in life when you are on the edge of failure because the edge of failure is also the edge of success,” Dulfer said. “If you’re too comfortable on one side or the other, you’re not learning anything; you need to be right on the edge. We have to put a schedule in front of [the team] that is tough. . . . I want my players to constantly be pushed and be under pressure and to have to figure out answers.”

While it welcomes three first-year students and two transfer students, the team will also be gaining its first full-time assistant coach, Camryn Bancroft.

Bancroft played volleyball for Springfield College for five seasons, one of them as a graduate student. She was the assistant volleyball coach at Springfield College from January 2022 until joining the Bombers in April 2023. Bancroft said she heard about Ithaca College from her former head coach.

“My coach [at Springfield College] said, ‘You’d fit in great there, [the program is] very successful, [it has] very similar core values’ . . . and I just like winning,” Bancroft said. “I knew that this program knows how to win,

Coach Dulfer knows how to win, so I wanted to learn everything I could from him.”

Senior captain outside hitter Alexandra Montgomery said the team is eager to have Bancroft with the team this season.

“We’re all super excited,” Montgomery said. “It’s going to be a little bit different from last season when we only had one full-time coach giving us any feedback, so [we are] making sure we’re really open to being coachable, learning new things and having a lot more feedback coming at us.”

Montgomery said she hopes the team can win the Liberty League again and make it further into playoffs. She said she expects hard work from the players so that they can all work together to reach team goals. Since so much was accomplished last season, Montgomery said that readjusting those goals will be vital for continued progress.

Both coaches and players said the team culture is a valuable part of a successful season. Junior setter Peyton Miller said she was able to stay motivated while conditioning by herself over the summer knowing her team was doing the same because they all have the same passion to meet team goals.

“I think we always strive to be a really successful program,” Miller said. “I think that we all are able to hold each other accountable and we all have the same goal at the end of the day to try to win championships. That only happens if everyone puts in the work; that really motivates me to do my part.”

Miller said the team dynamic is strong because of how much time they spend together on and off the court.

“All the girls in my year are my best friends,” Miller said. “The whole team, we all go out to dinner, we all hang out, we walk to classes together; I would consider them my closest friends and would do anything and everything with them and for them.”

Miller and Montgomery both said Dulfer is always pushing the team to improve their skills while also meeting with them individually outside of practices to better understand the team on and off the court.

“I know [Dulfer] very carefully plans every practice to make sure we’re working on what we need to and getting ready for the next opponent,” Montgomery said. “He’s trying to get to know everyone and make sure that he’s able to push everyone in the way that’s going to best help them in their needs with his coaching style.”

Following the Liberty League victory and losing two highly praised seniors, Dulfer said this season is a turning point to reflect on where the program can go from here.

“I think this team is going to prove that the whole is going to be better than the sum of its parts. . . . I really look forward to helping prove that because it’s a really good life lesson,” Dulfer said. “If I’m right and we can do that, I think that it shows there’s a better hope for the world if it’s not about individuals and I don’t think it ever should be.”

Dulfer said that based on the progress the entire team made during spring training, he expects the team to take the next step and make it further in the NCAA tournament.

With a taste of success, Dulfer said the Bombers understand greater challenges await them. However, the team will work on being less predictable, more passionate and having fun in their game.

“My hope is that the way we play this year is going to be really fun,” Dulfer said. “It’s part of our philosophy statement for this year that it should be fun for them to play the way we want to play, and I think it’s going to be really fun to watch.”

CONTACT EMMA KERSTING
EKERSTING@ITHACA.EDU

Football blitzes past competition

BY DANIEL KING
SENIOR WRITER

After going undefeated for the first time in the regular season since 1986, the Ithaca College football team returns with high expectations in their chase for an NCAA Championship.

In his return to South Hill, head coach Michael Toerper helped guide the Bombers back to the playoffs for the first time since 2014, winning their first playoff game since 2013 during the 2022 season.

After claiming their first outright Liberty League Championship during the 2022 season, the Bombers made a deep push into the NCAA playoffs, ultimately falling short against North Central College in the quarter-final round. While the season did not end with the Bombers hoisting the trophy, graduate student quarterback AJ Wingfield said the game was a learning moment for the Bombers.

“[North Central College] beat us up pretty good, but you got to get beat up to learn from those mistakes,” Wingfield said. “Hopefully, now we’re in a better spot where we felt what that was like, and [now] we move forward and do more this year.”

Wingfield was one of the many reasons for the Bombers’ success in 2022, ranking second in the Liberty League in passing with 2,090 yards, averaging 160.8 yards per game and 19 touchdowns. He also utilized his running ability, running for 289 yards during the season.

In his second full season as the Bombers’ starting quarterback, Wingfield said he felt much more confident running the offense.

“I grew a lot [last season],” Wingfield said. “The game slowed down for me mentally. I was definitely more confident. I saw defenses a little bit easier this year, and I’m expecting more

of myself from a mental standpoint. It’s really mental, and I think now, [it] being my third year as a starter, I feel really good.”

The Bombers’ defense also put together a solid season. Ranking fourth overall in the conference, the Bombers also ranked fourth in total yards given up per game, allowing only 284.2.

One of the defensive standouts on the season was fifth-year linebacker Ben Stola, who had 43 total tackles, five passes defended, and two fumble recoveries. Entering his final season as a Bomber, Stola is excited to see what the year brings for the team and himself.

“Coming in as an older kid now, as opposed to the past years when I’ve been a little younger, I just gotta have faith in the process, you know?” Stola said. “Just grinding the offseason [and not taking] anything for granted. Trusting my abilities and trusting the coaches’ schemes and the other players around me because I’m surrounded by a lot of great players too.”

One thing the Bombers are not looking to do is deal with any hangover from the previous season. Wingfield and Stola acknowledge that players have discussed not letting last season’s success affect what they do this year.

“You can’t get complacent,” Stola said. “Especially after a great season last year, you just got to move on. Last year is last year. We were 12–1 last year, we are 0–0 this year, we haven’t proved anything. We still have a whole season ahead of us, whole camp ahead of us. There’s a lot that still has to get done.”

One of the most significant differences for the Bombers this season will be on the sideline. While the Bombers hired Drew Miller ’21 as their offensive line coach and Ben Johnson as the running backs coach, their defensive coordinator, Trevor Werner, and offensive coordinator, Sean Reeder, left for new roles. To fill their positions, assistant head coach Mike Hatcher will

be the new offensive coordinator, while Toerper will be the new defensive coordinator.

While the sidelines will look different, the field will have many familiar faces with 15 fifth-year athletes returning to the Bombers. Toerper said he is excited about what their experience will bring to the table.

“[It] certainly adds an element of maturity physically, mentally, leadership, everything. . . . I mean, I’m missing when these guys are gone,” Toerper said. “When this fifth-year thing is no longer [around], we’re going to miss it, but certainly we’re enjoying it while they can be here for an extra year.”

Toerper said he is looking to improve upon being more situationally aware within two-minute drills. He said the team did not deal with those situations much last year and believes it will happen more this season.

Such situations could come as soon as week one when the Bombers open on the road in a tough matchup against No. 18 John Hopkins University. For the Bombers, it offers a strong opportunity to make a big statement against one of the well-known Division III programs.

“It’s a different brand of football than what we’ve played in week one in previous years and it’s going to be interesting for us,” Wingfield said. “Hopkins is the national powerhouse. The name speaks for itself.”

Another exciting matchup, as it is every season, will be the 64th annual Cortaca Jug game. However, this game will have added significance, marking the first time the tradition will be played on South Hill since 2017.

While the season will bring new challenges, Toerper said he is excited to watch how the 2023 season unfolds.

“Enjoy the journey, give everything we got and always put the team over ourselves,”

Toerper said. “Football is the ultimate game of sacrifice, doing something for the guy next to you. So can you maintain that throughout the season? Again, we did a great job at [that] last year. So can we replicate it? It’s easier said than done. We’re just going to go out one day at a time and see what happens. Maybe we can make another run.”

CONTACT DANIEL KING
DKING2@ITHACA.EDU

AJ Wingfield '23



Women's cross country runs to podium

BY JULIA WALLACE
CONTRIBUTING WRITER

After the exciting and emotional conclusion to the 2022 season, the Ithaca College women's cross country team has continued its training and regrouped in preparation for the upcoming season. After a fourth-place finish at the Liberty League Championship and a third-place finish at the Regional Championship in Rochester in Fall 2022, the team has set the bar high for both the new and returning runners this fall.

After 18 impactful years at the college, head coach Erin Dinan said she admires her athletes for their drive, mutual respect, support of one another and their ability to make first-year athletes feel at home. Despite what Dinan described as a "tough showing" at the Liberty League Championship, the women were able to pull together for a better performance at Regionals.

"Although our strong finish wasn't enough to get a large bid into the NCAA's, we had an individual athlete qualify and can work toward a performance that will get us the bid this season," Dinan said.

Junior runner Jillian Shea said the beginning of the 2022 season was met with some individual injuries and inconsistent performances in practices and meets. To overcome that hump, Shea said Dinan encouraged her athletes to train alongside teammates that have similar race results and pacing.

"When race day comes and you're running side by side with another fellow Bomber that you practice with every day, it pushes us through the race and reminds us of everything we worked for in practice," Shea said.

In track and field, racing events take place on a flat course and most events tend to be significantly shorter than a cross country race. However, cross country courses are littered with steep hills and declines and span over a six-kilometer distance. Runners take on vigorous workouts daily to prepare them for the rough terrain and unpredictable weather conditions that they may face at any given competition. To win a cross country race, runners are given a score based on the position they finish the race in. The team with the lowest numerical score ultimately wins the event.

Despite the challenges cross country brings, these athletes were able to lean on one another for motivation and support. Shea said that through fun outings, post-practice cheers and embracing the hard work, the strain of training was greatly reduced.

"Being with each other every day helps us form a strong bond that strengthens our team," Shea said. "It's a great feeling to show up at practice knowing you're surrounded by a group of girls who collectively work hard and support one another."

Sophomore runner Jessica Goode said much of the team's success can be credited to the team's coaching staff and the connections that each coach has with their athletes.

"They care so much for us as not only athletes but as people," Goode said. "They have great intentions and great experience as both coaches and runners."

Goode proved to be one of the team's most valuable runners during her first year with the Bombers. Following a stellar season — finishing in third place at the Liberty League Championship, 12th place at the Regional Championship and making

an appearance at the NCAA Qualifying meet — Goode earned Liberty League Rookie of the Year honors.

Moving into the new season, Goode said the team is hoping to improve its overall times and performance at the Liberty League Championship and to place well at the Regional Championship. Placing second or better at the Regional race would allow the Bombers to compete as a team at the national level in Richmond, Virginia.

After three seniors and three graduate students have moved on from the program, the team will be composed of mostly first- and second-year students. Two graduate students, Paloma De Monte and Julia Tomanovich, will be returning as graduate assistant coaches. Seniors Emily Johnson and Hannah Fichter, both who have been described as incredible teammates and leaders from their teammates, have been promoted to captains. With this exciting combination of talented new athletes and experienced leaders, Dinan said the team is set up for a successful season.

Dinan said she is also excited to keep an eye on the growing performances of not only her returning athletes, but also of the squad's incoming class.

"Recruits Annalise Butler and Sarah Cookson are two incoming [first-year students] who we should be watching. ... If we continue to build on [last season] and including the new

[first-year students] coming in, the team will be successful," said Dinan.

The Bombers will kick off the 2023 season at the Jannette Bonrouhi-Zakaim Memorial Alumni Run on Sept. 2, which will be followed by their first official meet at Brockport College on Sept. 9.

CONTACT JULIA WALLACE
JWALLACE2@ITHACA.EDU



Jillian Shea
'25

Men's cross country starts fresh

BY BILLY WOOD
ASSISTANT SPORTS EDITOR

The 2023 Ithaca College men's cross country team is striving toward improved results this season. Despite the loss of five seniors, the South Hill squad is looking to rebound and reload with a hopeful youth movement.

The Bombers regressed from the steady pace they had maintained in previous

seasons, finishing fifth in Liberty League standings in 2022, following two straight seasons finishing third. Last season, the Bombers earned a best finish of 130 points and a 10th place finish at the Atlantic Regional meet.

Head coach Jim Nichols said he believes his returning runners will make a big impact and continue to improve on their 2022 season.

"Patrick [Bierach] is our captain this year, James [Hughes] is a junior and Drew Taylor is also a junior," Nichols said. "I think James and Drew did well at the end of the outdoor season with their performances and if they've got a good summer training, which I believe they have, they should do really well."

Nichols said the team will maintain much of the same approach as previous seasons but heavily emphasize constant speed throughout training.

"Hopefully we have the base over the summer and we do a little bit more speed oriented type of workouts, more tempo, but we'll pretty much stay with the same routine, but we'll make minor adjustments to try and move us forward," Nichols said.

While upperclassmen will have an impact on the course this season, the team will go into the season carrying just one senior. To fill spots on the roster, the squad will carry 11 underclassmen, six of which are first-year students.

Junior Drew Taylor echoed the idea that the team will be younger and said it is a factor in him and other upperclassmen having to step up.

"We really only have four or five upperclassmen, so in terms of leadership and guys looking up to me, then obviously there's a little bit more pressure having

to perform," Taylor said. "Last year I was probably our sixth guy, so I was in the top seven, but I didn't count to the score all the time and this year, barring anything crazy, I should be in the top five pretty much every race."

Sophomore Aidan Loughlin is a part of the team's youth movement and has seen the team's first-year talent come into form throughout the offseason.

"They're all really good; I have a lot of faith," Loughlin said. "[First-year student] Connor McGeehan stands out because he's one of the newer guys in the sport — he only started doing cross country I think two or three years ago and a lot of the time people do it for all four years of high school and he's proved a lot. Trevor Dix is really good. They're all really good. Excited to see what they do."

With all this talent, one lone senior is left to lead the squad. Senior captain Patrick Bierach is entering his fourth season with the Bombers with impressive results to his name. Bierach wields a personal best 5k time of 16:11.1 and an 8k time of 25:59.3.

Loughlin expressed how strong of a leader Bierach has been in the offseason.

"Pat's a great leader; he reaches out all the time," Loughlin said. "I've had some runs where my shins were hurting and he immediately reaches out and checks in. He knows what he's doing and I think James Hughes and some of the juniors are going to definitely try and step up. I know that they have good experience."

Taylor said that Bierach has always been a natural leader and that even while it may not be shown, Bierach is making an impact on the team behind the scenes.

"He's always been a leader and he's always been a guy, at least for me, that I've

looked up to," Taylor said. "I'm sure there's a ton of stuff behind the scenes that I don't even know about between him and [Nichols] — talking back and forth, coordinating with [Nichols] on a better schedule and training and all that stuff. He's our guy."

Coming off an underwhelming 2022 season, Loughlin said the team knows it is not being viewed as the top dog in the Liberty League, but he still thinks it can show itself as a contender.

"I feel like we're not really looked at as a favorite team," Loughlin said. "We have good runners, but losing Danny Jagoe ['23] and some of our other guys, like, we had a lot of guys that were in the top seven that aren't here now. I think we're more of an underdog type ... but we do want to show ourselves as a contender and possible team for getting high positions and team rankings."

With the team feeling doubts from their competition, Nichols said that the goal for the upcoming season is to focus on improvement and that the team's talent will show.

"I want each and every one in the program to improve and get better and hopefully run a personal best during the season," Nichols said. "I want us to compete to the best of our ability to get the most out of our individual talents and the talents of the team growing together. We have to work together, have to run together, have the same goals and aspirations to be successful and team results should take care of themselves based on that."

The team will open the season at the annual Jannette Bonrouhi-Zakaim Memorial Alumni Run at 11 a.m. Sept. 2.

CONTACT BILLY WOOD
WWOOD@ITHACA.EDU



Drew Taylor
'25

FALL SPORTS CALENDAR

WOMEN’S SOCCER

SEPTEMBER 1 - VS. ELMIRA COLLEGE AT 4 P.M.
SEPTEMBER 6 - VS. MOUNT ST. MARY AT 4 P.M.
SEPTEMBER 10 - VS. LYCOMING COLLEGE AT 1 P.M.
SEPTEMBER 16 - VS. NAZARETH COLLEGE AT 1 P.M.
OCTOBER 7 - VS. CLARKSON UNIVERSITY AT 3 P.M.
OCTOBER 13 - VS. UNION COLLEGE AT 4 P.M.
OCTOBER 14 - VS. SKIDMORE COLLEGE AT 2 P.M.
OCTOBER 21 - VS. VASSAR COLLEGE AT 3 P.M.
OCTOBER 24 - VS. ROCHESTER INSTITUTE OF TECHNOLOGY AT 3:30 P.M.

MEN’S SOCCER

SEPTEMBER 2 - VS. SUNY FREDONIA AT 2 P.M.
SEPTEMBER 4 - VS. WILKES UNIVERSITY AT 2 P.M.
SEPTEMBER 13 - VS. ALFRED STATE COLLEGE AT 4 P.M.
SEPTEMBER 23 - VS. BARD COLLEGE AT 2 P.M.
SEPTEMBER 27 - VS. HOBART COLLEGE AT 4 P.M.
SEPTEMBER 30 - VS. ST. LAWRENCE UNIVERSITY AT 3 P.M.
OCTOBER 28 - VS. RENSSELAER POLYTECHNIC INSTITUTE AT 2 P.M.

FIELD HOCKEY

SEPTEMBER 1 - VS. KEAN UNIVERSITY AT 5 P.M.
SEPTEMBER 8 - VS. OSWEGO STATE AT 4 P.M.
SEPTEMBER 13 - VS. SUNY CORTLAND AT 7 P.M.
SEPTEMBER 20 - VS. SUNY BROCKPORT AT 7 P.M.
SEPTEMBER 27 - VS. UNIVERSITY OF SCRANTON AT 7 P.M.
OCTOBER 4 - VS. SUNY GENESEO AT 4 P.M.
OCTOBER 7 - VS. ST. LAWRENCE UNIVERSITY AT 3 P.M.
OCTOBER 10 - VS. SUNY NEW PALTZ AT 4 P.M.
OCTOBER 15 - VS. UNIVERSITY OF ROCHESTER AT 2 P.M.
OCTOBER 20 - VS. RENSSELAER POLYTECHNIC INSTITUTE AT 4 P.M.

FOOTBALL

SEPTEMBER 30 - VS. HOBART COLLEGE AT 1 P.M.
OCTOBER 14 - VS. UNION COLLEGE AT 1 P.M.
OCTOBER 28 - VS. BUFFALO STATE UNIVERSITY AT 1 P.M.
NOVEMBER 11 - VS. SUNY CORTLAND AT 12 P.M.

VOLLEYBALL

SEPTEMBER 15 - VS. JOHNS HOPKINS UNIVERSITY AT 6 P.M.
SEPTEMBER 16 - VS. SUNY GENESEO AT 1 P.M.
SEPTEMBER 16 - VS. SUSQUEHANNA UNIVERSITY AT 6 P.M.
SEPTEMBER 29 - VS. EASTERN UNIVERSITY AT 5 P.M.
OCTOBER 6 - VS. ST. LAWRENCE UNIVERSITY AT 7 P.M.
OCTOBER 7 - VS. SKIDMORE COLLEGE AT 2 P.M.
OCTOBER 17 - VS. WILLIAM SMITH COLLEGE AT 6 P.M.
OCTOBER 27 - VS. CLARKSON UNIVERSITY AT 7 P.M.
OCTOBER 28 - VS. UNIVERSITY OF SCRANTON AT 3:30 P.M.

SCULLING

SEPTEMBER 24 - SCULLING @ CAYUGA SPRINTS AT 10 A.M.

PHOTO AND DESIGN CREDITS

GRACE CONDON/THE ITHACAN
KALYSTA DONAGHY-ROBINSON/THE ITHACAN
XINYI QIN/THE ITHACAN
GRACE VANDERVEER/THE ITHACAN
MALIK CLEMENT/THE ITHACAN
MOLLY TESKA/THE ITHACAN

NOLAN SAUNDERS/THE ITHACAN
BRENDAN IANUCCI/THE ITHACAN
ELEANOR KAY/THE ITHACAN
RAYAHNA TRYKA/THE ITHACAN
JASMINE SCRIVEN/THE ITHACAN

